



MINUTES

of the East Midlands Regional Sports Board

Held on Monday 12 June 2006 at 9.30am

PRESENT: Len Jackson (Chair), Ted Cassidy (Vice Chair), Mary Butler, Chris Earle, Tony Hams, Jeff Moore, Peter Richardson and Nick Worth together with Anne Rippon, Tracey Francis, Emma Compson and Colin Dyson.

APOLOGIES: Nick Bunting, Ted Cattle, Bill Cullen, Wendi Jarrett, Peter Murphy, Adirupa Sengupta, Duncan Sharkey and Jackie Strong.

ACTION

1 Q ACTIVE

Professor Mark Batt and Dr Sandra Lee gave a presentation on the work of the Active England project at the Queen's Medical Centre, Nottingham. During the presentation they made the following points –

- Q Active received £300,000 capital and £150,000 revenue to convert a former staff smoking room into a staff Wellbeing Room where staff could take part in classes such as salsa dancing, yoga and pilates to get them fit as well having complementary therapies to help them unwind and wellness checks to keep them informed. In the first month 150 staff per week were taking part in classes at the QMC campus.**
- 1.7m people suffered from some form of work related illness in the UK with 27% of health care staff suffering serious psychological disturbances compared with 18% of the general working population (16.8 days sickness in every 12 months compared with 11.3 days a year across seven other public sector groups, including police and teachers).**
- The economic consequences of an unhealthy workforce included high sickness absence and accidents at work, loss of productivity and increasing health related litigation.**
- Employers who promoted physical activity in their workplace benefited from employees who took fewer days of sick leave, enjoyed their work more, had increased concentration and mental alertness and improved cooperation and rapport with colleagues.**
- The primary aim of Q Active was to change the health culture of the organisation and staff at QMC to become a health-promoting organisation where staff led by example, being actively encouraged and empowered to make healthy choices at work.**
- The secondary aims were to produce a cost saving to QMC from reduced lost days to sickness absences amongst staff, to produce a cost saving to the QMC in terms of productivity, to reduce the cost to QMC staff in terms of their physical health, psychological wellbeing and job satisfaction, improve the perception of the organisation in the local community and improve the perception of the organisation amongst staff.**
- Q Active intended to achieve these aims through specific**

objectives – to significantly increase the physical activity levels of QMC staff, to significantly improve the nutritional intake of staff while at work, to reduce stress in QMC staff and to affect the health culture of QMC management.

- An awareness event was held on 1 and 2 December 2005 to introduce the project to staff and to recruit Q Activators – so far 40 staff members had signed on with the aim of making this 100 by the end of the year. 30 undergraduates from the University of Nottingham actively assisted with the project from data collection and entry, literature reviews, web design and promotional activities etc. Dr Holly Blake, lecturer in the School of Nursing had joined the project as Research Manager and developed the evaluation to a previously ‘unimaginable level.’
- The success of the Q Active launch had led to a call from staff and management to introduce the programme at the City Hospital Campus and thus, within 2 months, Q Active had become a franchise and was now serving 12,000 staff across the whole Nottingham University Hospitals Trust. Q Active had been approached by external agencies, including the Probation Service who had expressed an interest in them delivering a similar service, and private companies interested in sponsoring the website.
- It was critical that any evaluation of the project was meticulous, thorough and as scientifically rigorous as possible to measure the cost-effectiveness of the workplace health programme. Unfortunately, no funding was available for this work and it was important that employers knew the cost effectiveness of the wellbeing scheme.
- The success of the project had inspired them to look beyond the QMC campus and the NUH Trust and to make Q Active a Social Enterprise, therefore providing a non profit making company that would provide tailored, cost effective, successful, measurable workplace wellness solutions for public sector employers throughout the region to provide a sustainable change in health behaviours that would improve public health in all sectors of the community.

AGREED

- (1) that Professor Batt and Dr Lee be thanked for an excellent and informative presentation and they be congratulated on their success in such a short time since the scheme opened.
- (2) that the details and costings for a research brief be submitted to the SE regional office as soon as possible so that advice about sources of finance might be provided.

2 DECLARATIONS OF INTEREST

Jeff Moore declared an interest in minute 4 relating to the Peepul Centre. Ted Cassidy declared an interest in minute 10 relating to the Institute of Community Cohesion.

3 MINUTES

AGREED that the minutes of the last meeting held on 8 May 2006 be agreed.

4 MATTERS ARISING

- (a) Peepul Centre

Further to minute 11, consideration was given to a report and case summary.

AGREED

- (1) that a capital award of £100,000 be made to the Peepul Centre in Leicester, as a contribution towards a rescue package involving the Millennium Commission, Arts Council, Big Lottery Fund, East Midlands Development Agency and Government Office EM to assist the Centre in their first year of operation. (URN 20062932)
- (2) that it be noted that this would have no implications for the region's CIF funding as it would be drawn from the National Investment Fund.

(b) Appointment of new RSB members

The Chair reported on the appointment of the following three new members for a period of 3 years commencing 1 July 2006 –

- Pam Jardine – Regeneration Programme Manager with New Deal for Communities in Nottingham. Wide experience of working with disadvantaged communities and with BME groups. Sporting volunteer for many years and served on the management committee of Notts AC Athletic Club. Particularly interested in grass roots sports and developing the potential in young people.
- Sam Messam – lecturer in sport studies at Stephenson College, Coalville. Previously a coach development officer at Greater Warwickshire Sport. Head coach of the University of Warwick Basketball Team for 7 years.
- Professor Shirley Pearce CBE – Vice Chancellor of Loughborough University since January 2006. A clinical psychologist who had worked in both the NHS and the higher education sector – awarded the CBE for services to education in the NHS.

5 DATES OF FUTURE MEETINGS

AGREED

- (1) that it be noted that the next meeting would be held at 1.00pm on Thursday 5 October 2006.
- (2) that as some members had requested that the meeting arranged for Monday 18 December 2006 should be moved further away from Christmas, members be consulted on their preferred options. (12,14 or 15 December). CD
- (3) that members be consulted on their preferences for meetings in 2007 – stay with Mondays, early morning/ late evening? CD

6 COUNTY SPORTS PARTNERSHIPS – CORE FUNDING - CIF

Report circulated.

AGREED

- (1) that offers of award for core programme funding be made as follows –
 - Leicester-Shire and Rutland Sport of £167,500 in 2006/07 and in principle awards of £167,500 in 2007/08 and 2008/09, subject to performance. (URN 20041865)

- Lincolnshire Sport of £166,080 in 2006/07 and in principle awards of £166,080 in 2007/08 and 2008/09, subject to performance. (URN 20041861)
- N'Sport of £162,330 in 2006/07 and in principle awards of £162,330 in 2007/08 and £161,660 in 2008/09, subject to performance. (URN 20050221)
- Derbyshire Sport of £168,500 in 2006/07 and in principle awards of £168,500 in 2007/08 and 2008/09, subject to performance. (URN 20050353)
- Sport Nottinghamshire of £156,480 in 2006/07 and in principle awards of £163,080 in 2007/08 and 2008/09, subject to performance. (URN 20052027)

(2) that it be noted that further consistency was required in the presentation of case summaries to the Board and sharper messages about what the Board was buying for its investment.

(3) that the Chair would raise with CSPs at the next meeting of the Regional Sports Partnership what information could be provided for the Board in relation to (2) above.

Chair

Ted Cassidy took the chair in Len Jackson's temporary absence.

7 IMMEDIATE FUNDING OPPORTUNITIES

Report circulated.

AGREED

(1) that the report be noted and the potential funding opportunities and partnerships which could be developed under the Sport for Communities Project and Big Lottery Fund Well Being Fund be welcomed.

(2) that the principle of supporting a cross county CSP bid to the Sport for Communities Project leveraging in additional resources to the region in support of Black and Minority Ethnic participation and employment be supported.

(3) that members be kept informed of any further funding programmes and opportunities which arose.

8 EQUALITY REFERENCE GROUP BASELINE REPORT

Report circulated.

AGREED

(1) that the Executive Summary on the audit and infrastructure needs for equality in sport in the EM be noted and the completion of the equality 'baseline' at the regional and sub regional level be welcomed.

(2) that it be noted that CIF applications were likely to come forward to reflect the suggested infrastructure within the report.

(3) that it be noted that Voice EM was likely to submit a CIF application regarding the post of Sports Manager, the funding for which expired in July 2006. (this would ensure that support for BME participation in the region continued, this having been highlighted in the baseline report as a crucial element of the equality infrastructure going forward).

(4) that in order to assist members in making their decision on any CIF application from Voice, they be asked to submit to the next meeting details of the achievements of the post of Sports

RT

Manager in the last 5 years.

9 BUSINESS PLAN 2005/06 – FOURTH QUARTER

Report and business plan circulated.

AGREED

- (1) that the good progress being made against its priorities and targets be noted.
- (2) that Steve Town be congratulated on his recent appointment as Regional Director for the West Midlands and he be thanked for his work in the region during the last few years.
- (3) that it be noted that the Chair and Graeme Beaumont would meet the Football Foundation in the near future to discuss the joint funding of projects as they had now relaxed their criteria so that only 60% of the usage of a facility had to be for football, thus opening the door to multi sport use.

Len Jackson resumed the chair during discussion of this item.

10 COMMUNITY COHESION CONFERENCE – 20 JULY 2006

Flyer for conference circulated. Russell Turner reported on the conference to be held at Holywell Park, Loughborough on 20 July at which Lord Carter and Ted Cattle would speak. The Conference was supported by the Improvement and Development Agency and Local Government Association and it was also hoped to attract a Minister. The conference would launch a major new policy review document on using sport to break down divisions and promote stronger and more cohesive communities. By the end of the conference it was intended that each delegate would develop their vision and prepare an action plan for themselves, their organisation and their community.

AGREED that if any Board member wished to attend the conference (fee waived) they should let Russell Turner or Colin Dyson know.

All

11 TALENT DEVELOPMENT AND CAPACITY BUILDING

Wendy Campbell gave a presentation on progress with outcome 2 and the additional funding of £3.9m that was coming to the region for talent development and capacity building. During her presentation the following points were made –

- SE had 31 priority sports together with a number of paralympic priority sports. A process was currently being developed to identify which of these sports the investment should go into. The number of sports per region would be 15 and this would be driven by NGBs.
- SE would not invest in any NGB which could not deliver an intensive coach education/ development programme (adopted from UK Sport Elite Coaching Programme) and a holistic approach to athlete training (technical/tactical/movement skills/lifestyle management etc).
- The establishment of performance environment/clubs together with feeder clubs etc was for 2016 and beyond and not specifically for 2012. NGBs had to work on equity principals and work with high priority groups.
- The post of Regional Talent Development Manager would be advertised the following week and would be based at

AGREED

- (1) that Wendy be thanked for the presentation and members be provided with a list of SEs priority sports.**
- (2) that the recommendations of PAG on the 15 priority sports be submitted to the Board for endorsement as the decision should be transparent.**
- (3) that the 'set priorities for action' under the World Class environment be brought to the Board for information.**
- (4) that the Chair be provided with sufficient information to enable him to raise the issue of gap funding at the National Board.**

The meeting finished at 11.20am.