

# Community Leisure Provision

Final Report September 2018



**Tadcaster & Villages**  
Community Engagement Forum

## Introduction

In early 2017 the Tadcaster and Villages CEF Partnership Board agreed there was a need to better understand the level of community leisure provision in the CEF area and what gaps / issues were emerging.

To this end a Project proposal was prepared and submitted to the Partnership Board. This was approved in May 2017.

This report summarises the work that has taken place to date, initial findings and final action plans.

## Current Situation

Work by Sir Michael Marmot in his "[Fair Society, Healthy Lives](#)" 2010 report detailed the impact that wider determinants have on the health and wellbeing of the population. The report reiterated that there is a social gradient in health, i.e. the lower the social position, the worse a person's health. However, focussing solely on the most disadvantaged will not reduce health inequalities sufficiently. Marmot suggests that action must be universal, but with a scale and intensity that is proportionate to the level of disadvantage.

The six policy objectives to reduce health inequalities recommended by the Marmot report are:

- Give every child the best start in life;
- Enable all children, young people and adults to maximise their capabilities and have control of their lives;
- Create fair employment and good work for all;
- Ensure a healthy standard of living for all;
- Create and develop healthy and sustainable places and communities; and
- Strengthen the role and impact of ill health prevention.

Health in North Yorkshire is generally much better than the England average; however there are significant inequalities between communities in our County.

## North Yorkshire County Council Public Health commissioning responsibilities

In order to achieve our aim of improving and protecting the health of our residents, the North Yorkshire County Council Public Health Team commission several services and programmes of work.

Local government public health commissioning responsibilities include:

- Interventions to tackle obesity such as community lifestyle and weight management services;
- Locally-led nutrition initiatives;
- Increasing levels of physical activity in the local population;
- Local initiatives on workplace health;

North Yorkshire people are healthier, and live longer, than the average for England. But there is still work to do to reduce the number of people affected by conditions that can be prevented or delayed. Heart disease, stroke and cancer account for the greatest proportion of deaths within North Yorkshire. Many of these illnesses can be avoided if everyone is helped to make positive lifestyle choices.

The risk of social isolation and loneliness is greater for people living in rural communities, especially (but not exclusively) amongst older people and those with a disability or long-term illness - and people who are socially isolated are more likely to die prematurely. Being in good employment increases mental and physical health and wellbeing.

## **Selby District Corporate Plan 2015-2020**

Improving healthy life choices

“The biggest health issue in the district is high obesity levels in the adult population, and it is a rising concern that children may follow this pattern. Alongside our public health and NHS colleagues, it is a joint aim to help people enjoy a healthier life by tackling the adult weight issues and promoting healthy eating and active lifestyles to reduce the likelihood of young people becoming overweight in the first place.”

## **Time Line of Activity**

Following the agreement of the Partnership Board to fund the project initial work took place on researching similar surveys that had been conducted in the UK. Having looked at numerous surveys, questionnaires and research a structure of key questions emerged.

Rather than creating a survey that could be completed by anyone it was decided to have two surveys one aimed at members of the public and the other aimed at organisations.

### **Public Survey**

A public survey was designed and distributed to every household in the Tadcaster and Villages CEF area.

Stalls were also held at the Community Discovery Day and at the CEF public forums encouraging people to complete a survey.

Information about the survey and the online link were included in editions of Tadcaster Today, Selby District AVS newsletter, CEF Public Forum Flyers, CEF website, Selby District Equality Network, Selby District Council Facebook and Twitter feeds, Tadcaster Town Council, Tadcaster Community Library as well as distribution through the Partnership Board members.

To date a total of 81 surveys have been completed.

### **Organisational Survey**

At the time of preparing the surveys Heather Kennedy announced that she would be leaving Inspiring Health Lifestyles. But that she would be willing to meet with me in the early autumn in her new role at Selby District Council.

A meeting was held with Heather in September 2017 at which information was given to me for a contact to assist with the distribution of the survey. However they felt it would be best to liaise with Heathers replacement when they took up post in early 2018. This was followed up on a number of occasions due to delays with recruiting into the post.

Once the new Selby Wellbeing Manager was appointed I received confirmation that the survey would be circulated in late February. This was done in conjunction with Selby District AVS doing an email to the organisations they had in their database for the CEF area.

A total of just over 20 organisations were contacted and to date 8 organisations have completed the survey.

## **Public Survey Results to date**

### **Gender**

56% female and 44% male

### **Age**

Under 12	1%
21-30	5%
31-40	11%
41-50	23%
51-60	16%
61-70	27%
Over 70	16%

### **Where respondents live**

Tadcaster	60%
Stutton with Hazlewood	13%
Appleton Roebuck	6%
Bolton Percy	5%
Ulleskelf	5%

5% of respondents defined themselves as having a disability

## How important do you think it is to have Community Leisure Provision in Tadcaster and Villages area?

Very	89%
A bit	10%
Not at all	1%

## How would you rate the current provision of Community Leisure Provision in Tadcaster and Villages area?

Excellent	10%
Good	64%
Poor	19%
Very poor	7%

Whilst the majority – 74% rated current provision as good to excellent, just over a quarter 26% rated provision poor to very poor.

## Which of the following leisure activities have you taken part in, during the last 6 months?

The top eleven responses were as follows;

Walking for pleasure	81%
Gardening	68%
Swimming — leisurely	64%
Cycling for pleasure	51%
DIY e.g. carpentry, home or car maintenance	41%
Jogging	23%
Floor exercises e.g. stretching, bending, keep fit or yoga	19%
Musical instrument playing or singing	18%
Tennis or badminton	17%
Backpacking or mountain climbing	15%
Conditioning exercises - using an exercise bike / rowing machine	15%

It could be argued that out of these eleven leisure activities only two are reliant on facilities being available in order to do them, or indeed even other people.

This is further seen by the following question which asked, **Are you part of a local group for any of the above activities?**

Only 27% of respondents said they were. Of these only small numbers were the same – 5 mentioned the Tadcaster Swimming Pool and 4 Appleton Roebuck Tennis Club. The rest were a range of social clubs, walking and running clubs with only single mentions.

### **What would you like to see?**

Better promotion of what is available	56%	Increased local provision	47%
Support for people trying to improve their fitness	53%	Improved access for people with disabilities	11%
Increased qualified training	7%	Improved facilities	34%
Improved equipment	16%	Improved pricing structure	15%

Additional comments were supplied with the main area for improvement being better facilities for children, better cycling routes and more available in the outlying villages.

### **Getting Involved**

19 people have offered to be part of a further discussion concerning the issues raised.

### **Organisational Survey Results to date**

Of the 8 respondents to date, 5 are charities / community organisations, 1 is a Community Interest Company, and 2 are private businesses.

### **Staffing**

Five of the organisations have no paid staff, one organisation had 1 paid staff member and the other two had between 6-11 paid staff and over 11 staff.

Seven of the organisations had volunteers ranging from between 2-5 to over 21 volunteers.

Three of the organisations had no Trustees / Directors, the others had mainly small numbers between 1-5, with only one organisation having between 6-10.

### **Income**

The top two sources of income were charging for services and fundraising with 50% of all respondents choosing each of these.

### **Community Leisure Provision**

Seven of the organisations felt it was very important to have Community Leisure Provision in the area.

75% rated current provision as good, with 25% rating as between poor – very poor.

37.5% of respondents provided services in Tadcaster, with the same amount providing services in Church Fenton.

Of the 33 different activities listed in the survey 12 were not offered by any of the organisations who responded, 14 of the activities were only offered by one organisation, with the remaining 7 activities being offered by between 2 and 3 of the organisations.

**Not offered** - Backpacking or mountain climbing, Racing or rough terrain cycling, DIY e.g. carpentry, home or car maintenance, Competitive running, Squash, Golf, Fishing, Horse – riding, Snooker, billiards or darts, Musical instrument playing or singing, Ice-skating, Sailing, wind-surfing or boating,

**Offered by only 1 respondent** - Swimming — competitive, Swimming — leisurely, Cycling for pleasure, Gardening, Conditioning exercises e.g. using an exercise bike or rowing machine, Dancing e.g. ballroom or disco, Jogging, Bowling — indoor, lawn or 10 pin, Table tennis, Football, rugby or hockey (during the season), Rowing, Netball, volleyball or basketball, Martial arts, boxing or wrestling

**Offered by 2 respondents** - Walking for pleasure, Other types of aerobics, Exercises with weights, Tennis or badminton, Cricket (during the season)

**Offered by 3 respondents** - High impact aerobics or step aerobics, Floor exercises e.g. stretching, bending, keep fit or yoga

### **What do you see as the main priorities for your organisation?**

Recruiting more volunteers – 63%

Better promotion of what we provide – 50%

Securing more funding – 50%

Recruiting more members – 38%

Increasing our provision – 38%

Improved facilities / building – 38%

### **What assistance would you like?**

There were two clear priorities;

Assistance with funding      88%

Marketing                              38%

## Observations and Suggestions

If we look at the top 11 activities residents take part in and compare to the provision offered by the organisations it shows the following;

Activity	% participating	Provision (no. of orgs)
Walking for pleasure	81	2
Gardening	68	1
Swimming - leisurely	64	1
Cycling for pleasure	51	1
DIY e.g. carpentry, home or car maintenance	41	0
Jogging	23	1
Floor exercises e.g. stretching, bending, keep fit or yoga	19	3
Musical instrument playing or singing	18	0
Tennis or badminton	17	2
Backpacking or mountain climbing	15	0
Conditioning exercises - using an exercise bike / rowing machine	15	1

From this there would appear to be a mismatch between the most popular activities and current provision. There is a need to carry out a range of actions to address the needs of both residents and organisations.

- Inspiring Health Lifestyles coordinate a Selby District Walking for Health programme. However, this weekly activity is only available from Selby Leisure Centre. It may be worth exploring the option for a similar initiative operating from Tadcaster.
- The Tadcaster and Villages CEF Development Officer could provide an interactive workshop for Community Leisure Providers to explore funding opportunities and increased marketing. This would include assistance with funding searches, costings and applications.
- Work could include developing a local guide to current service provision and volunteering opportunities. This could be added to the CEF website making the information easily accessible. A small number could be printed for circulation to community venues.
- A CEF Public Forum could be held focused on Fitness, with current providers encouraged to have a stall and to speak about their work.
- Making Things Happen CIC is a new organisation assisting individuals in transforming their lives. They are currently providing a Community Outdoor Gym Club in Sherburn, funded by the Western CEF, to encourage people to have a go at fitness activities. They are also being funded by the local CCG to deliver a Body and Soul series of courses combining wellbeing and fitness training for people struggling with mental health issues. It may be useful to meet with them to discuss their findings for further roll out in the CEF area.

- Tadcaster Today could have a special themed edition that combined information on current provision, how to get involved, the benefits of improving your fitness and volunteering opportunities.
- A joint consultation event could be held in partnership with the Selby District Disability Forum to look at what ideas, needs and thoughts people have regarding current provision and how to develop a range of new activities.
- Work could be developed with adult learning providers to develop specific courses to improve confidence, learn more about wellbeing and fitness and skills for volunteers. The WEA is able to offer the course for free to those on means tested benefits and low incomes.
- The CEF Partnership Board may wish to consider coordinating a Lets Get Activity Campaign that encourages residents to access local providers to have a range of taster sessions, enabling residents to find out more.

## Consultation Event

September 2018

Following the surveys a consultation event was held to enable a wider discussion regarding the findings and to look at some potential actions.

A poster was designed and distributed across Tadcaster and featured in Tadcaster Today.

At the event representatives from the following organisations attended:

- NYCC Living Well Team
- Selby District Disability Forum
- Stepping Stone
- Selby District AVS
- Tadcaster and Rural CIC
- Inspiring Healthy Lifestyles
- Tadcrafters
- WEA
- CEF Partnership Board
- Making Things Happen CIC

**Future Community Leisure Provision**  
Consultation Event

**Tadcaster & Villages CEF Disability**  
Action Group Launch event

All residents are invited to a feedback on the results of the recent survey and discussion on developing an action plan moving forwards.

There will also be an opportunity to find out more about the newly formed Disability Action Group and the work it is planning to achieve.

Free refreshments will be available.

**Thursday 6th September 2018 2.00pm - 3:30pm.**  
At **The Ark, 33, Kirkgate, Tadcaster, LS24 9AQ**

To assist with the event planning please confirm your attendance by emailing Chris at: [chrishaileynorris@yahoo.co.uk](mailto:chrishaileynorris@yahoo.co.uk) or contact Selby District AVS on **01757 291111**

To complete the Leisure survey please go to [www.surveymonkey.co.uk/r/TAVCEFlleisure](http://www.surveymonkey.co.uk/r/TAVCEFlleisure)

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## **Proposed Actions**

Strong and Steady programme has been launched by Improving Healthy Lifestyles. This comprises of seated chair exercises to tackle falls prevention. There is a desire to develop this in Tadcaster.

It was proposed that the January CEF event should be to launch a Strong and Steady programme potentially at Manor Farm. This is a 12 week intervention, which is charged at £3.00 per session. This charge then enables the sessions to be self – sustainable.

At the CEF event it would be proposed that a taster session is actually held as part of the forum.

Walk and talk session through Inspiring Healthy Lifestyles is to be developed and implemented for the CEF area.

There is a potential to trial Nature Walks for Families.

Training is available through Inspiring Healthy Lifestyles to develop local people as coaches.

Manor Farm is to have a mobile skate park.

Need to have the Outdoor Gym equipment put in place as part of Riverside development. Funding has been secured for the project.

Inspiring Healthy Lifestyles happy to provide Dementia and Autism Friends training, a session last 45minutes.

Chris Hailey Norris  
Tadcaster and Villages CEF Development Officer  
Selby District AVS  
September 2018