

BRIDGE SURGERY'S PATIENT GROUP

Meeting with Burton Albion Community Trust

on Tuesday, 9th August 2016

Four Group members went to the Burton Albion Community Trust (BACT) hub in Grange Street, Burton, to find out what it was about and how we could help and/or benefit from this venture.

Ann, Gerry and Angela travelled together to meet Cyril, who lives near to the former school which the Trust leases part of from Staffordshire County Council. Our first hurdle was to find the entrance, which is actually in Casey Lane, and then to gain entrance. Once Cyril arrived, he managed to persuade John Widdowson (BACT Health and Inclusion Manager) to open up, and then others appeared from their cars. Julie Pickering, Practice Manager from The Carlton Group Practice, led their larger team consisting of Alison Hollingworth (head of Reception) and Gail Morgan from their King Street branch, plus PPG members John Jackson (Chair and also a Trustee of BACT), Ray Campling (Vice Chair), Pat Thorpe (Secretary), Sue Oakes and Simon Dowson

Bernard arrived just 10 minutes late but failed to either make himself heard or to batter down the door, so unfortunately he wasn't able to join us.

John Widdowson firstly let us explore the premises, which consists of offices, a small kitchen, large sports hall (equipped with a bike with a blender attached - Julie and I thought it was for cocktails, but actually it's to make smoothies), a ICT (8 computers) room, a social room and a meeting room filled with tables and chairs which is where we spent an interesting hour or so.

The Trust is a registered charity whose key themes are disability, social inclusion, health, participation and education. They have very close links to Burton Albion Football Club (BAFC), and receive funding from a wide range of sources including BAFC, Burton Breweries Charitable Trust and The Lottery Fund.

Although the name suggests their activities are largely centred on football activities, we were surprised to learn that their scope also includes National Citizen Service (115 graduates in 2015), a cycle maintenance scheme, table tennis, drug and alcohol awareness sessions, communication and enterprise, multi-sport and dance holiday camps, kwik cricket, tennis and athletics, plus lots of courses and camps during the school holidays. They have a learning centre in the Pirelli Stadium, and an Enterprise Academy, which runs a 10 week course delivering the basic principles of business and enterprise, and a Futsal BTEC Level Two programme.

They are able to use the facilities at their hub, those at Pirelli Stadium, St Georges Park and local authority buildings and parks to work closely with Staffordshire Police and Fire services, local schools, East Staffordshire Borough Council, the Football Association and others to:

- develop a wide range of football and sport initiatives to help people with disabilities and their families,
- use the power of sport and the BAFC brand to develop and deliver innovative, quality and targeted engagements projects
- deliver programmes which have a positive impact on the health of the local community
- encourage fitness and mobility by delivering a wide range of sport and activity programmes, providing a pathway and opportunity for all, regardless of age, gender, ethnic origin, fitness or disability
- grow and develop a female football programme
- support and enhance learning opportunities in the Borough of East Staffordshire

Some of the ways that they inspire, engage and educate include:

- ✓ Healthy Schools - helping children make healthy food choices in classroom sessions delivered by qualified BACT staff
- ✓ Golden Goal Activity Club - morning sessions to encourage for people over 50 to be more active in the community
- ✓ Fit Fans - for males aged 25-65 and overweight, this is a bespoke 12 week course covering physical activity and guidance and advice on positive lifestyle changes
- ✓ Head for Goal - using sport to increase social interaction and break down the social barriers that surround mental health
- ✓ Child & Parent - qualified staff introducing 2 - 5 year olds key movements and skill through fun games
- ✓ Golden Goal Classes - specifically for over 50s, these classes cover a range of sports and activities including football, dance, yoga and computer classes

Some activities are chargeable, some funded by the monies raised by the charity.

The hub in Grange Street (entrance in Casey Lane) welcomes visitors and their facilities are available for hire. For further information, call 01283 440041 or 565938.

Email bactadmin@burtonalbionct.org

www.burtonalbioncommunitytrust.co.uk