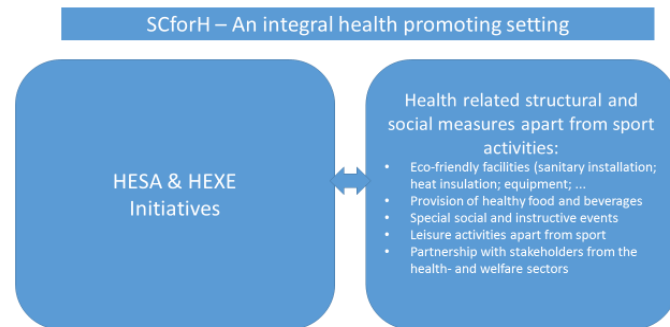


4. SCforH as a health promoting setting

Modern approaches to health promotion have emphasized the importance of appropriate social and structural living-circumstances for changing individual healthy behavior. Going to become a SCforH it's therefore recommended to provide not only health enhancing sport activities, but to take care as well for health promoting actions and structures within the whole club-life.



Examples

German Gym-Clubs as health promoting settings

The German Gymnastic Federation (DTB) has started a particular project “The Gym-Club as health-partner. Healthy setting, Networks and Cooperation”, to motivate and advice clubs to widen their profile as a healthy setting. The project was connected with a contest, awarding good practice examples. German gym-clubs have already a long tradition to see themselves as a social community not only to provide multi-facetted sport- and physical activities for all age groups, but to offer apart from sport activities social and cultural occasions as well as to take care for health related infra-structural measures. Therefore it was easy for numerous clubs to participate in the contest. Many good practice examples had been presented and are documented in a brochure.

Link: „Verein als Gesundheitspartner“

www.dtb-online.de/portal/gymwelt/gymwelt-im-verein/download-arbeitsmaterialien.html

❖ TV Cannstatt 1846 e.V.

The Gym-Club Cannstatt is a multi-sport club in the city of Stuttgart, providing within 23 sections a broad spectrum of sport activities for more than 5000 members of all age groups, including many HESA and HEXE programs. The club-leaders and the professional management take care since several years for a health promoting development of the whole club with particular social and structural measures:



- Building of environmental friendly facilities: using solar energy for heating and warm-water preparation; green roofs; water stop in showers and WC; user-friendly changing rooms; heat insulation.
- Foundation and running of special institutions: Children-Sport-School; Day-nursery focussing on sport and physical activities and healthy nutrition; The Pepper-Club (a social meeting place for seniors).
- Open door on certain days in the sport-studio facility for special external groups: organisation taking care for disabled people; policemen of the city of Stuttgart.
- Many additional events outside the sport-sections: Vacation-Sport-Week for Pupils; Circus-Week-Convention for Youngsters; Open Sport-Festival; Dancing Ball; Symposium “Senior fit”.
- Cooperation and partnership with 27 partners from the health- and the corporate-sector.

Link: www.tvcannstatt.de

❖ Märkische Turngemeinde Horst 1881 e.V. (MTG)

MTG is a multi-sport club in the city of Essen, providing the broad spectrum of activities within 13 sport-sections for 3300 members in the area of competitive sports, but selectively in the area of Sport for All, Sport for Prevention and Rehabilitation and Sport for Disabled. All age groups from babies up elderly people can find tailor-made activities.



Centre of the social club-life is the club house and the surrounding area, a former bathing beach, situated at an idyllic place of the river Ruhr. It was acquired 2008 and completely renovated as a communication centre for the whole club with premises for meetings and conferences, for social events, for gymnastic activities, for youth meetings and special events.

Moreover the club management takes care for many side actions apart from the sport activities.

- The club offers in cooperation with schools alternatives for leisure activities for hard to reach adolescents. The “Boxing Training” has become very popular and is steadily growing. A policeman is regularly visiting the training and very familiar with the group.
- The club offers regularly excursions for children and youngster to visit a museum, a climbing garden, fun- swimming-pools etc. Participation is free, if parents get social welfare support.
- Particularly for elderly members the club organises cultural excursions to historical places or instructive visits to companies as well as game-afternoons.
- Traditionally the club organises for all age groups additional events: Ski- and Vacation-Courses; the MTG Ruhr-Party; the family festival “Familiade”; exhibition, lectures and practical demonstrations at “Health-Days”.

The guiding principle of MTG is really correct: “Sport in a club is at is best. Come together – participate in our social club life – gain new like-minded friends”. It’s understandable that MTG has been honoured for his varied social engagement with several awards.

Link: www.mtg-horst.de

