



Merseyside Sports Partnership Adult Offer

Awards for All grant - summary
12th July 2016

Danny Woodworth
Physical Activity and Sport
Officer (Adults)

Grant Application

- £9,960.00
- Merseyside workplaces
- Blocks of multi-sport activities
- Celebration events
- Overcome barriers to participation
- Sustain activities through coach development

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Process

- Existing networks and marketing
- Build Workplace Offer
- Consultation – demand shift from sport to physical activity
- Action Plan
- Merseyside Business Games

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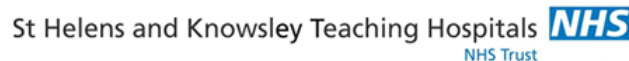
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Provided opportunities to 16 organisations



Legal Aid Agency

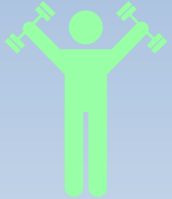


28 activities for



Outcomes

28
funded
activities



323
beneficiaries



£30.84
cost per head



1st
MSP
Business
Games



Participant pre-course activity levels



48%
participants were new to the sport/activity that they attended



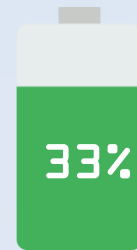
95%
participants rated their satisfaction as



70%
reported improved activity levels



33%
reported improved energy levels at work



55%
reported improved wellbeing levels



8/10 or more
96%
participants want to continue taking part in the sport/activity that they



10
newly trained coaches
(x5 Run Leaders, x3 Level 1 Dodgeball Coaches, x2 Walking Football Champions)

Merseyside Business Games 2016

Monday 25th April 2016 | Greenbank Sports Academy, Liverpool



8
workplaces

55 Participants:



51%
Male



49%
Females

36
years old

The average participant age was 36.
55% of participants were aged between 26-44.

Percentage of participants trying sports for the first time



Golf
51%



Table Tennis
15%



Tennis
15%



Dodgeball
60%



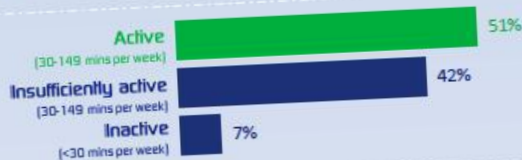
Badminton
17%



Cricket
38%



Canoeing
55%



49% participants were physically inactive (participating in less than 150 minutes physical activity per week)



98% of participants rated their satisfaction of the event as 8/10 or higher



On average 59% of all participants would like to continue in the sports that they tried

"Thoroughly enjoyed taking part in sports with colleagues and friends with a competitive edge."

"Genuinely interested in everything and was happy, definitely do it again!"

"It was nice to see a mix of younger and older people"

"I gained loads of experience playing sports I don't usually participate in"

"Great stuff! Lots of fun!"



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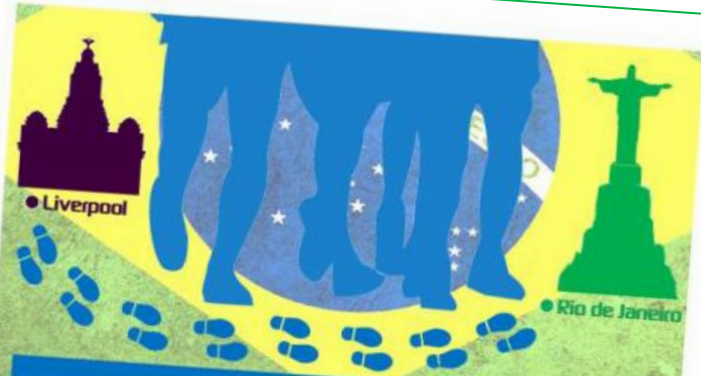
#alltogetherfitterNHS

#alltogetherfitterNHS activity timetable Inclusive, fun and free activities for NHS staff

Merseyside Sports Partnership are working with local NHS Trusts to fund a programme of inclusive, fun and free physical activity and sport sessions specially for NHS staff to attend. All activities are designed for beginners, with no previous experience or fitness levels required. All sessions are free of charge, with free parking and all equipment is provided - all you need to bring is yourself and a bottle of water!

Activity	Location	Time
Badminton	Broadgreen International School (Main Sports Hall) off Heliers Road, Liverpool, L13 4DH	6.00pm - 8.00pm Wed 4 May One off session
Boxercise (females only)	THIS GIRL CAN Long Lane ABC Boxing Club, 726 Longmoor Lane, Fazakerley, L10 7LN	6.00pm - 7.00pm Starts Tue 26 Apr 4 weeks
Boxercise	No Limits Boxing Club, 2 New Bird Street, Liverpool, L1 0NB	6.00pm - 7.00pm Starts Tue 26 Apr 4 weeks
Boxercise	Huyton ABC Boxing Club, King George V Sports Complex, Huyton, L36 7UN	6.00pm - 7.00pm Starts Thu 28 Apr 4 weeks
Circuit Training	Meadows Leisure Centre (Hornby Room) Hall Lane, Maghull, L31 7BB	5.30pm - 6.30pm Starts Mon 18 Apr 4 weeks (does not run 02/05)
Circuit Training (females only)	THIS GIRL CAN Jubilee Sports Bank (Sports Hall) Tunnel Road, Liverpool, L7 8SJ	5.20pm - 6.00pm Starts Fri 29 Apr 4 weeks
Dance	YMCA (Large Sports Hall) Hoghton Street, Southport, PR9 0PR	5.15pm - 6.00pm Starts Tue 19 Apr 4 weeks
Dodgeball (females only)	THIS GIRL CAN Broadgreen International School (Main Sports Hall) off Heliers Road, Liverpool, L13 4DH	6.00pm - 7.00pm Wed 13 Apr One off session
Golf	tbc - to register your interest please contact Danny on d.woodworth@merseysidesport.com	
Pilates	Broadgreen International School (Small Gym) off Heliers Road, Liverpool, L13 4DH	5.30pm - 6.30pm Starts Thu 21 Apr 4 weeks
Tai Chi	Liverpool College (Body & Mind Centre) Queens Drive, Liverpool, L18 8BG	5.45pm - 6.45pm Starts Tue 19 Apr 4 weeks
Tai Chi	Sutton Leisure Centre (Activity room) Elton Head Road, St Helens, WA9 5AU	5.15pm - 6.00pm Starts Mon 18 Apr 4 weeks (does not run 02/05)
Tennis	tbc - to register your interest please contact Danny on d.woodworth@merseysidesport.com	
Walking football	Goals North Liverpool Park Lane, Liverpool, L30 1QQ	6.30pm - 8.30pm Fri 29 Apr One off session
Yoga	St Edmund Arrowsmith Catholic Centre for Learning, Cumber Lane, Whiston, L35 2XG	5.30pm - 6.30pm Starts Wed 20 Apr 4 weeks
Yoga (females only)	THIS GIRL CAN Sutton Leisure Centre (Activity room) Elton Head Road, St Helens, WA9 5AU	6.00pm - 6.45pm Starts Mon 18 Apr 4 weeks (does not run 02/05)

Places on all of these courses are limited and offered on a first come first serve basis. Please notify Merseyside Sports Partnership if you are unable to attend no later than two days before the session as your place can then be offered to another employee.



Take your Trust to Rio!

Want to join the journey?

Log your steps and help your Trust to win the race to cover the distance between Liverpool and Rio de Janeiro.

Use the stairs instead of the lift, go for a lunchtime walk or get off the bus one stop earlier - every step counts!

The challenge starts on 1st April 2016 - join today at www.workplacechallenge.org.uk to be sent further details

#alltogetherfitterNHS



Case study

Legal Aid Agency

- 250 staff
- Consultation – 58% staff inactive
- Funded yoga and swimming activities
- Workplace Challenge Champion training
- Implemented walking meetings
- Starting a workplace running group
- Equipment for Sport Relief challenge
- Runners-up in Merseyside Business Games

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Case study

Laura, Informatics

Merseyside

"I hadn't been to the gym in over seven years as I find the other women in there intimidating – I became severely overweight and lacking in confidence.

I was really anxious about going to the class, but that feeling went after five minutes – no one cared what they were wearing or what they looked like, everyone was rooting for each other.

I realise now how stressed and sluggish that I used to feel – I've noticed an improvement in my fitness, energy levels and more noticeably in my motivation.

I'm continuing with Boxercise and I've since also tried golf, pilates and Clubbercise – I feel really proud for overcoming my fears!"

Keep in touch

Julie Leasor

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