

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 an annual progress report on the work undertaken by the Council's Community Health and Leisure Service in the last year.

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 delivers across the district, 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.

Delivery of Community Health and Leisure initiatives can have the following benefits for residents:

- Improved mental and physical wellbeing amongst residents (through regular participation)
- A positive impact in reducing obesity
- A positive impact in reducing coronary heart disease, diabetes, hypertension and other chronic diseases
- Helps people to age well and be more active and maintain independent living for longer
- Reduction in health inequalities
- Improved life chances for children and young people
- Contributes towards strong, sustainable, cohesive communities
- Contributes to local pride and quality of life and can help to regenerate communities
- Attracts inwards investment in South Somerset
- Make a positive contribution to the local economy through reducing the burden on health services, improved productivity of staff, decreased sickness absence & staff turnover. In 2006/2007, £900 million was spent in the UK on ill health related to physical inactivity (Sport England commissioned data from the BHF 2009/10)

- Helps to make South Somerset a good place to live, work and visit

Report

The report is broken down into service delivery areas below, with a summary of **the key achievements** for each delivery area in the last 12 months.

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

- Supported Crewkerne Town Council with the last phase of their Henhayes Play Area refurbishment, including new basket swing, rope swing and landscaping.
- Supported Crewkerne Town Council with the delivery of their new skate park at Happy Valley.

Area West Priorities for 2017/18

- Develop equipped play facilities at Thorndon Park Drive, Chard
- Develop Snowdon Park Play Area
- Secure adoption from Persimmon Homes of Canal Way Play Area, Ilminster

Opportunities for Young People

Play Days - Successful Play Days have been delivered in Area West over the past year with rural communities benefiting from free access to play opportunities. Play Days were delivered at the following locations in 2016; Winsham, Ilminster, Chard, Crewkerne and Combe St Nicholas.

Youth Club Support – Officers have continued to provide youth club support in Area West where required. In 2016 Streetspace South Somerset received support to enable them to run holiday activities at Jocelyn Park, Chard.

Youth Club Leader Training – Officers organised free Food Hygiene Level 2 and Introduction to Child Protection workshops for volunteers working in youth clubs in South Somerset.

Area West Priorities for 2016/17

Play Day Programme – Another year of Play Days is planned for 2017 and will include settlements in Area West. The planning of these days is in progress, and the communities to be included in the plan are yet to be finalised.

Play/Youth:

- **Play area Management** - The team directly manages (or co-manages), inspects and maintains 56 play areas across the district.
- **National Playday** - On the 3rd August 2016 a National Play Day was held at Yeovil Country Park, which was attended by an estimated 6000 people. The day was part of a national event held each

year to celebrate children's right to play. National Play Day will take place at Yeovil Country Park on 2nd August this year from 10am – 3pm.

- **Gold Star Awards** – were held at the Octagon Theatre Yeovil on 25th October 2016 with a full auditorium. The event recognises the achievement of volunteers and young people across the district. This year's event is scheduled for 23rd October 2017.

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

Key Area West Achievements/Delivery in the last 12 months:

- Walk figures for the annual year of 2016 is as follows; 9705 attendances, up 1820 on 2015 and 328 new walkers joined the scheme up 27 on the figures from 2015.
- 4 walk leader training days ran for volunteers, 47 leaders trained across the district.
- Ilminster Health walk has started; Area West now has 4 walks: Broadway, Chard, Crewkerne and Ilminster.
- 1 Flexercise workshop delivered in area West, with 15 new leaders trained.
- Golden Age Olympics (GAO) is a functional fitness program suitable for care and residential settings. 15 groups have taken part in GAO, with 3 from Area West, St Gildas, Chard (12) ; Oak Lodge Care Home, Chard (12); and Bowhayes Lodge, Crewkerne (8)
- Active Somerset Classes run in Area West: Active Age Aerobics, East Chinnock (11); Mature Moves, Chard, in partnership with Age UK (24)
- Health Testing sessions and Buggy Walks information delivered at Ashlands CC (10, 18).
- Sweet Surprise (16), Ilminster, Sport50 session, enjoyed it so arranged long term loan of equipment.
- Chard WATCH project health checks (20), weightloss challenge (8), Tai Chi (7)
- **CLICK into Activity** continues in Chard, Crewkerne, Broadway and Ilminster working towards targets. 293 inactive patients have accessed the project and there have been excellent preliminary results. Sport50 sessions set up as exit routes in Crewkerne and Ilminster. Preliminary evaluation from the University of West England has identified that out of the initial 249 inactive participants who had taken part in the project, 162 have moved into 1x30 minutes of sport and physical activity.

Key Priorities for 2017/18:

- Increase the number of short (30 minutes or less) health walks in the area
- Run the annual area west flexercise workshop
- Increase the number of sport50/pop up community activity session in the area
- Continue to set up exercise classes in the community where required.
- Continue to run the CLICK into Activity project, working towards project targets.

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.

Key District/Area West Achievements/Delivery in the last 12 months:

- Delivered Schools Tennis Coaching and competition programme, schools from Area West that attended were Neroche, Buckland St Mary and West Chinnock.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 469 junior players took part in the 2016/17 Winter and Summer Series. Chard Tennis Club hosted tournaments as part of this programme.
- Delivered a schools gymnastics programme for the 7th year, in partnership with Orchard Gymnastics in Yeovil. 21 schools and 250 children took part, 4 schools were from Area West schools. These were West Chinnock, Haselbury Plucknett, Swanmead (Ilminster) and Merriott.
- Delivered two courses in Crewkerne, as part of the In It Together women and girls programme. A Back to Netball and Beginners Badminton were the 1st two courses to be setup. Beginner's running will start in Chard in April 2017.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. In 2016, 167 (7% increase on 2015) young people were registered on our Junior Athletics programme with between 20 and 48 athletes attending our weekly short courses.

Key Priorities for 2017/18:

- 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.
- Continue to deliver the '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 2017. People of all ages and abilities can just turn up with equipment provided for free.

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.

Key Area West Achievements/Delivery in the last 12 months:

- All S106/capital now paid to Ilminster Town Council to complete their new pavilion/community facility.

- Worked with Crewkerne Rugby Club to fund £10,000 from SSDC Community Grants towards installing new floodlighting on the Henhayes Recreation Ground.
- £103,000 of Section 106 received from Area West developments.
- Draft Playing Pitch Strategy completed for the district – will go out for community consultation spring 2017.

Key Priorities for 2017/18:

- Adoption of new playing pitch strategy
- Support Forton Community Association to complete their funding package for a new pavilion/community facility.
- Identify land for new playing pitches in Chard
- Support Ilminster Cricket Club to improve their ancillary facilities
- Support Crewkerne Town Council to improve formal sports facilities at Happy Valley

Communications

All of the above work is supported underpinned by the work of Leisure Projects Officer with the team. The role includes; website development, e-newsletters, publications, income through sponsorship and social media. Having this service in-house has saved on external design fees and allows the team to be very responsive to our customers and new initiatives.

Financial Implications

No new implications.

Council Plan Implications

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

Aims

- Support communities so that they can identify their needs and develop local solutions.
- Target support to areas of need.
- Help people to live well by enabling quality cultural leisure, play, sport and healthy lifestyle facilities and activities.
- Work with partners to tackle health issues such as diabetes and hypertension.
- Help keep our communities safe.

Actions

- Agree lease, refurbish and relaunch Westland Leisure Complex Sport, Conference and Entertainment Facilities (high priority).
- Deliver healthy lifestyles projects including year 1 of the CLICK project to those with diabetes and hypertension (High).
- Enable the enhancement of at least 8 play and youth facilities.
- Support Huish Episcopi Academy community swimming pool project (High).

Equality and Diversity Implications

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

Background Papers: none

District summary of projects that the Community Health and Leisure delivered/supported in the last financial year

