

## **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 an annual progress report on the work undertaken by the Council's Community Health and Leisure Service in the last year.

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 delivers across the district, 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.

Delivery of Community Health and Leisure initiatives can have the following benefits for residents:

- Improved mental and physical wellbeing amongst residents (through regular participation)
- A positive impact in reducing obesity
- A positive impact in reducing coronary heart disease, diabetes, hypertension and other chronic diseases
- Helps people to age well and be more active and maintain independent living for longer
- Reduction in health inequalities
- Improved life chances for children and young people
- Contributes towards strong, sustainable, cohesive communities
- Contributes to local pride and quality of life and can help to regenerate communities
- Attracts inwards investment in South Somerset

- Make a positive contribution to the local economy through reducing the burden on health services, improved productivity of staff, decreased sickness absence & staff turnover. In 2006/2007, £900 million was spent in the UK on ill health related to physical inactivity (Sport England commissioned data from the BHF 2009/10)
- Helps to make South Somerset a good place to live, work and visit

The report is broken down into service delivery areas below, with a summary of **the key achievements** for each delivery area in the last 12 months.

## **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**

- Refurbished and landscaped Lavers Oak Play Area, Martock, including new play equipment, fencing, gate, surfacing and shrub/tree planting.
- Carried out improvements to Minchington Close Play Area, Norton-sub-Hamdon including new pirate ship, mounding and tree planting.
- Supported Chilthorne Domer with the improvements to their play area and recreation ground, including new play equipment and landscaping.
- Provided Curry Mallet Parish Council with designs for a new play area in the village.

### **Area North Priorities for 2017/18**

- Using S106 funding we will develop the equipped play facilities at Old Kelways, Langport.
- Support Curry Rivel Parish Council with advice, guidance and S106 funding to enable additional items of play equipment at their Westfield Recreation Ground.
- Support Stoke-sub-Hamdon with their plans to develop equipped play at their recreation ground.
- Support Curry Mallet with provision of equipped play in their village.

## **Opportunities for Young People**

**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 at the following locations in 2016; Ilton, Stoke sub Hamdon, South Petherton, Kingsbury Episcopi, Martock, Curry Rivel, Chilthorne Domer.

**Youth Club Support** – Officers have continued to provide youth club support in Area North were required. In 2016 youth development awards were provided at Hambridge & Westport to support a community youth café and Langport with young peoples activity sessions on Saturday mornings.

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

## Area North Priorities for 2017/18

**Play Day Programme** – Another year of Play Days is planned for 2017 and will include settlements in Area North. The planning of these days is in progress, and the communities to be included in the plan are Ilton, Somerton, Fivehead, Kingsbury Episcopi, South Petherton and a number of other community led days yet to be finalised.

### 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 3<sup>rd</sup> August 2016 a National Play Day was held at Yeovil Country Park, which was attended by an estimated 6000 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 2<sup>nd</sup> August this year from 10am – 3pm.
- **Gold Star Awards** – were held at the Octagon Theatre Yeovil on 25th October 2016 with a full auditorium. The event recognises the achievement of volunteers and young people across the district. This year's event is scheduled for 23<sup>rd</sup> October 2017.

## 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

### Key Area North Achievements/Delivery in the last 12 months:

- Walk figures for the annual year of 2016 is as follows; 9705 attendances, up 1820 on 2015 and 328 new walkers joined the scheme up 27 on the figures from 2015.
- 4 walk leader training days ran for volunteers, 47 leaders trained across the district.
- Langport Short and Somerton Short Health walk has started; Area North now has 8 walks: Curry Rivel, Langport, Langport Short, Somerton, Somerton Short, Martock, Stoke Stub Hamdon and Stoke Stub Hamdon short.
- 1 Flexercise workshop has been delivered in area North, with 15 new leaders trained.
- Golden Age Olympics (GAO) is a functional fitness program suitable for care and residential settings. 15 groups have taken part in GAO, with 8 from Area North, Round Window Club (Curry Mallet) (14) (won Bronze); Long load Health and Wellbeing Group (4); Wessex House, Somerton (10) (won Gold); Bearley House, Martock – Active Living group (25) and Yarlinton (1); Pitways (You can do group), South Petherton (5); Burnworthy House, South Petherton (14) and Laburnum Drive, Somerton (5).
- Sport50 sessions have been established in Somerton (27), with bi-weekly sessions and Ash (14) with weekly sessions.
- A sustainable walking football session is now running in Langport (17) following a successful funding bid to Somerset Public Health

### Key Priorities for 2017/18:

- Increase the frequency of the Martock Health Walk and start a buggy walk in Area North

- Start a health walk in South Petherton
- Run the annual Area North flexercise workshop
- Increase the number of sport50/pop up community activity sessions in the area
- Continue to set up exercise classes in the community where required.

## **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.

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

- Delivered Schools Tennis Coaching and competition programme, schools from Area North that attended were Norton Sub Hamdon, Huish Episcopi, King Ina, High Ham, Hambridge and Othery.
- Continue to deliver a programme of winter and summer junior tennis competition for junior tennis players across the district. 469 junior players took part in the 2016/17 Winter and Summer Series. Somerton, South Petherton and Martock Tennis Clubs hosted tournaments as part of this programme.
- Supported and funded 12 young leaders from Stanchester Academy to attend Lawn Tennis Association Young Leaders Award and then officiate and score at the schools final in June 2016.
- Delivered a schools gymnastics programme for the 7<sup>th</sup> year, in partnership with Orchard Gymnastics in Yeovil. 21 schools and 250 children took part, 5 schools were from Area North. These were Norton Sub Hamdon, High Ham, Shepton Beauchamp, Long Sutton and Hambridge.
- Delivered two courses in Huish Episcopi, as part of the In It Together women and girls programme. These were Back to Netball and Netball Now courses. Beginner's running will start in Langport and Stoke Sub Hamdon in April/May 2017.
- Continue to deliver the Junior Athletics community programme which includes Fundamentals, Junior Athletics and the Academy. In 2016, 167 (7% increase on 2015) young people were registered on our Junior Athletics programme with between 20 and 48 athletes attending our weekly short courses.

### **Key Priorities for 2017/18:**

- 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.
- Continue to deliver the '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 2017. People of all ages and abilities can just turn up with equipment provided for free.

## **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.

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

- £69,000 of Section 106 received from Area North developments during 2016.
- Draft Playing Pitch Strategy completed for the district – will go out for community consultation Spring 2017.

### **Key Priorities for 2017/18:**

- Adoption of new playing pitch strategy
- Support the development of new changing facilities at Huish and Langport Memorial Playing Field.
- Support Huish Academy to cover their lido.
- Supporting Ilton Parish Council to develop new playing pitches at their new recreation ground.
- Support South Petherton Parish Council to make improvements to their recreation ground with S106 monies.
- Support the delivery of new temporary changing facilities at Somerton Recreation Ground

## **Communications**

All of the above work is supported underpinned by the work of Leisure Projects Officer with the team. The role includes; website development, e-newsletters, publications, income through sponsorship and social media. Having this service in-house has saved on external design fees and allows the team to be very responsive to our customers and new initiatives.

## **Financial Implications**

No new implications.

## **Corporate Priority Implications**

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

### **Aims**

- Support communities so that they can identify their needs and develop local solutions.
- Target support to areas of need.
- Help people to live well by enabling quality cultural leisure, play, sport and healthy lifestyle facilities and activities.
- Work with partners to tackle health issues such as diabetes and hypertension.

- Help keep our communities safe.

**Actions**

- Agree lease, refurbish and relaunch Westland Leisure Complex Sport, Conference and Entertainment Facilities (high priority).
- Deliver healthy lifestyles projects including year 1 of the CLICK project to those with diabetes and hypertension (High).
- Enable the enhancement of at least 8 play and youth facilities.
- Support Huish Episcopi Academy community swimming pool project (High).

**Equality and Diversity Implications**

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

**Background Papers:** none

District summary of projects that the Community Health and Leisure delivered/supported in the last financial year

