

Community sports in Sevenoaks District

Yulia La-Kruz

Community sports Project Co-ordinator

Active People Active Nation - The Facts



16% girls and 20% boys meet physical activity guidelines



Part of London 2012 Legacy to get people engaged in sport



1 in 6 deaths have been linked to inactivity



29% of adults commit to less than 30 minutes of physical activity per week



Barrier to sport participation is accessible sporting opportunities

Community Sports - Projects to date:

Be Inspired Be Active

Aims

- Deliver weekly sport sessions to residents in parishes in the north of the district
- Increase participation in sporting activities
- Encourage underrepresented groups
- Widen partnerships



Community Sports - Projects to date: Be Inspired Be Active

- Key Achievements:
- Delivered 81 courses in 9 sports
- 2093 participants came on project
- Supported more than 17 events
- Links with local sport clubs
- Provision of a new disability sport in West Kingsdown



- What People Said:
- *“ A very helpful class. A gentle start to a better healthier future. My breathing has improved less breathless. I have more structure to my week which makes me more focus. Instructor was very positive and helpful”*

Community Sports - Projects to date: Be Inspired Be Active



Community Sports - Projects to date: Sportivate

- Aims:
- Introduce 11- 25 years old to sport
- Generating close links with clubs
- Increase regular participation in sport



- *What People Said:*
- *“Sportivate Inclusive Archery course gave me the opportunity to try this new sport. All instructors were really friendly and supportive.”*

Community Sports - Projects to date: Sportivate



- Key Achievements
- 3 courses delivered
- Links with Archery clubs
- 26 participants completed course
- 50% of participants have joined the clubs



Community Sports - Future projects



- Sportivate - Mountain biking course at Riverhill
- Archery course in Edenbridge
- Satellite clubs in Swanley
- Impact physical activity on mental wellbeing
- Collaboration with Health and Housing teams to develop programmes for different audience



Events & News

Health

Boogie Buggy fit

We've all been there. Christmas comes and we enjoy the festive food a little too much and then find our New Year's resolution echoing last year's aim of losing the extra weight.



Lolly Gilmour and her son Cooper enjoyed their time on the course.

Local part

Strictly Come Dancing... out if I was cap... dance styles. It's rewarding and I've the process.

"Our teacher is fanta... so patient with every... atmosphere is great an... is really enjoyable."

Like many of the programm... are structured over a numb... weeks, with the ballroom an... course running for one hour... for 10 weeks.

Maria adds: "I've completed three... am currently on the fourth course... learnt so many dance styles, includi... the waltz and the tango.

"At first I went by myself but then I asked my husband Jason to try it out with me

Well if you're a mum (or a Guardian) with a young baby who is looking to lose an extra few inches while wanting to get out there and meet like minded people then why not join our 10-week Boogie Buggy Fit programme!

Our next course starts on Tuesday 20 January and will take place at Gamecock Meadow, London Road, West Kingsdown, between 1.30pm and 2.30pm. The weekly course lasts for 10 weeks and for up to one hour. Babies must be between 10 weeks and 24 months old and will stay in their buggies during the classes so there is no childcare to worry about.

The classes involve a walk in the meadow to warm up and can include moving into a power walk. Each class also includes exercises specifically for posture, core rehabilitation,

strengthening, toning, stretching and relaxing. All fitness levels are welcome as you work at your own pace to gradually increase your fitness, but you must ensure you've been signed off by your GP or Health Visitor prior to exercising after having your baby.

Each session is led by qualified post-natal exercise instructor Sheree Cox, and is structured and very social so you get time to chat, make new friends and have the option to stay for a cup of tea afterwards.

Lolly Gilmour really enjoyed her time on the course. The mum of one says: "The classes were the highlight of my week and I really looked forward to seeing the other mums. My son loved to see the other babies too and really enjoyed our walks and the new activity certainly entertained him, he loved looking at the scenery and the fresh air did us

both good. I went because I wanted to improve my fitness, tone up and get in the fresh air to energise."

Boogie Buggy Fit started earlier this year after the Council was successful in securing £60,000 of external funding from Sport England under the "Be Inspired, Be Active" initiative, enabling us to run a number of free community sports taster sessions and courses across Farningham, Horton Kirby, South Darenth, Fawkham and West Kingsdown.

This class was set as an initial free 10 week program and very soon it gained a lot of interest and as a result our third Boogie Buggy Fit programme started running in September with the fourth starting in January.

For more information visit www.sevenoaks.gov.uk/beinspired

our ska

g for a coc
to New A

rk in
rday

Our latest sporting scheme has been working with Sevenoaks Archery Club and is on target to get more people involved in sport.

Our latest Sportivate course, funded by Kent Sport, offered hour long discounted archery lessons at Wilderness Sports Centre.

We caught up with Kate Magee, mother of 12-year-old Katherine who enjoyed the course earlier in the year so much, she is now a member of Sevenoaks Archery Club.

Kate, from Sevenoaks, says: "Katherine was interested in trying something new and the course offered a great opportunity to start learning the skill of archery. Sometimes finding a new club it can be a bit daunting when you aren't at standard as others.

My parent, it was perfect chance to try a whole new activity for equipment and I outlay can be wasted if it's not.

always giving Katherine extra tips to improve! The whole atmosphere felt really positive.

"Courses like this give everyone a great opportunity to try something new and that they wouldn't normally do. If it wasn't for this course, I don't think Katherine would have ever tried archery and I'd realized how much she enjoyed it.

The course gave Katherine the opportunity to find a sport that she enjoys. It has given her a lot more confidence and a great sense of achievement. I'd definitely recommend it to other parents, adults and children, it really is a great social sport for everyone."

Katherine hits the bullseye!



Kate and Katherine Magee take aim with Sportivate archery

Archery for all

The next six week beginners archery course is open to adults and children aged 12 and over and starts on Friday 21 October, 6.30pm to 8.30pm at Edenbridge Leisure Centre. Children under 16 must be accompanied by an adult.

The cost is £36 per course. Places are limited, so if you're aiming to try out this sport, please call 01732 227000 or email healthyliving@sevenoaks.gov.uk to book your place!

[sdc_newsdesk](https://twitter.com/sdc_newsdesk)

Thank you

Yulia La-Kruz

Community sports Project Co-ordinator