

Report to: EDDC / LED Monitoring Forum, 12th April 2022
Subject: LED Community Engagement / Outreach Programme, Jan – March 2022
From: Peter Gilpin, CEO, LED Community Leisure
Date: 22nd March 2022

Lottie and Jane are really developing great links into the community and supporting the NHS Long Term Health Plan as well as delivery the EDDC Public Health Strategy. The team are working with a wide range of groups to help support the strategies and build long term partnerships. The team can be credited for the way they conduct themselves with such enthusiasm and passion to help support the community and making a difference to people’s lives across East Devon.

LED Community

- We are delivering two Walk Leader check in sessions as part of the ongoing work to migrate Walking for Health over to the new Wellbeing Walks format. The two days we had 35 volunteers attend the 4 hours session. Moving over to the new national scheme has been very time consuming for Lottie as it is a big change for the volunteers as we move to electronic systems.



- A new Parent & Toddler class is due to start at Honiton Leisure Centre in the coming weeks.

PARENT & TODDLER SESSIONS

THE SESSION

- Mother & toddler sessions (2-5 year olds)
- Haven't been to a fitness class in a while?
- Is child care an issue... Then this is for you!

Come along to get some feel good fitness, while your child enjoys themselves too! After the session enjoy a cuppa and a chat with the other mums.

No need to be a member but if you are then this is included within your membership!

FROM WEDNESDAY THE 16TH MARCH

STARTING TIME 10:30am - 11:15am

£2.50 PER SESSION INCLUDES A COFFEE!
(Funding will support these sessions until Easter)

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Community Leisure

- Site teams were supported in receiving access to free Deaf Awareness training. The training is specifically aimed at Sports and Leisure providers to give confidence in engaging the Deaf Community to become more active. This is delivered through the charity “Living Options” who manage the Deaf Get Active project. Lottie is working with the charity to understand how LED can be more inclusive to the community including how easy is it for the Deaf Community to navigate the LED app for example and to support centres who would like to start activity groups for the Deaf Community to access.
- Planning is taking place for Littleham Health and Wellbeing fair, working with the operational team at ELC to promote centre and community activities, i.e. providing InBody assessment to attendees on the day.
- Working with the Exmouth Admiral Nurse to develop an Opportunity Club for people with dementia and their carer’s.
- In discussions with AGE UK to restart the Sporting Memories Dementia coffee morning group at Exmouth Tennis Centre.
- Planning for Naturally Healthy May projects, looking to deliver gentle impact outdoor exercise classes in Exmouth and Seaton.
- A new parent and toddler session will be starting at Honiton Leisure Centre shortly in line with the pre- and post-natal sessions, aiming to offer a fitness session that parents can bring their 2–5-year-olds along to, therefore eliminating the barrier to participation. The sessions have initially been subsidised to ensure access to all, there will be an opportunity at the end of the session to grab coffee and chat with other parents.
- Honiton Community College - a fitness instructor from Honiton Sports Centre has been visiting the school once a week since January offering a group of Year 11 students that are disengaged from PE the opportunity to have an activity session in a slightly different way – the aim will be to provide some sessions at the sports centre as they move through the weeks so that they become comfortable in sports centre environment.



- We have been working with Littleham Primary School, Exmouth and “Heads up” a mental health charity developing some activity sessions once a week for Year 1 and 2, the Pastoral Care Lead has already reported back after 6 weeks what an impact the sessions are having on the children.

- Planning is being carried out with Exmouth Community College to deliver some sessions to Year 10’s with ADHD and Post 16 drop off from physical activity.

- Currently doing some preparation with Withycombe Primary School to develop some sessions for a group of Year 1 pupil premium students, Year 5 girls struggling with anxiety and Year 6 students general wellbeing session in preparation for their transition to senior school.
- A project concept is being developed building on last year's success of the Swim to the Sea sessions, to deliver 2 courses, 1 for young people working with the community college and Sideshore and then an Over 55's group working with Active Devon.

LED In-Centre

- A new Social Prescribing Model which was piloted in 2021 in Honiton, Ottery and Sidmouth will be replacing the Ways2Wellbeing Model. These will consist of Mental Wellbeing Coaches and Connectors and will support patients to live a more active and healthier lifestyle. LED Community Leisure have been part of the pilot at Honiton developing an Exercise Prescription Pathway with 3 options available:

Option 1 – Patient needs more supervision and use the GP Referral Scheme

Option 2 – 20 days of exercise FREE and support by a Mental Health Coach

Option 3 – LED Membership 10% discount and no joining fee.

At Honiton we are now embarking on a new option with the coaches using our spaces to meet clients and run small exercise-based classes as well as utilising our new Virtual Group Exercise system.

In March 2022 Exmouth, Budleigh, Seaton & Axminster has launched the same model with 5 coaches and 2 connectors being inducted. LED Community Leisure will be working with the team to offer the same pathway and opportunities.

- LED has developed a new Exercise Pathway with the First Contact Physio team that work out of the doctors' surgeries. This supports patients to get active at LED centres with a small membership offer.
- Working with a new Community Physio (Lou Saunders) at Exmouth we are developing new Activation Sessions at Exmouth LC with the exit pathway into the GP Referral Scheme or other LED activities.
- LED have continued our partnership with The NHS Community Physio team and support multiple classes currently at Honiton and Exmouth such as Backfit, Pulmonary Rehab, Strength & Balance, and a Lower Limb Class.
- LED continue to run our GP Referral Sessions across all 7 sites with Cardiac Rehab Phase IV running from Honiton LC, Cancer Rehab, Strength & Balance and Escape Pain at various sites. [Honiton Editorial](#) on Jude the Health Referral Lead at Honiton LC.