

# One Leisure Active Lifestyles Annual Report 2018/19

## Meet the One Leisure Active Lifestyles Team

### Active Lifestyles and Health

Jo Peadon, Active Lifestyles and Health Manager

Danielle Sancaster, Active Lifestyles Development Officer (0.6FTE)

Darren Lander, Active Lifestyles Development Officer

Hannah Postlethwaite, Lets Get Moving Co-ordinator

Amy Barber, Physical Activity Officer

Steven Head, Physical Activity Officer

Daniel Godward, Physical Activity Officer

Michelle Cave, Physical Activity Officer (0.7 FTE)

The team are supported by a small number of Outreach Coaches (variable hours), Impressions Fitness Consultants, 30 Health Walk volunteers and Gym Buddy/Right Start Buddy volunteers.

### Sports Development

Martin Grey, Sports Development Manager

Tom Leonard, Sports Development Officer

Chantelle Abraham, Sports Activity Officer

Chris Dennis, Sports Activity Officer

The team are supported by a small number of Outreach Workers (variable hours) and volunteers.

Sharon Budd, Team Support Officer (0.5FTE)

## One Leisure Active Lifestyles Annual Report 2018/19

### Foreword

Welcome once again, to the annual report of Huntingdonshire District Council's One Leisure Active Lifestyles Team.

I am pleased to be introducing this report as it is full of inspiring stories, collaborative examples of working in partnership and enterprising new activities and services for people of all ages and abilities to take part in and maintain or improve their health.

I would like to thank all of the team for their continued efforts to make a difference and have an impact across Huntingdonshire through the services they deliver including the walking sports programme, group exercise classes (including new Cancer and Postural Stability classes), ESCAPE pain management programme and the Under 5's Mini Movers programme; all of which have significantly increased opportunities for more people to be more active more often.

The team display the icare values on a daily basis with a positive attitude that the service and customer are the first things on the team's minds, covering classes where at all possible, being creative, flexible and accountable, and attending many different events and groups 'getting the word out', including the highlight of appearing on BBC East News for the Stronger for Longer Campaign.

I would like to finish by taking this opportunity to thank all our partners for their contributions to the service over the past 12 months for their invaluable support.



Cllr John Palmer

Executive Councillor for Partnership and Well-being

## Setting the Scene

The One Leisure Active Lifestyles team (OLAL) is part of the Leisure and Health Division within Huntingdonshire District Council. This Annual Report is to inform elected members, stakeholders, partners and other interested parties of the activities, programmes and performance of the team during 2018/19.

The One Leisure Active Lifestyles Service vision is More People, More Active, More Often.

### To achieve this:

- We want more people to undertake sport and physical activity to benefit their health
- We will provide more opportunities for people to be more active within the district
- We will encourage more people to participate more regularly to sustain their health and wellbeing, improving retention and encouraging behaviour change

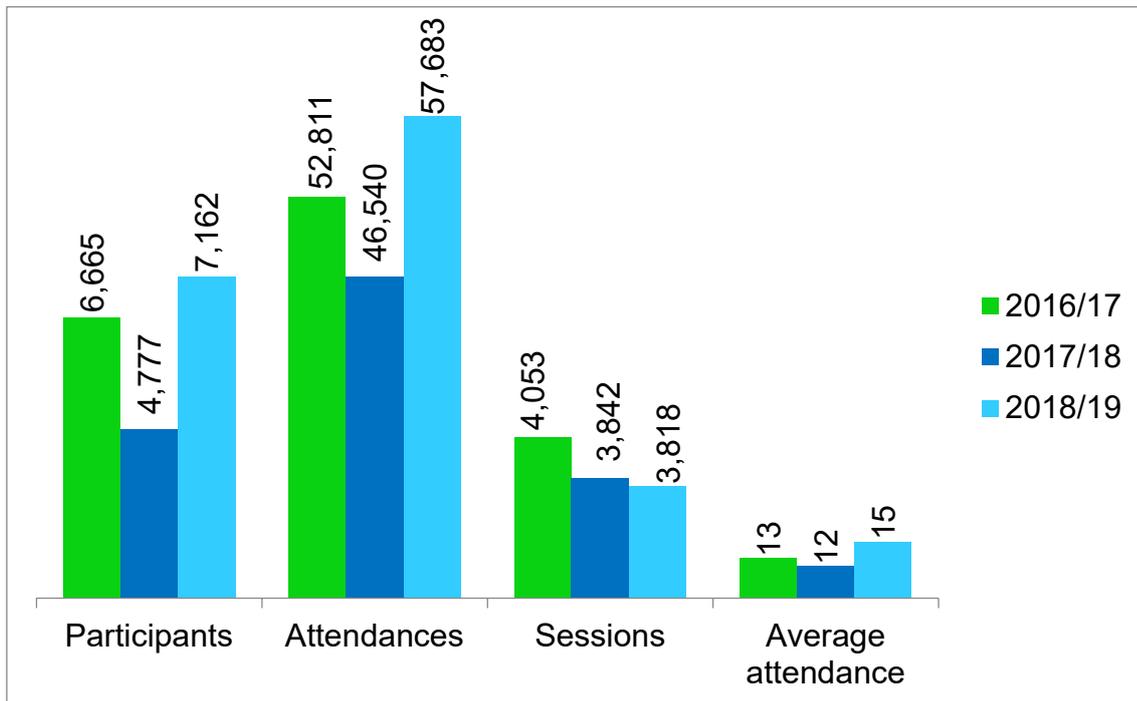
The team helps Huntingdonshire District Council to achieve its Corporate Objectives including:

- People – We want to make Huntingdonshire a better place to live, to improve health and well-being and support people to be the best they can be
  - Support people to improve their health and well-being
  - Develop a flexible and skilled local workforce
  - Develop stronger and more resilient communities to enable people to help themselves
  
- Place: - We want to make Huntingdonshire a better place to work and invest and we want to deliver new and appropriate housing
  - Create, protect and enhance our safe and clean built and green environment
  - Improve the supply of new and affordable housing, jobs and community facilities to meet future need

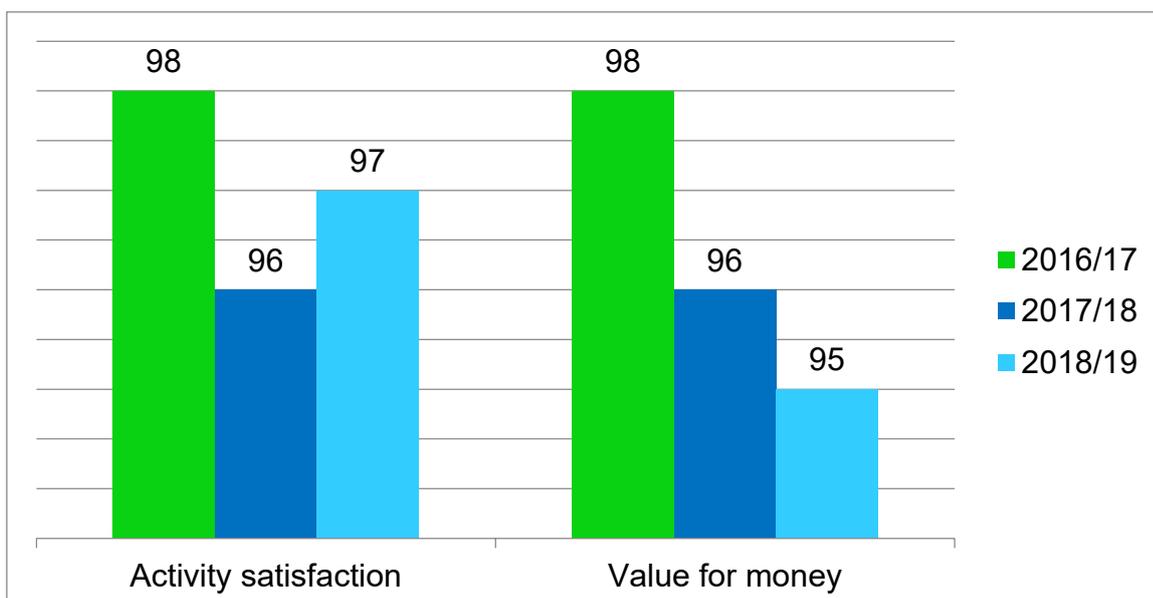
## Attendances throughout the year

Older People	Long Term Health Conditions	Young People	Disabled People	Miscellaneous Family based and bespoke events
21,325	21,592	3,264	1,259	10,243
2017/18: 19,709 2016/17: 18,397	2017/18: 20,417 2016/17: 24,263	2017/18: 2,231 2016/17: 1,721	2017/18: 1,614 2016/17: 2,387	2017/18: 2,569 2016/17: 6,043

## What we did and how it was received



## What our customers told us



## How We Get More People, More Active, More Often:

### Exercise Referral

Individuals with medical conditions and requiring additional support to exercise are referred to Impressions Fitness Suites and looked after by an exercise specialist qualified to REPS Level 3 or 4 from the One Leisure Active Lifestyles team.

“The service I am getting is brilliant. I have never been inside a gym before in my life I was made to feel at ease and my instructor has been amazing putting together a rehabilitation programme for me after my total knee replacement which has made me feel more confident thank you”

### Specialist Group Exercise Classes

Group exercise classes for people with cardiac, cancer and pulmonary health conditions. Led by instructors qualified in the specific area in relation to exercise these sessions are social, fun and adaptable.

“Enjoy coming - beneficial both physical/health and social. Enable us to do some/most of the exercises between sessions. Good value for money.”

### Health Walks

Nationally accredited, this scheme involves a team of 30 volunteers who lead a programme of walks across the district. The walks range from 30mins to 90mins and are supported by Cambridgeshire County Council’s Public Health Team.

“Excellent scheme! Very grateful to walk leaders!! Appreciate that I can opt in/out of walking any day - flexibility. Very friendly and welcoming - makes for a very relaxing stroll in good company. Thank you!”

### Right Start Group Exercise Classes

Group exercise classes targeting over 50’s and those who require additional support to exercise but favour a class setting over the gym environment are being delivered across the district at various venues.

“I started the class after falling and breaking my arm. The classes were a lifeline back to confidence and fitness. The classes are invaluable to those of us who need appropriate exercise at any age.”

### **ESCAPE** - Enabling Self-management and Coping with Arthritic Pain through Exercise.

ESCAPE Pain is a rehabilitation programme that helps people with osteoarthritis (OA) and/or chronic joint pain self-manage their condition.

‘ESCAPE pain has helped me feel better in myself. Allowed me to meet more people and understand how to manage my pain better.’

### **Let’s Get Moving (LGM)**

Many of the leading causes of ill health could be prevented if people were to increase their physical activity levels. LGM is helping reduce the number of inactive people across Huntingdonshire supporting the implementation of Park Run in St Neots and the NEW Right Start Aqua programme across the district’s leisure centres (a lower intensity aqua-based class).

“In the last 18-20 months or so I’ve been able to completely come off any medication for my mental health, partly due to learning to meditate and also because I started running regularly. I’ve also managed to shift a fair bit of weight too which is helping with the running!”

“I just wanted to thank you for the service you provide people who are struggling with mental health difficulties as it’s so easy to feel incredibly lost, but by having a more active lifestyle it is possible to impact on the state of one’s mind.”

### **Walking Sports**

Walking football and netball have been established across the district. There are weekly sessions offering a sporting alternative for people wanting to be more physically active without the intensity of the full game.

“Great camaraderie and banter, plus health benefits”

“We all get on really well and have a joke and a great laugh. It’s being part of something”

### **Disability**

This is targeted work to increase and enhance opportunities for disabled people of all ages to participate in sport. Working in partnership with disability focus organisations, care homes and clubs ensures activities can be delivered for all.

“Chris has a great manner with the service users. He works really hard alongside the service users, he is very helpful, kind and patient you can tell he enjoys his job and the service users enjoy the session and get a lot out of it. He breaks down the session bit by bit so that they learn the techniques to be able to take part in a certain session”

### **Young People**

For young people offering sports sessions as a positive diversionary activity and tackling rising childhood obesity rates. Activities run in holiday periods and term time utilising One

Leisure facilities and linking into the community with groups such as schools, youth clubs and parish councils.

“My son loved it! I would highly recommend it. Activity leaders were brilliant with a mixed age range and all felt included (Holiday Parish Session)”

“Really great, my child is always excited about it, when we pull up in the car park he knows now we are coming to do this. (Mini Movers)”

## Case Studies

### Mini Movers



At One Leisure Ramsey, One Leisure Huntingdon and One Leisure St Neots.

Mini Movers is a fun, friendly and movement based session for children under 5, working with fundamental learning skills through free play. It's a mixture of soft play and problem solving equipment, creating challenges for under 5s.

The session has been taking place at One Leisure Huntingdon and One Leisure St Neots for over 6 months and due to the success of these sessions it has expanded to One Leisure Ramsey.

The session is a fun way to get under 5s active and engaging with other children improving communication. Not only is it beneficial for the children it also helps with isolation for new parents, having somewhere to play with their children and being able to interact with others.

Mini Movers has had almost 600 attendances from September 2018 to March 2019.

### Cancer Rehab



Susan: "I'm 54 years old and was diagnosed with breast cancer in 2015. I had 6 months of treatment, including two operations plus chemo and radiotherapy.

I was apprehensive about going to 'the gym', as I've never been a big fan of gyms and didn't think it would be for me. But, how wrong was I?

The class was individually tailored to my needs, taking into account my medical history, current fitness level and what I wanted to get out of it. My experience was a very gentle introduction to circuit classes, in a friendly, relaxed and fun atmosphere.

After just a few weeks I can honestly say that I've seen an improvement in my health and well-being. I'm more confident, fitter and have improved my balance and range of arm movements.

I'd certainly recommend these classes. I only wish I'd known about them earlier and joined sooner!"

## Health Walks, Huntingdon locality



John: During rehab at Papworth Hospital I had an introduction to Huntingdonshire Health Walks from One Leisure Active Lifestyles. This introduction gave me the opportunity to involve my wife in my rehabilitation from heart surgery. It enabled her to monitor my progress back to good health and for us to share that progress together, something other than me just attending the rehab sessions at Papworth.

Usually the walk takes about one hour at a pace that raises the heart rate but with regular short stops to allow the slower walkers or those with not so good health or fitness to remain part of the walking group without feeling isolated. As my wife and I were also new to the area the walks gave us the opportunity to get to know more about the area we are now living in and what the area has to offer. On the days where we could not make the Huntingdon walk, there is also the opportunity to join one of the other walks in the wider area.

Apart from the obvious benefit of improving your fitness and stamina by taking the walks, you are walking in a group which is friendly, this allows you to feel less isolated and you are not battling your problems alone. You get to know a variety of different people, with different needs and ages; it's an inclusive group for singles and couples alike.

Usually the walk finishes with the opportunity to have tea or coffee and to socialise with the group if you want to.

This helps with relaxing from the walk, to rest and to destress from worrying about your fitness or illness. These walks have been very good for my health and well-being since we started in July 2018 and we always look forward to them; you will certainly benefit in many ways by taking part in the Health Walks, so give them a go.

### **Right Start Aqua One Leisure Ramsey**



Christine: I am a 62 year old teacher. I retired in July 2018 when my husband and I returned to live in Ramsey, after living in the USA for 11 years.

I started Right Start Aqua (and Right Start 5, Ramsey) in January of this year. I have an undiagnosed problem with my legs which means I am often in pain and sometimes find walking difficult so taking exercise isn't easy. However, Right Start Aqua is ideal exercise as the water supports my body and enables me to move more easily than on land. (The low impact exercise of the fitness class also means I can participate fully).

My goals in attending the Aqua class were to improve my strength, stamina and flexibility and over the weeks I have made good progress. My husband and I are currently renovating a house and I find that I am now able to tackle many more jobs and work for longer. I now also enjoy walking our large retriever dog on his 3 mile a day walk without feeling weak and tired before even getting halfway round. I can also cope with, and enjoy, playing with my energetic one year old granddaughter as she leads me a merry dance all-round the house and garden!

So thanks to Right Start Aqua I have renewed confidence in my physical abilities; my leg problems haven't gone away, but I seem to have longer periods without intense pain and feel more able to cope with life generally.

## Walking Football One Leisure Huntingdon



Geoffrey has been attending the walking football at Huntingdon twice a week for a year, as a way to keep fit. Even though walking football came into his life a year ago, Geoffrey has been playing competitive football since the age of 10. Even completing 2 years at a high standard at Millwall FC and played his last 11-a-side match in 1980.

Not only did he grow up to love the game he also was a coach for over 30 years and refereed for 10 years.

Geoffrey decided to come and play walking football as he wanted to get back into the sport, to keep fit and he states he is so much fitter since playing again. Geoffrey has not played football in over 30 years since his last game and is happy to be back playing twice a week as "it's something that I have in common with my sons and family now".

When asked about his highlight of walking football he stated "it's got to be the banter, we all get on really well and have a joke and a great laugh. It's being part of something".

## Yaxley Boxing Club



Yaxley Boxing Club is a great demonstration of collaborative work between Active Lifestyles, Living Sport, Yaxley Parish Council and Peterborough Amateur Boxing Club.

The boxing club is a way to tackle and prevent individuals being involved in local anti-social behaviour and reduce the risk of the young people feeling isolated and disconnected from their own community, breaking through the barriers of young people getting into trouble and turning a poor choice into a positive choice.

The boxing club has had a massive impact on the participants that have taken part, creating an outlet for them to be able to express their emotions in a controlled and enjoyable environment. Participant Jack (pictured) explains 'boxing has made me more focused, I wanted to get fitter and I really enjoy it! It's great fun and I recommend it to anyone. I think it's the best thing I've ever done, it's about doing all the punches and learning all the footwork'.

As the only girl in the group, Chelsea (pictured) has the most experience in boxing as she trains outside of the satellite club. Chelsea got involved in boxing to follow in her sister's footsteps, but has different obstacles than some of the other participants, when asked what difficulties she faces she responded with 'My ankle injuries have made being active difficult, but also my weight. It's really good to keep me active and that's the focus, I hope to continue to get better at boxing.'

Both Jack and Chelsea agree that boxing is great fun and has been beneficial for their fitness and becoming more active, other participants have expressed that boxing is 'Brilliant, enjoyable and great fun'.

This is an exciting project for a town like Yaxley, bringing the community together and inspiring young people to do sport.

## Finance Highlights

Direct Costs	2016/17	2017/18	2018/19	2019/20
Expenditure (£)	374,000	344,000	347,436	339,427

Direct Income	2016/17	2017/18	2018/19	2019/20
Grants		-81,000	-67,571	-34,821
Commissioned Income		-15,000	-10,000	-24,995
Donations		-1,000	-1,000	-1650
Course Fees/sales		-50,000	-77,457	-101,275
Total income	-161,000	-147,000	-156,028	-162,741
Cost of delivering the One Leisure Active Lifestyles service for HDC	213,000	197,000	191,408	176,686

In Kind	2016/17	2017/18	2018/19	2019/20
In Kind Contributions*	-8,070	-5,310	-10,160	-6,000
Volunteers*	-18,000	-18,000	-30,623	-30,000
Total income/ contributions	-26,070	-23,310	-40,783	-36,000
Net cost/surplus in the absence of any in kind/ volunteers contribution	239,070	220,310	232,191	212,686
Capital and revenue grants (to Huntingdonshire District)	-478,000	-500,000	-50,000	-460,000

\*Does not count to the bottom line cost of delivering service but would be an additional cost if the contribution was not there.

## Looking Forward To 2019/20

### **We want more people to undertake sport and physical activity to benefit their health**

- Further Chair Based/Strength and Balance classes to be commissioned out to care homes.
- Continue to support the 30 plus active volunteers leading the Health Walks Scheme with training, support and guidance.
- New targeted classes to be added to the Right Start programme including Pulmonary Maintenance.
- Continue with the ESCAPE Pain management programme, and build up relationship with Hinchingsbrooke hospital to increase awareness of the courses.
- Support One Leisure with National Fitness Day to raise awareness of the importance of being active.
- The introduction of a concessionary pricing scheme in order to encourage those who are unable to attend and take part in a range of activities and classes at the One Leisure facilities.

### **We will provide more opportunities for people to be more active within the district**

- Continuing implementation of the Sports and Leisure Facilities Strategy
- Implementation of the Huntingdonshire Local Football Facilities plan in partnership with Hunts FA.
- Building and opening of 3G pitch at One Leisure Ramsey.
- Funding for a new supply of inflatable canoes.
- Let's Get Moving Cambridgeshire (LGMC) programme to build on the On Your Bike campaign and raise further awareness of the LGMC initiative.
- RightStart Aqua programme to become established across all One Leisure centres.
- St Neots Junior Park run to be established.
- Pilot scheme for full day holiday activity programmes to run at One Leisure Huntingdon in Summer 2019.

### **We will encourage more people to participate more regularly to sustain their health and wellbeing, improving retention and encouraging behaviour change**

- Providing further volunteer opportunities for people to get experience, regain confidence or to simply give something back to their communities.

- Work is being done to establish a Man Vs Fat football league to help overweight men lose weight in a fun and social environment with support on their weight loss journey.
- The concept of 'Rabble' delivery to be included across programmes
- Relaxing of Exercise Referral Scheme criteria, meaning it is easier for individuals to be re-referred to the scheme in the future.

### **More efficient council**

- Seek external funding where the opportunity arises.
- Training requirements implemented for the team where needed and to increase/complement the OLAL offer.
- Support work experience opportunities for university students, increasing on the opportunities offered.

### **Details**

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One Leisure Active Lifestyles

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