

Annual Review

20/21



During this incredibly difficult year, partners from the public, voluntary and community sectors throughout the city and county came together to help support wellbeing.

These are some of the highlights of the year, with links to more information.

1 Insight and understanding of people and places

Active Lives Year 4 data across Nottingham and Nottinghamshire at district level was produced and shared. This was circulated across Nottinghamshire's districts and boroughs to help us and our partners to be more insight led in our work.

To view and download the insight pack, [click here](#).

Conducted and published research into **physical activity behaviours** locally in Nottingham and Nottinghamshire to help understanding of the effects of Covid-19 on physical activity. [The full report is here](#).

Produced and shared local insight on the **impact of Covid-19 on increasing levels of physical activity**. This summarised all that the team had heard from their many conversations with public and voluntary/community sector partners in the first lockdown and key headlines from our physical activity survey. [Read the insight here](#).

2 A strong system

> Systems Leadership – Nottingham

Working collaboratively with the four system change partners in the city under the umbrella group of **Change Nottingham**.

Change Nottingham is a collaboration of cross sector charities, which are coming together to challenge the systemic issues leading to severe multiple disadvantages in the region.

The aim is to create a learning space for partners to come together to help understand systems leadership and distributed leadership through a Community of Practice.



> Nottingham City ICP – Together We Move

This work continues to evolve and has now developed into **“Together We Move – for a healthier Nottingham”**.

We continue to develop relationships with the ICP Steering Group, made up of strategic representatives, sector-wide and representatives from each of these organisations through the Together We Move (TWM) Collective. [To find out more about the TWM collective and join in, contact \[Kerryn.chamberlain@activepartnerstrust.org.uk\]\(mailto:Kerryn.chamberlain@activepartnerstrust.org.uk\)](#)

TALKING SPACE



> Talking Space

Moved conversations and updates online by setting up and hosting regular **‘Talking Space’** virtual sessions for people working in physical activity. Initially these were an informal space for partners to drop in and ask questions, make observations, sound out ideas about the Covid-19 situation and what might happen in the future. These evolved into a regular network session, attended by between 50 to 100 partners from both counties. [To watch the recordings and find out more about the sessions, click here](#).

3 Well connected, informed and supported

> Stand Up Notts

The School Games Organiser (SGO) network in Notts and Active Notts worked together to deliver Stand Up Notts, a campaign to encourage children and young people to be active for as much of the day as possible and to inspire and encourage schools to embed an active school ethos within their culture. Find out more [here](#).



#SUN20



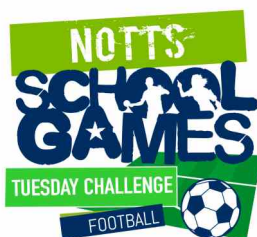
Keeping connected and updated on the latest Covid-19 restrictions was important to local clubs and groups, as identified in a survey early in the year. This was done via social media and through dedicated webpages.

For the general public, accessing activities which could be done at home was important and local partners really stepped up and made a huge range of classes and activities available for free online. The pages are regularly updated and now signpost to both activities at home and those which can be done locally in formal and informal settings. To take a look at what's available locally, [click here](#)

4 Right environment, opportunities

> Stay at home activities for children during restrictions

The School Games Organiser (SGO) network in Notts and Active Notts worked together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care such as for keyworker and vulnerable children in school. The resources can be found [here](#).



> Activity at home resource for older adults

Resources were shared aimed at older adults or those with long-term health conditions to enable them to stay active at home and assist if they were shielding. The resource was shared both digitally and in hard copy, delivered to vaccination hubs and given directly to people with long terms health conditions and limited mobility. A total of **70,000 copies** were printed and distributed across the city and county.

[Download the booklet here](#)



> Get Out Get Active (GOGA)

The Get Out Get Active (GOGA) work in Bassetlaw was launched in April 2020.

Led by **Bassetlaw Action Centre**, they have embraced GOGA within their Staying Well programme.

It aims to support people with long term conditions to maintain their health and improve their quality of life. The work focuses on listening to and better understanding the needs of residents and through supporting existing groups and clubs to be more inclusive.



Active Notts are supporting by match funding with **£30,000** (over three years) investment and are involved in steering the work alongside partners from the **Integrated Care Partnership, Bassetlaw District Council, Activity Alliance** and others from the voluntary and community sector.

> Bellamy pump track

As part of the redevelopment of the Bellamy estate, the partners group have been successful in an application to the **British Cycling Places to Ride fund**. Parents and families from St Peter's School gave their time to speak and shape the application to British Cycling. The £19,000 facility which will be 50% funded by **Mansfield District Council** using an EEM Community Donation, will be a 'learn to ride' track aimed at 2-8 year olds to provide a safe place to learn to ride a bike.

5 Investment

> **Sport England Tackling Inequalities Fund (TIF)** Sport England developed the Tackling Inequalities Fund to support community groups and clubs who work with people most at risk of being affected by Covid-19 and the inequalities it heightened. **£225,344** was shared between **66 organisations** and groups across Nottingham and Nottinghamshire.

> **Crowdfunding programme** Sport England launched their crowdfunding programme and to date **13 projects** have been funded locally.

> **Community Emergency Fund** At the beginning of the year, the Community Emergency Fund was launched. There were **176 awards** in Nottinghamshire, totalling **£692,048**

6 Diverse, skilled workforce

> One Step at a Time

Co-produced the One Step at a Time initiative alongside the community voluntary sector and health organisations in **Nottingham, Ashfield, Gedling**



and **Mansfield**. One Step at a Time was designed to support people with long term health conditions to step out of their house and take short walks when restrictions eased. [More information on this is here.](#)

> Level 5 Certificate in Primary School PE Specialism

This qualification aims to upskill those working in primary schools through a recognised qualification to improve the overall delivery and leadership of the physical education curriculum within primary schools. **11 delegates** from primary schools across Notts successfully completed the course which ran over the academic year 19/20. **13 delegates** are currently undertaking the 2020/2021 course.

> Level 4 Qualification in Supporting Pupils Wellbeing through Physical Education

8 delegates with Qualified Teacher Status from primary and secondary schools across Notts and Derbyshire are currently in the process of completing this new course.

> Notts Teacher CPD

A successful CPD programme delivered in Notts which included: Deep Dive in PE (**4 courses** with over **80 delegates** attending), PE Policy Writing (**1 course** with **26 delegates** attending), Youth Mental Health First Aid (**3 courses** with over **30 teachers** from primary and secondary schools attending)

> Leaders, Coaches and Volunteers

A number of courses were put on free of charge for young leaders, coaches and volunteers that live within Nottinghamshire districts.

The offer included: Safeguarding and Protecting Children UK (SPCUK) (**2 courses** delivered to **12 young people** aged 16-18), Youth Mental Health First Aid (**1 Half Day awareness course** delivered to a cohort of **8 children and young people**).

> Safeguarding, and Mental Health Awareness Courses

8 mental health awareness courses and **11** safeguarding courses were moved online and delivered to **163 participants** across Notts and Derbyshire.

The Mental Health Awareness Courses were new in 2020 and in response to the growing need around supporting people's mental health.

> Girls Active

Schools continued to be supported and engaged in the Girls Active programme, with opportunities created for the leads to come together virtually to share and learn from each other. [A case study film](#) was created which demonstrated the impact the programme can have, and a [challenge](#) was set to keep the Girls Active Groups engaged.

> Club Matters workshops

In response to a club support survey early on in the pandemic, four workshops including **Planning Your Future, Introduction to Legal Structures** and **Developing your Marketing** were held and were free for groups and clubs locally to access.