



<b>Report of</b>	<b>Acting Chief Executive</b>
<b>Report to</b>	<b>Overview &amp; Scrutiny Committee</b>
<b>Date</b>	<b>19<sup>th</sup> May 2010</b>

### **Purpose of Report**

To provide the Board of Trustees of Rossendale Leisure Trust and Rossendale Borough Council with evidence of activities delivered to Equality Groups.

### **Background**

Sport and physical activity can and does play a major role in promoting the inclusion of all groups within Rossendale. However inequalities have traditionally existed within sport and physical activity, particularly in relation to gender, race and disability.

Rossendale Leisure Trust is committed to developing sport equity both within our strategies and partnership development.

What is Sport Equity?

Sport Equity is about fairness in sport, equality of access recognising inequalities and taking steps to address them. It is about changing the culture and structures of sport to ensure that it becomes equally accessible to all members of society, whatever their age, ability, gender, race, ethnicity, sexuality or social economic status.

Rossendale Leisure Trust is committed to creating opportunities for women and girls, people with disabilities and ethnic minority communities by;

- Developing a culture that enables and values the full involvement of all, embedding and promoting the principles of equity.
- Creating an environment in which all have equal opportunities to engage in high quality leisure activities, whether as participants, competitors, volunteers, officials or administrators.
- Responding to the diverse needs, capabilities and preferences of all, by ensuring appropriate barriers for those individuals and groups currently under-represented as participants.

Rossendale Leisure Trust engages the local community via many different activities and at many different levels, the following are examples of the activities delivered and the groups that Rossendale Trust staff have connected with on a regular basis through 2009.

## ***Swimming Pools***

- Ladies only swimming.
- Asian ladies swimming.
- Positive start.
- Aqua natal swimming.
- Ladies only health suite.
- Disabled swimmers, carers groups and independent living organisations.
- Adult and child swimming sessions.
- Teenage girls' saunas and pampering aimed at lifting teenage girls self esteem and confidence.
- School top ups, targeting children who have not achieved key stage 2.
- Life saving / first aid skills aimed at providing young people with life skills.
- Over 50's swimming and social swimming sessions.
- Tor View Community School are heavy users of Marl Pits Swimming Pool.
- Rossendale Rays Multi Ability Swim Club is based at Marl Pits Pool with support from Trust staff acting as volunteers at training sessions.

## ***GP Referral, cardiac rehabilitation and weight management scheme***

Physical activity makes a major contribution to health and well – being (DH, 2004). Three programmes that promote physical activity within Rossendale are the Exercise on Prescription, Cardiac Rehabilitation and Weight Management Programmes.

These schemes are Borough wide and aimed to be at opening the opportunity for those suitable to become physically active or perhaps to return to activity. The GP referral and Cardiac Rehabilitation Programmes have been delivered by Rossendale Leisure Trust successfully for the past five years with the 'Why Weight' - Weight Management Programme being very new and only in planning and delivery from October 2008.

Health professionals refer patients across into the schemes that are delivered by trained Exercise Professionals.

Activity programme through 2009 contains;

- Supervised Gym Sessions – During these sessions, a fitness program will be developed to suit your individual needs and conditions.
- Walks for Health – The walks take place around Rossendale and the surrounding areas. The walks are open to all and will encourage you to explore the surrounding Countryside, increase your social interaction and gain many health benefits.
- Cardiac Rehabilitation - These classes are specifically for people who have completed phase 111 or have previously had an event. Exercise is set in the form of a circuit.
- Mobility / Gentle Exercise - The classes aim to increase social interaction, improve mobility, fitness and lifestyle habits, aid circulation and improve movement in joints and muscles.

- Circle of Life – This is a course that runs for 10 weeks and tackles issues using a discussion and lecture style technique. Each week, a circuit class is completed followed by a different topic, e.g. stress management / benefits of exercise.
- Pilates – This is used to increase muscle strength & flexibility within the body, concentrating on the core area. I.e. stomach and back.
- Aqua Mobility – This class will benefit people with muscle, bone or joint problems, or those needing rehabilitation. The exercise is performed in water using paddles and water resistance to increase strength and mobility.
- Aqua Aerobics Lite – A low impact, water based workout to music which uses natural resistance of water to tone the body and increase the range of movement.
- Aqua Aerobics - A medium impact, water based workout to music which uses natural resistance of water to tone the body and also increase the efficiency of the cardio-vascular system.
- Aqua Pilates - This class is a low impact, water based workout designed to increase muscle strength and flexibility within the body.
- Trampolining – This class is medium impact and designed to improve cardio-vascular fitness, power / strength, flexibility and mobility.
- Yoga – Balancing body and mind

### **Centres and further lifestyles activities**

- Sport unlimited – Department of Culture Media and Sport drive to get semi sporty young people connected to sport and physical activity. Target age of 8 – 16 years. Activities through 2009 include climbing, dance and cheerleading, football, skiing, snowboarding trampolining, fitness, tri golf, athletics, skiing, snowboarding, athletics, handball martial arts, indoor bowls, cycle cross, mountain biking and swimming.
- Tiggers trampoline club for children with autism operate throughout the year at Haslingden Sports Centre.
- Ewood day centre are within Haslingden Sports Centres delivering football, cricket and badminton.
- Over 50's open sessions take place and are delivered with supervision at Haslingden Sports Centre
- Community care in the community deliver football, cricket and racket sports in Haslingden Sports Centre.
- Positive Start swimming sessions – football at Alder Grange Technology High School.
- Cricket and football activities for girls only. From this a number of girls have been given the opportunity to represent the County Club.

- Tor View skiing activity at Rossendale Ski Slope under the banner of the Special Olympic movement.
- Family fun days targeted at semi sporty children and families. Took place 6<sup>th</sup> December 2009.
- Club development officer support for Rossendale Rays, Tiggers Trampolining Club and Whitworth disability water-ski centre.
- Club development support for minority sports clubs of Rossendale – Rossendale Shotokhan, Rossendale Handball Club, Bacup Judo Club, Whitworth Traditional Karate Club, Samba dance and fitness, and Whitworth Angling Club.
- Indoor bowling for disability groups using adapted equipment.
- Over 50's sequence dance sessions and monthly dance sessions held at Bacup Leisure Hall.
- Tone Zone parents and child activity sessions at Haslingden Sports Centre aimed at families together.
- Toddler group sessions. Family mobility classes for children and mothers aimed at low intensity mobility exercise together classes for mother and toddlers.
- Rossendale Ski Slope connect with many young people's groups on regular visits and 2009 has seen them working with Lancashire Youth Service, the Autism Initiative Group, Mosaic Community and Stockport CP supporting young people with learning disabilities.