
**UPDATE ON DARLINGTON'S SPORT AND PHYSICAL ACTIVITY
STRATEGY 2014-19**

SUMMARY REPORT

Purpose of the Report

1. To provide an overview of progress to date against the priorities outlined in the Darlington Sport and Physical Activity Strategy 2014-19.

Summary

2. Significant progress has been made over the last 12 months to improve the stock of Sport and Leisure facilities within the Borough including the development of 2 new full size Artificial Pitches with an investment of more than £1M. Furthermore there has been a continued development of the School Sport and Community infrastructure for Sport and Physical Activity across Darlington through strong partnership working. There is more to do in terms of School Club links, Club and Coach Development to ensure the sustainability of Sports opportunities across Darlington and this will be a key focus area in the next year.

Recommendation

3. It is recommended that Members note the content of the report.

Paul Wildsmith
Director of Neighbourhood Services & Resources

Background Papers

Darlington Sport and Physical Activity Strategy 2014-19

Mike Crawshaw: Extension 6980
MC/CD

| | |
|--|--|
| S17 Crime and Disorder | Sport and physical activity can have a positive impact on crime and disorder by providing opportunities for young people. |
| Health and Well Being | The focus of the Sport and Physical Activity Strategy is to improve the health and well being of residents. |
| Carbon Impact | There is no impact on carbon as a result of this report. |
| Diversity | Opportunities are available for all residents of the Borough. |
| Wards Affected | Activities take place in numerous Wards across the Borough and all residents have the opportunity to attend programmed sessions/courses. |
| Groups Affected | All groups have the opportunity to partake of sport and physical activity, however some sessions are specifically focussed towards certain groups. |
| Budget and Policy Framework | There is no impact on the Budget and Policy Framework. |
| Key Decision | This is not a key decision. |
| Urgent Decision | This is not an urgent decision. |
| One Darlington: Perfectly Placed | The Sport and Physical Activity Strategy contributes to a number of the themes within One Darlington Perfectly Placed. |
| Efficiency | There is no impact on the Council's Efficiency programme as a result of this report. |
| Impact on Looked After Children and Care Leavers | There is no impact on Looked After Children and Care Leavers as a result of this report. |

MAIN REPORT

Information and Analysis

4. Darlington's Sport and Physical Activity Strategy 2014-19 sets out a template for improving the availability, accessibility and quality of sport and physical activity across the Borough. The vision, ambitions and outcomes are as follows.

VISION

More Darlington residents are more active, more often

Ambition 1:

To contribute to the health, wellbeing and quality of life of residents by increasing participation in sport and physical activity and reducing sedentary behaviour.

Ambition 2:

To achieve a sustainable framework for the provision of sport and physical activity across public, private and voluntary sector partners.

Ambition 3:

To contribute to the social and economic life of the Borough through a broad and diverse sport and physical activity offer.

Outcome 1:

Participation in sport and physical activity has increased across the population as a whole.

Outcome 2:

Gaps in the extent of participation between different communities are narrowed.

Outcome 3:

Clear pathways enable individuals to reach their full potential within their chosen sport.

Outcome 4:

A high quality community sports and physical activity infrastructure is in place across the Borough.

Outcome 5:

There is access to quality sport, physical activity and recreational facilities.

Outcome 6:

Partners work together to achieve wider social outcomes through sport and physical activity

Outcome 7:

Sports and physical activity offer across the Borough is sustainable.

Outcome 8:

Partners understand how to support and influence sport and physical activity behaviour.

Priority Actions

5. Progress over the last twelve months has been focused on the following areas to deliver on the range of outcomes.

Eastbourne Sports Complex – the home of the Darlington's School Sport Partnership – Outcome 3, 4, 7 and 8

6. Darlington's School Sport Partnership has continued to develop the infrastructure for young people in the town to get involved in sport at all levels through an extensive Events and Festivals programme. Based out of Eastbourne Sports Complex, more than 40 Sports Festivals took place in the last academic year aimed at primary and secondary school children across the Borough. This included the Sports ability Festival (Disability Sports), the Primary and Secondary Athletics events, Tag Rugby, the Quadkids Athletics Festivals and the Primary Cross Country.
7. The Sports Complex has also hosted several Tees Valley (Level 3) events on the site, namely Mini-Hockey, Girls' Football and Quadkids Athletics. These competitions are prestigious county level competitions with representatives from Middlesbrough, Hartlepool, Stockton, Redcar and Cleveland, Eston and Darlington. Overall there have been 1500 young people from Darlington who have used the Sports Complex site and 250 from the wider Tees Valley area. The age range of the participants is 5–16 year olds.
8. New for this year was the Change4Life celebration event which targeted children who have not been regularly participating in sport from the 12 schools who have had clubs running over the past academic year. The clubs are not sport-specific and are based on the themes of target, adventure and creative activities. Our event at Eastbourne included Nordic Walking, Boccia and New Age Kurling, Run Explorer, team games and a creative word/picture wall activity capturing the thoughts of the young participants.
9. A key part of the School Games programme is the training and support of local leaders. The Darlington leadership academy engaged 50 young leaders from five secondary schools in Darlington. In addition, many schools and colleges also operate sports leadership programmes with the support of the school games team. These leaders have then been deployed across events and festivals organised by the School Games Team.
10. This year the School Sport Partnership (SSP) delivered a very successful apprenticeship programme with the aim of developing young people's life skills, employability skills and confidence through sports leadership. The placements were hosted in various Darlington primary schools, four days a week, with one day's training, held weekly at Eastbourne Sports Complex and supporting SSP events.
11. Seven young apprentices passed the course and have gone onto various different forms of employment within the schools and leisure sector.

Successful Community Grant Applications – Outcome 5

12. Successful funding applications by Darlington Borough Council's Sports Development Officers have enabled improvements to facilities and services for the benefit of a broad cross-section of residents in the Borough. Examples of this include:
- (a) Working with the Football Foundation to secure a £412,000 grant to redevelop the artificial sports pitch at Eastbourne Sports Complex. The project came to fruition over a period of 18 months and involved two prominent local junior football clubs whose players will be among the beneficiaries of the new pitch. Over 30 teams now use the 3G throughout the football season from Middleton Rangers, Darlington Youth, Darlington Football Club and the Martin Gray Football Academy. St Aidan's Academy also use the pitch as the base for their curriculum PE programme.
 - (b) Securing grants totalling £285,000 to help facilitate Darlington Football Club return to the town following a four-year hiatus in Bishop Auckland. The grant, from the Football Stadium Improvement Fund and Sport England helped fund a 3,000 capacity stadium that has co-located Darlington Football Club and Darlington Rugby Club at the same site, along with other local community sports clubs
 - (c) A £150,000 capital grant was secured from Sport England and the England Hockey Foundation to develop a new £550,000 sand-based artificial grass pitch at Carmel College to support curriculum needs and local hockey development. This is now the new home of Darlington Hockey Club and Bishop Auckland Hockey Club and opened in July 2017, as well as the base for all Carmel College curriculum PE.
 - (d) The Darlington Sports Development Team has supported the Darlington Dolphins Table Tennis Club with a successful £10,000 application to the Sport England Small Grants scheme. The newly formed club will use the funding to grow the club and provide more sessions at the Dolphin Centre and Eastbourne Sport Complex from September 2017.
 - (e) Darlington Parks Bowls Association secured a successful Inspired Facilities application's for £65,000 towards refurbishing the playing surfaces at North Lodge and North Park and upgrading the ancillary facilities. This will support the development of bowls throughout the town and ensure that the participants have a higher quality experience, and will hopefully support an increase in participation at both venues.

Active Darlington Project and Extension Funding and Adult Projects – Outcome 1,2,3,4,5,6,7 and 8

13. Physical Activity programmes have been delivered across the town with a focus on behaviour change programmes and engaging residents in new ways over the last three years. On average 63% of the participants increased the number of days they played sport per week with an average increase of 1.2 hours. The project has

delivered a total of 3,378 sport sessions, with a total of 4,411 hours of delivery. Throughout the three years the project managed to engage 3,197 people, with a throughput of 23,000 visits. The project has revolutionised how the Darlington Move More Team deliver activities, listening carefully to customer feedback and ensuring that activities are appropriate for their abilities, and have a social element. Postcode mapping throughout the three years has informed the approach to the provision of sessions and the way different demographics are targeted.

14. The success of the project has led to a further year's funding of £37,516 from Sport England to continue the project from April 2017 to March 2018.

15. A whole range of sessions have been developed to improve the local community sport infrastructure in the town for adults; these have included:

(a) **Walking Football**

The Darlington Move More Team are delivering Walking Football sessions at Eastbourne Sports Complex for Over 50s in partnership with Darlington Football Club. The sessions have been extremely successful and the group are looking to enter tournaments and arrange friendlies against other Over 50s groups in County Durham and the Tees Valley.

(b) **Back to Netball**

This continues to be a highly successful way for women to access and enjoy physical activity in an informal way. On a 'pay as you play' basis, sessions are regularly attended by over 25 ladies on a weekly basis on Monday evenings at Eastbourne Sports Complex. The sessions have moved to Wyvern Academy from September 2017 on Tuesday evenings.

(c) **Couch 2 5k**

This programme has engaged over 80 participants and has become a highly successful starting point for people to get back into physical activity. The 10 week programme takes people from absolute beginner running, by combining a mixture of running and walking, to week 10 having the ability to continuously run the distance of 5k. A number of the participants who have finished the programme have enjoyed participating in the park run and joining local running clubs. Sessions are fully booked for October 2017.

(d) **Indoor Cricket**

Once again the Move More Team has worked alongside Durham Cricket Board to deliver an Adult Indoor Cricket League. This year has been one of the most successful leagues yet, with six teams taking part over a five-week competition. Alongside three teams who have previously participated, the league saw three new teams enter who have never played in the league before. The programme has successfully engaged over 60 adults and ten under 18s.

(e) **Sheltered Housing Project**

Lifeline Services commissioned the Darlington Move More Team to start looking at delivering positive activity sessions in sheltered housing schemes across Darlington in 2016. The sheltered housing project ran from January to December 2016 and engaged 129 participants. Lifeline Services have

committed £22,000 towards the project costs by sustaining the posts but we are looking for further funding to create a project that has an impact across Darlington and make a real difference to physical, mental and social wellbeing.

16. There has also been a continued focus on Community Based Activity for young people in Darlington, with some examples including:

(a) **YMCA**

The Move More Team recently formed a new partnership with the YMCA, which has offered young people the chance to access both the gym and the 3G football pitch at Eastbourne Sports Complex. This project has been possible through the Sportivate and Active Darlington funding pots, which target young people over the age of 14. So far 15 young people have accessed Eastbourne Sports Complex. It is hoped that soon the young people will also be able to access the Dolphin Centre to use the Swimming Pool.

(b) **Eastbourne Minis Athletics Club**

Working in partnership with Darlington Harriers Athletic Club, the Move More Team set up a junior athletic club for children aged 5-8 years. This weekly training session has enabled over 50 children to access quality coaching in athletics on Saturday mornings and a session is going to start on Thursdays on site at Eastbourne Sports Complex. The children who attend this club then have the opportunity to progress into the older section of Darlington Harriers Athletics Club.

(c) **Youth Engagement/Anti-Social Behaviour**

The Move More Team continues to successfully engage with the Youth Offending/Anti-Social Behaviour teams. This weekly session continues to be extremely popular and an invaluable way to engage with hard to reach children. The session continues to engage over 10 children every week in a wide range of sports and physical activity delivered at Eastbourne Sports Complex and the Dolphin Centre.

(d) **#The Zone**

#TheZone is a Friday Night Youth Project at the Dolphin Centre that replaced the Chill out Café and runs every Friday night. Over the last year, 695 young people from aged 11–16 have attended. Over 70% of participants are over 13 years old and this has proven to be extremely successful in engaging young teenagers.

(e) **Top Up Swimming**

A 'top-up' swimming programme targeted at children that cannot swim 25M or have low ability/confidence was delivered in the Dolphin Centre. The six-week project was taken up by eight local schools and enabled 102 children to attend. Of those participants, 94 were able to swim 25m at the end of the course and 100% achieved a basic swimming award.

(f) **Be Active Holiday Programme 2017**

1,242 young people took part in the Be Active Holiday Programme in 2017 delivered by the Darlington Move More Team. Activities included

Trampolining, Gymnastics, Athletics, Badminton, Tri Golf, Football, Xplorer and several other activities. The sessions were delivered at community venues throughout the town. 680 participants were female and 582 male and a full programme is in place for every holiday throughout the calendar year.

Encouraging local people to become coaches, volunteers and leaders in sport and physical activity – Outcome 3, 4 and 7

17. A total of 450 people have attended Continuous Professional Development courses for the Darlington Move More Team in the past year. A total of £10,000 has been acquired from Tees Valley Sport, Sport England and County Durham Foundation to subsidise these courses. The opportunities range from national governing body sport qualifications, physical activity qualifications, leadership and volunteering courses and generic coach workshops from first aid to safeguarding.

Disability Projects and Exclusive Groups – Outcome 2, 6 and 8

Lakeside Lodge

18. There is currently a weekly session running at the Lodge itself in which participants take part free of charge. This session includes Boccia, walks in the park and exercise to music. There are also weekly sessions through Local Involvement Networks (LINKs) including Boccia and a multi activity session running in which participants pay to take part to enable sustainability.

Active Lives Survey Darlington Headlines – Outcome 1,3,4,5 and 7

19. 26.1 % of the adult participation in Darlington do 30 minutes of moderate intensity sport every week, which is one of the highest in the North East with 42% of the adult population of Darlington participating in sport and active recreation.
20. This again shows the impact of the adult delivery programmes delivered throughout the community in clubs, community groups, local leisure centres and also the high quality places that Darlington has to offer for free recreation that supports the high quality offer and strong statistics from the survey.