

SPORT & ACTIVE LIVING

# Sports Reunited Project

## 6 Monthly Report



A report into the progress of the Sports Reunited Project which is a joint funded project by Bolton Council, Sport England & Bolton@Home

# Sports reunited Report. January – June 2014

**Bolton** Bolton  
**Council at Home**



## SPORTS REUNITED



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# Sports Reunited



## I. Introduction

The First 6 months of the Sports Reunited project has been both exciting and challenging. The core aim of the project has been to engage families with the intent they participate in positive physical

activity to a significant degree over sustained period of time. Although it is early days I'm confident that we are already achieving great success!

## 2. Family referrals

One of the main aims of the project is to reach families that are considered to have some form of barrier when it comes to taking in part in any sport and leisure activity. These barriers could be things as simple as financial constraints to issues regarding health and substance misuse or social and emotional barriers. Referrals have come from local agencies such as Bolton Councils Family First project, Behaviour Support, Targeted Youth Team, and NHS (Bolton Foundation Trust).

**Get your family into the sporting habit of a lifetime**

- ★ Free, fun family activities
- ★ Qualified staff
- ★ Training for volunteers
- ★ British orienteering family activity package
- ★ All family welcome
- ★ Book in advance to secure your place

Sport is energising, good for you and fun, especially when the whole family joins in!

**Sports Reunited** is here to help arrange free activities for you that are great fun and are suitable for the whole family.

Sessions provide easy steps for families wanting to improve fitness and can also have positive effects on children's behaviour and performance at school.

Training courses are available for those participating who want to become a volunteer, which can also improve prospects of getting work.

There are a wide range of activities on offer to suit all abilities. Why not try the Xplorer treasure hunt in the park? Find the markers, complete the challenge and have fun together - parents, grandparents and guardians are welcome to join in too.

### 3. Launch and Awareness raising events



We have had a number of launch events for the Sports Reunited project to increase the awareness of the project. Our core aim is to increase the level activity physical for families and participants in the community. Our launch events

engage the community at large and expand the project from being merely an agency based referral programme to a proactive community resource.

All events have been successful, though we did have to deal with the British weather in some instances.



#### 4. Sports reunited Core Activity Sessions



The four areas that Sports Reunited deliver its core sessions are: Castle Hill Youth Centre – Tong Moor, Farnworth social circle cricket club – Newbury, St. Catherine’s Academy – Brightmet & John Holt’s youth centre – Washacre estate.

We welcome all to the sessions regardless of whether participants have been referred on to the scheme. Each session has two coaches and some volunteers who assist in delivering the multi-sport activities

Sports Reunited has also trained volunteer coaches who deliver extra sessions on behalf of sports reunited. An example of this is John Holts Zumba sessions which has been opened up to family usage and the sessions are now being called ‘Fumba’!



**Come along to one of the Sports Reunited activity evenings**

Day	Venue	Time
Monday	Castle Hill Young People's Centre Castleton Street, Tonge Moor, Bolton BL2 2JW Tel: 01204 338190 Sports Hall /All weather pitch	6pm - 7pm
Tuesday	Farnworth Social Circle Cricket Club Piggott Park, Piggott St, Farnworth, Bolton BL4 9QU Tel: 01204 573755 Community room / Pitch / Table Tennis room	4pm - 5pm
Wednesday	Bolton St Catherine's Academy Stitch-M-Lane, Harwood, Bolton BL2 4HU Tel: 01204 332533 email: contact@boltonstcatherinesacademy.org.uk Small Sports Hall / Gym	6pm -7pm
Thursday	John Holt Youth and Community Centre Birch Avenue, Westhoughton, Bolton BL5 2NR Tel 01942 859535 email: wave.cca@lives.co.uk Whole centre and MUGA (multi-use games area)	5.30pm - 6.30pm

\* Term times only, excludes Bank Holidays.

For more information contact the Sport and Active Living team on 01204 332323 or email: sportandactiveliving@bolton.gov.uk

Because the sessions are targeted to areas that suffer from deprivation it has been very important to make links with other community groups in the area who have specific local knowledge on how the community operates. Sports Reunited has been very conscious of the need to help and support these long established groups and has not stepped on any toes.

## 5. Case Study

### The Blackburn Family: Refereed via Bolton Council's Targeted Youth Support Team.

The family have been coming to the Castle Hill activity sessions since March 2014 and have been regular attendees.



Kieran (13) enjoys the session because of the varied range of activities available and is very keen to keep attending

Alesha (5) Has a medical condition that affects her bones and joints and with the regular routine of physical activity it has relieved some of the symptoms and has increased her level of motor skill ability. Catching and kicking a ball is now an enjoyable activity.

Jay Jay (8) really enjoys football and cricket and learning new skills that the coaches teach him at the activity session. Jay Jay is related to the family and really enjoys coming along with the family. Sports Reunited is always keen to extend the activities to the extended family to aid in family cohesion and grow the level of participation

Jodie (Mum) Jodie loves spending time with the kids in a different environment and loves to see the children enjoy themselves and benefit from the sessions. Jodie plays an active role in the sessions and assists the coaches in helping the children enjoy the games and activities. Jodie does not come from a sporting background but really enjoys the level of delivery that the sessions are aimed at. Also the walk to and from the sessions are included in the level of exercise that the family participate in.

All the family love coming to the sessions and are keen to attend the holiday programmes that Sports Reunited deliver



## 6. Xplorer

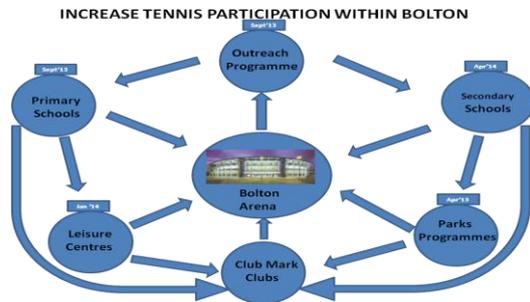


Sports Reunited are working in partnership with British orienteering to deliver fun free activities in parks and open spaces in Bolton. Sports reunited have been delivering the Xplorer package which takes elements from key orienteering skills with the fun of a treasure hunt.

We have had a great response from park users and referrals to the Xplorer scheme. We have incorporated the Xplorer sessions in our holiday programmes, plus other mass participants such as sky ride. Incorporating open space activity aids social cohesion and reduces any notion that referred families are singled out as more needy or disadvantaged.



## 7. Community Tennis Programme



As with the British orienteering Xplorer package we are teaming up with Bolton Arena's L.T.A's Tennis community programme to promote the support in parks and open spaces. This initiative is being launched in the summer

holidays with a sustainable link during term times with linking in to the Sports reunited activity sessions

## 8. Incentive Package

Sports reunited are developing an incentive package to all families that are referred onto the project. Once each family member enrolled onto the scheme has achieved ten activity sessions each then the family as a

whole is rewarded as a whole with sporting equipment, vouchers and activity sessions which will be provided by partners and other forms of sponsorship and funding

### Sports Reunited Family Activity Log Sheet

You can win great prizes including sports equipment, vouchers and days out simply by logging your activities below.

Family Name: \_\_\_\_\_

Name	One Hour Activity Sessions Record (write in what you did and when)									
	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8	Activity 9	Activity 10
Activity:										
Date:										
Activity:										
Date:										
Activity:										
Date:										
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## 9. Volunteers & Training

Sports Reunited have been assisting volunteers with training so they can deliver sessions and increase the level of activity that is available in the targeted communities. Volunteers and coaches are the most valuable asset that sports reunited has and we are committed to maintaining their high level of delivery and making sure that we can assist where we can with their personal development.

## 10. Sports Reunited Activation Team



Sports Reunited has a team of coaches that deliver the core sessions and deliver holiday provision. They have been at all the event launches and deliver on awareness schemes. The coaches and volunteers that make up the activation team are sensitive to the needs of the referrals that are introduced to the project but can also operate on the larger events when we have to work with members of the public and other agencies.

Members of the Sports Reunited activation team are drafted from Bolton Council's coaching and Instructors register which is an index of qualified and DBS cleared coaches. Also our volunteers from Bolton Councils pool of approved members Bolton Councils volunteer scheme.



## 11. Holiday Provision

Sports Reunited make sure that there are activities available for families that attend the sessions. We deliver activities in each of the targeted areas and link in with partners and other organisations that deliver sports and physical activities. An example of this in Tonge moor we are linking in with a healthy eating project. Sports Reunited will deliver the sport activities and the healthy eating project will deliver cookery workshops.

## 12. Steering Groups

Sports Reunited has a steering group which consists of referral agencies, social and sporting organisations and its aims are to make sure the project stays on track with regards to its remit, but also is used to develop new ideas and initiatives and we are always keen to invite new agencies and organisations to the group that can assist with the project to develop and grow.