

Report to: LED Monitoring Forum, January 2023  
Subject: LED Community Engagement  
From: Andrew Dare, Lottie Edwards, Jane Nicholls – Community Team  
Date: January 2023

### **Feedback from Withycombe Primary School**

*Feedback from the Head 'The sessions have been brilliant, and Wendy is such a pleasure to have in school. We have definitely seen a difference in children's anxiety levels, they are all much less anxious. I hope they can use the skills they have learned in the future. Thank you for organising this opportunity for our children.'*

### **Active Kindness**

We have been successful in a project bid to Community Leisure UK for a project called Active Kindness. This one-year project is funded by Sport England and is focused on utilising volunteers in the charitable trust sector to build more active and more connected communities. This project is partnered with the NCVO (National Council for Volunteering).

### **Cranbrook**

- Work in Cranbrook continues with a presence at the Move More Meetings. The group facilitated the delivery of the Move More Cranbrook Buddy Boost challenge for October/November.
- A new LED/Heads up physical activity and mental health project will be starting in January working with 24 year 3 students from St Martins School. These students have been handpicked by the teacher as those socially affected by the Covid pandemic and who shy away from team activities. The sessions will be split into 2x30 minute sessions
- We have connected the team at Ottery with Aynsley Jones (Cranbrook Community Hub Manager) at the new Community HUB EX5 Alive based at the Cranbrook Education Campus. The hope is to restart classes in Cranbrook in the New Year managed through Ottery Leisure Centre.
- Liaising with PE staff at Cranbrook Education Campus regarding a Physical Activity project for the students in 2023.

### **Ongoing Projects**

- Lottie & Jane attended the recent WEB Health Matters forum held at Ocean to help build partnerships.
- Lottie attended the Naturally Healthy Forum where there was a big focus on green and blue prescription – similar to GP referrals but signposting to countryside and coastal activities.
- We had 20 participants attend AGE UK big activity week.
- The schools work restarted in September, working with Littleham, Withycombe and Exeter Road Primary Schools in Exmouth.
  - This year we are working with 32 -Year 5 and 6 children at Littleham Primary School, Exmouth alongside "Heads up" the mental health charity to provide children that would not normally benefit from additional physical activity with some fun fitness sessions with our LED Community instructor.
  - We are continuing to provide some yoga sessions at Withycombe Primary School with 8 Year 6 children that continue to struggle with anxiety in the build up to their sats.

- In September we also started to work with Exeter Road Primary School children from Years 1, 2 and 6. 24 children from Year 1 and 2 are provided with some fun fitness team building activities within the school environment working with our LED Community Instructor alongside the Heads-Up Mental Health lead. 28 children from Year 6 have been provided with a yoga session once a week at Exmouth Leisure centre – the children first go to the swimming pool for their regular session and then join our Community Yoga Instructor for a session afterwards in the studio, the teacher has provided us with some positive feedback, 'We do appreciate the afternoons at the Leisure Centre and have seen such a change in both what the children can do and their appreciation of sport.' Year 6 teacher at Exeter Road
- A new parent and toddler sessions started in Seaton in September closely followed by Axminster in November. They offer a fitness session that parents can bring their under 5s along to, therefore eliminating any barriers to participation. The sessions are initially subsidised to ensure access to all, the sessions offer an opportunity at the end of the session to have coffee and chat with other parents.



- Continued support of the Exmouth Stroke Survivor Club in Littleham. Funded seated exercise classes and nutrition advice with our community instructor Hayzel are provided, the group have been given their own equipment to use, alongside a letter of support from LED for any future funding bids for the club and we continue to offer a weekly swimming session for group members and their carers.
- Wellbeing Walks continue across the district ran by our volunteer walk leaders. Currently 80+ participants attending every week. With monthly dementia ambles in Honiton and Exmouth Doctor surgery walks.
- Re connected with FORCE in Exeter and attended the FORCE partner meeting on the 2<sup>nd</sup> December alongside our FORCE Instructors. Looking to help them with their community outreach delivery with classes.

### Planning

- Funded Aqua Natal Classes at Honiton
- This Mum Moves Pilot with Active Devon/Active Pregnancy Foundation
- FORCE Classes at Exmouth Tennis Centre with Cheryl.
- Beginners running group Axminster/Seaton with Simon
- Beginners running group with Louise Saunders potential Sidmouth, Exmouth
- New schools work, Cranbrook Educational Campus, St Martin Primary school - Cranbrook, Broadhembury Primary School and Honiton Primary School – I've had initial meetings with all of these and looking to start in January 2023 with all alongside Heads up just working out logistics with instructors and paperwork!
- Honiton Community College – working with a group of Year 9 girls that are struggling with confidence/body image, these sessions will start in December.

- Axminster Dementia group – finalising instructor to start in January with this group at Pippins
- Health/MOT checks liaising with Coleridge Medical Centre to look at engagement with 35–50-year-old age group.

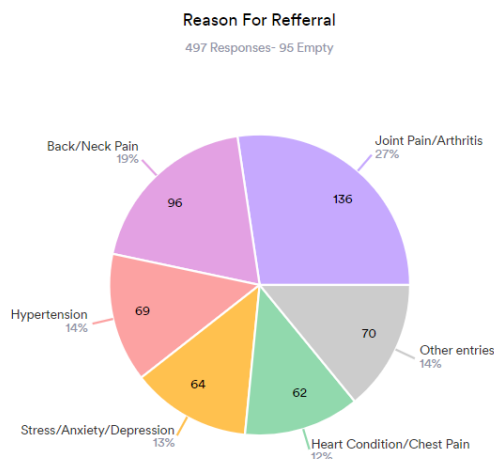


- Initial meeting held with Action East Devon – to look at closer partnership working in Sidmouth Community college alongside their mental health work.
- Met with Devon Learning to look at possibility of running family activity sessions in Littleham Primary School alongside their family Healthy Eating/cooking project.
- Funding application to go into Exmouth Town Council to look at partnership funding with Sideshore for the children’s Swim to Sea sessions next year.

- In partnership with Les Mills, LED is working with the primary schools to help engage the children in regular exercise through a digital virtual platform. LED are upskilling the teachers to become activators to support the children with anew fun innovative way to exercise.

### LED In Centre

- Continue to support the NHS as part of their community classes development. We now help support Strength & Balance, COPD, Falls Prevention and Activation classes at Honiton, Ottery, Sidmouth, and Exmouth. The team support these groups by providing exercise pathways after the NHS course finishes.
- Launch at Sidmouth LC as a pilot of a Gym Quiet Hour. This will make the experience more comfortable for members with autism, high levels of social anxiety and those who prefer working out in a quieter environment.
- Working with Seaton doctors’ surgery o help develop a self-referral model for our GP Referral Scheme to help support more people in the community to get active if they have a long-term health condition.
- LED have launched 2 new Strength & Balance Classes at Honiton and Exmouth. The classes will be funded by the NHS for 2 years with a self-referral model developed as part of the process. The plan is to roll this out to Seaton in 2023.
- Health Referrals are improving, and numbers are starting to increase especially from the new social prescribers (Mental Health). See below some data from September 1<sup>st</sup> – November 30<sup>th</sup>, 2022. We had a 64% completion rate of the 12-week course with 30% of those joining to a membership. Joint pain is still the number one reason for referral on to the scheme with 27%.



Health Referral Consultations	76
Health Referral 12 Week Consultations	32
Health Referral Participation	1391