

ABERDEEN CITY COUNCIL

ALEO – ANNUAL REPORT 2022/23

ORGANISATION:	Sport Aberdeen
REPORT COMPLETED BY:	Alistair Robertson, Managing Director
DATE:	September 2023

SECTION 1 - Outcomes and outputs

Please provide a qualitative summary of outcomes, outputs, activities undertaken and progress made to date:

Awards and Accreditations Achieved During 2022/23

Awards Success

- **Northern Star Business Awards 2022 – Sport Aberdeen**
Winner in the Making a Difference category
- **Elevator Awards 2022 – Sport Aberdeen**
Winner in the Community Impact category
- **Celebrate Aberdeen Awards 2022 – Bob Thow, Volunteer**
Winner in Volunteer of the Year category
- **Celebrate Aberdeen Awards 2022 – WeToo! and Sport Aberdeen**
Winner in Team of the Year category
- **SME News – UK Enterprise Awards – Sport Aberdeen**
Winner in Best Community Sports and Leisure Provider
- **ukactive Awards 2022 – Sport Aberdeen**
Highly commended in Healthy Communities category
- **Social Prescribing Network Awards 2022 – SPACE Project**
Finalist in Best Children and Young People Social Prescribing Project category
- **The Herald and GenAnalytics Diversity Awards 2022**
Finalist in Diversity in Sport category
- **The Society Awards 2022 – Sport Aberdeen**
Finalist in Health and Wellbeing category
- **Scottish Leisure Network Awards 2022 – Get active @ Northfield**
Finalist in Facility of the year category
- **Northern Star Business Awards 2022 – Craig Roberts, HR Business Partner**
Finalist in Rising Star category

Accreditations

- Achieved Gold status of the Ministry of Defence’s Armed Forces Employer Recognition Scheme

Key Objectives - The Six Ps

Based on the Sport Aberdeen Business Plan 2022-23, the following summarises the key achievements under each of the five Ps detailed in the plan. A further key objective ‘Planet’ was introduced in early 2023 and some key metrics relating to this objective are also highlighted below.

Participation

To create opportunities for participation in sport and physical activity for everyone in Aberdeen, focusing on assisting the least active to become more active.

- Over 2 million recorded visits to citywide venues (where recording possible)
- 11,664 members at March 31st, 2023
- 7,000 weekly participants in lessons and coached programmes
- 3,520 Get active for Less participants
- 1,423 P4 swimming participants
- 668 Older adult (age 65+) members
- 753 aquatics classes per week
- 1,034 coached programmes delivered per week
- 81% increase in members across priority neighbourhood areas, Northfield, Mastrick and Sheddocksley
- 112,640 rounds of golf played
- 13% growth in membership base
- Membership in priority SIMD areas increase of c.5.5%
- Members are 8% more active than in April 2022
- 95 participants at Active Schools festivals for children with additional support needs
- 1,745 pupils completed Bikeability Level 2 cycling training
- 100% of primary schools received Bikeability through Adventure Aberdeen
- 6 participants in new Aquaphobia classes
- £191,000 investment secured to develop community sports hubs
- £10,000 funding secured to fund Trishaw to deliver Cycling Without Age
- 25 members of Special Olympics GB Winter Games team supported
- 23,596 Active Lifestyles Programme participants
- 300 new Active Lifestyle Referral Programme referrals received
- 4,313 participants in Active Lifestyles Referral Programme
- 600 hours of 1-2-1 interventions delivered to SPACE participants
- 100% of young people said SPACE helped to encourage their enjoyment of sport and physical activity
- 100% of young people said SPACE helped to improve their mental wellbeing
- 76% of young people attended meetings with their project activator in 2022/2023
- 73% of young people said SPACE improved their self- confidence
- 28 care experienced young people were funded through the Learn to Swim programme
- 744 memberships were provided to care experienced young people and their families
- 120 supported young people memberships provided
- £177,900 'in-kind' investment made to support care experienced young people and their families

Places

To strategically invest in Sport Aberdeen's venues, providing modern, welcoming places to take part in sport and physical activity.

- £4.8 million redevelopment of Get active @ Northfield completed
- Over £300,000 invested by Sport Aberdeen and Aberdeen City Council for Dyce Library transformation
- 4 venues joined Aberdeen City Council's warm spaces programme
- 5 fitness venues enhanced and improved
- £114,000 additional investment in golf course improvements
- £980,000 in golf course maintenance
- £18,000 football pitch improvements at Get active @ Sheddocksley
- £120,000 in funding generated to improve Garthdee 3G Football Pitch
- £30,000 investment in ski slope matting upgrades

Partnerships

To build external relationships and work in partnership across all sectors focusing on improving health and wellbeing outcomes for the people of Aberdeen.

- 12 years of successful partnership working with Aberdeen City Council
- 90 children engaged in ProActive Minds Knowledge Transfer Partnership with Glasgow Caledonian University
- Health and wellbeing partnership agreed with The Archie Foundation
- Free access provided to 3G pitches through Dennis Law Legacy Trust partnership
- £850,000 in funding secured from **sportscotland** for 7 new EDI focused staff
- Kit for All launched in Aberdeen (**sportscotland** partnership)
- 107 festivals delivered by Active Schools (**sportscotland** partnership)
- 165 Active Schools extracurricular clubs in priority neighbourhoods (**sportscotland** partnership)
- 32 children participated in the Rock Up and Ride pilot programme (Scottish Cycling Partnership)
- 32 rugby teams participate in the Saltire Energy Caledonia Cup youth finals day at Get active @ Sheddocksley
- Scottish Association for Mental Health (SAMH) Physical Activity and Sport Charter signed

Notable partnerships over the course of the year include the following:

- **Active Aberdeen Partnership (AAP)** - providing leadership and a step change in the sporting ambition and aspiration within Aberdeen by harnessing all the key stakeholders in a cohesive strategic partnership;
- **sportscotland** - new four-year partnership agreement to provide funding for the delivery of Active Schools and community sport hubs programmes, with further investment awarded to Sport Aberdeen to support an increased focus on equality, diversity and inclusion for both programmes;
- **Scottish Swimming** – provides the licence agreement for the use of the Scottish Swimming Learn to Swim Framework as well as advice, support and continuing professional development (CPD) for aquatics teachers;
- **Grounds Maintenance** – a partnership with idverde, delivered under an outcome performance framework for high quality grounds maintenance activities and an investment strategy for outdoor sports facilities;
- **Supported Physical Activity for Care Experienced (SPACE)** – delivered in conjunction with Aberdeen City Council, the programme uses sport and physical activity opportunities for care experienced children and young people, with Sport Aberdeen acting as the ‘corporate leisure parent’
- **ClubSport Aberdeen** – Sport Aberdeen provides in-kind support and advice to the voluntary ClubSport board to ensure they can achieve their vision of “...providing a unified voice for sport clubs in Aberdeen...” and achieve key strategic objectives to support 70+ affiliated voluntary sports clubs and associations. The current reach of ClubSport Aberdeen is over 20,000 participants and volunteers.
- **Armed Forces Covenant** - supporting those who serve or have served and their families through employment opportunities.
- **Cycling UK** – As Scotland Cycle Repair scheme providers, Adventure Aberdeen offers free bike maintenance to those at need within the city.
- **SAMH Mental Health Charter** – Signatories to Scotland’s Mental Health Charter for Physical Activity and Sport aim to improve equality and reduce discrimination for anyone struggling with their mental health.
- **Scottish Disability Sport and Grampian Disability Sport** – partnering to provide opportunities and break down barriers for those with disabilities.
- **Leisure Link Partnership** – cross membership partnership allowing members in partner trusts to use their Sport Aberdeen membership to access leisure facilities whilst visiting other areas of Scotland.
- **Developing the Young Workforce** – Partnering to provide employment opportunities (see People section).
- **Further/Higher Education - University of Aberdeen / North East Scotland College / RGU** – providing placement and internship opportunities and pathways to employment.

- **Glasgow Caledonian University / Wood Foundation** – Knowledge transfer partnership (KTP) with Glasgow Caledonian University to create ProActive Minds programme of work primarily supporting early intervention and preventative measures specific to mental wellbeing. This is the first model of its kind, focused on social change, with Sport Aberdeen leading the way.
- **Archie Foundation** – providing fundraising support and free memberships for families staying in the residential unit to support their physical and mental health and wellbeing.
- **Mears** - providing heavily discounted fitness memberships to Mears Group, so that asylum seekers in their residential hotels have access to local gyms and swimming pools to support their physical and mental health and wellbeing.
- **Searchlight Scotland** – Providing free memberships to service users who have experienced human trafficking and abuse to support their physical and mental health and wellbeing.
- **Kit for All** – a **sportscotland** initiative to reduce and remove participation barriers by providing recycled and pre-loved sports kits to individuals and families who could benefit from the support.
- **Bon Accord Care** – partnering on specific projects to support the health and wellbeing of older adults such as the Stand Up To Falls campaign.

The charity has continued close working relationships with a number of health and wellbeing partners, including:

- Aberdeen City Health and Social Care Partnership
- NHS Grampian
- Paths for All
- Cycling Without Age
- Parkinson's UK
- MS Society
- Maggie's Centre

We have also maintained links with several key industry networking groups:

- Chartered Institute for Management of Sport and Physical Activity (CIMSPA)
- Scottish Leisure Networking Group
- Community Leisure UK
- ukactive
- Golf Club Managers Association

People

To invest in the personal and professional development of our employees and volunteers, as the 'employer of choice' for those seeking a career in sport and physical activity in Aberdeen.

- 12,231 hours volunteered by Active Schools volunteers
- 4 new trustee directors appointed to the board
- 5 managers participating in Management SVQ programme
- 8 girls on the Active Schools Committee
- 128 senior pupil leaders through Active Schools leadership programme
- 4 care experienced young people supported through the Active Schools leadership programme
- 7 members of staff supported to undertake additional qualifications
- Company leadership team bolstered with appointment of Director of Finance and Corporate Services and internal promotion to new Group Health and Fitness Manager role.

Process

To implement robust processes across the company in delivering quality, excellence, efficiency and effectiveness in our capacity as a charitable organisation

- Almost 4,000 residents sign up to our new discounted access scheme 'Get active for Less' introduced in 2022.
- 560,000 users on Sport Aberdeen's website
- 3,440,654 Sport Aberdeen website page views
- Over 11,000 likes on the Sport Aberdeen website page
- Over 2,400 followers on Instagram
- Over 4,200 followers on X (formerly Twitter)
- 11% increase in reach through social media content
- 16% increase in guest pass conversion to membership through new online platform

Planet

To drive sustainability across the charity by delivering services in an environmentally responsible manner, reducing our carbon footprint throughout all areas of operations and complying with industry best practice.

- Zero-waste organisation with all single use plastics removed from across the operation
- All electricity is 100% renewable energy at an additional annual cost to Sport Aberdeen of £1,000
- 83% decrease in total carbon dioxide content (tCO₂e) emissions by floor area since 2017/18 (see table overleaf)
- Staff uniform is sustainable and produced from recycled plastic bottles and sustainable cotton, with the supplier participating in tree-planting and reforestation
- Focus on sustainable travel for staff with H2O pool cars in place to reduce emissions
- Green Champions and Environmental Aspects training delivered to staff
- Condition and suitability projects have focused on plant efficiencies
- EV (electric vehicles) charging points installed at Get active @ Northfield resulting in a CO₂ saving of 3.4 tons (the equivalent of 21 trees)
- Participants in the Kit for All partnership – circular use of sports kits and provision to those in need
- Digitisation of paperwork-based processes (induction, lead generation, etc.)
- Staff were supported to engage in a number of active travel initiatives reducing CO₂ emissions. Step Count Challenge events in 2022 saved over 850kg of CO₂ emissions.

tCO2e Emissions metric Comparison to Baseline Figure



tCO2e emissions by floor area
per 1,000sqm



tCO2e emissions by users
per 10,000 users



tCO2e emissions by hours of occupation
per operational hour



tCO2e emissions by FTE employees
per employee



Performance indicators:

This is the quantitative progress you have made in meeting targets over the year. These were agreed in your business plan / development plan and should be confirmed in your first quarterly meeting with your Lead Officer
PLEASE DO NOT CHANGE THE BASELINE OR TARGET FIGURES.

Please complete all boxes

INDICATOR	ACHIEVED 21-22	ACHIEVED 22-23	VARIANCE
VENUE PARTICIPATION			
Participation – total visits (Usually based on a 1% increase year on year. Please see Appendix A – KPIs 2021/22 to 2022/23 for further breakdown.)	1,194,662	1,399,017	204,355
Active Lifestyles			
Walk Aberdeen			
Social walking groups per week	9	9	0
Social walking sessions	378	386	8
Social walking participations	4,672	4,362	-310
Number of volunteers	13	24	11
Number of volunteering hours	N/A	1320	-
Active Lifestyles Referral Programme			
Long-term health conditions with specific activity programmes	7	8	1

INDICATOR	ACHIEVED 21-22	ACHIEVED 22-23	VARIANCE
Number of referrals received	193	312	119
Number of opportunities (per week)	17	21	4
Number of sessions	637	746	109
Number of participations	3,490	4,313	823
Average number of people active in specialist referral classes per week	-	244	-
Number of volunteering hours	-	144	-
Active Lifestyles Participation			
Number of opportunities per week	45	52	7
Number of sessions	2,400	2,444	44
Number of participations	24,338	23,596	-742
Number of volunteering hours	-	2,520	-
Total Healthy Communities Participation			
Number of opportunities	77	82	5
Number of sessions	3,415	3576	161
Number of participations	32,500	32,271	-229
Active Schools			
Number of visits	70,771	113,412	42,641
Number of blocks	476	1,320	844
Distinct participants in extracurricular programme	4,343	6,872	2,529
% distinct participants in extracurricular programme by school roll	22%	27%	5%
Distinct volunteers delivering extracurricular programme	367	685	318
Distinct qualified / certified adult volunteers delivering extracurricular programme	75	203	128
Distinct secondary pupils delivering extracurricular programme	77	129	52
Distinct qualified / certified secondary pupils delivering extracurricular programme	5	20	15
Distinct female participants	1879	2,894	1,015
Adventure Aberdeen			
Total number of sessions delivered	1,690	1,515	-175
Number of sessions secondary	11	0	-11
Number of sessions – primary	733	601	-132
Number of sessions – ASN	170	233	63
Total number of participants	18,782	16,210	-2,572
Number of participants - secondary	60	0	-60
Number of participants – primary	10,725	7,264	-3,461
Number of participants – ASN	470	233	-237
Attendance at public events – sessions	331	148	-183
Total number of participants at public events	3,309	1,523	-1,786
School holiday programmes – total sessions	140	71	-69
Total number of sessions age 3-8	36	41	5
Total number of participants age 3-8	443	254	-189
Total number of sessions age 9-16	104	30	-74

INDICATOR	ACHIEVED 21-22	ACHIEVED 22-23	VARIANCE
Total number of participants age 9-16	1,496	422	-1,074
Community projects – total sessions	101	99	-2
Community projects – total number of participants	569	581	12
Bikeability scheme – training sessions	80	318	238
Bikeability schemes – training participants	969	4,189	3,220
Adventure Aberdeen Snowsports			
Total participants	65,681	63,913	-1,768
ASN snowsports programme participants	N/A	1,242	-
Coached Programmes			
Coached programme members			
Aquatics	4451	4947	496
Gymnastics	437	587	150
Tennis	386	393	7
Skating	533	556	23
Snowsports	584	521	-63
Total coached programme members	6391	7004	613
Coached programme classes			
Aquatics	663	749	86
Gymnastics	59	51	-8
Tennis	37	35	-2
Skating	60	83	23
Snowsports	113	114	1
Total	932	1036	104
Community Sports Hubs			
Number of community sports hubs across the city	6	N/A	5

If you have not met the targets set please give any reasons or explanation for this:

Most of the targets set for the year were achieved.

The few targets that were not met were a direct consequence of workforce capacity, with several key posts being vacant and projects having to be put on hold or deferred until recruitment had been completed.

In general terms, the company is pleased with the rate and growth of recovery and the contribution it has made to communities also faced with life post covid 19. Not all of this is covered by the standard KPIs requested for this proforma, so this report helps to set out the contribution that the company has made on a wider basis.

Please provide a summary of particular successes or case studies:

The following case studies are included in the Sport Aberdeen annual report included as Appendix B:

- **Opening of Get active @ Northfield** (pg 12)
- **Empowering older adults** (Pg 15)
- **SPACE Programme** (Pg 16)
- **Proactive Minds** (Pg 28)
- **Introduction of Get active for Less discounted access scheme** (Pg 35)

Please provide a summary of any problems or issues that have required attention or action:

Impact of energy crisis

In June, due to the unprecedented and unsustainable rises in energy costs, which were approaching £0.5million at that time, the swimming pool at Get active @ Beach Leisure Centre was temporarily decommissioned in order to protect the rest of our network of sports centres and swimming pools. The flume slides and wave machine features had also continually failed to the point that they were no longer operable.

Reduction in Commissioning Fee -ACC Budget Council

The company board faced a challenging set of decisions regarding the sustainability of all the facilities and services. Regrettably, this led to the withdrawal of service management at both the Beach Leisure Centre and Bucksburn Swimming Pool [BSP], with the latter giving rise to the formation of the Save BSP Campaign Group.

The company Managing Director attended public meetings and worked with the campaign group through March in an effort to mitigate the impact/implications without success.

In support of this, a considerable amount of time was taken in working through a facility decommissioning plan and also finding a new home for all displaced users with the aim of getting options confirmed and set up for early April 2023.

Recruitment

The recruitment and retention of staff continues to be a real challenge with acute shortages in the frontline. Lessons and coaching and leisure operations roles within facilities, especially lifeguards. This was not confined to Aberdeen with the leisure sector across Scotland facing similar challenges, which initially lead to some revision to opening and operating times.

Community Access to Schools

Community access to some schools, including swimming pools, was still restricted as the services had not returned to pre-pandemic arrangements. This meant that not all sports clubs had been able to return to home venues which placed pressure on other facilities. In addition, school swimming lessons were also impacted which caused a challenged in meeting the demand for delivery of a citywide swimming programme with extended waiting times causing frustration to parents.

Structure Review and Loss of Key Personnel

Economic conditions forced a restructure with the deletion of key posts following retirement of members of senior leadership team. The loss of expertise and capacity has had a knock effect, which will take time to recover from.

Three trustee directors also left the board during the year after many years' service, with a resulting loss of experience and knowledge of the charity and its work. A recruitment process was very successful with four new trustees joining the board, three female one male, before the end of March.

ACC Strategies and Action Plan Priorities:

Please provide a summary of how your activities have delivered against ACC strategies and action plan priorities.

Aberdeen Sports Facilities Strategy 2016-26

A mid term review of the Sports Facilities Strategy was completed in March 2023 and a high-level overview of progress can be summarised as follows:

- ✓ 32 strategic proposals originally identified.
- ✓ 19 projects completed to date
- ✓ £940,000 investment in 3 additional projects completed by Sport Aberdeen outwith the strategy.
- ✓ £18.5 million investment achieved
- ✓ 17 projects removed from the strategy's action plan at mid-term review

- ✓ 6 projects to be retained for the remaining term of the strategy
- ✓ 9 new proposals added for the remaining 4-year term of the strategy
- ✓ Strategy extended to 2027

The Strategy for an Active Aberdeen 2016-2026

The strategy has the vision of making Aberdeen the most active city in Scotland, with a mission to Activate the City. The key strands of this strategy relate to increasing opportunities and participation in sport and physical activity, investing in the infrastructure of places (physical infrastructure) and people (communities of interest).

The final aim is to be inclusive, so that everyone has the opportunity to be and stay active. These are closely linked with the aims and objectives of the Sport Aberdeen business plan and the detailed evidence for what Sport Aberdeen has achieved by increasing participation is highlighted throughout this document and particularly in the preceding sections.

Local Outcomes Improvement Plan

Sport Aberdeen has taken a lead role in coordinating and supporting the Active Aberdeen Partnership (AAP) with the focus during the year being on the Sport and Physical Activity Forum. The LOIP refresh did not specifically include a stretch outcome focused on sport and physical activity, making this less relevant to the other AAP partners. Notwithstanding this, Sport Aberdeen has remained fully committed to contributing to the LOIP stretch outcomes where practicably possible, with most relevance aligned to People (Children & Young People and Adults) and Place.

Active representation and resources allocated by Sport Aberdeen to CPA planning, ongoing development and delivery of LOIP Outcomes throughout the previous year is highlighted below. Sport Aberdeen has maintained representation on the CPA thematic groups, on behalf of the AAP, where there has been capacity to do so.

Local Priorities:

Please highlight where your outcomes, outputs or activities align against the priorities of the Local Outcome Improvement Plan. <https://communityplanningaberdeen.org.uk/aberdeen-city-local-outcome-improvement-plan-2016-26/>

The company has continued to make a substantial commitment to providing services, improvement programmes and opportunities to some of the most challenged and under-represented people across the city.

Our programmes support early intervention for the following key groups facing the greatest inequalities and clearly align to a range of health improvement indicators for both physical and mental wellbeing.

- Those living in priority neighbourhoods
- Older adults
- Care experienced children and young people
- Community groups
- Those with long term health conditions
- Poverty and low-income groups
- BAME communities
- Carers and young carers
- Those with disabilities and/or additional support needs

Additionally, a cross-company inclusion forum has developed several sub-groups to identify key workstreams and actions to support these groups.

Section 2 of this report also references the social return on investment of £8 million generated by the company this year which provides an indication of the impact that the services have made in themes consistent with the aim and targets of the LOIP. It is also important to state that while we do not make an explicit reference to all stretch targets, we can confirm that there has been a range of programmes and initiatives delivered, via a multi-agency approach which we have been pleased to be part of.

The following contribution to this report demonstrates where we are able to evidence our contribution to certain LOIP priorities. These are also referred to within the company's 2022/23 business plan and are highlighted below.

Sport Aberdeen's Alignment to LOIP Outcomes 2022-23

LOIP Stretch Outcome 5: 90% of Children and young people will report that their experiences of mental health and wellbeing have been listened to by 2026.

- Membership of Child Healthy Weight LOIP Project Group
- Membership of PEPAS LOIP Project Group
- Membership of Mental Health LOIP Project Group
- Active Schools programme providing free extracurricular sporting opportunities to all schools in Aberdeen
- Proactive Minds – first-of-its-kind programme designed to promote mental and physical health in children and young people across the city.

LOIP Stretch Outcome 6: As corporate parents we will ensure 95% of care experienced children and young people will have the same levels of attainment in education, health and emotional wellbeing, and positive destinations as their peers by 2026.

- SPACE Programme – referral programme for care experienced children and young people. Bespoke 1-2-1 and small group interventions based on sport and physical activity programme
- Delivery through the SPACE (Supported Physical Activity for Care Experienced) programme has seen 22 learners in 2022-2023 receiving 1-2-1 interventions as part of their bespoke timetables, forming part of their wrap-around support (an increase from 9 in 2019-2020). Most young people supported are considered at the edge of care or at risk of placements breaking down. This would assume a societal saving of £5,200 per week, per child (if they became looked after in residential care). As a result, this could be assumed to be a saving of £6 million over the course of a year.
- £177,900 invested in 2022-2023 to support care experienced children, young people and their families, including over £100,000 worth of Sport Aberdeen memberships distributed to children identified as looked after, care experienced or edge of care in the past 12 months. This was to remove cost as a barrier and improve a sense of belonging for this targeted group, whilst being supported to access community assets.
- Last reported figures (2020-21) evidenced 81% school attendance rate of young people supported through SPACE. 85% of children supported through SPACE increased their school attendance after a minimum of 12 weeks of intervention.
- Collaborative approach to maximise the reach of programme, sharing practice and upskilling key partners who also support care experienced young people such as Befriend a Child, Children 1st and Barnardo's. Sport Aberdeen staffing resource and processes are also used to support ACC to increase the diversity of activity available to children within the pilot projects in Lochside and Northfield and those attending Craigelea Children's Services.
- The introduction of family fun days at Get active @ Sheddocksley has brought together children, young people and their families – providing a whole family approach to being active and soft introductions into Sport Aberdeen facilities, building a community of support. This contributes to the Aberdeen City strategy to #KeepthePromise and bridge the gap to a universal offer.



28

**CEYP funded
through Learn to
Swim programme**



744

**membership
provided to CEYP &
their families**



120

**supported
young people
memberships**

LOIP Stretch Outcome 7: 95% of children living in our priority neighbourhoods will sustain a positive destination upon leaving school by 2026.

- Senior leadership programme and volunteer opportunities through Active Schools programme and SPACE programme available to children and young people in schools within priority areas
- Our Active Schools Leadership Programme is designed to help young people to achieve positive destinations by completing modules which provide alternative entry pathways into higher education courses
- Inclusive by design, the programme is accessible for those at greater risk of reduced attainment, including care experienced young people

LOIP Stretch Outcome 9: 30% fewer young people (under 18) charged with an offence by 2026.

- Partnership with Active Schools and Denis Law Legacy Trust to support Streetsport programme – which targets anti-social behaviour

LOIP Stretch Outcome 11: Refer 20% of people living with COPD or other respiratory conditions into specific PR physical activity and other support programmes delivered in community settings by 2023

- Healthy Communities Manager attends the project charter meetings and Sport Aberdeen have been involved in the review of the pulmonary rehabilitation pathway and the creation of a new patient leaflet to increase awareness of the benefits of PR and how to access the right classes
- Sport Aberdeen deliver 3x pulmonary rehabilitation classes per week
- Sport Aberdeen host 4 x physio-led NHS pulmonary rehabilitation classes per week in our venues, two of these are at Get active @ Northfield in the community consultation room where we are working with ACHSCP on an 18-month pilot creating an Intervention Hub

LOIP Stretch Outcome 14: 38% of people walking and 5% of people cycling as main mode of travel by 2026

- Walk Aberdeen programme delivers 9x weekly social walking groups across the city providing opportunities for people to access high quality health walks. In 2022/23 a total of 386 social walking groups were delivered with 4362 participations. The programme has 24 volunteer walk leaders who between them contributed 2520 volunteering hours.
- 2 x weekly First Steps classes are delivered each week to support people to build strength, balance and confidence to walk more regularly.
- Weekly Nordic Walking sessions take place for people living with Parkinson's Disease, increasing confidence to walk outdoors.
- Cycling without Age was established, and a new trishaw purchased thanks to Health Improvement Fund. Volunteer trishaw pilots are providing trishaw rides for care home residents and people with a disability, enabling them to experience the benefits of the outdoors.
- 100% of primary schools take part in Bikeability for the first time and 1,747 primary 7 pupils complete the Bikeability Level 2 Cycling Programme with Adventure Aberdeen.
- £59,000 funding secured to create a part-time post to reduce the barriers to cycling in the St Machar and Northfield areas of Aberdeen and to create a part-time cycling post on behalf of Grampian Disability Sport to deliver the Grampian Inclusive Cycle Bothies Project.

- Active Schools pilot Scottish Cycling’s ‘Rock Up and Ride’ programme with Deeside Thistle Cycling Club to give more local children the opportunity to participate in free sessions and increase cycling activity.

Education:

Please provide further information in respect to any education programmes delivered.

Sport Aberdeen delivered a number of programmes in the period to support education. These include:

SPACE (Supported Physical Activity for Care Experienced) Programme: Run in partnership with Aberdeen City Council’s virtual school, it aims to remove barriers and support young individuals to improve their physical health, emotional wellbeing and enhance key life skills, using the power of change as a catalyst for positive change. Further detail is appended to this report at Appendix B: SPACE Programme case study.

Active Schools Leadership Programme

Flexible to the needs of young people, the Active Schools Leadership Programme is designed to support young people to achieve positive destinations through completion of modules transferable for employability, completion of which provides alternative entry pathways into higher education courses. Inclusive by design, the programme is accessible for those at greater risk of reduced attainment, including care experienced young people.

Recently, four care experienced young people at risk of low attainment and with no pathways into positive destinations were supported to achieve within the Active Schools Leadership Programme, commencing their pathways into further and higher education or employment.

ProActive Minds (Knowledge transfer partnership with Glasgow Caledonian University and The Wood Foundation) - A first-of-its-kind programme designed to promote mental and physical health in children and young people across the city. A case study on this innovative project is provided at Appendix C

Bikeability – delivery of the government’s national cycle training programme to equip young people with the practical skills and confidence to cycle on today’s roads.

With partnership funding, 18 additional Active Schools posts were created across two projects.

The **Education Recovery Fund (Funding partner: ACC)** - 12 additional Active Schools posts to support pupils with social, physical, emotional and mental Covid-recovery.

Pupil Equity Funding (Funding partner: ACC Schools) – 6 additional posts across 15 schools provide one-to-one and small group intervention targeting physical, mental, emotional and social wellbeing.

Employment

Please provide information about your volunteers, if you have any:

- What roles do your volunteers undertake within the organisation?
- Training and Policy in action?
- Example of volunteer success stories such as transition to employment?

The Sport and Active Communities team works with **750 volunteers** ranging from senior pupils in secondary schools, school staff, parents and carers to adults who are retired. **162 young people currently volunteer with Active Schools via a range of programmes** which includes the **Active Schools Leadership Programme** highlighted in the previous section.

These volunteers **contribute 16,600 volunteering hours per year** enabling a wide range of activities including:

- extracurricular school sports clubs

- social walking groups
- trishaw rides for local care home residents and
- community sports hub events and activities

Career development pathways exist through Sport Aberdeen's coached programmes, enabling people to join the charity as a volunteer before progressing to helper and then into teaching through a robust pathway of training and mentoring.

Success Story

Sport Aberdeen volunteer Bob Thow was awarded Volunteer of the Year at the 2022 Celebrate Aberdeen Awards, recognising his commitment to volunteering at Adventure Aberdeen Snowsports Centre weekly, delivering lessons to individuals with additional support needs and private lessons for children aged 4 or those who are struggling.

Bob also volunteers with Special Olympics Grampian Group, taking them to competitions in the UK and abroad, and he volunteers with the Special Olympics GB team.

SECTION 2 – Users, Audiences, Participants and Investment

Please complete this section to report on the number of participants from each of the identified areas who have participated during the year.

Participants	Total 2021-22	Total 2022-23	Variance		
Total number of participatory opportunities created throughout programme	1,194,662	1,399,017	204,355		
Number of participatory opportunities targeted for priority groups					
Young People under 16 (Active Schools)	70,771	114,704	42,641		
Young People 16-25	N/A	N/A	N/A		
Older People (65+)	N/A	N/A	N/A		
Disability (mental health physical, sensory (e.g. BSL users) and carers of disabled people)	N/A	N/A	N/A		
Ethnic minority communities including Gypsy/ Travellers	Management system unable to collect data				
Sexual orientation (LGBTQ)	Management system unable to collect data				
Residents of regeneration areas within Aberdeen City	Members			% Members	
SIMD Area	21-22	22-23	Variance	21-22	22-23
Torry	377	567	190	2.3	2.36
Middlefield, Mastrick, Northfield, Sheddocksley	1372	3090	1,718	8.5	12.85
Seaton	125	208	83	0.8	0.87
Tillydrone	206	304	98	1.3	1.26
Woodside	114	209	323	0.7	0.87
George Street	108	180	72	0.7	0.75
Total	2,302	4,558	2,256	14.3	19.83
*Datahub enables interrogation of data and heat maps to identify participation of those within our database from SIMD.					
Other (please specify)					

Please complete this section to report on audience/visitor numbers in relation to your programming.

Users/Audiences	Total 21-22	Total 2022-23
Total user/audience/visitor number	1.2 million	1.4 million

User/Audience number from Aberdeen City	85%	86.3%
User/Audience number from the wider region or further	15%	13.7%

We are keen to evidence the added economic value and social return of investment, as such we request that you please complete the table below.

Income 2022-23	Total £
Value of Grant(s) from Aberdeen City Council	£4,815,000
External Grant funding	1,151,000
Sponsorship	30,000
Trading income	9,094,000
Other – Interest receivable	96,000
Total add income	15,186,000

Social Value Calculator

With a commissioning fee of £4.8m from Aberdeen City Council, the overall social value generated in 2022/23 is **£8 million**. This level of measurable social value delivered is a positive indicator of the performance of the company and of the value it delivers across key areas.

Physical and mental health: as a result of reductions in risk of coronary heart disease / stroke, diabetes, breast cancer, depression, dementia, colon cancer, back pain, hip fractures, depression, reduction and reduced GP visits;

Subjective wellbeing: as a result of improved subjective wellbeing, looking at improved life satisfaction, frequent positive feelings and positive relations with others

Individual development: as a result of improved educational attainment (participants aged 11-18) and enhanced human capital; and

Social and community development: from reduced criminal incidences about young males (aged 10-24) and social capital (improved social networks, trust and reciprocity).

Section 3 – Support Material

We recommend you provide up to five items of support material to help demonstrate the quality and impact of your activity. This may include: case studies, photographs, videos, web links, publications, marketing material, reports, participant testimonials and feedback. If emailing, please keep all support material to under 5mb. Please supply details on your support material below

By submitting this you are providing permission for each item to be used for publication. You should ensure you have the creator's consent and accreditation is provided where necessary.

Support Material 1:	Participation KPIs 2021/22 – 2022/23
Support Material 2:	Sport Aberdeen Annual Report 2022-23
Support Material 3:	Active News publications 2022-23
Support Material 4:	Active Schools infographic
Support Material 5:	Correspondence from Kevin Stewart MSP

Section 4- Declaration on use of information

Aberdeen City Council collects and maintains the data on this form about your organisation for the purpose of contacting you in relation to the funding, monitoring purposes and to collate information for statistical and audit purposes. We will retain Personal Data for six years in accordance with the organisation's Corporate Records Retention and Disposal Schedule and for the purpose of administering, processing and assessing your report .

For the purposes of processing this information Aberdeen City Council is the Data Controller. The Information Commissioner Office is the UK's regulator of data protection law (www.ico.org.uk). More information about all of the rights you have is available on our website at: <https://www.aberdeencity.gov.uk/your-data>.

Whenever the Council processes personal data we need to make sure we have a basis for doing so. We understand our basis in GDPR to be Article 6(1)(e) as we consider that it is in our public task to collect this information under our powers set down in the Local Government and Planning (Scotland) Act, 1982 section 14, as amended by section 128 of the Local Government etc. (Scotland) Act, 1994. The act provides for us doing or contributing towards the expenses of providing or doing, anything necessary or expedient for the purpose of ensuring that there are facilities available for recreational, sporting, cultural or social activities as we consider appropriate.

To confirm that all information included in this report is accurate and that you have read and followed the terms and conditions, please sign and date below. If submitting by email an electronic signature or the typed name of the appropriate contact should be inserted.

Name:	Alistair Robertson, Managing Director, Sport Aberdeen
Date:	28 September 2023