



Love Life? Live Life.



**Nottingham  
City Homes**

# Fit In

## The Community



**Nottingham**  
City Council



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# What is it all about?

## We want to...

**Encourage** 5500 tenants to become more active going from nothing to doing 1 x 30 minutes per week of physical activity

**Create** opportunities to help tenants deliver sport and leisure through volunteer positions

**Empower** our communities to take ownership of their own sports and leisure opportunities – creating a lasting change



# How tenants can get involved



**Consultation**  
(Open to everyone)



**Delivery**  
(Open to Everyone)



**Volunteering**  
(NCH Tenants only)



# Consultation

We have consulted people face to face, online, over the phone and through the post with the help of over 100 NCH staff, neighbourhood police, community groups & champions.

**In depth consultation will begin in Clifton in March/April**



# Delivery

## Doorstep Clubs (14-25)

- In partnership with Street Games
- Multi sports sessions
- Lots of opportunities for young volunteers

## ILS(60+)

- Working with Activity Co-ordinators
- Delivering activities within schemes including chair based sessions and bowls

## General Sessions (25-59)

- Based on consultation
- Working with NGBs and Partners
- Also signposting to existing provision
- Sessions include Shape up sessions, jog groups and netball sessions

# Volunteering

## Activators

- Individuals in the community who want to take a lead in delivering sessions
- Training and support provided based on needs analysis
- Skills and qualifications could be used to gain paid employment

## Champions

- Advocates of the project to promote sessions and refer tenants to existing activity
- In return Champions will receive various incentives for referring participants to sessions
- Support and training also available where needed



# How can you help?

- Help to raise profile of the project
- Promote local opportunities across relevant networks
- Support with area specific consultation
- Identify potential groups

