Active Communities Vision Statement

Developing happy, healthy and active communities where people of all ages and abilities feel good about themselves.
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This report celebrates a very busy & successful year for Active Communities!

We continue to grow as an organisation, welcoming two new staff members and two new Board members, moving to a larger office, launching our new website and developing several new projects.

We have taken time to look at how we do things, starting to consolidate our position with regards to policies and procedures, reviewing our communication, training and development practices and plan to continue with this work into 2014 / 15.

Active Communities were delighted to be one of six social enterprises / charities in Scotland selected to be supported through the Legacy 2014 Pilotlight Programme. Four senior business people are currently working with us to develop a strategic business plan.

We were successful in our bid to be part of the Robertson Trust, Rank Foundation and George YMCA College Youth Work in Sport Initiative. Through the Initiative, funding was awarded to employ a young person as a Trainee Community Youth Worker - Emma McCrystal will work with us to develop our youth programme while also studying for formal youth work qualifications up to degree level.

We also worked with the Paisley Heart Town steering group to successfully bid for three year funding from the British Heart Foundation (BHF) for a hearty lives project. The project will seek out young people (11-18 years) in Linwood and Ferguslie Park to raise awareness and reduce risk factors of coronary heart disease.

We delivered our first year of the NHS Community Led Health Contract working primarily in the Linwood area. We have recruited fourteen volunteers as Community Health Champions who have been involved in training and supporting our work. We helped to organise three major events; Off to a Good Start; Ramp up The Red and Linwood Community Games, involving over 800 local people.

The launch of our Feelgood Renfrewshire Campaign took place and we were delighted that it was awarded Commonwealth Games Legacy status.

Thank you to our funders for their continued support: Robertson Trust, Rank Foundation, British Heart Foundation, Lloyds TSB Foundation, Paisley North Local Area Committee, Renfrew Common Good Fund, Change Fund.

And more thanks to our sessional staff and volunteers for the hard work, enthusiasm, fun and dedication they bring to everything they were involved in throughout the year – they reflect what Active Communities is about – people!

We look forward to building on our success of this year and developing a lasting legacy for community sport, physical activity and health & wellbeing in Renfrewshire!
Who we are and what we do

Active Communities is a registered charity set up to design and deliver physical activity, community sport and health & well being programmes. We aim to work with others to develop happy, healthy and active communities where people of all ages and abilities feel good about themselves.

We encourage and support everyone regardless of age or ability and are committed to a community led approach where we engage, support and enable local communities to take action and improve their health.

The organisation delivers a wide range of fun and innovative programmes and services that provide opportunities for the whole community to become healthier and more active in a safe and enjoyable environment.

Engaging residents, voluntary groups, and partner organisations is essential to the creation of supportive communities and the success of Active Communities.

We believe that sports and physical activity instill the ‘can do’ outlook that is vital to personal development. Sport and physical activity can create lasting individual and social change, build self-esteem, develop leadership skills, strengthen relationships and open up the possibility that communities can be the agents of their own development.

Main Activities

- Offering a range of classes, programmes and events to provide opportunities for people to improve their health and well being;
- Recruiting, training and supporting local people through our education and training programmes for volunteers and staff to enable local people to become ‘active community’ champions in their community;
- Tailoring our community development initiatives to work with vulnerable groups that need extra support and encouragement within the local community;
- Improving social and emotional health & wellbeing, promoting citizenship by offering personal development sessions, training sessions which focus on health issues in local communities;
- Improving community consultation through a range of fun and innovative events including family fun days, development days for volunteers / staff & team building events organised at the request of the community and or our area champions;
- Harnessing the energy and commitment of partner agencies to work with us to ensure the sustainability of all our programmes in the community;
- Continuously working to improve the quality of our services;
- Developing new and innovative programmes to increase opportunities for participation;
Key Achievements this year

Improving health and well being

- Physical activity sessions have been delivered to 500 people per week in a range of classes including; Walking Buddies; Jogging Buddies; Buggy Buddies; Girls On The Run; Active Families; Ballroom Fitness and physical activity for older adults;
- **Launched the Feelgood Renfrewshire Campaign**, inviting people to walk, jog, run, play, sing and dance their way to better health. The launch event had over 300 participants and 38 organisations taking part. This campaign is part of the Glasgow 2014 Legacy programme;
- Developed a new ‘Feelgood about your health’ course which includes fun physical activity sessions, healthy eating and looking at health issues in your community;
- **Launched the Hearty Lives Renfrewshire project** for young people in Linwood with over 400 young people participating in 3 launch events and 40 young people volunteering for training;
- Organised an early years event ‘Off to a Good Start’ at Linwood ON-X with 150 parents, toddlers and babies participating in workshops and taster sessions;
- **Launched Bike Buddies, a new recreational cycling network for over 55’s**;
- Developed a new intergenerational project, ‘Singing through the Ages’, which aims to bring people of all ages together to enjoy singing, get to know each other and have fun;
- Organised ‘Ramp up the Red’ day for British Heart Foundation raising awareness of heart health with 300 people taking part in information sessions and taster sessions;
- Organised an annual programme of community events - Jingle Bell Run; Mad Hatters Fun Run; Lochwinnoch Trail Run; Erskine Bridge Buster 10K; Ralston Community Games and Linwood Community Games, involving over 1000 participants.
Supporting Leaders and Volunteers

- 14 new volunteers recruited to the Community Health Champions programme;
- 34 young people and 5 staff completed British Heart Foundation training to deliver the ‘Flames Lighting the Way’ Programme;
- New resource pack was developed for Girls on the Run;
- 10 new tutors trained to deliver Heartstart courses;
- 10 leaders qualified as cycle instructors;
- 6 new leaders completed jogscotland national training and are now leading sessions.

Working with Communities

We believe in a community led approach, working closely with individuals and communities to understand their needs, maximise talents and resources, support self reliance, build resilience and improve community spirit.

We work closely with the community in Linwood for the Community Led Health contract and Hearty Lives Renfrewshire. We have visited community groups and partners here to see how we can build on current work, support local groups and work with the Health Improvement Team and schools to improve health and wellbeing in the Linwood area.

The common issues highlighted at our meetings were: lack of knowledge of how to get information about what services are available; a need for organisations to work in partnership with each other to prevent duplication of services or needs being missed; and, groups wanting to contribute / be part of the solution to challenges faced – they want to be included and listened to. This feedback informed and shaped the activities we designed for Linwood.

We have recruited and trained a team of local Active Community Health Champions who will work with us to help others to enjoy healthier lives by raising awareness of health and healthy choices, sharing health messages, removing barriers and creating supportive networks and environments.

Working with Linwood Active we organised the Linwood Community Games. Over 300 people took part in this family event at Kintyre Park. The Community Games aims to bring people of all ages together to take part in fun physical activity and sport sessions. Local groups also have the opportunity to promote their activities and encourage people to get involved.

Working with Partners

We believe in the benefit of working collaboratively with partners to improve health and well being. We have:

- Organised three Intergenerational Network meetings for twenty five partners resulting in the development of several new intergenerational projects;
- Established a new Community Health and Wellbeing Network with twenty partners attending the inaugural meeting;
• Worked with Scottish Community Development Centre to deliver community development training for partners at Renfrewshire Council, Renfrewshire Community Health Partnership, Renfrewshire Leisure and Engage Renfrewshire. This resulted in four partnership projects;
• Developed an Intergenerational Community Games format and organised a community games involving 300 participants;
• In conjunction with Sheltered Housing and Charlene Gordon, Vocal Academy, developed ‘Singing through the Ages’ – an exciting intergenerational singing project;
• Worked with the Care Inspectorate and BHF to develop the new ‘Make every Move count’ national resource designed for older adults;
• Supported the West End Community Council at a WISH (West End is Safer and Healthier) consultation event;
• Worked with community planning partners on the launch of the Feelgood Renfrewshire Event;
• Worked with Sport Scotland on a DVD ‘The Power of Sport’;
• Worked with community partners on the Linwood Community Learning Group to develop a local action plan; and,
• Worked with Evaluation Support Scotland to deliver three evaluation workshops for partners in the Hearty Lives project.

Focus for 2014 / 2015

• Launch our new three year business plan;
• Ensure a lasting legacy from Glasgow 2014 through our Feel Good Renfrewshire Campaign;
• Launch our Community Health Champions Programme;
• Develop our Youth Work in Sport Programme;
• Deliver our Hearty Lives Renfrewshire Programme;
• Continue to provide opportunities for all ages and abilities to become more active.
Active Communities (Scotland) Limited
Independent Examiners Report to the Trustees of Active Communities (Scotland) Limited
Period ended March 2014

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<th>Notes</th>
<th>Unrestricted Funds</th>
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INCOMING RESOURCES

Income resources from generated funds:

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<td>Voluntary income</td>
<td>3,600</td>
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<td>Activities for generating funds</td>
<td>19,325</td>
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TOTAL INCOMING RESOURCES 22,925 143,631 166,556 90,708

RESOURCES EXPENDED

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<td>14,446</td>
<td>136,055</td>
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<td>Governance costs</td>
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TOTAL RESOURCES EXPENDED 14,446 136,555 151,001 75,851

Net incoming resources 8,479 7,076 15,555 14,857

Surplus for the year 8,479 7,076 15,555 14,857

TOTAL FUNDS BROUGHT FORWARD 13,423 30,586 44,009 29,152

TOTAL FUNDS CARRIED FORWARD 21,902 37,662 59,564 44,009

The statement of financial activities included all gains and losses recognised in the year.

Active Communities

Registered charity name: Active Communities (Scotland) Limited
Date of incorporation: The Company was incorporated on 23rd December 2009 under the Companies Act 2006
Charity registration number: SC 041275
Registered office: Room 11, 41 Blackstoun Road, Paisley, PA3 1LU
Trustees: Wendy Coull Annette Whalen Ann Davidson
           Alison Mary Chisholm Karen Bohme Suzanne Stewart
           Norman King
Independent Examiner: Gwen NL Blair