

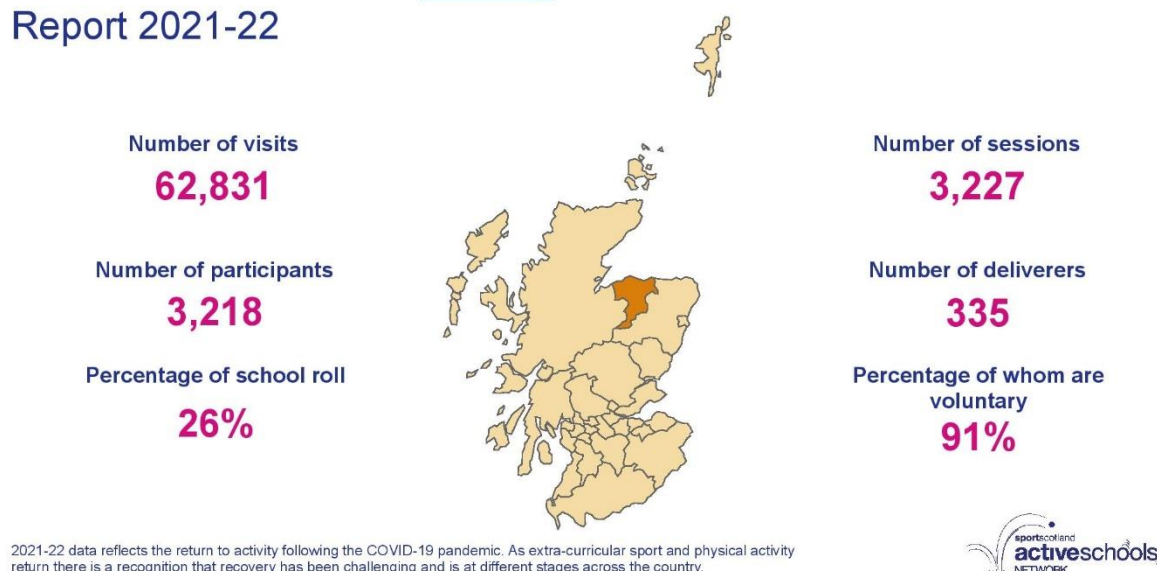
## Active Schools and Community Sport Team Update 2021/22

### Active Schools

At the beginning of the 2021/22 academic year Covid-19 restrictions were still in place across schools, which continued to make organising activities and developing connections difficult. As the restrictions relaxed in early 2022, the Active Schools team were able to return to more familiar ways of working that accelerated progress. The main priorities across the year were to build up the extra-curricular programme, re-introduce festivals, and provide targeted support.

Sportscotland, who are the key funding partner with Moray Council for the initiative, relaxed the importance of targets and statistics over the pandemic period however the infographic below demonstrates that despite the ongoing issues, the Moray Active Schools team were able to make a positive impact across the 21/22 academic year:

### **Active Schools Moray** Report 2021-22



Statistics were also reported on the involvement of young people with protected characteristics across Moray schools. Of the total 3,218 participants, 1,801 had access to free school meals, with 74 being from a SIMD 1 or 2 area. There were also 1,119 pupils involved categorised as having an additional support need, with 104 assessed as disabled. Lastly, 120 young people that participated were recognised as being from an ethnic minority family.

The remit of the Active Schools team is to deliver programmes during the school term time. However since the cessation of the Sports Development team in 2018, the Active Schools team have taken on the additional workload of co-ordinating local holiday programmes. After accessing an allocation of the Moray Council Scottish Government funding the team successfully delivered an extensive summer programme involving:

- 472 hours of free sessions
- 1,554 participants
- 214 participants from families with targeted characteristics

## Participation – Universal initiatives

The statistics included above demonstrates the reach of the programme and this was achieved through extra-curricular activity levels, sports club links, developing volunteers, re-establishing festivals whilst also developing targeted programmes. Some of the key universal events and games programmes that were delivered included:

- Primary Schools Cross Country Event, 600 participants & 1500 spectators
- Primary Schools Football Games programme delivered bi-weekly in partnership with the SFA, 400 participants across 60 teams
- 5 Primary School Cricket Festivals delivered in partnership with Moray Cricket Association
- Secondary Schools Badminton Festival
- Forres ASG Rugby Festival and Keith ASG Hockey Festival

## Equality, Inclusion & Diversity – Targeted initiatives

The Active Schools and Community Sport initiative contributes toward priorities in the Local Outcome Improvement Plan, Corporate Plan and the Children & Young People services plan. One key action allocated to the team via the Moray Council 'Education, Resources & Communities' service plan is to 'embed the Changing Lives approach across relevant sport & 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 workshops were delivered to the Active Schools Co-ordinators to upskill them on the tools such as the 'Theory of Change' planning template. It has provided the team with a more focussed approach on tackling inequalities locally, using sport and physical activity as a catalyst. The team have had a third member accepted onto the champions programme for 2022/23. Examples of targeted projects that had a positive impact across 21/22 included:

- Nurture group project in Buckie ASG, using sport to engage pupils with low confidence, improving social connections, attitude to school and increasing extra-curricular activity.
- Embodied dance project in Forres delivered with external partners, supporting pupils with additional support needs to express their emotions.
- Swimming skills sessions with external provider in Lossiemouth for young people with additional support needs, supporting improved access to opportunities, enabling everyone to lead the life they choose and reducing isolation.





A survey was sent to the targeted families that participated in the summer programme. Some of the quotes from the responses are listed below:

- 'My son made a friend which is nice as he struggles at school.'
- 'Really supportive approach by the tennis partners to ensuring that small adjustments allowed participation and inclusivity of children with additional needs. Was very much appreciated.'
- 'Helped my son grow confidence with sports and socialising with new children'
- 'My child has now found a new activity she enjoys and has joined the club'
- 'My son has been asking to go out and play with his basketball/football since doing the sessions which is great in comparison to only ever asking to watch TV/play video games.'
- 'My daughter has a few health issues and she loves going for the fun and games and meeting new friends'

## People

The Active Schools team worked with 335 deliverers across the academic year, with 91% of these volunteers. Although the Covid-19 restrictions made organising and delivering courses challenging, 205 coaches attended courses organised by the Active Schools and Community Sport team across the year. The Young Leaders programme was one element of work that has progressed over the pandemic period with 131 young people helping to make up the workforce. The team successfully sourced £20,000 of funding over the latter part of 2021/22 to support the young leader's programme, which has been utilised to fund hoodies and training courses, such as First Aid and Child Protection.

## Profile

The team continued to build up their online presence across various social media platforms. The Active Schools & Sport in Moray Facebook page has amassed 6,400 followers providing an effective means of communication for families, individuals and external partners. The Facebook page has recently been used an example of best practice by Moray Council communications staff when delivering workshops for internal teams.

## Collaboration and Impact

Twenty-eight community sport clubs linked with local schools via the Active Schools team, with every school in Moray achieving at least 1 club link and some recording up to 9. Links were created via taster sessions, regular extra-curricular activity and club representatives supporting festivals.

### Community Sport Hubs



The Community Sports Hub Officer (CSHO) for Moray continued to support clubs and physical activity groups to re-develop across 2021-22 after the covid-19 pandemic. Three Community Sport Hubs continued to be active across the year including 'Cooper Park Community Sport Hub', 'Forres Community Sport Hub', and 'Lossiemouth Community Development Trust CSH'. Each of these hubs are led by the CSHO and voluntary committees, with 38 clubs in total connected to the three hubs. Some of the key projects led by the hubs are detailed below.

**Active Recovery Moray** is a partnership between Moray Community Sport Hubs, Police Scotland, Arrows Drug and Alcohol support, and Elgin Sports Community Trust. The initiative was set up to provide regular, free-to-access sporting opportunities for individuals affected by mental health and addiction problems in Moray. The CSHO organised a 'How to have a Mental Health conversation' workshop, led by SAMH, to upskill the project workforce before the launch. The benefits of sport and exercise are widely documented in relation to mental health and addiction issues, but the initiative also provides a platform to develop social inclusion, access to services, enhanced life skills and opportunities. By the summer 2022, fifteen participants were regularly taking part in sessions and reporting a positive impact on their wellbeing. The project will continue to develop across the 2022/23 year, with plans to create a mental health accreditation scheme for clubs, offer additional sports and apply for funding being progressed.

A partnership between the Forres Community Sport Hub, Forres Community Council and Forres Academy progressed plans to create an **outdoor Gym** for the area, based on community need. The project leads successfully sourced the £72,000 funding target at the end of 2021/22 with plans for the facility to be ready to use by the community by the end of 2022.

A '**Junior Park Run**' project was initiated in partnership with the Cooper Park CSH using £4,000 of activation funding. This involved recruiting a workforce to deliver the events in Elgin and formally affiliating with Parkrun U.K. to ensure best practise guidelines are adhered to at events. As the

2021/22 academic year came to a close the project workforce were in the process of finalising paperwork to ensure the initiative could be launched in the upcoming year.

Two separate **Mountain Biking** projects were also progressed via the Community Sport Hubs across the academic year. A working group was established from the Forres Community Sport Hub project to support young people create new trails in the Cluny Hill area of the town. As a further progression from this, a 'Moray Mountain Bike Trail Building' group was also established in partnership with the Forestry Commission, with the aim of fostering positive relationships between local trail building enthusiasts and the relevant authorities. Twenty-two representatives from the mountain biking community attended a meeting in April demonstrating the local interest, with a Facebook page created to support the development of the project.

Further support to the community was provided through co-ordinating a certified '**Disability Inclusion**' course, delivered via Scottish Disability Sport, which was attended by 20 representatives of the local sporting network. The Community Sport Hub Officer also led on a funding application which successfully secured £4,000 of **Money for Moray** funding to support the development of young leaders in the area.

Looking forward for the 2022/23 year, discussions have taken place about launching a Community Sport Hub for the Speyside area with a community map being created to guide the work. The Community Sport Hub Officer has also connected in with the Moray Council Community Support Unit regarding working in partnership to create a 'Health & Wellbeing' working group in the New Elgin area, with a view to developing facilities and opportunities in the area.