



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING

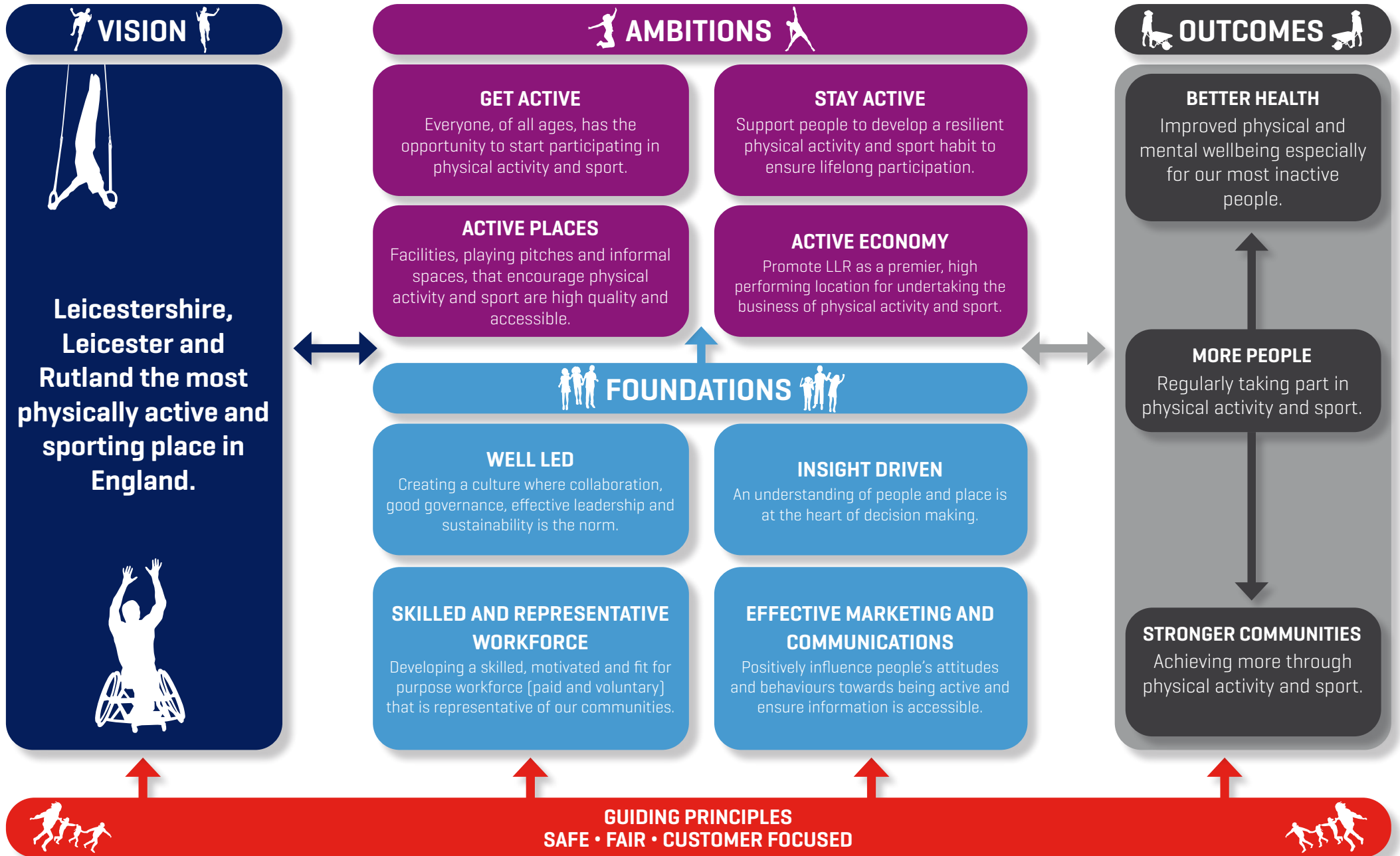
ANNUAL REVIEW 2019/20

Physical Activity and Sport in partnership

ONE VISION

Leicestershire, Leicester and Rutland the most physically active and sporting place in England

STRATEGY OVERVIEW 2017-2021



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FOREWORD

I cannot reference the past 12 months without thanking my fellow Leicester-Shire and Rutland Sport (LRS) Board Members, our partners and the core team whose passion and enthusiasm for sport and physical activity drives and shapes our priorities. The dedication, time and energy invested will ensure that we continue to strive to be the most physically active and sporting place in England that is inclusive of everyone, everywhere.

If my first year as Chair of LRS was a whirlwind, the second year has continued at an even quicker pace. The challenge that the Board and I have set for the team during the last year is to find solutions by listening, not only to our partners, but by understanding our communities and their place. We can only achieve this by working together and building a culture of evidence and insight led decision making – where the emphasis is on the needs of the place rather than the parameters of the programmes. The team and our partners have responded well to these challenges and as this review highlights, our place-based focus is taking shape.

What I have learned during my second year, is that this sector cannot stand still – there is a need to increase the scale and pace of what we do and, more importantly, how we do it. Listening to our partners and our communities will give us the greatest opportunity to create lasting change – helping more people to take ownership of their own sport, physical activity and wellbeing journey.

As we look briefly into 2020-21, through the prism of a world-wide pandemic of Covid-19, we need to take this opportunity to champion a new place for the sector in the many competing demands within society. The health and wellbeing of our communities has never been so important to the success of our country. Focusing on place, investing in systems leadership, embracing a digital revolution in our sector, and industrialising our social marketing reach can make a real difference to the people we want to support. While we respond to everyday challenges that the response to Covid 19 will demand, our greatest opportunity is to create a new norm – where physical activity, sport and the health and wellbeing of our communities is an easy and natural choice for all.

Best wishes



Bev Smith



Chair
Leicester-Shire and Rutland Sport



HEADLINE ACHIEVEMENTS

£580,294

Public Health funding invested into county Locality Sport and Physical Activity Plans



£798,000

DfE funding secured for Holiday Activities and Food programmes within Leicestershire



£253,000

secured from the 3 Clinical Commissioning Groups to deliver the Steady Steps programme



£569,529

secured for 77 local clubs and organisations resulting from Funding Officer Support



The **LRS Get Active Search Engine**, which features local activity sessions and clubs/organisations, was accessed by over **58,000** users, an increase of **5.7%** from 2018/19

£2,162,297

invested through our Local Sport and Physical Activity Alliances



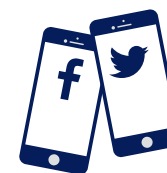
Supported **43** organisations to complete a Workplace Health Needs Assessment, engaging with **6,100** employees



visited the LRS website, an increase of **2.4%** from 2018/19

£80,619

invested in the development of **25** new Satellite Clubs. **58** clubs sustained since the beginning of the programme



Over **13,200** followers across LRS social media platforms

8,868

young people participated in School Games & Team Leicestershire county finals, of whom **345** were disabled young athletes



52 GO GOLD athletes awarded a total of **£27,250**



DELIVERING OUR STRATEGIC OUTCOMES: BETTER HEALTH



BETTER HEALTH: KEY ACHIEVEMENTS

- LRS developed a **Moving as Medicine guide** to summarise the national programmes and resources aimed at increasing the knowledge, skills and capabilities of health professionals to promote physical activity with their patients. The guide also highlights how they can access local support to help them signpost patients to local activity, arrange training for staff and obtain physical activity resources for their practice.
- LRS, working with local authority partners, successfully wrote and won a tender to deliver Prehabilitation Exercise Sessions to those awaiting surgery after a cancer diagnosis within three targeted areas of Hinckley and Bosworth, Melton and Harborough.
- LRS has successfully activated the Sport England funded **We Are Undefeatable campaign**, engaging with local people to share their stories around how physical activity works for them whilst living with a long-term health condition.
- LRS supported **43** organisations to complete a Workplace Health Needs Assessment, engaging with **6,100** employees.



POSITIVE PAUSE

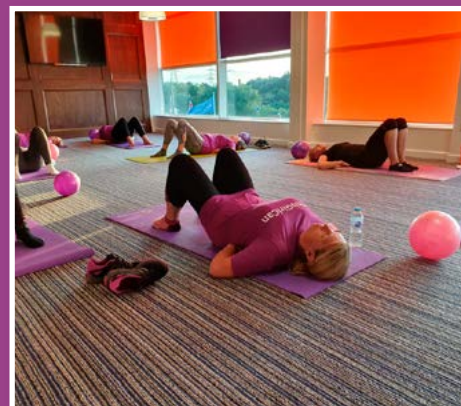
 www.lrsport.org/thisgirlcan

Over the past five years, the annual This Girl Can Charity Night Out has attracted over 1,000 women who have attended the event and enjoyed a great programme of physical activity sessions in a fun and social environment.

Feedback showed that there was a good proportion of women within the 45–55 year old age bracket and LRS felt it was time to do something extra for these ladies. Many women in this age group are faced with the challenges of managing the symptoms and effects of the menopause whilst still being expected to carry on with daily life.

Still retaining the theme of having a fun and social evening out with friends, the Positive Pause programme was developed, providing nutritional guidance together with activities specially designed to support with menopausal symptoms such as relaxation techniques, core strength and yoga.

These smaller themed events have been a tremendous success by creating a friendly and comfortable environment for women to learn, share their experiences and have fun!



“I feel much better informed about managing the symptoms of the menopause and had a great evening.”

Positive Pause Participant

DELIVERING OUR STRATEGIC OUTCOMES: BETTER HEALTH



WELLBEING @ WORK

 www.lrsport.org/wellbeingatwork

LRS has continued to support local workplaces to complete a Workplace Health Needs Assessment (WHNA), a tested tool designed by Public Health England and Healthy Working Futures to support employers to identify key priority areas of health and wellbeing amongst staff. This is in response to the evidence to suggest that on average 4.4 days are lost to sickness absence, per employee, per year, and that this could be as high as 12 days in Leicestershire, Leicester and Rutland.

In the last 12 months, 43 workplaces have completed a WHNA. These include public sector organisations (including schools, NHS, local authorities) and private sector organisations employing 20 to 16,000 staff.

LRS has been providing a consultation service to many workplaces to support them to check and challenge any existing health and wellbeing action plans in relation to the results of their WHNA. This process has been an enabler for many workplaces to greatly improve their health and wellbeing offer to staff, ensuring it is reflective of employees needs and interests. Many workplaces are now delivering monthly health and wellbeing campaigns, physical activity sessions, support for employee mental health and much more.



“The results [of the WHNA] allowed us to gain an insight into staff problems which we wouldn’t have known beforehand. This allowed us to incorporate and prioritise the problems staff needed most assistance on.”

Lindsay Orton, Wellbeing Development Manager, Hinckley and Bosworth Borough Council

STEADY STEPS

 www.lrsport.org/steadysteps

Margaret, aged 84, has suffered with Polio since she was 12 and has consequently never been able to put weight on her left leg. She also has other medical conditions such as foot drop, slipped discs, a right hip replacement and a 3cm leg inequality.

Margaret attended the Braunstone Leisure Centre Steady Steps sessions and the post assessment results show that over the 24-week period she became stronger and improved on each of the physical components of the functional tests.

Life before Steady Steps required Margaret to use two walking sticks, however she no longer plans her days around her fear of falling, only relies on one stick and feels the benefits of her freedom of movement. She rarely suffers with back spasms and has stated that she has noticed increased flexibility in her back.

The Steady Steps programme not only has increased Margaret’s physical ability but has helped tremendously with her confidence. When Margaret started the programme, she never thought she would be completing strengthening exercises on the floor but can now confidently and steadily perform this movement. She has even managed to walk to church on her own which is amazing.



“My confidence has improved, I was adamant that I would never be able to get off the floor, but now I practice doing this in my bedroom and I can do it. I would recommend this to anyone.”

Margaret, Steady Steps Participant

DELIVERING OUR STRATEGIC OUTCOMES: MORE PEOPLE



MORE PEOPLE: KEY ACHIEVEMENTS

- LRS submitted a successful bid to Sport England for **£80,000** to improve the **access to school facilities** across Leicestershire, Leicester and Rutland.
- **15** secondary school PE specialists have undertaken 12-month behaviour change and alternative delivery training, to engage the least active girls in PE lessons at school, as part of a new Sport England **Teacher Training Approach**.
- Over **700** individuals from a non-traditional sport and physical activity background have received training to support them to embed physical activity in their setting e.g. Early Years Practitioners, Health Care Practitioners and Care and Residential Settings.
- **22** schools received a grant to support active travel, **32** schools have displayed an active travel banner outside their school and over 40 schools received an active travel assembly or road safety session.

2019 SEND CHAMPIONSHIPS www.lrspport.org/schoolgames

The LRS Level 3 School Games SEND Championships took place at Loughborough University in 2019. The event was a celebration of disability sport across Leicestershire, Leicester and Rutland and was the culmination of Level 2 School Games events across the academic year in the ten School Sport & Physical Activity Network areas.

The day began with an opening ceremony consisting of a dance performance by students from Ashmount School and a Q&A session with inspirational athlete role models Hannah Cockcroft, Nathan Maguire and Hollie Arnold. Five competitions took place for young people from Key Stages 2 - 4 which included Pan-Disability Boccia, MLD Boccia, SLD Boccia and New Age Kurling, as well as opportunities for the teams to take part in Sitting Volleyball and Wheelchair Basketball. There was also a Motor Activity Training Programme event for pupils with more complex needs from special schools across the county.



"It's exciting, schools are here from across the county, there's loads and loads of schools. It's not just high schools, it's not just secondary schools, it's also primary schools as well, let's have a good day."

SEND participant



DELIVERING OUR STRATEGIC OUTCOMES: MORE PEOPLE



DAILY BOOST

 www.lrspport.org/dailyboost

The Daily Boost, funded by Leicestershire County Council Public Health, aims to encourage children and young people to do 15 minutes of organised activity at school every day. It offers a flexible, varied, student led approach with free resources, which provides schools with a sustainable offer.

Fernvale Primary School joined the Daily Boost in July 2019, with the aim to increase the levels of physical activity taking place in curriculum time. An initial Daily Boost workshop was organised for staff which provided a good understanding of the initiative and a starting point for delivering the Daily Boost sessions. The headteacher, staff and parents have been very supportive and the children are enjoying earning their certificates and Boost Bands which were presented by 'Zoom' the Daily Boost mascot during a visit to the school.

184 pupils are currently participating in the Daily Boost and have achieved 2,228,925 minutes of activity so far this year, the equivalent of 1547 days, 20 hrs, 45 mins! The student council, Head teacher and staff are working together to ensure that the Daily Boost sessions are fully embedded. The staff have noticed that pupils involved have increased their fitness and improved their concentration levels in class.



"The Daily Boost is a great way of breaking up the school day, reinvigorating the pupils, who all seem to enjoy the variety of activities on offer"

Lead Teacher

SATELLITE PARTNERSHIPS

 www.lrspport.org/satelliteclubs

The Satellite Club programme undertook a change of approach in 2019/20 to support clubs engaging with young people aged 14-19 years in the hardest to reach areas. The Leicester Doorstep Network has been established by LRS, StreetGames, Active Leicester and Leicester City in the Community, attracting 16 organisations to join. The network aims to, through sport and physical activity, improve the engagement of young people, quality of delivery and to work better together.

The organisations engage with the hardest to reach inactive young people in Leicester City and Charnwood, many from a BAME background and areas of high deprivation. They have also started to work on joint projects, sharing the skills and knowledge between each other.

A week of workshops followed the launch of the network, in which six courses took place such as Safeguarding, Mental Health First Aid for Young people and the 10 Principles of Community Safety. There were 81 attendances from leaders, coaches and young volunteers.

The network will continue to invite other clubs to join and expand the course offer over the next 12 months, as well as looking at a leadership network for young volunteers at clubs, alongside the coaches/leaders sessions.



"I really liked the different opinions and levels of personal engagement."

Participant, 10 Principles of Community Course

DELIVERING OUR STRATEGIC OUTCOMES: STRONGER COMMUNITIES



STRONGER COMMUNITIES: KEY ACHIEVEMENTS

- **£133,500** of funding secured to support the recruitment of **16** young people not in education, employment or training to the **Coach Core Apprenticeship programme**.
- The Sport England funded **Active Families project**, designed to support inactive families within Leicestershire County Council's Children and Family Wellbeing Service to become active together, was rolled out across all Leicestershire districts/boroughs this year.
- **The Business of Sport Network** has organised **13** events, welcoming **283** attendances from businesses and organisations, offering a chance to connect with each other in addition to a variety of support and growth opportunities session.
- **77** community clubs and organisations were assisted to make successful funding applications, generating **£569,529** of external resources to support local developments.



APPRENTICE PROGRAMME AND THE BUSINESS OF SPORT NETWORK

The local Economy and Sport Growth Plan highlighted a range of actions aimed at boosting the sporting economy in Leicester and Leicestershire. The plan underlined the importance and the economic benefits of developing the skills of the workforce and securing work for young people not in education, employment or training through the creation of apprenticeships.

The Royal Foundation were excited to extend the national Coach Core Apprenticeship programme for 16-24 year olds into Leicester and Leicestershire, in order to create employment in the sector as well as deliver an education component through the apprentice programme.

Connecting the potential of Coach Core with the Business of Sport Network has proven an excellent way of engaging with a wider, more diverse network of potential employers and also provides an exit strategy and support pathway to the employers, employing apprentices.

Fourteen of the employing businesses were accessed through the LRS Business of Sport Network and were new to employing an apprentice. For two organisations, Coach Core presented an opportunity to employ their first members of staff, allowing them to expand their operations and create more opportunities for the communities of Leicester and Leicestershire to be more physically active.

Coach Core in Leicester and Leicestershire has had the clear benefit creating of a more diverse and representative workforce, whilst allowing businesses, charities, clubs and organisations to expand and work with key targeted communities, including the inactive.



“Taking on a Coach Core apprentice was an easy decision to make given the focus was around supporting women and girls taking part in sport. We’re confident that we can support our apprentice to go on and do great things to encourage many more women and girls to be much more physically active.”

Mark Barber, Head of Community Development, Leicestershire County Cricket Club

DELIVERING OUR STRATEGIC OUTCOMES: STRONGER COMMUNITIES



SUPPORTING GROWTH OPPORTUNITIES

 www.lrsport.org/businessofsport

The LRS Business of Sport Network has supported TayPlay's growing business for over 18 months. Founders Jack and Harry joined the very first Business of Sport Network event back in September 2018 and connected with the free business mentoring scheme through the Business Gateway.

By January 2019 Jack had left his job at a call centre to work at TayPlay full time and Harry was coming to the end of his time at university. Both founders were reinvesting every spare penny into the development of their company to continue to provide the services they believe in.

By December 2019 both Jack and Harry worked for TayPlay full time as active Directors, leading a team of over 26 specialist coaches that work within Leicestershire and Nottinghamshire on the quest to provide the best services to all. They are now sports providers for two local authorities, have their own wraparound care scheme, provide PPA cover, teacher CPD, extra curricular activities and holiday camps for over 300 children.

TayPlay have sustained their connection with the Business of Sport events and have become an Employer Partner with CIMSPA following the 'Buyers meet Suppliers' event. In addition, they have become an Apprentice Employer as part of the Coach Core Programme and have advanced conversations with the local universities and wider business support options to progress their business model.



"The Business of Sport Network has opened up countless opportunities which have enabled us to build strong connections within the industry. We can't thank the Network enough for the support, guidance and the inspiration to continue to grow as a company."

Harry Taylor, Co-Founder and Director TayPlay SPORT Ltd

LRS AND THE MICK GEORGE SPORTS FUND

 www.lrsport.org/funding

Leicester-Shire and Rutland Sport partnered with Mick George Ltd, a construction based company, to distribute funding to sports clubs and organisations within eligible postcodes in Leicestershire and Leicester through the Mick George Sports Fund.

The fund awarded grants of between £500 and £1,500, for capital community sports projects or developments that can be accessed by the general public. In total, £30,357 was distributed to 24 organisations based in Leicestershire and Leicester to support them improve health and well-being outcomes of local communities through increasing participation in sport and physical activity.

The organisations awarded funding were spread across 13 different sports, it included improvements to changing rooms at Glenfield Bows Club, pitch maintenance at Sileby Town Rugby Club and site improvements at the Emerald Centre in Leicester City.

Market Harborough Trampoline Academy were awarded £1,000 to carry out essential repairs and servicing to their 4 trampolines. This has enabled the club gymnasts to get back into training to prepare for future competition programmes.



"Thanks to the Mick George Fund and support from LRS, our gymnasts have been able to get back into action. The funding has enabled us to get our trampolines serviced and repaired and ensured that we can return to training and competition."

Kieran Grundy, Head Coach



LRS working with:

LEICESTERSHIRE COUNTY

CASE STUDY: HOLIDAY ACTIVITIES AND FOOD PROGRAMME

Barnardo's and Leicestershire County Council developed a Children's Innovation Partnership (CIP) to work collaboratively to co-design, co-invest and co-create transformational changes using a 'service design approach'.

As part of the CIP Barnardo's successfully submitted a grant application to the Department for Education for £798,000 to deliver local co-ordination of free summer holiday activities and healthy food for children who were eligible for free school meals. Barnardo's took a partnership approach to this grant opportunity and developed a network of Improvement Partners; Leicestershire County Council, Voluntary Action Leicestershire and LRS.

The aim was for children who attended this provision: to have access to and eat healthy food; to be more active; to take part in engaging and enriching activities; to access safe provision; to access activities aimed at reducing social isolation; and to be more engaged with school and other local services.



"LRS played a significant role in the success of this programme, using its skills, knowledge and networks to ensure that communities across Leicestershire could achieve the maximum benefit for their children. A first-rate collaboration from a valued Improvement Partner."

Nadine Good, Assistant Director Children's Services, Barnardo's

www.leicestershire.gov.uk



HEADLINE ACHIEVEMENTS

£798,000

DfE funding secured for Holiday Activities and Food (HAF) programmes within Leicestershire

1,904

places (equating to 30,464 meal opportunities and 121,856 hours of activity opportunities) were provided for eligible children



kit bags distributed and 19 suppliers received additional expert coaching sessions



95%

of attendees rated the Nutrition workshop as 'Very good' or 'Good'

2,023

children eligible for free school meals were recorded as accessing the sessions

19,572

attendances by those children recorded throughout the summer period

1,004

children accessed the programmes through additional funding or paid places (enabling fee paying children to access the same provision as FSM eligible children)



97%

of attendees rated the Physical Activity workshop as 'Very good' or 'Good'

100%

of suppliers attended improvement workshops focusing on food and nutrition standards and physical activity

20

suppliers operated holiday programmes at 37 sites



100%

of sessions observed saw children having fun in a safe environment



The club has really helped my girls grow in self-esteem and confidence and for that we are truly grateful.

We wouldn't have had a fun summer if it wasn't for the group as we don't go on holidays.

HAF Programme Parents





LRS working with:
BLABY District Local Sport Alliance

£279,143 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: POSITIVE ACTIVITY REFERRAL SCHEME

The Positive Activity Referral Scheme Education programme provides opportunities for vulnerable and disengaged pupils to improve mental wellbeing and self-efficacy through sport and physical activity.

A female focused dance group was set up, that worked with secondary school students with low confidence and self-esteem, providing each participant with their own personal goals to work towards. One participant had particularly low self-esteem and social anxiety due to being gender confused. They did not understand themselves or the emotions they were experiencing and felt very isolated assuming there was no place in society for them.

Each week the individual grew in confidence and established positive relationships with the group and teachers. Since attending, they have found an environment they feel comfortable and welcomed in, alongside establishing new friendships and understanding themselves better. They have been able to identify their gender and are now fully engaged at school, socialise in the community and support other vulnerable females in the dance group.



“It is truly amazing to see their transformation. This class and the instructor have helped them to understand that they do belong and there is a place in society for them. We are so grateful to be a part of this project and help vulnerable pupils through sport and physical activity.”

Teacher

www.sportblaby.org.uk



LRS working with:
CHARNWOOD Active Charnwood Alliance

£357,008 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: SAFE, WELL, HAPPY PARTNERSHIP

The Safe, Well, Happy Group is a partnership of volunteers and organisations supported by Active Charnwood. The group assist people with learning disabilities to be safe, well and happy within their communities.

The partnership has taken significant steps forward, moving into a permanent community venue. The group are now an independent organisation and have established a constitution, bank account and secured £3,000 of external funding to support operating costs. Six committed volunteers provide high quality support for participants, whilst Active Charnwood regularly drop in to share their expertise.

Activities are organised to improve the physical and mental well-being of residents and service users to fulfil active and healthy lifestyles. These include table-top and outdoor activities, developing personal health action plans and healthy eating advice. Monthly attendances at the Safe, Well, Happy Group have grown, with over 20 people with learning disabilities regularly attending either from local groups, with carers or independently.



“We all have fun learning and playing different games. It doesn't matter if you can't catch a ball or run fast, everyone joins in and no one is left out. I really enjoy learning about staying healthy, it always makes me feel good when I know I have contributed something to the club.”

Joe, Volunteer and participant

www.charnwoodsport.org.uk





LRS working with:

HARBOROUGH

Active Harborough District

£328,870 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: MULTI-LEVEL INTERVENTIONS IN VILLAGE SETTINGS

The rural nature of Harborough presents its own challenges when delivering physical activity interventions including transportation, venues and the viability of delivering sessions for small numbers.

Active Harborough visited Shearsby village, which has a population of around 200 people, to promote a 'Physical Activity Morning' which included details of falls prevention, Kurling and Boccia, hoping the information would appeal to a local audience.

The Physical Activity Morning was also promoted on the village WhatsApp group. In response, 14 villagers attended the session, of different ages and varying degrees of ability. They were able to participate in and benefit from all the sessions by making adaptations where necessary, particularly to the falls prevention exercises.

Active Harborough continue to work with Shearsby Parish Council to establish weekly sessions, with the team providing support for the falls prevention sessions and participant volunteers delivering the Kurling and Boccia sessions, with initial support from officers.



"I have thoroughly enjoyed the sessions and think it has been wonderful for so many locals to get together, do some exercise and have the opportunity to socialise. I hope that it is something we can do on a more regular basis."

Participant

www.harboroughsport.org.uk



LRS working with:

HINCKLEY & BOSWORTH

Sport and Health Alliance

£181,806 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: NEW AGE KURLING

Hinckley & Bosworth Sport and Health Alliance wanted to introduce a new activity for their ageing population. In Hinckley alone, 36.5% of the residents are aged 50 and over and New Age Kurling is an ideal socialising activity for this demographic. With the help of Mayfield's Inclusive Activities, a six-week free trial began at Hinckley Leisure Centre in September 2019.

An average of 15 people attended each week with the numbers eventually growing to 25. A group of keen individuals, supported by the Hinckley & Bosworth Borough Council Physical Activity team, were inspired to set up their own New Age Kurling club called Hinckley Tornadoes.

Since setting up the club they have supported a competition within the local community in addition to a Hinckley & Bosworth School Sport and Physical Activity Network competition for local students. Following the success of the club, further funding was accessed and New Age Kurling is now being rolled out across the borough.



"When I retired I didn't have many friends to socialise with. The Kurling sessions allowed me to mix and make friends with others."

John, 72, New Age Kurling Participant

www.activehb.org.uk





LRS working with:
LEICESTER CITY

£377,795 SECURED TO SUPPORT LOCAL DELIVERY

CASE STUDY: TEACHER TRAINING APPROACH

The Leicester Teaching School, part of the Mead Educational Trust were successful in receiving funding from Sport England to deliver a project as part of the new national Teacher Training Approach and identified LRS as a key partner.

The aim was to increase engagement and participation in curriculum physical education with those young people who were currently disengaged, by looking at new alternative and innovative delivery.

A target audience of inactive girls in Y8-Y10 in 15 secondary schools was identified. The project then focused on 'Behaviour Change Theory' for PE teachers, Senior Leadership Teams, and the pupils themselves. It also worked with several external 'alternative activity' providers to train teachers and then subsequently offer 'alternative' PE lessons to girls in school. Other changes to PE delivery included PE kit and the use of music. In addition to changes to curriculum delivery, pupils were incentivised with free access to local leisure centres, to encourage continued participation in physical activity outside of school.

Since alternative PE lessons were delivered at their school, 60% of girls reported that they are more active; 58% enjoy taking part in physical activity more and 50% are proud of what they achieved.



"The team at LRS were instrumental in shaping the focus of the project, creating systems to capture appropriate data and, through their extensive network, bringing together all the necessary delivery partners for its effective delivery."

Dave Roper [Strategic Director of Teaching School]

www.leicester.gov.uk/ActiveLeicester



LRS working with:
MELTON Sport and Health Alliance

£129,105 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: MELTON INCLUSIVE SPORT AND PHYSICAL ACTIVITY

The Melton Inclusive Sport and Physical Activity (MISPA) steering group was formed in October 2019 with the aim of maximising the inclusivity of sport and physical activity opportunities across the Melton Borough. The group is formed of representatives from organisations, services and groups who work with, or provide inclusive opportunities for, individuals with disabilities.

The steering group organised the first MISPA Community Evening in January 2020 at the Parkside Council Building with over 50 people in attendance; a fantastic turnout for a first event. A variety of sports clubs, groups, and residents came together to share stories, best practice and discuss how to work together to progress this agenda.

This is an exciting time for the borough as the team looks forward to seeing opportunities develop over the coming months as local deliverers learn how they can have an impact and connect with others who are already delivering great activities.



"The community evening was a valuable step in helping to tackle inequality and supporting inclusive growth in terms of sport and physical activity for the Melton Borough."

Cllr Alan Pearson, Portfolio Holder for Housing and Communities, Melton Borough Council

www.meltonsportandhealth.org.uk





LRS working with:

NW LEICESTERSHIRE Local Sport Alliance

£198,245 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: STEADY STEPS

Steady Steps is a stage two programme on the NWL Falls Prevention Pathway. The programme is delivered in partnership with LRS and West Leicestershire Clinical Commissioning group.

The aim of the programme is to support adults, aged over 65, to improve and sustain their levels of strength, balance, cardiovascular fitness and flexibility to reduce their chances of suffering a fall. A group class in this programme includes a range of progressive exercises, both seated and standing, that support participant development.

In 2019/20 across seven strategically delivered programmes, there have been 531 attendances from 98 participants. Most attendees have been female, and the average age is 77 years. The project is a vital pillar of the district physical activity offer, with NWL having an ageing population and a higher than average percentage of hip fractures in over 65s. Participant feedback has highlighted how important this programme is to our residents.



“The sessions have definitely had a positive impact on my life - I now can walk without a stick.”

Participant, Hugglescote Community Centre programme

www.northwestleicslsa.org.uk



LRS working with:

OADBY & WIGSTON Active Oadby & Wigston

£110,897 SECURED TO DELIVER THE SPORT & PHYSICAL ACTIVITY COMMISSIONING PLAN

CASE STUDY: ENERGISE COMMUNITY CLUB

The Energise Community Club was set up at South Wigston High School to promote physical activity and exercise for children and young people in Oadby and Wigston, due to the health inequality for people living within these areas.

The new club, which started in January 2020, was promoted to local primary schools and has been running every Tuesday during term time. The first session of BoxFit was delivered by a local community coach and involved parents and children participating in high intensity exercise including sprints, jabs, hooks and uppercuts. The session was a great success, with parents and children thoroughly enjoying themselves.

The club has delivered a variety of activities including archery, circuit training, self-defence, throwing and catching, dodgeball, handball and even a nutrition session. Future sessions will include yoga, ultimate frisbee, judo and badminton and the aim is to signpost those involved to local community clubs in order to promote further participation in physical activity.



“My son has enjoyed his sessions and it has been good for him to try new things!”

Parent

www.activeoadbywigston.org.uk





LRS working with:
RUTLAND [Active Rutland]

£28,780 SECURED TO SUPPORT LOCAL DELIVERY

CASE STUDY: GROW TOGETHER

Grow Together is a volunteer project, created to inspire a love of growing food and flowers and encourage an active lifestyle through gardening, in communities across Rutland. It supports local people to benefit from growing in communal spaces, allotments and at home.

A team of twelve core volunteers have been recruited, who all have various projects in development within their own community. These volunteer gardeners are at the heart of this programme, sharing their knowledge, skills, experiences and stories with new growers and providing natural outdoor opportunities close to where people live.

A year into the project, volunteers have clocked up 845 hours of volunteering on projects including verge planting, a wildflower meadow and community allotments in three locations. Additionally, volunteers have improved village engagement by bringing people together where they can learn new skills and share knowledge, including a seed swap, school gardening club, apple pressing and wildflower identification.



“Grow Together encourages you to get outside in the fresh air, meet new people and feel confident about ‘growing your own.’ Gardening gets you moving, sparks creativity, reduces stress and is a great form of exercise. This is a project for people of all ages and abilities.”

Councillor Lucy Stephenson, Cabinet Member for Culture and Leisure, Rutland County Council

www.activerutland.org.uk



What our partners said in 2019/2020

“Reliable partners with high quality employees. Willingness to explore and seek new funding opportunities”

Local authority Head of Service



“LRS offers a professional service across the whole age range - to children and adults alike”

NGB Volunteer



“They are the standard bearers for the sport and physical activity sector in Leicester and Leicestershire. They have professional employees, always willing to go the extra mile”

LLEP Business Growth Hub



“Great support and partnership working on programmes to enhance and influence health & well-being for young people through school interventions and physical activity/sporting pathways”

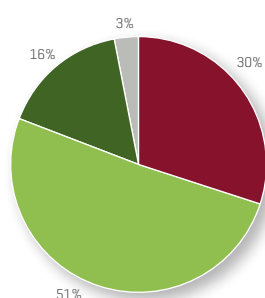
School Sport Manager

FINANCIAL HEADLINES 2019/20

The following financial statement provides the accounted income and expenditure for LRS for the 2019/20 financial year. The accounts include provisions for carry forward balances to facilitate programmes that operate across financial years.

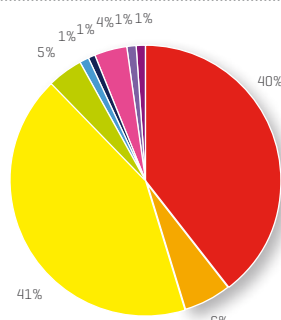
INCOME

● Sport England	£783,890	30%
● Local Authority	£1,336,467	51%
● Other Public Sector Income	£422,216	16%
● Non-Public Income	£90,030	3%
Totals	£2,632,603	100%



EXPENDITURE

● Support Costs	£995,982	40%
● Overheads	£138,067	5%
● Get Active	£1,032,980	41%
● Stay Active	£140,581	6%
● Active Places	£8,247	0%
● Active Economy	£30,881	1%
● Well Led	£16,743	1%
● Workforce	£97,912	4%
● MarComms	£22,477	1%
● Enterprise & Innovation	£19,118	1%
Totals	£2,502,987	100%



Net Surplus (Earmarked Deferred project expenditure) £129,616

INVESTING IN OUR PLACE

Every pound counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by each locality, there has been a minimum return of the following partner funding*:

LSA	Minimum return of partner funding*
Blaby	£41
Charnwood	£29
Harborough	£57
Hinckley & Bosworth	£24
Leicester City	£13
Melton	£35
North West Leicestershire	£29
Oadby & Wigston	£26
Rutland	£8

*Figures exclude the investment made by Local Sport Alliance partners and officer time.

ONE VISION N

Leicestershire, Leicester and Rutland the most physically active and sporting place in England



Leicester-Shire & Rutland Sport

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E: info@LRSport.org



LOTTERY FUNDED
