

Get Set Leeds Local Newsletter

GET > SET > LEEDS. LOCAL

Active Everyday – Creating Our Place – Connected Together



1
COMMUNITY CHEST POT FUNDING
Easy access to funding for community-led ideas.

2
TRAINING OPPORTUNITIES
Build on the strengths of your community.

3
BE PART OF THE CONVERSATION
Share your local insight and ideas. Help us to create a social movement.

SOCIAL MEDIA:
f @GSLSeacroft
f @GSLHolbeckandBeestonHill
f @GSLNewWortley
t @GetLeeds
e GetSetLeedsLocal@Leeds.gov.uk

LOGOS: SPORT ENGLAND, ACTIVE LEEDS, GET > SET > LEEDS. Local

2021 Achievement's

THE FEBRUARY 2022 EDITION OF THE GET SET LEEDS LOCAL NEWSLETTER AIMS TO CELEBRATE THE AMAZING ACHIEVEMENTS OF LOCAL PROJECTS IN HOLBECK MOOR, BEESTON HILL, SEACROFT AND NEW WORTLEY. SHINING THE LIGHT ON SOME OF OUR COMMUNITY CHEST POTS, LOCAL UPSKILLING AND CO-PRODUCED PROJECTS, HIGHLIGHTING THE WONDERFUL WAYS PEOPLE IN OUR COMMUNITIES ARE SUPPORTING MORE PEOPLE BECOME ACTIVE.

IF YOU HAVE AN IDEA ON HOW TO GET YOUR COMMUNITY MOVING
MORE EMAIL getsetleedslocal@leeds.gov.uk

Newsletter Highlights

COMMUNITY CHEST POTS

COMMUNITY TRAINING OPPORTUNITIES

CO-PRODUCED PROJECTS

Community Chest Pot

SPRING BACK SELF-DEFENCE PROJECT

Spring back self-defence and recovery project ran a female only programme targeting 15 women from areas of deprivation in Leeds. The sessions included discussions around the specific threat's women feared with a co-produced approach around the identified focus of the sessions. The project was supported by WYP and Hate Crime Unit with lead sessions from Sarah Carroll (strategic lead for women and girls). This enabled the women to identify specific areas of threat with the aim to deploy more PCO's in these areas. Additionally, personal alarms and window alarms were given to the women attending which improved a sense of safety. Alongside the opportunity for discussions and support from WYP the women also had the opportunity to take part a practical element at every session with a focus around basic self-defence and kung fu techniques supported by Northern Wing Chun Kung Fu Association.

Over the 5 week programme the women shared what a positive impact the sessions had on both their physical and emotional wellbeing. One stated 'I feel less isolated because I come here every week' others spoke about improvements in their sleeping patterns, anxiety levels and how safe they feel in general.

The Community Chest has made it possible to get this project off the ground and made the sessions accessible to women who are likely to experience barriers into mainstream martial arts provision.



"I Feel More Energised"



THE NEW WORTLEY WOMBLES

The New Wortley Wombles group was created in June 2021, after numerous successful community litter picks. Residents came together to tackle the local issue of litter on Jailey Field, and thoroughly enjoyed the opportunity to make a difference and meet new people. The group applied for funding in August which was successful, and allowed them to buy more equipment including litter pickers, hoops for bags, gloves, sanitisers, and even trollies to place the bags in. The hoops and trollies have made it so much easier for the group to collect litter and it has made the group more accessible.

Since June the group has had 79 attendees and collected an enormous 135 bags of litter in just 8 litter pick sessions. They are always looking for new members and encourage residents to go out and do their own litter pick if they can't attend our planned sessions. New Wortley Community Centre stores the litter picking equipment which can be loaned by residents on request. Community worker Georgia Stephenson helps run and manage the group.

If you'd like to get involved in some community action, you can contact Georgia at georgia.stephenson@newwortleycc.org or join the New Wortley Wombles Facebook group.



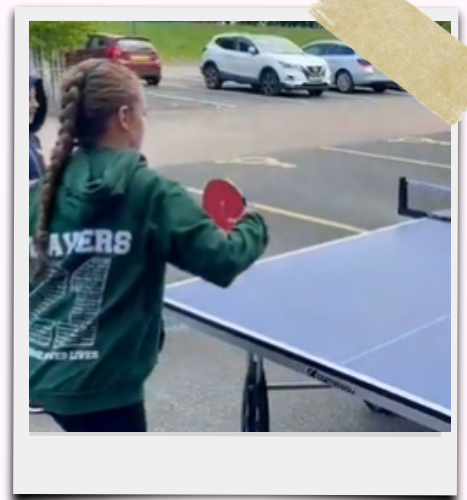
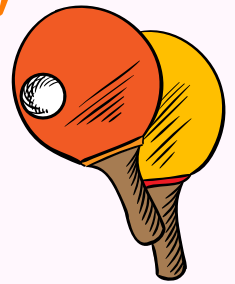
Community Chest Pot

TABLE TENNIS- PING PONG 4 U

In the summer of 2021 Dewsbury Road Community Hub organised six weekly table tennis taster sessions delivered by Pete from PINPONG4U. For anyone who attended the sessions, we gave them a goody bag with bats, balls and a net for them to take away and continue playing at home. At one of the sessions a local man called Abbey joined in and thoroughly enjoyed himself, telling us he used to play but it had been such a long time and he was so happy to start again. After the last session, Abbey approached Grace, the project development worker at Dewsbury Rd with an idea to continue table tennis there as a regular group.

In order to continue the sessions and turn it into a regular group led by Abbey we needed the equipment! With Grace's support, Abbey applied for funding through the Get Set Leeds Local Community Chest Pot, to help towards purchasing a table, bats and refreshments for the new group. The application was successful and the group received the new table just a couple of weeks later, ready to launch in November 2021. The Bat & Chat group is every Wednesday evening 5 – 7pm at Dewsbury Rd Community hub and is open to all. Abbey is keen to support new people who have never played before to learn a new skill. The group would love to see some new faces, whether you want to learn a new skill, make new friends or just have something different to do on a evening! It's completely free and all equipment is provided. The group is restarting in January 2022 after a break over the festive period. **For more information contact Grace on 07711 189421 or Grace.Feeney@leeds.gov.uk**

"It's Been Such A Long Time, I Was So Happy To Start Up Again"



Training Opportunities

ST LUKE'S CARES-CYCLING

Working alongside British Cycling, Matt from St Luke's Cares found that cycling was a positive activity for many of the young people they work with.

"It(cycling) has been a brilliant way to engage young people and give them opportunities to grow their self-belief and confidence. There is nothing like overcoming fear and learning a new skill to grow someone's belief that they can overcome obstacles in their life".

St Luke's Cares is a charity committed to making South Leeds a better place by harnessing the skills, abilities and confidence of local people to reach their potential. Recently Get Set Leeds Local has been able to enable RISE project worker Matt to do just that for himself.

To help sustain and build the offer of cycling for the many young people St Luke's Cares work with across South Leeds, Matt has recently completed his Level 2 Mountain Bike Leaders course, funded through Get Set Leeds Local. Matt travelled to Wales to complete the course, giving him the opportunity to learn how to use his experience to safely guide others on off-road terrain.



Training Opportunities

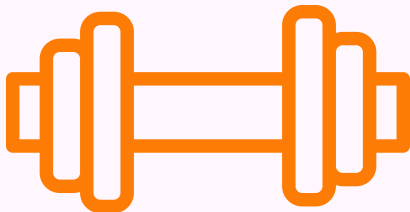
SLUNG LOW- REFEREE COURSE

Award winning theatre company Slung Low launched Holbeck Moor FC back in 2021. The club has been a huge success engaging large numbers of people in the local community. With help from Get Set Leeds Local, Holbeck Moor were able to support Jonathan Chadwick in gaining his football referee qualification. Here is what Jonathan had to say about the course.

"I really enjoyed the FA refereeing course. It's easy to only think about the game and the laws when you're on the course and on the pitch but what really struck me was how many transferables there are into other parts of life. Managing conflict, communication skills and being personable and approachable are important skills not only for a referee but for working with people in general. The chance to have exposure to referees working at a higher level of the game, like Jane Simms, was also really inspiring both in seeing how finely tuned they are as communicators but also in hearing about the experiences and opportunities that exist at the higher levels of the game. As a younger man who, at times, suffered with low confidence, I honestly could never have pictured myself as a football referee. This course not only helped to convince me that I could be one but helped me actually become an effective one and helped me to have a positive impact on the games and players that I officiate."



" This course not only helped to convince me that I could be one but helped me actually become an effective one"



SCOT- LEVEL 2 GYM INSTRUCTOR COURSE

Get Set Leeds Local supported Stacey Hubbard from SCOT gym in Seacroft by funding her level 2 gym instructor course. Here is what Stacey had to say about the course.

"The Get Set Leeds Local project have helped me as an individual to upskill my personal development by allowing me to do an online level 2 gym instructor course. This has enabled Seacroft Community On Top to open and provide a community Gym at a more convenient price for the people who live local.

They have supported all the sporting groups we have delivered by offering qualifications to our local community parents level 1 football qualifications as well as providing funding to buy the equipment needed to deliver the different groups successfully and professional such as, Bootcamp, SCOTs Football and the DHC Community Gym'

We as an organisation have loved working with everyone from Get Set Leeds as everyone is always willing to help in any which way they can'



Training Opportunities

SOUTH LEEDS LAKERS- WALK LEADERS

Linda is the secretary for South Leeds Lakers Walk to Fitness section. She was trained as a walk leader by the GSLL team in October 2020 along with Colette, their walk activity coordinator, in readiness to start their new walking venture. The start was delayed due to the pandemic and the need for more walk leaders, who also completed walk leader training in Spring 2021; finally launching on 25 July 2021.

"We had a good number of people for the launch event and maintained steady numbers throughout summer. Walks couldn't have gone ahead without the support from GSLL. We have regular members who have benefitted from walking both socially and physically and I feel confident in delivering what is needed to lead safe and enjoyable walks for all within the local community. We'd love to see more people joining us and benefitting from this joint initiative."

The South Leeds Lakers walks are on your doorstep and free to all. For more information visit the @southleedslakersWtF Facebook page



CO-PRODUCED PROJECTS

SOUTH LEEDS VALKARIES

A resident (Clara) from Beeston Hill came to Get Set Leeds Local with an idea for a women's basketball session, with a focus for it to be fun, sociable and help connect women who may be socially isolated, or wanting a space for friendships and connections. Get Set Leeds Local connected Clara with Lets Do More basketball who provided a coach to deliver weekly sessions at Cross Flatts park. As time went on the simple idea really blossomed with the group of women selecting their team name, The South Leeds Valkyries!! They worked together producing a fabulous logo and secured an indoor venue at Cockburn John Charles, ensuring the sessions can continue to run throughout the winter. In total over 30 women have attended the weekly sessions with around 15-20 attending each week.

Although the sessions include basketball focused drills, developing skills and techniques. Many of the women attending highlighted the positive impact that the social element of the group has, resulting in an improvement on their mental health. Others shared that feeling part of something and having their own hobby to have a break from everyday life has been hugely beneficial. Overall the project has been a huge success. With Get Set Leeds Local funding a percentage of the coaching hours, Clara and her team have gone on to secure further funding towards coaching hours and even team t-shirts!



CO-PRODUCED PROJECTS

SCOT GYM- SEACROFT

In Seacroft S.C.O.T have recently opened a community gym at the Denis Healey Centre. This is a localised and doorstep offer which breaks down barriers that many of the local community face, preventing them from accessing other gyms. These barriers include no access to transport, a lack of confidence, mental and physical health issues and financial difficulties. The DHC community gym has been co-produced with the community to provide a facility which alleviates these barriers. Local residents who form the Seacroft Community on Top group, Cllr Drinkwater, Active Leeds and Yorkshire Sport Foundation, worked together to get the gym to the point of opening. The facility has been funded by Yorkshire Sport Foundation and Get Set Leeds Local. A key thing about the gym is that it is run by local people, who have been upskilled to become level 2 gym instructors. So far the feedback has been positive and the facility has been well received. We have also started having exciting conversations, thinking about how local high schools can use the facility for early intervention work with young people who are disengaged at school. The gym is currently open through the day on Monday and Friday, through the evening on Tuesday and Thursday, and on Saturdays the gym is open for 13-17 year olds only, for a young people's session. This allows them to control the music played and work together doing circuit training and other sessions that are guided and influenced by the young people themselves.



CROSS FLATTS CYCLING

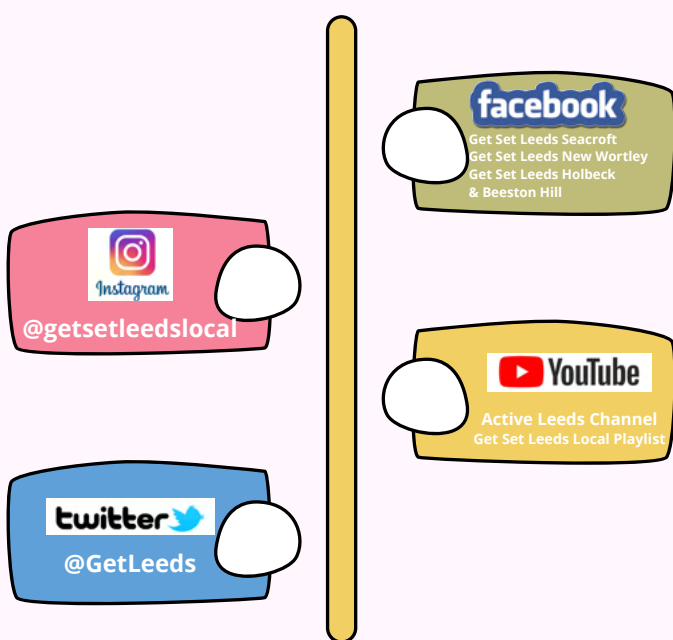
In 2020 Get Set Leeds Local joined forces with British Cycling to carry out conversations within Cross Flatts Park and Beeston Hill about cycling, and what things may help them get on a bike. Some key strands emerged – some good stuff around cycling was taking place, but people were unsure what and by whom and perhaps it could be better connected; people wanted to be able to learn to ride and build confidence within safe spaces, opportunities for social riding, to understand where they could ride a bike, and access to a bike. Get Set Leeds Local applied for British Cycling Places to Ride funding to pilot a “hub” within Cross Flatts Park which launched in 2021. Here local people can access a range of bike related activities by a variety of partners including adult learn to ride, Cycle for Health, and social led rides. The hub is now being upscaled to be replicated at a further 4 places within the Inner East in 2022. If anyone is interested in becoming a ride leader, would be interested in developing a parent and tot session, or has an interest in bike maintenance to help us look after our bikes then do get in touch.



CO-PRODUCED PROJECTS

PLAY SUFFICIENCY- LUDICOLOGY

Get Set Leeds Local covers all ages, and found we were having lots of conversations with residents, partners and within LCC about play, and the varying quality of play children have access to. Play is a vital element of being a child and something we felt we needed more insight into. We linked with play experts Ludicology to mentor us through Play Sufficiency research, looking at experiences of play through the lens of time, space and permissions to provide better insight into play from children, young people, parents and those who work within communities with a focus on 6 neighbourhoods in Leeds. Thanks to the 497 Year 5 children from 18 local primary schools who have completed survey on their play experiences. Phase 2 of the project is face to face research, with the GSLL research team supported by Positive Futures, Leeds Girls Can, Fall into Place and Public Health. Thanks to the following schools who have been involved so far (Greenmount Primary, Castleton Primary, Shakespeare Primary, Brownhill Primary and Manston Primary). Although we are only in phase 2 of our research, the data collected has been invaluable. We are looking forward to continuing forward with this piece of research by working with secondary schools, parent groups, children with protected characteristics and practitioner focus groups. To follow the research findings you can find us on twitter @LeedsPlay



Thank you for taking your time to read about all the amazing projects Get Set Leeds have been lucky enough to support so far!

If you have an idea that you would like to share with us around getting more people in your local area moving, please contact our team at:

Getsetleedslocal@leeds.gov.uk

As highlighted in the Newsletter we can help in numerous ways from small pots of funding to training opportunities.

For inspiration take a look at our social media pages including our Youtube playlist on the Active Leeds page. Here you will find short clips of projects supported by Get Set Leeds Local.

GET SET LEEDS LOCAL COMMUNITY CHEST POT FUNDING AVAILABLE



WHO ARE WE?

Here at Get Set Leeds Local we are looking to support good ideas that encourage people to get active within their local communities. The project focuses on 4 communities in Leeds, these are Holbeck, Beeston Hill, New Wortley and Seacroft.



WHAT ARE WE FUNDING?

We can give up to £300 to a group or resident that has a great idea of how to get their own community moving more. This may be an event, trip, project, or some form of training that would then help you deliver an activity to others.



HOW TO APPLY

To apply, you can either download an application form from our Facebook page, email us on getsetleedslocal@leeds.gov.uk or ask for a paper copy from a 'Get Set Leeds Local' project worker.



HOW TO FIND OUT MORE

Please contact Karen or James from Get Set Leeds Local or Libby Cotter (Locality Support Officer) on 0113 378 5138 to discuss your ideas and for further information and guidance.

