

Cardio Rehabilitation

In conjunction with the Primary Care Trust, facilities across the City host Cardio Rehabilitation sessions, which enable those under the care of the Cardio Rehabilitation team to access monitored physical activity. The sessions aim to improve the health of the heart and reduce the risk of a heart attack

Falls Prevention Programme

The Wolverhampton Falls Prevention Programme is an initiative jointly funded by Wolverhampton Primary Care Trust and Wolverhampton Social Services. The structured exercise sessions are aimed at residents who are 55 or over and who have one or more of the following:

- Fear of falling
- lack of stability when walking or standing
- a history of falls
- low bone density

The Programme includes endurance, strength and flexibility exercise to increase balance, co-ordination and confidence and improve bone and muscle mass.

Pulmonary Rehabilitation Programme

Individuals with respiratory problems are enrolled on a six week programme delivered by Respiratory Physiotherapists from New Cross Hospital, the programme also includes educational sessions. For further information on any of the above health initiatives contact the Healthy Lifestyle team on 01902 552144

Sport Development & Healthy Lifestyle Teams



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The Sport Development & Healthy Lifestyle teams are jointly working towards the departmental mission "To provide and commission high quality services in partnership with others to ensure the best possible outcomes for the citizens of Wolverhampton"

Each team has specific responsibilities to create sport and physical activity opportunities across the City.

Using the specialist knowledge and skills of officers within the teams, work is undertaken with partners to secure resources for quality assured delivery.



Specific Projects include the following:

Inclusive Fitness Initiative

The inclusive Fitness Initiative (IFI), based at Aldersley Leisure Village is a Sport England lottery funded project that supports Local Authority facilities in improving their access, and creating an inclusive environment through catering to the needs of disabled and non disabled gym users.

As a result of the IFI accreditation, the Fitness Suite has an extensive range of equipment that enables disabled people using the gym to access a full body workout. This ranges from removable seats on cardio vascular equipment to colour coded and tactile equipment.

For further information contact the Sport Development Officer (Equity).

Moving the Goalposts

'Moving the Goalposts' is a Neighbourhood Renewal funded project that attempts to improve the provision of sporting activities across the City. Club satellite programmes are established within priority neighbourhoods offering opportunity for those children who would usually have problems accessing regular, sustainable activity on a weekly basis.

Swim Active

A free family Swimming Scheme which works with local partners including Primary Care Trust, Education and TLC College to recruit participants from specific target groups.

For further information on either of these schemes, contact the Sports Project Co-ordinator.



A Healthy City

One of the City Council key priorities is to improve the health and well being of communities.

It is widely recognised that regular participation in exercise and physical activity does improve health and well-being.

Working closely with a variety of organisations such as Wolverhampton Primary Care Trust, Sport England and Neighbourhood Management, the Development Teams are successfully presenting the same message about the importance and health benefits of regular exercise

The Teams have instigated a wide range of initiatives that have increased participation in healthy activities.

Both teams aim to make each of their work areas as inclusive as possible. Specific target groups are black and ethnic minorities, women and girls, disabled people, residents living in priority neighbourhoods and people suffering from health inequalities.



The Sport Development and Healthy Lifestyle Teams

sit within the Community Recreation function of Adults and Community Services.

The teams consist of the following:

HEALTHY LIFESTYLE TEAM

Healthy Lifestyle Manager
(01902) 552144

Healthy Living Centre
Coordinator
(01902) 552517

Sport Development Manager
(01902) 556212

Senior Sport
Development Officer
[Coach Education/ Child
Protection]
(01902) 556224

Sport Development Officer
[Events]
(01902) 556221

Sport Development Officer
[Equity]
(01902) 556223

Sports Project Co-ordinator
(01902) 556219

Clerical Assistant
(01902) 556220

Part Time Community Sports
Coaches in Athletics, Cricket,
Gymnastics and Rugby



Healthy Lifestyle Team

The Healthy Lifestyle team's mission statement is

"To encourage communities to access a range of facilities and services to improve their quality of life"

The role of the Healthy Lifestyle Team includes :

Increasing community participation in healthy and enjoyable sport, leisure and physical activities.

Improving the health and well-being of communities.

Consulting with residents on service developments and improvements.

The development of a health improvement programme at The Graiseley Community Healthy Living Centre.

The team works across a variety of sport & recreational, community centre and school facilities to create opportunities for residents in local neighbourhoods.



The Sport Development Unit

focuses on the following areas:

Sport Specific Development Groups

Working with a range of sport agencies across the City to deliver sport action plans

Annual Events Programme

Securing the delivery of local, regional and national events within Wolverhampton

Sports Regeneration

Securing funds to enhance facilities and develop sporting opportunities across the City

Lunchtime and After-School Clubs

Sports Clubs run by qualified sports coaches on school sites

Junior Development Programme

A range of ten-week programmes which aim at directing young people into accredited clubs

Talent Identification Schemes

which identify individuals that lead to representing the City at events such as the Black County Youth Games

Coach Development Programme

Identifying potential coaching qualifications for coaches who want to enhance their qualification level

Club Accreditation

Working with governing bodies to help clubs achieve a quality assured standard of provision

Finding the Funds

Helping your club track down and secure funding to develop their infrastructure



Sport Development & Healthy Lifestyles Teams

AFFIX
POSTAGE
STAMP

I would like to receive more details on (please tick)

- Events
- Coach Education
- School Competitions
- Inclusive Opportunities
- Funding for my Club
- Health Initiatives
- Junior activities
- Other

Name

Address

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I do not wish to be placed on the development database for future opportunities
Please tick here

The Sport Development Unit
Aldersley Leisure Village
Aldersley Road
Wolverhampton
WV6 9NW



**Please return to: The Sport Development Unit, Aldersley Leisure Village
Aldersley Road, Wolverhampton, WV6 9NW**