

Blyth Valley Arts and Leisure's Make-a-Move Leisure Inclusion Team take the stress out of organising away days, sports activities and events. We can do everything from supplying qualified and CRB checked sports coaches, conducting risk assessments and providing first aid cover. Most of our activities can be delivered on your doorstep utilising facilities that you already access. See below to meet the team and gain an insight into some of the unique experiences we can provide for you and your group:



Nathan Rogerson, Leisure Development Manager

Nathan manages the Make-a-Move Leisure Inclusion team. The team aim to encourage people of all ages to become more active through addressing barriers to participation, increasing opportunities to access sport and leisure provision and engaging with hard to reach groups

Tel: 01670 542257

Email: nrogerson@blythvalley.gov.uk

Cath Old, Sports Inclusion Officer

Cath's primary role is to engage with women and girls to encourage them to adopt a healthy lifestyle. Cath can provide tailor made sessions in a variety of environments which cater for the needs of any particular female group. Sessions available include, teen gym, Schwin cycling, aerobics, cheerleading, pushchair walks and gentle exercise classes.

Tel: 01670 542587

Email: cold@blythvalley.gov.uk



Chris Scurfield, Sports Inclusion Officer

Chris provides sport and physical activity opportunities designed to meet the needs and expectations of excluded groups such as the elderly and those at high risk of being involved in anti social behaviour. Chris delivers a range of activities including Carpet Bowls, Game On, Futsal, Boxercise, educational and leadership courses.

Tel: 01670 798405

Email: scurfield@blythvalley.gov.uk

Martin Deagle, Sports Inclusion Officer

Martin delivers an array of sporting activities to target all groups who are currently inactive, whilst also encouraging others to become more active. Martin's sessions take place in schools, fields, sports centres and your workplace.

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Email: mdeagle@blythvalley.gov.uk



Sophie Johnson, Sports Inclusion Officer

Sophie has vast experience in delivering a wide range of dance activities for people of all ages. Street, Modern, Freestyle, Latin and Ballroom are just some of the fantastic styles Sophie can provide. Classes can be delivered at almost any venue.

Tel No: 01670 542589

Email: sjohnson@blythvalley.gov.uk

Adam Dixon, Play Activator and Disability Sports Co-ordinator

Adam provides young people with a diverse range of play opportunities which currently include forest school visits, den making, treasure hunts, Aerozone, and Play Roadshows. Whilst all Make-a-Move activities are open to anyone, Adam's Ability 2 Play project is specifically designed to cater for young people with disabilities. All sessions are delivered in a safe, fun and friendly environment and include dance, trampolining and football.

Tel: 01670 542589

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Kelly McDougall, Michael Dickinson, David Mannors and Nicola Hargreaves, Sport Co-ordinators

The Sports Co-ordinators offer breakfast, lunchtime and afterschool sports clubs to encourage more young people to become active. Sessions available include multi-skills, netball, teen gym, aerobics and football.

Tel No: 01670 542589 **Email:** makeamove@blythvalley.gov.uk

What we can do for you

Well being

Make-a-Move's very own 'Kick Start' and 'All About Me' are sessions designed for young people to help promote a rounded approach to a healthy lifestyle and encourage a positive self-image. These sessions provide an ideal opportunity to address the issues that exist around poor body image and low self-esteem.

Outdoor and adventurous play

As well as providing groups with sport specific sessions such as football, rugby, basketball, netball and trampolining (to name but a few). The Make-a-Move team also provide activities such as Power Kiting, Ultimate Frisbee, Road Runners, fishing, archery, team building, orienteering, surfing and mountain biking.

Dance and fitness

The Make-a-Move team has vast experience in organising dance activities for boys, girls, the young and the old. We are able to provide qualified instructors to teach a variety of dance styles. If fitness activities are more your thing then you might like your group to try classes such as boxercise, kick boxercise, Schwinn cycling, aerobics and teen gym.

Short qualifications

Achieving qualifications can be made fun! The team provide tailor made courses in the Young Sports Leader Award and Sports Leaders Level 1 and 2 qualifications. We are also able to provide emergency first aid at work training for either the group of people you work with or your colleagues.

Website: www.bval.co.uk

Email: makeamove@blythvalley.gov.uk