

## **Exercise initiative launched to enrich youth lifestyles**

As sedentary lifestyles continue to become more common, a health and leisure centre in South Gloucestershire is aiming to get young people away from the PlayStation and back onto the pitch with an initiative offering nine months of free sports sessions.

The scheme, which officially launched in November and will run until July 2020, has been created in partnership with South Gloucestershire Council and Avon and Somerset Police, and aims to engage young people aged 10-13 with a range of team sports.

The early-evening sessions will run on Wednesdays in six-week blocks of different sports. The sessions on offer include football, rugby, cricket and basketball. It's hoped that the free weekly activity will encourage young people to become more active, boost their confidence, and help to build positive relationships outside of the internet and social media.

Beyond the aspects of health and wellbeing, the scheme is aiming to make an impact on the local community and help the younger generation to build a positive relationship with the region's police service. As part of this, a number of police officers and staff from Somerset and Avon Police, as well as members of South Gloucestershire Council, have volunteered their time to help run the activity sessions.

Martyn Hinan, centre manager at Kingswood Active Lifestyle Centre, said: "Our mission is all about getting people physically and mentally active, so we are excited to be launching these free sessions. We wanted to achieve more than just getting young people out onto the pitch; we wanted to help them to develop essential life skills such as teamwork and building positive relationships. It's brilliant to be able to pilot a scheme that will achieve both.

"We are grateful to the individuals from the police and the council who have volunteered their time to make these sessions a real force for good. We saw some great success with similar sessions we ran in the summer, and we are thrilled to be able to continue providing these free sports sessions."

Kingswood Active Lifestyle Centre is one of five lifestyle centres and a dual-use Sports Centre operated across South Gloucestershire by the not for profit organisation Circadian Trust.

The Active Sports Sessions will run on Wednesdays from 4 – 5pm until 15<sup>th</sup> July 2020 and are open to young people aged 10-13 of all abilities.

To book, or for more information, please call: 0300 333 0300.

**ENDS**

### **Notes to editor:**

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Alternatively, please call 0117 907 3400

### **About Circadian Trust**

- Circadian Trust operates five leisure centre sites across South Gloucestershire in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate and is a company and charity.

Working in partnership with South Gloucestershire Council, the community strategy and overall shared philosophy is to contribute to the improved health, cultural and social wellbeing of the local community improving quality of life.

- Any profit made by the Trust is reinvested to improve facilities, equipment and services for its customers.
- For more information, visit: [www.activecentres.org/about-us/](http://www.activecentres.org/about-us/)