

Area West Committee – 14th December 2011

9. 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 West.

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 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 West 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 2012/13 will start to be drafted shortly.

Background

The Community Health and Leisure team was created following a restructure in 2010. The 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 important services, the Community Resource Centre and the play and youth facilities team.

Community Resource Centre Service, which provides:

- **Community Resource Service:** currently there are 155 (15.5%) community groups registered with the service from Area West and 536 (11%) individual users registered from the area.
- **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 that otherwise would have gone to landfill.
- **Community Training:** Training workshops and playschemes.
- **Community Playscheme Support:** For organisations to run summer community playschemes.

Since last year's update, due to the requirement to deliver financial efficiencies, a decision was taken to transfer the Community Activity Bus to a third party. Bids were sought this summer from operators prepared to continue to utilise the bus to deliver community projects including play and youth opportunities. Last month, the council's District Executive committee approved Yarlinton Housing Group (YHG) as preferred operator to continue running this valuable outreach service. Once the legal documentation is complete, the transfer of this service should save the council around £450,000 over the proposed 15 year lease period. In addition, the council will retain the right to book the bus for up to 30 days per year at no charge. It is likely that YHG will book the 30 free days on a first come first served basis.

The Community Minibus, leased in 2004 until August 2011, has also not been replaced this year due to a significant reduction in usage & income over the last four years.

In all other respects, the Community Resource Centre continues to perform well. The centre had a record number of visitors in the last financial year and on three occasions between October and November has broken the previous record for the most takings in a single week. In a difficult economic climate, the centre is helping to provide affordable resources for South Somerset residents to create their own Christmas gifts and cards this year.

Play Areas/Youth Facilities

Play Areas

Redstart Park, Chard – During this year the play area has been transformed with exciting new play equipment including a zip line, net swing, roundabout and rotating scale swing. New landscaping has also been created that includes circular pathway for all abilities and mounding to create changes in levels that encourage active play. Further works are planned in the play area to add rope features to the existing wooden climbing frame that will increase its play value and this work is expected to be completed by the end of the financial year.

Snowdon Park, Chard – The creation of this new play area for the West of Chard was completed and officially opened on the 5th August 2011. Funding to create the play area was secured from Redrow Homes, Raglan Housing, Chard Town Council and Mitchell Gardens Residents Association. Local young people can now explore and enjoy a log fort, embankment slide, log train, roundabout, mounding, bespoke seating, a timber alphabet wall and extensive landscaping.

Jocelyn Park, Chard – Following extensive improvements and grant aid from SSDC, this Chard Town Council play area was transformed and officially opened on the 28th October 2011. Improvements to the play area include a new zip line, large climbing frame with enclosed net bridge, extensive sand play, net swing, agility trail and roundabout. New landscaping helped form the site and included boulders and mounding to encourage active play.

Ashcroft Play Area, Chard – Following extensive improvements and grant aid from SSDC, this Chard Town Council play area was transformed and officially opened on the 28th October 2011. The design focused on being fully inclusive to all abilities and was supported by Chard Disability Action Group. This is now a destination play area for people with disabilities and includes a new roundabout, embankment slide, swings, see saw, all ability path trail, football goals, mini fort to inspire imaginative play and a large expanded play space for free play.

Happy Valley Play Area, Crewkerne – The Town Council consulted local children and residents on the design of the new play area and working with a local landscape architect they came up with an ambitious design for the park. Construction work was carried out in the spring and the new play area was officially opened on the 19th April 2011. The new play area includes a climbing multi unit, cone net climber, net swing, large sand play, refurbished swings, zip line and refurbished roundabout. Landscaping included a new network of pathways, seating, boulders and ground contouring to encourage better access and challenging play.

Winsham Play Area – Officers provided the parish council with advice and support as part of their play area improvement project, which was part funded with a grant from Area West Committee. The improved play area includes a bespoke natural stone wall, new seating, net swing, circular tree seat, performance stage, boulders, stepping logs new impact surfacing under existing play equipment and new access gates. The range of improvements has now made this an exciting and vibrant place for children to play.

Youth Facility Projects

Happy Valley, Crewkerne - Multi Use Games Area (MUGA) – a new full size, floodlit multi sports court at the parish recreation ground. The project has been awarded a £35,000 grant by SSDC and was officially opened on the 19th April 2011. The floodlighting will also illuminate the adjoining skate park, extending this popular facilities use throughout the year.

Chard Skate Park & Floodlighting- Officers provided the Town Council with advice and support as part of their improvements to the skate park, which included the addition of new ramps, extended riding surface and floodlighting for both the skate park and MUGA.

Iminster Multi Use Games Area (MUGA) & Skate Park – Officers are providing the Town Council with advice, guidance and access to a £35,000 grant to develop a full size, floodlit MUGA on their recreation ground. At the same time officers are assisting the Town Council to look at the redevelopment of their skate park.

Playground Inspection Service

Annual Playground Inspections – The team has received requests from parish councils in Area West to undertake 16 annual playground inspections and these were completed in the autumn.

Operational Playground Inspections – This service to not for profit play area providers in Area West has been completed over the past year. From April 2012 play area providers will need to submit a response slip to receive the service and a small charge will be made.

Routine Playground Inspections – The team continues to provide this service to not for profit play area providers. Currently no play area providers in area west have commissioned this service.

Playground Risk Assessments – The team has received 6 requests from parish councils in Area West for playground risk assessments and these were completed this autumn.

Playground Training – In June & July officers arranged two training days covering Routine Playground Inspection and an Introduction to Playground Management. From Area West, trainees attended from Ilminster.

Priorities for 2012/13

- Implement SSDC play area regeneration works at Furzehill, Chard and Blackdown View. Ilminster.
- Assist Crewkerne Town Council to develop the play area at Henhayes Recreation Ground.
- Assist Ilminster Town Council to develop their multi use games area and skate park project.
- Assist Combe St Nicholas Parish Council to develop their youth facility project.
- Continue to deliver continuity and a high standard of play area inspection service.

Opportunities for Young People

Jay Lewin, the former Young Peoples Officer left the authority earlier this year. However, fellow team member, Steve Barnes, has picked up the majority of her work, which is summarised below.

Gold Star Awards – To formally recognise and support volunteers working with young people, the Gold Star Awards ceremony was held this year on 25th October 2011 at Octagon Theatre. From Ilminster, Matthew Follain received the Male Volunteer of the Year Award for his martial arts work with young people from unstable backgrounds and special needs students. The evening was attended by over 350 invited volunteers from across the district and the night included dance, music and theatrical performances from local youth groups.

Youth Clubs - Advice and support continues to be provided to Youth Clubs when requested

Youth Development Support – Support (officer time and or small financial contributions) has been provided to the following communities/projects in the past year:

- Ilminster – supporting “Mega Mondays” providing activities for young people between 11-13 years of age, between 7-9 pm term time, based at the Ile Youth Centre.
- Crewkerne – supporting “Fun Time Fridays” providing activities for young people between 7-11 years of age, between 6.30-8.30pm, based at the West One venue.

- Chard - supporting the "Drop in Zone" youth activities for 15-18 year olds on Saturday nights at Chard Youth Centre.

CRB disclosures - 35 CRB forms have been processed by play and youth facility officers to encourage more volunteers to work with young people. CRB forms for volunteers are processed at no cost to the council.

Playscheme Support – In the last year the following towns and villages have been given playscheme support:

Ilminster – supported three days of Fun Time Day Time activities running from the Ile Youth Centre.

Crewkerne – supported three days of Wild Wednesdays, which included activities such as sports, games, arts, crafts and cooking.

Chard - supported three days of Fun Time Day Time activities running from the Chard Young Peoples Centre.

Priorities for 2011/12

- Carry out a Youth Club audit and health check to ensure our database of clubs is up to date and we can direct our support and resources to the areas of greatest need.
- Co-ordinate the numerous stakeholders involved in youth development to ensure the objectives of the council's Young People Strategy continue to be met.

Sports Development

Our primary services include:

- Supporting the development and implementation of sport specific development plans.
- Supporting the development of new and existing sport clubs.
- Enhancing school sport.
- Supporting the development of coaches, volunteers and officials.
- Making the most of the London 2012 Olympic and Paralympic Games.

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. This partnership has now been in place for 3 years and continues to deliver the junior athletics community programme. The number of young people from Area West is low in comparison to other areas of South Somerset, however we are planning to deliver a Startrack roadshow in Crewkerne during the Summer 2012 in an attempt to increase participation.

Tennis – Ilminster and Misterton Tennis Clubs continue to be an active member of the South Somerset Tennis Development Group (SSTDG), which was set up by the SSDC Sports Development to lead the development of tennis across the district in 2006. Ilminster Tennis Club are one of six clubs across South Somerset who host the Mini Tennis Series events giving young people access to competitive tennis opportunities, which are organised by SSTDG. 130 juniors took part in the series during the summer 2010 and 88 juniors in the winter series 2010/11.

Football – The sports development team continues to support the delivery of ‘Onside’, a free weekly football skills training programme for eight to 18 year olds delivered by coaches from Yeovil Town Community Sports Trust. This programme was started in September 2009 and continues to be delivered in Crewkerne, within Area West. 12 young people are currently attending the sessions. The schemes in Chard and Ilminster were suspended due to poor attendance and identifying community volunteers to support the schemes.

Crewkerne will operate under the following schedule for 2011/12: - Autumn: 5th September – 21st October 2011 (7 Weeks), Winter: 6th February – 30th March 2012 (8 weeks), Spring: 16th April – 1st June 2012 (7 weeks), Summer: 11th June – 20th July 2012 (6 weeks). During July there will be a tournament based on a European championship theme and during the summer holidays a series of one-day soccer schools at each venue.

Cycling – The sports development team has continued to worked with 1st Chard Wheelers Cycling Club and British Cycling to develop cycling within schools in Area West and increase the number of young people who are guided into the club. We secured £9,765 from Sport England Small Grants Scheme in December 2010 for 1st Chard Wheelers CC. The club has used this funding to purchase 15 bikes, helmets and a box trailer to transport bikes from school to school.

The funding has also been used to deliver cycling coaching within primary and secondary schools in Area West. 71 young people from Redstart (Chard), Manor Court (Chard), Neroche, Tatworth and Hinton St George primary schools and 32 young people from Swanmead (Ilminster) and Maiden Beech (Crewkerne). Over 90 sessions of coaching have been delivered and junior membership has increased from 12 to 90 since December 2010.

3 volunteers from the club have also taken Level 1 & Level 2 British Cycling coaching qualifications to increase the capacity of coaching within the club; this was also funded through the application to Sport England.

Badminton – The South Somerset Community Badminton Network (CBN), which was set up by the sports development team in 2009 has continued to lead the development of badminton across South Somerset in partnership with key partners and Badminton England. The network has levered in over £13k of funding since 2009/10, which has funded the appointment of a Community Badminton Network coach for 10 hours per week to work in schools and clubs, who started in September 2010.

Since September 2010, some of the key achievements by the network in Area West have been as follows:

- 464 young people have received curriculum badminton coaching at primary schools in the Chard area in Area West between September 2010 and September 2011. 16 hours of coaching were delivered in Area West.
- 70 young people have received Out of School Hours badminton coaching at Holyrood secondary school in Area West in September 2011.
- Set up a new after school primary badminton club in Chard, which will provide an increase in the junior badminton opportunities in the area, currently attended by 20 young people.

- Two new 'Pay and Play' sessions at Crewkerne Sports Centre have been introduced in September 2011 as part of the No Strings Badminton programme, which offers the opportunity for people to play badminton without having to find a partner or book a court. The Community Badminton Network is working in partnership with 1610 (formerly known as Somerset Leisure), Somerset Activity and Sports Partnership (SASP) and Badminton England to organise the sessions. 28 participants are currently registered on the programme and 15-24 participants attend the session on Tuesdays.

Basketball – During October 2010 to March 2011, 35 young people attended a new basketball club called Crewkerne Thunder set up in partnership with Somerset and Activity Sports Partnership at Crewkerne Sports Centre. 22 sessions of coaching were delivered and the club continues to run on a Thursday.

2012 Olympics – The team has limited capacity to directly deliver a wide variety of new events during 2012, but will certainly be looking to incorporate the Olympic theme within programmes such as Startrack (athletics), holiday activities and national play day. The team do anticipate developing web pages to help promote local activities that may be held which celebrate the Olympics and will work in partnership with key organisation such as the Somerset Activity and Sports Partnership to promote local initiatives.

Community Health and Leisure Officers will of course also be supporting the Olympic Torch Relay, which travels through South Somerset on Tuesday 22nd May 2012. In Area West the torch will travel through Ilminster.

Healthy Lifestyles Development

Our primary services include:

- Supporting targeted communities to establish physical activity opportunities and healthy lifestyle programmes.
- Developing community based Active Health programmes with health practitioners.
- Encouraging Healthy Workplaces.
- Developing targeted programmes for those at risk.

The programme is delivered in partnership with the NHS Somerset.

Healthy Communities (targeted active lifestyle support):

Health Inequalities:

Health testing has been delivered with a Portuguese group learning English as a second language in Chard, where 9 individuals from the Portuguese community were health tested.

We have worked with residents who have mental health conditions in area west by supporting the Chard Intentional Peer Support Group with their work to develop a Social Inclusion Group for Chard. They identified that a lot of the problems that they were facing as a group were similar to those faced by other groups. By linking up and working together, it was realised that efficiencies could be made for all the groups involved.

A "Get Active on the Farm" 12-week course of activity was funded under Active Somerset to enable members of Chard Intentional Peer Support Group to access physical activity opportunities, this was attended by 16 members of the group.

NHS Health Checks were also offered to the Chard Intentional Peer Support Group, these checks look at an individuals risk of developing Cardiovascular Disease in the next 10 years, reinforcing the positive elements of their lifestyle that they are currently doing to encourage them to continue, as well as signposting and referring as necessary, to further support or activities that they could undertake to further improve their lifestyle. A total of 17 individuals received an NHS Health Check.

Children's Centres:

The team have met with the Ashlands Children's Centre, Crewkerne and Clare House Children's Centre, Chard. Discussion centred on how officers could support their parents and families with buggy walks.

Health Testing opportunities have been delivered at the following: Clare House Children's Centre family event at the Methodist Church in Chard, Ashlands Children's Centre family event at Hinton St. George Village Hall, Ile Valley family event at Combe St. Nicholas Village Hall, Clare House Children's Centre PEEP Group at Manor Court School in Chard, 2 different PEEP Groups at Ashlands Children's Centre in Crewkerne and an Outreach session for Ashlands Children's Centre at the Tithe Barn in Merriott. A total of 35 individuals were tested and lifestyle advice including Change4Life resources were also available.

Consultation is being carried out with Clare House Children's Centre, Chard and Ashlands Children's Centre, Crewkerne, regarding setting up physical activity sessions for the parents and families using Active Somerset funding.

Active Living Centres:

Health Testing and lifestyle advice and support has been offered at a number of events at a variety of venues across Area West including the Active Living Centres at Crowshute House in Chard, Tatworth and Forton Well-being Centre, Yarlington Housing Group schemes Bishops Court in Chard, Bowhayes Lodge in Crewkerne, Ile Court in Ilminster, Davis Close in Winsham, Kents Lane in Tatworth, and Taylors Mead in Combe St. Nicolas as well as delivering a falls awareness event at Muchelney House in Ilminster and health testing and a Flexercise taster session at the Memory Café in Chard. In total more than 75 individuals accessed the health testing.

Active Living Centres are funded by Somerset County Council and work in partnership with community, voluntary and statutory groups to promote and develop opportunities for people aged 50 and over to access information and activities that keep them active and well. Funding for the two Active Living Centre co-ordinators is only secure until 2013 and all clients are currently being re-assessed due to a change in eligible criteria from moderate to substantial. However, the healthy lifestyles officers are working closely with key stakeholders in this area such as Yarlington Housing Group, NHS Somerset and Age UK to ensure that this work continues after the withdrawal of this funding in 2013.

Healthy Workplaces

SSDC Staff:

A variety of healthy lifestyles initiatives have been delivered for the benefit of SSDC staff including blood glucose testing which was offered to raise awareness of diabetes on World Diabetes Day, a weight loss challenge, stop smoking advice and support, two golf tournaments, a rounders tournament, two Pilates classes and lunchtime health walks. 3 staff from Area West accessed these initiatives.

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 66 Flexercise Leaders delivering Flexercise sessions in Area West in approximately 33 venues. These venues range from nursing homes, residential homes, sheltered housing schemes, care homes, day centres and Active Living Centres.

Since October 2010 one Flexercise Workshop has been delivered in Area West with 7 Area West leaders attending this training day. In total 15 new Flexercise leaders have been trained up in Area West and 9 existing Flexercise leaders from Area West have attended four Flexercise update workshops – core stability, additional activities, parachute activities and music, relaxation and stretches.

ProActive (GP Referral Service):

Since November 2010, 196 residents of Area West have been referred by GP's, practice nurses, physiotherapist and other health professionals to the ProActive physical activity referral Scheme. These residents have attended either Cresta Sports Centre in Chard, Active Hearts Class (Cardiac Rehabilitation Phase 4 Class) or Crewkerne Aqua Centre in Crewkerne where residents can also be referred to for Cardiac Rehabilitation Phase 4 Classes.

The management of the ProActive Scheme transferred back to NHS Somerset in April 2011 and is now coordinated and managed by the Integrated Lifestyle Team who are part of Somerset Community Partnership (the delivery arm of NHS Somerset).

Health Walks:

- Since October 2010, 15 residents in Area West have undertaken the health walk leader training, 9 of which leaders are actively involved in delivering Health Walks. 3 of the 15 leaders are linked with Clare House, Chard Children's Centre, one is a member of staff and two are volunteers at the centre. They have delivered two taster Buggy Walks (Health Walks designed for parents of young children) which were accessed by 4 families and the idea is to set up regular buggy walks running from the Children's Centre'.
- One Health Walk Leader Training day was delivered in Area West, accessed by 6 Area West volunteer Health Walk Leaders.
- A Health Walk Directory has been produced detailing all the walking groups across the district.
- The Broadway Health Walk group has increased its numbers from an average of 8 members per walk to 20 and the group celebrated its second anniversary in November 2011.
- First Aid Training has been delivered to 8 of the leaders at Broadway Health Walk Group.
- During the last year there has been over 2,000 attendances on health walks in Area West and over 60 of these individuals are new to Health Walks.

British Heart Foundation Active Clubs training has been delivered to one individual in Area West. The individual from Crewkerne Aqua Centre has gone on to run a weekly session with young people aged 6-10 from Hinton St. George where 10-15 attend each week.

The Healthy Lifestyle Team has also supported Shine and the two NHS Somerset Health Trainers who cover Chard, Ilminster and Crewkerne.

Leisure Facility Development/Outdoor Sports Facility Management

Our primary services include:

- Providing sports clubs and community organisations with specialist advice.
- Assessing the needs of leisure facility and playing pitches across the district.
- Working with Somerset Leisure Limited (shortly to be rebranded as 1610)/schools to maximise access to existing dual use sports facilities.
- Negotiating contributions from housing developments to enhance local and sport and recreation provision.
- Managing the council's sport and recreation facilities.

Planning Applications – Between 1st September 2010 and 31st August 2011, the team has provided Development Management with 43 detailed responses to planning consultation requests of which 5 (11.6%) were for developments in Area West. Our responses set out the leisure obligations required to make developments acceptable in planning terms.

New standards incorporated within the Local Development Framework – Working with Planning Policy, new local standards of provision covering play areas, youth facilities, playing pitches, changing rooms, theatres and arts centres, artificial grass pitches, swimming pools, indoor tennis centres and sports hall provision were included within the Local Development Framework. We now secure in the order of £4,000 per dwelling subject to local variables and viability.

Passport to Leisure Scheme - We currently have 448 live cards in circulation at present; approximately 4.24% (19) of cardholders live in Area West.

Area specific work:

- Ilminster Town Council – support has been provided to Ilminster Town Council to develop plans for new football changing rooms in the town. It has been agreed that Ilminster Town FC will relocate to new changing rooms on Brittens Field in Ilminster and further support will be provided to identify sources of funding for the project.

Other Service Achievements

E-newsletter – The Community Health and Leisure 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 5,200 individuals registered to receive the newsletter, an all time high, and this method of marketing has proved extremely successful in promoting activity for young people.

Association of Public Service Excellence (APSE) – The Community Health and Leisure team recently put forward a submission for 'Best Sport, Leisure and Culture

Service' of the year and was shortlisted as a finalist but was pipped to the post by East Riding of Yorkshire Council. However, to have reached the final amongst such stiff competition is in itself an achievement to be proud of.

Financial Implications

No new implications.

Corporate Priority Implications

The work of the Community Health and Leisure Team in Area West contributes to the following Corporate priorities, Key Targets and Actions:

Corporate Plan Priority: Improve the housing, health and well-being of our citizens

Key Targets:

3.19 Support SST to develop a long term (20 year) action plan to reduce obesity in children and adults, delivering one initiative by 2012.

3.20 Increase children and young people's satisfaction with parks and play areas and adult participation in sport and active recreation from 23.3% to 25.4% by 2011/2012.

Corporate Plan Priority: Ensure safe, sustainable and cohesive communities

Key Targets:

4.22 Outcome: Sustainable local communities

Measured by: Increasing those who participate in regular volunteering at least once a month.

4.1 Deliver positive activities for children, young people (especially those at risk of exclusion or offending) and families, designed to reduce antisocial behaviour by October 2010.

4.2 Decrease first time entrance to the youth justice system aged 10 to 17 from 1,470 per 100,000 to 1,260 in 2011/12.

Equality and Diversity Implications

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

Background Papers: *Community Health and Leisure Service Update – AWC 17 March 2010*