

Health & Environment Policy Committee

Communities & Wellbeing Briefing:
An overview of WCC-led programmes



COMMUNITIES & WELLBEING PROVISION

Grants

Community
capacity
building

City of
sanctuary
work

Cost of living
support

Physical
activity
programmes

Parks and
open spaces

Leisure
centres

Securing new
facilities

Work with
partner
organisations

COMMUNITIES & WELLBEING

It is well recognised that having access to regular physical activity is important for physical and mental health, as a Council we recognise this and want to ensure all our communities within the district have access to physical activity.

Contributing towards the 'Living Well' priority within the Council Plan, we want to:

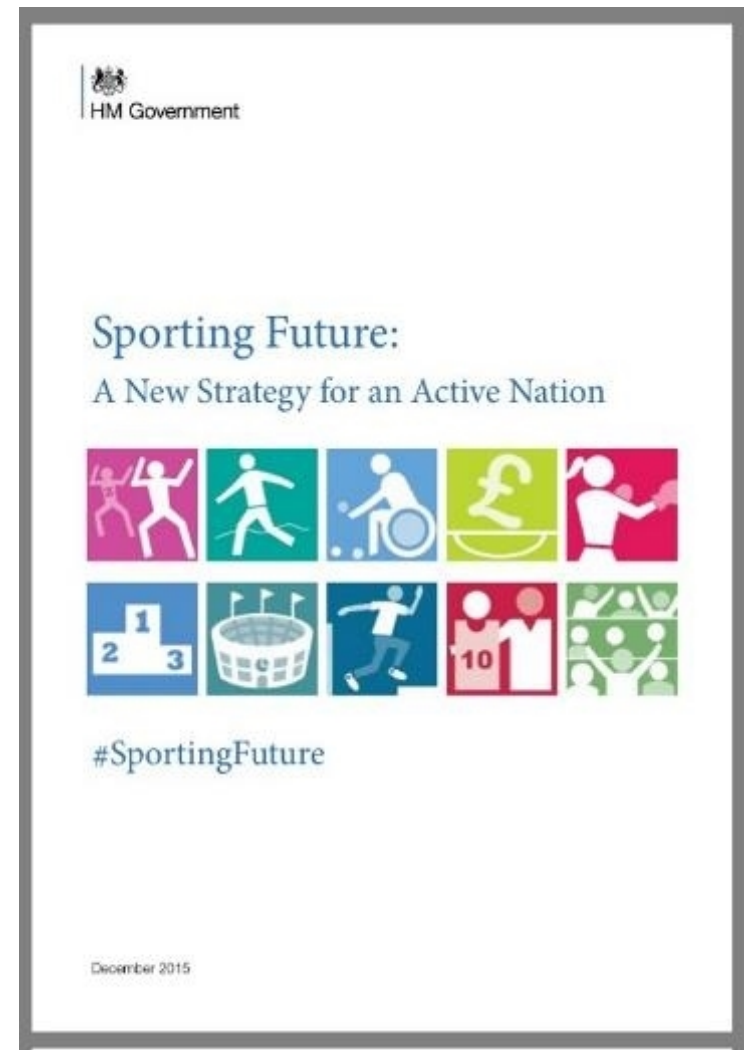
- Reduce health inequalities.
- Provide a wide range of physical and cultural activities for all ages and abilities.
- Increase opportunities for active travel.
- Provide an attractive and well-used public facilities and green spaces for relaxation and play.

We also consider the five key outcomes set within the Government's '*Sporting Future: A New Strategy for an Active Nation*', as well as the five 'big issues' within Sport England's '*Uniting the Movement*' strategy.

SPORTING FUTURE

The Government's Strategy for Sport focusing on **5 key outcomes**

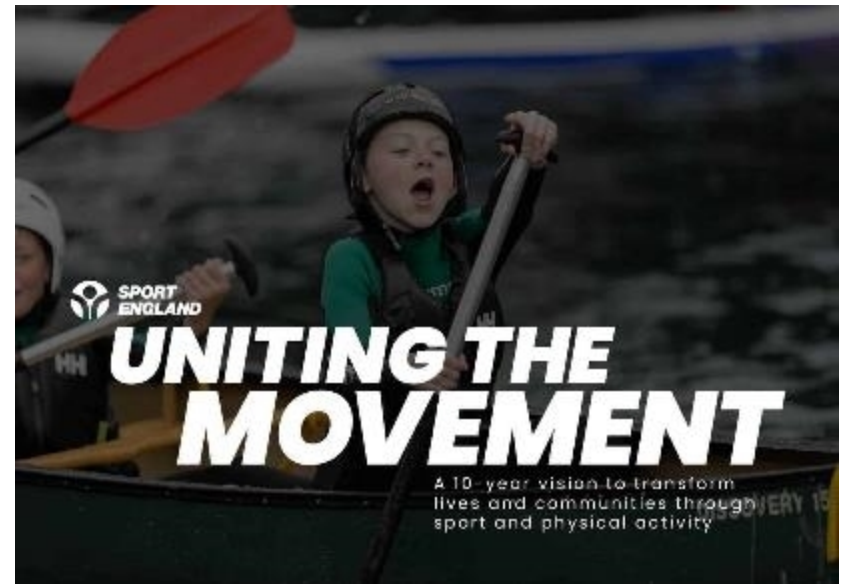
1. Physical Wellbeing
2. Mental Wellbeing
3. Individual Development
4. Social & Community Development
5. Economic Development



UNITING THE MOVEMENT

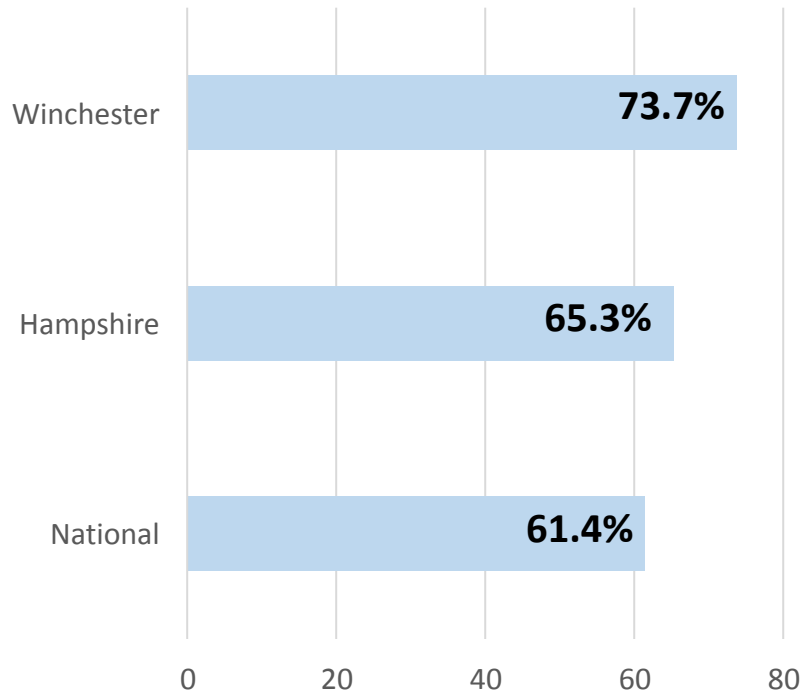
This is Sport England's latest Strategy which focus on **5 'big issues'**

1. Recover & Reinvent
2. Connecting Communities
3. Positive Experiences for Young Children
4. Connecting with Health & Wellbeing
5. Active Environments

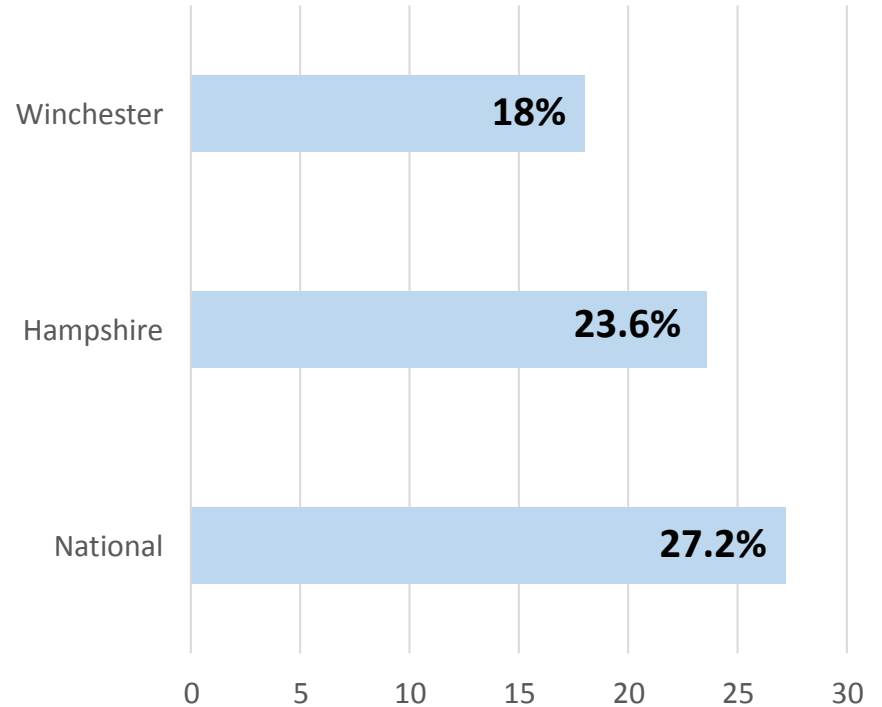


SPORT ENGLAND ACTIVE LIVES DATA

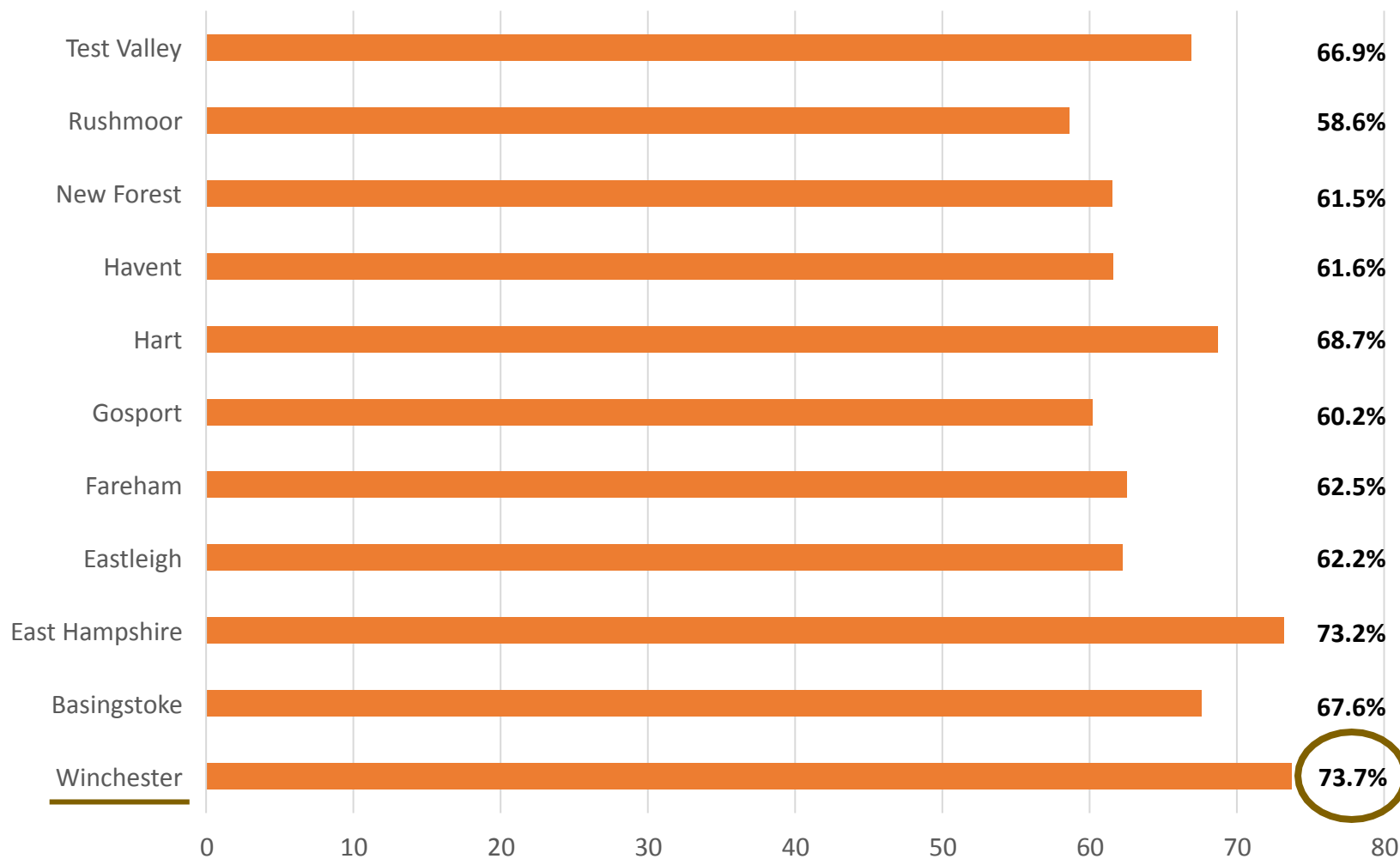
Active (150+ minutes a week)



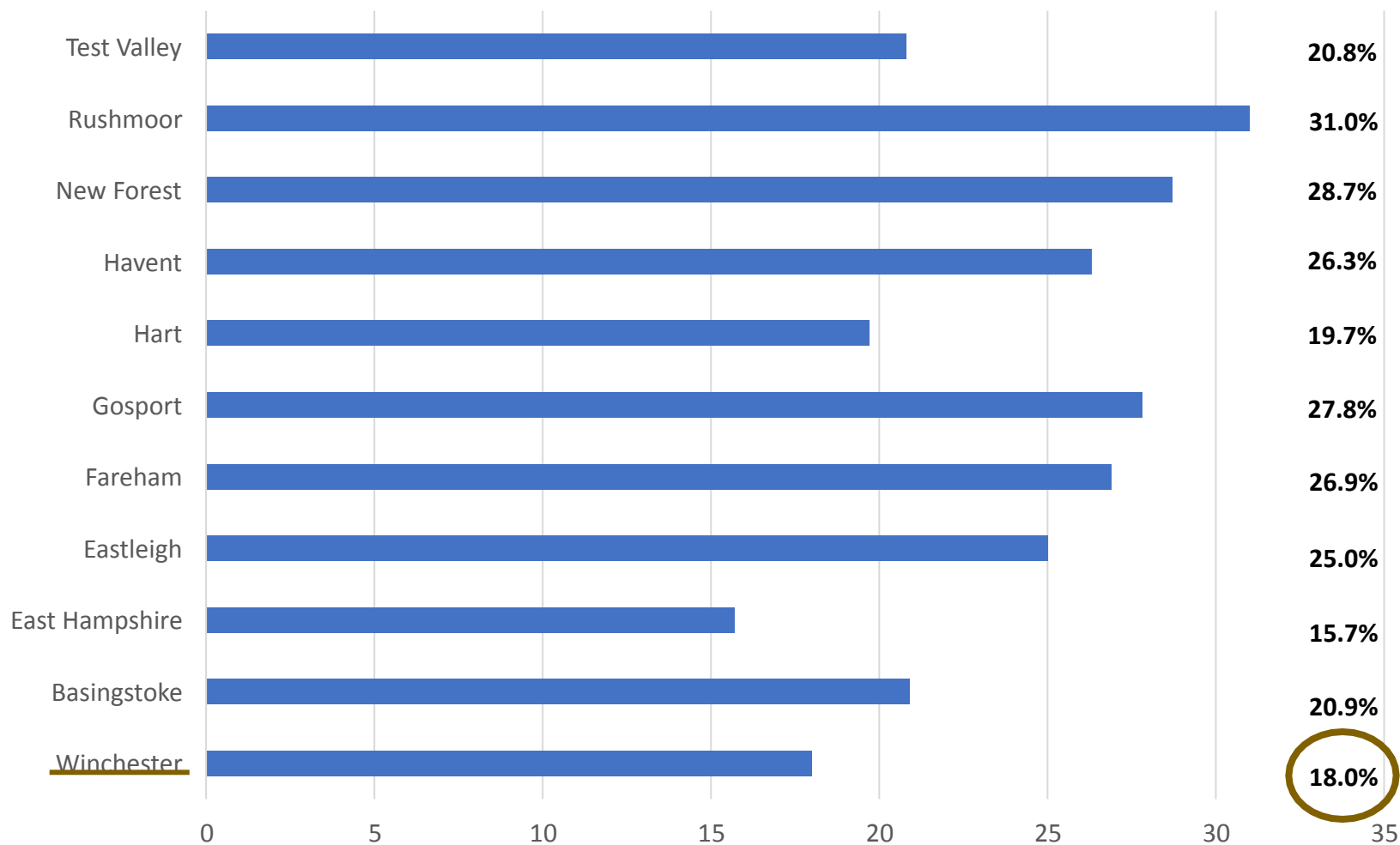
Inactive (<30 minutes a week)



ACTIVE LIVES DATA - ACTIVE



ACTIVE LIVES DATA - INACTIVE



SPORT ENGLAND DATA - SUMMARY

This data is reflected in our corporate KPI LW04 and shows:

- Those deemed active: **73.7%**. This is a **2%** increase from the last report (May 2020-May 2021).
- Those deemed inactive: **18.0%**. This is a **1.2%** decrease from the last report.
- When we compare this nationally we are **12.3%** more active.
- When we compare this at a county level we are **8.4%** more active.
- When we compare this against other Hampshire Authorities we are the **most active**.
- Our inactivity levels are **18%** one of the lowest in Hampshire.

Overall, very good progress as we recover from COVID

However, we understand that there are still some groups within the district who we need to target and encourage to become active on a **regular basis**

WHAT WE DO – WINCHESTER DISTRICT



HALF TERM & SCHOOL HOLIDAY PROGRAMMES



HALF TERM & SCHOOL HOLIDAY PROGRAMMES

Football & Multi-Sports Activities

- October Half Term
- Easter Holidays
- Summer Holidays

Example Programmes

Area	Venue
Whiteley	MLC
Wickham	All Weather Pitch
Bishops Waltham	Priory Park
Colden Common	Recreation Ground

Area	Venue
Winnall	Manor Park
Weeke	Dean Lane Park
Alresford	Recreation Field
Mitcheldever	Recreation Ground

Area	Venue
South Wonston	Recreation Ground
Kings Worthy	Eversley Park
Stanmore	Somers Close
Winchester City	North Walls

HALF TERM & SCHOOL HOLIDAY PROGRAMMES



HALF TERM & SCHOOL HOLIDAY PROGRAMMES

We target communities with the greatest needs, and one of the indicators that we use to identify this is through Hampshire County Council's 'Free School Meals'.

Survey key findings:

- Attracted just over 200 girls and boys (5 – 13 years old)
- Engaged with 31% of children which were deemed 'inactive'
- 82% of children rated the programme as 'highly enjoyable'
- 77% of parents felt their child would benefit from regular sessions in their local community
- 62% of parents are willing to travel up to 5 miles or more.

COMMUNITY PROGRAMMES

Winchester parkrun

Adult parkrun – Saturdays 9.00am

- Events: 398
- Average Attendance: 266
- Throughput: 2019/2020: 14,198
- **Throughput 2021/22: 11,491**

Junior parkrun – Sundays 9.00am

- Events: 234
- Average Attendance: 76
- Throughput: 2019/2020: 3,161
- **Throughput: 2021/22: 3,650**



Whiteley parkrun

Adult parkrun – Saturdays 9.00am

- Events: 197
- Average Attendance: 223
- Throughput: 2019/2020: 9,907
- **Throughput: 2021/22: 4,051**



COMMUNITY PROGRAMMES

Winchester Park Yoga

Sundays - 9.00am (May – September 2021/22)

- Garrison Ground
- Events: 16 weeks
- Average Attendance 2021/22: 45
- Throughput: 2021/22: 694
- **Average Attendance 2022/23: 51**
- **Throughput 2022/23 (to date): 667**



COMMUNITY PROGRAMMES

Winchester Wellbeing Walks



- Bishops Waltham (Tuesdays & Thursdays) – 128 walkers
- Colden Common – 42 walkers
- Winchester City Centre – 34 walkers

2022/23 targets:

- Whiteley
- Winchester City Centre
- Alresford
- Weeke
- 10 new health walker leaders



COMMUNITY PROGRAMMES

Munch Nutrition

Education sessions with parents and children on healthy lifestyles and nutrition

- Stanmore (Carroll Centre)
- Winnall (Unit 12)
- Oliver's Battery Primary School
- Kings Worthy Primary School

Disability Sport

Disability Tennis in partnership with Osman Tennis

- Wednesday from 5pm – 6pm.
- River Park Tennis Courts
- Funding grant secured - £1,500



COMMUNITY PROGRAMMES

Sport In Mind

Session: **Badminton**

When: **Thursdays 2pm - 3pm**

Location: **Winchester Lido, Hyde Church Lane SO23 7DZ**

These sessions are free, and open to anyone over 17 experiencing mental health problems.

The sessions are lots of fun, for all abilities and all about getting as active as you like in a safe supportive environment. They are drop-in sessions, so no need to book and no GP or healthcare professional referral required!



Badminton for Mental Wellbeing

Time Every Thursday at 2-3PM

Venue Winchester Lido, Hyde Church Lane,
Winchester SO23 7DZ

Description Fun, casual drop-in Badminton session for people experiencing mental health problems with our coach Linda! All abilities welcome & equipment is provided!

This group is provided **FREE** by mental health charity Sport In Mind for the benefit of local people. Your local representative is Kirsty

Instagram: @sportinmind Email: info@sportinmind.org Website: www.sportinmind.org Phone: 07788993516



Attendee Sign-Up



NHS
Hampshire, Southampton and
Isle of Wight
Clinical Commissioning Group

COMMUNITY PROGRAMMES

‘Moving More in Extra Care’ Chesil Lodge

Working in partnership with Hampshire County Council, Energise Me and Everyone Active we are looking at the benefits of physical activity for people in Extra Care Housing and therefore inviting the residents of Chesil Lodge to participate in a pilot scheme. The aim is to support good physical health, help you to stay feeling positive and living independently.



Activities

- Assisted Circuits
- Tai Chi
- Yoga
- Resistance Training
- Steady & Strong

SCHOOL SPORTS PROVISION



Maths on the Move

This is a physical activity programme incorporating maths.

- 80% of children reported an increase in confidence relating to maths
- 28% more children achieve the recommended physical activity levels in a school day
- 93% of children demonstrated an improvement in maths performance

Breakfast, After-School Clubs & PPA Sessions

- Sport and physical activity sessions before, during and after school.

SCHOOL SPORTS PROVISION

Operation Active Hampshire

A mission to change lives by improving health and wellbeing using the power of physical activity, sport and education. To support this we have teamed up with ActiveMe 360 who will be delivering 'Operation Active Hampshire', a project that will invest in over **10,000 hours** of physical education and school sport delivery by 2025, engaging over **25,000 children**.

- A school must commit to a minimum of 2 hours per week.
- A maximum of 10 hours per school per week.
- Provision will run for 12 weeks across one full school term.

First Aid Sessions

- 6 week course
- Provide children with the essential skills needed to help others in a first aid situation.
- Delivered through interactive workshops, role play scenarios and practical demonstrations, this course will help boost confidence and understanding of the key steps required to help others.

SCHOOLS ENGAGED WITH...

2021/22 Academic Year

- All Saints
- Bishops Waltham Infants & Junior
- Colden Common
- Winnall
- Osborne
- Stanmore
- Weeke
- Harestock
- Kings Worthy
- Twyford
- Sparsholt
- South Wonston
- Owslebury
- Mitcheldever
- Curdridge
- Cheriton
- Meonstoke
- Newtown Soberton
- Swanmore
- Wickham
- St. Peters



WHO WE TARGET

Free School Meals

Stanmore	36.7%
Wickham	22.2%
Owslebury	22.2%
Barton Farm	17.9%
Oliver's Battery	17.7%
Mitcheldever	16.7%
All Saints	16.3%
Newtown Soberton	15.8%
St. John	15.1%
Curdridge	14.5%
Denmead	14.4%
Sun Hill Junior	12.4%
Harestock	12.3%
Weeke	12.3%
St. Peter's	12.1%
Bishops Waltham	11.5%
Swanmore	11.3%

Kings Worthy	11.1%
West Meon	10.1%
Itchen Abbas	8.9%
South Wonston	8.3%
Meonstoke	7.9%
Sun Hill Infant	7.4%
Cheriton	7.3%
Colden Common	7.2%
Twyford	7.2%
Droxford	6.9%
Western	6.7%
St. Bedes	6.6%
John Keble	5.8%
Compton	5.4%
Hambledon	5.2%
Sparsholt	4.5%
Otterbourne	4.4%
Upham	3.3%
St. Faiths	0.7%

EVENTS

Paralympic Personal Bests

Thursday 25 August – Winchester Sport & Leisure Park
10 year Anniversary
150+ participants with physical and learning disabilities

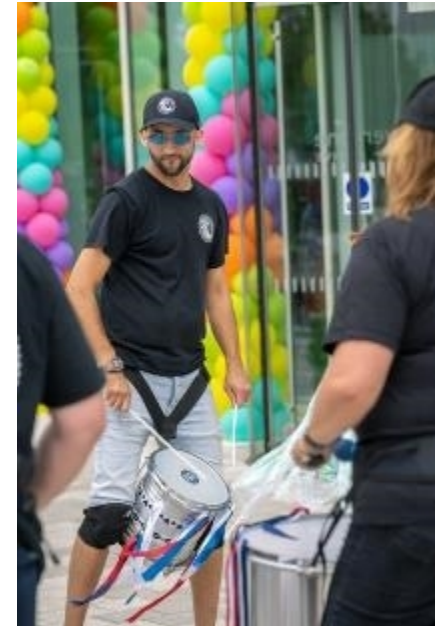


Queen Baton Relay

As part of the build-up to the Commonwealth Games in Birmingham, the Queens Baton visited WSLP on Wednesday 6 July. In partnership with Everyone Active and the University of Winchester, we invited 6 primary schools to take part in a Commonwealth Games Sports Festival whilst we waited for the Baton to arrive.

WSLP – 1 Year Anniversary Weekend

Big Splash event be hosted by Rebecca Adlington - Saturday
Family activity open day - Sunday



LOCAL SPORTS CLUBS

To drive sport and physical activity forward and provide further opportunities for our communities to continue participating in regular exercise.

Sports Club Development

- Funding and grant support.
- Business development plans
- Links to local schools and community venues
- Involving local clubs in events
- Facility support
- General promotion



SPORTS DEVELOPMENT / HEALTH & WELLBEING PLANS

Winchester Sport & Leisure Park:

Exercise Referrals – April 2022/23

- 75 referrals (April 22 – June 2022 Q1)
- 249 referrals (Since the opening of WSLP)
- 2021/2022 - 174 referrals/ COVID-19
- 2019/2020 - 185 referrals/ COVID-19
- 2018/2019 - 269 referrals
- 2017/2018 - 263 referrals

Community Classes (April 22 – June 2022 Q1)

- Steady & Strong – 116
- Pulmonary Circuits – 76
- Nuero-Fit – 75
- Assisted Circuits – 104
- Cardiac Rehab - 65



SPORTS DEVELOPMENT / HEALTH & WELLBEING PLANS

Winchester Sport & Leisure Park – Existing & ongoing programmes

These are discussed in depth at the WSLP Advisory Board

Sports Development:

- School Holiday Club
- Active Antz
- Gymnastics
- Pre-School Gymnastics
- Trampolining
- FUNdamentals
- Bee Netball
- Walking Netball
- Disability Football
- Disability Swimming
- Disability Circuits
- Junior Gym

Health & Wellbeing:

- Exercise referral scheme
- Community classes
 - Steady & Strong
 - Pulmonary Circuits
 - Assisted Circuits
 - Neuro-Fit
 - ESCAPE-Pain
 - Cardiac Rehab
 - Parental Yoga
 - Post-Natal Circuits
 - Post-Natal Spin
 - Southampton Hospital Young People's Programme (supporting 11-25 year olds with one or more health conditions).

SPORTS DEVELOPMENT / HEALTH & WELLBEING PLANS

Meadowside Leisure Centre – New Programme of Activity

These are discussed in depth at the WSLP Advisory Board

Sports Development:

- Back to Netball – 7 September
- Junior Football Sessions (6-8 years)
- Junior Football Sessions (9-14 years)
- Hampshire FA – Wildcats (girls football)
- Disability Football
- Active Antz
- Junior Active (Gym classes)
- Seniors programme (racket sports, Pilates, yoga, pump, spin and gym usage)

Health & Wellbeing:

- Exercise Referral Scheme – 19 September
- Pulmonary Circuits – 12 September
- Baby CPR

KEY PROJECTS WITH EVERYONE ACTIVE

Severe Mental Health Programme – 2 years

Working in partnership with the key partners within public health

Start date the end of September

£7k funding

Out-reach community sports programme

Stanmore (Carroll Centre)

in Partnership with Street Reach – providing boxing, circuits and female only sessions (11-16 years)

£4k funding

Prehab Cancer with the University Hospital Southampton

Patients that will be having cancer treatment at the Hospital will be sent to WSLP and will have 4 weeks of exercise classes (1-1 with a PT) with the hope that they are more physically healthy before their treatment. They will then get re-referred back into the Health & Wellbeing programme for further support.

HEALTH & WELLBEING ADVISORY BOARD

The Winchester Health & Wellbeing Partnership Board will provide a strategic direction and leadership to encourage collaboration and develop innovative ways to support our communities to lead healthy, active and rewarding lives.

Roles & Responsibilities of the Board

- Support the delivery of the priorities in the Hampshire Health and Well Being Strategy
- A forum for strategic discussion amongst key agencies.
- A coordinated Winchester 'voice' on important issues.
- Supporting the work carried by thematic partnerships and connecting them with statutory agencies.
- Contribute a health perspective on wider consultation and policy development.
- Drawing together the many aspects of good health and wellbeing
- Understanding the full breadth of provision.
- Identification of gaps.
- Opportunity to align resources.
- Reflecting the views and needs of under-represented people.

HEALTH & WELLBEING ADVISORY BOARD

Key Partners:

- Hampshire Hospital Trust
- Community First
- Everyone Active
- Energise Me
- Hampshire CC – Public Health
- Hampshire CC – Adults Health & Care
- Hampshire CC – Mental Health
- Hampshire CC – Palliative Care
- Hampshire CC – Children's Service
- Clinical Commissioning Group
- Hampshire Cultural Trust

Relaunching in October/ November

- Bi-annual meetings
- Sub-groups meeting quarterly

Winchester District Health Strategy

In discussions with colleagues within the NHS & Hampshire Hospital Foundation Trust to gather collective priorities and vision for the Winchester H&W Strategy;

- Health Needs
- What we know about our communities
- Collective priorities/ opportunities
- H&WB strategy development

HEALTH & WELLBEING ADVISORY BOARD

Key Priorities:

- In-line with Hampshire H&W Strategy:
 - Starting Well
 - Living Well
 - Ageing Well
 - Dying Well
- Improve mental health and emotional resilience for children and young people and their families.
- Improve physical health in children and young people through prevention and early intervention. This will prioritise healthy weights & physical activity
- Enable people to live healthier lives focusing on the main lifestyle risk factors for cancer, circulatory disease and long-term conditions. We will start with smoking, obesity and physical inactivity.
- Improve the population's mental wellbeing and reduce mental ill-health.
- Continue to develop connected communities which can support people to live happy, healthy lives
- Create healthy home environments which allow people to stay well and independent into older age.
- Enable older people to lead healthy, active lives

QUESTIONS

We welcome any thoughts or comments you may have around our programmes.



Thank You

