

CCSO Update – October 2016

- **South East Regional Awards**

Thank you to everyone who made a nomination for an award. Unfortunately, there can only be seven winners. There is an article on the England Athletics website at <http://www.englandathletics.org/england-athletics-news/south-east-volunteer-award-winner-presentations-made>

Congratulations to:

Jill Slatter - Services to Athletics

City of Portsmouth - Club of the Year

David Millett - Coach of the Year

Kevin Battell - Volunteer of the Year

John Gill - Official of the Year

Love Running Tuesday Nighters / Jo Randall - Run England group of the Year

Run Kent - Project of the Year

Two of our winners went on to win a national award, so we should be very proud of Jo and her team at Love Running Tuesday Nighters who won the Run England group of the Year, and to David Millett, who won the Coach of the Year Award. Full details are [here](#)

There were some fantastic people, groups and clubs nominated this year.

- **BBC Unsung Hero Award**

We have been approached by the BBC Get Inspired team who have asked us to promote the BBC Get Inspired Unsung Hero Award. Please see website link below: <http://www.englandathletics.org/england-athletics-news/give-your-volunteers-a-chance-to-shine>

Entries close on **Sunday 23rd October**

- **#Run and Talk**

Lots of running clubs and groups took to the streets last week in support of Mental Health Day. During the week of 8th-14th October 2016 England Athletics, supported by Mind the mental health charity, encouraged people to #runandtalk to improve their mental wellbeing through running and to break down the stigma associated with mental health by getting people talking about it. There was an amazing response from around the country including a very successful evening put on by Fareham Crusaders <http://www.englandathletics.org/england-athletics-news/fareham-crusaders-runandtalk>

England Athletics will be supporting Time to Talk Day in late January/early February and encouraging more clubs and groups to get involved.

Interested in becoming a Mental Health Ambassador for your club?

[Click here for more information about the Mental Health Ambassador role.](#) We will be working with our ambassadors and providing support to work with their clubs/groups on variety of things including:

- Creating a mental health action plan for their club/group.

- Organising specific events or open evenings.
- Creating links with local mental health services/organisations.
- Sharing information on social media about #runandtalk and other related campaigns.
- Starting conversations about mental health.
- Sharing good news stories.
- Supporting leaders, coaches and other volunteers with relevant guidance on mental health.
- Volunteering through Mind and other organisations to support people experiencing mental health problems to start running.

England Athletics are committed to improving mental wellbeing through running. Our aim is to one day have a mental health ambassador in every club and group in England so that people experiencing mental health problems can access the benefits of running in a supported way.

[Click here to apply to become an ambassador.](#)

- **Runtogether**

Have you heard that RunTogether is replacing Run England? Run Leaders have been receiving Newsletters and have been attending Roadshows across the country. The next Roadshow in this area is on Wednesday 16th November at 7.30pm in Woking. If you would like to book a place, please click [here](#)

Can Clubs get involved? Absolutely. RunTogether Groups have been created to encourage more people to run with others, particularly beginner runners who (we know from our research) often don't see themselves as 'good enough' at running to join a club.

England Athletics encourages all running clubs to use the tools provided by RunTogether to set up groups to provide a starting point for new runners. If your club is interested in setting up a RunTogether Group, click below for instructions on how to do so.

[Set up a RunTogether Group Today](#)

You can read all about RunTogether and how you can get involved at <https://runtogether.co.uk/about/frequently-asked-questions/>

- **Coach Development Opportunities**

Coach development opportunities complement the formal coach education structure and keep you up to date with new methods and research.

Date	Workshop	Location	Tutor	Booking link
Saturday 22 nd October 10-4	Movement Skills Workshop 1	Guildford	Garry Power	http://www.ulearnathletics.com/moduleEvent/84064
Sunday 20 th	Movement Skills	Guildford	John Davis	http://www.ulearnathletics.com/moduleEvent/

November 10-4	Workshop 2			nt/84106
Sunday 4 th December 10-4	Movement Skills 1	Maidenhead	Garry Power	https://www.ulearnathletics.com/moduleEvent/84085
Sunday 12 th February 10-4	Movement Skills 2	Oxford	Garry Power	https://www.ulearnathletics.com/moduleEvent/84111
Sunday 19 th March	Throws Technical Day	TVAC, Eton	tbc	http://www.ulearnathletics.com/moduleEvent/84134
Sunday 19 th Match	Jumps Technical Day	TVAC	tbc	http://www.ulearnathletics.com/moduleEvent/84147

• **Coaching and Officiating Courses**

Course	Code	Date	Venue	Closing Date	Application process	Price for affiliated club members
Coaching Assistant	SC0987	29 and 30/10	Wyvern College, Fair Oak, Hants	14/10	To book online please click here	£185
Leader in Running Fitness	SC0993	20/11	Fleming Park LC, Eastleigh, Hants	4/11	To book online please click here	£140
Leader in Running Fitness	SC0988	4/2	Wyvern College, Fair Oak, Hants	20/1	To book online please click here	£140
Coaching Assistant	SC0989	4 and 5 /3 (2017)	Wyvern College, Fair Oak, Hants	17/2	To book online please click here	£185
Leader in Running Fitness	SC1050	11/12	Chartehouse Club Ltd, Godalming	25/11	To book online please click here	£140
Health and Safety	SO/0404FD	4/12	The Sports Academy, West Portway Business Park, Andover, SP10 3LF	18/11	Please use the course booking form	£10
Level 1	SO/0404FD	4/12	As above	18/11	Please	£30 to

Field					<u>use the course booking form</u>	include HS module (or £20)
Level 1 Starter's Assistant	SO/0404ST	4/12	As above	18/11	As above	As above
Level 1 Time Keeper	SO/0404TK	4/12	As above	18/11	As above	As above
Level 1 Track	SO/0404TR	4/2	As above	18/11	As above	As above

There are also plenty of courses in London and other areas
www.englandathletics.org/courses

- **Satellite Clubs**

Just a reminder that funding is available for affiliated clubs and RunTogether groups to set up satellite clubs to reduce waiting lists, arrange activity in a new area or target a specific community etc. We have also discovered that some clubs are already running "satellite groups" that we have been able to assist with funding for equipment or to help with coaching course fees. Or how about setting up a new group to train beginners for a Junior Park Run.

Please contact me to arrange a meeting or simply have a chat on the phone on 07968 498708.

- **Active Surrey Workshops**

Active Surrey have an ongoing programme of First Aid for Sport and Safeguarding Workshops plus a Positive Behaviour management Course scheduled for Friday 14th October from 12-3pm in Woking at <http://www.activesurrey.com/workshops>

- **Energise Me (Sport Hampshire and Isle of Wight) Workshops.**

Please see below a range of Energise Me workforce development courses and workshops now available for booking.

[scUK Getting Better, Better – 21st November, Winchester \(£25\)](#)

Explore the 10,000 hour rule, acquisition of memory skills and how to nurture ability to get the very best out of your athlete(s).

Torch Trophy Trust

Summary Bursaries of £100–£1000 are available to support volunteers in improving their skills as coaches or officials. 50% funding is available, and a governing body of sport letter of support is required. Telephone Angela Sasso on 020-7976 3900 or email angela.sasso@torchtrophytrust.org

- **Get Berkshire Active News**

Sports Education Week is running from 22nd-30th October for clubs, coaches and volunteers <http://getberkshireactive.org/5911/news/article/sports-education-week-2016/>

Bursaries are available for coaching courses <http://getberkshireactive.org/1428/get-into-coaching/coaching-bursary/>

You can contact me for support or for further information on any topic in the newsletter on 07968 498708 or cbenning@englandathletics.org

Club Matters Update

Welcome to your monthly progress update on [Sport England's Club Matters](#), along with attached content that you can use in your own club newsletters about Club Matters.

October Update

Our monthly Webinar series 'Club Matters navigation of tools and resources' continues to run and we are welcoming clubs to join these sessions.

- 10.30am – 12pm, Friday, 4th November 2016
- 10.30am – 12pm, Tuesday, 6th December 2016

If you, your colleagues or clubs would like to attend one of these monthly Webinar sessions, simply [click this link to sign up](#). Please note that to receive the details for the Webinar sign in, each attendee will need to register for the session from a separate Club Matters account.

We've created a new cash flow demo

We appreciate that managing the day-to-day finances can often seem a daunting or tedious task for your Clubs, however whether they are just starting out or have been running for decades, managing cash flow is essential to ensuring they remain sustainable. Our new [cash flow demo](#) provides an overview of what cash flow is and why it is so important for your Clubs.

Free promotion available for your clubs

The '[Catch up with clubs](#)' section of the Club Matters website are full of real-life stories from clubs and our new [Club Matters You Tube](#) channel also hosts a range of videos from clubs, CSPs and Club Matters all about how and why to access the resources. Each of these shows real life clubs sharing their experiences of Club Matters and how it has helped them to improve their club – we also have some [regular bloggers](#) who share their Club Matters story.

We are always keen to hear how your clubs are using Club Matters and the impact on their development. If you would be interested in sharing their success stories then do get in touch at clubmatters@sportengland.org and your clubs could be featuring on the Club Matters website to gain some free promotion.