

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 an annual progress report on the work undertaken by the Council's Community Health and Leisure Service in the last 7 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 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

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 7 months:

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

- Walk figures for the first six months of 2015/16 (April to September) is as follows; 4404 attendances, up 1100 on the half way stage in 2014/15 and 166 new walkers have joined the scheme so far this year.
- 3 training days have been held in Area South for volunteers, 29 leaders have been trained from across the district. A Thank You Event was held in April 2015 to reward our committed volunteers was held at the District Council Offices in Yeovil, 35 attending, 5 of which received their Bronze pin badge for leading 50 Health Walks since April 2014.
- 3 Walk leaders have received their Bronze Pin Badge this year, for leading 50 walks since April 2014. The pin badges have been designed by the team to recognise volunteers and their dedication to Walking for Health
- There are now 23 walks taking place across the district, most occurring weekly. Area South has 4 Health Walks and 1 Buggy Walk.
- A local Health Walk Directory is produced by the Community Health and Leisure team which is updated and circulated each quarter and can also be accessed on line at www.southsomerset.gov.uk/healthwalks
- 2 beginners run groups continue to run in Area South with 15 attending
- 1 new power walking group has been developed at Yew Tree Park, starting in October 2015.
- Walking Football group continues to be successful 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. Similar groups are in development in Crewkerne and Langport using this successful model.
- Lufton College staff members have been supported to run weekly Health Walks for the students, 2 more staff completed their training in 2015/16.

- The team continue to support South Somerset Mind, 1 volunteer has been trained to lead Health Walks, as well as funding to deliver 2, 12 week exercise and physical activity courses.

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

- Sport50 sessions have been established in West Coker now led by volunteers with an attendance between 10-16 people each week. 4 taster sessions have been delivered at East Coker WI (attendances; 25,14,13,14) A regular group is due to begin in February with equipment donated by the team.
- 2 Flexercise workshops have been delivered in Area South at the Octagon Theatre, 28 leaders have been trained at these workshops.
- Active Somerset classes run in Area South include (attendances in brackets); Healthy Hearts at Abbey Manor (6), Clubbercise at Westfield (20), Pilates (5) and Boxercise (0) at Milford and a gym and weightloss group at Bucklers Mead (8-10)
- 2 physical activity talks have been delivered at Spring Chemotherapy Groups at Yeovil District Hospital (attendance; 11,15). 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 BikeFest event was delivered near Wyndam Park in partnership with the Play Team, approximately 300 people attended the event. Activities included; guided bike trails through the country park, bike maintenance checks, bike security tagging, second hand bike sales, smoothie bikes, crafts, pump track challenge and gym based challenges from Bucklers Mead. The aim of the event was to promote cycling in Yeovil and gather feedback from local people about cycling facilities in the local area.
- Activity finder websites, Pad-e and Zing continue 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 and www.zingsomerset.co.uk
- A comprehensive Healthy Workplace programme is delivered at 11 different workplaces. Workplaces that have been involved in the healthy workplace programme this year include; Pittards, Screwfix, Environment Agency, Yarlington, SSDC, Yeovil College, Yeovil District Hospital, Boon Brown, BAE systems, Bradfords and Westlands
- 367 people have been engaged in the programme with 15 different initiatives being delivered. Initiatives include; running groups, pilates sessions, rush hockey, kettlebells classes, NHS Health Checks, weight loss support and rounders tournaments

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

- A community £s project was delivered in partnership with Abbey Manor Medical Centre with support from the Healthy Lifestyles Team and NHS Health Trainers. The targeted project offers support for weight loss and exercise opportunities at a reduced cost for anyone aged 16+, living in Yeovil, who is not pregnant and has a BMI of 25 or over. For every pound in weight lost the community association is rewarded with £1.00. This money can be spent on any healthy lifestyle project the community would like. During the 12 weeks, 33 people signed up to the programme and 47lbs in weight was lost.
- No Weightloss Challenges have been delivered since the last report. Weightloss Challenges are planned to start on January 25th 2016 at SSDC, Boon Brown, Yeovil Hospital, Yarlington, Somerset County Council and BAE Systems.
- 3 training courses have been offered at discounted rates to anyone working in health promotion in South Somerset. Courses include; Level 3 NVQ in Nutrition (9)

Encouraging Physical Activity (15) and Understanding Behaviour Change (11). The team then work with those trained to deliver initiatives across the district.

- 6 Staff from Yarlinton Housing Group have been trained in basic health promotion messages that up skill staff in how to support residents to become more active, eat healthily and manage their weight.
- 8 physical activity talks delivered at the postnatal group at Oakland's Children's Centre with attendances ranging between 10-16

Area South Priorities for 2016/17:

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 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 in partnership with GP surgeries and community groups
- 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 Zing Somerset 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 7 months

- Delivered Schools Tennis Coaching programme with Yeovil Tennis Club, attended by 180 young people from 8 primary schools, a 125% increase on 2014.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 321 junior players took part in the 2015 Summer Series. Some of these events took place at Yeovil Tennis Club.
- Organised Great British Tennis Weekend over three weekends in May, June & August on the Artificial Grass Pitch at Yeovil Recreation Centre (YRC), which allowed families to play tennis for free. 119 people accessed the family tennis sessions over these weekends.
- Delivered a schools gymnastics programme for the 6th year, in partnership with Orchard Gymnastics in Yeovil. 42 teams and 210 children took part, the highest number of teams that has ever taken part and a 50% increase in teams from last year.
- Delivered social badminton competitions as part of the South Somerset Community Badminton Network for juniors and adults at Preston and Westfield Academy's; 32 adult social players and 86 juniors took part.
- Promoted 6 weeks of free badminton coaching for local secondary school children in partnership with Yeovil Graduates Badminton Club following an area schools competition for primary schools, 12 children attended this free offer.
- 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 February 2015 (32), Easter - March 2015 (29) and Summer 2015 (22) as part of our YRC holiday activity programme, which was attended by 83 young people.
- Delivered another adult Summer Hockey League which took place in May and June, 10 teams took part in this, an increase of 43% to encourage use of the Artificial Grass Pitch in the summer.
- Yeovil and Sherborne Hockey Club (YSHC) U14 finished 4th in the country at the National Hockey Finals at the Lee Valley Olympic Park in May 2015. This was a fantastic achievement by the team coached by the South Somerset Community Hockey Coach. This makes them the most successful YSHC team ever.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. In 2015, 156 (7% increase on 2014) young people were registered on our Junior Athletics programme with between 20 and 48 athletes attending our weekly short courses.
- No less than 650 volunteer hours were given up by a core group of 4 to 6 local young leaders who helped to deliver the Junior Athletics Programme each week, Startrack events, Family Day and 2 Trackstars events (attended by 36 young people).
- Supported an indoor athletics competition held at Preston Academy, 40 pupils from Bucklers Mead and Preston Academies took part.
- Delivered a Quad Kids schools competition at the Bill Whistlecroft Athletics Arena in Spring 2015, approximately 300 children attended. West Coker, St Michaels, Milford,

Huish, Holy Trinity, The Park, Birchfield primary schools in Area South took part locally with 60 children attending.

- Our holiday athletics camps continue to be popular. 77 young people attended our Spring (2 days) and Summer (3 days) Startrack camps at Bill Whistlecroft Athletics Arena.
- Continue to part fund Head Swimming Coach at Yeovil District Swimming Club to deliver the South Somerset Swimming Development programme: Since Jan 2015, some of the achievements by Yeovil District Swimming Club have been as follows:
- Mark Rawle has been Head Coach at two British Swimming Regional Talent Camps in 2015, and one of only 10 coaches accepted onto the England Programmes Performance Coach Programme.
- 100 medals at the County Swimming Championships in 2015, same as 2014. 21 Gold, 35 Silver and 44 Bronze.
- Regional Championships – 20 regional medals in 2015 compared to 5 in 2014.
- 15 swimmers from YDSC with National Qualifying Times in 2015.
- 7 swimmers made National Finals in 2015, compared to 3 in 2014.
- Volleyball sessions were also run between June and September on Tuesday nights on 2 outdoor courts at Yeovil Recreation Centre, in front of the artificial grass pitch. As a taster to volleyball, we supported Yeovil Volleyball Club to run a Go Spike weekend in May 2015, which introduced over 60 young people and adults to the sport.
- Golf coaching for juniors also run in partnership with Yeovil Golf Club (subsidised by the Golf Foundation), 14 young people were able to take advantage of professional golf coaching at Yeovil Recreation Centre and Yeovil Golf Club.

Area South Priorities for 2016/17

Sports Specific Development

- Continue to deliver a programme of sports specific development opportunities in partnership with key community sports clubs and National Governing Bodies to include: Tennis, Badminton, Hockey, Gymnastics, Athletics and Swimming.
- Deliver 'In It Together' within Area South, 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 secured from Sport England during 2015.
- Support sports clubs based at Westlands Sport and Leisure Complex to develop their business plans in order to submit funding applications to support their growth and development.
- Great British Tennis Weekend 2016 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 2016/17 Junior Athletics programme; including Easter and Summer athletics camps at the Bill Whistlecroft Athletics Arena, Yeovil.
- Organise and deliver the Sport Relief Mile 2016 at Yeovil Recreation Centre in March.

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 7 months

Working in partnership with Yeovil Without Parish Council and Knightstone and Magna Housing Associations the first Wyndham Park Play Area was established ready for the summer holidays in 2015. The play area is being developed in phases, with the first phase being complete for last summer, ensuring children had a place to play in the holidays and the final phase planned to take place in the winter/spring of 2016.

The new play area has a nautical theme and now boasts the following features:

- Play ship themed toddler climbing frame
- Shark/Dolphin spring see saw
- Dolphin spring rocker
- Spinner/pirouette
- Toddler garden table picnic bench
- Toddler and junior swings

The final phase of construction will include the following:

- Bespoke timber platforms with bridge and curved stainless steel slide
- Agility trail with balance beams and stepping logs
- Ham stone boulder steps
- Enlargement of play area fence, up the hill to the footpath
- Landscape planting

The King Arthurs Drive Play Area opened in the spring of 2015 and the project was successful in winning a Level 5 'Outstanding' Award (the highest!) in the 2015 Royal Horticultural Society 'It's Our Neighbourhood' competition. This award recognised the partnership of SSDC, Brympton Parish Council, Avon and Somerset Police and Knightstone Housing Association who worked together with the community to develop the play area and involve the residents in all aspects of the project.

At the end of the summer in 2015 the Birchfield Pump Track was opened to the public and proved extremely popular from the minute it was open. Pump tracks are a relatively new concept and consist of a closed circuit that can be ridden by using an up and down 'pumping' motion to propel the bicycle forward instead of pedalling. In addition to bicycles the track has proven extremely popular with children riding scooters and on occasionally skateboards. The project was made possible with funding from County Cllr Tony Lock, S106 contributions and SSDC capital. The success of this project has prompted councillors and officers to start looking at other ways cycling facilities can be developed in this area for the public's benefit.

Improvements to the Kingston View Play Area, which we manage on behalf of Yeovil Town Council, are planned for 2015/16. Local residents were consulted a sketch design prior to Christmas and after taking on board the feedback, a final design has been produced and is being considered by Yeovil Town Council. If the Town Council are happy to proceed the construction work is expected to take place in March/April. Improvements to the park include:

- Tarmac pathways to improve access
- Supernova roundabout

- Balance beam and stepping logs
- Play bridge
- Ground contouring and landscaping
- Entrance feature Victorian style wall and railings

Area South Priorities for 2016/17

Complete Wyndham Park Play Area to ensure facilities for this area continue to improve for the benefit of all.

Once final designs are approved, to construct the improvements to Kingston View Play Area, Yeovil.

Refurbish the Grass Royal Play Area in partnership with Yeovil Town Council, subject to funding being approved.

National Play Day at Yeovil Country Park will be held on Wednesday 3rd August 2016.

Develop a MUGA at Lufton Key site development, subject to land conveyance, funding and access.

Develop a new play area with S106 funding, on land next to Penn Mill Train Station, subject to developer conveying the land to SSDC.

Carry out some minor improvements to the Cavalier Way Play Area, Yeovil utilising S106 funding secured for this site.

Opportunities for Young People

Area South Achievements/Delivery in the last 7 months

Holiday Activities Programme - A successful Holiday Activities Programme has been delivered in the Milford, Birchfield and Westfield areas of Yeovil over the past year with over 10,228 people attending.

Youth Services Review Group – Officers have been supporting Yeovil Town Council to establish youth club provision in Abbey Manor, Westfield, Milford and Yew Tree areas of Yeovil with the support of a grant from Somerset County Council.

Work of district wide significance in the last 7 months

National Playday - On the 5th August 2015 a National Play Day was held at Yeovil Country Park, celebrating 10 years of Play Days. The event was a huge success and was attended by an estimated 5000 people. The day is 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 27th October 2015 with a full auditorium. The event recognises the achievement of volunteers and young people across the district.

Area South Priorities for 2015/16

Holiday Activities Programme – Working in partnership with Yeovil Town Council and Yarlington Housing Group 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 7 months

- Following the closure of Westland Sports and Social Club, support has been provided to the Assistant Director for Health and Wellbeing in meeting sports clubs and assessing their future needs as part of the feasibility work in relation to this project.
- Provisionally secured £50,000 from Badminton England towards the refurbishment of the sports hall, including new floor and lighting at Westland's Sport & Leisure Complex
- Supported the Assistant Director for Health and Wellbeing to submit funding application to Sport England's Improvement Fund, for £492,463 towards the refurbishment of the sports hall, squash courts, installation of a new fitness suite and a new shared pavilion to replace the existing condemned cricket and bowls pavilions.
- Work has commenced with Yeovil Olympiads Athletics Club to look at the potential of securing external funding to enhance the existing clubhouse facility to make it an accessible facility for all track users and bring it up to modern standards. An application was submitted to Sport England Inspired Facilities fund in January 2016 and a decision is expected in April 2016. A Capital Investment Appraisal for SSDC funding has also been submitted.
- Organised a 2nd Yeovil Recreation Centre Family Day on 19th July 2015; 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 2015 and December 2015 there have been 2,673 tickets sold for the Pitch and Putt and 3,801 tickets sold for the Mini Golf at Yeovil Recreation Centre. This was a 3% increase for Pitch and Putt and a 9% increase for Mini Golf based on sales in 2014.
- 869 Artificial Grass Pitch (AGP) bookings in 2015 and 13,417 participants using the AGP as part of the hockey development programme, 5% increase on 2014.
- Sales of over £24,000 during the 2015 Summer Holidays at Galley Kiosk and 1,393 taking part in holiday activities, making it the most successful summer holidays ever at YRC.
- To May 2015, almost £1.6million of S106 funding (capital and revenue contributions), have been banked in Area South as a direct result of requests by the Community Health and Leisure team via the planning process. Of the money received, nearly £900,000 has been spent to date on enhancing or delivering new infrastructure in the area.

Other District Wide Work/Achievements in the Last 7 months

Play, Youth and Leisure Strategy refresh

- Our previous play, youth and sports strategies have now expired. Four area workshops took place in 2015 to research what stakeholders think about current play, youth and sports provision in the district and to identify future delivery priorities. Due to the imminent release of a new Sport England strategy and capacity of the team during the latter half of 2015 the production of a new draft leisure strategy has been delayed until this year.

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.

A considerable amount of auditing of pitch provision and changing room provision has taken place during 2015 by team members. The strategy is expected to be finalised by the summer. Members will be asked to comment on and approve the final strategy.

Communications

- **Posters / Promotional material:** A huge range of posters and promotional material have been produced in the last 7 months which have contributed towards the increased success of activities including Health Walks, Playdays, Youth Days, Healthy Communities and the wide range of activities at Yeovil Recreation Centre. This work has included creating a new brand from scratch for the Click into Activity project. The ability to be able to produce this material in house is a significant cost saving to the Council.
- **Electronic Newsletter:** The service produces a monthly communication to our Health & Well Being newsletter mailing list. In excess of 1,000 people read the electronic newsletter every month with an average of 160 people actively clicking on specific articles in each newsletter
- **Press Releases:** The service directly generated 20 press releases in the last 7 months
- **Social Media:** Engagement on Facebook has continued to increase in the last 7 months with the Yeovil Recreation Centre and Play/Youth Facebook pages now reaching 3,000 likes between them (up from 2,000 in June 2015). 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. Have also set up a 'Healthy Somerset' Twitter account which along with a Yeovil Recreation Centre account now has in excess of 100 followers.

Play Areas - The team directly manages and inspects 56 play areas across the district, 8 in Area North, 3 in Area East, 39 in Area South and 6 in Area West.

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 January 2016 there were 314 valid cards; 19 in Area North, 56 in Area East, 229 in Area South and 10 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 Hub agreed to take on the future delivery of the Resource Service from their own premises in Yeovil from September 2015 after only 2 years, without any further subsidy from the Council.

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