



List and Summaries of CSW Sport Physical Activity Small Grants scheme Funded Projects, 2nd window

Water Orton District Tennis & Club, North Warwickshire, Equipment for various new club sessions

Funding for tennis equipment to support 5 new programmes, as part of their existing programme, with the aim of attracting new members. These sessions are mini tots, parents & toddlers, beginners, cardio tennis & a senior citizen group

MS Society, Solihull, Specialist exercise equipment for a Day Centre for people with Multiple Sclerosis

Funding for specific exercise equipment, for an activity room for people with Multiple Sclerosis, to improve people's muscle tone and strength. The equipment will be well supported by volunteers & the district branch to enable best use of the facility as part of a broader programme

Alcester Tennis Club, Alcester, Adult Cardio Tennis

A contribution towards equipment & coaching costs for an initial set of cardio tennis (tennis oriented exercise sessions) sessions for adults, including targeting non/new members. The sessions will link in with the existing club programme & there will be various exit routes into the club structure, as well as the activity continuing in the longer term

Coventry Black Boys Can, Coventry, Exercise Class for Over 50s women

A contribution to kickstart an initial block of exercise sessions for women, 50+ from the Black community, involving a range of exercises, some of which can be replicated at home. The sessions will become self sufficient after the initial block of sessions

Leamington Brakes Football Club, Whitnash, Leamington, Football programme for Inactive Supporters

A contribution to a semi-structured football coaching programme for football supporters & the wider community to be physically active, with self sufficient mechanisms in place to keep the participants active

Lawrence Sheriff School, Rugby, Boxercise & Kick Boxercise for 6th formers (& below)

Funding for the purchase of boxercise & kick-boxercise equipment to offer pupils a boxercise & kick-boxercise club. Links will be made with local provision & upskilling of PE staff to sustain the activity on an ongoing basis. This project will benefit Avon Valley Performing Arts College too as the equipment, and potentially other aspects of the project can be shared across the two schools

Longford Short Football Project, Longford, Coventry, Equipment for 5s & Under, & 16-20 Sessions

A contribution towards various football equipment to run 2 extended new sessions, the first, a 5s and under session, & the second, a 16-20 year old session. This will offer an extension of activities & opportunities for the project & people in the local community



Henley-in-Arden Tennis Club, Henley-in-Arden, Combined Adult Cardio Tennis & Multi-Skills Activities for Toddlers

Funding for an initial block of multi-skills activities for under 5s & cardio tennis for the parents, run at the same time. Both groups can benefit from the project, overcoming a common barrier to participation & this will aid retention. The programme will continue in this form & also link in with the club programme

NHS Warwickshire, Stratford, Rugby & North Warwickshire, Measured Miles in Warwickshire

A contribution towards funding for the establishment of measured miles in 3 areas, Stratford, Rugby & North Warwickshire. The routes will be situated in areas close to places of employment so that they are accessible in lunch & recreation times, & will be integrated into the local walking group schemes, & other local groups. The funding has contributed towards leveraging additional funding from the Primary Care Trust for this project

Warwick Tennis Club, Warwick, Adult Cardio Tennis & Adult Group Coaching

Funding for a set of adult cardio tennis sessions, & separately, beginners & improvers sessions, both targeting and linking in with a large slimming world group. The sessions will link in with the existing club programme

Positive Futures (Rugby Borough Council), Rugby, Boxing Project for Male NEETs (People Not in Education, Employment or Training)

A contribution towards an initial set of boxing & fitness sessions for males who are N.E.E.T, including developing 2 volunteers becoming boxing tutors/leaders to make the group self sufficient

The Pod, Coventry, Cycling project for people with Mental Health Challenges

Funding for equipment & fees for a cycle maintenance course to help support the extension & development of a cycling project for people with mental health challenges

Solihull Blossomfield Tennis Club, Solihull, Quick Start Tennis for Adults

Funding for an initial Quick Start tennis programme for returners to or beginner adults. There are 4 progressive/alternative programmes available as exit (or entry) routes for these adults. It is all part of an innovative way to get adults playing for the first time or the first time in a long time, for example using softer balls & smaller courts. The programme links in with the club programme. The programme includes Touch Tennis, & the club would be the first club in Warwickshire to offer the programme

Sky Blues in the Community Club, Coventry, Multi-sports activities for Smokers

A contribution towards the costs of an initial set of coaching for football & other activities for a group of smokers that are working towards giving up smoking, as part of a broader 'Kick the Habit' smoking cessation project



Projects funded with Partnership funding from Solihull Metropolitan Borough Council

Solihull Metropolitan Borough Council, North Solihull, Dance project

Funding for some taster & ongoing dance sessions for older people in North Solihull, building on the success of the same project in the south of Solihull

Hampton in Arden Sports Club, Hampton-in-Arden, Learn to Play Racketball & Rusty Rackets Squash Project

An open day of demonstrations & coaching followed by a block of group racketball coaching for less active adults, or a block of squash coaching for former squash players. These activities will be linked into the club's programme & so there will be various exit routes within the club's structure

Solihull Arden Tennis Club, Solihull, Tots Tennis

Funding to kickstart a Fundamentals of tennis programme for under 5s, developing skills such as coordination, dexterity & concentration. The club's programme will then be the exit route for the participants & the plan is to continue the activity provision for future generations

Solihull Life Opportunities, Training to upskill workers in assisting swimming sessions

Funding for attendance on the Swimming Teacher Association Poolside assistants course & in order to support the ongoing delivery of swimming activities as part of holiday provision for young people with disabilities

C.T.C Kingshurst Academy, Kingshurst, Post 16 Boxing Club

Funding for boxing equipment & 2 boxing tutor courses to develop a boxing club for 16-18 year old pupils & sustain it in the longer term

C.T.C Kingshurst Academy, Kingshurst, Wii Exercise Club

Funding for the establishment of a structured 'Wii Exercise Club' for pupils including the development of the pupils through supporting the younger age groups in their part of the club