

YEAR 1

Target Group	Activity Examples	Active South Hams Strategic Objectives	Measure of Success - Outcomes	Partners	Resources Annual Hours	Current Status
Older People	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 workshops = 16 hrs 5 hrs admin per workshop = 10 hrs 20 hrs on design, print and marketing 20 hrs on Funding Application. Total = 66 hrs	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.
	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 workshops = 16 hrs 5 hrs admin per workshop = 10 hrs 5 hours set up hours Total = 31 hrs	Identified a member of staff to lead programme. They have attended training and are working on collating a database of homes and refining training manual. Workshops planned for October 2007.

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Health Referrals	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 Total = 416 hrs	Appointed Scheme co-ordinator who has completed a comprehensive audit of Quayside, South Dartmoor and Dartmouth Leisure Centre schemes. Working on new paperwork and scheme pack for all staff, promotion of scheme to health professionals and programming of new sessions and moving clients forward.
	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.

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Young People	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) Total = 54 hrs	Delivered a 2 hour training session 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.

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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:</p> <p>25 hrs training</p> <p>24 hrs recruitment</p> <p>30 hrs meetings</p> <p>20 hrs prep for funding</p> <p>50 hrs for Ofsted</p> <p>30 hrs maintaining standards</p> <p>Total = 179 hrs</p>	<p>49 staff done initial Camp activity training.</p> <p>Funding bid submitted to Devon County Council.</p> <p>Totnes and Dartmouth through to next round, application to be in by October 2007.</p> <p>Appealing on Quayside and South Dartmoor.</p> <p>All 4 sites have achieved Ofsted registration.</p> <p>Between 23rd July and 17th August there were 20 days of Camps.</p> <p>Children -</p> <p>South Dartmoor - 218</p> <p>Quayside - 217</p> <p>Totnes - 335</p> <p>Dartmouth - 188</p>

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	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) Total = 8 hrs	Attending meetings to help establish the multi-skills programme.
	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) Total = 12 hrs	Attended all Active South Hams meetings
	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		Gave a Tone Leisure presentation at June Sports South Hams meeting.

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Those in Rural Areas	Carry out audit of sports and leisure activity taking place in community venues, including villages and parish halls.	<p>Creating the opportunity for people to be active.</p> <p>Developing Local Access.</p> <p>Supporting community sports clubs.</p>	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.