



Leicester-Shire & Rutland Sport

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NHS
Leicestershire County and Rutland





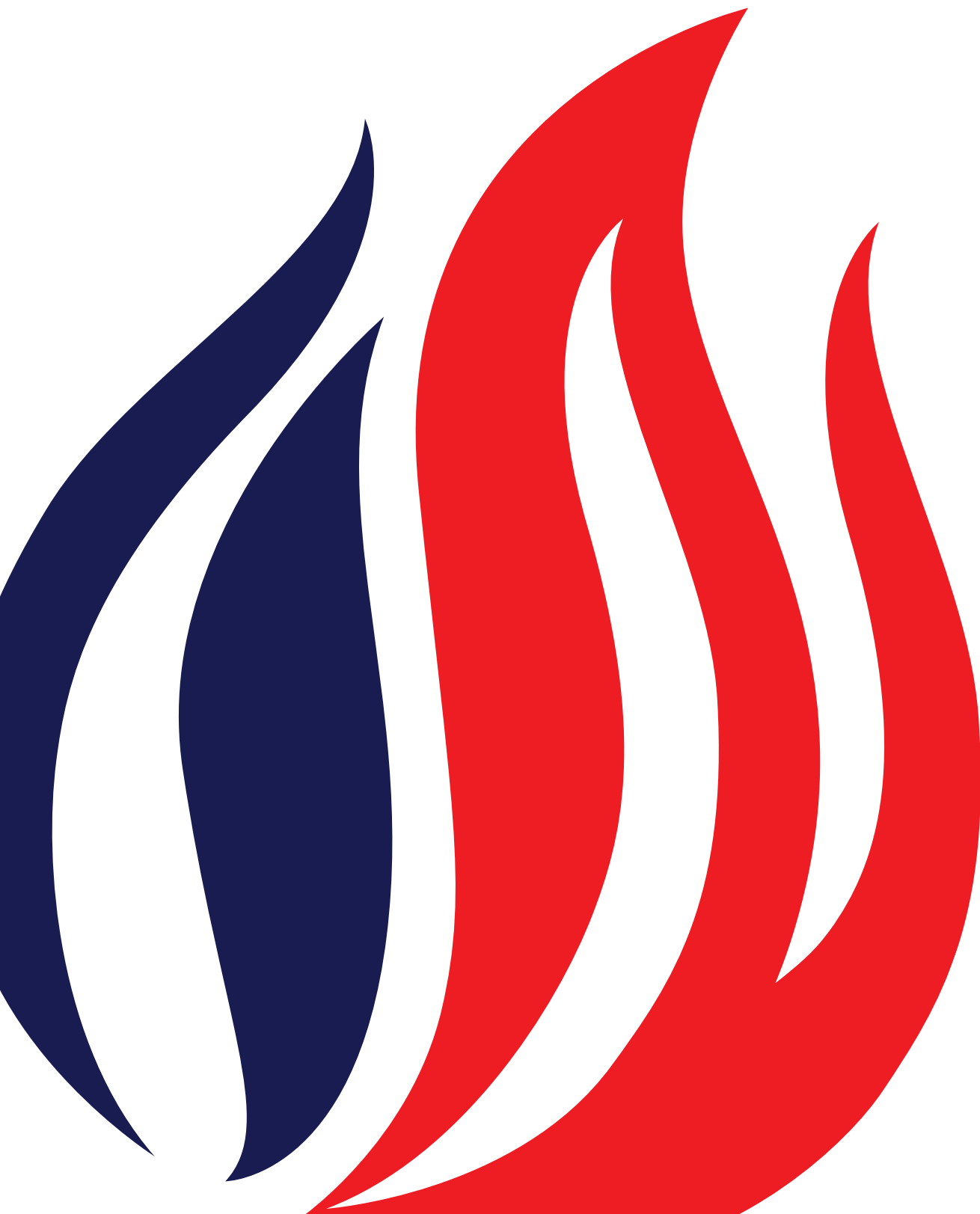
LEICESTER-SHIRE
& RUTLAND **SPORT**
SPORT & PHYSICAL ACTIVITY

Annual

2011/12

REVIEW

Sport and physical activity in partnership



Contents

Foreword	3
Headline achievements	4/5
Our work with:	
Blaby	6/7
Charnwood	8/9
Harborough	10/11
Hinckley & Bosworth	12/13
Leicester City	14/15
Melton	16/17
Highlights of 2011/12	18/19
North West Leicestershire	20/21
Oadby & Wigston	22/23
Rutland	24/25
Guiding Principles	26/27
Ambition 1 • Young People	28
Ambition 2 • Adults	29
Ambition 3 • Facilities	30
Ambition 4 • 2012	31
Ambition 5 • Volunteers, Coaches & Officials	32
Ambition 6 • Sporting Pathways	33
Financial Headlines	34



Foreword

Leicester-Shire & Rutland Sport (LRS) is a network of partners who work together to promote sport and physical activity and is supported by the LRS team based at SportPark.

Our shared **VISION** is to make Leicestershire, Leicester and Rutland the most sporting and physically active place in England by 2025.

The delivery of this Vision will be achieved on a foundation of our adopted **GUIDING PRINCIPLES**. The LRS Team, Board and Partners endeavour to create opportunities that are **SAFE, FAIR** and **WELL LED** for everyone.

Despite a very difficult financial climate in 2011-12 there have been a wealth of fantastic programmes, events and initiatives that demonstrate both the excellent partnership working and the rich vein of sporting talent that exists across Leicestershire, Leicester and Rutland.

You may recall from last year's Annual Review that the LRS Board made some key changes to the LRS Team. The re-structure of the Team which was completed in July 2011, whilst very difficult, has given us the flexibility to respond to the changes while still focusing on making sure national programmes have local reach, in local ways.

NATIONAL PROGRAMMES DELIVERED IN LOCAL WAYS - THE HIGHLIGHTS OF 2011-12

Olympic and Paralympic Preparation

As we go to press the 2012 London Games are just around the corner. Working with our Local Sport Alliances we have delivered and supported a range of locally led 2012 Celebration events and programmes: Sportivate; Sport Makers; Medal Makers and hosted a number of LOCOG visits to our area, including a visit from Jonathan Edwards CBE, Olympic Triple Jump legend (see page 15 for further details).

A Sporting Legacy - with Local Reach

Sport clubs, coaches, volunteers, officials, players and participants are the lifeblood of what we do here at LRS. Throughout this review you will be able to see many examples of how our work has supported them achieve new funds or awards that enable their sport/club to be more sustainable. Turn to pages 32 and 33 to see how our Go Gold athletes have been financially supported and how sport clubs have received help to draw in funds of over £300,000.

Physical Activity and Sport delivering on Health Outcomes

The health benefits of sport and physical activity are often under sold. Working with our Public Health colleagues across Leicestershire, Leicester and Rutland the LRS team has led and supported a number of 'health benefit' related projects.

One of our key highlights of 2011-12 is the work we led to create a commissioning plan for sport and physical activity in Leicestershire. Working with both Leicestershire County Council and Public Health colleagues, LRS played a pivotal role in commissioning local joined up action plans, for physical activity and sport that span both the community and school sport agenda.

Have a look on page 27 to explore in more detail how working with our colleagues and partner organisations, LRS secured over £1 million for physical activity and sport through this commissioning process.

2012-13 LOOKING AHEAD

The LRS team and the partners we work with will continue to focus on making National Programmes work in local ways. With our partners we will continue to build a world-leading system for community and school sport and physical activity that meets local needs. We will offer local expertise and provide advice to our clubs, organisations and key partners to create an effective single system for community, school sport and physical activity.

We are clear that there is much more to do. The health benefits associated with sport and physical activity are well documented and the recent UK report by Chief Medical Officers' reinforces the need for regular sport, but places an emphasis on the benefits of vigorous activity through sport. Throughout the coming year LRS will focus on working with the emerging Health and Well Being Boards and the locality based Clinical Commissioning Groups to advocate the role of physical activity and sport as both a prevention and treatment.

As we launch this Annual Review, the world comes to our country to play sport. Our collective challenge is to ensure that long after the last elite athlete has gone home, more of us are taking part and competing in sport and physical activity. Local sport and physical activity has the ability to reach out to all of our communities and create a sense of belonging and pride in where we live. It has a unique power to motivate and inspire; our key driver is to create this opportunity for everyone, irrespective of the many social and physical barriers they may face.

Best wishes,



Andy Reed

Andy Reed, OBE

Chairman
Leicester-Shire and
Rutland Sport Board



Bill Cullen

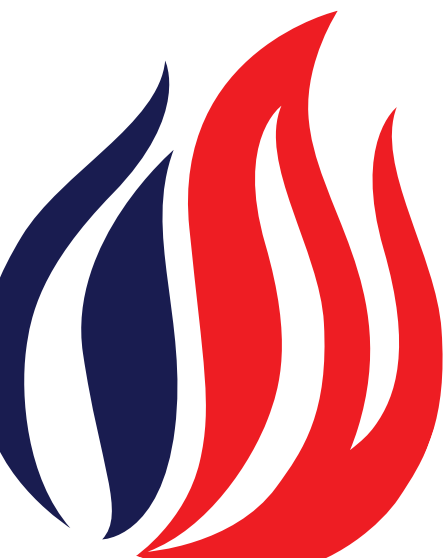
Bill Cullen

Vice Chairman
Leicester-Shire and
Rutland Sport Board

LRS Headline Achievements



- **99,414** opportunities created for people to participate in sport and physical activity through Active Together
- **1,371** people signed up to Leicester's 3 x 30 minute pledge
- **4** local campaign weeks organised (Family Week, Men's Health Week, Active Ageing Week and Move More 4 Less Week) attracting **931** participants that were new to physical activity
- **78** young disabled athletes attended Talent Development Days
- **108** clubs/organisations supported with funding advice
- **42** clubs achieving Clubmark accreditation
- **1,178** people from **167** workplaces participated in the Workplace Challenge
- **21** courses provided and **327** coaches accessing training through the LRS Coach Education Programme
- **121** young people aged 16-19 attended the Sports Leadership Conference for Young People
- **299** disabled participants at the 2011 Parallel Youth Games
- **1,011** participants at the 2011 Youth Games
- **57,593** visits to our website; **62%** being first-time visitors
- **69** press releases sent out to the local media
- Monthly News Alert distribution has increased from **2,552** to **10,743** users
- **226** attendances at **9** Sport Makers Workshops
- **98** Go Gold Athletes awarded a total of **£49,050**
- Successful application to Sport England for **£160,000** to deliver the Leicester-Shire & Rutland School Games over the next 3 years





£2,117,368 invested through our Local Sport Alliances

Over **£1 million** of resources secured for sport and physical activity through strategic commissioning



10 School Sport & Physical Activity Networks established receiving **£220,000** of funding

Over **£390,000** of funding secured from Sport England's Inspired Facilities Fund for local clubs



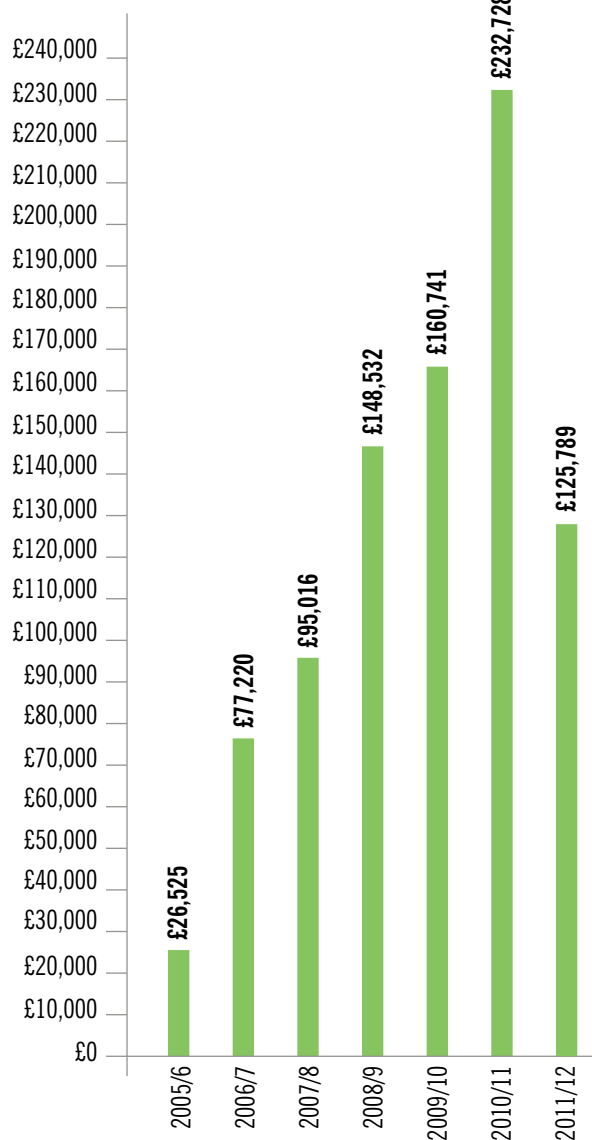
£100,000 invested to deliver Sportivate projects, attracting over **£72,000** worth of partner funding

£100,000 invested from Leicestershire and Rutland Public Health into School Sport & Physical Activity Networks

Investment

Active Together	£75,047
CSP - LSA investment	£5,000
LSA Partners	£3,160
School Sport & Physical Activity Networks (SSPANs)	£14,000
SSPANs Health Funding	£7,750
Sportivate	£9,732
Talented Athlete Fund	£11,100

Total funding secured **£125,789**



Success

A successful Blaby LSA Sports Awards was organised at Brockington College celebrating the sporting achievements of local residents. There were seven categories including Change 4 Life Health and Wellbeing and Sport Person of the Year; the winners of which went on to be winners and runners up at the Leicester Mercury Sports Awards.

Active Together

- 18,735 opportunities created for people to participate in sport and physical activity through Active Together
- 16,298 attendances at Active Together sessions
- 1,070 new adults registered with Active Together (80 of these adults classed themselves as having a disability and 79 were from BME communities)
- £75,047 secured to appoint 2 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £11,100 funding for 20 Go Gold Athletes (including 6 Go Gold Ambassadors)

Clubmark

- 1 club achieving Clubmark or equivalent quality kitemark accreditation

Sportivate

- £6,664 allocated funding
- £3,068 partner funding
- 71% of young people retained in activity

Workplace Challenge

- 165 individuals took part in the Workplace Challenge activity log

Youth Games

- 115 participants

Parallel Youth Games

- 15 disabled participants

Did you know?

Lucy Garner, nominee for the National BBC Young Sports Personality of the year, started her fantastically successful year by winning the Blaby Local Sports Alliance Sports Person of the Year award at our annual ceremony in November 2011.



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Blaby there has been a minimum return of £20* partner funding

**Figure excludes the investment made by local LSA partners and officer time*

Impact



Basketball Central Venue League

Blaby District Basketball Central Venue League ran throughout 2011/12 and was very successful with nine year 5/6 local primary school teams taking part. The league was set up by the Blaby Local Sport Alliance to help support the newly formed School Sport & Physical Activity Network deliver Level 2 opportunities for the School Games.

It was a close competition with Badgerbrook Primary School finishing second with 22 points and Danemill Primary School finishing first with 24 points. In total over 80 children took part in the league and parents came along to offer their support. The officiating of the league was done by the coach of the local Bull Dogs Basketball Club, providing a pathway for the next potential Drew Sullivan (GB Basketball captain and Leicester Riders player). Some of the children have now made the transition to the club from participating in the league.

“This is great for the children, it’s fun, competitive and helps improve the children’s basketball skills.”

Paul Taylor
Teacher, Danemill Primary School

2012 Values Challenge

Co-ordinated in conjunction with the Learning South Leicestershire School Sport & Physical Activity Network, the ‘2012 Values Challenge’ engaged 7,500 children aged 8 to 14 in learning about the seven Olympic and Paralympic Values. By completing challenges they discovered the meaning of each value and how the values can be important in the lives of each and every one of us. The children also wrote pledges linked to each value.

Sporting Ambassadors were appointed in each school to encourage their peers to get involved in the challenge. On completing challenges linked to all values, pupils received a certificate and their pledges will be displayed at Olympic celebrations throughout the year. The project received the London 2012 Inspire Mark award, the badge of the London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.

“The ‘2012 Values Challenge’ has brought to life what it takes to be an Olympian. Our children have been able to see how the values relate to their lives, whatever they are aiming to achieve.”

Jo Wyeth
Sports Liaison Officer, Brockington College

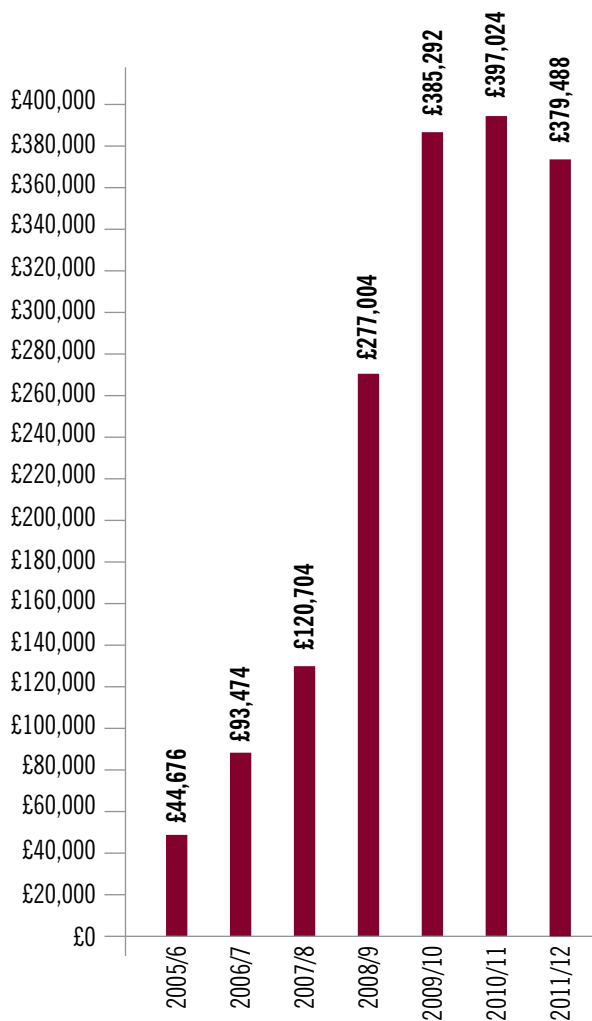


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Investment

Active Together	£120,335
CSP – LSA investment	£5,000
Grants resulting from Funding Officer support	£50,580
LSA Partners	£115,674
School Sport & Physical Activity Networks (SSPANs)	£56,000
Sportivate	£20,099
Talented Athlete Fund	£11,800

Total funding secured **£379,488**



Success

CSARA recommended that £11,160 worth of grants be awarded by the Charnwood Borough Council Grants Panel. This included:

- **£3,757 – Coach and Officials Grants awarded**
- **£4,653 – Facility Grants awarded**
- **£2,750 – Talent Grants awarded**

Active Together

- 17,787 opportunities created for people to participate in sport and physical activity through Active Together
- 13,592 attendances at Active Together sessions
- 1,435 new adults registered with Active Together (160 of these adults classed themselves as having a disability and 121 were from BME communities)
- £120,335 secured to appoint 3 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £11,800 funding for 24 Go Gold Athletes (including 3 Go Gold Ambassadors)

Clubmark

- 11 clubs achieving Clubmark or equivalent quality kitemark accreditation

Inspired Facilities

- £50,000 Inspired Facilities funding secured for Burton on the Wolds Tennis Club

Sportivate

- £13,058 allocated funding
- £7,041 partner funding
- 91% of young people retained in activity

Workplace Challenge

- 205 individuals took part in the Workplace Challenge activity log

Youth Games

- 152 participants

Parallel Youth Games

- 62 disabled participants



Did you know?

400 children representing ten Primary Schools were involved in a 400 days to the Olympics event, meeting local, national and Olympic hero, Lord Sebastian Coe and taking part in a relay with the 1948 Olympic Torch.



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Charnwood there has been a minimum return of £23* partner funding

*Figure excludes the investment made by local LSA partners and officer time

Impact



Charnwood's Largest Loser

The Charnwood Active Together team delivered a new ten week weight loss project, 'Charnwood's Largest Loser'. The project encouraged participants to reduce their body fat, increase physical activity levels and improve eating habits. Each participant was given a pedometer and two vouchers offering the opportunity to take part in physical activity sessions free of charge and for £1.

39 people registered for the project which consisted of fortnightly weigh-in sessions during which each participant had their percentage of body fat, muscle mass and body water measured. Sessions ran in Loughborough and Thurmaston with additional sessions available for staff at Charnwood Borough Council. Workshops were available in healthy eating, cooking on a budget and a practical cooking session. Guided walks were also offered.

There were 127 attendances during the programme and the winner reduced her overall percentage body fat by 7.09%.

“The staff were very encouraging during delivery of sessions in a very light hearted way which kept us engaged.”

Shirley West
Winner of 'Charnwood's Largest Loser'

Charnwood Sports Awards

The Charnwood Sports Awards were held on Monday 5th December at Loughborough Town Hall. Organised by the CSARA and hosted by BBC East Midlands Sports Presenter, Mark Shardlow, the annual awards celebrate the wealth of sporting talent in the borough. Competition was high and over 80 high class nominations were received across the 13 different award categories.

The celebration of sport was a huge success with over 170 athletes, coaches, volunteers and supporters attending. The guests were introduced to Loughborough's Olympic legend Tommy Godwin, 91, who showed off the two bronze medals he won at the 1948 Games in London, bringing Olympic history to the awards.

“It was great to meet lots of people from across the borough from a range of different sports. I was pleased to win the award and it reflects the progress that the club has made in recent times.”

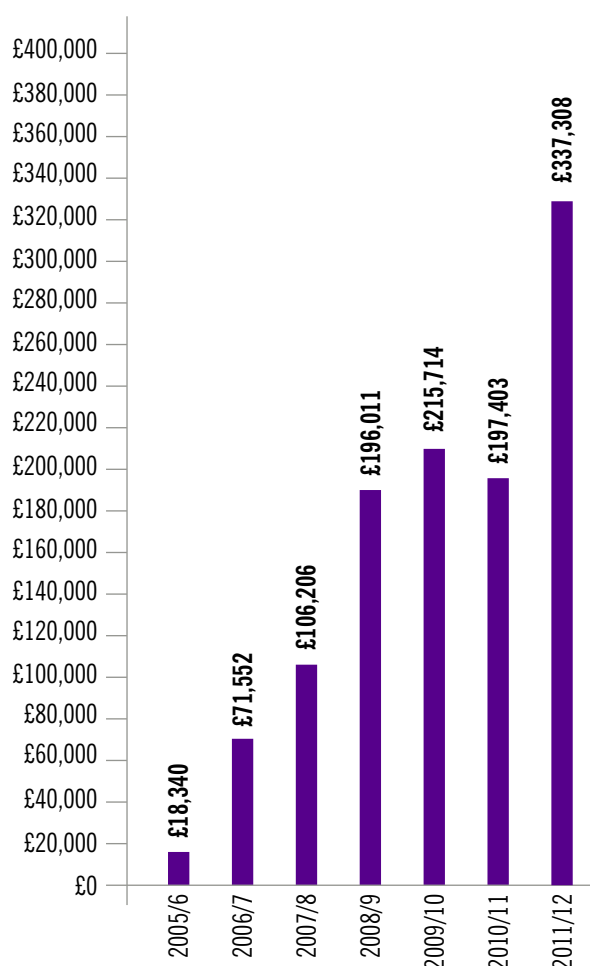
Coach of the Year Shaun Norman
Shepshed Boxing Club



Investment

Active Together	£76,713
CSP – LSA investment	£5,000
Grants resulting from Funding Officer support	£179,438
LSA Partners	£37,576
School Sport & Physical Activity Networks (SSPANs)	£14,000
SSPANs Health Funding	£7,750
Sportivate	£9,731
Talented Athlete Fund	£7,100

Total funding secured **£337,308**



Success

The HDSAA organised a very successful club and coach development evening. Representatives from over 20 clubs attended to hear updates from LRS and the Inspire Leicestershire team and were supported with club development ideas and informed where to get help to apply for funding.

Active Together

- 13,393 opportunities created for people to participate in sport and physical activity through Active Together
- 10,145 attendances at Active Together sessions
- 804 new adults registered with Active Together (106 of these adults classed themselves as having a disability and 21 were from BME communities)
- £76,713 secured to appoint 2 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £7,100 funding for 14 Go Gold Athletes (including 1 Go Gold Ambassador)

Clubmark

- 5 clubs achieving Clubmark or equivalent quality kitemark accreditation

Inspired Facilities

Inspired Facilities funding secured:

- £48,000 for Billesdon Cricket Club
- £50,000 for Market Harborough Rugby Club
- £46,718 for Girlguiding Leicestershire Topstones

Sportivate

- £6,369 allocated funding
- £3,362 partner funding
- 75% of young people retained in activity

Workplace Challenge

- 32 individuals took part in the Workplace Challenge activity log

Youth Games

- 122 participants

Parallel Youth Games

- 15 disabled participants



Did you know?

The HDSAA has been in existence since 2004, amalgamating the old Harborough District Sport Association with local government leisure and recreation departments, volunteers, clubs and school sport partnerships.



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Harborough there has been a minimum return of £56* partner funding

**Figure excludes the investment made by local LSA partners and officer time*

Impact



Golf is a real ‘hit’ with Lutterworth residents!

Working in partnership with the County Golf Development Officer, PGA Golf Professional and Club Captain from Lutterworth Golf Club, a six-week programme of golf coaching was provided for adults who had not picked up a club previously but wanted to learn to play golf.

Twenty five adults aged 35-65 years signed up to the Active Together subsidised coaching sessions which were perfect for adults who wanted to try the sport before making the commitment to join a club. All equipment was provided by the club professional, plus, by working in partnership with the County Golf Development Officer to secure funding, all attendees who completed at least 5 of the 6 sessions were eligible for a one month pass to use at the club.

With the excellent support from the club professional and the committee at Lutterworth Golf Club there are now 14 more women and 11 more men who regularly play golf and have increased their physical activity levels.

“The course gave me the confidence to play a round and I have now invested in new shoes, a bag and a push trolley.”

**Gaye
Participant**

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Website • www.harboroughsport.org.uk

Introduction to Racketball

The ‘Introduction to Racketball’ course was run in conjunction with Leicester-Shire & Rutland Sport and Active Together Harborough. Market Harborough Squash & Racketball Club received funding from the Active Together Open Fund to run two four week introductory courses.

The course costs were kept low by charging £3 per session or £10 for four sessions and included free access to the courts afterwards. The club had a total of 13 individuals attending weekly, comprising of five men and eight women (including two under 16 boys).

Following the success of the course, two women and three men have now joined the club, with the men also now competing in the racketball leagues. Two more club members attended a racketball coaching award and are looking to support the repeat of the racketball course in the Autumn.

“Getting a few more players into the club has increased the profile of the sport and encouraged some of the squash players to give it a go and so increased the number of Racketball leagues from two to five.”

**Alison Avil
Club Secretary, Market Harborough Squash
& Racketball Club**

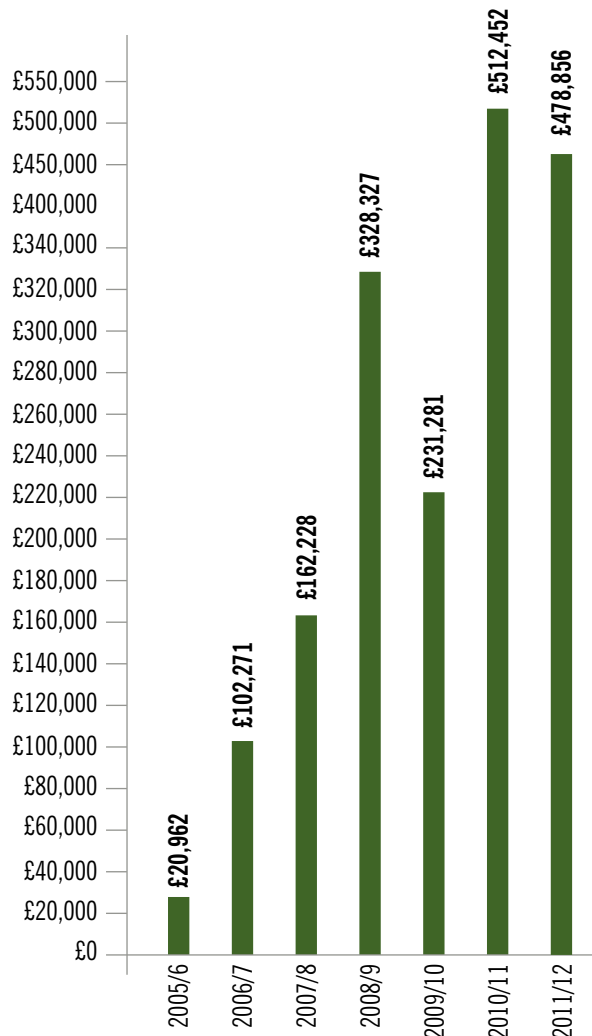




Investment

Active Together	£79,296
CSP – LSA investment	£5,000
Grants resulting from Funding Officer support	£100,000
LSA Partners	£245,720
School Sport & Physical Activity Networks (SSPANs)	£28,000
SSPANs Health Funding	£13,755
Sportivate	£3,010
Talented Athlete Fund	£4,075

Total funding secured **£478,856**



Success

A total of £245,720 partner funding was brought into the borough of Hinckley & Bosworth for sport and physical activity in 2011/12.

Active Together

- 10,522 opportunities created for people to participate in sport and physical activity through Active Together
- 6,957 attendances at Active Together sessions
- 740 new adults registered with Active Together (247 of these adults classed themselves as having a disability and 16 were from BME communities)
- £79,296 secured to appoint 2 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £4,075 funding for 8 Go Gold Athletes (including 2 Go Gold Ambassadors)

Clubmark

- 7 clubs achieving Clubmark or equivalent quality kitemark accreditation

Inspired Facilities

Inspired Facilities funding secured:

- £50,000 for Hinckley Ladies Netball Club
- £50,000 for Sport in Desford

Sportivate

- £2,110 allocated funding
- £900 partner funding
- 100% of young people retained in activity

Workplace Challenge

- 88 individuals took part in the Workplace Challenge activity log

Youth Games

- 97 participants

Parallel Youth Games

- 43 disabled participants



Did you know?

Hinckley and Bosworth Sport and Health Alliance 2012 Sports Awards were proud to present Louise Gibson as winner of the Sports Woman of the year category. Louise is from the Heart of England Boxing Club and is a double female national boxing champion (middleweight / 67kg).



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Hinckley & Bosworth there has been a minimum return of £33* partner funding

*Figure excludes the investment made by local LSA partners and officer time

Impact



Inclusive Sports Club

Following the great success of the 'Inclusive Come and Try it Days', Hinckley and Bosworth Sport and Health Alliance were awarded £6,580 by the Health Lottery to establish an Inclusive Sports Club at Sport in Desford. The club aims to provide people with special needs the opportunity to try a range of activities in a secure environment with trained coaches. The club also provides participants with information on leading healthy lifestyles.

The club started with 20 members ranging in age from 16 to over 65 who participated in tennis, bowls, dance, new age kurling and gym activities. Currently the club meets every month and offers a range of sports which link to local clubs. AFC Barwell Inclusive Football team has seen four new members join from the sports club and Desford Lawn Tennis Club has seen two members join their mainstream coaching groups.

“The club is already making a big difference to the lives of disabled people of all ages from across the borough and it’s fantastic to see how participants have gained in confidence and are now involved with other clubs.”

Sue Houghton

**Chair of Hinckley & Bosworth
Sport & Health Alliance**

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Sports Stars Project

The National Childhood Height Weight Measurement Study identified Barwell as an area with very high childhood obesity. Working with Coach Unlimited and Barwell Infants School, the Sport and Health Alliance supported an exciting venture to encourage children and their families to get more active, more often and to eat healthily.

All 178 children from the school had the chance to take part in a 6 week programme of health lessons. The children kept a diary of their participation in sport and were set challenges which they could do with their parents at home. Activity sessions were set up to involve parents with their children to support the development of fit and healthy lifestyles and link to local sports clubs and activity groups.

More than 50 children now regularly participate in a multi-skills activity club. Parents have had access to the parent support group including maps and walking routes, healthy cooking and first aid.

“Through the work with the parents we are able to encourage people to look at ways to improve diet and to keep fit and healthy. Our children have so much enthusiasm and energy that it is a very rewarding way of developing the ‘whole’ child.”

**Member of staff
Barwell Infants School**



**Hinckley & Bosworth
Borough Council**

A Borough to be proud of

Investment

CSP – LSA investment	£10,000
Grants resulting from Funding Officer support	£50,000
LSA Partners	£103,000
Sportivate	£72,483
Talented Athlete Fund	£2,400

Total funding secured **£237,883**



Success

The highlight of the year was celebrating the Sports Partnership Trust's first year in existence by hosting an all-day conference for the people who work and play within Leicester's sporting community. To highlight some of the key outcomes achieved by the trust in the previous year, the day saw high quality presentations, exhibitions and awards.

Go Gold

- £2,400 funding for 6 Go Gold Athletes

Clubmark

- 8 clubs achieving Clubmark or equivalent quality kitemark accreditation

Inspired Facilities

- £50,000 Inspired Facilities funding secured for The Emerald Centre

Sportivate

- £38,471 allocated funding
- £34,012 partner funding
- 74% of young people retained in activity

Workplace Challenge

- 303 individuals took part in the Workplace Challenge activity log

Youth Games

- 130 participants

Parallel Youth Games

- 67 disabled participants

3x30 Pledge

- 1,371 people signed up to Leicester's 3x30 minute pledge

Development Groups

- 14 sport specific development groups established



Did you know?

The Sports Partnership Trust is a unique partnership between private, public, business, voluntary, and health organisations that all come together for the benefit of sport and physical activity in Leicester.



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Leicester City there has been a minimum return of £5* partner funding

**Figure excludes the investment made by local LSA partners and officer time*

Impact



Playing 4 Health

The four professional sports clubs based within the City of Leicester have been working together to deliver a unique programme to local primary schools. Coaches from the clubs ran free multi-skills coaching sessions for 60 schools across the city, engaging around 3,600 young people aged between 8 and 9 years old.

The initiative was run through the 'Flames: Lighting the way' programme which is part of the London 2012 Legacy programme. A highlight of the project was a visit by Jonathan Edwards, a former GB athlete, to Glebelands Primary School. Olympic ambassador Jonathan saw for himself the benefits Playing 4 Health had with the children.

Playing 4 Health is believed to be the first project in the country to engage all the professional clubs within one city and was delivered in conjunction with The Sports Partnership Trust, NHS Leicester City and Leicester-Shire & Rutland Sport.

“It has been fantastic as a member of the Olympic bid team to meet a few of the key players involved in promoting sport in Leicester. A huge amount has gone on here and it has been exciting to see how that has happened.”

Jonathan Edwards, CBE

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Golf Development Group

The Sports Regeneration Unit of Leicester City Council is dedicated to improving community sport. The purpose of the team is to develop sport and physical activity in Leicester, enabling residents to access a variety of high quality services and in turn improve skills, health and fitness. To do this, 14 sport specific development groups have been established that bring all the key stakeholders together to grow and sustain each sport, thus supporting the regeneration of the city.

The Golf Development Group, which was formed approximately a year ago in partnership with Leicester-Shire & Rutland Sport, the County Golf Partnership, Golf Roots and the School Sport Partnership has been recognised by winning a national Golf Foundation award. The Burroughs Award was received for the development work the group has produced creating opportunities in the field of special needs.

“The inclusive approach to delivery has meant more young disabled people have accessed further opportunities to play golf in their own school environment and against other schools which has promoted not only playing skills but important life skills too.”

Martin Crowder

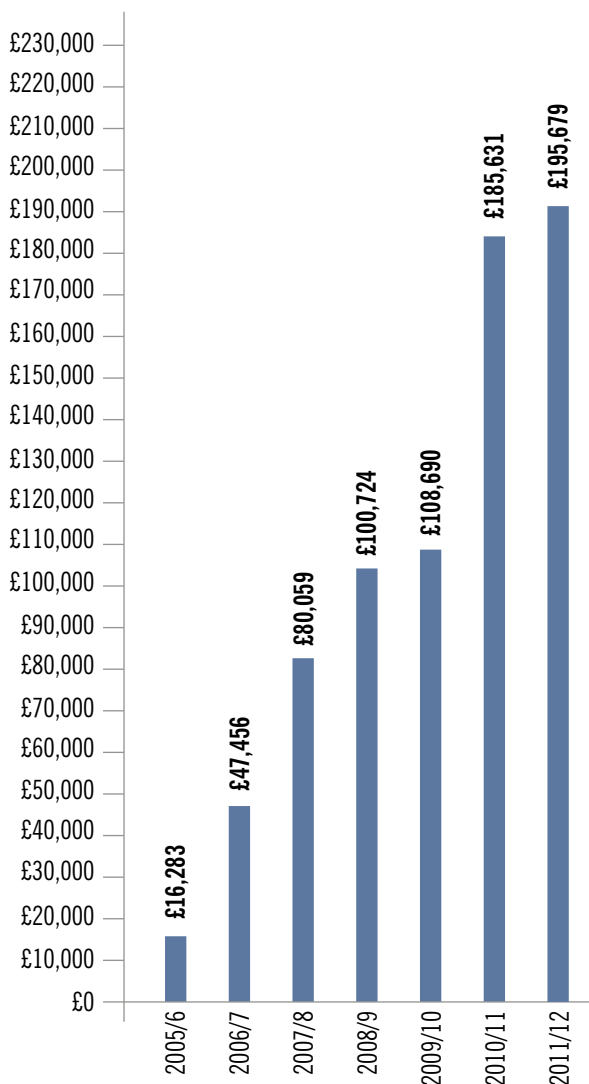
Regional Development Officer, Golf Roots



Investment

Active Together	£70,677
CSP – LSA investment	£5,000
Grants resulting from Funding Officer support	£57,476
LSA Partners	£28,000
School Sport & Physical Activity Networks (SSPANs)	£28,000
Sportivate	£3,526
Talented Athlete Fund	£3,000

Total funding secured **£195,679**



Success

Active Together projects focused on three key areas in the borough; the wards of Egerton, Warwick and Fairmead. The physical activity programme supported other organisations to make a major impact on the lives of people within these wards. Multiple agency work improved access to housing, benefits, health advice and physical activity for families including opportunities as diverse as story time yoga and Zumba.

Active Together

- 9,660 opportunities created for people to participate in sport and physical activity through Active Together
- 7,057 attendances at Active Together sessions
- 477 new adults registered with Active Together (48 of these adults classed themselves as having a disability and 7 were from BME communities)
- £70,677 secured to appoint 2 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £3,000 funding for 6 Go Gold Athletes

Clubmark

- 3 clubs achieving Clubmark or equivalent quality kitemark accreditation

Inspired Facilities

- £50,000 Inspired Facilities funding secured for Melton Mowbray Town Estates

Sportivate

- £1,806 allocated funding
- £1,720 partner funding
- 86% of young people retained in activity

Workplace Challenge

- 13 individuals took part in the Workplace Challenge activity log

Youth Games

- 113 participants

Parallel Youth Games

- 30 disabled participants



Did you know?

Active Melton hosted a club development evening at Melton Borough Council, with over 30 clubs represented, to receive information, advice and support on club and coach development and funding opportunities.



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Melton there has been a minimum return of £49* partner funding

*Figure excludes the investment made by local LSA partners and officer time

Impact



New Age Kurling

New Age Kurling is an activity which allows all to play on a level playing field, one of the only activities in which this is possible. This meant that the activity was perfect for wheelchair users from a local disability group. They were able to play against their friends who are not in wheelchairs, which made it especially enjoyable for them.

Weekly sessions took place in the King Edward VII Sports Centre which allowed a relationship to form between the participants and the staff. The group grew quickly, therefore both proper games and kurling fun game alternatives could be played depending on participant preference.

Each week the group had 15-18 participants. The high numbers of participants shows the success of the project. The sports centre has taken on the group and it continues to run with the same numbers every week.

“Very enjoyable session and allowed the group to all interact together. This can be difficult as some members are in wheelchairs and some aren’t. We are going to continue coming.”

Member of a local disability group

Contact • Clive Breedon
Email • c.breedon@melton.gov.uk • Tel • 01664 502229
Website • www.activemelton.org.uk

Zumba Gold

An eight week Zumba Gold session was developed in partnership between Melton Borough Council, Age UK, the Melton Seniors Forum and a local Zumba instructor, aimed at increasing activity levels of older adults. The session took place at the Age UK centre in the town. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule and Zumba Gold is the perfect fit. It is a dance-fitness class that feels friendly, and most of all, fun. Week on week the session has grown in numbers and the instructor is looking to continue the class after the eight week funded programme.

“I love to move to the music and I always leave feeling really happy and lifted. I went for a check-up with my Doctor this week and he told me that my blood pressure is now normal having been high for many years.”

Janet Long, Participant



LRS Highlights of 2011-12

April 2011



De Lisle Girls Badminton Team

The De Lisle Catholic Science College Key Stage 4 Girls Badminton Team progressed through the Competition Manager programme to reach the National Badminton Finals at Center Parcs in April. They became the third best Key Stage 4 Badminton Team in the country!

May 2011

Be Active for Family Week

The Leicester-Shire & Rutland Active Family Week took place during 30th May – 5th June. 15 sessions took place across the Districts with over 1,270 people attending the sessions on offer. 251 of those were new to a physical activity scheme.

June 2011



Sportivate Launch

Sportivate was launched with an interactive basketball challenge at the Highcross Shopping Centre in June. Sportivate will give 14-25 year olds, who currently aren't playing sport in their own time, the chance to receive six to eight weeks of coaching in a sport of their choice. £682,560 of Sportivate funding will be invested in Leicestershire, Leicester and Rutland to deliver projects until 2015.



June 2011

July 2011

Parallel Youth Games and Youth Games

More than 1,300 young athletes took part in the Parallel Youth Games and Youth Games at Loughborough University in July. Both days began with 'Olympic style' opening ceremonies where hand clappers, alongside energetic dance routines added to the noise and atmosphere!



July 2011

August 2011



Sky Ride

Sky Ride Leicester, a free family oriented mass participation cycling event organised by British Cycling and Ride Leicester, took place in August. 14,000 people took in the City's most iconic landmarks and sites with traffic-free streets, enabling them to enjoy a day of bike-based entertainment and to explore their city on two wheels with family and friends.

September 2011

Blind Football with Leicester City FC

To celebrate International Paralympic Day in September, a selection of Leicester City first team players took on a group of visually impaired local footballers, including two players in the England Development Squad, in a blind penalty shootout competition.



September 2011

October 2011



Sport Makers Launch

Sport Makers was launched in October on Humberstone Gate, Leicester. Sport Makers aims to inspire over 760 people in Leicestershire, Leicester and Rutland to get involved and spend at least 10 hours organising or leading sporting activities with £45,216 being invested to deliver the programme until 2013.



November 2011

LRS Team – 'Movember'

The LRS Team raised just over £190 during the month of November in support of the 'Movember' campaign, which involved them being sponsored to cultivate their top lips in support of the campaign for men's health charities!



December 2011



LRS on the Platform for Workplace Health

LRS was welcomed onto the East Midlands Platform on Food, Physical Activity and Health in December through the commitment to provide local workplaces with the active elements of the Active Together Workplace Challenge.

January 2012

Monica's Gold Challenge

In memory of Monica Gibbs, employee at LRS who passed away in September 2010, the LRS team, partners and colleagues took part in Monica's Gold Challenge in January. The target of covering 2012km in one day by running, cycling and using rowing machines was exceeded and £3,323 was raised for LOROS in the process.



February 2012

School Games Launch

2012 School Games Ambassadors, World Junior Road Race Champion Lucy Garner, and England U21 and Leicester Hockey Club first team player Josie Inverdale, officially launched the Leicester-Shire & Rutland School Games in February. The launch event took place at Leicester Grammar School, the host of the School Games Championships.

March 2012

Go Gold Talented Athlete Fund Presentation Evenings

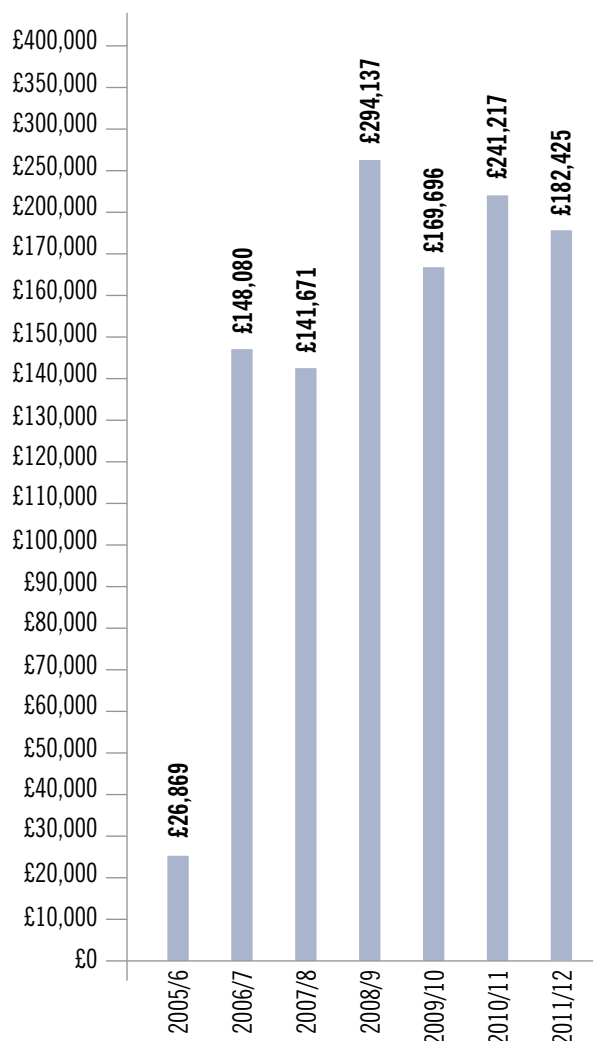
The 98 Go Gold athletes from across Leicestershire and Leicester City were invited to one of two presentation ceremonies at County Hall in March to receive a total of £49,050 worth of funding. The Chairman of Leicestershire County Council presented them with funding to support them with competition entry fees, transport costs and equipment to ensure they achieve the highest possible standards in their sport.



Investment

Active Together	£79,595
CSP – LSA investment	£5,000
Grants resulting from Funding Officer support	£13,660
LSA Partners	£31,076
School Sport & Physical Activity Networks (SSPANs)	£28,000
SSPANs Health Funding	£20,810
Sportivate	£584
Talented Athlete Fund	£3,700

Total funding secured **£182,425**



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by North West Leicestershire there has been a minimum return of £24* partner funding

*Figure excludes the investment made by local LSA partners and officer time

Success

Our coach education grant has helped 44 coaches achieve a qualification. This has covered a host of sports and ranged from an entry level course through to a Level 2 qualification. Applications were received from clubs and individuals in the district.

Active Together

- 14,070 opportunities created for people to participate in sport and physical activity through Active Together
- 8,388 attendances at Active Together sessions
- 970 new adults registered with Active Together (139 of these adults classed themselves as having a disability and 6 were from BME communities)
- £79,595 secured to appoint 2 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £3,700 funding for 9 Go Gold Athletes

Clubmark

- 5 clubs achieving Clubmark or equivalent quality kitemark accreditation

Sportivate

- £254 allocated funding
- £330 partner funding
- 22% of young people retained in activity

Workplace Challenge

- 56 individuals took part in the Workplace Challenge activity log

Youth Games

- 134 participants

Parallel Youth Games

- 38 disabled participants

Did you know?

The Club Activ8 scheme was awarded the Inspire Mark and increased the number of schools on the scheme to 18. 6,696 young people benefitted from more opportunities to participate in sport and physical activity.

inspired by
London
2012



Impact



Family Events - Walking Programme

Taking more of a targeted approach and focusing on families, the Active Together Team has delivered two themed family walks within the locality. The themes were 'Easter Egg Hunt' and 'In search of Santa Trail'. There was a huge turnout at both; the Santa Walk saw 213 people take part and 120 participants took part in the Easter Egg Hunt. This was a great achievement and families participating commented on their enjoyment.

The walks took place at Snibston Discovery Park and Urban Forest in Coalville. Physical Activity Development Officers continue to focus their delivery of programmes within priority neighbourhoods positively engaging with hard to reach groups and communities.

“ We had so much fun at the Easter Egg Hunt, even though it was very wet. We hope to join in more family activities in throughout the year. ”

Mrs Thompson

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Website • www.northwestleiclsa.org.uk

Active Hearts Cardiac Rehabilitation Programme

Following a cardiac event, Jacqueline Chapman was referred by the cardiac team onto North West Leicestershire District Active Hearts programme. With the on-going support from the staff and Jacqueline's commitment and motivation, she successfully graduated from the scheme. She has since, with our support, gone on to gain her BACPR Instructor qualification and is now the lead instructor within our locality.

Jacqueline has been an excellent ambassador for the programme and through her efforts was nominated for a Leicester Mercury Sports Award. Jacqueline continues to work closely with the Active Together team and has also gone on to start up her own exercise referral and cardiac rehabilitation classes in the community. Through the success of our programme, we have been successful in securing additional funding to extend current provision.

“ Without the support from individuals who work for North West Leicestershire I would not be in this position. The team of staff and instructors are such positive people who not only motivate but inspire. ”

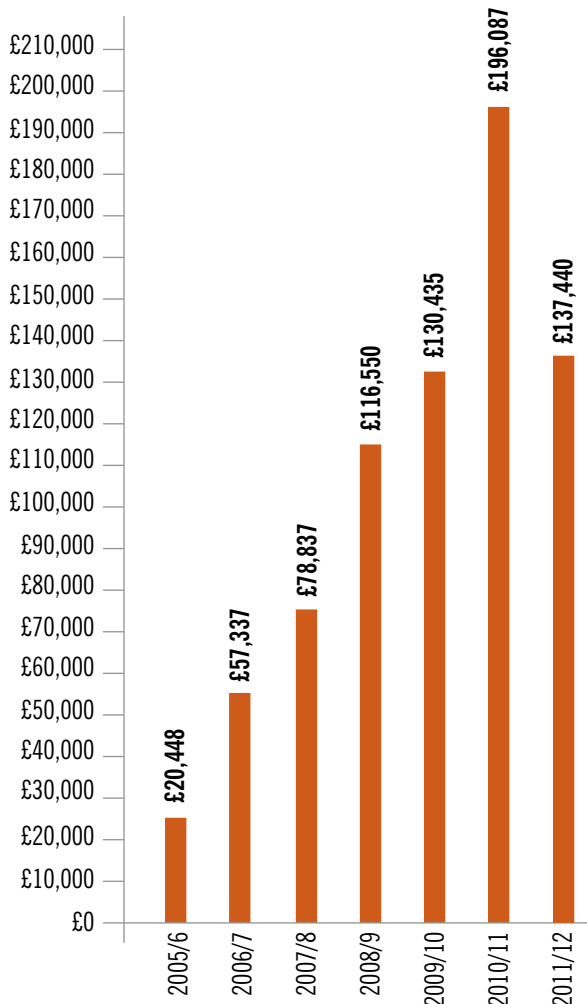
Jacqueline Chapman



Investment

Active Together	£70,940
CSP – LSA investment	£5,000
LSA Partners	£4,500
School Sport & Physical Activity Networks (SSPANs)	£28,000
SSPANs Health Funding	£7,750
Sportivate	£16,350
Talented Athlete Fund	£4,900

Total funding secured **£137,440**



Success

A very successful Sport Relief event was held on Sunday 25 March 2012 at Leicester Racecourse. The joint Active Together Oadby & Wigston and Blaby District event attracted approximately 1,200 participants. Thanks go to a range of partners for their assistance and to all Council Members who not only helped with medal presentations but also acted as volunteers during the day.

Active Together

- 15,247 opportunities created for people to participate in sport and physical activity through Active Together
- 11,955 attendances at Active Together sessions
- 1,465 new adults registered with Active Together (168 of these adults classed themselves as having a disability and 243 were from BME communities)
- £70,940 secured to appoint 2 full time equivalent Active Together Physical Activity Development Officers, a part time Administration Officer, and to provide an operational budget and open funds to support the delivery of sport and physical activity opportunities

Go Gold

- £4,900 funding for 10 Go Gold Athletes (including 1 Go Gold Ambassador)

Clubmark

- 1 club achieving Clubmark or equivalent quality kitemark accreditation

Sportivate

- £10,574 allocated funding
- £5,776 partner funding
- 63% of young people retained in activity

Workplace Challenge

- 63 individuals took part in the Workplace Challenge activity log

Youth Games

- 108 participants

Parallel Youth Games

- 44 disabled participants

Did you know?

Over 150 pledges were made by Oadby & Wigston residents during the Open Weekend (22nd – 24th July 2011).

My Games My Legacy



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Oadby & Wigston there has been a minimum return of £34* partner funding

**Figure excludes the investment made by local LSA partners and officer time*

Impact



Summer ‘Sport on the Park’ Scheme

Oadby and Wigston Borough Council organised a summer sports scheme during July and August across five local parks in the borough. Working in partnership with the Local Sport & Active Recreation Alliance a total of 660 user visits were taken up during the four week programme. Sports activities included athletics, basketball, cricket, football, rugby, rounders, tennis and fun team relay games.

This programme also provided opportunities for local student volunteers to get involved with the delivery of the sessions. The volunteers assisted the lead sports coaches, where they gained valuable experience of working with young people in a sporting environment. A total of 48 volunteering hours were achieved through this initiative.

The Oadby and Wigston Mayor, Councillor Linda Broadley, attended both end of scheme tournaments and presented medals and prizes to the winning teams, and certificates to all participants.

Open Weekend

Oadby and Wigston Borough Council organised a weekend of activities from 22 to 24 July 2011. Local residents joined thousands of people across the UK celebrating ‘one year to go’ to the Opening Ceremony of the London 2012 Olympic Games.

Activities took place at Parklands Leisure Centre, Brocks Hill Country Park, Wigston Town Centre and the local swimming pools. The main focus of the event was to encourage people to make a ‘pledge’ for 2012, to be the best they can.

Working in partnership with Inspire LeicesterShire, Brocks Hill Country Park was able to host an afternoon with the 1948 Olympic Torch. In addition a range of activities were organised including the picnic ‘pledge’ in the park; an arts competition; a sports trail around the park; and the opportunity to make a rhythmic gymnastics ribbon and an Olympic medal out of locally sourced materials.

“ If I hadn’t taken part in the sports scheme I would have been going on the computer, watching TV or playing on my DS. ”

Adam, aged 9

“ I love sport especially climbing and swimming and I also love art. This competition was a great idea. ”

Rose, aged 9



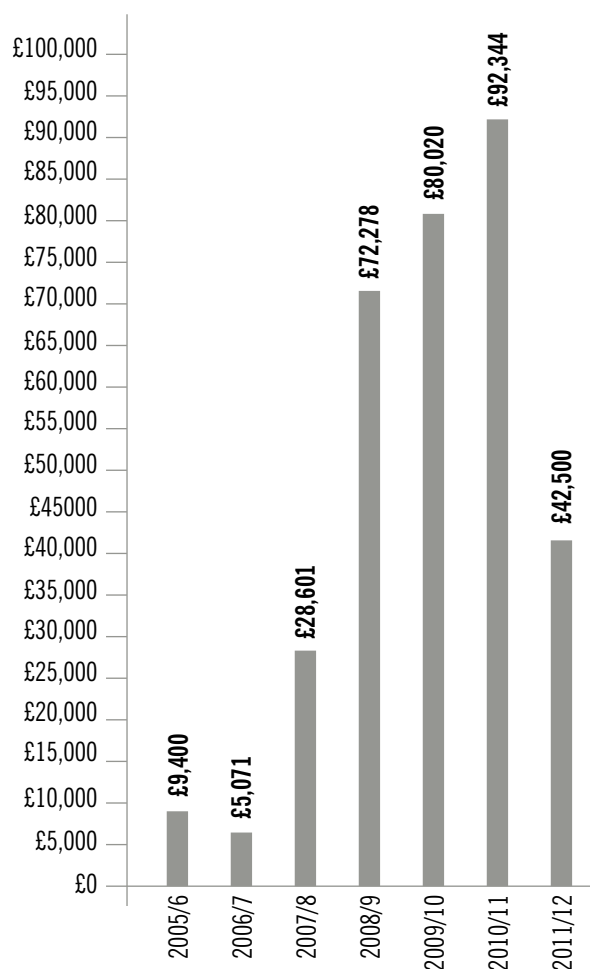
Contact • Avril Lennox
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Website • www.activeoadbywigston.org.uk



Investment

CSP – LSA investment	£5,000
LSA Partners	£27,399
Sportivate	£9,801
Talented Athlete Fund	£300

Total funding secured **£42,500**



Success

A highlight has been the development of the new facility at Catmose College and the increase in both the number of clubs now available in Oakham and the number of people participating in sport through the facility.

Go Gold

- £300 funding for 1 Go Gold Athlete

Clubmark

- 1 club achieving Clubmark or equivalent quality kitemark accreditation

Sportivate

- £4,960 allocated funding
- £4,841 partner funding
- 97% of young people retained in activity

Workplace Challenge

- 38 individuals took part in the Workplace Challenge activity log

Youth Games

- 40 participants

Did you know?

The first LSA community sports awards will be held in November 2012. These awards will highlight outstanding achievement by community groups and clubs during the last year and will feed into the Leicester Mercury Sports Awards.

Leicester Mercury



Every Pound Counts...

For every council tax £ invested in Leicester-Shire & Rutland Sport by Rutland there has been a minimum return of £4* partner funding

**Figure excludes the investment made by local LSA partners and officer time*

Rutland Primary Schools Sports Network

Impact

Funding for the former School Sport Partnership ended in August 2011. Since then the newly formed Rutland Primary Schools Sports Network has made a huge impact on school sport across the county.

The newly formed Network, managed by Schools Sports Development Manager Matt Short, has implemented over 270 hours of in school coaching which has included over 50 hours of Judo from the Vale Judo Club; over 70 hours of gymnastics from Oakham Artistic Gymnastic Academy and over 80 hours of dance and dance leadership from the Rutland Dance Academy.

15 School Games events have been organised in which pupils from every primary school across the county participated. The development of school-club links has been a major focus for the Network with 13 of the 15 School Games events involving local clubs. We have seen 10 Rutland primary school teams compete in Leicestershire and Rutland School Games Final Events.



Rutland Lions - Dine for the Lions

Rutland Lions worked in conjunction with the LSA to reach out to junior sports clubs within Rutland, who submitted bids aimed at attracting and retaining young people in sport and physical activity. The Lions were extremely supportive of the LSA and supported 13 sports clubs/groups with bids totalling £6,339 (ranging from £200 to £1,500).

Rutland Lions raised these funds through an appeal in partnership with 27 local restaurants. Customers were asked to donate as little as £1 to be entered into a draw to receive a free meal.

The event will run again next year to support junior sport. The LSA members are very grateful for the support of the Rutland Lions and look forward to continuing strong links with the club.

“The difference they (Rutland Lions) make is to underline to our players the role that the club plays in the local community, reinforce the worth of youth sports in our case, and to help us provide teams with annual trophies and rain tops.”

Chris Green
Chairman of Royce Rangers FC

“The implementation of the new School Games competition has been a great success. It’s great to see primary school pupils out there having loads of fun and being actively involved in competition.”

Matt Short
School Sports Development Manager



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LRS Guiding Principles

Sport and physical activity has the potential to make a significant contribution to the quality of life in Leicestershire, Leicester and Rutland.



Safe Sport

Safe opportunities for taking part is important for all and essential when providing opportunities for young people and vulnerable adults.



Fair Sport

Equality of opportunity is at the heart of all sport and physical activity provision within Leicestershire, Leicester and Rutland.



Well Led Sport

Building a positive partnership environment where we develop good leaders and excellent communication – creating a strong voice for sport and physical activity.

Coach Education

Leicester-Shire & Rutland Sport is committed to supporting sports coaches to keep up to date with safe practice guidelines in sport. The annual Coach Education Programme launched in June, advertised 12 Safeguarding and Protecting Children workshops with at least one programme in each local authority area across Leicestershire, Leicester and Rutland.

The workshops were extremely popular, with 205 coaches attending. Amy Dennis, a local hockey coach who attended a workshop said,

“The workshop was well run. It helps me keep up to date with the latest legislation in an ever changing environment and gives me an understanding of best safeguarding practice in coaching.”

Gym Club Gets Kids Moving

Hinckley Gymnastics Club, based at New College Gymnastics Centre in Leicester, has shaken up the local communities of New Parks and Braunstone with their ‘Fizzy Kids’ outreach project for parents and toddlers. The project has worked in priority neighbourhoods to involve disadvantaged communities and has been designed to ensure those on low incomes can access the sessions.

The outreach sessions have been delivered in community venues such as libraries and children’s centres and the club coaches involve the parents and children in fun gym movements and play. Following the outreach sessions parents and toddlers are invited to attend the gym tots and play gym sessions at New College Gymnastics Centre. The outreach sessions have each received approximately 15 attendances every week and attendance at club sessions has risen from 15-20 to 30-35. Demand for the club sessions is so high that the club are now looking to put on a new session.

Strategic Commissioning

Working with Public Health colleagues and a team from Leicestershire County Council, Leicester-Shire & Rutland Sport has played a pivotal role in securing over £1 million of resources for sport and physical activity. Key to this has been the work undertaken locally by schools, local authorities and Local Sport Alliances to create plans for community, school sport and physical activity at a local level; a whole landscape approach.

Localities working in partnership were given a notional allocation of resources and worked collectively to produce a robust plan. The plans clearly demonstrated how resources were to be allocated across life stages, but more importantly in the context of creating interventions that targeted: inactive people; people who face significant barriers to accessing sport and physical activity; and importantly a family focused offer.

Localities have been entrusted to champion a new offer across Leicestershire that sees a move away from a universal offer to a much more targeted offer and an offer that reflects health benefit rather than simply sport outcomes.

***Local plans, meeting local needs, in local ways,
led by local partners.***



Every young person participates in at least 5 hours of high quality physical education, sport and physical activity each week.

Ambition Summary

To work in partnership with School Sport & Physical Activity Networks, education establishments and children and young people organisations to provide sport and physical opportunities to all children and young people throughout Leicestershire, Leicester and Rutland. Our main priority has been to support inclusive sport, competition, school-club links, volunteering and leadership and maintain a school sport infrastructure to drive forward participation.



Sport Apprenticeship Pilot

An apprenticeship scheme to boost primary school sport, whilst supporting young people in becoming sport coaches has proven to be very successful. £50,000 has been invested to ensure that trainee sport coaches can support primary schools in increasing the take-up of sport and physical activity.

In partnership with Leicester-Shire & Rutland Sport and Leicestershire County Council, Loughborough College have trained, mentored and deployed nine Sport Apprentices from across Leicestershire and Leicester enabling them to organise sport and physical activity programmes at 14 primary schools.

The scheme has helped to deliver: high quality sport coaching in schools; support school sports competitions; create sports opportunities for disabled children; and improve attitudes towards physical activity and sport (staff and pupils).

Following the programme more than half of the Apprentices have gained employment or moved on to higher education.

“Youth unemployment is a significant problem, via apprenticeships we can make a real difference and this apprenticeship programme is giving these students a valuable boost into a career in sport.”

Jim Mutton, Principal at Loughborough College

Highlights

- 10 School Sport & Physical Activity Networks (including a Special School Network) established to drive forward school sport and physical activity receiving £220,000 of funding
- £100,000 invested to deliver Sportivate projects, attracting over £72,000 worth of partner funding resulting in 1,920 participants aged 14-25 with 70% of those young people retained in activity
- £100,000 invested from Leicestershire and Rutland Public Health into School Sport & Physical Activity Networks to work with less active young people
- 994 students participated in sport and physical activity programmes via a Sport England Pilot with the 4 inner City colleges
- NHS Leicester City commissioned a research project at children's centres to support early years staff in developing new working practices that positively encourage all children to be active



Inspire to Lead: Leadership Residential

Eight young disabled sport leaders from across the sub-region attended a gifted and talented residential camp at Hothorpe Hall to be trained up as team managers.

The young people were challenged, in a supported environment, to manage a team through a series of sporting challenges. They ensured that: their team were punctual and prepared; encouraged their team to embrace the Paralympic values; encouraged the integration of additional young people; and dealt with the variety of issues which can arise when working as a team.

Throughout the weekend the young leaders organised activity such as wheelchair basketball, sitting volleyball and multi-skills for 57 young disabled people. The close of the residential brought all teams together with each presenting their own reflections and evaluation of the activities and their achievements.

“The increased self-belief in these young people was clearly visible and this experience will enable them to transfer these skills to all aspects of their lives and continue to develop.”

Martin Mansell, GB Swimming Paralympian

The number of adults regularly taking part in sport and physical activity increases year on year.

Ambition Summary

To work primarily with local authorities and National Governing Bodies of Sport to increase adult participation. We do this by developing new ways of attracting people into physical activity and sport, for example, by organising Campaign Weeks, the Workplace Challenge and funding 'Back to Sport' Programmes.



Ashmount School – Workplace Challenge Champions!

The Active Together Workplace Challenge saw Ashmount School as champions of the Activity Log for the second year running. With great leadership from the school management team, 10 staff members collectively gained over 275,000 points and fought off close competition from over 160 other workplaces and 1,176 participants from across Leicestershire, Leicester and Rutland. Many members of staff were also inspired to make their commute to work 'active' by walking and cycling, saving an impressive 3,300kg of CO2 through active travel.

“The Workplace Challenge has had a significant impact on our school with a happy workforce and our staff attendance figures are up! I am convinced that it has also benefited us with our recent Ofsted inspection for which we were awarded a rating of Outstanding.”

Dave Thomas, Head Teacher, Ashmount School

Highlights

- 74,392 attendances at Active Together sessions
- 1,178 people from 167 workplaces participated in the Workplace Challenge
- 4 local campaign weeks organised, attracting 931 participants who were new to physical activity
- 1,371 people signed up to Leicester’s 3 x 30 minute pledge
- Worked with over 30 NGBs to invest over £90,000 into 'Back to Sport' programmes with more than 40,000 attendances at sessions



Back to Sport

Leicester-Shire & Rutland Sport has funded and supported a range of NGBs and their clubs develop local 'Back to Sport' programmes. One such funded project was organised at Shepshed Amateur Boxing Club.

The club received a grant of £500 to run an 8 week coaching programme aimed at promoting physical activity to people aged over 16 and ultimately integrating new individuals into the club. Launched in the New Year under the banner of 'Box away the Christmas bulge', the programme was an instant hit.

“I come every week because it’s different and more challenging than just going to a standard gym. It’s a great club for the community and gives a focus for the younger lads who come and support it!”

Karl, Participant

Sports facilities are high quality, accessible and effectively programmed.

Ambition Summary

Leicester-Shire & Rutland Sport works with Local Authorities, schools, National Governing Bodies of Sport, local sports clubs and other organisations to try and ensure that Leicestershire, Leicester and Rutland has a network of high quality and accessible sports facilities for its local communities. From fundraising and advising on design and procurement on individual projects to developing local facility improvement plans, LRS seeks to create better access to well managed high quality sports facilities.



Inspired Facilities

Since July 2011, over 20 local sports clubs and organisations in Leicestershire, Leicester and Rutland have been supported with funding applications to improve their local sports facilities. In round one of Sport England's Inspired Facilities Programme, eight local clubs were successful in attracting over £390,000 in grants to support improvements to their sports facilities.

Market Harborough Rugby Club, Sport in Desford and Hinckley Ladies Netball Club were three of the successful clubs each receiving the maximum £50,000 grant. Other successful sports included cricket and tennis and Leicestershire Girl Guides Topstones Activity Centre received an award of £46,718 to improve disability access to their sports facilities. LRS has supported 11 local clubs in round two of the programme, between October 2011 and March 2012, and a decision on those applications is expected soon.

“These grants provide a real boost to the aspirations and plans of local sports clubs and reward the hard work that volunteers put into their local clubs. Improving the changing, playing and social facilities at our club makes a real difference.”

Richard Lainchbury, U17 Coach and Junior Coaching Co-ordinator at Market Harborough Rugby Club

Highlights

- Over £390,000 of funding secured from Sport England's Inspired Facilities Fund for local clubs
- Stage Two Football Foundation Bid submitted for a £550,000 football facility at Birstall Campus
- Significant sports facility infrastructure included in local planned housing developments



Leicester City Football Facilities

As part of a multi-million pound investment for football in Leicester City, a £1.7 million football facility has opened at Aylestone Recreation Ground. Funding from the Football Foundation, with further contributions from Leicester City Council, NHS Leicester City, Sport England, local partner clubs and the UEFA Jubilee was awarded to create a high quality new changing pavilion and floodlit synthetic pitch for the local football community.

This is one of 11 new sites as part of a wider participation strategy to greatly enhance football opportunities within the city. The new facilities will be used by a number of local clubs for playing and training, including St Andrews FC who were a partner club to the bid. In a partnership with local schools the neighbouring Sir Jonathan North Community College and Lancaster Sports College will also use the facilities.

“We’ve been waiting a long time for this day so we can’t wait to get started on delivering the development plan.”

Barry Daniell, St Andrew’s FC Committee Club Member

The 2012 Olympics and Paralympic Games and 2009 Special Olympics inspire everyone to be involved in sport.

Ambition Summary

To maximise the benefits of the London 2012 Olympic and Paralympic Games for the people of Leicestershire, Leicester and Rutland and to use the London 2012 Games and 2009 Special Olympics to inspire people to play more sport and become more physically active. We believe the Games are for everyone and encourage people to create their own 2012 Games legacy.



**Wells Sports Foundation
Athletes 4 Schools**

The Athletes 4 Schools scheme was established by philanthropist Barrie Wells to encourage greater participation of young people in sport. The scheme allows schools to apply for an athlete visit and brings young people face to face with Olympic athletes preparing for London 2012. Since 2010, 48 athlete visits have taken place in Leicestershire and Leicester impacting on around 7,500 young people.

During one visit, GB swimmer Lizzie Simmonds led an intimate discussion with a group from the 1st Quorn Rangers. Lizzie told lots of stories about life as an elite athlete and put across important themes including building self-esteem, working hard to fulfil potential and the importance of being physically active. The Rangers were really engaged and were able to identify with many of the same challenges Lizzie has faced as a young woman and took inspiration from her experiences and huge determination to succeed.

“Lizzie was lovely, answering all of our questions, telling us stories about the less glamorous side of being a professional athlete and keeping everybody entertained. She is a true inspiration for young people and I wish her the very best at the Olympics.”

Tessa Boyd, 1st Quorn Rangers

Highlights

- 20 sports projects in Leicestershire and Leicester have been awarded the Inspire Mark, the badge of the London 2012 Inspire Programme which recognises exceptional and innovative projects inspired by the London 2012 Games
- Leicestershire and Leicester have been chosen to host the London 2012 Olympic Torch Relay on days 45 and 46 of its 70 day journey across the UK
- Leicester has been chosen to host a Flame Celebration Festival as part of the London 2012 Paralympic Torch Relay celebrations
- Around 11,000 people took part in a wide range of sporting and cultural taster sessions across the county and city as part of London 2012 Open Weekend
- Players from Leicester City Football Club and Leicester Riders Basketball Club took part in events to raise awareness of disability sport and to celebrate 1 year to the Paralympic Games and International Paralympic Day
- Olympic triple jump legend Jonathan Edwards CBE visited Leicestershire and Leicester to see some of the work that has taken place around the London 2012 Games



Olympic Flame

On 19th March 2012, the London Organising Committee of the Olympic and Paralympic Games announced the names of some of the 8,000 inspirational individuals that will carry the Olympic Flame on its 70 day journey around the UK. Neville Maggs is one individual who will be carrying the flame in Leicester.

At the 'youthful' age of 70, Neville is more physically active than people half his age. A truly inspirational individual, Neville has run over 25 marathons, raising money for various charities along the way. He also works tirelessly to raise funds for a school build project in Ghana. Neville recently completed his fifth Tough Guy endurance challenge. His ethos in life is to "live it to the full" and he often gives motivational talks to schools and community groups on the merits of being fit and active and his adventures around the world.

“This is a wonderful honour which I am incredibly proud of. I'm not quite old enough to remember the last Games in 1948, so count myself very lucky indeed, to be taking part in this one.”

Neville Maggs, London 2012 Olympic Torchbearer

There are high quality, active volunteers, qualified coaches and officials from all communities who support schools, clubs and performance sport.

Ambition Summary

To work with partner organisations to support the development of high quality volunteers and coaches. We do this by providing continuing professional development opportunities, prepare individuals to volunteer for the first time and work one to one with people to help them become better coaches.



Sports Leadership Conference for Young People

Following the huge success and impact of the annual Step into Sport Conference, Leicester-Shire & Rutland Sport identified the need to continue to provide this opportunity to our talented young leaders, coaches and officials, despite losing national funding for the programme.

This new Sports Leadership Conference targeted our most talented young leaders and 121 young people aged 16-19 from across Leicestershire, Leicester and Rutland attended the event at Loughborough University in November 2011.

The young leaders were put through their paces to develop their leadership skills and confidence. They designed, led and evaluated a practical multi-sport session for their peers and took part in a Sport Makers workshop, supported by GB Paralympic footballer Matt Dimbylow, to gain the knowledge, information and connections to make sport happen in the community.

As a consequence of attending the conference one young person was selected to attend a three day national RFU Young Coaches Academy and several young people will also be supporting the 2012 School Games in leadership roles.

“It made me realise just how much I as an individual can impact on my local community.”

Young Leader

Highlights

- 42 clubs achieving Clubmark accreditation
- 108 clubs/organisations supported with funding advice, with 12 making successful funding applications generating £301,154 of external resource
- 21 courses provided and 327 coaches accessing training through the LRS Coach Education Programme
- 325 coaches signed up to the LRS Coaching Database
- 9 Sport Makers workshops delivered with 226 people attending
- 121 young people attended the Sports Leadership Conference for Young People
- All 9 LSAs now operating a Coach Bursary Scheme with 150 coaches accessing support and £6,300 distributed



Vicky MacQueen

Vicky MacQueen started playing rugby at Hinckley Ladies Rugby Club and John Cleveland College in 1994. Throughout her rugby career she has played in both tiers of the Premiership. In 2004 Vicky received her 1st full England Cap against Canada. Unfortunately in 2009, Vicky had to retire from rugby due to a chronic foot injury. Although Vicky's playing career had come to an abrupt end, there was still a passion to stay in the sport, through coaching.

In 2010/11 Vicky started coaching Hinckley Colts and Lichfield Ladies. Vicky then became Assistant Coach for Hinckley Men's 1st team progressing to Head Coach. Vicky has advanced through her coaching badges and is now progressing as a Level 3 Coach. She is delivering back in the club environment and supporting other coaches, as well as continuing to develop her own skills, learning from other coaches who have a wealth of knowledge and experience to share.

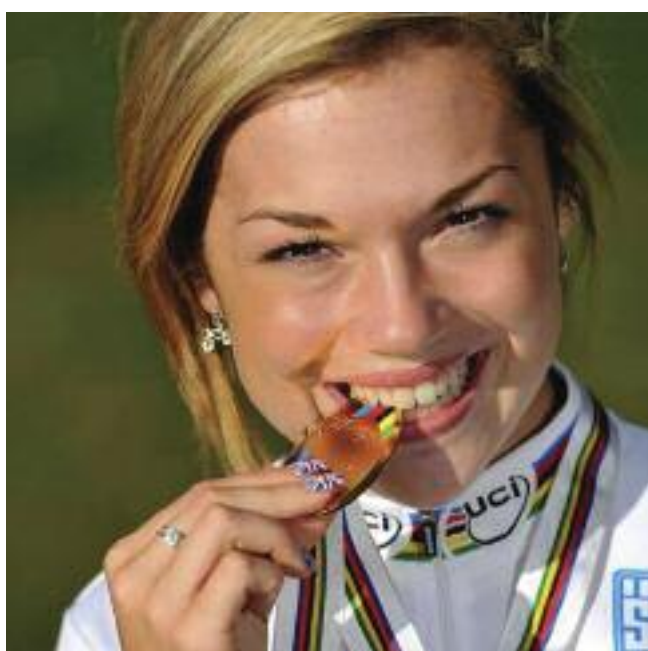
“The support I have been given from the LRS Coaching Development Manager has enabled me to progress and develop as a coach giving me the confidence and tools I need to succeed in coaching.”

Vicky MacQueen

Participants, players and athletes can fulfil their potential by accessing high quality sporting pathways.

Ambition Summary

To ensure participants, players and athletes can fulfil their sporting potential. We do this through supporting NGBs to deliver their key priorities and interventions locally, establishing and supporting the delivery of an age and stage model for competition and supporting our most talented athletes to help reach their potential.



Lucy Garner

Go Gold funded athlete Lucy Garner is currently Youth Commonwealth Games Champion and Junior World Road Race Champion at just 17 years of age. Her determination, talent and supportive family have worked hard to help Lucy achieve her dreams and this has been recognised by a place on the prestigious Olympic Development Programme for Rio 2016.

As a number 1 ranking athlete at National level, Lucy has also been awarded the titles of Go Gold Ambassador and School Games Young Ambassador. Lucy inspires younger students and aspiring athletes by attending LRS events and competitions, taking part in question and answer sessions and presenting awards at countywide ceremonies.

“Go Gold has assisted a lot with my travel expenses and with my cycling equipment. It’s a really expensive sport because you need different bikes for different disciplines, so the funding is really helpful for me!”

Lucy Garner

Highlights

- 98 talented athletes supported through the LRS Go Gold Talented Athlete Fund
- 12 Go Gold athletes ranked number 1 in the country, including 3 that participated in 2012 Olympic/Paralympic trials
- Successful application to Sport England for £160,000 to deliver the Leicester-Shire & Rutland School Games over the next 3 years
- Successful formation of the Leicester-Shire & Rutland School Games Local Organising Committee and partnership formed with the new School Sport & Physical Activity Networks



School Games Super Series Finals

As part of the Leicester-Shire & Rutland Level 3 School Games programme, we have worked closely with National Governing Bodies of Sport to deliver a succession of ‘Super Series Finals’. This has ensured that specific school competitions take place at the most appropriate times of the year and feed representative teams from Leicestershire, Leicester and Rutland into regional and national pathways.

The Finals have included Basketball, Badminton, Indoor Cricket and Sportshall Athletics. All have been a huge success, offering high quality competition for our most talented school teams. The competitions have also been supported by elite athletes, who have attended competitions and offered advice on what it takes to be the best and have supported with the presentation of awards.

“The chance to play at a Level 3 final was a real motivating factor in some of our teams’ performances. As a school we are looking forward to entering the competitions next year.”

Matt Stubbs, Head of PE, Market Bosworth High School

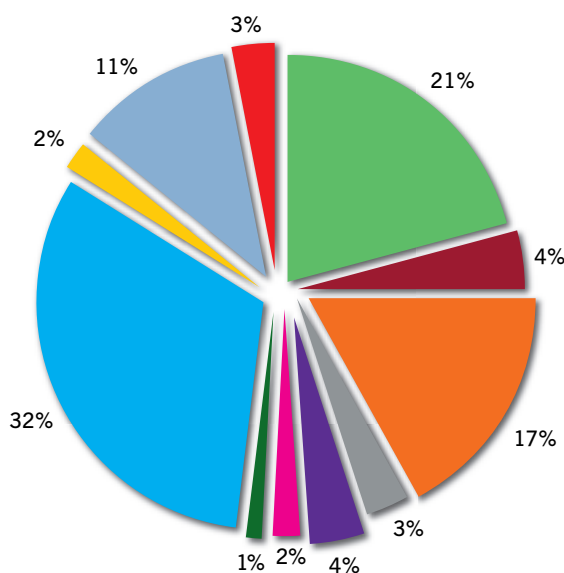
LRS Financial Headlines 2011-12

The following financial statement details the actual income and expenditure for LRS for the financial year 2011-12. The core programme areas may contain funded projects that operate across financial years, therefore require carry forward balances.

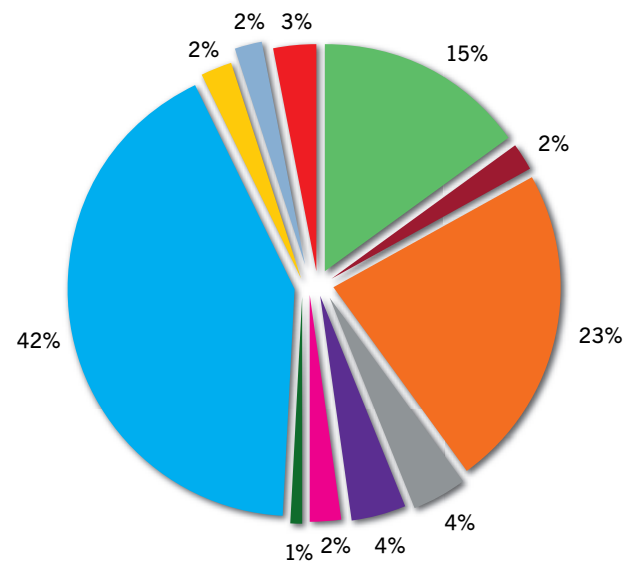
Programme Area	Income (£)	Expenditure (£)	Carry forward 11/12*
CSP Core Funding	£746,692	£407,621	£339,071
Community Infrastructure	£125,378	£48,004	£77,374
Active Together	£621,572	£621,572	£0
2012 Legacy Project	£121,681	£121,681	£0
NGB Sport	£160,729	£108,557	£52,172
Sports Specific Officers	£70,879	£45,622	£25,257
Youth Games	£30,202	£29,710	£492
Education, Skills & Young People	£1,156,548	£1,147,067	£9,481
Sports Grants	£66,669	£66,669	£0
External Funds	£377,362	£44,740	£332,622
Sportivate Programme	£93,702	£93,702	£0
Totals	£3,571,414	£2,734,945	£836,469

*Carry forward relates to project funding that runs over a number of financial years

2011/12 % of total income



2011/12 % of total expenditure



KEY:

- CSP Core Funding
- NGB Sport
- Education, Skills & Young People
- Community Infrastructure
- Sports Specific Officers
- Sports Grants
- Active Together
- Youth Games
- 2012 Legacy Project
- External Funds
- Sportivate Programme



*“ The LRS team and the partners we work with will continue to focus on making **National Programmes** work in **local ways**. With our partners we will continue to build a world-leading system for community and school sport and physical activity that meets **local needs**. ”*

Andy Reed, OBE
Chairman, Leicester-Shire &
Rutland Sport Board



Annual
REVIEW 2011/12