

BIRMINGHAM CITY COUNCIL LOCAL INNOVATION FUND "Doing things differently in neighbourhoods to make better places to live" WARD PROPOSAL FORM													
WARD Handsworth Wood	INNOVATION TITLE DIAMOND SPARKLERS												
<p>Innovations have to meet the LIF priorities and add value to the City wide core priorities listed below. (Tick all those that apply)</p> <table style="width: 100%;"> <thead> <tr> <th style="text-align: left; width: 50%;"><u>City Core Priorities</u></th> <th style="text-align: left; width: 50%;"><u>LIF Priorities</u></th> </tr> </thead> <tbody> <tr> <td>• Children - a Great City to Grow Up In <input type="checkbox"/></td> <td>• Citizens' Independence & Well Being <input checked="" type="checkbox"/></td> </tr> <tr> <td>• Jobs & Skills a great City to succeed in <input checked="" type="checkbox"/></td> <td>• New approaches to investment <input type="checkbox"/></td> </tr> <tr> <td>• Housing a great City to live in <input type="checkbox"/></td> <td>• Active citizens & communities stepping up <input checked="" type="checkbox"/></td> </tr> <tr> <td>• Health a great City to lead a healthy & active life <input checked="" type="checkbox"/></td> <td>• Clean streets <input type="checkbox"/></td> </tr> <tr> <td></td> <td>• Improving local centres <input checked="" type="checkbox"/></td> </tr> </tbody> </table>		<u>City Core Priorities</u>	<u>LIF Priorities</u>	• Children - a Great City to Grow Up In <input type="checkbox"/>	• Citizens' Independence & Well Being <input checked="" type="checkbox"/>	• Jobs & Skills a great City to succeed in <input checked="" type="checkbox"/>	• New approaches to investment <input type="checkbox"/>	• Housing a great City to live in <input type="checkbox"/>	• Active citizens & communities stepping up <input checked="" type="checkbox"/>	• Health a great City to lead a healthy & active life <input checked="" type="checkbox"/>	• Clean streets <input type="checkbox"/>		• Improving local centres <input checked="" type="checkbox"/>
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<p>What is your innovative idea and how does it show collaborative, partnership working and active citizenship?</p> <p>The 'Diamond Sparklers' project is to enhance and improve the health and wellbeing of children, young people, adults and families through active involvement and participation through our football club, Hamstead Diamonds Community FC.</p> <p>We aim to do this by providing CPD, Coaching, Development and Progression and achieving it through engaging with the local community, creating an environment for involvement in active participation and supporting them to become a part of the Hamstead Diamonds CFC, football family. This will all be delivered through the football clubs, Diamonds Football Development Academy [DFDA] programme, taking us to the heart of people's locality, i.e. on their doorstep (the local park). This will go towards.....</p> <ul style="list-style-type: none"> Contributing significantly to an increase in the provision of physical activities and community driven initiatives. Creating safe, sustainable and inclusive communities – an increase in use and opportunities at our local park would begin to develop its role as a focal point for community activity. Improving safeguarding, learning and the life chances for children and young 													

people – improvements to the facilities would benefit everyone.

Working collaboratively together in partnership with another local football club we want to involve more local participants who fall into either as:

- Local children and young people taking part in structured coaching programme leading to long term involvement in new or existing competitive teams.
- New coaches (young people/ adults) trained and mentored to take the FA Level 1 or 2 qualification to support their and football club's development.
- Volunteers who be encouraged from new family intake to support and take on development roles, coaching and training new team creation (this follows a format like previous successful campaigns)
- Initial Parents/Carers involvement in basic club administration, marketing and promotion tasks

By tackling the categories above, simultaneously there is a greater likelihood of establishing new team structures that will support the growth and sustainability of, not only the football club but the members of the community it serves and belongs to.

We are also going to run a supplement programme getting adults cycling by providing fun social cycling practice activities, developing their basic cycling skills, encouragement to cycle in a group, cycle traffic free laps and develop links with other cyclists, in a safe and surrounding area in their local park, with all the equipment to participate provided.

With parents / carers needing to be there to complete the football registration for their children, they will also have an activity to do, that will be the cycling, some will be new to it, some haven't ridden for a while and others season riders. By creating an environment for cycling, with a qualified cycling instructor on hand and the use of on-site bicycles and helmets, we hope to foster a culture where people will start riding their bikes again and become confident on and off road. We also hope when the children have finished their session they can then join their parents / carers and ride together.

We will have, to start the programme one cycling instructor and by the end aim to have two more, from 10 - 20 adult participants, this will help sustain future cycling activity by people bringing their own bikes.

Also as part of the cycling programme we want to encourage, support and give an opportunity for people to take the Cycling Instructor course to deliver sessions in

the future and further support its sustainability for growth.

Time Frame – is it:-

One off event/programme

Implement and complete within 6 months (2016)

Implement and complete within 12 months (2017)

/

How will the innovation be implemented?

We will promote and market the 'Diamond Sparklers' project to the local and wider community through our existing established network of partners, our membership base, new website and social media and by working in collaboration with local schools, voluntary organisation and other football clubs.

The project will run daily, lasting 2 hours, splitting different age groups, engaging boys and girls together, football coaching sessions will be run by DBS checked and qualified football coaches and the main emphasis will be to have FUN and total inclusion, over a 12-week period.

With the programme being delivered in an Open Green Space (the local park) we are moving closer to our local community and providing more flexibility for them to access it, this will help as to engage with more local community members as we will be more visible, accessible and can reach out to those children, young people and adults who might not have done before. When parents / carers who come and visit the park and see the activity going on we want them and their children to come over to engage and participate in a safe and friendly environment. Anticipation is around 50-80 new participants with around 6 - 10 new coaches engaged as volunteers with potential to become football coaches or a cycling instructor.

The Cycling sessions will either run alongside the 'Diamond Sparklers' project or other times and days to suit the participants lasting from an hour to 90 minutes, also over a 12-week

period.

What outcomes will the proposal achieve? What will success look like and how will its impact be measured? How will you ensure legacy/ continuation and what learning will the project provide?

Physical activity is linked to better general health and higher levels of self-esteem. There is also good evidence that vigorous activity (such as football) can bring health benefits over and above that of moderate activity and muscle strength is necessary for daily activities; to build and maintain strong bones, regulate blood sugar and blood pressure, and help maintain a healthy weight.

'At young ages, we should be talking about athleticism. You want to be a great cricketer, a great footballer, a great hockey or tennis player you must have the skills of a track and field athlete. You must be able to run all day, must be able to sprint, have hand-eye coordination. If you can throw a cricket ball it is the same dynamics as throwing a javelin. We have to encourage youngsters to think about athletics as a way of moving onto other sports.' Lord Coe

We want to have a fit and healthy local community and through the 'Diamonds Sparklers' project we are aiming to bring it to fruition by utilizing the CPD, Coaching, Participation and Development. The focus of the impact will be identified by the activity (football coaching) its delivery, areas of measurement and planning, followed by (registration) collecting the information, moving to (charts projection) comparing the data composed and finally (feedback meeting with parents/ carers / the participants / coaches) communicating and learning from the findings to ensure the programme gets better and is sustained by expanding it, charging a subscription, bringing in a different activity to complement it and increase the numbers.

Through the project we are also aiming to create an

..... Improved physical environment with

..... better health and well-being resident members who are

..... more connected, cohesive and a proud community by being

..... skilled and confident residents.

With 50 - 80 participants participating in the 'Diamonds Sparklers' programme that will equal to 1,200 to 1,920 hours of activity (24 hrs. x 50 or 80 participants), not including the volunteers.

By having new participants on the programme will allow us to reach out to new and more young people and adults to become volunteers, leaders or coaches. This in turn will mean we can create more teams to play structural football and retain members. By retaining more members, we can continue run the programme for a longer period and this in turn will bring more participants on to the programme and the entire process is repeated, as the numbers grow we can keep the subscription's down and we hope this will bring even more families to support the activity and at the same time learn a new or enhance a skill, cycling, by becoming more confident on and off the road cycling and in the process, get fitter and healthier.

This project will feed into BCC remit of the city plan to

- * Provide volunteering, employment skills and employment.
- * Provide social interaction and social cohesion.
- * Provide positive activity and help reduce anti-social behaviour and crime.
- * Provide opportunities for people to positively contribute to their communities through sport volunteering.
- * Provide environmentally friendly activity/transport options such as cycling, jogging and running.

Through the cycling session we want to connect all cyclists and the people participating will become healthier, more proficient in cycling and feel safe to participate on a bike. Those who feel confidence and want to take the Cycling Instructors course which will prepare them to deliver cycling sessions to either adults or young people and improve their own personal riding skills by learning how to teach groups and individuals, how to provide a safe training area and how to assess when your trainees have achieved their outcomes.

The qualification will also give them an

- Introduction to the National Standard, planning sessions
- Delivery methods
- Conducting a Bike, Helmet and Clothing check
- Evaluating the session, providing feedback and motivation.
- Managing groups effectively.
- Conducting effective risk assessment.
- Safeguarding children and vulnerable adults.
- Signposting trainees to further cycling opportunities.

- One-to-one feedback from an experienced tutor

Have you considered other sources of funding and whether the project can be used to leverage further funding from elsewhere (please specify funding sources)?

Yes, we are looking at applying also to Sport England and other funders through the 'Big Lottery' to further strengthen the project and work with other groups in collaboration by sharing resources' and expertise.

What resources will be required?

	£
- Capital	3,900
- Running costs	1,960
- People power volunteers	2,129

Amount required from LIF £5,860

** £5K Allocated by Ward Councillors!*

Capital & Running costs include: -

Item	Unit Cost	Total
Samba 'Locking' Mini-Goal, 12 x 6ft	£137.80 x 6	£826.80
Samba trainer goals, 8 x 4ft	£ 66.28 x 2	£132.56
Central 'Pop-Up' goals, 6 x 3ft per set	£ 47.37 x 1	£ 47.37
Training footballs, 10balls + ball bag, sizes 5,4 &3	£ 86.49 x 4	£345.96
Football bibs, 2 sizes (jr & yth) 4 colours	£ 2.50 x 40	£100.00
Banners (promotion / advertising / information)	£150.00 x 2	£300.00
Multi-Markers 40 in a set	£ 19.04 x 2	£ 38.08
Marker saucers, 100 markers in a set	£ 18.67 x 1	£ 18.67
8 Telescopic poles with spike attachment & bag	£ 75.79 x 1	£ 75.79
Respect Barrier, 60m long	£ 67.14 x 2	£134.28
External & Internal building paint & brushes (Community centre refurbishment)	£200.00 x 1	£200.00
Ball cabinet (hold all items secure, stored in the community centre)	£340.49 x 1	£340.49
Administration / Registration (1 person x £10per session x 12 weeks)	£10 x 1 x 12	£120.00
Fitness Coach (1 coach x £10per hour x 12 weeks)	£10 x 1 x 12	£120.00

Lead Football Coach L2 + (1 coach x 24 hours x £20per hour)	£20 x 1 x 24	£480.00
Assistant Coaches L1 (3 coaches' x 24 hours x £1-per hour)	£10 x 3 x 24	£720.00
Cycling Instructors	£20 x 2 x 24	£960.00
Cycling Instructors Courses (Up to 2 participants)	£450 x 2	£900.00
Total		£5860.00

Have you got any match funding – in cash or in kind?

Facility area in kind = £ 240

Marketing of the project = £ 200

Volunteers 8 volunteers' x 2 hours x 12weeks x £11.09p/hr =£2129.28

Total =£2569.28

Contact person for proposal

NameHarjinder S. Jheet.

Telephone07540 987268

E-mailharj210@gmail.com

Which residents or community groups was the proposal discussed with and when (please give details of any meetings and which councillors attended)?

'Diamonds Sparklers' LIF application presentation made at the Handsworth Wood Ward Meeting to ward councillors and members of the public on Tuesday 4th July 2017@ Handsworth Fire Station.

Discussed at

Ward meeting Handsworth Wood Ward Meeting Tuesday 4th July 2017@ Handsworth Fire Station.

Date Tuesday 4th July 2017@ Handsworth Fire Station.

Signatures of all 3 Ward Councillors

Name Councillor Kooner

Signature

Date

30/8/2017

Name Councillor Attwal

Signature

Date

30/8/17

Name Councillor Hamilton

Signature

Date

29/8/2017

Internal use only

Received: Date

Go to Cabinet Committee – Local Leadership for decision: Date

Approved

Yes	
No	