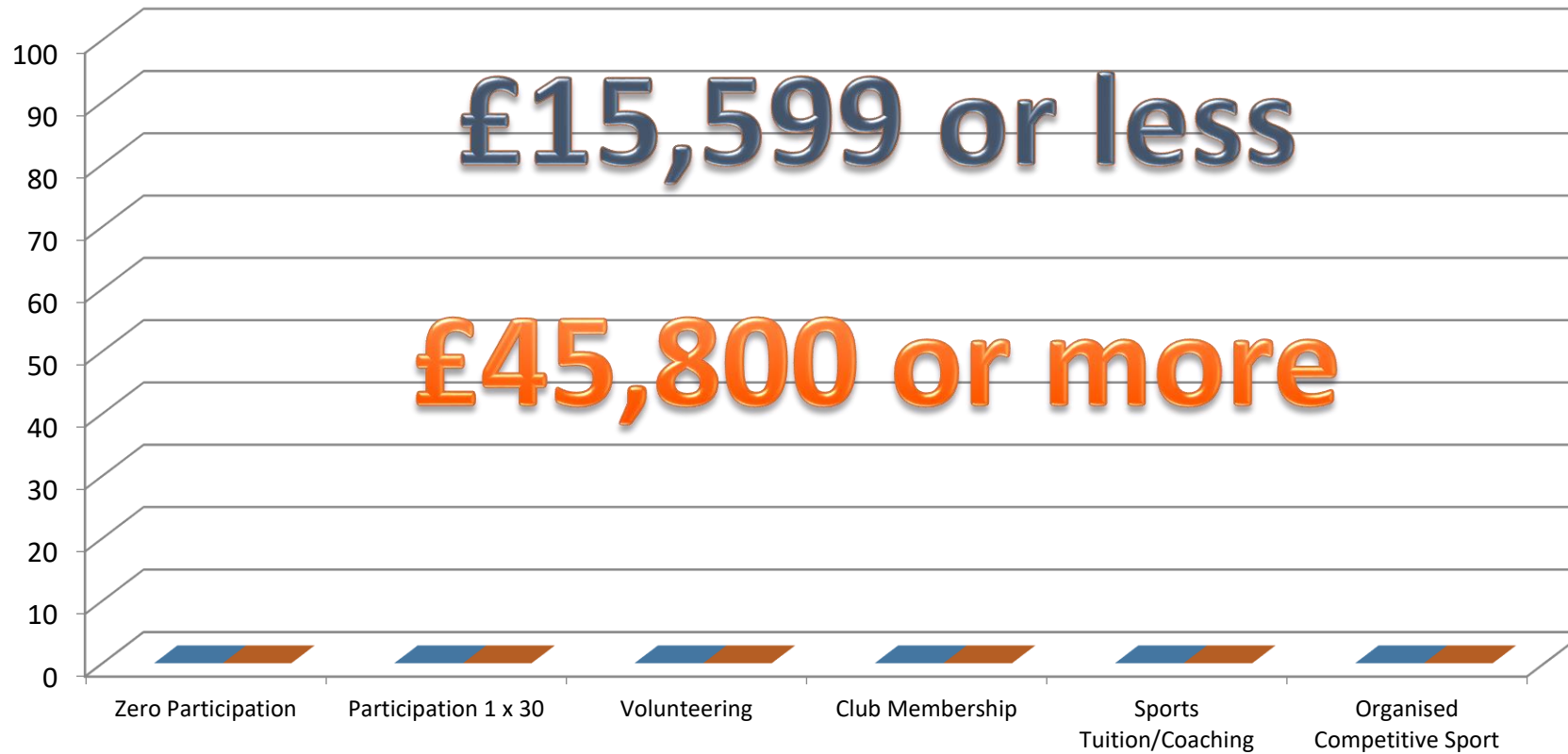
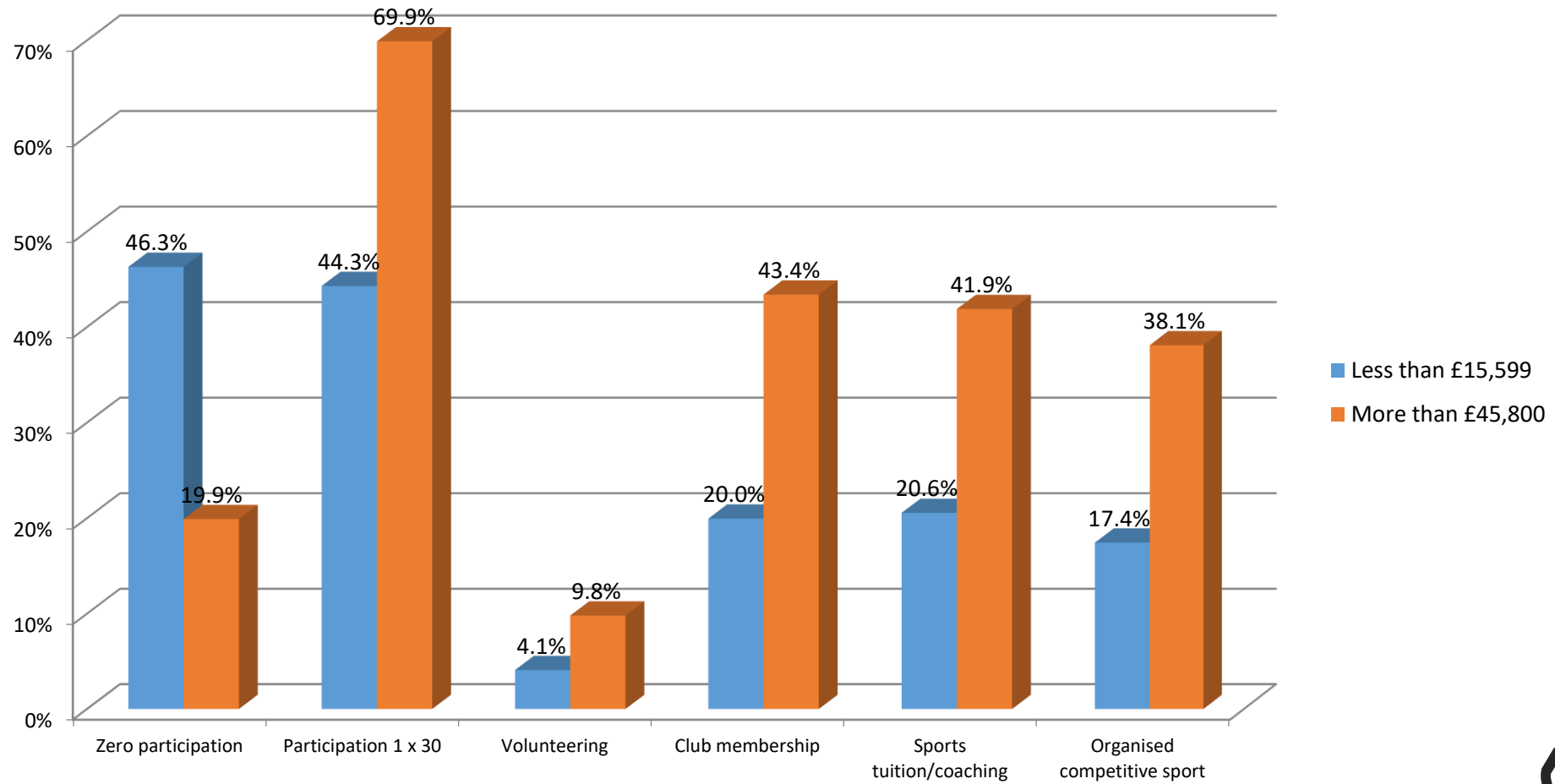


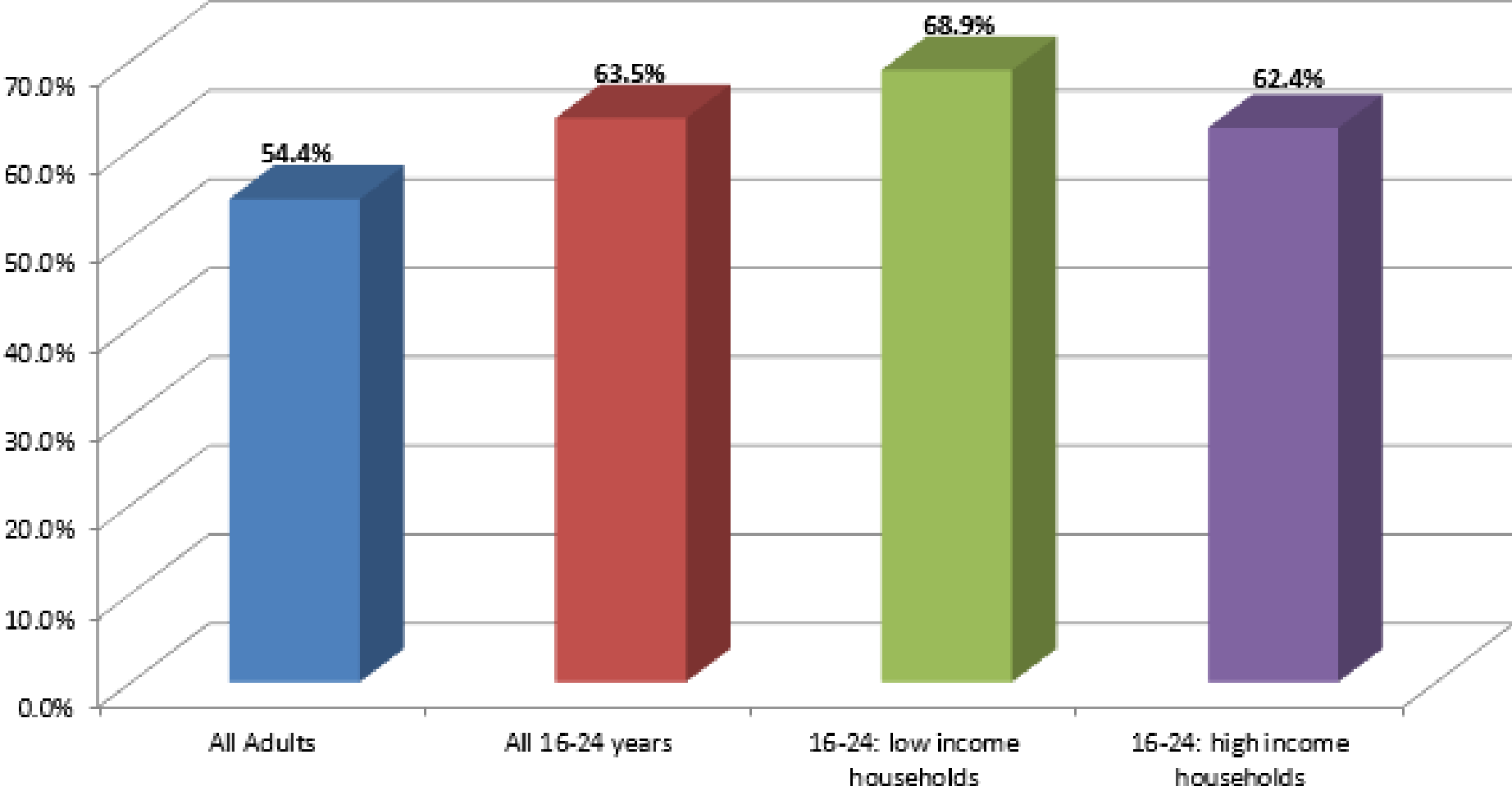


# Sports & Physical Activity Participation 16-24 years by Household Income





# Unmet Demand for Sport



- **#APA** will remove the barriers and reduce the inequality of opportunity that exists for **ALL PEOPLE** (especially those living in disadvantaged communities and who belong to marginalised groups) to be able to take part in fun and informal sport and physical activity.



- **#AllPeopleActive** will provide free and affordable sport and physical activity provision for **ALL PEOPLE** to improve their physical, mental and emotional health and wellbeing in order to enhance their quality of life & in turn, increase their happiness levels.



- To help **ALL PEOPLE** see Physical Activity, Sport, Wellbeing & Happiness as core life enhancers rather than desirable added extras or something that the ‘sporty people do’.



- We will grow our own local **APA Champions** to deliver community engagement activity sessions to create long term behaviour change rather than short term activity projects.
- Young Local People becoming **APA Champions** to deliver back in their own areas improving their own communities.





- We will work closely with the MK leadership academy to activate momentum and behaviour change quickly. We want to be an entrepreneurial CIC and have a youth board to make decisions about how we work.





**#FunFitness4Women**

Just £2 a session!

# All People Active

Female Instructor!



# Fun Fitness 4 Women

Come & be part of something special: our friendly, informal physical activity session specifically designed so women of all of ages & abilities can join in at a pace & intensity that suits them.



**THURSDAYS: 1:30pm – 2:30pm @ ROWANS FAMILY CENTRE,  
13a MOORFOOT, FULLERS SLADE, MK11 2BD STARTS 10<sup>th</sup> JANUARY 2019!**



**Text: 07739840717**

**#AllPeopleActive**





**#APAYOUTH**



# Sports Mash Up!



Come along with your mates to enjoy a  
**FUN & INFORMAL SPORTS SESSION**



For 12 – 17 yr olds: **LADS & LADIES WELCOME!**

**Tuesdays: 5pm – 6pm @ SPORTS CENTRAL MK**

**Only £2 a session!**



All  
People  
Active



All  
People  
Active

Text: 07739840717

#AllPeopleActive





**#APAFAMILIES**





# APA Park Lives



Come along with your mates to enjoy a  
**FREE SPORTS & PHYSICAL ACTIVITY SESSION**  
on your Doorstep!  
For 13 – 17 yr olds: **LADS & LADIES WELCOME!**

**Wednesdays : 5:30pm – 7pm @ Newton Leys Park**



**COMMUNITY ACTION: MK**



All People Active

Text: 07739840717

#AllPeopleActive





**#APAJUNIORS**



# Just Play Girls Football



Come along with your mates to enjoy a  
**FUN & INFORMAL FOOTBALL SESSION**



For 12 – 17 yr olds: **GIRLS & LADIES WELCOME!**



**Mondays: 5pm – 6pm @ Leon Leisure Centre, Lakes**

**Only £2 a session!**



**Text: 07739840717**

**#AllPeopleActive**



# APA PLANS 2019

- To attract further external investment to allow as many people as possible to access quality assured sport and physical activity opportunities
- on their doorstep – we will listen to the residents & deliver what they ask for.
- over a sustained period of time –
- to get more people, more active, more often
- We are looking to work with more partners including schools, youth centres, referral agencies as well as existing sports clubs & gyms to provide suitable exit routes for people who want to join up.
  - All People Active will follow the **5 rights** –
    - Activity delivered:
      - at the **right time**, in the **right place**,
      - at the **right price**, in the **right style**
        - delivered by the **right leader**.





# APA

ALL PEOPLE ACTIVE

## ACTIVITY PASSPORT


*If you attend All People Active sessions regularly, we will reward your loyalty with some great prizes!*











*Bring your APA Passport to every session you attend and get it signed by the APA Champion.*

*When you complete the APA Passport, hand it in to get your mystery prize; and a new passport!!*

YOUR NAME: \_\_\_\_\_

YOUR PHONE NUMBER: \_\_\_\_\_



21	22	23	24	25
				
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
26	27	28	29	30
				
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____

**YOUR ALL PEOPLE ACTIVE REWARDS**

**10 Sessions**  
*You'll earn a brand new APA T-Shirt!*

**20 Sessions**  
*You'll earn an exclusive APA Hoody!*

**30 Sessions**  
*Congratulations! You've become an All People Active Community Champion!*



**Any Questions?**





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Managing Director

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