

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 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 15 months. This report highlights specific examples of work undertaken within the area so that members can gain an understanding of how the service is creating value and making a difference for residents in their respective communities.

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.

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.

What?	Why?
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 North Achievements/Delivery in the last 15 months:

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

- 7458 attendances at Health Walks throughout 2014/15 up 39% on the previous year. The South Somerset scheme recorded 865 regular walkers in 2014/15 up by 57% on 2013/14 figures. 333 new walkers joined the scheme this year.
- 4 training days have been held for volunteers, 38 leaders have been trained from across the district.
- 9 new walks have been developed across the district, 2 of these are located in Area West (a walk from the GP surgery in Ilminster, 1 walk at the Watch project in Chard).
- 1 beginners running group has been set up in Area North in conjunction with Langport Runners at Huish Sports and Social Club, 7 people have attended.
- A 321 route has been planned in Langport and will be installed in the next 6 months.

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

- 1 Flexercise workshop has been delivered in Area North, 16 leaders were trained at this workshop. 1 taster session delivered to volunteers in Somerton at Bradley View Care Home (9 attending).
- A sponsored walk of the River Parrett Trail was organised in July 2014, 55 people took part and raised £2,200.00 for South Somerset Mind.
- Boccia sessions delivered at the following locations (attendances in brackets); Yarlinton Sheltered Housing Scheme in South Petherton (8) and Curry Mallet Active Living Group (10). Boccia sets have been loaned to the South Petherton group and a sheltered housing scheme in Somerton, for long term use.
- 5 Active Somerset Classes have been funded (attendances in brackets). Healthy Hearts at East Lambrook (6), Stretch and Flex with Age UK in Martock (9), Tai Chi at

Stoke Sub Hamdon (6), Core and Flexibility in South Petherton (5) and Fit for Life in Long Load (5).

- Activity finder website, Pad-e, continues to be updated and promoted to advertise the number of exercise and activity opportunities in the district and a range of venues. www.pad-e.co.uk

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

- Worked in partnership with Buttercross surgery in Somerton to deliver a targeted weight loss programme, accessible by the whole community not just patients of the Health Centre. 12 week programme included weekly weigh ins, 1-1 advice and information on diet, weight loss and healthy eating, free pedometers and free taster sessions of activity. 27 people took part, 58.55kg (129 lbs) of weight was lost as well as other significant other lifestyles changes, such as changes to activity levels.
- Continued to support Children's Centres in the area by attending meetings and delivering Healthy Lifestyle programmes where possible. Active Club training delivered to Langport cluster (5 trained), health testing at South Petherton (7).
- An interactive healthy eating education session delivered at High Ham school to years 1 (28 attending) and year 2 (24 attending).
- Support and free training offered to parents and staff at Castle School at Stoke Sub Hamdon to develop a walking bus unfortunately there was no volunteers willing.
- Funding from County Councillor John Bailey to deliver free health checks in various locations (attendances in brackets). Martock (22), Ash (22), Stoke (9), Tintinhull (15), Long Load (8).
- Information, talks and health testing have been delivered at Gypsy and Traveller sites in Area North.

Area North Priorities for 2015/16:

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

- Offer free Health Walk Leader training to community volunteers.
- Develop opportunities for people to become more active through walking.
- Report data to The Ramblers using Walking for Health database and provide feedback and support to volunteers.
- Promote walking opportunities through printed directories and maps, local communication channels and online resources.
- Maintain the standards required to be an accredited Walking for Health scheme.
- Promote green spaces for healthy growing and eating of food.
- Support mental health organisations to access the outdoors in order to increase physical activity levels.
- Development of 321 running routes across the district, promoting these facilities through flyers, local communication channels and online.

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

- Keep online resources such as the Healthy Lifestyles pages on SSDC website and Pad-e up to date and promote these resources to local residents, health professionals and community organisations.
- Develop new opportunities and promote existing physical activity opportunities utilising Active Somerset funding.
- Support the ageing population to maintain independence into later life through a range of targeted initiatives such as falls classes, physical activity classes, health testing and the Flexercise programme.

- Utilise available funding to develop new physical activity opportunities.
- Continue to offer and develop both internal and external healthy workplace programmes including a range of different initiatives.

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

- Offer support and deliver a range of initiatives to Children’s Centres and Primary Schools across the district to promote a healthy weight e.g. active clubs training, buggy walks, health testing and weight management programmes.
- Utilise available funding to develop healthy weight interventions in local areas, e.g. Community £s.
- Deliver healthy weight initiatives at workplaces as part of healthy workplace programme, e.g. weight loss challenge.
- Deliver health testing at community groups/organisations to raise awareness of the importance of a healthy lifestyle and encourage people to take responsibility for their own health.
- Keep online resources up to date on SSDC website and sign post to additional services such as the Health Trainer service.

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 North Achievements/Delivery in the last 15 months

- Delivered Schools Tennis Coaching programme with Somerton Tennis Club and Martock Tennis Club, attended by 241 young people from 8 primary schools.
- Martock Tennis Club hosted the South Somerset Mini Tennis Red Finals in June 2014, this was attended by 11 schools which qualified from the cluster finals and 44 young people took part.
- Supported and funded 12 young leaders from Stanchester Academy to attend Lawn Tennis Association Young Leaders Award and then officiate and score at the final in June.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 411 junior players took part in the 2014 Summer Series, an increase of 41% on the Summer 2013. Both Somerton and Martock Tennis Clubs held events.
- Delivered a schools gymnastics programme for the 5th year, delivered with Orchard Gymnastics in Yeovil. 9 schools and 120 children took part, which included continued professional development for 9 teachers. This included Hambridge and Curry Mallett from Area North.
- Delivered a new Smash Up Badminton club at Huish Episcopi Academy, which was attended by 13 students. Smash Up is a new badminton product launched by Badminton England to get young people into the sport.
- Officers organised the South Somerset badminton finals of the national Center Parcs schools competition, for Years 10 and 11 and over 30 young people attended. Huish Episcopi Academy took part in the event.

- Delivered a primary school badminton competition in November at Huish Episcopi Academy, which was attended by 32 children, from Hambridge, Curry Rival, Long Sutton, Huish Episcopi and King Ina (Somerton).
- Continue to deliver Badminton Schools Recreation League, to increase the competitive opportunities for young people to play badminton. Teams from Huish Episcopi Academy took part in fixtures from Area North.
- Organised in conjunction with British Cycling, a primary school cycling competition at Huish Episcopi Academy in June 2014, which was attended by 108 children.
- Delivered secondary school cycling competition in conjunction with British Cycling in June 2014 at Huish Episcopi Academy attended by 60 young people.
- Organised Area Primary Schools competition at Yeovil AGP in October, which was attended by 10 schools and over 100 young people, Hambridge & Kingsbury Episcopi primary schools attended from Area North.
- Organised South Somerset Area Hockey Finals (Year 5/6) at Yeovil Artificial Grass Pitch in March 2015, which was attended by 8 schools and nearly 100 young people. Hambridge and Kingsbury Episcopi primary schools.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. Our Junior Athletics sessions have been fully subscribed over the Spring/Summer in 2014. 146 young people are registered on our Junior Athletics programme with over 60 athletes now regularly taking part in Spring and Summer courses. 18 of these are from Area North.
- 45 young people attended our summer junior athletics camp at the Bill Whistlecroft Athletics Arena, Yeovil in August 2014. 6 of these young people were from Area North.

Area North Priorities for 2015/16

Sports Specific Development

- Continue to deliver a programme of sports specific development opportunities in partnership with key community sports clubs and NGB's to include: Tennis, Badminton, Hockey, Gymnastics, Athletics and Swimming.
- Awarded £2k from Badminton England to deliver the South Somerset Community Badminton Action Plan 2015/16; which will include local social competitions for junior and seniors and initiatives to increase participation in badminton.
- Great British Tennis Weekend 2015 at Somerton Tennis Club. People of all ages and abilities can just turn up with equipment provided for free.
- Produce and distribute 2015/16 South Somerset A-Z Sports Clubs, helping residents to find opportunities to take part in sport and active recreation across the district and promote what sport clubs have to offer.

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 North Achievements/Delivery in the last 12 months

- Completed the total refurbishment of the Stanchester Way Play Area, Curry Rivel.
- Supported Ilton Parish Council with the transformation of their Copse Lane Play Area. The official opening for this project is planned for 15th August 2015.

Area North Priorities for 2015/16

- Complete refurbishment of Lavers Oak Play Area, Martock.
- Support Stoke sub Hamdon Recreation Ground Trust with their plans to develop an Adventure Playspace.
- Support Langport & Huish Episcopi Memorial Field Management Committee with their plans to improve their play area.

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 North Achievements/Delivery in the last 15 months

Play Days - Successful Play Days have been delivered in Area North over the past year with rural communities benefiting from free access to play opportunities. Play Days were delivered in partnership with communities at the following locations in 2014; Chilthorne Domer, Langport, Tintinhull, Ilton, Kingsbury Episcopi, Curry Rivel, Martock.

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

Somerset Rural Youth Project (SRYP) – SSDC provides a grant each year to SRYP to support youth work around the district. In 2015 SRYP supported young people in Area North with projects including, community involvement, leadership, employment, transport and youth club support. Langport, Martock, Stoke Sub Hamdon went on National Citizenship Scheme (NCS) programme.

Youth Club Support – Officers have continued to provide youth club support in Area North where required. Langport and Curry Rivel were supported with Youth Development Grants.

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

Area North Priorities for 2015/16

Play Day Programme – Another year of Play Days is planned for 2015 and will include settlements in Area North. These days are delivered by SSDC and local communities. The planning of these days is in progress, and the communities to be included in the plan are; Ash, Curry Rivel, Fivehead, Langport, Martock, Kingsbury Episcopi, Ilton, Long Sutton, Stoke sub Hamdon, Somerton, Chilthorne Domer.

Deliver another successful National Play Day at Yeovil Country Park on Wednesday 5th August 2015.

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

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 North Achievements/Delivery in the last 15 months

- Huish Episcopi AGP will be completed and open for the start of the autumn term.
- Supported Somerton Town Council to move forward with a master planning exercise for their recreation ground.
- To June 2015, £772K of S106 funding (capital and revenue contributions), has been banked as a result of the teams obligation requests via the planning process. Of the money received, £201K has been spent to date on enhancing or delivering new infrastructure in the area. In addition there is £193k of funding currently on offer to Huish Academy for delivery of a new AGP.

Area North Priorities for 2015/16

- Assist Huish Episcopi Academy to deliver their new AGP and establish a revised Community Use Agreement.
- Work with Huish Episcopi Academy to undertake a feasibility study to look at options to cover the pool and extend indoor activity space. It is possible that S106 money could be used to assist move forward with this feasibility work.

Other District Wide Work/Achievements in the Last 15 months

Play, Youth and Leisure Strategy refresh

- Our previous play, youth and sports strategies have now expired. Four area workshops have recently been held to research what stakeholders think about current play, youth and sports provision in the district and to identify future delivery priorities. Emerging priorities from these sessions will be provided to members for

comment/input prior to a draft strategy being produced in the autumn.

New District Playing Pitch Strategy

- In line with updated national planning guidance, the Community Health and Leisure team is working with Sport England and National Governing Bodies of Sport to produce a new playing pitch strategy. This strategy help to protect existing pitch/changing room provision, identify district development priorities, underpins requests for developer contributions and helps the Council and other pitch providers to secure external funding. The strategy is expected to take around 12 months to complete and be finalised in 2016. Members will be asked to comment on and approve the final strategy.

Sport England Funding Applications

- The team has recently been successful in their bid to Sport England for £194,000 to help deliver a range of physical activity interventions in the CLICK GP Federation (Chard, Ilminster and Crewkerne) targeted at inactive patients with diabetes, pre-diabetes or hypertension. The aim of the pilot is to evaluate the effect of offering targeted physical activity to these patients with a focus on reducing health and social care costs and to get more inactive people playing sport once a week for at least 30 minutes. The project is also being supported by SCC Public Health, County Sports Partnership and CLICK GP Federation.
- A further bid to Sport England for funding to support sports development and healthy lifestyles delivery across the district (with a focus on female participation) has also been submitted with a decision due in July 2015. In April 2015 we submitted a funding application to Sport England Community Sport Activation Fund for a project to increase the participation of women and girls called 'In It Together'. The total project cost was £261,844, with £174,794 requested from Sport England. We hope to hear whether we have been successful this summer and aim to deliver the project over the next 3 years.

Communications

- **Posters / Promotional material:** A huge range of posters and promotional material (Circa 500 leisure flyers/posters produced in house) have been produced in the last 15 months which have contributed towards the increased success of activities including Health Walks, Playdays, Healthy Communities and the wide range of activities at Yeovil Recreation Centre.
- **Electronic Newsletter:** The service produces a monthly communication to our Health & Well Being newsletter mailing list. In excess of 10,000 people have read the electronic newsletter during this period with an average of 160 people actively clicking on specific articles in each newsletter.
- **Press Releases:** The service directly generated 40 press releases in the last 15 months.
- **Social Media:** Engagement on Facebook has dramatically increased in the last 15 months with the Yeovil Recreation Centre and Play/Youth Facebook pages now approaching 2,000 likes between them (up from 250 at the start of 2014). Social media has been used extensively to promote the hugely popular Playdays during the Summer and also the Family Fun Day at Yeovil Recreation Centre.

Play/Youth

- **Play area Management** - The team directly manages (or co-manages), inspects and maintains 56 play areas across the district.
- **National Playday** - On the 6th August 2014 a National Play Day was held at Yeovil Country Park, which was attended by an estimated 3,000 people. The day was part of a national event held each year to celebrate children's right to play. National Play Day will take place at Yeovil Country Park on 5th August this year from 10am – 3pm.
- **Gold Star Awards** – were held at the Octagon Theatre Yeovil on 28th October 2014 with a full auditorium. The event recognises the achievement of volunteers and young people across the district. This year's event will take place at the Octagon on Tuesday 27th October.

Passport to Leisure Card

- This scheme allows residents on low incomes to obtain discounts on the cost of certain leisure and cultural activities at Crewkerne Aqua Centre, Goldenstones Leisure Centre, Octagon Theatre.
- The service administers the scheme (free of charge) and as of April 2015 there were 325 valid cards; 26 in Area North, 66 in Area East, 225 in Area South and 8 in Area West.

The Community Resource Service/Scrapstore

- This service was transferred to The Hub from 1st April 2013 for five years and the service continues to oversee contractor delivery. The transfer is projected to bring cost savings of up to £130,000 over 5 years.

Financial Implications

No new financial 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
