

Fit In

The Community



Why Nottingham?

We're a population of just under 300,000
15% are living in social housing (75,000 people)
50% of our young population live in the city
50% of our population are from other ethnicities

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The consultation

Had a consultation period from 1st April to 31st May 2010
Received over 100 responses
Received over 100 responses
Received over 100 responses

Participants

The sessions are fun and enjoyable
It's something I really look forward to each week
I've enjoyed it so far
I was really unsure at first but I had a much better time after I started

Delivery

There is a wide range of sessions available
Sessions are delivered by trained staff
Sessions are delivered by trained staff
Sessions are delivered by trained staff

In the Life of...

Michelle King - Community Activist
I had a chance to see the Community
I had a chance to see the Community
I had a chance to see the Community

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

What are we trying to achieve?

Get 5000 social housing tenants more active
Doing at least 30 minutes of exercise a week
By walking, cycling and before more accessible
While 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

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.

Working with a wide range of partners

The block contains logos for several partner organizations: Sport England, etta, VMCA, and others. The text 'Working with a wide range of partners' is prominently displayed.

Volunteering

100 hours spent on volunteering
100 hours spent on volunteering
100 hours spent on volunteering

Summary

Summary of the project's achievements and goals.



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Why Nottingham?
 With a population of just under 300,000
 33% are being housed housing 75,000 people
 20% live in the city
 20% live in the city
 4% of the population
 21,000 live in the city

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

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
 - Basketball
 - Netball
 - Volleyball
 - Tennis
 - Squash
 - Racketball
 - Table Tennis
 - Badminton
 - Football
 - Basketball
 - Netball
 - Volleyball
 - Tennis
 - Squash
 - Racketball

In the Life of...
Michaela King - Community Activist
 I have been part of Fit In the Community
 since being diagnosed with cancer and
 helped with the rest of the city residents
 and helped to raise the profile of
 the project.
 Started taking an interest in the project
 and was involved in the project
 started to lead the way up to help and I
 have been an active member of the
 project.

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

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.

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Volunteering
 We recruit sport up to volunteers
 Community Champions, community
 coaches and assistants
 Community facilitators supporting
 and delivering sessions
 This helped me build skills with
 responsibility, communication and
 improved my confidence in my community

**Members have received a wide
 range of services**



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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 - 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



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

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Nottingham
City Homes

Fit In

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 was really nervous at first but I feel
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Delivery
 There is a wide range of activities and
 programmes available throughout the city
 including:

What can I do?
 There are a wide range of activities and
 programmes available throughout the city
 including:

In the Life of...
Michaela King - Community Activist
 I have been part of Fit In the Community
 for several years and I have been
 involved in developing health and fitness
 groups in my local area and helping
 to improve the lives of people in my
 community.

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

