

Sopwell Partners

May 2023

Active Local is Herts Sports Partnership's collaborative place-based initiative. It supports targeted communities in highlighting their strengths, whilst also responding to local need and identifying where support, intervention or extra capacity could help create a more joined-up approach to tackling inactivity.

Find out what's happening in Sopwell



Working in partnership with the respective district or borough council, Active Local will also involve those living and working in the target areas. This enables us to respond to local needs and targeting where support, intervention or extra capacity is needed to create a more joined-up approach to tackling inactivity.

By identifying needs and understanding relationships in the areas, this helps build a partnership between individuals and organisations that know their communities best. The aim is to develop communities where physical activity and sport is valued and accessible, particularly those with the least opportunity due to inequality.

Please find some updates and events that might be useful. Please do share across your networks and with your partners.

Steering Group

Herts Sports Partnership are in the process of setting up a Steering Group to help guide the Active Local project in Sopwell. The group will meet throughout the year and will consist of groups that work in the area or represent the local residents. The group will be lead by Callum Kwasnik, Sopwell, Active Local officer from Herts Sports Partnership.

Please contact Callum if you would like to join the Steering Group c.kwasnik@herts.ac.uk



May Half-Term Fit, Fed and Read



Fit, Fed and Read is a free multi-activity holiday camp for children aged 8 – 11 years in need of somewhere safe and fun to go during February half-term. Our camps are for children from low-economic or vulnerable backgrounds who may not have somewhere to go during the holidays. All our camps provide high quality sport, entertaining enrichment activities, as well as a nutritious, hot meal for each attending child.

The Sopwell camp takes place at Ascot Road Primary School and bookings are now open. Please email fitfedandread@herts.ac.uk for more information.

Moving More

Find out what gets you Moving More today with the Herts Sports Partnership 'Moving More' Activity Finder

The Activity Finder is the 'go to' hub for physical activity opportunities in Hertfordshire. With thousands of sessions uploaded by activity providers, find out what could get you Moving More, whether that means finding something local to you or from the comfort of your own home.

Are you a Physical Activity provider? Upload your sessions to the Activity Finder and take advantage of the FREE marketing tool.

Visit Moving More here <https://www.movingmore.co.uk/>



HSP Opportunities Fund

Herts Sports Partnership have just launched an Opportunities Fund to help support children in our Active Local areas in Hertfordshire access Sports Club opportunities throughout the coming year.

The fund is aimed at supporting children in our Active Local areas to join a local community club. There is up to £200 available per child which can be used towards membership and or equipment. It is recognised how beneficial attending clubs can be for a young persons social and emotional wellbeing and there can often be talented young people who are unable to reach their full potential, as a result of not being able to afford access to opportunities.

Please note that the club will have to apply on behalf of the child, who must live in Sopwell and the money will go directly to the club.

We would welcome your support on highlighting individuals or sports clubs and to help spread the word to your network about this opportunity. Please contact c.samways@herts.ac.uk for more information.



Strength and Balance Classes

Strength and Balance classes, in partnership with Herts Sports Partnership, are designed for individuals wanting to improve their strength and balance while learning new exercises to help maintain independence.

The classes are suitable for older adults who haven't exercised before or who have started to experience a decline in their physical activity. You can exercise at your own pace in a positive environment and meet others in your local community who are at a similar ability level.

The class takes place at **Cottonmill Community and Cycling Hub** every **Friday 2pm-3pm** and are completely **free**.

For more information email community@stevenagefcf.com and to book, please call **Nicki** on **01438 222222**.



More Information



Callum Kwasnik



Active Local Officer for Holywell and Sopwell



c.kwasnik@herts.ac.uk



[Moving More Activity Finder](#)

Active Local
herts sports partnership

Sopwell

Accessible, Affordable, Appropriate