

Community Health and Leisure Service Update

Strategic Director: Vega Sturgess, Operations & Customer Focus
Assistant Director: Steve Joel, Assistant Director – Health and Wellbeing
Service Manager: Lynda Pincombe, Community Health and Leisure Manager
Lead Officer: Lynda Pincombe, Community Health and Leisure Manager
Contact Details: Lynda.Pincombe@southsomerset.gov.uk or 01935 462614

1. Purpose of the Report

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

2. Public Interest

This report seeks to provide Area East 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.

3. Recommendation(s)

- 1) That the Area East 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.

4. 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 is 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	To provide and support the development of positive activities for

Young People	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

5. Report

5.1. 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 East 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. Remaining walk data still being uploaded to the database.
- 2 training days have been held for volunteers, 18 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 have 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 East has 2 Health Walks and 2 Buggy Walks.
- A new Health Walk Directory has been produced with 1000 circulated across the district. This 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)

- 1 Flexercise workshop has been delivered in area East, with 10 new leaders trained.
- A New Age Kurling and Boccia session has been delivered in Charlton Musgrove for the Wincanton branch of Parkinsons UK, with a total attendance of 20.
- Sport50 sessions continue to run in Bruton and Mudford, with one planned in Ilchester.
- Active Somerset classes run in Area East include (attendances in brackets); Core and Flexibility in Charlton Adam (4), Healthy Hearts in Henstridge (12), Yoga in Bruton (9), Yoga for beginners in Queen Camel (6).
- 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

- Delivered a weight management programme alongside Wincanton Health Centre with 43 people accessing, a total weight loss of 137.61lbs was achieved. Participants learned the benefits of healthy eating and keeping active. For each lb of weight lost the healthy lifestyles team provided a £ towards lifestyle interventions in the area. Using the money earned, the healthy lifestyles team purchased a high quality set of scales for use of Wincanton residents. This set of scales is free to use and is located at Wincanton Health Centre. Wincanton Health Centre plan to run more weight management programmes now they have their own high quality set of scales.
- Supported Yarlington Housing Group delivering a healthy living pilot to Castle Cary and Wincanton residents. This was accessed by 19 residents with small reductions seen in blood pressure, pulse and blood sugar. The main aim of the pilot was to make lifestyle changes resulting in weightloss. Of the 7 residents to weigh more than once 4 lost weight, with 2 residents achieving a weight loss of 12lbs.
- 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 Yarlington 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.
- A Healthy workplace weight loss challenge has run for 6 weeks with 3 staff accessing it from SSDC Area East offices in Wincanton, losing 25.63lbs between them.

Area East 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

5.2. 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 East Achievements/Delivery in the last 12 months

- Delivered Schools Tennis Coaching programme with both Wincanton and Queen Camel Tennis Clubs, attended by 121 young people from 9 primary schools.
- 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. Both Wincanton and Queen Camel Tennis Clubs have hosted tournaments as part of this programme.
- Supported Queen Camel Tennis Club to deliver a Great British Tennis Weekend last summer at the club, which encourages families to come along and try tennis for free.
- Officers organised a Badminton England Smash Up young leader's course which was attended by students from both Ansford Academy and King Arthurs Community School. Ansford now have 30 Year 7 and 8's that attend a regular Smash Up Club at the Academy.
- Delivered a schools gymnastics programme for the 6th year, in partnership with Orchard Gymnastics in Yeovil. 42 teams and 210 children took part, 4 teams were from Area East schools. These were from Charlton Mackerel primary school.
- Organised Year 6 Hockey Area Finals at Yeovil AGP, which was attended by 8 schools and 80 young people, Keinton Mandeville and Countess Gytha (Queen Camel) attended from Area East.
- Officers organised High 5 Area Netball finals at Westfield Academy in Yeovil. Keinton Mandeville primary school attended and was supported by Keinton Mandeville Netball Club at the tournament.
- Officers have organised a volleyball competition attended by Keinton Mandeville primary school.
- Officers supported Castle Cary Rugby Club to deliver a number of primary and secondary rugby events. They have supplied club coaches, facilities and equipment to enable these competitions and sessions to take place.
- Started to plan for pilot *In It Together* to deliver badminton and netball courses in Wincanton, 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. We are also in discussions with Queen Camel Tennis Club to run a Beginners Tennis course.

- Officers have worked with Somerset FA to access £3,000 funding from the English Schools FA to deliver a Futsal project across South Somerset. This has resulted in a club being developed at Sexey's School, attended by 15 students on a weekly basis. 12 leaders were also trained to support the taster sessions attended by Horsington and Castle Cary 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. We have a number of young people who attend from Area East.

Area East 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 East, 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 East 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.

5.3. 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 East Achievements/Delivery in the last 12 months

Last year the team supported successful playground improvements at:

- Barton St David Recreation Ground with a capital award of £19,033 towards project cost of £38,824 for the installation of new basket swing, mobilus roundabout, teacup twister, buddy board, talking flowers and windows in the village hall.
- Abbas & Templecombe Recreation Ground with a capital award of £22,340 towards the installation of a new basket swing, aerial runway, see saw, tree planting and general upgrade of the play area.
- Provided advice and non-financial support to South Cadbury Village Hall with the refurbishment of their existing play area.
- Provided extensive support to Wincanton Town Council in relation to their planned improvements to the play area at Cale Park. With internal and external funding now secured the £185,000 project (including £34,750 SSDC capital award) will start being

constructed in May 2016 with the installation of a 18m long pedestrian footbridge being installed across the River Cale. The new play equipment, landscaping and general infrastructure will see the play area completely transformed and provide a destination play area for Wincanton and the surrounding hinterland.

Area East Priorities for 2015/16

The team will be developing plans, in consultation with Bruton Town Council and expect to provide a new play area at Cuckoo Hill, Bruton utilising the £55,000 secured through a S106 agreement with the sites housing developer.

The team will also continue to support the delivery of the Cale Park improvements in Wincanton.

5.4. 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)

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

Wincanton (2 days)
Bruton (2 days)
Henstridge (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 Henstridge, Ilchester and Wincanton

The three Youth Days were enjoyed by a great number of young people last summer. Activities on offer included, climbing wall, DJ taster sessions, slacklining, dance workshops, green woodworking, moped workshop taster, refreshments.

Area East Priorities for 2015/16

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

5.5 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 East Achievements/Delivery in the last 12 months

- Officers are supporting Castle Cary Cricket Club to replace their outdoor cricket nets and this project will be supported via S106 funding.
- Henstridge Parish Council have also been able to take advantage of S106 to improve facilities at their recreation ground.
- To January 2016, £412,959 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, £92,905 has been spent to date on enhancing or delivering new infrastructure in the area

Area East Priorities for 2016/17

- Support Bab Cary Parish Council to improve access to 'The Hut' at their recreation ground via S106 funding.
- Potentially support Sparkford Cricket Club to make improvements to their facilities via S106 funding.
- Support Henstridge Parish Council to make further improvements to their recreation ground.

5.6. 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.

6. Financial Implications

No new implications.

7. Corporate Priority Implications

The work of the Community Health and Leisure service contributes to Health and Communities priority with the Council Plan; specifically:

- Helping people to live well by enabling quality cultural, leisure, play, sport and healthy lifestyles facilities
- Working with our partners to tackle health issues such as diabetes and hypertension

8. Equality and Diversity Implications

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

Background Papers

None