



Community Sports Hub E-Newsletter

Welcome to the fourth edition of the Community Sport Hub E-Newsletter!

We have had an exciting few months in the world of Hubs with three new websites being created for the Stonelaw, Carluke and Blantyre Hubs, a new logo in the making for the Blantyre Hub and 2 events at the Calderglen and Stonelaw Hubs.

The work at each Hubs have varied in progress but all are steadily working towards increasing awareness of the Hubs and Clubs involved to the local community but also helping the clubs become stronger and working better together.

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Reach for the Sky Basketball – 13th October, Aimme Tae Kwon Do – 14th October and Hamilton Gymnastics 15th October. BSA are running activities throughout the whole week. The website is currently underway and will be completed within the next month. The group completed a mapping exercise and have planned ahead for the next year including meeting dates and any workshops and courses they would like. **The date of the next meeting is the 30th of September.**

Biggar

An information night was held on the 12th of August where new clubs were able to find out about the Biggar Community Sport Hub and what the projected plans were for the year.



Five people attended the information session and the next meeting has been arranged for the 11th of September where a mapping exercise will take place in order to plan meetings and courses for the year.

Twitter following increasing

The SLLC_CSH Twitter page has up and running over the last few months. The followers are increasing steadily but if you are not following then please check it out. All the latest Hub information is posted so follow **@SLLC_CSH** to get the latest updates on the 7 Hubs.



Hub Updates

Blantyre

The last hub meeting was on the 19th of August. Hamilton

Gymnastics Club was welcomed to the Hub. The group confirmed their plans for October week activities with 3 clubs running free taster sessions in the Leisure Centre from 1pm-3pm.



Calderglen

An information night was held on the 11th of June where 8 new clubs attended of which 6 were keen to join the Hub. The first Hub forum with the new clubs who have joined was held on the 28th of August. The group discussed working better together in joint promotion, workshops and courses that may be of benefit and planning for the year ahead.



They also discussed tasters within the school and going through Club SL and Positive Coaching Scotland Courses.

The Hub website was also revamped and can be found at

www.calderglencommunitysportshub.co.uk

Calderglen Outdoor

The last meeting was held on the 25th of July. The group finalised the Hub's Vision, Mission and Values.





The group have a first aid course on the 2nd of November and planned to hold another Hub event in May next year. **The date of the next meeting is the 20th of November.**

Carluke

The last meeting was held on the 21st of August where they planned their meetings and any workshops and courses for the year ahead.



They also discussed running free taster activities during the October week and planning is underway for this for all 8 clubs to be involved. The first aid course was planned for the 24th of August where 10 attended. The website has now been completed www.carlukesporthub.co.uk and clubs have been asked to send in any pictures and news stories for the website. **The date of the next meeting is the 23rd of October.**

Stonelaw

The last meeting was held on the 20th of August and Kirkhill Tennis Club was welcomed to the Hub.



They went through a mapping exercise and planned meetings and first aid and child protection courses for the year ahead.

The group ran a first aid course for the 20th of July which was a success with over 12 attending.

The group had a funding workshop on the 6th of August where Sportscotland spoke to them about the different types of funding applications and where to apply.

10 clubs have now completed Club SL with 1 achieving silver and another working towards gold level.

The date of the next meeting is the 19th of November.

The hub also have a website www.stonelawsporthub.co.uk

Uddingston

The last meeting was held on the 16th of July and the group planned for the year ahead.



Dates of meetings as well as any workshops and courses were set. The group also agreed to

have a website set up which is www.uddingstonsporthub.co.uk.

Uddingston Tae Kwon Do Club have had their Bronze Level Club SL signed off and the rest will complete their applications over the next few weeks. Recently, Shuttle Stars Badminton Club and Uddingston Hockey Club have completed Bronze Level for Club SL.

The date of the next meeting is the 1st of October.

If clubs would like any specific information to be included in the next E-newsletter then please contact

Fiona.mathie@southlanarkshireleisure.co.uk or phone on 07880174919 or 01698 476149.

#Best Games Ever

The Commonwealth Games in Glasgow has been a massive hit for everyone involved from the athletes to the volunteers and all the fans and spectators



around the world! It was Scotland's best ever Commonwealth Games performance as we recorded 54 medals as our sporting hero's punched above their weight and gave everyone in Scotland happy smiles in the sunshine and rain. Scotland won 19 gold, 15 silver and 19 bronze to cap off a great event and everyone was proud of their achievements. Athletes like Lynsey Sharp showing her true dedication to the sport as she was extremely ill a few hours before her final in the 800 metre, yet won Silver. Another great story is when 13 year old Erraid Davis won bronze in the para- sport 100 m breaststroke after a storming late swim. A surprise outstanding performance when Ross Murdoch beat world best swimmer Michael Jamieson in the 200m breaststroke to gold. This goes to show with a little hard work and determination you can succeed in sport. Every performer at the Games did Scotland proud but we shouldn't forget about the amazing Clydesiders. The volunteers worked hard and long hours to ensure that all spectators and athletes were well looked after. The



time and commitment they gave to the Games was outstanding! There are lots of different memories over the course of the Games and who can forget Usain Bolt dancing to The Proclaimers I would walk 500 hundred miles. Overall the games has brought people together with the competition, the use great facilities and the weather being mostly sunny, no trouble and just pride and happiness. As Prince Imran concluded it was "Pure Dead Brilliant".

Club SL

All Hub Clubs are being encouraged to join Club SL. It is South Lanarkshire Leisure & Culture's (SLLC) club accreditation scheme which is aimed at developing and supporting local sports clubs and their volunteers.



Joining the Club SL scheme can benefit your club by:

- Raising the profile of your club
- Developing your club structure
- Developing your coaches and volunteers
- Ensuring your club provides safe and welcoming environments for children (if appropriate)
- Increasing your club membership

There are three levels of accreditation that your club can be awarded. They are Bronze, Silver and Gold.

Each award has its own range of benefits.

To find out more please go to:

http://www.slleisureandculture.co.uk/info/32/sport_and_physical_activity/837/club_sl

Hub Websites

Nearly all the Hubs in South Lanarkshire have their own websites. To find out the latest news and updates on events in each hub then check out the sites below.

Stonelaw CSH

www.stonelawsportshub.co.uk

Carluker CSH

www.carlukesportshub.co.uk

Caldergleng CSH

www.calderglengcommunitysportshub.co.uk

Caldergleng Outdoor CSH

www.calderglensportshub.co.uk

Uddingston CSH

www.uddingstonsportshub.co.uk

Blantyre CSH

www.blantyresportshub.co.uk

The CSH's is on the South Lanarkshire Leisure and Culture's pages. All information about Hub's and the clubs involved can be found at: http://www.slleisureandculture.co.uk/info/468/community_sport_hubs

Workshops

The majority of the Hubs have completed a planning exercise for the year and set dates for first aid, child protection and Positive Coaching Scotland workshops. All Hub members can access these courses. The courses can be found on the Hub's websites or by contacting the Hub Officer at

Fiona.mathie@southlanarkshireleisure.co.uk

In and round your Hubs

South Lanarkshire has to welcome some new clubs to the Hub Community. There have been new clubs that have joined the Biggar and Caldergleng Community Sport Hub. Peebles Judo has joined Biggar Community Sport Hub and they are a welcome addition to the Hub, they train on Wednesdays. There are a few clubs that have joined the Caldergleng Community Sport Hub. The clubs are

- EK Roller Hockey
- EKFC Girls
- EK Athletics
- EK Table Tennis
- Bushido Karate Club
- Reach for the Sky Basketball

These clubs are located at based over venues in East Kilbride and for more information about how to join and find out training

times have a look on the Calderglen Community Sport Hub website.

www.calderglencommunitysportshub.co.uk

Club Interviews

Shuttle Stars Badminton Club

This month we decided to interview Jamie Neil who runs Shuttle Stars Badminton Club, based at Uddingston Community Sport Hub. We asked him about his successes in the club and his experience of being a part of the Hub so far.

Tell us a bit more about your club? Why did you decide to rename and change your club?

Shuttle Stars Badminton was launched in August 2014 and is affiliated to Hamilton Sports Council and Badminton Scotland. For 3 years my club was called Lanarkshire Lightning and it focused on sessions at several venues in South Lanarkshire, particularly Hamilton, Uddingston & Larkhall. Even though badminton is mostly an individual sport, I have played badminton to international level and my best memories include representing my school and club, then Lanarkshire and Scotland. I was passionate about creating a club identity and wanted to provide the best badminton environment for all levels of junior badminton in Lanarkshire. However, I realised that I wanted to separate grassroots community badminton from the serious performance clubs I coach. I established Shuttle Stars and the Lanarkshire Badminton Academy (LBA). Shuttle Stars focuses on participation and link closely with the local area and schools to provide pathways into a club. Children will be coached but also meet new friends, learn life skills & learn friendly competition. The LBA will be the next rung on the ladder for any member who shows potential, wishes to develop their game and train more seriously with players from all over Lanarkshire. I am fortunate that I manage Shuttle Stars & coach at the LBA, but my aims for both clubs are different. Many of the former Lanarkshire Lightning club still attend



Shuttle Stars, but we have found new young members after Glasgow 2014. Over 30 members train with the LBA and play competitively too. A highlight for me has been several Under 12 players winning Scottish tournaments and being asked to train weekly with the Scotland squad in Glasgow.

To hear the rest of the interview go to <http://www.uddingstonsportshub.co.uk/shuttle-stars-badminton-interview/>

Club Filming

The Hub officer is looking to film Hub clubs in order to create small videos to promote the Hubs and Clubs on their websites. If you would like your club to feature then please contact Fiona with a suitable time that filming could be completed.

Contact Details

If you have any questions about this edition of the Hub Newsletter or would like your club to feature in future Newsletters, then please contact Fiona Mathie at

Fiona.mathie@southlanarkshireleisure.co.uk