



# Community Sports Hub E-Newsletter

## Happy New Year to all clubs!

Welcome to the second edition of the Community Sports Hub E-Newsletter!

Firstly, I'd like to say that it is an exciting year ahead! Having both the Commonwealth Games and the Ryder Cup in Scotland in 2014 is a great opportunity to showcase to the world the amazing sporting facilities that Scotland has to offer.

We need to make sure that grassroots clubs are well supported as this is where athletes get their start, regardless of what level they ultimately achieve.

This year we look to run events in the majority of the Hubs to celebrate the Games and help promote the clubs in the local community. We need to make sure that clubs are ready and prepared for the increased interest in sport. This in turn will contribute towards the lasting legacy of sport in Scotland.



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## Hubs join the world of Twitter

Uddingston is the first Hub to join the world of twitter with their page launched in December 2013. They can be followed @UddingstonCSH so please follow them if your club or members have a twitter page or account.

This month an SLLC Twitter page has been launched to share news across the 7 Hubs. This can be followed @SLLC\_CSH so please follow to get the latest updates on the 7 Hubs.



## Sport Council Awards

All clubs who are affiliated to the Sports Council are eligible to be nominated for a Sports Council Award. To be eligible, the sports person or team must be based in South Lanarkshire. The sports person or team can be nominated by themselves, another member from the club or friends and family. Nominations can be submitted to one of the following 4 Sports Councils; Cambuslang and Rutherglen, Hamilton, Clydesdale or East Kilbride. The nomination forms have gone out to all clubs area so you should hopefully have received the information via email or post.

The dates of the Awards nights are as follows:

**Clydesdale Sports Council Awards Night**  
**7<sup>th</sup> March 2014-01-08**

**Cambuslang & Rutherglen Sports Council Awards night**  
**11<sup>th</sup> March 2014**

**Hamilton Sports Council Awards night**  
**1<sup>st</sup> April 2014**

**East Kilbride Sports Council Awards night**  
**10<sup>th</sup> May 2014**

There is also a disability awards lunch on 20<sup>th</sup> of February and all nomination forms have been sent out.

For further information on the Sports Council Awards please check the SLLC website or contact Fiona Mathie at the following email address

[Fiona.mathie@southlanarkshireleisure.co.uk](mailto:Fiona.mathie@southlanarkshireleisure.co.uk)



## Hub Updates

### Blantyre

The last meeting was held on the 7<sup>th</sup> of November and the action plan was finalised. The group are looking to set up a website. The hub still hasn't finalised a logo but all clubs involved have been asked for input. The Hub was involved in the local Christmas event and had a great response from the public. A Sportscoach UK workshop was held before Christmas in which 19 attended. There was a great response from those who attended and they are looking into the possibility of holding further workshops. **The date of the next meeting is the 30<sup>th</sup> of January.**

### Biggar

The last meeting was held on the 16<sup>th</sup> of January. The first aid course running on the 23<sup>rd</sup> and 29<sup>th</sup> of January is fully booked with 17 people attending.



The group are still keen to contact clubs that are not part of the hub. The Hub Officer and Active Schools Coordinator will start to meet with clubs in early 2014. On the 23<sup>rd</sup> of March Biggar Rugby Club are running a Sport Relief event that the clubs are looking to get involved in. **The date of the next meeting is the 13<sup>h</sup> of February.**

### Calderglen

The last meeting for the Hub was held on the 23<sup>rd</sup> of January. Three clubs attended plus the P.E department and Head Teacher. The group went through the action plan focusing on the event in 2014 which is looking to be held on the 5<sup>th</sup> of April. All clubs have been contacted to see whether they would like to be involved. The group are also looking to get more storage space for their equipment and working with the school in applying for funding for a storage container. **The date of the next meeting is the 18<sup>th</sup> of February.**



### Calderglen Outdoor

The last meeting was held on the 9<sup>th</sup> of January.



The group will be involved with the Queens Baton Relay Event and looking to organise another event in April 2014. They are looking to link the Sports Hub with South Lanarkshire Council and progress is underway for this. The website is currently up and running and clubs have been posting news stories. **The date of the next meeting is 13<sup>th</sup> of February**



### Carluke

The last meeting was held on the 7<sup>th</sup> of November. They are looking to create a website and have a notice board in the high school. The Hub Officer met with the Head teacher who is very positive on the Hub and the group are keen to have links within the school. **The date of the next meeting is the 6<sup>th</sup> of February.**



### Stonelaw

All clubs in the area were invited to a club information session on the 19<sup>th</sup> of January. 14 clubs turned up and the group discussed Club SL, PCS and the potential events that the Hub is looking to run. There is also a new girl's football club that was been created in December 2013 and they have high hopes for 2014. **The date of the next meeting is the 12<sup>th</sup> of February.**



### Uddingston

The last meeting was held on the 4<sup>th</sup> of December. The group have now set steering group positions and the logo has been finalised. The young hub leaders have set up a twitter page and the group are looking to create a new website as well as having an event in 2014. **The date of the next meeting is the 5<sup>th</sup> of February.**

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

[Fiona.mathie@southlanarkshireleisure.co.uk](mailto:Fiona.mathie@southlanarkshireleisure.co.uk) or phone on 07880174919 or 01698 476149.



## Club Interviews

When I have been meeting clubs individually, I always get asked the same questions... How do we raise more funds for our club? How do we recruit coaches? How do we engage more with parents? Well read on for interviews with 3 clubs who have achieved these things!

### Milton Rovers, part of the Carluke Hub

#### How did your club start?

Milton Rovers YFC was formed in 1991 in response to increasing instances of youth disorder and vandalism in the town. The young people themselves citing a lack of things to do and places to go, especially to take part in sports activities/clubs with football being the sport most in demand. An area of vacant land was identified at Burn Rd, Carluke, to develop a grass pitch and changing accommodation and a lease was subsequently granted by the council. At this time a grant was secured from SportsScotland to construct an enclosed, synthetic, floodlit 5 – a – side training pitch which we have just recently replaced as a result of being awarded a grant and £18,000 in contributory funding raised by the club itself.

#### How many members do you have in your club?

At present we have just over 200 young players and 36 unpaid volunteer coaches.



#### How do you manage to raise money for your club?

We constantly fundraise through events such as our Annual Sportsman's Dinner, Race Night's, Comedy Night's, local company sponsorship, supermarket collections and we operate a match day café from our clubhouse on Saturday mornings which generates a significant income stream. We have been fortunate in recent years to have a volunteer who has devoted many hours in writing successful funding applications to enable the club to develop its facilities and volunteers.



#### How do you motivate parents and volunteers to become involved with the club and help fundraise?

As a club we offer parents and potential volunteers free coach education courses as an incentive to become involved, no matter how far up the coaching ladder you wish to ascend. Volunteers are also provided with club clothing, rain jackets, training tops, etc.

#### What has been your biggest achievement so far?

Our biggest achievements came in 2010 when the club was awarded The Queen's Award for Voluntary Service (the MBE for voluntary organisations) in recognition of its work with young people in the community. In the same year we were awarded a Cashback for Communities grant of £95,000 to convert our grass pitch into 2 synthetic 7 – a – side pitches. The club itself raised and contributed £60,000 towards the overall cost of the project and we now have a facility which is the envy of many visiting teams.



In recent years our girl's team have produced players such as Megan Walker and Caitlin Kelly who have achieved national honours by playing for the Scotland Ladies team at home and abroad. Susan Lang gained a scholarship to Alabama University and is now playing her football in America and Jemma Marriott currently attends one of the SFA's national performance schools. Over the years and most recently we have developed many young players such as Darren Smith who played in the professional ranks at Motherwell and Ross County and now plays for Stenhousemuir.

#### What are your plans for 2014?

Our plans for 2014 include growing, developing and retaining our army of volunteer coaches and players. Our 2001 team will be travelling to Holland during the Easter holidays to take part in a tournament and we will continue to strengthen the club through our regular fundraising programme of events.

## Uddingston Tae Kwon Do Club, part of the Uddingston Hub

Interview with Kirsty Izat

### How did your club start?

The club started on 25<sup>th</sup> February 2008 after I retired from being the Scotland Ladies Team Captain and my fighting career the natural progression was to open my own club and encourage others to join a sport that had provided me years of fun and a new family J

### How many members do you have within your club?

We currently have 85 members in the club. Ranging from 4 year olds to 40ish year olds!

### What progress have you made since your club has started?

The club has been going from strength to strength in the last few years our numbers have grown and we have a really excellent Team Spirit and environment.

We have started 3 extra classes for technical/traditional TKD and fitness/sparring every week. We now have 11 black belts who have trained in the club from white belt. On the competition side we have several



World, European and National Champions. (Last year alone we amassed 215 medals and trophies). We were also presented with the Scottish Champions Shield for being the most successful club in Scotland.

Three of our members have also been selected to represent Scotland in the Team events in major International Competitions.

### Why did you decide to take part in PCS?

Claire came back from a Hub meeting with the information and the senior members of the club discussed it and decided it would be great to

keep us informed and ensure that we were coaching the kids to the best of our abilities to get the best out of not just the competitors in the club, but the students who come along just for the training. Once we attended the course we realised we do actually have all of the methods in place and do things correctly, but it was good to know that. Doing the PCS is allowing us to involve more parents and youths which are good for everyone involved as the aims/lessons of PCS can work in the family life too.

### What has been your biggest achievement so far?

Errrrrr too many !!!! Probably for me personally, it's the way the Club work and act like a Team, but gaining World Champions, European Champions and winning the Scottish Shield are fantastic achievements for the club.

### What are your plans for 2014?

Plans are already underway to try and better 2013 results. We have several members travelling to Davos in Switzerland in March to take part in the European Championships. We are trying to encourage people to get into the competition side of things and reach their goals. We also would like to hold on to as many titles that we can and retain the Scottish Champion Shield. Our aim also is to add to our black belt ranks, we have 2 sitting in April and possibly 4 in October.





## Biggar Youth Project, part of the Biggar Hub

Interview with Sue Pacey

### How did your club start?

BYP was started in 1995 by a group of parents concerned about the lack of activities for young people in the Biggar area. Whilst there were uniformed organisations and sports clubs there were no facilities where young people could just drop in, relax and socialise with friends. With support from Community Education a group started meeting twice a week in the canteen at Biggar High School offering activities from badminton to board games. After a variety of temporary homes in Biggar, in 2001 we were gifted The Old Auction Ring, now our current and permanent home. Whilst based in Biggar, we are open to any young person who lives in the catchment area of Biggar High School.

### What types of activities do you do?

As parents, our aim over the past 18 years has been to encourage and enable young people to live a healthy lifestyle whether it be through healthy eating, fitness activities or providing a quiet place to chill out. Staffed by friendly and approachable staff and volunteers, we are open 9.30 to 3.00 Monday to Thursday and we currently provide:-

- Social base/Study Area for S6 pupils during the day
- Healthy Choices cafe - all day and open to all ages
- Young Carers Group
- Creative Writers Group
- Evening Sessions
- Transition Programme working with P7s coming up to Biggar High School
- Summer Holiday Activities

In addition we have run:

- REHIS Food and Health Course 4 times with accompanying Cookery Sessions
- Healthy Cookery Sessions
- Football Coaching
- Public Art Project

### What has been your biggest achievement so far?

Like any other voluntary group we have had our ups and downs over the past 18 years. However, we believe that our greatest achievement is that we are still here, in our own home, still growing and working to meet the needs of our young people. We consider that the measurement of our success is that so many young people still attend the project on a daily basis.

### How do the young people engage with the Youth Sport project?

Our fitness activities are usually in direct response to requests from the young people themselves. If we can, we fund the costs ourselves, if not, we look for funding as in the case of the activities that we are about to start next month. We advertise on posters, Facebook page, and website, via the High School but mainly by word of mouth. Because we have known so many of the young people for a long time we are aware who would be interested in particular sports. However, all of our activities are open to all ages, except for a small number such as the 16 to 18 Football Coaching.

### What are your plans for 2014?

To carry on developing our services to enable young people to lead a healthier lifestyle, have greater access to a wide variety of services/information and the knowledge and confidence to participate in their community.



please get in touch with Fiona at

Fiona.mathie@southlanarkshireleisure.co.uk

## Young Hub Leaders

### The role of the Young Hub Leader

The key role of the Young Hub Leader is to help promote the Community Sports Hub and the clubs involved in it. The other key tasks are to motivate other young people to participate in the sports clubs within the Hub and assist in promoting any events that the Hub may organise.

Young Hub Leaders will be supported by the Community Sports Hub Officer and the Steering Group within the Hub. The Young Hub Leaders can assist with 4 areas within the Hub;

#### Promotion of the Community Sports Hub and Clubs

Through creating a notice board in the school and advertise the Hub and clubs involved, creating promotional material, setting up a Twitter or facebook page for the Hub and assisting in updating the Hub Website.

#### Supporting Clubs

Volunteer at one or more training sessions or event for each club involved in the Hub, completing level one coaching certificate and assist in coaching a Hub club, encourage young people to try out and join clubs within the hub and assist clubs in the recruitment of volunteers

#### Leadership

Take minutes and be mentored on minute taking for at least one of the Hub Steering Group meetings, chair (with mentoring from the Chair) at least one Steering Group of the Hub. Be mentored on another role within the committee including; secretary, treasurer, marketing and promotions.

#### Supporting Events

Attend and assist at least one Hub Event throughout the year, help with the promotion and preparation of the event and help recruit volunteers for the event.

Hubs will be looking to recruit Young Hub Leaders early 2014 so if you can think of anyone within your club who would be interested then

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## Young people's sport panel

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sportscotland have very recently announced that applications are now open for the Young people's sport panel. The Young people's sport panel offers an exciting and unique opportunity for young people in Scotland to have a voice to influence and lead sport in Scotland.

sportscotland are looking for young people who are aged between **14 – 25 years, passionate about sport and want to make a difference.**

Please note applications will close at **5pm on Friday 7<sup>th</sup> Feb.**

To find out more about the role, what the young people will be involved in and what the panel has contributed to over the last 18 months please see the article on the SALSC website:

<http://www.salsc.org.uk/htdocs/list/YPSP2014.php>

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## Club SL

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

## Workshops

### Positive Coaching Scotland

Delivered in partnership with Winning Scotland Foundation, the Positive Coaching Scotland program will empower parents, coaches, teachers and sports leaders to help create a more positive sporting environment for young people. If your club is interested in finding out more about this free course then please get in touch with Fiona Mathie.



### Positive Coaching Scotland Night

On Thursday the 20<sup>th</sup> of February, South Lanarkshire Leisure and Culture are looking to organise a night of Positive Coaching Scotland. All Hub Clubs will be invited to attend the evening where they will receive further information on what Positive Coaching Scotland (PCS) is and hear some great examples of clubs that have gone through PCS, how it has impacted their club and what the benefits have been. Some of you may have already started the PCS process and completed the Double Goal Coach Workshop but all clubs are invited to attend. For more information please don't hesitate to get in touch with [Fiona.mathie@southlanarkshireleisure.co.uk](mailto:Fiona.mathie@southlanarkshireleisure.co.uk)

### Coaching Impact Research

Sports coach UK is conducting a four-year research project to better understand the impact of coaching on participants. The research will examine how people play sport, which sports they play - and whether coaching has an impact on enjoyment, levels of

participation and interruptions to sporting habits.

It will also consider the reasons why participants choose to take part (and not to



take part) in coached sport and their affinity with the sports they play.

The online survey is open to anyone who plays sport, whether they are coached or not. The first survey can be completed by clicking the link below. It will only take five minutes to complete.

As a thank you for your time all respondents will also be entered into a draw to win one of five £50 shopping vouchers.

[Link to survey](#)

### Hub's on the SLIC Website

The plan for the majority of the Hub's is to create their own website with Calderglen Outdoor CSH already been created ([www.calderglensportshub.co.uk/index.html](http://www.calderglensportshub.co.uk/index.html))

While progress is underway, it was decided that CSH's should be added to 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](http://www.slleisureandculture.co.uk/info/468/community_sport_hubs)

The pages are still currently being updated but the aim is to help promote the Hub's to the SLIC website users and direct people towards the clubs within each Hub. Keep checking the site for further updates and links to Hub websites when created.