

## Kensington and Chelsea CSPAN Meeting

**Date:** Wednesday 18<sup>th</sup> March 2009

**Time:** 2pm

**Venue:** Westway Sports Centre

### **Present:**

John O'Brien	Westway Development Trust
Christopher Allen	RBKC Leisure Services
Chris Norfield	RBKC Leisure Services
Will Bowman	Nuffield Health
Jamie Wilcox	Volunteer Centre Kensington & Chelsea
Jeff Prevost	RBKC Youth Sports Development
Eddie Walsh	New Hope Academy
Radka Bolton	Open Age
Chris Shirley	Kensington Dragons
Jo Leinster	NHS Kensington and Chelsea
Lakhwinder Gill	Sixty Plus
Kathryn King	RBKC Road Safety/Travel Planning
Angus Robertson	Pro-Active Central
Carol O'Beney	NHS Kensington and Chelsea
Catherine Dohou	Action Disability Kensington and Chelsea

### **Apologies**

Fiona Milligan	Chelsea and Westminster NHS Trust
Laura Davies	London Sports Forum for the Disabled
Daniella Medici	K&C LINK
Beth Saldanha	NHS Kensington and Chelsea
Sonia Gouveia	Well London Programme
Steve Redman	Quadron
Xander Beck	Pro-Active Central
Adam Newbould	RBKC Leisure Services
John Jones	London Youth
Maude Chinery	RBKC Adult Learning
Active Planet Team	
Miriam Nelkin	RBKC Arts Service
Jeff Mays	RBKC Leisure Services

### **1. CSPAN Launch Event**

As agreed at the previous CSPAN meeting the launch event will take place at **Kensington Leisure Centre** on the **8<sup>th</sup> May 2009**. A working group met on 03.03.09 to plan the event. A general plan for the event is:

- 12pm -12.30pm -Light lunch available in meeting room. Display boards with key information about the work of the CSPAN and its partners to be on view.
- 12.30pm -1pm - Introduction to CSPAN and key speakers.
- 1pm - 3pm - Example activities in main Sports Hall and Studio.

Key Speakers at the event to include

- John O'Brien - Chair of K&C CSPAN
- Mayor of Kensington and Chelsea and/or
- Cllr Paget-Brown - RBKC Cabinet Member
- Representative from Open Age/Sixty Plus
- Participant from a REACH funded project
- Pro-Active Central representative

A target of 50-60 attendees on the day has been set, and up to 100 invites will be sent out.

**Action - ALL** to identify key people from your organisation or those you work closely with to be invited to the CSPAN launch event. E.g. Trustees, Heads of Service, Supporters. **Please send Chris Norfield (CN) the email addresses/contact details of all those you wish to invite by 27.03.09**

**Action - ALL** to send CN photos/video that relates to the work of the CSPAN (particularly REACH projects or sub group work) which will be used as part of a slideshow on the day. **All images to be sent to CN ASAP but by 21.04.09 at latest.**

The CSPAN Launch event working group meets next on the 21<sup>st</sup> April 2009 at 2.30pm Holland Park Stable Yard.

## **2. Update on the REACH programme**

Christopher Allen (CA) and CN are currently completing a 6 Month progress report for Sport England on the REACH project. CA presented a timetable of current activities which have been funded by REACH so far. This can be accessed at [http://www.rbkc.gov.uk/Sport/SportsDevelopment/sd\\_reach.asp](http://www.rbkc.gov.uk/Sport/SportsDevelopment/sd_reach.asp) and will be updated as new activity projects are agreed.

The project has under spent in the first 6 months due to a delay in receiving the funding and time taken to get new projects started. However it is predicted this will be overcome in the second half of the year and spending be on course by September 2009 when the 1<sup>st</sup> year reconciliation must be completed.

Monitoring and evaluation of the activity sessions is being compiled and will be reported back at the next CSPAN meeting. However initial figures indicate we have achieved positive participation figures in each of the target areas.

Angus Robertson (AR) highlighted that as disability is currently an under represented target group, it may be useful to seek support from Laura Davies from London Sports Forum for Disabled people.

The REACH project is still seeking new project proposals for one off events, activity classes and projects aimed at encouraging physical activity. Particularly those targeted at disabled people or deprived areas of the borough.

**Action** - CA to report back the results of the 6 month report at the next CSPAN meeting.

The next REACH forum meeting is Wednesday 25<sup>th</sup> March 2009, 2pm at Holland Park Stable Yard.

### **3. Inclusive and Active**

CA introduced the Inclusive and Active Action plan which can be accessed here

[http://www.sportengland.org/homepage-inclusive\\_and\\_active.htm](http://www.sportengland.org/homepage-inclusive_and_active.htm)

The action plan jointly commissioned by the Mayor of London, Sport England and London Sports Forum for Disabled People sets out ten key priority action points to tackle the inequalities that exist and to help increase both sporting participation and success at every level.

RBKC is currently looking at adopting the action plan, and it is proposed that the CSPAN consider adopting the plan as well. Laura Davies from LSF will present on Inclusive and Active at the next CSPAN meeting.

**Action** - Please review the executive summary document prior to the next CSPAN meeting.

### **4. Extended School Activities Bid Update**

Jeff Prevost (JP) reported that a bid for the whole of next year's activity has been submitted. Current activities aimed at the 'semi-sporty' students include:

- BoxFit
- Karate
- Cheerleading
- Rowing

Kathryn King identified that BMX teams/stunt riders have been successfully used in other councils to increase student participation. She has contact details if this is needed.

### **4. Sport and Fitness Training Group Update**

Jeff Prevost reported on the workforce development sub group.

The sports apprenticeship scheme is moving forwards with its aim to offer NVQ level 2 and 3 sport and leisure apprenticeship opportunities in the borough. Operational Services and Coaching, Teaching and Instructing have been selected as the most popular NVQ pathways. An employer consortium of 12 has been identified. 4-5 of these employers will need external funding

in order to offer these placements and the sub group is working on a number of possible sources of this.

Women only level 1 swimming instructor's course is being arranged to be held in the borough. It is targeted at Muslim women and a venue which is closed to the public has been found.

**Action** - JP to publicise the work of the group at the CSPAN launch event and report back on the progress of the sub group at the next CSPAN meeting.

The next sub group meeting is on Thursday 2<sup>nd</sup> April 2009, 2-3.30pm at Westway Sports Centre.

## 5. GP Referral Scheme

Carol O'Beney (CO'B) presented on the GP exercise referral scheme. The presentation is available on request from CN or CO'B.

### Summary

There is a lack of homogeneity in Exercise Referral Schemes (ERS) not only across London, but within K&C. The NICE guidelines suggesting that ERS had to be part of a 'designed & controlled research study' should be endorsed put into question whether PCT's should invest in these schemes. British Heart Foundation (BHF) commissioned to design a toolkit for ERS. This recommends that all instructors working with ERS clients are on REPS level 3, that appropriate outcome measures are in place and referrers should be involved in designing the ERS scheme

With this in mind the business case was put forward (Point of Information - this was subsequently approved on 19.03.09.) Funding to embed physical activity into the Health & Well being programme to enable long-term weight management. Scope and pilot the management of further conditions such as mental health, cardiac rehabilitation, type 2 diabetes and osteoporosis with physical activity.

### Milestones

- March 2009: Employ freelance instructors (Health & Wellbeing dietician prog)
- March 2009: initiate recruitment process for administrator & monitoring & research office
- April 2009: health and well-being exercise classes commence
- June 2009: Scoping other disease condition specific exercise classes
- September 2009: Form stakeholders steering group
- January 2010: Scoping report produced
- March 2010: Development report & recommendations
- April 2010: Implement pilots according to recommendations
- July 2010: Evaluate pilots
- December 2010: Evaluation report
- February 2011: Recommendations incorporated into future Business Case for Exercise referral schemes.

## 5. Volunteering Training Event

The volunteering training delivered by the Volunteer Centre K&C will take place on the 23<sup>rd</sup> April 10am -1pm at the Westway Development Trust offices 1 Thorpe Close.

The event is open to all CSPAN members and will be pitched at those new to volunteering or who currently don't engage any volunteers. Subjects covered will include:

- Different definitions of Volunteering
- Why and how to engage volunteers
- How you might want to engage the volunteer centre and how they can support you

The training is to be limited to 20 attendees.

**Action** - CN to email invite to all CSPAN members.

## 5. Club Development

John O'Brien reported that the Club Development sub group met and a mailing list of local sports and community clubs has been compiled. A questionnaire will be sent out shortly to all clubs in a bid to identify what support the CSPAN can offer them.

Then next sub group meeting is on Wednesday 8<sup>th</sup> April, 2pm at the Trust Offices, 1 Thorpe Close.

## 9. AOB

### Pro-Active Central Updates

1. Angus Robertson reported that £5,000 is available from this financial year to support the CSPAN.  
**Action** - AR to release the funds to CA who will hold the money.
2. Pro-Active have secured funding from the Department of Health which is a positive step towards supporting physical activity.
3. There are currently two legacy plans covering Sport and Physical Activity,
  - Mayors Sport Legacy Plan which is to be published next month and has £15.5m behind it.
  - Physical Activity Legacy Plan.
4. Pro-Active is currently supporting some boroughs with regards to the 5hr offer.
5. [Active London Web Portal Update](#) - The Active London Web Portal will be an online source of Sport and Physical Activity information. Pro-Active London will begin working with councils this summer to identify clubs, facilities and programmes covering sport and physical activity.

### Well London Project in K&C Update

Sonia Gouveia has been working with the Rugby Portobello Trust and has funded 2 people to attend the Gym Level 2 course at City and Westminster. They will hopefully be working with these young people when qualified to use their skills to help other young people increase their physical activity and become interested in health.

### 5K Your Way - Entry deadline 27<sup>th</sup> March

Last chance to enter the 5K Your Way event which takes place on Wednesday 29<sup>th</sup> April 2009, 6:30pm, Regent's Park. This fun event for Council and PCT employees is run in partnership with the seven Central London boroughs. Colleagues are encouraged to set a goal of walking, jogging or running the 5K distance, by entering online for 5K Your Way. Each borough is offering support via a series of free weekly training sessions, in the lead up to the event.

[Enter the 5K Your Way here](#)

Any enquiries to Adam Newbould - [adam.newbould@rbkc.gov.uk](mailto:adam.newbould@rbkc.gov.uk)

### London Youth

CN distributed information on the London Youth - Getting Ready for 2012 and Beyond Programme. More information is available from John Jones [john.jones@londonyouth.org.uk](mailto:john.jones@londonyouth.org.uk)

**Next Meeting:** Thursday 14<sup>th</sup> May - 1 Thorpe Close, 10am-12 noon