



The logo for FamiliBase features a blue outline of a house roof above the text "FamiliBase". The word "Famili" is in blue, and "Base" is in a darker blue. The letter "i" in "Famili" has a grey dot above it. The text is set against a light grey shadow.

Cherry Orchard Running Club

Background and Context

- * Group of men in the Cherry Orchard community started running together to support recovery, well being and just to get together
- * FamiliBase active in the Cherry Orchard RP Forum and other community initiatives through our Youth and Family Centre – some of the issues coming up related to the number of young people aged 7- 25 not engaging in activities/services – hanging around the streets some involved in anti-social behaviour
- * Consultation with local young people , local residents and local staff about what would work to engage young people- the idea of a Running Club was suggested
- * Familibase approached The Life Centre and the men involved in running in the area to see could we all work together to officially set up a Running Club
- * The Junior section of the club was established in Feb 2017 and the club was officially registered in April 2017
- * In 2018 Cherry Orchard running club received fund an athletics coach and community initiatives lead to continue to develop the Club



The Beginning

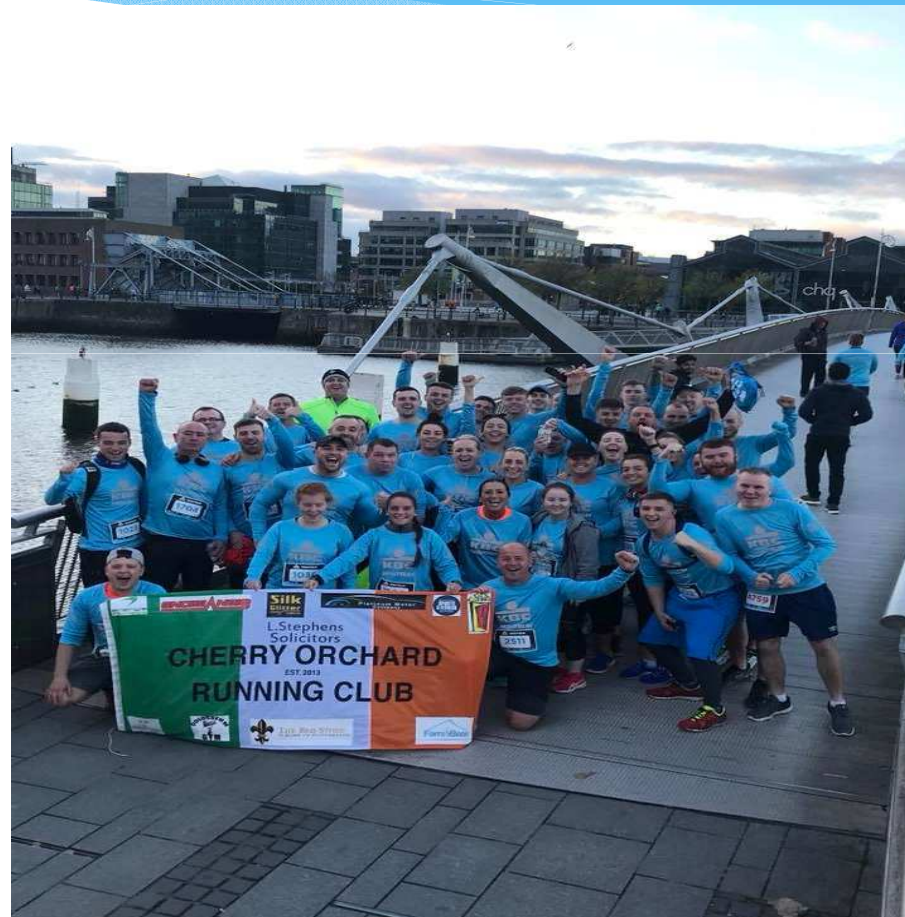
Engaged 204 Young people in Athletics activities since February 2017, Supporting young peoples physical and mental health.



What makes Cherry Orchard Running Club Work

- * No Cost
- * Running is for everyone, don't need to be sporty
- * Fun – Games based
- * Local
- * Older men in the community engaged in running 'it's cool'
- * Races /Events
- * You never loose your place; vital for children living in chaotic environments

37 over 15's took part in the virgin media night run



Benefits of Cherry Orchard Runners to Young People and the community

- * Health benefits-mental and physical
- * Cross community initiative
- * Engaging 'at risk' young people
- * Local Volunteers involved
- * A positive activity visible in the community twice a week
- * Whole families engaging
- * Positive feedback from residents and services in the community.
- * Positive images of the community on Facebook competing with the negative ones

131 took part in Cherry Orchard Running Club 2.5-5k



What the Young people think

* Insert video

How can you help us?

1. Support our submission to the Local Area Plan for a multipurpose sports facility in Cherry Orchard
2. Funding Opportunities
3. Support and promote us generally