

## PHYSICAL ACTIVITY PROGRAMMES IN COUNTY DURHAM

### Area Action Partnerships

Children and Young People are listed as a priority of all the Area Action Partnerships (AAP) below is a summary of events and projects that AAPs across the County have successfully delivered for children. The events listed are for children under 11 years of age.

#### **AAP – Children’s Activities South Durham**

- Great Aycliffe & Midridge AAP
- Bishop Auckland & Shildon AAP
- Four Together AAP
- Three Towns AAP
- Teesdale AAP
- Weardale AAP

#### **Swimming Pool Inflatable’s Project (Newton Aycliffe Leisure Centre) Neighbourhood Budget 2011 - 2012**

The funding was used to purchase a swimming pool play inflatable, floats and pool toys, and small scale enabling works. The inflatable, floats and toys will be for use during children's holiday programmes (Summer, Easter, Christmas and half terms). This will provide an additional activity at low cost for local young people to help them enjoy swimming, have fun with friends, and improve their health and personal development.

#### **Newton Aycliffe Youth Centre Football Club - Neighbourhood Budget 2011 - 2012**

The sustainability of the football club relies on the Development Section providing fun sessions for boys and girls aged 4-6 yrs old. As the children progress they move into mini soccer for which the club must provide safe and secure mini soccer goals. As part of the project funding was used to replace the clubs current mini soccer goals. Funding was also used to help support hire costs of indoor training facilities during the winter months. The project covered a 200+boys and girls from the age of 4 yrs old to 17 yrs old.

#### **Sports Project (DCC leisure Services) - Area Budget 2012 - 2013**

Many youngsters don't get the opportunity to try new sports or activities because of the tight financial position their family find themselves in. Others come from backgrounds where sport is not important and youngsters are expected to find their own entertainment. The aim of the project is to provide opportunities for young people in and around Newton Aycliffe to try new sport and leisure activities for a nominal fee. The sessions are conducted by qualified staff and will work in conjunction with sports clubs that would allow youngsters the opportunity to continue with the sport if they wish. The type of activities proposed include, kyak, rock climbing, bootcamps, DJ workshops, swimming, pool inflatable, aquajog, Bokwa, Zumba, fencing, dance mats, trampoline & fitness suite. In terms of age limit it is feasible to expect that young people from the ages of 8+ will participate in the project.

## **Agnew Disability Sports Group (Agnew Community Association & Anderson Sport Development) - Area Budget 2011 - 2012**

The Agnew Disability Sports Club is based at Agnew Community Centre in Newton Aycliffe. The Club is to be set up for the benefit of young people aged between 8-16 years with disabilities. The aim of the project is to provide fundamental basic skills and sports specific activity sessions in a secure, comfortable environment.

### **AAP – Children’s Activities East Durham**

- East Durham AAP
- East Durham Rural AAP
- Durham AAP
- Spennymoor AAP

**Thornley Summer Programme** – The programme has a range of activities for children from 0 – 19 however, for the purpose of this study focus will be on ages 4-11 years. The programme is supported by youth workers, volunteers, support workers and sports coaches. The events included in the programme for children aged 4-11 years include football, dodge ball, rounders, quick cricket, mini Olympics, obstacle courses, skipping, hop scotch and dancing other activities include arts and crafts, singing and pottery painting. The programme at Thornley is in partnership with parish councils, local churches, sports development team, positive activities for young people and AAP.

**RTC Summer Programme** - The aim of the programme is to expand the East Durham Area Action pilot which was delivered during the summer 2011. The aim of the Multi Agency Youth Delivery Project funded by East Durham Area Action Partnership (AAP) was to pilot a new approach to delivering outreach work with young people. Sports coaches and youth workers would work in partnership to deliver a 10-week outreach programme enabling young people who do not access sport for a variety of social, emotional or ability reasons to participate in sports activities. The programme offers similar activities to what is on offer at Thornley.

**Project in the Park – Murton Primary School** – Children from class 14 of Murton Primary school identified issues that were making their park unusable for them such as dog fouling; broken glass; broken play equipment; poor lighting and gangs congregating to drink alcohol. They took their issues to the AAP and local Councillor with suggestions for improvement.

**Consultation with Young People at Blackhall** – Young people at Blackhall were invited to take part in a consultation of the provision of facilities and activities for children and young people. The questions asked centred around what facilities are currently available; where do C&YP want facilities to be located; what activities are being delivered in Blackhall; what activities are accessed by children and young people and where do they go to access these activities. 87 questionnaires were completed, 55 from children aged 5-12yrs and 32 from young people aged 13-19 yrs. Recommendations from the

survey that there should be greater involvement of local schools and more children and young people should be encouraged to take part in activities.

**Vision for Denehouse Park, Peterlee** – Following issues of anti-social behaviour being reported to Councillors and Police residents and children of Denehouse area requested a meeting to discuss issues of Denehouse Park. The meeting which was attended by County and Parish Councillors, Police, AAP Co-ordinators, CYPS One Point Staff together with residents and children from the estate. The outcome of the meeting was to look at existing activities in the area and apply for funding for junior provision for children 8 to 12 years during the initial planning period. East Durham Area Action Partnership developed a Community Partnership to plan short term and long term goals. Local County Councillors provided funding for 40 children and young people to receive 10 free swimming sessions. They also provided funding for a junior weekly youth club. This addresses the short term aim of the partnership which is to provide positive activities for 8 to 12 year olds in the Denehouse area. The group had suggested several ideas to improve the area such as a park with picnic benches so a wider range of the community can enjoy the area.

**East Durham Rural Corridor** – provided the following information on activities they have delivered for children to encourage physical activity.

- As per the AAP Statistical Profile, rates for overweight/ obesity in both Reception Year and Year 6 in this AAP are higher than England. With this in mind, as well as providing 45 apprenticeship opportunities, and hopefully a Sports Development Officer at the end of the project, the apprentices work in schools alongside qualified staff to provide free coaching to primary aged children across the whole AAP, sometimes in areas where parents may not be able to afford this sort of activity.
- May Crescent Community Garden – as well as physical activity in this intergenerational garden, links have been established with Health colleagues to work with the community group to use the produce from the garden to aid and improve their diets and well being.
- Cycle Programme – this extended the programme of activities that were running at the former Coxhoe Leisure Centre by extending the free bike hire scheme. Two regular bike rides were organised from Coxhoe and Sedgfield particularly targeted at the primary school age group and their families although no age group would be excluded. These rides have been sustained past the funding.
- Saturday Night Opening of Former Coxhoe Leisure Centre was funded in year 1, open to all aged 8 – 18 to make full use of the facilities including the gym. Transport was provided for children and young people in the surrounding areas.
- Cycle/ Walkway Project – building on success of Limestone LinX, a series of circular routes in the North of the area which AAP contributed

£30,000, attracting a match of £175,000; the main aim of the Cycle/Walkway project was to link up the whole of the AAP area and provide safe routes to school and work.

### **Sports and Leisure Activities – In School and Outside of School**

It's important that we provide children and young people with wide ranging and high quality opportunities to get involved in sport and physical activity from an early age. Enjoyment is key and will hopefully switch them on to the benefits an active lifestyle can bring which they will take with them into adulthood.

The Council operates 10 leisure centres across County Durham, there are also leisure facilities operated by other operators Leisure works in Stanley area, Harpers in the Peterlee and Seaham areas and Spectrum Leisure in the Willington area.

Leisure centres offer a wide range of activities for children and young people including gymnastics, trampolining, coaching sessions and activities in the various swimming pools.

**School's Out!** – Our School's Out! programme of holiday activities, which is produced every Easter and summer, provides a variety of sport and physical activities ranging from coached to casual sessions. We work with local clubs and other partners to deliver activities ranging from football to fencing and boccia to bowling.

Taster sessions encourage youngsters to discover something different. Coaching courses give them a chance to learn a new skill or improve existing ones. There's also outdoor activities, often for the whole family, which includes cycling and walking.

**Children & Adults Services** – The working group received information from a Commissioning Manager in Adults and Children's Services of 'An Audit of Need', Services and Performance report that relates to the Places to go Things to do which was presented to the Joint Commissioning Board.

Members were informed that provision of services were available across the County and that research had indicated that besides structured activities arranged by the Local Authority many voluntary organisations provide a range of sporting, cultural and leisure opportunities.

Due to the size of the county and the range of providers it is not possible to capture the entire landscape of provision available in all cases however we do know that we have provision in the following categories;

- **Marquee Events** - The miners gala, Lumiere, the Literacy Festival, - these large events are promoted across the county and are mainly free to access.

- **Activities in School** – Activities tend to be more prevalent in primary school with a noticeable drop in secondary school participation.
- **Open Spaces** - **205** public open spaces and play parks across the county, including rural areas. The county is well covered with parks and open spaces, however some access is prohibited due to early closing of some parks specifically in winter.
- **Public Buildings** - **120** community centres, **39** libraries, **8** swimming baths (plus 14 in schools) and **14** leisure centres (subject to change).
- **Cultural Activities** - over **60** many of which are free or low cost with the exception of cinemas, these again are spread across the County.
- **Sports Clubs** - over **1,050** sports clubs are registered with County Durham Sport and over **1,400** football teams are registered with the Durham FA. The provision of sports clubs is countywide.
- **Private Activities** - numerous activities exist across the county, for example Beamish Wild, Hall Hill Farm, Mini Moos, however these are often expensive for families to access. **Youth Provision** - over **1,500** hours of structured activities are delivered across the county each month. Each area receives similar provision and provision does reach into rural communities. In addition to this provision the third sector provide a range of activities across the county e.g. there are over **400** scout/guide/cubs group spread across all localities.
- **Vulnerable Groups** - Significant developments in local provision have been made in providing activities for vulnerable groups. These include substantial short break provision for disabled children and young people and the Freedom Card for Looked After Children.

Tell us was a survey of children and young people across England, asking their views about their local area, with questions covering the Every Child Matters outcomes.

The survey sampled children and young people in school years 6, 8 and 10. The Tellus 4 survey was carried out in October/November 2009. 25 primary, 10 secondary and 3 special schools of those sampled completed surveys. A total of 2,238 surveys were completed in Durham.

Of the those children and young people who took part in the survey:

- 60% responded that they had taken part in a group activity led by adults outside of school in the previous month.
- 63% responded that they had access a local park or playground in the last month.
- 69% responded that their school provided a good range of activities.
- 22% responded that an increase in organised / structured activities would make their lives better.
- 14% responded that activities were not available when they wanted to do them.

- 19% responded that activities can be expensive to take part in.
- 14% responded that they do not have the time to take part in activities.
- 9% responded that they do not take part in activities because their parents / carers worry about them.

The report concludes that in County Durham and the immediate surrounding boarders, it appears that there are a wide range of activities for children, young people and families. These activities range across the spectrum and include large events such as Lumiere to small individual clubs run by the voluntary sector.

For a number of children, young people and families, barriers exist to prevent them from accessing provision. This can have a negative impact on the key priorities for the LA and partners.

The 3 main categories acting as barriers to participation include:

- Transport - lack of affordable and regular provision
- Information & Marketing - lack of clear unified marketing strategy
- Attitudes - towards C&YP/improving service focus around C&YP

PTGTDD is an issue that previously has been addressed in isolation by C&YPS with some other partners such as leisure services. However, the barriers that have been identified require a cross agency approach that involves a range of service areas and links into communities through AAP's, One Point, schools, local business, the voluntary sector and existing provision.

Children and Adult Services have a dedicated web page which

**County Durham Sport** -- is one of 49 County Sport Partnerships nationally, funded by Sport England, the Department of Health and other local partners. County Durham Sport was established in 1996 as the first County Sports Partnerships in the country. County Durham Sport is an independent team working closely with national, regional and local organisations to ensure that sport and physical activity are developed in a coordinated and effective way across the county. They work with various partners to help improve and get more local people to take part in sport and physical activity.

**County Durham School Sports Partnership** – County Durham has 6 local school sports partnerships. Since 2006 all schools on England have been part of a school sports partnership. Secondary, primary and special schools work together to increase the quality and quantity of physical education and sports opportunities for children and young people. Each partnership is managed by a Partner Development Manager and funded centrally and employed by the schools.

In December 2010 the Department for Education informed the School Sports Trust who fund school sports partnerships that ring fenced funding would not continue after March 2011 to allow schools to concentrate on competitive

sport. Schools were free to continue to work in partnership to deliver school sports but were not required to do so. The Department for Education confirmed that it would pay school sports partnerships (SSP) for the full school year to the end of the summer term 2011 to ensure that the partnerships and their service could continue until the end of the academic year. In December 2011 the Department for Education confirmed that every secondary school would receive funding up to the end of 2013 to pay for one day per week of a PE teacher's time to be spent out of the classroom, encouraging greater take up of competitive sport in primary schools and securing a fixture network for schools to increase the amount of intra- and inter-school competition.

A report looking at the impact of school sports partnerships on primary schools suggests that PE and school sports has increased since the introduction of SSP. The research carried out by the author indicates that the number and range of activities on offer in primary schools has increased (being dominated by competitive team games). The report goes on that without the assistance of SSPs school staff would not have had the time or effort required to dedicate to the organisation of activities and events. **EDWARDS, MARK, JUSTIN (2011) The impact of School Sport Partnerships on primary schools: An in-depth evaluation. Doctoral thesis, Durham University. Available at Durham E-Theses Online: <http://etheses.dur.ac.uk/3294/>**

### **After School Activities**

There are 227 state maintained primary schools in County Durham. All primary schools offer some form of after school activity ranging from football to fencing, athletics to Irish dancing. There are too many to list individually but as the examples allude there is a wide and diverse range. It is up to the school what after school activities it offers and some may apply an additional cost to cover equipment such as cookery club to cover the cost of ingredients.

Not all after school clubs are based on sports some are related to universal and targeted excess weight programmes such as FISCH and MEND 7-13. Gardening clubs and cookery clubs also give children an understanding and the knowledge of the benefit of growing your own vegetables and the basics of cookery. Local communities allow schools to use their buildings for no or very little cost to provide activities where space is limited in school. Local knowledge provides schools with help to start gardening clubs where children grow vegetable that are used in school.