

Community Health and Leisure Service Update

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Purpose of the Report

This report provides an update on the work of the Community Health and Leisure Service in Area West.

Public Interest

This report seeks to provide Area West members with a progress report on the work undertaken by the Council's Community Health and Leisure Service in the last 15 months. This report highlights specific examples of work undertaken within the area so that members can gain an understanding of how the service is creating value and making a difference for residents in their respective communities.

Recommendations

- 1) That the Area West Committee notes the content of this report.
- 2) That Members contact the Community Health and Leisure Manager, if they would like to discuss the current service delivery programme or recommend future priorities.

Background

The Community Health and Leisure team is based at Brympton Way but delivers in all areas, often providing specific technical support or project support with a view to developing sustainable activity. The team frequently works with area development staff on local projects and in the assessment of leisure related Area grants where a strategic overview or technical input may be required.

The services provided by the Community Health and Leisure team are summarised in the table below:

What?	Why?
Healthy Lifestyles	To provide a high quality physical activity and healthy lifestyles programme to enable more people to become active and healthier in South Somerset in line with Council Plan Focus 4.1 and the Somerset/South Somerset Health and Wellbeing Strategy.
Sports Development	To develop and support community sports clubs and other voluntary organisation to deliver excellent sporting opportunities for all residents in South Somerset in line with Council Plan Focus 4.1.
Play and Youth Facilities	To increase the quality and quantity of play opportunities in South Somerset in line with Council Plan Focus 4.3
Opportunities for Young People	To provide and support the development of positive activities for young people in South Somerset in line with Council Plan Focus 4.1.
Leisure Facility Development / Management	To manage and develop sports facilities that help to provide a healthy living environment and sustainable communities in line with Council Plan 4.3

Report

Healthy Lifestyles

Core Work:

- Priority Area 1: To increase the utilisation of the outdoors and green spaces for exercise and health related activity
- Priority Area 2: To decrease the number of adults and children in South Somerset who are currently inactive
- Priority Area 3: To reduce the number of overweight and obese adults and children in South Somerset

Area West Achievements/Delivery in the last 12 months:

Priority Area 1 – Utilisation of outdoors and green space for exercise and health related activity

- Walk figures for the first six months of 2015/16 (April to September) is as follows; 4404 attendances, up 1100 on the half way stage in 2014/15 and 166 new walkers have joined the scheme so far this year.
- 3 training days have been held for volunteers, 29 leaders have been trained from across the district. A Thank You Event was held in April 2015 to reward our committed volunteers, 35 attending.
- 5 Walk Leaders received their Bronze pin badge for leading 50 Health Walks since April 2014. The pin badges have been designed by the team to recognise volunteers and their dedication to Walking for Health
- There are currently 20 walks taking place across the district, most occurring weekly. Area West has 3 Health Walks and 1 Buggy Walk. There is an additional closed walking group at the Chard Watch project.
- A local Health Walk Directory is produced by the Community Health and Leisure team which is updated and circulated each quarter and can also be accessed on line at www.southsomerset.gov.uk/healthwalks

Priority Area 2 – Decrease number of adults and children who are currently inactive (completing less than 30 minutes of activity a week)

- Following a successful bid to Sport England's, Get Healthy, Get Active fund, the Healthy Lifestyles Team has led a new project called Click into Activity.

Click into Activity

- The target audience will be inactive males and female patients pro-dominantly aged 50-60 who are diagnosed as either diabetic, pre-diabetic or hypertensive.
- Identified patients will be referred to Exercise Specialists working across all GP surgeries in the federation who will offer 1-1 support, signposting, and a 'buddy system' to encourage participation in exercise and sports sessions specifically designed for inactive patients with a long term health condition.
- 2 members of part time staff recruited as exercise specialists with time spent either in GP surgeries or delivering activity sessions in community venues
- Exercise specialists completing 1-1 appointments weekly in 7 surgeries: Crewkerne Health Centre (Crewkerne), Essex House (Chard), Meadows (Ilminster), Springmead (Chard), Summervale (Ilminster), Tawstock (Chard), West One (Crewkerne) and fortnightly in one surgery: Church View (Broadway)
- Exercise Specialists currently delivering 4 activity sessions a week each.
- Participants will be entitled to 12 weeks free activity with the exercise specialists.

- Changes to exercise levels will be monitored through the use of the MyActivityTracker platform. Cards will be issued to all who take part in the programme.
- To date (21/03/2016), there have been 128 referrals with 86 of them moving into activity through the exercise specialists.
- Following the initial 12 weeks of activity with the exercise specialists, participants are signposted into other low cost activity sessions developed by the healthy lifestyles team or existing low cost activity sessions.

Priority Area 2 continued

- 1 Flexercise workshop has been delivered in area West, with 15 new leaders trained.
- 4x Sport50 sessions have been delivered in Chard, with a total attendance of 18 from Chard WI and Chard Helmstedt Society. These have not continued.
- Sport 50 sessions have started in Ilminster and are due to start in Crewkerne to support those coming to the end of their 12 weeks in the Click into Activity Project.
- Supporting the U3A in Crewkerne to develop the Walking Football opportunity to make it more widely accessible (and not just to U3A members) currently getting around 20 in attendance. We are copying the walking football model from our successful Yeovil session.
- Active Somerset classes run in Area West include (attendances in brackets); Active Aging Aerobics in Chard and Ilminster (9)
- Activity finder website Zing continues to be updated and promoted to advertise the number of exercise and activity opportunities in the district and a range of venues. www.zingsomerset.co.uk

Priority Area 3 – Reduce the number of overweight and obese adults and children

- Funding was granted to support Chard Community Kitchen 'Bubble and Speak' for 2015/16 with an overall attendance of 164 across 6 months. The weekly sessions teach people how to cook healthy and nutritious meals on a budget.
- Continue to support Children's Centres in the area by attending meetings and delivering Healthy Lifestyle programmes where possible. Health Testing sessions and Buggy Walks information delivered at Ilminster (7)
- 3 training courses have been offered at discounted rates to anyone working in health promotion in South Somerset. Courses include; Level 3 NVQ in Nutrition (9) Encouraging Physical Activity (15) and Understanding Behaviour Change (11). The team then work with those trained to deliver initiatives across the district.
- 6 Staff from Yarlinton Housing Group have been trained in basic health promotion messages that up skill staff in how to support residents to become more active, eat healthily and manage their weight.

Area West Priorities for 2016/17:

Priority Area 1 – Utilisation of outdoors and green space for exercise and health related activity

- Offer free Health Walk Leader training to community volunteers
- Develop opportunities for people to become more active through walking
- Report data to The Ramblers using Walking for Health database and provide feedback and support to volunteers
- Promote walking opportunities through printed directories and maps, local communication channels and online resources
- Maintain the standards required to be an accredited Walking for Health scheme
- Promote green spaces for healthy growing and eating of food
- Support mental health organisations to access the outdoors in order to increase physical activity levels

- Development of 321 running routes across the district, promoting these facilities through flyers, local communication channels and online
- Work as a part of the Zing Somerset Team to deliver 'Playing Out' – a programme designed to engage families in low cost outdoor activity.

Priority Area 2 – Decrease number of adults and children who are currently inactive (completing less than 30 minutes of activity a week)

- Keep online resources such as the Healthy Lifestyles pages on SSDC website and promote these resources to local residents, health professionals and community organisations
- Develop new opportunities and promote existing physical activity opportunities utilising Active Somerset funding
- Support the ageing population to maintain independence into later life through a range of targeted initiatives such as falls classes, physical activity classes, health testing, Pop Up Sport/Sport50, Golden Age Olympics and the Flexercise programme.
- Utilise available funding to develop new physical activity opportunities
- Continue to offer and develop both internal and external healthy workplace programmes including a range of different initiatives

Priority Area 3 – Reduce the number of overweight and obese adults and children

- Offer support and deliver a range of initiatives to Children's Centres and Primary Schools across the district to promote a healthy weight e.g. active clubs training, buggy walks, health testing and weight management programmes.
- Utilise available funding to develop healthy weight interventions in local areas in partnership with GP surgeries and community groups
- Deliver healthy weight initiatives at workplaces as part of healthy workplace programme, e.g. weight loss challenge
- Deliver health testing at community groups/organisations to raise awareness of the importance of a healthy lifestyle and encourage people to take responsibility for their own health
- Keep online resources up to date on SSDC website and sign post to additional services such as the Zing Somerset service

Sports Development

Core Work:

- To support the development of new and existing community sports clubs.
- To support the development of coaches, volunteers and officials.
- To seek to enhance school sport.

Area West Achievements/Delivery in the last 12 months

- Delivered Schools Tennis Coaching programme in Crewkerne and Ilminster areas, attended by 28 young people from 3 primary schools. Greenfylde (Ilminster), St Barts and Ashlands (both Crewkerne) took part.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 321 junior players took part in the 2015 Summer Series. Chard Tennis Club hosted tournaments as part of this programme.
- Officers have supported Chard Cricket Club to host the Area Kwik Cricket finals over two days, which is the local cricket competition for primary schools. 200 children attended the finals at the club and Holyrood Academy supported with volunteers.

- Delivered a schools gymnastics programme for the 6th year, in partnership with Orchard Gymnastics in Yeovil. 42 teams and 210 children took part, 6 teams were from Area West schools. These were Greenfylde and West Chinnock.
- Officers have supported delivered of a Gymnastics CPD session at Avishayes School attended by 6 primary schools from Area West.
- Delivered one social badminton competition as part of the South Somerset Community Badminton Network competition series at Crewkerne Sports Centre in October 2015, attended by 22 adults.
- Officers have supported a young Leadership Academy at Holyrood Academy, 35 leaders from Combe St Nicholas, Redstart, Tatworth, Avishayes and Manor Court primary schools. These leaders deliver activity sessions back in their schools, so far 350 hours have been given by these children.
- Officers supported Holyrood Academy to co-ordinate the secondary schools rugby league and Chard Rugby Club hosted the area finals.
- Started to plan for pilot *In It Together* badminton and netball courses in Crewkerne, this is a Sport England funded project to increase the number of women and girls taking part in sport and physical activity across South Somerset.
- Officers delivered a Quick Sticks hockey competition attended by Tatworth, Manor Court, West Chinnock and Avishayes primary schools.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. In 2015, 156 (7% increase on 2014) young people were registered on our Junior Athletics programme with between 20 and 48 athletes attending our weekly short courses.
- Officers have worked with Holyrood Academy in Chard to access £3,000 funding from the English Schools FA to deliver a Futsal project within Area West. This has resulted in a club being delivered, attended by 20 students, 17 leaders trained to support the taster sessions attended by local primary schools.

Area West Priorities for 2016/17

Sports Specific Development

- Continue to deliver a programme of sports specific development opportunities in partnership with key community sports clubs and NGB's to include: Tennis, Badminton, Hockey, Gymnastics, Athletics and Swimming.
- Deliver 'In It Together' within Area West, funded by Sport England Community Sport Activation, a project to increase the participation of women and girls across South Somerset. The total project cost was £258,844, with £163,294 from Sport England.
- Work with tennis clubs in Area West to support Great British Tennis Weekend 2016. People of all ages and abilities can just turn up with equipment provided for free. Roll out South Somerset Play Tennis over Summer 2016 with interested tennis clubs to encourage more families to play tennis over the Summer.

Play and Youth Facilities

Core Work:

- To work in partnership with others to provide a range of challenging and exciting play spaces and youth facilities across the district.
- To offer annual, quarterly and routine play inspection service to not-for-profit organisations.

Area West Achievements/Delivery in the last 12 months

- Full - Audit of 34 Play Areas & 6 Youth Facilities throughout Area West

- Misterton - Packers' Way Play Area (SSDC) was extensively refurbished following consultation with new play equipment, surfacing and bow top fencing.

The main features of the design are:

1. New Junior & Toddler Swings
2. New Large Spring Seesaw
3. New Junior Climbing Frame and Slide
4. New Accessible Roundabout
5. New Toddler Play House
6. New Coloured & Patterned Safety Surfacing
7. New Bow Top Fencing

- Crewkerne - Henhayes Play Area (Town Council). Funding and technical support for Crewkerne Town Council with the phased play area refurbishment.

The main features of the phased design are:

1. Increased play space
2. Repainting
3. New Rope Climber
4. New Safety Surfacing
5. New Accessible Path
6. New Picnic Table & Benches
7. New Litter Bins
8. Landscaping & Turfing
9. New Bow Top Fencing & Relocation of Accessible Gates

- Winterhaye Lane, Ilminster – Supported Ilminster Town Council to progress the design work for improvements at this play area.
- Plot 5, Chard – some ground clearance and fencing work has been done to the site for the planned development of a new play area at this site.

Area West Priorities for 2015/16

- To meet with Chard Town Council to discuss the future provision for play and youth facilities and to prioritise delivery.
- Delivery of an enhanced play area at Snowden Park in Chard utilising S106 contributions from the adjacent development.
- Support Ilminster Town Council with their plans to install new equipment at Winterhaye Lane and to progress their plans for an enhanced play area at Ilminster Recreation Ground.
- With the co-operation of the developer, pursue the adoption land designated for play off Canal Way.

Opportunities for Young People

Core Work:

- To support the development of stimulating things to do and places to go.
- To support the development of new and existing youth clubs.

- To develop opportunities for young people to volunteer and become involved in their communities.
- To support the development of playschemes and targeted holiday activity programmes.

The support that is given by the Young People Officer includes small grants of up to £500 through the Youth Development Fund, advice on start-up and examples of standard documents including Model Constitutions, Health & Safety Statement, Accident Reporting records, Model Child Protection Policy Parental consent forms.

The Young People Officer can arrange for youth group volunteers to be checked through the Disclosure and Barring service. (Previously known as CRB check)

There is a distinct role for both specialist support and more generic local development work. The Young People's Officer works closely with Area Development Staff and in particular the Neighbourhood Development Officer. This ensures that local groups and organisations delivering youth provision benefit from the external support, funding, good practice and advice.

Training & Development

Training for voluntary youth groups is offered during the year. Recent courses include; First Aid, Food Hygiene level 2 and Introduction to child protection.

Gold Star – Celebration of Volunteers Working with Young People

A packed house at the Octagon saw volunteers from across the District recognised. The audience also enjoyed 5 great acts performed by young people from across the district.

Play Days

Play Days in Area West continue to be very popular there were Play Days in the following places:

Ilminster 3 days.
 Combe St Nicholas 1 day
 Chard 3 days
 Crewkerne 3 days
 Winsham a community led Playday 1 day.

Activities Young People enjoyed at these events included, Water Rockets, Arts and Crafts, Sports and Games, Circus Skills, Water Wars, Sumo Suits, Bouncy Castle.

Youth Day at Henson Park, Chard

Chard Youth Day was enjoyed by a great number of young people last Summer. On offer was the following activities, Climbing Wall, DJ Taster Sessions, Slacklining, Dance Workshops, Green Woodworking, Moped Workshop Taster, Refreshments.

Area West Priorities for 2015/16

- Continue to support the delivery of play and youth days in Area West and across the district.

Leisure Facility Development and Management

Core Work:

- To provide sports clubs and community organisations with specialist advice and support to develop their facility projects.
- To secure appropriate leisure contributions from housing development to enhance local and strategic sport and recreation provision.
- To maximise access to existing dual use school sports facilities.
- To effectively and efficiently manage the Council's Facilities at Yeovil Recreation Centre.

Area West Achievements/Delivery in the last 12 months

- Officers are working with Crewkerne Rugby Club to explore funding opportunities to contribute to RFU funding to install permanent floodlighting on both sides of its pitch at Henhayes Recreation Ground.
- Officers have continue to support Ilminster Town Council, and Ilminster Town Football Club to deliver a new pavilion and community facility at Ilminster Recreation Ground.
- Officers are also supporting Ilminster Cricket Club to look at future improvements to their changing and social facilities.
- An offer of £50,000 has been made to Holyrood Academy to assist with the resurface of their sand based Artificial Grass Pitch.
- Just under £6,000 of S106 allocated to the provision of temporary changing facilities at Jocelyn Park by Chard Town Council

Area West Priorities for 2016/17

- To work with Chard ward members to map out a future action plan for sports facilities and clubs in Chard, including the County Council swimming pool at Holyrood Academy and playing pitch facilities.
- Support the delivery of Ilminster Town Council's master plan for the improvement of Ilminster Recreation Ground.
- To January 2016, £1.4million of S106 funding (capital and revenue contributions), have been banked as a result of the teams obligation requests via the planning process. Of the money received, £522,561,000 has been spent to date on enhancing or delivering new infrastructure in the area

Other District Wide Work/Achievements in the Last 15 months

Play, Youth and Leisure Strategy refresh

- Our previous play, youth and sports strategies have now expired. Four area workshops took place in 2015 to research what stakeholders think about current play, youth and sports provision in the district and to identify future delivery priorities. Due to the imminent release of a new Sport England strategy and capacity of the team

during the latter half of 2015 the, production of a new draft leisure strategy has been delayed until this year.

New District Playing Pitch Strategy

- In line with updated national planning guidance, the Community Health and Leisure team is working with Sport England and National Governing Bodies of Sport to produce a new playing pitch strategy. This strategy help to protect existing pitch/changing room provision, identify district development priorities, underpins requests for developer contributions and helps the Council and other pitch providers to secure external funding.

A considerable amount of auditing of pitch provision and changing room provision has taken place during 2015 by team members. The strategy is expected to be finalised by the summer. Members will be asked to comment on and approve the final strategy.

Communications

- **Posters / Promotional material:** A huge range of posters and promotional material have been produced in the last 7 months which have contributed towards the increased success of activities including Health Walks, Playdays, Youth Days, Healthy Communities and the wide range of activities at Yeovil Recreation Centre. This work has included creating a new brand from scratch for the Click into Activity project. The ability to be able to produce this material in house is a significant cost saving to the Council.
- **Electronic Newsletter:** The service produces a monthly communication to our Health & Well Being newsletter mailing list. In excess of 1,000 people read the electronic newsletter every month with an average of 160 people actively clicking on specific articles in each newsletter
- **Press Releases:** The service directly generated 20 press releases in the last 7 months
- **Social Media:** Engagement on Facebook has continued to increase in the last 7 months with the Yeovil Recreation Centre and Play/Youth Facebook pages now reaching 3,000 likes between them (up from 2,000 in June 2015). Social media has been used extensively to promote the hugely popular Playdays during the Summer and also the Family Fun Day at Yeovil Recreation Centre. Have also set up a 'Healthy Somerset' Twitter account which along with a Yeovil Recreation Centre account now has in excess of 100 followers.

Play Areas - The team directly manages and inspects 56 play areas across the district, 8 in Area North, 3 in Area East, 39 in Area South and 6 in Area West.

Passport to Leisure Card

- This scheme allows residents on low incomes to obtain discounts on the cost of certain leisure and cultural activities at Crewkerne Aqua Centre, Goldenstones Leisure Centre, Octagon Theatre, SSDC directly organised holiday activities, Wincanton Sports Centre, St Michael's Hall and Yeovil Recreation Centre. The service administers the scheme (free of charge) and as of January 2016 there were 314 valid cards; 19 in Area North, 56 in Area East, 229 in Area South and 10 in Area West

The Community Resource Service/Scrapstore

- This service was transferred to The Hub from 1st April 2013 for five years and the service continues to oversee contractor delivery. The Hub agreed to take on the future delivery of the Resource Service from their own premises in Yeovil from September 2015 after only 2 years, without any further subsidy from the Council.

Financial Implications

No new implications.

Corporate Priority Implications

The work of the Community Health and Leisure service contributes to the following aims within the Health and Communities Focus of the Council Plan:

- Ensure that the strategic priorities of the Somerset Health and Well-being Board reflect local needs and align council resources to deliver projects to address those needs
- Maintain and enhance the South Somerset network of leisure and cultural facilities, optimising opportunities for external funding to promote healthy living.

Equality and Diversity Implications

Consideration is given by the service to ensure that all facilities and services are accessible.

Background Papers: none
