



**Armagh City
Banbridge
& Craigavon**
Borough Council

Leisure Transformation Programme

Staff Engagement

Weekly update from the 'Leisure Transformation Project Team

27th November 2020



'Inspiring people to make positive changes through great experiences'

Staff Engagement

As you are aware that despite the disruption, the 'Leisure Transformation Project Team' continue to plan for the opening of SLLC, and to move forward with the Transformation Programme as far as is practicable.

The team have committed to communicate with our indoor leisure staff as effectively and as regularly as we can.

In this update, we will focus on a number of issues: Covid-19, 'Leisure Transformation Project Team' update and staff questions/queries.

Moving forward this publication will be done every two weeks instead of weekly.



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Covid

With the new restrictions coming into effect tomorrow **November 27 until December 11**, there will be a number of changes to council work arrangements, services and facilities. These are briefly outlined as follows:

- All Civic Buildings will remain open, with members of the public asked to attend only where necessary, however a limited number of staff will be available in buildings to maintain service delivery.
- All leisure centres and associated sporting venues will close.
- Sporting facilities will remain available for elite sports only where applicable, in line with guidelines.
- Registration services will remain open in line with public health and GRO guidance.
- Communities Centres will remain open for Childcare purposes only.
- All public parks and outdoor play areas will remain open.
- All Tourism, Arts and Culture venues will remain closed.

All other services will remain operational with staff being encouraged to work from home where possible, with many of our teams having the capacity for remote working, and where this is not possible, line managers will ensure a safe working environment for those that need to be in workplaces at this time.

Staff will be redeployed to areas of priority service needs, such as Household Recycling Centres, Refuse Collection, Parks, and any new or evolving areas of work in terms of Covid restrictions. It is therefore intended to fully utilise staff across departments.

As always your support and understanding is extremely valued, as we navigate our way through this continually evolving situation.

Get moving, sit less!



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We all know it is important to be active each day, but do we know how important it is to break up periods of inactivity too? With current restrictions and a lot of us working from home, we are all at risk of becoming inactive and moving less. Physical inactivity increases our risk of coronary heart disease and stroke, overweight and obesity, Type II diabetes and some cancers. Sitting in one position for long periods can also affect the muscles in our back, neck and legs.

Here are some top tips from Clare Weir, Community Sport Active Inclusion Officer, to help you sit less and get moving:

- Schedule regular breaks, go to the kitchen to make a cup of tea or climb the stairs a few times to stretch your legs
- Take a walk around the garden or go a bit further during your lunch break
- Use a timer, phone or smart watch to set reminders to stand and stretch every 30 minutes
- Stand or walk during phone calls
- Schedule daily activity into your diary and treat it like a meeting that you wouldn't miss
- If you have a dog at home, have a run around the garden with them – you'll both enjoy it!
- Enjoy a lunchtime workout – there is a wide range of activity classes available online at www.youtube.com/user/CraigavonActivity/videos
- If possible, move and eat your lunch somewhere else, this will help you change posture even for a short while
- And if you do enjoy some TV in the evening, do sit ups or squats during the commercial breaks!

10 THINGS TO DO THAT CAN HELP YOU LOOK AFTER YOUR MENTAL HEALTH DURING A WINTER LOCKDOWN

@BELIEVEPHQ



STAYING FIT

Engaging in regular exercise can help boost mood/confidence and reduce stress, worry and anxiety



BEING MINDFUL

Whilst engaging in daily activities try and use all your senses to stay connected to the present moment and task you are doing



TALKING TO OTHERS

Talking to others about how you are feeling and what you are thinking can be a useful tool for boosting mood and reducing stress



SUPPORTING OTHERS

Acts of kindness towards others is a great way for connecting and creating positive emotions



GETTING CREATIVE

Be creative and learn something new. Challenge yourself with a new activity



HAVING A JOURNAL

Having a journal can be a useful tool for writing down thoughts and feelings and understanding any triggers



BREATHING SLOWLY

Engaging in slow and steady breathing techniques can help calm your mind and body



PLANNING YOUR WEEK

Scheduling fun and engaging activities into your week can give you something to look forward



BEING KINDER

Being kinder to yourself and make sure you take part in activities that help keep you calm and relaxed



BEING MORE CONNECTED

Maintaining healthy relationships with others is important for boosting confidence and reducing anxiety



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European Week for Waste Reduction



During this year's European Week for Waste Reduction (21-29 November 2020), we will bring the theme of invisible waste into sharp focus with a view to making invisible waste more visible to people in the borough and encouraging more sustainable consumption habits.

So what is invisible waste? It is waste generated during the manufacturing process which is not visible to consumers. For example, an unbelievable 86 kilograms of waste is created during the production of a smartphone weighing less than 200 grams.

Adopting the slogan 'What's your real weight?' the campaign challenges us all to become better informed about the huge amount of waste that we all unconsciously generate.

Most invisible waste cannot be recycled and ends up in landfill. We are all responsible for saving our planet's limited resources, eliminating unnecessary consumption and making sure all products are optimally utilised.

During the week, we will share messages on our social media platforms about tackling invisible waste and taking simple actions to reduce our personal waste footprint such as choosing more sustainable products, doing a digital clean-up (deleting old emails and files), staying away from fast fashion and much more. To find out more about the campaign and how to get involved in, visit www.ewwr.eu **#invisiblewaste** **#EWWR2020**

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Lighting up the Borough for Christmas

Embracing community spirit and keeping hope alive for local businesses is the focus of this year's Armagh City, Banbridge and Craigavon Borough Council Christmas Campaign entitled, 'Let's Light up our Borough this Christmas', which was launched this week. The campaign has been created to inspire community engagement through fun and safe activities, with a positive emphasis on supporting local businesses on the lead up to Christmas.

Supporting borough businesses by shopping local and on-line for Christmas is a major part of Council's campaign, urging people to 'think local first' to help keep the 'lights' on for many businesses at this crucial time of year. To help promote this a new on-line platform is being promoted called 'Our Borough On-line', to encourage local spending with borough retailers online and in store. The website www.lightupourborough.com profiles online local retailers, home delivery services, and personal and quiet shopping times for more vulnerable customers.

One of the highlights of the campaign will be a Virtual Light Switch-on, 'lighting up' our city and town centre Christmas Trees on Saturday 28th November at 7.00pm. This event will be live streamed on Facebook, YouTube and online, with a very special message from Santa live from the North Pole providing Christmas cheer for all the family. This switch on event will provide a unique opportunity for everyone to reflect on the year that has passed, and celebrate together - but apart, in the magic of Christmas.

For further information log on to www.lightupourborough.com

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Staff Christmas Shoebox appeal a great success!

Well done to staff across Council who donated 85 Samaritan's Christmas shoeboxes for children across the world suffering as a result of poverty, war or natural disasters. The shoeboxes were full of lovely gifts, stationery and essential hygiene supplies, which will all positively touch the lives of children much less fortunate at this time of year. Thanks to all who took part!



Tree-mendous work from our Estates Team!

Well done to all staff involved in putting up the Council's beautiful Christmas trees and twinkling lights across the borough! This mammoth task involved assembling tens of thousands of lights and installing 74 Christmas trees in towns, villages and Council properties across the ABC area.

Thanks to everyone involved for your help in lighting up our borough!



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Update from the 'Leisure Transformation Project Team'

The 'Leisure Transformation Project Team' would like to give information regarding some of the projects that we have been working in relation to indoor leisure across the Borough;

Continuing the Transformation of Indoor Leisure

As you are aware we are now moving forward on completing the '**transformation journey**' for the other indoor leisure facilities which includes OLC, BLC and the dry centers across the Borough.

We will follow the same process used in SLLC; however, we may need to make some adjustments to ensure that we are adhering to Covid regulations.

The next steps in this process are:

- Consultation on IL structures with union representatives and management – **completed.**
- Consultation on IL structures with staff.
- Consultation on JDs with staff; as off 23rd November a two week informal consultation period has now commenced with staff.
- Principals of shift patterns/rotas.
- Opening hours of BLC/OLC.

These issues will be discussed through a series of staff engagement sessions that will be taking place during December and January (please see timetable below).

**** Please note that if required small group and individual meetings will also take place as and when required.**

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Staff engagement timetable:

Date	Facility	Time
27 th November	Rathfriland CC Gilford CC	9.30- 11.30 12-1.30
30 th November	BLC Dromore	9.30- 11.30 12-1.30
1 st December	Tandragee CC Keady CC	1.30-2.30 3.30-4.30
3 rd December	OLC Richill CC	9.30- 11.30 12-1.30
4 th December	Rathfriland CC Gilford CC	9.30- 11.30 12-1.30
7 th December	BLC Dromore CC	9.30-11.30 12-1.30
8 th December	Tandragee CC Keady CC	11-12 1.30-2.30
10 th December	OLC Richill CC	9.30- 11.30 12-1.30
11 th December	Rathfriland CC Gilford CC	12-2 3-5
14 th December	Dromore CC BLC	12.30 -1.30 2.30-4
15 th December	Tandragee CC Keady CC	12.30-2 3-5
17 th December	Richill CC OLC	12-1.30 2.30-4
18 th December	Rathfriland CC Gilford CC	12-2 3-5
7 th Jan	Richill CC OLC	12.30-1.30 2.30-4
8 th Jan	Rathfriland CC Gilford CC	12-2 3-5
11 th Jan	Dromore CC BLC	12.30-1.30 2.30-4
12 th Jan	Tandragee CC Keady CC	12.30-2 3-5
14 th Jan	Richill CC OLC	12-1.30 2.30-4
15 th Jan	Rathfriland CC Gilford	12-2 3-5
18 th Jan	Dromore CC BLC	12.30-1.30 2.30-4
19 th Jan	Tandragee CC Keady CC	12.30-2 3-5
21 st Jan	Richill CC OLC	12-1.30 2.30-4
22 nd Jan	Rathfriland CC	12-2

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	Gilford CC	3-5
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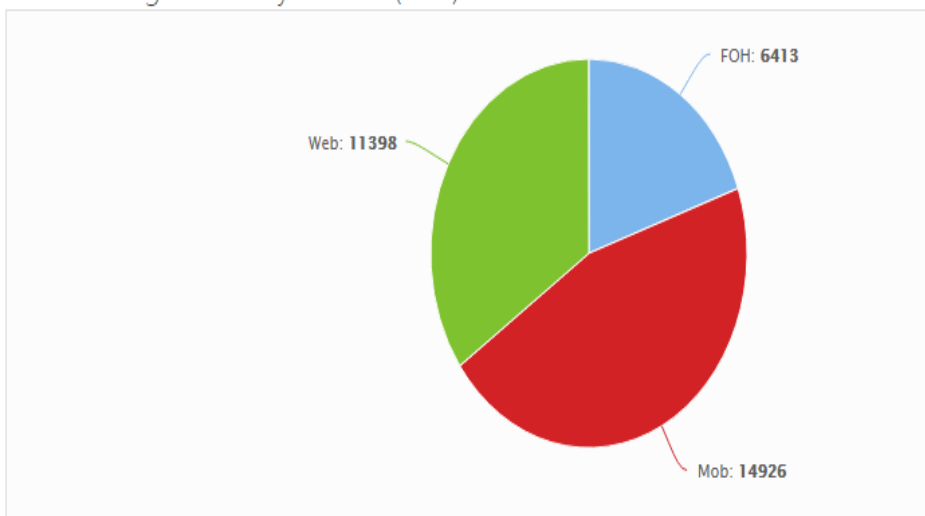
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South Lake Leisure Center

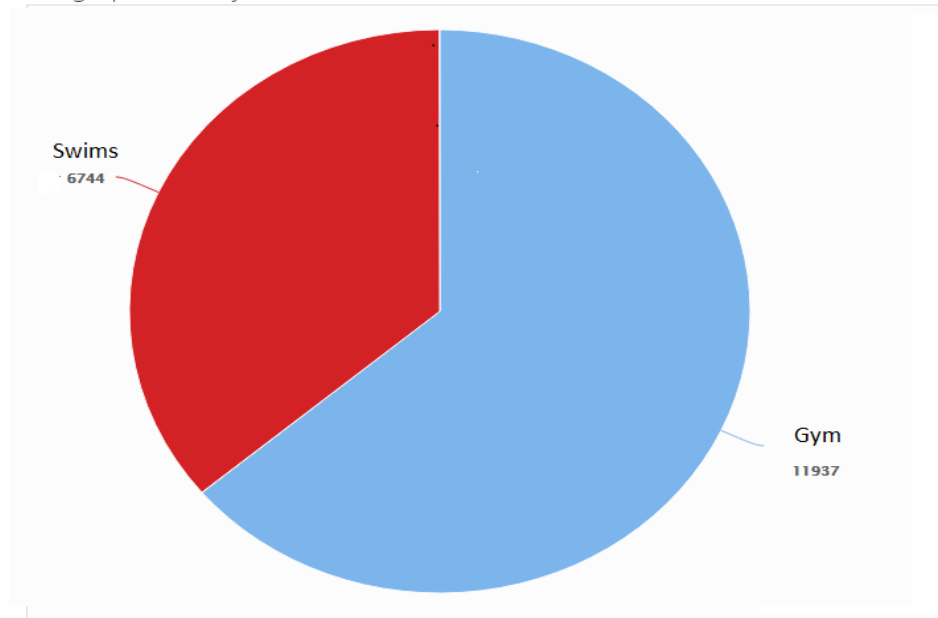
As you are all aware we opened SLLC to the public on the 2nd November 2020 and today we have had a large number of customers through our doors even though we are restricted in the service that we can provide at the moment.

Some of the opening statistics that we have to date which may be of interest to our indoor staff are as follows;

No: Bookings Made By Source (mtd)

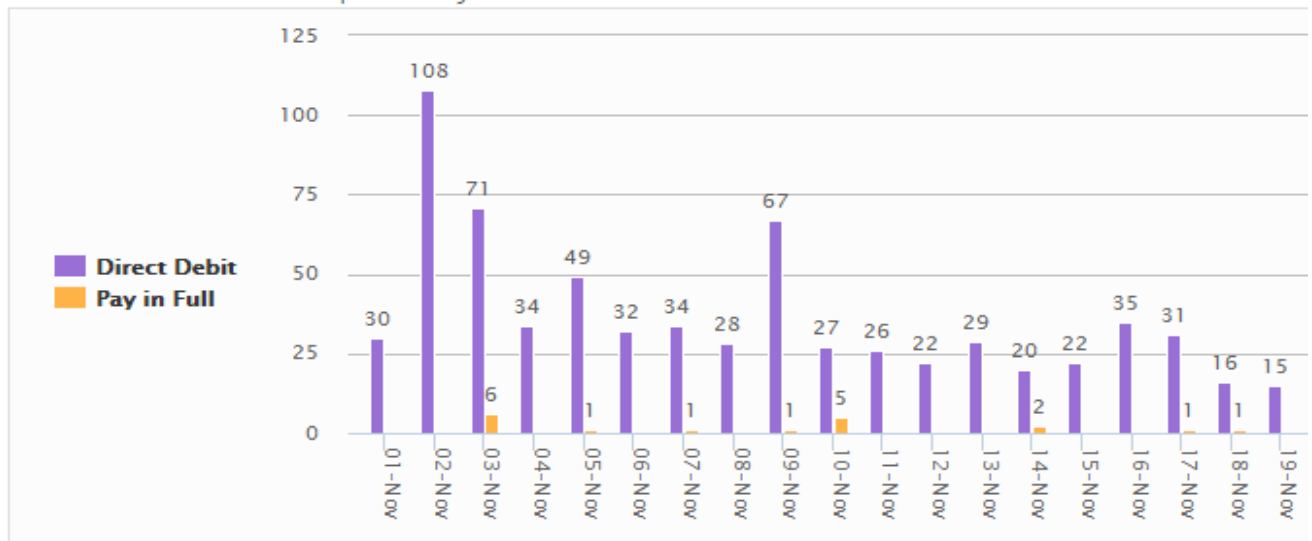


Usage per activity



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New Joiners MTD per day



Staff Questions/Queries

The 'Leisure Transformation Project Team' are interested in hearing from you, if you have any questions/queries or have a specific issue that you would like us to address during this unusual

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period of closure, please contact: joanne.grattan@armaghbanbridgecraigavon.gov.uk with the detail.