

Report to: EDDC / LED Monitoring Forum, 27th April 2021
Subject: LED Community Engagement / Outreach Programme, June – September 2021
From: Peter Gilpin, CEO, LED Community Leisure
Date: 15th April 2021

At the time of writing, the Community Engagement Managers are furloughed, and have been for 12 months. The full-time post of Community Engagement Manager is job-shared by Lottie Edwards and Jane Nicholls.

Lottie and Jane will be returning to work part-time under the flexi-furlough scheme in May. In liaison with Andrew Dare (LED Fitness and Wellness Manager) and Jamie Bryant (LED Director of Delivery), they will be identifying 'outreach' projects that can be started or resumed following the Coronavirus disruption and how LED can support the current EDDC Public Health Strategy.

A meeting between the above LED team and relevant EDDC officers will also be held to begin to formulate a long-term, cohesive community leisure, health and wellbeing strategy that LED can support.

LED's Outreach Programme for June – September 2021:

1. Re-start Health Referrals across East Devon (GP Referral, Cardiac Rehab, Escape Pain, Strength and Balance)
2. Work with Volunteers to establish a new set of Wellbeing Health Walks following Covid19 guidance – June/July Start
3. Promote the "Naturally Healthy May" campaign to LED members through email, social media, Health Coaches and LED's app, linking to EDDC natural environments such as Wetlands, Wild Projects and LED's outdoor activities, such as exercise classes, tennis, mini golf etc.
4. Develop a Wild Swimming project at Exmouth to start in July, in partnership with EDDC
5. Work with the Imperial Medical Centre on specific walks to target inactive people
6. Set up "Couch to 5K" 6-week running course at Exmouth LC – targeting inactive people, to build levels of fitness. If successful, to target specific age groups.
7. Promote "Wellness Week" in June to support the community – Book a Health Screening as well as potential Nutrition and Coaching Seminars.
8. NHS Health & Wellbeing Coaches – Support their clients with LED being the exercise pathway and continue to develop the "Ways2Wellbeing" social prescribing model.
9. Support new opportunities with NHS physiotherapists.

Peter Gilpin, CEO, LED Community Leisure