



Review of Performance 2019/20



Message from the chair

I have pleasure in presenting the Annual Report and Accounts of Fife Sports and Leisure Trust for the year 2019/2020. This annual review demonstrates the significant impact the trust has delivered to local communities and gives me the opportunity to thank staff for all their hard work and commitment to achieving the strategic objectives of the organisation.

This review of necessity reflects the consequences of the COVID-19 lockdown, which saw the closure of all trust facilities in March. However, despite this, there were considerable highlights and achievements throughout the period, which should be celebrated. The trust continued its consistent growth in overall attendances with strong results in key areas such as over 60s, outdoor activities and Learn to Swim participation.

Efforts by staff to meet the challenges of increased competition by the private sector, balanced with the requirement to deliver necessary budget-saving measures should be commended. It is thanks to their professionalism that the trust continues to make a difference to local communities, with innovative, affordable sports and leisure opportunities that widen access to the health and wellbeing benefits of physical activity.

Now more than ever, it is critical that the communities of Fife have access to, and the support of, high-quality sports and leisure facilities operated by appropriately qualified staff as we continue to face the challenges of a national public health crisis. We will continue to work positively to promote the importance of community leisure and work with partners such as Fife Council, NHS Fife and Fife Health and Social Care Partnerships to champion the value of the trust to local communities and I look forward to working with all of our partners, directors and staff in enabling the trust to meet the many and considerable challenges which we face in the coming months.

In closing, I would like to thank my fellow directors, our new chief executive, Emma Walker, her predecessor Ed Watson, the executive team and all members of staff for their support and contributions in what can only be described as a very difficult and challenging time for the trust and its customers.

Ritchie Campbell
Chairman



Message from the chief executive

I have long been aware of Fife Sports and Leisure Trust and admired its innovative programmes and performance achievements which have seen it measured as one of the best performing leisure trusts in Scotland, and, I am very proud to have been appointed as chief executive, taking over from Ed Watson who was instrumental in the organisation's success since its launch.

Taking over the helm during the Coronavirus pandemic, with closed facilities and staff either working from home or furloughed, undoubtedly has had an impact on my role – however, thanks to the support of the trust's team, I have been very pleased with our response and hard work to engage with customers, supporting all ages and abilities through the challenges of lockdown to promote the benefits of physical activity.

The performance highlights covered in this review, demonstrate the trust's achievements in delivering a host of innovative initiatives such as dementia-friendly facilities, community-based programmes and increased engagement with local businesses. In addition, the period saw investment in a gym refurbishment programme to ensure customers continued to enjoy the highest-quality facilities, supported by expertise gym staff. And, our low-cost membership programme, Leisure Active, saw an increase in membership and attendance levels.

Our focus now is on reinforcing and rebuilding the business in order to support its long-term sustainability – to do this, and we are actively engaging with partners and national bodies, such as Community Leisure UK, to promote and demonstrate the value of the trust to local communities. In particular, the trust plays a vital role in supporting those living with long-term health conditions and experiencing the effects of health deprivation, by helping to alleviate the pressure on front line service providers, delivering real health and economic benefits to the wider community.

Emma Walker
Chief Executive

What we do

Founded in 2008, the Trust regards itself as the region's leading sports, health and physical activity provider delivering opportunities for people from all walks of life to become more active.

The Trust is responsible for the management of 14 facilities on behalf of Fife Council and as part of the organisation's ongoing commitment to making a difference, it self-funds a wellbeing programme delivered by its Health and Physical Activity team. The team deliver a range of specially-designed initiatives for people living with long-term conditions in partnership with a growing number of organisations.

Our Mission

- Growing the Business
- Improving the Customer Experience
- Making a Difference

Our Organisational Values

- Mutual Respect
- Ownership and Responsibility
- Customer Focus
- Continuous Improvement
- Accessibility

Making a difference by delivering opportunities for people in Fife to become active.

Introduction

This brochure presents an insight into the work of Fife Sports and Leisure Trust (the Trust) and the services which were provided to the communities of Fife during 2019/20. Despite the scale of the financial challenges facing the organisation, affordable programmes and activities were made available to all and delivered through the effective use of investment and resources. The breadth of delivery as outlined in this brochure demonstrates the growing impact that the Trust has in Fife and the commitment to provide opportunities for people to participate in sport, health and wellbeing activities.

- 📍 **Beacon Leisure Centre**
Lammerslaws Road
Burntisland, KY3 9BS
- 📍 **Bowhill Swimming Pool**
141 Station Road, Bowhill
Lochgelly, KY5 0BW
- 📍 **Carnegie Leisure Centre**
Pilmuir Street
Dunfermline, KY12 0QE
- 📍 **Cowdenbeath Leisure Centre**
7 Pit Road
Cowdenbeath, KY4 9NN
- 📍 **Cupar Sports Centre**
Carslogie Road
Cupar, KY15 4HY
- 📍 **Dalgety Bay Sports and Leisure Centre**
Harbour Drive
Dalgety Bay, KY11 9NA
- 📍 **Duloch Leisure Centre**
Nightingale Place
Dunfermline, KY11 8LW
- 📍 **East Sands Leisure Centre**
St Mary Street
St Andrews, KY16 8LH
- 📍 **Kirkcaldy Leisure Centre**
Esplanade
Kirkcaldy, KY1 1HR
- 📍 **Levenmouth Swimming Pool and Sports Centre**
Promenade
Leven, KY8 4PA
- 📍 **Lumphinnans Sports Hub**
31 Gagarin Way
Lumphinnans, KY4 9HW
- 📍 **Michael Woods Sports and Leisure Centre**
Viewfield Road
Glenrothes, KY6 2RB
- 📍 **Pitreavie Athletics Centre**
Queensferry Road
Dunfermline, KY11 8PP
- 📍 **Waterstone Crook Sports Centre**
Kirk Brae
Newport on Tay, DD6 8HY



Review of the Year

- There were over 2.5 million visits to sport and leisure facilities, an increase on 2018/19 of 0.62%. There was an increase in attendances at four sport and leisure facilities including Carnegie (3.2%), Dalgety Bay (14.7%), Levenmouth (92.8%), Lumphinnans (17.8%).
- In 2018/19 Fife Council funded capital expenditure at Levenmouth Swimming Pool and Sports Centre and Dalgety Bay Leisure Centre at a cost of £1.65m. The benefits derived from the investment has allowed for more opportunities for local people to become more active, attract new customers while supporting social interaction and rewarding loyalty for existing users. This investment has supported an increase in usage for both venues, with 19/20 reflecting the full-year impact of this investment.
- The numbers in the Learn to Swim scheme increased by 7.81%, the scheme was awarded the SwiMark Plus standard – the highest possible evaluation given by Scottish Swimming, the national governing body
- Outdoor activities increased by 4.31%, with the attendance the highest recorded in our 12 years. The improvement in attendances relates to synthetic turf pitches.
- Over 60s attendances increased by 4.09 % which was the ninth consecutive year that this group has increased.
- 3 Star Visit Scotland awards were achieved at Cupar Sport and Leisure Centre, East Sands Leisure Centre and The Beacon Leisure Centre. 4 Star Visit Scotland award was achieved by Lumphinnans Sports Hub.
- 49 planned activities delivered within the Human Resources Action Plan
- 56 Learning and Development activities delivered within the Learning and Development Programme
- Quid-a-Kid initiatives were delivered thanks to a £100k investment from Fife Council
- Pay and Play classes for a range of activities were delivered at each facility
- Affordable and accessible opportunities for children and young people to take part in sport and active recreation delivered, eg, summer free swimming and Quid-a-Kid
- 100 swimming instructors attended CPD

Leisure Active

- Total live members: 12,963, an increase of 9% over the previous 12 months
- There were over 775,000 Leisure Active membership scheme attendances, this is an increase of 2.9% from previous years

Gym

- Refurbishment of Kirkcaldy Leisure Centre and Michael Woods Sports & Leisure Centre took place in December 2019 ensuring our gyms provide the best possible experience for our gym users
- The gym teams within Carnegie, Michael Woods and Kirkcaldy were restructured to ensure a sustainable model of delivery for the future

7.81%

increase in customers in our
Learn to Swim programme



4.31%

increase in
outdoor
activities

All leisure
centres now



**Dementia
Friendly**

Fife's Health
& Social Care
Partnership



775,000

Leisure Active attendances
an increase of **2.9%** from 18/19



2,500,000

visits to sport and
leisure centre facilities



QUID-A-KID

Splash out for Nowt - Free Swimming and Quid-a-Kid; Swimming, Racquet Sports and Football were delivered thanks to a **£100k investment** from Fife Council

£1.65m

invested thanks to
support from Fife Council

dalgety bay
sports & leisure centre

—
levenmouth
swimming pool
& sports centre

Over 60s

attendances increased
by **4.09%** for the **9th**
consecutive year



Review of the Year

Health & wellbeing

- A programme of health and physical activity classes delivered to promote the benefits of physical activity and active lifestyles
- All centres dementia friendly
- Attendances at Active Options 2 classes (the Trust referral-based programme for people living with long-term conditions) decreased by -1.08%, however we were on course to have a record-breaking year before COVID-19 with attendance up by 4.25%.
- 99 weekly health classes were delivered with annual attendances in excess of 40,000
- 23 volunteers recruited to support the Health and Wellbeing Team
- A pilot to triage Active Options referrals by phone call was introduced and proven very successful
- A further £22.5K funding received from Fife Health & Social Care Partnership to allow us to support people living with dementia access physical activity
- Social cafés were continued and ran monthly at Duloch and weekly at Cowdenbeath.
- Monthly physical activity sessions were delivered at three Link Living social cafés in Torryburn and Rosyth
- The Trust's Fife Health and Wellbeing Fund continued to receive donations from the local community. One of our self-employed instructors completed a charity event within Carnegie and donated over £1k to our fund
- Napier University completed a three-year research project using the Active Options programme, looking at the experiences of people attending an exercise referral scheme. A report will be published in 20/21
- A new partnership with Fife Health & Social Care Partnership was formed as part of the East of Scotland Type 2 Diabetes Early Adopter Funding. Lets get Moving with Counterweight is a referral weight management programme consisting of education and physical activity to support people lose weight. This programme commenced in October 2019 and will run for two years
- Physical activity opportunities for people suffering from dementia were delivered

Group Fitness

- An extensive Group Fitness programme was delivered throughout 12 of our 14 sites
- An informal customer consultation took place at Carnegie and Michael Woods to find out the preferences of group fitness participants to help develop a timetable that meets their needs. Timetable improvements were made in October 2019

Sponsorship Programme

- Introduction of a sponsorship programme to give companies the opportunity to be associated with, and contribute to, our facilities and programmes as part of their Corporate Social Responsibility



Jamie McDonough, completed a charity event and donated over £1k to our Fife Health & Wellbeing Fund



12963
Leisure Active members an increase of 9% above target



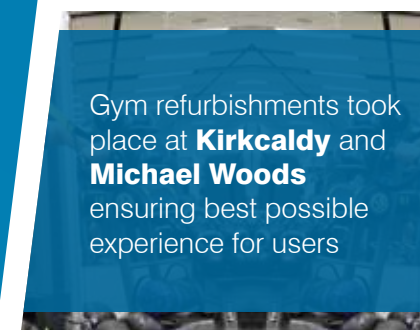
23
volunteers recruited to support the Health & Wellbeing Team



completed a three-year research project using Active Options



Group Fitness programme delivered throughout Fife in **12 of our 14** sites



Gym refurbishments took place at **Kirkcaldy** and **Michael Woods** ensuring best possible experience for users



Funding received to allow us to support people living with dementia

£22.5K



a new referral programme was formed in partnership with the East of Scotland Early Adopter Funding



Social cafés ran weekly and monthly at

cowdenbeath
leisure centre

duloch
leisure centre



99
weekly health classes

40,000
attendances throughout the year



Active Options phone referrals introduced and proven very successful

PERSONAL LOSS RAISES THOUSANDS
FOR MOTOR NEURONE DISEASE CHARITY



APRIL 2019

Turning personal loss into a fundraising challenge has helped one of our fitness instructors, Gennaro Barbato, (27) cope with the sudden death of his mother. Gennaro set out to raise funds for MND Scotland following the loss of his mother Cheryl Barbato (54) of Kirkcaldy, following her own struggle with motor neurone disease.

A busy and active person, Cheryl was married to Franco and had two children, Genaro and Daniella. Cheryl was diagnosed with MND in August 2018 and died soon after in December 2018, Genaro was determined her loss would not be in vain and that others could benefit from research and support offered by MND Scotland.

He said: "My mother benefited from MND Scotland following her diagnosis, and our family, had tremendous support too. I decided to take on a fundraising challenge by cycling from London to Paris, hoping to raise £1,600. Within 24 hours I had achieved my target. I then increased my target to £10,000. So far I've raised £9,000 and am confident I can reach my goal so that others affected can get the support they need. I'd like to thank everyone who has helped, I know my mum would have been so grateful for everyone's generosity."

In support, Michael Woods Leisure Centre, Glenrothes held a fundraising taster fitness class event with all proceeds going to Gennaro's total for MND Scotland.

Iain McWhirter, Head of Fundraising at MND Scotland, said: "I'd like to thank Genaro for taking on this challenge. This is an incredible amount to have raised, and will go towards helping us provide support to people affected by MND across Scotland, and fund vital research into a cure. We wouldn't be able to do any of this if it wasn't for people like Genaro raising awareness and funds."

Disability Sport Fife

Fife's lead body in disability sport since 1977



JUNE 2019

A HOT OFFER TO
COOL DOWN

As the temperature rose, Fife's youngsters were given an unbeatable offer to cool down with free swimming across the region. We made available our Splash-out-for-Nowt scheme thanks to extra funding from Fife Council. The offer gave juniors, aged 17 and under, the opportunity to swim for free in the school summer holidays, Monday to Friday 9.00am to 1.00pm.

We also offered Quid-a-Kid Swimming, Monday to Friday from 1.00pm to 5.00pm, with Quid-a-Kid Racquet Sports and Quid-a-Kid Football, weekdays from 10.00am to 5.00pm and weekends from 9.00am to 5.00pm.

The family-popular schemes are designed to get more young people active more of the time. In addition, we ran a range of kids' camps and programmes to keep youngsters active during the holidays – participants enjoyed a range of sports in and out of the water.

Ed Watson, Chief Executive of Fife Sports and Leisure Trust, said: "We are very pleased to be able to maintain these initiatives which are at the heart of the organisation's drive to engage more young people and to encourage a lifelong interest in staying active. We would encourage as many young people and families to visit our facilities to experience the programmes and facilities on offer."

Cllr Judy Hamilton, Convener of the Council's Community & Housing Services Committee added: "We're pleased to be supporting this very worthwhile initiative. Financial pressures on families are often felt more during the school holidays. Free and discounted activities like these are a great way for children and young people to get out and be active."

NEW FUNDRAISING INITIATIVE TO
BENEFIT LOCAL COMMUNITIES

Our health and wellbeing team held a launch event on Saturday, 6th April with participants of the health programme, volunteers, local businesses and other stakeholders. Over 120 people attended getting the fundraising off to a flying start with £1,600 raised.

Since our launch in 2008 as a trust, we have delivered a self-funded health and wellbeing programme that supports people living with long-term health conditions such as cancer, dementia, diabetes, COPD and cardiac incidents.

Our health and wellbeing team deliver 95 classes a week with 3,000 participants per month experiencing the health and wellbeing benefits from getting active, as well as meeting others who are living with similar conditions to their own.

Leading on Fife Health and Wellbeing Fund, Fiona Prendergast, wellbeing and programming manager for Fife Sports and Leisure Trust, said: "Every time someone chooses to visit one of our centres or take out a membership programme, they are already making a difference by choosing us over a private gym. And now, with the launch of our dedicated fundraising initiative, we're asking people to help us support the delivery of our health and wellbeing programme and people in Fife living with long-term health conditions.

"Participant of the health and wellbeing programme have really embraced the idea of a fund and some have already donated which we really appreciate, the money we raise will go directly to support the health and wellbeing programme delivered in our centres and community-based venues by purchasing equipment, supporting specialist instructor training or helping to secure additional instructors."

MAY 2019



FIFE'S LEADING SPORTS AND LEISURE
PROVIDER STRENGTHENS PARTNERSHIP

We launched a membership scheme in partnership with Disability Sport Fife (DSF).

Our low-cost scheme, Leisure Active, will now offer participants who attend DSF sessions the chance to take advantage of a Diamond or Platinum membership. As well as offering unlimited access to our facilities Fife-wide, DSF weekly sessions will become more affordable.

This development is part of an ongoing partnership between us and DSF to assist participants with disabilities to access, enjoy and benefit from engagement in physical activity.

Rebecca Suiter, Leisure Active sales and membership manager for Fife Sports and Leisure Trust, said: "DSF provides fantastic support for local participants with disabilities and we are very happy to be widening access to our programmes and facilities by offering the benefits of Leisure Active.

"The trust is keen to continue to identify innovative ways of partnership working with DSF to enable participants with disabilities to access our facilities and engage regularly in physical activity including sport."

Richard Brickley, MBE, chair of Disability Sport Fife said: "DSF members benefit enormously from the relationship they enjoy with Fife Sports and Leisure Trust management team and facility operators. Access to excellent facilities and skilled and enthusiastic staff have helped to develop this unique partnership. Being able to access Leisure Active will not only cut costs significantly but open up new and exciting opportunities to DSF members."

JULY 2019



FIFE'S RISING SPORT STARS
GET TRAINING BOOST



AUGUST 2019

For a second year, we teamed up with Active Schools and supported Fife Sports Stars, helping 12 young people from across Fife selected to participate in a unique programme to develop their talents and inspire others to compete in sports.

The move saw us offer the young athletes free access to our gyms followed by a discounted Leisure Active – our low-cost membership programme – junior membership as well as free goodie bags.

Fife Sports Stars is designed to work closely with some of the region's most accomplished secondary school pupils aged 13-18, competing in sport locally, regionally or internationally. The participants specialise in a range of sports including athletics, swimming, tennis, ice hockey, motor racing, Tae Kwon-do, fencing and Kuk Sool Won.

Rebecca Suiter, sales and membership manager for Fife Sports and Leisure Trust, said: "The trust is committed to delivering affordable and quality facilities to help people of all ages and abilities to get active. We have a number of initiatives and programmes to encourage young people to access trust facilities so that they can foster a lifelong love of staying active.

Casey Fitzpatrick, Active Schools Co-ordinator, said: "We are excited to be working with Fife Sports and Leisure Trust for a second year and to be able to provide the athletes with access to an excellent range of facilities that will support their training and preparation for competing.



OCTOBER 2019

MICHAEL WOODS LEISURE CENTRE
GYM SET FOR REFURBISHMENT

We announced the refurbishment of the gym at Michael Woods Sports and Leisure Centre delivering more for gym-goers.

We shared with customers that works would see the installation of upgraded gym equipment and new floor, as well as improved layout, interior decoration and new signage.

The refurbishment works started in December 2019 and were completed within the estimated two-week period. Staff at the centre provided customers with details of alternative workout space in the centre as well as other trust sites during the gym closure.

Stuart Bizzarri, gym manager for Fife Sports and Leisure Trust, said: "Michael Woods Sports and Leisure Centre gym is hugely popular and the trust is delighted to be investing in works to upgrade and improve the gym further for the benefit of our customers.

"The gym will see new equipment from both Technogym and Origin fitness offering more variety and options for our gym customers, and, there will be improved free weights layout and equipment with upgraded racks and platforms.

"As a charitable trust, we are dedicated to getting more people more active more of the time, and, we are hugely grateful to our customers who choose to use our facilities over those of a private provider as this allows us to reinvest back into the health and wellbeing of the local community."

SPORTS HUB SCORES
FOUR STAR

Our dedicated sports hub in Lumphinnans received a four star grading following a Visit Scotland inspection which praised the facility's excellent condition.

Lumphinnans Sports Hub provides state-of-the-art, full-size 3G synthetic turf pitch and gives improved facilities for local players as well as a home for the Fife Football Performance Academy.

Following the Visit Scotland inspection the facility had its four star rating confirmed for a second year. The review classed the facility as 'excellent' for Hospitality and Friendliness, 'Service and Efficiency' and toilets were 'exceptional', in addition, staff's 'can do' attitude was praised.

Allan Reid, area leisure manager from Fife Sports and Leisure Trust said: "We are very pleased our four star rating has been awarded again, we scored 82 per cent, only a few points away from scoring five stars, taking us from 'excellent' to 'outstanding' – this gives us something to aim towards. We are committed to delivering quality facilities which allow people, of all abilities and ages, to access sports and leisure opportunities so they can benefit from the health and wellbeing benefits of physical activity."

The purpose-built sports hub benefits from flood lighting, a dedicated car park and a community club house offering modern changing facilities. As well as being a vital resource for clubs and talented young sports performers, Lumphinnans Sports Hub is an important venue for the local community for general pitch hire.

SEPTEMBER 2019



NATIONAL SWIMMING PROGRAMME ATTRACTS
RECORD NUMBER OF FIFERS

We celebrated the success of the Learn to Swim programme designed by Scottish Swimming, the national governing body for swimming, as nearly 6,500 adults and youngsters took advantage of the programme delivered in trust facilities across the region.

The Learn to Swim programme offers people of all ages, from babies to older adults, to get in the water and progress seamlessly through class levels, either building confidence, becoming a competent swimmer, progressing onto club level or learning new disciplines like water polo or Rookie Lifeguard training.

Lee Cunningham, aquatics co-ordinator for Fife Sports and Leisure Trust, said: "It's a great result that since its launch, the Learn to Swim programme has seen a 10 per cent increase in participants – it demonstrates that the programme offers a host of benefits to participants.

"Since its launch two years ago, the programme has improved for all levels, and, we are able to offer reduced class sizes and a clearer pathway through levels with detailed feedback on how learners participants are progressing. Parents enrolling children into the programme also benefit from easier registration and payment methods which should make getting their child involved in the programme much more convenient."

Scott Urquhart, sports and physical activity team manager for Fife Sports and Leisure Trust, added: "Scottish Swimming's national programme offers the trust a great opportunity to engage even more people in swimming – it is a fantastic form of physical activity for all ages, and, the offer of free recreational swimming for young people is a real boost to get more people more active more of the time."

NOVEMBER 2019



THE LEGACY OF DUNFERMLINE BADMINTON
STAR RUSSELL HOGG CONTINUES



DECEMBER 2019

The legacy of Dunfermline badminton star Russell Hogg continued to have an impact thanks to the Russell Hogg Trust.

We were delighted once again to host the annual badminton charity event at Carnegie Leisure Centre which saw 1,000 for Disability Sport Scotland (SDS).

36 players took part with junior, senior and para participants on the day. The Russell Hogg Trust was honoured to have current Scottish Open men's doubles winners Adam Hall and Alex Dunn team up with junior internationalists.

Prize winners at the event in category one were Adam Hall and Callum Atterbury (winners) and Alex Dunn and Isaac Weir (runners up).

Julie Hogg, Russell's widow, established the trust to support athletes, said: "It was a unique event having able-bodied players competing alongside para players - it was so much fun for everyone involved and having that little bit of competition in there gave it an edge."

Two SDS athletes received a £500 bursary to help cover travel costs, competition entries, new equipment, etc. for the 2020 season.



FEBRUARY 2020

NATIONAL DIET AND HEALTHY WEIGHT
INITIATIVE LAUNCHED IN FIFE

Fife became one of the first areas in Scotland to implement a Scottish Government initiative which saw £42 million invested nationally over five years to expand weight management interventions and support a new approach to diet and healthy weight.

Fife Sports and Leisure Trust, in partnership with Fife Health and Social Care Partnership, were chosen to deliver the intervention programme Get Moving with Counterweight.

The funding allocated is part of the trust's collaboration with the East of Scotland: Prevention and Remission of Type 2 Diabetes Programme and follows publication of the Scottish Government's Framework for the Prevention, Early Detection and Early Intervention of Type 2 Diabetes in July 2018.

Fiona Prendergast, wellbeing and programming manager for Fife Sports and Leisure Trust, said: "The launch of this national initiative is very welcome. We have a well-established reputation in delivering award-winning health programmes and the Counterweight programme complements our programmes that support people living with long-term health conditions.

"Participants in Counterweight are referred by their GP and take part in sessions over a 12-week period which will allow for regular weigh-ins and supported, instructor-led physical activity opportunities. Our other health programmes have shown that participants who increase their physical activity experience the associated health and wellbeing benefits of getting more active, as well as moral support from people experiencing similar health conditions."

MARATHON CHALLENGE SUCCESS
FOR LOCAL CHARITABLE TRUST

Personal trainer and group fitness instructor, Jamie McDonough, completed an indoor marathon at Carnegie Leisure Centre on the treadmill within our centre's gym.

Jamie doubled his fundraising target and raised £2000 by completing his marathon challenge in three hours and 35 mins. Jamie was joined by our Leisure Active members, Keith Campbell, who cycled 26 miles on a stationary bike and Ross Morrison who completed 7 miles on the treadmill, 18 miles on a stationary bike and a one mile swim in the centre's pool.

Half of the funds raised went towards Fife Sports and Leisure Trust's own fundraising initiative, Fife Health and Wellbeing Fund, with the remainder going to Cash for Kid.

As the operator of 14 sports and leisure facilities across Fife, we already invest all profits made back into its centres and programmes for the benefit of local communities – the Fife Health and Wellbeing Fund supports this by raising funds for our self-funded health and wellbeing programme that supports people living with long-term health conditions such as cancer, dementia, diabetes, COPD and cardiac incidents.

Jamie's fundraising efforts added to the generosity of other trust supporters and participants of the health and wellbeing programme who raised £1,800 helped purchase additional equipment for the health and wellbeing classes.

Jamie McDonough, health and group fitness instructor with Fife Sports and Leisure Trust, said: "I help deliver the health and wellbeing programme and support a range of people who are living with long-term health conditions who have benefited from participating in the health classes.

JANUARY 2020



CHARITABLE TRUST RECOGNISED FOR
ITS SWIMMING PROGRAMME

We were delighted to announce we were recognised for the quality and delivery of our swimming programme with a national accreditation.

We were awarded the SwiMark Plus standard – the highest possible evaluation given by Scottish Swimming, the national governing body.

SwiMark Plus means that we have been recognised as a swimming provider that has excelled at providing quality swimming lessons, a clear pathway from toddler and adult classes through to club swimming, adhering to safe practices with teachers who are licensed – with education programmes in place for instructors – as well as encouraging lifelong participation in a lifesaving skill.

Lee Cunningham, aquatics manager for Fife Sports and Leisure Trust, said: "The trust was SwiMark accredited and we are really proud to have reached the highest level of accreditation with the SwiMark Plus award. Ultimately, it means our customers, and parents looking to enrol their children in a swimming programme, can engage in the trust's swimming programme knowing that it is a quality provider and has met the highest national standards.

"The trust's Learn to Swim programme continues to go from strength to strength, with record numbers of participants, attracting over 6,500 adults and youngsters to classes across Fife.

MARCH 2020



Conclusion

The reporting year of 2019/20 was one where we have worked extremely hard to encourage people to participate in sport, health and wellbeing activities. With challenges from competition from the private sector and a climate of financial pressures, the Trust provided the communities of Fife with a vast and varied programme of services aimed at encouraging people to adopt healthy lifestyles by becoming more active more often.

There was progress to deliver the strategic priorities and desired outcomes of the Corporate Strategy 2017/20 and this clearly demonstrated the impact the Trust is making across the region. Attendances were up by 0.62% in comparison to previous years, this would have been greater if we hadn't had to close our facilities on the 18th March 2020 due to COVID-19.

As a local charitable trust, we are very aware that people who chose to use our facilities are invested in an organisation which has the wellbeing of local communities at its core, and, by continuing to perform well, we were able to invest surpluses back into facilities and programmes to the benefit of so many people.



