Case Study

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Leisure
Delivering services for South Lanarkshire Council

Project
Clearing Hurdles

Organisation
South Lanarkshire Leisure

Date
October 2006

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About the Organisation

South Lanarkshire Leisure manages the Clearing Hurdles project but the delivery is through a number of different organisations. These include NHS Lanarkshire, Healthy Valleys and the Outdoor Resource Base.

Project overview

The aim of the project is to engage 17-24 year olds in the South Lanarkshire area and encourage them to become more active and take part in sport and physical activity. Clearing Hurdles also aims to meet the three main principles of youth work, which are inclusion, active citizenship and lifelong learning.

The local NHS was the main driver behind the project initially. They recognised the poor health and well-being of young people in the area and the lack of provision for target groups, such as those with disabilities.

What has it achieved?

Over 4,500 young people have taken part in activities run by Clearing Hurdles. These include young people from the most deprived areas of South Lanarkshire, those with disabilities and those from BME communities.

Some 57 individuals have take part in coach education classes and gained NGB coaching certificates. These are for sports such as trampolining, netball, basketball, ice skating, swimming, football, gymnastics and rugby.

Young people with disabilities have also been given the opportunity to take part in sport and gain sports qualifications. One participant with a visual impairment has recently gained a National Pool Lifeguard qualification and is now employed as a disabled sports coach.

How did the project get people involved?

The project engaged with people through existing organisations such as Careers Scotland, Youth Learning Services (South Lanarkshire Council), Scottish Disability Sport and Healthy Valleys.

Healthy Valleys, one of the delivery organisations, provides childcare and pays for transport. This allows young parents and young people with low incomes and no transport to attend.

Were there any unexpected outcomes?

The project promoted activities for those with disabilities and were surprised at the demand for sessions. The project has started an additional weekend badminton club. Through this one of the members has now become the number one badminton player in Scotland and has been selected for the National Special Olympic Games to be held in Leicester in 2009.

There have been some issues with women only swimming sessions. Due to a lack of female staff some pools struggled to provide female only staff for these sessions which have been popular. By providing free swimming lessons for some of the female participants, it is hoped they will be able to train as National pool lifeguards and provide the poolside duties for the women only sessions.

The future…

All the activities delivered through the project are free but once the revenue funding stops then organisations will have to charge for activities in order to pay for staff and venues. There are no plans at the moment to apply for additional funding.

BIG LOTTERY FUND