

SCHOOL KIDS AND SUPERSTARS

FEBRUARY WELCOMED MULTIPLE SPORTING EVENTS TO THE CITY ALONGSIDE A RANGE OF SCHOOL HOLIDAY PROGRAMMES

I hope everyone has managed to keep to their resolutions and kept active?



Just six months on from launching our MCRactive BIG SIGN UP initiative, a scheme designed to improve the robustness of our data capture on casual users across leisure centres, I am pleased to confirm we already have over 23,000 cardholders signed up.

This will vastly improve our understanding of this important group and help us better target messages and programmes to influence behaviour change.

Thanks to all involved. Keep up the good work!



Following swiftly on from delivering the most successful Vault Manchester annual event, and the excitement of the HSBC UK National Track Championships, February continued where January left off, welcoming some fantastic, well-attended spectator events to the city in Cheerleading, Squash, BMX, Basketball and Netball.

Make sure you have signed up on MCRactive.com to receive monthly editions of MCRactive Voice, which will showcase what's on the horizon across Manchester (including tickets and details for such events) and reinforce why we have such a strong, established and enviable global reputation as a city of sport.



But clearly it's not all been about the elite performers and high-end of sport in Manchester, with February providing the first school half-term break and the chance to engage closely with local residents and families offering them inspiration and access to a wide-range of activities over the short week break, with something for everyone.

From dance, football, roller-skating, swimming and junior gym in Wythenshawe to all-day multi-sports camps on the Etihad Campus, and free swimming for all Manchester residents 16 and under - there really was #allsortstodo across Manchester.

This publication features just a handful of the multiple activities delivered by all last month and new introductions for February too.

ALL SORTS TO DO

Across half term, parks team delivered a range of exciting and diverse events, including but certainly not limited to;

Backwoods Cooking Survival Skills

Wednesday 21st
9am - 12pm at Platt Fields
1pm - 4pm at Debdale Park

Sunflower Planting and Plant Pot Design

Thursday 22nd February
1pm - 3pm at Debdale Park
Aviary

RSPB Bird Activity Day

Saturday 17th February 10am - 4pm at Debdale Park

Sunday 18th February 10am - 4pm at Platt Fields Park

Saturday 24th February 10am - 4pm at Birchfields Park

WINTER WILD CHALLENGE CHORLTON WATER PARK

On Thursday 22nd February, residents could start their Wild Challenge at our free Mersey Valley drop in events this half term! Those attending learnt more about winter wildlife and found out how they could get their garden ready to give nature a home this Spring.

The day also ran free nature discovery activities and how to make bird feeders to take home.

GET OUT GET ACTIVE

As part of the GOGA programme, which encourages disabled and non-disabled people to take part in sport and physical activity together, we're delighted to announce the launch of a weekly offer at Debdale outdoor water sports centre. The Active Families sessions starts on Saturday 3rd March, 1pm-2.30pm. The session provides opportunities for families to experience a wide range of activities such as kayaking, paddling and canoeing.

The first 3 weeks are **free** of charge, places will be given on a first-come-first-serve basis. For further info or to book please contact Nick on 07450346985 or n.alogba@manchester.gov.uk



Our Abraham Moss group had the opportunity to attend the GoFest event at the Regional Arena on Saturday 3rd February. The event was a great opportunity for our group to receive quality family friendly coaching in a range of sports and fitness classes. The event was well received by the group and are looking forward to the event returning in April and June this year.

GLL: SET TO SUPPORT 3,000 ATHLETES IN 2018

The GLL Sport Foundation is an athlete focused support programme providing athletes across the UK with tangible support to aid their sports performance.

Applications for athletes closed on the 20th February 2018 via www.gllsportfoundation.org



The projected three thousand athletes in 2018, marks a special milestone for the UK's largest independent athlete support programme as it will mark the programmes tenth year over which period it will have provided sixteen thousand athlete awards at a value of £9million.

With 74% of athletes being aged under twenty one and 87% of athletes receiving no other funding support, the impact of the Foundation is significant.

ARCADIA HEALTH CHECKS

At the end of January Arcadia hosted a health and fitness check day aimed at new and existing customers to give an insight into their general fitness levels and to encourage healthy eating and exercise. Over 50 people went through the health MOT process including blood pressure and BMI checks. It was such a success the centre will offer a blood pressure check to all customers on their sign up. The day also included fitness challenges to win a month's membership – whoever rowed the fastest 500m row won a free months membership. Well done to member Sarah Smith!



ARCADIA DAY 17TH FEBRUARY

Arcadia Day celebrated Arcadia Library and Leisure Centre's 2nd year of opening. The library and leisure centre provided a range of activities to take part in ranging from circus skills, yoga and fundraising activities for charities. The Lord Major of Manchester will also drop by and see the fantastic community spirit that centre supports and help flourish. Why not come along and join in the fun.

WOMEN ONLY MONDAY'S



January 2018 has seen the launch of Women only swimming, steam room and sauna on Monday's 8pm – 10pm. This was introduced after customer demand from meet the manager session at the centre. The centre welcomed 35 women on the launch night and had grown to 70 women by the end of January. Why not come along and start your week off with some of your own health and wellbeing time.

Try something new for International Women's Day!

Celebrate International Women's Day – 8th March 2018 by trying something new! Many women let fear of judgement stand in the way of trying sport and physical activity.



Get some tips on how to get started at www.manchestergirlscan.co.uk and follow us @mcrgirlscan. Try running, swimming, cycling or something more adventurous like canoeing or climbing! #thisgirlcan

MANCHESTER GIRLS CAN

Over 1,000 visits have now been made to Manchester Girls Can sessions across the city. Sessions have included yoga for 'at risk' women at a drop-in centre in Hulme and exercise classes engaging mainly Muslim women in Whalley Range. Most of the Manchester Girls Can sessions take place in primary schools for school mums who have chosen their own activities. Schools have identified some fantastic additional benefits as a result of the This Girl Can sessions:



The project has been excellent for involving our Asian mums who haven't been involved in these type of things before. (Jeff – Deputy Head - Green End).

"School is becoming more open with the wider community and parents are speaking more freely to staff and girls are attending the after-school mum-and-daughter sessions, who have never attended after-school clubs before". (Russ – teacher – St Agnes)

NORTH CITY FAMILY & FITNESS LIFESAVING GALA



On Friday 19th January 2018, North City Family and Fitness Centre hosted a club trial gala for Broadway Lifesaving Club. A total of 49 children attended and participated in the event. The three hour event put children through their paces and was enjoyed by all.

FITNESS CLASS OPEN DAY

On Saturday 28th January 2017, North City Family and Fitness Centre hosted a Fitness Class Open Day. A variety of different fitness classes were put on for members and non-members to attend and try for absolutely free. A total of over 96 people attended the fitness classes throughout the day.



OVER 50'S

In the first week of January North City Family and Fitness Centre re-launched the 50+ program throughout the week. New equipment has been purchased for the group and different instructors are taking lessons who also stay around and join the group for teas and coffees after. The offering for 50+ now is over 3 days and includes the gym and fitness classes too.



On Friday the 5th Jan 2018, we had a Bring a Friend day for 50+ in which customers could bring a friend to try for free.

SWIMATHON 2018

Swimathon takes place Friday 27th April – Sunday 29th April in your local Better Leisure Centres with distances from 400 meters to 5K. Challenge yourself by swimming solo or as part of a team with 2 – 5 people whilst fundraising for Cancer Research UK and Marie Curie.

Enter now at www.Swimathon.Org



OLD HEDGEROW COMPLETE

In January the Friends of Chorlton Meadows have successfully completed laying an old hedgerow on Hawthorn Lane at Ivy Green Local Nature Reserve. This is a traditional woodland management technique that will prolong the life of the hedge and sustain an important habitat for wildlife. It will also improve access on the pathway and open up light to the area. Great work guys!



BETTER SUPPORT CANCER RESEARCH UK

Better are supporting Cancer Research UK with a number of fund raising events in local leisure centre. Cancer Research UK's life-saving work relies on the public's support. Thanks to the generosity of its supporters, the charity was able to spend over £28million last year in the North West on some of the UK's leading scientific and clinical research - helping more men, women and children survive. Keep a look out for fundraising events coming to your local leisure centre.