






1. EXERCISE REFERRAL SCHEME

The exercise referral scheme has

-  46 referral partners
-  240 referral applications received
-  65 people currently engaging in an exercise referral
-  81 people have completed their initial exercise referral membership
-  44 people have converted to an Activo Membership to continue their journey with us!

[Find out more here](#)

Our exercise referral scheme is booming!

The scheme is here to help individuals in Newark and Sherwood with ongoing health conditions become active and stay healthy.

Since April, we have received **240** referrals from our amazing healthcare partners!

Accessed through a range of referral partners including all Newark and Sherwood based GP practices, our qualified referral instructors work with you to create a personalised 12-week exercise programme. Plus, you'll have access to specialised health sessions and fitness classes- join us today and stay active with Active4Today!

Learn more about our referral scheme at [GP Referral | Active4Today](#)

If you would like to become one of our new referral partners, please get in touch with the team by emailing sportsdevelopment@Active4today.co.uk

2. CORPORATE HEALTH AND WELLBEING

Workplace health and wellbeing is important to us, that's why we support you and your employees by offering corporate access to our leisure centre facilities at a reduced price!

Since April we have supported

- ✓ 27 corporate partners
- ✓ 1,243 corporate memberships
- ✓ 258 staff wellbeing checks completed
- ✓ 16 wellbeing events attended
- ✓ 53 new business approached to engage in the scheme

Find out more here [Active4Today Active Lifestyles, Healthy workforce](#)





Unlock more with our corporate membership!

Did you know our corporate membership offers more than just discounted rates?

Here's what you get

- ⇒ Discounted membership
- ⇒ FREE guest pass- try before you buy!
- ⇒ Access to all facilities across our 4 leisure centres

That's not all, you'll also enjoy:





-  Improved health and wellbeing
-  Increased energy levels
-  Boosted immune system
-  Better sleep patterns for enhanced concentration and motivation

Could you be our next corporate partner? This year, we've welcomed 2 new partners and conducted 258 workforce wellbeing checks!

We offer

- ✓ Exclusive corporate rates for local businesses
- ✓ Flexible membership options
- ✓ No hidden charges












Don't miss out on

-  Discounted membership
-  FREE on-site health assessments
-  FREE guest pass for every employee
-  Access to all facilities across our 4 leisure centres


Join our community and reap the benefits! We partner with numerous organisations across Newark and Sherwood. **Contact us at** sportsdevelopment@active4today.co.uk for more information!

3. COMMUNITY


We have been working across the community since April to support groups, sessions and events including


- | | | | |
|---|---|---|--------------------------------------|
|  | 4 District-based walk groups |  | 3 Best Years Hub sessions |
|  | 2 Events at Boughton Community Hub |  | 6 Schools and college events |
|  | 1 Club engagement event – Newark Brazil |  | 3 Community wellbeing days |
|  | 44 Wellbeing and blood pressure checks |  | 105 Community groups/clubs supported |
|  | £9,690.50 awarded to 50 Sports grants |  | Newark and Sherwood Sports Council |
|  | 1 new session created in partnership with NHS Sherwood Forest Hospitals | | |

Active4Today supports a range of community events, open days and initiatives to support our communities to become more physically active!


 Did you know we have provided information and taster sessions at the new [Best Years Hubs](#) in Hawtonville, Blidworth and Clipstone?

 Provided activities to get everyone moving at [Boughton Community Hub](#) opening Event and the 'Food, Money and Move' programme?

 Worked with district-based schools and colleges to engage more of our young people into activity and into volunteer and workforce development programme, giving more opportunities to local people! [VISPA - Find out more here](#)

 Our sports development team have given 105 district-based sports clubs and groups advice and support since April.

 We have awarded 50 sports grants totalling £9,690.50 to local sports clubs. These grants have been used to develop facilities, broaden the reach of club sessions, sponsor junior and disability team 'home' kits, support community engagement events and support our most talented athletes to achieve national and internal success through the use of Active4Today's facilities. [Found out more here](#)

 Active4Tody support the Newark and Sherwood Sports Council as they continue to grow and support district based sports club with funding and networking opportunities, training courses, events and more. 2025 is looking to be a fantastic year for local clubs so [get involved here!](#)

♥ Our active lifestyles officer has provided 44 wellbeing and blood pressure checks during 3 community wellbeing days in the district, as part of our commitment to support our communities to lead a healthy and active lifestyle!

💛 We’ve been working in partnership with NHS Sherwood Forest Hospitals to provide an exit route for participants of specialist NHS physiotherapy sessions. Following 12 weeks of targeted sessions with hospital-based physiotherapists for neurological conditions, participants can now continue to access suitable exercise provided by our qualified coaches and are able to continue their rehabilitation in the leisure centre!

🚶🚶 We have also supported 4 new walk groups across the district to enable more people to get out and get active in Clipstone, Newark, Edwinstowe and Bilsthorpe. Most recently we have teamed up with Lincolnshire Co-op Wellbeing Walks which are a fantastic way to stay active and connect with your community. Walks are available in Collingham, Idle Valley, Ollerton, Long Bennington, and Newark. They are led by friendly, specially trained volunteer walk leaders, are free to attend and open to everyone, regardless of age, ability or fitness level! Why not join us for our next Bilsthorpe walk and experience the benefits of staying active together!

📍 **Where:** Bilsthorpe Heritage Museum

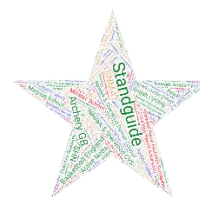
📅 **When:** Friday, 27th December (last Friday of every month)

🕒 **Time:** 10:00 AM (usually 60-90 mins)

4. PARTNERSHIPS

We aim to support more people across the district to be active, but we recognise we can’t do it alone. Here’s a few groups and organisations we work with to achieve our aims!

- ★ Youth services
- ★ Local charities
- ★ Community groups
- ★ Sports clubs
- ★ Schools and colleges
- ★ NHS services
- ★ Active partnerships
- ★ Community policing teams
- ★ NSDC teams



We believe in the power of teamwork, so to help our communities stay active, we collaborate with a variety of amazing partners, over 72 of them in fact! In a typical week, you might find us working with youth services, charities, community groups, sports clubs, schools/colleges, NHS services, Active Partnerships, NSDC officers and the Police to name a few!






Each project and session are a unique adventure but together, we ensure that our efforts reach those who need it most!

Keep a look out for our next session in partnership with Nottingham Forest Community Trust and Hawtonville Young People’s Centre coming in early 2025!

7. YOUNG PERSON MENTAL HEALTH BURSARY

We know that keeping active supports mental and physical health. That’s why we have been working with specialist teams and services on a bursary scheme for young people with mental health challenges.

Active4Today has

-  31 partners engaged
-  30 applications received
-  17 mental health conditions
-  19 bursaries granted
-  3 leisure centres accessed (Blidworth, Dukeries, Newark)

This year, we introduced our first-ever Young People's Mental Health Bursary, recognising the incredible impact that staying active can have on improving mood and boosting both mental and physical wellbeing. Building on the success of previous collaborations with ShawMind, this new bursary is a shining beacon, targeting our young people who need it most!

So far, the initiative has reached 19 young people across the district, who have been receiving specialist support for mental health conditions. These included but were not limited to safeguarding concerns, social care interventions, self-harm and suicide risk.

It is our pleasure to support each young person along their journey to improving their mental health through physical activity. We have seen these young people grow and thrive, even encouraging other people in a similar situation to become active alongside them.

We are incredibly proud of their achievements in such a short space of time and are committed to reaching more young people in need through the scheme in the future.

8. GRANTS

Since April 2024 we have awarded

- ✓ **33** coach development grants for local volunteers to improve their skills and knowledge
- ✓ **7** teams with new home kits
- ✓ **3** club develop grants to launch new sessions and improve facilities
- ✓ **2** clubs to offer community events
- ✓ **7** talented access passes to elite athletes to use Active4Today facilities

Active4Today is dedicated to helping our district-based sports clubs by providing a variety of funding opportunities that are easy to access for local clubs and their volunteers.

Since April, we've accomplished amazing things

 **50 awards**   **14 different sports**   **£9,690.50** 

- ✓ 33 coaches have enhanced their skills with National Governing Body qualifications
- ✓ 7 teams have proudly donned new home kits thanks to our sponsorship

- ✓ 3 clubs have secured club development funding to launch new sessions and improve facilities
- ✓ 2 clubs have tapped into Community Engagement grants
- ✓ 7 talented individuals have enjoyed a complimentary 12-month membership our centres

Dive in and discover how your club can benefit by visiting [Active4Today | Grants](#) for more information and to apply!

9. VISPA – WORKFORCE DEVELOPMENT



- 4 VISPA volunteers
- 533** volunteer hours completed
- 2 leisure centres
- 4 new employees



Did you know our VISPA programme was developed so anyone aged 14 years and over could gain valuable experience in the sports and leisure industry? The aim was, and continues to be to provide valuable, fit for purpose placements that encourage volunteers to develop their love of sport and physical activity, whilst providing a pathway into paid employment in the industry.

Our volunteer scheme provides options to gain experience in the leisure centre or community sports club setting for one or two hours each week in the evenings and/or weekends. Volunteers are supported to get involved with events, work together as a team and complete relevant National Governing Body (NGB) training in their desired sport to progress their skills and experience. Once this has been completed, Active4Today will then support their pathway into paid employment in the industry!

This year has been nothing short of amazing for our VISPA Programme. We're over the moon to share that 4 of our superstar volunteers have successfully completed the volunteer programme and achieved paid roles as swimming instructors with Active4Today!

Not only that, our VISPA partnership with Portland College has also been a real success! Students have shone in their volunteer placements within Blidworth and Dukeries Leisure Centres.

A special well done goes to Oliver who enjoyed his internship so much that he came back for more! Oliver's love of sport and physical activity shines through as he supports coaching and fitness activities alongside our fitness instructors in the gym.

[Find out more about VISPA here!](#)

10. CLUB SUPPORT WITH NEWARK & SHERWOOD SPORTS COUNCIL

All the best things come in **3's!**

- ✓ **3** new community sports clubs in Newark
- ✓ **3** historic sports clubs supported to succeed
- ✓ **3** committee members recruited for NSSC

Active4Today are thrilled to support local sports clubs and groups to thrive and develop. By Supporting Newark and Sherwood Sports Council we are helping more clubs to open their doors and achieve excellence!

The best things come in 3’s - especially when it comes to the sports development team at Active4Today!

The team are dedicated to helping Newark and Sherwood based sports clubs and groups to flourish. Whether you’re an established club, just starting out, or in the growth phase, our team offers expert advice and a multitude of funding opportunities to support your journey!

We have already supported over 100 clubs and groups this year, but did you know that since April we have supported affiliation and given development advice to

- 3 new clubs in Newark. Seeing a return of baseball, basketball and junior netball to the area!
- 3 historic clubs from Sherwood, undergoing a period of rejuvenation have been supported to succeed by advocating for a range of funding and providing advice and support.
- 3 committee members at Newark & Sherwood Sports Council have been elected who will work to further sports in the district.

We are thrilled to support our clubs and groups as well as assist the Newark and Sherwood Sports Council to expand their offerings to district-based clubs. If you want to learn more and get your club involved, drop us an [email!](#)

11. ADDITIONAL FUNDING RECEIVED

In the last 9 months we have received

- ✓ 3 grants to remove barriers to participating in physical activity
- ✓ Developed 4 new targeted sport and fitness sessions
- ✓ Received **£22,000** towards session development and delivery
- ✓ Engaged **134** new people into physical activity

Keep a look out for our next new session in early 2025 in partnership with Nottingham Forest Community Trust and Hawtonville Young People’s Centre!

Since April, we’ve made incredible strides in providing accessible physical activity opportunities at our leisure centres and in the community, thanks to the generous funding from the Holiday, Activity and Food programme (HAF), the Community Alcohol Partnership, and Parkinson’s UK.

We are thrilled to announce that we’ve secured a total of £22,000 of additional funding so far this year! This support enables us to offer diverse and inclusive activities to a wide range of people, ensuring everyone has the chance to stay active and healthy regardless of age, financial or health barriers.

Did you know, HAF funding has enabled us to provide additional targeted activities for children who are eligible for free school meals? These activities have included sports such as football, archery and swimming, the diverse sessions have even included cooking. Provided in partnership with ‘Cook Stars’ each person prepared and created their food and then went home with their own yummy lunch to eat - what’s not to love about that!

Active4Today’s new Neuro-Fit session, supports people who have Parkinson’s disease and other neurological health conditions to stay physically active. The group meet for an hour each week at Newark Sports and Fitness Centre where they complete a range of cognitive and physical exercises to

keep them in tip-top shape! The sessions are open to all ages so if you know someone who would benefit from the session, bring them along and give it a try!

Don’t forget to keep a look out for our next new session in early 2025 in partnership with Nottingham Forest Community Trust and Hawtonville Young People’s Centre – it’s set to be a fantastic opportunity for our local young people!

We would like to say a massive thank you to our funders and everyone involved in making these incredible sessions, which make a positive impact in our community possible – thank you!

12. APPRENTICESHIPS

Did you know we offer apprenticeships in lots of areas including leisure management, fitness and sports development? In fact, we currently have 4 apprentices learning new skills and gaining experience at Active4Today!

In June, the sports development team welcomed Harriet to the team. She’s been out and about at local events, and supports activities and programmes

- | | | | |
|----------------|----------------------|----------------------|----------------------|
| ✓ Young people | ✓ Corporate partners | ✓ Exercise referrals | ✓ Events |
| ✓ Sports clubs | ✓ Community groups | ✓ Wellbeing checks | ✓ Holiday activities |

[Find out more about our apprenticeship opportunities here!](#)

Active4Today offer a range of apprenticeship opportunities in our leisure centres. In June, we were pleased to welcome Harriet, our new Sports Development Assistant Apprentice, to the team.

Harriet has a love of sport and can be frequently found playing netball. She is completing a Level 3 Community Sport and Health Officer apprenticeship and has been kept busy working with young people, corporate partners, GP referrals, and clubs across Newark and Sherwood!






She loves attending different events, conducting wellbeing checks, and connecting with the community as well as working alongside our Active Lifestyles Officer, Beth to deliver our new Neuro-Fit sessions at Newark Sports and Fitness Centre.






Harriet brings an avalanche of positivity to the team and has risen to every challenge presented to her! As well as supporting our team with grant administration, she also supports our facility hire team and is learning about the importance of programming to give more clubs access to community sports facilities for training and match play.






Harriet is smashing her apprenticeship and will undoubtedly become an asset in the world of sports development! We’re so excited to support Harriet as she continues to excel in her role, and we can’t wait to see all the amazing things she will achieve in 2025!

13.

A round up of the year so far...

-  50 grants awarded
-  3 grants received
-  23 volunteers engaged
-  105 community groups/clubs supported
-  1,243 corporate members

-  4,219 people engaged in holiday activities
-  3 new sports clubs
-  19 mental Health Bursaries
-  44 community Wellbeing checks
-  72 charities, groups and organisation engaged

  Wowzers! no wonder the team are ready for Christmas   

How swiftly time flies! It’s been a year since Beth and Joe joined the sports development team, and what an incredible year it has been!

We have welcomed Harriet, our new apprentice whose boundless energy and enthusiasm have been instrumental in helping us tackle physical inactivity across the district.

We've delved deeper into our communities, forming new partnerships and strengthening bonds with existing organisations, clubs, and groups to ensure greater access to sport and physical activities for everyone.

We’ve collaborated with various community venues to open their facilities, ensuring year-round training and access for our sports clubs and community groups to thrive.

We’ve introduced additional inclusive sessions so that a range of people with long term health conditions can keep active whilst having fun!






The number of residents accessing our exercise referral programmes continues to increase.

Our volunteer programme has been given an overhaul and now offers more opportunities to enjoy.

Our holiday activity provision has grown to incorporate new sessions and a wider age of participants.

As we bid adieu to 2024, we extend our gratitude to the dedicated sports development team and the wider Active4Today family who work tirelessly to provide amazing opportunities for all. We also say a huge ‘THANK YOU’ to those sports clubs, groups and organisations that we work in partnership with, so we can better support the residents and community of Newark and Sherwood to be more active!

LET’S CELEBRATE COMMUNITY SPORTS CLUBS

-  Southwell City Football Club 
-  Junior and Senior sections
-  £1000 Grant funding received
-  Facility improvements made

Hear about their journey here....

     LET’S CELEBRATE COMMUNITY SPORTS CLUBS    

Recently, members of our grant panel went along to a training night and met with volunteers from Southwell City Football Club (SCFC) to look at what they’re doing with the grant they were awarded for a contribution towards the development of female changing rooms and an accessible toilet at the Memorial Ground.

Southwell City received £1,000 from the Club Development fund, which was used to increase privacy in the female toilet facilities by separating them from the main clubhouse room. This has created an inviting atmosphere for parents, players, and the community to enjoy.

Adrian Purdy gave panel members a tour of the junior facilities and discussed the future plans for the changing rooms, disability access, and storage improvements aimed at enhancing the facilities for junior teams.

As the group stepped outside, under the floodlights, the panel heard from a volunteer coach who began coaching when his son started playing. By using the Coach Development Grant, he completed several FA training qualifications to improve his coaching skills and give his players the best experience possible.

SCFC are a large club with facilities in Southwell and at Brinkley. The club have grown hugely over the past few years, have a thriving women and girls section and are in the process of developing disability football in the club.

Are you inspired and wondering if your club can achieve the same? Absolutely! The Active4Today sports development team is here to help you enhance your facilities, grow your membership, and elevate your club's offerings!

Did you know that across the district, there's a group called Newark and Sherwood Sports Council? This fantastic group shares knowledge, experiences, and opportunities to help local sports clubs thrive.

Join us by emailing us at sportsdevelopment@active4today.co.uk to explore these amazing opportunities!