

Report to: EDDC / LED Monitoring Forum, 6th July 2021
Subject: LED Community Wellbeing / Outreach Programme
From: Peter Gilpin, CEO, LED Community Leisure
Date: 23rd June 2021

It has been a really busy few months since The Community Engagement Team have come back due to Covid19. It is an exciting time and the team are back starting to build old partnerships as well as driving new projects to support the community and improve their physical and mental health.

- LED In Club
 - 'Naturally Healthy May' across East Devon promoting exercise outside with 32 people attending Bodybalance, Circuits and Animal Flow class as well as linking to Wild East Devon.
 - Wellness Week was piloted at Seaton and Axminster sites promoting the below. Free to non-members.
 - Physical Activity
 - Nutrition
 - Mental Health
 - Health MOTs
- Social Prescribing
 - East Devon's Social Prescribing 'Ways2Wellbeing' partnerships is back up and running after Covid19 with 3 discounted membership offers.
 - Designing an Exercise pathway offering for new Mental Health Coaches working across Sidmouth and Honiton area and will follow similar model to Ways2Wellbeing but with an enhanced offer of £20 for 20 days free based on feedback from the coaches.
- Health Referrals
 - Escape Pain, Strength and Balance currently on hold due to NHS physios currently having classes on hold that feed into these.
 - GP referrals have returned across all sites and is positive but limited numbers because of Covid19.
 - Pilot with NHS MSK Physios working with patients at Honiton LC starting July 2021 with potential to roll out to other LED sites.
 - Cardiac Rehab still on hold but plans have started and likely to restart from Honiton LC.
 - Cancer Rehab links with Force started again with a new paid for service they funded.
- Community Engagement
 - Strollercise running in and around Ottery meeting point Land of Canaan – gentle mobility exercises with a stroll. Meeting every Wednesday for 8 weeks initially and targeting inactive Over 55s
 - Swim To Sea in Exmouth, 3 groups Under 18s, adults and Over 55s – Funding from Wild Exmouth Project aimed at people needing to build their confidence/technique for sea swimming – starting July.
 - Pilot project to work with Honiton Community College to provide digital health and wellbeing sessions – this project is in initial planning stages.
 - Provide taster sessions to Year 10 pupils at Exmouth Community College to develop a new project to work with Pupil Progress students for school year 2021/22

- Mother and Toddler cardio tennis session at Exmouth Tennis Centre – targeting mothers that feel isolated or have not previously had the opportunity to access the centre because of issues including childcare.
- Working with the volunteer walk leaders to restart the Walking for Health groups. The Exmouth and Seaton groups will restart in September/October. The Sid Valley and Axe Valley walks will recommence at the end of June. Axminster first walk was on 25th June with 24 people attending.



- Linking with Emma Molony on a co-creation nature project in Harpford woods called ROUTES. Start in August and further work with the Memory Café and our Walking for Health Groups.
- Pre- and post-natal discussions with Louise Evans, RD&E midwife team and DPT on a pilot physical activity programme with anti-natal and post-natal mums that are accessing the mother and baby unit.
- Presence on the Move More Cranbrook group and LDP strategic meetings.
- Funding secured to go towards a new beginner running group in Seaton.
- Agreement with England Netball to deliver Walking Netball sessions using Bicton College
- Aylesbeare Zumba sustained through Exmouth Leisure Centre
- Working with Axminster Community Waffle house and Axminster Leisure Centre on a potential after school Satellite Club targeting 11 – 15 year old boys and girls.
- Collaborating with AGE UK and Sporting Memories to restart the Sporting Memories session in Exmouth by moving to the Tennis Centre from Ocean.

Peter Gipin, CEO, LED Community Leisure