



Sport, Health & Wellbeing Service

Annual Report 2017/2018



Our service goes beyond statutory functions to reach those affected by health inequalities.

“In addition to their statutory functions, District Councils have a strong *enabling* role in supporting *social networks* and *community centred approaches* to support mental and emotional wellbeing as well as people’s physical health and resilience. “

Local Government Association

Health inequalities are a ticking time bomb for our district.



Health inequalities in our district might be caused by rural isolation, poverty, obesity, poor mental health, being a carer or living with long term conditions like dementia or heart disease amongst others.

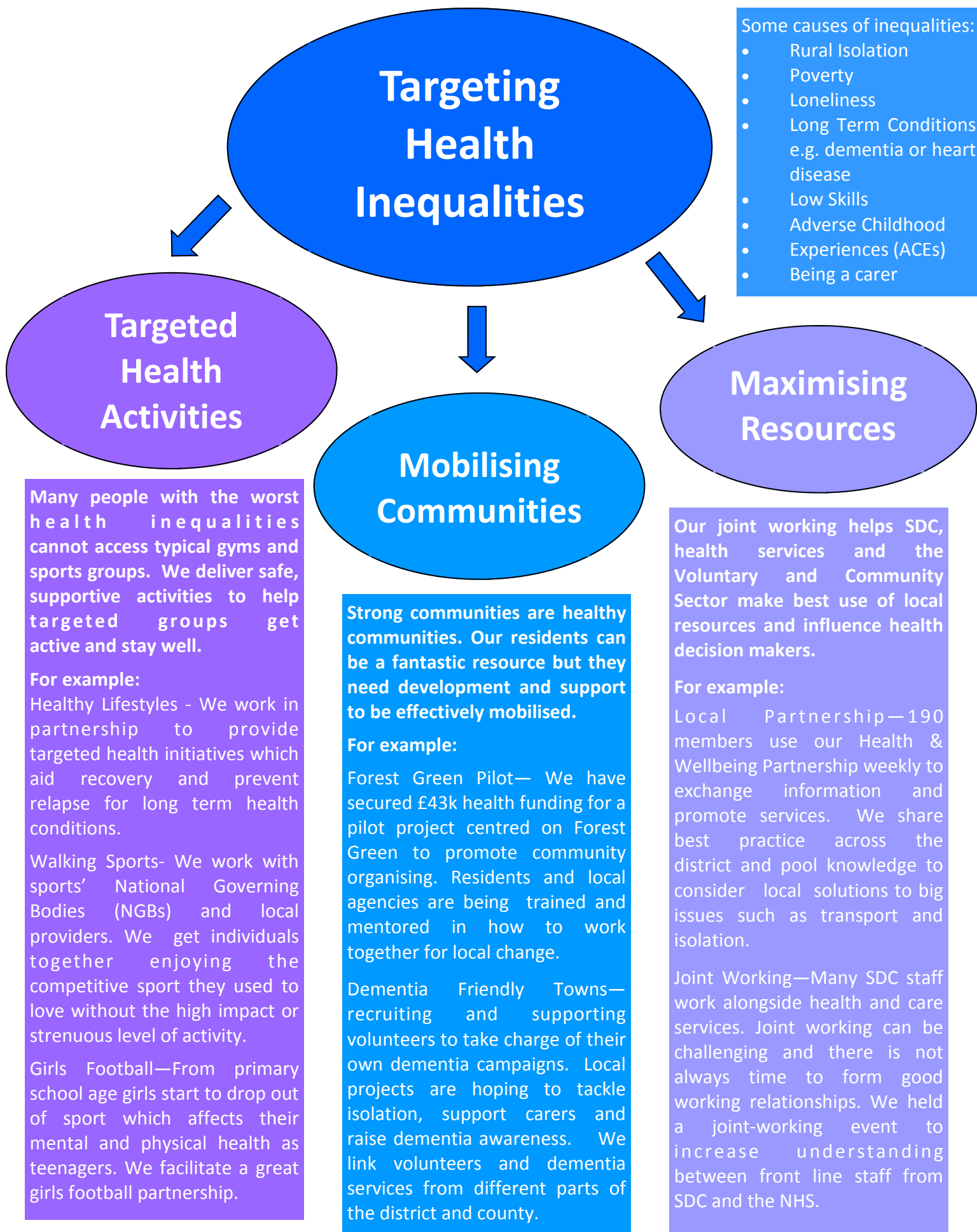
Health inequalities **increase demand on Stroud District Council (SDC) front line services** and impact on quality of life for our population.

Without a wellbeing service targeted at the causes and effects of health inequalities, their impact on SDC will grow every year.

Our service reduces health inequalities by:

- **Providing targeted healthy lifestyles activities**
- **Mobilising community leaders and volunteers**
- **Maximising resources for our council and residents through strategic and enabling activities**

What we do and the difference it makes



What we do and the difference it makes

Targeted Health Activities

All our Healthy Lifestyle Schemes are targeted health activities taking referrals directly from health professionals. Cardiac, respiratory and falls patients receive only six weeks NHS support in recovery. Our community classes extend that support, maintain recovery and aim to prevent relapse .



Exercise Referral

People with medical conditions and requiring additional support to exercise are referred to the Healthy Lifestyles Scheme and looked after by an exercise specialist qualified to Register of Exercise Professionals (REPS) Level 3 or 4 from one of 5 venues

Better Balance Classes

Individuals who have had a fall or who are at risk of falling are able to access community based exercises classes. The classes are delivered by a Level 4 Postural Stability Instructor. The classes are a mixture of chair based and standing exercises which aim to improve the participant's strength, balance and their overall confidence.

"The Scheme is excellent both physically and socially. It is run in a congenial atmosphere, encouraging (there's always someone worse off than you!!)and affordable. The instructor is considerate of our various abilities giving extra help where needed. "

"With the current pressures on NHS services, having community groups available like these to signpost people to be doing the right, evidence based exercises to support them to reduce their risk of falls is invaluable. The Instructors qualification as a postural stability instructor means we know the quality of the service she is providing is appropriate for these people."

Meghan Martin , Clinical Specialist Falls Physiotherapist



Respiratory Rehabilitation Classes

Individuals with Chronic Obstructive Pulmonary Disease (COPD) or associated respiratory conditions are able to access community based exercise classes. The classes are delivered by a level 4 trained Respiratory Rehab Instructor.

Cardiac Rehabilitation Classes

Individuals who have had a heart attack or heart surgery are able to access community based exercise classes based on the national ' British Association of Cardiac Prevention and Rehabilitation' (BACPR) programme in a safe and sociable environment with others who have undergone similar experiences.

"I am so pleased it is there for us all. We all get a lot out of the class, it makes us fitter and everyone is so friendly"

"An excellent and vital scheme to promote both physical and psychological benefits"

Quotes from class participants

"Phase IV Cardiac Rehabilitation classes are an invaluable progression for our Cardiac Rehabilitation patients. Our patients are encouraged from the start of their 6 week programme with us to introduce regular moderate exercise into their lives to help reduce the risk of a further cardiac event. Not only do Phase IV classes continue and progress their exercise but they also provide the much needed support these patients require." **Linda Wood, Cardiac Rehabilitation Specialist Physiotherapist**

What we do and the difference it makes



Health Walks

This Nationally accredited scheme involves a team of 30 volunteers who lead a programme of walks across the district; the walks range from 30 minutes to 60 minutes and are based on the national 'walking for health initiative'.

"The Health Walks play an important role to introduce members of the community to each other whilst achieving a healthy lifestyle." Quote from Health Walk member

Walking Netball

Walking Netball is a sporting alternative for people wanting to be physically active without the intensity of the full game. Participants comments include:

- " Changed my life for the better after my husband died, I reconnected with old friends and have made new ones"
- " Really good to be playing a team game again at an age where you wouldn't think playing a team game would be possible"
- " Helped me recover from my hip replacement"

Active for Life Day

Active for Life Day celebrated health and wellbeing opportunities for older adults. It included taster sessions in walking football, walking netball, move it or lose it! and nordic walking. Gloucestershire Care Services and local community organisations who focus on health and wellbeing also attended.

62% said the event has helped them to be more active

Activities people have joined since attending the event: - Tai Chi, gym, walking, volunteering, pilates, swimming, walking netball, cardiac rehab, tennis

Couch to 5k

Couch to 5K is designed to get just about anyone off the couch and running 5km in nine weeks. 15 SDC staff completed the Couch to 5k programme as a pilot.

"After being on painkillers for my back for many years, I have been combining the walking/running with improving my core strength and am pleased to say that I have seen an improvement and have been off the prescription tablets for just over two weeks."

"For someone who has never been 'sporty' and always really disliked running I've broken through a personal barrier even to the extent that I'm motivated to go out from home for a measured jog on a weekend and the physical and emotional benefits for me have been considerable. Shona and the rest of the group have been inspirational, supportive and encouraging, particularly of those of us who are slower. A wonderful and very worthwhile initiative"

Girls Football Tournament

Yr 4, 5 & 6 Girls 6 a-side Football Tournament was originally started by Len Hutton in 2000. It has matured into a tournament where 26 schools battled it out this year to be crowned district champion. It is created in partnership with South Gloucestershire and Stroud College students who organise the tournament as part of their Level 3 Sport Course.



What we do and the difference it makes

Mobilising Communities

Dementia Friendly Towns

SDC couldn't resource a dementia friendly project for our whole district, instead we are recruiting and supporting volunteers to lead dementia friendly campaigns for their own towns. Our growing network of volunteers will help to spread this work community by community.

Through SDC we meet volunteers running campaigns in other towns in the district. We share good practice and find new ways of making our communities dementia friendly.

*Marilyn Miles (Chair),
Dementia Friendly Nailsworth*



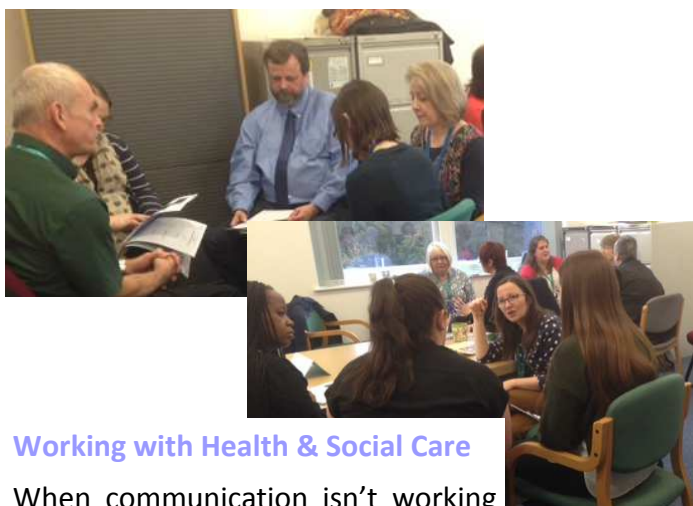
Strengthening Local Communities

"As part of our work on the Enabling Active Communities programme we have recognised Stroud District as an exemplar in the work they are doing to develop and support communities and the VCSE. The Enabling Active Communities work stream is now building this good practice into a County wide programme of work."

*Mary Hutton, Accountable Officer,
Gloucestershire Clinical Commissioning Group.*

SDC were at the forefront of pushing for the six Gloucestershire districts to be funded for an innovative community development project bringing £43k into Stroud from the Clinical Commissioning Group and Gloucestershire County Council Public Health.

Maximising Resources



Working with Health & Social Care

When communication isn't working between SDC front line staff and our local Adult Social Care and Integrated Community Teams, vulnerable residents can be passed between services and staff time is wasted. Our joint-working session helped clarify expectations, resolve service bottle-necks and improve working relationships.

Stroud District Health & Wellbeing (HWB) Partnership

The HWB partnership is great to keep the community connected and updated on what we are all doing; it's also a chance to build partnerships and work on bids for joined up services across the district.

The partnership is responsive to what we need, we're involved in raising issues and setting the agenda for relevant discussions, it is co-production in action.

Also, so many of us smaller charities don't have all the in-house expertise we need to deal with increasingly complex issues, so this is an opportunity to access the expertise from across the community.

Indigo Redfern, GL11 Community Hub, Cam

"The Stroud District HWB Partnership is a great asset for the Independence Trust. We support vulnerable adults with mental ill health. Attending the forum enables us to access information regarding what is available within this vibrant and diverse community. It enables us to make the most of the resources available as well as disseminate our information; a real one stop shop."

Sue Tomlinson, Independence Trust, Stroud

Review of the Year 2016/2017

Mobilising Communities

Maximising Resources

Strategic and Enabling Role

- Supported Stratford Park Leisure Centre with a successful bid to Gloucestershire County Council's Short Breaks Funding totalling **£14,200** to purchase 2 new trampolines and a hoist to develop inclusive trampolining session at the centre.
- Created link between Stratford Park Leisure Centre and Modern Tennis Academy Plus to increase the amount of tennis delivered on the site. The initiative has seen an extra **80 players** in the main programme and an additional **20** in a Special Educational Needs group.
- Wrote **Stroud District's Older People's Health and Housing Plan**, the first of it's kind in Gloucestershire. The plan aims to tackle health inequalities associated with ageing conditions such as dementia, frailty and social isolation and enable more community involvement.
- Championed districts' **community organising** work to win **£43,000** for Forest Green in a two year, University West of England evaluated project. Positive results could lead to future commissioning from the Clinical Commissioning Group for community organising work in other parts of Stroud District.
- Investigated Stroud District issues with **under 18 self harm**. This was fed into the county review on self harm and the county action plan that will follow.
- Investigated issues with the **hospital discharge** process in our district. Our community hospitals will be better connected to county '**Care Navigation**' staff as a result.
- Championed the role of the districts in the **NHS Sustainability and Transformation Programme**. We link with local GP clusters to ensure they know about resources available to them in the community and we share GP developments with our Voluntary Community Sector networks for example the new dementia nurse pilot and frailty coordinator service.
- Facilitated the **Stroud District Health & Wellbeing Partnership** weekly information exchange and held four forum meetings to discuss how we can support Warm & Well, Social Prescribing, access to nature and wildlife and Carers.
- Trained as a **Community Dementia Link worker** by the Gloucestershire Dementia Education and Training Service which enables us to share good practice with other dementia leads across the county and bring resources into our district.
- Supported **Dementia Friendly** projects developing in Nailsworth, Wotton-under-Edge, Berkeley, Cam, Dursley and Stonehouse .



Review of the Year 2016/2017

Targeted Health Activities

Provided Targeted activities to promote Healthy Lifestyles and Reduce health inequalities.

- Due to demand we increased the number of Better Balance classes being offered around the district which saw an increase of **145%** from the previous year.
- **3496** attendances on our Healthy Lifestyles Scheme.
- **260** yr 4/5/6 girls from Stroud District Primary Schools participated in the annual Football Tournament organised in partnership with South Gloucestershire and Stroud College Students as part of their Level 3 Sport course.
- **341** attendances at Move it or Lose it Classes at Grange View, George Pearce House and St Nicholas Court Sheltered Housing schemes. (Reduction in numbers from previous year is due to instructor being on maternity leave.)
- **673** Children attended Kapers over 4 weeks of the summer holidays at Thomas Keble Sports Centre and Maidenhill Sports & Dance Centre.
- **416** attendances at Walking Netball at Stratford Park Leisure Centre organised in partnership with Gilly Slater Sports following on from a taster session held at the Active for Life Day.
- Established a Cancer Rehab Class in partnership with Macmillan Next Steps Team at Gloucestershire Care Services.
- Elite Scheme saw one benefactor who uses the gym at Stratford Park Leisure Centre become National Trampolining Champion for his category. This individual also volunteers at Allsorts Trampolining Club on a weekly basis.
- **370 lbs** total weight lost and **257cm** total reduction in waist circumference by Exercise Referral Scheme Participants.
- **2746** attendances recorded on Health Walks across the district.

Table showing attendances at Sport, Health & Wellbeing

	2016/2017	2017/2018	Trend
Cardiac Rehab	1868	1926	3%
Respiratory Rehab	349	365	5%
Move it or Lose it!	590	341	-42% (Instructor on maternity leave)
Better Balance	179	438	145%
Cancer Rehab	n/a	88	n/a
Exercise on Referral	411	338	-18%
Health Walks	3148 (full year)	2746 (incomplete data)	n/a
Kapers	716	673	-6%
Football Tournament	220	260	18%
Active for Life Day	n/a	108	n/a
Walking Netball	n/a	416	n/a
Total	3802	4537	

Looking Forward to 2018/2019

Provided targeted activities to promote Healthy Lifestyles and reduce health inequalities.

- To establish walking football and walking rugby sessions in **partnership** with Gloucestershire FA and Gloucester Rugby Club.
- To develop exercise classes for young people in partnership with Everyone Active at Stratford Park Leisure Centre.
- To develop exercise classes for 16-25 year old with a physical, sensory or learning disability in partnership with Everyone Active at Stratford Park Leisure Centre.
- Due to demand we will be starting a new Better Balance Class in Chalford starting on 12th April 2018.
- Working with health colleagues to develop a cancer referral pathway into **community based exercise classes**.
- To ensure we maintain links with the Gloucestershire Moves Campaign being lead by Active Gloucestershire.
- To deliver an **Active for Life day** on Saturday 8th September at The Pulse, Dursley and Stratford Park Leisure Centre with the aim of promoting opportunities for all to be active within their local communities.
- To create equipment loan scheme for New Age Bowl and Boccia equipment for community organisations and groups to borrow for 8 week blocks.
- To recruit Active for Life Activator to run inclusive sessions within community groups.
- To establish a programme of **Move it or Lose it! classes** in sheltered housing schemes and community settings.
- To continue to work with Gloucestershire Fire & Rescue Service's Safe and Well visits to create links into the Healthy Lifestyle Schemes.
- To create a Youth Coach Education programme in partnership with Archway and Katharine Lady Berkeley's Schools.

Strategic and Enabling Role

- Submit funding bid to **Sport England** to resurface the tennis courts at Stratford Park Leisure Centre and add a gate entry system onto the courts.
- Progress year one of our Forest Green pilot. Train residents and local agencies to follow a **community organising** approach to target inequalities. Share this approach with services and residents across the district wherever possible.
- Progress **Older People's Health & Housing Plan** actions especially
- Improve information sharing with the **hospital discharge** services in Gloucester and Cheltenham. Work with them in readiness for the recruitment of their Stroud and Berkeley Vale discharge care navigators.
- Continue to grow **Stroud District Health & Wellbeing Partnership** and use forum to investigate partnership solutions for health inequalities in Stroud.
- Remain a strong voice for districts with the Clinical Commission Group and Gloucestershire County Council Public Health. Work on the new, improved **Health and Wellbeing Strategy** being developed in Gloucestershire.





**Active
For Life**

Saturday 8th September 2018

**at Stratford Park Leisure Centre &
The Pulse, Dursley**

**An event celebrating health & wellbeing opportunities
for everyone living with the Stroud District**

**Free taster sessions in a
variety of activities**

**Speak to your Local
Services**

**Find out about
Local Clubs & Organisations**

