

South Derbyshire Sport

2010/11 Report



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1 Introduction

This report has been formulated on behalf of South Derbyshire Sport and led by South Derbyshire District Council Sport and Health Team, School Sports Partnership and Get Active in The Forest.

This report provides information about South Derbyshire's Community Sports, which is known as South Derbyshire Sport. The aim of a Community Sports Network is to provide: -

- Leadership and coordination for sport, physical activity and recreation in the area
- Allow strategic partners to focus these areas
- Encourage partnership working
- Give a voice to the clubs
- Raise the profile of sport, physical activity and recreation within public sector bodies

1.1 Membership

South Derbyshire Sport is made up of a range of partners from across the district, and they include those listed below.

➤ South Derbyshire District Council	➤ School Sports Partnership
➤ Leisure Facility Managers	➤ Children and Younger Adults Services
➤ Safer South Derbyshire Partnership	➤ Secondary School Senior Management Teams
➤ Sports Clubs	➤ NHS Derbyshire County
➤ South Derbyshire CVS	➤ Derbyshire Sport
➤ Sporting Futures	

The group meet on a quarterly basis, to assess progress against key areas of the strategy, within the framework of the Strategic Partnership.

2 The Strategy

This year has seen the formulation of a new five-year strategy for South Derbyshire Sport, which has come out of a range of consultation events and feedback options.

The Vision is 'To work together to improve opportunities within sport and health activity across the district of South Derbyshire'.

The new strategy has four key areas of work and examples of these are shown in the forthcoming sections of this report. The key areas of work are:-

- Young People Participation and Volunteering
 - a. Supporting the delivering of local national targets in relation to participation.
 - b. Engaging hard to reach groups and establishing sustainable delivery.
 - c. Identifying appropriate deployment opportunities to engage young leaders in the community network.
 - Adult Participation and Volunteering
 - a. Identification of activities, which provide the maximum impact in terms of meeting local and national targets.
 - b. Addressing gaps in provision assessed against the demands of the population.
 - c. Widening opportunities and access to volunteering.

- Facilities
 - a. Assessment of the current position and requirements to support the changes in the South Derbyshire landscape.
 - b. Improving facility infrastructure to better meet current and future needs.
 - c. Working in partnership to improve facility development, management and promotion.

- Reaching Communities-Addressing the local need.
 - a. Improving the quality of experience to all members of the community.
 - b. Marketing and promoting the opportunities available.

3 Leadership and Volunteering

Leadership and volunteering is key to many of the activities and opportunities taking place in the district. Some key case studies highlighted below show the vast range of sports leaders and volunteers we have in the district. These are also just a snap shot as hundreds of volunteers run and support the numerous sports groups and organisations across South Derbyshire.

3.1 Nathan Summers-Case Study

Nathan started volunteering four years ago with the School Sport Partnership, where he completed his level 1 & 2 sports leaders awards. Nathan helped run many primary school events and took a lead role at Granville Sports College, supporting programmes at the school, whilst also helping to establish and set up the Friday Night Project at Granville which attracts over 100 young people a week into a youth club. Nathan gained a two year apprenticeship with Derby County Football in the Community and has been delivering and gaining valuable experience and skills for the past two years. Nathan has a level 2 football coaching award and a wide variety of other qualifications. Nathan still actively volunteers with the School Sports Partnership and on the Friday Night Project.

3.2 Chelsea Cuthbert –Case Study

Chelsea from John Port School got involved with volunteering with the School Sport Partnership. She has worked hard developing her coaching skills and has supported many school events at John Port and Etwall Leisure Centre. Chelsea has recently completed her level 1 coaching award in badminton and has taken on the administration role with the Etwall Dragon's Junior Badminton Club and adults sessions. Chelsea is an excellent communicator and organiser, who is an exceptional sports coach / leader. Chelsea will be moving on to Derby University next year, but we hope to keep her involved in programmes in the district over the next few years.

3.3 Jog Leaders

The jog leader programme is now in its 3rd year and there are 9 groups established in the district with 7 jog leaders attracting over 238 currently active participants. This is an informal and relaxed way for adults to get into doing some physical activity in a social and fun way. Several of the joggers and leaders have undertaken events such as Sport Relief miles and the National Forest 10K and the Derby 5K event.

3.4 Sport Volunteer Award

The Sports Volunteer Award is a project devised by the County Sports Partnership (Derbyshire Sport) and the County Council's Youth Service. It is implemented locally by the School sports Partnership (SSP) and South Derbyshire District Council. The SVA is a way of young people

aged 16-25 years who are engaging in regular volunteering to gain some financial and mentoring support with their progress into sports leadership and volunteering. The scheme enables the young people to benefit from gaining a CRB check, first aid and child protection training alongside a training course in their chosen sport. They also get support through the Sport and Health Manager and Club development Officer from SDDC, and the SSP Partnership Development Manager to ensure they are on track and have a plan of where they will do voluntary hours and link into local opportunities either in their school environment or local community.

3.5 Walk Leaders/Forestry Centre Volunteers

The Get Active in the Forest programme demonstrate the vital role that volunteers play in delivering physical activity opportunity to the residents of South Derbyshire. With over 21 walks per week taking place throughout the district GAIF relies totally on volunteer walk leaders to run the Walking for Health scheme. Clocking up over 2,000 volunteer hours per year that translates into over £11,500 pa if volunteers were to receive the minimum wage; a cost that would make the scheme totally unsustainable were it not for the dedication and commitment of our amazing team. With this year seeing our 10th anniversary we are proud to boast that some of our walk leaders have been with us for the duration of the project with some of them now well into their 70s and putting the rest of us to shame.

GAIF also teamed up this year with Rosliston Forestry Centre (RFC) and the Environmental Education Project to offer volunteers the opportunity to get fit through gardening by helping out in our weekly drop-in sessions in the Wildlife/Sensory Garden. A total of 17 individuals worked for 54 hours in the garden helping to improve habitats and the overall appearance of the area. In addition to this the creation of Herbie, our person-shaped herb garden has engaged over 77 volunteers undertaking over 300 volunteer hours again engaging in physical activity in a less than traditional way.



3.6 Overall hours young people volunteering

Over 100 young people in South Derbyshire aged 14+ have been engaged in volunteering through schools and clubs over the past 12 month period, with over 7,000 voluntary hours being delivered in a wide variety of settings, including primary and secondary schools, clubs, community organisations and supporting programmes organised by key delivery agencies. Several young people have recorded over 250 hours of voluntary work over the past 12 month period, which has a massive impact on the organisations they support and some clubs such as Hilton Harriers have benefited from large numbers of their young volunteers delivering a massive amount of coaching support within their club.

3.7 The Village Games Project

This is a new project to South Derbyshire that started in July 2010. The project essentially looks to work with local communities to engage local volunteers to work with the Village Games Co-ordinator to set up and implement physical activity, sport and health initiatives for their local village. Since the project began back in July 2010 Village Games have recruited and worked with over 30 volunteers with 18 of these volunteering on a regular basis. Their voluntary hours equates to over 350 working hours in a variety of roles.

4 Participation Adults

There have been a number of new adult activity initiatives and opportunities taking place in the last year, that are all supporting the aim to get more people physically active for more time per week. There is a wide range of offer from targeted programmes such as new to exercise to those open to all.

4.1 New to exercise

The new to exercise programme has continued to be delivered out of both Greenbank Leisure Centre and Etwall Leisure Centre. The Adult Community Sports Coach has led on the co-ordination of this programme and has done much of the delivery from Etwall whilst members of the gym team at the facility have been trained up to deliver the programme. This year we have seen 370 referrals and 112 completers on the scheme to date, which is a rolling programme.

Much work has also been undertaken by both the Community Sports Coach and Healthy Lifestyle Officer to prepare for the introduction of the new Healthy Lifestyle Hub model; which commences, from the 1st April 2011. This is an expansion to the existing scheme, so traditionally just a gym and swim offer will now incorporate up to 6 opportunities to keep people engaged in the scheme and more importantly also mean that it has a long term impact upon the individuals health and lifestyle 12 months past completion of the scheme. The scheme will from April 2011 also incorporate the waistwise service, which offers nutritional advice and exercise options as part of a 12-week course.

4.2 Back to programme

The Club Development Officer has introduced a back to Netball in the district with an amazing 55 turning up in the first week. Following the 10 week pilot this is now a sustainable opportunity that continues to run, and a club has been set up with one team this year being developed which plays in a local netball league. They have also played against other 'back to' groups across the County.

Badminton has also worked well, and following on from the successfully pay and play adult session on a Monday evening, a Friday evening has been set up with Etwall Leisure Centre and Badminton England which again offers a pay and play opportunity that people can attend as and when it suits them.

The success of such programmes is that there is an informal way to participate in some physical activity in a fun and social environment which isn't competitive and you can slowly get back into opportunities that you may not have done for a long time and in some cases since school days! Participants love the informality of the sessions. There are always options for people though if they wish to have a competitive play by signposting to other clubs, or like in both the netball and badminton some teams have entered into local leagues.

4.3 Walking and Nordic Walking

Walking – By far the most successfully scheme in the County with over 21 walks each week taking place throughout the district the Walking for Health Project has notched up a total of

4277 participations last year with 315 new walkers engaging in the project. The comprehensive programme reaching across all ages from pushchair walks to Sheltered Housing – from 9 days old to 90 year old participants! The scheme proves that walking is an ideal activity to break down barriers, whilst getting physically active. In addition to the regular walks there are now up to two themed walks per month.

Additional funding towards the walking for Health programme has been received from the NHS/Natural England which has enabled us to get some professional flyers and posters designed that show cases even better the range of opportunities we have in the district.

Nordic Walking- Our regular weekly sessions have increased this year to include a weekly session for Etwall Leisure Centre, an evening session at Rosliston Forestry Centre (RFC) and a 6-week programme at Elvaston Castle. With our RFC session totally run by a volunteer it makes the activity sustainable and enables our core team to develop new opportunities. We are looking to expand the opportunities and get more people trained up to deliver more sessions in the district.

A Nordic Walking Case study

Jason, aged 40, has a history of bi-polar disorder and had been encouraged to do physical activity by his Consultant and Psycho-therapist. He was also trying to give up smoking and had also been told that exercise would help with that. He tried the gym but didn't like it – he felt intimidated by 'the guys that were pumping iron' and felt uncomfortable as he wasn't as fit as they were. He also felt very isolated whilst in the gym as no-one talked to him.

During a visit to Rosliston Forestry Centre Jason picked up a leaflet and saw the advert for the weekly Nordic Walking sessions and decided to give it a try. He decided to take the bull by the horns and went the next week ... and loved it. The group were really friendly and welcoming and although on the whole older than Jason he didn't feel at all out of place. Cynthia, the instructor, was great and took time with Jason to show him the correct technique to make sure he got the most out of the session.

Jason has now been coming regularly for several months and has his own set of poles for Christmas, meaning he can now walk independently, which he regularly does in his local park. He has also introduced his sister to the exercise, who also suffers from bi-polar and she is now hooked too!!

Jason says that it's had a real impact on his health, he's feeling much fitter, is managing to cut down on his smoking, and the regular session is an incentive for him to get up and get going early every Thursday morning. He finds that having to concentrate on his technique helps to focus his mind and stops his thoughts racing and being part of a group has boosted his confidence. The next step is to train Jason to be an instructor to help support Cynthia with the group, something he's very keen to do.

To sum it up in Jason's words 'Every time I finish I have a big smile on my face'.

4.4 50+ sessions

The Adult Community Sports Coach set up at Etwall Leisure Centre a 50+ morning that came to fruition in January of this year. There is a range of activities available at very reasonable prices where participants can undertake swimming, badminton, table tennis and short mat bowls. Then following a small refreshment interval they can also do a body harmony class. This is a very successful programme and has over 40 attendees each week. We will be looking at expanding the range of 50+ activities within the next year with both leisure centres.



4.5 Cycling-DC

Our regular Friday over 50s session continues to go from strength to strength with several of the participants now becoming generally more active and more able to cycle independently. We have recently run 'bikeability' type sessions with the group to increase their road safety and therefore their overall confidence. Both the Adult Community Sports Coach and the Assistant Manager for Get Active in the Forest have led the group on trips out to areas such as the Tissington Trail and Hilton bike trail.

The Adult Community Sports Coach has also set up and led a group from Bank House – a local mental health group, where up to 15 people each week have participated in cycling as part of a pilot scheme. We are particularly pleased with the number achieved in this session, as they are typically hard to engage in physical activity initiatives.

4.6 Tai Chi

Tai Chi has now been running for 5 years and has a core group of 15+ participants who come week in week out; they feel that the sessions generally improve not only their physical health but also their mental and spiritual well-being. The group also did a taster session at the Healthier South Derbyshire event which the Healthy Lifestyle Officer had organised and it was hosted at Greenbank Leisure Centre in January.

4.7 Body MOTs

The Adult Community Sports Coach has continued to deliver a wide range of body Mot sessions throughout the district. Each quarter sessions have been run in up to ten venues across the district including libraries, working men's clubs and leisure facilities. The sessions are an informal way that people can get a basic check up on their health by having their blood pressure, weight Body Mass Index, lung capacity and grip strength identified. This way of conducting health checks has proved very popular and particularly engages residents who may not like to go to their doctors. On numerous occasions Lewis has picked up on certain health concerns and has referred people to their GP's which they may not have discovered until their health deteriorated.

The excellent scheme run by Lewis has been identified as a model of good practice and has been show cased on the IDEa website.

4.8 Village Games

The Village Games Project has so far engaged 13 adult males equating to 81 participations and 141 adult female participants, with 391 participations. This has been achieved through a variety of 50+ sessions, walking, table tennis and Tia Chi. With some new jogging groups set to start at the end of March we anticipate some good numbers being achieved through these groups also. A range of opportunities will continue to be set up and delivered as the programme goes from strength to strength.

5 Participation Young People

The partners involved in South Derbyshire Sport have continues to support the development of activities for young people in South Derbyshire. By working together collectively the partners

can achieve far more than working individually. Some examples of projects that have engaged young people into physical activity and sport are highlighted below.

5.0 Etwall Dragons

This club goes from strength to strength, being established only two years ago by the School Sport Partnership, the club delivers to over 200 young people per week. Two sessions outside of the curriculum are currently delivered which attract a minimum of 30 young people to an after school programme at John Port School and another 40+ young people per week being offered high quality coaching through the club. There are already six members of the club involved in county training squads and we hope this will continue to develop in the future.



5.1 Bikeability-DC/SS

Following a successful application by the School Sports Partnership to the Youth Sport Trust, a bikeability programme has been delivered in South Derbyshire. It has meant that GAIF has been able to deliver Bikeability up to Level 2 standard to just over a 1000 students, and have trained 10 staff who can go out and deliver throughout schools in South Derbyshire and run some community based sessions as well.



5.2 FNP Detach / SNP/ FNP

Following the success of the Friday Night Project at Granville school, and in conjunction with some key members of the Etwall Community in September a Saturday Night Project started at Etwall Leisure Centre. Initially running monthly the project since Christmas has been running fortnightly and will continue to do so now through until the end of the summer term. Arts activity and some dance and music opportunities have run alongside various sporting and physical activity opportunities such as football, badminton, table tennis, basketball and Oz box. This scheme in Etwall has been made possible through the drive and commitment of volunteers

within the local community and partnership work with SDDC, SSP, Safer South Derbyshire, youth service and leisure centre.

The School Sports Partnership have arranged for workers to work on a detached basis on a Friday evening to help address the issues of large groups in the villages. The detach nature of the role, means the team can be responsive to the needs on a weekly basis. This is in conjunction with colleagues in the Youth Service, and police.

The Friday Night Project at Granville continues to attract good numbers, with a variety of opportunities taking place including sports such as basketball, badminton and 5-a-side, to dance activities. With over 100 young people per week, it is having a good positive impact upon the local community in which it runs.

5.3 School club links-Burton RFC, Hockey club, Hilton netball club

The School Sports Partnership has developed some exceptional club links throughout the whole district, supporting clubs to develop and grow their core base, none more so than Burton Hockey Club. The club now boasts over 100 regular players at junior level and regularly field teams at a wide variety of age groups. They have also developed their infrastructure through grants applied for through the Sports Partnership and run a high quality programme in schools culminating in festivals and competitions. This has seen Burton become one of the best and most successful junior clubs in the Midlands and one, which is having a huge impact on the playing success and numbers of players within the club.

Hilton Junior Netball Club was established by John Port Schools, Sports Coordinator and two members of the community. The club runs weekly sessions and has grown its playing base since relocating to Etwall Leisure Centre. Several Sports Leaders from John Port School now also help the club, who received a grant of approximately £4,000 from Awards for All to help develop and promote the club. The club regularly has over 40 players attending training sessions and Steve Smith from the School Sport Partnership has seen a vast improvement in the playing standard within the club and a recent primary school festival, which attracted 16 schools showed a vast improvement in the standard of netball in the district.

5.4 Out and Active and Forest Frenzie

The Out & Active Holiday Club continues to be a very successful project – throughout the last year we have seen a total of 285 participations from almost 100 different children on Out & Active. This very popular Holiday Club provides the children with action packed days of outdoor activity including woodland laser, climbing, archery, bushcraft and cycling.



This year saw the creation of Forest Frenzie – building on evaluation from Five for a Fiver, Forest Frenzie was born! For the bargain price of £10 children and adults can purchase a wristband and can pack as much activity into 5 hours as they can. A partnership event between RFC, GAIF and S&H Forest Frenzie showcases all that's on offer in the District. Activities include climbing wall, laser combat in the forest, blenda vender, archery, inflatable laser games, laser clay, arts and crafts, giant games and kite making to name a few!

5.5 Dance-

The School Sport Partnership and SDDC have developed a programme of dance in secondary schools, which now attracts over 400 participants per week. The programme caters for boys and girls aged 11+, with some of the community groups supported starting dance sessions at 4 years of age. Groups cater for beginners to advanced dancers with programmes in secondary schools and community groups, which are organised to ensure there are affordable, high quality opportunities available for all. Several Dance Shows run annually with the Dance Show in the Forest taking place as a celebration event in June 2011, with a plan for a similar event in 2012, in the lead up to the Olympic and Paralympic Games.



5.6 Street Games

Following a successful pilot organised and implemented by the Young People Community Sports Coach the street games programme has proved to be successful. Offering a range of sports from basketball to football and kwick cricket this mobile provision goes around numerous

villages in the district offering young people the opportunity to have fun whilst getting physically active. Delivered by John and a team of Casual staff this has proved popular. It is also an opportunity for young people to find out what else is going on through the district via the sports directory and young people activity booklet that showcases the wide range of sport and physical activity opportunities within the district.

5.7 Holiday Programmes

The Play Officer and Young People Community Sports Coach and the team of casual staff have once again delivered a comprehensive holiday programme of opportunities for the communities of South Derbyshire. Provision ranging from Play Mobile, Sports Mobile, Climbing wall to inflatable laser games and wheels mobile have delivered 190 sessions in the last year throughout the district with 7550 participations. Play Day proceed once again a very successful event with numerous partner agencies coming to support the event from Environmental Education to youth service, fire service, police and Children's Centres to name a few. Over 700 young people attended this day with adults / grandparents accompanying them.

5.8 Village Games

The Village Games Project has been involved in supporting numerous young people activities come to fruition, which compliments the work of the Sport and Health team and School Sports Partnership activities. From football through to dance and multi sport activities, to date there have been 612 participations through the village games project.

6 Reaching Communities and Performance

This year has once again seen an array of activities and opportunities that have raised the profile of sport and physical activity in South Derbyshire. From those being able to participate in competition at grass route level to those who are supported through the Sports Pass and Grant scheme to be competing and representing their sport at National and International level. The examples below show the vast range of how this has been achieved.

6.1 Competitions and Festivals

Forty Primary School Events, competitions and festivals run throughout South Derbyshire on an annual basis, some of which attract over 250 participants each. These are built and supported by the School Sport Partnership and the volunteers the programmes run through the secondary schools. The competition calendar is highly successful and links the vast majority of schools in the district into a wide variety of sports from football to netball, hockey to orienteering. Many of these link into local clubs to help develop their infrastructure.

At secondary school level there is a programme of fifteen different sports across most secondary age groups. Each sport is organised via a lead person and programmes are developed annually. Many athletes and performers have successfully been selected into County, Regional and National squads. A full report is available through the School Sport Partnership.

6.2 Multi Skills Academies-Gifted and Talented

Two Gifted and Talented programmes run annually within the district targeting 40 young people from across the district. These are held in Etwall and Swadlincote to ensure ease of access, with pupils being identified from 9 -11 year olds through their schools and local sports clubs. The programme runs to encourage and develop new skills, through high quality coaching from a

variety of sports. The young people are supported through a programme of ten weeks and those not already within local clubs / district squads will be directed to become involved.

6.3 Sports Awards, Pass and Grants Scheme

This year saw a new way to showcasing the sporting talent and vital volunteers that run sports clubs, school sport and community activities in the District. This year the awards were delivered in a number of ways. Some awards were presented to full council enabling members to see the wide array of talent that we have in South Derbyshire. School based awards were delivered in school assemblies, and some awards to leaders in the community were presented at their club sessions. This alternative approach meant a wide ranging audience saw the achievements of such valuable people and meant that it got a great deal of coverage through various means such as newspapers, radio interviews and website articles.



South Derbyshire Sport has also seen 33 talented individuals receive a pass and grant where applicable for their achievement from County representation to National and International Competition. The sports pass scheme enables athletes to train at our local facilities namely Etwall Leisure Centre and Greenbank Leisure centre for free, to keep them fit and on target with training regimes, and allowing the investment required in their sport to go into other costs such as equipment and transport.

We have also seen numerous talented athletes benefit from the Derbyshire Sport Talent Bursary scheme receiving grants of up to £300 towards their sporting costs. The range of sports these talented are competing in range from archery to ice hockey, swimming and equestrian sport.

6.4 HSD Events & Website

The Healthy Lifestyle Officer has once again delivered numerous healthy lifestyle events across the district. Showcasing physical activity, health and sport opportunities has happened through the very successful Healthier South Derbyshire Events hosted at both Greenbank Leisure Centre and Etwall Leisure Centre. For example the Greenbank event in January saw over 600 people attend learning about healthier lifestyles through the 45 different agencies such as the stop smoking service, waist wise and body mot options, healthy eating (as depicted below) alongside the range of taster sessions showcasing dance, walking, tai chi, netball and trampolining to name a few.



The Healthier South Derbyshire website also continues to be a great one stop shop information service about what is going on in the district for health, sport and physical activity opportunities. With activities highlighted on here, case studies and an online club directory.

Other events which have spread the word about healthier lifestyles include fruity Friday, no smoking day, men's health week and blood pressure week.

6.5 Planning for the Olympics

a. Torch Relay

The School Sports Partnership, in conjunction with SDDC are organising a series of 2011 torch relays across the district to ignite interest from schools and young people in the Olympic and Paralympic Games. The plan is to roll this programme throughout the whole of Derbyshire creating an interest across all subject areas through schools throughout Derbyshire to leave a lasting legacy for PE & School Sport. SDDC will be linking the torches into community programmes to increase the links between schools and clubs throughout this period in Summer 2012.

b. Dance in the forest

The School Sports Partnership with various partners are organising the Dance in the Forest 2011, at the outdoor arena in Rosliston to showcase the best of dance in the district. This event will attract 100's of dancers and approximately 500 spectators in an outdoor amphitheatre. It is planned to host this event in 2012 as part of the South Derbyshire Cultural Olympiad.

c. Get set network Olympics

This rewards schools who are part of the Get Set Network and shows their dedication to leaving a legacy for the games. Several South Derbyshire Schools are already leading the way in terms of involvement and it is envisaged that more schools will be signing up over the summer and during 2012.

7 Facilities

Facilities in the district continue to develop. Etwall Leisure centre has been open for over a year now, and continues to have great numbers of participations, to school facilities continuing to improve. A Healthier South Derbyshire event last summer attracted various community groups and agencies and a range of taster sessions were available, including body MOT's from the adult Community Sports Coach.



7.1 Active Nation

Active Nation were successful in gaining the tender to run our two main facilities Etwall Leisure Centre and Greenbank Leisure Centre in the district, with their operational take over on the 1st April 2011. Much work has taken place in the last year to ensure the best option for the residents of South Derbyshire are put in place to make the most of the facilities around them. Active Nations ethos is around engaging more people into physical activity not just in the facilities but also in the surrounding communities. Active Nation will be working alongside South Derbyshire Sport to add to the extensive offer of what is available for local residents.

7.2 Mapping / orienteering routes local parks

The Open Space and Facilities Officer has led on the implementation of orienteering mapping of some on South Derbyshire's parks. The parks that this is currently available in are Eureka Park and Swadlincote woodlands. This enables local communities to go and explore their parks in a fun and interactive way.

7.3 Schools facilities

Etwall Leisure Centre continues to be an exceptional facility for John Port School and its surrounding Primary Schools, continuing to be a base for a wide variety of Primary School competitions and festivals, which we could not hold in the previous facilities.

The Pingle School is almost fully booked in the sportshall, winning pool and rubber crumb football pitch, providing significant community use, whilst Granville and William Allitt have a wide variety of clubs and external groups using their facilities from a wide variety of organisations and sports clubs. These school facilities deliver affordable opportunities and vital services within the district.

7.4 Woodville junior school- new sports hall

Woodville Junior School have recently opened a new small sportshall, which has enable the school to have a high quality indoor facility on site, which has seen Physical Education and extra-curricular sport increase, providing many new opportunities to the 100's of students at the school.

7.5 Mystery shopper scheme

In order to ensure the quality of the Sport and Health team provision maintains good standards, particularly with the summer provision we have a team of colleagues within the council and through key partners that support with a mystery shopper scheme. This enables us to address any issues that arise, but also importantly feedback to the staff team when they have delivered an excellent service and are maintaining high standards of delivery.

7.6 Park life

The Healthy Lifestyle Officer leads on collating information and the design and printing of a Parklife Leaflet. This showcases the parks in the urban core and what facilities they have, and the activities on offer throughout the months of June to October. Encouraging more people to make use of the parks and open spaces around them.

8 Resources

Key staffing who have delivered on behalf of South Derbyshire Sport are listed below.

It must be noted however as we have seen some example in this report that there are numerous volunteers young and old supporting opportunities being delivered in South Derbyshire, without whom sport, physical activity and health opportunities would not be sustainable.

SDDC Sport and Health Manager-Hannah Barradell-Smith

SDDC Healthy Lifestyle Officer-Vicky Smyth

SDDC Club and Play Development Officer-Marc Scott

SDDC Adult Community Sports Coach-Lewis Adams

SDDC Young People Community Sports Coach-John Widdowson

Community Sports Trust-Village Games Coordinator-Toni Jantschencko

Schools Sports Partnership Manager- Steve Smith

School sports Competition Manager-Phil Basterfield

GAIF Manager-Debbie Chesterman

GAIF Assistant Manager-Tor Pitts

Casual staff also support the core teams above delivering activities in the community, school, after school and facility based opportunities.

8.1 Net Budget

The base budget that the Sport and Health Team have for their work through South Derbyshire District Council is £70,000. The essential funding that is provided through other agencies and avenues means that a much wider programme of activities can be run, such as the human and financial resources from the School Sports Partnership, funding through the districts Positive Activities for Young People partnership, and bids such as the ones highlighted below.

8.2 Community Investment Fund and Big Lottery Bid

This year has seen the final year of the Get South Derbyshire Active project. Delivering a wide range of activities from 50+, to adult cycling and Nordic walking, to club development work of coach education courses, supporting clubs with development plans. The Big lottery project, which supported the expansion of play and holiday activities has also been a great success with achieving the most ever participations on play activity of 7550 participations over 190 sessions this year alone.

Both projects have resulted in a greater range of opportunities available throughout the district for both young and old.

8.3 Get Active In the Forest

The Get Active in the Forest Programme continues to offer a wide range of opportunities not only at Rosliston Forestry Centre but also across the entire district. Funding to support this project comes from a wide range of partners including SDDC, National Forest, NHS Derbyshire County, and some through the school sports partnership for the Bikeability scheme.

8.4 School Sports Partnership

The Schools Sports Partnership have not only run a wide range of programmes in and around the school environment but through Sports Unlimited they have also supported community based initiatives. The Partnership continues to offer a wide variety of programmes for over 10,000 young people throughout the district, with competitive opportunities for all as a core part of the delivery. The programme delivers a wide variety of services, including Continuing Professional Development for teachers, Out of School Activities to 100's of young people, providing community and club links to young people, competitive opportunities and is underpinned by a leadership programme delivering over 7000 hours of voluntary work per annum.

8.5 NHS

Derbyshire County NHS continue to be an instrumental supporter of the work of South Derbyshire Sport. A key element of partnership role is the Healthy Lifestyle post that is jointly funded between the district council and the NHS. As described below the role is instrumental in South Derbyshire:-

The Healthy Lifestyle Officer is a jointly developed and supported post between NHS Derbyshire County and South Derbyshire District Council. Such a post is key to ensuring commitment towards health improvement across the district, both at a strategic and operational level. Successful local programmes directly as a result of the HLO are many and include improved information about local "health and wellbeing support services;" closer working across different healthy lifestyle agendas eg. Active living and sport; smoking cessation and local services; initiation of dance programmes, breastfeeding welcome here award, numerous initiatives seeking to address health inequalities eg. Body MOTs and much more. In light of the changes forecast for the NHS, we believe this joint role supports key principles such as placing the patient at the centre of service development and the responsibilities of local government agencies for health improvement.

The NHS also fund towards a number of other programmes including:-

The New to Exercise scheme
Supporting Get Active in the Forest
Young peoples health projects-560/PACE and supporting mid-day supervisor training in schools
Dr Bike scheme a pilot in the district
Breastfeeding Welcome Here Awards
Library Pedometer Scheme
The Village Games Project

9 Future Plans

This year has seen good developments for South Derbyshire Sport, with a new strategy written and now being implemented it shows how collectively all partners are committed to making South Derbyshire a fitter and healthier place who live and work. The next year sees the lead up to the Olympics and we will be making the most of creating a lasting legacy in South Derbyshire.