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Useful Tips on..... Establishing an **informal family sports session**

Aim: A monthly family sports club with activities for all ages, getting families to take part together.

How does it work?

- Initially a group of friends established an email group of interested families.
- Monthly email out from the 'co-ordinator' looking for someone to make a suggestion for the next session.
- Booking made for local community centre or Multi Sports Area if required.
- Activities include:
 - walks, bike rides
 - Table Tennis, Netball, tennis, football, kwik cricket, rounders
 - Trips to swimming pools, bowling etc.

What does it take to get started?

- two families to do the first one, and spread the word!
- some ideas
- a facility for indoor activity in bad weather
- A co-ordinator – someone who will email round, or set up a facebook page, and step in to help organise things.

Benefits:

- Low cost (eg if it's £20 to hire a Village Hall for 2 hours, it could be £2-4 per family)
- Low level of organisation needed: email from co-ordinator, offer of an idea and help to organise things from a member of the group.
- Informal, friendships grow through the group, new families join.
- Mums, dads, kids and friends joining in together.

Drawbacks:

- Informal club, so no insurance to cover the activities. Everyone is responsible for their own children and all take part at their own risk. Need a disclaimer.
- No 'paid' co-ordinator or coach, so everyone has to chip in and help – although that makes it more sustainable in the long run.

For more info, email sport@chinleyca.org.uk

