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Herts Sports Partnership

Annual Report 09/10

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The Partnership

The Herts Sports Partnership is an independent voluntary organisation that seeks to increase participation in sport and physical activity in the county. We raise the profile of sport and physical activity by promoting the benefits of participation. We work in partnership with a wide range of statutory and voluntary organisations and other partners. This, teamed with our extensive knowledge and experience in the sport sector, puts us in a unique position to provide guidance and advice on most sports-related matters.

We offer a wide range of services and support at all levels. We bring together expertise, resources and ideas from all sides of the sports industry, to provide a central and coordinated sports service that benefits the whole county.

Our key priorities

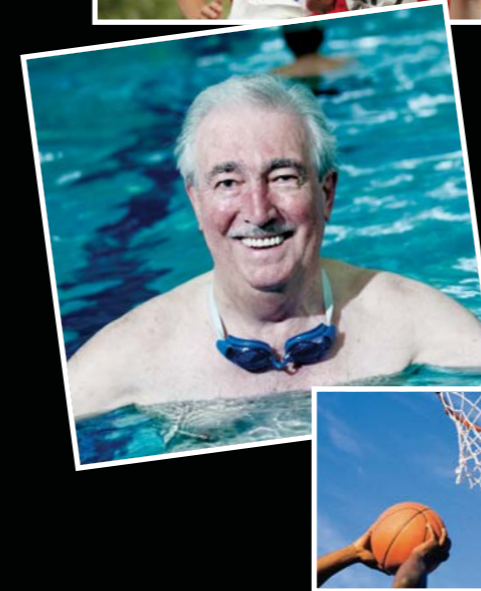
To increase and sustain the number of people taking part - more people, more active, more often.

To increase the number of people volunteering and receiving coaching.

To support and develop a quality sporting infrastructure and widen access.

To contribute towards local priorities such as improving health, community cohesion, economic development, educational achievement and reducing crime and disorder.

Chairman's Message



On behalf of the Herts Sports Partnership it gives me great pleasure to introduce the 2009/10 Annual Report.

The strength of the Partnership will always be the relationship that our core team has with our key stakeholders – including School Sports Partnerships, Competition Managers, Local Authorities, Sports Development Officers, National Governing Bodies of Sport, Local Strategic Partnerships, Community Sports Networks, Higher and Further Education establishments, facility operators, third sector organisations and voluntary sports clubs - and so, I am delighted that over the past 12 months, relationships have been further strengthened to the point where we have one of the best connected County Sports Partnerships in the country.

“ Within the wider Partnership, we have so many inspirational characters who give up their time and expertise so selflessly to ensure that we have such a vibrant range of sports and physical activity programmes being delivered each and every day of the week. ”

The last year has seen the nation face the greatest financial crisis in living memory, and as I write this, history is being made as we embark upon a new political era. Undoubtedly, the future will be challenging for us as a County Sports Partnership, and for all our partners within the sector. It is only by working together, that we will ensure that the contribution made to the quality of life within our communities, from our combined endeavours, can be maximised.

With the 2012 London Olympics and Paralympic Games now just over 2 years away, it is incumbent on us all to ensure that we create a lasting legacy as a result of the greatest show on earth coming to our shores. When I look around the county and see the fantastic work undertaken within our School Sports Partnerships, and by our Sports Development Officers, Further Education Sports Coordinators, Competition Managers and the myriad of sports clubs that serve our communities, I remain optimistic about the future.

Within the wider Partnership, we have so many inspirational characters who give up their time and expertise so selflessly to ensure that we have such a vibrant range of sports and physical activity programmes being delivered each and every day of the week

Each of our districts is served by a Community Sports Network, which represent more than 2,500 voluntary sports clubs. These clubs are almost exclusively run by voluntary effort, and their contribution to the health, safety, social cohesion, educational attainment, and even economic prosperity of our communities is incalculable. Without them, community sport as we know it would quite simply not exist, and the Herts Sports Partnership will continue to press for recognition and resources for these clubs, that bring essential social capital to our towns and villages.

Looking back, the past 12 months have seen us notch up further notable achievements which are contained within this Annual Report. As a County Sports Partnership, with relatively limited resources, we continue to punch above our weight. We are able to do this because of the valuable support that we receive from the University of Hertfordshire who kindly host us at one of the county's best known sporting hubs, Hertfordshire Sports Village. We will continue to work tirelessly on behalf of all our partners, to ensure that the whole – in terms of sport and physical activity in Hertfordshire – continues to be greater than the sum of all of the parts. Undoubtedly, there will be changes and challenges ahead, and financial belts will be tightened - and there may even be those that require reassurance on the question of the added value that our combined efforts can deliver.

Nevertheless, I give you my assurance and commitment that we will continue to rise up and meet those challenges; to be innovative and industrious; and to continue to work closely with our partners to ensure that the Olympic legacy in Hertfordshire will be a real and lasting one.

Grahame Bowles Chairman
Herts Sports Partnership

Our Achievements

“ The strength of the Partnership will always be the relationship that our core team has with our key stakeholders ”



Big Lottery Well Being Fund – Black and Minority Ethnic Project.

Over the last year, the BME project has explored the world of dance and has helped to set up a number of Bollywood and Bellydance sessions. There has been great attendance, with classes maintaining full capacity on a weekly basis.

50+ Taster Days

Over 650 people took part in a range of taster days, funded by Herts Sports Partnership and co-ordinated by the Local Authorities. Participants were able to try a number of different sports and activities and many have now gone on to be regular participants.

Coach Education Week and Coaching Conference

This event has now become the single biggest event of its kind in the UK with 3000 Continuing Professional Development opportunities attended by over 1,100 coaches.

The Sport Unlimited programme

Another successful year for the delivery of the Sport Unlimited/Livewire scheme. With the full support of a wide range of partners 12,458 young people enjoyed 80,999 hours of activities, during year two of the scheme, once again overachieving on the targets.

Active Together

£200,000 secured from Hertfordshire County Council (Adult Social Care) to deliver sport and physical activity programmes – targeting those aged 50+ in various community venues across Hertfordshire, and the recruitment and training of additional young and older volunteers.

Physical Activity Alliance

In conjunction with NHS Hertfordshire (previously the two Herts PCTs) Herts Sports Partnership established a Herts Physical Activity Alliance which has been busy developing the county wide Physical Activity Framework.

Department of Health Funding

£60,000 secured from the Department of Health to strengthen the infrastructure and coordination of physical activity alongside sport, support strategic planning and promote physical activity initiatives.



Community Sports Networks going from strength to strength

There are now 10 Community Sports Networks operating across the county – one in each of our district and borough council areas. Despite some real challenges in several areas, all are making significant progress and raising the profile of sport at local level. Many of them have been innovative in the way they have generated funding for new programmes.

2009 Service to Sports Awards

The most successful Service to Sports Awards ceremony to date. Over 500 people attended to celebrate the efforts of thousands of individuals who give up their time so others can enjoy their sport.

Get Back Into

Eleven sessions are now up and running for the Get Back Into Badminton scheme, over 200 people are now regular participants.



Club Summit

The 3rd Annual Community Sports Summit, once again was well attended by the sporting community. The summit featured a mixture of presentations and interactive workshops and provided valuable networking opportunities for our sports volunteers.

Annual General Meeting

Over 80 people from a range of sporting backgrounds attended our 2009/10 AGM. Presenters gave thought provoking presentations which prompted some lively debates from the audience.

16-24 projects

Working in partnership with Child UK over 150 children, vulnerable to and/or involved with anti social behaviour, were offered a wide range of fun and exciting opportunities to play sport. In total 72 hours of diversionary activities were offered. Another success of the project was the subtle education given to young people around alcohol and drug misuse.



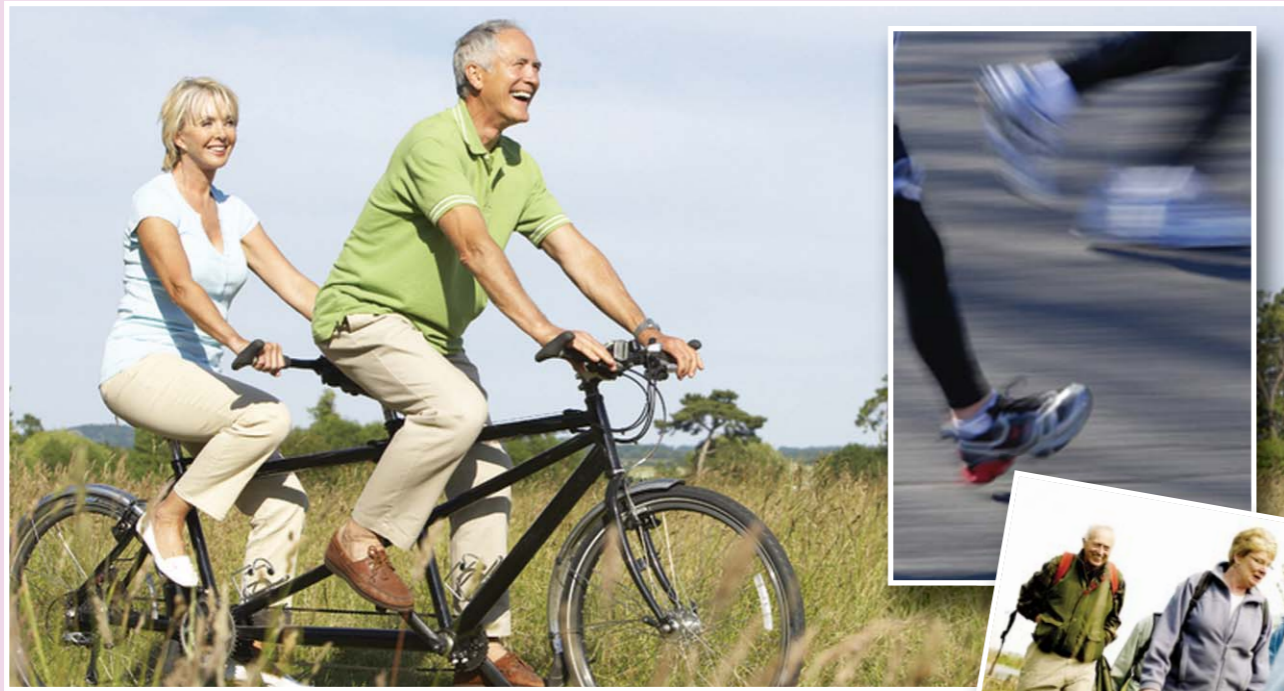
East Links: Leading the Field

Funding secured from the European Social Fund to provide fully funded training opportunities for 125 coaches and 30 qualifications for officials.

Engagement with National Governing Bodies

Herts Sports Partnership has a well developed and positive relationship with the majority of Sport England funded NGBs. Features of the local support we provide include regular bulletins, hosting arrangements for a number of NGBs and bi-annual networking days.

Active People Survey (APS3)



“ The annual cost of physical inactivity to NHS Hertfordshire is more than £12million in relation to chronic diseases * ”

Active People Survey Three

The Active People Survey (APS) is a telephone survey undertaken by Ipsos MORI and is the largest of its kind in Europe. It provides reliable statistics on participation in sport and active recreation by adults aged 16+ for all Local Authorities in England. The survey is conducted over a 12 month period to take into account seasonal variations. It captures frequency of participation in moderate intensity sport and active recreation, sports club membership, sports volunteering, satisfaction levels with sports provision in the local area, adults receiving tuition and those taking part in organised competition.

One of the main measures of the survey is the number of adults participating in at least 30 minutes of moderate intensity sport and / or active recreation at least three times per week (3 x 30). 3 x 30 is recognised as a measure of the contribution that sport and active recreation can make to the overall 5 x 30 recommended by the Chief Medical Officer (CMO).

Baseline data was collected between October 2005 and October 2006 (APS1). 1,000 people per Local Authority (10,000 across the county) were surveyed to establish the baseline. The survey has been repeated annually with a sample of 500 per

LA per year from October 2007. The latest Active People Survey results (APS3) revealed that the number of adults participating in moderate intensity sport and active recreation for at least 30 minutes on three or more days per week has remained static. It is worth noting that when comparing Hertfordshire's performance to its nearest IMD (Index of Multiple Deprivation) neighbours, five have remained static and just two have achieved a statistically significant increase in the region of 2.3%.

A significant cause for concern is the number of adults reporting zero participation in Hertfordshire. Inactivity increases the risk of developing more than six major diseases - type 2 diabetes, coronary heart disease, stroke, colon and breast cancer and osteoporosis and affects more people than obesity, alcohol misuse and smoking combined. The benefits of physical activity to health are huge. If medication existed which had a similar effect, it would be regarded as a 'wonder drug' or 'miracle cure' as reported by the Chief medical Officer in his 2009 Annual Report.

* Type 2 diabetes, coronary heart disease, stroke, colon and breast cancer and osteoporosis.

Key Findings for Hertfordshire

The three Active People Surveys have identified a number of trends for Hertfordshire:

- Overall levels of participation have remained static since 2005/06

	APS1 (2005/06)	APS3 (2008/09)	Change
Hertfordshire - overall (N18 3 x 30)	22.04%	21.67%	-0.4%

In the current Local Area Agreement for Hertfordshire (LAA2), the baseline level of adult participation in '3 x 30', taken from APS1 was 22%. The LAA2 target is to increase this by 4% to 26% by the end of 2010/11. However APS3 (08/09) results in Hertfordshire found that only 21.7% of adults reported this level of activity. Because of the statistical uncertainty in the data, this means that the level of participation in the county overall has essentially remained static. Results from APS3 nationally have shown just 6 out of 23 counties with targets have seen a statistically significant increase in participation, the rest have remained static.

- Adults aged 45+ have increased activity, although not to LAA1 target levels

Target Age Groups	APS1 (2005/06)	APS2/3 (2007-09)	Change
Hertfordshire - 16-24 year olds (KPI1 3 x 30)	32.00%	34.01%	+2.0%
Hertfordshire -	14.90%	16.35%	+1.5%

The results of APS3 combined with those of APS2 provided the final results for the physical activity targets set out in LAA1. Both of the target age groups achieved an increase, although not to target levels, the increase among those aged 45+ was statistically significant seeing an increase of 1.5%.

“ 78% of people in Hertfordshire are still not doing enough activity to benefit their health. ”

Positive outcomes

The Survey did hold some good news for Hertfordshire:



- Welwyn Hatfield saw a statistically significant increase of 4.2% in '3x30' participation since 2005/06 – one of the 20 biggest increases in the country. We are working with Sport England and Welwyn Hatfield Borough Council to identify in more detail the factors that have influenced an upturn of activity in this district.
- Satisfaction with local sports facilities in Watford increased by 13.0% from the 2007/08 level, the second largest increase in the country and satisfaction levels of sports facilities in Stevenage are now 82.0%, the highest in England.



Sport and Young People – Our contribution

“ Sport plays a very positive role in the lives of children and young people: building confidence, participation, team work and social skills ”

Participation in sport and active recreation offers unique benefits for young people. Sport plays a very positive role in the lives of children and young people: building confidence, participation, team work and social skills. Just as important it establishes physical activity as a fun participative life skill. The PE and Sport Strategy for Young People (PESSYP) aims to offer children and young people (aged 5-19) in England at least five hours of high quality PE and sport every week.

Sport Unlimited/Livewire

Sport Unlimited is a key element of PESSYP and is directly managed by County Sports Partnerships, with funding from Sport England.

In Hertfordshire the scheme, called Livewire, attracted 12,458 *semi-sporty or partially engaged* young people this year. These are young people who do not currently take part in sport or physical activity out of school hours. Livewire activities are held in school and community settings and delivered by partners as diverse as voluntary sports clubs to faith groups.

The scheme has now delivered year two of a three year programme and we are delighted to report that once again the scheme has over achieved against our participation target for this year.



Volunteering and Leadership in Sport

Of Hertfordshire's 2,000+ sports clubs, the vast majority are run exclusively by volunteers. Increasingly however, sports clubs can no longer rely solely on former players, members and parents to come forward as volunteers, and key agencies need to work together to create a secure future for voluntary sports clubs.

School Sports Partnerships (SSPs) in Hertfordshire are undertaking some outstanding work through their Leadership and Volunteering programmes to develop trained volunteers for the future. Excellent work also undertaken by local Volunteer Centres, Hertfordshire Council for Voluntary Service (CVS) and the involved team all give rise to optimism for the future.

Supporting 'Step into Sport'

Step into Sport is a National Youth Sport Trust Programme which aims to support young people as Sports Leaders, to develop key life and citizenship skills. The project aims to increase their capabilities as leaders and volunteers in school and in the wider community. Herts Sports Partnership works closely with all 12 SSPs in Hertfordshire to help develop their Leadership Academies and encourage greater participation in all aspects of the Step into Sport programme.

Herts Sports Partnership also support the Step into Sport passport, an online facility that allows volunteers to log their hours to work towards an award, as well as setting up community placements for students.

Leadership and volunteering is a key part of PESSYP – and one of the major successes of this strategy. Almost 2000 young people, some as young as primary school age, are involved in leadership and volunteering programmes. These also include community based volunteering placements for those aged 16-19.

Herts Sports Partnership funds and assists the co-ordination of the following programmes:

- Annual Step into Sport Conference
- Inclusive Sports Leadership Academy
- National Governing Bodies (NGBs) bolt-on courses for young leaders as part of our annual Coach Education Week



Case Study

Hollie Burrows loves cheerleading!

Cheerleading sessions funded by Herts Sports Partnership and run by the Saracens Sport Foundation have proved to be incredibly popular throughout the county.

For Hollie Burrows from Roundwood Park Secondary School, Harpenden, cheerleading has given her the opportunity and inspiration to take part in an activity she never thought would be possible.

13-year old Hollie from Redbourn, Hertfordshire, was born with a very rare condition called osteofibrosis dysplasia which meant that she suffered from benign tumours in one of her leg bones. She has had to undergo several bouts of major surgery and has had extensive treatment and at one point was in a wheelchair. As a result Hollie has always struggled with sport and activity, until she was offered the chance to join Livewire cheerleading sessions after school.

Hollie's Mum, Fiona Burrows said: "This has given her a new lease of life. By the end of the day Hollie has normally got a limp and is really tired and she will be in pain with her leg. But she just loves the course so much that it's almost as if the pain doesn't exist when she is doing it."

"She has excelled on the cheerleading course and even entered a competition that was held at Marlborough School. Her team sailed through to the finals after securing first place in their age category and are now going on to perform their routines in front of a large crowd at Vicarage Road stadium in Watford".

Hollie has been signposted into the regular cheerleading group run by Saracens so that she can continue to enjoy her new found talent. A key focus of the project is to build regular cheerleading groups which encourage young people to compete and take part in demonstrations. Through this they become more motivated and want to sustain their participation.



Events

Building on the successes of our 2008/09 events programme, Herts Sports Partnership has continued to develop and deliver a number of high quality events. In addition to providing our own events we have supported a number of partners events across the county. We are determined to recognise and support the efforts of Hertfordshire's community sports clubs and the many volunteers that continue to give their time freely to keep sport flourishing in Hertfordshire. Our programme of events provides support, information and valuable networking opportunities to enable practitioners to improve their clubs and enhance the delivery of their sports.

Annual General Meeting

The 2008/09 Annual General Meeting attracted over 80 people from a range of sporting backgrounds. The AGM, entitled *Past, Present and Future* aimed to provide the audience with presentations from senior leaders in their field of work and shared some topical insights affecting the current sport and physical activity climate. The event also reflected on the Partnership's successes during the year that had passed, and a preview of what was planned for the coming year.

Step into Sport Conference

The annual conference organised by the School Sports Partnerships and funded by Herts Sports Partnership was held on Thursday 24th September, and attended by 150 young people. The focus of this year's conference was how young leaders can make a difference to young people's lives. The programme for the day included a range of workshops which further developed leadership skills and gave an insight into the inclusion of all young people. The young leaders also had the great experience of listening to guest speaker Acer Nethercott, Cox for the GB Rowing 8 team.

“ Value your volunteers. Without them Hertfordshire would undoubtedly be a lesser place to live

David Croft, BBC Radio Five Live ”

Hertfordshire 50+ Games - a bigger success in 2009

For the second year the Hertfordshire 50+ games was a huge success, with more activities, more sessions and nearly 50% more participants.

The event, organised by Herts Sports Partnership with funding from Sport England, provided a range of 'come and try' activities for adults of all abilities looking to take up a new sport or recreational activity. In addition, for people already taking part in sport, there were friendly tennis, table tennis, short mat bowls and badminton competitions.



Service to Sports Awards

Volunteers are the lifeblood of sport in Hertfordshire and the Service to Sport Awards 2009, organised by Herts Sports Partnership, and held at the University of Hertfordshire's impressive Weston Auditorium, championed some of those efforts.

A packed auditorium applauded the efforts of the thousands of individuals who give up their time selflessly so that others can enjoy their chosen sport – and in doing so make such a vital contribution to their communities as safer and healthier places to live.

The evening was expertly compered by BBC Radio Five Live's David Croft, and attended

by civic dignitaries from across all local authorities in the county, as well as some prominent names from the world of sport. The presentations included Lifetime Achievement Awards to nine individuals – including 84 year old Arthur Wingate of Broxbourne Sports Club - who have devoted their lives to providing sporting opportunities for others.

Guests were treated to a fascinating insight into the mindset and motivation of one of the world's most amazing local young sportsmen – Michael Perham, from Potters Bar, who at 17 years of age became the world's youngest person to sail solo around the world. Michael described his adventure on the high seas and acknowledged the massive contribution made by volunteers when he first took up sailing.



Coach Education Week and Coaching Conference



The Hertfordshire Coach Education Week and Coaching Conference took place at the University of Hertfordshire, and satellite facilities from the 13th – 21st February 2010. The week offered over 90 sessions / courses and more than 3000 Continuing Professional Development (CPD) opportunities. The event, the single biggest of its kind in the UK, was organised by Herts Sports Partnership and attracted more than 1,100 coaches from as far as Latvia and Barcelona. Event organiser, John O'Callaghan, said: "Coach Education Week is designed to provide an accessible and affordable coach education programme which this year covered 21 different sports and provided a host of workshops. It is a key date in the calendar of hundreds of clubs in Hertfordshire and an opportunity to develop valuable knowledge, skills and qualifications." The event culminated in the third Annual Herts Coaching Conference on Sunday 21st February, opened with a keynote speech from Rugby legend Sir Ian McGeechan.

Community Sports Summit

Hertfordshire boasts over 2,500 of sports clubs in Hertfordshire, each of which make a major contribution to the quality of life within our communities. They enhance the health and well being of people of all ages, bring our communities together, help to keep our children fit and active and add to the county's distinctiveness and sense of pride. Sports volunteering counts for almost one third of all volunteering and Lord Coe has rightly described volunteers as the hidden social workers that provide the glue that helps bind our communities.

To recognise the efforts of these clubs, and to assist them to tap into various forms of support that are available, the Herts Sports Partnership staged the 3rd Annual Community Sports Summit, on Monday 26th April 2010, at the Fielder Centre, Hatfield Business Centre, Hatfield.

The Summit featured a mixture of presentations and interactive workshops on subjects including how to beat the credit crunch, new rules on vetting and barring and making the most of local media to promote the achievements of clubs. This year's event was attended by over 100 people.

Herts Youth Games

On the 9th & 10th May 2009, young people from across the county took part in the annual Hertfordshire Youth Games at Hertfordshire Sports Village. The event provides a showcase for emerging sporting talent, bringing with it opportunities for young people to come together and celebrate all that is good about involvement in sport. Over 2000 young people took part in 12 different sports in teams representing all 10 districts of the county. The event, superbly organised by the Herts Youth Games Association, included pre-event trials and offered sporting opportunities for up to 5000 young people. It is a shining example of the positive difference that sport can make to the lives of young people, and to see competitions for those with disabilities fully integrated into the event programme was also hugely inspiring.

Case Study

Arthur Wingate – Volunteer and Winner of a Service to Sport Lifetime Achievement Award 2009

Arthur Wingate learned to play tennis as a boy on the village tennis court in Hunsdon, Hertfordshire, and has been a member of Broxbourne Sports Club for over 50 years. Now in his 80's, Arthur is still very handy with a tennis racket, but over the years his support of Broxbourne Sports Club as a volunteer has been invaluable.

He and his wife have both supported the club, serving on the committee, making teas, taking care of the grounds and supporting tournaments. Arthur explains: "We've got so much out of supporting the club. Tennis is such a sociable sport, there's always someone at the clubhouse to have a chat with. And you're mixing with younger people – it keeps you young and gives you a younger perspective on life."

For Arthur, being involved with the club has meant that he's not just kept active, but just as important, has established a thriving social life. He said: "The club is popular for tennis social events as well as birthdays and other celebrations. I celebrated my 80th birthday and our diamond wedding anniversary at the club with family and friends which was perfect."

Arthur was surprised and delighted when he learned that he'd won a Lifetime Achievement Award saying: "I was amazed and honoured to win the award. We love the club and we're both honorary lifetime members, but this award is the icing on the cake!"



“ The role of County Sports Partnerships to promote physical activity alongside sport is being increasingly recognised by the Department of Health as part of a preventative approach to tackling health problems related to obesity and inactive lifestyles ”



Health and Physical Activity

The role of County Sports Partnerships to promote physical activity alongside sport is being increasingly recognised by the Department of Health (DoH) as part of a preventative approach to tackling health problems related to inactive lifestyles and obesity. Funding from the DoH is designed to promote regional activity strategies and communications, such as the Change4Life campaign, as well as delivering local programmes to encourage people to become more active.

Hertfordshire Physical Activity Alliance

Herts Sports Partnership working with NHS Hertfordshire has established a county-wide Physical Activity Alliance. The alliance includes those with a responsibility for, or interest in, physical activity and increasing participation in Hertfordshire. It is co-chaired by Herts Sports Partnership and NHS Hertfordshire and includes representation from a wide range of organisations including Local Strategic Partnerships, county and district councils and the voluntary sector.

A key project has been the development of the Hertfordshire Physical Activity Framework. The purpose of which is to create a strategic approach to increase the rates of participation in physical activity in Hertfordshire. The aspiration is to make Hertfordshire an 'inactivity-free zone'. The framework has four guiding principles identified within the DoH national strategy 'Be Active Be Healthy' as strategic

objectives. These are:
 - Informing choice and promoting activity
 - Creating an 'active' environment
 - Supporting those most at risk
 - Strengthening delivery

Consultation with over 100 people from a variety of sectors in February 2010 provided valuable feedback to develop the framework. It is intended that the framework is embraced and adopted by partners, and provides the basis for the development of detailed action plans to increase participation in their locality. Endorsement of the framework is due in June 2010.

Active Together

The Active Together programme is a partnership project funded by Hertfordshire County Council (Adult Social Care) which offers targeted sessions for older people that are low cost and close to home, often in local village halls and community centres. Although only in place for three months, the

project is already achieving its aims: to improve physical activity and health, reduce social isolation, allow older people to learn new skills and build self esteem and confidence.

The activities on offer include dancing, yoga, table tennis to badminton and bowls and even new age curling. As well as joining in, participants are also encouraged to learn how to volunteer to lead activity sessions, manage and administer teams, arrange fixtures, officiate matches and other roles. Older and younger volunteers will also have the chance to take part in training and development opportunities and other accredited awards for their volunteering efforts.

The first month of the Active Together project has attracted over 300 people aged 50+ to a range of multi activity sessions at parish halls and community centres. Phase 2, called Love to Dance, will provide a further 400 sessions of diverse dance classes.

“ Volunteering for the group is very fulfilling for me as I am learning new skills and am able to support less able local residents to become involved in the group ”

Case Study

Table tennis takes off in Buntingford!

As the Active Together session launched in Buntingford, Dave Austin, 65 found a new passion; table tennis! After spending 45 years forging a successful career in the retail drinks industry, Dave had become very focused on his work. And after retiring in 2008 was looking for a new hobby to keep him engaged in something active and sociable as well as to tackle his declining health.

With the help of Herts Sports Partnership, Dave has become the volunteer activity leader of his local table tennis group. Dave explains: "Through my youth I did not excel in any particular sport, so when I found out about my local multi activity session I was attracted by the choice of activities on offer. I also liked the fact that qualified leaders would be on hand to coach individuals of a similar age group to myself."

Having discovered at one of the sessions that there were three table tennis tables lying unused at his local community centre, Dave decided to get a table tennis group started. He distributed a questionnaire to members of his local University of the Third Age and it all took off from there. Dave said: "My new role will enable me to continue using the leadership skills I gained during my career, by helping others learn to continue enjoying sport and keeping fit. My plans for the group are to expand over the coming months and start to introduce weekend sessions aimed at young people".

Keeping fit at 50 with friends!

Over 50's in Breachwood Green, North Herts have got a great deal from a new exercise session, called Active Together run at their local village hall. The group which started out with five participants has gone from strength to strength and has grown to a regular membership of more than twenty. The exercise sessions which include pilates, yoga, table tennis, carpet bowls and even new age curling have proved to be a great success, giving older people a chance to get together regularly and take part in fun and sociable activity.

One resident, Mr Peter Hillier explained: "This has been a fantastic opportunity for me at my age. Not only am I getting out of the house and being more active, but I am also mixing with new people in the village and making new friends. Volunteering for the group is very fulfilling for me as I am learning new skills and am able to support less able local residents to become involved in the group. We are currently looking at drafting a constitution and applying for local grant funding so we can become fully sustainable".

Mrs Sheila Daniels feels the Active Together project has been a major benefit for her, giving her the opportunity to get involved with exercise, both as a volunteer and participant. It has also provided her with a form of respite from her role as a carer for her husband Roy, 75 also a member of the group, who is currently recovering from cancer and has diabetes and requires support. Mrs Daniels says "since being diagnosed, I have seen big changes in Roy's mood and general outlook and I do worry about his health. Coming along to the Active Together session is ideal for me as it enables me to enjoy exercising again, as well as giving Roy an outlet, so he feels happier, more confident and less socially isolated."

Over recent months, as well as running the activity sessions, Herts Sports Partnership has also helped residents form a voluntary management committee to ensure that the group flourishes long term. The volunteers have already benefited from first aid training and will soon be undertaking Sports Leadership Awards.



Coaching

Herts Sports Partnership is at the forefront of ensuring that coaches get the support that they need to deliver sport and physical activity for children, players and athletes at every level. We aim to ensure that enjoyment of sport and activity is an aspiration for every child, a chance to pursue their dreams, stretch their skills and build their confidence whatever their preference or ability. Our experience is that investment in coaching can deliver rich dividends in terms of participation, healthier lifestyles, sporting success, confidence and life skills.

Over recent years Herts Sports Partnership has delivered a programme of coaching support services to National Governing Bodies. This programme has been supported by significant external funding, particularly from the European Social Fund and Sport England's Workforce Development (CIF) Fund. And our successes include:

- Annual Coach Education Week and Coaching Conference – the single biggest event of its kind in the UK and hailed as a model of good practice – which earlier this year provided over 3000 development opportunities for some 1,100 participants.
- The largest workshop programme in the region attended by 646 individuals.

- 27 Clubmark workshops, attended by 475 people - 16 of these workshops were held at venues other than the University of Hertfordshire as part of our community outreach programme.
- On time delivery of the full complement of workshops for the School Sports Coaching Programme.
- Excellent links with the major coaching agencies in Hertfordshire.
- Recognised track record of supporting NGBs with their coach education programmes by targeting areas of need as jointly identified with the NGBs.
- Establishment of the Herts Coaches Association.
- Setting up of Herts Coaching Resources Library.

East Links: Leading the Field (ELF)

This project, funded by the European Social Fund, is bringing £1.3 million into the East of England, and Herts Sports Partnership is jointly leading the project in the county alongside North Hertfordshire College.

The project runs through to December 2010 and offers fully funded training opportunities to those working or volunteering in the sport and active leisure sector. The target for the ELF project in

Hertfordshire is to provide 125 coaching qualifications in a number of sports, along with over 30 qualifications for officials (referees, umpires, etc) and a small number of qualifications for coach tutors. The Partnership is taking the lead on these qualifications, while the college is leading on health and fitness qualifications, leisure facility operations qualifications and management development.

Learning from Legendary Coaches Series

Coaches, from sports as diverse as triathlon and cricket, attended the launch of the Herts Sports Partnership's learning from the Legendary Coaches Lecture series held at the University of Hertfordshire.

This was a series of evening lectures looking at some of the world's most inspiring coaches including Phil Jackson, Sir Clive Woodward and Bill Shankly. The first of these lectures, on Jose Mourinho, was delivered by David Turner to an enthusiastic audience of over 70 local coaches.



Working with and Supporting our Partners

National Governing Bodies (NGBs)

Sport England has engaged Herts Sports Partnership to deliver services which support the delivery of National Governing Bodies with the ultimate aim of attracting one million more participants in sport.

Herts Sports Partnership has a well developed and positive relationship with the majority of Sport England funded NGBs. We support local NGBs (National Governing Bodies) with regular information bulletins, hosting arrangements, bi-annual networking days – which bring together Local Authorities, School Sports Partnerships and NGBs – quarterly meetings of the Hertfordshire Sports Specific Development Officers Group (SSDOG). We ensure that the views of NGBs are at the heart of the planning process for our special events programme – including the annual Coach Education Week and Coaching Conference – and early notification and support is given to NGBs in respect of a range of funding and development opportunities.

Sports Development Officers (SDOs)

Sports Development Officers play a crucial role in each district and borough to promote the benefits of sport and active recreation at a local level.

Traditionally, Sports Development Officers (SDOs) have enjoyed an excellent working relationship with Herts Sports Partnership and the 2009/10 period was no exception. We consider SDOs to be the primary contact for sport and physical activity at a local level, and our ability to offer project funding and information and advice has helped SDOs to offer a wider range of high quality sports development provision within their local communities. We also value the assistance of SDOs as communication channels to help spread the word on key information and forthcoming events from Herts Sports Partnership.

Community Sports Networks (CSNs)

There are now 10 Community Sports Networks (CSNs) across the county – one in each of our district and borough council areas.

CSNs do not receive any core funding and a number of them have struggled to attract the necessary resources to support their growth and development. Herts Sports Partnership have continued to support CSNs whenever possible. Despite the challenging environment, our CSNs undertake work which is adding real value at the local level. We continue to support the Hertfordshire CSNs in the following way:

- Hosting of quarterly CSN Leads Meeting
- Payment of annual CSN insurance premiums
- Advice and assistance with Grant Aid applications
- A Herts Sports Partnership lead officer supports the development of all CSNs and individual CSN liaison officers provide support and guidance for each district.

Pro-action Hertfordshire

A true partnership approach between Herts Sports Partnership and Pro-Action has resulted in the very successful 'RURBAN' project. The name RURBAN represents the aim to deliver the same quality of sporting opportunities to all young people regardless of whether they live rural or urban areas.

The project utilises qualified sports coaches, to deliver multi-sports activity sessions for 1-2 hours per week for eight week periods within existing youth club environments. Activity sessions primarily involve young people aged 11-17 years and have a strong community ethos. By bringing sport to young people it removes barriers to participation that can be experienced by those living in rural isolation and more deprived areas. In many small villages the youth club is activity hub for young people, but at times the sport that takes place is unstructured and focuses too much on traditional sports like football.



Working with the youth sector has proved challenging for us in the past, but our aim has been to make strong youth connections and find innovative activities for young adults.

Further Education Sports Co-ordinators Group (FESCOs)

We have brought together the FESCOs from Hertfordshire's four further education colleges, and now have a pro-active and positive working group which puts us ahead of many other county sports partnerships. The group has become a stable platform from which to organise events and the team regularly share examples of good practice. The group was responsible for the delivery of the very successful 16-19 Inter FE games, in which over 400 students participated, with approximately 50% made up of students with special needs.

It is vital to our work with young people to maintain and develop our relationships with this group as they provide unique opportunities to engage with young people aged 16-24. This group also represents a key link between relatively high levels of participation in sport and activity in schools and declining activity through the adult years.

Financial Summary



During this financial year, there has been a reduction of income for the partnership compared to previous years. This is mainly due to the changes in the core funding from Sport England. Changes to the funding of sport, resulting from a Sport England review, have brought a new focus to our work. Our main focus for the funding received from Sport England has been to support the work of national governing bodies of sport in the delivery of the SUSTAIN, GROW and EXCEL agenda.

For the first time, however, Herts Sports Partnership has received funding directly from the Department of Health (DoH); this has ensured an increase in the physical activity agenda. Unfortunately, as can often happen with funding streams, this initial allocation is for one year, and while there is an expectation that funding will be continue into 2010/11, until this is confirmed it can make long term planning difficult.

The Partnership will continue to investigate new funding sources to enhance the income to the Partnership and to meet our commitments to our partners.

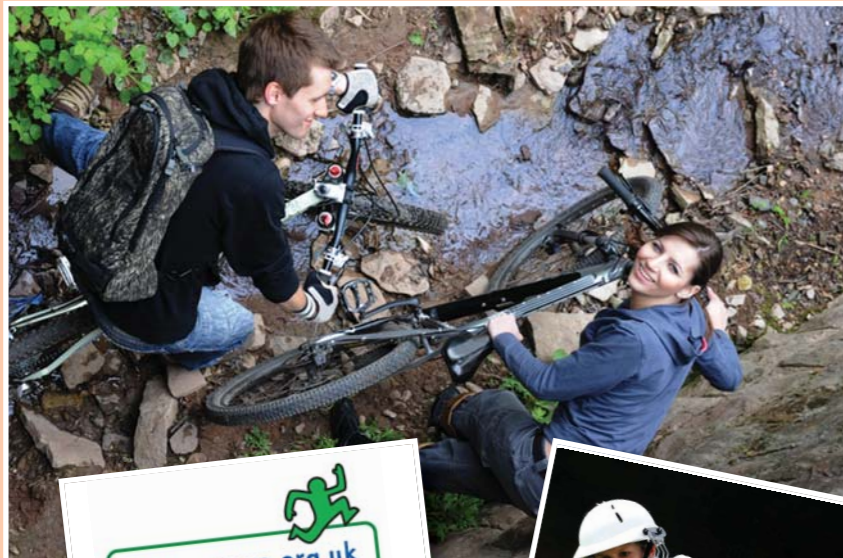
Herts Sports Partnership Financial Statement 2009/10

Income	£	Expenditure	£
Sport England core funding	£200,000.00	Salaries and on costs (incl. training and development and travel expenses) and operational expenditure	£433,964.92
Coach Development Manager	£22,900.00		
Contributions from Local Authorities	£59,605.70		
Health/physical activity match-funding	£49,500.00		
Department of Health	£80,000.00	Marketing (incl. Love to Move campaign)	£27,925.62
		Consultancy/Interim Management (Health & Physical Activity)	£4,485.19
Reserves	£9,647.07	Office moving expenses	£9,647.07
Sport Unlimited Capacity	£36,900.00	Active Together	£33,896.93
Sport Unlimited Delivery	£259,200.00	Sport Unlimited Delivery	£215,299.50
Active Together 1st payment	£50,000.00	Other projects and initiatives	£143,332.83
Community Sports Coach Scheme	£22,692.60	Community Sports Coach Scheme	£26,854.00
SE Community Investment Fund (CIF) bid	£3,950.00	Events	£32,655.93
BLF funding	£29,887.00		
Workshop income	£42,884.90		
Youth Sport Trust	£11,495.00		
Step Into Sport	£22,000.00		
Carry-forwards from 2008-09	£132,035.29	Ongoing projects and commitments	£104,635.57
TOTAL	£1,032,697.56	TOTAL	£1,032,697.56

'Projects' includes spending on: projects to support LAA2 targets, projects targeted at 16-24 age group, workshops/coach education (including Coach Education Week), BLF Wellbeing Programme (BME), Youth Sport Trust Single Letter Offer, Physical Activity projects.

'Events' includes spending on: 45+ Games 2009, Step Into Sport, Service to Sport Awards 2009, Community Sport Summit 2010, HSP AGM 2010.

Key Projects for 2010/11



Love to Move Social Marketing Campaign

Herts Sports Partnership has supported the Department of Health Change4Life campaign through the county-wide campaign Love to Move. The campaign is designed to engage adults over 40 in Hertfordshire to be more active in their everyday lives and to signpost to local rural and urban walks, health walks, cycle routes, swimming, dance and sports centre based activities. The campaign launched in April 2009 with 45,000 Love to Move information leaflets delivered to all Hertfordshire libraries, GP surgeries, pharmacies, sports and community centres and district and parish council information points. Central to the campaign is an interactive website: www.lovetomove.org.uk which includes extensive local information organised by district, a Change4Life activity search tool, a fitness self assessment tool and Love to Move challenge.

A key part of the campaign will be encouraging people to take part in the Love to Move challenge by setting themselves an activity goal over the summer months. Everyone who enters the challenge will be sent regular email communications to encourage them to make the most of their local community countryside, cycle routes, parks and commons and community sport and activity facilities.



Vetting and Barring

The Vetting and Barring Scheme aims to prevent unsuitable people from undertaking certain paid or volunteer work with children or vulnerable adults ('regulated activity'). It will do this by vetting all those people who wish to work with vulnerable groups and barring those where information indicates that they pose a risk of harm and (in due course) vetting those who wish to do certain other types of work ('controlled activity').

Herts Sports Partnership has already begun the process of communicating the new laws on Vetting and Barring to voluntary sports clubs and their volunteers. In addition to organising Vetting and Barring information sessions at our Community Sport Summit, we organise regular training sessions and provide key information and guidance on our website: www.sportinherts.org.uk

Physical Activity Framework

Increasing participation in physical activity, to the levels recommended to maintain good health, is a significant national challenge. 'Be Active, Be Healthy – A plan for getting the nation moving' is the national physical activity strategy which provides the strategic response to this challenge. The Hertfordshire Physical Activity framework, to be launched in 2010, follows the same national and regional approach and focuses on increasing the number of people in Hertfordshire who are physically active, to the recommended levels to improve their health and wellbeing.

Active Together

Herts Sports Partnership will continue to deliver this challenging project in the 2010/11 financial year. The main aim of the project during this year will be to ensure a wide spread of activities across the county and in addition to recruit volunteers both young and old to ensure the sustainability of the activities and extend participation.

The continued sustainability and roll out of this project will depend on the ability to secure further financial support.

Sport Unlimited

For year three of the scheme, Herts Sports Partnership will take a different approach to the programme delivery. On the advice of the Youth Sports Trust and Sport England, there will be less dependency on School Sports Partnerships to deliver these programmes, and instead a greater reliance on our local authority partners and Community Sports Networks.

The annual plan has been approved by Sport England and early indications suggest that the revised programming and implementation arrangements will be more reflective of need at local level. With the support of our Sports Development Officers and volunteers within our Community Sports Networks, we are confident that year three of the programme will bring with it further successful outcomes.

Conclusion and Challenges ahead

As we look forward to the next 12 months of our work we recognise that there are challenges ahead of us on a national scale. Financial restraint is at the top of the current economic agenda, but we must continue our drive to inspire and support people of all ages to participate in greater levels of sport and physical activity.

We know that Sport England, like many other sponsored bodies, has been asked to find budget savings of 3% this year, which amounts to £4.254 million. Sport England is a key source of funding for Herts Sports Partnership, and while budgetary restraint may well translate into reduced funding, it also provides us with an opportunity for further innovation.

This year we have already demonstrated an ability to identify new funding opportunities. While supporting county and community sport is a key part of our remit as a County Sports Partnership, increasingly the value of physical activity to improve health, social cohesion and educational achievement is coming to the fore. Our case studies in this annual report illustrate how conventional sport and newer innovative activities can reach and inspire young adults like Hollie Burrows (page 6) to achieve goals felt to be beyond their reach or ability. Others, like table tennis volunteer leader Dave Austin (page 11), have found a new channel for their talents and energy which brings so much to their community.

As a sports partnership we recognise the huge benefits that fun and varied physical activity bring, and we have been successful in attracting funding and support from key organisations with health and social care on their agendas. I've been delighted this year with the close partnerships that we've forged with Hertfordshire County Council's Adult Social Care team and NHS Hertfordshire and I look forward to strengthening these and other partnerships in the future.

Opportunities to innovate don't just extend to identifying new sources of funding. New partners, and new approaches to delivery will continue to present themselves. This year for the first time we have been commissioned by Adult Social Care to

deliver a programme of activities for older people: Active Together. The project has already benefited over 300 inactive older adults in Hertfordshire, and has directly tackled social isolation as well as encouraging older people to be more active. Part two of the project will focus on ensuring that activities can be self sustaining, with the support of volunteers young and old.

This year we've also been able to add even more practical support to our core partners including NGBs (National Governing Bodies) by creating shared work space at the Sports Performance and Development Centre, where representatives of NGBs can work alongside our sports development officers to plan and promote sport; support Hertfordshire's 2000+ voluntary sports clubs; and to connect them more effectively with initiatives and funding opportunities

with Local Authorities, School Sport Partnerships and Community Sports Networks.

Partnership and innovation will continue to be our watchwords for 2010/11. We will continue to drive awareness of the massive contribution that sport and physical activity has on the immediate and long term health and well-being of our communities. We will continue to support Hertfordshire's vibrant sports sector, underpinned by dedicated sports volunteers. And we will continue to deliver directly or through our partners, projects which make a real and immediate impact upon the enjoyment and expectations of sport and physical activity in Hertfordshire.

Christine Neyndorff Director
Herts Sports Partnership

