

Fit In

The Community



Why Nottingham?
 With a population of just under 300,000
 15% are living in social housing (75,000 people)
 80% of housing is council housing
 80% of the population are in primary & 2nd stage primary
 80% of the population are in other schools
 © 2010 Nottingham City Council

The consultation
 We had a consultation period from 1st June to 31st July 2010. We received 1,000 responses from the community. We used this feedback to shape the project. We also had a focus group with 10 people from the community. We used this feedback to shape the project. We also had a focus group with 10 people from the community. We used this feedback to shape the project.

Participants
 The sessions are fun and enjoyable. It's something I really look forward to each week.
 "I've enjoyed it so far. I've met some of the best people I've ever met."
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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 people engaged
 120 young people across 5 Districts
 25 aged 60+ from 10 independent living schemes

Smart use being made of the project
 The project is being used in a smart way. The project is being used in a smart way. The project is being used in a smart way. The project is being used in a smart way.

In the Life of...
 Michael King - Community Activator
 I had a great time at the Fit In the Community session being offered at my local school. I had a great time at the Fit In the Community session being offered at my local school. I had a great time at the Fit In the Community session being offered at my local school.



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

Summary
 The project has been a success. The project has been a success. The project has been a success. The project has been a success.



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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 for the
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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 accessible
 to all.

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 identity.
 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
 joined in to improve my health and fitness.
 Helped with my mental health and
 helped me to meet new people.
 Started taking an exercise class and
 started to feel better about my health.
 Started to lead the group up to help and I
 have been an active member of the
 team.

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 volunteers
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**What are we
 trying to achieve?**
 Get 5000 social housing tenants more 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.

**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.



Volunteering
 We recruit sport up to volunteers
 Community Champions, community
 coaches and assistants
 Community activities supporting
 and delivering services
 This helped me build skills with
 responsibility, communication and
 improve my health in the community

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





A sports project with a difference

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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

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 through a friend of mine and I was
 asked to help with the health and fitness
 group. I started taking an exercise class and I
 started to feel the difference in my health and
 I've been able to help other people as well.

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