

11. Community Health & Leisure Service Update Report

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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 North.

Public Interest

This report seeks to provide Area North members with a progress report on the work undertaken by the Council's Community Health and Leisure Service in the last 12 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.

Recommendations

- (1) That the Area North 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. Service planning takes place on an annual basis and draft plans for 2013/14 are being drafted and refined over the next few months.

Background

The Community Health and Leisure service covers six main areas:

- Play Development
- Play Areas / Youth Facilities
- Opportunities for Young People
- Healthy Lifestyles Development
- Sport Development
- Leisure Facility Development/Outdoor Sports Facility Management

Report

Play Development

Play Development is delivered through two services, the Community Resource Centre and the play and youth facilities team.

Community Resource Service

The service provides:

- **Community Resource Service:** There are approximately 172 community groups and 845 individual users registered from Area North. In total there are approximately 1070 groups and 5500 individuals registered.
- **Community Art Shop**
- **Community Equipment Hire e.g.** arty packs, conference and sports equipment
- **Community Scrapstore:** Collects 35 - 40 tonnes of reusable waste per year.
- **Community Playscheme Support:** For organisations running summer community playschemes.

In the school summer holidays, staff arranged for the (Yarlington) community bus to travel to Aller (a total of 49 attended), Kingsbury Episcopi (15 attended), Ilton (32 attended) to deliver free art and craft activities. In the autumn half term, the bus was sent to Aller (23 attended), Ilton (6 attended) and Ham Hill County Park (36 attended) to deliver free arts and crafts activities.

Changes at the Community Resource Centre

The Resource Centre has now moved from its old premises at Garrett Road in Yeovil to Manor Stables (former museum) in the centre of Yeovil and re-opened on 28th November 2012. The centre has been busy since re-opening.

During 2012, officers have sought, received and assessed bids for the transfer of the Community Resource Service to a third party operator in order to continue to provide the service at a lower cost to the council. It is likely that the management of the service will transfer from April 2013 although the same core services will continue to be delivered to the public.

Play Area Projects

Abbey Fields Play Area, Curry Rivel - Consultation is currently being carried out regarding the proposed improvements of this play area. The improvements proposed include installing a butterfly seesaw, extending the activity trail, refurbishing the toddler climbing frame and painting the existing equipment. It is expected that consultation will be completed in March and improvements made to the play area early this summer.

Thurlocks Play Area, Tintinhull - A topographical survey of this site has been completed and sketch designs are being developed. A consultation process will be started this spring and it is expected final designs and construction of the play area improvements will be completed this summer.

Stanchester Way, Curry Rivel – Sketch designs are being developed for this project. A consultation process will be started this spring and it is expected final designs and construction of the play area improvements will be completed this year.

Lightgate Lane South Petherton – The transformation of the play area at this site started at the end of the summer 2012 and a significant amount of play equipment has been installed. However, the historically wet autumn/winter made construction work very difficult and it was agreed to pause construction until ground conditions improved this spring. The district council is providing a capital grant of £101,778 towards the improvements and officers have given a significant amount of advice and support to the

parish council. Construction work should be completed this spring and the completed play area is expected to be one of the best in the district.

Youth Facility Projects

Langport Multi Use Games Area (MUGA) – Construction of this double size, floodlit multi use games area is well underway and expected to be complete in March 2013. The district council has provided a capital grant of £51,361 towards the project and officers have provided a significant amount of advice and support. This free, open access facility will provide a major recreation resource for the local community and the floodlighting will ensure it can be used throughout the year.

South Petherton (MUGA) – Construction of this floodlit MUGA is complete with the exception of the last layer of tarmac. The district council has provided a capital grant of £48,909 towards the project and officers have provided a significant amount of advice and support. The wet autumn/winter made the ground conditions too difficult to complete the work and it was agreed to pause construction until ground conditions improved. Construction work should be completed this spring.

Compton Dundon (Youth Facilities) – With our team's support and a £5,000 grant the Parish Council successfully delivered new youth facilities on the grounds of the Village Hall. The additions included a new youth shelter and basket swing. At the same time the Parish Council installed a toddler swing, agility trail and toddler climbing frame to provide a wide range of equipment for visitors to the Village Hall.

Chilthorne Domer (Youth Facilities) – With our team's support and a £5,000 grant the Parish Council successfully delivered new combination goal for football and basketball, including all weather hard standing, at their recreation ground. An official opening was held on the 10th March 2012.

Playground Inspection Service

Annual Playground Inspections – The team carried out 13 annual playground inspections for not for profit play area providers in Area North during 2012.

Operational Playground Inspections – The team carries out 11 operational playground inspections every quarter on behalf of not for profit play area providers in Area North.

Routine Playground Inspections – The team continues to offer this service to not for profit play area providers in Area North. Ilton and Tintinhull Parish Council's currently use the service.

Playground Risk Assessments – The team carried out 11 playground risk assessments for not for profit play area providers in Area North during 2012.

Youth Development

Holiday Playscheme Awards – Martock Youth Centre and Chilthorne Domer Youth Sports Club were awarded £100 to support their holiday play activities.

Youth Development Awards – A Youth Development Award of £500 was given to Tintinhull Parish Council and Barrington Young People were awarded £500.

Gold Star Awards – To formally recognise and support volunteers working with young people, the Gold Star Awards was held this year on 30th October 2012 at the Octagon Theatre. From Area North Mark Irwin won Male Volunteer of the Year for his work with Martock Cadet Force and Langport Martial Arts Group. Paula Dowding won Female Volunteer of the Year for her work with Chilthorne Domer Youth Club and Langport & Huish Youth Club won Voluntary Group/Club of the Year.

Youth Clubs - The Young Peoples officer continues to provide advice and support to the 13 Youth Clubs that run in Area North.

CRB disclosures - 52 CRB forms have been processed to encourage more volunteers to work with young people. There is no cost to SSDC (other than officer time), in processing these applications.

Youth Work Training Workshops – As part of our teams work to support volunteers working with young people in the district we have organised several training events in 2012/13. A First Aid training day was attended by 9 volunteers and Food Hygiene Level 2 training day was attended by 13 volunteers. Both these training events were hosted at the Silver Jubilee Pavilion Chilthorne Domer. A Child Protection training day was attended by 11 volunteers of which some were from Area North and this was hosted at West Coker Village Hall.

Sports Development

District-wide Sports Specific Development:

Athletics - Continued to financially support a part time athletics coach in partnership with Somerset Activity and Sports Partnership and Yeovil Olympiads Athletics Club based at Yeovil Athletics Arena.

Startrack athletics: 121 young people attended our popular athletics camps at Yeovil Athletics Arena in 2012. 41 young people attended our spring programme during April 2012, 22% (9) of these young people were from the within Area North. 56 young people attended our summer programme during August 2012, 13% (7) of these young people were from within Area North. 24 young people attended our winter programme during October 2012, 25% (6) of these were from Area North.

Tennis – Martock Tennis Club along with 5 other tennis clubs across the district took part in the 4th South Somerset Mini Tennis Red Schools Project. The club linked with Ash and Norton Sub Hamdon primary schools, which took part in a cluster competition at the club.

Unfortunately, Somerton Tennis Club did not take part in the project as their coaching programme is provided by Service Line, who did not want to take part and delivered their own schools programme at the club. However the School Games Co-ordinator provided coaching and a competition for schools in Area North. 119 pupils from High Ham, Huish Episcopi, Hambridge, Long Sutton, Curry Mallet, Ash, Norton Sub Hamdon, Ilton and Barrington primary schools took part in the coaching and 28 pupils took part in a cluster competition.

High Ham and Ash primary schools from Area North qualified for the South Somerset Mini Tennis Red Final at Martock Tennis Club in June 2012. High Ham won the final by 2 points. The project was co-ordinated and funded by the South Somerset Tennis Development Group, which was set up by the Sports Development team in 2006.

Somerton, Martock and Tintinhull Tennis Clubs continue to be active members of the South Somerset Tennis Development Group, which meets three times a year.

South Somerset Mini Tennis Series

Now in its sixth year, the South Somerset Mini Tennis Series continues to provide winter and summer junior inter club competitions. The programme provides competitive opportunities for junior tennis players across the district. 94 (30% increase on 2010/11) took part in the Mini Tennis Winter Series 2011/12 and 149 (24% increase on 2011) junior players took part in the Summer Series, which took place from April to August 2012.

Somerton, Martock and Tintuhull Tennis Clubs in Area North are three of six clubs across South Somerset who continues to take part in the Mini Tennis Series. This Series gives junior tennis players the opportunity to compete in Mini Tennis Red, Orange, Green and Yellow tournaments across South Somerset, organised by South Somerset Tennis Development Group.

Badminton – The South Somerset Community Badminton Network (CBN), which was set up by the team in 2009 has continued to lead the development of badminton across South Somerset in partnership with key partners and Badminton England.

Between January 2012 and February 2013, some of the achievements by the Network in Area North have been as follows:

- Chief Executive of Badminton England, Adrian Christy visited on 30th March 2012 to see the work of the South Somerset Community Badminton Network as it is considered to be the best network in the South West and classified as 'World Leading'.
- Delivered a new Sportivate badminton session at Stanchester Academy attended by 39 participants aged 14-16. This was funded by Sport England and delivered by the Community Badminton Network coach. The school have now taken on the running of this club.
- Continued to deliver an early morning junior badminton session at Martock Primary School, which is now funded by the school and delivered by the Community Badminton Network coach. 16 participants attend, 12 male and 4 female.
- Huish Academy took part in the Center Parcs National School Badminton Championships 2012. The Key Stage 4 competition was played at Huish Academy in Huish Episcopi, which was attended by 8 secondary schools from South Somerset.
- Community Badminton Network Coach delivered training to 8 young people during October half term in preparation for Center Parcs event at Huish Academy in December.
- Delivered 6 weeks after school secondary badminton session at Huish Academy, this was attended by 43 participants, 32 male and 11 female. This is now run by a member of PE staff from the school.
- Delivered taster badminton sessions at Castle School (Stoke Sub Hamdon), Norton Sub Hamdon and Ash primary schools. These were attended by 70 young people, 35 male and 35 female.
- Set up a new secondary schools badminton league, which has attracted 17 teams and Huish Academy from Area North took place in January and February.

- Continued to deliver an adult badminton session at Huish Leisure Centre, which is now funded by the centre and delivered by the Community Badminton Coach. 12 participants attend, 7 male and 5 female.

The South Somerset School Games Organiser, who is based at our offices in Brympton Way, attended the Huish Community Learning Partnership (CLP) sports meeting following the departure of the School Games Co-ordinator. The organiser linked the Huish CLP, Huish Academy and Huish Leisure. The Academy and Huish Leisure have now agreed to run several sports activities for the Huish CLP, so a sporting provision remains for primary schools in the area.

Sport England Funding

Sport England recently announced National Governing Body funding for 2013 – 2017. Some sports have gained additional funding and some have lost funding. It is currently unclear whether this will have much impact locally, but we hope delivery at a district council level will be largely unaffected.

Healthy Lifestyles Development

The programme is delivered in partnership with NHS Somerset.

Healthy Workplaces

SSDC Staff:

A variety of Healthy Lifestyles initiatives have been delivered for the benefit of SSDC staff including blood pressure testing which was offered to raise awareness of know your numbers week, a weight loss challenge, stop smoking advice and support, two rounders tournaments, a dodgeball tournament, weekly rush hockey sessions, two pilates classes, stress awareness information and lunchtime health walks.

Active Aging:

Supported Yarlinton Housing Groups Schemes with their Community Core Cafes at Oak Tree House in Stoke-Sub-Hamdon and Laburnum Drive in Somerton. At both Cafes Health Testing and healthy lifestyles advice was given.

The team helped Age UK to promote and establish a Fly Fishing/Fly Tying course at Curry Mallet Village Hall.

Children's Centres:

Health Testing and healthy lifestyles advice was given at the Little Fishes Group in Stoke Sub Hamdon that is supported by the Little Marsh Children's Centre in Ilchester. We are booked in to attend the group again in March 2013. Health Testing and healthy lifestyles advice was also given at a group run at the Martock Primary School, which is also an outreach group from the Little Marsh Children's Centre in Ilchester.

Little Marsh Children's Centre was supported with their plan to deliver Buggy Walks in terms of looking at possible locations to offer Buggy Walks. Locations identified include Montacute, Long Load, and Norton Sub Hamdon. Delivery of Buggy Walks started in the Martock area in November 2012 and run on the 2nd and 4th Tuesday of the month.

Health Testing and healthy lifestyles advice has been provided at a number of groups for The Level's Children's Centre in Langport to include Active Tots (twice), Fun with Ones, Little Explorers as well as the Barrington Explorers Group that the centre supports in Barrington Village Hall.

The Level's Children Centre also ran a Buggy Walk in the October half term in Somerton. We supported the leader with routes and how to do the risk assessment, and the walk was accessed by two families.

The team has promoted the Cooking Club Training that is being offered to schools to set up Cooking Clubs through the Health & Wellbeing in Learning Programme to The Level's Children's Centre in Langport. We have also trained up the two members of staff from The Level's Children's Centre and an Outreach Worker for the Children's Centres South Somerset wide with the British Heart Foundation's Active Clubs training to encourage children aged 4 upwards to be more active.

Community Based Physical Activity:

Pad-e; the online physical activity directory, has been developed by the Healthy Lifestyles Team in partnership with the Leisure Projects Officer and the GIS Team at SSDC. With over 600 opportunities listed, the directory shows activity and exercise opportunities available in South Somerset and is searchable both by activity category and postcode. The website will help to support and promote local physical activity and exercise opportunities as well as highlighting gaps in provision. Training has been offered to the Area Office staff and more information is available by visiting www.pad-e.co.uk

Funding for Learning Disability (LD) focus work has been secured which will lead into a project starting in April 2013 aimed at making activities more accessible for individuals with LD. This initiative will be South Somerset wide.

A pilot physical activity referral group for residents with a neurological condition or who are recovering from a stroke is being developed in South Somerset. This work is in partnership with the integrated lifestyles service at Somerset Partnership NHS Foundation Trust, 1610 and the Physiotherapy Teams at Yeovil and South Petherton Hospitals. The aim is that a specific group called Neuroactive will be developed, referral will be through GPs and Physio teams and classes will take place with specially trained instructor at Stanchester Sports Centre. The team will be supporting this pilot with funding and promotion through their network of contacts.

Led cycle rides have been established in Area North, these take place in various venues including Curry Rivel and Langport. Rides are targeted at women and are led by a British Cycling Breeze trained instructor. Breeze is a national programme aimed at increasing the number of women taking part in social cycling.

The team have established three Active Somerset courses in Area North, Zumba at East Lambrook Village Hall, and Zumba Gold with Age UK at Somerton and Langport. The two Zumba Gold classes at Somerton and Langport continued beyond the 12 week funded period however due to illness the instructor is no longer able to lead the classes; the team are in contact with Age UK to try to find an alternative instructor. Zumba at East Lambrook continues with 10-12 attendees each week.

The team assisted County Councillor John Bailey in spending his health and wellbeing budget in Long Load, Martock and Stoke. At Long Load four 'health and wellbeing' themed taster sessions were organised with input from a community volunteer, sessions included health checks, Boccia, tai chi, and an informative talk on public health services for older people delivered by a representative from NHS Somerset. In total there were 59 attendances at the four sessions and the group now continue to meet in the village hall fortnightly taking part in Boccia, tai chi, gentle movement and stretching and dance, 20 people attended the most recent session in January. One person from the village has

since been trained to deliver health walks and is currently being supported by the team to set up health walks in Long Load and Long Sutton.

In Stoke sub Hamdon a 12 week course of Healthy Hearts Exercise Class has been delivered with 8-10 residents attending each week, the hope is that these classes will be sustained beyond the 12 week period.

In Martock a 'Yoga For Everyday Movement' course was delivered for 12 weeks, the group now continue their activity with a further 12 week healthy hearts exercise class, on average 16 ladies attend this group.

Health Walks:

Since October 2011, four residents in Area North have undertaken the Health Walk Leader training. One of these leaders is a second leader for the Health Walks – Stoke Sub Hamdon. Another leader is looking to start a group in the Long Load/Long Sutton area.

One of the individual's works at The Levels Children's Centre and delivered the Buggy Walk in Somerton. An additional Children's Centre worker from the Little Marsh Children's Centre in Ilchester is leading the Buggy Walks in Martock.

The Somerton Health Walks came to an end in April 2012 due to the volunteer who was leading the walks retiring from volunteering. We were unable to recruit a volunteer from the group of walkers. We have advertised for a leader in the Viaduct and also within our own Healthy Lifestyles Team newsletter, but so far without any success.

The Health Walks - Stoke Sub Hamdon group continue to be walk on a fortnightly basis and have increased their numbers from approximately 10 per walk to approximately 20 per walk on average. They walk in the Stoke Sub Hamdon area and often go over Ham Hill Country Park and finish at the Lighthouse Café in Stoke Sub Hamdon. These walks are on the 2nd and 4th Monday of the month and more details can be found on www.southsomerset.gov.uk/healthwalks

The Health Walk Directory continues to be updated detailing all the walking groups across the district.

Flexercise (training for volunteers to lead chair-based exercise):

Flexercise is a countywide project to train up staff and volunteers to deliver chair based physical activity sessions. There are now 38 Flexercise Leaders delivering Flexercise Sessions in Area North in approximately 14 venues. These venues range from Nursing Homes, Residential Homes, Sheltered Housing Schemes, Care Homes, Day Centres and Active Living Centres.

Since October 2011, one Flexercise Workshop has been delivered in Area North with 6 individuals from Area North attending the training. Four currently trained Flexercise Leaders have attended two Flexercise Update workshops - Parachute Activities and Music, Relaxation and Stretches.

Newsletter:

The Healthy Lifestyles Team produce a quarterly newsletter that goes out to over 500 volunteers, partner organisations, instructors and individuals who are interested in the work of the team. The next newsletter is due to go out in April 2013.

Leisure Facility Development/Outdoor Sports Facility Management

Planning Applications – Between 1st January 2012 and 31st December 2012, the team has provided Development Management with 40 detailed responses to planning consultation requests of which 18 (20%) were for developments in Area North. Our responses set out the leisure obligations required to make developments acceptable in planning terms.

Community Health and Leisure officers now work closely with Area Development teams to also seek contributions for community halls where need for additional provision has been identified.

A regular detailed breakdown of obligations secured is provided to area committees by the S106 Monitoring Officer and therefore this information has not been included in this report.

The team now assist the S106 Monitoring Officer to prepare his reports to ensure members receive updates on how funding is being spent/allocated.

Summary of planning obligations spent in Area North in the last 12 months

Between January 2012 and February 2013 the following S106 money has been paid or allocated to the following projects (these figures do not include any additional capital contributions that may have been allocated by SSDC):

Area of Spend	Type of Infrastructure	Project	Amount
<i>Langport/Huish</i>	<i>Sports Pitches/changing</i>	<i>Improvement at Langport and Huish Cricket Club</i>	<i>£3,306.60</i>
<i>Langport/Huish</i>	<i>Youth Facilities/equipped play</i>	<i>MUGA at Huish and Langport Playing Fields</i>	<i>£18,911.68</i>
<i>South Petherton</i>	<i>Equipped play/youth facilities</i>	<i>New play area/MUGA at Lightgate Lane</i>	<i>£80,937</i>
		TOTAL	£103,155.28

Passport to Leisure scheme - We currently have 441 live cards in circulation at present; approximately 7% (31) of cardholders live in Area North.

Area Specific work:

- Huish Episcopi Academy – Work on producing a feasibility study and business plan is being undertaken to look at developing a 3rd Generation Artificial Grass Pitch at the site. The financial viability of the project has been established and the project will now move to the next phase. This includes developing design proposals and proceeding with a planning application and public consultation.
- Tintinhull Tennis Club – Supported the club to prepare funding applications and gave technical advice, which resulted in £22k grant from Sport England Inspired Facilities Fund. The club has re-surfaced its two existing all weather hard courts and replace the chain link fencing. The new courts opened in September 2012.

Other Service Achievements

London 2012 Olympic Torch Relay – South Somerset residents helped create a special atmosphere when the Olympic Torch Relay visited the district on Tuesday 22nd May 2012. Somerton was one of four towns in South Somerset that welcomed the flame and in excess of 22,000 watched the flame in the district.

The Olympic Torch Relay was co-ordinated by South Somerset District Council in partnership with Somerton, Ilminster and Yeovil town councils and Ilchester Parish Council. The team played a key role in the co-ordination of this event locally.

E-newsletter – The team co-ordinates the production of a monthly leisure e-newsletter (which also goes to customers of the Octagon and Goldenstones). We now have just over 5,600 individuals registered to receive the newsletter, an increase of approximately 7 % in the last year.

The Year Ahead – Strategy Review

In the year ahead the team will be focusing on the review and refresh of their Next Level and Play and Youth strategies, combining them into one leisure strategy for South Somerset. Members will be invited to take part in the process to prepare a new leisure strategy.

Work has also commenced to update our playing pitch strategy and supporting data. The strategy will help to identify gaps in provision and priorities for development across the district. The information gatherer will also assist with planning consultation responses where contributions for formal playing pitches are sought. This update is being supported by Sport England and the Somerset Activity and Sports Partnership at no cost to the district council other than officer time.

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