

Fit In

The Community



Why Nottingham?
 With a population of just under 300,000
 33% are being housed housing 75,000 people
 20% live in the city centre
 20% live in the city centre
 4% of the population is unemployed
 11,000+ live in the city centre housing.

The consultation
 We conducted a consultation with over 100 people across the city to find out what they thought about the project. We also held a series of focus groups to explore the needs of different groups of people. The feedback from the consultation was used to shape the project and ensure it was relevant to the community.

Participants
 "The sessions are fun and engaging, it's something I really look forward to each week."
 "I've so glad I started to go along, I was really nervous at first but I feel so much better since I started!"

Delivery
 There is a wide range of activities and programmes available throughout the city. The project is delivered through a network of community hubs and is supported by a team of staff and volunteers.

In the Life of...
 Michaela King - Community Activist
 I have been part of Fit In The Community for over 5 years and I have been involved in a wide range of activities. I have helped to develop the project and I have been involved in a number of community events. I have also been involved in a number of community projects and I have been involved in a number of community events.

Whats Next??
 Increase participation of women and girls linking in with the 'This Girl Can' campaign
 Continue to build the community workforce, developing casual community coaches and community volunteers
 Work with Activity Co-ordinators to develop the offer within the independent living schemes
 Continue effective working with existing partners and continue to develop relationships with new ones



A sports project with a difference
 Fit In The Community has landed. It's a joint project between Nottingham City Homes and Nottingham City Council. That's delivering community sports a little differently.

What are we trying to achieve?
 Get 5000 local housing scheme members active
 Doing at least 30 minutes of exercise each week
 By making sport and leisure more accessible
 Whilst providing training and support
 To give people the tools to provide their own sports and leisure offer
 Taking sport deep into the heart of our communities.



Volunteering
 We recruit sport up to volunteers
 Community Champions, community coaches and community volunteers
 Community activities supporting and delivering services
 This delivery method will help with sustainability, accountability, responsibility and support and empower individuals in the community.

Partners have worked a lot
 Nottingham City Council
 Nottingham City Homes
 Sport England
 Gallop
 etta
 VMCA





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Why Nottingham?

With a population of just under 306,000

25% are living in social housing (75,000 people)

35% of the city
are from the
BME community

32% of children
live in poverty

6.7% of our people
are unemployed



21,000 children live in work less households



What are we trying to achieve?

Get 5500 social housing tenants more active

Doing at least 30 minutes of exercise a week

By making sport and leisure more accessible

Whilst providing training and support

To give people the tools to provide their
own sports and leisure offer

Taking sport deep into the heart
of our communities

The 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.

Almost 1000 tenants and residents across the City have taken part.

42% don't do any exercise at the moment and half of these want to be more active by taking part in...



Delivery

There is a wide range of sessions set up throughout the city already.

Shape up session
Netball



Chair based exercise
Zumba

Over 700 tenants engaged

122 young people across 3

Doorstep clubs

63 aged 60+ from Independent
living schemes



Working with a wide range of partners



Participants

"The sessions are fun and enjoyable ,
it's something I really look forward to
each week"

Sheena - Aspley girls 14+ football sessions

"I'm so glad I started to go along, I
was really unsure at first but I feel
so much better since I started"

Margaret - Foxtan Gardens 60+ chair based exercise

Volunteering

39 Tenants signed up as volunteers

22 Community Champions promoting local activities and sessions



17 Community Activators supporting and delivering sessions

This delivery method will help with sustainability, increase delivery capacity and empower individuals in the community

Volunteers have accessed a wide range of training

First Aid

Disability Awareness

Safeguarding

Managing Challenging Behaviour

Leadership in Running Fitness

Exercise to Music

Street Golf Activator

Table Tennis Activator

Level 2 Basketball

Chair Based Exercise

Dance Activator



In the Life of...

Michaela King - Community Activator

I heard about it at a Fit In the Community session being delivered at my son's school

Joined in to improve my health and fitness

Helped out the instructor with registers and invited friends to come along

Started Training as an instructor and I am now completing the exercise to music qualification

Started to lead the warm up to begin and I plan to deliver in full once I have completed the course

"What I am doing through the project is life changing - If I can do it anyone can.



I don't usually like doing new things but everyone has been really supportive and helped me.

I am absolutely loving doing the course and would encourage anyone to come along and try the Fit In the Community groups and events"



Whats Next??

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**Nottingham
City Homes**

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The consultation
 We consulted with a wide range of stakeholders
 including residents, businesses, and community groups
 to ensure the project was relevant and impactful

Participants
 The scheme are fun and engaging,
 it's something I really look forward to
 each week!
 "I've so glad I started to go along, I
 was really nervous at first but I feel
 so much better since I started!"

Delivery
 There is a wide range of activities that
 are available throughout the city
 including:
 - Football
 - Badminton
 - Table Tennis
 - Darts
 - Snooker
 - Billiards
 - Pool
 - Table Tennis
 - Badminton
 - Football
 - Darts
 - Snooker
 - Billiards
 - Pool

In the Life of...
Michaela King - Community Activist
 I have been part of Fit In the Community
 for over 5 years and I have been
 involved in developing health and fitness
 groups in the city and helping to
 improve the lives of people in the
 community.
 Started taking an interest in health and fitness
 and wanted to help others to do the same.
 Started to lead the group up to help and I
 have been an active member ever since.

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 Community Champions, community
 coaches and assistants
 Community facilitators supporting
 and delivering sessions
 This helped me build self-confidence,
 responsibility, communication skills and
 improve my attitude to life.

Members have achieved a wide range of activities
 - Football
 - Badminton
 - Table Tennis
 - Darts
 - Snooker
 - Billiards
 - Pool
 - Table Tennis
 - Badminton
 - Football
 - Darts
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