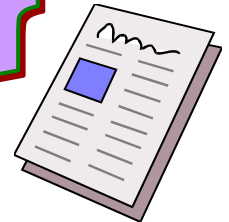


ACTIVE8-16 Newsletter

Welcome to the
first Official

ACTIVE8-16
Newsletter!

Autumn 2008



About **ACTIVE8-16** ...

Active 8-16 is a Physical Activity on Referral Initiative.

The main aim of the programme is to provide young people aged 8-16 who suffer with social, emotional and physical difficulties with an opportunity to take part in physical activity.

Young people referred to the programme receive 10 free sessions of a chosen sport or physical activity with an experienced and qualified coach.

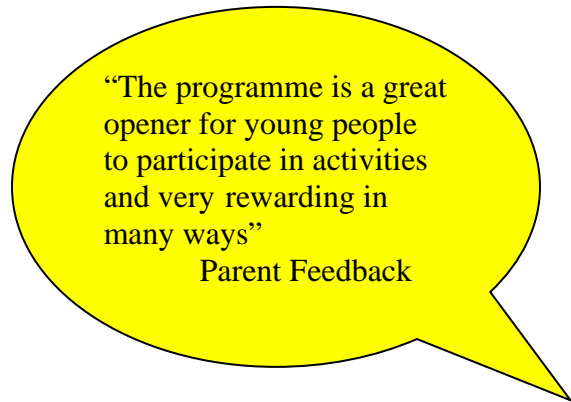
Young people are encouraged to take part beyond the referral period empowering them to take control of their health and well being.

Your Active 8-16 Co-ordinator:
Yen Leung

Flintshire County Council
Sports Development
County Hall
Mold
Flintshire
CH7 1TH

01352 702481

yen_leung@flintshire.gov.uk



“The programme is a great opener for young people to participate in activities and very rewarding in many ways”

Parent Feedback

Referral Partners

Young people are referred to the Active 8-16 programme through Child Health Professions.

These include:

Physiotherapists
Paediatric Dieticians
Occupational Therapists
School Nurses
Social Workers
Paediatricians
Behaviour Support Team
Youth Workers
Support Workers

If you would like to be involved in the programme as a Referral Partner or would like any information, please contact the Active 8-16 Co-ordinator.

**Current Activities available
through
ACTIVE8-16**

Swimming

Buckley, Flint, Connahs Quay, Holywell

Tae Kwon Do

Deeside and Holywell

Trampoline

Deeside

Multi-sport Activities

Flint

Fencing

Mold and Abergele

Junior Gym

Mold, Holywell, Flint, Deeside

The Active 8-16 programme works in partnership with Leisure Centres across Flintshire aiming to provide a wider range of opportunities for the young people referred on the programme.



Currently Active 8-16 is linking with other Community Clubs and Organisations across Flintshire.

If you are in a Club or Organisation and would like more information to be involved with this programme, please contact the Active 8-16 Co-ordinator on the details provided.

ACTIVE8-16 Case Study

Jack was referred to the Active 8-16 programme through his physiotherapist. Jack didn't have a very active lifestyle because of his weight issues, he also found it hard to mix with others as he is quite shy.

He chose swimming as an activity he wanted to take part in, his swimming ability was at beginners level.

Jack initially started one to one swimming sessions at Buckley Leisure Centre. After 5 one to one swimming sessions it was decided by the swimming instructor that he was ready to join a group swimming session providing he felt confident to join a group.

Jack decided to join the group sessions and continued to develop his swimming skills months after he had attended his sessions with Active 8-16.

Since then Jack had finished his swimming sessions achieving badges and certificates for his work. Jack, through the links with Active 8-16, is now currently is involved with a multi-sport activity club and has continued taking part in physical activity over a year after the Active 8-16 programme.

Active 8-16 is always looking at ways of improving the programme, if you would like to be part of the Active 8-16 Steering Group please contact the Co-ordinator on the contact details provided.

Steering Group

It was recognised that a Steering Group would benefit the programme in many ways. The new Active 8-16 Steering Group involves members from a variety of different professions. The main aim is to expand and improve the Active 8-16 programme, generating feedback and ideas from different members, discussing issues that are highlighted frequently within the programme.

