



Reds Connect

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Head of Participation & Health





MISSION

Reds in the Community provide inspiring, high quality inclusive programmes and initiatives. Harnessing the reach of Barnsley Football Club, we raise the aspirations of our community, supporting them through positive change.

AIMS

We deliver projects and activities aimed at

- | | |
|---|---|
| <ul style="list-style-type: none">• Improving physical and emotional health and wellbeing• Encouraging active, healthy lifestyles• Increasing participation in sport/exercise | <ul style="list-style-type: none">• Improving learning, skills and life chances• Tackle social isolation and loneliness• Enhancing community cohesion |
|---|---|



Reds Connect

Reds Connect creates new opportunities for local people in the Central Area to engage, participate and connect. It helps to address social isolation and loneliness, engender new relationships and enable local people to get active.

Reds Connect is an all-age approach that offers opportunities for men and women of all ages to engage in several activities designed to facilitate all.

Physical activity is at the heart of all sessions albeit gentle exercise, walking or a more energetic circuits of football activity. Reds Connect helps participants to reduce feelings of loneliness and social isolation by improving their physical health



AIMS & OUTCOMES

Aims

- To reduce social isolation and loneliness among local people
- To increase the number of local people in the Central Area participating in local activities
- To improve physical and emotional wellbeing

Outcomes

- Beneficiaries have improved emotional and physical wellbeing
- Beneficiaries are connecting, interacting and forging new friendships
- Beneficiaries are regularly participating in activity in their local area
- Beneficiaries are adopting and maintaining more active lifestyles

DELIVERY MODEL

- Weekly sessions spanning the day and evening
- Facilitated by our coaches
- All age approach

| SESSION | TARGET GROUP | DESCRIPTION |
|-----------------------------|--|--|
| Football / Walking Football | Men all ages | <ul style="list-style-type: none"> • Football plus warm-up & cool-down (1hr) • Group social • Wellbeing activities • Guest speakers |
| Walking | Open to all | <ul style="list-style-type: none"> • Meeting at different locations in the Central Area e.g. Worsborough Mill, Locke Park and Trans-Pennine Trail via a café where possible • Group social • Guest speakers/walkers |
| Exercise Class | Open to all | <ul style="list-style-type: none"> • All-ability exercise e.g. yoga, Zumba, strength/conditioning, Chair Aerobics etc (1hr) • Group social • Wellbeing activities • Guest speakers |
| Sporting Memories | Older people and older people with early onset dementia & carers | <ul style="list-style-type: none"> • Gentle exercise e.g. chair-based movements, basic circuits, etc • Brain stimulation activities e.g. word games, puzzles and strategy games (chess, draughts, etc) • Reminiscence activities using photos, memorabilia and artefacts to stimulate memories, experiences and stories • Group social • Wellbeing activities • Guest speakers |

Impact



1,386 attendances - engaged
101 unique users



Walking Football - 33 unique
participants



Sporting Memories 18 unique
participants



Exercise Session - 36 unique
participants



Walking Reds - 15 participants



Charity Golf event



4

Volunteers



Lunch Club



20

Celebration Event

Impact

- “My partner and I have been going to Sporting Memories for a while now he has dementia and I thought it would be good for both for his memory and for his social skills, it turns out that we have both benefitted from the weekly visits! We love the session each week I'm grateful for the stimulation Keith gets and the support with him it gives me”
- I enjoy attending the Tuesday evening sessions and look forward to it each week. The sessions have not only been of benefit from a physical perspective but have also had a positive impact on my mental well-being
- *After so many ups and downs mentally to now be exercising and chatting together has given everyone a huge boost.'*
- *the social side is fantastic to be able to go out, meet other people and exercise as a group rather than being alone.*





Should you like any further information about Reds Connect or our other programmes, please do not hesitate to get in touch:

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Thank you