

Community Health and Leisure Service Update

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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 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

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 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 for volunteers, 38 leaders have been trained from across the district
- 9 new walks have been developed across the district, 3 of these are located in Area East (a buggy walk at Ilchester, walks from the Balsam Centre and a short walk from Wincanton Health Centre)
- 1 beginners running group has been set up in Area East in conjunction with Wincanton Sports Centre and the Sports Ground, 16 people have attended.
- Supported the former Sport Development Officer at Wincanton Sports Ground to install a 321 route at the site

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, 15 leaders were trained at this workshop.
- Information, talks and health testing have been delivered at Yarlington Sheltered Housing schemes in the area. Castle Cary (11) and Wincanton (7)
- Sport50 sessions have been established in the following locations and continue to run led by volunteers; Bruton (27), Henstridge (8-12), Mudford (10-12) and Kingsdon. A session was established in Wincanton at the Sports Ground but due to the Sports Development Officer no longer being in post this has now ceased.
- Boccia session delivered at Yarlington Heart Health event in Wincanton, 20 attending
- 5 Active Somerset Classes have been funded (attendances in brackets). Yoga at Castle Cary(5), 2 Yoga classes at Wincanton (4/9), Tai Chi at Charlton Horethorne (16), Core and Flexibility at Milborne Port (7)
- 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

- Working with Wincanton Health Centre to deliver a targeted weight loss programme for patients of the Health Centre. The programme is planned to begin in June.

- Continue to support Children's Centres in the area by attending meetings and delivering Healthy Lifestyle programmes where possible e.g. buggy walks at Ilchester.
- Supporting Yarlinton to deliver a healthy living pilot to their residents at Castle Cary and Wincanton Schemes. The pilot includes talks on healthy lifestyles, health checks, weigh in sessions, healthy eating advice and exercise sessions. (10 in attendance at first session)
- Funding from County Councillor John Bailey to deliver free health checks in Ilchester, 11 checked

Area East 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

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 15 months

- Delivered Schools Tennis Coaching programme with both Wincanton and Queen Camel Tennis Clubs, attended by 78 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. Both Wincanton Tennis Club and Queen Camel have hosted tournaments as part of this programme. 411 junior players took part in the 2014 Summer Series, an increase of 41% on the summer 2013.
- Supported Queen Camel Tennis Club and Wincanton Tennis Club to deliver Great British Tennis Weekend last summer at their clubs, which allowed families to play tennis for free.
- Continue to deliver Badminton Schools Recreation League, to increase the competitive opportunities for young people to play badminton. Two teams from Ansford Academy and two from Sexey's are taking part in fixtures from Area East.
- Badminton coaching was delivered over 6 weeks to Abbas & Templecombe primary school, attended by 28 participants each week.
- Officers organised the South Somerset badminton finals of Center Parcs schools competition, for Years 10 and 11 and over 30 young people attended, this was held at King Arthurs Academy in Wincanton.
- Delivered one new Smash Up Badminton club at King Arthur's Academy attended by 17 pupils per week. Smash Up is a new badminton product launched by Badminton England to get young people into the sport.
- Community Hockey Coach has delivered 14 weeks of coaching to boys and girls at Ansford Academy, which was attended by 15 participants each week and a throughput of 210.
- Delivered hockey coaching programme at Queen Camel primary school, attended by 30 pupils each week over 22 weeks, which is a throughput of 660 participants.
- 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. Ansford attended from Area East.
- Organised Year 6 Hockey Skills festival at Yeovil AGP in October, which was attended by 10 schools and over 100 young people, Queen Camel attended from Area East.
- 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.
- Officers have supported Castle Cary RFC to host Tag 2 Twickenham finals, which is the local to national competition programme for primary schools to take part in tag rugby. 12 teams and 120 children attended.
- Supported Queen Camel Cricket Club with funding advice to purchase cricket coaching equipment and grow the club.

Area East 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 Queen Camel and Wincanton Tennis clubs. People of all ages and abilities can just turn up with equipment provided for free.
- Produce and distribute 2015/16 South Somerset A-Z Sports Clubs, helping residents to find opportunities to take part in sport and active recreation across the district and promote what sport clubs have to offer.

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

- Supported Wincanton Town Council with guidance and funding to successfully deliver a new Multi Use Games Area (MUGA) at Cale Park, which included Floodlighting both the new MUGA and the existing Skate Park.
- Supported our Legal and Planning service to secure the formal adoption and conveyance from the developer of the Cuckoo Hill public open space. This will enable the delivery of a new play area in this part of Bruton.
- Supported Wincanton Town Council with their continued development of Cale Park, in particular the plans transform the existing and outdated play area into a new destination facility for the town.
- Supported Barton St David Parish Council with advice, design work and S106 funding offer towards their plans to improve the villages play area. They are currently fund raising to enable this project to be completed.
- Supported Abbas & Templecombe Parish Council with advice and S106 funding offer towards their plans to improve the villages play area. Construction work is due to commence in early June with the installation of a new zip line, basket swing, cone climber and spring see saw.

Area East Priorities for 2015/16

- Continue to support Wincanton Town Council with their Cale Park play area project, which if funding is secured would be completed in the spring 2016.
- Continue to support Abbas & Templecombe Parish Council with the completion of their play area project.
- Continue to support Barton St David Parish Council with their plans to improve the village play area (and community hall).

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.

Area East Achievements/Delivery in the last 15 months

Play Days - Successful Play Days have been delivered in Area East over the past year with rural communities benefiting from free access to play opportunities. Play Days were delivered at the following locations in 2014; Bruton, Milborne Port, Wincanton, Mudford, Castle Cary, Keinton Mandeville and Charlton Adam & Mackrell

Disclosure & Baring Scheme (DBS) – Officers have continued to support volunteers working with young people with free DBS checks.

Somerset Rural Youth Project (SRYP) – SSDC provides a grant each year to SRYP to support youth work around the district. In 2015 SRYP supported young people in Area East with projects including, community involvement, leadership, employment, transport and youth club support.

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

Youth Club Leader Training – Officers organised free First Aid and Food Hygiene level 2 training for volunteers working in youth clubs in South Somerset.

Area East Priorities for 2015/16

Play Day Programme – Another year of Play Days is planned for 2015 and will include settlements in Area East. The planning of these days is in progress, and the communities included in the plan are; Wincanton, Bruton and Henstridge.

Deliver another successful National Play Day at Yeovil Country Park on Wednesday 5th August 2015.

To support the new and existing youth clubs that have been established in Area East.

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 15 months

Officers have worked with Bruton Town Council and Bruton United FC to complete the

football pitch drainage project at Jubilee Park. The project was part funded by Section 106 contributions of £5,676.

- Supported Milborne Port Parish Council to deliver a new cricket pavilion via S106 funding of £40k.
- To May 2015, £272K of S106 funding (capital and revenue contributions), has been banked as a result of the teams obligation requests via the planning process. Of the money received, £55K has been spent to date on enhancing or delivering new infrastructure in the area. In addition there is £41k of funding currently on offer to two parishes for play and youth facility enhancements.

Area East Priorities for 2015/16

- Assist Henstridge Parish Council to access S106 contributions to further enhance their recreation ground.
- Provide assistance to Castle Cary Rugby Club to find funding to improve their floodlighting.
- Support Wincanton Sports Ground Management Company in their aspirations to find funding to appoint a new sports development officer for the site.

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 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

- **Play area Management** - 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.

6. Financial Implications

No new implications.

7. 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.

8. Equality and Diversity Implications

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

9. Background Papers

None