

Ref number:



Performance Reward Grant Scheme

APPLICATION FORM

To be returned to:

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| Area Board | Trowbridge | |
| Form submitted by (contact for all queries) | Chrissy Adenaïke WAYS Project Co-ordinator | |
| Name of initiative | Wiltshire Alternative Sports Hub Development | |
| Brief Description of Initiative | <p>Working in partnership with Active Trowbridge and mapping the current provision locally has identified a clear need for an alternative sports club in Trowbridge. Development of a new alternative sports hub in Trowbridge providing alternative sports to all young people in Trowbridge. The project will use this hub to reach out to young people giving them something to do in the evening thus combating anti social behavior and giving them somewhere to participate in alternative sports weekly. The project activities will allow young people to meet new people and stay healthy by participating in a minimum of one hour of physical activity a week. The project will also enable young people to learn new skills and build on existing skills. There will be volunteering opportunities at the clubs and young leadership opportunities at forums. The young leader-volunteering program will make the club sustainable as these young people that will be trained in the varying sports can then go ahead and deliver the sports for the club. Gaining experience. As the hub focus on alternative activities, they therefore target many young people who would not usually participate in traditional team sports. Often young people involved in alternative sports are more isolated and less socially engaged than team sports players and so this project will be promoting inclusion and helping to develop new outlets for socially isolated young people. WAYS will work in partnership with Trowbridge Active and both organizations will be managing and developing the club.</p> | |
| Please put a cross against the ambition(s) that this initiative will support | Building resilient communities | √ |
| | Improving affordable housing | |
| | Lives not services | √ |
| | Supporting economic growth | |

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| | Safer communities | √ |
| | Protecting the environment | |
| | Action for Wiltshire – combating the recession | |
| Amount of funding sought | £ 5900 | |
| What will this money be spent on? (please show split between capital and revenue. For capital expenditure guidance – see Appendix 1 in the Bid Pack) | <p>All of the money will be revenue costs:</p> <ol style="list-style-type: none"> 1. Facilities – in kind support from John of Gaunt School 2. Coaches- £3000 3. Equipment- £ 250 4. Travel expenses- £800 5. Promotional material- £150 6. Trip Subsidies- £ 1000 7. Young leader project- £500 8. Management of club- in kind support 9. Miscellaneous - £200 | |
| Please describe how your initiative will support the ambition(s) indicated above, and summarise the action that will be taken | <p>Lives Not Services</p> <ul style="list-style-type: none"> - This project will considerably contribute to the long-term health and wellbeing of young people involved in the activities provided through it. Many young people involved in alternative sport are those who are dis-engaged from mainstream sports. Consequently, without regular physical activity they are prone to developing sedentary lifestyles. This could increase the chances of developing coronary heart disease or diabetes as well as reducing self-esteem, energy levels and the ‘feel good’ factor associated with involvement in exercise. - By engaging young people in regular alternative sport sessions, the project will provide young people with positive healthy activities and give them the opportunity to learn new skills and achieve. This could lead on to roles within sport as a volunteer or coach if the interest is maintained and life skills learned that will play a large role in career and life development. - The development of independent alternative sports activity centres will allow young people to take part in a new and exciting project that will be relatively easily accessed. All of which contribute to greater opportunities in their lives and a sense of belonging, identity and wellbeing. <p>Safer Communities</p> <ul style="list-style-type: none"> - Activities provided on a regular basis for young people in alternative sports can contribute to reducing anti social | |

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| | <p>behaviour in local areas. Projects tend to be delivered in partnership with local youth development service workers and at the time of the day that would see most anti social behaviour perpetrated. Therefore by delivering activities to counter this will</p> <ul style="list-style-type: none"> - a) Attract young people who are not engaged in other sports and consequently at a higher risk of committing anti social behaviour. - b) Enable youth development workers to work more closely with these young people in an environment that suits the young person. - c) Engage hard to reach young men who are often the same group who engage in antisocial behaviour, and divert their activity into constructive channels e.g. away from free-running in inappropriate areas to proper parkour training. <p>Building Resilient communities</p> <ul style="list-style-type: none"> - This project would only be successful with partnership working. Therefore it will require differing organisations across Wiltshire to work together in order to make it successful. - The project will promote opportunities across both the voluntary and statutory youth work sector and will provide volunteering opportunities for both young people and people within the wider community. - The main aim of the hubs is to promote inclusion for all and allow people within the community to get involved in both the running and the development of the hubs. - Development of the alternative sports will allow young people to succeed at school as it allows them to develop new skills and build on existing skills. Developing stronger resilient young people. It also allows them to participate in positive activities whilst socialising and having fun. The sports promote teamwork and effective communication. |
| <p>What makes this initiative a local priority (eg evidence from research and local support)</p> | <p>Throughout the past 3 years there have been numerous alternative sports projects in Trowbridge, including rock it ball and indo boarding at the John of Gaunt, Clarendon and St Augustine's Secondary Schools. These have been successful projects. National research conducted by Bath and Gloucestershire University Departments as well as international research shows a clear growth in alternative sport and teenagers wishing to engage in it. Furthermore, it has been proven to engage the children and young people that do not usually engage in mainstream activities creating a social environment for those children to engage in. There is local support through Active Trowbridge who will be heavily involved in all aspects of the project. The School Sport Partnership Coordinators are also firmly behind the project and believe it</p> |

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| | <p>will complement and create an evening pathway for the current alternative initiatives running within the schools. The success of the Tidworth and Pewsey Alternative sports Hubs show that there is a clear need for alternative positive activities for young people in Wiltshire to engage in.</p> <p>There is a clear need for alternative sports in Wiltshire based on the number of young people who turn up to our alternative sports taster sessions. In 2009/2010 alone we had 759 young people attend taster sessions that we organized and over 250 attend our current existing alternative sports clubs.</p> <p>A recent Tomorrow's Voice survey (surveying 1695 young people) showed that 43% of young people would like engage in alternative sports. Over 65% of young people requested an external professional to lead these sessions and between 20-23% expressed interest in alternative sports coaching, umpiring or event volunteering.</p> <p>There is clear need for alternative sports due to increased number of sports unlimited bids through schools to run 6-8 week alternative sport sessions.</p> <p>There has also be a growing interest in Alternative sports across Wiltshire as expressed in the Wiltshire Skate Jam series facebook site having attracted over 250 young people in its first 10 hours of launching. The recent Wiltshire Skate Series attracted over 150 contestants and 200 spectators.</p> <p>The demand from local organisations and schools for alternative sports coaching courses also signifies that there is an increase in need for alternative sports coaches providing activities for young people.</p> <p>Since its launch 3 years ago T2A has had over 100 young people attending sessions and has become so popular that we actually have to turn people away. We want to train more coaches so that we do not have to turn away any young people.</p> |
| <p>How will you know you have been successful?</p> | <p>Success will be measured by quarterly figures and an increase in numbers annually. Success will also be measured by an increase in regular activity sessions.</p> <p>Success will also be measure by the number of young leaders trained in order to increase the suitability of the club.</p> |
| <ul style="list-style-type: none"> • How will you measure the impact? (may have more than one measure) | <ul style="list-style-type: none"> • Evaluation forms • Video evidence (production of a DVD) • Attendance registers with participation data • Tomorrow's voice survey • School Sports Partnerships Data |

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| <ul style="list-style-type: none"> • What is your improvement target (s), and when do you expect to achieve this/these? | <p>In some cases improvement may be achieved in stages, so you may want to give more than one improvement target</p> <ul style="list-style-type: none"> - Annually provide a minimum of 45 one-hour alternative sports sessions for young people in Trowbridge. - Over the initial one year of the project, engage 75 young people in alternative sports that previously had no engagement with team or organised sports. - Actively work to increase the participation and engagement of marginalized young people so that 15% of all BME, disabled and rural young people in Wiltshire will have engaged in at least one alternative sports session within the three years of the project. - Engage 5 young people in specific accredited volunteering opportunities based around alternative sports. - Provide opportunities for 5 young people over two years to gain National Government Body certified coaching qualifications in a range of alternative sports. |
| <ul style="list-style-type: none"> • How will you ensure that the improvement continues after the end of the initiative? | <p>The improvement will continue through the development of the hubs as they will be sustainable and we ensure that we:</p> <ul style="list-style-type: none"> - Develop volunteer coaches to deliver sessions - Seek external funding - Negotiate facility hire - Seek assistance from youth service and other statutory organisations. - Include participant membership fees and activity fees. |
| <p>Who will benefit from this initiative?</p> | <ul style="list-style-type: none"> • Young people’s participation in positive leisure activities builds vital social and emotional skills. It is highly important to their personal development and overall health and well being and can counteract negative influences. • Young people are learning key life skills such as <p>Assessing strength and weaknesses Solving problems Planning time and energy Coping with stress and tension Resolving conflicts Seeking out information and advice Deal with people in power and authority Evaluating ones own performance Communication Carrying through agreed responsibility Making decisions</p> <ul style="list-style-type: none"> • Trowbridge will help young people with their developmental needs such as:- <p>Emotion – being able to describe and discuss feelings Social –</p> |

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| | <p>build and maintain relationships Physical – balance, co-ordination, speed and stamina Cognitive – thinking skills – defining, comparing contrasting, analysing, thinking creatively Spiritual – sense of right or wrong, ethical base for life respecting others beliefs academic, Empowerment – Young people need to be able to make decisions about who they want to be and how they want to live their lives</p> <p>Trowbridge can:</p> <ul style="list-style-type: none"> • Builds relationships with young people and their families through delivering affordable, extreme activities with health and safety procedures strictly adhered to. • Raise self esteem, confidence, skills for volunteering opportunities. • Works towards qualifications such as sport leaders awards, first aid courses etc • Signposts onto other activities. • Peer mentoring -older young people go onto mentoring younger children. • Young people are provided with acceptable risk taking activities. They learn to be responsible for themselves and their actions • Have acceptable boundaries through democratic participation. • Meets the five outcomes of every child matters |
| <p>Confirm no unfunded commitments from this initiative</p> | <p>Please delete the statement that does innot apply:</p> <ol style="list-style-type: none"> 1. I confirm that there will be no unfunded financial commitments arising from this initiative |
| <p>What are the key risks to success and how will these be managed?</p> | <ol style="list-style-type: none"> 1. Limited access to facility time- this will be managed by forging affective relationships with local leisure providers to ensure that facility time is negotiated and ongoing. 2. High level of coaching costs- development of a local pool of coaches to reduce costs. 3. Insufficient Storage of equipment- negotiate storage facilities with leisure providers, schools and local youth centres. |
| <p>Who will manage the initiative</p> | <p>Christina Adenaike Wiltshire Alternative Youth Sports</p> |

Signed:

Chairman of Area Board

Dated: