

CLUB SUCCESS STORY

**‘AN INCLUSIVE COACHING PROGRAMME
that proffers the health and wellbeing
benefits of tennis to all’**

Brentwood Tennis Club, Sheffield





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BACKGROUND

Brentwood Tennis Club, named Sheffield & District LTA Club of the Year in 2019, is a six-court club with strong community links and has been an integral part of local people's lives for over 100 years.

The club is genuinely committed to opening tennis up with a focus on inclusivity and diversity. Head Coach Ben Howarth leads an extensive and accessible coaching programme with emphasis on school/community relationships, overcoming disability and the health benefits of the game. The results are inspirational, enhancing people's lives through staying active, socialising and having fun.



OBJECTIVES AND INITIATIVES

The club set out four goals for the community tennis programme:

1. To promote health and wellbeing in the community
2. To make the tennis club as accessible as possible and help in opening the tennis club up to the wider community
3. To make everyone feel welcome at the club and on and off the court
4. To reflect the local community in its membership

The strong commitment to health and wellbeing is evident in the programme, with inclusion of Cardio Tennis, Walking Tennis for 60+, Walking for Health and Feel Good Friday sessions.

The Open Court programme includes Down's Syndrome family sessions and learning disability sessions in five schools. Links with local disability sport groups such as "Within Reach" support the delivery of events. During winter, learning disability tennis continued by using a local indoor facility. Coach Ben is a cancer survivor, so the club ran a Dawn till Dusk Tennis Festival that raised £13k for Cavendish Cancer Care.

The club is in the process of installing floodlights on two courts, and has resurfaced four courts and refurbished the club house this year.



Brentwood TC is a great example of a club steeped in local history that is meeting the ever-changing needs of its community.

The 2021 programme has been sponsored, including LTA funding, which means the club can now self-fund some of its outreach work and new sessions focusing on disability, health, wellbeing and inclusion. Head Coach Ben continues to open tennis up, with plans to involve local SERVES delivery (the LTA's leading sport for development programme) and Sheffield Mind to support mental health.

"We think the club should reflect its members and the community we are surrounded by. With the coach and club working together, our new ideas and events can stand alongside our traditional tennis club activities. Our ethos won't change, just grow."

Nina Wightman,
Vice Chair, Brentwood Tennis Club



"Our community programme is at the heart of the LTA's vision of opening tennis up. The club's philosophy for success is to make Brentwood as accessible and inclusive as possible. By being a compassionate and caring club, we strive to make anyone and everyone feel welcome and nurtured in all our events, activities and programmes."

Ben Howarth, Head Coach, Brentwood Tennis Club



CLUB SUCSESSES

- Three local Down's Syndrome families became members of the club as a result of attending the dedicated family sessions
- Following a six-week course of lessons funded by Seniors Tennis GB targeting the 60+ age range, six out of the eight attendees are now full members at the club and play regularly. Senior Rusty Rackets 60+ now has two groups in the programme with 12 participants
- Brentwood TC has been represented at the "Within Reach" disability sports festival for 2 years
- The learning disability schools outreach programme launched in five schools and ran a team challenge festival at the club, attended by 30 children
- The mainstream schools programme has visited six schools promoting Tennis for Kids sessions and camps
- The RED January Cardio Tennis event helped raise over £250 for Mind
- The club has recruited 120 new members in the last six months



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LTA, The National Tennis Centre
100 Priory Lane, Roehampton
London SW15 5JQ

T: 020 8487 7000
E: info@lta.org.uk
www.lta.org.uk

