



Culture, Leisure and Sport Cabinet Member Bulletin Councillor Oliver Lewis October 2018

Latest News

King George's Field Outdoor Active Space

On Saturday 15th September 2018 Croydon unveiled its newest Outdoor Active Space at King George's Field, Selhurst. The Worshipful Mayor of Croydon Bernadette Khan opened proceedings by thanking council staff and supporting charities for putting the work into making the new outdoor active space possible. The Mayor was followed in saying a few words by Ward Councillor David Wood and representatives from the Eleanor Shorter Trust and the Matt Palmer Trust.



The event also featured taster activities and demonstrations from personal trainer Emmanuel



Botchway from My Fitability, a company who specialise in adaptable exercise suitable for older adults, beginners and disabled people. In November the Active Lifestyles team will be announcing details of a £10,000 activation small grant scheme that supports small community organisations to access professional support enabling residents to maximise the benefits of using the facilities.

The King George's Field Outdoor Active Space is the fourth of five new sites to be funded by Croydon Council and the Matt Palmer Trust. It is the Council's vision to create exciting and innovative spaces in local communities that addresses health inequalities and inactivity throughout the borough encouraging all residents to lead a healthy and active lifestyle. The 'spaces' are free to use, accessible, open to all members of the community- encouraging them to be active outdoors, all year round.





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For more details on Outdoor Active Spaces please visit:

<https://www.croydon.gov.uk/leisure/parksandopenspaces/new-outdoor-gyms>

Live Well Spotlight

The Live Well Croydon Programme has secured a year's extension meaning the team can continue to deliver this much needed health intervention to residents of Croydon until April 2020. Live Well covers five key lifestyle behaviours to enable residents to receive support and guidance to achieve better health through behaviour change principles, whilst also being a key component of Croydon's prevention framework. We are very much looking forward to continuing our delivery of Live Well across Croydon, and working in partnership to develop Live Well as a household name. Please share our good news by cascading to members, residents, communities and other stakeholders.

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**Ready to make
a change?**

Get **FREE** help and support to

- Quit smoking
- Lose weight
- Get more active

and feel healthier and happier with Live Well

www.JustBeCroydon.org

T: 020 8604 7719 E: hello@justbecroydon.org

Live Well supported this year's national campaign Know Your Numbers Week, which is the UK's biggest free blood pressure testing event that took place from 10-16 September. The Live Well team worked in partnership with the charity Blood Pressure UK to set up pressure stations where residents could pop in for a free blood pressure check with a Croydon Live Well Advisor. Knowing your blood pressure levels can help to reduce your risk of having a stroke, heart attack or heart failure.

Over 80 people visited the pressure station and received information and advice on simple steps to keep blood pressure under control like maintaining a healthier weight, reducing salt intake, eating plenty of fruit and vegetables, drinking alcohol in moderation and exercising more. London Live on Channel 5 covered the event: <http://www.londonlive.co.uk/news/2018-09-10/blood-pressure-checks>.



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Ambitious for Croydon Parks

Croydon's parks are supported by the hard work of local Friends groups and various partnerships with key stakeholders. To sustain these partnerships, funding is required and in the last month the Active Lifestyle team have submitted two funding applications:

- i) Integrated Communities Innovation Fund

This external funding pot created by the Ministry of Housing, Communities and Local Government, in collaboration with Sport England, called for applications to support innovative projects to address the challenges of community integration. In conjunction with a friends group and local charities, we submitted a proposal for a portfolio of pilot projects focused on outdoor experiences, including community gardening, a Natural Health Service and development of disability accessible cycling experiences. All of the projects targeted particular groups and communities, some of which were young families, children and young people and migrant and refugee groups. If we are successful the projects would begin in Spring 2019.

- ii) Mid-Level Stewardship Agreement – Sanderstead to Whyteleafe Countryside Area (SWCA)

Croydon has some nationally important natural areas within the borough, most notably Happy Valley, a Site of Special Scientific Importance for which we have a 10 year Higher Level Stewardship (HLS) Agreement. Through this HLS we receive external funding to protect the habitats and species through land management techniques such as grazing and specific meadow management. We have recently applied for a similar funding agreement for the SWCA to enable us to increase and improve our land management techniques in this other beautiful open space in the South of the borough.

Association for Public Service Excellence (APSE) Environmental Services Innovation Awards 2018 is an award to celebrate local councils using innovative ideas and solutions to tackle the challenges facing frontline environmental services including parks and green services. The Croydon Parks Vision, a new approach to management of our parks, saw the development of masterplans for six of our green spaces with the aim of seeing them used, enjoyed and managed in ways never seen before in the borough. Though it's still early days yet, we hope the positive outcomes of this approach will stand us in good stead for this award.

Walking for Health Annual Celebratory Walk

The annual celebratory walk will take place on Saturday 29 September, with led walks starting at five different meeting points around the borough and ending at Park Hill recreation ground at 1pm. At Park Hill walkers will share a picnic, music and celebrate the scheme's achievements over the past year.



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[Click here for full details of the event start points](#)

Walking for Health is part of a nationwide scheme by the Ramblers Association. In Croydon it is coordinated by the Active Lifestyles Team and includes 14 walks every week in the Borough's beautiful parks and woodlands. The walks are led by a committed team of 40 volunteers. The walks are free and everyone is welcome. Walks are graded from gentle walks of shorter duration on level ground to more challenging longer walks which may include hills and less even footpaths. For people who want to progress from this, there is also an opportunity to try Nordic Walking.

[Link to the full programme of Croydon health and nature walks](#)

Studies have shown that walking could make all the difference for people who have or have had health problems such as cancer, diabetes, heart disease, asthma, dementia or are recovering from falls or injury. It's a low impact exercise, so it's easy to get involved with - even for those not feeling their best. Two of our walks each week are run in partnership with Macmillan cancer support. Joining any of the walks with a trained walk leader in a friendly supportive group could help people feel more confident about taking those first steps to a more active lifestyle.

The annual walk and picnic celebrates the achievements of all walkers from those who have just started their journey to a more active lifestyle to those who have trained to be volunteer leaders.





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Summer Reading challenge: Mischief Makers

This year's summer reading challenge finished on Saturday 15th September and 1,380 children completed the Challenge and are in the prize draw for the Kindle Fire 7 tablet donated by Dotmailer. The winner will be selected soon.

Overall, there were 3,422 children aged 4-11, and more children who were younger and older who also participated. We will be providing a full report in early October.

This year, the libraries service and the museum worked together to complement the reading challenge with an I-Spy Mischief Makers Trail, over 450 children took part and all received certificates.

CREST clubs in libraries

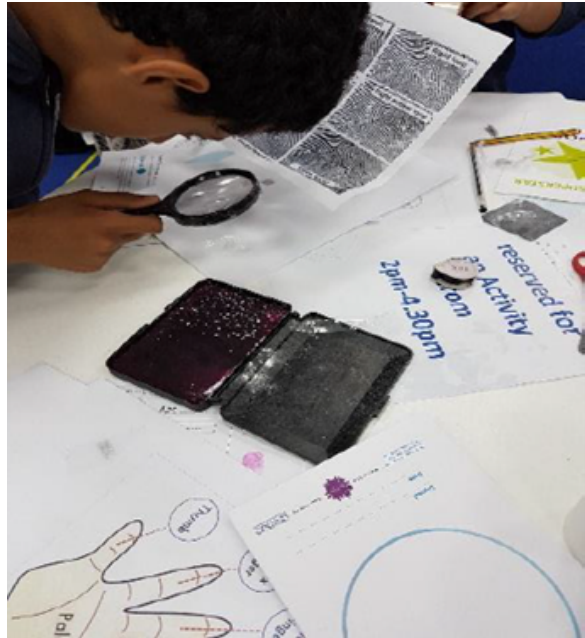
The children's libraries at Ashburton and Central held events for children to take part in the Crest Awards run by the British Science Association over the summer. A few of the experiments conducted were Brilliant Bubbles (making bubble wands); Sniffly Sneezes (testing the best materials for a hankie); and Testing Timers (where we made 1 minute timers using salt).

There were many more experiments – some of them messy! - but all designed to get young minds doing practical experiments, thinking and questioning. Each child had to complete 8 experiments in total to receive a certificate and badge.

The sessions were afternoons full of fun and learning. The Clubs across both sites were attended by nearly 100 children over 3 weeks, with lots of parents asking if similar activities will be available again.



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Best Start partnership

Over the last few months the libraries service has been forging close links with Best Start and as a result Central library has hosted a healthy eating roadshow (with another planned in October), established a weekly digital zone in Central library with more planned in other libraries and hosted the Best Start Celebration event held on 18 September.

On Thursday 12 July Croydon Central Library hosted a Healthy Eating Roadshow on the ground floor. Twelve teams/organisations took part - the Council's Sugar Smart team; Best Start Community Team; Bookstart & Children's Centres; Oasis Ashburton Park Community Hub (Food Cycle); Croydon Voluntary Action; Live Well Croydon; Museum of Croydon; Oral Health Dental Team; and Phunky Foods; and the libraries service.

Best Start digital zones can support residents with anything from basic computer or phone skills to creating a business website in 15 minutes to keeping your family safe online. Forty families made use of the digital zone in Central Library in August and plans are now underway to roll out digital zones in more libraries. Working with Best Start, we will host or provide a Digital Zone in every branch during Get Online week in October (15th-21st October).

The Best Start Celebration event was opened and closed by Cllr Alisa Flemming, Cabinet member for children and young people, and featured stands and talks from a number of organisations that Best Start and the libraries already work closely with including Funky

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Foods and the Happy Baby Community in Thornton Heath. As a result of the event a number of further opportunities for partnership working have arisen, in particular focusing on teen mental health and wellbeing, which will be the theme of the SPINE festival in Spring 2019.

Business start-up funding

Croydon libraries were successful in being selected as a partner library for the new British Library-led Start-ups in London Libraries (SiLL) project, funded by the European Regional Development Fund (ERDF). The project will provide funding for a local project coordinator and the libraries team are working closely with colleagues in Economic Development to link this initiative with other employment and business start-up support within the borough. The project will provide free access to business start-up advice and British Library online resources.

Libraries Programme October to December

A full and varied programme of library events has been planned for October to December including

- Well Versed Ink spoken word artist residency in Thornton Heath from September to October.
- National Poetry Day on 4 October and Croydon Literary Festival on 27 October
- Libraries Week (October 8-13) will culminate with an event or activity in every library on Saturday October 13 – performance artist “The Book Doctor” will be in central library on October 13 – come and get your book prescription! (also celebrating the Libraries Week theme of wellbeing.)
- Black History Month including Rastamouse with Michael Da Souza, African Folktales from Viv’s Storyhouse, Saleah’s Journey “Me a go a Inland” – celebrating the 70th anniversary of the arrival of the Empire Windrush
- Diwali, Halloween and Christmas themed crafts for children
- A Brit School performance of The Hungry Caterpillar on 12 December



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Registrars Service

Locality Working

We continue to advance plans for closer working with Bereavement Services and the introduction of locality working and improve accessibility by trialling birth and death registrations from the office at Croydon Crematorium. Some initial technical difficulties were experienced further trials are to be undertaken during October.

Bereavement Services

Cremation Metals Recycling Scheme

We are just entering a new period for nominations. This is a national scheme that distribute any surplus monies from the recycling of cremation to bereavement related charities. To date over £5million pounds has been distributed across the UK!

So far we have donated to St Christopher's Hospice, Woodside Bereavement, the Lily Foundation to mention a few.

If you know of any local charities that work with the bereaved and would benefit from this scheme please contact Kevin Pilkington kevin.pilkington@croydon.gov.uk or Eddie Ranger Edward.ranger@croydon.gov.uk to discuss further

New Burial Land

Unfortunately our latest application for planning permission at Greenlawns Memorial Park was unsuccessful despite addressing all of the items raised by the Inspector at the last appeal. We are currently considering our next steps in relation to this matter.

Events

The next event for in the calendar is our Know Your Funeral Rights (Rites) event at 1.30pm on Tuesday 9th October. This event is designed to provide practical advice in the event of a bereavement alleviating some of the considerable burden on the bereaved at this very challenging time.

The event is free and if you are interested in attending please contact us via e-mail on BEREAVEMENT@croydon.gov or by phone on 020 8684 3877 to register your interest.

We also have our Christmas Memorial service scheduled for Sunday 9th December.

Grounds

The Croydon Crematorium and Mitcham Road Cemetery site has again been awarded the prestigious Green Flag Award in July 2018.

In addition to the above the site has also been awarded the London in Bloom Silver Gilt. An improvement on last year and only 3 points short of the Gold Award which is our target for next year.

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These awards provide superb recognition for all of those working in and alongside Bereavement Services to provide the highest standards of service for the residents of Croydon

Waddon Leisure Centre Host First Partnership 'Open Day'

Waddon Leisure Centre hosted their first open day on Saturday 18TH August, 10am until 4pm. All facilities were free for the public to use. The day was a great opportunity to engage with the local community and inform them about upcoming investments.



Leading up to the event, several smaller outreach events and strong social media promotion including a short video was used to promote the event to the local community. The event was a great success with customer competitions, fitness challenges, day passes and goody bags. Over 75 leads were taken on the day with great feedback from customers.



Youth Engagement Event at Ashburton Hall

On Monday 20th August Oasis Academy hosted a youth engagement event at Ashburton Hall.

The event invited charities and social enterprises across Croydon to showcase what is on offer for young people in the local area.

The CSM promoted the GLL Sport and Community Foundations alongside the new exciting activities coming to Croydon. The event was also a great opportunity to network with local groups including 'Talk off the record' and Croydon Mind.

The GLL stand had over 60 interactions with local families.



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Summer Holiday Activities

Summer 2018 was the first for GLL in Croydon and was a great opportunity to bring new activities to the Leisure Centres and Parks. The council funded free swimming campaign launched on Saturday 21st July and ended on 3rd September. The campaign funded over 15,000 juniors to access the five leisure centre pools for free over the summer.

GLL launched brand new tennis opportunities in the borough including a taster event on the Great British Tennis Weekend. Four summer tennis summer camps were also offered in Ashburton Park and Addiscombe Recreation Ground.

The leisure centres hosted crash courses attracting 245 participant, there were also fun inflatable sessions.





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Swim Teacher Meetings

The second round of Swim Teacher meetings took place at all sites in the first week of August. The Partnership Sport Officers supported the centres with the meetings communicating and getting feedback from the swim teachers.



Partnership with Croydon Voluntary Action

Links have been made with Croydon Voluntary Action through the CSM. The leisure centres are signed up to the CVA's online portal Connect well. This will provide better opportunities for the existing activities in the centres. There are also ongoing conversations regarding volunteering opportunities at the centres using an online portal.





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Park Key Figures

	April	May	June	July	August	Comments
Our Parks	n/a	237	576	527	406	Total usage for all parks (Ashburton, Milne, Park Hill, South Norwood)
Silverfit	n/a	n/a	n/a	10	56	Launched Friday 27th July
Outdoor Sports	0	0	0	0	65	Tennis Summer Courses 2nd/3rd and 30th/31st for children aged 5-10 yrs

Silverfit

Better has partnered with Silver fit to support older adults to become more physically active. Join us to get fitter and stronger in our new fun fitness sessions tailored for older adults in the beautiful setting of Ashburton Hall and Park.

- Every Friday
- 10.30am meet in Ashburton Hall situated in Ashburton Park
- 11.00am Activities start including Nordic Walking and Cheerleading. Cheerleading is a fantastic way of keeping fit. It is great for your memory , improving balance and core strength. Nordic Walking is a great way to improve your general fitness and can be tailored to suit many medical conditions. Equipment will be provided.
- 12.00 noon Refreshments and Social
- Price- £3 per session, free for Better members

For more information on Silverfit visit their webiste www.silverfit.org.uk

The team are currently developing a winter programme which will be launched over the next couple of months.

Our Parks

Better has partnered with Our Parks to offer free park based exercise classes, led by experienced, qualified instructors in five local Croydon Parks including; Park Hill, , Milne Park, South Norwood Lake & Grounds and Ashburton Park. The programme will include bootcamp, Begginers Yoga, Box Fit and much more.



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<https://www.ourparks.org.uk/borough/croydon>

Swimming

- Level Water- New initiative to fund 1-1 swimming lessons for children with physical disabilities. Staff training will take place in October and Thornton Heath will then start to take bookings
- Free Swimming
Free swimming scheme across the borough during the summer was a great success with over 17,000 visits to centres during an unprecedented heat wave this was much welcomed time to cool off, with wrist bands being introduced to manage busy sessions.

Pools	Number of Swims
New Addington	1818
Purley	2834
South Norwood	2072
Thornton Heath	7321
Waddon	3156
Total Attendance	17,201

- Free Swimming- partnership with Brigstock House to support families living in temporary accommodation
- Swim School: The swim school numbers continue to grow with a rise across the centres along with promotions and programmes for additional swimming teachers.



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Centre	BSS Heads		Occupancy	
	March	August	March	August
Waddon LC	833	922	83.89%	88.74%
South Norwood LC	605	683	75.72%	83.60%
Thornton Heath LC	728	816	74.90%	81.76%
New Addington LC	269	312	86.77%	83.87%
Purley LC	383	380	80.46%	81.02%

Croydon 10K sponsored by GLL

- Supporting Croydon Harriers for Croydon 10k as lead sponsor. Information and Sign up available here; <https://croydonharriers.co.uk/the-croydon-10k-road-race/>

Crowdfunding Workshop

Further support for clubs and community groups is available through the GLL Community Foundation.

Thu 1 November 2018 18:00 – 20:00 Ashburton Hall, Lower Addiscombe Road, CR0 6RX

Register for this free, interactive workshop and you will:

- Learn how to get your project ideas ready for crowdfunding
- Get tips for presenting your Spacehive project page clearly
- Start creating your campaign plan
- Discover how to identify potential backers
- Learn how to pitch to funders on Spacehive
- Receive a free guide to running a successful campaign
- Meet likeminded people who want to improve your area

<https://www.eventbrite.co.uk/e/crowdfunding-workshop-croydon-tickets-50178838256>



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Club Games

GLL are planning their annual over 55's Better Club Games. This will be the thirteenth games, a first for team Croydon and they are planning to make it our best event yet.

This year the Club Games is being held at London's world famous [Copper Box Arena](#) on **Wednesday 10th October 2018**. The day will start at 10.00am with competitors from 23 different geographical areas taking part in nine sporting activities followed by a closing ceremony at 4.30pm.



Event details

Date: Wednesday 10th October 2018

Venue: Copper Box Arena at the London Olympic Park

Start time: 10.00am

Closing ceremony: 4.30pm

RSVP: Monday 1st October 2018

We would love to see you if you are available to come down and support your team at any stage in the day, all you have to do is **RSVP before Monday 1st October** by emailing club.games@gll.org and Laura Larsson laura.larsson@gll.org

Croydon sports and leisure centres revamp underway

A four-month makeover is underway at Thornton Heath Leisure Centre, marking the start of the latest package of investment into council-owned leisure and sports centres across the borough.

Improvements will also be taking place throughout the rest of the year at several other council-owned leisure and sports centres. At Waddon, South Norwood and Purley, new gym equipment will be installed, along with redecoration and re-flooring work. South Norwood will also benefit from new top-of-the-range bikes.

Monks Hill Sports Centre will also see improvements, with pitch replacement work on the five- and 11-a-side pitches, and also more powerful floodlighting.

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Coming up.....

- Centre Open Days- Thornton Heath 22nd September, New Addington 20th October
- Launch of Health Referral- New Healthwise Co-coordinator has been recruited.
- Centre Apprenticeships working with GLL College providing opportunities for Apprenticeships and Trainingships to be launched in October.
- Know your Numbers Campaign- Blood Pressure Checks in Centres
- Links with School of hard Knocks and employment opportunities
- Second Silverfit session launch
- Stand Up to Cancer Fundraising events- October Half Term
- New Addington Fun Day 22nd September- GLL to run activities
- New Tennis session launch
- Upskilling opportunities for Staff- Gymnastics and Tennis
- Links with CVA to promote activities on Connect well Croydon