



**Annual Report
2022/23**



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”لائم سوٲ مطبار رک امر ف لى نابز هم وٲ ، فور د ءٲب
ن: بينامرف



email:

don.toonen@moray.gov.uk



phone:

01343 563321



mail:

Equalities Officer, Moray Council, High Street, Elgin, IV30 1BX

Contents

Alternative Formats?	2
Introduction and Background	4
Key Areas of Work	8
People	12
Profile	14
Clubs and Collaboration	14
Next Steps:	15



Introduction and Background

Roy McPherson
Principal Active Schools and
Community Sport Officer
[Team Manager]

This report will focus on the achievements of the Moray Active Schools team across the 2022-23 academic year. The Active Schools Coordinators are part of the wider 'Active Schools and Community Sport Team' which also includes a Community Sport Hub Officer role and a team of sport coaches. The current Active Schools team are as follows:

Fraser Lyall
Lossiemouth ASG

Craig Rowley
Elgin Academy ASG

Paul Rogan and Rosalyn Carruthers
Forres ASG

Fiona Preston
Elgin High ASG Primaries

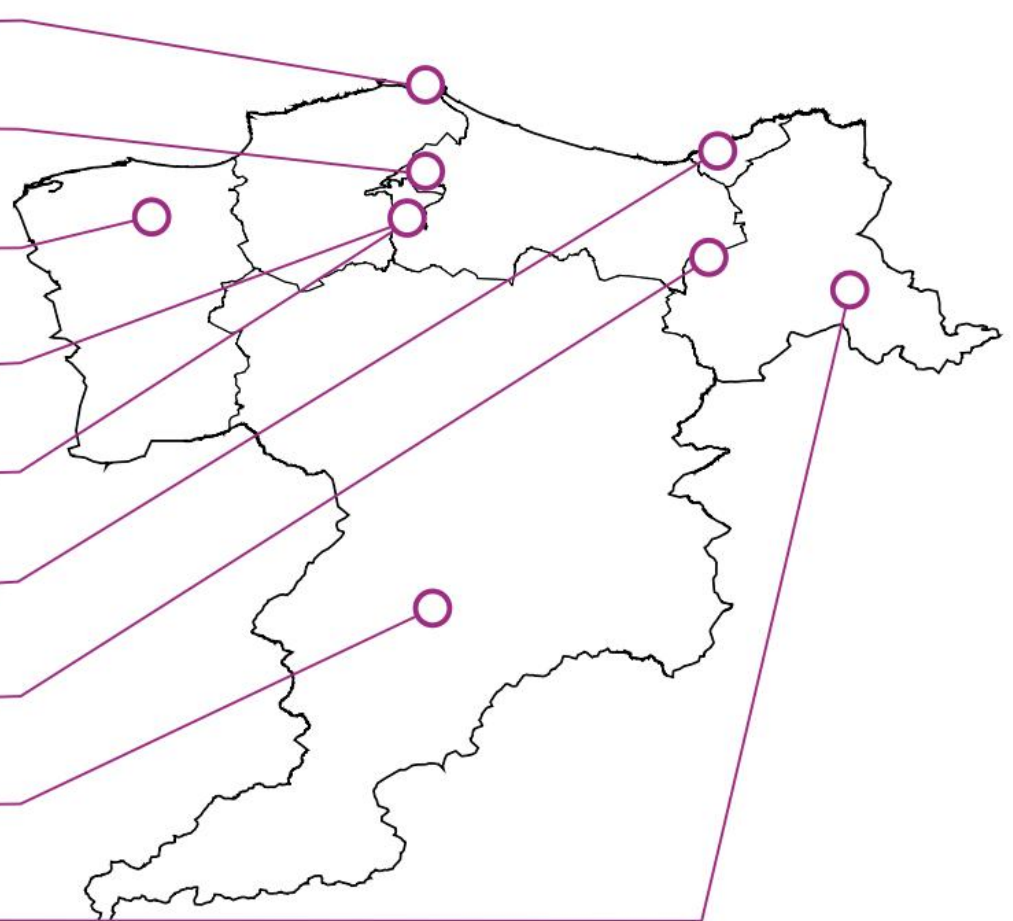
Paul Rogan
Elgin High School

Danny Simpson
Buckie ASG

Lorna Young
Milnes ASG

Craig Carswell
Speyside ASG

Amanda Walker
Keith ASG





Active Schools is a successful partnership between **sportscotland** and Local Authorities that has been in operation since 2003. In November 2022, the Moray Council and **sportscotland** agreed to a four year funding partnership extension, securing the long term future of the project from 2023-2027. The aim of Active Schools is to provide free, high quality opportunities to take part in sport and physical activity before school, during lunchtime and after school while developing effective pathways between schools and sports clubs in the local community.

Developing a network of volunteers is a fundamental role of the team to ensure that activities can be offered at no cost to the participant. The work is guided nationally by the **sportscotland** 'Sport for Life' strategy and the infographic displayed below highlights the key areas of participation, people and profile.



The commitment from **sportscotland** to ensure that 'inclusion underpins everything we do' has resulted in a more focused approach to targeted programmes delivered via the Moray team. This report will celebrate the success of key initiatives led by the Moray Active Schools Team across 2022-23, highlighting the blend of universal and targeted projects delivered, striving to ensure that sport and physical activity is accessible to all young people in Moray.

The Moray team plan was re-formatted across 2022 via discussions with the coordinators and **sportscotland** representatives which set a clear direction for the 2022-23 academic year. The plan is split into the five priority areas identified for Active Schools nationally by **sportscotland**:

- **Priority 1:** Provides high quality opportunities for young people to take part in sport and physical activity before school, at lunchtime and after school
- **Priority 2:** Develops, leads and supports effective pathways to connect schools, clubs and communities.
- **Priority 3:** Provides inclusive opportunities by using targeted approaches to remove barriers to participation.
- **Priority 4:** Develops a network of volunteers to deliver activity sessions.
- **Priority 5:** Develops and supports leadership opportunities for young people.

The national priorities are intertwined with local priorities from the strategic plans in Moray which the team contribute towards:

- Local Outcome Improvement Plan: 'Improving Wellbeing of Our Population' and 'Building a better future for our children and young people in Moray'.
- Corporate Plan: 'Our People: Provide opportunities for people to be the best they can be with a strong and sustained focus on those individuals and groups in our society who experience the most disadvantage and discrimination.'
- Children Services Plan : 'The wellbeing of children, young people and families is improved' and 'The impact of poverty on children, young people and families is mitigated'.





Key Areas of Work

Participation – Universal initiatives

Our Active Schools monitoring stats from 2021-22 demonstrated steady progress after the Covid-19 pandemic and our main aim was to progress further in the key areas of work. The key statistics for the 2022-23 included:

- Total number of distinct participants **4,040**, up from **3,218** in **21-22**.
- Percentage of school roll participating **33%**, up from **26%** in **21-22**.
- **44%** of the primary school roll participated, with **19%** of the secondary school roll.
- Of total participants, **56%** were male with **44%** female
- Number of visits **76,920**, up from **62,831** in **21-22**.
- Number of sessions **7,106**, up from **3,227** in **21-22**.
- Number of deliverers **322**, compared with **335** in **21-22**.
- Percentage of voluntary deliverers **95%**, up from **91%** in **21-22**.
- **148** young leaders, up from **131** in **21-22**.
- **30** coach education courses delivered, with over **350** participants attending.
- **£17,850** of external funding successfully sourced by the Active Schools and Community Sport team to support projects.

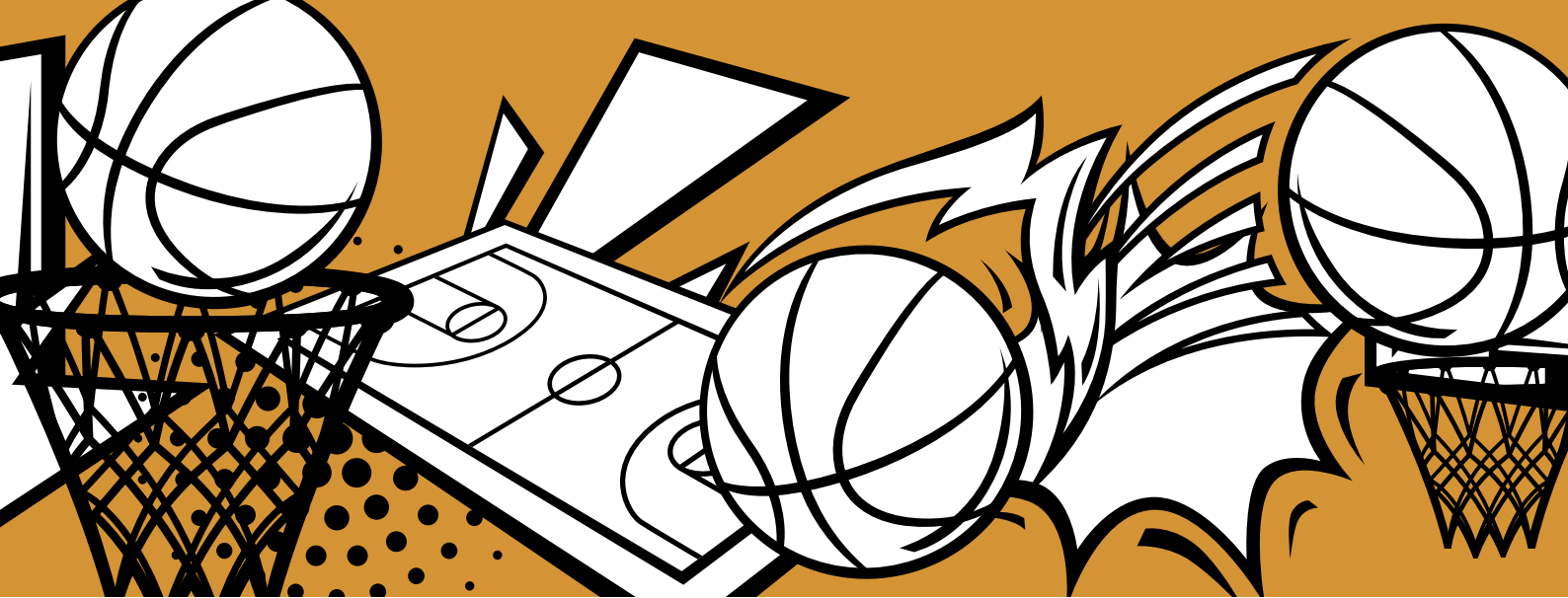
The team continued re-developing extracurricular activity levels, club links, volunteer's numbers, while re-establishing festivals and events. Some of the key universal events and games programmes that were delivered included:

- Primary Schools Cross Country Event in partnership with Gordon Castle, 600 participants, 1500 spectators.
- Primary Schools Football Games Programmes delivered in partnership with SFA, 570 participants, 78 teams from 14 different schools, 118 volunteer coaches, playing every second week
- 5 Primary School Cricket Festivals delivered in partnership with Moray Cricket Association
- 3 Netball Festivals delivered in partnership with Gordonstoun school
- Secondary Schools Badminton Festival in partnership with Moray Badminton Association and Moray Sports Centre



Gordon Castle Primary Schools
Cross Country video link:
<https://www.facebook.com/100063798480333/videos/pcb.735213948615215/165660413180380>

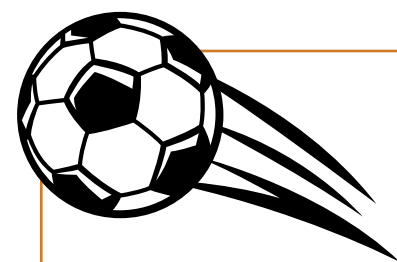




Across the year 30 different types of activity were offered in the extra-curriculum, with the top ten in terms of number of visits being:

- | | |
|----------------|--------------|
| 1. Football | 6. Running |
| 2. Multisports | 7. Badminton |
| 3. Netball | 8. Cricket |
| 4. Basketball | 9. Hockey |
| 5. Fitness | 10. Swimming |

The **sportscotland** School Sport Award is a national initiative designed to encourage schools to put young people at the heart of decision making, planning and implementation of extra-curricular school sport. It also encourages schools to self-reflect, continuously improve, recognise and celebrate successful school sport models. The award also encourages sporting links between schools and the communities around them, providing opportunities for young people to progress. Applications were submitted across Moray in 2022-23 via the efforts of school staff, Active Schools Coordinators, and young ambassadors. Three schools were awarded gold, a great achievement, and all schools that were recognised are listed below page:



Moray Primary Football Festivals 2022-23

- School Entered: 14
- Cluster School Entered: 4
- Weeks: 14
- Coaches: 118
- Players: 573
- P4s Teams: 29
- P5s Teams: 29
- P7s Teams: 20

Gold Award:

- Buckie Community High
- Elgin Academy
- Knockando Primary

Silver Award:

- Craigellachie Primary
- Keith Grammar
- Cullen Primary
- Mortlach Primary
- Seafeld Primary
- Speyside Primary

In progress

- Forres Academy
- Hythehill Primary
- Keith Primary
- Pilmuir Primary
- West End Primary



Equality, Inclusion and Diversity – Targeted initiatives

The team also reported on the involvement of young people with protected characteristics across Moray schools. Of the total 4,222 participants involved with the programme, 2,437 had access to free school meals, with 78 being from a SIMD 1 or 2 area. There were also 1,476 pupils involved categorised as having an additional support need, with 127 assessed as disabled. One hundred & sixty eight young people that participated were recognised as being from an ethnic minority family. The team made a new connection with 'The Promise' project leading on work with young people in care and 50 participants were from this background. A new target for the team was set via the Children and Services Plan for Moray Council to increase the number of primary 1 participants and term 3 statistics showed an increase from 1,269 session visits to 1,721 last year.

One key action allocated to the team via the Moray Council 'Education, Resources and Communities' service was to 'embed the Changing Lives approach across relevant sport and culture work streams'. The Changing Lives initiative encourages sport & physical activity to be used as an intentional tool to create positive social change for targeted groups, achieving both increased participation and wider social outcomes as a result. Two of the team completed the Changing Lives champions training in 2022 and in 2023 one of the Active Schools Coordinators also progressed through the programme. It has provided the team with a more focussed approach on tackling inequalities locally, using sport and physical activity as a catalyst. An internal council reporting measure highlighted that the team led on 24 Changing Lives themed targeted initiatives across the academic year, with 489 participants taking part, this included Active Schools and Community Sport Hub projects. Local data has shown that 39% of school pupils in Moray have an additional support need (ASN) and there's an awareness that Moray is under resourced to support this group. As a result this has become a focus for our team. The report will now provide some examples of targeted projects that had a positive impact across 22/23:

The team secured £7.5k of funding annually for 2023-2025 from the national Community Cycle Fund to deliver an ASN Cycling project in partnership with Outfit Moray. Seventy-two pupils from 7 primary schools benefited from sessions in the first year of the project. 'All Ability Cycling' and 'Learn to Cycle' sessions took place using adapted and regular bikes to improve the skills and confidence of pupils with different abilities, from wheelchair and adapted bike users, to those requiring longer term support to learn to cycle. Playground activities were delivered focussing on balance, coordination, braking and control.

"The sessions have helped contribute towards general wellbeing and enjoyment of the outdoors as well as developing cycling skills in an inclusive way. One particular pupil has progressed from showing very little control and awareness to steering proficiently and cycling confidently around the playground. Parents have also been delighted to see their children's skills grow and develop with short videos being shared on class Dojo."

– Member of the school staff involved with ASN Cycling Project

Three ASN festivals were delivered to 120 secondary pupils in East Moray, taking part in Boccia, Archery and Orienteering. They worked with school ASN departments to identify pupils that would benefit from the opportunity to try out new sports. The **sportscotland** impact survey tool was sent out to participants after the first event and from the participants that completed the survey, 90% reported that they felt healthier and more confident, with 60% reporting it helped them to make more friends as a result of the event.

Swimming sessions were delivered for young people with disabilities in the Forres and Lossiemouth areas via a partnership with local provider 'Swimable', with over 50 pupil benefiting across 2022-23 an increase from the previous year:



SWIM & SURF- ABLE

We partner with Friendly access to provide swim and surf sessions to children with additional support needs.

Swimming is a life skill we are determined to make accessible for all by using a holistic approach.

There are 2 centres providing swim and surf for 35 children (21/22).

The team worked with the local community to launch the Keith Sports Kit for All which aims to widen participation in sport and physical activity for families experiencing poverty. It also encourages recycling to reduce the amount of waste going to landfill. Positive engagement from the local community has ensured a high number of quality clothing donations which is now being distributed to families that benefit from additional support. Kit for All Projects are now also developing in the Elgin, Speyside, and Forres areas. The Active Schools Coordinators also ensured that 100% of their school programme was free to the participant, again reducing financial barriers to taking part.





People

The team were able to deliver the initiatives described above thanks to building up a strong and dedicated workforce. The Active Schools Coordinators regularly worked with school staff, young leaders, parent volunteers, college students, community sport club coaches and community volunteers to offer a range of different activities across the area. In total, 322 deliverers worked with the team across 2022-23, with of 95% of these being volunteers. The team organised 30 coach education courses that were delivered locally to over 350 participants. Partnerships between the team and sport national governing bodies ensured that the level of training available for the sporting workforce in Moray increased.

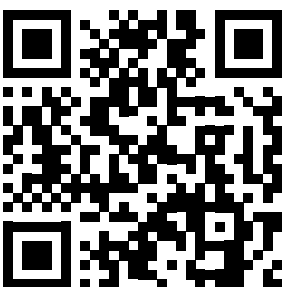
The Young Leaders programme was one element of work that progressed significantly over the pandemic period with 148 young people helping to make up the workforce across the year. The team continued to tap into funding sources to support the initiative. This funding was obtained to increase the number of coach education courses available to young leaders, and also support the purchase of hoodies which are provided to the deliverers.

Linked to this, the Young Ambassadors programme is funded by the National Lottery and is a key element of **sportscotland's** contribution to developing young people as leaders in sport. In 2022-23 14 young ambassadors were recruited across Moray from 7 out of the 8 secondary schools. An informal 'Moray Young Ambassadors Forum' was created to share best practise and common themes emerged such as kit for all projects and club links sessions. One of the most successful projects was led by a YA in the Keith area, with 70 primary pupils experiencing new activities led by 5 local sports clubs.

The ASCs have also had success developing a 'Playmakers' training programme for primary school pupils, which feeds into the long term development of young leaders. As a snapshot of impact, 180 pupils completed the training in the Buckie area, 82 pupils in the Milnes area, and 45 pupils in the Keith, increasing the number of lunchtime activities and building the workforce for the future.



Keith Young Ambassadors –
Clubs Links Project video link:
<https://fb.watch/l8bPBgLwOA/>



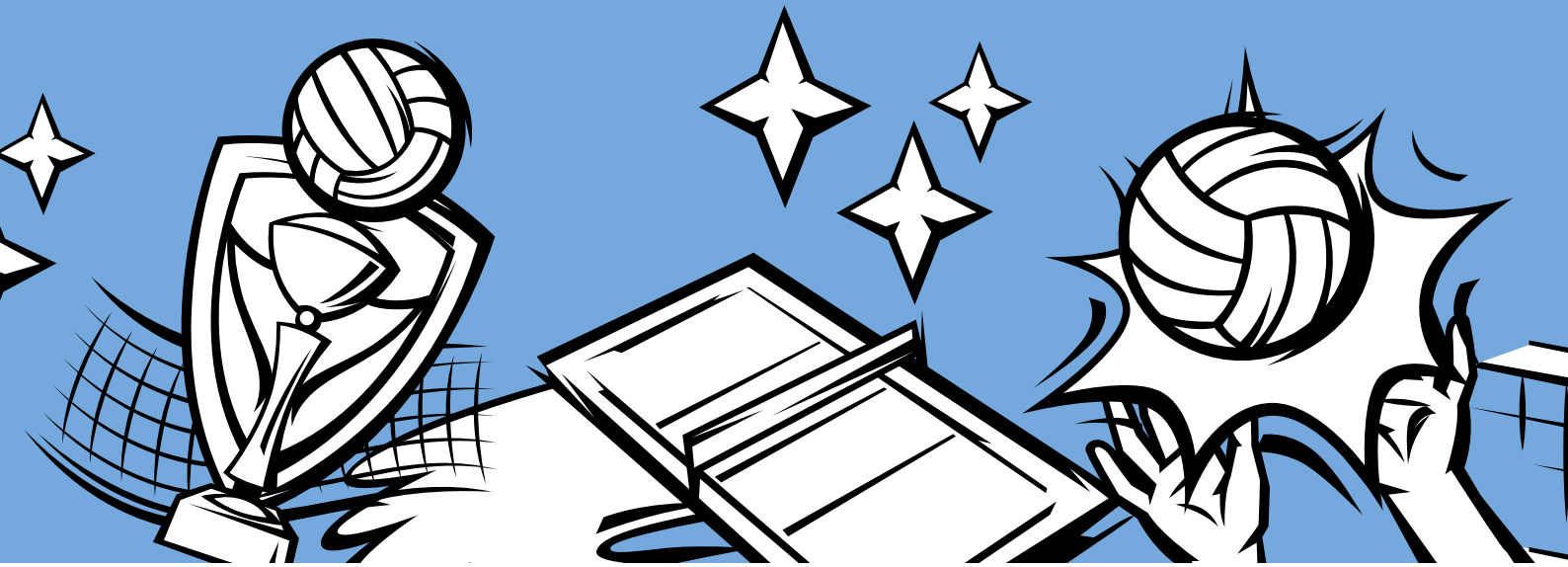


“I have enjoyed being a young leader and learning new skills, gaining confidence in myself. I’m now able to lead a class which I will benefit from in the future.”

– Young Leader

The annual Active Schools and Community Sport ‘Thank You Event’ took place in June at Elgin Bowling Club:





Profile

The team continued to build up their online presence across various social media platforms. The Active Schools and Sport in Moray Facebook page has amassed 6,700 followers providing an effective means of communication for families, individuals and external partners. The Facebook page has recently been used as an example of best practice by Moray Council communications staff when delivering workshops for internal teams. Nothing illustrates the range of programmes delivered via the team better than the Facebook page, for anyone accessing this report electronically you access the Active Schools and Sport In Moray Facebook page via the link at the side of the page.



Active Schools and Sport In Moray Facebook

https://www.facebook.com/sportinmoray/groups/?ref=page_internal&mt_nav=0

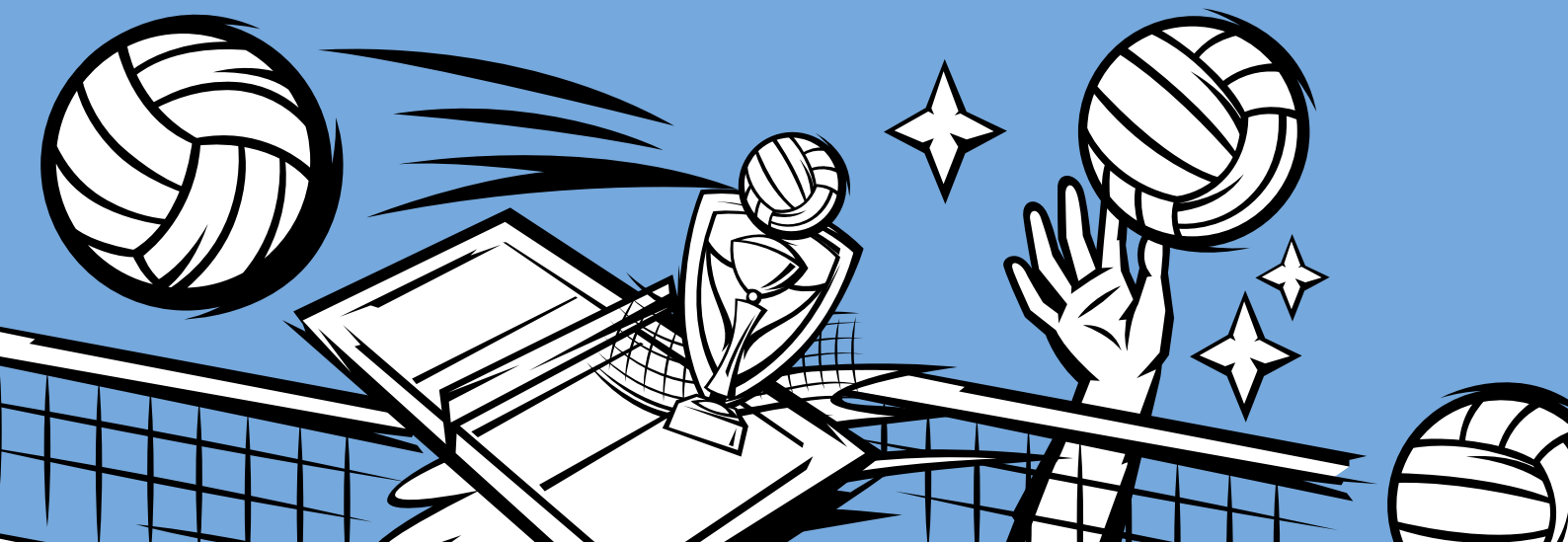


Clubs and Collaboration



Twenty community sport clubs linked with local schools via the Active Schools team across 2022-23, with some schools recording up to 5 links. Links were created via taster sessions, regular extra-curricular activity and club representatives supporting festivals. The clubs that recorded the most links are listed here:

- Elgin City Football Club
- Forres St Lawrence Cricket Club
- Badminton Moray
- Karate Academy Scotland
- Quasar Hockey Club
- Forres Harriers
- Elgin School of Taekwondo
- Grant Park Bowling Club
- Joy Fusion Dance
- Fochabers Cricket Club



Next Steps:

The 2022-23 stats show that the Moray programme involved 33% of the local school roll, compared to the national average of 38%. The Moray team worked hard to increase this from 26% in the previous year and will continue to progress getting closer to the National average across 2023-24. Along with this, the focus for the team will include:

- Bridge gap between male and female participants through development of competitive opportunities such as the Netball and Girls Football festivals.
- Increase the distinct participant statistics at secondary schools from 19%.
- Development of ASN festivals in the West and East, working closely with Scottish Disability Sport, local clubs and Moray College. ASN Cycling project to continue progress in partnership with Outfit Moray.
- Continue to strengthen links with the education department through partnership working in the alternative curriculum project and input at 'Moray Improvement Group' forums.
- Launching a new 'Sport In Moray' website to increase profile and user engagement.
- Increase number of club links through increased interaction, utilising new Club accreditation scheme as tool to engage.
- Continue to strengthen links with National Governing Bodies through regular communication and networking event in 2023.



