

Active Schools & Community Sports Hub Summary 2019/20

2019/20 was another successful year for the Active Schools and Community Sports Hub team despite the Covid-19 pandemic. Since March 2020 the Team have had to adapt their workstreams to reflect the new ways of working whilst continuing to support young people and our local communities.

Due to the impact of Covid-19 sportscotland agreed nationally that the 2019/20 annual targets would not be recorded and analysed with only term 1 and a partial return for term 2 being completed. A summary of the data collected for this period in Moray is shown below;

- 68,700 'visits' from pupils to the Active Schools programme across the academic year up until March 2020
- 2,951 distinct participants within the programme
- 474 volunteers delivered Active Schools sessions/events Moray wide of which 100 were secondary pupils
- 66 sports clubs in Moray had links with Primary and Secondary Schools

The team were redeployed into the Emergency Childcare Hubs through term 3 and the Summer Holiday period. Their role was to deliver physical activity sessions to children attending the hubs. This was certainly a very challenging time for the staff to ensure the safety and wellbeing of everyone at the Hub at a time when there was a level of uncertainty in regards to the virus. Feedback received from lead officers at the Hub highlighted the excellent work delivered by the team and the new relationships that were developed as a consequence.

During this period it became evident that due to continued restrictions there was an increased demand to provide on-line activity sessions. A timetable of work-outs, weekly challenges and a sports week were put together which proved to be a major success.

People Development

All of the 474 volunteer deliverers were offered coach and official education or generic training courses over the past year to upskill their knowledge and skill base. A continual professional development calendar was produced at the start of the year covering the core sports delivered in the area as well as generic workshops such as Safeguarding and Protecting Children in Sport and First Aid.

Collaboration and Impact

422 School to Club links were developed during 2019/20. All 53 Primary and Secondary Schools in Moray established at least one link with a local sports club with 66 local clubs establishing at least one link with a school.

Profile

Active Schools continue to have regular online presence to help raise their profile in Moray. The Sport in Moray website (www.sportinmoray.co.uk) has been updated to include a new Youtube channel where a library of online activity videos are available for schools and community use. The Active Schools and Sport in Moray Facebook

page currently has 5,348 followers. Facebook continues to be their most effective means of communication with the public/families. During the Covid-19 lockdown this became an invaluable tool in offering virtual physical activity sessions to families. This was highlighted in many of the National newspapers through the link with a local Scottish athlete.

Virtual Physical Activity Data from Facebook during Term 3;

Family workouts - 33,024 individual hits

Weekly challenges – 16,169 individual hits

Funding

YOUNG LEADER training courses, t-shirts and hoodies.

Celebrate National Lottery grant funding received to the value of £979 for the purchase of equipment for a Moray wide ASN project.

Case Study Highlights:

Buckie ASG; partnership between Active Schools, Police Scotland and Buckie Thistle FC to allow local young people the opportunity to stay active over the school holidays as well as allowing the young people to see and talk to the local police officers in a more relaxed/non-official capacity using 'Street Soccer'. The police were keen to use these sessions to target young people that they felt would be 'at risk' of causing anti-social behaviour within the local community therefore targeted a Friday night from 18.00-20.00pm. Each week the police officers in attendance gave a small talk about local issues that could potentially affect their lives (alcohol, anti-social behaviour, drugs etc).

Keith ASG: Local partnership working in rural communities.

Active Schools had the privilege of working alongside The Loft Project in Keith on their Primary 7 Rural Transition Project. The Loft Project provides a range of activities, volunteering opportunities, training, awards and a health hub. The aim of this particular project was to bring P7s from smaller schools together to take part in a range of activities ahead of moving up to S1 at Keith Grammar School. The Loft secured funding and Active Schools secured the volunteers from local clubs. With six volunteers from the local community signing up for the three weeks of this project, there was a real Keith community feel. The pupils had the chance to sample a range of activities including golf, martial arts, yoga, fun games and circuit training.

Forres/Lossmouth ASG; The SwimABLE and SurfABLE project, a partnership run by accessibility charity Friendly Access and Active Schools, has continued to prove to be an inspiring success. This project targeted at children with additional support needs has been running for a number of years and this year has expanded to include Secondary School pupils and is set to expand to cover the Lossmouth area. The sessions are person centred and children develop their confidence in the water, and key skills for swimming and surfing, which is a new experience for them all.

Community Sports Hubs

The Community Sports Hub Officer has continued to support both Hubs and Clubs throughout 2020. Many local clubs connected to our Hubs provided voluntary support to local communities by delivering food parcels etc to the vulnerable during

the pandemic. 54 Sports Clubs have been in contact with the Sports Hub Officer to discuss the impact of Covid on their organisation and were provided with relevant support mechanisms in regards to their recovery. The support requirements have ranged from funding and online activity provision to guidance for new policies and procedures. The Community Sports Hub Officer has recently been accepted onto the Changing Lives through Sport programme which is a development opportunity through sportscotland. The programme focuses on how being active brings about positive changes beyond participation and how it can impact positively on the health and wellbeing of individuals, on their skills and learning, and on communities, ensuring a more inclusive and healthier nation.