

Report to: EDDC / LED Monitoring Forum, April 2023

Subject: LED Community Engagement

From: Andrew Dare, Lottie Edwards, Jane Nicholls –Community Engagement

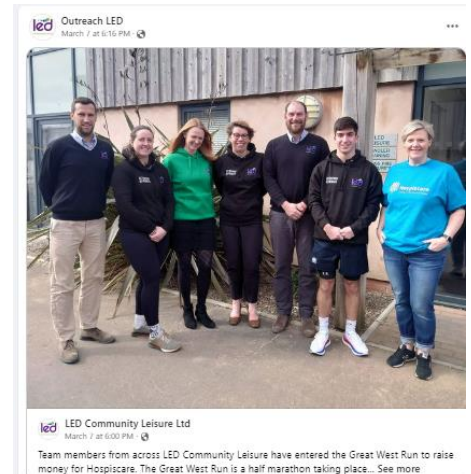
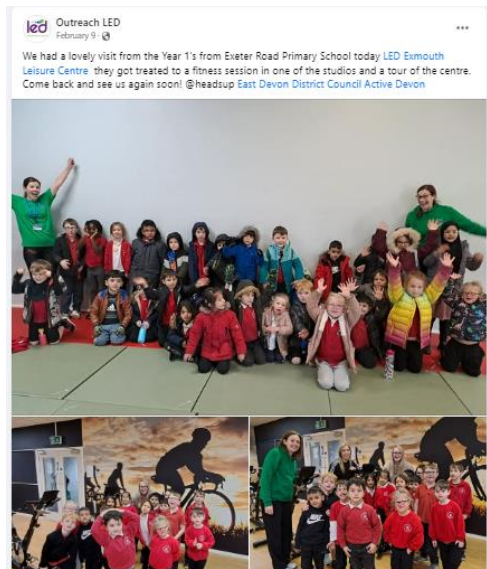
Date: April 2023

Cranbrook

- We continue to have a presence on the Move More Group meetings and Whatsapp group.
- Sessions have started at St Martin’s Primary School with great success and have been running on a weekly basis since February with 24 children –we hope to start an additional session with the school starting in May.
- A Yoga/wellbeing started at the Cranbrook Education Campus in January for Year 11 students running every 2 weeks to fit with the students’ timetable. We are hoping that these sessions will help them to focus and equip them with them with various techniques in the preparation for exam pressure.
- We are linking with a local mum’s group to support Mums and Buggy training.

Ongoing Projects

- We delivered a free Easter Wreath making workshop in partnership with Kate Hind the Environment Officer for Devon County Council. The plan was the attendees would take part in a wellbeing walk to the Geoneedle to collect materials to be added to the Wreaths. Sadly, the weather was too bad for the walk; however, the wreath session still went ahead. We were using the Easter session as a pilot for the Christmas Wreath making session which will take place in December.



Work continues the Active Kindness project, seeking to embed volunteers into the Wellness Hub and to bolster our current Walk Leader volunteer base to bring the programme back to full capacity.

- February saw the start of a new Walking Football session at Ottery Leisure Centre, which currently has 12 attending weekly. We also funded an additional Walking Football session at Honiton Leisure Centre, this session is seeing 10 participants attend weekly.
- As a result of attending the WEB Health Matters Event Lottie and Jane are both now part of 2 working parties. Lottie, WEB Loneliness & Isolation working party, and Jane, Young Peoples Mental Health.
- We continue to attend the Connecting Actively to Nature (CAN) meeting as we prepare for some new projects. Swim to the Sea will be starting again in May to support 16 over 55s to build their confidence when swimming in the sea with the support of an Open Water coach and a beach lifeguard.
- The schools work continues with Littleham, and Exeter Road Primary Schools in Exmouth.
 - We are now working with the Year 3 and 4 children at Littleham Primary School, Exmouth alongside 'Heads up' the mental health charity to provide children that would not normally benefit from additional physical activity with some fun fitness sessions with our LED Community instructor. We also started in February to provide some yoga/wellbeing sessions for the Year 6 students in the build up to their sats exams for them to gain some techniques to help them in preparation for their exams.
 - We continue to work with 24 children from Year 1 and 2 at Exeter Road to ensure they gain a positive introduction into physical activity at an early age alongside Heads Up the mental health coach. In January we also began to work with a further 12 children from Year 3 helping them to build the wider benefits of resilience through their engagement with physical activity sessions. We are also providing 28 children from Year 5 with yoga/wellbeing session that we deliver with support on site at the leisure centre this gives the children the opportunity to experience a session within a studio at the centre and helps to build their future engagement with the centre.
 - In January we started with 2 new schools Honiton Primary working with 12 Year 3 students alongside Heads Up and we also started with Broadhembury Primary working with 34 children alongside their Health and Wellbeing Lead. At both schools we have been providing fun fitness activities to engage with the children offering them a positive experience of physical activity.
- Axminster Dementia group started in January and an instructor will be visiting their session once a month to provide them with some basic mobility exercises.
- A new parent and toddler sessions started in Axminster in February. They offer a fitness session that parents can bring they're under 5s along to, therefore eliminating any barriers to participation. The sessions are initially subsidised to ensure access to all and offer an opportunity at the end of the session to have coffee and chat with other parents
- Continued support of the Exmouth Stroke Survivor Club in Littleham. Funded seated exercise classes and nutrition advice with our community instructor Hayzel are provided, additional equipment provided, including bands, weights, mats. Hayzel is working with the group on a site

visit to ELC to show them the Wellness HUB. Their members are still attending a weekly swim session.

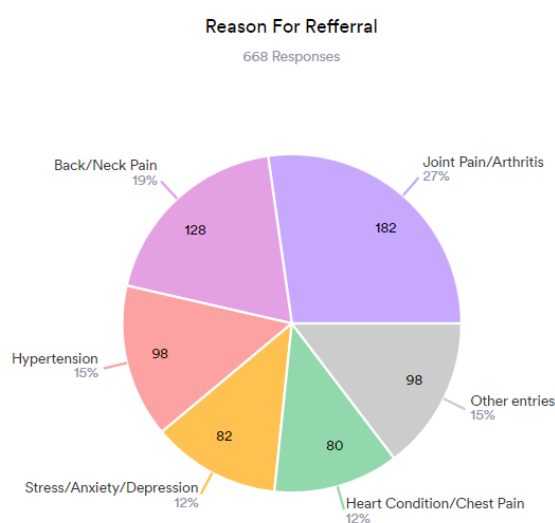
- Wellbeing Walks continue to be popular with over 100 attendees participating every week across the areas.

Planning

- We have funded a Leadership in Running Fitness course for our instructor Rachel, enabling us to deliver couch 2 5k sessions from The Hanger.
- Additional evening Summer Wellbeing Walks.
- Weight Neutral programme working with Nutriri.
- CAN Routes project working with Double Elephant.
- In discussions with AONB on projects to coincide with their 60-year celebration.
- Walk Leader Training planned in May.
- Attendance of a WEB volunteer recruitment event in partnership with Active Devon and Seachange in May
- New schools work – Possible work with Brixington Exmouth and we are supporting Cranbrook Education Campus to utilise the facilities at Honiton.
- Honiton Community College – liaising with PE department to create a new session starting after Easter.
- The Kings School - working with Pupil Premium lead to create some sessions for students to engage with them, ensuring they gain a positive experience of physical activity. Also working with the school's game lead looking ways of linking the weekly sessions we run in schools to the games sessions at the end of school year.
- Health/MOT checks – continuing to liaise with Coleridge Medical Centre a couple to link the centre with the community nurse targeting 35–50-year-old age group.
- Liaising with Action East Devon – to look at working alongside The Kings School work.
- Continuing to hold an open conversation with Devon Learning to look at possibility of running family activity sessions in Littleham Primary School alongside their family Healthy Eating/cooking project with also possible work in Axminster.
- Continuing to work in partnership with Les Mills, working with schools to help engage the children in regular exercise through a digital virtual platform. LED are upskilling the teachers to become activators to support the children with anew fun innovative way to exercise.
- Preparation for swim to sea sessions has begun- there will be 3 separate sessions 2 for primary school and an over 55's session run with support from the CAN project – these will start in May.
- An application has been submitted to Sport England to support the physical activity sessions alongside Heads Up delivered in Primary Schools in Axminster, Seaton and Honiton

LED In Centre

- Launch in March across LED is the Gym Quiet Hour. This will make the experience more comfortable for members with autism, high levels of social anxiety and those who prefer working out in a quieter environment.
- Good Boost, which is a digital platform, run by an activator to support people with Long Term Health Conditions is now live across all 3 pools and recommended by Swim England.
- The teams continue to support the community with health programs such as GP Referral, Good Boost, Strength & Balance, Gentle Circuits, Cancer Rehab, Cardiac Rehab and Escape Pain.
- LED are supporting local Charity Hospiscare in 2023 as part of their 40 club. Lottie and Andrew are running the Great West Run as part of this.
- Health Referrals are improving, and numbers are starting to increase especially from the new social prescribers (Mental Health). See below some data from December 2022 – Feb 2023. We had a 62% completion rate of the 12-week course with 28% of those joining to a membership. Joint pain is still the number one reason for referral on to the scheme with 27%.



Health Referral Referrals Dec 2022 – Feb 23	100
All activities Health Referral Participation Dec 2022 – Feb 23	1296
Gym Health Referral Participation Dec 2022 – Feb 23	791