

positivefutures
in Lincolnshire



Positive Futures

Lincolnshire
COUNTY COUNCIL
Working for a better future

Contact:

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What do we do?



Positive Futures

is an initiative that aims to give young people options to stay active and pursue sports in order to increase physical activity levels and reduce engagement in anti-social behaviour.

We provide opportunities for sport for Young People aged 8 - 18 in and around Grantham.



Open Access
Sessions
Events including
tournaments &
shows



Visit Primary &
Secondary schools to
lead after school
activities



One to one
meetings
through
childrens
services

Current Programme (January - March)

- All sessions are **free** to attend
- No sessions during half-term (12th-16th Feb)

Monday	Tuesday	Wednesday	Thursday	Friday
		Multi-sports Isaac Newton Primary School - Students Only 8 - 11 years 3:30 - 4:15pm	Multi-sports West Grantham Secondary Academy - Students Only 11-14 years 3:00pm - 4:00pm	
	'Get into Running' Meeting Point: Grantham College Main Gate 11-18 years old 5:00 - 5.45pm	Girls Football Grantham Meres 3G Pitch 11-16 years old 5:00 - 6:00pm	Netball Grantham Meres Indoor 11 - 16 years 5:00pm-6:00pm	
	'Raise the Bar' Girls Gym Grantham College Gym 12 - 18 years 6:00 - 7:00pm	Stretch & Smoothies Earlsfield Youth Centre 14-18 years old - girls only 6:15 - 7:00pm	Youth Club - YCD Earlsfield Youth Centre <i>Junior</i> - 8 - 11 years - 5.15pm - 6.15pm <i>Senior</i> - 12 - 18 years - 6.30 - 8.30pm	Junior Football Grantham Meres 3G Pitch 11 - 14 years 5:30pm-6:30pm
		E-Sports & Snacks Earlsfield Youth Centre 14-18 years old 7:15 - 8:00pm		Senior Football Grantham Meres 3G Pitch 15 - 18 years 6:30pm-7:30pm



Current Programme (January - March)

Tuesday:

NEW! Get Into Running

Meet point: Grantham College Main Gate (11-18 years old)

When: 5-5.45pm Tuesdays

Get Into Running is our new social run club open to anyone between the ages of 11-18 and interested in getting their body moving through running. Routes will begin easy and build up over the course of the sessions.

'Raise the Bar' Girls Gym

Grantham College Gym (12-18 years girls only)

When: 6-7pm Tuesdays

A circuit based gym session aimed at girls to improve their confidence, strength and physical fitness in a gym environment.

Wednesday:

Girls Football

Grantham Meres 3G Pitch (11-16 years)

When: 5-6pm Wednesdays

A fun and relaxed football session that involves a warm up, a drill and a match for girls only.

NEW! Stretch & Smoothies

Earlesfield Youth Centre (14-18 years girls only)

When: 6.15-7pm Wednesdays

A class to unwind and stretch with chill music and mood lighting, finished by making fruit smoothies.

NEW! E-Sports & Snacks

Earlesfield Youth Centre (14-18 years)

When: 7.15-8pm Wednesdays

Our new e-sports and snacks session is a chilled session that involves playing e-sports tournaments on consoles. Snacks provided.

Thursday:

Netball

Grantham Meres Indoor Sports Hall (11-18 years)

Time: 5.00pm-6.00pm Thursdays
Every Thursday Positive Futures provides a free Netball session for all 11-18 year old girls to learn and develop new skills through fun games and play Netball matches, whether a beginner or already a netball player.

Youth Club

Earlesfield Youth Centre

Time : 5.15pm – 6.15pm Thursdays (8-11 years)

Time: 6.30pm-8.30pm Thursdays (12-17 years)

Youth club includes a variety of activities including sports, crafts and cooking and is free to attend.

Friday:

Junior Football

Grantham Meres Leisure Centre (11-15 years)

Time: 5.30pm -6.30pm Fridays
Every Friday at the Grantham Meres 3G sports pitch, Positive Futures provide an open access football tournament.

Senior Football

Grantham Meres Leisure Centre (16-18 years)

Time: 6.30pm -7.30pm Fridays
Every Friday at the Grantham Meres 3G sports pitch, Positive Futures provides an open access football tournament.



Work Experience & Volunteering

We have a limited number of work experience & volunteering opportunities available throughout the year for young people that are interested in working in the sports industry...

What will you be doing?

- Leading warm-ups/ cool downs and/or sessions
- Helping set up
- Helping at tournaments and any other events
- Be a point of call & role model for young people



What will you gain?

- Experience in volunteering and coaching
- Receive leadership development
- Opportunity to gain qualifications
- Build your CV
- Build skills such as confidence



Questions?

If you would like to know more information, are interested in attending any sessions or volunteering with us please contact Ashleigh or Yoana.

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Ashleigh – Ashleigh.Eggington@lincolnshire.gov.uk

