ACES Europe

European Capitals and Cities of Sport Federation

Michelle Vorel-Adams
ACES UK President



Who are ACES Europe?

- Non-profit association based in Brussels created in 1999
- Assign every year recognitions of European Capital, City, Community & Town of Sport
- Recognised by the European Commission in the White Paper (Art.50)



Awards





1award per year to a capital of a country or city with more than 500,000 inhabitants



- World Capital of Sport
- Same format as the European Capital of Sport but outside Europe with main support of international organisations



European City & Community of Sport

 1award per year to a city between 25,000 to 500,000 inhabitants



- European Sport and Healthy Company
- ACES Europe and DCH-International
 Organization of Human
 Capital Directors (EHCA
 – European Healthy
 Companies
 Association) have
 joined forces to
 recognise publicly the
 effort made by those
 companies promoting
 sport and health

among their employee



european town of sport

- European Town of Sport
- 1award per year to a town of less than 25,000 inhabitants



Awards





Malaga, Budapest, Sofia, Marseille, Prague, Torino, Cardiff, Antwerpen, Istanbul, Valencia, Madrid



Over 70 Town awards

Belisce, Coin, Saint Vincent, Zittau, Sligo, Alp, Buzet, Evrotas, Olecko, Athlone



Over 100 City awards

Bacau, Ostend, Kosice, Stoke on Trent, Bristol, Bordeaux, Santander, Nice, Limerick, Varese, Gateshead, Innsbruck, Leicester



None awarded to date



Over 10 Community awards

Shetland Islands, Isle of Man, Three Borders, Valle Veraita, Rewal



Two awards

▶ Elpozo, Grupo Cofares



How to present a Candidature

- First step is receive a Letter of Intention from the Mayor of the city which wants to be a candidate at aces@aces-europa.eu or hugo.alonso@aces-europa.eu
- After the candidature is confirmed ACES Europe starts the official procedure: Sign Regulations Fee as candidate Bid File
- ▶ Plan and visit the city by the Evaluation Committee If the candidature gets the score to be awarded it receives the recognition in a Ceremony at the Euro Parliament (Brussels)



Bidding for an Award

- European Capital, Cities, Towns and Communities of Sport candidates must, as part of their candidature, provide ACES Europe with a bid file containing the answers to the questions (criteria) included in the guidance for the development of the bid file
- The eligibility criteria has been established by ACES Europe to have a thorough understanding about how the candidate cities promote in the population, through sport, the values of ACES Europe: enjoyment in exercise, willingness to achieve, sense of community, learning fair play and improvement of health
- The organisation of cities should develop a bid file to present its candidature providing information to respond to each of the points outlined in the eligibility criteria. The same criteria will use by the Evaluation Committee to assess the candidature during the visit.
- There is a candidate fee required on submission of the bid plus costs to use the image rights if the bid is successful



Obligations

- Responsibility as awarded city during the year
- Respect of the image rules
- Minimum of developing an International Congress or International Sport Competition
- Design a sport calendar with activities which promotes health, wellbeing and integration
- Minimum of developing an International Congress or International Sport Competition
- Memory and conclusions after the year with results



Benefits & Opportunities

What does it mean to be awarded by ACES Europe?:

- International recognition
- High visibility and political buy-in
- ▶ Potential to attract investment in services & develop new partnerships
- Put in value the sport policies of the destination
- Take part in the biggest network of cities of sport in Europe
- Share experiences between members
- ▶ Participate in several congresses and conferences during the year
- Increase and improve sports policies if possible



Stoke on Trent 2016

Example major benefits:

▶ Platform event UK Corporate Games secured for 2015 ACES delegation visit

▶ Up to £3.5m secured at outset within the City Council plus:

Coca Cola £237,000, Spirit of 2012 / EFDS £245,000,

Sport England £250,000, Table Tennis England £15,000 & much more

- ▶ Enhanced Partnership Working (LOC)
- ▶ Reputation Gains and Improved Image
- ▶ Fostering of a Local 'Feel Good' Factor

















Major Events in 2016

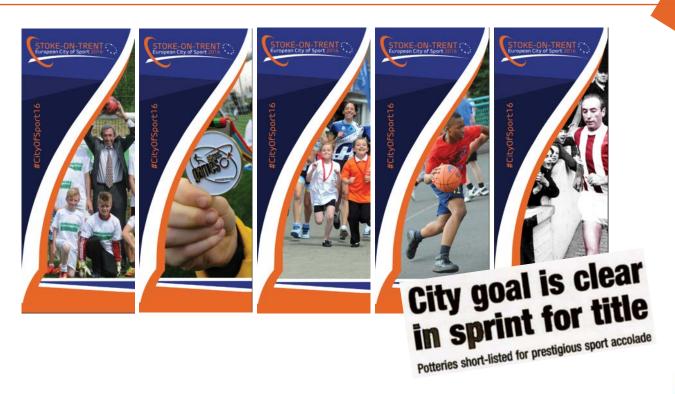
- Opening Ceremony
- Lord Mayor's Games
- Sports Psychology Jam
- 1966 Dinner
- Heart of the City Tour
- Corporate Cup of Soccer
- Corporate Cup for Netball

- Corporate Cup for Dragon Boating
- Pearl Izumi Tour Series
- Darts for Donna Louise
- England vs Greece Table Tennis
- StreetGames Festival
- Sports Personality of the Year Awards
- StreetGames Community Safety Conference

- Paralympics GB Carnival
- Summer Celebration
- Aviva Women's Tour
- UK Triathlon
- Run for Fun



Marketing and Promotion 2016





Extensive Coverage

- **Television**
- Local and National Newspapers
- Social Media Engagement
- Local, National and International Events Coverage





BBC **NEWS**

itu **NEWS**

creating confidence and selfassurance.

We have seen in Rio these past 12 days the potential outcome of encouraging youngsters to explore their



City of Sport legacy 'could be priceless'

PORT for all' is a glib phrase. Never, after all, has the sporting world been more commercialised

Leisure activities cost money. Taking a family to a football match in 2016 often requires a prior call to the bank regards a remortgage. It is perhaps here more than

offshoot, but is not the scheme's purpose. anywhere that we can What it may do is unlock an inner belief, a whole new appreciate the true value of an initiative such as Stoke-onsocial world, a major step Trent's StreetGames towards personal programme, allowing those contentment disadvantaged or otherwise,

Stoke-on-Trent's position as to access activities which, barely noticed, deliver wider personal and social benefits. a European City Of Sport was not welcomed by everyone. Understandably, some were Yesterday, the StreetGames Festival took place at Northwood Stadium. suspicious as to what exactly it could offer.

At a time when finances are tight, why chuck money at something so intangible?

inner drive, the brilliance they perhaps never knew they

That's not to say that those who attended the Street Games

Festival will follow in those medal winners' footsteps

that would be a very welcome

It won't leave behind grand sporis stadla and a Rio-esque Olympic Village.
What it will leave behind though it a storytome.

though is a significant number of young people inspired and changed. And on that, one cannot put

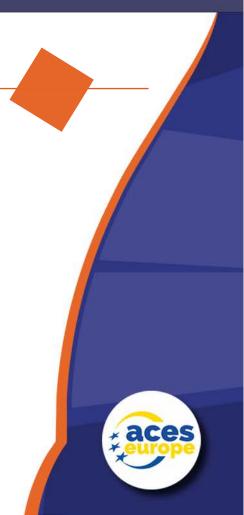






Legacy

- Antwerp, European Capital of Sport 2013 increased in almost 10 points the Active people in the city (from 48% to 56%)
- ▶ **Logroño**, European City of Sport 2014, research from La Rioja University says that due to the award the ROI in the city was 44,500million euros
- ▶ Torino, European Capital of Sport 2015, more than 1,000 sport events during the year
- Valencia, European Capital of Sport 2011, created a European Observatory of Sport Good
- Funding, more than 50 cities have been involved in different EU Grants during the last years
- Media Impacts, More than 1.500 million impacts per year in medias: on line, off line, radio, tv, papers, magazines, events, activities...

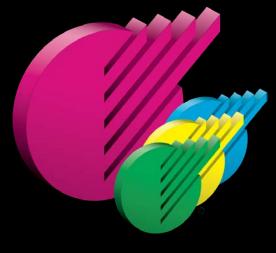


ACES Europe

European Capitals and Cities of Sport Federation

Think your destination could become the next award candidate?





World Corporate Games

Michelle Vorel-Adams
Chief Operating Officer – UK & Europe

The Worldwide Corporate Games Community

The Worldwide Corporate Games Community has grown year after year thanks to the great support of cities around the globe since 1988





What are the *Corporate Games*?

Multi Sport Festivals for Businesses

Open to all for the benefit of all

Teams – Tiny or Tremendous – represent every size and kind of business, institution or organisation

Team Members include Colleagues, Clients, Family and Friends

Any Age

No Qualifying Standards

Disabled integrated





Corporate Benefits

The *Corporate Games* offers unrivalled Corporate benefits and Business opportunities.

- Team Building
- Staff Integration
- Business Networking
- Brand Promotion
- Promote Health & Fitness in the Workplace





Get Fit For Business

Every £1 invested in workplace wellbeing results in an estimated saving to society of £2.37 – Public Health England.

More than 130 million days are lost to sickness absence every year in the UK, and working age ill health has an annual cost to the economy of more than £100 billion.

The Health and Safety Executive estimate that **11.7 million working days** were lost to stress, depression or anxiety in 2015/16

- Reduces Absenteeism
- Increases Productivity
- Increases Staff Retention
- Improves Staff Morale





UK Corporate Games History



Liverpool



Coventry



Manchester



Newcastle Gateshead

2018	Stoke on Trent & Staffordshire		
2017	Nottingham		
2016	Europe Corporate Games Liverpool		
2015	Stoke on Trent & Staffordshire		
2014	World Corporate Games Liverpool		
2013	Coventry		
2012	Preston		
2011	Loughborough		
2010	Liverpool		
2009	Brighton		
2008	World Corporate Games Leeds		
2007	Sheffield		
2006	Swindon		
2005	Manchester		
2003/4	Newcastle Gateshead		
2002	Norwich		
2001	Limerick		
2000	World Corporate Games Aberdeen		
1999	Limerick		
1998	Bracknell		
1997	Belfast		
1996	Aberdeen		
1995	Peterborough		
1993/4	Milton Keynes		



Participating Organisations

The Corporate Games are the world's largest corporate multi sports festivals.

Over 28,000 organisations and 1,000,000 athletes have competed worldwide across the last 30 years.

Teams travel from all over the UK to meet local companies for sport, fun and business!





Corporate Games Patrons

Nelson Mandela

President of South Africa

François Mitterand

President of the French Republic

Gordon Banks OBE

Former England international goalkeeper

HRH Princess Anne

The Princess Royal UK

HE Sheikh Nahayan Mabarak Al Nahayan

Minister of Higher Education and Scientific Research

Sir Alex Ferguson

Manager Manchester United Football Club

To name a few...





Key features of the Games

Great Celebrations, Parade and Parties to create interaction among and within the Teams & Organisations

- SuperCentre Registration
- Opening Celebration
- Business Enterprise Day
- Great Games Party
- Closing Awards Celebration









Facilities





Closing Awards Celebration

Organisations & Athletes can win prestigious Awards

- Sport for Life Grand Award
- Medallist Award
- Championship Division Awards
- Sport Championship Awards
- Games Medals





Sports

Open to All

- 26 Sport Programme (example sports below)
- Individual and team competition
- Open equally to women and men with mixed team events
- For skilled, semi-skilled or novice participants
- Competition classes: Open 30-39 40-49 50+ 60+

Individual

Cycling

Running

Golf

Tenpin Bowling

Racquet

Tennis

Badminton

Squash

Table Tennis

Team

Beach Volleyball Soccer (5s, 6s & 11)

Basketball

Hockey

Rugby 7's

Netball

Cricket 8s

Volleyball

Fun

Dragon Boat

Karting

Touch

Poker

Softball

















Testimonials



Based on feedback from participants, this year was again a massive success! 99% rated their overall experience of the *Corporate Games* as either Extremely Satisfied or Satisfied, with 96% agreeing that their morale has increased & 73% increased the amount of exercise/fitness level as a result of taking part. The Games is a fantastic event and brings people together in a fun and competitive environment outside the office.



I cannot describe how impressed we all were with the games this weekend. My whole organisation is buzzing, and I'm seeing competitors and medalists alike acknowledging each other and 'high fiving' on corridors where previously they would have passed in silence. There's not been much to smile about in the police for some years now, so I'm not overstating the positive effect this event has had. Sports sections have been reinvigorated, friendships and bonds have been rediscovered, and I've even seen pictures of medallists up in the office to welcome them back.

This is down to you and your team's hard work, patience and dedication and as Nott's Police captain I'd like to add my thanks on behalf of my colleagues.

law, less ordinary

brownejacobson Browne Jacobson entered the Games for the first time in 2017 with a team of over 70.

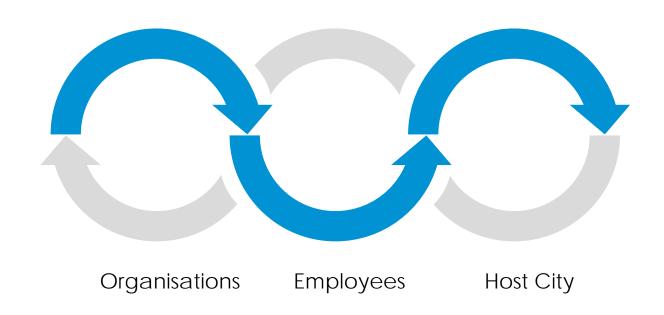
We all had a really enjoyable weekend and the spirit we built in the training running up to the Games has been excellent. The inclusive way it has been handled has encouraged some to become more involved in wider activities at Browne Jacobson. Our involvement of the Games drove an improvement in health and wellbeing, with over 75% also engaging in training before the Games and 64% of people feeding back that they had improved their overall fitness. Beyond even this, 96% of people stated that they had met at least one person that they wouldn't normally have the opportunity to speak to and also improved their knowledge of the business.

The Games gave everyone the opportunity to be an ambassador for our firm and across our participants we generated over 750,000 impressions on twitter, reaching 25,000 accounts using #TeamBrowneJacobson. We feel we are now building a legacy around health, wellbeing and collaboration from this starting point with 100% of our participants recommending it to others, 100% wanting to take part next year and an overwhelming 91% of our competitors wanting to maintain their training groups moving forward. It is safe to say that the Games has exceeded our expectations.



The Beneficiaries

Unrivalled Benefits - Unlimited Opportunities



BUT SO MANY MORE!



Host City





- Generates immediate economic impact
- The Ultimate high profile multi-sport event, bringing vast numbers of visitors from influential companies around the World
- Worldwide promotion of the Host City to brand itself as a centre for corporate sport, fitness and healthy lifestyles
- Plus media, publicity and repeat visits ...

UK Corporate Games Nottingham 2017 5,126 participants and visitors

Nottingham & Midlands	
Accommodation and food & drinks	£ 3,058,767
Shopping and attractions	£ 535,284
Travel and other	£ 229,408
TOTAL	£ 3,823,459

Source: Nottinghamshire Post, based on Ekos Ltd



Official Charity

The Games provides an outstanding opportunity for all Participants and associated Organisations to fundraise and support the remarkable work undertaken by the Official Charity.





Sponsorship

- Offers rich and varied opportunities for Sponsors and Supporters of every type, size and interest.
- The Games will have thousands of competitors and hundreds organisations participating.
- There will be media coverage on the run up to the Games and extensive media coverage across the Games weekend.
- Some of the most famous multinationals, the largest and most powerful of the national companies, and many others of all kinds and sizes.
- Brings together CEOs, Managing Directors, Senior and Middle.

Sponsorship Opportunities

The *UK Corporate Games* offers rich and varied opportunities for Sponsors and Supporters of every type, size and interest tailored to the budget and business objectives of the Sponsor.



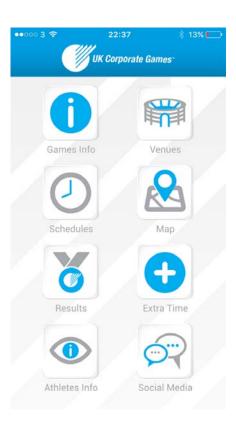


Corporate Games App Splash Screen

The Corporate Games app will have a splash screen.

Advertisement will stay on screen for 3 seconds every time the app is opened.





A Great Event

- Thousands of Participants
- Hundreds of Organisations
- Major Economic Impact
- The Capital of Corporate Sport

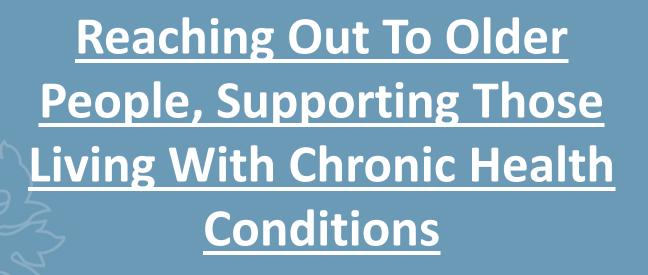






World Corporate Games

Are you ready to become the next host city?



Wokingham Borough Council
Sport and Leisure Team



Agenda

- Public Health
- SHINE Over 60's Physical Activity Programme
- Planning and Delivering Dementia Friendly Physical Activities
- Exercise programmes to assist with effects of a Stroke,
 COPD, MS and Parkinson's



Public Health







SHINE

Slide show...

https://youtu.be/i_BFxpLAemc



What is SHINE?

- **SHINE** is our over 60's physical activity programme open to residents living in the Wokingham Borough.
- There are over 60 classes running each week and they take place in various locations in the Wokingham Borough.



What is on offer?

Pilates Nordic Walking Tai Chi Line Dance Walking Football Stretch & Relax Supple & Strong Forever Jhoom Fit Steps Outdoor Cycling Core Strength Tennis Aquacise Latino Dance Pure Stretch



Benefits of SHINE

- Helps to increase mobility and strength
- Helps with weight loss and maintenance
- Improves mood
- Reduces risk of heart disease
- Increased social interaction
- Meeting people with similar interests



Information

- Currently there are 1750 active members of SHINE.
- Currently there are 69 classes taking place each week.
- Flexible membership options.. Coupon card,
 DD or annual
- The class sizes range from 10 to 30 people.



Positive Case Study

• "In the water there is no body hindrance, this is all eliminated and I can even stand on one leg! Something I certainly cannot do when on the ground. After Aqua I feel rejuvenated and my mind is positive".



Positive Case Study

- "The Shine classes are so friendly. I was so nervous before my first class with Shine but took comfort in the fact that I knew everyone else there would be in similar age group to me. I did wonder how I was going to cope but I loved it."
- "Shine is now part of my life and I would be lost without it"



DEMENTIA FRIENDLY



Dementia Friendly Activity Sessions

Who we are...

- Provide physical activity sessions for people living with dementia and their carers
- We work closely with the Memory Clinic at Barkham Hospital to promote sessions
- Close links with Wokingham Dementia Action Alliance
- Delivered 10 month programme with Young People with Dementia



Dementia Friendly Activity Sessions

Sessions include...

- Indoor Bowls
- Steady Steps Falls Prevention classes
- Old Time Dancing classes
- Dementia Friendly Health Walks
- Swimming



Dementia Friendly Activity Sessions

- Sessions cost £2.50 for participants
- Funding in provided by Public Health department
- Instructors attend Dementia Friends training
- Sessions are tailored to individual needs



LONG TERM HEALTH



Long Term Health Conditions

Who we are...

- Sport and Leisure Team within Wokingham Borough Council.
- Our Health prevention team consists of the GP Referral Physical Activity Scheme, Steady Steps (Falls Prevention), Mindful Health and Wellbeing, Cardiac Rehab Phase 4 and Long Term Health Conditions Programme



Long Term Health Conditions

Slide show...

https://youtu.be/7EpoXcEcOe8



Where we are...

Specialised Long Term Conditions Gym based in one of our leisure centres (Loddon Valley, Lower Earley)





Referral Process

- 1 generic referral form signed and completed
- Referral by a Doctor or any Health Professional completing an Exercise Referral Form
- Sent to S&L team to make contact with patient
- Patient invited to an induction with the programme coordinator for an initial consultation and show round of equipment to test physical ability
- Individuals have the opportunity to book into available time slots in which they will join others in a group gym setting (time slots are up to 1 hour).



What we do...

- Facilitate group sessions for people with a variety of Long Term Health Conditions.
- Individuals will have a varying degree of ability ranging from mild to severe
- <u>Target Group</u> Parkinson's, MS, Stroke, Physical Disability, COPD. 16 years + (attracts 60 + age group)
- During sessions, the individual will complete their own exercise programme whilst being in the company of others, all who have a LTH condition.



- Specific classes for individuals who have suffered a Stroke, living with a respiratory condition and Multiple Sclerosis.
- <u>Stroke class</u> working on functional ability (sitting to standing/ balance exercises)
- Respiratory class working aerobic fitness and strength in circuit style session
- MS Class a yoga style class focusing on flexibility and core strength



- Maximum 5 7 patients in a session
- Always 1 2 GP Referral / Level 4 Neuro qualified instructors in the gym
- Open x5 days a week, Monday Friday from 8.30am
 7pm (varies/ scheduled hours)
- Currently 29 hours dedicated for LTHC programme in the gym
- Cost Coupon card £35.00 for 10 weeks



What we have...

- We have a range of mainstream and rehab orientated gym equipment.
- All of the equipment can be adjusted in some way to accommodate the individual; such as our treadmill's starting at a slower speed of 0.3mph for those with walking difficulties.
- Our room is laid out with equipment located to the edges, so that we have a large floor space for mat based exercises and ease of transferring to equipment.
- <u>Exit routes</u> continue in LTHC gym, GP Referral Scheme, classes



How many...

- Currently over 140 on the database with a comfortable 100-120 attending each week.
- Stroke 31
- COPD/ Respiratory 33
- Parkinson's 10
- Multiple Sclerosis 18
- Physical disability (various) 17
- Other



Positive Case Studies

P.M

"I wanted to write to thank your team for their help in getting me back to fitness after my serious cycling injury. I remember when I first walked into the gym a year or so ago. I could only walk short distances and serious exercise seemed a long way off. The advice and guidance given in the Long Term Health Conditions Programme run by Wokingham BC has made an enormous difference to my ability to get back to leading a normal life. Here I am a year later and I have joined the local gym so that I can maintain and further improve my current fitness. Without the LTHC gym, this just wouldn't have happened."



Positive Case Studies

M.H

"What I particularly like about the gym is that the trainers actually "care" about the therapy they are offering! They go out of their way to help attendees, no matter the disability. The gym is run in a warm and friendly atmosphere, and everybody really gets along so well with each other. Friendships have been developed, that will last forever".







Future Developments

Two new leisure centres...

- Bulmershe
- Carnival Pool



For more information:

Website: www.wokingham.gov.uk/sport

Email: sian.wide@nhs.net or sport@wokingham.gov.uk

Phone: 0118 974 3728







Re-invigorating Local Tennis in Oxford

Vicki Galvin, Sport & Physical Activity Manager, Oxford City Council

&

Jeff Hunter, Managing Director, Parks Tennis CIC







Nationally:

 Pressure on Council's with cuts to services and many tennis courts closing due to lack of investment

Locally:

- 6 sites (Initially 14 grass & 24 hard courts)
- Courts in dis-repair with high maintenance backlog
- No tennis programme available
- No monitoring, evaluation and overall performance data
- Overall low usage & low customer satisfaction from what we knew!





- Developed between 2010-2012
- Scoped with key partners such as LTA, Tennis Oxfordshire & CSP
- Review included:
- national trend data
- engagement of key partners
- local consultation

Results...

- Demonstrated great opportunities!
- Results informed the emerging PPS





- Good spread of courts, but...
- Courts in poor condition
- Investment needed
- Lacking strategic direction
- 14 grass courts were high cost & low usage with limited seasonal access
- General maintenance programme was ineffective
- Clear absence of any coaching or tennis development programme
- Ineffective parks kiosk and booking system
- Confused pricing
- Low usage overall





Tennis became a priority for OCC and LTA





Action Plan included:

- Explore internal and external £ to invest and improve tennis provision
- Improve maintenance regime
- Procure a Tennis Operator to deliver a full & varied tennis programme:
- Innovative contracts set up for our parks kiosks and tennis programme
- > 1 year pilot with Premier Tennis (a local CIC)
- Success of this led to 4 year contract...





Tennis Contract 2014-18

Features:

- Tennis programme
- Links with Clubs
- Marketing & promotion
- Private coaching
- Local coach recruitment
- Booking and administration systems (incl. new per court fee)
- Events and tournaments
- Local Schools outreach
- Health & Safety (incl. Safeguarding)
- Options for multi-sport use
- Performance monitoring
- Wider outcomes & sustainability



BARRIERS

DRIVERS

Rational:

- No signposting/booking
- Limitations (weather/light)
- Courts/nets/fencing
- Lack of equipment/partners
- Perceived cost

Practical:

- Lack of visibility
- Lack of habit

Psychological:

- Self-confidence
- Difficult sport/exercise







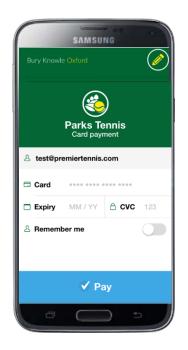
www.oxford.gov.uk

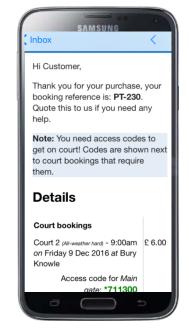






The customer journey...





FIND

BOOK

PAY

ACCESS



CITY COUNCIL

Putting the customer first: online, offline, onsite

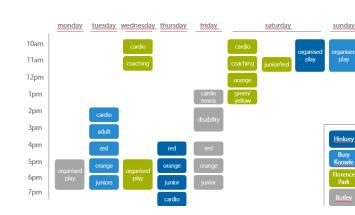
People



Place



Programme



WEB PHONE

Promotion





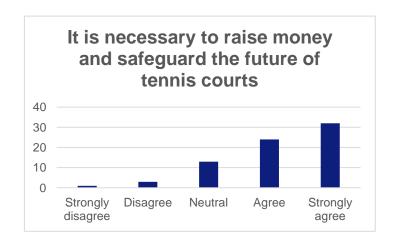


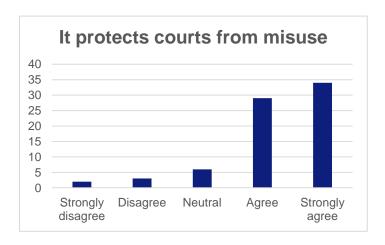
TennisOxford.com

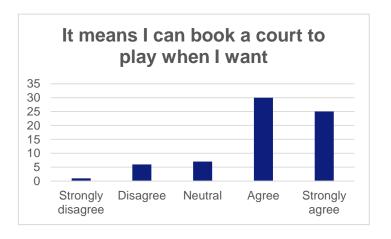


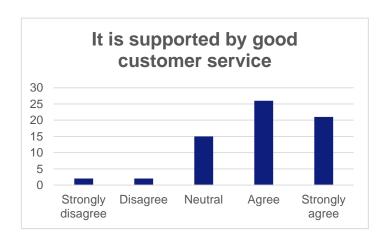
COUNCIL

Customer acceptance of 'lock & charge'











- Customer focused
- One website incl. online booking
- One phone number (7 days/week)
- Integrated access control & court lighting
- Year-round coaching
- Value for money
- Community events
- Schools engagement
- Joint promotion
- Strong governance
- A partnership approach...







Social impact: build community, improve lives









- Strategic Tennis Group formed
- Significantly higher quality facilities
- 92% satisfaction with the tennis coaching programme and booking system

'It's really easy to use - esp. with receiving the code via text. Easy and quick. Very happy with it'.

Mother of a mini tennis player at Bury Knowle & Florence Park

 Year on year increases in court bookings – from under 9,000 in 2015 to over 20,000 in 2017

"Fantastic facilities that have enabled me to get back into tennis when I can't currently afford to be a member at a club!"

20-34 year old male player at Alexandra Park

- Over 1,000 unique coaching participants engaged each year
- Engagement and outreach taster sessions at over 10 schools





- Reduced grass courts from 14 to 6 reinvesting resource into the quality of the remaining courts
- Over £450k match funded investment into courts and court lighting

"It has been really good to see how much the courts at Florence Park seem to be used now, a few years ago they were almost always empty." Mother of 5-11 year old player at Florence Park

 Significant reduction in antisocial behaviour and vandalism at the sites as well as vastly reduced complaints

- Female participants
 outnumbering men at 51%
- NHS ROI of £5 for every £1 invested (SE MOVES)
- National and local awards





OXFORD CITY COUNCIL

Lessons learnt (so far!)

- Future inclusion of maintenance
- Longer contracts for sustainability
- Always factor in the weather!
- Opportunities around extended hours
- Benefits in some circumstances of a 'hub' approach





OXFORD CITY COUNCIL

Moving forwards...?







Moving forwards

- New 10 year kiosk and tennis contract in place
- Engaging the inactive population and hard to reach communities in a diverse programme
- Strong partnerships exploring wider collaborations
- **Continuous improvement facility and** participation programme
- Exploring feasibility of a new indoor facility at **Oxford Sports Park**
- Provide a service that exceeds expectations and is perceived as 'world class'.







Vicki Galvin vgalvin@oxford.gov.uk

Jeff Hunter jeff.hunter@parkstennis.co.uk

