

## 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 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

- 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.

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 12 months:

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

- Walk figures for the first six months of 2015/16 (April to September) is as follows; 4404 attendances, up 1100 on the half way stage in 2014/15 and 166 new walkers have joined the scheme so far this year. Remaining walk data still being uploaded to the database.
- 2 training days have been held for volunteers, 18 leaders have been trained from across the district. A thank you event has been arranged for September 2016 to reward our committed volunteers.
- 5 Walk Leaders have received their Bronze pin badge for leading 50 Health Walks since April 2014. The pin badges have been designed by the team to recognise volunteers and their dedication to Walking for Health
- There are currently 20 walks taking place across the district, most occurring weekly. Area East currently has 7 Health walks, including new walks in Martock and Curry Rival
- A new Health Walk Directory has been produced with over 1000 circulated across the district. This can also be accessed on line at [www.southsomerset.gov.uk/healthwalks](http://www.southsomerset.gov.uk/healthwalks)
- A 321 route has been planned in Langport, the installation has been delayed due to Environment Agency permissions

##### 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, 9 leaders were trained at this workshop. Flexercise equipment was originally lent to Our Place Martock and equipment was then funded for the group. 3 Active Somerset Classes have been

funded (attendances in brackets). Yoga with Age UK in South Petherton (13), Yoga with Age UK in Barrington (16) and Yoga with Age UK in Langport (9)

- Sport50 started in The Seavingtons, with 14 in attendance and ran for approximately 12 months before stopping. Sport 50 has started in Somerton with 22 in attendance and is due to start in both Ash and Stoke Sub Hamdon this month.
- A New Age Kurling taster session was held for Curry Mallet Active Living Group with 8 attending.
- Activity finder website Zing continues to be updated and promoted to advertise the number of exercise and activity opportunities in the district and a range of venues. [www.zingsomerset.co.uk](http://www.zingsomerset.co.uk)

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

- Continued to support Children's Centres in the area by attending meetings and delivering Healthy Lifestyle programmes where possible. health testing delivered at South Petherton (5).
- 3 training courses have been offered at discounted rates to anyone working in health promotion in South Somerset. Courses include; Level 3 NVQ in Nutrition (9) Encouraging Physical Activity (15) and Understanding Behaviour Change (11). The team then work with those trained to deliver initiatives across the district.
- 6 Staff from Yarlinton Housing Group have been trained in basic health promotion messages that up skill staff in how to support residents to become more active, eat healthily and manage their weight.

### **Area North Priorities for 2016/17:**

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

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

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

- Keep online resources such as the Healthy Lifestyles pages on SSDC website and promote these resources to local residents, health professionals and community organisations
- Develop new opportunities and promote existing physical activity opportunities utilising Active Somerset funding
- Support the ageing population to maintain independence into later life through a range of targeted initiatives such as falls classes, physical activity classes, health testing, Pop Up Sport/Sport50, Golden Age Olympics 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 and weight management programmes.
- Utilise available funding to develop healthy weight interventions in local areas in partnership with GP surgeries and community groups
- Deliver healthy weight initiatives at workplaces as part of healthy workplace programme, e.g. weight loss challenge
- Deliver health testing at community groups/organisations to raise awareness of the importance of a healthy lifestyle and encourage people to take responsibility for their own health
- Keep online resources up to date on SSDC website and sign post to additional services such as the Zing Somerset service

## **Sports Development**

### **Core Work:**

- To support the development of new and existing community sports clubs.
- To support the development of coaches, volunteers and officials.
- To seek to enhance school sport.

### **Area North Achievements/Delivery in the last 12 months**

- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 321 junior players took part in the 2015 Summer Series. Both Martock and Somerton Tennis Clubs have hosted tournaments as part of this programme.
- Martock Tennis Club hosted the South Somerset Mini Tennis Red Finals in June 2015, this was attended by 11 schools which qualified from the cluster finals and 44 young people took part. Norton Sub Hamdon from Area North won the competition.
- 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.
- Officers supported and with funding from South Somerset Community Badminton Network (operated by SSDC) delivered a Badminton competition for the Langport Community Learning Partnership. Hambridge, King Ina (Somerton), Curry Rivel, Long Sutton and Huish Episcopi attended. Hambidge also won the area final and the county final.
- Officers have supported Huish Episcopi Academy and Stanchester Academy to hosted Boccia sessions for over 20 schools. This helps enable those children with a special educational need to be involved in a full inclusive activity.
- Delivered a schools gymnastics programme for the 6<sup>th</sup> year, in partnership with Orchard Gymnastics in Yeovil. 42 teams and 210 children took part, 4 teams were from Area North schools. These were from Hambridge and Curry Mallet primary schools.
- Organised Year 6 Hockey Area Finals at Yeovil AGP, which was attended by 8 schools and 80 young people, Hambridge and Kingsbury Episcopi primary schools attended from Area North.

- Officers have supported a young Leadership programme for 30 Year 6 pupils in the Langport Community Learning Partnership area at Long Sutton village hall. These leaders deliver playground activity sessions back in their schools.
- Officers worked in partnership with Stanchester Academy within Area North to support an Archery festival for year 3/4 pupils, which attracted over 80 children.
- Officers supported Huish Episcopi Academy to host the secondary schools rounder's competition in the summer of 2015. 12 schools contested the competition with Huish Episcopi supplied 12 sports leaders to help with the running of the competition.
- Started to plan for pilot *In It Together* to deliver Back to Netball and Beginners Tennis courses in Langport and Martock, this is a Sport England funded 3 year project to increase the number of women and girls taking part in sport and physical activity across South Somerset. We will continue to develop new courses in Area North over the duration of the project.
- Officers have worked with Somerset FA to access £3,000 funding from the English Schools FA to deliver a Futsal project across South Somerset. This has resulted in a club being developed at Huish Episcopi Academy, attended by 15 students on a weekly basis.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. In 2015, 156 (7% increase on 2014) young people were registered on our Junior Athletics programme with between 20 and 48 athletes attending our weekly short courses. We have a number of young people who attend from Area North.
- 49 young people attended our summer junior athletics camp at the Bill Whistlecroft Athletics Arena, Yeovil in August 2015. 12 of these young people were from Area North.

## **Area North Priorities for 2016/17**

### **Sports Specific Development**

- Continue to deliver a programme of sports specific development opportunities in partnership with key community sports clubs and NGB's to include: Tennis, Badminton, Hockey, Gymnastics, Athletics and Swimming.
- Deliver 'In It Together' within Area North, funded by Sport England Community Sport Activation, a project to increase the participation of women and girls across South Somerset. The total project cost was £258,844, with £163,294 from Sport England.
- Work with tennis clubs in Area North to support Great British Tennis Weekend 2016. People of all ages and abilities can just turn up with equipment provided for free.
- Working with Huish Episcopi Academy to deliver Mash Up football sessions and regular football competitions for social players and girls on Artificial Grass Pitch.
- Officers to work with Huish Episcopi Academy and CLP sports association with a view to arranging various competitions using the school as the host site and their leaders for support.

### **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 Lavers Oak Play Area, Martock
- Supported Langport & Huish Episcopi Memorial Field Management Committee with improvements to their play area.
- Support Stoke sub Hamdon Recreation Ground Trust with design support for their plans to develop an Adventure Playspace.

## **Area North Priorities for 2016/17**

- Complete improvements to Minchington Close Play Area, Norton Sub Hamdon
- Support Curry Rivel with their plans to develop the play area at Westfield Recreation Ground.

## **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 12 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 2015; South Petherton, Curry Rivel, Ash, Chilthorne Domer, Fivehead, Martock, Kingsbury Episcopi, Long Sutton, Somerton Ilton Stoke Sub Hamdon and Langport.

**Disclosure & Baring Scheme (DBS)** – Officers have continued to support volunteers working with young people with free DBS checks. . In 2015 a total of 61 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 2015/16 SRYP supported young people in Area North with their National Citizenship Scheme (NCS) with participants from Martock, Chilthorne Domer, Stoke Sub Hamdon, Langport, Somerton and Barrington.

**Youth Club Support** – Officers have continued to provide youth club support in Area North where required. Langport, Somerton, Barrington, Martock, Fivehead and Drayton 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 2016/17**

**Play Day Programme** – Another year of Play Days is planned for 2016 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 at this time are;

Curry Rivel, South Petherton, Martock, Kingsbury Episcopi, Ilton, Stoke sub Hamdon, Chilthorne Domer.

Deliver another successful National Play Day at Yeovil Country Park on Wednesday 3<sup>rd</sup> August 2016.

Deliver another successful South Somerset Bike Fest on 17<sup>th</sup> August 2016 at Yeovil Country Park.

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 12 months**

- Officers have delivered a briefing session for Somerton Town Council members on how S106 obligations are calculated and have provided some support to help the Town Council to look the future of their recreation ground.
- Officers have supported Area Development, Planning and Legal to complete documentation to secure new recreation facilities for Ilton; it is hoped that this will be concluded shortly.
- Working with Huish Episcopi Academy, officers led the submission of a successful funding application to Sport England's Improvement Fund. The Academy have received £481,381 to enclose the existing Lido to provide indoor swimming for the community in an area with no indoor swimming provision and a deficiency of over 250 sqm of indoor swimming provision. The proposal consists of refreshing the existing pool, adding a proprietary enclosure alongside new community changing, lighting, heating, air handling, and disability access.
- To April 2016, £1.1 million of S106 funding (capital and revenue contributions), have been banked as a result of the teams obligation requests via the planning process. Of the money received, £355,169 has been spent to date on enhancing or delivering new infrastructure in the area.

## Area North Priorities for 2016/17

- To assist Langport and Huish Memorial Ground management group and their fundraising officer to develop a project to improve changing provision at their recreation ground.
- To support Curry Rivel Parish Council as necessary to improve facilities at their recreation ground.
- To continue to seek S106 obligations in relation to recreational facilities where there is the necessary justification to do so.

## Other District Wide Work/Achievements in the Last 12 months

### Play, Youth and Leisure Strategy refresh

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

### New District Playing Pitch Strategy

- In line with updated national planning guidance, the Community Health and Leisure team is working with Sport England and National Governing Bodies of Sport to produce a new playing pitch strategy. This strategy help to protect existing pitch/changing room provision, identify district development priorities, underpins requests for developer contributions and helps the Council and other pitch providers to secure external funding.

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

## Communications

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



Family Fun Day at Yeovil Recreation Centre. Have also set up a 'Healthy Somerset' Twitter account which along with a Yeovil Recreation Centre account now has in excess of 100 followers.

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

### **Passport to Leisure Card**

- This scheme allows residents on low incomes to obtain discounts on the cost of certain leisure and cultural activities at Crewkerne Aqua Centre, Goldenstones Leisure Centre, Octagon Theatre, SSDC directly organised holiday activities, Wincanton Sports Centre, St Michael's Hall and Yeovil Recreation Centre.
- The service administers the scheme (free of charge) and as of January 2016 there were 314 valid cards; 19 in Area North, 56 in Area North, 229 in Area South and 10 in Area West

### **The Community Resource Service/Scrapstore**

- This service was transferred to The Hub from 1st April 2013 for five years and the service continues to oversee contractor delivery. The Hub agreed to take on the future delivery of the Resource Service from their own premises in Yeovil from September 2015 after only 2 years, without any further subsidy from the Council.

### **Financial Implications**

No new implications.

### **Corporate Priority Implications**

The work of the Community Health and Leisure service contributes to the following aims within the Health and Communities Focus of the Council Plan:

- Ensure that the strategic priorities of the Somerset Health and Well-being Board reflect local needs and align council resources to deliver projects to address those needs
- Maintain and enhance the South Somerset network of leisure and cultural facilities, optimising opportunities for external funding to promote healthy living.

### **Equality and Diversity Implications**

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

**Background Papers:** none

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