Welcome to the July Edition of the Wiltshire and Swindon Sport General Newsletter

This newsletter highlights some of the activities, events and opportunities across the county for Sport and Physical Activity. It will include items such as funding, Job vacancies, coaching courses, Teacher / Coach CPD courses ... and lots more...

Swindon Cycle Fest 2018

Swindon Cycle Campaign and Mitchell Cycles have been working hard to put on another Swindon Cycle Fest this summer! The festival is a free to attend community event to celebrate cycling in Swindon. There will be opportunities for all ages and abilities to try out different bikes and take part in a wide range of activities and bike rides.

Mental health awareness in sport and physical activity workshop

Mental Health Awareness in Sport and Physical Activity (MHASPA) is a 3-hour workshop designed to give you the practical tools to help you better support those of us with mental health problems to be more active.

This short course is organised by Swindon Sports Forum and is aimed at anyone working within sport and physical activity – from coaches to front-of-house staff – who would like to increase their knowledge and understanding of mental health within the context of their work.

The workshop has been developed by Mind with support from sports coach UK and Sport England, and will be delivered by trainers from Mind.
The On Your Marks programme has been designed to support local sports clubs with a variety of issues they regularly face.

Title
Scrappers Boxing Gym - Fight Night on Saturday
August 11th at Midday.

Every Friday morning Scrappers Gym offer an Inclusive boxing session which allows participants with physical and/or learning disabilities to take part in boxing for fitness and for sparring if they wish to. They are putting on a Fight Night on the above date so the guys can experience a fight in a controlled safe environment against the coaches.

Here's a video from last year of what went on:
Power of an Active School

YST offer a bespoke Power of an Active School twilight session to your school. This is aimed at all teaching staff, support staff, Headteachers and Governors in the development of healthy active lifestyles across a school.

Outcomes from the session:

• Advocate why high levels of physical activity across the school day lead to healthier and more effective learners
• Reflect on how effective their current provision is at promoting physical activity throughout the school day
• Know how to reduce sedentary behaviour and embed physical activity in their school
• Self-review provision for physical activity in their school

If you are interested please contact Rik on 01225 781500 / 07787 298810 / 07803 044755 or email - rik@wiltssport.org

She Can Play

She Can Play Girls Football Coaching in Swindon with regular after school, Girls only football sessions delivered by our She Can Play coaches.

We believe the She Can Play sessions will complement the football development of your players and add to their enjoyment of the game.

Details: 5pm – 6pm at PlayFootball Swindon, 29 Bramble Rd, Swindon SN2 8HB.

Please contact us direct for more detail or forward to parents who can contact us at www.playfootball.net/shecanplay or Contact:

Kat Clifton - 07917428895
The Lawn Tennis Association have launched ‘She Rallies’, championed by Judy Murray, in a bid to Get More Girls Playing, and More Women Coaching Tennis. She Rallies has been created to strengthen and grow the female workforce with the ultimate goal of attracting and retaining more women and girls in the sport.

In 2017, 20,000 children in Great Britain took part in our tennis starter course for kids. This year, Tennis for Kids is back and lessons are open to kids aged between 4 and 11, and will be available from coaches near you, all year round.

Please click the link below to update your newsletter preferences:
https://wasp.sportsuite.co.uk/user/preferences?key=07813df2e7bc6f0f91195a2a4f48e07d
A copy of our full privacy notice can be found here.