

**Report to:** LED Monitoring Forum, November 2021

**Subject:** LED Community Engagement Programme

**From:** Andrew Dare, Lottie Edwards and Jane Nicholls (Community Engagement Team)

**Date:** November 2021

The Engagement Team has been and will continue to ensure that it links into the EDDC Public Health Strategy with LED driving the areas listed below across East Devon. LED's focus is twofold; delivering meaningful and beneficial activity to residents that need it, whilst also developing and supporting a volunteer network across the district to enable more people to become active. In the past month LED have engaged with 40 volunteers to support programs and had 250 attendees across our community projects.

- Physical activity
- Diet and nutrition
- Mental health
- Loneliness; social isolation
- Dementia
- Long-term conditions
- Frailty and falls

A big drive for LED Community Leisure is developing its partnership with the NHS and the local Primary Care Networks to support the community. This will be through the development of offering community spaces to support joint working (either in existing LED leisure facilities or 3<sup>rd</sup> party facilities) or developing pathways for people to activate services away from a hospital setting.

- In Club
  - Working with the NHS Community Teams we now have the NHS teams working from Honiton and Exmouth delivering the community exercise groups such as COPD and Strength and Balance, with the GP Referral and low intensity classes as the exit strategy for the patients.
- Social Prescribing
  - An exercise pathway offering for new Mental Health Coaches working across Sidmouth, Ottery and Honiton has been launched and working with the team to help support Mental Health Week across LED. It is disappointing to hear that the Ways2Wellbeing Scheme will be stopping in December 2021. This scheme has been an asset to community over the last 4 years and to see this scheme cut with no communication to the public or team members and volunteers involved is very disappointing.
- Health Referrals
  - Escape Pain, Strength and Balance, GP Referral, Cardiac and Escape Pain sessions are now all up and running across all LED sites. We continue to develop processes and develop links with partners to help develop this scheme.
- Community Engagement
  - Strollercise running in and around Ottery, from the meeting point at Land of Canaan – gentle mobility exercises with a stroll. Meeting every Wednesday for 8 weeks initially and targeting inactive Over 55s. Sessions are now being developed to link with the Leisure Centre as a class, like seated exercise.
  - Pilot project to work with Honiton Community College to provide digital health and wellbeing sessions – this project is in initial planning stages. A meeting was held in early September with a hope that the project will start in November working with Year 11 boys that have been identified by the school as in need of additional support.
  - Our Active Mums programme has been selected as a good practise case study for UK Active and will therefore achieve national recognition.
  - Provide taster sessions for year 10 girls who have been identified as having a higher need through SENCO and Pupil Premium. These sessions have an added mental health focus with partnership working through the Mental Health Charity Heads Up. These sessions started on the 13<sup>th</sup> October.

- This Girl Can Cardio, Coffee and Chat Mother and Toddler group exercise sessions at Exmouth Tennis Centre – targeting mothers that feel isolated or have not previously had the opportunity to access the centre because of issues such as childcare. These sessions have now started and sees 10– 12 mums attending each week.
- The 1<sup>st</sup> Session of Couch to Coast started with a launch event at Ocean and saw over 20 people attend. This is a funded CAN project supporting the South West Coast Path
- Linking with Emma Molony to deliver a CAN nature project in Harpford woods called ROUTES. A project that combines a walk in the local area and creative artistic led sessions. Started in September and has 16 attendees.

Another great Routes session this time with the wonderful Rosie! Showing the group how to screen print with what we found on our walk. We also stumbled across the fab creative nature boxes that are dotted around Harpford Woods [Double Elephant Print Workshop](#) LED [Community Leisure Ltd](#) [Active Devon](#)



Well done ladies this morning...if you'd like to join these sessions(mother and toddlers) they are on a Tuesday at 9.30am at Exmouth Tennis centre... The instructor will adapt the sessions to your fitness level...so if you've not done anything for a while don't worry this is for you! [LED Exmouth Tennis & Fitness Centre](#) [LED Exmouth Leisure Centre](#) [LED Community Leisure Ltd](#)



- 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 –All projects are full, with waiting lists. The Under 18s ran successfully through the 6 weeks holiday and the over 55s and adults are currently still running.



- The team have been working with Doctors from Imperial and Haldon House Surgeries in Exmouth to set up a Grade 1 walk from the surgeries. Walk leader training was delivered to staff and volunteers from the practise and then held their 1<sup>st</sup> walk from Manor Gardens on the 14<sup>th</sup> October.

Excited to be delivering our 1st Walk Leader training session of 2021!!!  
 We love walking [The National Lottery Community Fund Ramblers](#)  
[Walking for Health LED Community Leisure Ltd](#)



- The team have been working with the Exmouth Admiral Nurse to see if we can start a new Opportunity Club for dementia sufferers and their carers. Starting with a couple of focus group sessions.
- Working with EMDUK to set up a This Girl Can Classes course for instructors. Training course will take place on 20<sup>th</sup> November at Ottery LC.
- We have supported all areas to restart the Walking for Health sessions and these continue to be very popular with a planned leaders celebration day for 2022. We are working with the Ramblers to migrate it over to the new national scheme called Wellbeing Walks starting in 2022. See below Honiton Dementia Walking group which is still going strong 6 years after we helped support the group to set up.



Dementia Friendly Honiton

August 13 · 🌐

So many miles covered and friendships made over the 6 years of our monthly Honiton Memory Cafe Ambles. Delighted to be all back together again this week enjoying nature on Salcombe Hill. Huge thanks to Lottie & Andrew from [Outreach LED LED Honiton Leisure Centre](#) for your invaluable support 🙏😊🙏



Andrew, Lottie, Jane

Community Engagement Team