

**YEAR 1**

<b>Target Group</b>	<b>Activity Examples</b>	<b>Active South Hams Strategic Objectives</b>	<b>Measure of Success - Outcomes</b>	<b>Partners</b>	<b>Resources Annual Hours</b>	<b>Current Status</b>
<b>Older People</b>	Health Walks - build on existing activity	Creating the opportunity for people to be active.  Developing Local Access.	Work with SHDC to expand programme of walks and leaders and volunteers.	Health Development Volunteer leaders	8 hrs x 2 training work-shops = 16 hrs  5 hrs admin per workshop = 10 hrs  20 hrs on design, print and marketing  20 hrs on Funding Application.  <b>Total = 66 hrs</b>	Submitted funding application to Age Concern to include a health walks co-ordinator, volunteer training and production of walks leaflets and marketing. Bid is now through to the next round. Final decision December.

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	Flexercise Programme - Elderly Care Home exercise programme providing training for care home staff to deliver exercise with full support manual	Creating the opportunity for people to be active.	Provide training and support for a member of staff to lead programme and deliver 2 training workshops with 10 participants on each workshop (approximately 10 homes)	Health Development, Care Homes, Devon Health Forum	8 hrs x 2 training work-shops = 16 hrs  5 hrs admin per workshop = 10 hrs  5 hours set up hours  <b>Total = 31 hrs</b>	Identified a member of staff to lead programme. They have attended training and collated a database of homes and redesigned the training manual. The workshops planned for October 2007 were cancelled due to low numbers. Contact has been made with a number of homes by phone and will follow up by a workshop in new year.

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<b>Health Referrals</b>	GP Referral scheme - build on existing programme to increase the range of provision and accept a wide range of conditions	Creating the opportunity for people to be active.  Developing Local Access.	More varied programme of activities. Increased number of referrals. Retention of clients and maintenance of activity after scheme. More advanced level 3 instructors. Improve recording and reporting system.	Health Development, Sports Centres, Doctors' Surgeries, PCT	8 hrs/week co-ordination - Julie Thompson  <b>Total = 416 hrs</b>	Appointed Scheme co-ordinator who has completed a comprehensive audit of Quayside, South Dartmoor and Dartmouth Leisure Centre schemes. New paperwork and scheme pack for all staff, promotion of scheme pack for all staff, promotion of scheme to Health professionals and programming of new sessions and moving clients forward has taken place. Re-launch scheme with new paperwork and sessions times October 2007.

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	Cardiac Rehabilitation - build on existing programme	Creating the opportunity for people to be active.  Developing Local Access.	More varied programme of activities. Increased number of referrals. Retention of clients and maintenance of activity after scheme, feed into GP scheme.	Health Development, PCT - CHD lead for Health Improvement, cardiac rehabilitation team at hospital, heart support groups		Main focus to improve GP Referral schemes initially.
<b>Young People</b>	Develop Youth Leisure Nights programme - a multi-activity youth session for 13-19 year olds.  (All sites - dependent on funding)	Creating the opportunity for people to be active.  Developing Local Access.  Supporting community sports clubs.	Support weekly sessions at the 4 centres, continue sessions April 2007 subject to funding.  Support development of coaches and centre staff alongside Youth Service.	Sports Development, Sports Centres, Sports Coaches, Sports Clubs, County Youth Service	12 hrs training x 2 staff = 24 hrs  12 hrs - site visit (each site 3 x 1 hr)  18 hrs - meetings (approx. 3 hrs every 8 weeks)  <b>Total = 54 hrs</b>	Delivered a 2 hour training session in February 2007 with County Youth Service at each centre and revised joint working protocol. Changed name to VIBE and are now producing 3 month programmes designed and produced at Tone. Further training planned for November 2007 with new staff. Aim to run Child Protection and activity coaching session early 2008.

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	Develop Giant Holiday Camps for Under and Over 8	<p>Creating the opportunity for people to be active.</p> <p>Developing Local Access.</p>	Run Multi-Skills programmes starting Summer 2007.	Sports Centres, Schools	<p>Hours so far:  25 hrs training  24 hrs recruitment  30 hrs meetings  20 hrs prep for funding  50 hrs for Ofsted  30 hrs maintaining standards</p> <p><b>Total = 179 hrs</b></p>	<p>49 staff done initial Camp activity training.  Funding bid submitted to Devon County Council.  Totnes and Dartmouth through to next round, application submitted, outcome known on 27th November.  Appealing on Quayside and South Dartmoor.  All 4 sites have achieved Ofsted registration.</p> <p>Between 23rd July and 17th August there were 20 days of Camps.  Number of children  - South Dartmoor - 218  Quayside - 217  Totnes - 335  Dartmouth - 188</p> <p>Camps took place October half-term but will not be running Christmas.</p>

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						Planning is now taking place for February half-term 2008.
	Continue to work in partnership with School Sports Partnership Scheme	Creating the opportunity for people to be active.  Supporting community sports clubs.	Continue to support and promote the work of the partnership.	Sports Development, Sports Centres, Sports Clubs, Sports Coaches, School Sports Partnership	8 hrs - meetings (approx. 2 hrs every 12 weeks)  <b>Total = 8 hrs</b>	Attending meetings to help establish the multi-skills programme. Planning to launch programme at Quayside on Saturday mornings in New Year.
	Have an active role in Active South Hams Group.	Creating the opportunity for people to be active.  Encouraging co-ordination and information sharing.	Attend Active South Hams meetings and work with partners where appropriate.	Sports Development, School Sport Partnerships, CSP, Sport England, NGBs, Sport South Hams, Youth Service, PCT, Community Safety	12 hrs - meetings (approx 3 hrs every 12 weeks)  <b>Total = 12 hrs</b>	Attended all Active South Hams meetings and contributing to Action Plan and formation of CSN.

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	Continue to work in partnership with Sport South Hams to develop local coaches and sports clubs	Creating the opportunity for people to be active.  Supporting community sports clubs.	Continue to support SHDC and CSP to work with town based sports groups and Sport South Hams to support club development and coach education.	Sports Development, Sport South Hams, Sports Clubs, Coaches, NGBs, County Sports Partnership, CSN	8 hrs - meetings (approx. 2 hrs every 12 weeks)  Total = 8 hrs	Attended Sport South Hams meetings.
<b>Those in Rural Areas</b>	Carry out audit of sports and leisure activity taking place in community venues, including villages and parish halls.	Creating the opportunity for people to be active.  Developing Local Access.  Supporting community sports clubs.	Produce a database of local provision to be able to promote opportunities and to identify areas of need.	Sports Development, SHDC Community Development, Parish Councils, Sports Clubs, Sport South Hams, School Sports Partnership		Not yet started due to additional work required on Leisure Youth Nights, GP Referral schemes and Health Walks. Focus for 2008 and link to CSN action plan.