

Community Sport Hub E-Newsletter

Welcome to the sixth edition of the Community Sport Hub E-Newsletter!

The purpose of this E-Newsletter is to give regular news updates from the South-West Edinburgh Community Sport Hub, based at Heriot-Watt, and provide information on potential opportunities to all participating clubs and partners.

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Queens Baton Relay Day Success

The first Edinburgh leg of the Glasgow 2014 Queen's Baton Relay took place at Heriot-Watt University on Saturday 14th June. It arrived in a convoy to kick off the Edinburgh leg of proceedings, with around 1000 people



gathering to cheer on the Baton bearers who had been chosen for the honour. The Baton bearers included Kerry Renwick, Hub Youth

Sport Panel Member, Andrew Frost: Hammer Throw, Team Scotland, Chris Sellar, South-West Edinburgh Community Sport Hub Coordinator, (at Heriot-Watt University) as well as a number of local school pupils.

The free carnival of family sports activity

showcased a number of local clubs through taster sessions and demonstrations to visitors. The 'come and try' sessions for bowls, table tennis, golf, rugby, weightlifting, gymnastics and dance were a huge success with many individuals getting involved, trying many of the sessions on offer.

Overall the event proved to be a huge success and it was fantastic to see so many enthusiastic and fun filled individuals come along to the event and get involved in everything that was on offer.

For more information, photos and video footage of the relay from the eyes of a baton bearer please [click here](#).

Schools Get Creative for Baton Relay

To mark the arrival of the Baton, the winners of South West Edinburgh Libraries "Glasgow 2014 Commonwealth Games Baton and Poster Competitions" were met by Head of Sport and Exercise, Catriona McAllister, to show off their winning entries to the Family Fun Sports Day Crowd.



There was a whopping 325 baton entries from 9 local primary schools and the winner was P4 pupil, Chloe, from Canal View Primary School. Chloe also started the Wester Hailes Fun Run on Sunday (15th June) from WHEC with a wave of her winning entry her Commonwealth Mascot Clyde themed Baton. On display at the Family Fun Day was Ratho Primary P6 pupil Ellie's winning poster, alongside the shortlist entries from the 9 libraries and the highly commended baton entries.

For more information please [click here](#).

Unleash Your Sporty Side

Sportscotland have launched the 'Unleash Your Sporty Side' campaign now that the Queen's Baton Relay has arrived in Scotland and the Commonwealth Games are just around the corner. The 'Unleash Your sporty side campaign aims to capitalise on the excitement and enthusiasm for sport which the Games will create by signposting those audiences to opportunities to play, coach and volunteer in sport via a dedicated portal.



If you are interested in taking part in a new sport, coaching a different sport or are looking to start of your coaching careers this website make things that

little bit easier. Search for sports or search by region, whatever you need to know this website will get you off on the right track.

The campaign is gathering a lot of social buzz, so get involved by visiting their website [here](#) and tweeting your support using the hashtag #sportyside or tweeting @sportscotland.

Edinburgh Sports Award Nominations

The time has come to make your nominations for the Edinburgh Sports Awards 2014. These awards recognise the excellence, achievement and development by Edinburgh's sports coaches, volunteers and sports organisations. You may wish to nominate a coach or volunteer that you work with and it is a great way to thank someone for doing a great job. You can nominate more than one coach or volunteer.

Nominations are invited for three categories: club awards, volunteer awards and coaching awards. There are nine awards in total that fall under these three categories. Nominees must be shown to have made an outstanding contribution to their sport during the period

31st July 2013 to 31st July 2014. The closing date for applications is 5pm on the 1st August 2014. All short-listed nominees will be invited to the Edinburgh Sports Awards and Commonwealth Athletes celebration evening later this year.

To read the nomination guidelines and download the nomination forms please [click here](#).

Free Swimming for Primary School Children

Wester Hailes Education Centre is offering free swimming over the summer holidays between 12.00 and 15.00 every day. This offer is available to Primary School aged children only and all children under 8 years old must be accompanied in the water by a responsible person aged 16 years or over. This is a great activity to keep children active during the summer holidays without spending a penny!



FREE SWIMMING
PRIMARY AGE CHILDREN ONLY
P1 to P7
Saturday 28 June 2014
To
Tuesday 12 August 2014
Time
12.00 – 15.00

Admissions Policy – Children under 8 years of age must be accompanied in the water by a responsible person 16 years or over.
(Please note that free swimming only applies during the above period and band sessions will be in operation throughout, a refundable 20p band deposit will be required)

WESTER HAILES
Education Centre
Wester Hailes Education Centre, 5 Murrayburn Drive, Edinburgh, EH14 2SU. Tel:0131 621 8303

National Play Strategy

Edinburgh Council's Senior Play Development Officer has created two online surveys about play and hanging out. The purpose of these

surveys is to gain young people's views on play in order to influence the Edinburgh Play Strategy, which will be linked to the National Play Strategy, based on the UN Convention on the Rights of the Child article 31 which takes play as 'anything that children and young people aged 0-18 chose to do for themselves in their free time, that isn't adult led'.

It would be greatly appreciated if you could encourage children and young people to complete these surveys.

The links to the surveys are:

Primary pupil survey

<http://www.surveymonkey.com/s/played>

Secondary pupil survey

<http://www.surveymonkey.com/s/hopls>

Community Sport Hub Job Vacancy

The Colinton Community Sport Hub is currently looking for a positive, proactive and passionate individual to coordinate and develop the Community Sport Hub Project. This role demands someone that is passionate about sport and eager to motivate others to get involved in sporting activities.

Role: Community Sport Hub Coordinator

Fixed term until March 2015

Full Time

£20,340 p.a.

For more information on this vacancy and to apply please [click here](#).

Summer Activities in South-West Edinburgh

The summer is finally here and there plenty of great activities taking place in the South-West Edinburgh area for adults and children of all ages. Gate 55 based in Sighthill have lined up a great Summer Programme for 2014, including many Children's Activity Weeks that will run

throughout the summer and cost only £5 per week.

Pentland Community Centre, Ratho Community Centre and Clovenstone Community Centre will also be hosting a number of summer activities, all of which can be downloaded using the link below. The activities taking place include family trips to M&Ds, Alien Rock and Karting, as well as dance weeks and art workshops.

To download the Gate 55 Summer Programme please [click here](#).

To download the South West/Pentland Youth, Children, Family and Adults Summer 2014 Activities booklet please [click here](#).

Six Exercises for Maximum Mobility

Kelly Starrett, a doctor of physical therapy in San Francisco, has a range of celebrity clients and has become a viral sensation. Starrett preaches that joint range of motion matters beyond just injury prevention or rehab. The real benefit of mobility, he says, is the mechanical advantage: ideal positioning allows for optimal power output. Until you've got proper range in all your joints, you simply haven't discovered your body's real potential.

Starrett suggests six exercises to be completed for two minutes a day – other than the ten-minute squat – to increase mobility for specific sports. [Click here](#) to read about these exercises and learn how to perform them yourself.

Contact details:

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