

## Annual Review – Community Sports Trust CIC (Trading as Shift)

### April 2017- March 2018

Community Sports Trust (trading as 'Shift') is a Community Interest Company, established in April 2009 to enable people to enjoy living active lives; developing physical activity in communities for fun, fitness and friendship.

Our Board of Directors is as follows and meets quarterly to lead and manage the business (see biogs attached)

Chair: Rosemary Leach MBE

Vice Chair: Clare Howard

Director: Andrew Shooter

Director: Colin Lloyd

Director and Chief Executive Officer: Andrea Kemp

We employ 16 staff who operate in communities across Derbyshire and Nottinghamshire.

### **Annual Review**

During the financial year April 2017-March 2018 Community Sports Trust has continued to engage communities in physical activity using asset-based community development (abcd) techniques and approaches.

Our **Active 4 Life** work in 6 Derbyshire communities of Gamesley, Fairfield, Creswell, Shirebrook, New Bolsover and Carr Vale and Petersham and has led to the following outcomes:

- Over 1200 people becoming regularly active
- New volunteers and local leaders in each community
- New opportunities to be active locally

\*see place reports attached

The **Jog Derbyshire** network has continued to thrive with over 400 new joggers joining the Jog into January campaign and over 100 new Co-Leaders trained to support the jog groups across Derbyshire.

The Kedleston Hall trail run attracts a regular 100 participants each month and our partnership with Derbyshire Mind has led to fundraising of over £1000 for the charity.

Our **Fit 4 Life** diabetes intervention has reached over 4000 people with a focus on developing a culture of physical activity with 3 GP Practices in Nottingham – Torkard Hill, Castle and Fairfields. Each practice now has a couch to 5k jogging club as well as regular walking groups and social exercise sessions.

## **Stakeholder Engagement:**

The company's stakeholders are the communities we serve, Jog Leaders and Co-Leaders, local charities, GP Practices, CCGs, Public Health Teams, Local Authorities, CVS teams, Sport England and other major funders.

We operate a culture of regular engagement and consultation with stakeholders and demonstrate our commitment to this through the following actions:

- Jogging with community groups throughout the year to talk to participants and leaders about their needs, their progress and how we could better support them going forward
- Hosting regular social networking and learning events to consult with Jog Leaders about the network
- Meeting with jog groups at events such as Derby 10K to find out what they would like more of. Many said they would like family jog opportunities, as such we have applied for funding to develop this across Derbyshire and Nottinghamshire. We are waiting to hear the outcome of our application.
- We regularly run local community engagement events to connect with people in communities, understand their needs and respond accordingly, for example community events on polling day in Petersham, near Long Eaton. People told us they would like better access to the Community Hall. We now host a Community Café once a week in the hall and the committee has a space for a community rep. in order to influence change in the future.
- We have hosted several partner consultation events across Derbyshire and Nottinghamshire over the past year. At Derbyshire Cricket Ground over 90 people from a wide range of organisations attended. We are developing a physical activity network across Nottingham City and so far have engaged 25 people from Football Clubs, Public Health, Social Care, the Ice Arena and the City Council.