

November 2021



## In this issue:

We kick off our November newsletter with a good news story, celebrating this month's SportScotland theme of **Community Champions**'. We bring you Stuart Hunter from Hawick! As a kid in Liverpool, whose teachers laid on lots of sporting opportunities for him and his classmates, Stuart felt it only natural to want to do the same for his pupils later in life. His love of sport and wanting to pass that on, means here he is, 20 years later, still passionately coaching cricket and football to the young people of Hawick! Having children going on to represent Hawick, the region and Scotland, is a huge highlight for Stuart, but while it is great winning leagues and cups, he says the best coaching moments are always just at training.



In 2011 Stuart and his coaching team at the time (Stuart pictured 3rd from left), were recognised at the annual SFA Grassroots Awards for their fantastic work at Drumlanrig PS and wider Hawick cluster. We feel this was so well deserved for the huge contribution they made, and continue to make, in the Teviotdale area!

For anyone thinking about getting in to coaching, Stuart says: "Find something you

## Young Leader Academy Re-Launches

Active Schools was delighted to re-launch the Young Leader Academy (YLA) this year. We recognise the importance of young people leading and coaching in sport and feel there is a need to specifically target talented young people with a passion and energy for coaching. The YLA invests in young coaches now and in the future, offering courses, certificates and continued support for young people to make a real difference in their schools and communities.



This year we have recruited 16 young people across the region.

They have already completed SportScotland 'Introduction to Coaching Children' training and later this month will complete First Aid and 'Mental Health & Well Being in Sport' training. Pupils are already clocking up their 50 hours of volunteering commitment, while making a difference in their local schools and communities.

# Active Schools Needs YO

Talking of volunteering and making a difference...Volunteers have never been so important to the Active Schools Team and we have finally been given the go-ahead to recruit new volunteers in to our workforce.



So, if you want to make a difference, if you want to get involved in your local community, if you want to feel involved and part of a team, if you want to have fun whilst developing new skills, then we want to hear from you! Come and help inspire and develop the next generation of young sports people - there are opportunities for everyone to get involved!

If you think volunteering might be for you, please let us know by following this link: https://form.jotform.com/213043135461343. Your local Active Schools Coordinator will then be in touch to discuss how you could get involved!

### Kooth.Com

One in five children and young people suffer from mental health illness in any given year. Kooth believes every young person has the right to thrive and gain access to high quality mental health care. Commissioned by the NHS, Local Authorities, charities and businesses, Kooth provides a free, safe and anonymous place for young people to find online support and counselling if they are looking for advice or simply aren't feeling their best.

Active Schools understands the importance of not only physical health, but emotional and mental health as well. As such, the team recently completed a Kooth Awareness session to further understand how Kooth can get young people talking - from anxiety and relationship advice, to tips for relaxing after a stressful day, there will always be someone there who will listen and understand you. All 11-18 year olds can access this 24-hour service by heading to <u>https://www.kooth.com/</u>.





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# All Good Things Must Come To An End

We are very sorry to see two of our Active Schools Coordinators leave the team this term. We firstly say goodbye to George Blair, our Secondary Peebles Coordinator, who has been in post for eight years! George is also Rugby Development Officer for Peebles Rugby Club and an increase in workload has meant he has had to give up his Active Schools day.



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We also say goodbye to Lorna Esson who has been with us for three years in the Kelso Cluster. Lorna moves on to work with Midlothian Council as a Developing Young Workforce Coordinator. Both George and Lorna have made such an impact while in post and will be a huge loss! We wish them both the best of luck for the future!

Active Schools is looking forward to working alongside Live Borders Disability Sports Development Officer Alan Oliver, to expand Boccia provision within high schools in the Borders. A new skills framework, 'Push on Boccia', has been specifically designed to give deserved recognition to players throughout the sport and show developmental progress. Alan, and his team of qualified coaches, will look to deliver a block of activity to a targeted group within high school settings, whilst at the same time, upskilling teachers and support staff, so delivery can continue after the initial coaching block. Provision will continue through



ongoing support from Alan and the Active Schools Team. Watch this space!



#### & Museum

Live Borders has been celebrating the 250th anniversary of Sir Walter Scott. From 24 August to 29 October, we walked in the footsteps of history every Sunday. Our guided tour allowed visitors to discover Selkirk's connection with Sir Walter Scott. The 90 minute walks involved thrilling stories connected to his dispensing law and order in Selkirkshire.

To celebrate Halloween and the month of October, there were lots of spooky goings on at Jedburgh Castle Jail and Museum! Adults and children alike navigated their way through a spooky trail, using clues to solve puzzles to claim a prize!



### Doug Allan - It's a Wrap!

Join us at Towermill in Hawick on Monday 29 November as Doug Allan looks back over his successes and setbacks during 35 years of natural history film making. Part retrospective, the show is also Doug's perspective on climate change and its impacts on the world's wild places. *There are big days* 

when animals behave spectacularly right in front of your lens. And other quieter times when a deeper understanding reveals itself, a new insight into the environment and what's alive there". Book your tickets to see Sir David Attenborough's favourite cameraman <u>here</u>!





The Live Borders Christmas Countdown Raffle continues for another couple of weeks! We still have cinema tickets for the Heart of Hawick and Treasure Island soft play passes to be won! You need to be in it to win it! As a charity, all donations when entering the raffle will be reinvested into making our communities healthier, happier and stronger! For more information and full terms and conditions, head along to our website by clicking <u>here</u>!



www.liveborders.org.uk Mmm f y ... 🖻