

## Rowing and Health in Doncaster

Rosie Winterton, MP for Doncaster Central, attended the launch of 'Rowing and Health in Doncaster workplaces' on Friday 22nd February. The programme is funded by the Doncaster Primary Care Trust and involves more than 5000 young people from nine secondary and three special schools. With the aim of bringing healthy activity into the workplace, regular activities are being run by the Doncaster Schools Rowing Association (DSRA) in conjunction with Balby Carr Community Sports College.

Doncaster Rowing Club is located in the Hexthorpe area of the city and offers indoor and water-based activities to young people and adults, as well as an active programme for the over 50s. The club works closely with a range of local agencies to promote sport, physical activity, education and healthy living.



Rosie Winterton, pictured above at the launch, said 'I am delighted to have been invited to see how this programme is encouraging people at work to take up a regular physical activity. The students at Balby Carr Community College have worked hard on their coaching skills and are able to put them into practice with the support of Doncaster Rowing Club and the Primary Care Trust.'

Three levels of support are provided to schools:

- health and fitness equipment is placed in school sites with staff and leaders trained in its safe and effective use
- schools are assisted by volunteers and a full time Community Sports Coach
- pupils are invited to take part in water-based activity at Doncaster Rowing Club which has recently been redeveloped through the Community Club Development Programme.

In this way people can take part in physical activity at a level that suits their interest and ability. This fourth opportunity is now being developed in a partnership between Doncaster RC and Doncaster PCT as part of the workplace health promotion programme.

Qualified youth coaches from Year 11 at Balby Carr Community Sports College, a leading school in the Doncaster Schools' Rowing Association, are running health and fitness classes in local workplaces which are being piloted at UKI Partnerships Ltd. Under supervision from a senior rowing coach the sports leaders will work with members of the UKI Partnerships workforce - demonstrating good technique, coaching participants and motivating adults to take part in regular physical activity.

Key points about Doncaster Rowing Club

- winner of the Sport England Yorkshire Club of the Year 2007
- holder of the Sport England Clubmark Award
- its link schools are part of the PESSCL Indoor Rowing for Schools scheme