

**SOUTH HAMS - SPORTS AND HEALTHY LIFESTYLE DEVELOPMENT PLAN
2006-2009**

YEAR 1 (2007/08)

Target Group	Activity Examples	Active South Hams Strategic Objectives	Measure of Success - Outcomes	Partners	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.	SHDC Volunteer leaders	Age Concern funding bid for a volunteer co-ordinator was unsuccessful. Accessing new opportunities for funding. SHDC continuing to maintain current programme and support volunteers. Tone Leisure tutored 1 volunteer leader training workshop with 15 participants.
	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)	Care Homes	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. Workshop was delivered on 17th March 2008 with 7 participants.

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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.	Sports Centres, Doctors' Surgeries, PCT	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, consultation with Health professionals and programming of new sessions and moving clients forward has taken place. Site co-ordinators have been appointed and scheme re-launched with new paperwork and sessions times October 2007. Scheme co-ordinators are now promoting scheme to GP surgeries and recording data. October-March total of 91 referrals, 50 starters, 18 completers (time count was taken some clients still on 8 week programme so could not be counted as completers).
	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.	PCT, cardiac rehabilitation team, heart support groups	No further work. 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 Centres, Sports Coaches, Sports Clubs, County Youth Service	Delivered five 2 hour training sessions with County Youth Service during February and November 2007 and revised joint working protocol. 55 staff trained. Changed name to VIBE YLN and are now producing programmes designed and printed at Tone. Move to have centre specific meeting between centre and Youth Service staff with fewer district meetings. Average at each site over 12 months: 62 Totnes, 52 Dartmouth, 27 Ivybridge, 18 Kingsbridge.
	Develop Giant Holiday Camps for Under and Over 8	Creating the opportunity for people to be active. Developing Local Access.	Run Multi-Skills programmes starting Summer 2007.	Sports Centres, Schools	60 staff done Camp activity training. Funding bid submitted to Devon County Council. Successful for Totnes and Dartmouth (£28k). All 4 sites have Ofsted registration. Summer 2007 (6 weeks), October 2007 (1 week), February 2007 (1 week). South Dartmoor - 562 Quayside - 461 Totnes - 727 Dartmouth - 368

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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 Centres, Sports Clubs, Sports Coaches, School Sports Partnership	Attended district school partnership meetings. Launched multi-skills programme at Quayside on Saturday mornings in March 2008. Around 10-15 children attending each week.
	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.	School Sport Partnerships, Active Devon, Sport South Hams, Youth Service, PCT, Community Safety	Attended all Active South Hams meetings and contributing to Action Plan and formation of CSN.
	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.	Sport South Hams, Sports Clubs, Coaches, NGBs, County Sports Partnership	Attended Sport South Hams meetings.

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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.	SHDC Community Development, Parish Councils, Sports Clubs, Sport South Hams	Questionnaire sent to all 63 halls in February 2008 and received 31 returns. Focus of work for Year 2 plan.