



CASE STUDIES / IMPACT REPORTS

2018 / 2019



INTRODUCTION

West Dunbartonshire Leisure Trust (WDLT) has a high profile in West Dunbartonshire providing ever increasing support to the local authority, organisations, schools and other groups to deliver health and wellbeing improvements to its local communities.

Through our diverse range of services, WDLT provides significant public benefit, encouraging more people to either become active or to be more active, with increased feelings of wellbeing and improved quality of life, at prices that are affordable to all.

Our continued work in the local area with partners including West Dunbartonshire Council (WDC), Education, Health Boards and others has helped us to continue to work towards achieving our mission to **“Inspire Healthy and Active Communities”**.

WDLT contributes in many varied ways not only to the local area but also towards the nation’s health and wellbeing. This document as well as our Annual Report & Financial Accounts for 2018/19 will highlight the impact WDLT has on the residents of West Dunbartonshire.

STRATEGIC CONTEXT – NATIONAL LEVEL

The Scottish Government states that its purpose is to focus Government and public services on creating a more successful country with opportunities for all of Scotland to flourish, through increasing sustainable economic growth. The **Active Scotland Outcomes Framework** describes the Scottish Government’s ambitions for sport and physical activity in terms of delivering the National Outcomes.

ACTIVE SCOTLAND OUTCOMES

- AS01: We encourage and enable the inactive to be more active;
- AS02: We encourage and enable the active to stay active throughout life;
- AS03: We develop physical confidence and competence from the earliest age;
- AS04: We improve our active infrastructure – people and places;
- AS05: We support wellbeing and resilience in communities through physical activity and sport; and
- AS06: We improve opportunities to participate, progress and achieve in sport.

STRATEGIC CONTEXT – LOCAL LEVEL

The aim of Community Planning is to support improved outcomes for local people through working together to deliver better services. The **Local Outcome Improvement Plan** (LOIP) in West Dunbartonshire is the vehicle for delivering the actions required to achieve this. The LOIP is designed as the overarching strategic framework for partners to ensure services are joined up and aligned; and responsive to local needs where possible and appropriate.

COMMUNITY PLANNING WEST DUNBARTONSHIRE (CPWD) PRIORITIES

- A Flourishing West Dunbartonshire
- An Independent West Dunbartonshire
- A Nurtured West Dunbartonshire
- An Empowered West Dunbartonshire
- A Safe West Dunbartonshire

Further WDLT Case Studies/Impact Reports and full versions of the enclosed can be found on our website <http://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/about-west-dunbartonshire-leisure/case-studies/> as well as copies of our current and previous Annual Reports <http://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/about-west-dunbartonshire-leisure/wdl-annual-reports/>



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FIRST AID TRAINING - HARRY CROSSANS STORY

WHAT

The project was the delivery of Save a Child's Life courses to parents and children from Bonhill Primary school. This was completed in the evenings so that there was more access for working families and over two evenings we were able to deliver this to 40 adults and children. We have since trained a further 22 adults and children. In October 2017 one of the young attendees used the skills learned to save his little sister's life when she began to choke on a chocolate button at home. By the time he has alerted his mum and she had made her way to where they were he had managed to dislodge the button on his own.

WHY

The school head teacher Maria Seerey highlighted she would like the children, parents and staff trained in paediatric first aid.

IMPACT

Harry was awarded:

- Daily Record little hero's award in May 2018
- A certificate from West Dunbartonshire Leisure during a school assembly
- Youth Champion award by West Dunbartonshire Council in the 2018 Provost's Civic Awards

Due to the recognition of Harry's story, Bonhill primary school completed a fundraiser with the assistance of WDL to raise the money required to install a Defibrillator at the school and then trained every member of staff in Emergency Paediatric First Aid – The only school in West Dunbartonshire to have this level of training.

WHAT THEY SAID

Harry's mum stated in her Daily Record interview "Thank goodness we went to the classes; I originally signed up for Bailey (her older son) just because he's getting older and thought it may come in handy. Harry wanted to come along too and I'm so glad now that he did. At the time I wasn't sure how much he took on board but it just goes to show it gave him vital lifesaving skills when he needed them most"

Debbie stated in her interview with the Dumbarton and Vale of Leven Reporter "I went upstairs to hang up the washing and heard Harry shouting something about Evie choking. Then his voice changed and he was shouting loudly 'Evie is really, really choking'. I ran downstairs and Harry had hit her back and the obstruction was cleared. I asked him how did you know what to do? He said 'don't you remember we went to first aid school'



OUTCOMES & PRIORITIES ADDRESSED

ACTIVE SCOTLAND OUTCOMES

- Develop physical confidence and competence from the earliest age.

CPWD PRIORITIES

- A flourishing West Dunbartonshire
- A nurtured West Dunbartonshire
- An empowered West Dunbartonshire
- A safe West Dunbartonshire

“Thank goodness we went to the classes”





VITALITY + (CARE HOME PROGRAMME)

WHAT

Vitality is a programme of exercise classes that supports participants to exercise at a level suitable to their abilities. Classes are designed to help build/maintain; Strength, Co-ordination, Endurance and Flexibility. The classes are suitable for people with different physical abilities and medical conditions including stroke, heart conditions, Parkinson's disease, multiple sclerosis, osteoporosis and breathing difficulties to name but a few. The exercises performed within Vitality classes are designed to help participants carry out daily activities more easily and hopefully make daily life more manageable.

Mainstream Vitality classes are delivered within leisure facilities which is not a feasible option for many day care patients. This project removed that barrier by delivering classes within the care home setting.

WHY

Vitality+ is an outreach programme, where classes are delivered in Care Homes for clients not physically able or confident enough to attend mainstream leisure facility Vitality classes.

Care Homes do not currently offer physical activity classes and utilising the Vitality format, which has been assessed and quality assured by health professionals, was deemed the best way forward.

IMPACT

Example of programme impact can be viewed from sample client: JD

When JD initially joined the Vitality+ programme the following observations were noted

- Balance weakness
- Nervous trying out new tasks
- No confidence in her own capability

Whilst participating in the vitality+ class, it became clearly evident that JD's weakness was balance, and when given new tasks to complete anxiety levels were heightened. When the instructor gave JD some new exercises, it proved to be a challenge; JD was not comfortable working outside the normal comfort zone. However over time and with a lot of encouragement, JD's confidence began to grow. As the weeks progressed so did JD's capabilities, this led to –

- Improved balance
- Increased strength
- Excellent technique and performance

It was becoming more evident that JD was capable of much more than the instructor had initially thought. When the vitality+ class day changed, JD could no longer attend the sessions much to everyone's disappointment, so the instructor discussed with the staff the option of JD being able to continue the exercise programme in the community. At first JD was a little apprehensive, confidence levels were low in travelling alone, but after a little persuasion JD agreed. At first JD used dial a bus, then progressed to local transport. JD really enjoyed the strength and balance circuit and attended the class twice a week.

The instructor had decided that due to sustained improvements in the vitality classes, it was now time that JD moved on to a higher class level.

JD responded significantly to the vitality programme, improvements have been extensive. JD has attended the Strength and balance class (level 1) the Strength and balance circuit (level 2) and is moved on to the Step in Circuit (level 3).

WHAT THEY SAID

After observing a class taking place at the Frank Downie Care Home, Joanne Shaw, Lead Clinical Physiotherapist commented:

"I was privileged to recently visit the Frank Downie day care centre to observe the weekly class which involved the Vitality+ programme. The class provides the motivation for participants to engage and maintain activity levels which is supported by the clear commitment of staff that are keen to share perceived benefits to the participants

and the positive feedback received. The class provided the opportunity to address muscle strength, joint flexibility and coordination which are recognised factors to address effects of ageing and risk of falls."

The physiotherapist's comments reflect the findings of a case study carried out over a series of 10 classes by the class instructor and the day care assistant. The case study focuses in on a participant who showed marked improvement over a relatively short period of time.

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active.
- Support wellbeing and resilience in communities through physical activity and sport.

CPWD PRIORITIES

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LIVE ACTIVE REFERRAL SCHEME

WHAT

Live Active is a 12 month support programme to enable participants to improve their personal health and wellbeing. Success on the programme will reduce the demand on local health professionals by freeing up appointments etc. Live Active is embedded in both Primary and secondary care, so any Health Professional that has access to medical notes can refer on. Clients attend an initial consultation meeting then health improvement pathways are set.

WHY

Our aim is to improve the health of the West Dunbartonshire residents by –

- Increasing physical activity levels by assisting participants to become more active and supporting them to gain the knowledge, tools and confidence to lead a physically active life.
- Improving participants weight by supporting participants to address weight management behaviours via physical activity and health eating
- Improving overall health by supporting participants to address other health behaviours such as smoking and healthy eating.

WHO

The Business Development Coordinator manages the programme within West Dunbartonshire and works in partnership with the Greater Glasgow & Clyde NHS Board to review and develop the programme. Three Live Active Advisors deliver the programme within each demographic area of West Dunbartonshire (Clydebank, Dumbarton & Alexandria).

IMPACT

Example of programme impact can be viewed from sample client: Alistair McVicar

Alistair was referred to Live Active and Glasgow weight management April 2018 by his Practice Nurse.
Reason for referral – Weight loss , improve Diabetes

On her first initial Appointment Alistair came across shy and low in confidence.

His outcome goals were

- Reduce knee pain
- Improve Diabetes, possibility of reducing medication.

Alistair was still grieving after his mum had passed away and had low confidence. After establishing his behaviour goals we agreed he would like start a Step In/up Vitality class x 2 per week. After a number of weeks and in regular contact, Alistair felt more and more confident. After a few months he also enrolled into the gym and started to really enjoy both activities. He started to feel the benefits of attending on a regular basis and:

- Really enjoys the class and made some friends
- Improved confidence
- Reduction in knee pain which allows him to walk more and use his bike.
- Weight Loss

Key results were found within our Health State scale and his measurements –Alistair was asked how he felt within his physical health (Weight, mobility, level of fitness) 1-10 (1 being not feeling good – 10 feeling very Good)

- At baseline he said 2
- 6 month review he said 5
- Then 12 months he said 8

Weight was 139kg at baseline and now he is weighing in at 107kg. A loss of 32kg (5 stone)

Waist measurement at baseline was 141cm (55 inches) now 110cm (43 inches) A loss of 12 inches.



WHAT THEY SAID

Catherine

Since starting the Live Active scheme 12 months ago, my life has changed significantly for the better. Thanks to the care and attention of the Live Active Advisor and all of the staff, I have gained in both strength and confidence in ways that I would not have thought possible.

In particular the Vitality Class with Frances Tait has made a huge difference to my wellbeing and I cannot praise

Frances highly enough for the way in which she treats everyone in the class as an individual. Her memory for the details of everyone's different needs and abilities is quite astonishing and I have improved greatly thanks to her guidance.

Without the Live Active scheme I doubt that would now be living my life in such a full and enjoyable manner and if someone had told me before my accident that I would become an avid gym-goer at the age of 79 I simply wouldn't have believed them.

OUTCOMES & PRIORITIES

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active.
- Encourage and enable the active to stay active throughout life support wellbeing and resilience in communities through physical activity and sport.

CPWD PRIORITIES

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CLYDEBANK COMMUNITY SPORT HUB

WHAT

West Dunbartonshire Leisure worked in partnership with Clydebank Rugby Club to support their development for many years, however in 2012 the club's facility was getting to the stage of being in disrepair. The future of the club was at risk as a result and discussions progressed with WD Leisure about the potential to develop their facility into a Community Sports Hub. This case study focuses on the partnership approach that was used over a six year period (2012 – 2018) to develop a state of the art £3,860,000 Community Sport Hub in Whitecreek, Clydebank.

WHY

In 2012, West Dunbartonshire Leisure in partnership with sportscotland advertised the opportunity for local sports clubs to be considered as Community Sport Hub projects and asked interested clubs to submit proposals based on their needs. Clydebank Rugby Club, Glasgow Gaels (Gaelic Football) GTF TaeKwonDo and Kilpatrick Thistle (football) submitted a proposal and following discussion with WDC, were granted Community Sport Hub status and this is where the journey began.

The site for the proposed development was in Whitecreek, Clydebank which is the top 5% of the most deprived areas in Scotland with local residents facing significant challenges related to employment, health education and crime.

The CCSH committee therefore recognised that as well as being able to achieve their ambition of having a home for their clubs and sports, the proposed facility could also deliver far wider benefits for the people of Whitecreek and Clydebank.

IMPACT

In Sept 2017, the passion, commitment and hard work shown by CCSH resulted in the project achieving capital grant funding of £3.86 million from 9 different funders. The facility opened in late October 2018 and CCSH are now focussed on delivering their vision and mission:

The CCSH Vision is: Enhance the lives and wellbeing of all in our community.

The CCSH Mission is: Through the provision of world-class facilities, the hub aims to strengthen community and individual participation in sport and health activity. We aim to provide inclusive opportunities in sport, volunteering and recreational pursuits. We are all members of the Hub.

Using these guiding principles, CCSH strongly believe that they can make the following positive changes in their local community:

- Inspire, support and empower the local community
- Enable a deprived community to take ownership of their needs
- Improve the activity levels and health of local people
- Provide accessible and affordable facilities and services
- Deliver services that meet the needs of all residents
- Work in partnership with inclusion and support focused services and organisations
- Provide diversionary and inclusive activities
- Be a focal point or 'heart' of the community in Whitecreek, Clydebank

In 2019 it is evident that the use of the facility was exceeding expectations. During the first eight months of the facility being opened the total usage figure was 30,924 and all CCSH member clubs have seen their membership grow significantly over the same period. This level of usage is ensuring that the facility has a highly sustainable business model and is generating more than adequate income to not only maintain the facility but improve/upgrade it on a regular basis.

A large purple graphic with a white quote inside. The quote is: "We are always looking to help strengthen projects". The graphic has a white outline and is set against a dark purple background.

We are always looking to help strengthen projects"

WHAT THEY SAID

Ross McCombe, Chairman of CESH, added: "Sports clubs in Clydebank have come together to create this hub because they believe that sport is a catalyst for positive change. Thank you to everyone from the local community who contributed to this milestone. Our goal is to improve the lives and well-being of all in our community, putting sport and volunteering at the heart of life in Clydebank."

Stewart Harris, Chief Executive of sportscotland, said: "At sportscotland, we are committed to ensuring sporting facilities such as the Clydebank Community Sports Hub are very much part of the fabric of the local community. We are always looking to help strengthen projects that enhance and extend the opportunities available to community users of all ages and abilities. We are delighted to have invested in this world-class sporting facility for the Clydebank community and look forward to working with our partners to ensure the project delivers a lasting legacy."

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active.
- Encourage and enable the active to stay active throughout life.
- Develop physical confidence and competence from the earliest age.
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- Support wellbeing and resilience in communities through physical activity and sport.
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CPWD PRIORITIES

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EARLY YEARS SPORTS & PHYSICAL ACTIVITY PROGRAMME

WHAT

The Early Years Sports Development programme started in 2001 and is an ongoing high quality programme that engages with local families who have children attending Early Education and Childcare Centres (EECC) and Private Nurseries in West Dunbartonshire. The programme of delivery is collectively called 'Ready, Steady, Go' that includes weekly sport and physical activity sessions, physical activity information workshops for parents and TOP Start to Play workshops. The aim is to use sport and physical activity to provide children from some of the most socially deprived areas in West Dunbartonshire with a better start in life.

WHY

The project was needed to support young people to have the best possible start in life. This project contributes to this aim by targeting very young children in West Dunbartonshire and providing them with quality weekly sport and physical activity sessions. Each session is delivered directly into EECC's and targets areas of deprivation (SIMD areas) to ensure that the children most in need of support and development are involved in the programmes. The ultimate focus is to provide very young children with sporting activities that support their physical, mental and social health and wellbeing while providing a platform for future participation in sport and physical activity.

As a result of this focus and the impact described above, the project is contributing most significantly to a Nurtured and a Flourishing West Dunbartonshire. In addition, it is supporting the focus on instilling active lifestyles at a young age, encouraging them to stay active by linking to further sessions in the community and engaging with the wider community to make families collectively more active. These project outcomes relate to why the below options were selected.

IMPACT

Every year 2,000 children participate in the Ready Steady Go programme on a weekly basis. This project is extremely inclusive as all children take part, equally learn new skills and have new experiences at an appropriate level related to their stage

of development. All sessions take place at each EECC and therefore deliver services directly into identified SIMD areas in West Dunbartonshire.

The activities tie in closely to the learning curriculum and support the active learning environment within all educational establishments. Many of the coaches are male and as the EECC staff is dominated by females the project also provide a positive male role model in many instances to the children.

Children who participate in the Ready, Steady, Go sessions have experienced enormous benefits, such as improved health, co-ordination, co-operation with others, communication, strength, agility, listening skills, self-confidence and concentration. The Parent's Physical Activity Information workshops have provided local parents with ideas how to be physically active as a family and have been very well attended and received.

WHAT THEY SAID

"I do not hesitate when I say the service the project provide for our youngest and in many cases most vulnerable children in West Dunbartonshire is one that has a high impact on children's over-all development and an impact on their attitude to lifelong learning. I have worked with many members of your team and I would like to take this opportunity to inform you of their continually positive and cheerful approach to ensuring every child is equally and actively involved in taking part in a wide and varied programme of sport that is aimed at exactly the right level. They continually work collaboratively with staff and management teams effectively ensuring a high quality programme of activities are delivered meeting the individual needs of our children. Caroline Szelong, Head of Centre, Riverside EECC.



**Margaret
is an indredible
inspiration"**

"The project develops a wide variety of skills across all areas of the curriculum and builds children's confidence, language, problem solving and physical skills, as well as promoting a healthy lifestyle. The project raises parents awareness of the wide variety of activities in which it is possible to engage these young children. Parents who participated in the Parents' Workshops thought the programme was great and gained ideas to use at home. The earlier we start the better. It raises the status of physical education. As well as the weekly sessions nursery staff have benefitted from the TOP's training and use the ideas on a regular basis." Helena Murray, Head of Centre, Jamestown

"The Sports Development project offers our children the opportunity to access a sports co-coordinator and their expertise to support them in their physical development and movement. The children look forward to their planned gym lesson which covers lots of different areas the early years staff wouldn't necessarily provide i.e. Golf and Orienteering. This valuable project supports our most vulnerable children and links with their parents to encourage them to take responsibility in offering their children experiences and opportunities for large gross

motor skills. Tommi and his team offer an excellent service which should continue to be supported 100% to support and meet the needs of children in their foundation stage." Lynn Nicoll, Head of Centre, Dalmonach EECC

"Content of the Parents Physical Activity Workshop was very good, gave me tips/information on how to increase physical activity at home with children."

ACTIVE SCOTLAND OUTCOMES

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CPWD PRIORITIES

- A Flourishing West Dunbartonshire
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OPEN WATER SCHOOL SWIMMING EVENT JUNE 2018

WHAT

West Dunbartonshire Leisure Trust received funding from Glasgow 2018 European Championships to promote swimming in the area. Due to the Glasgow 2018 Open Water Events being held at Loch Lomond it was decided to use some of the funding to increase awareness around water safety and open water swimming to school children in the local area. The event took place on Thursday 21st June in Loch Lomond. The £4,000 from Glasgow 2018 was matched by £2,000 from WDC Educational Services and £2,000 from WDLT.

WHY

On average approximately 50 people accidentally drown in Scotland each year. Unfortunately, due to the levels of deprivation in West Dunbartonshire on average 50% of the children that attend the school lessons have never been swimming before and are complete non-swimmers at the start of each block of school swimming lessons for the P7 age group.

The open water element of the project raised the profile of the importance of the safety measures required to swim in an open water environment. The pupils involved in this part of the event now realise that you can't just jump into the Loch and expect to swim easily even if the sun is shining and it's a hot day! The project has the potential to save a life one day.

IMPACT

Children were targeted to attend this event from our School Swimming programme. Children were offered the opportunity to take part if they were competent at completing 25m. This was decided due to the safety risk and increase of safety support required for any non-swimmers attending. Our non – swimmers within the school programme were offered additional swimming lessons as part of this project and by the end of June 2018 the amount of children that couldn't swim 10m had been reduced from 50% to only 21%.

The open water event seen ninety children learn about being safe in open water from Open Water Rescue and our Swimming Development team. They then got the chance to swim safely in Loch Lomond. The key water safety points that were made on the day were around the following topics:



- Techniques to maintain body temperature
- Essential equipment (e.g. wetsuits/caps)
- Dangers/Risks around Loch Lomond
- Importance of staying in a group
- Swimming techniques for swimming safely in an open water environment

The event created heightened awareness within schools about the risks and opportunities to participate in open water swimming, which was demonstrated by the highly positive feedback received from schools.

Scottish Swimming recognised the event as being the first of its kind in Scotland and created a short promotional video that will help profile future events. The funding from Glasgow 2018 was to try and create a legacy from the Games and WDLT believes that this was achieved as the open water event is now going to be an annual event and more children in the local authority can swim as a result of their investment.

WHAT THEY SAID

The link below shows great footage of how successful the event was

<https://www.youtube.com/watch?v=vYrx4zi0g-w>

Some key quotes captured in the video:

"90 children are coming along today to have their first shot of open water swimming. The key today is to talk about water safety especially in this environment, not to go in on your own. It is an organised event. The children are learning today about wearing colourful swim hats, going in the water in small groups in a safe environment is really important."

Lorna Smith – Aquatics Development Officer

"They are learning to build their confidence in a different environment through games and activities. I thought the kid did amazing, I thought the temperature would be a barrier for a lot of them and potentially tears but they did amazing."

Suzanne Rogers- Assistant Swimming Development Officer

School Pupil Quotes from the day:

- "When we first got in and did the first stroke it was super cold"
- "I like how it's different than being in a pool, it's a lot colder and more challenging"
- "I think that learning to swim is really important because it is a set of life skills and also gives you other skills like listening, team work, co-operation and leadership"
- "It was a really good experience"
- "Fun, crazy and out of my comfort zone"
- "Fun, exciting and cold"

ACTIVE SCOTLAND OUTCOMES

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RESIDENTIAL DISABILITY SPORTS CAMP

WHAT

The Dunbartonshire Disability Sports Club Residential Sports Camp is a three night residential sports/activity camp for the members of the club, their siblings and their parents and carers. The Camp delivers a multitude of activities to provide the members an opportunity to be physically active with their peers and allow their carers an opportunity for valuable respite. Some of these activities are arts & crafts, dance, football world cup, boccia tournament, massage, family walks, discos, orienteering, talent show and fun games.

WHY

Several meetings with parents and carers from Dunbartonshire Disability Sports Club raised an issue that families affected by disability find it difficult to access short family breaks that cater for their needs. As a result of these meetings and several talks with club members (children and young people with multiple support needs), the parents and carers and the club members agreed that there was a need for a project that would provide a much needed break for the families as well as bringing together all the members of the club who participate in the different weekly club activities. It was also agreed that the club would work in close partnership with West Dunbartonshire Leisure Trust to secure funding and support the delivery of the project as well as organise the activities.

IMPACT

The Dunbartonshire Disability Sports Club in partnership with West Dunbartonshire Leisure Trust provided fifty five children and young people with multiple support needs a three night residential sports camp with 20 hours of fun and rewarding activities. The camp also provided forty five parents/carers an opportunity to enjoy 19 hours rewarding and relaxing respite activities ranging from ballroom dancing to spin classes and nature walks.

The impact on the children and their families is highly significant and varied. The equipment available at the National Centre in Largs offers excellent facilities for disabled people, which resulted in everyone being involved in all activities. Many of the activities were new to the children and therefore provided new experiences and challenges that can substantially help their development and confidence. In addition, the activities on offer for the wider family members helped to enhance their experiences of activities that they have perhaps not had before or not been able to have for a considerable amount of time. This also has the ability

to enhance their confidence, self-esteem and motivation, which in turn can enhance their quality of life and health and wellbeing in the future.

WHAT THEY SAID

“Our family were fortunate to take part in the Residential Sports Camp with the Dunbartonshire Disability Sports Club in July this year. We had a fantastic time, my son is Autistic and nonverbal he also has Epilepsy and therefore is quite complex so to find a group that welcome him and support him through active sports has made a huge difference to our family.”

“Our stay gave the full family the opportunity to see him grow and get involved in the many activities arranged by the group from sports activities to social outings, creative events through art & music, helping him improve his social skills (which is a huge challenge for Kyle) also build friendships with his peer group. This was wonderful to be part of.”

“Knowing that my son with multiple support needs was well cared for by the coaches gave my other son, my husband and I the opportunity to try new sports activities both individually or in my son’s case with both Mum and Dad which is quite a luxury for us as a family. My other son certainly enjoyed some quality time and threw himself into taking part in all the group activities plus built friendships within the group. Once the daily activities finished it was great to come together as a group and relax in the centre surroundings and accommodation.”

“The centre creates a secure space for the group allowing the children and the family to move safely and freely through the weekend. We as a family felt completely relaxed and loved spending time together, simple things like meal times where not an issue knowing everyone had the family’s best interest at heart and my son was given the space and time to cope with each situation and the environment around him.”

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WALKING FOOTBALL FOR THE ELDERLY

WHAT

In January 2015 walking football started in West Dunbartonshire. The programme started as a community session for over 50's however it wasn't long before the programme went in a different direction. In February 2015, clients from Dalreoch Day Care Centre started participating in weekly walking football sessions. This day care centre caters for elderly individuals including those with dementia. The sessions delivered are tailored to suit individual needs and everyone can participate. Activities range from chair based movements to being up on their feet. The participants very much work at their own level and a size 4 futsal is used (weighted football designed not to bounce). It is slightly heavier than a traditional football and offers additional weight bearing within exercises. A session last between 45 – 60mins depending on the needs of the group. From this initial programme of delivery into Dalreoch Day Care Centre, the programme has expanded into other care centres.

WHY

West Dunbartonshire Leisure Football Development's "Football for All" ethos provides individuals with the opportunity to play, coach or volunteer within the game regardless of age, gender or ability. Sports Development identified adult activity as an area that we felt could offer more. There is a distinct lack of adult and elderly adult provision within West Dunbartonshire. Football Development were very keen to contribute to achieving this target the Scottish Governments target of having 60% of adults taking part in at least 1 hour per week before 2020.

IMPACT

All activities within the day care centres are optional for the clients; it is their choice to participate in football. On a weekly basis we have a total of 102 elderly people taking part and interestingly we have more females (60) than males (42). The physical, mental and social benefits that the participants are experiencing are incredible with excellent feedback being received from staff and the elderly participants. With the nature of a day centre our age range is very wide, our youngest participant is 55yrs and eldest is 93yrs. The range of ability is very wide and the coaches work hard to ensure the sessions are suited to individual needs.

Crosslet House Day Care – "When Jim first started the programme he had a stroke in his left side, he could walk but the movement in his leg was very limited. He tend to shuffle his way around the room, 6 months on and Jim

could lift his foot to be place on top of a size 4 ball and is walking more confidently. He still needs a little reminder about shuffling but is more than capable."

The above are just a few who have benefited from the programme. On Friday 12th February 2016 the footballers and staff at Dalreoch Day Centre celebrated one year in the programme. In light of the special occasion WDL and care staff organised medals and a presentation ceremony for all involved. Cake and smiles were plentiful as the team took time to acknowledge a ground breaking achievement.

WHAT THEY SAID

"Within Crosslet House Day Service we are fortunate to have two Walking Football sessions which enables service users to take part in an exercise programme that is suited to their needs. The service users who take part, who are various age groups, abilities and genders, have discovered that you are never too old to enhance your footballing skills, improve your mobility, balance and have a great time. They enjoy the companionship, interaction and laughter. Staff have seen a marked difference in those who participate on a regular basis as Walking Football not only helps maintain a person physically it also helps improve their well-being and confidence.

Margaret Mary McQuade – Crosslet House Day Care Centre Manager

"I enjoy the walking football sessions very much, I wouldn't come to the centre if it wasn't for walking football. The gradual difference week to week is great and what Lee has been doing with us is fantastic. I am getting on and am feeling it but I feel great after the session and have been taking some of the exercises home to do."

Jessie – Frank Downie Day Care Client

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active
- Encourage and enable the active to stay active throughout life
- Improve our active infrastructure – people and places
- Support wellbeing and resilience in communities through physical activity and sport
- Improve opportunities to participate, progress and achieve in sport

CPWD PRIORITIES

- A Flourishing West Dunbartonshire
- An Independent West Dunbartonshire



JOGSCOTLAND – CHRIS BAIRD'S JOURNEY

WHAT

Jogscotland is focused on getting inactive people physically active through jogging. The programme has five different levels from beginner to an intermediate level. The first session involves a five minute walk, thirty seconds jogging followed by thirty seconds walking (repeated ten times) then each session progresses slowly each week thereafter.

The programme had a recent success story with Chris Baird. Chris joined the programme in 2016 and believed he was too unfit to take part but was convinced and happy to give the programme a go. He started at the beginners level and the case study is focused on his journey.

WHY

The jogscotland programme has been running for over fifteen years and has been hugely successful in getting inactive people more active, with many participating in 5 and 10K events. The charge of the session is only £2 per week but you can attend two sessions resulting in the cost being only £1 for some.

Jogscotland (National Agency) is now funded by the Scottish Association for Mental Health and all jog leaders now have to work through an eLearning course on mental health and how they can help make jogging a friendly, safe, welcoming and inclusive place for everyone.

IMPACT

Chris was born with a genetic condition called stickler syndrome. This condition affects connective tissues causing eye, ear and joint problems. The Doctors were

unaware of his condition until he was 11 years old and was having problems with his eye. When he was around 15/16 years he eventually went blind in his left eye. Chris also attended a school for children requiring additional support needs.

When he left school he attended Motherwell College and shortly after leaving his course he started to gain weight and his overall health deteriorated. He had joint pain caused by being overweight as well as the diagnosed stickler syndrome. This continued for approximately fifteen years. It eventually got to the point where his wife was helping him to dry himself, assisting him on stairs etc.

After consulting with the doctor he was offered stronger painkillers or a scheme called Live Active. He decided to pursue the Live Active Scheme, which started him on his journey to losing weight through a healthy balanced diet and exercise. He attended his first gym session and fell in love with it. He was lucky in the fact that he got along with many of the instructors who helped tremendously.

He joined Jog Scotland but wasn't 100% sure he would be able to complete the sessions, however each week he became fitter and lost a little more weight and most importantly built his confidence.

This inspired Chris to help others as he wanted to see others benefit from the support that he received from West Dunbartonshire Leisure Trust. To achieve this, Chris became a volunteer Jogleader and for the last two years he has been helping inspire other people to become more active more often. Chris can now lead all levels of jogscotland, from the beginners up to the groups jogging for an hour, which demonstrates the success of his journey.



**Jogscotland
attracted me and it
has helped me get
even fitter"**

WHAT THEY SAID

“Live active started me on my journey to losing weight through a healthy balanced diet and exercise. When I first went to the gym I just really took to it and got along with many of the instructors who helped me tremendously. Then jogscotland attracted me and it has helped me get even fitter, lose weight and most importantly for me, it gave me confidence in my ability as well as confidence in myself. I have achieved the top level in the programme”.

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active.
- Encourage and enable the active to stay active throughout life.

- Improve our active infrastructure – people and places
- Support wellbeing and resilience in communities through physical activity and sport.
- Improve opportunities to participate, progress and achieve in sport.

CPWD PRIORITIES

- A Flourishing West Dunbartonshire
- An Independent West Dunbartonshire
- A Nurtured West Dunbartonshire
- An Empowered West Dunbartonshire



KILPATRICK GO LIVE FUNDING

WHAT

For the 2018-19 academic year, Kilpatrick School received Go Live Funding to facilitate an extra-curricular programme with the purpose of engaging individuals that are most at risk of inactivity. This project aims to increase the number of children and young people participating in sport and physical activity and to improve health, wellbeing and social cohesion.

The project helped support established activities as well as introducing a variety of new ones to provide pupils with a comprehensive timetable of extra-curricular clubs taking place at lunchtime and after school throughout the year. Activities were chosen based on the results from the Sports Council pupil survey and included Boxercise, Dance, Wheelchair Basketball, Football, Walking/fitness, Multi-Skills, Boccia & Scooter Club. The programme has also provided opportunities for developing coaches including two pupils in the role of Young Ambassadors to gain experience whilst volunteering and learning from more experienced coaches. Links to local disability clubs have also been established encouraging children to participate in sport out-with the school sessions. A small amount of the funding has also been used to provide equipment to support the activities that were delivered.

This project has also required parental engagement in the form of questionnaires being completed to gauge what the activity levels of participants were before and after taking part in the programme. Coaches have also been required to write anecdotal accounts to evidence where individual pupils have shown an improvement either physically, socially or emotionally.

WHY

This project was introduced to enable children with additional supports needs to access more sports and physical activities.

Children affected by disabilities can be difficult to find ways of being involved in sport and physical activity and the options available to them are likely to be more limited. They are also more dependent on their parents for leisure activities than non-disabled children and families can face a number of challenges trying to access the appropriate

leisure opportunities. This project provides this group of children who are more at risk of being inactive, due to the many barriers that they face, opportunities to be more active and develop physical confidence and competence from the earliest age. With the links to local clubs they can also progress and achieve in sport and stay active throughout life, should they wish to continue their participation.

IMPACT

This project has been a huge success and based on our Active Schools monitoring data for Term 1 August 2018 to March 2019, the number of activity sessions has risen from 69 to 156 and the visits by pupils to activities has almost doubled - from 1,342 to 2,568. The number of different children participating has also risen, reaching 68% of the school population - which is up from just 50% for the last year.

In addition to this, pupils have been very vocal about how much they value the sessions how they have grown in confidence. It is visible how much enjoyment the pupils gain from participating in the activities. Kilpatrick has never had an extra-curricular programme of this scale before and it is noticeable how much of a positive impact it is making both in the social and emotional aspects as well as physical health and wellbeing aspects.

This project has also strengthened links to local sports clubs and the network of people providing physical activity in the wider community for children with additional supports needs e.g. Dunbartonshire Disability Sports Club (DDSC). Through these strengthened links we have been able to bring clubs in to provide taster sessions during Kilpatrick Health Week taking place in June. This will provide the pupils with yet another opportunity to see what is available to them in the wider community and more opportunities to participate in sport and physical activity for life.

WHAT THEY SAID

The extra sessions that West Dunbartonshire Leisure have been able to bring to the school have given our pupils a very positive experience. We have seen more of our pupils take part in regular sports activity and Active Schools have been able to provide a wider range of activities. It's been great to have specialist external coaches to come in as it can often be difficult for us to free up our own staff to deliver these activities.

Debra Gardner, Head Teacher, Kilpatrick School

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active
- Encourage and enable the active to stay active throughout life
- Develop physical confidence and competence from the earliest age
- Improve our active infrastructure – people and places
- Support wellbeing and resilience in communities through physical activity and sport

CPWD PRIORITIES

- A Flourishing West Dunbartonshire
- A Nurtured West Dunbartonshire
- An Empowered West Dunbartonshire



GLASGOW GAELS FC SCHOOL- CLUB LINK

WHAT

A key priority for Active Schools Coordinators is to support and develop effective pathways between schools and clubs to improve the transition of children and young people from schools to clubs. This is highlighted in the sportscotland framework for building a world class sporting system and outlines how important the transition from school to club sport is at engaging children and young people from different backgrounds. The partnership between Active Schools and Glasgow Gaels Gaelic Football Club encapsulates this priority and highlights how a strong partnership with a local sports club can increase the opportunities for pupils to participate, try new sports and help clubs grow.

WHY

With school to club links being a key priority for the Active Schools network it's vital that we work with local sports clubs who are keen and able to develop and make connections to local schools. Gaelic football is a minority sport in Scotland so it has potential for growth – particularly with the club being part of the fantastic new Clydebank Community Sports Hub.

The project addresses a number of the Active Scotland outcomes.

IMPACT

The Glasgow Gaels partnership with Active Schools began four years ago through the Gaelic Football Development Officer, Niall Quinn. Since then the partnership has gone from strength to strength - growing from a small club link across two or three schools to be inclusive of all Clydebank primary schools and competitions now being included in the WD School Games calendar.

Over the last two years every P7 pupil has been offered a block of curriculum delivery and the opportunity to take part in a Gaelic Football Festival. This year, 850 P6 and P7 pupils have been involved, giving 3,350 attendances at Gaelic Football sessions.

In Clydebank, the Glasgow Gaels partnership is the second biggest club link next to Glasgow Fever Basketball Club - and with the club based out of the new Clydebank Community Sports Hub there is great potential for the club to grow. Hosting this year's P7 festivals at the Hub has been a great experience for the pupils and the 3G pitch and the new club house have certainly impressed the children and excited them about coming along the club's junior sessions. So far this year, we have seen 10 children join the club from the local schools and we hope this number grows year on year.

WHAT THEY SAID

"The feedback I've had from teachers has been extremely positive and the children tend to engage very well. The feedback from school tournaments is usually excellent, with a number of children more excited by the sport once they get to play properly. The level of support I get from Active Schools in the WD area is greater than in any other part of Scotland and has been a significant help in increasing the number of children who are getting the opportunity to get involved in Gaelic football. I think the next step is working with Active Schools to develop even greater links with the Glasgow Gaels club and the new Clydebank Hub should help with this."

Niall Quinn – Gaelic Football Development Officer

"The Gaelic football programme is great - we are delighted to have been involved in it for the first time this year. Our children, especially the P7s have loved trying a new sport and it's fantastic they can access a club in the community. It is important for our pupils to try new sports and activities to engage children who do not take part in traditional sports."

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active
- Encourage and enable the active to stay active throughout life
- Improve our active infrastructure – people and places
- Improve opportunities to participate, progress and achieve in sport

CPWD PRIORITIES

- An Empowered West Dunbartonshire



EFFECTIVE & SUSTAINABLE SCHOOL TO CLUB PATHWAYS - LOCH LOMOND RUGBY CLUB

WHAT

During 2018-19 academic year we continued our strong relationship with Loch Lomond Rugby Club, having their Rugby Development Officer delivering curriculum sessions within the primary schools across the Vale of Leven and Dumbarton. This focused on preparing schools to be able to compete in the WD School Games Rugby festival for P6 pupils. We also coordinated some input for P3 pupils, leading to a participation festival for the schools. In addition, some extra-curricular clubs were provided, which were used to promote the Friday evening drop-in sessions at the club.

Efforts were made to develop rugby within the Vale of Leven Academy, but uptake wasn't as good as hoped and the majority of pupils who attended the sessions were already players from the club's U16 team. The primary school sessions have been much more popular and successful, with the club having an intake of new players on the back of these - and the Friday evening drop-in summer sessions also proved popular.

WHY

With this school to club pathway programme we offer pupils within the authority a chance to take part in a sport that they may not necessarily have the opportunity of engaging in. It also allows the club's coaches access to the schools which is an advantage as the children will have the same faces attending at the school programme as they will see coaching at the club - thus creating familiarity and rapport between coaches and pupils. This helps break down some of the barriers that might possibly inhibit some pupils going along to the club.

The programme supports the Active Scotland outcomes by offering improved opportunities for participation and also for active young people to stay active as they get older - they can continue playing into adulthood with the club teams at various ages. This also means it meets the outcome of improved opportunities to progress and achieve in sport. Being a physical sport the young people can take part in locally, the programme supports health and wellbeing in communities. Young people also develop resilience as they try something new and work to develop their skills in a sport most of them have not played before.

IMPACT

This programme has been successful over the years. Since it first started, the club's junior section has increased in numbers and our relationship with the club has strengthening. This year we have partnered with 18 schools from the Vale of Leven and Dumbarton areas, delivering a minimum 3 week programme to 539 P6 pupils.

With such a lot of delivery, it has proved to be very time consuming for the Rugby Development Officer and club coaches, however the 3-4 weekly sessions per school did work well.

Overall the programme worked well, developing and maintaining good links with the club and increasing their youth player base. The club now has a very successful and flourishing youth programme which has been largely down to the good working relationship we have with the club and providing children and young people opportunities in school to play rugby and also compete against other schools.



“Active Schools
has played an
active part in our
development”

WHAT THEY SAID

“Loch Lomond Rugby Club has been working in partnership with Active Schools for a number of years. We target different primary school age groups, and a block of touch rugby is delivered to them during the school day. This then leads onto schools touch rugby festivals. The feedback from the children involved is always positive and encouraging. We notice each year we get a number of new players at the age group being targeted in schools.

We always have a number of players who come along after the schools programme who stick with rugby, and who join the club and become part of our teams. We find the school – club link vital in positively promoting rugby to children in our community, and it gives them all a chance to try rugby. Without the schools programme most of the children involved would never try rugby.

Over the past 10 years the minis sections at the club has grown dramatically. 11 years ago there were about 5 players. We now have almost 100 registered players, between the minis (P1-7) and juniors (S1-3). Some of this has been helped by Active Schools working with the club to promote rugby in the schools. There have also been many other initiatives and a small group of dedicated volunteer coaches who make rugby fun for everyone, and much of our development has also been due to word of mouth, players bringing along their friends, people

hearing about us in the local media, on Facebook etc. I would say Active Schools has played an active part in our development, working with our coaches to promote the game to local children.”

John Munn Loch Lomond Rugby Club

“The after-school rugby programme has been extremely popular with our P4 pupils. The club is run by two parents and is well attended every week. From the after-school club starting one of the parents is now coaching at Loch Lomond Rugby Club on the Friday evening and we have had almost half of the P4 class attending the evening sessions at the club, which is great.”

John McDonald, Head Teacher, Gartocharn Primary School

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the active to stay active throughout life
- Support wellbeing and resilience in communities through physical activity and sport
- Improve opportunities to participate, progress and achieve in sport

CPWD PRIORITIES

- A Flourishing West Dunbartonshire
- A Nurtured West Dunbartonshire
- An Empowered West Dunbartonshire



STUDENTS IN SPORT – WEST COLLEGE SCOTLAND PARTNERSHIP

WHAT

The Students in Sport Programme is a partnership between Active Schools and the Sports Coaching department at West College Scotland. The programme offers students work experience opportunities around sports coaching in local primary schools and community clubs. The placements take place through the academic year with varying degrees of commitment based on the level the student is studying at. The work experience provides students with experiences that develop their skills in coaching and professional development enhancing them as individuals and improving their employment prospects.

WHY

The basic rationale for the project was borne out of the fact that Active Schools are tasked with the development of a sustainable [volunteer] delivery network for sport and the college finding that very few students are involved in sports coaching outside of their course. It was recognised that the project could be beneficial for all parties involved plus local schools and pupils.

By providing so many opportunities for primary school children, this project addresses all of the Active Scotland outcomes. The active infrastructure of the region is strengthened by the number of students involved and it provides many opportunities for participation in sport and so along with Active Schools promotion encourages and enables the inactive pupils to be active, as well as enabling the active ones to stay active. Participation in the lunchtime and after-school clubs led by the students helps children to develop physical confidence and competence from a young age and contributes positively to their wellbeing.

This scheme is a key part of our delivery model and helps us to grow the business and maximise opportunities for WDL in terms of provision and increasing participation.

IMPACT

The programme is hugely successful; there are over 60 students per year delivering sport in schools across West Dunbartonshire. In 2017/18 student delivery accounted for over 20% of all extra-curricular delivery, so it has a huge impact on the variety and quality of sport that can be

offered in schools. The HNC placements help to sustain the West Dunbartonshire School Games, by providing schools with extra-curricular clubs in the sports, prior to festivals and competitions. Without these clubs the buy-in from schools to attend the competitive events may not be as strong as it is and could have a detrimental impact on the participation in and profile of sport across West Dunbartonshire.

WHAT THEY SAID

“We are offering our students a unique opportunity to increase their experience and expertise in the specialism they are studying. The Students in Sport programme offers our students first hand coaching opportunities with various age groups and sports, ensuring their coaching and leadership skills are adaptable to any environment.” Pat Shearer, Curriculum Manager, West College Scotland.

“The Students in Sport Programme has a huge impact on the delivery of sport within West Dunbartonshire - and in particular Clydebank. The WD School Games wouldn't be able to include such an extensive programme of sports without the students delivering extra-curricular clubs in the lead up to competitions and festivals. The students also volunteer at our festivals and events and take clubs above and beyond their placements so they are a vital resource in the delivery of sport for our service.” Louise Morrison ASC

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active
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CPWD PRIORITIES

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- An Empowered West Dunbartonshire



WEST DUNBARTONSHIRE SCHOOL GAMES

WHAT

The West Dunbartonshire School Games (WDSG) is a joint project between Active Schools and Sports Development which is a school based competition structure that pulled together all our sports festival and competitions into one high profile programme. The project started in August 2016 and has been running successfully ever since. This project offers a platform for school pupils of all ages to represent their school and compete against those from other schools and also find out about local sports clubs where they can go to continue their participation beyond school.

The project was designed to provide a comprehensive competition structure across the region and to generate and sustain extra-curricular clubs in schools – pupils practicing for the competitions and festivals.

Events take place throughout the year during the school day, with the finals of specific events taking place in the evenings so that parents and guardians have the opportunity to come along and watch. The finals are often held at local sports club facilities e.g. rugby clubs/tennis clubs in order that their profile can be raised locally too.

WHY

The project came about following discussions about the local legacy for sport after the London 2012 Olympic Games and Glasgow 2014 Commonwealth Games. There were a number of festivals and competitions throughout the year, either run by Sports Development or Active Schools, but they were stand-alone events and not part of something bigger and schools didn't have a clear understanding of the rationale for these and which service was running what. The idea was to pull together all our current school sport festivals and competitions under one banner, give it an identity and structure so that it could be better understood and promoted to raise participation and the profile of school sport – and to provide inspiring school sport opportunities for young people.

The project was created to achieve 4 outcomes:

1. Increase the profile of the school sport in West Dunbartonshire.
2. Grow the number of opportunities for school aged young people to participate in school sport.
3. Motivate and inspire young people to participate in school sport and represent their school.
4. To leave a lasting legacy of school sport competition.

IMPACT

The impact of the WDSG project has been impressive – perhaps even better than expected. There has been a variety of different impacts that can be referenced across the school structure. The headline data from the start of the West Dunbartonshire School games are as follows:

In the 2014-15 academic year, before the project started, there were 3,572 attendances in our school sport competitions. The WDSG project was designed and introduced in the Summer of 2015 and resulted in 4,903 attendances during the 2015-16 academic year. This trend has continued and in 2017-18 we saw 5,271 attendances. This is a massive 37% increase in participation of pupils since the programme began.

The impact does not stop there. We have found that schools are now planning their PE and extra-curricular clubs around the WDSG calendar of events so that pupils are ready to participate and do well. The project is certainly doing what is supposed to - inspiring school sport.

WHAT THEY SAID

"The WDSG has been a fantastic addition to the Active School service, competitions have always happened but creating a structure means that every competition has a reason and a pathway for the pupils. The profile around the school has been excellent, which has created a knock-on affect in all after-school clubs. We have seen our numbers increase since the introduction of the School Games."

Sharon Lappin, Deputy Head, Goldenhill Primary School

"Over the last year we have used the West Dunbartonshire School Games as the focal point for curriculum plans in health and wellbeing. All stages, months and activities have been pre-planned to support the entry and competitiveness at the competitions and festivals. This provides a clear plan of delivery for the staff during the PE curriculum and then follows on with after-school provision. This means that all pupils are getting access to the sports and the staff can see the rationale behind the curriculum delivery. Therefore I would say that the WDSG final piece in the jigsaw is to enhance the delivery of PE across the school and provide the pupils with an outlet for talent."

Eileen McWilliams, Principle Teacher, St Mary's Duntocher Primary School.

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active
- Encourage and enable the active to stay active throughout life
- Develop physical confidence and competence from the earliest age
- Improve our active infrastructure – people and places

- Support wellbeing and resilience in communities through physical activity and sport
- Improve opportunities to participate, progress and achieve in sport

CPWD PRIORITIES

- A Flourishing West Dunbartonshire
- A Nurtured West Dunbartonshire



ACTIVE SCHOOLS YOUNG SPORTS STARS OF THE MONTH

WHAT

With 2018 being the Scottish Government's 'Year of Young People' (#YOYP2018), Active Schools created the Young Sports Stars of the Month project to celebrate young people's involvement in sport across the region, on a monthly basis.

We have been asking schools to nominate Young Sports Stars from their school. This can be pupils who have excelled in physical activity and sport either as a player/athlete; a regular participant who may have overcome barriers; or as a volunteer helping or encouraging others to participate.

The pupils have been celebrated as our Young Sports Stars of the Month via the WDL social media feeds and the council's Education Department (WDC Educators community on Google +). Our Young Sports Stars are celebrated at school assemblies and presented with a certificate and WDL passes e.g. for Clydebank Leisure Centre Interactive Room.

WHY

Active Schools felt there was a real need to celebrate the sporting achievements of children and young people in West Dunbartonshire and get a greater insight into what sports our pupils are involved in beyond school.

Our Volunteer of the Month posts on the WDL Facebook page always receive good engagement and reaction, therefore we decided to start a similar initiative to celebrate our young people in sport. With 2018 being the Scottish Government's Year of Young People we decided this would be the perfect time to launch our Young Sports Stars of the month award.

The key aim of the Young Sports Star of the Month programme is to highlight and celebrate the sporting achievements of young people in West Dunbartonshire. This in turn, we hope, will inspire both active and inactive children and adults to get involved in sport and explore opportunities in their local community. Moreover, by highlighting the community clubs that our Young Sports Stars attend, we are raising the profile of local sports clubs with the intention that parents are encouraged to

take their children along. This will hopefully lead to clubs gaining new junior members. Lastly, the pupils who are achieving this award will gain in confidence and feel motivated to continue to participate or lead in physical activity and sport. All of this we believe contributes to the Council Priorities of creating a flourishing, nurtured and empowered West Dunbartonshire.

IMPACT

The scheme has been very well received and we have had a great response from schools, with 19 pupils nominated so far from 12 different schools (primary and secondary) across the local authority. It's been fantastic to see pupils being nominated for a number of reasons, with children recognised for their positive attitude, commitment and dedication - and not simply their sporting ability. The scheme has also given us (and school staff) a great insight into the various sports that pupils in West Dunbartonshire are involved in beyond school - and how successful many of them are - which we were previously unaware of.

Amongst our Young Sports Stars of the Month we have pupils in West Dunbartonshire who represent their country in Dance, Gymnastics, Football and Flyball and many who are excelling within their local community clubs. Other pupils also play a key role in their own schools and are part of Pupil Sports Committees, assist with lunchtime/after-school sports clubs and encourage infant pupils to get active, all helping increase physical activity levels.

WHAT THEY SAID

The schools who nominated pupils as part of the Young Sports Stars of the Month initiative have been delighted that their young people have been recognised...

Breege Bean, Head Teacher at St. Patrick's Primary School in Dumbarton: "I nominated the 3 girls for the Active Schools Young Sports Star award due to their dedication to dancing and the fantastic achievement of being selected to represent their country - and I'm pleased that this hard work is being recognised and celebrated."

Elizabeth Campbell, Principal Teacher at Christie Park Primary School, Alexandria: "Braydon and Callum recognise the importance of children having a healthy lifestyle and are great role models for their peers and the younger children. I had no hesitation in putting them forward for this award and I'm delighted their hard work has been recognised."

ACTIVE SCOTLAND OUTCOMES

- Encourage and enable the inactive to be more active
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- Improve opportunities to participate, progress and achieve in sport

CPWD PRIORITIES

- A Flourishing West Dunbartonshire
- A Nurtured West Dunbartonshire
- An Empowered West Dunbartonshire
- A Safe West Dunbartonshire



BACKGROUND

WEST DUNBARTONSHIRE

West Dunbartonshire lies north of the River Clyde encompassing urban and rural communities. The current population for West Dunbartonshire is 89,590 and accounts for 1.7 per cent of the total population of Scotland.

One of the most significant challenges facing West Dunbartonshire is depopulation and demographic change.

17.5% of the population are under the age of 16 (17% for Scotland), with 63% of the population working age (63% for Scotland) and persons aged 60 and over making up the 19% of West Dunbartonshire's population (20% for Scotland).

40% of West Dunbartonshire's 121 data zones are in the most deprived 20% of all data zones in Scotland. West Dunbartonshire is one of five local authorities with the largest proportion of data zones in the 20% most deprived category.

In terms of economic context the area has:

- 19% of population in income deprivation versus the average of 13% for Scotland;
- 24% of children in the area living in poverty versus the average of 17% for Scotland; and
- 3.7% of working population claim JSA versus 2.3% for Scotland

WEST DUNBARTONSHIRE LEISURE TRUST

West Dunbartonshire Leisure Trust (WDLT) is a company limited by guarantee with charitable status and was incorporated in December 2011 and started trading in April 2012.

WDLT is responsible for the strategic and operational management of the council's Sport and Leisure Facilities; Community Facilities; Outdoor Pitches & Bowling Greens (transferred to WDLT on 3 April 2017); Sports Development; Active Schools; and the delivery of the Council's major Outdoor Events.

As a non-profit registered charity we reinvest 100% of any surplus funds generated to maintain, improve and deliver quality services and activities for the whole community to enjoy and become more active.



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