

Girls on the Move

NEWSLETTER

Autumn 2009



A project designed to increase physical activity levels among girls and young women in Scotland

WELCOME

What a busy summer we've had here at Girls on the Move, celebrating a fruitful end to Year 4 of the programme!

Six leadership courses have taken place across Scotland, equipping almost 70 young women with the skills to start volunteering and leading in their local community, school or youth group. Diversifying the leadership programme has been a great success. New to Girls on the Move has been the Sports Leader UK Day Certificate course and the two-day TOP Activity course. Both have received excellent feedback from participants and they will be included in the course timetable for 2009-2010.

The Participation Programme is just about to start a new year of funding in September and already we have had a lot of interest from groups and workers wanting to apply. Girls on the Move is hoping to celebrate the successes of previously funded projects too, so please send in case studies if you have been involved with Girls on the Move before.

In other news, we are in the final stages of producing our first Girls on the Move DVD and are putting plans into place for our national training event in February.

As you will see from this newsletter, there are lots of other exciting events and courses on the horizon. Here's to another successful year of Girls on the Move.

Jo MacDonald

Girls on the Move Development Worker



Leadership

Girls on the Move Leadership Courses provide opportunities for young women aged 16-24 to gain leadership skills. They range from 1-day introductions to 5-day residentials and take place across Scotland.

Award in Dance Leadership Courses

The summer saw completion of a further two Award in Dance Leadership courses for young people, from the Ayrshire and Perthshire areas. In total 36 young women successfully completed the Award in Dance Leadership, all gaining their Bronze Youth Achievement Award as well. Both courses were residential and benefitted from strong partnership working with YDance (Ayrshire course) and Perth and Kinross Council (Perthshire course).

The number of young women committed to putting their newly-acquired leadership skills to good use was encouraging, with the vast majority of young people already having set up local placements and volunteering opportunities for themselves. Local partners have been crucial in ensuring participants have received valuable post-course support and mentoring.

Sports Leader Day Certificate

Recently, all successful applicants for the Award in Dance Leadership courses have been offered the opportunity to attend a Sports Leader Day Certificate prior to the course starting. The Day Certificate is a hands-on, practical, fun course and a good introduction to the Award in Dance Leadership. It is not dance-focussed, but covers important elements of generic leadership such as communication and group work skills and safety in sport.

The Day Certificate provided participants with a good opportunity to get a 'feel' for the Award in Dance Leadership course and to meet other participants and staff. Feedback showed that young people saw the Day Certificate as a useful transition from Participation to Leadership, and helped them gain confidence to take on the next step. One participant from the Ayrshire course said "I really enjoyed meeting new people and learning new skills, as well as learning how to control a class."

Girls on the Movie

Girls on the Move has commissioned Kinetic to create a promotional DVD for Girls on the Move. Kinetic is a community media company based in Fife with a highly professional approach and a solid reputation for producing innovative, cutting edge products.

The DVD, which will be launched this Autumn, will cover the leadership strand of the programme and will be aimed at both youth workers and young people, as well as for use in conferences and other events. The finished product will be available as a link on the Girls on the Move website and also in DVD format, so that young people and professionals will be able to get a flavour of the Leadership courses and what they involve.



TOP Activity

In partnership with Youth Sports Trust and Healthy Valleys, Girls on the Move ran its first Sainsbury's TOP Activity course in June over a two day residential. The course aimed to help participants develop vital skills such as planning, organisation and motivation, as well as improving communication skills and building confidence.

Sainsbury's TOP Activity has been designed to stimulate interest in physical activity for non-active children. The resources comprise of ideas for a range of different types of activities such as dance, cheerleading, martial fitness, skipping, hula, small-sided games, circus moves and tri-golf. The course ensured that the Young Leaders were familiar with the TOP Activity resources and explored how TOP Activity could be used to encourage physical activity in children and young people.

The tutors ran a clear and detailed progression route session on the course, so that the new leaders had their own action plans to take away. Youth Sports Trust ensured that every participant would have access to a TOP Activity resource bag in their local community, in order to utilise their new skills and implement their plans.

When asked how they thought the course had benefited them, one participant said, "I have more confidence in setting up my own club for girls. I now know what kinds of activities to run and how to change activities for younger and disabled children."

Girls on the Move are hoping to run two more TOP Activity courses in 2010, please see www.girlsonthemove.org.uk for the latest updates.



Moving Forward Award

Are you, or do you know, a young person who has progressed in leaps and bounds since participating in a Girls on the Move Leadership course?

Do you know someone who deserves to be recognised for their leadership achievements and effort?

Girls on the Move wants to celebrate its leaders, not just those who are naturally skilled in leadership but those who have been on the biggest journey since completing a leadership course. We appreciate it takes a lot of confidence and effort to become a good volunteer and leader, so we want to hear your stories!

If you would like to propose yourself, or a young woman you know, for the Girls on the Move **Moving Forward Award** please see the website to download a simple application form. All those who apply will be celebrated in a specially produced supplement and there will be a Sports Leader UK Award presented at the Girls on the Move National Training Event in February 2010 for the individual who has shown the most progression.

The deadline for applications is the end of December 2009.

Upcoming leadership courses

Please check the website for the latest updates and application forms...

Course type	Location	Date
Award in Dance Leadership (non residential)	Glasgow	12th – 16th October 09
Active Clubs	Central Glasgow	16th November 09
Award in Dance Leadership (residential)	Skye	29th March – 2nd April 2010



If you or your organisation is interested in becoming a partner for forthcoming leadership courses, please get in touch by emailing girls@youthscotland.org.uk or calling **0131 554 2561**.

Participation

Grants of up to £2,000 are available for projects and initiatives across Scotland that aim to increase physical activity levels among girls and young women.

New Funding Year

In the last four years, 124 projects have been funded across Scotland. The majority have been from the central belt, matching the population spread, but the programme also reaches areas further afield such as the Western Isles and Highland areas. There is a spread of urban, rural and island groups and it is clear that each type of group faces different barriers to participation.

As we enter a new funding year we are keen to see applications from our target groups, as well as applications that provide evidence of consultation with potential participants and focus on sustainability of the activities chosen. Please see the web site for details and guidance.

Deadlines for applications for this funding year will be 1st September 2009, 1st December 2009 and 1st March 2010. Late applications will not be considered. Applications sent by email are welcome.

Application packs can be accessed on our website. Please email girls@youthscotland.org.uk if you have any questions about the application process.

Fit and Fruitful



Café K in Edinburgh recently ran a successful Girls on the Move Participation project for young women aged 13 – 20, called 'Fit and Fruitful'. This involved activity sessions including self defence, dance, rugby, aerobics and dodge ball as well as educational activities such as healthy cooking, quizzes and group work games. And the group also found the time to produce their own DVD!

"I really enjoyed taking part in the project," said one participant, "It was good fun and also good to try out new sport activities, as normally I would be at home looking after my son and not get the chance to do things like this."

"The group gained so much confidence and self belief from taking part in the project, which was a fantastic experience for all", said Emma Kyles, senior youth worker.

Call for Case Studies

If you have recently completed a Girls on the Move participation project, we want to hear from you! Case studies will feature in a specially produced information supplement and will also be featured on the Girls on the Move website.

Groups can submit case studies through a simple form, which can be downloaded from www.girlsonthemove.org.uk.

National Training Event

20th – 21st February 2010, Carronvale House, Stirling

This Girls on the Move training event will be aimed at both Participation level young people who are thinking of taking on a leadership role and Leadership participants who have already completed a Girls on the Move course.

This event will be residential, and there will be a number of different workshops available, depending on the experience of the young person. These will range from Sports Leader UK introductory sessions, to funding workshops and choreography classes for those with a little more leadership experience.

Places will be allocated on a first come, first served basis and application forms will be available on the website from the end of October.

Snippets

Training for workers

Girls on the Move is running another training day for workers who are successful in the September round of Participation grant applications. Attendees will learn how to use the GOTM evaluation toolkit appropriately, find out more about national guidelines on physical activity and have a chance to network with workers running similar programmes.

Date: Weds 7th October

Venue: Edinburgh Central Youth Hostel Conference Suite

Your Game

Girls on the Move had a marketplace at the BBC Sport 'Your Game' event at Glasgow Green on 5th August. Somehow we ended up on camera and featured on the BBC Sport website! To view the video, see the news section of the Girls on the Move website.

Girls on the Move at forthcoming events

See us at:

- **Scottish Learning Festival**
(23rd-24th September, Glasgow)
- **Practical Problems Sensible Solutions**
(31st Oct-1st Nov, Edinburgh)

Funding News

Applications have now re-opened for UnLtd Sports Relief Awards, which provide opportunities for young people aged 11-21 to bring communities together, to help promote understanding and solve problems through sport, arts and recreational activities. Visit www.unltd.org.uk for more info.

If you are looking for sources of further funding following your Girls on the Move project, please also see the recently updated Awards and Grants Booklet, available to download at the Girls on the Move website.

Are we more active?

Combined results from Scotland's routine national surveys shows that adults in Scotland have become more active since the mid-1990s. The NHS Health Scotland report showed a modest rise in the percentage of women doing regular physical activity from 1995 to 2006 (32% of 16-to 64 year-olds in 1995 compared with around 36% in more recent years), which is great news. Let's help the trend continue...

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Youth Scotland is the largest non-uniformed youth organisation in Scotland and one of the key providers of information, training, advice and support to part time and voluntary youth workers. Youth Scotland has been delivering Girls on the Move, with support from Healthier Scotland and The Robertson Trust, since June 2007.