

COURSES THIS QUARTER



GENERIC COURSES

Dates	Course Title	Centre/Venue	Time
5th February	How to Coach Disabled People	Wigmore Hall	19.00-21.00
7th & 8th February	First Aid	Learning Warehouse	19.00-22.00
19th February	LTAD	Biddenham	19.00-22.00
28th February	Safeguarding Children	Rufus Centre	19.00-22.00
19th March	Equity	Biddenham	19.00-22.00
22nd March	Funding for your Club	Biddenham	19.00-22.00
26th March	Safeguarding Children	Hightown, Luton	19.00-22.00
27th March	Club for All	Rufus Centre	19.00-22.00

For more information about the courses or to book a place please go to www.teambedsandluton.co.uk/training-courses



FOOTBALL COURSES

Level 1 Courses - £95

Bedfordshire FA (Dunstable)

12th Feb (18.30-22.00), 24th & 25th Feb (09.00-18.00), 1st March (18.30-21.30), 3rd March (09.00-18.00)

Sandy Upper School

28th Feb (18.30-22.00), 10th & 11th March (09.00-18.00), 15th March (18.30-21.30), 17th March (09.00-18.00)

Wootton Upper School

21st March (18.30-22.00), 31st March & 1st April (09.00-18.00), 5th April (18.30-21.30), 7th April (09.00-18.00)

Level 2 - £230

Crawley Green FC

7th Feb (18.30-21.30), 11th-17th Feb (09.00-18.00), 18th March, 22nd April, 22 July (09.00-18.00), 16th & 23rd September (09.00-18.00)

16th & 23rd September (09.00-18.00)

Workshop - Speed, Agility & Quickness - £15

Crawley Green FC

11th March (18.30-21.30)

For more information contact James Slack on 01582 567719. Booking forms can be downloaded from the website www.bedfordshirefa.com with payment sent to Bedfordshire FA, Century House, Skimpot Road, Dunstable.



COURSES

Centre/Venue	Course Title	Dates/Times	Grading Method	Cost £
Hightown Sports & Arts Centre	Emergency First Aid	24th March 09.00-15.00	Ongoing assessment	£60
Wardown Swimming & Leisure Centre	NPLQ	31st March-4th April 8.30-17.30 daily	Exam 5 April 8.30 - 13.30	£230
Wardown Swimming & Leisure Centre	NPLQ	10th-14th April 8.30-17.30 daily	Exam 15 April 8.30 - 13.30	£230
Hightown Sports & Arts Centre	4 Day First Aid at Work	24th-27th April 08.30-17.30	Exam included within the course structure	£160
Wardown Swimming & Leisure Centre	NRASTC	29th April Plus pre-course preparation 8.30-17.30	Exam included within the course structure	£40.00 Plus assessment fee **£15.00

For further information please contact Active Luton on 01582 400272 or 01582 419548 / carol.trower@activeluton.co.uk

www.teambedsandluton.co.uk

team talk

The Bedfordshire and Luton County Sports Partnership
Newsletter for Clubs, Coaches, Teachers and Volunteers

ISSUE 3 · FEBRUARY 2007

Welcome to the 3rd edition of 'team talk', the newsletter of team BEDS&LUTON, the County Sports Partnership.

ARE YOU A CLUB, COACH OR VOLUNTEER WORKING WITH TEAM BEDS&LUTON?

team BEDS&LUTON have developed a benefits package to reward those clubs and individuals who are helping to develop sport in this county by being directly involved in team BEDS&LUTON activities and initiatives, or by hitting CSP club development targets in achieving accreditation.

ELIGIBILITY

- Clubs who are working towards or have achieved the County Sports Partnership's Minimum Operating Standards, Clubmark or the NGB equivalent accreditation
- Coaches and Volunteers working on team BEDS&LUTON activities and initiatives

REGISTRATION

Eligible clubs, coaches and volunteers must register for the benefits package (visit www.teambedsandluton.co.uk and complete a registration form). Once your registration has been received the information will be added to our database, a member of team BEDS&LUTON will contact you, and you will be eligible to receive the numerous benefits straight away!



NEW CLUB AND COACH DEVELOPMENT COURSES

team BEDS&LUTON host a variety of generic club and coach development courses throughout the year, including 'Appointed Persons First Aid', 'Safeguarding and Protecting Children' and 'A Club for All'. The complete programme of courses for the period January - June 2007 is available on our website (www.teambedsandluton.co.uk) and a new brochure

listing the courses is now being distributed across the county (please contact us admin@teambedsandluton.co.uk / 01582 813760 if you would like a copy sent to you).

Courses for the period January - June 2007 are priced in a three tier structure relating directly to our benefits package, with large reductions for those who are registered on the scheme!

BIG LOTTERY FUND: AWARDS FOR ALL GRANTS

Is your club a non profit-making group? Do you have a 'governing document' and a bank or building society account? Then you may be eligible for funding through the Lottery's 'Awards for All' scheme.

The aim of this scheme is to improve quality of life by helping more people to be involved in local activity and developing their skills and creativity. If you can show that your project meets this criteria then you are able to apply for a grant of between £300 - £10,000.

The grant has to be seen to 'make a difference' and is therefore not available for funding of existing activity, neither are you able to apply for grants in consecutive years. You will also need to make a contribution to the cost of the project but this could be 'in kind' support in the form of volunteer time or use of club facilities.

If you think you might be eligible, please visit the 'Awards for All' website www.awardsforall.org.uk or call 0845 600 2040.



OUR PARTNERS

Sports development in Mid Beds



The Sports Development section has provided Mid Beds District Council with an opportunity to demonstrate its commitment to sport and physical activity within the community and to its partners, including the County Sport Partnership, Bedfordshire's other local authorities, town and parish councils, local schools, and clubs. By working closely with these partners, the Council has been able to provide new opportunities through new initiatives, developed at a local level with individual clubs and committees, and at a more strategic level with wider partners.

The majority of Mid Beds District Council Sports Development work is focused on young people within the district, where they aim to develop programmes such as the Youth Games, holiday activity initiatives, district competitions and after school activity and have had an impressive uptake of just under 6000 young people taking part in their activity since January 2006. The Sports Development Team are also able to offer a wide range of services, advice and knowledge to residents, clubs, schools and organisations within the district.



For more information regarding sports development in Mid Beds please contact Debra Jeeves 01462 611 133 debra.jeeves@midbeds.gov.uk

REDBOURNE SCHOOL SPORTS PARTNERSHIPS



chosen will work with a particular target group to advance their learning through PE and sport, and also encourage them to engage in a healthy, active lifestyle.



The Department for Education and Skills and the Department for Culture, Media and Sport set a target of 75% of all children in England spending a minimum of 2 hours each week in high quality PE and school sport within and beyond curriculum time. This was due to be achieved during 2006 and the Redborne School Sport Partnership is proud to announce it achieved a figure of 90%, which exceeds the target set for 2008.

The start of a new academic year has seen a vast expansion for the Redborne School Sport Partnership. A total of 9 new members of staff and 33 new schools mean the Partnership will now impact on the lives of 17,000 pupils.

The Partnership employs 10 School Sports Coordinators (SSCo) covering 4 Upper Schools, 9 Middle Schools, and 39 Lower Schools. Their role is to support and develop the delivery of High Quality PE and School Sport both within the curriculum and out of school hours.

During the Autumn term the Partnership ran out of school hours programmes in archery, basketball, street dance, cricket, gymnastics and also curriculum activity in both lacrosse and skipping. The work of the Partnership in this term alone has allowed 2583 young people the opportunity to take part in high quality sporting activity they may not have had the chance to access before. The partnership now provides activity in badminton, street dance, golf and lacrosse. Each of the activities

As a sign of the good work which is going on within the Partnership, Cranfield, Wootton, Houghton Conquest, Flitwick, Broadmead and Firs Lower Schools all recently received the award of Activemark. Redborne Upper School was also awarded the Sportsmark for 2006; so well done to all of the staff and pupils at each of the schools.

To contact the Redborne SSP phone 01525 842609 or email [Gabby Hanus \(Partnership Development Manager\)](mailto:Gabby.Hanus@redborne.beds.sch.uk) stghanus@redborne.beds.sch.uk or [James Stephenson \(Assistant PDM\)](mailto:James.Stephenson@redborne.beds.sch.uk) stjstephenson@redborne.beds.sch.uk



ACTIVE PEOPLE SURVEY RESULTS

WHAT IS THE ACTIVE PEOPLE SURVEY?

The Active People Survey is the largest single survey of sport and active recreation ever undertaken in Europe and provides more detail on sport and active recreation than any previous research. It was commissioned by Sport England and has been carried out by Ipsos MORI at a cost of over 5 million pounds.



The survey provides statistical information and gives a detailed breakdown of the levels of participation in sport and active recreation in England. A total of 364,501 surveys were completed, with each Local Authority area having a minimum sample of 1,000 people. The survey involved a telephone interview lasting approximately 15 minutes in duration and asking a series of questions relating to participation in sport and physical activity, including walking and cycling, volunteering, club membership, coaching, competition and satisfaction.

BEDFORDSHIRE AND LUTON'S RESULTS...

Bedfordshire and Luton are above the national average when it comes to taking part in sport or active recreation:

- 22% of adults (aged 16 or over) are hitting the recommended target of 30 minutes of moderate intensity sport or active recreation on at least three days a week, compared to the regional figure of 20.5% and the national figure of 21%.
- The local authority area with the most active population is Mid Bedfordshire (22.7%).
- When it comes to volunteering, the people of Bedford are the most generous with their time, with 6.4% giving at least one hour a week to help run a sport club or activity.
- 77.3% of the residents of Bedford are satisfied with sports provision and services in their area - well above the national average of 70%.
- As expected the most active age group are those aged between 16 and 24, and the survey shows that people drop out of exercise and do less and less as they get older. This has implications with the ageing population and could be seen as a call to action by sports centres, gyms and sports clubs to make their offer more attractive to older people.

Chris Perks, Director of Sport England East, said: "We want to get 270,000 more people in the East to do 30 minutes of exercise three times a week by 2013. To do that we will be working with team BEDS&LUTON and local authorities to provide the right facilities, venues, coaches and other volunteers to make sport happen. The detailed picture provided by the Active People Survey will help us work effectively with our partners at a county and local level to reach out to the region's diverse communities to help more people to realise the benefits of being active".



Inactivity costs the UK an estimated 8.2 billion pounds each year. The results of the survey will help Sport England, working with partners across the region, to target and inform future investment to improve community sport.

£211,000 SECURED TO HELP GET OUR COUNTY GET ACTIVE...

team BEDS&LUTON have had a successful double whammy with the Local Area Agreements (LAAs) in Bedfordshire and Luton. Firstly team BEDS&LUTON persuaded the Government Office in the East to provide £100K "pump prime funding" for an "increasing participation" project and now Sport England have agreed to add £111K to the pot following a positive Community Investment Fund bid. Lloyd Conaway team BEDS&LUTON Director said "This is fantastic news and gives us a great opportunity to work across Bedfordshire and Luton on a series of initiatives which will get more people involved in sport and physical activity and help in Luton through a partnership with health professionals on a weight loss programme".

Workforce Development is high on the agenda at the moment as team BEDS&LUTON are currently involved in two projects to offer training opportunities for people in Bedfordshire and Luton. Currently we are completing Training Needs Analyses (TNAs) on organisations and individuals to identify gaps in skills. The results from this data collection will then feed into a coordinated plan of courses and training resulting in an up-skilled workforce.

EAST-LINKS: SPORTS AND LEISURE PROJECT...

...aims to support skills development in the Sport and Leisure Sector providing local people with the skills and qualifications needed to fully capitalise on the opportunities afforded by the London 2012 Olympic Games and Paralympic Games. The work of the project has been developed to meet identified skills needs within Skills for Life, communication skills, customer care, first aid/health and safety, sports coaching and management and leadership. It also recognises the need to build capacity within the sector and recruit hard to fill vacancies. The focus of the project will be to enhance current training provision, increase participation, expand the range of skills and help to qualify the workforce.

The project is funded by the European Social Fund and match funded by the Regional Learning and Skills Council. The project is managed by ACER (Association of Colleges in the Eastern Region) who are working in partnership with SkillsActive, Sport England, sports coach UK, Volunteering England, team BEDS&LUTON, Bedford College and various providers across the county and region.

OVERALL WORKFORCE PLAN...

...in addition there is also an overall plan that is looking to cover as many aspects as possible of the workforce involved in sport and physical activity; for example coaches, committee members, groundsman, officials, facility operatives and sport development officers, whether paid or unpaid. This project will be funded through the Community Investment Fund (CIF).



BRITISH TRIATHLON TO HOST TRAINING CAMP FOR DISABLED ATHLETES

British Triathlon are delighted to announce that they will be hosting a training camp 31st March-1st April 2007 specifically for disabled triathletes. The principle aim of the weekend training camp is to provide a high quality environment for disabled athletes of all triathlon classifications and will be held at Loughborough University utilising the competition standard athletics track, the British Swimming Olympic sized pool and air conditioned lecture facilities with conference catering.

Coaching will be based on a 1:2 ratio with all coaches being trained to British Triathlon level three. The cost of the training weekend is £40 inclusive of lunches on both days and is open to both experienced and novice disabled triathletes.

To book a place please complete the application form at www.britishtriathlon.org or contact Julian Wills on julianwills@britishtriathlon.org / 07739526561.



A BOOST FOR BEDS

The London 2012 Bedfordshire and Luton Support Team (BOOST) have recently submitted a plan to encourage teams to visit the area for pre-games training camps. A partnership has been formed involving all the local authorities, business groups, the University of Bedfordshire, the Harpurs Trust and Luton Airport. Following the pre-games training camps submission the group is now working on a set of initiatives to realise the benefits of London 2012 to the area. This will include opportunities for business, tourism, culture and inspiring young people. Lloyd Conaway, team BEDS&LUTON director sits on the BOOST board and on the East Region's London 2012 Nations and Regions board, he also worked on the London 2012 bid and said, "Legacy was at the centre of the successful London 2012 bid and BOOST must make sure it works hard to realise the opportunities here in Bedfordshire and Luton".



EAST BEDS SCHOOL SPORTS PARTNERSHIP

INDOOR ATHLETICS

Like all the other School Sports Partnerships, the East Beds SSP has also had an expansion this school year and now encompasses all the schools in the area. Mid Beds District Council have been working closely with the partnership and have been running lunchtime sessions of indoor athletics for year 5/6 pupils and after school sessions for older pupils too. These indoor activities have attracted mainly girls who really enjoyed the events and recorded results in running, jumping and throwing activities. The District Council also organised festivals at Robert Bloomfield for students from Sutton, Pottton and Wrestlingworth Lower schools.

TAXI TOKENS

The East Beds SSP have been using taxi tokens to help students from low income families to get home at night safely after taking part in after school sports clubs. Gary Gunn, the SSCo for Burgoyne Middle School said "I have one student who just wouldn't be able to take part without the tokens. They've enabled him to participate in after school rugby matches and this term there are several rugby tournaments that he will be able to take part in too. The same student has now joined the school basketball team and really enjoys the opportunity to get involved!".



To contact Paul Blunt, the Partnership Development Manager for the East Beds SSP, email bluntpdm@gmail.com or phone 01767 688199.

SCHOOL TO COMMUNITY SPORT...

SCHOOL - CLUB LINK GRANTS

team BEDS&LUTON have started to issue grants to support the development of school-club links in the county. The first grant of £500 was awarded last month to the Leighton Linlade Partnership to help the link between Gilbert Inglefield middle school and Harlequins Gymnastics Club. The money will be used to run an after school club at Gilbert as well as enabling coaches from Harlequins to go into the family of lower schools that surround the middle school to offer taster sessions to the students, whilst supporting and guiding the teachers to help them to deliver higher quality sessions in the future.

SHARNBROOK LIONS BASKETBALL CLUB

The North Bedfordshire School Sports Partnership and MK Lions have been working together to set up a satellite basketball club in the area. The club have been providing after-school basketball sessions for both boys and girls from Sharnbrook Upper School over the last two terms and after building a good relationship with the club, the North Beds School Sports Partnership started to look at community provision.



The club submitted an application to the Rural Communities Fund for start-up funding and was successful in receiving £6,500, giving Sharnbrook Lions a great start. The community club is now running sessions based at Sharnbrook Upper School from 3pm till 5pm every Saturday and has been so well attended that it is looking to expand to offer 'gifted and talented' and adult basketball sessions.

For more information contact Lance Haggith on 07768533511 or sharnbrooklions@hotmail.co.uk

HARROLD CRICKET CLUB

Harrold Cricket Club, one of the counties most established and developed clubs is based in the North of Bedfordshire. The club runs Under 9's through to Under 15's boys and girl's teams in the Bedfordshire Youth League and is very active in the local community.

The club has recently been working with their School Sports Partnership to bring together both their agendas by taking on the ECB's 'Chance to Shine' status, and with it a commitment to work with local schools in providing over 100 hours of free coaching. The club's expert coaches and equipment are helping to support curriculum and out of school hours learning.

'REACHING OUT'

YOGA SESSIONS FOR CADDINGTON

Beds County Council Outreach worker Annelise Robinson, has been working with South Beds District Council Sports Development Officer Sara Stanbridge to implement yoga classes in lunchtimes at Five Oaks Middle School, Caddington.



Pupils at the school were treated to a yoga 'taster day' in November and the activity was so popular that a lunchtime club has evolved. Twenty-seven pupils attended the session in its first week and they have named the club 'Bendy Bodies'.

The club is open to all pupils but has proven very popular with those that have lost interest in mainstream sports and is also a hit with some pupils who find school a challenging environment.

Five Oaks SCo, Alan Cheeseborough, stated "I am really pleased with the number of pupils turning up to the classes and teachers have noticed a more relaxed attitude in those attending the sessions. I hope we are able to find the funding to continue running the club".



Parents have contacted the school and the leaders, expressing their support for the club and have notice positive changes in their children's behaviour and attitudes towards physical activity. Many parents and pupils are keen to keep Bendy Bodies running and this may extend to an early evening Family Yoga session. Watch this space!

NO CHANCE OF GETTING BORED THIS HALF TERM!

Back in October, young people in Toddington were asked what physical activities they would like to see in their village. Thanks to partnership work between Outreach worker, Annelise Robinson, Toddington Parish Council, South Beds District Council and team BEDS&LUTON, February half term is packed with their suggestions!

All young people in the village aged between 11 and 19 years will be offered the use of a mobile skate ramp, yoga, and martial arts, all for just 50p per session. The instructors and leaders are fully qualified and if the activities are well-received, regular clubs and sessions will commence!



Annelise Robinson said "Toddington has been at the heart of a number of consultations by different agencies and this time we are going to offer the young people what they really want. There is an exciting taster scheme in place for February and we hope it is popular in order to secure funding for more sustainable activities".

And, Toddington youngsters aren't the only ones to benefit. All 13 to 16 year olds in Arlesey will also be given the opportunity to participate in their village too, thanks to a project Annelise is doing with David Stott, Arlesey's Youth Worker. The taster sessions will take place at the Youth Centre and if they are well-received, they too will lead to regular sessions. Beds FA are also running a Junior Football



Organisers course from the centre which will help signpost young people with an interest in football to relevant refereeing, coaching or managing qualifications. Anyone aged between 14 and 18 years can complete this course, at a cost of £10. For more details about the JFO course in Arlesey please contact david.stott@bedscc.gov.uk or on 07981881736.

For more details on Outreach Projects in this county, please contact annelise.robinson@bedscc.gov.uk or on 01234 316067 / 07920 536736.

VOLUNTEERS

Although many sport volunteers are recruited directly into clubs, events or sport governing bodies, Volunteer Centres can extend the type and range of people who volunteer in sport and may well be able to identify someone with special skills who would not usually have found their way into sport.

There are three Volunteer Centres in Bedfordshire who work with team BEDS&LUTON and local sports clubs to fill some of their skill gaps.

Volunteer Centres can work with your club in the following ways:

- Workforce development planning and policies
- Filling skills shortages through volunteer recruitment
- Develop role descriptions to help recruit volunteers and provide training for skills gaps
- Provide training on various aspects of volunteer management
- Signposting to other voluntary sector training

To find out more about how volunteer centres in Bedfordshire and Luton can help your organisation promote its volunteering

opportunities and develop a volunteer programme, or if you would like to become a volunteer yourself please telephone your nearest volunteer centre:

Volunteer Centre South Bedfordshire on 01525 850559
Volunteer Centre Luton on 01582 733418
Volunteer Centre Bedford on 01234 213100
Or visit the website
<http://www.voluntaryworks.org.uk>



BADMINTON IN BRIEF

- Bedford Juniors have places for new members at their badminton club (contact Bridget Crossman for information on 01234 771207)
- There is a new junior club being developed in Ampthill
- Badminton England are looking to appoint a new Development Officer during the coming months

For more information on any of the above please contact Julia Strong, Regional Development Manager at Badminton England on 01908 268400.

BADMINTON TOURNAMENT

Following the success and popularity of the tournaments held in recent years, Bedford and County Badminton Club are once again hosting their Invitational Tournament on:

Saturday 31st March 2007 (10.00 start) Men's & Ladies' Doubles / Mixed Doubles
Sunday 1st April 2007 (13.30 start) Men's & Ladies' Singles

Bedford & County Badminton Club, Bradgate Road, Bedford. Contact Simon Norris 01234 344749.



HOCKEY HIGHLIGHTS

- Bedford Hockey Club have been working incredibly hard over the last year to become the 2nd club in the county to achieve Clubs1st Accreditation.
- Vauxhall Chiltern Ladies Hockey Club are running a schools festival and coaching day on the 2nd March to which four schools have been invited.
- Luton Town HC are running a boys and girls school festival at Lea Manor on the 23rd and 27th March and Bedford HC are holding their on the 27th March also.
- A Leadership course is being held at Lea Manor in March and April - check out www.teambedsandluton.co.uk for an application form.

For more information on any of the above please contact Catherine Lymer, Hockey Development Officer, catherine@teambedsandluton.co.uk 01234 351153.



COMMUNITY SPORTS COACH DEVELOPMENT DAY

Are you a Community Sports Coach working in Bedfordshire or Luton?...then you won't want to miss the second development day on Monday 26th February to be held at Hightown Community Sports and Arts Centre in Luton, from 10am-1pm. This development day will have a specific focus on Behaviour Management when delivering sessions and an opportunity to update your Personal Development Plans (PDPs).

For more information or to book on contact Oli Tucker on 07974 015538 or by email otucker@sportscoachuk.org

