

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 South.

Public Interest

This report seeks to provide Area South 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.

Recommendation(s)

- 1) That the Area South 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 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	To increase the quality and quantity of play opportunities in South

Facilities	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 South Achievements/Delivery in the last 15 months:

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

- 7458 attendances at Health Walks throughout 2014/15 up 39% on the previous year. The South Somerset scheme recorded 865 regular walkers in 2014/15 up by 57% on 2013/14 figures. 333 new walkers joined the scheme this year.
- 4 training days have been held in Area South for volunteers, 38 leaders have been trained from across the district.
- 9 new walks have been developed across the district, 4 of these are located in Area South (Yeovil Abbey Manor, Ninesprings weekend walk, Lufton College walks and Yeovil Buggy Walk)
- 4 beginners running groups have been set up in Area South and continue to run weekly
- Walking Football group has been established at Bucklers Mead attendance is between 20 and 30 each week. The group has grown to accommodate larger numbers and now runs two sessions a week, takes part in tournaments (crowned Somerset Champions!) and has affiliated to the FA.
- 321 route and trim trail has been completed at Birchfield Park
- Lufton College staff members have been supported to run weekly Health Walks for the students, 4 more staff completed their training in 2014/15.
- The team continue to support South Somerset Mind, 3 health testing sessions have been delivered as well as funding to deliver 2, 12 week exercise and physical activity courses. 55 people took part in the sponsored walk of the River Parrett Trail organised by the Healthy Lifestyles Team, Trespass and South Somerset Mind, raising over £2,200.00 for South Somerset Mind of Yeovil

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

- 2 Flexercise workshops have been delivered in Area South at the Octagon Theatre, 23 leaders have been trained at these workshops.

- Active Somerset classes run in Area South in conjunction with Age UK Somerset (attendances in brackets); Stretch and Flex at West Coker (7-18)
- Information and talks about the Healthy Lifestyles Service have been given at 2 Rotary Clubs in Area South
- Sport50 sessions have been established in West Coker now led by volunteers with an attendance between 10-16 people each week. 4 taster sessions are arranged for East Coker WI.
- 5 Active Somerset Classes have been funded (attendances in brackets). Over50s gym sessions at Bucklers Mead (15), Buggy Fitness at Ninesprings (4), Circuits at Birchfield (6), Tai Chi at Odcombe (6-8), Gym and weightloss group at Bucklers Mead (8-10)
- £500 funding provided to 1610 Yeovil to run Cardiac Rehab classes
- Preston Sports Centre has become accredited to deliver the ProActive programme (GP referral to exercise)
- 7 sessions have been delivered at Spring Chemotherapy Groups at Yeovil District Hospital. Physical activity is proven to aid recovery from cancer and also prevent it. Sessions focus on how to remain active and increase physical activity and exercise levels.
- Funding secured with Cllr Tony Lock and Senior Play and Youth Facilities Officer to deliver some cycling provision in the Birchfield area. A cycling festival aimed at families is planned for August 2015.
- A comprehensive Healthy Workplace programme is delivered at 9 different workplaces, 1044 people have been engaged in the programme with 20 different initiatives being delivered
- Activity finder website, Pad-e, continues to be updated and promoted to advertise the number of exercise and activity opportunities in the district and a range of venues. www.pad-e.co.uk

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

- Community Es (targeted weight loss programme funded by SCC Public Health) was delivered in Westfield. 15 people signed up and 3 new activity opportunities were established. A 'clubbercise' session held at Westfield School had over 20 regular participants
- 1 Active Clubs training session was delivered in Area South training 10 volunteers
- 9 physical activity talks delivered at the postnatal group at Oakland's Children's Centre with attendances ranging between 10-16
- 3 adapted sports sessions were delivered at Fairmead School, 50 children attended the sessions with equipment donated to the school to run regular adapted volleyball sessions
- 2 Weightloss Challenges have been delivered since the last report. In January to March 2014 the challenge ran at 5 workplaces (SSDC, BAE Systems, Boon Brown, Yarlington and Screwfix) with 130 people taking part and losing 41 stones. In January to March 2015 the challenge ran at 4 workplaces (SSDC, BAE Systems, Boon Brown and Yarlington) with 135 people taking part and losing 45 stones with 10 people losing 13lbs or more over the six week period.

Area South Priorities for 2015/16:

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

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 Pad-e up to date 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 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, e.g. Community £s
- 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 Health Trainer 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 South Achievements/Delivery in the last 15 months

- Delivered Schools Tennis Coaching programme with Yeovil Tennis Club, attended by 80 young people from 6 primary schools.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 411 junior players took part in the 2014 Summer Series, an increase of 41% on the summer 2013.

- Organised Great British Tennis Weekend over three weekends last summer on the Artificial Grass Pitch at Yeovil Recreation Centre, which allowed families to play tennis for free. Over 250 people accessed the sessions.
- Delivered a schools gymnastics programme for the 5th year, delivered with Orchard Gymnastics in Yeovil. 9 schools and 120 children took part, which included continued professional development for 9 teachers.
- Delivered a female only Essentials Badminton coaching course over 8 weeks at Westfield Academy, which was attended by 15 females.
- Summer of badminton promotion was organised by South Somerset Community Badminton Network at Westfield Academy, which included Family badminton and new Pay and Play sessions.
- Delivered 3 new Smash Up Badminton clubs in secondary schools, at Westfield (16 students), Buckers Mead (7) and Preston (27) academies. Smash Up is a new badminton product launched by Badminton England to get young people into the sport.
- Organised England Hockey Coaching course in January 2014 to increase the number of coaches, this was attended by 24 people at Yeovil Artificial Grass Pitch (AGP).
- Continue to deliver a female Back to Hockey course every Monday evening, which is attended by an average of 12-15 women each week and delivered by our Community Hockey Coach.
- Delivered three Hockey Coaching Camps in April 2014 (23), October 2014 (15) and February 2015 (32) as part of our YRC holiday activity programme, which was attended by 70 young people.
- Developed an adult Summer Hockey League which took place in May and June, 7 teams took part in.
- Hosted Area Hockey Final at Yeovil AGP, which was organised by our Community Hockey Coach. 6 schools from across South Somerset attended and 60 children were involved. 8 leaders from Bucklers Mead Academy supported the event.
- Organised Year 6 Hockey Skills festival at Yeovil AGP in October, which was attended by 10 schools and over 100 young people.
- Our Community Hockey Coach has delivered an England Hockey Young Leaders award to 19 students in October, who will now be used to support primary school competition and club events in the future.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. Our Junior Athletics sessions have been fully subscribed over the Spring/Summer in 2014. 146 young people are registered on our Junior Athletics programme with over 60 athletes now regularly taking part in Spring and Summer courses.
- Delivered training to 18 Yeovil College students to help support delivery of the area sports hall athletics final held in January 2014.
- Supported the South Somerset Area Indoor Athletics Final held at Yeovil College, 8 schools took part and 126 children attended.
- 45 young people attended our summer junior athletics camp at the Bill Whistlecroft Athletics Arena, Yeovil in August 2014.
- Continue to part fund Head Swimming Coach at Yeovil District Swimming Club to deliver the South Somerset Swimming Development programme: Since Jan 2014, some of the achievements by Yeovil District Swimming Club have been as follows:
- Mark Rawle has been asked to coach on the England Talent Programme and to attend the England Coach Development Programme.
- 100 medals at the County Swimming Championships in 2014, 40% increase on 2013. YDSC were 3rd best swimming club in county behind Millfield and Taunton Deane SC. Taunton had twice as many swimmers as Yeovil.

- Regional Championships - 29 Regional Qualifiers in 177 events producing 15 finals and 5 medals.
- 6 swimmers on the England Talent Programme Phase 2 – Kayleigh Parker, Jess Carrol & Rupert Hague. Phase 1 – Jasmine Moore, Sam Bonds, Harriet Watts and Lizzy Allen.
- 5 swimmers from YDSC with National Qualifying Times in 2014/15.
- 3 swimmers attending the; England Programmes – Aspiring Performance Swimmer Seminar on Sunday 23rd November 2014 in Loughborough.

Area South Priorities for 2015/16

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.
- Awarded £2k from Badminton England to deliver the South Somerset Community Badminton Action Plan 2015/16; which will include local social competitions for junior and seniors and initiatives to increase participation in badminton.
- Great British Tennis Weekend 2015 at Yeovil Recreation Centre and possible other sites across the town. People of all ages and abilities can just turn up with equipment provided for free.
- Deliver 2015/16 Junior Athletics programme; including Easter and Summer athletics camps at the Bill Whistlecroft Athletics Arena, Yeovil.

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 South Achievements/Delivery in the last 15 months

- Working in partnership with Yeovil Town Council the Summerhouse View Play Area was extensively refurbish in 2014/15 with new fencing, retaining walls and general refurbishment.
- The King Arthur Drive Play Area in Yeovil was transformed in 2014/15 a project led by South Somerset District Council, in partnership with Brympton Parish Council, Knightstone Housing Association, the local Police Community Support Officer and Yarlington Housing Group.

The £114,723 project budget was made up of the following:

£20,000 – SSDC Capital Funding
 £3,000 – Brympton Parish Council
 £14,300 – Knightstone Housing Association Ltd
 £77,423 – Section 106 Developer Contributions

The main features of the design are:

- Explorer Dome Climbing Frame
- 30m Zip Line

- Tyre Swing
- Basket Swing
- Supernova Roundabout
- New Junior & Toddler Swings
- Large toddler spring see saw
- Bespoke woodland toddler climbing frame with clatter bridge and wide slide
- Agility Trail
- Mosaic artwork made by local people with artist Joanna Dewfall
- New footpath for improved all year round access
- Levelled and drained informal football pitch
- New Tree and hedge planting
- Bird and Bat Boxes in Surrounding Trees

Area South Priorities for 2015/16

- On the 7th May 2015 Public Open Space land was conveyed by the developer at Wyndham Park and this will enable the development of the first Play Area on the site. Officers will be working to ensure facilities are provided as soon as practically possible in 2015.
- With capital funding in place it is planned to work in partnership with Yeovil Town Council to refurbish the Kingston View Play Area in Yeovil.
- National Play Day at Yeovil Country Park will be held on Wednesday 5th August 2015 and will celebrate its 10th Anniversary, with a party theme planned for the day.
- Develop a MUGA at Lufton Key site development, subject to land conveyance, funding and access.

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.

Area South Achievements/Delivery in the last 15 months

- A successful Holiday Activities Programme has been delivered in the Milford, Birchfield and Westfield areas of Yeovil over the past year with over 4800 people attending.
- Youth Services Review Group – Officers have been supporting Yeovil Town Council to establish youth club provision in Abbey Manor, The Old Barn Club and the Westfield and Milford areas of Yeovil with the support of a grant from Somerset County Council.

Area South Priorities for 2015/16

- Working in partnership with Yeovil Town Council it is planned to continue to deliver the holiday activities programme in Area South Ward, Westfield, Birchfield and Milford areas of Yeovil.

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 South Achievements/Delivery in the last 15 months

- Supported the delivery of a new Artificial Grass Pitch at Westfield Academy via advice, and S105 funding of £84,000 and capital funding of £56,000.
- Provided some initial support to West Coker Parish Council to help steer their recreation ground/pavilion project.
- Provided facility planning support to Westlands Cricket Club (ongoing).
- Provided facility development advice to Yeovil Tennis Club, who has developed a fourth floodlit tennis court and new disability access.
- Renamed Yeovil Athletics Arena as the Bill Whistlecroft Athletics Arena in September to honour the late Bill Whistlecroft MBE. New signage on the clubhouse and main entrances was unveiled to recognise the contribution he made to athletics and sport in Yeovil and across the region.
- Organised the first Yeovil Recreation Centre Family Day in August 2014; attended by 1,500 people. The event was supported by local sports clubs and activities included pitch and putt, mini golf and laser tag.
- Between January 2014 and March 2015 there have been 2,669 tickets sold for the Pitch and Putt and 3,787 tickets sold for the Mini Golf at Yeovil Recreation Centre. In the last financial year sales on average for both have increased by 11%.
- To May 2015, £1.3million 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, £807,000 has been spent to date on enhancing or delivering new infrastructure in the area.

Area South Priorities for 2015/16

- Working with Yeovil Olympiads AC investigate the feasibility of using the Joanna France building at the Bill Whistlecroft Athletics Arena, to provide disabled toilet facilities as currently no facilities at the track and also additional facility improvements to the building to make it more accessible.
- Seek to generate additional income at Yeovil Recreation Centre through sponsorship and advertising.

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 have recently been held to research what stakeholders think about current play, youth and sports provision in the district and to identify future delivery priorities. Emerging priorities from these sessions will be provided to members for comment/input prior to a draft strategy being produced in the autumn.

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. The strategy is expected to take around 12 months to complete and be finalised in 2016. Members will be asked to comment on and approve the final strategy.

Sport England Funding Applications

- The team has recently made a bid to Sport England for £194,000 to help deliver a range of physical activity interventions in the CLICK GP Federation (Chard, Ilminster and Crewkerne) targeted at inactive patients with diabetes, pre-diabetes or hypertension. The aim of the pilot is to evaluate the effect of offering targeted physical activity to these patients with a focus on reducing health and social care costs and to get more inactive people playing sport once a week for at least 30 minutes. The application has been supported by SCC Public Health, County Sports Partnership and CLICK GP Federation.
- A further bid to Sport England for funding to support sports development and healthy lifestyles delivery across the district (with a focus on female participation) has also been submitted with a decision due in July 2015. In April 2015 we submitted a funding application to Sport England Community Sport Activation Fund for a project to increase the participation of women and girls called 'In It Together'. The total project cost was £261,844, with £174,794 requested from Sport England. We hope to hear whether we have been successful this summer and aim to deliver the project over the next 3 years.

Communications

- **Posters / Promotional material:** A huge range of posters and promotional material (Circa 500 leisure flyers/posters produced in house) have been produced in the last 15 months which have contributed towards the increased success of activities including Health Walks, Playdays, Healthy Communities and the wide range of activities at Yeovil Recreation Centre.
- **Electronic Newsletter:** The service produces a monthly communication to our Health & Well Being newsletter mailing list. In excess of 10,000 people have read the electronic newsletter during this period with an average of 160 people actively clicking on specific articles in each newsletter
- **Press Releases:** The service directly generated 40 press releases in the last 15 months
- **Social Media:** Engagement on Facebook has dramatically increased in the last 15 months with the Yeovil Recreation Centre and Play/Youth Facebook pages now approaching 2,000 likes between them (up from 250 at the start of 2014). 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.

Play/Youth

- The team directly manages (or co-manages), inspects and maintains 56 play areas across the district.
- National Playday - On the 6th August 2014 a National Play Day was held at Yeovil Country Park, which was attended by an estimated 3000 people. The day was part of a national event held each year to celebrate children's right to play.
- Gold Star Awards – were held at the Octagon Theatre Yeovil on 28th October 2014 with a full auditorium. The event recognises the achievement of volunteers and young people across the district.

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 April 2015 there were 325 valid cards; 26 in Area North, 66 in Area East, 225 in Area South and 8 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 transfer is projected to bring cost savings of up to £130,000 over 5 years.

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