

PYC Mini Sports Club

44 Buchanan Street, Leith, Edinburgh, EH6 8RF

Telephone: - 0131 554 0953

Email: - pilmenycentre@freezone.co.uk

www.pilmeny.co.uk

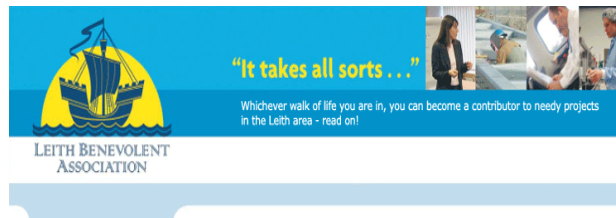


In Association with

Principal Project Funding Partners



Supplementary Funding Partner



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“Sports for Children – Why?”

As far back as 2007, the youth centre identified a need to offer lights sports opportunities for local children, and from trawling comments from local parents and carers, we witnessed that there was indeed a gap in our community provision. After organising a number of sports tasters days focusing on children aged 5-9yrs, it was evident that the youth centre had to further investigate the possibilities of pursuing a long-term goal of plugging the need for this gap in our community provision. The collated information formed the basis for a successful application to Sport Relief in 2008, with an award of £8710, that gave the Mini Sports project its first step into becoming a fully fledged community provision. The project was unique in its simple message to children who felt isolated from participating in non educational sports participation. The first project proved a major success. By June 2009, the project had proved so successful, that it was felt crucial that we endeavour to sustain the project further. A flurry of applications again resulted in a successful application to Scottish Community Foundation who positively bought into our unique concept and funding of £6400 was secured to relay the project to another intake of local children from September 2009 to June 2010. As we neared the Spring of 2010, the youth centre channelled its energy into a full and extensive evaluation of the Sport Relief and SCF sports projects and a major finding from this exercise was that it would be a natural development to offer light educational segments into the programme focusing on nutrition and healthy lifestyles as a positive addition to the promotion of health and well-being. It was with a slight change in programme direction that we applied to The Robertson Trust and it was also with great delight that funding of, £5000 was awarded to support a third year of the sports project. A welcome, and vital additional award of £1355 from, Leith Benevolent Association, was also in place to take our total funds to £6355. Further funding streams were obtained from the Big Lottery “Awards for All” which offered us the opportunity to open the project up to twice as many children and facilitate a four day programme.

The success of the project has proven that there was a significant gap in community provision for the target age.

Our Mini-Sports project has now become a genuine focus for children and the youth centre, will again, be required to investigate maintaining long-term sustainability from 2011 onwards. We owe it to the children and the community.

Lets Go.....



PILMENY YOUTH CENTRE

44 Buchanan Street – Leith

www.pilmeny.co.uk

PYC Out of School Club

Every Tuesday 3.30pm – 4.30pm and Thursday 3.30pm – 4.30pm

Open to Children aged 6 and 7 years

Enjoy loads of activities from Sports to Arts/Crafts

SESSIONS ARE FREE

Limited Places Available

Call 0131 554 0953 for details or drop in at the office

Alternatively, email pilmenycentre@freezone.co.uk

Check website www.pilmeny.co.uk for details



← Principal Funder's ----- Additional Funder's →



PYC Sports Club



PILMENY YOUTH CENTRE IN
PARTNERSHIP WITH
THE BIG LOTTERY
"AWARDS FOR ALL"
OFFERS SPORTS ACTIVITY
FOR LOCAL CHILDREN
FOOTBALL-BASKETBALL TENNIS
AND MUCH MORE EVERY



Every Wednesday 3.30 - 4.30pm

open to 5,6,7 & 8 year old boys and Girls

Every Friday 12.30 - 1.30pm

All Activities are FREE

Full Qualified experienced Sports Coaches at every session



To Book a place Contact
the Pilmeny Youth Centre
44 Buchanan Street, Leith
0131 554 0953

or email:-

pilmenycentre@freezone.co.uk

More information at our website

www.pilmeny.co.uk





**Out of School Club Open and Closed dates
(School Holiday Dates in Red. Club will be closed)**

September 10	Tuesday's Thursday's	7th...14th...21st...28th 9th...16th...23rd...30th
October 2010	Tuesday's Thursday's	5th...12th... 19th ...26th 7th...14th... 21st ...28th
November 2010	Tuesday's Thursday's	2nd...9th...16th...23rd...30th 4th...11th...18th...25th
December 2010	Tuesday's Thursday's	7th...14th... 21st ... 28th 9th...16th... 23rd ... 30th
January 2011	Tuesday's Thursday's	4th ...11th...18th...25th 6th ...13th...20th...27th
February 2011	Tuesday's Thursday's	1st... 9th ... 15th ...22nd 3rd... 10th ... 17th ...24th
March 2011	Tuesday's Thursday's	1st...8th...15th...22nd...29th 3rd...10th...17th...24th...31st
April 2011	Tuesday's Thursday's	5th...12th... 19th ...26th 7th...14th... 21st ...28th
May 2011	Tuesday's Thursday's	3rd...10th...17th...24th...31st 5th...12th...19th...26th
June 2011	Tuesday's Thursday's	7th...14th...21st...28th 9th...16th...23rd...30th



Pilmény After School Club

Funded By



TUESDAY 3.30pm—4.30pm
And
THURSDAY 3.30pm—4.30pm
Open to Children aged
5, 6, and 7 Years

Member Information

www.pilmény.co.uk



The Pilmeny Out of School Clubs are funded as a direct result of a grant from the The Robertson Trust, with additional funding from LBA. The awards will allow

*the youth centre to facilitate a healthy lifestyle programme of fun and games to run in tandem with its already successful youth work provision. The out of school clubs will work towards encouraging healthy lifestyles and active participation. Staff have been appointed to oversee the project and will ensure that all activities are a fun experience. Commencing on **Tuesday 7 September 2010 to June 2011** the Pilmeny Youth Centre out of school clubs aim is to target local children aged 5, 6 and 7 Years of age. With a maximum of 10-12 places available for each session children will benefit from learning to enjoy sports and games activities and to hopefully achieve a future active lifestyle, and to adopt the values of fitness and healthy living. The clubs will function right through the school terms but will take short breaks during the school holidays. Small snacks will be provided free at each session. The Pilmeny Youth Centre will be used as our main base, but we hope to get out and about as much as possible, weather permitting, for small outdoor games. A minimum of three (3) staff members will attend the sessions and funds are also set aside for any trips or outings we may arrange. Our programme will be flexible and moulded to suit the needs of the children and will be wide and diverse.*

Further details on all aspects of the club can be obtained from the youth centre. Pop in at the office or call 0131 554 0953 during office hours. Alternatively, email the Youth Centre Manager at pilmenycentre@freezone.co.uk for information. Regular Out of School Club updates will be distributed to parents/carers at regular intervals. Up to date information can also be found on our website at www.pilmeny.co.uk



Questions and Answers

- Q** *If I join the clubs will I have to attend both days?*
No. Although we'd like you to come along on both days. But if you can only attend one day, then we'll keep a place for you.
- Q** *Are all club activities free?*
Our funding partners are covering staff costs, Light snacks, some equipment, some transport and development Costs, but entry is FREE to all children
- Q** *Will I have to make any payments?*
Maybe. If we arrange a special outing there may be a small charge.
- Q** *If I stop attending will I lose my place?*
If you can't make any sessions it would help if you could let us know. Going on Holiday or if you are ill give us a call. If lots of children want to join, we may have to apply a waiting list. If you fail to attend for three weeks (6 sessions) without letting us know we may have to take you off the attendance list and offer your place to someone else.
- Q** *How will the clubs only run for a set number of weeks?*
Funding had to be spread over a period from September 2010 to June 2011 and it seemed logical to open for school week terms and Close during holiday periods. Dates are listed on this leaflet.
- Q** *What will happen after the June 2011. Will the club close?*
It depends. If we can find additional funding, the club will continue after the school summer holidays. Members aged 7+ can have their name added to the list to join the Youth centre's Junior Club which meets on Tuesday evening's.

All details of out of school club activities etc can be found on the youth centre website at
www.pilmeny.co.uk



Out of School Club Open and Closed dates
(School Holiday Dates in **Red**. Club will be closed)

November 2010	Wednesday Friday	10th...17th...24th 12th...19th...26th
December 2010	Wednesday Friday	1st...8th...15th... 22nd...29th 3rd...10th...17th... 24th...31st
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May 2011	Wednesday Friday	4th...11th...18th...25th 6th...13th...20th...27th
June 2011	Wednesday Friday	1st...8th...15th... 22nd...29th 3rd...10th...17th...30th.
July 2011	Wednesday Friday	Possible Outdoor Trip Possible Outdoor Trip



PYC Sports Club

Funded By



AWARDS
FOR ALL
SCOTLAND

LOTTERY FUNDED

Open to 5, 6, 7 & 8 Year Olds

Wednesday 3.30pm—4.30pm

And

Friday 12.30pm—1.30pm

Member Information

Tel:- 0131 554 0953

www.pilmény.co.uk



The Pilmeny Mini Sports Club is funded as a direct result of a grant from the Big Lottery "AWARDS FOR ALL" The award

*gives the youth centre an opportunity to facilitate a healthy lifestyle programme of fun and games to run in tandem with its already successful youth work provision. The Mini Sports Club will work towards encouraging healthy lifestyles and active participation. Staff have been appointed to oversee the project and will ensure that all activities are a fun experience. **From November 2010 to July 2011** the Pilmeny Youth Centre Mini Sports Club's aim is to target local children aged 5,6 and 7,8 Years of age. With a maximum of 10-12 places available for each session children will benefit from learning to enjoy sports and games activities and to hopefully achieve a future active lifestyle, and to adopt the values of fitness and healthy living. The clubs will function right through the school terms but will take short breaks during the school holidays. Small snacks will be provided free at each session. The Pilmeny Youth Centre will be used as our main base, but we hope to get out and about as much as possible, weather permitting, for small outdoor games. Qualified staff will attend the club sessions and funds are also set aside for any trips or outings we may arrange.*

Our programme will be flexible and moulded to suit the needs of the children and will be wide and varied to include football, basketball and a variety of indoor and outdoor games. Nutritional education will also be key to the fun sessions. Further details on all aspects of the club can be obtained from the youth centre. Pop in at the office or call 0131 554 0953 during office hours.

Alternatively, email us at pilmenycentre@freezone.co.uk for information. Regular Mini Sports Club updates will be distributed to parents/carers at regular intervals. Up to date information can also be found on our website at www.pilmeny.co.uk

Questions and Answers

Q *Can I attend both days?*

No. The youth centre has a gap in provision for children aged 5-8 yrs and we have established these clubs to address this problem We've decided to offer provision for 5 and 6 year olds each Wednesday, with similar activities for 7 and 8 year olds each Friday

Q *Are all club activities free?*

The Big Lottery "Awards for All" funds are covering core costs, Light snacks, some equipment, some transport and development Costs, but **YES, ENTRY IS FREE** to all children

Q *Will I have to make any payments?*

Maybe. If we arrange a special outing there may be a small charge.

Q *If I stop attending will I lose my place?*

If you can't make any sessions it would help if you could let us know. Going on Holiday or if you are ill give us a call. If lots of Children want to join, we may have to apply a waiting list.

If you fail to attend for three weeks (6 sessions) without letting us know we may have to take you off the attendance list and offer your place to someone else.

Q *How will the clubs only run for a set number of weeks?*

Funding had to be spread over a period from November 2010 to July 2011 and it seemed logical to open for school week terms and Close during holiday periods. Dates are listed in **RED** on this leaflet.

Q *What will happen after the July 2011. Will the club close?*

It depends. If we can find additional funding, the club will continue after the school summer holidays. Members aged 7+ can have their name added to the list to join the Youth centre's Junior Club which meets on Tuesday evening's.

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Red Nose Day 2011

What were Our Targets and Outcomes

Target (1)

To offer healthy lifestyle activity to local children aged 5-9yrs. This provision would be free at source.

Outcome (1)

The promotion of a two day per week provision was offered to local children via contact with our two local primary schools. From four attendees in week one, to an average of thirteen by the second month, the staff successfully facilitated a 3 hour project X 35 weeks = providing 105 hours of sport and energetic activities.

Target (2)

To offer a pathway that allowed the youth centre to promote healthy lifestyles and to encourage the users to adopt the values of health and personal well-being.

Outcome (2)

Positive outcomes were sought by initiating a programme of high energy level participation. All children, from the moment of arrival, to time of leaving, participated in a particular sporting theme. Many of the programme highlights were attributed to certain 'playground games', but with specific enhancements introduced to maintain individual or team focus. Basketball became headball, Touch Rugby became a variation on dodge ball etc. Our nutritional education was promoted by pre snack discussions on food and energy and each individual portion consisted of a healthy snack e.g. energy bars, diced fruit, water etc



What were Our Targets and Outcomes Cont.....

Target (3)

Our project will use these activities to provide a platform for early intervention and to help with sustaining and providing personal well-being opportunities for children who face restricted access to free activities

Outcome (3)

A large percentage of the children, if not all, were experiencing their first taste of non-mainstream sports in an informal, relaxed environment. An average of 13 children, 9 boys and four girls aged between 5 - 8, attended each daily session, 52 individual sessions per week. Children were placed from four local primary schools. The personal well-being felt by children was clearly evident to staff, and our monthly project reviews were positive with specific information and feedback channelled back into the project programme. Staff engaged continually with parents in addressing formal, and informal comments, and were enthused by the positive statements made by parents/carers. These comments can be viewed from the video testimonials we feature and are contained in CD 2 of this evaluation.



Project Highlights – Tennis Club Visit

An invitation to a full day of Tennis at Edinburgh Sports Club was a welcome additional activity to our programme. On Saturday 28 May from 11am – 4pm, Four staff and 10 children enjoyed 'taster' sessions on Tennis – Racquet Ball and Table Tennis. The day was brought to a close with our hosts providing a BBQ, not too healthy we know, but enjoyed by all.



Project Innovations – Mini Movement Project

A session held on Wednesday 15 June from 4pm – 7pm at a local community centre took our programme to another level. Each child was attached to a personal Pedometer and the distances recorded, then we discussed the values of using the equipment. Individual heart rates were also recorded prior to activities, then again when activities ceased. Some light educational input was imparted on the values of exercise and the reasons behind recording heart rates. The insight the children were given into the reasons for the exercise were broken down to non-scientific explanations, and easily simplified for the children.



Project Innovations – Teamwork and Rewards

At a break in each session the staff team would select a weekly Group Captain from among the children. The incentive was given to the those who had shown a series of qualities at the previous weeks sessions. The qualities were based on Leadership – Compassion for others – Sportsmanship – Focus and Concentration – Team Work etc
Each week one of the children was given “The Captains Armband” to signify this achievement. The individual awards brought an atmosphere of self-esteem and confidence development added to athletic improvement. The innovation was hugely successful as every child attending was rewarded with the captains armband at least once during the programme.



Project Innovations – “Five in Five Routines”

Our staff were early adopters of the British Association of Sports and Exercise short exercise routines. It was evident that our project would not be addressing issues relating to natural athletes and in order for us to make the programme fun and enjoyable it was important to adopt routines that were tailored to the needs of our target age. Past experiences from our staff team deduced that during an hour long sports session very often children are standing around and just listening to the instructor talk about what is going to happen during that particular activity. In reality each child was possibly enjoying only 35 minutes of individual activity during this hour. These circumstances increased boredom and severe lack of interest in the activity when heart rates aren't being raised, and body temperatures decreasing and mechanical efficiency not being maintained. Our strategy was aimed at overcoming these issues and our programme was planned to push short, sharp, energetic activities, from the minute the child entered the premises, to the time of leaving. The Five in Five routines consisted of five short drills in a five minute space that involved increasing heart rates, personal mobility and coordination. Squatting – Lunging – Pushing - Running and Rotating were all incorporated in a five minute segment before each sports session. The five in five routines became very popular pre-session activities. With four, five in five, sessions per week X 35 weeks we totalled 140 of these during the programme.



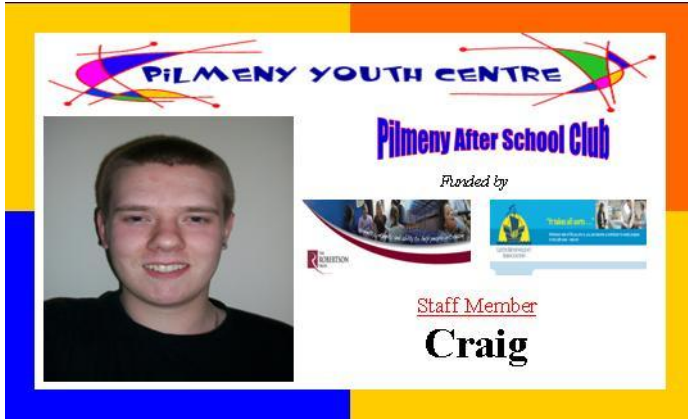
Project Innovations – Show Racism The Red Card “Fortnight of Action”

Show
Racism
the
Red
Card

Our project partnered local youth agency providers – Redpath Albion/Pilmeny Sports Club – Sikh Sanjog and Citadel Youth Centre to celebrate the SRTRC “Fortnight of Action”. Since 2005 the youth centre has been the prime movers in driving the annual SRTRC project in our area. We decided to take a change in direction in 2010 and aim the project towards children under the age of 10. The idea was in keeping with our ethos to promote sports and healthy lifestyles based on our programme working with our Mini Sports Project. A small amount of funding was sourced from SRTRC to cover core staff costs from partner agencies. The project celebration included sports and energetic activities, with an arts element included to address light issues targeting anti-racism. Held over a two day period during the October school holidays the children were able to enjoy further sports sessions in addition to their usual project programme. The key element of the arts programme was to construct a welcome board displaying “Welcome” written in the languages of the diverse cultures that can found resident in our area. The Community Welcome board will be “tweaked” by a local artist and positioned in the centre’s Urban Garden as a lasting reminder of the 2010 SRTRC Project and Mini Sports Project.



Staff Stories



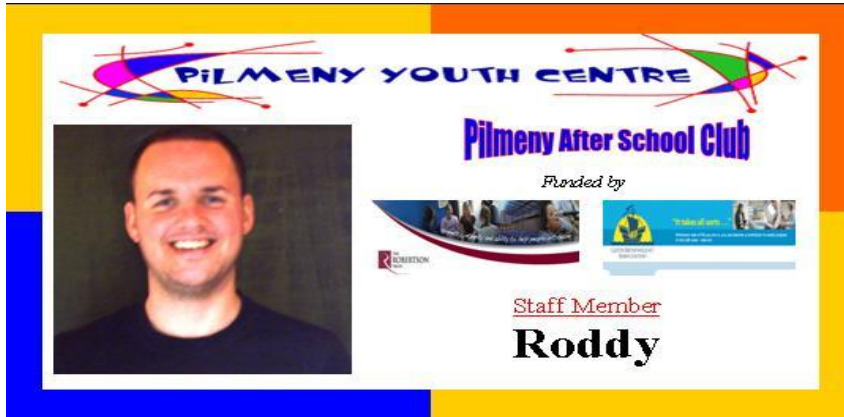
Craig was a key staff member and tasked with many of the administrative tasks and additional project management duties. Embedded at the youth centre as a weekend session staff member, an outcome of Craig's experiences at the youth centre is his decision to advance his personal development and enrol for a Higher Certificate in Youth Work at Napier University. Craig will continue with part-time session work at Pilmeny

Cindy, a Canadian, joined the staff team after many years working with young people in Australia. With a diverse sporting background and youth work skills after working with children and young people with challenging and complex issues, Cindy was a very popular member of our staff team. Cindy has now moved into full-time employment with Streetwork UK and will support issues relevant to young people. Cindy will continue to be a popular presence around the youth centre in a voluntary capacity



Staff Stories cont:

Jeanne was a very committed volunteer who was in place from week one. A Pilmeny junior and senior group member, Jeanne became a valued member of the staff team. The financial commitments attached to Jeanne's volunteer post were met by a grant from Leith Benevolent Association, It was just reward when Jeanne took up a part-time place of employment with Hearts Football Club "Music in the Community" project in April 2011. Jeanne's employment status with Hearts allowed her to continue to volunteer with our Mini-Sports Project.



Roddy was head staff coach for our project. His experience as a pro football player and recently spent five years working as a sports coach in holiday villages around the world. Roddy was the driving force behind most of our programme content and brought a fresh element to the weekly sessions, ensuring that the children could enjoy exercising in a fun atmosphere. Many of the innovative segments incorporated into the programme, were adopted as a result of his in-depth planning, and the ability to pass on the concepts to staff members and children, in an informed and non-technical way. Roddy is coaching director of 3v2 Soccer Academy



Staff Stories cont:



Lucy was tasked with assisting in our nutritional education development our fruit bar and refreshment duty supervision. Also responsible for replenishing fresh nutritional provisions on a weekly basis. Assisting and supporting the staff with sports programme tasks. Lucy left the sports project in January 2011 to have her second child

Michelle was our most experienced female sports coach. Michelle works as a freelance sports and dance movement specialist, and as a local authority Activate supervisor. Holding a BSC in food, nutrition and health Michelle was a key member in promoting our nutritional education. Her active lifestyle caught up with her and Michelle suffered a serious knee injury which required surgery. After some weeks of convalescence Michelle, was back in the fold to arrange our Tennis Day, and Mini Movement session



**Thank you from everyone
at Pilmeny Youth Centre
Especially from me and ma pals**



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