

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 South

Public Interest

This report seeks to provide Area South 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.

Recommendation(s)

- 1) That the Area South 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

Report

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 South Achievements/Delivery in the last 12 months

- Supported Yeovil Town Council with the refurbishment of their Kingston View Play Area including new play equipment, access paths, gates, seating and landscaping.
- Completed the first play area at Wyndham Park including new bespoke climbing frame, boulder climbing and extensive landscaping.
- Installed junior climbing frame and new access path at Monksdale Play Area, utilising S106 funding.

Area South Priorities for 2017/18

- Refurbish Grass Royal Park and Play Area in conjunction with Yeovil Town Council.
- Develop equipped play facilities at Harbin Fields, Yeovil using S106 funding from developer.
- Start developing the second play area at Wyndham Park once adoption of the land is complete.
- Develop at Multi Use Games Area at Lufton Key Site dependant on land being conveyed by developer.

Opportunities for Young People

Holiday Activities – In partnership with Yeovil Town Council and Yarlinton Housing Group, the team have delivered a vast array of holiday activities in the Milford, Birchfield, Westfield and Yew Tree areas of Yeovil. These activities continue to be well attended and provide vital support to these communities.

Play Days – In addition to National Play Day, officers supported the delivery of a Play Day in West Coker, a rural community benefiting from free access to play opportunities.

Youth Club Support – Officers have continued to provide youth club support in Area South where required.

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 South Priorities for 2016/17

Play Day Programme – Another year of Play Days is planned for 2017 and will include settlements in Area South. The planning of these days is in progress, and the communities to be included in the plan are 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 3rd 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 2nd 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 23rd 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 South 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.
- Ryalls Park surgery, Preston Grove surgery and Penn Hill surgery walks have now started; Area South has 6 walks: Yeovil short, Yeovil intermediate, Yeovil weekend, Ryalls Park surgery, Preston Grove surgery and Penn Hill surgery.
- 1 Flexercise workshop has been delivered in Area South, with 15 new leaders trained. 1 Flexercise update workshop has been delivered with 11 attendees.
- Golden Age Olympics (GAO) is a functional fitness program suitable for care and residential settings. 15 groups have taken part in GAO, with 3 from Area South; West Abbey, Yeovil (10); Park Lodge, Yeovil (6) and Pearson House, Yeovil (11)
- Active Somerset Classes run in Area South: Core and Flexibility, Birchfield Community Centre (10), Bucklers Mead Bootcamp and Conditioning started 4th Dec (6 on first week); Line Dancing, Yeovil – Age UK (13)

Key Priorities for 2017/18:

- Start a buggy walk in Area South
- Run the annual Area South 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 South Achievements/Delivery in the last 12 months:

- Delivered Schools Tennis Coaching and competition programme, schools from Area South that attended were West Coker, East Coker, Milford and Huish. 179 children benefited from these taster sessions.
- 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. Yeovil Tennis Club hosted tournaments as part of this programme.
- Delivered social badminton competitions for juniors and adults at Westfield Academy (will move to Westlands for 2017/18); 15 adult social players and 47 juniors took part.
- Working with Yeovil Badminton Club, supported 7 schools in the Yeovil Federation area to play badminton. Each child was given a 6 week free junior membership to join the club.
- Working with Yeovil Golf Club supported two golf competitions for 14 teams and 140 children from the Yeovil area.
- Volleyball sessions continue to run between June and September on the outdoor courts at YRC.
- Delivered a schools gymnastics programme for the 7th year, in partnership with Orchard Gymnastics in Yeovil. 21 schools and 250 children took part, 4 schools were from Area South schools. These were Huish, Pen Mill Infants, Milford Infants and St Michael's Academy.
- Delivered six courses in Yeovil, as part of the In It Together women and girls programme. A Back to Netball, Netball Now, Beginners Badminton, Beginners Volleyball and Beginners Running have been setup so far. The Beginner's running had over 40 women sign up in 48 hours.
- 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.
- Delivered two Startrack athletics camps in 2016 at Spring and in the Summer attended by 60 children.
- No less than 650 volunteer hours were given up by a core group of 4-6 young leaders who helped to deliver our Junior Athletics Programme.

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 South, 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 Yeovil Tennis Club 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 South Achievements/Delivery in the last 12 months:

- Westlands Sport and Fitness Centre – over £500,000 funding secured for improvements and opened on time in January 2017
- Supported the delivery of a new bowls and cricket pavilion at Westlands, with £100,000 capital funding from England & Wales Cricket Board.
- £62,549 of Section 106 received from Area South developments during 2016.
- Draft Playing Pitch Strategy completed for the district – will go out for community consultation spring 2017.
- Swim Pilot – Working with LED (operator of Goldenstones), Sport England funded a project to look at the swimming experience based on local research. This has resulted in a further £193,085 from Sport England to be spent on improvements to swimming and changing rooms at Goldenstones and Wincanton.
- Yeovil Recreation Centre – The following are some of the highlights over the last 12 months
 - Organised first I am Team GB event at YRC, hundreds of people had the opportunity to try sports to celebrate Team GB's success at the Olympics.
 - Working with Yeovil Table Club, we delivered Ping in the Park for three days as people had the chance to play table for free. 307 people took part in the sessions.
 - 2,336 tickets were sold for the Pitch & Putt and 3,699 tickets sold for the Mini Golf.
 - Artificial Grass Pitch is used extensively and has occupancy of 65%. The training area is used for Mini Tennis during the school holidays.
 - Bill Whistlecroft Athletics Arena has hosted over 40 major athletics events with an estimated 10,000 competitors taking part.
 - Hosted two Great British Tennis Weekends at YRC, attended by over 50 people and their families who played tennis for free.

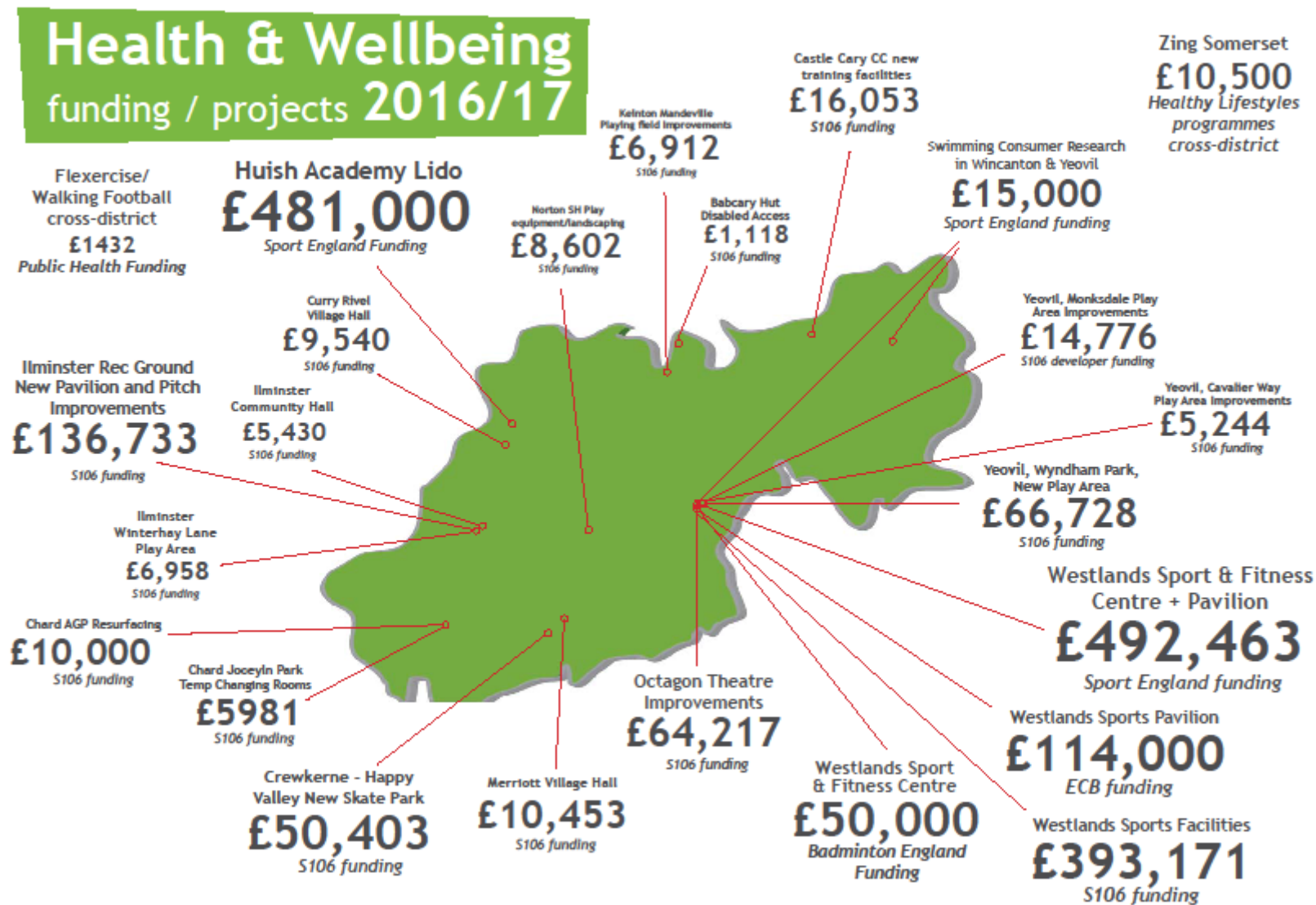
Key Priorities for 2017/18:

- Adoption of new playing pitch strategy
- Support the development of a new charitable incorporated organisation to operate the pavilion from June 2017 onwards.
- Supporting West Coker Parish Council to progress their pavilion/recreation ground improvement plan as required.
- Secure appropriate on-site recreation facilities within Yeovil's Urban Extensions.

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.

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



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).

8. Equality and Diversity Implications

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

Background Papers: none