



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 (link) 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/case-studies/>

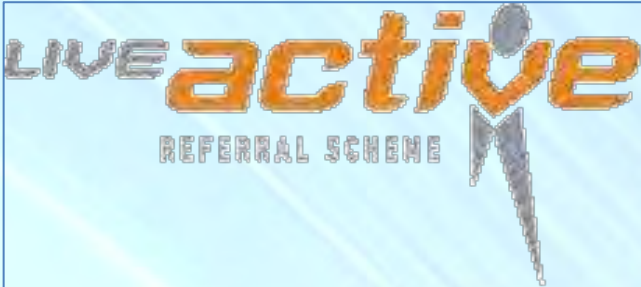
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Case Study / Impact Report

Title:	Live Active Referral Scheme - Alexandria
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

Jules was referred to Live Active by her GP with the following health considerations:
Wheel chair user due to stroke with no use of the left side of her body.
Has angina, treated for high blood pressure, high cholesterol, hypothyroidism, depression and osteoarthritis in knees and hips.
As referred on a form for someone with established heart disease her referral, along with additional information collected by the Live Active Advisor, was sent to the Live Active Medical Screener (cardiologist) who gave the ok for exercise along with guidance on appropriate activity recommendations. Jules goals were to lose weight and tone up especially with her daughter’s wedding in mind.

What they said

Insert 2-3 quotes from those impacted by the project.

Jules has said she has seen a weight reduction of 10 stone over the last 12 months. She achieved her desired weight loss for her daughter's wedding. This can't be verified by Live Active as wheel chair user but measurement has been reported to have been taken by a health care professional. In order to achieve this she has made changes to eating habits and has been attending the Phin Club (swim club for people with disabilities) on a Monday evening at the Vale Pool and also a Vitality Strength and Balance class once per week at the Vale Pool. Reduction in weight has seen a reduction in blood pressure medication. Jules says the social aspect of attending the Phin Club as well as Vitality class has also been of great benefit. Jules has just completed 12 months on the Live Active scheme and is determined to continue coming into the centre to maintain her weight loss. She has just been for her initial gym induction appointment so that gym can now be part of her weekly routine.

Jules stated:

"My muscles and joints feel better, I look better, my confidence has gone through the roof!"

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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- 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, healthy eating

How

Briefly outline how the project worked, what was involved.

This programme was established July 1997 by NHS Greater Glasgow & Clyde and has seven service providers:

- West Dunbartonshire Leisure
- Glasgow Life
- East Dunbartonshire Leisure
- Glasgow Caledonian University
- East Renfrewshire Council
- Inverclyde Leisure
- Renfrewshire Leisure

There is approximately 700 clients engaged on WD Leisure's programme at any point in time with participation in over 20,000 activities within our leisure facilities with income in excess of £80,000.

The percentage of clients remaining on the programme for the full 12 months is the highest across the whole Greater Glasgow & Clyde area.



Case Study / Impact Report

Title:	Live Active Referral Scheme – Alexandria Case 2
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Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

At the initial baseline appointment Mr X’s goals were to have structure and routine to his day as well as to build up a bit. Not working due to health reasons. Referred by a community alcohol nurse with low weight and fitness levels due to alcohol abuse. Initial plan at baseline: swim 3 x per week and walk 6 x per week for 20 minutes.

6 month appointment: Mr X has not touched a drop of alcohol over the last 6 months. Walking daily for 60 minutes and swimming 3 x per week for 90 minutes. He is now feeling better and has greatly improved his fitness levels. Has just started working 2 days per week at a local charity shop and now looking to get back to full time employment. Motivated to keep the plan going but now looking to add in other activities such as Tai-Chi, Yoga and/or Karate.

Over the 6 months weight has gone from 54.2kg to 60.1kg with BMI having gone from 16.7 to 18.5 so now feeling better and stronger for the weight gain.

On a scale of 0-100 he perceived his physical health to be 25% at baseline and now after 6 months he rates his physical health at 75%. For mental health at baseline, 25% and now after 6 months he rates his mental health at 100%.

What they said

Insert 2-3 quotes from those impacted by the project.

“At my worst I was using a walking stick to walk to McDonalds which is just across the road. Now I’m walking daily for 1 hour without a stick”.

“People have been commenting on how much better I look now compared to how I looked before”.

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Who

Outline the key people who were involved in making this project happen.

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Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

Live Active receives £75,200 funding from Greater Glasgow NHS board, the salary costs for three Live Active Advisors is approximately £82,000. The Live Active scheme achieves income of approximately £80,000 per annum which makes this programme an income generating and cost effective.

Outcomes and Priorities Addresses

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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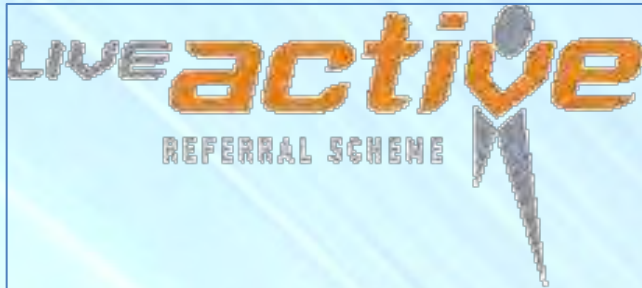
WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	Live Active Referral Scheme - Clydebank
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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

JS was referred to Live Active by her Practice Nurse.
Reason for referral – Increase Physical Activity Levels to improve mental health.

On her first initial Appointment JS was very nervous and couldn't understand how Physical Activity could help her. I spoke over her best hopes which were

- Help improve her Mental Health
- Increase her Confidence

A barrier that JS was facing was – Nervousness in starting due to Low Confidence.

After establishing a goal with JS we agreed she would like start a Step up Vitality class x1 week.
After a number of weeks and in regular contact with JS I saw great improvements

- Improvement in Mood
- Really enjoys the class and made some friends
- Improved confidence

Key results were found within our Health State scale – I asked JS how she felt within her Mental Health within a Scale 1-10 (1 being not feeling good – 10 feeling very Good)

- At baseline she said 6
- 6 month review she said 10
- Also was attending stepping stones at baseline and although still on the committee board she no longer requires counselling with them.

What they said Insert 2-3 quotes from those impacted by the project.

JS WROTE

My initial interview with Diane was on the 20th Feb 2018; I was extremely nervous and had low self esteem. But even after my first appointment with Diane who made me feel at ease I came away feeling my mood had changed and feeling a lot more positive about my goals I had agreed to do.

I was very nervous starting my first class, but Diane made me feel welcomed and also the group introduced themselves. This made me feel very much secure.

Now 6 months down the Line I have built up the confidence to start the gym, and continue my class on a Thursday with Diane whom I think is very encouraging and supportive. I feel much more positive about life, the low self esteem and depression has now gone and my outlook is so much happier, I have a reason to smile again. I really enjoy the company and the exercises that I can achieve now.

Overall attending the Live Active programme has had such an amazing impact on my life due to Diane and the friends I have now made. It has given me my “MOJO” and I would encourage anyone looking for support/encouragement to help them to Join the programme.

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- Improving overall health by supporting participants to address other health behaviours such as smoking, healthy eating

How Briefly outline how the project worked, what was involved.

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Who Outline the key people who were involved in making this project happen.

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Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

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Outcomes and Priorities Addresses

Active Scotland Outcomes

- Encourage and enable the inactive to be more active
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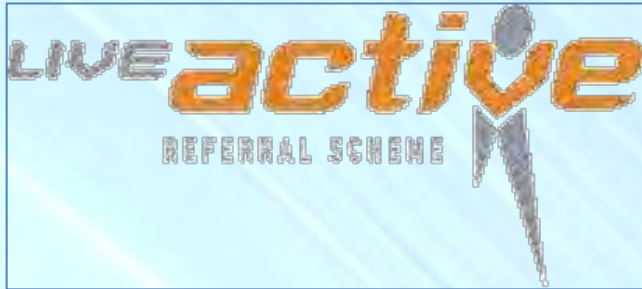
WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	Live Active Referral Scheme – Clydebank Case 2
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Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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.
I spoke over his outcome goals which were

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

Alistair was facing 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 – I asked Alistair 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 12months 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 Insert 2-3 quotes from those impacted by the project.

Alistair Wrote

I was anxious of starting and didn't not know what to expect. After attending Diane's Vitality classes I really enjoyed them. The atmosphere was excellent and very enjoyable allowing everyone to challenge themselves. After a few months I built up the confidence to try the gym. Initially, I attended Diane's gym sessions a few times, which further challenged me, and then I managed to attend by myself after building more confidence.

I now attend 3 Vitality classes per week and visit the gym when I can. With better mobility now I walk more often and can get out on my bike.

Over the past year my medication has reduced gradually and now I have been told that I am in remission with my Diabetes. My energy levels have increased substantially along with my self esteem. With the help of Live Active I can enjoy my new lifestyle because I am healthier and fitter than I have ever been.

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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Who Outline the key people who were involved in making this project happen.

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Outcomes and Priorities Addresses

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WD Leisure Outcomes

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Case Study / Impact Report

Title:	Live Active Referral Scheme - Dumbarton
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Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

Catherine McErlane was referred on from the day hospital with a history of falls and fractures and confidence was very low. She has been attending both the vitality class and supervised gym sessions for the past year and is feeling back to normal. She feels like she has her independence back and travels by bus to Falkirk now to see her daughter- something she wouldn't have dreamt of before.

What they said Insert 2-3 quotes from those impacted by the project.

Catherine made the following comments:

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.

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James Barrowman-

James was referred on to assist with his general well-being. He was overweight and feeling lethargic and his mental health was suffering due to this.

James has lost over 6 stones in weight and feels a dramatic change in his health and overall mood. His confidence has improved and he loves being fit and active.

What they said Insert 2-3 quotes from those impacted by the project.

James made the following comments:

My Live Active journey began when I had visited my Doctor due to feeling really unwell. My weight was spiralling out of control and my mental state was not in a good place. I was googling all my symptoms and was diagnosing myself with the worst possible outcomes every time. The Doctor recommended I try the live active programme at my local leisure centre to try and beat the battle with my weight. I was introduced to John who set me a programme and goals to achieve. I'll admit I lost my way in the first year. I had another appointment with John who sat me down and offered me another year if I was willing to make the effort. Since then I've decided to turn my life around I have since lost 6 stone in weight my health has dramatically improved so much so that I haven't had to revisit the Doctors, my home life is so much better I can now take part in physical activities with my family where before I'd always stay on the side-lines. I have become more confident in myself so much so that I am currently applying for a new job within my company which before I'd have had no chance of achieving because it involves a medical examination to be passed. I have also signed up to take part in the Loch Lomond 10k this year something that I could never imagined myself doing a couple of years ago when it was a struggle just to lift my head off the pillow. I absolutely love the gym and classes if I feel stressed instead of heading for the fridge I'll go round to the gym and do a workout which makes me feel so much better. I would recommend Live Active to anyone who is determined in making a life change as its helped me become a new person.

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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).

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

Live Active receives £75,200 funding from Greater Glasgow NHS board, the salary costs for three Live Active Advisors is approximately £82,000. The Live Active scheme achieves income of approximately £80,000 per annum which makes this programme an income generating and cost effective.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	Balance Bike
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

Balance Bike or Balancability is a programme that aims to get children as young as 2 ½ years to 6 years, confident on a bicycle. The programmes are delivered as ‘crash courses’ with one session being delivered Monday to Friday during holiday periods.

Balanceability combines unique ergonomic balance bikes with a schedule of fun activities that build confidence, spatial-awareness and dynamic balance skills, enabling young children to cycle without ever needing stabilisers.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

Balanceability is the UK's first PE Approved 'learn-to-cycle' programme for children aged 2½ years upwards. A balance bike is a lightweight child's bike, without pedals, which facilitates balance and propulsion. Children run along whilst seated, push off the ground to create forward movement and use a combination of their feet- and hand-operated brake to slow and stop safely.

Balanceability Nursery Programme

WDL Started the programme back in 2015 where around 2000 children age 3 to 4 years old from Nurseries in West Dunbartonshire participated in a five week programme establishing fundamental skills required for cycling in a challenging and fun way which abled them to experience the joys of riding a bike throughout their early childhood and beyond. Please see the feedback from participating nurseries below:

If there is any drawbacks of the project I would say it is the limited time the children have using the resources and it would be hugely beneficial if there was consistent opportunities for all of the children to practice their balance skills and how to transfer their understanding of safety from inside to outside.

Being able to ride a bike is a life-long skill and it was marvelous that we could introduce this to our children at an early age. They clearly enjoyed the experience and this should impact on their love of exercise and outdoor fun and the feeling that this brings. The children also learned about safety and wore the cycle helmets confidently. Some of our parents commented that learning to wear the cycle helmet in nursery had prompted

them to purchase one for use at home therefor a positive impact on family life styles and expectations. All in all a great resource.

I feel this initiative was particularly beneficial for the children who access this nursery. Unfortunately, as we live in an area of severe deprivation, many children just don't get the opportunity to use this type of equipment regularly. The children loved practicing on the balance bikes and many parents have commented on how their child's confidence and ability have really improved as a direct result of this focused activity. Wearing the helmets has also promoted a higher awareness of maintaining safety when using bikes both in the nursery environment and the wider community.

Balanceability Community programme



In 2017 – 2018 WDLT had eighty eight children participate in the programme with 98% of them being able to balance on their balance bike or confidently ride their pedal bike after five sessions.

What they said Insert 2-3 quotes from those impacted by the project.

“The balanceability class has given my three year old daughter so much confidence and has really improved her skills. She has enjoyed the class immensely. The coaches were wonderful, really attentive and friendly. Thank you so much”

“Fantastic course. Amazing how quickly the kids build their confidence on their bikes. Has helped with overall balance on other activities too.”

“It has been fab! Susanna has loved the week and has made amazing progress. Couldn't have been better!”

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

Once children have been able to successfully glide on the bike it then allows them to participate more regularly on their bicycle and use the excellent cycle paths within West Dunbartonshire. It's also a really easy accessible exercise.

Cycling is a growth sport and there has been demand from the community for more balance bike classes to be delivered in the future. The more people that are using their bicycles the healthier our local area will become and it also helps the environment. It is hoped that these programmes have the ability to make families more active and healthy as well as giving parents the ability to let their children cycle to school.

How Briefly outline how the project worked, what was involved.

Sports Development booked appropriate facilities, trained coaches and marketed the programme to the community. The sessions were also organised after balance bike sessions were delivered into local nurseries that helped raise the profile of the sessions. Parents had to contact Sports Development to book and pay for their space in the week long sessions.

Who Outline the key people who were involved in making this project happen.

- WDLT Sports Development
- Balancability (<https://www.balanceability.com>)
- Parents and children

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

An example of one of the intensive training weeks is as follows:

Staff costs - £124 (2 staff taking 12 participants £24.77 X 5 days)

Venue - £55

Total cost: £179

Income from 12 participants - £201

Limited profit is made from the programme however it is an excellent programme for the community.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	Dumbarton Gymnastics Centre (Brucehill)
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

West Dumbarton Activity Centre was transformed into a gymnastics specific facility in March 2018. This was a partnership project between WDLT and West Dunbartonshire Gymnastics Club aimed at increasing gymnastics opportunities for people in West Dunbartonshire and surrounding areas. The focus on this case study is on the transformation of the building through the partnership approach that will enable WDLT and WDCG reach their potential in the sport.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

The project is at an early stage however the number of opportunities for people to take part in gymnastics has already risen considerably as a result of the new facility. The below figures represent the hours of gymnastics sessions that are available in the community via WDLT:

Aug 2017 – 37 hours Aug 2018 – 51 hours

In addition to WDLT programmes, West Dunbartonshire Gymnastics Club now has 150 gymnasts training across 23 training sessions per week. WDLT now has 375 gymnastics participants across 28 sessions per week.

WDLT now provides a comprehensive service that delivers gymnastics sessions to a wide range of ages and abilities including provision for babies, young children, teenagers, adults and people with a disability.

What they said Insert 2-3 quotes from those impacted by the project.

"My 9 year old daughter always has a fantastic time at the state of the art facility where she trains four times per week. We could only have dreamt of this a few years ago. She is excelling at her gymnastics and making great friends too. The facility is an asset to the local community. Encouraging girls and boys of all ages to get into sport. We love it!"

"The club has given my 10 year old daughter the confidence to try things she never would have dreamt of doing 18 months ago. The improvement in both her skill level and general fitness has been huge. She always looks forward to showing off her progress when she practices at home. The new state of the art facility provides both the gymnasts and coaches with a safe environment in which to thrive and achieve their individual goals."

"My daughter wanted to try gymnastics so we went along for a trial; she worked at the development classes for months to be able to join the club. The club has grown and now has its own premises with custom equipment and safe practice space for all ages. The coaches are not only fully trained but friendly and encouraging and help her grow and develop skills to not only be able to compete but strengthen bonds with teammates, she is thriving and never wants to miss a class, her confidence is growing and she rarely walks anywhere, she cartwheels!"

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

Gymnastics has been extremely popular in West Dunbartonshire for a number of years; however, due to lack of access to a suitable facility, the growth has been limited. WDGC were unable to grow their membership despite receiving constant enquiries and having a huge waiting list. They have now grown their membership to 150 gymnasts with the hopes of reaching 250 by August 2019.

WDL is able to offer opportunities at Dumbarton Gymnastics Centre for children as young as 6 months to experience the gymnastics equipment and environment, therefore developing physical confidence and competence at the earliest age. There are coached classes for children aged 1.5 – 15 years and an adult session to encourage and enable the active to stay active throughout life.

WDGC have members from age 5 years and can now provide a competitive pathway in four gymnastics disciplines; Women's Artistic, Men's Artistic, Tumble and Rhythmic. They are the only club in the West of Scotland to offer Rhythmic. This is improving opportunities to participate, progress and achieve in sport.

As a result of the project, the gymnastics community is much stronger. Hundreds of people a week are visiting the centre and feeling part of something exciting. The gymnastics club feel like they have a home and it has revitalised the committee. They can see what all their hard work has achieved and they are inspired and determined to achieve more. As a whole, this project has improved our active infrastructure – people and places and has created an efficient and affective frontline service that improves the everyday lives of the people who use it.

How Briefly outline how the project worked, what was involved.

WDGC and WDL Sports Development have worked closely together since 2011. As part of their joint development plan they both knew they would need a specific facility in order to grow gymnastics any further. The idea was jointly pitched to WDL and a suitable facility was identified. In order to fund the project, WDGC fundraised for a number of years and applied to two different funds; WDC's Community Sports Fund and the Big Lottery's Awards for All fund.

To make the sports hall suitable for the gymnastics equipment to be installed, WDL spent money on making the required changes, including removing a heater on the roof and replacing the lighting.

Who Outline the key people who were involved in making this project happen.

West Dunbartonshire Gymnastics Club – Chairperson, Committee and Coordinator
West Dunbartonshire Leisure – Sports Development Team, Facilities Manager and General Manager
West Dunbartonshire Council – Community Sports Fund and related Officers on the assessment panel

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

WDGC applied for £63,000 from WDC CSF and £10,000 from Awards for All. They have used £11,000 of their club funds.

WDL invested £15,000 to get the sports hall prepared and £11,600 on disability and pre-school specific equipment. In addition to this financial investment, WDL provided a Sports Development Officer to work with all partners to pull the project together.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	School of Football
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

The School of Football is first and foremost a project aimed at developing the social and academic skills of young people during an agreed timescale and framework. We work on the basis that many skills developed while working in a football environment are transferable to school work and social situations. Pupils shall take part in both practical and theory sessions that enhance both their academic and footballing skill set. The project takes place at Vale of Leven Academy (S1-S3) and St Peter the Apostle High School (S1) which in total has 80 pupils over the four year groups within the two schools. The pupils are selected through a recruitment process targeted at their cluster Primary schools, in which they shall attend a practical trial as well as a report from their current Teacher detailing their academic and social skills.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

Working in partnership with the schools, there have been many impacts made for the wider group, including high levels of attendance from the pupils in comparison to their academic peer group, improvement in behaviour and timekeeping. For a few of the pupils, there have been some major impacts made, with an example of two of our students being picked to represent Scotland within the Learning Disability u19 National squad. Both were successful in getting through the trials and representing their country at the Home Nations tournament, in which Scotland managed to successfully win the tournament, which took place in Belfast during 2nd - 6th April 2018. This was a major achievement for both students as they had faced many challenges within their schooling but with the School of Football programme acting as a vehicle and incentive during their early school years, this helped them to grow in confidence both on and off the field and overcome some of those challenges that they faced. The programme is designed with the motto of “Person first, player second” and this was certainly the case, as both students had ability within the game but were lacking in other areas such as socially and academically, which were the main areas of improvement identified. There is no doubt that the programme aided these two students, in particular, to achieve this honour as well as their attitude and work ethic.

What they said Insert 2-3 quotes from those impacted by the project.

Paul Mooney, School of Football Coach:

"I was delighted when I heard that both of the players had been chosen to represent their country in the Scotland LD squad as they deserve a reward for the hard work that they have put in over the years. It has been a real privilege to see them grow into the people and players that they are today."

Mr McPartlane, PE teacher and School of Football link Teacher:

"For both of these students, their involvement in the School of Football programme, I believe, has had a huge impact on them as being part of a group within the school environment helped them to overcome their confidence issues in other areas. We were over the moon to hear that they had both been selected to represent their country as they have, over the years, represented our school so well and this reward is a real credit to the dedication that they have shown within the School of Football programme."

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

Through our partnership with the Scottish FA / Cashback for Communities, the opportunity for our schools to become part of the "My Community Project" in which one of the strands is "My School of Football" came about. The outline of the strand is below :

My School of Football is an attainment and aspirational programme aimed at individuals who are at high risk of exclusion, have behavioural issues or are potential offenders. It works to support pupils aged 12-14 in a key stage in their transition from primary to secondary school and beyond. The selection of participants comes from collaboration between teachers and football development staff. The initiative provides a Curriculum for Excellence focused programme of football coaching, aimed towards developing cognitive and social skills as well as completing an SQA accredited Dynamic Youth Award over the first two years of the participants' secondary school life. Schools to be involved in the programme are selected based upon those in areas of multiple deprivation.

How Briefly outline how the project worked, what was involved.

The School of Football project is delivered by a WDLT Lead Coach. This coach delivers all aspects of the project in terms of the theory and practical sessions. As the project's main aim is to increase the social and academic skills for the pupils involved, the coach works in close partnership with the school's in order to deliver a consistent message of how to engage the pupils within that schools learning environment.

Who Outline the key people who were involved in making this project happen.

The key partners in this project are as follows (in addition to WDLT Football Development Team):

- Scottish FA – Community partner / Central Region, through their Regional Manager and Player and Coach Development Manager.
- Cashback for Communities – Main funder of the project, strategic aims and outcomes identified and reported on.
- Vale of Leven Academy – have been a partner school since 2011.
- St Peter the Apostle High School – new school to the project, started 2018.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

VoLA :

Delivery cost - £4500 – Funded by school.

Other costs – there are some costs related to kit and equipment that the school also pay for.

SPTA :

Delivery cost - £2500 – Funded by SFA / Cashback for Communities.

Other costs – kit and equipment is supplied by SFA at their cost.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	Sports Development Summer Camps
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.
Sports Development deliver holiday camps throughout the Summer school holidays across all areas of West Dunbartonshire. The camps are available for children & young people aged 3 – 16 years.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).
Using 2018 holiday camps as an example, a total of twenty eight camps were delivered between the 2 nd July and 10 th August. Sports Development delivered nine different types of camps including multi sports, Gymnastics, Football, Early Years and Cycling. The camps are fully inclusive and offer high quality provision for children and young people at a very affordable rate of approximately £1.60 per hour.
Over seven hundred children and young people attended the camps in 2019, demonstrating how popular the camps are within local communities. The below figures show the growth of the programme in 2018.
Summer 2017 – 682 participants Summer 2018 – 700 participants

What they said

Insert 2-3 quotes from those impacted by the project.

“The balance ability class has given my three year old daughter so much confidence and has really improved her skills. She has enjoyed the class immensely. The staff were wonderful, really attentive and friendly. Thank you so much.”

“My two children aged 5 and 9 attended the Multi Sports summer camp and have both thoroughly enjoyed it. The themed days are a great addition and add excitement and anticipation to their day. My son has a severe nut allergy and I was very impressed by the efficiency of the staff when informed of this. On my return to collect my son, I was delighted to see large signs up around camp and letters were being handed out to all parents informing them of the camp being NUT free. I cannot thank staff enough for their diligence in this situation.”

“My little girl has really enjoyed her gymnastics and dance camp this week and has been showing us her dancing at home in the afternoons. My little girl has a visual impairment and the team of staff have been very good at helping and supporting her.”

“Well organised and ran programme! My son enjoyed attending the football camp and has signed up for another programme. Lots of good fun and a chance to meet new friends have fun and develop skills. At a local venue and choice of events. Keep up the good work. Excellent friendly coaches who work hard. Many thanks. Would recommend programmes to everyone without a doubt!”

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

School holiday Sports Camps run annually as they are a great way of keeping children active and involved in sports throughout the holiday periods. They provide fantastic support for working families and allow children to try new sports in a safe and fun environment.

The popular camps generate income to offset the delivery costs making it a highly sustainable model of delivery.

“Fantastic programme. Kids loved it! Great range of activities, brilliant coaches and happy parents! Amazing for working parents. Keep it going! Thanks again.”

“Noah has thoroughly loved the Sports camp this year. We think this is an excellent opportunity for children generally (physically and socially) and is also a fantastic support for working parents. Thank you.”

How

Briefly outline how the project worked, what was involved.

The summer holiday camp programme is the most extensive of the holiday periods however similar programmes on a smaller scale are delivered during the Easter and October school holiday periods.

The Sports Development team meet to discuss what the camps aims and objectives are such as themes, sports, ages etc. and also consider what weeks suit what areas of West Dunbartonshire based on what other activities are being delivered by other agencies.

The service then appoints a coaching team who have the responsibility to plan and deliver high quality sports sessions and games for each week. Sports Development always ensures that there is adequate staffing available to keep ratios of child to coach as low as possible. An Officer is always in attendance at camps to support the coaches and ensure the quality of service is maintained at all times.

Who Outline the key people who were involved in making this project happen.

Sports Development Coordinators lead at the camps to oversee all aspects of delivery and the lead and assistant Sports Coaches organise and deliver the quality and safe sessions. All camps are delivered in High Schools in partnership with WDC Educational Services.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

In 2018 the total income from camps was £33,500 and with expenditure of £23,400 the profit from the holiday camps £10,100. Several Family Members benefitted from free holiday camps to the value of £1,752.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	West Dunbartonshire Sports Youth Group
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

West Dunbartonshire Sports Youth Group (SYG) celebrated their 10 year anniversary in June 2018 and the case study focuses on their impact and progress over the years.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

This year marked the 10 year anniversary of the creation of the West Dunbartonshire Sports Youth Group. The SYG was created after a group of young people participated in a Sports Leaders course and realised they wanted to learn more about coaching and leadership.

Past and present members and tutors attended the session to celebrate the part the SYG had played in their life over the past 10 years. Everyone had a great night playing various different sports such as Boccia & Dodgeball as well as finding out how people have benefited from the group.

Over one hundred young people have benefited from the SYG over the last ten years, thirty five members have gone on to gain paid coaching hours from WDL and other local authorities or sports clubs. More than half of the members have volunteered for WDL and sports clubs such as West Dunbartonshire Gymnastics club and the West Dunbartonshire Athletics club. Members have gone on to become Assistant Sports Development Officers, Active School Coordinators, Teachers, Nurses, Police Officers and many other professions. West Dunbartonshire’s Sports Youth Group was identified as a model of best practice in 2012 and since then many other authorities and National Governing Bodies have replicated the model

What they said

Insert 2-3 quotes from those impacted by the project.

Lauren

“I was first introduced to Sport youth group at the age of 14 and was an eager member of the group up until late this year due to University. I can openly say that SYG was incredibly useful not only for what I am doing at University but also for my confidence, team work and commitment. SYG has provided me with skills that will be beneficial for my coaching/teaching career and also wider fields as it allowed me to develop many different useful skills that can/will be used in day to day life and I believe without the help of the group leaders and SYG members I wouldn't be the individual I am today.”

Ross

“The youth group was an excellent opportunity for me as a young person. It was a great way to socialise with other people my age but also to develop as an individual. It played a vital part in developing my confidence as a coach and more importantly, a person.

My 5 years with the youth group also advanced my communication skills - something which I was able to take with me through university and out into the world of work.”

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

The WD SYG was created when Sports Development had a remit for developing young people through sport. The department delivered Sports Leader courses for most of the local secondary schools. Once these courses were finished, we realised that there was nowhere for the young people to develop their knowledge and skills further. After consultation with the young people, the WD SYG was born.

The group now trains most of Sports Development's up and coming coaches and also provides support for young volunteers within local sports clubs.

How

Briefly outline how the project worked, what was involved.

The SYG is a voluntary coaching group made by young people for young people. Members are aged between 14 – 21 who are motivated and enthusiastic about sport. The SYG have their own committee made up of the young members.

Meetings are twice a month on Wednesday's 7pm – 9pm, one in the Clydebank area and one Alexandria/Dumbarton. They consist of the young members leading sports sessions e.g. 30 minutes football. Tutors deliver sessions on qualities such as confidence, communication and team work etc. They regularly have external visitors, allowing the members to meet professionals in the sporting industry e.g. sports development coordinators, active school coordinators and coaches.

To join the group you don't need to want a career in sports, members gain valuable unique experience's such as volunteering at Sports Development events, festivals and holiday camps as well as organising and running their very own holiday camps. They also develop skills and qualities which can be used both personally and professionally such as leadership, communication and confidence!

During school holiday's members plan and successfully run their own sports camps. Local children pay £2 for a full day allowing them to try new sports and have fun with friends. The young people create the session plans, organise the groups, deal with first aid situations and take the register as well as speaking to parents and guardians.

Who Outline the key people who were involved in making this project happen.

- Young people aged 14 – 21 years in West Dunbartonshire & the surrounding areas.
- Sports Development
- SYG Tutors
- External funders

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The group are externally funded and do not cost WDLT anything apart from staff time. The key costs for the group relate to:

- Venue hire
- Tutor cost

Sports Development provides in-kind support to help with administration and tutoring.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title: West Dunbartonshire Community Sports Awards



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

The West Dunbartonshire Community Sports Awards is a bi-annual awards ceremony that will recognise, celebrate and honour the achievements of athletes, teams, coaches and volunteers throughout West Dunbartonshire.

The 2018 event took place on Friday 9th November in Clydebank Leisure Centre.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

- The key results from the project were:
- Attended by one hundred and twenty three people including a number of invited guests – WDL Board members, Lead WDC officers and Elected members
 - The majority of attendees were the friends and family of the award nominees and winners
 - Eight awards were issued on the night including the new ‘WDL Sports Hall of Fame’ award
 - The event raised the profile of Clydebank Leisure Centre as a venue for events and conferences

Overall, the feedback from the event was extremely positive. The only negative comments were that the temperature in the event space was too low and people felt cold during the awards ceremony so this can be addressed for future events.

What they said

Insert 2-3 quotes from those impacted by the project.

Alison Walker, Presenter –

“It had a really nice feel to it and the room looked great. We had some outstanding finalists, brilliant winners and really good stories to tell.”

Lachie Stewart, Hall of Fame inductee –

“It’s always great to hear about all the talented youngsters that we have in our local area. There are some people achieving amazing things and you don’t hear enough about them, so events like this help raise their profile and recognise their achievements. Well done and thanks.”

Ronnie Dinnie, WDC Strategic Lead for Environment and Neighbourhood –

“The event was pitched at just the right level and it achieved exactly what we wanted it to achieve. We have some fantastic talent in our sporting community. Well done to everyone involved.”

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

Until 2016, the WD Community Sports Awards were delivered annually by Clyde and Forth press on behalf of WDL and WDC. Following a review of the awards in 2016, WDL and WDC decided that WDL would deliver the awards with the following rationale:

- The existing awards were too ‘corporate’ and also very expensive for people to attend
- WDL were keen to use Clydebank Leisure Centre as a venue to promote the facility
- WDL decided to change the format from a formal sit-down meal to a less formal awards evening with buffet and drinks
- This would reduce the cost to encourage more people from the local sporting community to attend along with the family/friends of the nominees
- The decision was also made to hold the awards every second year

How

Briefly outline how the project worked, what was involved.

Planning for the event began in early 2018. Some of key milestones were:

- Confirming the event budget
- Confirming the sponsorship package and making initial contact with potential sponsors
- Confirming the availability of Alison Walker as event host
- Produce the marketing materials for the event (roadside banners, posters, PDF sent by email)
- Launching the event/open nominations to the wider public
- Confirm the judging panel who then decided on the finalists and winners in each category
- Invitations sent to invited guests and liaise with the finalists regarding the guests attending with them
- Finalise the event programme, trophies and certificates
- Confirm event catering

On the evening of the event, the event was lead by WDL Sports Development staff with the support of Clydebank Leisure Centre Staff.

Who

Outline the key people who were involved in making this project happen.

- David McLean, Gayle Brown and Alan Crawford + WDL Sports Development team
- Cameron Taylor + Clydebank Leisure Centre staff
- Vision Events (AV + Sound provider)
- Alison Walker – Presenter
- JJR Print – Promotional Material, programmes etc
- Walters Trophies
- Joe Faiz – Bean Grinder Café (catering)

Cost

Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The table below outlines the income/expenditure for the awards. There made an overall loss of £306.00

INCOME		EXPENDITURE	
WDC	£1,000	Room Hire	N/A
WDL	£1,000	AV Company	£2,178
Sportscotland	£1,220	Awards + frames	£541
Sponsorship	£1,084	Prize money / Vouchers	NA
Ticket sales (33 x £5)	£165	Catering (inc VAT)	£834
Other Carry Fwd D1240	£801	Promotional materials (JJR)	£1,033
		Prosecco/Beer etc	£150
		Alison Walker	£840
	£5,270		£5,576

- Catering costs could have been reduced
- Programme costs more than expected, however sponsors would expect to have a quality programme
- One additional sponsor would have seen the event make a profit
- AV company quotes were consistent. Vision Events delivered a high quality service.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	First Aid Training - Harry Crossan's Story
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

Harry was awarded:

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

Do 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 Insert 2-3 quotes from those impacted by the project.

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'

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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

How Briefly outline how the project worked, what was involved.

Dates were set up with the school and advertised internally by teaching staff.

Who Outline the key people who were involved in making this project happen.

Kirsty McElroy

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

No cost associated with the project.

Outcomes and Priorities Addresses

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.

WD Council Priorities

- A strong local economy and improved employment opportunities.
- Supported individuals, families and carers living independently and with dignity.
- Meaningful community engagement with active, empowered & informed citizens who feel safe and engaged.
- Open, accountable and accessible local government.
- Efficient and effective frontline services that improve the everyday lives of residents.

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	Vitality + (Care home Programme)
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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 facility which is not a feasible option for many day care patients. This project removed that barrier by delivering classes within the care home setting.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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 has decided that due to sustained improvements in the vitality classes, it is now time that JD moved on to a higher class level.

JD has 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 ready to move on to the Step in Circuit (level 3).

What they said Insert 2-3 quotes from those impacted by the project.

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

"Improving the health and well-being of older people is a responsibility we all share. COPT and CHDT Physiotherapy staff can prescribe an individualised exercise programme based on assessment however not all older people require Physiotherapy input. Furthermore the challenge for many of us including older people is to maintain appropriate Physical Activity levels which can often be seen as boring.

For many older people the ability to access effective, tailored physical activity opportunities in their own community is limited. 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 group appeared to be having fun and enjoying themselves

meeting one of the key themes Older People indicated were important to them according to Active and Healthy Ageing: An Action Plan for Scotland.

During the visit it was evident some of the participants were under the care of our teams following referral for Physiotherapy. The class provided an opportunity to address some of the problems identified during Physiotherapy assessment.

One of the class participants had previously been recommended to use a Zimmer at home by her Physiotherapist. Since then she has been attending the class on a regular basis, staff recognised her mobility had improved and requested a Physiotherapy assessment following which the lady was identified as safe using a stick. This highlights the success of the class and the benefit to the individual and potential to reduce the financial burden to health and social care”.

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.

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

How Briefly outline how the project worked, what was involved.

WDLT provided nine 10 week blocks of vitality classes. This involved weekly classes taking place in three care homes across West Dunbartonshire.

WDLT staff trained and assisted care home staff to screen clients prior to each programme commencing to ensure client were safe to participate.

WDLT instructors delivered each class while health professionals recorded client improvements etc for evaluation purposes.

Who Outline the key people who were involved in making this project happen.

WDLT Staff – Business Development Coordinator, Fitness Officer, Vitality instructors, Live Active Advisor.

Partners – HSCP staff, Care Home staff and health professionals (GP’S, Physiotherapists, Nurses)

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The cost to deliver the programme was £5,400 which was fully funded by West Dunbartonshire Health & Social Care Partnership.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	Clydebank Community Sport Hub
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.
The development of the new £3.86 Million Clydebank Community Sport Hub project in Whitecreek, Clydebank.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).
<p>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:</p> <p>The CCSH Vision is : Enhance the lives and wellbeing of all in our community</p> <p>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.</p> <p>Using these guiding principles, CCSH strongly believe that they can make the following positive changes in their local community:</p> <ul style="list-style-type: none">- 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

What they said Insert 2-3 quotes from those impacted by the project.

Ross McCombe, Chairman of CCSH, 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."

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

In 2012, West Dunbartonshire Council 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 Whitecrock, 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 Whitecrock and Clydebank.

How Briefly outline how the project worked, what was involved.

CCSH initially commissioned a Feasibility Study to assess the need and viability of the project which informed the development of the CCSH Business Plan. As part of this process, CCSH undertook initial community consultation in 2014. This was followed by a second consultation specific to children and young people in 2015 which supported a funding application to Cashback For Communities.

The evidence from the Feasibility study, Business Plan and consultations enabled CCSH to appoint a professional design team, successfully apply for a variety of grant funding from 8 external funders and secure the required capital investment.

WDC then put the project out to tender with Central Building Contractors (CBC) securing the construction contract with work beginning on site in Dec '17.

In May 2018, CCSH felt it necessary to undertake additional consultation to ensure the projects and activities that will be delivered through CCSH are inspired and driven by the local community who will become the main users and stakeholders. This further consultation has helped secure £90,000 from Big Lottery and £10,000 from the Robertson Trust to support revenue costs over the initial three years of operation. CCSH have now employed a full-time Manager and team of part-time support staff to run the facility which was officially opened on 4th December '18.

Who

Outline the key people who were involved in making this project happen.

- CCSH committee
- Project Design team led by Marc Kilkenny Architects
- Ronnie Dinnie – WDC Strategic Lead
- Lesley Woolfries – WDC Capital Investment Team
- David McLean –WDL

Through West Dunbartonshire Council, the project was also supported by a Project Board consisting of representatives from Capital Investment, Procurement, Finance and Legal.

Cost

Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

In addition to the £1.735 Million investment from West Dunbartonshire Council, the project secured additional external funding of £2.13 Million. A breakdown of the funding is detailed in the table below:

Funder	Amount
West Dunbartonshire Council	£1,735,000
Scottish Government - RCGF	£1 Million
Gaelic Athletic Association	£300,000
Scottish Rugby Union	£40,000
The Robertson Trust	£20,000
sportscotland	£500,000
Cashback For Communities	£150,000
Scottish Landfill Communities Fund	£20,000
Social Investment Scotland	£100,000
Total funding:	£3,865,000

The project has been supported by WDLT's Sports Development Team for the past 6 years to the value of app. £30,000 and the CCSH committee have contributed app. £40,000 of in-kind support to the project.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	Pre School Nursery Programme
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

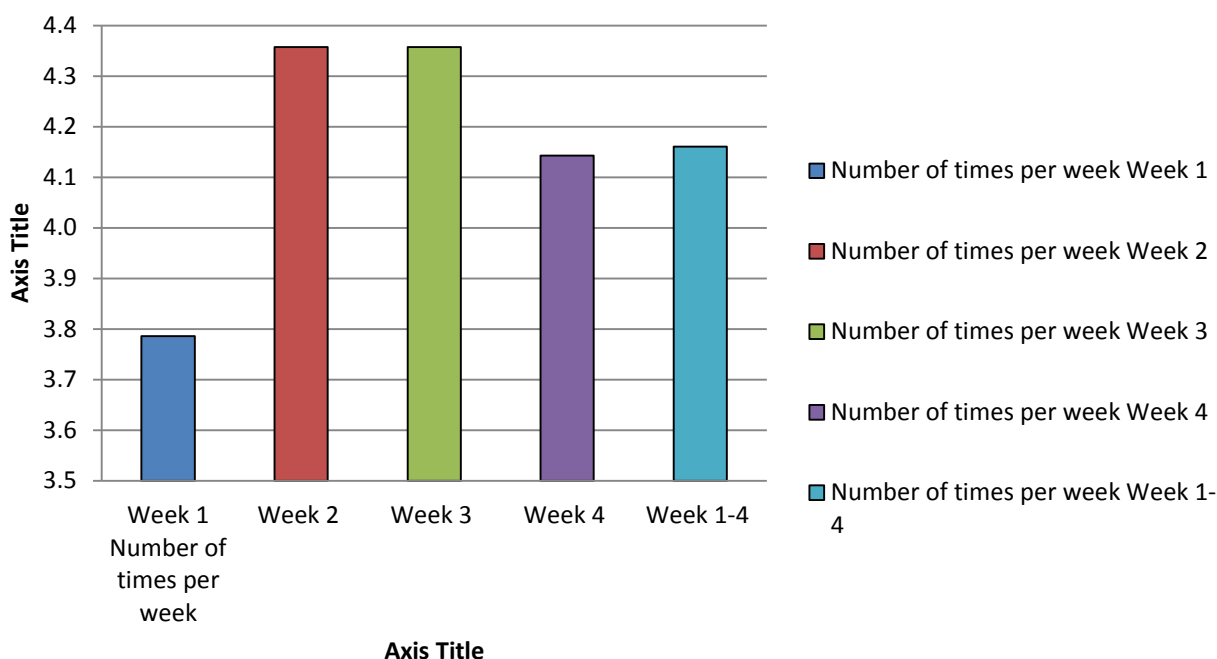
The Early Years Sports Development programme started in 2001 and is an ongoing high quality programme that engages with local families who have children attending Early Education and Childcare Centres (EECC) and Private Nurseries in West Dunbartonshire. The programme of delivery is collectively called '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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

Every year 2,000 children participate in the Ready Steady Go programme on a weekly basis.

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. To discover the level of use of the TOP Start to Play resources, the project conducted a four week survey in ten EECC and Private Nurseries during March – April 2011. The survey demonstrated that the resources are used on a daily basis during the week to increase the number of organised physical activity sessions children receive during a week. Please see table below.

Average usage of the TOP's Resource Bag



What they said Insert 2-3 quotes from those impacted by the project.

"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 life long 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. We would also like to take this opportunity to thank Michael who is an outgoing, energetic and friendly coach who has built excellent relationships with staff, children and parents."
 Caroline Szelong, Head of Centre, Riverside EECC

"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."

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

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.

How Briefly outline how the project worked, what was involved.

The programme delivers physical activity sessions to all EL&CCs and Private Nurseries in West Dunbartonshire with over 2000 two to five year olds participating in weekly *Ready, Steady, Go* sessions. During the last five years the programme has trained **three hundred and twenty** nursery teachers in the delivery of *TOP's Start to Play* physical activity sessions. This has provided further benefit to the children attending their nurseries and is supplementary to the *Ready, Steady, Go sport and physical activity* sessions. The programme has seen approximately 200 parents participating annually in the Parent's Physical Activity Information Workshops.

Who Outline the key people who were involved in making this project happen.

To provide a high standard of delivery and to engage with as many families as possible the West Dunbartonshire Leisure's Sports Development Service works in partnership with local EECC's, Private Nurseries, West Dunbartonshire Council's Education Department, West College Scotland (Clydebank Campus), Mother and Toddler groups and local Primary Schools. It's a joint approach with the children at the centre.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The Early Years Sports Development programme is not reliant on external funding and is fully resourced by West Dunbartonshire Leisure. It is valued by the organisation as a key tool in engaging young children in hard to reach communities.

Even with the relatively low annual budget of £60,000 the programme is able to provide 2,000 children with sport and physical activity every week, from pre-school age, at a cost per child per week of £0.86, based on 35 weeks delivery of pre-school age and after-school sports clubs per year.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.

Title:

Open Water School Swimming Event June 2018



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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 Insert 2-3 quotes from those impacted by the project.

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”

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

How Briefly outline how the project worked, what was involved.

Our school swimming programme at the Vale of Leven was targeted due to its location and the access to Loch Lomond. Each child within our swim programme was assessed on the first and last day of lessons by qualified swimming instructors. These statistics were sent to the schools when offered the opportunity to attend the open water event. Children were highlighted as competent at swimming 25m and were able to attend.

Due to it being the first open water event ran in West Dunbartonshire research was completed to ensure that we were able to deliver a safe and effective event. The key things that were completed prior to the event were:

- Attending an Open Water event ran by Scottish swimming
- Meetings with Loch Lomond National Park/ Scottish Swimming /Open Water Rescue
- Completing a Risk Assessment on the area
- Water testing and requirements for a safe event
- Purchasing of safe equipment
- Organisation of first aiders
- Staff training session in Loch Lomond supported by Scottish Swimming

On the day of the event we had allocated time slots for children to attend so that there was a safe child to swim teacher ratio within the loch. Children spent some time with Open Water Rescue before entering the loch for approximately 30minutes playing games and learning key Open Water Swimming Skills.

Who

Outline the key people who were involved in making this project happen.

Swimming Development Team
Open Water Rescue
Scottish Swimming
Loch Lomond National Park

Cost

Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The costs associated with the open water event are listed below:

<u>Safety Support</u>		
First Aid	£192.50	
Open Water Rescue	<u>£409.75</u>	
<u>Staffing Cost</u>		
additional coaches	£261.26	1 - L 4- A
Staff Training day	£98.30	
<u>Equipment</u>		
Swim Hats	£304.80	
Wetsuits Kids	£1,125.00	(50 suits)
Wetsuits Adults	£360.00	(6 adults)
hangers	£10.00	
railings	£24.99	
ground sheets	£30.00	
Shoes	44.98	
<u>Additonal Costs</u>		
Ribena	£3.00	
Mars Bars	£27.50	
Hot chocolate	£10.00	
aldi	£9.26	
cups	£5.00	
Total	£2,916.34	

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:**Walking Football – Day Care Centres / Community Groups (Elderly)****What**

Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact

Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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.”

Frank Downie Day Care – “Margaret is an incredible inspiration, she is one determined lady. Not only has she many health restrictions she recently lost the use of her sight. She participates in the weekly sessions as much if not more than other individuals. Her confidence has grown massively and her walking has improved significantly, an inspirational women and a joy to work with.”

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 Insert 2-3 quotes from those impacted by the project.

“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. All our feedback from the groups has been positive while attendance and effort is 100%.”

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

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

How

Briefly outline how the project worked, what was involved.

Initially Football Development looked to take the clients to a community centre facility however transport issues stopped this from happening, therefore decided to look at the facilities in house. A suitable room (with suitable seating) was identified, a risk assessment was completed and it started from there. An 8 week pilot programme was started within one day care. During this time the clients were continually evaluated by the day care assistant and football coach, we monitored each individual's progress noting milestones throughout. The difference in some individual progress was unbelievable. When the eight weeks were coming to an end the clients were very vocal about wanting the sessions to continue and three other day care centres approached Football Development and requested to be involved. These groups now pay for the programme to be delivered within their organisation. To date WDLT are delivering nine sessions per week, some of which are WDC, community groups and a private organisation. The Football Development Team are looking to increase this further throughout the local authority.

Who

Outline the key people who were involved in making this project happen.

- WDL - Football Development officer and coaches.
- WDC – Day care centre managers and day care assistants
- Clients family members
- Big Lottery Fund

Cost

Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

A total of £5224 was received from the Big Lottery Fund. This money was used to purchase equipment, staff costs, facility hire, training course and promotional material. Out of the nine sessions being delivered, four are funded by WDL Football Development and the other five are funded by the centres. The current programme costs £113.31 per week, which equates to **only £1.10 per person per week**. Not a high cost for a very worthwhile programme.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	Jogscotland – Chris Baird’s Journey
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Before



After



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

Jogscotland is focused on getting inactive people physically active through jogging. The programme has five different levels from beginner to an intermediate level where people are jogging up to an hour. The first session involves a five minute walk, thirty seconds jogging followed by thirty seconds walking being (repeated ten times).

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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.

What they said Insert 2-3 quotes from those impacted by the project.

“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”.

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

How Briefly outline how the project worked, what was involved.

West Dunbartonshire was one of the first local authorities to launch jogscotland programmes. The numbers of participants have continued to grow over the years with an average of seventy attendees per block.

Who Outline the key people who were involved in making this project happen.

The jogscotland programme is co-ordinated by WDLT Sports Development Team who employ jogleaders to deliver sessions in the community. The programme has also won many awards from the governing body. In the programmes first two years West Dunbartonshire had the Scottish jogscotland Achiever of the Year and in 2015 the programme won Group of the Year. Chris was shortlisted for the awards event (top three) as ‘Achiever of the Year’ at the Scottish Athletics Awards on Saturday, 3rd November 2018. There were over two hundred entries for this award and recognises his incredible achievements and the impact of the programme on people like him.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

It is difficult to charge too much as jogging is something that people could do for free but with the expenditure on staff the programme charges participants £2 per week. In order for WDLT to cover all staffing costs, each block required sixty four participants. Increasing the cost of the sessions could have an impact on attendance as West Dunbartonshire is an area of deprivation with high incidence of poor health, so if the programme drops in participation, WDLT cover the additional costs to maintain service delivery.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities.
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring.
- Financial Sustainability - developing existing and new business opportunities.



Case Study / Impact Report

Title:	Kilpatrick Go Live Funding
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

This project has been a huge success and based on our Active Schools monitoring data for Term 1 August-December 2018 (project is still ongoing therefore there are no other stats are yet available), the number of activity sessions has risen from 23 to 79 and the visits by pupils to activities has more than doubled - from 582 to 1,438. The number of different children participating has also risen, to 69% of the school population - which is a 19% increase to that of the same period last year. This figure is expected to rise significantly in Term 2 due to more opportunities being created for the Primary aged children.

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 Insert 2-3 quotes from those impacted by the project.

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

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

This project was introduced to enable children with additional supports needs to access more sports and physical activities. The contribution to national and local outcomes and priorities is detailed below:

Active Scotland Outcomes

Encourage and enable the inactive to be more active

Develop physical confidence and competence from the earliest age

Improve opportunities to participate, progress and achieve in sport

Children affected by disabilities it 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 dependant 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 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.

Active Scotland Outcome

Improve our active infrastructure – people and places

This project has allowed and helped develop partnerships between a variety of people who provide services for children with additional support needs including Education Dept., WD Leisure and local sports clubs. This has helped us to plan in a more joined up way in order to provide the best service for the needs of the young people and their families. The project has enabled pupils to access a variety of activities in a safe, familiar and accessible environment which allows them to build their confidence and hopefully go on to access activities which are available out in their local community. The pupils now know many of the club coaches and the parents know that local sports clubs can cater for their child's needs.

It can be very challenging recruiting volunteers with the skills and expertise to deliver quality provision for young people with additional support needs. This project has enabled us to improve the delivery infrastructure by bringing in experienced coaches who are confident at delivering to this group, providing high quality sessions and a positive experience that encourages children to continue to participate. This allows us to grow the opportunities as the community continue to get to know and trust the service and to encourage a flourishing ASN community.

CPWD Priority

A Flourishing West Dunbartonshire

An Empowered West Dunbartonshire

A Nurtured West Dunbartonshire

By bringing local people, organisations and institutions together to help support and provide opportunities for the young people, the project helps to make our local communities more engaged, cohesive and attractive. The life chances of the children, young people and families are improved, due to the physical activity element of the project. With the young people being more active and learning new skills and being able to socialise etc. they are becoming more confident, resilient citizens.

WD Leisure Outcomes:

Grow the Business - build on our previous successes & maximise new opportunities

Improve Customer Experience - customer satisfaction, quality of service and genuinely caring

This project was a new opportunity and has been a great success, adding to the provision and participation rates of WDL and builds on the successes we have had in recent years in relation to the ASN sector. It further highlights the impact and value that WD Leisure adds to schools and Education Dept. through the variety and quality of provision. It has improved the customer experience for the young people involved and their families by providing more opportunities, high quality sessions and links to local sports clubs – which weren't so extensive before the project.

How Briefly outline how the project worked, what was involved.

This project has been implemented through partnership working between Active Schools, Sports Development and Kilpatrick School. The timetable, sourcing of deliverers and implementation of the project has been driven by Active Schools with the cooperation of Kilpatrick School and the contribution of staff in not only delivering, but also assisting pupils during activities.

Who Outline the key people who were involved in making this project happen.

David McLean – Sports Development Officer - Involved in the sourcing of funding.

Lynne Stewart Active Schools Coordinator – Lead in implementing project.

Kilpatrick School Staff – School communicate with parents to promote activities as well as provide Learning Assistants to support pupils in activities and teaching staff who are involved in some of the delivery.

External coaches/volunteers – Delivery of activities.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The total cost of the project was £1,857 which was all funded by GoLive! Get Active.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:

Active Schools Community Netball - Dumbarton



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

Our community netball programme in Dumbarton started in 2017 and has run every school term since then, with numbers increasing across the academic year. The sessions are open to all pupils from P5 – S1 on Tuesday nights at the Meadow Centre in Dumbarton, 6-7pm. Each week we provide a fun, safe environment where the children can come along and learn new Netball skills and socialise with friends

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

For nearly a year and a half we have had 2 very committed volunteers giving up their own time to facilitate and coach on this programme. They are Jennifer Hall (teacher at St Michael's Primary School teacher and Dumbarton Harp ladies player) and Patricia McLaughlin (Learning Assistant at St Patrick's Primary School). The club has now evolved and we are working in partnership with Netball Scotland to develop this programme into an official junior section of Dumbarton Harp Netball Club. The scheme has been running since May 2017 with on average 25 players attending each week across the whole academic year, resulting in 25 sessions and over 600 attendances to date.

What they said

Insert 2-3 quotes from those impacted by the project.

“My daughter enjoys the netball - it's good for her to mix with children from other schools and ages. Glad she is learning something new.” – Anne Marie Walker (parent)

“My daughter attends netball every Tuesday night. It has made her more active and she has made friends through the netball and looks forward to it every week.” – Lisa Houston (parent)

“I really enjoy coming along to Netball every week. I get to see my friends as well as practice my Netball skills!” – Grace Houston (player)

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Active Scotland, WDC and WDL Outcomes & Priorities you feel are relevant on page 3?

This programme aims to address the gap between the popular primary school netball and community/youth netball in Dumbarton. Conversations with a teacher from St Michael's Primary School - who is also a Dumbarton Harp Netball Club player - identified the gap between primary school/youth netball and adult netball within the Dumbarton area i.e. the club having no junior section and 14 year olds playing against adults at the club's training sessions. Pathways from School to club are a key priority for Active Schools - to encourage pupils to continue playing sport beyond the school gates and in the local community.

The programme links in with all the Active Scotland outcomes:

It encourages the inactive to be more active by inviting pupils of all abilities and backgrounds to come along and play;

It enables active children to stay active and continue in the sport they enjoy - which is being further strengthened by the work being done to establish this as a junior section of the club, providing a strong the pathway for young people to continue playing in adulthood;

the weekly sessions focus on improving physical confidence and competence via Netball from a young age and support wellbeing in the local community;

the provision improves our active infrastructure by providing people who deliver the opportunities and places for people to play;

it also improves local opportunities for young people to participate, progress and achieve in sport.

Meeting the local authority priorities is also important and the programme does this by contributing to A Flourishing West Dunbartonshire by providing children opportunities to have the best start in life and the ability to succeed and also improves life chances. It also contributes to An Empowered West Dunbartonshire due to the support and development of local people as volunteer sports coaches.

In relation to West Dunbartonshire Leisure outcomes, the programme meets Grow the Business as it's a built on our successes in school netball and has helps us increase our reach into local communities.

How Briefly outline how the project worked, what was involved.

Active Schools Coordinators met with members of Dumbarton Harp Netball Club prior to the programme and discussed the logistics of the club; location, day, time, club promotion etc. Dumbarton Harp ladies train in the same hall on Tuesdays 7-8pm, so having the children play 6-7pm was perfect.

Active Schools purchased Netballs and bibs specifically for the programme and promoted the programme in schools and on WDL social media in order to raise the profile and encourage participation. Promotion on social media has continued to maintain profile and encourage more young people to attend.

We charge the players £2 per session to cover the hall hire cost. The income comes to WDL, but with an understanding that surplus funds can go back into the programme. In the near future the children attending will receive hoodies with the Dumbarton Harp logo on, to make them feel part of the local club. The lead coach has 2 assistant volunteers as well as new Sports Leaders from local primary schools. In addition the lead coach is now a certified Netball coach (UKCC Level 1).

Who Outline the key people who were involved in making this project happen.

One of our Active Schools Coordinators for the Dumbarton area worked in partnership with players from the Dumbarton Harp Netball Club. We also have two secondary school Sports Leaders from Dumbarton Academy coming along each week to support the club and also gain extra experience in coaching Netball.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

Costs are minimal in this project. All our coaches are volunteers. The £2 which each child pays per session covers the cost of the hall which is £20 per hour.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	Glasgow Gaels FC School-Club Link
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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 Insert 2-3 quotes from those impacted by the project.

“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.”

John Paton – PT Edinbarnet Primary School

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

Active Scotland Outcomes addressed:

Encourage and enable the inactive to be more active

Providing young people with the opportunity to try new sports in school creates the pathway for participation within the community. School/club links offer children the opportunity try minority sports that they previously didn't know they could access. Offering a broad range of activities and sports to pupils who have previously been inactive or not enjoyed traditional sports can help them find something they enjoy.

Encourage and enable the active to stay active throughout life

Partnerships with local clubs are a great way to engage children when they are young, through junior sections and keep them involved in sport to adulthood. Children who have taken part in sport and activity when they are younger are more likely to remain active and feel more confident exercising in later life whether its sport or general fitness; so these opportunities provided in school are vital to helping improve their current and future health.

Improve our active infrastructure – people and places

The Glasgow Gaels are based at the Clydebank Sports Hub which is in Whitecrook, one of the most deprived areas of Clydebank. By promoting and enabling the club to have a higher profile in their local community helps to engage the community and encourage more local people to use the facilities it and get involved in sport.

Improve opportunities to participate, progress and achieve in sport

By linking the club to the local schools and enabling the delivery of sessions to the pupils, we are improving opportunities to participate, progress and achieve in sport. Gaelic football is a minority sport in Scotland so children playing it are all starting from a relatively level playing field, in terms of understanding the rules and how the game is played. This means that children can excel in the sport without feeling intimidated by their peers or feel that they aren't good enough before they start.

CPWD Priorities addressed:**An Empowered West Dunbartonshire**

Projects like this are absolutely vital to the development of a wider range of sporting opportunities for local children. With Gaelic football being a relatively unknown sport across Scotland we have seen many children get involved, having never played a team sport before. Girls in particular, are very enthusiastic about the sport and are being empowered by it. We believe that continuing to develop greater links with the club will see a significant increase in the number of children engaging with the sport outside of school. This can only help to develop engaged and cohesive communities.

WDL outcomes addressed:**Grow the Business; Improve Customer Experience**

This project adds to and builds on our existing school to club pathways and partnerships and demonstrates we are maximising new opportunities – particularly with the new Clydebank Community Sports Hub. External coaches and club representatives are viewed as a great addition and are greatly welcomed by schools and pupils. It's vital that programmes such as these run smoothly, so that schools value and welcome more taster sessions from the club (and other local clubs) because they know Active Schools will offer a high standard of input and excellent customer experiences. Schools also see the value in making connections to local sports clubs, so that their pupils can continue to be active beyond the school gates.

How Briefly outline how the project worked, what was involved.

The project has been developed through a successful and mutually beneficial partnership between Active Schools and Niall Quinn the club's Development Officer. The partnership has grown because both parties understand each others individual and shared priorities, and work together to try and achieve them.

Effective communication and forward planning between the lead Active Schools Coordinator, Niall and the schools ensures that the programme runs smoothly and that the schools and pupils value the input from Active Schools and the Glasgow Gaels. Niall delivers fun and engaging sessions which are followed by competitions so the pupils and schools are really absorbed in the programme.

Who Outline the key people who were involved in making this project happen.

Active Schools – Louise Morrison, Project Lead
Gaelic Football – Niall Quinn, Development Officer
Glasgow Gaels - Jenn Treacy Youth Development Officer for Club
Schools – All Clydebank Primary Schools (Head Teacher etc.).
Clydebank Sports Hub – Club base and facility for Festivals.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The only cost to WDL is for Taxis to and from festivals – approx. £100 for two festivals (14 schools involved).

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:

Braehead Primary School Junior Leaders



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

Junior Leaders is a programme to encourage young people to become leaders in their school. The aim was to have more structured activities in the playground to help get more young people active and to help build confidence in the leaders.

Firstly, training was delivered to all P6 pupils in Braehead Primary School. During the training the children learned how to be leaders in sport, plan sessions, interact with participants and how to manage behaviours in the playground. The Active Schools Coordinator delivered three training sessions that were 2 hours long for every P6 in the school.

Next, working in partnership with the school, we made up a rota and timetable for the leaders to follow. This is displayed in their classroom and in the gym hall. Folders were created by the pupil sports council to keep all registers in - so we can keep track of all pupils taking part. This is a key part of the junior leaders as we are trying to target the inactive children.

The Junior Leaders deliver five different activities each lunchtime throughout the week. These activities are: Football, Skipping, Team Games, Running Games, Pie Ball and Fun Games. During all activities there is a staff member present to oversee the leaders.

On the last Friday of each month we hand out certificates to the participants who the young leaders feel deserve recognition. The certificates can be for: playing well with others, working hard, being helpful to all leaders, participating every lunchtime and/or participating in sport for the first time.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

As a result of the junior leader programme there has been an increase in the lunchtime sports and physical activity provision - and participation levels - in the school. The programme has also helped us highlight children that wouldn't normally attend an afterschool club and encourage them to take part in the activities during lunchtime with their friends. This is expected to have a great impact on the Active Schools data submitted to **sportscotland** in relation to distinct participants, sessions and visits.

This programme has also helped improve the structure to the lunchtime activities. Before the programme the children had access to sports equipment to play with at their leisure. This was difficult to manage for staff as the children were spread out across the full playground. Now we have a structure in place, all the activities have their own section of the playground and this is much easier to manage for school staff.

This project has had a massive impact on the junior leaders. In the short time since completing training and delivering sessions, myself and the school have noticed a great difference in their confidence. They are now taking control of their games with very little help and are more confident to speak and coach the participants. Now they are more confident they are managing behaviour of the participants much better.

What they said Insert 2-3 quotes from those impacted by the project.

"The junior leaders in Braehead are having a very positive impact across the school but particularly at the early stages. The children are accessing games and sport during break times. The children have welcomed this focus to their play. The older children are also developing their leadership skills in addition to essential skills in organisation and teamwork. The junior leaders have enhanced the life and ethos of the school and we will continue to support this project as a school."

Anne McFarlane Head Teacher

"The children in Braehead are enjoying participating in the activities. There is a high level of engagement and there have been less incidents involving behaviour in the playground. The children are very enthusiastic and look forward to the play sessions. The leaders are working well as a team. There have been some issues raised about rotas, resources etc. but they have worked well to change things around if needed. The P6 children are showing great skills in organisation, leadership, team work, evaluating and solving problems."

Michelle Priestly Principle Teacher

"Kids enjoy it. They are keen and always looking to see what activities are on offer each day."

Mrs Brown, Learning Assistant

"There's less bad behaviour because everyone is taking part." Hannah P6

"Junior Leaders help children to make new friends." Lauren P6

"Junior Leaders help children get active and helps them to have fun." Isla P6

"Being a Junior Leader has helped me see happy faces. It's cool to be a leader. I really enjoy it." Harvey P6

Junior Leaders

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

Firstly, this programme was introduced to encourage more young people within the school to improve their leadership skills. The school were keen to give more responsibility to the young people and help them improve confidence. It was also to address a lack of provision of organised sessions at lunchtimes and to maximise the opportunity for getting children active at this time during the day.

Active Scotland Outcome - Develop physical confidence and competence from the earliest age; and support wellbeing and resilience in communities through physical activity and sport.

CPWD Outcomes - A Flourishing West Dunbartonshire & A Nurtured West Dunbartonshire

Introducing Leadership opportunities helps build confidence in the young leaders at a young age. In addition, the programme providing a range of opportunities to explore different kinds of play and physical activity and sport; encouragement in developing skills in a safe and supportive environment; and help in overcoming barriers to participation. Many of the participants have been the children in early years P1 and P2 and they are now able to develop their physical confidence and competence in the playground. The programme contributes to the council outcomes by providing Increased and better quality learning and also improved life chances.

Active Scotland Outcome - Improve opportunities to participate, progress and achieve.

WD Leisure Outcome - Grow the business by maximising opportunities.

The programme has led to the provision of a service that wasn't there previously and also increases in provision and participation at lunchtimes, which has helped us in targeting the inactive children - encouraging them to get involved and be active during lunchtimes.

There are opportunities for participants to participate and progress, but also for the Junior Leaders, with the introduction of the awards for the leaders and participants. For the leaders, if they completed a set amount of sessions they will be rewarded with a certificate. 10 sessions = bronze; 25 sessions = Silver; and 50 sessions = Gold. Also, the junior leaders give out certificates each month to one participant who has done well during the sessions.

Active Scotland Outcomes - Encourage and enable the inactive to be more active; and Improve our active infrastructure – people and places

The programme has helped to create a new positive atmosphere around sport in the school playground environment and encourage the inactive pupils to participate. The school hope to continue to run the junior leaders each year and make all the lunchtime activities a part of day to day life at the school. In doing this we hope to get a high percentage of children active in the school across all age groups.

WD Leisure outcome - Improve the customer experience

Lastly, the most important part of the junior leaders programme is to provide more sporting and leadership opportunities for the pupils of Braehead Primary School. The training provided by the Active Schools Coordinator has improved the experience of our service for schools and the children and staff can see that the input from WD Leisure is of a high quality.

How Briefly outline how the project worked, what was involved.

The Active Schools Coordinator (ASC) had a meeting with Michelle (Principle Teacher at the school). From this meeting they planned the junior leaders programme.

Then the ASC went into the school over 3 afternoons and delivered the junior leaders training to all P6 pupils. The children learned about how to be a leader, how to plan sessions, how to deliver sessions safely and how to make the sessions challenging and fun.

The next step was to create a school sports committee. This was done this by asking the children to show interest in being a sports committee member. Once they done this, the 10 best were selected for the job. Once the committee was selected they planned how the junior leaders would work.

During lunchtimes the pupils would set up five different activities. One was football on the pitch the other five were set up on a cornered-off section of the playground. The Junior Leaders would deliver the sessions they were assigned to and the sports committee would go around all the activities and register all the participants (data capture).

We have two Learning assistants and Michelle (School PT) who oversee all the activities and to offer assistance if required. We have had no major incidents so far during the programme.

On the last Friday of the month at the schools assembly, all the winners of certificates – as chosen by the Junior Leaders - are awarded. This is also when the Bronze, Silver and Gold Leadership Awards are presented to the Junior Leaders, after they achieve each milestone.

Who Outline the key people who were involved in making this project happen.

Active Schools Coordinator - Coordinated the full project in partnership with School staff

Michelle, Principle Teacher - Helped coordinate and oversee the project.

Junior Leaders - Deliver all the sessions

Sports Council - Organised the folders, took and maintained registers.

Learning Assistants - Oversee the sessions out in the playground and support the leaders.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

No cost was involved in this project as the school already had all equipment required.

No coaching costs as Michelle volunteers her lunchtime to help oversee project.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:

**Effective & Sustainable School to Club Pathways –
Loch Lomond Rugby Club**



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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.

What they said

Insert 2-3 quotes from those impacted by the project.

“Loch Lomond Rugby Club has been working in partnership with Active Schools for a number of years (10-12 we think). 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

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Active Scotland, WDC and WDL Outcomes & Priorities you feel are relevant on page 3?

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.

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.**

The programme supports the Active Scotland outcomes above, 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.

CPWD Priorities

The programme contributes to **A Flourishing West Dunbartonshire** by developing the opportunities for young leaders and adult volunteers from the club to deliver within their local communities (via schools). This helps our local communities to be sustainable and attractive. With the club providing opportunities for local volunteers to be trained and gain qualifications, the programme further contributes to this priority via increased and better quality learning opportunities qualifications and training. The club ran a free 2 day Scottish Rugby Level 1 course which two Active School volunteers attended - and have since been delivering a rugby after-school club at Gartocharn Primary school . Most of the pupils who have attended have gone onto the Friday night youth sessions at the club. This empowerment of local people also contributes to the **An Empowered West Dunbartonshire** priority by encouraging and enabling engaged and cohesive communities.

Furthermore, the programme contributes to **A Nurtured West Dunbartonshire** by improving the life chances for all children and young people through the provision of opportunities to be active and stay active.

The partnership model we have with the Rugby club is a good example for us to promote and copy with other sports clubs. In using this model we are meeting the WD Leisure Outcome of **Improve customer experience**, by having an effective, connected pathway from school to club – from the in-school sessions and after-school clubs, to rugby festivals, and ultimately to training and playing opportunities at the club. We are not offering a stand-alone, one time experience, but creating a pathway which leads to an improved customer experience by giving the young people the means and opportunity of progressing within the sport of rugby. The service provision to schools is also of a high quality.

How Briefly outline how the project worked, what was involved.

Prior to the programme starting, Active Schools Coordinators (ASCs) and the club's Rugby Development Officer (RDO) met to plan – age group(s), schools, dates etc. ASCs informed the schools of the available curriculum blocks which the schools choose, then the RDO and club coaches go into the schools and deliver a 3-4 week block (dependant on coach availability) to the targeted age group. This leads to a schools festival - competitive for the P6 pupils, with the top two teams qualifying for the WD School Games rugby final in March. This is a great event which is held in the evening to enable parents and family members to come along, watch and support their school team. The P3 programme is solely participation with sessions then available for the pupils at the club after the programme has run within the school.

Who Outline the key people who were involved in making this project happen.

Active Schools Coordinators, Loch Lomond Rugby Club Development Officer and coaches

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

There is no cost associated to the programme, beyond the salary costs of the Rugby Club Development Officer, whose post is mainly funded by the club, with some support from Active Schools and Sports Development.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:

Students in Sport – West College Scotland Partnership



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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.

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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 Insert 2-3 quotes from those impacted by the project.

“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

“The provision of sport in Clydebank schools is fantastic! The opportunities the children get through Active Schools and the students they organise is brilliant. The kids really enjoy the clubs and going to the competitions – almost as much as the staff!” John Paton PT Edinbarnet Primary School

Why Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Active Scotland, WDC and WDL Outcomes & Priorities you feel are relevant on page 3?

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.

The scheme contributes to the council priorities of A Flourishing West Dunbartonshire and An Empowered West Dunbartonshire. It addresses the first by providing increased and better quality learning and employment opportunities and the second by developing citizens who are confident, resilient and responsible. In addition, offering young people in further education the opportunity to develop their skills and experience in real world situations and work environments, the scheme makes them more likely to secure employment in the future. Many of the students who have been involved have gone onto paid coaching work for Active Schools and/or Sports Development. A number have also gone onto University and secured jobs in Active Schools or the development of sport as coordinators.

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.

How Briefly outline how the project worked, what was involved.

The project is delivered through the successful partnership established over the last 7 years between Active Schools and the college. Students are allocated schools to be placed in (near where they live if possible) and they deliver lunchtime and after-school sport/physical activity clubs, with support from the Active Schools team.

The project has developed over the years through continuous improvement. There is a clear understanding of the priorities of everyone involved including college staff, students, Head Teachers and Active Schools staff, sports clubs and Sports Governing Bodies. It works because there is consideration and clear communication around the delivery and management regarding what each stakeholder expects and what their definition of success is.

The Active Schools Coordinator (Louise) meets regularly with Pat Shearer, curriculum leader of the sports coaching and development section of the college to plan, coordinate and review the scheme. They also communicate to address any significant issues that arise. Louise updates the Active Schools Team on a regular basis via email and at team meetings. The Active Schools Coordinators are allocated certain students (to certain schools) and it's their job to manage and support their students.

The following is a list of some of the main things involved:

- Student PVG checks
- Student placement schools identified and agreed with Head Teachers
- CPD and training for students organised and run
- timetabling of lunchtime/after-school clubs in line with the WD School Games calendar of events
- setting out expectations for students
- ensuring head teachers understand the role(s) of student(s) in their school
- Student inductions at schools
- Provision of equipment to support delivery
- Ongoing support to students from Active Schools Coordinators

Who Outline the key people who were involved in making this project happen.

Pat Shearer – Curriculum Manager – Sports Coaching, West College Scotland

Louise Morrison – Active Schools – Lead Coordinator for this project.

Active Schools Team – management of students and schools.

SGB's – Delivery of CPD for students.

Kirsty McElroy - WDL training officer – first aid training

Head Teachers – All schools involved, ensuring their staff support the students placed in their school.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

There are costs for CPD for students including first aid and SGC courses. Other than that the costs are minimal for the level of impact the programme has.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities



Case Study / Impact Report

Title:	West Dunbartonshire School Games
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What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.
<p>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.</p> <p>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.</p> <p>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.</p>

Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).
<p>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:</p> <p>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.</p>

What they said

Insert 2-3 quotes from those impacted by the project.

“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. 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 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.

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

As a result, the project contributes to a number of the 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 opportunities to participate, progress and achieve in sport

Support wellbeing and resilience in communities through physical activity and sport

By providing such a broad range of sporting opportunities – festivals, competitions and extra-curricular clubs in numerous sports, the project is helping to get the inactive pupils more active and the active pupils to stay active. As pupils of all ages participate, the project helps develop physical confidence and competence. With the links to local sports clubs we are also enabling them to stay active throughout life as they can continue in the sport(s) of their choice for many years to come as part of a club. This pathway from school to club means opportunities to progress and achieve in sport too. Participation in sport is well known to be good for a person’s wellbeing (physical and mental) and the competitive element helps to build resilience as pupils will fail as they develop their skills and lose from time to time in competition – all of which builds resilience and a striving for improvement.

Improve our active infrastructure – people and places

As we actively encourage Sports Leaders in the secondary schools, local club members and volunteers to come into school and run sessions, as well as support and host the events – the project is helping to improve the sporting infrastructure.

CPWD Priorities addressed:

A Flourishing West Dunbartonshire & A Nurtured West Dunbartonshire

The project contributes to this as it is connecting local schools with local clubs and encouraging local people to work together and young people to participate in their local areas. This helps to make our local communities more sustainable and attractive places to live. With the focus on sport and physical activity it also helps to Improve the life chances for all children, young people and families.

WD Leisure Outcomes

Grow the Business

Improve Customer Experience

We encourage parents and guardians to attend all events, not only does this create better atmosphere is also allows the parents to see the direct impact of the project and the work of WDL. With the cross country events and finals being open for parents and family to attend, being so professionally run and of such high profile, we create a positive customer experience for both parents and young people.

Creating the WDSG branding, the competition structure and introducing the website has made things more cohesive and professional; generating a much higher profile for school sport; and the pupils and parents are more aware of the programme and how individual events contribute to a school's total points for the year. This has actively helped improve the customer experience. The project has also helped us grow the business as the number of extra-curricular clubs has increased and the number of events has also increased over the years. Both of which increase participation in WDL programmes.

How Briefly outline how the project worked, what was involved.

The programme works by creating a competition calendar for the academic year so that schools can fully plan across the school year. This is done as a joint consultation between Active Schools and Sports Development and a booklet is produced for each school so that they can reference and forward plan. The WD School Games website accompanies this and shows all the dates and competitions with any specific rules and regulations that need to be followed. It also provides a constantly updated account of the events, scores and league tables. Recently, a resource section of the website was created where lesson plans, coaching videos etc. are available for teachers, coaches, students and volunteers to view and use in PE lessons and extra-curricular clubs.

Who Outline the key people who were involved in making this project happen.

As mentioned this is a joint venture between Active Schools (David Molloy being the main lead) and Sports Development (Angus McDonald being the main lead). With input from Swimming Development. The leisure centres play a part in the running the events as many of them are within the WDL main sites.

Schools staff, local clubs, sports students from West College Scotland [on placement in Primary Schools], are involved in preparing the pupils for the events and schools and clubs are used to host some events too. Local sports clubs also get involved and support the events with staff and facilities.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

The cost of the programme is very small compared to the actual impact that it has. Transport is the biggest cost, but this is spread across schools, with WDL making a small contribution.

Annual website hosting fee: £150

Medals: £180

Transport costs: £1,545 contribution from WDL (of the £7,940 total transport cost).

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities

Title: Active Schools Young Sports Stars of the Month



What Briefly summarise the project – describing what it was; when it took place and who it was aimed at.

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 at school assemblies and presented with a certificate and WDL passes e.g. for Clydebank Leisure Centre Interactive Room.

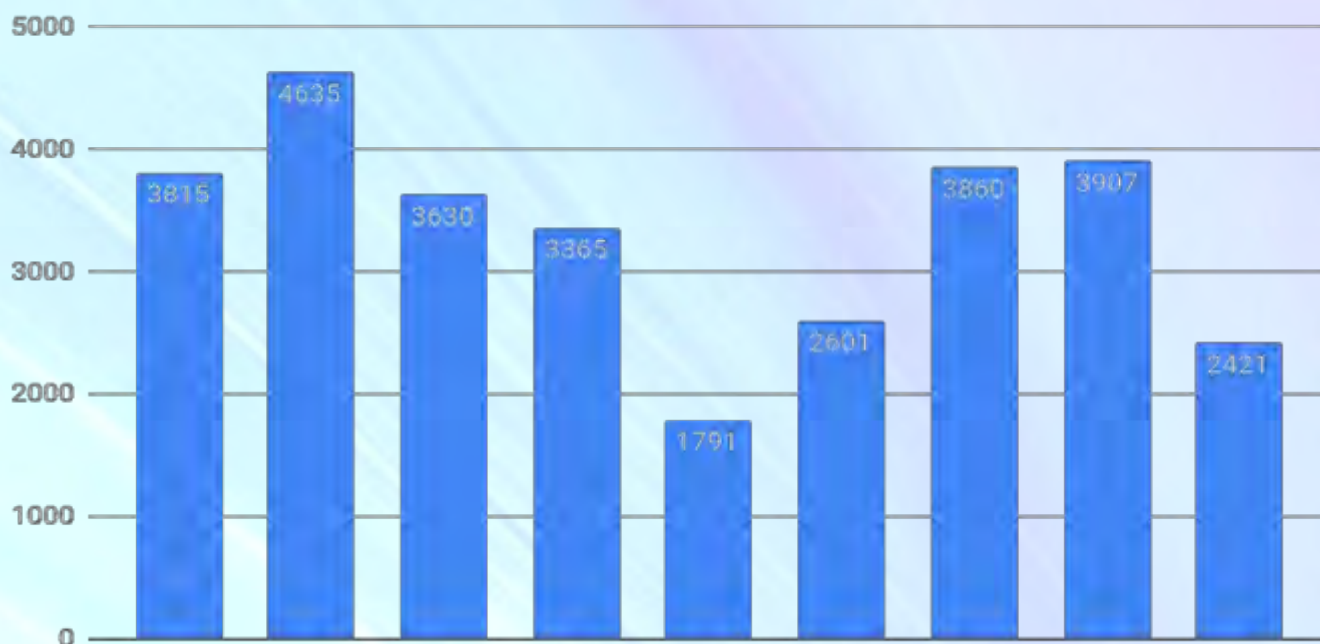
Impact Describe the key results from the project and give headline data (add in graphs/infographics if you like).

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.

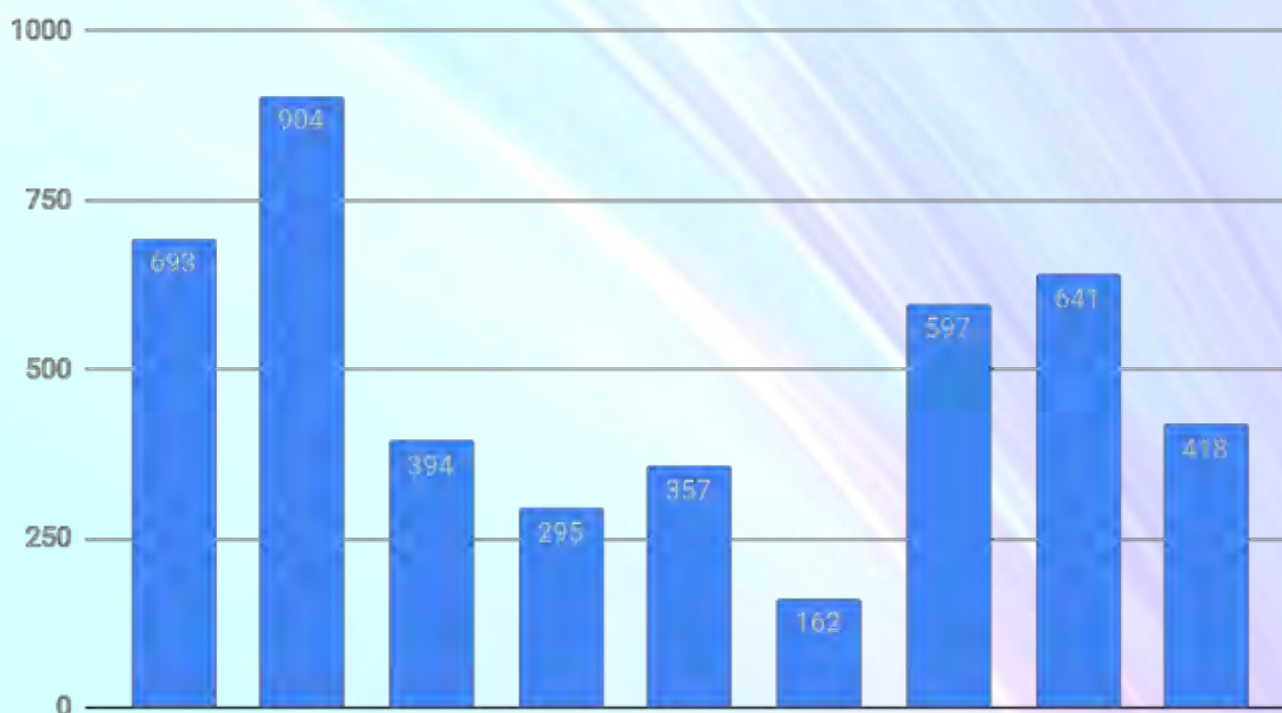
Amongst our Young Sports Stars of the Month we have pupils in West Dunbartonshire who represent their country in Dance, Gymnastics, Football and Flyball and many who are excelling within their local community clubs. Other pupils also play a key role in their own schools and are part of Pupil Sports Committees,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

Through the use of WDL social media and its wide reach, we have been able to really celebrate the Young Sports Stars each month and the posts have proved very popular (see charts below), gaining great engagement from the public.

Young Sports Stars Monthly Facebook Post Reach



Facebook Engagement



Although this initiative was initially tied in with the Scottish Government’s Year of Young People 2018, we will continue it in 2019 due to the positive response from schools and the public. The Active Schools Team will continue to encourage nominations from as many schools as possible.

What they said

Insert 2-3 quotes from those impacted by the project.

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."*

Can we get a quote from a Young Sports Star and a Parent of one?

Why

Briefly outline why this project was needed, what issue/gap was it required to address and how it relates to the Outcomes & Priorities selected?

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.

In terms of the Active Scotland Outcomes, the Young Sports Star of the Month programme addresses the key targets of encouraging both the inactive to be more active; and the active to stay active. By celebrating their achievements at school assemblies and on social media, we are promoting participation and encouraging others get involved - or stay involved - in sport and physical activity. Furthermore, the award supports and celebrates the wellbeing and resilience that pupils in West Dunbartonshire schools and communities have gained through physical activity and sport.

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.

In terms of WDL outcomes, the introduction of the Young Sports Star of the Month award is helping to raise the profile of both Active Schools and WDL. The Facebook posts have proven very popular, receiving many positive comments and showing WDL as delivering a high quality, community focussed, genuinely caring service.

How Briefly outline how the project worked, what was involved.

The leadership and development of this scheme was delegated to an Active Schools Coordinator. To start with, a simple online application form was created to enable schools to submit their nominations quickly and easily. It was important to make the process simple for schools as they have so many competing priorities. Once this was made, all schools were provided with full information about the scheme and how to nominate. Deadlines were set and Active Schools Coordinators worked with their school contacts to encourage nominations in good time. Reminder emails are also sent out to schools in the lead up to the deadlines. Schools are only asked to nominate pupils at the start of each term, again so that the workload for school staff is very light and we're not asking them for this every month.

Once all the nominations are in we simply allocate our Young Sports Star(s) to a certain month. As an example, 10 pupils were nominated in May 2018 and celebrated as Young Sports Stars of the Month during the 5 month period to September 2018. Schools and parents are notified when a pupil is selected as a Young Sports Star and a photo of each pupil is appropriately sourced by the Active Schools Coordinators to go onto the monthly WDL Facebook post celebrating the Young Sports Stars.

Nominations re-opened to schools in August 2018, which allowed us to then select Young Sports Stars of the Month for the remainder of 2018 and up to April 2019.

Who Outline the key people who were involved in making this project happen.

Yvonne Macdonald, Active Schools Coordinator, was the lead for this project with assistance from the other Active Schools Coordinators, who promote the Young Sports Star of the Month initiative within their schools. Management teams in schools support the scheme by spreading the word to teaching staff, ensuring it has a profile in schools and nominations are brought forward.

Cost Outline the finances involved in implementing this project – resources, equipment, tutor fees, funding etc.

Currently there is no cost to this scheme beyond staff time. This may change in the future if Young Sports Stars of the Month are given prizes/awards.

Outcomes and Priorities Addresses

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 (further information available [here](#))

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

WD Leisure Outcomes

- Grow the Business - build on our previous successes & maximise new opportunities
- Improve Customer Experience - customer satisfaction, quality of service and genuinely caring
- Financial Sustainability - developing existing and new business opportunities