

Report to: EDDC LED Monitoring Forum – May 2022

Subject: Community Delivery

From: Andrew Dare – Fitness and Wellbeing Manager, LED Community Leisure

Date: 17/5/22

**Community Update May 2022**

- Team member attended the 'Move More' Cranbrook meeting. Looking at ways to engage the community through the Local Delivery Pilot funding from Sport England.
- The Ottery St Mary team will be attending the Cranbrook Health and Wellbeing Day on 21<sup>st</sup> May. They will be taking the Inbody machine.
- New Connective Activity to Nature Balance in the Gardens class starts on Thursday, 19<sup>th</sup> May in Seafield gardens. Targeting inactive over 55s to become active within the natural environment. The class will be a beginners/low level Body Balance class.
- We will be delivering a Walk Leader training course to 18 participants on the 26<sup>th</sup> May. The volunteers are recruited from our current area groups, the Honiton Memory Café and 6 of the new Mental Health Coaches.
- The community team from Exmouth Leisure Centre will be having a stand at Littleham Health and Wellbeing Fair. We will be offering health checks with the Inbody machine, LED will be delivering a Yoga taster session. It is hoped that after this we will be able to support the community by offering a class in Littleham.
- An initial meeting with the Exmouth Stroke Survivors Club took place to see how LED can support them to become more active. Early talks are in place with the team at Exmouth Leisure Centre to put a programme together for their group.
- A new parent and toddler session has started at Honiton Leisure Centre in April aiming to offer a fitness session that parents can bring their under 5s along to, therefore eliminating the barrier to participation. The sessions have initially been subsidised to ensure access to all, there will be an opportunity at the end of the session to have coffee and chat with other parents. Now preparation has started for a session in Axminster.
- A new project for Year 8s at Honiton Community College - a fitness instructor from Honiton Leisure Centre will be visiting the school once a week to help improve the fitness levels of students that have suffered through the pandemic with the transition to senior school.
- We have continued working with Littleham Primary School, Exmouth and "Heads Up" a mental health charity and during May we will be visiting the Leisure centre with the children to provide their activity session there as well as introduce them to the rest of the centre to make them more comfortable and confident to visit again.
- A yoga session has started at Exmouth Community College to deliver some sessions to students that are suffering from anxiety issues this maybe because of exam pressure or a knock-on effect from covid.

- Sessions at Withycombe Primary School will start shortly with Year 1 on the outdoor gym equipment, Year 5 girls struggling with anxiety and Year 6 students general wellbeing session in preparation for their transition to senior school.
- We have secured some additional funding for Swim to the Sea sessions, from Sideshore and Active Devon to deliver 2 courses, 1 for young people working with Year 6's at Littleham Primary and then an Over 55's group in the deprived area of Exmouth
- We continue to develop our links with the NHS, Primary Care Networks using Honiton and Exmouth as the pilot sites. The classes are going well with a new NHS Activation class at Exmouth LC coming to the end of the first 6-week block. The plan is now for these clients to integrate into LED Activities.
- Cardiac Rehab is to be funded by the NHS for the next 12 months at Honiton LC and we are working with the cardiac team to support another team member to be qualified in the Exmouth area.
- The LED team have now got to meet the new Mental Health Connectors and Coaches across East Devon and are going to support those patients that wish to use exercise as a pathway. A new 3 steps pathway has been developed to help support these clients.
- Initial conversations are being held with the NHS Community Falls team around a targeted pilot for 12 months to help support people in the community at risk of falling across East Devon.




**Balance in the Gardens**

Seafield Gardens,  
Seaton

10.30am start  
From Friday 20th May 2022  
for 8 weeks - £3 a session

These sessions are aimed at aged 55+, all abilities welcome

BODYBALANCE is a yoga-based class that aims to improve your mind, your body and your life. During BODYBALANCE your instructor will take you through a series of simple yoga moves and embrace elements of Tai Chi, Pilates, including breathing control as part of all the exercises. You will strengthen your entire body, improve flexibility and leave the class feeling calm, centred and happy.

All equipment will be provided.  
Please wear comfortable clothing and bring layers if it is a cool day.

To book on please ring Sidmouth Pool on 01395 577075 or email outreach@ledleisure.co.uk for more information.

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