



List and Summaries of CSW Sport Physical Activity Small Grants scheme Funded Projects

Warwickshire Association of Youth Clubs (WAYC), Warwick (Warwickshire), F-Panel

A contribution towards a pilot healthy living project for inactive 16-25 year olds. The project includes peer mentoring training, to offer support to other peers after the initial project has ended, and also includes a mystery shopper exercise. If successful, it has the potential to be rolled out across other parts of Warwickshire and be used as a model of good practice.

Stoke Heath Older People's Group, Stoke Heath, Coventry, Exercise to music

A contribution to kick start the establishment of an exercise to music class for older people, disabled people and those with health conditions in a local community centre in Stoke Heath. Affordable participation fees will help sustain the group into the future with options of tapping into Coventry City Council's programmes and training.

Coventry Tigers Adults Softball (Baseball Softball UK), Coventry

Funding for equipment to support a project aiming to expand the current adult's session. These adults are mostly parents of the Tigers junior set up, who play on a Sunday at the same time as the juniors, which aids both retention and recruitment of both age groups and has potential for being a model of good practice in other sports.

Groundwork, West Midlands, Foleshill, Coventry, Mums and Toddlers Swimming session

A contribution towards a set of swimming sessions that both Mums and their young children can swim together in a culturally sensitive and conducive environment. It will encourage them to start to swim and then continue in smaller groups after the sessions are completed. This project will reach a hard to reach group and has the potential to influence swimming provision in other local areas and further afield.

Warwickshire County Netball Association, Back to Netball, (North Warwickshire project preferred by panel)

Funding for a Back to Netball project in Warwickshire. The money will fund equipment, coaching, facilities and some marketing costs for the first block of subsidised informal netball sessions for returner's, or beginner's, to the game of netball. It will link with a local netball club and support volunteers to become leaders and potentially coaches of the group beyond the life of the funding. This model has been highly successful in other areas of the sub region and further afield.

Nuneaton Town Football Club (C.I.C), Camp Hill and Bermuda village, Nuneaton, diversionary football programme

A contribution towards a diversionary football programme for 16-25 year olds on Friday evenings in 2 deprived areas, to increase physical activity levels and prevent anti-social behaviour and crime. The project involves transportable floodlights and will take the activity to the heart of 2 communities.



Nuneaton Lawn Tennis Club, Nuneaton, Women's project

A project targeting 16-30 year old women in the local area, beginner's or returner's to tennis, through offering a block of tennis coaching, and integrating the women gradually into the rest of the club's programme of activities. The project offers innovative solutions to barriers of participation, eg crèche facilities and subsidised participation fees involving a payback scheme.

The Grangers, a charitable organisation for people with learning disabilities, Coventry, high quality sports sessions

Funding for coaching costs and equipment for a set of high quality sports sessions for people with learning disabilities. Volunteers will learn from the sports coaches and undertake relevant coaching qualifications to run the sessions after the sessions have ended.

Nuneaton and Bedworth Leisure Trust in partnership with Nuneaton Harriers Running club, Nuneaton, running project

Establishment of a running group for the non competitive runner/jogger through the funding of running leader qualifications, equipment and some marketing costs. The project will be self sustained through the volunteers leading the sessions and the group being integrated into the club's sessions.

Nuneaton and Bedworth Leisure Trust, Nuneaton, exercise class for people with respiratory conditions

Funding for a specialist block of exercise sessions for people suffering with various respiratory conditions. There is significant demand as there are a high number of people with respiratory conditions in the area. Affordable fees will help sustain the class beyond the life of the funding.

NHS Coventry Healthy Lifestyle Service, Coventry, exercise sessions for smoking cessation groups

Funding for some pilot exercise sessions to accompany the stop smoking group sessions, targeting women. The idea is that the women can continue to carry out these specific exercises in comfort at home and can also be the start of future participation in physical activity. If successful, it can be continued into other local areas and further afield.

Phoenix Swimming Club for Disabled People, Coventry, Coach development opportunities

Funding to support some of the club's volunteers being upskilled through attendance at specialist coach development courses. The development opportunities will contribute to the recruitment and retention of members on an ongoing basis.

Parkinson's UK, Solihull branch, Solihull, exercise class

Funding to run an exercise class (Extend) for people with advanced Parkinson's, who can no longer participate in another exercise class for people with the condition. If successful, the class will continue through other funding sources generated by the charity.



Bedworth Disabled Swimming Club, Bedworth, Coach development and equipment

A small contribution towards coach development courses and equipment to help support the disabled swimmers continue to be active.

Leamington Brakes Football Club, Whitnash, Leamington Spa, Healthy Walks project

A contribution towards setting up a walking group based around the infrastructure of the football club and its supporter's trust, as well as the local community. As it is oriented around the football club it will encourage men to be involved and could be a model of good practice for other areas.

Projects funded with Partnership funding from Solihull Metropolitan Borough Council

Sirius Healthcare LLP (practice based commissioning consortium), South Solihull, Healthy Lifestyles project

The exercise programme as part of a broader healthy lifestyles project will help to get and keep people, with various health conditions, active. This is an expansion of a successful pilot project and has the potential to be set up in other areas across the sub region.

Smith's Wood Sports College, North Solihull, Archery project

Funding to establish a community focused archery club. The money will fund coaching, equipment and coach development costs to set up and sustain the club for the future. This will offer an alternative activity to the people from the local area and contribute towards increasing physical activity levels of the local area.

Elmdon Netball Club, Youth section, Elmdon, Solihull, Under 19 retention project

Funding will help to retain under 19 girls, in the club and netball generally, at a time when, across the country, participation levels tend to fall. The facilities, equipment and coaching costs will overcome challenges with existing provision and support the needs of the girls to continue to be active and develop as players.

Knowle and Dorridge Racquets club, Solihull, Racketball project

The project will target less active adults and will offer a taster day and follow up coaching programme in Racketball. Racketball is arguably more accessible to less active people than squash, and so this project will offer an alternative activity for local people to be active. Exit routes into the club, and with an option of continuing the sessions, people will be able to continue to play Racketball.

Young at Heart Tai Chi group, North Solihull, Tai Chi sessions

The funding for this project will continue to offer the group an activity that they enjoy participating in, the majority of which is their only weekly activity. The affordable participation fees will help sustain the future of the group.