

PERFORMANCE REPORT

Active Communities Team

April - September 2019



Enhancing the lives of people in Salford

Performance Report for the Active Communities Team

Key Highlights Include:

Watersports Centre

- Over 1,200 people attended Open Water Swimming Sessions resulting in over 4,000 attendances!
- Over 3,500 schools and education visits to the centre, ranging from fun taster sessions to skill improvement and NGB qualifications
- A variety of large-scale events was held at the centre, attracting national and local competitors, such as the National Junior Open Water Championships
- The Age UK Salford branch hosted their annual Boat Race at the centre to raise awareness for dementia on World Alzheimer's Day
- During the summer holidays the centre ran 25 courses which resulted in 900 attendances from children and young people. Courses included; Multi Watersports, RYA Sailing and Learn to Wakeboard
- For the first time the centre ran Open Hire every day for the summer holidays, meaning that families and individuals could hire a Kayak or Paddleboard every day. This was a huge success with over 300 visits during the holiday period



Health and Wellbeing Open Water Swimming Open Day

This season the centre linked up with Swim England and two UK open water swimming providers, to create an Open day promoting the Physical and Mental health benefits of Open Water Swimming. Recent studies have found that Open Water Swimming has many health benefits in which the majority are linked to the lower water temperature compared to pools. Benefits can include; better sleep, better circulation, increased happiness, increased metabolism, boosted immune system and better skin.

The morning was a huge success, with 83 swimmers taking to the water.



Active Communities Team

- Delivered a Citywide holiday programme engaging with over 2,100 individual children and young people throughout Summer 2019, resulting in over 9,300 attendances at the various schemes across the city
- In partnership with Citywide, over 3,500 free lunches were provided to children and young people at a number of venues to help tackle issues around holiday hunger
- The RHS supported young people learn basic gardening skills and work around the environment
- Basic cooking sessions were delivered , helping young people cook healthy meals on a budget
- 30 young people visited Media City and took part in test marketing of new programmes which will be aired in Autumn
- An annual Sport Festival celebrated the summer holiday activities
- Monday night youth club funded until July 2020 in partnership with ForHousing
- East Salford Youth partnership continued to fund sessions at Albert Park

Playstreets

SCL worked in partnership with Forhousing, Westwood and Alder Park Tenants and Residents Association, Brookhouse Community Association, The Valley Community Garden, Kenyon Residents Association and Old Lane Residents Association to deliver play, sport and arts sessions at 11 venues across Salford. 11 weekly sessions were delivered across a 5 week period. Sessions were delivered within each neighbourhood where young people live giving them the opportunity to take part in activities on their doorstep. During the sessions young people developed, improved and increased their confidence, sporting and life skills. The 2 hour sessions included free lunches/ snacks for children and the activities were at targeted families with children aged 5 to 11 years.

“Local volunteer: “The children on our estate normally don’t have much on so it has been great to put on free activities for them over the school holidays. The free pack lunches have been a brilliant success. We’ve had kids turn up early (before the session starts) for their lunch! Kids have also approached me at the weekend asking when Play Streets is next on! I’ve really enjoyed being involved and look forward to making it bigger and better next year!”

The Life Centre Holiday Programme

The Life Centre co-ordinated holiday clubs in 5 Salford Primary Schools across Salford. Sessions were staffed by trained local volunteers and provided a two course hot meal and a 1 hour active session for 3 days a week for 3 weeks of the Salford school holidays. 745 meals and 745 active sessions have supported local families in need. The active sessions were delivered by Salford Community Leisure, Cadishead Rhinos and Rio Ferdinand Foundation.

“Unparalleled value...session time, activities, amazing staff and memories they’ll keep forever. Thank you to all the staff and the organisers of the St Patrick’s holiday club.”

“I’m a single parent from a low income family and always struggle to give my daughter the opportunities that other children in her class get. After missing out on so much for so

long, it was always down to a choice of paying for provision or food. This session has been a godsend, she has made new friends, learned so many things and the cost has allowed her to attend on a regular basis. Thank you to everyone involved."

"My son attended the programme at the Co-op Academy Walkden for the first time and didn't know anyone. He was absolutely buzzing when he came out after his first day with the range of activities on offer. By the end of the summer he had made new friends and can't wait for October half term. He has previously attended a camp that costs £20 per day and this one blew the other camp out of the water. Absolutely amazing programme which was well ran. Well done team, highly recommended."

"We are on a small budget and barely make it to the next pay day with our shopping so feeding my children is much appreciated"

Salford Youth Alliance (SYA)

- Over 145 volunteers registered and over 3,000 volunteer hours recorded
- 25 young people have gained employment through the experience and training opportunities they have gained with SYA
- 7 Volunteers celebrated at Salford Sports Awards
- 10 volunteers qualified in sports leaders award in partnership with Rio Foundation
- Over 30 volunteers supported the summer programme of activities
- A project tackling inactivity started in Little Hulton and Walkden with over 8 weeks of physical activity delivered in local primary schools

Active Education Team

- Working in 12 Primary and 1 Specialist High School, coaches have engaged with around 83 different classes from Nursery through to Year 6 within the primaries and Year 10 and 11 groups in High School
- Alongside lunchtime and after school clubs the team have engaged with over 5,000 children in a variety of sporting activities
- The coaches have delivered over 150 hours of High Quality PE
- Two schools took part in the SCL Dance competition at the Lowry in July 2019 with both schools placing in the top four

Born To Move™

During the summer term, two coaches delivered 4 weeks of taster sessions in Born To Move to two primary schools. The programme is age appropriate and incorporates elements such as music and moves, punch and kick, yoga and relaxation and dance. The programme is aimed at improving children's fitness in a fun way.

The children in both schools really enjoyed the sessions and they were a huge hit.



Swimming Team

- Two British Champions at the British National Championships in Glasgow
- Four National Champions at English National Championships in Sheffield
- 3 Medals and another National Champion at the National Open Water Championships in Sheffield
- Successful grant application secured to help purchase starting blocks
- 8 Salford swimmers attended the Lancashire County Development Camp (11-12 year olds)
- 4 Regional Champions at the North West Open Water Championships held at the Helly Hansen Watersports Centre
- A City of Salford swimmer competed in the Elite Men's British Sprint Triathlon Championships held in Cardiff
- 60 young Salford swimmers earned Top Club Trophy at Wigan Starter Meet. The swimmers collected 113 medals over the weekend
- 4 Synchro swimmers recently attended the England National trials
- National Synchro Combo Cup in London – Bronze Medals for two Synchro teams
- Competitive training scheme members and City of Salford Swimming Club athletes Joseph and Georgia collected awards at the Salford Sports Awards held at the Lowry Hotel



Synchro – National Combo Cup

On the 6th July, 35 swimmers from Salford travelled to London to compete in the National Combo Cup. The 15 and under team and the 13-15 squad both achieved bronze. The junior 15-18 team swam strongly and finished in 4th place and the 12 and under team (Salford's youngest team) finished in a credible 7th place.



Gymnastics Team

- Successful Easter and Summer Camps
- Successful Gymnastics Summer Showcase held with attendance from Mayor and Mayoress of Salford
- Links made with Manchester Academy of Gymnastics
- September attendances at recreational gymnastics sessions hit a record high at Ordsall and Worsley
- Young Helper coaches (young gymnasts from 12 years) involved with assisting / training at Worsley/Eccles/Ordsall

Forthcoming events and activities:

- Ambrose Sports and Performing Arts camp - October half term
- Gymnastics Talent ID clinic at October Half Term
- Spring Gymnastics Display
- Halloween Open Water Night Swim
- JP school league 2019/20 with 21 schools
- Halloween Witches Walk
- New evening activity programme in Little Hulton and Walkden
- City of Salford Swimming Club to host Potential Olympians Gala at Broughton Pool
- Regional Championships in November
- National Short Course Championships in December
- Synchro County Championships

For more information please see:

<http://www.salfordcommunityleisure.co.uk>