

## 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 West.

### 2. Public Interest

This report seeks to provide Area West 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 West Committee notes the content of the 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 West 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, 2 of these are located in Area West (a short walk from the Summervale Medical Centre in Ilminster and a short walk from at the Watch project in Chard)

##### 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 West, 14 leaders were trained at this workshop.
- 3 talks on community physical activity opportunities have been given at the Balance and Safety group at Chard Hospital, 13 attending
- Sport50 sessions have been established in the following locations and continue to run led by volunteers; West Chinnock (8) and Tatworth (20)
- 2 Active Somerset Classes have been funded (attendances in brackets). Zumba Gold at Ilminster (12), and 1 gentle exercise class at the Watch Project, Chard
- Training for all practice staff at surgeries in the CLICK federation from Dr William Bird on the benefits of talking to all patients about physical activity and encouraging them to refer more patients to exercise opportunities. The aim of the training is to increase the number of people who achieve the 1 x 30 minutes of activity a week target. Moving an individual from 'inactive' to 1 x 30 minutes of activity is where most health benefits can be found.
- Working with the CLICK GP federation to develop physical activity opportunities from GP surgeries. A bid to Sport England's, Get Healthy, Get Active fund worth £194,000.00 has been successful.
- 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](http://www.pad-e.co.uk)

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

- Funding has been granted to support Chard Community Kitchen ‘Bubble and Speak’ for the year 2013/14 and 2014/15. The weekly sessions teach people how to cook healthy and nutritious meals on a budget. Attendance ranges between 20 and 30 different people per month. 28 attended the one off event named ‘chardelicious’ run by Bubble and Speak.
- Continue to support Children’s Centres in the area by attending meetings and delivering Healthy Lifestyle programmes where possible. Examples include (attendances in brackets); Active clubs training delivered to Crewkerne and Ilminster centres, 5 trained. Health Testing sessions and Buggy Walks information delivered at the following sessions and venues Crewkerne (30) and Chard (4), Neroche (5)

### **Area West 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 West Achievements/Delivery in the last 15 months**

- Delivered Schools Tennis Coaching programme in Crewkerne and Ilminster areas, attended by 32 young people from 4 primary schools.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. Chard Tennis Club Camel 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.
- Continue to deliver Badminton Schools Recreation League, to increase the competitive opportunities for young people to play badminton. Two teams from Holyrood Academy in Chard took part in fixtures from Area West.
- Delivered two adult badminton competitions, Rally 21 and Social Series at Crewkerne Sports Centre as part of the South Somerset Community Badminton Network competition programme, attended by 46 participants.
- Delivered one new Smash Up Badminton club at Wadham School in Crewkerne attended by 23 pupils per week. Smash Up is a new badminton product launched by Badminton England to get young people into the sport.
- 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 Chard Cricket Club to host the Area Cricket finals, which is the local cricket competition for primary schools. 200 children attended the finals at the club.
- Officers have supported 50 young leaders from Buckland St Mary, Ashill and Manor Court (Chard) primary schools to receive leadership training in order to support events within the school games programme.

### **Area West 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
- 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 West Achievements/Delivery in the last 12 months**

- Supported Crewkerne Town Council with the first phase of their Henhayes Play Area refurbishment.
- Supported Ilminster Town Council with the development of their planned improvements to the Winterhay Lane Play Area. It is anticipated that these improvements could take place during 2015.

#### **Area West Priorities for 2015/16**

- Continue to support Crewkerne Town Council with the final phases of their Henhayes Play Area refurbishment.
- Support Crewkerne Town Council with their plans for a new Skate Park at Happy Valley.
- Complete refurbishment of Packers Way Play Area, Misterton.
- Support Horton Parish Council with their planned improvements to their skate park.

### **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 West Achievements/Delivery in the last 15 months**

**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 2014; Winsham, Ilminster, Chard, Crewkerne and Combe St Nicholas.

**Disclosure & Baring Scheme (DBS)** – Officers have continued to support volunteers working with young people with free DBS checks. In 2014 a total of 84 DBS checks were processed for the district and due to Data Protection we do not keep records of these by area.

**Somerset Rural Youth Project (SRYP)** – SSDC provides a grant each year to SRYP to support youth work around the district. In 2014 SRYP supported young people in Area West 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 West where required. In 2014 Ilminster, Chard and Crewkerne Youth Clubs received support.

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

### **Area West Priorities for 2015/16**

**Play Day Programme** – Another year of Play Days is planned for 2015 and will include settlements in Area West. The planning of these days is in progress, and the communities be included in the plan are; Ilminster, Chard, Crewkerne, Combe St Nicholas.

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

## **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 West Achievements/Delivery in the last 15 months**

- Officers have supported Ilminster Town Football Club and Ilminster Town Council to develop a master plan for their recreation ground and to secure funding to deliver a new pavilion/community facility for Ilminster Recreation Ground. A further £159,000 for S106 and capital funding is available to Ilminster Town Council to deliver this project in the current financial year.
- Advice/support provided to Chard Town Council and local football clubs to take forward the provision of temporary changing at Jocelyn Park, Chard.
- Ongoing support being provided to Chard Tennis Club to deliver new floodlighting.
- Support has been provided to Holyrood Academy, Chard to move forward their project to resurface their Artificial Grass Pitch.
- Guidance has been provided to Chard Town Football Club about a potential ground relocation and planning policy implications.
- A review of community playing pitch provision in Chard is also underway.
- Providing guidance on the development of a new pavilion/community facility at Forton.
- To June 2015, £1.1million 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, £441,000K has been spent to date on enhancing or delivering new infrastructure in the area.

### **Area West Priorities for 2015/16**

- Completing a review of playing pitch provision in Chard and review of options.

- Supporting the delivery of a new pavilion at Ilminster.
- Support Chard Town Council in their aspirations to deliver new permanent changing facilities at Jocelyn Park.
- Supporting Crewkerne Town Council in the development of sport and recreation facilities at Happy Valley in Crewkerne.

## 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

- 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 £259,000, with £163,000 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. National Play Day will take place at Yeovil Country Park on 5<sup>th</sup> August this year from 10am – 3pm.
- **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. This year's event will take place at the Octagon on Tuesday 27<sup>th</sup> October.

### **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, SSSC 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 West, 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.

**Background Papers:** none

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