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International Women's Day - 8th March 2010

Events at Shaw Lane Sports Complex:

Gentle Exercise Class - 9.30am to 1.30pm

Walks to Locke Park at 10.30am and 4.00pm

Yoga - 1.30pm to 2.30pm

Boundary Cycle Ride from 2.00pm to 3.00pm

For more details of the Shaw Lane sessions call 01226 736644 or 07920 839181

For details of other International Women's Day events in Barnsley call Claire Openshaw on 01226 787978

Welcome

Hello and welcome to the latest SportActiv newsletter. SportActiv are key partners in the development and delivery of sport and active recreation in Barnsley.

In this latest edition we have details of the February half-term sessions we are running as well as information about our current projects.

February Half Term Sports

Monday 15th February to Friday 19th February

10am to 12.00 noon & 1pm to 3pm

Cost is £2 per day

Sessions are for 8 to 16 years

Activities include: Football, Basketball, Rounders, Cricket and more...



All sessions will be lead by fully qualified and CRB checked sports and health coaches.

If you would like more information please contact SportActiv Development Officer David Drumgoon on **07920 839181** or **01226 736644**.

Meet at Holgate reception at 10am

Be Healthy, Be Active - FREE Ten Pin Bowling

This is a national Department of Health funded initiative that is being channelled through South Yorkshire Sport in our region. The aim is to provide physical activity opportunities where colleagues and workplaces can take on others from their area in a relaxed, fun environment.

The initiative aims to promote all the benefits of an active workforce such as increased productivity and reduced sickness while always being enjoyable for those taking part.

SportActiv will be delivering the project in partnership with Barnsley MBC and NHS Barnsley. In Barnsley the first phase of the project will be Ten Pin Bowling held on Monday's 5 - 8pm at Barnsley Bowl, Athersley South. All bowling will be **FREE**. Teams will be made up of three bowlers but companies are welcome to enter more than one team.

Any companies or workplaces who are interested please contact Dan Brunt on **01226 736644**.

Play Van Half Term Sessions

January to March Schedule:

Sessions are 3.30pm to 5.30pm

- ▶ Every Monday Bly Road, Darfield
11th Jan to 29th March
- ▶ Every Tuesday Millennium Green, Grimethorpe
12th Jan to 30th March
- ▶ Every Wed Merrill Road, Thurnscoe
13th Jan to 31st March
- ▶ Every Thur Millhouse Green Park
14th Jan to 25th March
- ▶ Every Friday The Green, Royston
15th Jan to 26th March



For more details please call Ben Wilson **01226 736644** or **07920 148075**

PlayActiv is funded by the big lottery project



Extra Sessions at February Half-Term:

- ▶ Mon 15th Feb 10-12pm Wakefield Rd 1-3pm Silkstone Playing Field
- ▶ Tue 16th Feb 10-12pm Oxspring Village Green 1-3pm Spring St
- ▶ Wed 17th Feb 12-3pm Ward Green
- ▶ Thur 18th Feb 10-12pm Brierley Park 1-3pm Stainborough Rd
- ▶ Fri 19th Feb 10-12pm Dearne Youth Centre 1-3pm Harry Road Rec

Positive About Disabled People

SportActiv was recognised as a 'Positive About Disabled People' organisation last December by Barnsley's Employment agency. This reflects an agreement for our actions in meeting commitments regarding employment, retention and training of disabled employees. It also takes into account SportActiv's contribution in providing physical activity events and opportunities for disabled people in the community.



“SportActiv was recognised as a ‘Positive About Disabled People’ organisation ”

Bikeability



Bikeability-Barnsley is a multi agency partnership established to provide cycle training to the new National Standard for Cycle Training. It is a partnership of Barnsley MBC, NHS Barnsley, SportActiv and School Sport Partnerships .



Bikeability is Cycling Proficiency for the 21st Century. It provides appeal and incentive for children and parents alike to undertake quality cycle training to ride safely and well on today's roads. The high quality training , delivered by SportActiv Bikeability Coaches, is programmed over 5 days with sessions of 1 hour and 15 minutes per day.

To book Bikeability for your school or for more details about Bikeability please contact cycling development officer Chris Peel on **01226 736644** or **07825 143122** or email c.peel@sportactiv.org.uk

BuggyActiv

- ✔ Fun walk and gentle exercise for mums-to-be and mums with buggies.
- ✔ Strengthens and tones muscles weakened by pregnancy and childbirth.
- ✔ Relaxed friendly group to meet and chat with other mums.
- ✔ Suitable for all fitness levels.
- ✔ FREE!

Children's Centres taking part in BuggyActiv are:

Penistone - Wednesdays 11.30am - 12.15pm

Secret Garden Athersley North - Wednesdays 1.00 - 2.00pm

Hoyland Common - alternate Thursdays 10.00 - 11.30am

Darton - alternate Thursdays 12.30 - 1.30pm



BuggyActiv Session

For more details please call Michelle on **07500 878680**

“Fun walk and gentle exercise for mums-to-be and mums with buggies”

Get Active



**Men aged 50-65:
Want to live longer?
It's not too late...**

Men who were previously inactive but exercised between the ages of 50 and 60 are likely to live as long as those who exercise all their lives*

For a range of FREE activities to suit you, from football to walking, contact Nick Gillott on **07920 839178**

SportActiv **NHS Barnsley**
*NHS British Medical Journal 2009
www.sportactiv.org.uk



Nick Gillott
Community Men's Health Officer

WalkActiv



Andrea Wood is the new Community Walking Development Officer for Barnsley.

The next Volunteer Walk Leader Training course is on **Wednesday 24th March 2010** to book a place please contact Andrea at a.wood@sportactiv.org.uk or call **07920 839177** or **01226 736644**.



Primary School ProActiv - Year 2

Following the success of last years ProActiv scheme in Primary schools, the programme for Year 2 has been improved to offer both training and funding for multi-skill development in Year 2 and 3 children.

Our Community Multi-Skills coach Adam Pollock, will come into the school to deliver 6 x 1 hour sessions over a half term period, in the process mentoring an adult identified by the school (e.g. Teaching Assistant, AOTT) to continue the sessions after he has left. Funding is then available to the school to pay for the 'new' coach to deliver the programme for another 12 x 1 hour sessions.

The 6 weeks of training with Adam can be delivered **up until the Easter holidays**, so if your school has not yet signed up, please contact Chris Reeves at c.reeves@sportactiv.org.uk or call **07920 839180** to take advantage of this fantastic **FREE** offer.



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*Delivering and Developing
Sport for Barnsley*

Healthy Bones

These sessions are based around Postural Stability/Falls Prevention exercises which are evidence based. The classes are held in the communities in and around the Barnsley Borough.

These classes are for people who are at risk of or have recently had a fall who are still able to attend independently or with a carer. The classes are also attended by people who have recently finished a period of treatment with their Physiotherapist. The aim is to improve postural stability, prevent falls and injuries through safe, enjoyable and life related exercises. Each class is tailored to the individual's health and functional capacity and so reduce the fear of falling.

Healthy Bones sessions take place at the following venues at the following times:

- 📌 **Mon:** 9.30am – 11am Birdwell Methodist Church
12pm – 1pm Meadow Crescent Community Centre, Royston
- 📌 **Tue:** 10pm – 12pm King Street Centre, Doncaster Road (near Wynsors shoes)
- 📌 **Wed:** 10.30am - 11.30am Saville Court, Hoyland (near Tinkers Café)
2.30pm – 3.30pm Rose Tree Community Centre, Cudworth
- 📌 **Thur:** 10.15am – 11.15am Highfield Grange, Wombwell
1.00pm - 3.00pm Wombwell Cricket Club (Learning Disabilities)

For more details please call Bronia Fretwell on **07817 862132** or **01226 736644**.

Gentle Exercise

Gentle exercise to music using various equipment
All classes are open to men and women.

- 📌 **Mon:** 10.00am – 11.00am St Michaels Church, Wombwell
11.30pm - 12.30pm Priory Campus, Lundwood (not running during summer).
1pm - 2pm Bolton-On-Dearne Renaissance Centre
- 📌 **Tue:** 1.30pm - 2.30pm Lavender Court, Kendray
- 📌 **Wed:** 10.00am - 11.00am Penistone Leisure Centre
- 📌 **Thur:** 2.00pm - 3.00pm Sheffield Road Baptist Church (Multiple Sclerosis only)

Please contact Michelle on **07500 878680** for class details/cost.

Free Girls' Cricket Coaching from England Player



Free girls' cricket coaching delivered by England World Cup Winning Player Katherine Brunt.

At Holgate Sports Hall, for Years 5, 6, 7 and 8

March 29th 2010 6pm to 8pm

April 12th and 19th 2010 6pm to 8pm

Please contact Dave Drumgoon on 07920 839181 or call the office on 01226 736644 for more details.

For details about our other work including coaching in schools and PPA cover call the office on **01226 736644**



Healthy Bones Session

NHS
Barnsley