

## **Community Health and Leisure Service Update**

*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  
Telephone: 01945 462614

### **Purpose of the Report**

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

### **Public Interest**

This report seeks to provide Area East 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.

### **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.

### **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 East Achievements/Delivery in the last 12 months**

- Supported Wincanton Town Council with the funding and delivery of their new highly successful Cale Park Play Area.
- New Play Area at Cuckoo Hill, Bruton is being constructed following local consultation and input from Bruton Town Council.
- Supported Keinton Mandeville Parish Council with improvements to their play area using S106 funding.

#### **Area East Priorities for 2017/18**

- Support Bruton Town Council with their development of a Multi-Use Games Area at Jubilee Park, Bruton.
- Support Castle Cary with possible improvements to their play area using S106 funding.

### **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.

**Play Days** – In addition to National Play Day, officers supported the delivery of Play Days in Charlton Adam, Keinton Mandeville, Castle Cary, Bruton, Wincanton and Sparkford, providing rural communities with free access to play opportunities.

**Youth Days** – As part of our Service Level Agreement with Somerset Rural Youth Project they organised Youth Days featuring music, skate competitions climbing wall, sports, refreshments and other activities at Henstridge, Wincanton and Ilchester.

**Youth Club Support** – Officers have continued to provide youth club support in Area East where required.

**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 East Priorities for 2016/17**

**Play Day Programme** – Another year of Play Days is planned for 2017 and will include settlements in Area East. 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 3<sup>rd</sup> 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 2<sup>nd</sup> 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 23<sup>rd</sup> 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 East 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.
- Bruton, Castle Cary, Milborne Port surgery, Queen Camel Surgery, Stoke Hill – Calm on the farm walk have all started. Area East now have 7 health walks: as well as the 5 new walks there are the Wincanton walks and Wincanton short walks; and 2 buggy walks: Balsam buggy walk, Ilchester buggy walk.
- 1 Flexercise workshop has been delivered in area East, with 8 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 2 from Area East; Common Road, Wincanton (10) and Cannington House, Wincanton (3)
- Active Somerset Classes run in Area East: Friday Fun, Marston Magna (10), Pilates, Charlton Horethorne (8, after 12 week course, session continuing due to popularity); Yogalates, West Camel (1 attended on 1st week but after 12 week course, session continuing due to popularity); Pilates in Mudford (7 on first week); Breathe Stretch and Relax (Yoga), Castle Cary – Age UK (15)

- Wincanton Stroke group: successful Sport50 session, so arranged long term loan of equipment. And Wincanton dementia group (12) – taster session and long term loan of kurling equipment.
- Wincanton Walking football (15) started with the session continuing.

### **Key Priorities for 2017/18:**

- Set up some more walks in Area East
- Run the annual Area East Flexercise workshop
- Increase the number of sport50/pop up community activity sessions in the area
- Continue to set up exercise classes in the community where required.
- Continue to work in partnership and develop partnerships with surgeries

### **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 East Achievements/Delivery in the last 12 months:**

- Delivered Schools Tennis Coaching and competition programme, schools from Area East that attended were Queen Camel, Keinton Mandeville, North Cadbury and Castle Cary.
- Working with Queen Camel Tennis Club we promoted a junior membership offer linked to Great British Tennis Weekend. 17 new juniors sign up for a free membership with the club.
- 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. Queen Camel & Wincanton Tennis Clubs hosted tournaments as part of this programme.
- In partnership with Ansford Academy we ran a Futsal Festival for Keinton Mandeville, Castle Cary and Horsington primary schools. 30 children took part.
- Working with Yeovil and Sherborne Hockey Club we organised an area hockey festival final in Yeovil, which Queen Camel and Keinton Mandeville primary schools qualified for.
- Delivered five courses in Area East, as part of the In It Together women and girls programme. A Pilates, Netball Now, Beginners Badminton, Yogalates and daytime Beginners Running have been setup so far. An evening Beginner's running course starts on 19th April and has 22 women registered.
- 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 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 Queen Camel and Wincanton Tennis Clubs 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 East Achievements/Delivery in the last 12 months:**

- Swim Pilot – Working with LED (operator of Goldenstones), Sport England funded a project to look at the swimming experience based on local research. This has resulted in a further £193,085 from Sport England to be spent on improvements to swimming and changing rooms at Goldenstones and refreshment facilities and swimming programmes at Wincanton.
- Supported the delivery of a new outdoor cricket net facility at Castle Cary Cricket Club via S106 funding.
- S106 funding provided to improve access to 'The Hut' at Babcary Recreation Ground.
- Detailed advice given to Sparkford Cricket club in order to undertake a condition survey on their existing pavilion and consider options for new ancillary facilities.

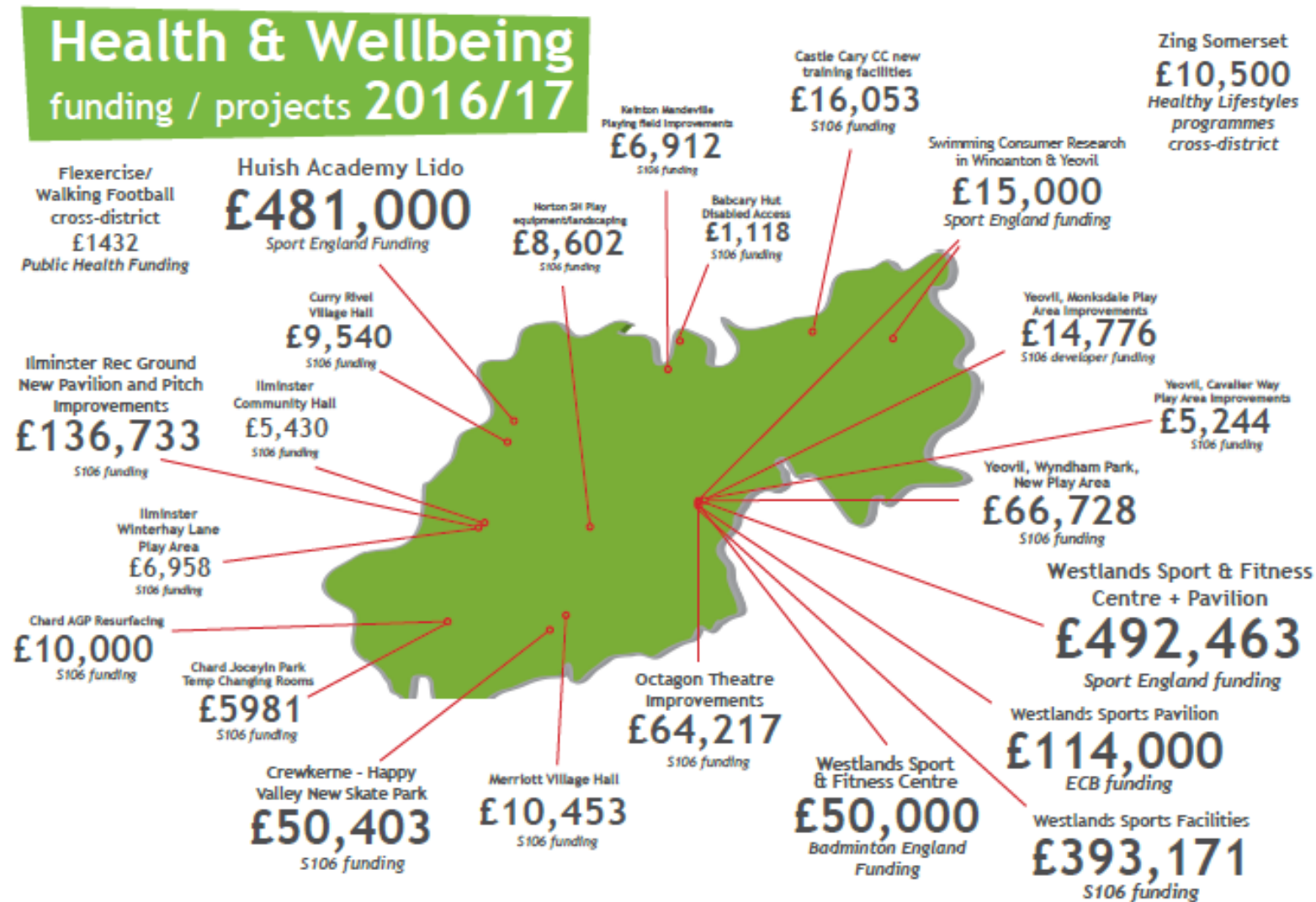
### **Key Priorities for 2017/18:**

- Adoption of new playing pitch strategy
- Support Hestridge Parish Council in the delivery of their planned recreation ground improvements (with S106 money).
- Ongoing support for Sparkford Cricket Club as required.
- Implementation of improvements at Wincanton Sports Centre as a result of Sport England funding.

## **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.

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



## **Financial Implications**

No new implications.

## **Corporate Priority 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