

# **Sport and Physical Activity Team**

The team deliver a variety of programmes that meet diverse resident needs. Examples of which are:

## **Commission and support development of sustainable physical activity programmes**

Nationally, Black, Asian and other ethnic communities are under-represented in tennis participation. It is typically viewed as an elite sport, with restricted access to tennis due to living in some of the most deprived areas.

The Lawn Tennis Association's (LTA) mission and vision is 'Tennis Opened up' making the sport 'Relevant', 'Accessible', 'Enjoyable' and 'Welcoming'.

Locally, inactivity levels are higher in the south of the borough, where there is a more diverse population.

Monitoring data also indicates that use of community tennis courts is lower in the south of the borough than in the north of the borough.

The team worked with Hayes Muslim Centre to deliver the LTA 'SERVES' programme, bringing tennis to the heart of communities, in non-traditional spaces and in areas where deprivation sits within the highest 30% nationally. Staff and volunteers were trained to deliver a 12-week programme.

They also delivered free, community-based sessions during August at 'The Closes' in West Drayton.

There were over 100 attendances over the 12-week programme and over 50 attendances during August at 'The Closes'.

Staff highlighted that the skills of some young people exceeded the level 'SERVES' is aimed at, but that there was no accessible community coaching available to them.

As a result, the Sport and Physical Activity Team have funded 2 community members from Hayes Muslim Centre to complete LTA training in order to deliver the LTA endorsed 'Tennis for Free' programme in a local park.

This has created a pathway between 'SERVES' and 'Tennis for Free' and will make tennis available to a wider and more diverse community.

## **Dementia Friendly programming/Walking football**

It was identified that residents with dementia were not able to access walking football opportunities due to their reduced mobility and coordination.

Working in partnership with the Middlesex FA and Uxbridge Amblers, the council has offered weekly walking football sessions to residents living with dementia where they can take part in the game and also enjoy some football reminiscence.

To date between 25 to 30 residents attend the weekly sessions with numbers regularly growing. This has led to positive feedback from residents about their ability to enjoy playing football again, and also offered a regular opportunity to be physically active which has helped with recovering mobility post covid.

### **Multi sports provision for 6–12-year-olds with disabilities.**

Sessions were postponed due to the pandemic and moved online once a week from April 2021 for 15 weeks. The throughput was 120 people.

The young people said that they missed the live sessions as being able to participate together was a benefit to them and doing the sessions at home online was difficult.

The team work with Primary Sporting Development (PSD) who are specifically qualified and have vast knowledge and understanding of how to run and provide sessions to children with disabilities.

Once allowed back into facilities, the free of charge 1.5 hour sessions were re-introduced for 24 weeks at 2 leisure centres. The throughput of these was 1104.

Feedback from parents include:

“I am really grateful for the sessions being offered at Botwell leisure centre, which are aimed at children with autism and other disabilities. My children always look forward to the sessions every week, they have loads fun and learn new skills. It offers a level playing field compared to when they do sports in schools. These sessions have helped build confidence in my children and have improved their coordination and team building skills.“

“I would just like to say how brilliant and inclusive the sports evenings at Botwell and Hillingdon Sports and Leisure centre are. My two children attend both the groups and they are fantastic. Mark and Marcus from PSD are kind and patient, remember everyone's names and find things that each child like to keep them engaged. It's lovely to actually find a good group that feels so normal and welcoming for my two children.”