

## COMMUNITY SPORT HUBS IN ACTION

# North Perth Community Sport Hub



SPOTLIGHT ON:

**PEOPLE - HEALTH AND WELLBEING**

MODEL: **AREA BASED** CLUB AND COMMUNITY ORGANISATIONS INVOLVED: **13**

### HUB VISION



Children & families have access to high quality community sport, enjoy and value sport for the pleasure and quality it brings, and stay involved throughout their lives.

### PRIORITY AREAS



Organised

Sustainable

People

Places

Connected

Profile

**What has changed:** • *More inclusive community engagement*

• *Better understanding of need* • *Stronger partnerships*

### AIMS OF PROJECTS



Make a range of sporting & physical activity opportunities available for families in their local community. Develop inclusive and accessible health & wellbeing opportunities and activities to encourage family engagement in sport by overcoming barriers to participation such as transport, cost, confidence, experience, fitness, age, gender, child care and health. Support local people to make healthy food choices and support them to develop cooking skills.

### PROJECT DETAILS



**Information:** The SIMD project identified that a significant number of individuals from the North Perth area that accessed the food bank found it difficult to cook healthy meals and lacked basic cooking skills. It also found there was a lack of participation from local people in community sports clubs. Hub clubs collaborated with Perth and Kinross Council to engage families by linking sport, arts and crafts and healthy eating for the local families.



**Time:** Three five-week blocks of sessions each lasting 90 minutes were delivered at community venues across North Perth combining a cooking class, arts and craft activities and a sports session delivered by Hub clubs.



**Expertise:** North Perth CSH members, Perth and Kinross Council Family and Adult Learning Workers, Active Schools Co-ordinator, Community Sport Hubs Officer, Leisure Trust Wellbeing Team.



**Investment:** £647.97 spent.



**Participation:** Across the three venues, 36 families engaged in the project as follows:

- 17 families - 54 participants at North Inch Campus. 35 per week (average) with a peak of 47
- 13 families - 39 participants at Fairfield Community Centre. 24 per week (average)
- 12 families attended at Tulloch Primary School (6 of these had already participated in the project at other venues). 30 per week on average.

## OUTCOMES



- Increased family engagement and levels of participation in sports and physical activities
- A more cohesive approach to working with partners that have similar or common aims

## STORIES OF CHANGE



Feedback from participants showed that families really enjoyed the social interactions and the enjoyment of doing activities with their children and grandchildren and that it gave them a purpose to get out of the house each week. Participants reported that they were glad they weren't given a schedule of activities in advance as they might not have turned up to do activities they didn't think they'd enjoy such as karate and cricket.

There was a mix of grandparents, parents and children of all abilities and with disabilities and everyone found the activities delivered by clubs were easily modified to enable everyone to participate regardless of age and ability leading to greater inclusion and increased confidence in their ability to participate. Families reported that they liked getting new ideas for simple meals and felt their children were more willing to try new foods and have a go at cooking which they never did at home. They found the recipes to be very affordable and easily replicated.

## KEY LEARNING



*“Making the project wider than just sport by including cooking and crafts helped attract families to the project but to some extent diluted the emphasis on sport and physical activity.*

*Linking with some external partners made the control and evaluation of the project more challenging at times.*

*It may be preferable for clubs that partner in a project such as this to formally apply to be involved as opposed to opening the opportunity to all hub clubs. Challenges arose with clubs supporting sessions due to varying levels of coaching resource. The selection of clubs to the project may have benefitted from one-to-one club meetings as opposed to making arrangements at hub meetings. Stronger, more developed clubs could be targeted in future.*

*It is difficult for some clubs to deliver sessions in venues that they are not accustomed to using as opposed to their club's regular training facility.”*

KIRSTEEN ROSS, HUB OFFICER

## NEXT STEPS



The sport hub plans to relaunch an improved version of the program when the new academic year begins. A group of parents have come together to investigate the possibility of turning the weekly Family Club activities into a constituted community group as families felt strongly that they want to make this a sustainable project.

Having parents lead and manage the project will add to the strength and robustness by ensuring that infrastructure and capacity is built so that there is no reliance on funding. The families involved have a desire to create their own community sport network, developing new sporting and physical activities that focus on and meet the needs of specific communities that exist within the North part of Perth City.

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