









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.





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













Skills for life











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 - Foxton 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

1ulti Sports

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??

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







