

PORTFOLIO:

**HEALTH & COMMUNITY  
ACTIVITIES**

Report of  
Portfolio Holder:

**COUNCILLOR  
R KNAPTON**

Judging took place on 8th August for Britain in Bloom and 25th July for Cumbria in Bloom, positive feedback was received from both sets of judges, thanks to all the Council staff who worked very hard to ensure the City was presented in the best possible light.

On 1st September Carlisle will host award ceremony in Bitts Park for Cumbria in Bloom. At the end of September there will be an announcement in London regarding the outcome of Britain in Bloom.

The launch of the StarTrack athletics scheme took place in August at the Sheepmount with young people from across the area taking part in a range of athletic events under the watchful eye of coaches from local athletic clubs, it was a pleasure to see even in the first hour the way that youngsters progressed from just seeming to be messing about to start to show signs that they were really budding athletes.

Go4it scheme took place across a number of sites in the District aimed at helping to increase activity among young people and also aid in the reduction of antisocial behaviour. Activities such as football coaching, DJ workshop and outdoor activities were organised by the sports development team along with the play section and assistance from Connexions. This was a new venture for the City and the outcome is the subject of a study by Northumbria University to determine the impact it has had on the people who have taken part. The results of this work will be reported back to members in the Autumn.

A very successful health day was organised for staff at the Civic Centre and Bousteads Grassing as part of the Council's approach to increasing staff knowledge about health related issues. Complimentary medicine along with physiotherapy and fitness testing plus advice on health and safety and was very well received by the staff as a worthwhile event, this portfolio holder after a rather gruelling health check was issued with a piece of paper stating he was still alive.

Carlisle Leisure Ltd. - work on the new Sands seating will be completed by the end of August which represents part of the first phase of the Council's investment in the City's leisure facilities. The new seating replaces old units, which have been in the centre for 18 years. In addition to being more comfortable and providing more leg room they are easier for the staff to use because they open and close with the aid of electric motors instead of human power. The new building to the Eden Bridge side of the Sands will open in the middle of September and represent the latest in health and fitness, again part of the City Council's investment commitment to leisure and the partnership with Carlisle Leisure Limited.

August 24th saw an open day at Adelaide Street allotments which showed what a partnership agreement between an enthusiastic Allotment Association and the City Council can do to provide gentle exercise and opportunities for healthy eating to a wide cross section of the citizens, some plot holders stated that they were growing produce which they had never eaten before they had grown it themselves.

R Knapton  
Health and Community Activities Portfolio