



Tipton Newsletter



Batman's Hill Pupil Referral Unit

March saw the start of a new physical activity programme at Batman's Hill pupil referral Unit.

The Pupil Referral Unit is specifically for teenage mums or teenage mums to be. It provides them

with the opportunity to stay in education and support the pupils with childcare.

After a request from some of the pupils to be more physically active a link with the unit and Sandwell Leisure Trust was created.

Initially a 10 week taster programme was offered, where the pupils tried different exercise to music activities such as yoga, tai-chi, bums legs and tums and aerobics. They also went to a parent and toddler session at Tipton Swimming Centre, for some of the toddlers this was the first time that they had been in a swimming pool. Another session was delivered at the fitness suite at Tipton Sports Academy. After



the 10 week programme the participants were asked what were their favourite sessions and what they would like to do again. The favourite by a vast amount was the gym session at Tipton Sports Academy.

The pupils now go to Tipton Sports Academy once a week and have a session in the gym.

Due to the success of the programme a second project will now be delivered starting September.

Tipton Swimming Centre Wins National Award

Tipton Swimming Centre has scooped a special award for the services it offers to disadvantaged groups.

The Queens Road facility in Tipton has been recognised for performing in the top quartile of leisure centres nationally.

The National Access Performance Award, given out by the National Benchmarking Service (NBS), is awarded to centres that provide facilities and services to members of the public that are not typical users

of leisure centres.

Cabinet Member for Youth, Culture & Leisure, Councillor Horton, said: "We are delighted with this result for a local Sandwell facility in Tipton. This

fantastic result also demonstrates how Sandwell Leisure Trust's aim of 'Creating an Active Sandwell' is contributing towards the Sandwell Scorecard for Great People, Place, Prospects and Performance."

Mike Hill, NBS Contract Manager, said: "Tipton Swimming Centre has

been identified as one of the top performers for 2010 for their access performance achievements. "This is in recognition of consistently strong performance in working to access the most 'disadvantaged' groups and new users. These indicators of effectiveness are particularly in the context of social inclusion." The award will be presented to Sandwell Leisure Trust at the 2011 National Benchmarking Service Improvement Conference on the 28th June.

Centenary Day

Saturday 21st May marked St Martins primary schools centenary.

As part of this celebration day taster tennis sessions and croquet were offered for people to participate in.

For more information about activities in Tipton contact Lisa Rashid on 0121 506 4980



Active Women Farley Lodge Sessions

Two new physical activity sessions started in April as part of the Sandwell Active Women's project. The two sessions are part of a bigger project that is one of 20 projects nationally to secure funding from Sport England's £10 million Active Women fund aimed at tackling the gender gap in sport.

The targeted investment will help get more women from disadvantaged communities – and those

caring for children – playing sport as part of the drive to deliver a mass participation legacy from London 2012.

The two new sessions were delivered at Farley Park Lodge, in Farley Park, which is on the border of Tipton and West Bromwich, in partnership with Great Bridge Community Forum.

The sessions were delivered for 10 weeks,

and the great Bridge Community Forum have managed to secure further external funding to continue the sessions.

The two sessions were aerobics and Tai-Chi, to give people the opportunity to participate in physical activity in a friendly environment and also support the 30 minutes of physical activity 5 times per week Initiative.



Tipton is Bowled Over



One of Tipton's bowls groups which was originally set up as a trial due to funding, has now become part of Sandwell Leisure Trusts main time table and a sustainable activity. The session had a re-launch in June and the weekly sessions were promoted for new participants to come and join in. The sessions, at Tipton Sports Academy, are every Thursday from 10:00 am – 12:00 noon.

They were promoted via a press release in the local paper and saw numbers increase by over 30%.

The sessions are open to people of all ages and abilities, and have been set up to encourage older people to become more active, a lot of people don't realise that an activity such as bowls is considered as a form of physical activity and could

add to their recommended 5 x 30 minutes of exercise per week. It's also a great way to meet new people and have fun, there is currently a group of participants who attend from age concern and they really enjoy the session and combine physical activity with being social and having a cup of tea and meeting their friends.

National Falls Prevention Week

On the 20th June 2011 Sandwell Leisure Trust supported Age Concern by offering participants the chance to try Tai Chi for free, as part of the National Falls Prevention Week.

Physical activity can help with the prevention of falls by improving peoples balance.

Get Active with Aerobics in Tipton



Tipton Christian Church is calling anyone who wants to have a go at aerobics to come along to their weekly community session.

The sessions which have been going since October 2010 are open for residents of all abilities from beginners to the more advanced and run on a Wednesday evening from 6.30-

7.30pm at the Tipton Christian Centre on Waterloo Street, Tipton.

The sessions are fun informal sessions where everyone from the local community is welcome to come and participate in aerobics in a friendly environment.