

Project		Free Running Taster Session	
Lead delivery partner		Mansfield District Leisure Trust	
Theme	Strengthening Communities	Priority	Children & Young People
Activity	Free Running Taster session	Budget code	94/2/4.3 (£109.75)
Project outcomes (from SLA) to provide positive activities for young people in Warsop to help increase health, fitness, skills and reduce anti-social behaviour			
Reporting period dates	10th August 2015	Nr of people benefiting from the project during the reporting period	1
<p>Introduction</p> <p><i>Tell us basic information about the project and its outcomes and aims for reporting period.</i></p> <p><i>To hold a free running taster session at Meden Sports centre/Meden school hall for 8-15 year olds on 10th August 2015. It was hoped this would form the basis of further activities for young people at the centre, thus helping to increase physical activity and promote positive activities to reduce instances of anti-social behaviour. The session was free to attend.</i></p>			
<p>Activities undertaken during reporting period</p> <p><i>Tell us what you have done and how well things have gone. Include any issues carried over from previous report, activities carried out and any base line monitoring. Please attach photographs, quotes, good news stories etc</i></p> <p><i>A 1 ½ hour free running taster session was held at Meden school, booked through Meden Sports Centre. Unfortunately only 2 people booked in advance, but only one of these attended the session. Leaflets had been given out at Warsop Carnival and through the youth service, school and youth club. Leaflets were also available in the sports centre and it was promoted during an open day at the centre on 26th July. Information was also sent out via the police and neighbourhood wardens to pass on to young people.</i></p> <p><i>The person that did attend really enjoyed it and learnt a lot, gaining confidence throughout the session. By the end she could run and jump across a variety of obstacles including a gym horse that was taller than her!</i></p> <p><i>Although the attendance was disappointing, It is not just Warsop that has had difficulty attracting young people to events. This has been repeated across other events this summer held by various organisations on Oak Tree and Ravensdale.</i></p>			
<p>Outcomes the project has contributed to</p> <p><i>Tell us what difference you have made in relation to the SLA outcomes and more widely in the Boston Big Local area.</i></p> <p><i>As only one person attended, it is difficult to say what impact this has made, except to the individual who attended.</i></p>			

Timescales

Is project on track? If not what are you planning to do to address the issues?

This was a one off session.

Plans for next reporting period

What are you going to do next? Are there any activities we should know about?

Further consultation needs to take place with young people before any more activities are arranged. Meden Sports Centre are starting Family Fun sessions in September and these may give us more idea about what young people want in the future.