

**Report to:** Leisure Strategy Delivery Forum  
**Subject:** Facilities and Activities Report  
**From:** Operational Delivery Team  
**Date:** 28<sup>th</sup> April 2026



## **Overview**

LED Leisure continues to deliver strong community value across East Devon, with rising participation, strengthened partnerships, and a growing portfolio of innovative programmes.

Recent developments — including the expansion of HYROX functional fitness, introduction of private healthcare access for members, the successful launch of our Digital Wellbeing Plan, ongoing Honiton Gym improvements, investment in the environment, and preparations for our LTA Tennis Open Weekend — demonstrate LED’s commitment to evolving with community needs and national trends.

Despite sector-wide financial pressures and increased local competition, LED remains aligned with EDDC’s priorities around health, inclusion, and community resilience.

## **Highlights:**

- 1. Development of HYROX** - The introduction of HYROX-style functional fitness training has been a major success.

Key outcomes:

- Strong uptake from younger adults and returning exercisers.
- Increased off-peak usage and diversification of the fitness timetable.
- Attraction of new members seeking structured, performance-based training.
- Positive feedback around motivation, challenge, and community feel.

- 2. Honiton Gym Development** - Honiton Leisure Centre has seen significant investment, enhancing both the environment and the customer experience.

Key improvements include:

- Upgraded equipment to support strength, cardio, and functional training.
- Improved layout to increase accessibility and training flow.
- Enhanced lighting, décor, and flooring to modernise the space.
- Positive member feedback, with increased usage since the upgrades.

These developments strengthen Honiton's role as a key fitness hub for the local community whilst assisting us in mitigating the impact of increase local competition.



**3. Launch of our Health Key programme** – this provides our 'All In' members with access to private health services including:

- Virtual GP appointments
- Virtual and face-to-face physio appointments
- Mental health support services
- Dieticians
- Discounted health screening
- Discounted blood and hormone testing

This investment is designed to ensure we are offering rounded wellbeing and longevity services for the residents of East Devon.

**4. Tree and Kelp planting initiative** – LED has partnered with an organisation to assist us with reducing our carbon footprint by planting trees and kelp for every new member we sign up.

- We will plant a tree for every new member we sign up at any of our facilities and kelp for every swim lesson participant we sign up.

- We are anticipating this delivering c.5000 trees/kelp being planted per annum just for the EDDC Leisure contract, with the total figure for the LED group being far greater.

**5. LTA Tennis Open Weekend – Planning Underway** - LED is working closely with the Lawn Tennis Association (LTA) to deliver a Tennis Open Weekend, designed to increase participation and introduce new players to the sport.

This will take place at Exmouth Tennis Centre and include:

- Free taster sessions for adults, juniors, and families.
- Coach-led activities showcasing the benefits of tennis for physical and mental wellbeing.
- Equipment provided to remove barriers to participation.
- Promotional campaign to attract new players and re-engage lapsed participants.

This event supports EDDC’s goals around active lifestyles, community engagement, and accessible sport.

**6. Digital Wellbeing Plan** – LED launched its first Digital Wellbeing Plan, supporting residents to use technology to improve physical and mental wellbeing.

Highlights:

- 30 residents attended, demonstrating strong demand for digital inclusion support.
- Sessions covered activity tracking, online safety, motivation tools, and healthy screen habits.
- Participants reported increased confidence in using digital tools to support their health.

This initiative directly supports EDDC’s aims around digital inclusion and ageing well.

**7. Hospicecare Award** - LED were recognised by Hospicecare and awarded the “Unsung Hero” award at the 40 Club Awards, celebrating organisations that make a positive impact behind the scenes.

- This recognition reflects the passion, commitment and teamwork shown by staff across LED in assisting Hospicecare in raising over £100,000, working in partnership with local businesses across the East Devon area.



## **Active Communities Update**

This report provides an overview of our activities and achievements from January through mid-April 2026, highlighting new school partnerships, ongoing programmes, community initiatives, and partnership working in the East Devon area.

### **Community Health Engagement**

- Health checks delivered for teachers at Cranbrook Education Campus.
- Attendance at the Exmouth Collaboration Day, contributing to discussions on challenges facing children and young people in Exmouth.
- Participation in the Eastern Devon Healthy Ageing Partnership, supporting coordinated approaches to ageing well.
- Ongoing collaboration with the NHS Frailty Lead to pilot a new support group for instructors working with older adults, with a focus on FaME delivery.
- Attendance at the WEB Health & Wellbeing Alliance.
- Attendance at the Naturally Healthy Forum.
- Participation in the Volunteer SIG (Community Leisure UK).
- Attendance at the Engage & Connect event at The King's School.
- Ongoing volunteer support across wellbeing programmes, strengthening community capacity and sustainability.

## Targeted Projects & Programmes

- Cranbrook Education Campus girls' project visited Ottery St Mary, taking part in a range of activities to support confidence, wellbeing, and physical activity.
- PausePower menopause pilot launched at Ottery St Mary; following successful engagement, the programme is continuing and will be rolled out to additional sites, with Seaton next.
- Partnership work with Open Door to support their toast sessions through physical activity and wellbeing input.
- Delivery of Wellbeing Walks, supporting low-level physical activity, social connection, and confidence building.
- Launch of the new Lypstone Wildlife Group, with 17 residents attending the first session, promoting nature connection and community engagement.



# PausePower

Empowering busy midlife women to feel better!

Starts 24th Feb 2026

**£30 FOR 6 WEEKS for non members and free to members**

A 6 week Strength, Support and Self-care class for women in Menopause

PausePower is a weekly 1 hour class designed to help you build strength, reduce stress and connect with others who understand the menopause journey.

<b>Exercise</b> We'll guide you through 30mins of strength training in the studio using small pieces of equipment - safely and effectively in a supportive environment	<b>Relaxation</b> Our instructors will guide you through relaxation, giving you time to breathe, reset and recharge.	<b>Refreshments</b> Supportive space for friendly conversation. Whether your managing symptoms, building confidence or simply seeking connection with like minded women PausePower can help you feel strong, supported and seen.
---	---	---

**Location & Time**  
Ottery Leisure Centre, Cadhay Lane, Ottery St Mary, EX11 1QW, 6-7pm Studio 1

To book a place call **01404 814317**

[www.ledleisure.co.uk](https://www.ledleisure.co.uk)



## Schools Engagement

Continued delivery of school-based wellbeing and activity programmes at:

- Littletown Primary
- Beacon Primary
- Littleham Primary
- Cranbrook Education Campus



### **Upcoming Additions (PF Workstream)**

The following items will be included in the next update section:

- Men's Mindfulness sessions
- Dan's Kickstart programme
- Climbing wall development and engagement activity

### **Deferred to Next Quarter**

- Fibromyalgia support development
- New Strength & Balance initiatives