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## Overview of sports and physical activity opportunities



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We work hard with our partners to deliver sport and leisure opportunities in Hertsmere. Our summary gives you the key information.

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### Community Sports Programme

We have a community partnership with Arsenal Football Club which began in 2008. The partnership offers a range of sporting, social inclusion and educational opportunities for Hertsmere residents. Arsenal in the Community deliver a range of initiatives, including curriculum football, holiday activities, girls football and a Double Club; where schoolchildren in years five and six spend 45 minutes playing football and 45 minutes on literacy.

If you have any questions, please contact Helen Hopkins, 020 8207 7801 or email [community.services@hertsmere.gov.uk](mailto:community.services@hertsmere.gov.uk)

Watch our video to see the [partnership in action](#).

### Active Hertsmere (Community Sports Network)

#### What is a Community Sport Network (CSN)?

Sport England defines a CSN as a collection of people who have a desire to develop and promote sport and physical activity in their area. Representatives from local authorities, schools, sports clubs, sports centres, volunteer networks and wider community groups make up a Community Sports Network.

The core aims of all Community Sports Networks are to:

- increase the number of people taking part in sport and active recreation by one per cent year on year
- widen access to opportunities for sport and active recreation
- bring together and align partners' existing priorities and targets within one joined up local action plan for sport and active recreation within the CSN area, based upon the needs of the local communities and ensuring clarity in roles and responsibility.

Active Hertsmere meets four times a year. If you would like to attend a meeting or have an agenda item, please contact Helen Hopkins, call 020 8207 7801 or email

[community.services@hertsmere.gov.uk](mailto:community.services@hertsmere.gov.uk)

## We Move, She Moves

We Move, She Moves is a movement to get women and girls in Hertsmere more active, more often and having fun in the process. There are lots of activities happening each week for you to join in with. We have something to suit all ages, abilities and fitness level.

Would you like to try a new sport or activity? Have you not taken part in anything for a while? Have you recently had a baby? There is a class for you, please visit the [We Move She Moves website](#) for more information or call Helen Hopkins on 020 8207 7801.

## Box Cleva

Box Cleva is a community safety partnership initiative which helps to promote safer neighbourhoods and wellbeing in young people. Teaching seven to 13 year olds the discipline behind boxing including fitness training, nutritional advice, and alcohol and smoking awareness sessions, the scheme also promotes a healthy, active lifestyle, ensuring they get the best possible start in life. This is a no contact boxing session.

This scheme runs during school term-time and trainers are fully qualified by the Amateur Boxing Association of England. Box Cleva offers bronze, silver and gold assessments to give young people a sense of achievement and to raise their self-esteem and confidence.

Box Cleva runs during school term-time every Tuesday from 5.15pm to 6.45pm at The Venue, Elstree Way, Borehamwood, WD6 1RN. For more information contact lead trainer, Kevin O'Sullivan on 07729 393826 or visit [BoxCleva](#)

## Coaching courses and experience

The [Herts Sports Partnership website](#) has a coaching section that's packed full of information on coaching at any level. Here you'll find information on:

- Developing your coaching techniques
- Mentoring
- Coaching job vacancies in Hertfordshire
- Education and courses
- Coach management standards
- Coaching strategies
- Long term athlete development

## Join In

Join In is a registered charity that helps UK grassroots sports clubs attract more supporters and volunteers from their local communities. We do this by matching people to fun, interesting and rewarding volunteering opportunities at clubs in their area. The Herts Sports Partnership is responsible for the Join In programme in Hertfordshire.

Register at [Join In](#) and find opportunities to volunteer locally.

## Sports Development and Physical Activity Strategy

Hertsmere has a [Sports Development and Physical Activity Strategy](#)(PDF, 17,863KB)

Sport and leisure activities take place across the borough, find out where the nearest [car park](#) is.

For more information on any of the schemes above, call Helen Hopkins, 020 8207 7801 or email

[community.services@herts.gov.uk](mailto:community.services@herts.gov.uk)



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