

# Leisure and Sport Services

## Annual Report 2015/16

### Overview from Head of Service

The Leisure and Sport Service faced a number of challenges in 2015 and yet produced another successful year.

Lochee closed in May 2015 for maintenance and refurbishment works and didn't open again until March 2016. This caused great inconvenience for local people and our staff who manage the Leisureactive Membership Scheme; and St. Paul's swimming pool had a 13 week unplanned closure due to damage to the 'pool liner'. Technical problems were also experienced during the winter at the McTaggart Regional Gymnastics Centre and there was a 3 week closure at DIA for planned refurbishment work.

Despite all of the disruption, staff rose to the occasion and delivered strong performances across the service:

- 1,414,468 total attendances at Leisure and Sport Services
- Over 471,000 attendances at Olympia
- A combined 50,000 more visits to DIA and McTaggart compared to last year
- Positive income streams at almost all facilities resulting in another year of producing surplus
- Excellent in-roads made to increase the contribution to L&CD's charitable purposes and Dundee's Single Outcome Agreement



- Fundraising was sought to help support our work with Early Years' children through play. Some £30k was received to provide 'Play Rangers' in partnership with Aberlour.
- Macmillan Cancer Support awarded 3 years funding for our bid to become a Move More provider. This physical activity programme will benefit people affected by cancer.



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- Family Active became our third externally funded programme, which supports families living in poverty with health conditions. The Commonwealth Games Legacy and Spirit of 2012 Funds saw the potential to deliver significant benefit to families through this referral and support programme.
- The Active for Life scheme was redesigned to provide a more effective physical activity referral programme which better fits the needs of people with long-term health conditions.
- Leisure and Sport Service leads the Strathmartine Growth Mindset project. This work aims to help create the best environment, in both community and school, for young people to reach their potential. It is an inclusive project, of which we are proud to be a key contributor.
- 2015/16 saw DISC host 2 notable events helping to raise the profile of the city within Scotland and as a European sports tourism destination. Firstly, the European Ladies Indoor Hockey Championship took place in February to great acclaim from all those involved, including the European Governing Body. Secondly, March saw the BBC host its Active Academy, part of the Get Inspired initiative. Schools from all over Scotland attended and the BBC covered the lead up to, and the event itself on all its media platforms.
- 2015/16 also saw the Leisure and Sport Service become a ParkLives partner. This national physical activity scheme is supported by Coca-Cola and targets people who wish to increase their physical activity levels. All sessions are free and are organised in parks and open spaces. Dundee is one of only 10 areas in the UK and the second in Scotland to be involved in the programme.
- There have been many notable highlights throughout the year with regular events becoming more polished and popular:
  - Dundee's Sports Awards sparkled in the Caird Hall with many worthy winners.
  - Wild Lights and Christmas celebrations and Dreamnights were wonderfully well received by the public at Camperdown Wildlife Centre.
  - The Rotary Club's Swimathon gets bigger and better every year, this year raising over £30,000 for charity.
  - Our own Dance Shows play to packed houses providing a showcase for local talents.



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Our excellent results are down to the hard work and creativity of staff. Despite challenging financial and economic conditions and testing operational situations, the doors were kept open and great opportunities offered to people from Dundee and the wider area. Whether it be learning to swim, keeping fit, socialising with friends, recovering from illness or trying to beat a personal best, the Leisure and Sport staff made sure they were ready to help.

2015/16 was an outstanding year for the Leisure and Sport Service and 2016/17 is likely to be even better. We welcome Active Schools and Ancrum Outdoor Service and look forward to the great contributions both will make. We also plan to further invest into improving outcomes for the City's most disadvantaged people and communities, helping to support people on their journey to recovery and utilising our resources to support employability, tourism and Dundee's economy.

## Facts and Figures

Centre/Service	Attendance Figures		
	2013/14	2014/15	2015/16
Olympia	429,428	398,777	471,365
Lochee Swim & Leisure Centre	67,554	75,615	14,422
St. Paul's Swim & Sports Centre	54,018	49,152	48,757
Grove Swim & Sports Centre	54,117	47,186	57,359
DISC	174,907	180,205	178,624
Douglas Sports Centre	81,052	76,383	84,328
Lynch Sports Centre	55,105	54,455	58,348
Camperdown Wildlife Centre	81,884	88,215	91,249
Golf	57,114	53,916	53,828
Development	144,284	160,368	110,569
<b>Sub Total</b>	<b>1,199,463</b>	<b>1,184,272</b>	<b>1,168,849</b>
Dundee Ice Arena	N/A	121,376	146,920
McTaggart Regional Gymnastics Centre	65,303	74,513	98,699
<b>TOTAL</b>	<b>1,264,744</b>	<b>1,380,161</b>	<b>1,414,468</b>



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## Active for Life

The Leisure and Sport Service refreshed the GP referral exercise programme, Active for Life, in December 2015, targeted for people with long term health conditions. In the four months since the start of this improved programme, there have been 384 referrals from a variety of health professionals. Active for Life now offers a number of circuit and gym based classes and is free for eligible participants for 12 weeks. On completion of the first 12 weeks, they can continue to attend at a cost of £1 per class for a further 12 weeks.

During the initial 4 month period until the end of March, 313 referrals (81.5%) attended their initial consultation. This is approximately a 36% increase on the same period of the old programme in 2014/15. In this time there have been 2,804 attendances across all classes, including swimming.

Early results from initial and 3 month assessments indicate a general health benefit as a result of participation within the programme, with weight, body mass index and resting heart rate/blood pressure being reduced or maintained.

## Camperdown Wildlife Centre

The Wildlife Centre had another super year despite the drop in visitor numbers over the wet summer period.

Following a successful Zoo Inspection, the Centre was praised by the Inspection Team and the Licensing Committee for the improvements made and the high standard of Animal Welfare as well as the great quality learning experiences.



The Winter Wild Lights took a different direction this year and was successfully integrated into the Christmas Santa Experience. The joint Event generated over 2,000 attendances: visitor feed back was particularly positive through social media.

The beginning of March saw the arrival of a pair of European Wolves inhabiting an enclosure that had been empty since the sad demise of our two old wolves. These wolves have proved extremely popular and it hasn't taken them long to feel comfortable up next to the public. We're hoping to hear the pitter patter of tiny wolf cub paws next year.





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## DISC

Throughout the year DISC hosted both local club and international events including the European Ladies Indoor Hockey tournament. This prestigious event was held over the weekend of 19th to 21st February with 8 teams from around Europe competing. The tournament was well received by participants and organisers and there was excellent feedback from the European Governing body. This reflects well on the hosts Dundee Wanderers Hockey Club, the facility, its staff, Leisure and Culture Dundee and, of course, the city as a whole.



Wheelchair Rugby, Futsal and Bubble Ball have had regular sessions at DISC. We are now in discussion to host an international Futsal tournament in September 2016.

The BBC hosted a "Get Inspired" Active Academy on 18 March with 21 schools and over 400 pupils from all over Scotland in the 16+ age group taking part in taster sessions for 11 sports. There was a live radio broadcast Q&A session chaired by Sanjeev Kohli (comedian, writer & actor) with a panel of top sports personalities made up of Robbie Renwick (swimmer), Lesley McKenna (snowboarder) and Keelan Phillips (pro BMX rider) and was attended by a full house of 200 pupils.



## Douglas Sports Centre

Following last year's major capital investment into a new reception, staff room and activity room, the centre has had another positive year in terms of visitor numbers and improving services. There has been increased attendance in Leisureactive member visits and adult fitness sessions, generating 5,000 more attendances collectively over the previous year.

The cardiac rehabilitation, stroke and COPD classes continue to be very popular and a new structure has been created which has allowed referred clients to utilise the facilities for 12 weeks free of charge with a further 12 weeks at £1 per session. These changes have proved very popular and have shown in an increase in customer numbers.



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Additional services, including the brand new Nerf Wars event, which attracted 115 young people and 100 spectators on the day, and the Family Fun sessions have proved very successful and this will be repeated in the coming year.

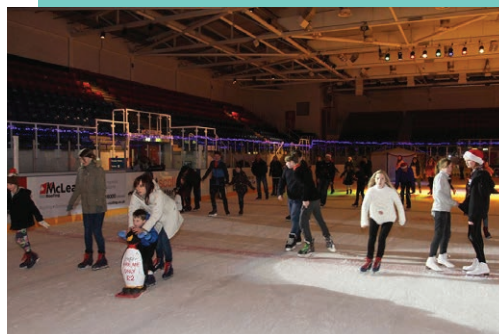


Additional facility improvements have continued this year with new flooring, seating and redecoration of the 10 changing rooms, a new changing area for staff and new signage throughout the building, including specific community engagement signage to encourage more positive communication with customers.

### Dundee Ice Arena

There were 64,359 general skater attendances for the year which was 2,000 down on the previous year and was due to a 23 day closure for maintenance. Attendances were actually 4% up when comparing skating days available.

During the year there were 10,134 participants in the national Learn to Skate programme which offers a pathway into the major skating activities.



7 of the top 10 UK Ladies Figure Skaters now train out of Dundee Ice Arena with Danielle Harrison the reigning Champion. Danielle was also voted young sportsperson of the year at the Dundee Sports Awards.

Figure Skating Coaching camps held at the arena were very successful and attracted skaters from around the world.





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Dundee Junior Curling club is now competing in national competitions and the under 14 team took 2nd place in the National Slam event.

Evening curling was at peak capacity and 5% up on last year

The senior Dundee Stars narrowly missed out on winning this year's Conference trophy but qualified for the National Playoffs.

Through live streaming of Ice Hockey games to North America and Europe there is a recognition that the city is home to a team competing in the elite UK hockey league.



Stars



Junior Stars

Junior Hockey is buoyant with good numbers at all age levels. Several club members are currently representing both Scotland and Great Britain and the structure in Dundee gives a clear pathway to Elite Hockey.

## Dundee Sports Awards

The 2015 Dundee Sports Awards, sponsored by Protecting People in Dundee, took place at the Caird Hall on Wednesday 24 February 2016. The event recognised and rewarded the achievements and commitment of local athletes, coaches, teams, clubs, schools and volunteers.



### The winners of the 12 award categories were:

- sportsotland & Cash for Kids Lifetime Commitment Award:  
Jim Kelly, Lochee Harp Football Club
- Dundee & Angus College Coach of the Year:  
Roy O'Kane, Kanzen Karate
- SportDundee Volunteer of the Year:  
Marilyn Gibson - Dundee Wanderers Hockey Club
- GA Engineering Community Coach of the Year:  
John Beatt, Dryburgh Community Football Club
- Dundee City Disability Sport  
Jenny Wood Allen Memorial Trophy:  
Jay Anderson - Dundee Dragons Wheelchair Sports Club
- Dundee Sportsman's Dinner  
Young Sports Person of the Year:  
Danielle Harrison - Dundee Ice Skating Club
- Autoecosse Sports Person of the Year:  
Mark Stewart - cycling
- Spree Book Tayside Young Team of the Year:  
Forfarshire Cricket Club Under 18 Team
- Dundee Academy of Sport Club of the Year:  
Dundee Dragons Wheelchair Sports Club
- Leisure and Culture Dundee Young Volunteer of the Year:  
Kacey McCabe, Clepington Primary School
- Abertay University Team of the Year:  
Dundee University Ladies Hockey Club 1st Team
- Dundee Academy of Sport  
School Sporting Achievement Award:  
Clepington Primary School



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## Eat Well Play Well Programme

More than two years into the project, significant success has been evidenced and it is pleasing to see community groups and leaders delivering the programme independently following a positive training programme. With over 1,000 attendances at the programme in 2015/16

behaviour change has been evaluated, with 83% reporting positive lifestyle changes post intervention. An increase is noted in parents expressing confidence in active play with their child and an increase is also noted in the consumption of a healthier more balanced diet following healthy eating advice at the sessions. There are currently 12 groups identified to continue the programme and take on the role of Eat Well Play Well champions.



## Family Active Programme

In 2015 LACD received a grant award from the Big Lottery through Spirit of 2012 as part of the Legacy Fund. This was used to design a programme to improve health, promote quality family time and increase physical activity for targeted families and ante-natal women who currently do not regularly access leisure facilities, primarily through affordable access to swimming.



The programme has been met with extremely positive feedback and LACD supports the family from point of referral through to encouragement to help increase activity levels. The programme has received endorsement from referrers as it begins to make demonstrable positive impacts with those families in need in Dundee.

## Funky Feet & Urban Moves Dance Programme

With a total of 16,705 attendances in 2015/16 it is clear LACD has Dundee dancing. The highly anticipated dance shows saw over 600 dancers take to the stage resulting in 3 fantastic sell out nights.



The dance development squads; Urban Moves Training Company and Urban Moves Dance Company, have been showcasing their dance talents at various events promoting the organisation and giving young dancers the opportunity to develop as strong performers. Some of the events where they performed were: Perth Dance Festival (Perth Concert Hall), Kilgraston School Sport Awards Ceremony, Volunteer Festival (City Square), Leisure and Sport Come & Try Event (City Square), Overgate Student Night (Overgate Centre), Scottish Dance Theatre's 'Great Big Dance Show' (Dundee Rep Theatre), 'Breakin Rules' performance (Dundee Rep Theatre), Crew's Battle performance (Fat Sam's night club, Dundee), Dundee Sports Awards (Caird Hall) and Active Schools' Dance Competition (Caird Hall).

A total of 14 learners completed and passed the SCQF Level 4 qualification in UK Dance Leader. The qualification is designed to give young people the opportunity to develop many life skills preparing them for the world of employment and/or further education by using dance as the medium. The course also supports participants to become volunteers within the programme.



Creative Scotland funded a new dance event for the city in October 2015, which was organised by LACD in partnership with Scottish Dance Theatre. 'Hip Hop Vibe' saw dance workshops delivered in various street dance styles for young people in the city. Special guest teacher Andy Instone from Urban Strides delivered at the event, which was a huge success with over 100 people taking part.



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## Golf

2015 was a difficult year in many respects for the golf service. Attendance continues to decline in line with the national trends for 18 hole courses. This, along with changes to our weather patterns creating drainage and maintenance issues combined with staffing challenges, has meant development plans stalled in 2015/16. However, there are positives for the 9 hole course at Caird Park which continues to attract increasing numbers, over 35% up on last year's attendance figures. The ladies 9 hole club is also thriving with over 40 members who regularly play on the course.

The coaching programme also continued to go from strength to strength through the summer season and the partnership with Barry Smith, Golf Professional, has seen a large number of ladies and juniors take up the game with additional help from our level 1 coaches.



For the first time there was junior coaching on our golf simulator over the winter, which proved very popular and the staff did a great job of keeping the juniors engaged and entertained.

Another partnership, this time with the Sports Turf Research Institute, has resulted in an improvement and development plan for all our courses which, when implemented, should result in immediate and sustained improvement to the courses.



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## Grove & St. Paul's Swim & Sports Centres

In November 2015, a staffing review was implemented providing greater opportunity for the local community to access new Aquatic programmes such as 1:1 swim lessons, Adult Swim Active, Youth Active Club and pool inflatable fun sessions.



The first Community Open Event at St. Paul's Swim & Sports Centre in June 2015 was extremely busy with approximately 900 attendees taking part in a wide mix of physical activities such as Badminton, Bubble Football and Family Swimming.

The second Community Open Event at Grove Swim & Sports Centre ran in January 2016 and attracted over 1,200 visitors from the local community. Customers engaged in Family Swimming, Multi Sport Play, Aquatic taster sessions and Bubble Football.



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## Holiday Activities

The holiday activities in 2015 were once again hugely popular. These are inclusive for all children from 4 months to 18 years of age. Camps are delivered across LACD facilities and there were many options including; multi-activity camps, dance, gymnastics, football, trampoline, aquatics, early years, athletics, junior golf, an ice camp, and a wildlife camp. There were over 9,800 attendances this year.

### FreeKickz Holiday Camp

Leisure and Culture Dundee, The Scottish FA, Academy of Sport and Dundee North East Youth Team (Douglas Community Centre), delivered the FreeKickz holiday programme at Craigie High School for a week long summer camp in July 2015.

20 children attended the week long camp, which involved Football training sessions, Beach Football tournaments, Swimming, Ice Skating, and even a trip to Camperdown Zoo. The players were identified through primary school head teachers as children who come from deprived social backgrounds who, without this support, would be unable to take part in a mainstream summer holiday programme. The identified children were also making the transition from Primary 7 to secondary school in the Craigie cluster. Funding was secured through The Academy of Sport. This funding provided the opportunity to supply a healthy breakfast and lunch each day, pay for the day trips and transport costs and gave us the chance to deliver the programme free of charge for the children. The Academy of Sport also delivered a Nutrition workshop to the children highlighting the importance of a healthy diet and keeping hydrated when taking part in sport.



### Come and Try Event

Dundee City Square was transformed into a multi-sport arena on Friday 7 August 2015 with fun activities for all the family, including hockey, football, tennis, golf, athletics, early years activities and dance which, were all offered free of charge and attracted well over 1,000 participants throughout the day.

The purpose of the event was to promote the wide range of services offered by Leisure and Culture Dundee including sport & swim centres, sports coaching, golf courses, Camperdown Wildlife Centre, Dundee Ice Arena and much more.



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## Leisureactive

It has been a complicated and challenging year for Leisureactive with the 10 month closure of Lochee Swim and Leisure Centre and the 3 month closure of St Paul's. This caused many members to either cancel or suspend their membership until the works were complete. Although these closures caused a small drop in membership when the work was taking place, the year finished with approximately 4,900 members, the same as the beginning of the year.

## Lochee Swim and Leisure Centre

During 2015/16, Lochee Swim & Leisure Centre has had a major refurbishment and upgrade. The centre was closed for the majority of the year and has undergone major structural changes, including construction of family friendly changing rooms as well as upgrading of the main entrance, reception, foyer, toilets and the disability changing facilities. Another newly designed area is the health suite with a contemporary sauna and steam room.



The renovation ran from 25 May 2015 to 14 March 2016 and the total cost was over £1 million. The picture shows Joe Fitzpatrick MSP, Councillor Alan Ross, Alan Rae (Trustee), Graham Wark, Bob McIntosh & Bob Duncan (Lord Provost & Chairperson) cutting the ribbon to officially re-open the centre to the public on Monday 14 March 2016.

The renovation has been warmly welcomed by Leisureactive members and also by the local community with many people commenting positively on the new changing facility and the general upgrade and design with one customer stating *"it's like a completely new facility and I love it"*.



All adult fitness classes and swimming lessons are back on track and there has been an impressive 4,000 customers through the doors in the 2 week period to 31 March.



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## Lynch Sports Centre

The centre has had another positive year in the local community with over 1,000 customer visits per week and over 55,000 in total. The centre provides over 40 weekly lets for participation football which helps some 400+ adults to keep fit and continue playing the game they love. The centre also provides a training venue for the local Dundee Dragons Wheelchair Sports Club on Saturday mornings. The club has had great success this year, winning the Club of the Year award at Dundee Sports Awards for the 2nd year in a row.

## McTaggart Regional Gymnastics Centre

McTaggart has thrived this year with a full programme operating within the centre, resulting in an increase in footfall of over 30%. The Leisure and Culture Dundee gymnastics and trampoline coaching programme, designed to provide



opportunities for pre-school and primary age children to try gymnastics and feed into the club pathway, has grown through both term-time and holiday programmes. Birthday parties and family fun sessions have proven to be extremely popular and ensure that weekends are fully utilised within the centre when the Governing Body is not accessing the facility for performance gymnastics squads or coach education courses. A new primary school visit programme was introduced for Dundee Primary Schools which was a great success and Harris Academy pupils have been taking part in weekly PE sessions in the centre whilst their new school is being built. A new monthly session for children with autism and their families was also introduced into the centre. All of this on top of a full evening programme when clubs from throughout the Region access the centre for their training sessions.



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## Move More Dundee

In October 2015, Leisure and Culture Dundee started its partnership with Macmillan Cancer Support to deliver Move More Dundee. Move More Dundee is an exercise referral programme for people living with and beyond cancer. It offers people affected by cancer the option to attend 12 free sessions of circuit based activity classes, short introductory cancer walks, Gentle Movement classes or gardening. To date there has been 46 referrals from cancer health specialists with around a 50% referral uptake onto the programme.



Move More Dundee currently delivers 2 Move More walks and 3 Move More circuit classes. The next stage of the project is to start gardening and gentle movement classes towards the end of the summer. These activities, along with walking, are delivered through Macmillan volunteers. Without the volunteers giving up their spare time the programme could not be sustained.







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## Olympia

The new Flume enhancements were completed in 2015 and helped to keep the fun and thrill factor at Olympia. The pool has had state-of-the-art music and lighting effects installed in the Red Flume and new holographic images on the Green flume which can be changed to keep the experience lively, exciting and fresh.

Olympia had another successful year providing a top class competition venue:

### Galas accommodate

- Midlands Galas x 4 (including one x 50 metre event)
- 10 weekend events
- 5 Club Galas for Dundee City Aquatics/Menzieshill & Whitehall clubs/Blairgowrie Dolphins & Muirhead Minnows
- 2 Disability Galas Tayside Schools & Dundee Disability Sport Gala
- School Gala Events - Dundee High School and 2 other Tayside Schools
- Gala for Abertay University



### Special Events

- Scottish Water polo Championships (November 29)
- Rotary Club Swimathon (21 Feb) remains a must on the annual calendar and is getting bigger every year.

### Aquatic Tuition Programme

Again our tuition programme goes from strength to strength providing opportunities city wide for swimming tuition, from learner tots to potential aspiring aquatic athletes:



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### Aquatic Programme Weekly Stats - Currently providing

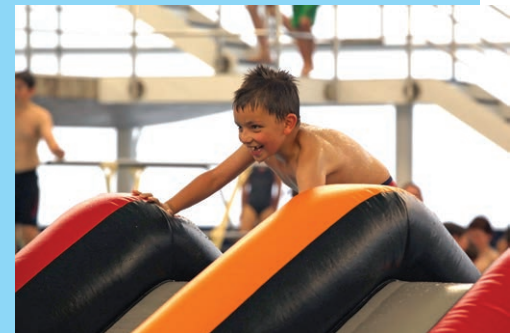
- 7 Adult and Child Learn To Swim Classes (for 6months - 3yrs)
- 74 Preschool Learn To Swim Classes (3-5yrs)
- 64 School Age Learn To Swim Classes
- Other classes include: Learn Synchro, Learn to Dive, Adult Learn To Swim and a Young Mums Group,
- Total 149 classes per week engaging with 750 participants

### Beach Lifeguards

- Lifeguards once again patrolled Broughty Ferry beach ensuring a safe swimming environment, even if they could do nothing about the weather!

### Birthday Parties - Inflatable Sessions

- 189 parties since April with 3,055 children experiencing our range of equipment from Inflatables/Aqua Jets/ Aqua Bikes.



### Holiday Programmes

- Popular Splash Camps and snorkelling, intensive lessons, inflatable sessions.

### Community Support

- Aquatics Team continues to support the Education Learn to Swim Programme for P6 children.

### Drowning Prevention Week - June

- Swim Teachers provided Craigowl and St. Andrew's Primary School with Children Water Safety workshops.





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## Positive Coaching Scotland

Leisure and Sport received funding from sportscotland to deliver a Positive Coaching Scotland programme across the city. PCS is a cultural change programme which educates and equips coaches, parents, club leaders, teachers and young people to create a positive environment, with the aim of reducing drop out levels and increasing participation and performance, as well as the development of life skills through sport.

In 2015/16, a total of 31 workshops were delivered by Leisure and Culture Dundee to 1,818 coaches, players and parents from numerous sports clubs in the city.

Dundee Hawkhill Harriers requested 2 workshops to be delivered to 50 potential new junior members. Following the workshops, which provided an insight into the culture of the club which focusses on encouragement and winning the right way, 47 of the 50 juniors joined the club and 3 parents signed up as volunteers. Leisure and Sport has embedded PCS into all participation and development programmes.

## Rugby

The first city-wide Rugby Development Officer post was established in November through a partnership between LACD and Scottish Rugby, to drive forward the new Dundee Rugby Strategy. Key progress to date includes the establishment of a Strategic Group and a Dundee Schools Rugby programme consisting of training and competitive game opportunities.

## Football

### Small Sided Games Growth

Football has continued to grow throughout 2015 which marked the fourth year of Leisure and Culture Dundee's Fun Fours season and small sided games support in the city. Over 360 youngsters participated at DISC over the March-November season and winter indoor 6 week programme. 2015 also saw the introduction of the Super 5's pathway and transition to 7's club support programme.

The coordinated football vision in Dundee has developed strong sustainable growth in our game in Dundee.

A successful school-to-club model delivered by Leisure and Culture Dundee, in partnership with our Scottish FA Quality Mark Clubs, has allowed us to manage club growth and retain more players and volunteers in the game. We have taken the successful format used at DISC





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on Saturday mornings and provided a comprehensive winter indoor programme across three sports centres involving over 150 players.

## Midnight League

There have been further developments with the Bank of Scotland Midnight League programme during 2015/16. Links were created with Craigie Community Sports Hub resulting in the programme being delivered on a week at the new 3G astro facility on Arbroath Road. This partnership links into Craigie High School and Dundee United Sports Club and has seen participation increase to 75-80 players aged between 12-16yrs.



## Playrangers

LACD has been working in partnership with Aberlour to deliver a play ranger programme in the city. Playrangers offer free play opportunities in local green spaces, making the most of the local environment. They encourage children to play freely and safely, whilst learning to manage risks and make choices about where, how and when to play. Playrangers support childcare providers and work in local communities year round, outdoors and in all weathers. The success of the programme depends on building positive relationships with children, parents, schools and community groups to encourage outdoor play. 135 sessions were delivered in the last 6 months of 2015/16 and plans are in place to extend the project and add to the positive outcomes achieved to date.



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## Sports Development Team

The Sports Development team was responsible for the delivery of 54 coach education courses with a total of 2,273 attendees, supporting the development of a range of coaches who work within the city.

Over £95,000 of External Funding was secured in 2015/16 to support the work of the Sports Development team including coach and athlete development, football, rugby and athletics projects.

## Key Role Played in the Development of Talented Athletes

Throughout the year, LACD has supported around 100 athletes with the potential to excel in sports through a range of weekly programmes and initiatives including the U12 and Under 14 Hockey Potential Squads, U12 and U14 Basketball Development Squads, free access to early morning training within the McTaggart Gymnastics Centre for a group of elite gymnasts, football skills centre, 2020 Development Squad and an S1 Development Squad. In addition, over 100 athletes attended the annual week-long Rising Stars Camp which was supported by the Dundee Academy of Sport. The programmes compliment the work and commitment of the athletes, their parents, coaches and clubs and we are proud that we have contributed to numerous athletes being selected for regional and national squads (6 and 9 athletes respectively), as well as the St. John's Academy Performance School for football (6 players) in the last year.

## Sport Relief Mile

Leisure and Culture Dundee organised the Sports Relief mile at Camperdown Park. Around 150 participants took part in 1, 3 or 6 mile race option. The event was supported by Dundee Hawkhill Harriers and Sainsbury's.





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## Extending Our Reach

### Working with Parents

The first Parent Early Education Partnership (PEEP) Progression Pathway for parents of pre-school children was delivered to families in Dundee. Eight parents completed the course and will gain an SQA Level 5 Award. It was a wonderful learning opportunity for all involved and a successful partnership between LACD, Adult Learning and Children and Families Service: we look forward to further development in the future.

### Strathmartine Growth Mindset Project

Growth mindset is an approach developed by world-renowned psychologist, Professor Carol Dweck. This mindset allows young people (and adults alike) to be open to challenges, see mistakes as part of the learning process and understand that talents and abilities are not fixed but can be developed through hard work. By having a growth mindset in a school, pupils are more likely to achieve their full potential.

As part of Winning Scotland Foundation's Scotland-wide growth mindset project, Leisure and Sport has been leading a pilot in the Strathmartine ward including the two high schools (St. Pauls and Baldrigon) and their feeder primary schools (St. Fergus, St. Andrews, St. Luke's & St. Matthews, St. Pius, St. Vincent's, Ardler, Craigowl, Sidlawview and Downfield). A key element of the project includes engaging with community organisations that have a role in the lives of children and young people.

Schools and nurseries have been including growth mindset into their own improvement plans and have developed their own creative ways to educate and instil a growth mindset culture among their pupils, teachers and parents. Community colleagues have also developed growth mindset environments to ensure a smooth transition for children, young people and families moving from education to community environments, such as sport clubs, uniformed groups, community organisations and further education.

International contacts have also been developed, particularly with Guernsey. This partnership will enable sharing of practice and resources and the opportunity for schools to twin allowing information exchanges with pupils. There is also the opportunity of international research partnerships between Stanford University, Abertay University and Strathclyde University which will be explored in the coming months. The connection with Stanford University may also present a twinning opportunity between Dundee schools and community organisations and with San Francisco based groups.