

Report to: LED Monitoring Forum, June 2023

Subject: LED Community Engagement

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

Date: June 2023



Cranbrook

- The sessions at St Martin's Primary School are continuing with great success and have been running on a weekly basis since February. We continue to work with 24 children from Year 3 on a weekly basis providing fun fitness sessions and more recently have started to work additionally with 12 Year 1's.
- Continued presence on the Move More Cranbrook group. Currently promoting Buddy Boost Wellness Month in June

Ongoing Projects

- The WEB Health Matters – Young People's group ran a Health and Wellbeing Fayre in May at Exmouth Community College which Lottie and Jane attended talking to children and their teachers from 9 primary schools about how LED can support their physical activity.
- We continue to attend the Connecting Actively to Nature Meeting- Swim to the Sea started 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. We were visited by radio on the first session in the sea, click the link to listen: www.bbc.co.uk/programmes/p0fqd75y
- The school work continues with Littleham and Exeter Road Primary Schools in Exmouth. Working with 108 children on a weekly basis gives them a positive experience and regular fun physical activity. In addition, we invited 30 Year 6's from both schools to join a 6-week project – Swim to Sea similar to the adults' program offering them both water safety knowledge as well as building their confidence to swim in the sea, providing them with all equipment needed to ensure that no one was excluded. We also had Year 1 and 2 visits to Exmouth Leisure Centre for a tour of the centre and a fitness session in a studio... all very exciting for them!
- We continue to work with Honiton Primary Year 3 students alongside Heads Up and recently have started with Year 4, working with 24 children there on a weekly basis. We also continue with Broadhembury Primary working with 34 children alongside their Health and Wellbeing Lead on a regular basis. At both schools, we have been providing fun fitness activities to engage with the children offering them a positive experience of physical activity.





- We started to work with The Kings School in Ottery after the Easter Holidays – offering a small group of Year 9 girls that had specific needs/harder to reach group the opportunity to try a variety of activities, ensuring they gain a positive experience of physical activity.
- Walking Tennis – we recently linked with Sidmouth Tennis Club to look at ways to engage the community more with our recreational courts in Sidmouth (Coburg tennis courts). We are working in partnership with the coach from the club to run walking tennis that started in May for those wishing to get back into tennis or prefer a slightly slower pace.
- On the Coburg tennis courts we ran a girls' tennis course to encourage girls to start playing tennis – funding was in place through Amazon Prime/Emma Raducanu Win which provided girls with a t-shirt and racket to get them started!
- We have been invited to Brixington Primary's sports week in June where we will be providing some fun fitness sessions and yoga sessions for the children.
- Axminster Dementia group – an instructor from the Hanger visits their session once a month to provide them with some basic mobilisation exercises.
- A new Strength and Balance class started which is being held at Seaton Waffle working with Re: Store. Currently seeing 8 – 10 regularly attend.
- We have restarted our evening summer Wellbeing Walks for the 1st time post covid. These are held on a Wednesday evening.
- Our main Wellbeing Walk programme continues to be popular with over 100 attending every week.

- We linked with Active Devon and EDMUK to put 2 of our instructors on a This Girl Classes training course, with funding for delivering in rural areas. We will be using the funding to put on summer taster in Axminster and Seaton with a regular class programmed for September.
- We were contacted by Active Devon and Refugee Support Devon to see if we could help with the residents at the Hilton at Exeter Airport. We have provided equipment for the residents, and we are currently looking to start a Zumba class at the Hotel.
- We attended the Volunteer Recruitment fayre at Ocean in May. We had a stand and our Community Instructor delivered free Yoga taster sessions on the balcony. The team from Exmouth came along to provide Inbody checks.
- Work continues on the CLUK Active Kindness project. We are currently working on a volunteer toolkit and recruiting for walk leaders. Click the link to a video we filmed and this has been shared among the other partners at a recent workshop to showcase different ways of recruiting volunteers. [Active Kindness Video](#)
- Offering support to help the start of Axminster Parkrun.
- We attended the VCSE Axminster Waffle House community meeting, making connections with local partners and organisations.
- Health Referrals are improving, and numbers are starting to increase as we build links with the National Health Service, Primary Care Networks, and Integrated Care Systems. We had a total of 1,250 customers attend our Health Referral Program with 62 consultations.

Planning

- In discussions with Double Elephant/AONB on projects to coincide with their 60-year celebration and possible future joint work in the schools in September
- Preparation for new schools' work has begun ready for September liaising with existing schools for monitoring and evaluation purposes as well as additional schools.
 - Working with School Games co-ordinator to identify ways of working more closely with the schools.
 - Preparation for working more closely to engage families from schools.
 - In the planning stages of putting together a leaflet to distribute to schools
 - Possible new project with Heads Up working in Axminster Primary
 - Liaising with surgeries/hospitals to promote GP Referral in Axminster and Seaton
- Working in partnership with Nutri at The Hangar, we are delivering a Weight Neutral pilot. The team will be trained, and the program is due to start in September.
- Successful in a CAN funding application to deliver Yoga from the balcony at Ocean for over 55's.
- In discussions with Seachange on a physical activity partner project being held at both venues.
- Looking to start a new parent and toddler class at Seaton Waffle.
- In discussions with Axminster and Lyme cancer support of being their exercise referral pathway.
- Early discussions with the Jurassic Coast PCN social prescribing team on a Fibromyalgia exercise project in Uplyme.

Another great 3 months for the team with lots of community projects being delivered and being planned by the team, the projects are targeting people as presented in the East Devon Public Health Strategy. The work is delivered within the community with links back to the centres to help support an exit pathway. The team is using the Les Mills Born to Move program to support children's physical activity through a digital platform, we see this as a great way to help support a vast number of children. We continue to build more partnerships which are key in helping us deliver our objectives.

LED Community Engagement Team