

Area West Committee – 19th February 2014

8. 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.

Recommendation(s)

- 1) That the Area West Committee notes the content of this report; and
- 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 2014/15 are being drafted and refined over the next few months.

Background

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 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

1. Healthy Lifestyles

Core Work:

- To increase the utilisation of the outdoors and green spaces for exercise and health related activity.
- To decrease the number of adults and children in South Somerset who are currently inactive.
- To reduce the number of overweight and obese adults and children in South Somerset.

Area West delivery summary in the last 12 months

Health Walks

A district wide Health Walk Leader training day was delivered at the end of January 2014, 17 new leaders were trained.

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

Since January 2013 eleven residents in Area West have undertaken the Health Walk Leader Training over the course of two training days that have been delivered. All are new leaders are new to Health Walks. There are currently 29 active Health Walk Leaders in Area West.

The four existing Health Walk Groups have continued to go from strength to strength increasing in numbers. These groups are Broadway Health Walks, East Chinnock, Chard Health Walks and Crewkerne Health Walks.

Six leaders from the Broadway Health Walks Group provided three walking opportunities at the Somerset Partnership NHS Annual Carers Event at Dillington House and Health Walks were the most popular activity on the day. The walks were provided in the morning and afternoon sessions, a regular health walk and two slightly more challenging health walks. We are already planning walks for the 2014 event.

As part of English Tourism Week the Broadway Health Walk leaders led a walk from Chard to Ilminster along the Stop Line Way.

A discrete Health Walks Group has been set up as part of the Watch Project in Chard for individuals who are part of Watch. These walks started in April and have been ad hoc walks depending on the other activities that have been happening. So far seven walks have happened and they have typically have had 4-5 people attending these walks.

Health Inequalities

The Watch Project, which supports those with mental health problems, has received the following support; training and ongoing support for one volunteer to lead regular health walks, financial support for the bike recycling project, two health testing sessions and four cooking and health eating classes.

We have linked with the Family Focus programme to provide information to link workers regarding healthy lifestyles opportunities for low income families who may have multiple health conditions.

Active Ageing

Flexercise is a countywide project to train up staff and volunteers to deliver chair based physical activity sessions. There are now 35 Flexercise Leaders delivering Flexercise Sessions in Area West in approximately 21 venues. These venues range from Nursing Homes, Residential Homes, Sheltered Housing Schemes, Care Homes, Day Centres and Active Living Centres.

One Flexercise Workshop has been delivered in Area West with nine individuals from Area West attending the training. Currently none of the trained Flexercise Leaders from Area West have attended two Flexercise Update workshops that have been delivered – Music, Relaxation and Stretches and Parachute Activities.

A Flexercise talk and taster session was delivered to all Somerset Partnership Day Service Staff at their away day to raise awareness of the Flexercise programme and encourage them to book onto the Flexercise Workshops. This would then enable them to deliver Flexercise in the wards to help the patients. The session was attended by approximately 70 individuals and 10 individuals have already booked on to attend the training.

Boccia and Ping sessions have been delivered to five Yarlinton Schemes in area West, Tatworth, Coombe St Nicholas, Winsham, Bishops Court and Ile Court. The team have provided these sheltered schemes with their own sets of Boccia and Ping equipment, which they use on a weekly basis.

Two funded 12 week Active Somerset Courses were delivered in partnership with Age UK, both titled 'Move it or Lose It' located at Chard Town Hall (8 attendees) and Winsham (12 attendees).

Two physical activity talks were given to the Balance and Safety Group at Chard Hospital. The talk focuses around what community based activity is available and simple changes patients can make to become more active.

Attending falls network meetings to try and improve/develop the community based falls prevention service in South Somerset.

Healthy Communities

One volunteer from Area West has been trained in the Run England, Leadership in Running Fitness qualification. We will be working with the leader to establish beginners groups in Area West, with a view to establishing links with established running groups in the area.

Seven Active Somerset Classes have been delivered in Area West. These are pump-primed 12 week classes to help increase the number of sustainable, low cost physical activity opportunities in the District. The courses included; Zumba Gold at Ilminster (ten attendees), Cardio Tennis sessions at Crewkerne (two attendees), Ilminster (five attendees) and Chard, Outdoor Circuits at Jocelyn Park Chard (two attendees), Pilates at Merriott (eight attendees) and The Young Peoples Centre in Chard (nine attendees).

Four Cardio Tennis sessions have been delivered at Wadham School, Crewkerne for students aged 14-16 (74 pupils benefited).

One Healthy cooking course for adult and children was funded at Crowshute House. This programme was delivered by Health and Local Food for Families and accessed by six families in Chard.

A physical activity awareness session was delivered to the receptionist at the Crewkerne Medical Centre. An information folder of physical activity opportunities that are available in the Crewkerne area for both staff and patients to access.

Attending regular CLICK GP Federation meetings and raising awareness to GP surgeries of the community activity and health programmes available in Area West.

Community £s is a pilot project funded by public health at Somerset County Council, projects are delivered in partnership with community organisations as well as health trainers from Somerset Partnership NHS Trust. Community £s is a targeted weight loss programme where Residents are encouraged to sign up and pledge to lose weight in order to fund raise for their community. For every lb in weight lost by those signed up £1.00 is given back to the community to spend on healthy lifestyles initiatives. Through being signed up to the project participants get discounted access to a range of physical activity and exercise opportunities.

The Chard Community £s programme ran for five months in partnership with Chard Town Team. A total of 87 participants are signed up to the scheme and lost a total of 155 lbs. This reward money was used to fund some of the costs of the Community Kitchen Project held in Chard Town Hall. Activities set up as part of the programme included Bootcamp, Circuits, Bokwa, Walking Groups, Kettlebell, Pilates, and legs, bums and tums.

The Crewkerne Community £s programme ran for four months in partnership with 'A Better Crewkerne and District'. A total of 31 participants are signed up to the scheme and final weight loss figures are yet to be finalised. Activities set up as part of the programme included; yoga, swimming, zumba, kettlebell, as well as signposting to existing opportunities such as tai chi and walking groups.

Children's Centres, Primary Schools and Young People

A 'Get Set Cook' course ran at the Youth Centre in Ilminster delivered by Somerset Community Food and ran for six sessions through January and February 2013. This course was accessed by eight families and was focused on increase five a day intake and cooking on a budget. A second course of six 'Get Set Cook' sessions ran in October and November 2013 and was accessed by five families.

Buggy Walk training was provided to Ile Valley Children's Centre parent volunteers in a tailored way over three sessions at the centre, where individuals could bring their children with them. As a result three parents have been supported to set up and lead regular Buggy Walks with on-going support being provided. Buggy Walks are now running weekly at Ilminster, Buckland St. Mary and South Petherton, all run by parent volunteers.

Buggy Walk routes have been mapped and uploaded to the Walks with Buggies website www.walkswithbuggies.com for families to access.

Health Testing and healthy lifestyle support and information given at eight sessions and centres across the Cluster of Children's Centres.

Three physical activity talk and health testing sessions have been delivered to the Post Natal Group that is run by Somerset Partnership. Discussions are held about when and how to exercise and where to find out about opportunities to be active.

Work of district wide significance in the last 12 months

Healthy workplaces - workplaces that have been involved in the healthy workplace programme this year include; Pittards, Screwfix, Asda, Yarlinton, SSDC, Yeovil College, Yeovil District Hospital, BAE systems and Westlands.

Twelve different initiatives have been delivered, these include: the weightloss challenge, blood pressure monitoring, two rounders tournaments, three pilates classes and a bike fix.

Pad-e continues to be updated and populated with new information. We have received some valuable user feedback and this has helped inform new design to improve the user-friendliness of the site. It is important to note, that there is no cost to this service other than officer time as we are utilising in house web design and development skills. Over 500 activities are listed with in excess of 500 hits received in the first month and consistent visits since the launch.

Secured £20,000 external funding for the Healthy Lifestyles Team for the period April 2014 to March 2015 from Public Health at Somerset County Council (formally Public Health at NHS Somerset).

One member of the Healthy Lifestyles Team (Cheryl Lingard) has left the team and is on secondment for two years until October 2015. Cheryl has been replaced by a Healthy Lifestyles Graduate (similar to an intern but for a 2 year period), Sam Wenden-De-Lira.

Emerging Priorities for the year ahead

Development of 321 (3km, 2km and 1km) run/walk routes in Area West. These are way marked routes to encourage residents to begin walking or running.

We will be working with Jo Morgan, SSDC's Equalities Officer and South Somerset Disability Forum to refresh the mapped walking routes for South Somerset. This piece of work will involve assessing the accessibility of all of the mapped routes (55 in total covering the entire district) and redesigning the leaflets.

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 delivery summary in the last 12 months

Sport Specific Development

Tennis

Chard Tennis Club along with 5 other tennis clubs across the district took part in the 5th South Somerset Mini Tennis Red Schools Project. A total of 16 participants from four primary schools took part in the project from Buckland St Mary, Manor Court, Redstart and Tatworth.

Officers also worked with the Schools Games Co-ordinator at Maiden Beech to provide equipment and resources to organise tennis coaching for 24 pupils from Ashlands, St Barts and Merriott in the Crewkerne area as there is no tennis club to link with.

Officers also work with Crewkerne Town Council to enable Maiden Beech School to access the tennis courts at Severalls Park, so that the school could run an after-school tennis club.

Chard Tennis Club is one of six clubs across South Somerset who continues to host an event within the South Somerset Mini Tennis Series. Since September 2012, Chard have hosted two Mini Tennis competitions at the club.

Cycling

Officers worked in partnership with British Cycling to deliver a six week cycling coaching programme at Swanmead in Ilminster. Officers also organised a cyclo cross event at Swanmead in March 2013, which was attended 11 primary schools and five secondary schools.

Badminton

The South Somerset Community Badminton Network, 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.

Badminton coaching was delivered over six weeks to Maiden Beech and Merriott schools, as part of the Change for Life programme, which was attended by 60 young people.

Officers organised the South Somerset round of the national Center Parcs schools badminton competition, which was entered by eight secondary schools, this was held at Holyrood Academy in Chard.

Continue to support the two pay and play badminton sessions at Crewkerne Sports Centre which are part of the No Strings Badminton programme. The sessions regular attract 20 participants each week.

Happy Days (Crewkerne)

Officers were approached by Cllr. Angie Singleton and Crewkerne Town Council who commissioned us to run a sports development programme called Happy Days at Happy Valley MUGA in Crewkerne during the 2013 summer holidays. Four sessions were delivered in basketball, netball, hockey and tennis. A total of 30 young people attended the sessions. Officers are working on another programme which will run in the Easter holidays and will consist of futsal, basketball, cricket, dance and tennis.

Work of district wide significance in the last 12 months

Yeovil Artificial Grass Pitch - A new sand dressed Artificial Grass Pitch was opened at Yeovil Recreation Centre in August 2013, the £800k facility was delivered on budget and on time. The facility has 25 hours of regular use during weekdays and 7 hours of use on Saturday's. The facility has 71% occupancy on weekday peak times (6-9.30pm).

Hockey

In partnership with Somerset Activity and Sports Partnership and Yeovil and Sherborne Hockey Club, SSDC has invested into a self-employed Community Hockey Coach who will deliver a number of development programmes at the new Artificial Grass Pitch.

Since September 2013, 204 sessions have been delivered by the Community Hockey Coach, with throughput of 4,277 juniors and 2,349 adults.

Join In (Yeovil) - Delivered a second successful Join In Local Sport event in July 2013 in the Quedam Shopping Centre, Yeovil. This event was a celebration of grassroots sports where shoppers could try taster sessions in a variety of different sports. Ten local sports clubs from the Yeovil area took part in the event which was attended by over 150 shoppers throughout the morning.

Yeovil Federation – An Olympic Legacy project was delivered for schools within Yeovil Federation, 19 schools were involved in the project and around 900 young people received coaching from qualified coaches and 29 teachers were given a CPD opportunity in a particular sport in order to increase their confidence of teaching that sport. The programme included; gymnastics, inclusion sports/boccia, tag rugby, tennis, hockey, badminton, disability football and cricket.

Sport Specific Development - Delivered a programme of sports specific development opportunities in partnership with key community sports clubs and NGB's for residents. Sports included Tennis, Badminton, Hockey, Gymnastics, Athletics and Swimming.

Emerging Priorities for the year ahead

Delivering the South Somerset Community Badminton Network Action Plan 2014/15 across the district, this has received £2.5k funding from Badminton England. This will include a Smash Up badminton club at Wadham School in Crewkerne and projects with Chard Tuesday Badminton Club.

Deliver another successful South Somerset Mini Tennis Red Schools development programme in 2014, working with local tennis clubs (including Chard tennis Club), schools and the Lawn Tennis Association.

Working with Maiden Beech School to establish a satellite centre for Archery linked with Windwhistle Archers, with funding from SSDC and Somerset Activity and Sports Partnership. Two clubs will be set up for 7-11 year olds and 11-16 year olds and the school will also host an archery competition in April 2014 for schools.

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 delivery summary in the last 12 months

Working in partnership with Ilminster Town Council and Yarlington Homes, the Blackdown View play area was transformed in 2013. The improvements included a new zip line, combination goal for ball games, shelter, agility trail, refurbishing existing equipment, 420 trees planted, seating and bin.

The play area at Furzehill in Chard was refurbished and enhanced last year following consultation with local residents, Yarlington Homes and Chard Town Council.

Improvements to the play area include, new log fort, basket swing, roundabout, spring rocker, stepping logs, seating, solar lights and new surfacing for the existing equipment.

Officers supported Misterton Parish Council with the development of a new Floodlit Multi Use Games Area (MUGA) at the Unity Lane Recreation Ground. This project was 100% funded with the £100,000 secured through S106 funding from a nearby housing development.

Officers have been liaising with Persimmon Homes and our planning department regarding the design and development of a play area at the new Maiden Beech housing development in Crewkerne. Persimmon Homes has now built the play area and it is expected to be open to the public this spring.

Over the last year support has been provided and is on-going to Ilminster & Crewkerne Town Councils with regard to potential play area improvements at their main recreation grounds.

Work of district wide significance in the last 12 months

Play and Youth Facility Officers have completed five play area refurbishments within the capital programme across the district in the current financial year as well as providing a chargeable annual inspection service to 66 play and youth facility providers (22 in Area North, 24 in Area East, 16 in Area West and 4 in Area South) as well as offering a quarterly or routine inspection service. The value of capital improvement schemes directly delivered, or with partners, totals nearly £700,000.

The team directly manages 56 play areas across the district (7 of which are in Area West).

Emerging Priorities for the year ahead

The Packers Way play area in Misterton is planned to be improved and will involve full consultation with local residents and the parish council.

Ilminster Town Council has requested some support to help create plans for the Winterhay Lane Play Area. There is S106 funding secured by SSDC for this site and will enable some modest improvements.

Officers expect to continue their work supporting Ilminster and Crewkerne Town Council's with their plans to improve the play areas on their recreation grounds.

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 delivery summary in the last 12 months

Play Days - A successful programme of Play Days has been delivered in Area West over the past year with rural communities benefiting from free access to play opportunities. Play Days were delivered and well attended at the following locations in 2013:

Combe St Nicholas – 16th August
 Crewkerne - 14th August
 Ilminster – 31st July and 7th August
 Winsham – 26th August

Disclosure & Baring Scheme (DBS) – Officers have continued to support volunteers working with young people with free DBS checks. Volunteers supported are working in the communities of Chard, Crewkerne and Ilminster, amongst others.

There is no charge to volunteers for this service and no DBS administration charge payable by SSDC.

Small voluntary groups cannot request DBS checks directly and if we did not provide this service then there is a strong likelihood that checks would not be undertaken or that groups would have to pay a substantial admin fee to a third party processor.

Somerset Rural Youth Project (SRYP) – SSDC provides a grant each year to SRYP to support youth work around the district. In 2013 SRYP supported young people in Area West with projects including, community involvement, leadership, slacklining lessons, employment and transport.

Work of district wide significance in the last 12 months

National Playday - On the 7th August 2013 a National Play Day was held at Yeovil Country Park, which was attended by an estimated 5000 people. The day was part of a national event held each year to celebrate children's right to play.

Gold Star Awards – were held at the Octagon Theatre Yeovil on 29th October 2013 with a full auditorium. The event recognises the achievement of volunteers and young people across the district. There were 72 nominations in 11 categories. Working in conjunction with the Western Gazette for the first time, there was positive press coverage of the event in the 10 weeks leading up to the event and extensive press coverage of the event itself.

Emerging Priorities for the year ahead

Play Day Programme – Another year of Play Days is planned for 2014 and will include settlements in Area West. The planning of these days is in progress, but at the time of writing the report, the communities to be included in the plan have not been confirmed.

Deliver another successful National Play Day at Yeovil Country Park on Wednesday 6th August 2014.

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 delivery summary in the last 12 months

Ilminster Town Council – Officer support has been provided to consult with stakeholders and to progress a master planning exercise for the recreation ground at Canal Way in Ilminster. The master plan looks at the future layout of pitches, buildings, paths, planting and access to meet the needs of current and future residents of the town. There is significant work still to be done to progress specific elements of the project, but there is S106 funding and SSDC capital available to assist with the delivery of individual elements of the scheme.

Jocelyn Park, Chard – Officer support has been provided to try and progress the project to deliver temporary changing provision for football teams at Jocelyn Park. A planning application for this project has now been submitted and is due to be determined shortly. It is anticipated that S106 funding can be used to help finance the delivery of this project.

Crewkerne Town Council – officer support has been provided to assist with planning the future pitch provision at Henhayes recreation ground.

Work of district wide significance in the last 12 months

Planning consultation responses – the service responded comprehensively to 75 planning application consultation requests during 2013; 23 (30%) were for applications in Area West.

The service has also prepared two Proofs of Evidence for planning appeals to defend our methodology and requests and will shortly be helping to defend appeals for developments in Chard and Ilminster. At the recent appeal relating to Templecombe, the Inspector found the evidence for Community Health and Leisure contributions to be sound which reaffirms the views of other inspectors presiding over local appeals.

Off-site S106 contributions received for leisure through this team's work total over £2.6 million. In Area West, £1.6 million capital and commuted sums have been secured via signed S106 agreements and just over £781,000 million capital and commuted sums have been received. A total of £325,000 has been spent on facility projects to date.

Planning workshops – The Service Manager and Leisure Policy Officer delivered a workshop for 19 members in July 2013 to explain how the service calculates S106 contribution requests, to clarify the process and some common misconceptions. Positive feedback was received.

A further 'mop up' workshop, in Area East, is being planned and will again be open to all members.

A similar workshop was delivered to SALC members last December in West Camel to help parish and town councils to gain a better understanding of the process too. As a result, officers will shortly be attending a Chard Town Council meeting to provide members with a summary of needs assessment information currently held for Chard, to assist them with future facility planning in the town.

Passport to Leisure – 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 currently that are 398 valid cards which breaks down by area as follows:

East	56 (14%)
North	39 (9%)
South	287 (72%)
West	16 (4%)

Emerging Priorities for the year ahead

Iminster Town Council – officers will continue to work Iminster Town Council to deliver elements of their approved Iminster Recreation Ground master plan.

Facilities Management and Development Officer – A replacement Facilities Management and Development Officer (Jonathan Calderbank) has been appointed to manage and develop the facilities at Yeovil Recreation Centre and Athletics Arena.

6. Other service Delivery/achievements

The Resource Service transferred to The Hub from 1st April 2013 for five years. The transfer is projected to bring cost savings of up to £130,000 over 5 years. The Hub is currently projecting to deliver the service within budget at the end of year 1.

Communications – The service directly generated 35 press releases in the last 12 months and produces a monthly communication to 5200 people on our Health & Well Being newsletter mailing list.

Between 1200-1400 (25%+) actively open this newsletter (industry average is 20%). Between 150 – 300 people click through to specific articles (way up on average of 17%). These figures have been sustained and improved over the last five years showing that this is a valued resource for our customers. Opt outs over the year are only 0.2% which is remarkable given the amount of newsletters and spam people receive.

Facebook - a new Play Youth South Somerset page set up in July. Through promotion the ‘likes’ are now in excess of 100 and rising. Further promotions are planned soon to boost the number of likes. We are also in the process of setting up a Yeovil Rec Facebook page.

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
