

Special Autumn Supplement 2007



Edinburgh Leisure

Managing leisure and recreation facilities for the City of Edinburgh Council

Active Futures

Active Futures is a programme funded by The Big Lottery Fund and delivered by Edinburgh Leisure designed to get 17-24 year olds active.

Over the last year we have supported over 200 individuals to become more active through the delivery of a variety of programmes including trampolining, climbing, gym and multi-activity sessions across Edinburgh.

Currently we have the following 'free' programmes running

- **STREET FUNK DANCE CLASSES**
@ Sighthill Community Centre on Fridays 7.15 - 8.15pm
- **BASKETBALL SESSIONS**
@ Ainslie Park Leisure Centre on Sundays 6.00 - 8.00pm
- **GYM SESSIONS**
@ Meadowbank Sports Centre, Ainslie Park Leisure Centre, Jack Kane Centre and The Core at Wester Hailes Education Centre (for times please contact Claire Ferry on 0131 652 4356)

If you want to get involved in any of the above programmes or would like information on future programmes please contact Claire Ferry on 0131 652 4356, by email claireferry@edinburghleisure.co.uk, or by text 07935919347.

Quids in . . . Open All Hours opens this Autumn

Open All Hours starts back with a bang this month and across Edinburgh young people will get the chance to take part in a wide range of activities, hang out with their mates, access youth work support and have amazing new experiences all for only £1 per week.

Young People can try out new sports, fitness and dance classes, work out in the gym, surf the net, chill with their mates or do something totally different like making fruit smoothies or trying their hand at graffiti art. The action begins leisure centres across the city on weekend evenings from 7pm, phone the numbers listed below for more information or check out the website www.edinburghleisure.co.uk.

On Saturday, at Leith Victoria Swim Centre (4pm-6pm), a Girls Only Open All Hours session is available.

The activities here are chosen by girls for girls. Get along to meet other young women, get physically active and have fun in a boy free environment. If you are a young person with a disability or if you have additional support needs workers from FABB Scotland can assist you in participating in these activities sessions. Contact FABB directly (on 0131 475 2313) if you would like to chat about how to get involved with Open All Hours.



Open All Hours Timetable

Ainslie Park Leisure Centre	0131 551 2400	Friday	19.00-21.00
Crags Sports Centre	0131 667 3334	Friday	19.00-21.00
Craiglockhart Sports Centre	0131 443 0101	Saturday	19.00-21.00
Drumbrae Leisure Centre	0131 312 7957	Friday	19.00-21.00
Gracemount Leisure Centre	0131 658 1940	Friday	19.00-21.00
Jack Kane Sports Centre	0131 669 0404	Friday	19.00-21.00
Kirkliston Leisure Centre	0131 333 4700	Friday	19.00-21.00
Leith Victoria Swim Centre <i>Girls Only</i>	0131 555 4728	Saturday	16.00-18.00
Meadowbank Sports Centre	0131 661 5351	Friday	18.30-20.30
Portobello Swim Centre	0131 669 6888	Friday	19.00-21.00
Warrender Swim Centre	0131 447 0052	Friday	19.00-21.00

Please contact the site for more details or visit us at www.edinburghleisure.co.uk



OPEN ALL HOURS

Fast Forward Open All Hours Roadshows

A big thank you to Fast Forward who brought their amazing Alcohol Awareness road show to 11 Open All Hours sites earlier this year. We caught up with the Fast Forward team to ask them how it went ...

"Working in partnership with Edinburgh Leisure and Community Learning and Development, Fast Forward delivered another successful alcohol road show. The aim of the sessions was to help young people make informed decisions around alcohol, and to raise awareness of safety issues related to drinking."

"Activities at the road shows included a dry cocktail bar, (where young people participated in an alcohol themed quiz), beer goggles (which simulate being drunk and used to stimulate discussion), a film about street drinking made by young people from Edinburgh, and first aid practice."

The events were attended by over 200 young people between the ages of 10 and 17, and the Open All Hours team can't wait to have Fast Forward back in for more great work this coming term.



Sports Leaders can Lead The Way!

Are you a youth worker, leisure attendant or volunteer involved with Open All Hours?

Have you ever wanted to learn more about delivering sports and play activities?

Ever felt you needed to be more confident leading a group of young people in a sporting environment?

Ever thought you might like to develop your leadership, teamwork or public speaking skills or take the first steps towards becoming a qualified sports coach?

If you answered YES to any of these questions Edinburgh Leisure has a fantastic FREE opportunity for you. The Sports Leadership Level 1 Award course will be a fun, physically active learning experience taking place across ten Thursday evenings beginning in late October and running through until the end of the year. Some assessment for the course may take place during Open All Hours sessions on Friday evenings. For more information, to chat about the course or to book a place please contact Tommy George: Tel. 0131 652 4339 / 07734 944687 or email tommygeorge@edinburghleisure.co.uk

First places will go to staff directly involved in Open All Hours but other youth & children's workers who are interested are welcome to contact us about the options available to them. If there are free spaces they will be able to join the course or if there is sufficient demand we may be willing to run another course.

Get more info on the courses from www.bst.org.uk

These courses will be great fun and will involve lots of activities, lots of learning and some AMAZING experiences mixed in . . .

Don't miss out !



Say Hello to the Youth Team . . .

Interested in getting the young people you work with more physically active ?

Want to find out more about the great projects, programmes and services young people can access through Edinburgh Leisure ?

Want to know how sport and leisure can improve young peoples lives and encourage personal development ?

Edinburgh Leisure's Youth Team can help you find your way !



Health & Community Manager
Helen Macfarlane

helenmacfarlane@edinburghleisure.co.uk

Helen leads, manages and motivates the Edinburgh Leisure Health & Community team. This includes the youth team and a number of other workers looking after services for Older People and Communities. Helen works with the team to direct large areas of work, manage projects and ensure we are having a positive impact on the lives of young people in Edinburgh.

Youth Development Officer's
Shelagh Jackson & Tommy George

shelaghjackson@edinburghleisure.co.uk
tommygeorge@edinburghleisure.co.uk

Shelagh & Tommy are our full time Youth Development Officers. They are responsible for developing and delivering services that encourage more young people to become more active more often! Some of the interesting projects and services that Shelagh & Tommy are involved in include Open All Hours, the BAA Youth Games, Youth Coaching Edinburgh, Young Mums on the Move and many more! In recent weeks Shelagh has been smiling a lot in preparation for the Happy Parade (Friday September 21st) and Tommy has been looking forward to Open All Hours starting up again (Various Dates - September)!

Senior Development Officer
Perrotine Orr

perrotineorr@edinburghleisure.co.uk

Perrotine is new to the Health & Community team but is no stranger to Sport Development having very successfully led our popular Gymnastics programme for long enough to know what works for Children & Young People. This new post will work across and impact upon the work of the whole Sport & Service Development Team. Perrotine will lead corporate projects which will impact across the organisation, including our new youth leisure card for 11-17 year olds ... more news to come! She is also looking at expansion of our under 5's services and enhancement of our Schools links.

Youth Information Officer
Andrew McIntosh

andrewmcintosh@edinburghleisure.co.uk

Andrew is the Youth Teams own outreach service. A whirlwind of energy, bringing information on opportunities, a friendly ear for consultation and an enthusiasm for young peoples services to Youth Groups, Schools and Young People across the city. If you want to know what's going on for young people, need to find out more about how to access services or want someone to come and meet young people in your area get in touch.

Active Futures Project Coordinator
Claire Ferry

claireferry@edinburghleisure.co.uk

Claire's focus is on creating ten week programmes of activities for young people aged 17-24 who aren't as active as they'd like to be. Active Futures is a great new programme that is all about helping you to get active, get fit and stay healthy. We have staff available to ensure that Active Futures sessions are inclusive and that we can support disabled young people into mainstream physical activities. Get in touch with Claire to find out how young people at your youth group can become more active.

Youth Volunteer Worker
Stewart Roy

stewartroy@edinburghleisure.co.uk

Stewart encourages, enthuses and supports young people to take up volunteering opportunities in sport & leisure. Young People interested in pursuing a career in the industry, learning about coaching, developing their leadership skills or becoming involved in community sport should get in touch with Stew to find out more.

Youth Team Assistant
Currently Recruiting

Having recently said farewell (but not goodbye) to the lovely Abby Cameron (luckily for us Abby has not gone far - moving next door to become our Basketball Development Officer) the Youth Team are recruiting a new Youth Team Assistant as you read this!

More info in the next
Networks

All about . . . NRG Zone

Gym Sessions for 12-15 Year olds

Do the Young People you work with want a time and a place where they can get fit, work out and feel good . . . NRG Zone is the place for them to be! NRG Zone is a whole load of sessions for 12-15 year olds where they can hang out with their mates and design their own work out with the help of our fitness instructors. It's a chance for young people to plan their own workout and do it their own way! Our Health & Fitness specialists say . . .

"Young People can work up a sweat on the cardio equipment (that's the treadmill, bike, rower, cross trainer or stepper) or pump it using the weights, it's up to you. Being active and healthy changes more than just your looks; it's great for self esteem, keeping you healthy and it'll give you more energy.

Whatever your reasons for getting fit go for it, we're behind you 100%. Once you've come along to NRG Zone you can go through our 10 session accreditation scheme to check you've displayed maturity, competence and discipline to use the gym without the close

supervision the NRG Zone sessions provides. Once you've done that you're free to come to the gym when it suits you, not just in NRG Zone sessions".

An NRG Zone Gym Visit costs £2.60 but if you're coming along regularly, it might be worth considering the junior membership option which costs £16 per month paid by direct debit.



Volleyball Opportunities

I am Erik Milowski, the Volleyball Development Officer for Edinburgh Leisure. My main priorities of work are to develop junior Volleyball and setting up of new structures and new clubs where children and young people can enjoy the sport within a sustainable pathway linked to the Edinburgh & Districts Volleyball Association and the Scottish Volleyball Association.

One of the main challenges is to recruit coaches/volunteers to run these clubs.

Therefore, I am running volleyball level 1 courses over two days in October 2007 and June 2008 - dates and venues to be confirmed! These courses are ideally suited for individuals who are interested in coaching the sport at an introductory level.

If you would like more information on volleyball opportunities please contact me on 07976 383674 or email: erikmilowski@edinburghleisure.co.uk

Timetable

Please contact site for times and availability before going along.

Ainslie Park Leisure Centre

0131 551 2400
Wed / Fri / Sat / Sun

Crags Sports Centre

0131 667 3334
Fri

Craiglockhart Sports Centre

0131 443 0101
Wed / Fri / Sun

Dalry Swim Centre

0131 313 3964
Fri

Drumbrae Leisure Centre

0131 312 7957
Wed / Fri / Sat / Sun

EICA, Ratho

0131 333 6333
Fri / Sun

Glenogle Swim Centre

0131 343 6376
Fri / Sun

Gracemount Leisure Centre

0131 658 1940
Fri / Sun

Leith Victoria Swim Centre

0131 555 4728
Mon / Fri

Meadowbank Sports Centre

0131 661 5351
Tue / Fri / Sun

Portobello Swim Centre

0131 669 6888
Fri / Sat / Sun

Queensferry High Recreation Centre

0131 319 3222
Sun

Royal Commonwealth Pool

0131 667 7211
Wed / Fri / Sun

Warrender Swim Centre

0131 447 0052
Fri / Sun

Please contact the site for more details or visit us at: www.edinburghleisure.co.uk

