

Report to: EDDC / LED Monitoring Forum, September 2023

Subject: LED Community Engagement

From: Andrew Dare, Lottie Edwards, Jane Nicholls

Date: September 2023

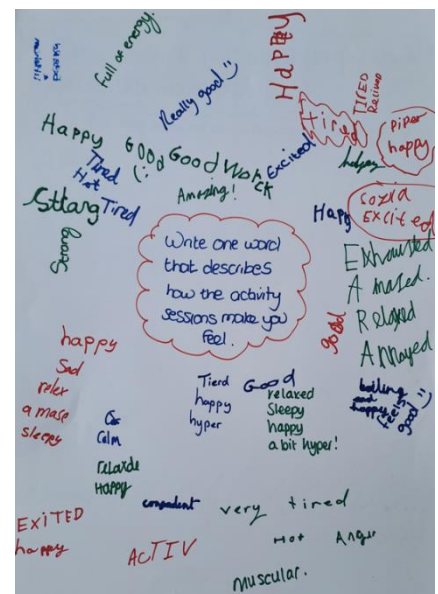


**Cranbrook**

- The sessions at St Martin's Primary School continued until the end of the term in July, with teachers feeding back what a positive impact our sessions have had on the 24 children we have been working with on a regular basis. We also provided an additional/taster session this term with the SENCO team at the school and the teacher reported back 'I've never seen him engaged so well in a session' and almost brought the teacher to tears...what amazing instructors we have at LED! And our partnership with Heads Up! We provided all children with participation certificates and the instructors picked out a few of the children for some free passes to the leisure centre that the children could use during the school holidays.
- We revisited the Education Campus in the Summer term to carry out a small consultation exercise with 10 disengaged/pupil premium girls that had been highlighted by the school to find out if we could provide them with some form of activity, this will start in September.
- We are working with a pre- and post-natal instructor to support the start of pre and post-natal classes in Cranbrook. A funding application has been submitted with Live and Move Cranbrook.
- Continued involvement in the Move More Cranbrook group.

**Ongoing Projects**

- Swim to the Sea finished in July with our 2 Open Water instructors supporting 15 adults to become confident in the sea over 10 weeks – this project has had such an impact that we have a waiting list for a course next year!
- The school's work continues with Littleham, and Exeter Road Primary Schools in Exmouth. Working with 108 children on a weekly basis offering regular fun physical activity to those children that would not normally have an additional activity out of school. We have provided participation certificates at the end of the term and free passes for the school holidays. We also took the opportunity at the end of the term to do some evaluation with the children to find out what they think about the sessions – some great comments! We have also had 31 Year 3's from Exeter Road visit Exmouth Leisure Centre for a tour of the centre and a fitness session in a studio...great to see them asking questions about lots of different activities.
- The children's Swim to Sea project also came to an end with great success of 29 children taking part, and parents watched the last session reporting back that they and their children feel safer down at the beach now a positive result!
- We continued to work with 24 children at Honiton Primary Year 3 and Year 4, as they came to the end of term, we rewarded some of the children with free passes to the leisure centre.
- We were also lucky enough to be invited along to the Year 6 leavers assembly at Littleham Primary where they presented us this time with some lovely flowers!
- In the Summer term we worked with The Kings School in Ottery 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. We will be working with another group in the Spring Term of 2024 and looking for closer links with the Schools Games Manager.



- Walking Tennis – was so successful in the first 6 weeks we decided to continue our support for these sessions with Sidmouth Tennis Club it has been lovely to see the courts at Coburg being used for this purpose. 12 adults have been attending each week.
- We provided 48 children at Brixington Primary’s sports week in June with some special activities to encourage the children to get active at this special event.
- The Axminster Dementia group has been enjoying some mini-Olympics recently – we continue to support these sessions at the Memory café, Pippins.
- We delivered Walk Leader training to 10 new volunteers. The volunteers are now leading our main Wellbeing Walk program and with the Exmouth community group the Tri Hards.
- Wellbeing Walks continues to be a popular program with over 100 attendees per week across the district. Honiton Memory Café whom LED has supported since the start of their walking journey has just celebrated their 7<sup>th</sup> birthday.
- Our Ocean View Yoga Can project started in August with 15 over 55’s booked.
- A new class for patients of Axminster Medical Practice living with Fibromyalgia will start at The Hangar on September 14<sup>th</sup>. We have been working in partnership with Jurassic Coast PCN social prescribers to enable this to happen.
- We are supporting EDDC with the Ukrainian Sports Day and summer BBQ event at Ocean/Queens Drive on Thursday, 31<sup>st</sup> August. We will be providing Yoga and Multi Sports.
- Work continues the Active Kindness project. LED has been asked to be involved in the Podcast series that Community Leisure UK and NVCO are producing as part of this project. The series of podcasts will be around volunteering, volunteering within trusts, and the volunteer journey.
- This Girl Classes will launch at the Hangar on 13<sup>th</sup> September. Working in partnership with EDMUK and targeting women who shy away from exercise due to a fear of judgement. They could be beginners or returning to exercise in a fun friendly environment.
- Lottie did a presentation at the Naturally Healthy EDI (Equality, Diversity, Inclusion) Steering Group meeting on how LED helped and supported the start of the Honiton Memory café ambles.



## Planning

- We will continue to liaise with Double Elephant/AONB on projects to possibly develop joint work in the schools in September.
- Preparation for new school’s work has begun ready for September that includes:
- Sidmouth Primary – swimming project to work with autistic children.
- Sidmouth College offers students support that have been referred to the mental health team at school,
- Honiton Community College working with the pastoral lead to develop a session for Year 9 girls.
- Working with Lypstone Primary to develop a session for a group of Year 6 boys who have several complex needs and struggling to engage with school as well as a group of Year 3 girls who have high anxiety issues about attending school.

- Collating content and putting and working with a graphic designer on the layout of a family leaflet that will share basic physical activity and nutrition information as well as offer the family challenges and easy cook-together recipes that will be distributed to schools.
- New project working with Axminster Primary School and Heads Up to hopefully start end of September.
- Working to engage with Axminster Physio team to offer an outreach session to help promote Health Referral in Axminster.
- Liaising with Space – A youth organisation in Exmouth to provide some taster sessions to encourage young people to join the Teen sessions at the centre,
- Initial meeting held with Ottery and Exmouth Library to look at the possibility of providing some outreach sessions at the library.
- Working with AONB and Restore on a Wildlife Wander work to celebrate 60 years of the East Devon way. The provisional walk date is set for 5<sup>th</sup> October.
- The community team is liaising with the Deaf Academy in Exmouth to see if we can support them in physical activity sessions at the school and also at Exmouth Leisure Centre.
- A New Parent and Toddler class is due to start on 14<sup>th</sup> September in the outside space at Seaton Hospital.

### Prosperity Fund

- Born To Move is being used by schools to support children through exercise using a digital platform. The team have rolled this out to 3 secondary schools and 8 primary schools so far.
- Working with a referral instructor in Sidmouth to start a new Strength and Balance class at Therasas Hall. Linking initially with Sid Valley Help to see where the LEDs Community team could help support.
- Seachange physical activity partner project is due to start in September. Activities will be taking place at both Seachange and Exmouth Leisure Centre.
- Working with Nutriri in Axminster we have developed a weight-neutral 12-week weight management course which launches in September.
- Pickleball has launched across LED with turn-up sessions to coached sessions.
- LED attended the Cranbrook Wellbeing NHS celebration event at Cranbrook Medical Practice on Wednesday, 5<sup>th</sup> July. Offering free Inbody checks.

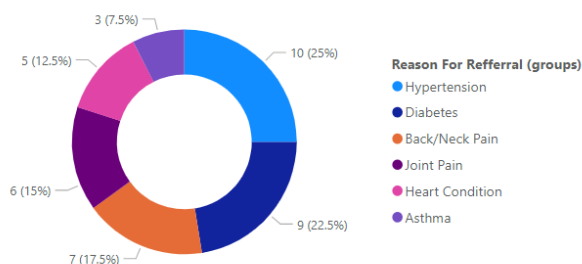
### Health Referrals

Listed below are the health referral services that run across East Devon, each centre runs a health referral service with sites that specialise services depending on the locality.

Centre	Health Referral	Escape Pain	Good Boost	Cardiac Rehabilitation	Cancer Rehabilitation	Strength & Balance
Honiton	X	X	X	X	X	X
Exmouth	X		X		X	X
Sidmouth	X		X			
Ottery	X				X	
Seaton	X				X	X
The Hangar	X					

LED has had 94 health referrals in the last 3 months and currently, there are 121 people in the scheme. We had 775 customers attend a health session in July 2023.

The links with the MSK physios are progressing well with Exmouth really developing well. The centres offer the physios space to deliver community classes with the exercise pathway into LED for patients' exit pathways. This is working well at Exmouth due to location, access, and studio availability. The team has developed further walking circuit classes to support referrals along with all sites developing more Health Referral sessions.



LED Community Team