

WILTSHIRE COUNCIL

SALISBURY AREA BOARD
9th March 2017

SALISBURY COMMUNITY AREA'S WELLBEING PROJECT FOR 11s to 19s

1. Purpose of the Report

- 1.1. To update the board on the wellbeing and associated junior gym project that has been operating at Five Rivers since April 2016; and
- 1.2. To seek further funding to sustain this project for the next 3 years.

2. Background

- 2.1. In November 2015, the board committed just under £2,500 to encourage 11-25 year olds to join the new fitness suite at Five Rivers. This project had 2 elements: (a) junior gym for 11-17 year olds providing one session per week for a year; and (b) a wellbeing project for 16-25 year olds regarded as hard to reach/engage, i.e. NEETs, Children in Care or those living in poverty or with a learning disability of difficulty.
- 2.2. The projects have been supported by officers from Wiltshire Council's Leisure Team, Sports Development Team and the Community Engagement Manager.

3. Progress update on the junior gym/wellbeing projects

3.1. Junior Gym Take Up.

| Age | Number of visits |
|--------------|------------------|
| 12 | 88 |
| 13 | 158 |
| 14 | 146 |
| 15 | 113 |
| 16 | 33 |
| 17 | 8 |
| 25 | 1 |
| Total | 547 |

- 3.2. The junior gym project has proved very successful and the intention is to continue this project, without further subsidy from the area board, but by offering a membership fee of £2.50 per visit or £10 monthly subscription. Officers are confident that this will continue to encourage 11-17 year olds to take part in this fitness activity. There will be a re-launch of the project in September 2017.

3.3. Wellbeing Project Take Up

| Age | Numbers attending |
|--------------|-------------------|
| 16 | 3 |
| 17 | 10 |
| 18 | 8 |
| 22 | 1 |
| Total | 22 |

- 3.4. The wellbeing gym project has also proved popular, with South Wilts Mencap, the Youth Offending Team, the NEET team, Street Games (Public Health and Sports Development teams) and these are continuing to refer young people onto the project. We would look to expand this engagement with new referrers such as Motiv8, youth groups, Community Police teams etc.
- 3.5. In continuing this project, we will want to work more closely with the referring agencies, and encourage them to attend with the young people for the first five visits. We have seen that, inevitably the young people taking up this offer have needed greater support whether that be to instil the discipline required to stick with the project, or to provide encouragement where the young person may lack confidence. This support needs to be a partnership between the referrer and the Wiltshire Council teams involved in this project.
- 3.6. We intend to meet with the referring agencies to discuss this, to ensure that the project moving forward builds in greater support for the young people.
- 3.7. We will write to all of the young people that have taken up this offer to see if they wish to continue attending the gym.
- 3.8. There are 4 young people in particular that we are keen to continue to support, based on their regular use of the gym, and potential to progress into skills and training opportunities at Five Rivers. Also, we would like to focus on one particular young person who could take on an ambassador role for other young people who would not otherwise venture into a gym or partake in any other means of positive activity.

4. Taking forward the Wellbeing Project

- 4.1. We would like to re-launch this project from September 2017 and open up the offer to also include 15 year olds, so that referrers such as Street Games can refer from this age, encouraging these young people to engage and change their behaviour earlier.
- 4.2. We would like to see the project run from Sept 2017 to September 2020, on the basis that this would signal to the young people, that support is available to help them into a positive activity, but that ultimately, the responsibility to

maintain healthy, physically active lifestyles is their own. We are looking to identify other funders to assist with the costs in years 2 and 3, but would like to ask the Area Board to grant fund the cost of year 1.

- 4.3. A new aspect to the project going forward would be facilitated by Sports Development Officers encouraging young people from The Friary and Bemerton Heath who already partake in the Doorsteps – Streetgames project. This would see officers supporting the young people in the form of transport for the first 6 months (during the colder/wetter months) – using the Five Rivers minibus, and in the form of mentoring and ongoing encouragement – just as we are requesting referrers to offer (see paragraph 3.6 above).

5. Recommendation

That the board notes the success of this project, and that a recommendation for funding will be put to the new area board in May 2017.

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