GLL COMMUNITY DEVELOPMENT TEAM –OVERVIEW 2019

INTRODUCTION

GLL's contract to operate Carlisle City Council's leisure centres commenced in December 2017 for the duration of 15 years. As part of this contract, GLL recognises that delivering leisure activities in a rural region is not all about the delivery within leisure centres but also to consider how the outlining areas can benefit. The centres provide an excellent hub in which successful outreach programmes can be developed and grown throughout the region, thus enabling those participants without transport the opportunity to take part in instructor led sessions.

Within the Carlisle Partnership GLL have developed a dedicated Community Development Team which deliver activity sessions within Community Centres, provide a Primary School delivery programme based within the schools themselves and provide activities programmes within the leisure centres. This helps extend the outreach of quality leisure activities throughout the region.

OUTREACH HOLIDAY PROGRAMMES

COMMUNITY CENTRES

The team work in partnership with local Community Centres to assist them with their delivery of their holiday schemes. In 2018 we delivered a summer programme for Harraby Community Centre, Morton Community Centre and Longtown Community Centre. In 2019 these programmes have continued at Morton Community Centre and Longtown Community Centre. Each programme is designed to help meet the specific requests of each Community Centre's needs. For example:

- **Morton Community Centre:** In 2019 the team have agreed to deliver programmes during Easter and Summer. Our agreement is that we provide coaches and resources to deliver their programme which includes; games, sports and arts & crafts. The holiday camps will operate from 10am – 3pm and target those aged 5 to 11. The Easter sessions were at capacity attracting 24 children per day. We have agreed to deliver 9 days during the Summer Holidays and we are expecting similar numbers.

- **Longtown Community Centre:** – In 2019 we have already delivered holiday activities during February and Easter and we have an agreement in place to deliver 6 sessions during the summer holidays. Our agreement is that we provide staff to deliver a variety of sports and activities. Their holiday programmes runs from either 10am-12noon or 1pm-3pm for ages 5 to 12.

RURAL PARISHES – SUMMER FUN TIME

The team work in partnership with Rural Parish Councils to deliver a programme called Rural Summer Fun Time. In 2018 we delivered 18 sessions to 493 children aged 5 to 12. In summer 2019 we will be delivering a total of 17 sessions at 6 different locations. These will be:

- Beaumont – 5 days of delivery
- Houghton – 3 days of delivery
- Crosby on Eden – 3 days of delivery
- Rockcliffe- 2 Days of delivery
- Roadhead – 2 days of delivery
- Scaleby – 2 Days of delivery

We have been delivering the programme for several years and it is a highlight of our summer programme. The Parish Councils cover the cost of delivery with GLL providing coaches, resources and organising all bookings. On conclusion of the programme each Parish is provided with a report reviewing the performance of their programme.

ST JOSEPH'S CATHOLIC SCHOOL – WORKINGTON

During holiday periods the team support St Joseph's Catholic School in Workington with the holiday programme based here. This partnership that has grown over the last 3 years, the team are the preferred delivery partner because they can provide experienced and reliable coaches.

In 2018 the team delivered 100 hours of quality coaching across a range of sports including; Tennis, Football, Dodgeball and Multi Skills. In 2019 we will have delivered over 120 hours of quality coaching for hundreds of children from the Workington area.

OUTREACH PROGRAMMES

POLICE CRIME COMMISSION - MULTI USE GAMES AREA (MUGA) PROGRAMME

In late 2017 we were successful in securing £10,000 of funding from the Police Crime Commission to deliver an inclusion project across the Multi Use Games Areas in Carlisle. This involved delivering drop in sports sessions during weekday evenings at 5 sites, these included:

- Petteril Bank
- Melbourne Park
- Raffles
- Hammonds Pond
- Caldew Lee
-

The funding enabled us to deliver, at each site, one evening per week throughout the year and in addition we delivered 8 holiday sessions at each site. The programme ran from January 2018 and concluded in March 2019. The programme was very well received with hundreds children aged 5–18 taking part.

SCHOOLS PROGRAMMES

As part of this school delivery programme the team offer a range of services that includes Curriculum PE and Extra Curricular PE. Participating schools have access to a range of packages they can choose from which are outlined in our Schools Brochure which has recently been updated for 2019/2020.

In the 2018/2019 academic year we have delivered to 24 primary schools across Cumbria, these are located in the following areas:

- Carlisle – 17 Schools
- Copeland – 3 Schools
- Allerdale – 2 Schools
- Eden – 2 Schools

From January to June 2019 we have delivered to 2,301 children aged 3-11.

Sports & activities the team deliver are:
Football, Tri Golf, Rugby (Tag for Primary) Tennis, Lacrosse, Volleyball, Fencing, Basketball, Hockey, Badminton, Ultimate Frisbee, Athletics, Multi Skills (Early Moves & Basic Moves), Handball, Netball, General Fitness/Circuits, Fun & Games, Dodgeball, Gymnastics & Dance.

TESTIMONIAL

"Children at Kingmoor Junior School have benefitted greatly from the bespoke coaching packages offered by GLL. Sessions are always fun, highly engaging and support all learners regardless of their ability or need. Pupils are motivated throughout the session and remain constantly active. Coaches provide all the necessary resources and have an excellent rapport with both staff and pupils. We have been able to further extend our afterschool activities through the coaching packages that have been provided; increasing the percentage of pupil participating in our extra-curricular provision".

Mrs L. Armstrong, Kingmoor Junior School, Carlisle.

LEISURE CENTRE BASED HOLIDAY PROGRAMMES

TRINITY LEISURE CENTRE

The team deliver a centre based activity programme during the school holidays. This programme takes place in a number of the GLL centre in Carlisle, but is based at Trinity Leisure Centre. The multi sport holiday camp caters to ages 5-12. In 2019 the team will deliver a total of 51 days of activity during holiday periods. So far in 2019 these sessions have catered to 409 children and the average attendance of 20 children per day. The camp runs from 9:00am – 3:30pm and consists of a wide range of activities. We look to utilise support from partners to deliver a more substantial programme of sports. For example we have secured the services of British Cycling to come to Trinity and delivery some skills based cycling sessions for the children. As a direct result of this initiative several children have learned how to ride bikes for the first time.

CENTRE BASED PROGRAMMES

SCHOOL ACTIVITY DAYS – SANDS CENTRE

The team also programme and deliver the School Activity Day programme based at The Sands Centre. Activity Days are where schools from Cumbria and Scotland organise a day of sports and games which take place using The Sands Centre facilities. Our team of coaches deliver a multitude of various sporting activities to make these days as memorable and exciting as possible.

By the end of July 2019 we will have delivered to 12 different primary schools and over 690 children. We will also be delivering an Activity Day at Workington Leisure Centre. Schools come from all over the region to visit Carlisle to access these Activity Days, including:

- Carlisle – 4
- Copeland – 4
- Allerdale – 3
- Dumfries & Galloway -1

SPORTS DAYS - ST BEDE'S PRIMARY SCHOOL

On Friday 28th June our team will be delivering a sports day for St Bede's School in Carlisle. This will be based at their school and we will be providing coaches to deliver an Athletic based sports day to their 150 pupils. This is the 4th successive year we have delivered this event for them. Our team assist many other primary schools set up and deliver their sports days as part of their schools delivery contract. We also run several multi skills festivals on behalf of primary schools through out the year.

CARLISLE SCHOOLS PARTNERSHIP EVENT – THE SANDS & THE SHEEPMOUNT

On Thursday 11th and Friday 12th July we will be delivering an event on behalf of the Carlisle Schools partnership. This will take place across The Sands Centre and The Sheepmount Athletics Stadium. Over the course of 2 days we will be delivering a variety of sports to over 600 children from 13 schools in Carlisle.

MINI ATHLETICS

Mini Athletics is an Athletics session that runs from May - August at the Sheepmount Athletics Stadium for children aged 5 to 11. The sessions run every Wednesday from 5:30pm – 6:30pm. Children who attend are given an introduction to a variety of athletics disciplines. Since the sessions started in May we have had 44 unique participants attend the sessions and on average we get 23 children attending each week.

There is interest from parents and participants to extend the sessions into a 3 day athletics camp that will run in the summer holidays.

SATURDAY SPORTS CLUB – HARRABY SPORTS CAMPUS

This is a new session which started in May 2019 at Carlisle Campus Sports, Harraby. This runs from 10-12 every Saturday morning for ages 5-12. The session costs only £2 per child and aims to get young people from the Harraby Community active.

Since its inauguration numbers have been increasing averaging 10 young people per week. We are working closely with schools in the local area including Pennine Way, Petteril Bank and Inglewood to promote the session to try and increase the numbers.

GLL COMMUNITY FOUNDATION

GLL Community Foundation is just one of the ways that GLL, as a Charitable Social Enterprise, re-invests in its local communities. Projects supported by Community Foundation empower people to identify opportunities and come together to make something happen. These projects also create great links between our centres and the community, often generating new participants and opportunities to increase wellbeing.

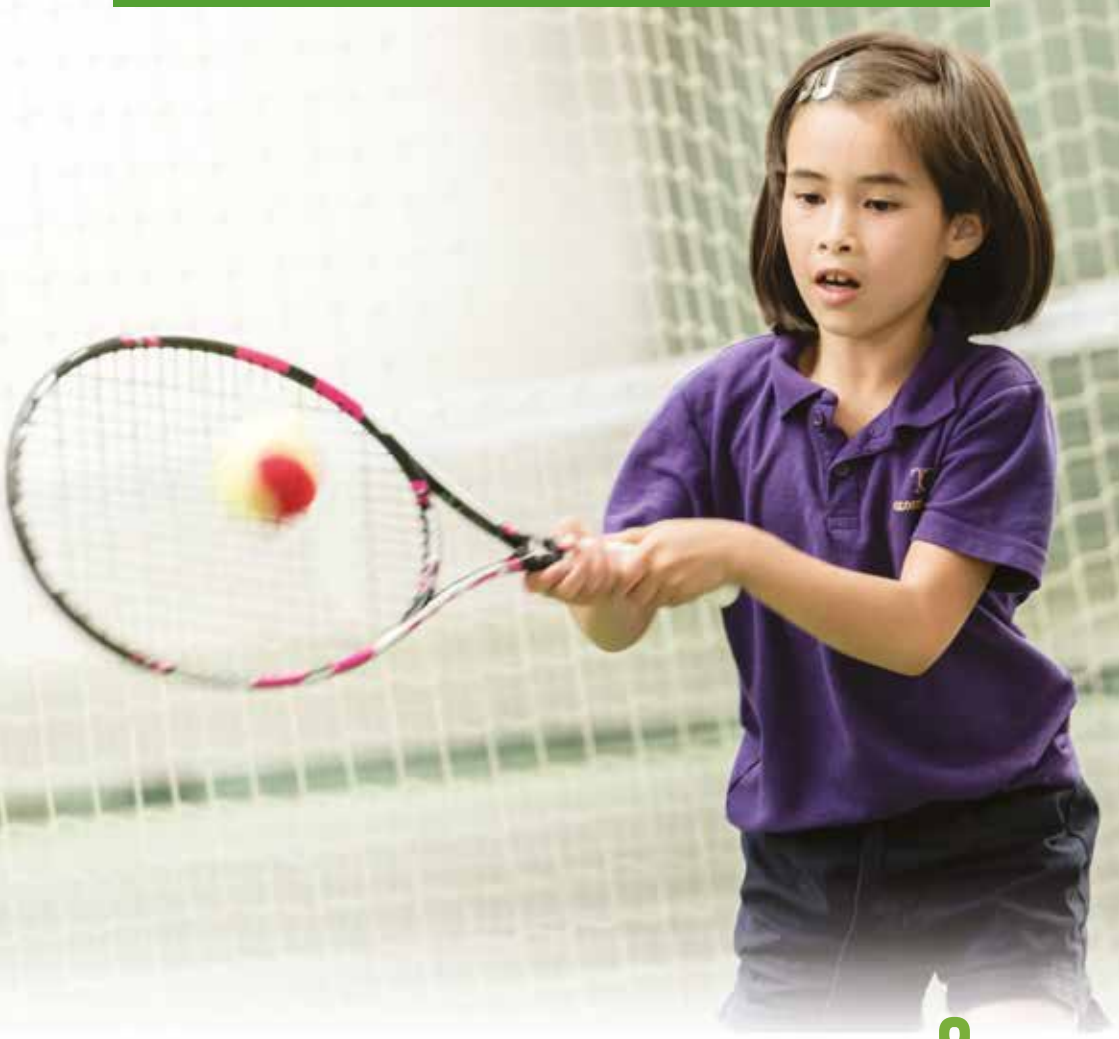
HARRABY FITNESS TRAIL

Completed in March 2019, GLL supported Harraby Community Centre in raising funds to erect a multi stage fitness trail adjacent to Harraby Community Centre. The Community Foundation donated £2,500 to the £25,000 project and we have also supported with the launch supplying Fitness Instructors from The Sands Centre to deliver Community Fitness sessions to groups.

CHANCES PARK LABYRINTH

In January 2019 we supported the Friends of Chances Park in raising £11,000 to erect a Labyrinth in Chances Park (Morton Community Centre) as part of our support we contributed £2,500 through the Community Foundation and supported the group with their fundraising efforts. Work is expected to start on the Labyrinth in August 2019.

BETTER SCHOOLS DELIVERY PROGRAMME



Find out more at
better.org.uk

CERTIFIED SOCIAL ENTERPRISE · BUSINESS FOR GOOD

BETTER
the feel good place

INTRODUCTION

GLL are about community engagement and working in partnership with local organisations. We continue to improve the health and wellbeing of local communities as well as look to create a healthy lifestyle for all.
GLL's Corporate Plan continues to set out our vision, aims and key actions and demonstrates how a charitable social enterprise, GLL are focused on delivering better community benefits and opportunities though the activities we offer.
GLL can make a difference to the lives of everyone through sport, active lifestyles and cultural activity. This is evident in all of our on going sporting programmes. We target all age groups aiming to increase active & recreational participation, a key government initiative.
I welcome you to join us on our sporting journey and are please to provide this brochure which outlines various packages for sports and physical activity available for your school.

Michael Barnes
Community Sport Manager/School Coordinator, GLL Cumbria.

PE SCHOOL SPORT PREMIUM

The Department for Education & Sport, 2016 state "All Schools will use the government funding to make additional and sustainable improvements to the quality of PE and Sport.
This means that you should use the premium to:

- Develop or add to the PE and sport activities that your school already offers
- Make improvements now that will benefit pupils joining the school in future years

For example, you can use your funding to:

- Hire qualified sports coaches to work with teachers
- Run sport competitions and run activities with other schools
- Support and involve the least active children by running or extending sport after school and holiday clubs
- Increase pupils participation in School Games
- Provide existing staff with training or resources to help them teach PE and sport more effectively
- Introduce new sports or activities and encourage more pupils to take up sport".

GLL can help your schools achieve its ambitions.
We have qualified coaches and fantastic facilities that your schools can use to increase participation in sport and physical activity.

WHO ARE GLL?

GLL (Greenwich Leisure Limited) are a large social enterprise who manage leisure facilities on behalf of local authorities. Because we are a social enterprise, we don't run to make profit, we operate leisure centres and manage local projects and schemes for the benefit of our local communities. We are passionate about providing, affordable, quality local services, including services to schools and our credentials speak form themselves; -

- "Big Society Award" set up by the Prime Minister and was created to recognise individuals, groups or organisations that are demonstrating the Big Society in their work or activities.
- "Charter Mark" A Charter Mark is a national standard of excellence award issued by the Cabinet Office in recognition of excellent customer service.
- We are currently delivering to over 40+ Primary Schools in Cumbria
- Our team of qualified Full and Part Time coaches have delivered high quality school sessions since 2006
- North West County Social Enterprise Award Winners
- Cumbria Newspaper Golden Apple Award Winners

TESTIMONIALS

"Children at Kingmoor Junior School have benefitted greatly from the bespoke coaching packages offered by GLL. Sessions are always fun, highly engaging and support all learners regardless of their ability or need. Pupils are motivated throughout the session and remain constantly active. Coaches provide all the necessary resources and have an excellent rapport with both staff and pupils. We have been able to further extend our afterschool activities through the coaching packages that have been provided; increasing the percentage of pupil participating in our extra-curricular provision".

Mrs Lucy Armstrong, kingmoor Junior School, Carlisle.

"The Coaches from GLL have supported the progression of sports skills in our school for a number of years. The teachers have benefited from their expert knowledge and teaching skills as much as the pupils. We have been able to participate in multi-skills, cross country, dance and gymnastic events across the cluster of schools in Copeland. The children enjoy both the teaching in P.E. sessions as well as the after-school clubs the coaches lead".

Mrs J Jones, Kells Infants School, Whitehaven.

SCHOOL SPORT COACHING OFFER

Our pricing list is as follows for the academic year 2018-19 (The first week of autumn terms we don't deliver, so will total 38 weeks each year)

Full Day £135 (you can use the coach from 9am - 4:30pm)
Half Day £85 (you can use the coach from 9am - 12pm or 1pm - 4:30pm)
38 weeks for a half day morning or afternoon is £3230
38 weeks for a full day is £5130

- You can also take out term options Autumn, Spring and Summer.
- Afternoons and full days include an afterschool club.
- Afterschool or even a breakfast club can be agreed separately.
- If you take out a yearly agreement you also get a discount each year on the total price. Longer term agreements will see a greater discount applied
- If your school currently takes part in the Swim School Programme at the any GLL Better pool facility you will receive others discount offers also. (See the table below)
- If you choose Tennis as the sport you can take the delivery offer to our Bitts Park Centre in Carlisle. If your school goes swimming you could do a drop off at Bitts Park on the way so two sports can be covered in one trip
- For one off delivery days a set price can be agreed as well. These days can be sports days or events.
- We can also offer some teacher training on Curriculum Delivery.

Sports & activities the team can offer are:
Football, Tri Golf, Rugby (Tag for Primary) Tennis, Lacrosse, Volleyball, Fencing, Basketball, Hockey, Badminton, Ultimate Frisbee, Athletics, Multi Skills (Early Moves & Basic Moves), Handball, Netball, General Fitness/Circuits, Fun & Games, Dodgeball, Gymnastics & Dance.

Half Term	Start Date	Total Weeks	Half Day Cost	Full Day Cost
Autumn Term 1	Mon 9th Sep 2019	6 Weeks	£510	£810
Autumn Term 2	Mon 28th Oct 2019	8 Weeks	£680	£1080
Spring Term 1	Tues 7th Jan 2020	6 Weeks	£510	£810
Spring Term 2	Mon 24th Feb 2020	5 Weeks	£425	£675
Summer Term 1	Tues 14th Apr 2020	6 Weeks	£510	£810
Summer Term 2	Mon 1st Jun 2020	7 weeks	£595	£945
	1 Year SLA 2019-20 Academic Year Pricing	38 Weeks	£3230	£5130
GLL Swim School Full Year Discount		38 Weeks With 10% Discount	£2907	£4617
Without GLL Swim School Full Year Discount		38 Weeks With 5% Discount	£3068.50	£4873.50

If you would like to take out 2 & 3 Year Service Level Agreements you will recieve a further discount that can be discussed with the School Sport Coordinator.

If your school has a GLL Swim School contract with the local Better Leisure Centre you receive a 10% discount.

OTHER COACHING PROGRAMMES

Our coaching team also offer many other coaching programmes that your school can take up. Our coaches can come to your school during the holidays and deliver sessions to the children. You can hire one of our many centres as a sports day or events facility. GLL's coaches can deliver teacher training afternoons or days.
Fun and exciting workforce activity days at a chosen facility of your choice is a fourth option, this could be taken up during an inset training day.

As stated by the terms set out on:
www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools
"Schools can use Sports Premium funding to support and involve the least active children by running or extending school sports clubs, holiday clubs and Change4Life clubs".

SCHOOL HOLIDAY PROVISIONS

Schools Responsibilities	Coaches Responsibilities
• Book holiday dates with school sports co-ordinator. • Booking of participants (Completion of consent/information forms) • Promotion of scheme • Take payment (where necessary) • Provision of facility (toilets, water foundation, inside space if wet) • Opening and closing of facility	• Register / Dismiss participants on the day • Plan activities • Equipment provision • Risk assess environment, ensuring a safe environment for all • All coaches will hold necessary qualifications and paperwork • Promote scheme to children • Clean facility at the end of the scheme.

Where possible if a coach is already operating in the school they will be used to provide holiday provision.

Schools are able to charge participants for this provision, all income generated would go back to the school.

One member of staff		Two members of staff	
Full Day	Half Day	Full Day	Half Day
Operating times: 10am-3pm (set up time is included in cost) Cost per hour: £20p/h **Total Cost: £100**	Operating times: 10am -12pm or 1pm - 3pm (set up time is included in cost) Cost per hour: £20p/h **Total Cost: £40**	Operating times: 10am-3pm (set up time is included in cost) Cost per hour: £20p/h for 1 coach £15 for additional coach **Total Cost: £175**	Operating times: 10am -12pm or 1pm - 3pm (set up time is included in cost) Cost per hour: £20p/h for one coach, £15 for additional coach **Total Cost: £70**

SPORTING ACTIVITY DAYS

Schools Responsibilities	Coaches Responsibilities
• Book the Facility dates with school sports co-ordinator • Decide the activities and events on the day with the SSCo • Sorting out getting to the facility • Risk assess the journey from and back to school • Make sure the children provide their own lunch & drinks • Make payment to the chosen GLL Facility	• Register / Dismiss the school • Plan activities • Equipment provision • Risk sssess environment, ensuring a safe environment for all • All coaches will hold necessary qualifications and paperwork

Where possible if a coach is already operating in your school they will be used to help deliver the activity day.

Current examples include Sands and Workington Leisure Centre Activity days and Tennis Fun Days at Bitts Park. Our Sheepmount Stadium can also cater for school sport days and events.

PROJECTED COSTS

Full day	Half day
Operating Times 9:30am – 3:30pm (set up time is included in coast) Cost per school up to 50 children = £300 Cost per school up to 50-100 Children = £350 Cost per school 100+ Children = £400	Operating times 9:30am - 12:30pm or 1:00pm - 3:30pm (set up time is included in cost) Cost per school up to 50 children = £200 Cost per school up to 50-100 Children = £250 Cost per school 100+ Children = £300

WORKFORCE ACTIVITY DAYS

WAD's are an opportunity for your school to hire a Better facility for in set or general team building. Training days can be booked which would include a meeting room then organised activities could take place to break up the day.

Clients Responsibilities	Coaches Responsibilities
• Book the Facility dates with school sports co-ordinator • Sorting out getting to the facility • Risk assess the journey from and back to school • Clients to provide their own Lunch & Drinks or lunch package available • Make payment to the chosen GLL Facility	• Register the workforce • Plan activities • Equipment provision • Risk assess environment, ensuring a safe environment for all • All coaches will hold necessary qualifications and paperwork

PROJECTED COSTS

Full day	Half day
Operating times: 10am - 3pm (set up time is included in cost) Cost per workforce (up to 50) = £200 Cost per workforce (50+) = £250	Operating times: 10am - 12pm or 1pm - 3pm (set up time is included in cost) Cost per workforce (up to 50) = £100 Cost per workforce (50+) = £125

Planning a school trip? Find out more about Better adventure centres in Cumbria.

better.org.uk/adventure

Contact:
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