



Impact Report 2016-17

Engage, support, inspire
through Sport & Physical Activity



Impact Report 2016-17

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Foreword

2016-17 was a particularly significant year for sport, both on a national and local level – with change and opportunity in equal measure.

Nationally, Sport England launched their new strategy “Towards an Active Nation 2016-2021” in response to the Governments’ wider vision for a “Sporting Future”. This challenged the sector to: become more customer focussed, demonstrate the value and impact of sport against a range of social outcomes and to place a much sharper focus on those who are inactive in our communities.

On a local level, 2016-17 was County Durham Sport’s first full year as a company limited by guarantee with charitable status. This change led to the creation of a new, experienced and skills-based Board, our relocation to new offices and the development of a fresh, contemporary brand, based upon County Durham’s St Cuthbert’s Cross. Our flexible, active character “Cuddy” was born.

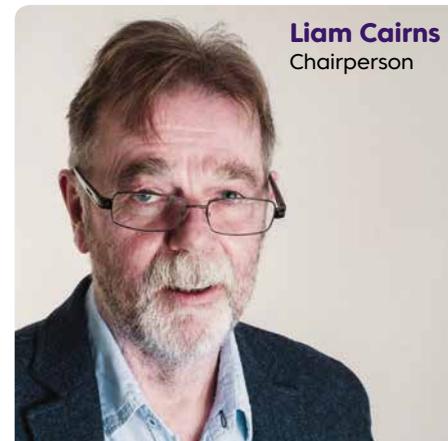
Set against such a backdrop of change, it is particularly pleasing that the team of officers and Trustees have continued to improve and perform to a consistently excellent standard, working with and supporting new and existing partners, whilst also meeting the needs of residents in diverse communities across the County.

Operationally, we continued to deliver our key Sport England funded programmes extremely successfully, supporting the local infrastructure by working with National Governing Bodies of Sport, coaches, volunteers or clubs and local residents through programmes such as Satellite Clubs, School Games and Sportivate. We also developed new interventions, reflective of the Government’s new agenda, including the Inspire programme which develops resilience in primary school aged children; the Active

Workplace Challenge and Workplace Games which target inactive adults in workplace settings and the Cre8ive Coach programme which enables local coaches to better meet the needs of local residents.

Finally, we have not only continued to improve our level of partner satisfaction through 2016-17 but have also achieved the same within our team. Our thanks therefore go to everyone who has worked with us during 2016-17 and whose contributions have clearly made such an impact.

We hope that you enjoy reading this Impact Report, our first as an independent charity, and that we will have the opportunity to work with you in the future.



Liam Cairns
Chairperson



Ian Gardiner
Executive Manager

Who we are

We are an independent company limited by guarantee with charitable status and one of 44 County Sports Partnerships which form a national network across England. Funded and supported by Sport England and other national and local partners, our role is to increase the number of people taking part in sport and physical activity.

Our charitable objects are to provide, assist, promote and develop:

- community participation in healthy recreation for the benefit of the inhabitants of County Durham and the surrounding area
- public facilities, amenities, equipment and services for healthy recreation
- facilities and services for recreational, sporting or other leisure time occupation in the interests of social welfare for the public at large or those who by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, have need of such facilities and services
- the improvement and preservation of good health and well-being through participation in healthy recreation
- education, training and coaching courses which promote physical health and fitness

Our Board of skilled volunteer Trustees provide strategic direction and oversight for the organisation and bring a wide range of skills from public, third, educational and business sectors. They each share a passion for sport and physical activity and for County Durham.

What we do

Through our combined team of officers and Trustees and by working closely with our partners:

We Inspire:

Engaging residents of all ages to participate by raising the profile of sport and physical activity locally and by supporting the development and delivery of accessible, needs led, quality opportunities.

We Build:

Developing a high quality, diverse workforce and network of clubs, coaches and young volunteers.

We Connect:

Brokering relationships, influencing partners and advocating the benefits and wider value of sport and physical activity, through the use of insight and understanding.

We Improve the Quality of people's lives:

Using the power of sport and physical activity to improve physical health, mental health, personal development, social and community development and the economic development of the county.

Vision, Mission & Values

County Durham Sport is passionate about developing sport, physical activity and effective partnerships.

Our Vision:

Everyone able to improve the quality of their life through involvement in sport and physical activity.

Our Mission:

To inspire, build and connect stronger pathways for sport and physical activity in County Durham by being a proactive, respected, inclusive and quality assured partner.

Our Values:

Respect

We will listen and communicate directly and openly, treat each other and others with mutual respect. We will recognise and value people's diversity, ideas and points of view.

Commitment

We will be passionate, do what we promise to do and work with urgency and dedication to be successful as a team and to meet the needs of our partners.

Integrity

We will do what is right, not what is easiest, and be true to ourselves and others. We will be transparent, honest, sincere and consistent in everything that we do.

Innovation

We will seek and develop creative solutions and put them into action.

Excellence

We will challenge ourselves to deliver the highest quality of service internally and externally - consistently. We will take pride in our work, act with professionalism and add value beyond what is expected.

Equality

We will treat everyone, irrespective of race, gender, religion, ability/disability or sexual orientation, fairly, to enable them to fulfil their potential.



Performance and Impact

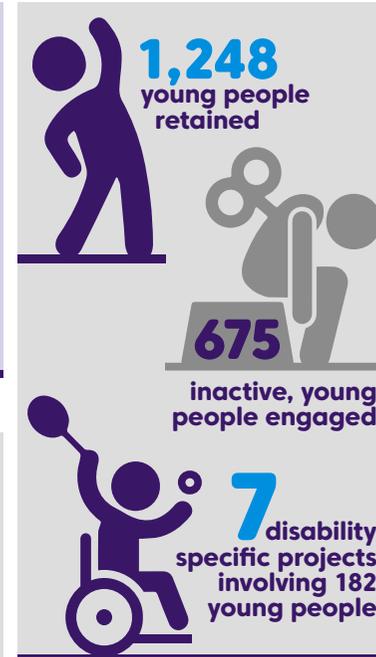
SCHOOL GAMES



SATELLITE CLUBS



SPORTIVATE



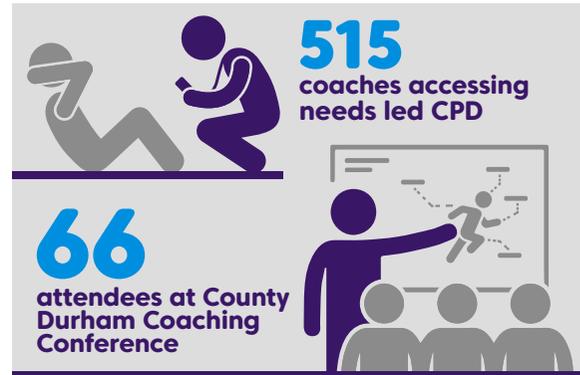
VOLUNTEER DEVELOPMENT



ACTIVE WORKPLACES



COACHING/TRAINING



SPORTS CLUBS



COUNTY DURHAM SPORT AND PHYSICAL ACTIVITY AWARDS



INSIGHT



EQUALITY AND SAFEGUARDING



INSPIRE PROGRAMME



Supporting our Partners

National Governing Bodies of Sport

Supporting National Bodies of Sport (NGBs) to increase the number of people participating in their sports in County Durham was a key responsibility for County Durham Sport, as a County Sports Partnership in 2016-17. Rated as "Green" by Sport England, we provided tailored support to our priority NGBs; project specific support through programmes such as Satellite Clubs, Workplace Challenge and Club Durham and generic support to our non-priority NGBs, including insight, marketing and coaching support.

Outcomes of our tailored support included:

- The development of a County Recreational Running approach to support England Athletics to embed their national Runtogether programme into the county.
- The piloting and development of England Athletics Runtogether Mentorship programme which is due to be rolled out nationally in Sept 2017.
- Leading the Local Aquatic Network to focus on developing a county swim pathway, driving a joint workforce plan and contributing to the successful Swim Local application from Durham County Council (£500k+ from Sport England).

Our project specific support to NGBs included:

- Supporting 300+ individual NGB affiliated clubs through Club Durham.
- Supporting 6 NGBs to access our This Girl Can offer - comprising a portfolio of images, training, social media campaign and sports specific insight.
- Access to Satellite Clubs funding for 11 NGB sports.
- Utilising the Workplace Challenge to market and deliver 7 individual NGB packages.



Club Durham

Club Durham is County Durham's Club Support programme. County Durham Sport played a lead role in developing this programme, bringing together a wide range of support services from a number of key local and national organisations to support the development of voluntary sports clubs in the county.

The partners engaged in this programme include Durham County Council, Leisureworks, Sported, Durham Community Action and Sport England's national club support programme, Club Matters. Club Durham has over 300 clubs registered on the scheme and during 2016-17, provided one to one support, access to qualifications, training and network events as well as tools and resources to help clubs to develop their skills and become more sustainable.

Active Durham

During 2016-17, the Active Durham partnership - a range of organisations from the public, private, voluntary and community sectors within County Durham - came to the fore, with a long-term aim of improving physical activity levels for both children and adults across the County. The partners, of which County Durham Sport became one, offer a range of expertise, experience and knowledge to help drive an increase in physical activity levels. County Durham Sport were increasingly involved during the year in the development of an evidence based approach to support decision making and investment by delivery partners across the county.

Durham Institute of Sport

Durham Institute of Sport (DIS) is a partnership between Durham County Council, County Durham Sport, Durham University and Leisureworks, which supports the development of the county's talented athletes and coaches, helping them achieve their sporting potential. The partnership works hand-in-hand with the best performers, coaches and sports practitioners, and provides support and assistance to optimise training, preparation and performance.

During 2016-17 the DIS Athlete Scheme attracted 184 applicants from 24 sports and the partnership has supported 107 successful athletes from 21 sports. The DIS Coach Support Scheme attracted 13 performance coaches from 9 different sports over the period, who attended a series of 8 workshops and networking opportunities. From this a new Performance Coach Network was created which continues to provide support and mentoring opportunities.



Coaching

As Sport England developed a new and broader definition of coaching: **‘Improving a person’s experience of sport and physical activity by providing specialised support and guidance aligned to their individual needs and aspirations’** our 2016-17 work aligned to the new **‘Coaching Plan for England – Coaching in an Active Nation’**.



Focused on ensuring that the right coach is in the right place at the right time, and aligned to the new Sport England Strategy, our work concentrated on:

- supporting the development of performance coaches
- increasing the number of female coaches through effective mentoring
- encouraging and supporting more people from areas of high deprivation to become coaches
- developing coaches to help make young people more active more often
- launching a local campaign to encourage the increase and development of more female coaches

During 2016-17:

- 593 coaches and volunteers signed up to our database and accessed our communications
- 592 accessed needs led CPD
- 200 volunteers accessed Club Durham bursary
- 255 clubs and coaches accessed mentoring support
- 37 workshops and network events planned during the year (in addition there were also 16 workshops involved in the 5 interventions)
- 4 coaching newsletters published reaching 842 people



Case Study Coaching

“ Well if you think you can't be a run leader, think again! Because believe me, I am the last person on this planet I would have imagined leading a running group 12 months ago!

Spurred on by the Workplace Running Challenge I saw advertised on Facebook, I tentatively looked into getting a group together at my workplace in County Hall, because there was nothing in place for those who don't want to run competitively or are not as fast. To be honest it was for purely selfish reasons as I simply wanted people to run with!

After speaking to Becks at County Durham Sport and Kate MacPherson from Elvet Striders/Run England Coach, I felt really unsure about doing the LiRF training and leading the group. I initially thought "who, me?", I just didn't think I was either good enough as a runner or super-confident. But do you know what.....you don't have to be! All you need is patience and empathy, to understand how other's feel when they are first starting out, it is very scary for those who haven't run for years for whatever reason; so be yourself; be friendly; tell them you are as tired as they are sometimes, be one of them, not a super-duper sporty Jessica Ennis.

The LiRF course taught me how to lead a session, warm ups and cool downs, how to do things safely and properly. We did a spot of role play, it went well for me and I felt good!

When we got to do the actual sessions, I must confess I had initial nerves, after all it was all new

to me, I am not a natural leader. But as the weeks went on and we all became friends it became easier. I learned valuable lessons; you can't please both the fastest and the slowest in the group at the same time; you need a plan to deal with the faster ones and to encourage the slower runners.

I definitely think I have grown in confidence as the first C25K progressed and I am happy to be leading a new course starting soon.

I am so glad I did the training; I have new friends and running buddies, I am fitter as it is getting me out running regularly. There is nothing nicer than people telling me I am a great motivator and if it wasn't for me they wouldn't be out running, I feel really proud, not just for them for becoming runners but of myself as well.

I have recently moved to Wolsingham and there is a beginners running group on Wednesday evenings. A little birdy told me they are looking for volunteers to help with it, so guess what.....!

Yes, it has definitely been one of the best things I have done in a long, long while.

Gail Craig

13 September 2016



Increasing Participation - Children & Young People

Leadership and Volunteering

County Durham Sport supported a comprehensive leadership and volunteering programme in County Durham, working with the School Games Organisers. Young people accessed a range of support, including sport specific qualifications, generic training in media and event organising, and attended regular meetings to help with their development. The success of the programme was celebrated at the annual leadership and volunteering celebration event.

Leadership Academy 2016-17 131 students accessed 11 different NGB courses.

37 Leadership Champions were recruited to Coaches, Officials and Media Academies.

PE and Sport Premium for Primary Schools

County Durham Sport was funded to support primary schools in County Durham to make the most of ring-fenced funding to improve the quality of PE and sport activities on offer to pupils. County Durham Sport worked through a network of partners to ensure that a bespoke offer of support was available to all primary schools in the county. The network developed and piloted a range of exciting bespoke projects that were designed to meet identified need.

In academic year 2016-17 schools in County Durham used the funding as follows:

94% Deployed Additional Coaches

100% Extended Competition

47% Health Enhancing Activities

7% PE Specialist or Peripatetic Teachers

93% Professional Learning for teachers

95% Extra-curricular Clubs

6% Facilities

57% Equipment

58% Transport

29% Additional Swimming

Satellite Clubs

This national programme funded by Sport England aimed to engage 14-25yr olds who wouldn't choose to take part in sport or physical activity outside of PE at school. County Durham Sport worked with local clubs and activity providers (hub clubs) to provide new opportunities on school sites or venues like community centres where young people felt comfortable taking part. During the life span of the programme there has been:

33 new satellite clubs established, attracting 689 new participants and sustaining 366.

23 clubs or organisations delivered satellite clubs, in 16 different sports.

10 female focused clubs and 5 disability focused clubs.

School Games

The School Games is a unique opportunity that motivates and inspires millions of young people across the country to take part in more competitive school sport. Young people compete in 3 levels of competition, intra school (L1), inter school (L2) and county (L3).

County Durham Sport worked through a network of local and national partners to organise the L3 events with a Summer and Winter event taking place (during financial year 2016-17).

1093 young people competed in the two events, 58% of participants were female, 14% were young SEND participants.

253 volunteers supported the two events, of these 72% were young people.

125 schools took part in the L3 School Games, 68 primary schools, 45 secondary schools and 9 special schools. (Note the number of schools is a unique figure per event, but some of the same schools will have attended both Summer 2016 & Winter 2017).

16 sports were offered at the L3 School Games, as well as cultural events and a Change for Life festival.

Sportivate

This national programme funded by Sport England aimed to encourage young people aged between 11-25 to try new sporting activities and develop a lifetime habit of participation.

In 2016-17 1,524 young people attended Sportivate activities, with 1,248 being retained in activity. Of these young people 675 were considered inactive.

23 different sports and activities were offered, delivered by 18 different organisations.

72% of the engaged participants were women and girls, with 23 projects being female only. 12% of the retained participants stated that they had a limiting illness or a disability, 3% were BME and 26% were 19 plus.

Over the six year programme Sportivate in County Durham engaged 9,379 young people, with 7,945 (85%) completing the activity. (Figures are not available for inactives over this period as this measure was introduced in year 5.)





Case Study

Go Forth! Fitness & Wellbeing Sportivate Project

Sportivate funding was awarded to Go Forth! Fitness & Wellbeing, following consultation with young women in secondary schools who identified an interest in taking part in social, non-competitive fitness activities delivered by non-teaching staff.

Go Forth! delivered 5 blocks of activity, 3x Soccercise and 2x Boxercise, across 3 school sites as extra-curricular provision.

The sessions provided relaxed and informal fitness sessions where participants could socialise and improve their fitness in a supportive environment with friends. The sessions were open to all young women across the county for £1 per session to get the young women used to paying for community sessions. Participants who completed the sessions were rewarded with a free water bottle and a Go Forth! T-shirt to encourage them to continue participating.

Overall, 69 young women engaged in the project and attended at least

1 session, 22 of which were classified as inactive before taking part, and 59 participants in the target age range completed at least 5 out of the 6 sessions in their activity block.

On completion, a regular community session combining both Soccercise and Boxercise continued to be delivered at 1 school site. The project success was attributed to: the flexible, social and informal nature of the sessions; the opportunity for participants to shape the sessions and the strong relationships between the deliverer and participants. The young women's fitness levels and self-belief developed their confidence enough for them to continue attending community fitness classes once the sessions ended.



Case Study Inspire Project

The County Durham Inspire Project was launched to support primary-aged children to develop strong emotional well-being through the use of sport, physical activity and athlete role models.

Inspire comprises of 4 modules involving fun and engaging workshops to build resilience, focus attention, encourage the pursuit of dreams and goals in the face of adversity and equip children with the appropriate support and guidance to enable them to make informed, effective decisions about their future.

Schools received a programme to meet their specific needs that could be offered across the whole school or to specific year or target groups.

Project feedback was very positive, showing strong evidence that the aims had been achieved by primary pupils displaying higher levels of resilience and improved mental well-being in their day-to-day activities.

Major successes:

- Several Year 6 children said the Inspire Project gave them reassurance during SATs week
- Teaching staff said it promoted positive thinking and self-belief among pupils
- Pupils explained that the project helped them develop a greater understanding of themselves and they felt able to push themselves further with less pressure
- Substantial evidence of increased engagement in school PE and sport following the programme
- Teaching staff reported the positive impact on the young people's health and wellbeing that will support their transition to secondary school and enable schools to engage more pupils in extra-curricular activities



Case Study DISC Swimming Sport Outreach Project

Young transgender people who regularly used DISC's (Developing Initiatives Supporting Communities) services expressed an interest in taking part in regular swimming sessions. A similar programme delivered in Newcastle upon Tyne proved very popular so they expressed an interest to replicate this in County Durham. Many suffered from anxiety due to being very body conscious, and did not have the confidence to attend a public swimming pool.

DISC were awarded Sport Outreach funding to run 6 weekly swimming sessions delivered at a private swimming pool in Durham city centre.

Consultations with the target audience highlighted their barriers to participation and enabled sessions to be developed to address these concerns. This ensured the participants felt more comfortable and encouraged to take part. The project helped overcome body consciousness issues, lack of confidence and fear of judgement by providing a safe space for them to participate.

Over the initial 6 weeks, 15 young people, aged between 11 and 25, took part with an

average of 10 attending each week. All 15 participants who took part were classified as 'inactive' before starting the sessions.

The majority who attended had totally disengaged with any kind of sport but one young person said, "I am really enjoying the swimming, it's awesome! I look forward to it every week" and also said that they were now motivated to exercise more. A Youth Worker from DISC commented that they had never seen this person so happy during the time they had worked with them.

Another who had previously suffered from severe mental health problems due to his transition, explained that the sessions had really helped him to become more body confident and said "the swimming has made me feel liberated and has helped me so much with my suicidal thoughts and anxiety".

County Durham Sport awarded Satellite Club funding to DISC to continue the sessions. The participants were also provided with free swimming goggles as a reward for their engagement which encouraged them to continue with their participation.

Increasing Participation - Adults

Workplace Challenge

The Workplace Challenge is a national programme supported by the County Sports Partnership Network which aims to engage workplaces in sport and physical activity. It encourages employees to register and log their physical activity, through various challenges.

During 2016-17 we continued to develop and grow our Workplace Challenge offer, running 9 activity log challenges which aimed to inspire new and current users to incorporate more physical activity into their routine. Challenges included: The Active Lunch Challenge, The Road to Rio challenge and the 10k Step Challenge.

240 Workplaces signed up to the Workplace Challenge site, 920 employees logged activities on a regular basis, 95 different types of physical activity logged across the year.



“It’s great to spend time with staff outside of work because we work such long hours, doing something like the Workplace Games is really important. It’s great to have events like this which we can enjoy in the local area. - **Durham School**



“The County Durham Workplace Games were excellent! The 8 sports were highly enjoyable and DISC were very pleased with winning the award for Best Team Morale. We can’t wait to attend the next one! - **DISC**



Active Workplace Programme

The Active Workplace Programme helped 27 workplaces create a healthier and more active workforce through fitness classes, activity challenges, a beginner’s running group programme and engagement in our Active Workplace Event programme.

Workplace Games

The first County Durham Workplace Games Competition took place in October 2016. This was a multi-sport competition to get adults of all activity levels to compete in a variety of sporting challenges to help raise awareness of the opportunities in the county, to be more active and also inspire organisations to incorporate physical activity into their working culture.

Across the two events we engaged 180 participants and 18 different workplaces.

13 different sports and activities were offered, delivered by 13 different coaches and engaging 7 NGB’S to deliver challenges and promote exit routes for their sport within the county.





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Droichead



**The
Workplace
Games**

**The
Workplace
Games**



The Workplace Games gave us the opportunity to bond as a workforce and get to know each other better. We are working hard to change the culture of our working environment through various forms of communication and encouraging opportunities for departments to mix as well as prioritise their health and wellbeing, The Workplace Games was a great way to do this! - MetroMail

CHAMPIONS

Insight & Marketing

Insight

Throughout the year we developed our insight and research function in order to further understand the people of County Durham and their physical activity habits. One key piece of work completed was for Women & Girls, which sought to understand female attitudes to sport and physical activities including their barriers and motivations.

Social Media Insights



Instagram
New account created



Twitter
444 new followers



Facebook
290 new likes



Facebook Reach
307,659

Newsletters

Percentage of unique opens (average) 32.7%

Newsletters

Delivery rate – 96.5%

Website

Number of visits – 28,908

Women and Girls Research Headlines



600+

Responses.



85.5%

had done sport or physical activity in the past 4 weeks.

14.5% had not.



80.5%

of females said they would like to do more sport / physical activity in the next 12 months.



Top 5
activities that women participated in

Running, walking, gym based activities, swimming and cycling.



50.6%

of inactive females were doing less activity than they were 12 months prior and identified **'not having the time'** as the main reason why they do not exercise (46.9%).



'Feeling Good'

was the main reason why females participate in sport / physical activity but was also the main reason inactive women could be motivated.

To view or download the full **Women and Girls Survey** go to www.countydurhamsport.com
Please visit our YouTube channel to view more of our successes

Sport & Physical Activity Awards for County Durham

In partnership with Durham County Council and Leisureworks and including the delivery of 4 locality awards, the scheme attracted 239 nominations from across the county. The county event, held at Ramside Hall Hotel was attended by 295 guests. The evening was a roaring success with Pete Graves from Sky Sports hosting the evening and Chris Cook, Olympic and Commonwealth Swimmer, as the special guest speaker.

Winners

Contribution to Physical Activity
Trimdon Community Fitness Suite

Physical Activity Achievement
Fred & Jean Braithwaite

Coach of the Year
Brittainy Fuller

Young Coach of the Year
Imogen Storey

Primary School Contribution to PE & School Sport
Hartside Primary School

Secondary School Contribution to PE & School Sport
St Bede's RC Comprehensive School & Byron College

Volunteer of the Year
Keith Charlton

Young Volunteer of the Year
Dominic Ellis

Sports Club of the Year
Durham Triathlon Club

Junior Sports Club of the Year
Bishop Auckland Table Tennis Club

Sporting Achievement of the Year
Jade Slavin

Young Sporting Achievement
Georgia Hewison

Contribution to Sport
Tony Taylor



What our Partners Say

We survey our partners annually to ensure that the services we provide meet their expectations and to identify areas for continuous development.

Partners identified quicker communications and marketing / advertising support as areas for improvement.

90% of partners were either satisfied (30%) or very satisfied (60%) with the quality of support and advice given by County Durham Sport.



90% of partners were satisfied (35%) or very satisfied (55%) in terms of County Durham Sport adding value to their work.



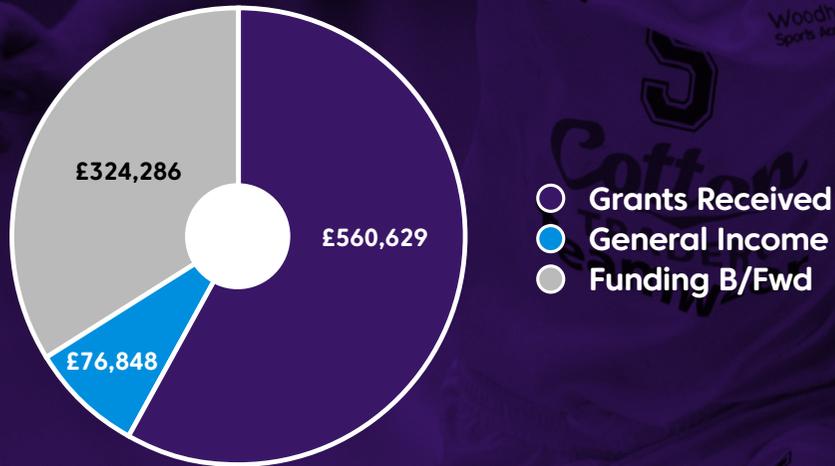
County Durham Sport were given a Net Promoter Score (NPS) of 47.3% compared to 19% in 2015-16.



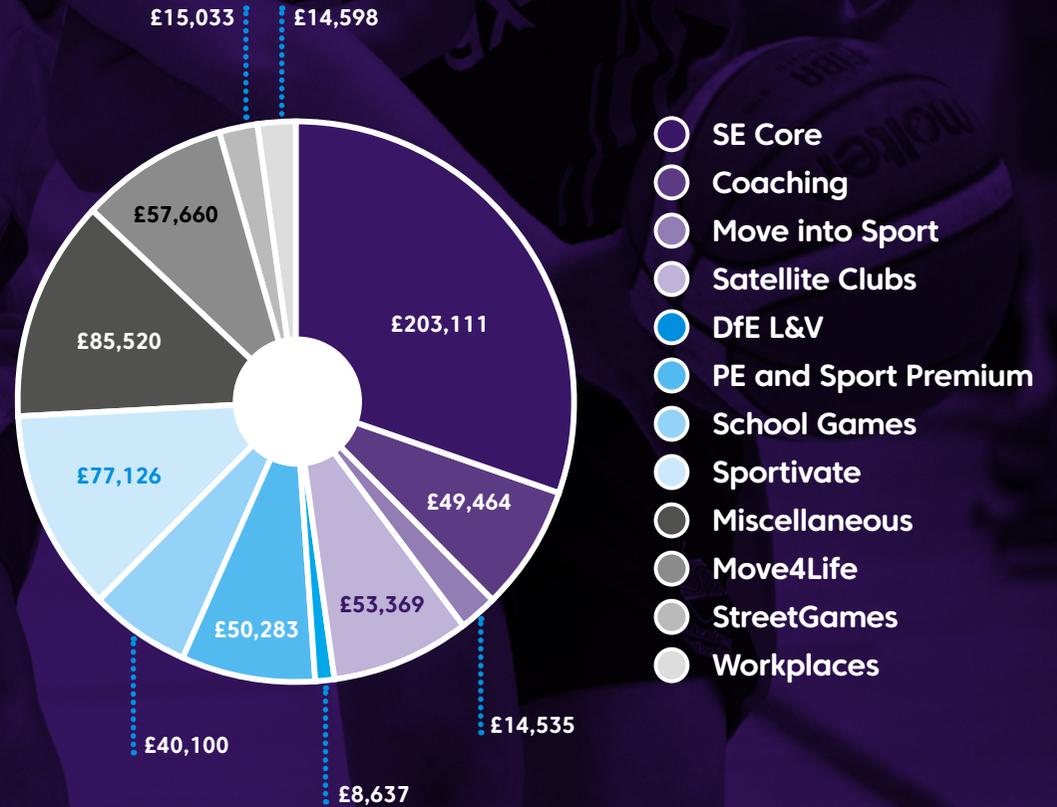
To view or download the full **Partner Satisfaction Survey** go to www.countydurhamsport.com

Finances

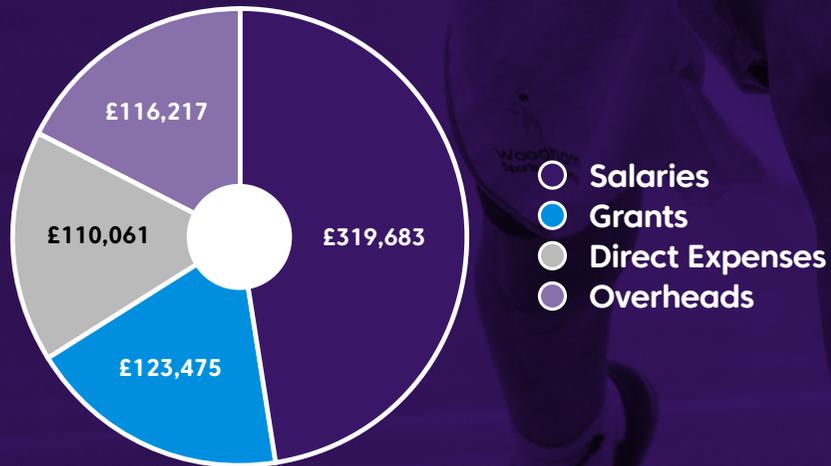
Income Received 2016-17



Project Expenditure 2016-17



Allocated Expenditure 2016-17



Business Priorities 2017-18 and Beyond



Looking forward, our priorities for 2017-18 include:

- Focussing our effort on tackling inactivity, in consultation with residents and partners
- Developing a clear understanding of our “people and place” – with a focus on an evidence based and customer centric approach
- Optimising opportunities to secure funding from Sport England and other funders for the benefit of County Durham, whether supported by or accessed via County Durham Sport
- Repositioning County Durham Sport locally, to reflect the changing requirements of County Sports Partnerships from Sport England and the needs of local partners and residents
- Ensuring that County Durham Sport is appropriately structured and governed to continue to add value moving forward
- Meet or exceed our delivery targets for all “commissioned” funding programmes



Board Members

Liam Cairns
Chairperson

Meryl Levington
Vice Chair

Chris Cook

David Shipman

Debra Forth

Ean Parsons

John Oates

Judith Rasmussen
(Observer)

Patrick Bonnett

Councillor Peter Brookes

Stephen Brenkley

Wendy Emberson



Impact Report 2016-17



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through Sport & Physical Activity

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