

Sport in Halton 2012



'To enrich the lives of all Halton people through sport and physical activity'

Halton has established an excellent network of partnerships with key organisations in the public, private and voluntary sectors of sport. The council is due to publish its new sports strategy in 2012, the key themes below have been agreed with stakeholders and underpin the excellent work delivered throughout Halton.

Key Themes

Increase Participation and Widening Access:

To ensure sport and physical activity opportunities exist for all members of the community.

Club Development:

Supporting clubs to be safe, effective and child friendly and actively increasing club membership.

Coach Education and Volunteering:

Improving the quality of coaches and support for volunteers.

Sporting Excellence:

Improving the opportunities for individuals to reach their full potential from grassroots to excellence.

Finance and Funding for Sport:

We will maximise the funding available for sports projects and individuals within the borough.

Sports Facilities:

Diversify the range and improve the quality of sports facilities.

In order to fulfil this brief the Sports and Recreation Service covers a wide range of important priority work areas and each year the Sports Development Team works to an action plan.



Areas of work include

- **Sports Development Grant Scheme**
 - Bursary Grants
 - Group Grants
 - Sporting Excellence Grants
- **Coach, Club and Volunteer Development**
 - Workshops (Practical and theory)
 - Bespoke Training
 - Mentoring Programme
- **Club Accreditation**
- **Community Sports Coaching in schools, club and community settings**
- **Support and guidance to individuals, clubs and teams**
- **Funding clinics**
- **Holiday Activity Sessions**
- **Assistance to non-sporting groups and organisations to deliver sport and physical activity opportunities to it's members**
- **Facility development**
- **Development of programmes and activities delivered within council leisure facilities**
- **2012 legacy programmes**



PLEASE NOTE THE SPORTS DEVELOPMENT TEAMS NEW OFFICE ADDRESS

For further information on the Sports Development Team please contact 0151 510 6000

or e-mail sports.development@halton.gov.uk

or visit www.halton.gov.uk/sportsdevelopment

Address: Stobart Stadium Halton, Lowerhouse Lane, Widnes, WA8 7DZ

Halton Sports Awards 2012

Thursday 20th September at Stobart Stadium Halton

This will be the tenth Halton Sports Awards. The aim of the awards is to celebrate the success of local sporting individuals, clubs and schools by highlighting their achievements within their given sport. Following the last nine year's highly successful award evenings, several award winners have gone onto represent Halton at the Merseyside Sporting Champions Awards, and other local awards with great success.

Categories for the 2012 Awards

- Sports Volunteer of the Year
- Young Sports Volunteer of the Year
- Sports Club of the Year
- Coach of the Year
- Sports Person of the Year
- Young Sports Person of the Year
- Lifetime Achievement Award



Picture courtesy of Runcorn and Widnes Weekly News

Nomination forms will be available to download from July 2012
Visit www.haltonsportspartnership.co.uk for further information



Halton Sports Fair 2012

Monday 28 May to Friday 8 June

Halton Sports Fair aims to showcase sports and physical activities, which are taking place locally, throughout voluntary sporting clubs and venues in Halton. This is the opportunity for you to access and take part in a variety of sports or physical activities, taking place in your local area. Sessions will include come and try it taster sessions, demonstrations or competitions, and are open to young people and adults. Sessions will be FREE to all those wishing to attend, unless otherwise stated.

Halton Sports Fair 2012 will coincide with the torch relay passing through Halton, celebrating the 50 day countdown to London 2012 and the Queen's Jubilee celebrations. In addition to the above sessions, there will be a number of taster sessions showcasing Olympic sports. If you have a session you wish to promote then make sure we have your details.

For further information go to www.haltonsportspartnership.co.uk or contact Halton Sports Partnership on 0151 510 6000.

For a wide range of discounts
The Halton Leisure Card
On sale now



**RENEWALS
FROM
1st April
2012**

Issuing Centres

- Kingsway Leisure Centre
- Brookvale Recreation Centre
- Runcorn Swimming Pool
- All Halton Libraries
- Halton Direct Link
- The Brindley Arts Centre
- Upton Community Centre
- Stadium Fitness

For further details visit Halton Borough Council's website www.halton.gov.uk
To find out if you are eligible contact Sport and Recreation on 0151 510 6000

Sports Coach UK Courses

For ages 16 years+ (unless stated)

Safeguarding and protecting children

(Ages 16 & 17 year old must be accompanied by a responsible adult)

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice.

Learn about child abuse and how to handle situations if you have concerns.

Date	Time	Venue
Thursday 9 February	6:30pm to 9:30pm	Kingsway Leisure Centre, Widnes
Monday 10 September	6:00pm to 9:00pm	Runcorn Town Hall, Runcorn
Cost	Halton Resident / support a Halton Club	£ 20.00
	Non-Halton Resident	£ 30.00

Positive behaviour management in sport

This workshop is aimed at UKCC Level 2 coaches working with young people either within a school or a club environment. This workshop aims to increase coaches' awareness of the behaviour of young people, and the impact a coach's own behaviour may have on others.

By the end of this workshop, coaches will be able to:

- understand the ranges of behaviour coaches may need to deal with.
- understand and apply the principles that create a positive coaching environment.
- understand and apply strategies to deal with challenging behaviour.

Date	Time	Venue
Thursday 8 March	6:30pm to 9:30pm	Kingsway Leisure Centre, Widnes
Cost	Halton Resident / support a Halton Club	£20.00
	Non-Halton Resident	£30.00

Equity in your coaching

Everyone should have access to sport regardless of gender, age, race, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. This workshop will help you apply and extend your existing skills to meet the needs of present and potential participants.

Date	Time	Venue
Thursday 23 February	6:30pm to 9:30pm	Kingsway Leisure Centre, Widnes
Tuesday 12 June	6:00pm to 9:00pm	Runcorn Town Hall, Runcorn
Cost	Halton Resident / support a Halton Club	£20.00
	Non-Halton Resident	£30.00

RUNNING SPORT WORKSHOPS

Funding for your club theory workshop

Your sports club can always use more money. This workshop will give volunteers some creative ideas for raising funds for a sports development project without needing huge capital budgets to get started. The workshop covers practical and creative fundraising tips, event organisation, sponsorship, publicity and promotion, accessing different types of funding and developing a budget.

Date	Time	Venue
Monday 26 March	6:00pm to 9:00pm	Runcorn Town Hall, Runcorn
Cost	Halton Resident / support a Halton Club	£20.00
	Non-Halton Resident	£30.00

The role of the volunteer coordinator theory workshop

Clubs will benefit greatly from having a volunteer coordinator – a single contact who supports their volunteers, knows them all by name and what each of them does. In this workshop, volunteers will learn exactly what this role entails and how they can become an even greater asset to their club by taking it on. (Club Accreditation scheme mandatory requirement)

Date	Time	Venue
Tuesday 17 April	6:00pm to 9:00pm	Runcorn Town Hall, Runcorn
Cost	Halton Resident / support a Halton Club	£20.00
	Non-Halton Resident	£30.00

Emergency aid for appointed persons course

This course is ideal for clubs / organisations that present few health and safety risks, where a nominated or appointed person is required to take charge in the event of an illness or accident.

BOTH SESSIONS MUST BE ATTENDED TO GAIN QUALIFICATION
(Club Accreditation scheme mandatory requirement)

Date	Time	Venue
Wednesday 14 & Wednesday 21 March	6:30pm to 9:30pm	Stobart Stadium Halton, Widnes
Thursday 4 October & Thursday 11 October	6:30pm to 9:30pm	TBC
Cost	Halton Resident / support a Halton Club	£40.00
	Non-Halton Resident	£80.00

SPORTS LEADERS UK COURSES

Sports leaders UK young leader award (ages 9-13 yrs)

The Young Leader Award is a programme of leadership training for young people between the ages of 9 and 13 that promotes them working with younger children, teaching leadership skills through a range of games and activities. The Young Leader Award has been designed for use in a variety of different delivery settings, including primary and secondary schools, uniformed organisations and sports and community groups that are affiliated to the local authority.

Date	Time	Venue
Monday 30 July 2012	10.00am to 1:00pm	Kingsway Leisure Centre, Widnes
Tuesday 31 July 2012	10.00am to 1:00pm	Brookvale Recreation Centre, Runcorn
Cost	Halton Resident / support a Halton Club Non-Halton Resident	FREE £5.00

Sports leaders UK day certificate in leadership (ages 16 yrs+)

This is a practical, nationally recognised qualification where candidates learn by doing, rather than through written work. A candidates ability as a competent leader is assessed by observation rather than written tests.

Date	Time	Venue
Wednesday 18 & Wednesday 25 January	6:00pm to 9:30pm	CRMZ, Kingsway, Widnes
Tuesday 14 February	9:30am to 4:30pm	Stadium Fitness, Stobart Stadium Halton
Cost	Halton Resident / support a Halton Club Non-Halton Resident	FREE £30.00

For further information, and to book a place on the above courses, please contact Halton Sports Partnership Development Officer on 0151 510 6000

Please note we reserve the right to cancel or substitute other activities.

General Sporting Events

Date	Event	Contact
FEBRUARY 2012		
Sunday 26	Carling Cup Final @ Wembley Stadium	www.thefa.com
MARCH 2012		
Sunday 25	Sport Relief Mile	www.sportrelief.com
APRIL 2012		
Sunday 8	Halton Road Race	www.runhalton.co.uk
Saturday 14	Grand National @ Aintree Race Course	www.aintree.co.uk
Wednesday 18	100 days to London 2012 Olympics	www.london2012.com
Sunday 22	Virgin London Marathon	
MAY 2012		
Wednesday 9	Europa Football League Final @ Bucharest	www.uefa.com
Saturday 12	FA Cup Final @ Wembley	www.thefa.com
Friday 18	London 2012 Olympic Torch relay begins	www.london2012.com
Saturday 19	Champions League Final @ Munich	www.uefa.com
Thursday 31	Olympic Torch relay reaches Halton	www.london2012.com
JUNE 2012		
Friday 1	Olympic torch reaches Liverpool	www.london2012.com
Saturday 2 to Tuesday 5	Diamond Jubilee celebrations	
Wednesday 6	50 days to London 2012 Olympics	www.london2012.com
Friday 8	European Football Championships begin @ Ukraine/Poland	www.uefa.com
Monday 11	Euro 2012 - France v England @ Donetsk	www.uefa.com
Friday 15	Euro 2012 - Sweden v England @ Kyiv	www.uefa.com
Tuesday 19	Euro 2012 - England v Ukraine @ Donetsk	www.uefa.com
Monday 25 to Friday 30	NATIONAL SCHOOL SPORTS WEEK	www.schoolsportweek.org
Monday 25	Wimbledon Championship begins	www.wimbledon.com
JULY 2012		
Sunday 1	Euro 2012 - Final @ Kyiv	www.uefa.com
Friday 6	Merseyside School Games Multi Sport Primary & Secondary event @ Wavertree Sports Park, Liverpool	www.merseysidesport.com
Friday 6	PANATHLON - Merseyside Schools Secondary Challenge @ Greenbank Sports Academy, Liverpool	
Sunday 8	Wimbledon Championship finishes	www.wimbledon.com
Thursday 19	British Golf Open @ Lytham St Annes	www.2012opengolf.co.uk
Friday 27	London 2012 Olympics begins	www.london2012.com
AUGUST 2012		
Sunday 12	London 2012 Olympics Finishes	www.london2012.com
Saturday 25	Carnegie RL Challenge Cup final @ Wembley	www.therfl.co.uk
Wednesday 29	London 2012 Paralympics begins	www.london2012.com
TBC	Widnes Open Age Football Cup	
SEPTEMBER 2012		
Sunday 9	London 2012 Paralympics Finishes	www.london2012.com
OCTOBER 2012		
Tuesday 16 - 21	Table Tennis European Championships @ Denmark	www.ec-tabletennis2012.eu
DECEMBER 2012		
Sunday 9	Halton Haven 5K Santa Dash	www.haltonhaven.co.uk

Halton Sports Partnership Meetings & Events

The Halton Sports Partnership is made up of representatives from voluntary sports clubs. The Halton Sports Partnership Executive Committee are representatives from 13 sporting forums within Halton, and they all support the development of the wider voluntary sporting community.

For further information on the Halton Sports Partnership please contact 0151 510 6000

Date	Event	Contact Officer
JANUARY 2012		0151 510 6000
Tuesday 10	Halton Sports Partnership Executive Committee	Halton Sports Partnership
MARCH 2012		
Tuesday 6	Halton Sports Partnership Executive Committee	Halton Sports Partnership
MAY 2012		
Wednesday 16	Halton Sports Partnership Executive Committee	Halton Sports Partnership
Monday 28	Halton Sports Fair begins	Halton Sports Partnership
JUNE 2012		
Friday 8	Halton Sports Fair Finishes	
JULY 2012		
Monday 1	Nominations open for Halton Sports Awards 2012	Halton Sports Partnership
Tuesday 10	Halton Sports Partnership Executive Committee	Halton Sports Partnership
TBC	Halton Sports Conference	Halton Sports Partnership
AUGUST 2012		
Monday 6	Deadline for nominations Halton Sports Awards 2012	
SEPTEMBER 2012		
Tuesday 11	Halton Sports Partnership Executive Committee	Halton Sports Partnership
Thursday 20	10th Year Halton Sports Awards	Halton Sports Partnership
NOVEMBER 2012		
Friday 9	Merseyside Future Sporting Champions Awards 2012	Halton Sports Partnership
Tuesday 13	Halton Sports Partnership Executive Committee	Halton Sports Partnership
Wednesday 21	Volunteer Recognition Evening	Halton Sports Partnership

Recommended Levels of Physical Activity

Are you getting enough?

Adults

- Adults should aim to be active daily over a week, activity should add up to at least 150 minutes of moderate intensity activity in bouts of 10 minutes or more. One approach would be to do 30 minutes on at least 5-days.
- Adults should also undertake physical activity to improve muscle strength on at least 2-days a week.
- All adults should minimise time spent being sedentary i.e. sitting.

Young People

- All young people should participate in physical activity of at least moderate intensity for one hour per day.
- For those young people who currently do little or no physical activity, they should take part in at least 30 minutes of moderate intensity physical activity per day to start off.
- At least twice per week some of these activities should help to enhance and maintain muscular strength and flexibility, and bone health. (The hour or 30 minutes can be accumulated throughout the day)

Mental Health Promotion

- Regular –moderate intensity exercise increases psychological well being with 20-60 minutes per day or shorter bouts of 10-15 minutes.

Getting more active can..

- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Help to manage your weight
- Reduce the risk of coronary heart disease
- Help maintain bone strength
- Reduce blood pressure
- Help maintain independence
- Improve your social life

How are you getting yours?

Sport

Sport is a great way to motivate people to get their physical activity quota. For further information on sports clubs in Halton call Sports Development on 0151 510 6000

Active Recreation and Exercise

Attending an exercise class, gym activity or walking activity, all contribute towards your 150 minutes a week. For further information on targeted gentle exercise classes and walking maps for Halton's green sites call Paula Parle on 0151 510 6000 ext. 212

Lifestyle

Leading an active lifestyle can contribute to your 150 minutes a week, examples include heavy housework or gardening, using stairs, and walking or cycling as part of your journey.



There is extensive evidence supporting the view that physical inactivity is undoubtedly one of the major contributory factors to the current epidemics of chronic disease.

For the up to date list on physical activity sessions happening in Halton, please go to www3.halton.gov.uk/leisureandculture/sportsclubsandcentres/sportsdevelopment

HALTON VOLUNTEER INCENTIVE SCHEME

The Halton Volunteer Incentive Scheme has been devised in partnership with Halton Sports Partnership and Halton Borough Council, the scheme aims to recruit, reward, recognise, and support volunteers aged 9+ years and mentors, who are dedicating their time voluntary to the sporting sector of Halton.



The Incentive Scheme is divided into four sections 50, 100, 150 & 200 hours. On completion of each milestone a certificate and a gift i.e. bag, polo shirt or sweater will be awarded. All who complete a milestone will be invited to our Annual Volunteer Recognition evening to be awarded certificates.

For further information on the Halton Volunteer Incentive Scheme, please contact Halton Sports Partnership on 0151 510 6000.

Sports Development Grant

WHAT IS THE SPORTS DEVELOPMENT GRANT FUND?

The fund is an amount of money set-aside annually by the Council's Executive Board and administered by the Sports Development Team. Its primary purpose is to assist local clubs and organisations who, through their activities provide sports development benefit to the residents of the borough. It will also provide bursaries for talented individuals who reside in the borough.

HOW MUCH IS AVAILABLE AND WHAT CAN WE APPLY FOR?

The levels of grant will vary, as each applicant will be judged on its merits and range of criteria, for further information on what you can apply for please contact Jane Rhodes, Sports Development Officer on 0151 510 6000.

WHAT KIND OF CLUB/INDIVIDUAL CAN RECEIVE A GRANT/BURSARY?

Grants will be made available were the applicant supports or compliments relevant council policy. Applicants are advised to discuss this with the Sports Development Team. Applicants for group grant aid must provide benefits for the area. Bursary applications are solely for residents of the borough.

For more information on how to obtain a form please contact 0151 510 6000 or sports.development@halton.gov.uk



Get Active in Halton



For further information on sport and physical activity opportunities in Halton, advice about getting started, activity timetables and promotions contact:

Halton's Health and Physical Development Officer
Telephone: 0151 510 6000

SPORTS COACHING BURSARY SCHEME



Do you or your club need financial support toward developing new coaches or for the Continuing Professional Development of existing coaches?

For example you or your club may want to take your first steps to gaining a National Governing Body Foundation or Level 1 award or go to the next step, maybe a level Two.

If so, please contact the Halton Sports Partnership for further information on possible funding on 0151 510 6000.

HALTON SPORTS PARTNERSHIP SPORTS RESOURCE CENTRE

There are two resource centres accessible to the voluntary sporting community of Halton. The sporting community are able to use the centres as a resource to assist with the development and running of their sports clubs, organisations, or forums. Resource centres are based at Halton Lea Library, Runcorn and Kingsway Learning Centre, Widnes.

Resources available include:-

- **Loan of sport specific and generic books, journals, magazines, videos and CDs**
- **Use of computer, printer and scanner equipment**
- **Internet access**
- **Photocopier**
- **Fully equipped meeting rooms**
- **To be a member of the Sports Resources Centre is free but you must be affiliated to the Halton Sports Partnership.**

For further information on the Sports Resource Centre, please contact the Halton Sports Partnership on 0151 510 6000

LONDON 2012 OLYMPICS – KEY DATES

Sport	Venue	Date Started	Date Finish
ARCHERY	Lords Cricket Ground	Friday 27 July	Friday 3 August
ATHLETICS	Olympic Stadium	Friday 3 August	Sunday 12 August
BADMINTON	Wembley Arena	Saturday 28 July	Sunday 5 August
BASKETBALL	Basketball Arena	Saturday 28 July	Sunday 12 August
BEACH VOLLEYBALL	Horse Guards Parade	Saturday 28 July	Thursday 9 August
BOXING	ExCeL	Saturday 28 July	Sunday 12 August
CANOE SLALOM	Lee Valley White Water Centre	Sunday 29 July	Thursday 2 August
CYCLING BMX	BMX track	Wednesday 8 August	Saturday 11 August
CYCLING MOUNTAIN BIKING	Hadleigh Farm, Essex	Saturday 11 August	Sunday 12 August
CYCLING ROAD	The Mall / Hampton Court Palace	Saturday 28 July	Wednesday 1 August
CYCLING TRACK	Velodrome	Thursday 2 August	Tuesday 7 August
DIVING	Aquatics Centre	Sunday 29 July	Saturday 11 August
EQUESTRIAN – DRESSAGE	Greenwich Park	Thursday 2 August	Thursday 9 August
EQUESTRIAN – EVENTING	Greenwich Park	Saturday 28 July	Tuesday 31 July
EQUESTRIAN – JUMPING	Greenwich Park	Saturday 4 August	Wednesday 8 August
FENCING	ExCeL	Saturday 28 July	Sunday 5 August
FOOTBALL	City of Coventry Stadium Hampden Park Millennium Stadium Old Trafford St James Park Wembley Stadium	Wednesday 25 July	Saturday 11 August
GYMNASTICS – ARTISTIC	North Greenwich Arena	Saturday 28 July	Tuesday 7 August
GYMNASTICS – RHYTHMIC	Wembley Arena	Thursday 9 August	Sunday 12 August
GYMNASTICS – TRAMPOLINING	North Greenwich Arena	Friday 3 August	Saturday 4 August
HANDBALL	Handball and Basketball Arenas	Saturday 28 July	Sunday 12 August
HOCKEY	Hockey Centre	Sunday 29 July	Saturday 11 August
JUDO	ExCeL	Saturday 28 July	Friday 3 August
MODERN PENTATHLON	Handball Arena, Aquatics Centre and Greenwich Park	Saturday 11 August	Sunday 12 August
ROWING	Eton Dorney	Saturday 28 July	Saturday 4 August
SAILING	Weymouth and Portland	Sunday 29 July	Saturday 11 August
SHOOTING	Royal Artillery Barracks	Saturday 28 July	Monday 6 August
SWIMMING	Aquatics Centre	Saturday 28 July	Saturday 4 August
SYNCHRONISED SWIMMING	Aquatics Centre	Sunday 5 August	Friday 10 August
TABLE TENNIS	ExCeL	Saturday 28 July	Wednesday 8 August
TAEKWONDO	ExCeL	Wednesday 8 August	Saturday 11 August
TENNIS	Wimbledon	Saturday 28 July	Sunday 5 August
TRIATHLON	Hyde Park	Saturday 4 August	Tuesday 7 August
VOLLEYBALL	Earls Court	Saturday 28 July	Sunday 12 August
WATER POLO	Olympic Park / Water Polo Arena	Sunday 29 July	Sunday 12 August
WEIGHTLIFTING	ExCeL	Saturday 28 July	Tuesday 7 August
WRESTLING	ExCeL	Sunday 5 August	Sunday 12 August

LONDON 2012 PARALYMPICS – KEY DATES

Sport	Venue	Date Started	Date Finish
PARALYMPIC ARCHERY	Royal Artillery Barracks	Thursday 30 August	Wednesday 5 September
PARALYMPIC ATHLETICS	Olympic Stadium	Friday 31 August	Sunday 9 September
BOCCIA	ExCeL	Sunday 2 September	Saturday 8 September
PARALYMPIC CYCLING ROAD	Brands Hatch	Wednesday 5 September	Saturday 2 September
PARALYMPIC CYCLING TRACK	Velodrome	Thursday 30 August	Sunday 2 September
PARALYMPIC EQUESTRIAN	Greenwich Park	Thursday 30 August	Tuesday 4 September
FOOTBALL FIVE-A-SIDE	Hockey Centre	Friday 31 August	Saturday 8 September
FOOTBALL SEVEN-A-SIDE	Hockey Centre	Saturday 1 September	Sunday 9 September
GOALBALL	Handball Arena	Thursday 30 August	Friday 7 September
PARALYMPIC JUDO	ExCeL	Thursday 30 August	Saturday 1 September
POWERLIFTING	ExCeL	Thursday 30 August	Wednesday 5 September
PARALYMPIC ROWING	Eton Dorney	Friday 31 August	Sunday 2 September
PARALYMPIC SAILING	Weymouth and Portland	Saturday 1 September	Thursday 6 September
PARALYMPIC SHOOTING	Royal Artillery Barracks	Thursday 30 August	Thursday 6 September
PARALYMPIC SWIMMING	Aquatics Centre	Thursday 30 August	Saturday 8 September
PARALYMPIC TABLE TENNIS	ExCeL	Thursday 30 August	Saturday 8 September
SITTING VOLLEYBALL	ExCeL	Thursday 30 August	Saturday 8 September
WHEELCHAIR BASKETBALL	North Greenwich Arena	Thursday 30 August	Saturday 8 September
WHEELCHAIR FENCING	ExCeL	Tuesday 4 September	Saturday 8 September
WHEELCHAIR RUGBY	Basketball Arena	Wednesday 5 September	Sunday 9 September
WHEELCHAIR TENNIS	Eton Manor	Saturday 1 September	Saturday 8 September



www.london2012.com

OPENING AND CLOSING CEREMONIES

OLYMPIC OPENING CEREMONY	27 JULY
OLYMPIC CLOSING CEREMONY	21 AUGUST
PARALYMPIC OPENING CEREMONY	29 AUGUST
PARALYMPIC CLOSING CEREMONY	9 SEPTEMBER

COMMUNITY AND ENVIRONMENT DEPARTMENT

Library Service

Halton's five libraries have a huge range of services and offer something for everyone. Take a look and discover what's available in your local library.

Here are just some of the highlights:

- Libraries are FREE to join
- All 100 Internet Broadband PCs are FREE to use
- FREE Wi-Fi at Halton Lea and Widnes Libraries
- You don't pay fines if you're under 18
- A Virtual Reference Library containing FREE online information resources
- Reading Groups for adults and teenagers
- Regular Rhymetime and story sessions for young children
- Family History Help Desk
- Help with CVs
- Cafés at Widnes and Halton Lea Libraries

and much more.

Need help answering a question, finding information? Then try the online service Enquire - Ask a Librarian available at www.peoplesnetwork.gov.uk

Further information available from the Library website: www3.halton.gov.uk/educationandlearning/libraries



Open Space Events

The service provides a diverse range of events and leisure activities within Halton's parks and open spaces which includes.

Summer Games within the formal parks staffed daily from Easter to September to provide access and equipment hire to bowling greens, tennis courts and putting.

Bowling Greens 7 sites 12 greens available from April to September.

Party in the Park Event at Phoenix Park in July in partnership with Liverpool and Dane Housing Trusts.

Firework Display with Entertainment on 5 November.

Vintage Rally Event held at Victoria Park on the last weekend in September in partnership with the North West Fair Organ Preservation Society.

SPLASH Programme providing constructive diversionary activities to young people during the school holidays.

Playing Fields 10 sites 76 pitches available. Application forms available from June 2012

Run The Bridge Halton 5 mile Road Race on Easter Sunday in partnership with the Halton and Hale Road Race Committee.

Santa Dash 5K in partnership with Halton Haven Hospice

Fairs and Amusements We administer and liaise with fun fair operators to host visiting fairs within Halton's parks and open spaces.

Large Events We actively seek promoters to hold large events/festivals within Halton throughout the year.

The Halton Event Safety Advisory Group monitors all events taking place within Halton and includes representatives from the emergency services. It provides information to event organisers on the necessary licences or permissions that may be required to host an event.

If you are thinking of holding an event on a council open space, please contact the events team.

For further information telephone 0151 471 7452

The Brindley

Since last year a massive 1000 events have taken place at The Brindley attracting over 100,000 people! Halton's award winning theatre, gallery and arts facility never disappoints.

For further information call the box office on 0151 907 8360.

Arts Development Team

The Halton Arts Development Team provides groups and organisations in Halton with the opportunity to create and develop interesting, innovative arts projects.

For further information please contact:-

Arts Development Officer (Drama) 0151 906 3734

Arts Development Officer (Music) 0151 906 3736

Arts Development Officer (Visual Arts) 0151 906 3737

Museums

Catalyst Science Discovery Centre

Catalyst is an interactive science centre and museum devoted to chemistry and how the products of chemistry are used in every day life. Our key aim is to make science exciting and accessible to people of all ages and to inform them about science based industries and their role in our lives, past present and future. To contact Catalyst please call 0151 420 1121.

Norton Priory Museum

Norton Priory Museum & Gardens is a fantastic day out, with an award winning museum, excavated medieval ruins, the spectacular St Christopher statue, the lovely Walled Garden and the extensive woodland and sculpture trail.

Norton Priory also manages Halton Castle, which is open on special days throughout the year.

To contact Norton Priory, please contact 01928 569895.

Stobart Stadium Halton

The Stobart Stadium Halton was designed and built to provide far more than a world-class arena for sporting events. The Stadium also provides function and banqueting facilities for the local residential area and community with outstanding hi-tech conference facilities. Emphasis at the Stadium is always placed on offering the highest standards to every user; every step will be taken to ensure that the customer enjoys the Stadium experience, be it business, leisure or community involvement. The Stadium is also part of the Healthy Stadia project and Smoke-free initiative.

Stadium Operations

The operating departments of the Stadium can be roughly broken down into categories, each with its own community user groups:

The South Stand houses conferences, weddings, meetings, and is also used by a number of organisations including:

- Let's Go Club
- Crucial Crew
- Halton Carers
- Alive and Kickin
- Sports Development Team

Pitch activities

Excellent pitch and spectator facilities meeting all Green Guide criteria. Pitch activities include:

- Super League Widnes Vikings home games
- Halton Junior Sports Day
- Vikings in the Community
- Representative matches
- Coming 2012, 1 - Pitch (3G playing surface)

The West Stand houses the following facilities and is used by a number of community organisations and clubs.

- Regional Table Tennis Centre - Centre of excellence for table tennis and a wide activity programme including Family Karate, Yoga and event / wedding venue
- Stadium Fitness Gym (Family gym at the weekends)
- Hypnotherapist, holistic and reiki therapist
- Sports therapist and physiotherapist
- Hairdresser; beauty;
- Café Bar
- Crèche facilities

The East Stand houses the Widnes Vikings Museum and Widnes Vikings training facilities

You can contact us online using our email address:

info@stobartstadiumhalton.org.uk

Main reception 0151 510 6000

Stadium Fitness reception 0151 510 6020

Our Postal Address is: Stobart Stadium Halton, Lowerhouse Lane, Widnes, Cheshire, WA8 7DZ
www.stobartstadiumhalton.org.uk

2013 Rugby League World Cup



Halton Borough Council and Widnes Vikings are delighted to announce that Halton has been named as one of the official hosts for the 2013 Rugby League World Cup. Halton will host a team base camp with the Stobart Stadium Halton being a training venue for the tournament. The tournament will take place 26 October to 30 November 2013 and will involve 14 nations. Australia, Cook Islands, England, Fiji, France, Ireland, Italy, New Zealand, Papua New Guinea, Samoa, Scotland, Tonga, USA and Wales.

In addition to the Sports Development activities there is also free access to sports activities in the park which include:-

FREE USE OF TENNIS COURTS

All summer 12 noon – dusk

@ Runcorn Hill Park, Runcorn, Hough Green Park & Victoria Park, Widnes

FREE USE OF PUTTING GREEN

All summer 12 noon – dusk

@ Runcorn Hill Park

FREE USE OF BASKETBALL COURTS

All summer 9.00am – dusk

@ Runcorn Hill Park, Phoenix Park & Rock Park, Runcorn,
Hough Green Park, Victoria Park & Crow Wood Park, Widnes

FREE USE OF SKATE PARKS AND RAMPS

All summer 9.00am – dusk

Skate Parks – Victoria Park, Widnes and Phoenix Park, Runcorn

Ramps – Upton Rocks Park, Crow Wood Park, Widnes, Hale Park, Hale & Rock Park, Runcorn

FREE USE OF BOWLING GREENS AND BOWLS HIRE

9.00am – dusk

@ Runcorn Hill Park & Rock Park, Runcorn, Hough Green, Dundalk Road & Victoria Park, Widnes (Dundalk Road is available on request)

FREE USE OF CLIMBING BOULDER

All summer – 9.00am – dusk

@ Phoenix Park, Town Hall Park in Runcorn and Victoria Park, Widnes

FREE JUNIOR PITCH USAGE FOR COMPETITIVE MATCHES FOR HALTON CLUBS

Application forms will be available from June 2012.

For further information on Open Space events please contact 0303 333 4300



Another Year Of Sporting Success 2011

The following is a snapshot of local projects

- 470 people trained and received formal sport coaching awards.
- 200 participants involved in 2011 Widnes football Challenge Cup.
- 1910 sign up for Leisure Card
- 100% Rate Relief for sports clubs

SPORTS DEVELOPMENT GRANT 2010 – 2011

Over 3000 beneficiaries from the Sports Development bursary and group grants.

FREE JUNIOR USAGE 2011 – 2012

£ 24,414 value providing free pitch and usage for junior competitors with 115 teams benefiting. Year round free usage of outdoor tennis, basketball courts, bowls, putting green, skate parks, ramps, and climbing boulders available recreationally to all in Halton's Parks.

HALTON SPORTS PARTNERSHIP

Is the voice of voluntary sports clubs in Halton raising issues through it partners to increase participation and ensure local investment meets local need. Halton Sports Awards 2011 received nominations in all categories, with winners in 8 categories, 6 went on to represent Halton at the Merseyside Awards Evening, of which there were 2 winners from Halton at the ceremony, highlighting the hard work put into clubs and organisations by volunteers within the borough.

Over 200 Volunteers, new sports leaders and sport and community bursary grant recipients were invited to attend the annual volunteer recognition evening to celebrate and reward their achievements.

SPORTING EXCELLENCE FUND

Potential Olympians received help from the Council in their quest to go for gold. The Council assisted three of the borough's 'elite' athletes and coaches providing support to progress in their specialist sport.

COMMUNITY SPORTS COACH

Continues to deliver sport skills to young people emphasising on fun, developing core movement skills and introducing young people to a wide variety of sports between April 2010 – March 2011, the Community Sports Coach:

- Has had over 13,738 coaching contacts
- Trained or supported 728 teachers
- Trained or supported 936 adults other than teachers

SPLASH

Approx £ 86,233 in 10/11 was allocated for free sport and leisure activities for young people in the holidays. A total of 17,682 people accessed activities.

SPORT ENGLAND

Sport England currently contributes towards two projects within Halton, to increase participation and to support volunteers and develop club and coaches within the borough. Halton is committed to increasing adult participation.

HALTON SPORTS VOLUNTEER AND CLUB DEVELOPMENT PROJECT

This project is in place to help support current volunteers within Halton and also help recruit new volunteers into sport in the borough. The project also supports club development through the club accreditation scheme.

Between 2008 and 2011 the project highlights include

- Over **215** volunteer coaches have gained an NGB qualification.
- Over **100** volunteers have been supported in the borough through the Halton Volunteer Incentive Scheme.
- Over **680** Volunteers within local club settings have accessed coach education assisting **46** clubs gain accreditation.
- Over **32** Halton clubs have delivered over **300** sessions in the annual Sports Fair week, giving 180+ new people in Halton a chance to participate in a new sport or physical activity session.
- Over **500** leaders have gained a national qualification through the Sports Leaders UK programme.
- **60** volunteers / sports people and clubs have been awarded and recognised at the annual sports awards.

HALTON SPORTS PARTICIPATION PROJECT

Halton's Sports Participation Project works towards creating a more healthy and vibrant community in Halton, by creating greater opportunities for adults to be more physically active and participate in sport.

Community based activities are developed following consultation with the local community and working partners. New activities are promoted and supported with a view to become self sustainable in the long-term.

The project engages with hard to reach populations that would not usually take part in sport of physical activity. Over 4300 participants over the age of 16 have registered on the project between 2008 and 2012. The Get Active Timetable promotes over 50 local community classes.

www3.halton.gov.uk/leisureandculture/sportsclubsandcentres/sportsdevelopment

"The Council recognises the importance of sport and active recreation and gives it a high priority, as the largest single voluntary sector in the community. Regular physical exercise contributes towards improvements in personal health and well-being. Structured programmes can also be a powerful diversionary activity for those who otherwise become involved in crime or anti-social behaviour" **Cllr Phil Harris Executive Board Member with responsibility for Sport**



ENRICHING LIVES THROUGH SPORT

Club Halton

Accredited 'Club Halton' Clubs

Club Halton is a scheme that accredits quality sports clubs in Halton, who meet a set of agreed criteria. Club Halton aims to:

- Raise the profile of all sports clubs in Halton
- Ensure that clubs, who work with children and young people, provide a quality experience that is both safe and attractive to the participants, and those that care for them.
- Raise the standards and encourage best practice
- Increase the number of qualified coaches and improve the level of coaching
- Improve the recruitment, retention and recognition of volunteers.
- Ensure that all clubs in Halton are regularly updated with the latest initiatives and funding opportunities

ACHIEVED 'CLUB HALTON'

Cricket

MOORFIELD CRICKET CLUB
Malcolm Buck
Tel: 07818 427298
www.moorfield.play-cricket.com

WIDNES CRICKET CLUB
Peter Hewitt
Tel: 0151 424 5606
www.widnescr.play-cricket.com

Football

ST MICHAELS DHFC
Neil Greenfield
Tel: 0151 424 7793

HURRICANES FC
Ann Edwards
Tel: 0151 420 4406
www.clubwebsite.co.uk/hurricanesfc

JFC PAVILIONS
Mike Mainwaring

MOORFIELD AFC
William Jones
Tel: 0151 424 6372

RUNCORN TOWN FC
Phil Crilly
www.runcorntown.co.uk

Gymnastics

VALIANT GYMNASTICS CLUB
Julie Shard
Tel: 01928 820 251
www.brookfieldsgymclub.bravehost.com

FOCUS GYMNASTICS CLUB
Mike Lockett
Tel: 0151 422 0154
www.focusgymnastics.com

Martial Arts

SANGAKU KARATE GROUP
Keith Callaghan
Tel: 01928 579 852
www.sangakukaratogroup.co.uk

MATT FIDDES MARTIAL ARTS CLUB
Steve James
Tel: 07812 741 680
www.mattfiddeswidnes.com

Multi Sports Club

**SPORT FOR ALL MULTI
DISABILITY CLUB**
Ian Johnson
Tel: 0151 422 9330

Netball

HALTON NETBALL CLUB
Andrea Gumbs
Tel: 07757 648 571

Rugby League

**HALTON FARNWORTH
HORNETS ARLFC**
www.hfharfc.ik.com

HALTON WOMEN & GIRLS ARLFC
Kathy Mc Mullin
tmacka138@aol.com
www.pitchero.com
[/clubs/haltonwomenandgirls](http://clubs/haltonwomenandgirls)

WEST BANK BEARS ARLFC
Paul Farrell
Tel: 0151 420 6802
www.westbankbears.org

MOORFIELD ARLFC
Karen Smith
www.moorfieldrugby.net

Rugby Union

WIDNES RUGBY UNION FC
Martin Kerr
Tel: 0151 424 2903
www.widnesrufc.co.uk

Swimming

RUNCORN REPS ASC
chairman@runcornreps.com
www.runcornreps.com

HALTON SWIMMING CLUB
Neil Flaherty
neiffaherty@hotmail.co.uk
www.haltonsc.com

Tennis

HEATH TENNIS CLUB
Stephen Dewhurst
Tel: 01928 502143
www.healthtennisclub.com

LANE TENNIS CLUB
Alison Redman
Tel: 0151 257 8317
www.widnestennisacademy.co.uk

Baseball

**HALTON BASEBALL
& SOFTBALL CLUB**
Alex Heesom
Tel: 07983 396 803
www.haltonbaseballclub.org.uk

Rowing

RUNCORN ROWING CLUB
James Newcomb
jamesnewcomb@talktalk.net
www.runcornrowingclub.com

Table Tennis

HALTON TABLE TENNIS LTD
Karen Tonge
Tel: 01928 563 640
www.haltontabletennis.co.uk

Working Towards 'Club Halton'

Athletics

Halton & Frodsham Harriers AC

Gymnastics

Halton Gymnastics Club
(Gym mark accredited)

Football

Hale Jnrs FC, Pexhill Jnrs FC,
The Dragons AFC, Heath United JFC,
Weston Point JFC
(All clubs above accredited with FA
Charter Standard)

Hockey

Runcorn Hockey Club

Martial Arts

Halton Taekwondo Club

Multi Sports

Valiant Sports & Adult Club



For information on the above clubs please visit www.haltonSPORTSPARTNERSHIP.CO.UK

For further information on sports clubs in Halton please visit
<http://www.mapsinternational.co.uk/msi/find.html>

For further information on 'Club Halton' Accreditation Scheme or to register with the Halton Sports Partnership please contact: Halton Sports Partnership Development Officer on Tel: 0151 510 6000 or visit www.haltonSPORTSPARTNERSHIP.CO.UK

For information purposes only, it is for individuals to satisfy themselves of the safety of the activity / club. The local authority will not be held liable for any harm or injury the participant may suffer at the club / session.

No Long Term
Commitment



kinetika - Low Cost Fitness

Guaranteed results in 30 days or your money back.

A new kind of membership...
...a new way of life

The benefits of this membership include unlimited use of...

- 3 Gyms
- Group Exercise Classes
- 4 Swimming Pools (General Swim times only)
- Health Suite (Kingsway only)

Membership categories available: single, joint, family, teen.

Up to 20% discounts available on Corporate Membership!

Pay per Visit options are available.

For further information please contact one of the Centres below

Kingsway Leisure Centre on 0151 495 2200

Brookvale Recreation Centre on 01928 712051

Runcorn Swimming Pool on 01928 572114



kinetika Journey

ONE-TO-ONE SPECIALISED GYM SESSIONS AVAILABLE TO ALL NEW MEMBERS AT NO EXTRA COST!

STEP 1 CHECK IN (30-45 MINS)

This 1st session with your instructor is used to discuss your personal goals and health needs. Benchmarks will be set in order to assess your progress throughout the journey. With the remaining 20 minutes you will be given an introduction to our cardiovascular fitness equipment.

STEP 2 PERSONAL PROGRAMME (30 MINS)

Your instructor will start by re-confirming the cardiovascular equipment and introduce you to resistance training. After this step has been completed you will be able to use our kinetika fitness suite.

STEP 3 MOTIVATION SESSION 1 (30 MINS)

Monitoring your performance and understanding the equipment is key to your progress. Your instructor will ensure that these aspects are monitored along with providing feedback on your technique and development throughout the programme.

STEP 4 MOTIVATION SESSION 2 (30 MINS)

Aiming to increase your fitness knowledge by taking you through alternative exercises to ensure that your progress and workouts are continuous.

STEP 5 REVIEW

The review session is to identify your achievement by comparing current results to your previous benchmarks and to also ensure that you are happy with your programme. Your instructor will then help you decide the best way to continuing to achieve your goals.

Whether you are new to exercise or a regular exerciser, the kinetika Journey will get you results in 30 days*... or your money back.

*Conditions apply

COMMUNITY SPORTS COACH SCHEME

The Community Sports Coach Scheme can offer clubs and organisations in Halton a variety of practical and theory workshops. Workshops can be tailored to your needs.

The workshops include:

Multi Activity practical taster sessions (some sports specific/themed events)

Continual Professional Development opportunities

Coaching advice and mentoring opportunities



For further information on the Community Sports Coach Scheme, please contact Stephen Wood on 0151 510 6000

CHANGE4LIFE

These days, modern life can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to. This means that 9 out of 10 kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease - so it's really important that we do something about it. You've taken the first step towards getting your kids eating well, moving more and living longer just by being here – **so welcome to Change4Life!**

Would you like loads of ideas and help to give your family a happier, healthier future? Then you already know why you should join

Change4Life. As part of Change4Life, you will receive tons of helpful information, games, tools, tips and a free welcome pack. You can also search for what is happening in your local community. We'll update the site all the time so don't miss out – come back and see us regularly. www.nhs.uk/change4life



The Olympics offers the opportunity to raise the profile of sport in the borough, which in turn contributes to Halton's overarching strategic objectives. The London Olympics take place 27 July – 12 August 2012. The Paralympics take place 29 August – 9 September 2012.

Halton has a strong local sporting community and boasts in excess of 100 sports clubs, groups and associations. These clubs, groups and associations not only play a key role in the development of sporting opportunities for the local community but also promote the towns' sporting profiles at county, regional, national and international level.

Inspire Marked Projects are an important part of the North West strategy. Halton Borough Council has four projects recognised as contributing towards the Olympic legacy. This enables us to benefit from association to the Games with use of the 2012 logo on promotional activity, via e-newsletters, website, publications. Showcasing opportunities through LOCOG visits and connections to other NW initiatives.

HALTON INSPIRE MARK PROJECTS

Sporting Excellence Grant Scheme

Offers support for people with a sporting talent and awarded to current and potential Olympians. In 2010 Allyn Condon (bobsleigh) competed in the Vancouver Winter Olympics, Lucy Martin (cycling) was selected for GB Olympic Endurance Cycling squad and Emma Smith (trampoline) selected for the GB Olympic Squad for 2012, Other notable performances included Jack Hunter Spivey and Jordan Abbotts (table tennis) Gold medals in the UK School Games, Jenny Illidge (canoeing)

represented GB at European Championships in France. In addition Karen Tonge attendance at the 2010 Commonwealth games as an official. There is a wealth of talent in the borough with many more athletes achieving international honours. We wish all of our athletes' good luck in their pursuit of Olympic team selection.

Get Inspired

The chance for schools and their students to get involved in the games and to use the games to drive existing priorities. A sports package was offered to all schools, 80% signed up to the national get set education programme and were offered a school assembly, Olympic sports taster session and a Paralympic day for all pupils. These schools can continue to use the Get Set tools throughout 2012, and they have received regional and national recognition.

Open Weekend/Sports Fair

Previous Halton Sports Fair Weeks have coincided with Olympic Weekend, come and try it sessions, demonstrations and competitions facilitated throughout Halton by voluntary sports clubs. Halton Sports Fair 2012 will coincide with the torch relay passing through Halton, celebrating the 50 day countdown to London 2012 and the Queens Jubilee celebrations. In addition to the above sessions, there will be a number of taster sessions showcasing Olympic sports.

Sporting Calendar

Each year the Halton Sports Partnership brings together a calendar of sporting activities and events taking place within the borough and nationwide. In the lead up to the 2012 Game the calendar will be 2012 inspired and will promote sporting programmes including:

- **Workshops for coach education**
- **Halton Volunteer scheme**
- **Local authority and stakeholder information, forms and guidance documents**

The Sport and Recreation Team are already directly involved in delivering on a number of other projects mentioned below. The principal of sports contributions to healthy lifestyles is firmly embedded in Halton's Corporate Priorities. Establishing the Olympic Fund has sought to build on all this and the following activity is offered in Halton.

Pre Games Training Camp

Stobart Stadium Halton included in the pre games training camp guide

Platinum Card Scheme

Free access to council leisure facilities for talented athletes in the top 10 of their sport.

Liverpool City Region Sport Legacy Framework

This card scheme has been produced for London 2012 Olympic and Paralympic Games, with council leaders pledging to work together to provide opportunities and inspiration for individuals and communities. The card scheme provides free access for the top 6 in an Olympic sport.

Local events:

- **Co-ordination of local sporting and cultural events and festivals.**
- **Link to National Event such as Open Weekend**
- **Point of contact for all enquiries**
- **Event applications and assistance through Halton Events Safety Advisory Group (HESAG)**

2012 Olympic Torch Relay

THE Olympic torch is to pass through Widnes and Runcorn in 2012. The torch relay route for London 2012 was announced including the great news that it will arrive in Halton on Thursday 31 May. The idea behind the procession is to cover as much of the UK as

possible to ensure everyone has a chance to see the flame as it heads down to London.

The Olympic flame will be carried by 8,000 inspirational people from around the UK as it winds its way to London's Olympic Stadium. More than 95% of the population will be within 10 miles of the torch next year. Organisers said the torch will go through 1,018 villages, towns and cities. The entire street-by-street detail of the route will be confirmed next year.

Many thousands of people are expected to welcome the flame along the route each day. Sebastian Coe, chair of the Olympic Games London Organising Committee, said: "We are thrilled to confirm that Widnes and Runcorn will act as host locations for the Olympic flame, extending an invitation to people in Halton to welcome the Olympic torch relay on its journey around the UK.

"This is the UK's moment to shine and I want to encourage people across Halton to start planning how they can be part of this once-in-a-lifetime opportunity."



Sportivate

Sportivate is a £32 million Lottery national programme that gives 14-25 year olds access to six-week courses in a range of sports. These sports in Halton include football, netball, dance/gym, table tennis and many others.

Not only is it a chance for them to learn a new sport or improve on existing skills, but if they keep taking part after the course is finished, they could find themselves on their way to watch the London 2012 Olympic or Paralympics Games. All participants who complete their course, missing no more than one session, and keep playing the sport for at least another three months will be entered into a ballot for free London 2012 tickets.

The programme is aimed at those who are not currently choosing to take part in sport in their own time, or are doing so for a very limited

amount of time, and will support them to continue playing sport in their community after the six weeks is up. During the six weeks a participant may work towards an event or personal challenge.

Sportivate is fully inclusive and targets participants across this group, including young people who have a disability, males and females and people from people BME groups. We are working with our local sports clubs, Merseyside Sports Partnership and national governing bodies to provide the best six week course of activity available, with the option to link in with a local team and carry that sport on after the sessions are finished.

For more information on Sportivate activities which are running in Halton, please contact us via email on sports.development@halton.gov.uk.

Sports Makers

The Sport Makers programme, funded by the National Lottery, will recruit tens of thousands of new sports volunteers aged 16 years and over to organise and lead community sporting activities across the country.

Sport Makers are the people who directly make sport happen at the local level. Some Sport Makers will organise sport for themselves and their friends, colleagues and neighbours. Others won't be taking part themselves, but will be doing all those other things that make the sporting activity possible.

Everyone who chooses to become a Sport Maker will be invited by their county sports partnership (CSP) to come to an inspiring

workshop near to where they live or work. They will then be supported to find local opportunities that suit them to increase participation in sport.

These Sport Makers will organise and support hundreds of thousands of new hours of grassroots sport across the country. While doing so, they will bring the Olympic and Paralympic values to life in every community.

Sport Makers will be fully inclusive and target participants including people who have a disability, both males and females and participants from BME groups. The programme will run until September 2013.

For further information on Sportsmakers, please contact Sports Development on 0151 510 6000 or go to www.sportmakers.co.uk

RUN IN HALTON

Run in Halton is a programme set up to promote the benefits of using running / jogging as a way to increase your physical activity levels. The 3-2-1 programme provides three running routes across three different sites and at three different distances. Hopefully the programme will encourage you to start, return or carry on running.

Running has many benefits including:

- Running is cheap and easy
- It's good for your mind
- It keeps you fit
- It's good for your bones
- It helps manage weight
- It gives you time out

Staying safe while running

Running outdoors is a great way to stay fit and healthy, however, when planning a running session, one aspect that every runner should consider is their personal running safety. Here are some tips to keep you safe while you run:

- It's better to run circular routes because you won't have to retrace your steps
- Avoid quiet areas
- Stick to well-lit, well-populated roads and paths
- Try to train with a friend, or even in a group
- Tell someone before each training session which route you're going to run

Runcorn Town Hall Park - Beginners Run – 1km

Town Hall Park is a beginner's route as it is the shortest of the three measuring 1km and should take beginners around 7.5 minutes (8kph pace) to jog. Remember you can jog and walk until you are fit enough to jog the whole route.

Phoenix Park - Intermediate Run – 2km

Phoenix Park route measures 2km and offers some steep gradients and intermediate ground changes, which will make the route more challenging and should take around 15 minutes (9kph pace) to run. Remember you can jog and walk until you are fit enough to jog the whole route.

Pickerings Pasture Local Nature Reserve - Intermediate Run – 3km

Pickerings Pasture is our longest route and measures 3km and offers some steep gradients and intermediate ground changes, which will make the route more challenging and should take around 20 minutes (9kph pace) to run. Remember you can jog and walk until you are fit enough to jog the whole route.

Halton Athletics Academy at Wade Deacon High School, Widnes – Jog club

The jog club is aimed at ages 16yrs+, although under 16yrs can attend with an adult. The club takes place on Monday and Thursdays 5.00pm to 6.30pm. For further information please call the Sports Development Team on 0151 510 6000

For further information about the Run in Halton Project and further physical activity opportunities, call the Sports Development Team on 0151 510 6000.