

Name of activity	Purpose	Number of courses /sessions delivered	Number of participants / attendances	Highlights from projects	Quotes from participants
Boogie Buggy Fit (adults)	Outdoor class mainly designed for mums with young babies, keen to get into shape. Parents/carers with very young children often feel isolated and lonely and wish to exercise with their children. The class is designed to provide a peer support system for new mums as well.	10 week X5 courses and 8 week X1 course	66 participants/ 212 attendances	Sessions were structured where an outdoor hourly cardio class was followed by an informal meeting at the Gamecock meadow café. Exercise classes were delivered by a qualified antenatal and postnatal fitness instructor with extensive knowledge in post-natal health, which helped participants get back to exercising regularly and confidently following birth of a child and/or a long break. Feedback indicates that participants valued the social aspects of the class as well as the fitness component. As a correctly structured course was not deemed to be sustainable once external funding ceased, a new model for the class was developed. Local volunteer participants ensured that the group continued to meet on a weekly basis for a power walk and meeting. Case studies based on participants were provided for 'In Shape' magazine. A 6 month follow-on review showed that group carried on the meetings and the participants were attending the West Kingsdown group as well as other local peer support groups in Longfield and Gravesend.	"General health improved and we made a new friends" "Thoroughly enjoyable class and my son is so happy to meet other babies" "Sheree has been a wonderful teacher and a friend, and very helpful looking after babies when needed!" "Instructor is very positive and helpful"
Archery (adults)	Target Archery is an outdoor beginners class intended for adults to learn a new sport, under the guidance of a qualified archery instructor. The classes ran on weekday evenings to encourage participation by commuters/workers	6 week X3 courses	90 participants/ 349 attendances	The project offered archery to residents at community events as taster sessions and proved very successful. Popularity of the sessions grew rapidly within the community. Archery has tremendous benefits in health and fitness. We have worked in partnership with Horton Kirby scouts group in order to develop a 6-week beginner course for all abilities/levels covering the fundamental aspects of safely shooting and the maintainance of archery equipment. We have facilitated training for additional leaders in " Arrows Young Leader Award" in order to build a capacity for the group to deliver more Archery sessions to the wider community. As a result of our involvement, the number of actual archery sessions has increased. They were sustainably running on weekends for the two seasons following completion of the Be Inspired Be Active project. We applied for Sportivate funding from Kent Sport to deliver Inclusive Archery to encourage young people (14-25) across the district to participate in archery.	"A relaxing and friendly atmosphere and great fun to start a new sport" "Great tutor, really patient and injects humour. Very interactive and involves everyone"
Table tennis (adults)	Table tennis introductory course for 16 years old and over was set up on weekdays evenings with one aim of linking them with local clubs .	6 week X4 courses	27 participants / 126 attendances	Courses were set up at Horton Kirby Scouts hall as there was not a suitable alternative venue for the sessions with the required signficant storage space for the table tennis equipment. The venue was quite remote and sessions had to run later in the evening to fit with existing schedule of the hall. This impacted on recruitment process. We had a core group of participants who attended the courses, building up skills and confidence in table tennis. Some participants had very much improved their skills to the level they were ready to join the club. Our work is ongoing with Falcons Table Tennis Club, Kemnal Table Tennis Club to link participants with those clubs.	"Very well put together course, very practical and informative." "Friendly and social too."

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Back to netball (adults)	After consultation with West Kingsdown Parish Council it have been decided to set up evening "Back to netball" classes to provide women of all ages with a gentle re-introduction to the sport.	10week x5 courses	142 participants/ 539 attendances	<p>The course was set up in partnership with the South East region Back to netball scheme. Our biggest challenge for the project was to find a suitable venue within our wards to run it all year round. During the summer sessions it ran on the grounds of West Kingsdown Primary school and during the winter season we hired Longfield academy as a venue, which put additional costs on the project. Sessions were run by passionate and experienced Level 3 coach with sessions covering the basics of the game including passing, footwork and shooting. All sessions finished with a friendly game to put skills into practice. The West Kingsdown Back to Netball team was taught over two seasons and were able to play a friendly match with affiliated West Kent College "Back to Netball" team.</p> <p>To ensure sustainability the participants were charged £3.00 per session on a pay as you go basis to cover cost of the coach. Venue costs were covered through external BIBA funding. Due to unavailability of suitable coaches and expensive venue cost we were not able to sustain the project past 3 months but many of the participants have subsequently joined other B2N groups in Gravesend and Tonbridge and Malling as a result.</p>	<p>"I enjoy meeting new people and being part of the team. A good form of keep fit."</p> <p>"Love it all. A good group of girls."</p> <p>"Love playing against people of varying abilities"</p> <p>"it's a good way back into a sport that I haven't done for a long time. I wouldn't have tried it if it was not local or I'd had to commit to a competitive team."</p>

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Chair yoga (adults)	This class was set after consultation with local residents at one of our community events. This is an adapted gentle form yoga class that is practiced in a chair or using a chair for support. It is specifically developed to assist those with mobility issues and older people to participate in yoga class.	10 week x6 courses and 6 week x19 courses	306 participants/ 1397 attendances	<p>This project was set up following feedback from residents about the lack of local classes for elder people, many of whom have health conditions and can not participate in traditional sports. After running a series of successful taster sessions, six-week introductory, free courses were set up from January 2015, in four different locations (Farningham, West Kingsdown, Hartley and New Ash Green). Classes were kept small (maximum 10), were 60 mins in duration and were delivered by a qualified practitioner. The programme comprised of gentle stretching movements, relaxation, breathing techniques, strengthening and balance work. From March 2015, participants began to pay for instructor expenses and BIBA project covered venue costs and necessary equipment. As a result we expanded the range of classes and delivered 19 courses. One outcome of the project was that a number of participants after 12 - 18 weeks attending chair yoga classes felt that their physical condition had improved and then joined newly formed beginners Hatha Yoga class.</p> <p>A 12 month review highlighted that classes were still running in three locations: Farningham, West Kingsdown and Hartley. The number of new participants reported for March 2016 - December 2016 was 183, and 1000 attendances for those classes. An added success of the project was the creation of a new class; 'Gentle years chair yoga' which was set-up in Swanley in June 2017.</p>	<p>I have had two "new knees" and at the time couldn't attend a Keep Fit class and the chair yoga was an excellent start back into exercise for me.</p> <p>"I have COPD and 8 lower back damaged disks - breathing has helped this so much"</p> <p>"Our tutor was very helpful and showed individual help to each of one of us"</p> <p>"I have paralysed arm, which affects balance these classes have improved my physical condition. I have much more flexibility of movement too, particularly neck movements"</p> <p>"I have been attending the classes for 2years and find them a great help in moving and relaxing , I am 83years old and suffer with Parkinson's so am unable to do all the other things"</p>
Dance (adults)	Adult dance classes were set up in reponse of parents whose children took part in dance sessions in West Kingsdown and Horton Kirby. Informal weekday evening classes were set up for adults in Ballroom and Latin dances and a course in street dance.	10 weeks X 3 courses	23 participants/ 398 attendances	<p>Following the success of children's street dance classes, a number of parents said that they would like to attend similar classes. A beginners course was set up in West Kingsdown village hall and delivered by the same qualified instructor on weekday evenings to encourage participation by commuters/workers. The class was well attended mainly by local residents. A case study of one of participants featured in Inshape magazine. In an attempt to sustain the class, participants were charged a small fee to cover instructor costs, the venue cost was covered through the project funds. Classes were sustained for next 6 months, however were unable to continue due to the instructor having to leave the project.</p>	<p>Very friendly and I feel relaxed learning new dances and making new friends"</p> <p>" we really enjoyed learning the dances and mixing with other villagers. Please keep going."</p> <p>"Good fun + meeting local people"</p> <p>"Lauren is an excellent tutor especially for us as total beginners"</p>

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Football (adult)	Sessions were organised in partnership with Kingdown Racers football club offering an additional community football session for those over 16 years old to attend during their training night.	10 weeks x2 courses	16 participants / 81 attendances	Kingsdown racers FC were looking to expand their club and offered additional community football sessions for those to over 16 years old. Sessions were led by coaches and volunteers from the club providing training in a friendly atmosphere with the possibility of joining the club. Summer sessions took place at West Kingsdown Gamecock Meadow and at Orchard's Academy in the winter as no suitable venues were available locally. This seasonal change has had a significant and negative impact on numbers attending regularly and the community sessions did not continue. As a result of the project some of participants have joined Kingsdown Racers FC. The club have taken more coaches to increase the capacity and for the first time running a first and reserve side at adult level from August 2017.	"it's a fun and a good balance of participation and tuition".
Ballroom and Latin Dance (children)	Classes were set up in partnership with Horton Kirby primary school as after school community club for KS2 children.	12 week X4 courses	54 participants/ 309 attendances	Ballroom and Latin dance sessions were run as a 12 week after-school club for Y3 - Y6 students. Classes were delivered by a qualified dance instructor. Following each course, participants were offered a chance to enter into a competition against other schools, performing dances that they had learnt during the course. This competition involves 9 different schools competing against each other using the dance routines they have learnt over the 12 weeks. The courses have continued for the duration of the project, however due to unavailability of instructors Horton Kirby school were unable to sustain the club.	"Professional Tuition. A learned a lot." "I love taking part in competitions."

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Football coaching (children)	Classes were set up to assist local football club Kingsdown Racers to develop their young development squad.	10 weeks x6 courses	67 participants/ 287 attendances	As part of the project we set up classes for: 4 -7 years old, 8 - 12 and 13 - 16 years. During the summer months sessions ran on Sunday mornings so they didn't clash with training and matches played by Kingsdown Racers club at Gamecock meadow. Sessions were delivered by qualified level 1 and level 3 coaches, which offered greater support and more experience. During the winter season, a 3G pitch was hired at Wrotham School to continue with classes as there was no suitable venue locally. As the session was run on weekday nights to fit with the existing schedule, this had an impact on attendances, which had effect on the sustainability of the project. When Be Inspired Be Active funding ceased, Kingsdown Racers continued to develop youth division in partnership with West Kingsdown primary school and delivered summer courses to the wider community. As a result, from May 2016, Kingsdown Racers FC have U8's and U10's including development centre at Gamecock Meadow in West Kingsdown.	"It is a good fun and I make a lots of friends."

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Street dance (children)	Following a request from Horton Kirby and West Kingsdown Parish Councils street dance classes for 8 - 16 years old were set up to offer young people to opportunities to express themselves at the same time as to get fit.	10 week X 11 courses	81 participants/ 808 attendances	Street Dance Beginners class was set up to provide an introduction to core street dance skills and fun high-energy choreography for young people. Classes at both locations were delivered by a qualified instructor and participants could attend both classes if they missed one session. The classes included fitness exercise element as well as learning choreographed routines as a group. Groups performed on community events such as the West Kingsdown Summer Fair and Horton Kirby St George day celebrations. In order to sustain the project, participants were charged £2.50 per session on a pay-as-you go basis to cover cost of the instructor, venue costs were covered through external BIBA funding. Classes at West Kingsdown village hall were more popular and regularly attended and have continued for a further 9 months when BIBA project funding had ceased.	<p>"I enjoyed most the exercise part and new routines"</p> <p>"Please keep it going"</p> <p>"it is good fun and also an exercise"</p> <p>" I have enjoyed the games and a catwalk, give a lot of confidence"</p> <p>"Looking forward to see end of the year show" (parent of participant)</p>
Archery (children)	Following request from residents at community event we organised a six week beginner course to introduce participants to target archery.	6 week x 2 courses	28 participants/104 attendances	Course were offered in Horton Kirby for 8 - 16 years old. The aim of the course was to provide participants with learning basic skills and being able to safely shoot arrows down range some 20-30 yds. Participants were given an introduction to this historic sport, taught the importance of safety, and encourage to develop a basic archery skills.	<p>"Great fun and very educational"</p> <p>"A really friendly group I learnt all the basics and more, the leaders are knowledgeable and very soon I was hitting GOLD."</p> <p>"Great fun and some great friendships made:)"</p>

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Sports tasters and short courses	Various taster sessions were offered at local community events, in collaboration with other partners identify the most popular sports to offer longer courses. Sessions were set up for the whole community, but particularly targeted those not taking part in sport, including inactive young people, women	Taster sessions and 2-3 sessions courses	1546 participants	For the duration of the project we have supported 17 community events across our target wards we offered taster sessions in: archery, dance, boccia, multi-skill coaching to pad boxing, rowing machine, Latin dance, ice skating, chair yoga, cycling, exercise bike, football coaching, Boogie Buggy Fit. We have supported Parish Councils with summer fetes, parishes with summer schools for children. We worked with partners from voluntary organisatons: KIARA, NADARA and scouts groups to deliver taster sessions and short courses based on them.	"Very educational"

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Sportivate (Inclusive Archery, mountain biking, trampolining)	Extensive work with archery project allowed Sevenoaks District Council to apply for Sportivate funding from Kent Sport to deliver sports project to raise the percentage of 14-25 year olds playing sport once a week. Funding was awarded to encourage young people across Sevenoaks District to try the new sports.	8 week X3 courses in archery and 6 week X2 course in mountail biking 6 week X 3 courses in trampolining	48 participants/ 261 attendances plus mountail biking numbers	<p>We particularly targeted young people who would not participate in more traditional types of sport, such as football and rugby. The key points about the projects were to make sessions informal, inviting young people to courses which were tailored to their needs. All our courses were accessible to all abilities with emphasis to equip the participants with basic techniques and knowledge to inspire them to progress in the sport further.</p> <p>On inclusive Archery courses we have worked with 3 local Archery clubs (Fox archers, Sevenoaks Archery club and North Down Archery club) to ensure that young people have best possible outcome and able join any club if they wish to do so after the project complete. Hour long sessions were delivered by a qualified archery coach along with 2 - 3 of the club's volunteers, who provided a wealth of experience, dedication to sport as well as supporting young people individually to encourage them to take part in archery more regularly. We had 26 young people, with some having a disability or long term conditions, completed the 6 week project which was slightly lower than KCC target for 30 participants, however our project had much sustainable outcomes at the end as 10 of participants subsequently have come to the club to continue with archery. Even more so they have encouraged their families to take up an Archery as result of the project. A case study of one of participant were featured in InShape magazine.</p> <p>Sportivate trampolining course was set up in partnership with with West Kent Communities SDC have applied for Sportivate funding to run an introductory trampolining courses for young people in Edenbridge . The project was a success and the group is very keen to continue doing trampolining regularly and WK Communities to explore options for alternative external funding to continue the project;</p> <p>Sportivate Mountain Biking was delivered in two courses at Riverhill Himalayan Gardens. A total of 22 participants took part in 12 sessions. It was originally planned to run sessions in September 2016, but these did not recruit, so they were rescheduled into the winter. The other sessions were delivered over the February half-term. Feedback was overwhelmingly positive and some of the participants have gone on to join other cycling clubs.</p>	Sportivate Inclusive Archery course gave me the opportunity to try this new sport. All instructors were really friendly and supportive."
Satellite club (table tennis and boxing)	Satellite clubs are run by sports clubs who bring their expertise and enthusiasm to a place where young people already meet. We were successful with Kent Sport funding to set up 2 satellite clubs in Swanley.	20 week/ x2 courses	48 participants/390 attendancies	<p>We have worked in partnership with Sutton at Hone TT club and Olympia Boxing to bring their expertise and enthusiasm for this sport to Orchard Academy to inspire young people to take up a sport. Satellite clubs ran as hourly sessions on a weekly basis and were available to the whole local community in order to engage and recruit even more young people aged 11 - 19 into their sport. Clubs were delivered by qualified coaches from the community clubs with assistance of the school's PE leaders which provided additional support to young people and created a familiar environment on the sessions. As a result of the project school's PE leader had received Coaching qualification Level 1 in both sports to continue support the clubs. Both clubs have been exciting the targets set by funder with some participants regularly attending open training sessions at the community clubs. In July 2017 SDC have been invited to support the KCC satellite clubs programme by provided clubs Activator function within Sevenoaks District assisting partners in the district to submit a new applications and to reapply for the successful projects.</p>	"Satellite clubs funding allowed us provide our pupils with professional table tennis coaching from local club and the equipment wil benefit the school for many years."