

New Look Leisure Centres.

The first phase of improvements to the three leisure facilities which Carlisle Leisure operate on behalf of the Council has been completed. The quality of the facilities for customers has been greatly improved and a new 'corporate' colour scheme is being used in each facility to create a welcoming environment for customers.



The entrance foyer area at Keswick Leisure Pool shown above is now a much more welcoming place to use with the removal of glazed screens which enclosed the reception desk and 'shop' area. A new seating and vending area has been created and an automatic door provides easy access for wheelchair users.

Workington Swimming Pool.

The old, cramped and dated entrance foyer has been opened up to create a user friendly space providing better access to the pool changing rooms and viewing balcony.

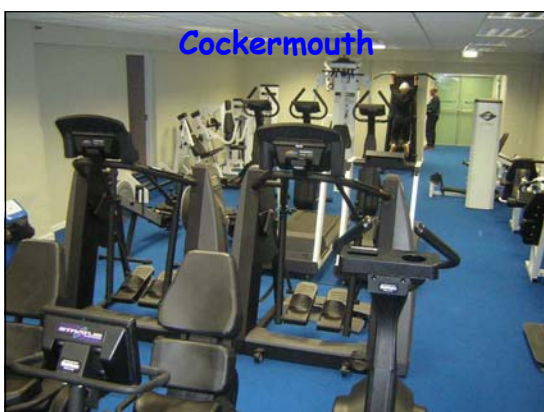
New decoration, seating, vending areas and flooring have created a modern feel to the area and automatic doors provide easy access for all users. Within the foyer the public toilets have also been refurbished.

The foyer leads into the newly refurbished pool changing rooms which benefit from new cubicles, lockers, flooring, toilets and showers.



Fitness Suite improvements.

The fitness suites at Cockermouth & Workington leisure centres have been refurbished and improved with new items of equipment, new carpets, new ceilings, lighting and air conditioning. The new facilities were officially opened by Councillor Derek Thompson, Mayor of Allerdale in November 2005.



Contact details:
Cockermouth.
01900 823 596.
Keswick.
017687 72760.
Workington.
01900 61771.



Parks and open spaces

Details from seminars attended by the Sport & Recreation Technical Officer with regards to the development and improvement of Allerdale parks and open space.

Parkforce.

Parkforce is a campaign designed to celebrate the role Parks Staff play in the success of their local communities, to inform the public on what Parks Staff do and to challenge local authorities to reinvent the way they fund and manage their parks. The aim is to ultimately see on-site staff caring for every significant urban park during daylight hours.

It has been proved that the use of onsite staff such as gardeners, wardens, educationalists, volunteers etc. can break down barriers to greater public usage of parks.

Problems which put people off using our parks, such as vandalism, dog fouling and poor maintenance can be addressed through use of onsite staff with a combination of skills.

Green Space.

Greenspace is a registered charity set up to help those committed to the planning, design, management and use of public parks and open spaces, and to highlight the immense benefits of quality parks and open spaces to communities.

Topics such as community involvement in parks, staff training and networking with other authorities and organisations were raised. Items for concern were future funding for the green space sector, vandalism and anti-social behaviour.

The most important and overriding concern was that the northwest region's greenspace practitioners work together to raise the profile of the sector both to the general public and politicians.

New York City.

The benefits of open Space in a densely populated urban area like NYC can't be taken for granted.

The City Council recognises this, and Parks Commissioners are on equal status to the Health and Police Departments. The US parks system generally has a much higher profile than here, and in New York especially, horticulture is a highly esteemed career.

There is a centralised training scheme for Park Rangers, and these, along with other parks staff help to create a return on investment in the Parks, and help also to build stewardship and ownership of these spaces. This has led to a reduction in vandalism and anti-social behaviour of 90% overall.

There is an emphasis on non-governmental funding, and looking for opportunities to do more with less, such as the use of Friends Groups.

The main points which came out of this seminar were:

- Reinvent the Parks - look at new ways of funding and management
- Get the staff back into the parks
- Encourage effective partnership working with other stakeholders and community groups, and in doing so raise the profile of parks and horticulture.

Wigton sports project.

The Sport & Recreation Unit is working with Wigton Town Council to progress plans to provide new sports facilities in Wigton which are greatly needed by the many teams and clubs based in the town and would also benefit the local community.

The proposed new facilities are :

- A floodlit all weather pitch.
- A new grass football pitch.
- An indoor bowls hall.
- Changing rooms.

A consultancy study will be commissioned in early 2006 and will identify the most suitable location for the facilities and advise on funding sources for the scheme.

The two sites to be considered are:

- Adjacent to Wigton Bowls Club on West Road.
 - Wigton Rugby Union Club on Lowmoor Road.
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ON THE MOVE PASSPORT M

Local young people who are registered on the 'On the Move Passport' scheme operated by Cumbria Outdoors have been taking part in the following free and reduced price sporting activities at the three Allerdale leisure facilities during the winter months.

- 10p swimming.
- Free racquet sports (Tennis, Squash, Racquet Ball, Table Tennis).
- Half price Christmas activity camps.

The main scheme runs from March to August each year and thanks to sponsorship from the Allerdale Youth Reserve the participants are able to continue taking part in regular physical activity all year round.

The young people are also able to use [Leisure Access Cards](#) (provided by Carlisle Leisure Ltd) which enables usage of all leisure facilities operated by Carlisle Leisure Limited (Allerdale and Carlisle) at half the normal price.



Participants used a video diary to give feedback on the main scheme.

What activities would you like to see next year?

Go-Karting, Ice Skating, More water activities, Using the Trains, Paintball, Basketball, More stuff in Workington.

Why do you want a Passport next year?

It's a good chance to get out & enjoy yourself.

So we don't turn into fat horrible slobs. It's cool!!

It helps with fitness and sport.

I couldn't afford to do the activities without a passport.

So I can make more friends and have fun.

What have you enjoyed about the Passport?

It's a new experience.

Making new friends — don't get lonely anymore.

Taking part in more activities.

Doing different things with my friends.

Enjoyed playing and trying new sports.

Have you had any problems with your Passport?

I couldn't be bothered but my friends helped me.

Drivers on the buses — not always letting us on.

Not being able to use the trains.

Collection my Urban Clickit — Golf was boring.

Other comments.

Fun at Hawse End — boring at home.

Enjoyed trying new food.

I was proud of climbing because I was scared of heights.

Enjoyed the Jetty Jump — made me feel proud.

Basketball.

Local Sport Development Officers with financial support from Cumbria Sport have ensured the future of Basketball is bright in Allerdale.

The first Allerdale U15 Central League was completed in December 2005. Three squads competed in the league after receiving 6 weeks of coaching at Cockermouth, Maryport and Workington.

The Central League was held at Netherhall Sports College, Southfield Tech College and Moorclose Sports Centre. The Maryport team dominated the 5 weeks of action, but the improvements made by the Cockermouth and Workington Teams were outstanding.

All partners involved are looking forward to the 2nd league which will begin at the end of Feb after a new 5 week block of coaching sessions.

With the playing standard increasing and a new team from Whitehaven joining the league, Basketball is now developing at great speed.

Maryport under 15 Basketball team



The Maryport team train on a Tuesday night at Netherhall Community Sports Centre, 4pm-5pm, £1 per session. A senior team will begin its first session on Friday Jan 20th, 7pm-8.30pm, same venue, £2 per session. Hopefully the adults will have the same success as the juniors.

The [Cockermouth](#) team train on Mondays from 5-6pm at Cockermouth Leisure Centre. 01900 823 596 and the [Workington](#) team train on Mondays from 6-7pm at Workington Leisure Centre. 01900 61771.

Online booking.

The Council is working with Carlisle Leisure Limited to implement an 'eGovernment' objective of enabling customers to book sport and leisure activities online. The facility will be introduced first at Keswick Leisure Pool and then developed at Cockermouth & Workington Leisure Centres.

As the leisure centres provide a wide range of classes, courses and sessions it will not be possible to book all activities through the system. It is hoped that online payment for bookings will be available in due course. Customers will be able to print off a receipt as proof of their booking/payment. The system will automatically update the booking records at the facility.

A new internet kiosk has been installed in Allerdale House reception to enable members of the public to access information if they do not have internet access at home.

It is proposed to install additional kiosks in the outlying Council offices.

New Sports Clubs for the Maryport area.

A new sports committee has been created at the newly established Netherhall Community Sports Centre to ensure new sports clubs are formed. The Community Sports Development Worker alongside staff from the centre are behind the project. The committee were formed in Dec 2005 and are currently completing financial bids to support two new clubs who started in Jan 2006, a third club is due to begin after Easter.

The newly created [Netherhall Eagles](#) Cheerleading team are coached by Krista Davies and train on a Tuesday night, 4pm-6pm.

A junior practice session is held on a Friday evening 4-5pm. Due to the requirements of the sport, try outs are held at the start of every season for new members to join the squad.

To register your interested email:

netherhall_eagles@yahoo.co.uk.

The newly created [Maryport Junior Basketball team](#) is coached by Jeff Dixon and train on a Tuesday night, 4pm-5pm. For ages 12-15 years old, new players are welcome.

Training takes place in Netherhall Community Sports Centre, £1 per session.

The [Maryport Senior Basketball team](#) for ages 16+ train on a Friday Night, 7pm-8.30pm. All players are welcome. Training takes place in Netherhall Community Sports Centre, £2 per session. In the future fixtures will be arranged.

Inclusive Sports Club

Once funding has been secured and equipment purchased, an Inclusive Sports Club will be established. The club will provide participation opportunities for Children aged 8- 16 who currently do not access any sports.

The sports committee will create a number of new clubs per year, with Badminton, Gymnastics and Trampoline planned for Year 2. If you are interested in joining this committee in any capacity please contact Chris Wright, 01900 813434 ext 243 or email c.wright@netherhall.cumbria.sch.uk.

Netherhall Multi Skills Club.

The Community Sports Development Worker has undertaken Athletic testing of all the year 6 pupils in the Maryport area. From the 180 tested, the top 30 performing pupils have been selected to attend the Netherhall Multi Skills Club. The sessions will be based on increasing their athletic potential by improving their fundamental skills e.g. hand-eye coordination, agility, balance, speed, endurance, power, accuracy, rhythm etc. Information will also be given regarding following a healthy lifestyle.

Following the success of last years programme, the multi skills concept will also be delivered in the Workington area. The SSCOs ([School, Sports Coordinators](#)) at Stainburn School and Southfield School are working together to deliver the athletic testing in the Workington area. Thirty children will then attend the Workington Multi Skills Club. During the first week of the summer holidays all the above athletes will then be invited to attend the Allerdale Multi Skills Academy held at Netherhall Sports College. The programme is designed to identify young gifted and talented athletes and ensure they are given every opportunity and support to reach their full athletic potential.

Local Nature Reserves (LNR's) in South Allerdale

Now in its final year, this [Big Lottery](#) and [Wildspace!](#) (English Nature) funded project has benefited South Allerdale's existing LNR's at Siddick Ponds and Harrington Reservoir. A further site, Maryport Harbour Coastal Grasslands, is also expected to be given LNR status in the near future.

LNR's are important because they place an emphasis on community involvement and environmental education, not to mention the normal conservation type activities you would expect at nature reserves. LNR's are located close to where people live, giving people easy access to nature and opportunities for quiet recreation.



Volunteers in action at Siddick Ponds.

The project is proving very popular with local schools and youth groups with over 160 local children having already visited these brilliant reserves. More school visits are planned in the near future so if your school or youth club would like to get involved please don't hesitate to get in touch, contact details are at the bottom of this article.

Examples of some school based activities include:

- [Bird watching.](#)
- [Designing leaflets and interpretation boards.](#)
- [Practical conservation e.g. scrub clearance and hay making.](#)

Students from Egremont even completed their Y10 work experience at Harrington.

Another LNR success story has been the involvement of volunteers and local residents, particularly those associated with each reserves '[Friends of](#)' group. Here both the '[Friends](#)' of Harrington Nature reserve' and '[Friends of Siddick Ponds](#)' have been hugely successful in attracting funding, promotion and of course the all important volunteering.

Harrington Reservoir

[Harrington Reservoir](#) is a gem of a nature reserve, located on the edge of Salterbeck and Brierydale and is perfectly placed for school based education.

This reserve is famous for its reservoir, a family favourite with its many ducks, swans and occasional wading bird. Look out for Kingfisher and Grey Heron.

The reserve is a patchwork of high quality habitats including meadows, scrub and woodland. The meadows are rich in wildlife, particularly butterflies, other insects and wild flowers.

Siddick Ponds

[Siddick Ponds](#) is larger and consists mainly of extensive reedbed and open water. Located behind Dunmail Park retail and leisure centre the reserve is accessible by car, bus and bicycle with the [Cycleway](#) passing through the reserve.

Look out for wintering wildfowl and occasional sightings of Otters in the winter. Many wintering birds have migrated from Arctic regions.

Summer breeding birds include Reed Warbler, Blackcap and Whitethroat that have made the journey north from Africa.

[Visit these nature reserves in early spring and you might be lucky and see migratory birds stop to feed and rest on their long journey.](#)

For more information about LNR's and how to get involved contact: Tim Lawrence on 01900 326521 or email: tim.lawrence@allerdale.gov.uk. LNR's are also highlighted on Allerdale Borough Councils website.

Rugby League Development

In a recent Rugby League competition the Allerdale Service Area has taken two top prizes.

Warrington finished first in the Service Area competition. Runners-up were Wigan & Leigh Service Area, [Allerdale & Carlisle Service Area](#) finished in third place. The winner of each category received a cheque for £300 and three bags of equipment. The runners-up in each category received two bags of equipment. Third place in each category received one bag of equipment.

Fifteen Rugby League Clubs from six Service Areas entered the competition. As follows - Bank Quay Bulls (Warrington), Burtonwood Bulldogs (Warrington), Clockface (St Helens), Crosfields (Warrington), Culcheth Eagles (Warrington), [Glasson Rangers \(Allerdale & Carlisle\)](#), Golborne Parkside (Wigan & Leigh), Latchford (Warrington), Leigh Miners Rangers (Wigan & Leigh), Rochdale Mayfield (Rochdale), Widnes Moorfield (Halton), Rylands Sharks (Warrington), West Bank Bears (Halton), Woolston Rec (Warrington), [Workington Town \(Allerdale & Carlisle\)](#).

What are Service Areas?

Service Areas are development groups defined by local authority or sports partnership boundaries depending on their geographic location. There are 12 Service Areas in the North West - Allerdale & Carlisle, Barrow & South Lakeland, Bolton, Copeland & Eden, Halton, Lancashire, Oldham, Rochdale, Salford, St Helens, Warrington, Wigan & Leigh.

The aim of Service Areas is to provide a structure which enables all groups within the Rugby League Community to work together, and in partnership with other agencies, towards common goals.

School to Club link competition.

The RFL recently invited Amateur Rugby League Clubs and Service Areas from across the North West to take part in a [School to Club](#) link competition. The purpose of the competition, which concluded on Friday 9th December 2005, was to promote partnership building between Rugby League clubs and schools.

A School to Club link can be used to kick start Rugby League activity in a school or to build on existing Rugby League activity available to young people in schools. The aim is to increase the proportion of children guided from schools to amateur rugby league clubs.

By creating a link between an amateur club and a school (primary or secondary) a partnership can be developed for the benefit of both organisations. Clubs can provide coaching support and Rugby League expertise to schools, while schools can signpost children into amateur clubs and agree to deliver Rugby League on the curriculum.

[Glasson Rangers ARLFC](#) are linked with:

Grasslot, St Patrick's in Maryport, Ewanrigg, Broughton Moor, Seaton Junior, Victoria Junior and Netherhall Sports College.

Chris Thair, the RFL's [North West Regional Development Manager](#), commented "

Through the hard work of everybody in the North West we have seen a rapid expansion in the schools game over the last few years and it is essential the amateur clubs capitalise on this. In 2002 we had 32 secondary schools and 102 teams playing in the North West, this season we have 128 schools and 510 secondary school teams playing Rugby League. We are now at unprecedented levels with the amount of young people experiencing the game of Rugby League in schools and we hope through this initiative the amateur clubs can use this to boost their membership."

[Workington Town](#) are linked with:

Netherhall Sports College, Cockermouth, Stainburn and Southfield secondary schools.

Figures relating to the club game, although rising, have not seen such a rapid growth as in the schools sector in the North West and the school-club link competition was used to help bring these two sectors closer together. Rugby League is a true family sport and with amateur clubs assisting in schools it is helping spread the game to further generations and become part of life to even more families. Amateur Rugby League Clubs are an integral part of community life and this competition is another initiative that highlights this.

Coach Education Programme 2006/2007

Allerdale Borough Council in partnership with Copeland Borough Council and Netherhall Specialist Sports College has confirmed the 2006/2007 programme of Coach Education . Thanks to generous funding from the Local Health Group more courses are available this year and at a lower cost.

Date	Course	Location	Cost	Contact
4,5,11 March	Hockey Level 1	Cleator Moor	£140	Mark Davidson
11,12 March. 22,23 April.	Basketball Level 2*	Netherhall	£99/£74.25	Chris Wright
6 April	ScUK Fundamentals	Whitehaven	£5	Kim Wilson
20 April	ScUK Coaching Disabled Performers	Whitehaven	£5	Kim Wilson
24 April	ScUK Good Practice & Child Protection	Netherhall	£5	Chris Wright
6 May	Children in Athletics*	Netherhall	£55/£41.25	Chris Wright
7 May	Athletics Level 1*	Netherhall	£55/£41.25	Chris Wright
14, 21 May	Rugby Union Level 1	Netherhall	£88.13	Barbara Scott.

For details of courses for the rest of 2006/07 please call Allerdale Sports Development Officer Rebecca Jackson on the number below.

Contact details.

Allerdale Sports development Officer, Allerdale Borough Council.

01900 326 354.

Kimberley Wilson. Sports development Officer, Copeland Borough Council.

01946 852 896.

Chris Wright. Community Sport Development Worker,
Netherhall School & Specialist Sports College.

01900 813 434.

Barbara Scott. Rugby Football Development.

01670 512 242.

Mark Davidson . Hockey Activator.

017683 72908.

Courses marked with an asterisk are available at a subsidised rate. This is only available to residents of Allerdale & Copeland in agreement that they must give 10 hours coaching back as determined by the Council.

Further details about the Sport & Recreation department are available on the Allerdale Borough Council web site under the 'Tourism & Leisure' and 'Sport & Leisure' links. www.allerdale.gov.uk
Contact Details.

Please note all Allerdale Borough Council telephone numbers will change in March 2005 and will be advertised.

Jim Crowe.	Sport & Recreation Manager.	01900 326 404	jim.crowe@allerdale.gov.uk
Rebecca Jackson	Sports Development Officer.	01900 326 357	rebecca.jackson@allerdale.gov.uk
Peter Haley	Leisure Partnership Officer.	01900 326 562	peter.haley@allerdale.gov.uk
Pat Joyce	Technical Officer, Leisure.	01900 326 324	pat.joyce@allerdale.gov.uk
Alan Davidson	Allerdale Rugby League Development Officer.	01900 326 257 07834 101 824	alan.davidson@allerdale.gov.uk
Neil Gregg	Cumbria Rugby League Development Officer.	01900 326 326 07764 627 103	neil.gregg@rfl.uk.com
Angela Meek	Admin Officer.	01900 326 320	angela.meek@allerdale.gov.uk
Chris Wright	Community Sports Development Worker. Netherhall School & Specialist Sports College.	0778 999 1774	c.wright@netherhall.cumbria.sch.uk
