

Fit In

The Community



Why Nottingham?
 With a population of just under 320,000
 15% are living in social housing (75,000 people)
 80% of housing is council housing
 80% of the population are in poverty
 1/3 of the population are in other deprived areas
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The consultation
 We had a consultation period from 1st June to 31st July 2009. We received 1,200 responses from the community. We used this information to shape the project. We also held a series of focus groups to discuss the project in more detail.

Participants
 The sessions are fun and enjoyable. It's something I really look forward to each week.
 "I've enjoyed it so much, I've made some great friends and I've learned a lot of new things."
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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 social housing tenants more active
 Doing at least 20 minutes of exercise a week by walking, cycling and before more accessible
 Whilst providing training and support
 To give people the tools to provide their own sports and leisure offer
 Taking sports deep into the heart of our communities

Delivery
 There is a wide range of sessions set up throughout the city including:
 Badminton
 Football
 Table Tennis
 Darts
 Over 1000 members engaged
 120 young people across 5 Districts
 25 aged 60+ from 1000 homes
 1000+ hours of community activity

Smart use being made of the project
 The project is being used in a variety of ways. For example, it's being used to support the delivery of other projects. It's also being used to support the delivery of other projects.

In the Life of...
Michelle King - Community Activator
 I had a great time at the Fit In the Community project. I've met some great people and I've learned a lot of new things. I've also had a great time helping out with the project. I've also had a great time helping out with the project.



Volunteering
 100 hours spent on volunteering
 10 Community Champions providing local activities and events
 17 Community Champions providing and delivering sessions

Summary
 The project has been a success. It has helped to get 5000 social housing tenants more active. It has also helped to build a strong community workforce. It has also helped to build a strong community workforce.



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Why Nottingham?
 With a population of just under 300,000
 33% are being housed housing 75,000 people
 20% of the city is made for
 20% of the city is made for
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 20% of the city is made for

The consultation
 We conducted a consultation with over 100 people across the city to find out what they thought about the project and what they would like to see in the future.

Participants
 The sessions are fun and engaging, it's something I really look forward to each week!
 It's 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 we offer throughout the city weekly.
 Our main focus is on
 Our main focus is on
 Our main focus is on
 Our main focus is on
 Our main focus is on

In the Life of...
 Michaela King - Community Activist
 I have been part of Fit In the Community for over 10 years and I have been involved in a wide range of activities and projects.
 Started taking an interest in community work and I have been involved in a wide range of activities and projects.

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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 Champions, community coaches and community volunteers
 Community Champions, community coaches and community volunteers





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and Nottingham City
Council

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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??

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




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
 for everyone in the city.

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
 throughout the city weekly.
 Sports groups
 Clubs
 Over 100 weekly groups
 100 weekly groups
 All aged 40+ Free independent
 living schemes.

In the Life of...
Michaela King - Community Activist
 I heard about Fit In in the Community
 through a friend of mine and I was
 asked to help with the health and fitness
 group. I've been really enjoying it and
 started taking an interest in my own
 health and fitness. I've also started
 taking an interest in my own health and fitness.

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Volunteering
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 Community Champions, community
 coaches and assistants
 Community Champions supporting
 and delivering sessions
 This helped me build self-confidence,
 self-reliance, self-worth and self-esteem
 and a sense of achievement.

