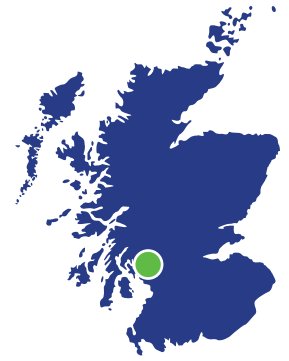


## COMMUNITY SPORT HUBS IN ACTION

# Dalry Community Sport Hub



## SPOTLIGHT ON: PEOPLE - EMPLOYABILITY

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **6**

### HUB VISION



Encourage a more positive and healthy lifestyle to people of all ages and gender

### PRIORITY AREAS



Organised

Sustainable

**People**

Places

Connected

Profile

**What has changed:** • More inclusive approach • Better understanding of need  
• Skilled volunteers • Employees achieving aspirations

### AIMS OF PROJECTS



Increase the number of club volunteers and develop local people in unemployment.

### PROJECT DETAILS



**Information:** Dalry CSH continues to grow but volunteer levels remain the same. The SIMD project allowed the CSH to focus on a need of increasing volunteers, while making a difference to individuals lives in the Dalry community.



**Time:** 4 week intensive programme in February 2017 taking place at local primary school.



#### Expertise:

- Job Centre Scotland – Supported the recruitment of the volunteers
- CEIS (Community Enterprise in Scotland) – Delivered Workshops to support future employment, they continue to track the group members and offer support
- North Ayrshire Council and Dalry Primary School – Offered areas within the school including sports hall space and classroom time. They also supported further volunteer opportunities
- Scottish FA, KA Leisure, Scottish Golf, Badminton Scotland, Ayrshire College – All involved in workshop and course delivery days

The Job Centre and CEIS were recommended by North Ayrshire Council community learning and development team. The rest of the partners were chosen to deliver specific courses or workshops.



**Investment:** £2570 spent. Free 3 month fitness memberships donated by KA Leisure.



**Participation:** 10 unemployed individuals - 9 male, 1 female. Clubs: Dalry Rovers FC, Dalry Amateurs FC, Dalry Dragons Handball, Dalry Saturday Morning Club and Ayrshire Tornadoes Basketball Club

## OUTCOMES



- 5 out of 10 participants have applied to college
- 3 successfully secured places
- 2 applied for relief coaching positions
- 3 continuing with further qualifications
- 4 volunteering in existing clubs within the Dalry CSH
- 2 starting new clubs for the hub (badminton and bowls)

## STORIES OF CHANGE



*"I have really benefited from the course and it has made me really want to pursue a career in sports coaching. I have enjoyed all the courses and enjoyed getting the chance to try lots of different sports. Other courses which I enjoyed was my first aid and child protection. It has been great to put the skills I have learned into place when volunteering with Dalry Rovers"*

PARTICIPANT

*"I have thoroughly enjoyed the course and coming in to it. The best part of the course was getting to lead activities at the fun day. This has helped me to develop my leadership and communication skills. The worst part of the course was the CV writing and interview skills but I understand these are important for my future."*

PARTICIPANT

## KEY LEARNING



*"Although the number of people participating in the project was small the impact was high. We often deliver sports programmes where success is measured in large attendances. This project has opened doors and created opportunities which will change people's lives and careers."*

SCOTT MORRISON, HUB OFFICER

Created June 2017

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## COMMUNITY SPORT HUBS IN ACTION

# Drumchapel Community Sport Hub



## SPOTLIGHT ON: PEOPLE - INACTIVE TO ACTIVE

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **11**

### HUB VISION



Drumchapel Sports vision is for a confident, healthy and aspiring community in Drumchapel

### PRIORITY AREAS



Organised

Sustainable

**People**

Places

Connected

Profile

#### What has changed:

- More inclusive community engagement
- More young leaders
- Stronger partnerships

### AIMS OF PROJECTS



The hub applied for funding through the Spirit of 2012 project which was funded by Scottish Government's Legacy 2014 Physical Activity Fund. Drumchapel Sports aimed to engage with people in Drumchapel, who have not previously been involved in activity within the hub, particularly adults in the community.

### PROJECT DETAILS



**Information:** The project was designed to encourage members of the community who were inactive to become active, as well as to sustain participation by already active members. Links were made to local groups and organisations who helped to identify local inactive people. It was important to create a welcoming and sociable environment to encourage activity – particularly with the inactive adults and ladies cycle group. A cup of tea and a chat goes a long way! The hub recruited local people to deliver activities to the community.



**Time:** October 2015 until November 2016, although activities continued until December 2016. Most of the activities have been incorporated into regular hub sessions through the local clubs.



**Expertise:** 8 hub clubs involved, 70 volunteers trained to support the activities. The Glasgow Bike Station and Possibilities for Each and Every Kid (PEEK) were project partners with links made to COPE, Fortune Works, G15 Youth Group, SAMH, Alliance Scotland and the local primary and secondary schools. The project was supported by the Glasgow Sport CSH officer. A member from the local community was recruited to lead the bike activities.



**Investment:** Funding to the hub from Scottish Government's Legacy 2014 Physical Activity Fund.



**Participation:** 1121 local people were involved in the Get Active in Drumchapel Project. There were around 44% male and 56% female participants, with around 11.5% of all participants having a disability.

## OUTCOMES



- To increase/sustain participation by inactive/ active members (inc. young people)
- To expand the community leadership pool (young people/employability/sustainability)
- To improve partnership working within and around the Hub (resilient communities/sustainable programmes)
- To improve well-being and resilience of community members
- To reduce negative attitudes to disability

## STORIES OF CHANGE



*“When I came out on my first ride I hadn’t been doing much exercise or going out of the house. As such my mental health was deteriorating, would I went along to the cycle very nervous, Anne the leader was amazing and reassured me. Now 10 weeks on, I’ve started going out on my own I bought a bike with the help of Anne. I’ve also being doing other activities in my own time, and it’s all down to the cycling building my confidence to then do other things.”*

37 YEAR OLD FEMALE PARTICIPANT (WITH TWO PRIMARY SCHOOL AGED CHILDREN)

*“Although my heightened periods of anxiety are very much a daily experience and a live issue, I used the coping skills I learned through playing sports with my group to allow the Community Links Practitioner to link me into further engagement to facilitate my personal development and to bettering my life. I do believe these activities in such an environment has been the catalyst to my better life because today I called My Community Links Practitioner to tell her..... I got the job!!!”*

28 YEAR OLD MALE, PARTICIPANT IN INACTIVE ADULT GROUP

## KEY LEARNING



*“Engaging with the community will help with what direction the project takes. Always remember what you are looking to achieve but be willing to engage in new opportunities because that is where you really meet the needs of the local community and make the biggest impact.”*

GRANT MORRISON, HUB OFFICER

## NEXT STEPS



The hub has continued to target those not previously engaged in sport and physical activity through the hub plan. Clubs can apply for funding to develop activities for target groups in the local area.

The hub continues to develop links with local groups and organisations to involve a wide range of people in hub activities.

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## COMMUNITY SPORT HUBS IN ACTION

# Fairfield Community Sport Hub



SPOTLIGHT ON:  
**PEOPLE - EMPLOYABILITY**

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **9**

### HUB VISION



To be the catalyst in aiding the community to develop a sense of pride, enthusiasm and connectivity for both youths and adults alike through sport and other recreational activities.

### PRIORITY AREAS



Organised

Sustainable

People

Places

Connected

Profile

#### *What has changed:*

- Better understanding of need
- Skilled volunteers
- Participants achieving aspirations

### AIMS OF PROJECTS



To improve the employability potential of local men and give them skills and training to move towards employment thus increasing employment levels in the community. To improve participants skill set and increase the number of qualified volunteers for the hub. To integrate participants and their families into hub clubs in either a participation or volunteer capacity.

### PROJECT DETAILS



**Information:** The SIMD project allowed the hub to target unemployed men. After consultation with local community workers, it was established that this group had the highest rate of unemployment. The project combined employability CPD opportunities and coach education with sport sessions.



**Time:** 2 hours per week for 12 weeks, running from January to March 2017.



**Expertise:** Partnership between FCSH (the committee, St James Football Club and disability section) and Dundee City Council's Adult Learning Worker. Ancrum Outdoor Centre delivered team building sessions. The hub also linked with the SFA to provide coach education which was vital to attract participants to the programme and respond to the needs of the hub where more qualified football coaches were required.



**Investment:** £2,657.86 spent.



**Participation:** 14 men ranging from 16 to 58 years old, 6 of whom had a variety of learning disabilities. 13 became qualified coaches, 8 developed first aid skills.

## OUTCOMES



- Integration with others – social relationships formed
- Better employability potential – increased confidence, self-esteem, morale and developed CV skills
- Participants have a support network in the community
- Developed team building skills
- Increased participation in hub activities
- Increased volunteers and qualified coaches within the hub

## STORIES OF CHANGE



Participant A was referred by the Criminal Justice Team. With a criminal record he was finding it difficult to find work. His attendance on the course was very good and despite initially putting up barriers to participate in the sport sessions, he took part and started to bond with the other participants. At the end of the programme participant A discussed how he was more confident in applying for jobs and is working with his support worker to complete his goal of participating in football at the hub and becoming a personal trainer.

Participant B left school early and had no career direction leading to very tense relationships at home. His mother wanted to help him find some career direction therefore referred him to take part in the programme. In the beginning he was unresponsive to the course and early indications were that he would not complete it. However he really enjoyed the football aspect and now participates with one of the football clubs within the hub and has secured a place on a Street League course with plans to now apply for college to start a career in sports development.

## KEY LEARNING



*“Sport can play a massive role in helping individuals overcome social or personal troubles. Engagement with the community is vital to meet their needs for the development of this project. Meeting the needs of the local community in areas of SIMD is challenging but successfully engaging with the community is extremely rewarding and has a massive impact on the hub and the community.”*

ALISON MACKENZIE, HUB OFFICER

## NEXT STEPS



We aim to make the programme sustainable and we have secured funding for the next two years to provide a coach, however we aim to integrate volunteers from the hub to lead future sports sessions. The strong connections we've established with local partners will be maintained and we plan to run a similar programme in September to November 2017 to engage with other groups and assist them to develop their skills and integrate them into the hub. One option is to open up this course to women, however we recognise childcare issues can play a part here, so we'll aim to overcome these. We have carried out a group evaluation to discuss what has worked well and what should be reviewed in order to enhance the programme in the future.

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## COMMUNITY SPORT HUBS IN ACTION

# North Perth Community Sport Hub



SPOTLIGHT ON:

**PEOPLE - HEALTH AND WELLBEING**

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **13**

### HUB VISION



Children & families have access to high quality community sport, enjoy and value sport for the pleasure and quality it brings, and stay involved throughout their lives.

### PRIORITY AREAS



Organised

Sustainable

People

Places

Connected

Profile

**What has changed:** • *More inclusive community engagement*

• *Better understanding of need* • *Stronger partnerships*

### AIMS OF PROJECTS



Make a range of sporting & physical activity opportunities available for families in their local community. Develop inclusive and accessible health & wellbeing opportunities and activities to encourage family engagement in sport by overcoming barriers to participation such as transport, cost, confidence, experience, fitness, age, gender, child care and health. Support local people to make healthy food choices and support them to develop cooking skills.

### PROJECT DETAILS



**Information:** The SIMD project identified that a significant number of individuals from the North Perth area that accessed the food bank found it difficult to cook healthy meals and lacked basic cooking skills. It also found there was a lack of participation from local people in community sports clubs. Hub clubs collaborated with Perth and Kinross Council to engage families by linking sport, arts and crafts and healthy eating for the local families.



**Time:** Three five-week blocks of sessions each lasting 90 minutes were delivered at community venues across North Perth combining a cooking class, arts and craft activities and a sports session delivered by Hub clubs.



**Expertise:** North Perth CSH members, Perth and Kinross Council Family and Adult Learning Workers, Active Schools Co-ordinator, Community Sport Hubs Officer, Leisure Trust Wellbeing Team.



**Investment:** £647.97 spent.



**Participation:** Across the three venues, 36 families engaged in the project as follows:

- 17 families - 54 participants at North Inch Campus. 35 per week (average) with a peak of 47
- 13 families - 39 participants at Fairfield Community Centre. 24 per week (average)
- 12 families attended at Tulloch Primary School (6 of these had already participated in the project at other venues). 30 per week on average.



## OUTCOMES



- Increased family engagement and levels of participation in sports and physical activities
- A more cohesive approach to working with partners that have similar or common aims

## STORIES OF CHANGE



Feedback from participants showed that families really enjoyed the social interactions and the enjoyment of doing activities with their children and grandchildren and that it gave them a purpose to get out of the house each week. Participants reported that they were glad they weren't given a schedule of activities in advance as they might not have turned up to do activities they didn't think they'd enjoy such as karate and cricket.

There was a mix of grandparents, parents and children of all abilities and with disabilities and everyone found the activities delivered by clubs were easily modified to enable everyone to participate regardless of age and ability leading to greater inclusion and increased confidence in their ability to participate. Families reported that they liked getting new ideas for simple meals and felt their children were more willing to try new foods and have a go at cooking which they never did at home. They found the recipes to be very affordable and easily replicated.

## KEY LEARNING



*“Making the project wider than just sport by including cooking and crafts helped attract families to the project but to some extent diluted the emphasis on sport and physical activity.*

*Linking with some external partners made the control and evaluation of the project more challenging at times.*

*It may be preferable for clubs that partner in a project such as this to formally apply to be involved as opposed to opening the opportunity to all hub clubs. Challenges arose with clubs supporting sessions due to varying levels of coaching resource. The selection of clubs to the project may have benefitted from one-to-one club meetings as opposed to making arrangements at hub meetings. Stronger, more developed clubs could be targeted in future.*

*It is difficult for some clubs to deliver sessions in venues that they are not accustomed to using as opposed to their club's regular training facility.”*

KIRSTEEN ROSS, HUB OFFICER

## NEXT STEPS



The sport hub plans to relaunch an improved version of the program when the new academic year begins. A group of parents have come together to investigate the possibility of turning the weekly Family Club activities into a constituted community group as families felt strongly that they want to make this a sustainable project.

Having parents lead and manage the project will add to the strength and robustness by ensuring that infrastructure and capacity is built so that there is no reliance on funding. The families involved have a desire to create their own community sport network, developing new sporting and physical activities that focus on and meet the needs of specific communities that exist within the North part of Perth City.

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## COMMUNITY SPORT HUBS IN ACTION

# Paisley West Community Sport Hub



SPOTLIGHT ON:

**SUSTAINABLE - UNDERSTANDING COMMUNITY NEED**

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **11**

### HUB VISION



To have world class clubs serving the local community

### PRIORITY AREAS



Organised

Sustainable

People

Places

Connected

Profile

**What has changed:** • Improved understanding of community needs  
• Strong partnerships • Enhanced aspirations for continuous improvement

### AIMS OF PROJECTS



To recruit a graduate intern to gain a better understanding of the local community and their needs, help increase the profile of the hub and use any information collected to meet the needs of the community. Integrate participants and their families into hub clubs in either a participation or volunteer capacity.

### PROJECT DETAILS



**Information:** The SIMD project allowed Renfrewshire to recruit a graduate intern with a marketing background to conduct a mass consultation of sport in the Ferguslie area, engage with local schools and increase the profile of sport within the area.



**Time:** 1 year May 2016 to May 2017.



**Expertise:** 11 hub clubs were involved from the Paisley West hub. Engagement with stakeholders including: University of the West of Scotland, Police Scotland, Renfrewshire Leisure Libraries, Engage Renfrewshire, West College Scotland, head teachers of 11 local primary schools and the head teacher of the local high school. Further workings with Renfrewshire Leisure, Engage Renfrewshire, Paisley 2021, What's On Renfrewshire, and West College Scotland,



**Investment:** £5,000 sportscotland, Invest Renfrewshire £5,000.



**Participation:** 610 members of the community engaged with through consultations (including schools, parents and general community). 300 children attending Hub event in Paisley Town Centre. 3,700 families contacted via school letters regarding the hub. 11 schools engaged with through parents evenings.

## OUTCOMES



- Better understanding of the local community
- Clubs working with other stakeholders
- Better connections between schools and clubs
- Clubs and hub had an increase profile in the community
- Successful event for over 300 children

## STORIES OF CHANGE



In regards to the Open Day, Ferguslie Cricket Club stated “The event was a big success, well organised and resourced. It was obviously very well advertised and promoted within the community.”

St Peters Football Club started a netball club, St Peters Netball Club, in the second half of 2016 that brought in 45 girls to their club.

## KEY LEARNING



*“Conducting consultations with the local community allowed the project to directly address their needs and concern. This allowed the Hub to better set out their plans to meet the local community needs whilst building stronger links with local schools, organisations and the local community. Working directly with the local community through these means gave the project a better chance of making a more effective impact”*

HUB OFFICER

## NEXT STEPS



Reports of the SIMD work have been passed on to the Young Hub Leaders to continue the work such as attending parents evenings, setting up future Come & Try Days and continuing to raise the profile of the Hub. All relevant contact information passed on through a Handover guide that was created.

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