

HEALTH AND WELLBEING UPDATE - Report by Chief Executive

Summary

The purpose of this report is to provide a 6-monthly update on delivery of the Health and Wellbeing Plan (2019–2024). The report also provides an assessment of performance indicator 15, partnership working with NHS Highland and other health related organisations. Additionally, the report provides an update on the work undertaken which has taken place to facilitate health and wellbeing during the Covid-19 pandemic.

It is recommended that Directors:

- i. note and comment on the report;
- ii. note that the Health and Wellbeing Performance Indicator has been assessed as being on target; and
- iii. agree that the Health and Wellbeing Plan (2019-24) be revised in line with the new HLH Business Plan (2021-26).

1. Business Plan Contribution

- 1.1 This report supports the highlighted Business Outcomes from the High Life Highland (HLH) Business Plan:

1. Sustain a high standard of health and safety, and environmental performance
2. Implement the Service Delivery Contract with THC
- 3. Improving customer engagement and satisfaction**
- 4. Improving staff engagement and satisfaction**
- 5. Enhance the positive charity image**
- 6. Be a trusted and effective partner**
- 7. Achieve sustainable growth across the organisation**
- 8. Develop health and wellbeing across Highland communities**
- 9. Develop and promote the High Life brand**

2. Health and Wellbeing Plan (2019-24)

- 2.1 The impact HLH has on the health and wellbeing of the individuals and communities it serves is substantial. Although some work within the Health and Wellbeing Plan (2019-24) had to be paused due to the pandemic and aligned with the Government restrictions, the continuation of vital services by HLH, through different delivery mechanisms, was sustained for many of the most vulnerable people in Highland.
- 2.2 The potential and opportunities for HLH to continue to work with NHS Highland and other partners to enable and encourage safe and healthy lifestyle choices for individuals and communities in Highland has increased as the country

recovers from the pandemic. There is an opportunity to redesign the HLH Health and Wellbeing Plan (2019-24) to ensure the aims, objectives, outputs and outcomes are well aligned with the new and emerging needs in communities as a result of the COVID-19 pandemic.

- 2.3 In order to be able to adjust to take account of the pandemic and the work taking place on the development of the new HLH business plan, it is proposed that a new Health and Wellbeing Plan be developed for consideration by the HLH Board in early 2022.

3. Services for people with health conditions during the COVID-19 pandemic

- 3.1 It is well understood that if people can keep active it can significantly improve functional capacity, fitness and quality of life. Keeping active can also help reduce the risk of ill health, disease recurrence, deterioration of condition and even acute hospital admissions, whilst also helping to manage symptoms following a cardiac event. Keeping connected is equally important and, as some people have found the impact of the COVID-19 pandemic difficult, staying in touch has been vital in terms of mental wellbeing.
- 3.2 Throughout the Covid-19 pandemic, HLH has continued to provide support for people to keep active and connected. This has included some of the most vulnerable people in Highland communities, including those who were 'shielding' due to the pandemic, such as people with long term health conditions including: cardio vascular disease; Parkinson's disease; older people at risk of falling and people affected by cancer, reaching a cohort of over 250 members of the public on a regular basis.
- 3.3 At the start of the first lockdown, the support involved personal contact by phone and email, helping participants to keep well by providing specifically tailored and individualised information such as how to exercise safely at home, as well as how to access resources on topics like eating well and how to modify risk factors.
- 3.4 HLH moved to delivering live on-line group exercise classes as soon as it was possible to do so and was one of the first ALEO's in Scotland to introduce this service. During the second lockdown, the online classes proved to be very popular as people embraced the opportunity to keep connected, virtually, with other participants who have been diagnosed with the same health condition(s).
- 3.5 Currently there are 2 Cardiac Rehabilitation classes, 3 Parkinson's Exercise classes and 3 Cancer Rehabilitation classes offered online as live interactive group exercise, with participants taking place from their own homes in a range of locations across Highland, from Caithness to Skye and Lochaber to Inverness.
- 3.6 In line with Government restrictions, face-to-face classes for people with health conditions have resumed and are also proving to be popular with participants, with leisure managers reporting busy classes. It is anticipated that the blend of online and face-to-face classes will continue. Participation levels will continue to be monitored closely in order that facilities can remain agile and adapt to any variations in demand.

- 3.7 The services for people with health conditions have been planned in close consultation with external organisations, including Parkinson's UK Scotland and NHS Highland and have augmented HLH's 'trusted partner' status with these key stakeholders.

4. Research studies with the University of the Highlands and Islands (UHI)

- 4.1 HLH is working in partnership with UHI on two research studies. The studies are called "Type 2 Diabetes and Physical Activity study" and "Home-based Exercise study".
- 4.2 The Type 2 Diabetes and Physical Activity study is aiming to test an alternative approach to the delivery of education and support to aid lifestyle changes to the growing number of people living with Type 2 diabetes in Highland. Widespread delivery of physical activity education and support through health care practitioners is not always feasible in Highland, especially in geographically challenged areas, therefore a web-based educational tool kit has been developed to support people with Type 2 diabetes to become more physically active. HLH specialist exercise instructors have been identified from within the leisure facilities team to support people with Type 2 Diabetes to utilise the resource. The study is led by Professor Sandra MacRury and was paused in March 2020 due to COVID-19 and is now being restarted, including recruitment of new participants from across the Highland area.
- 4.3 The Home-based Exercise study involves researchers assessing how participants interact and use wearable fitness technology and smartphone applications, as well as seeking to understand whether participants adhere to online exercise classes. The data collected within the study will enable researchers to understand what elements are successful in encouraging more individuals to be active and therefore inform a future project within cardiac rehabilitation settings. The use of online exercise classes delivered at the home are becoming more widely used, including by HLH. However, integrating these with wearable technology and smartphone applications have not been extensively researched. The study is aimed at adults aged 50–70 who currently have low to moderate levels of physical activity. Participants are provided with feedback based on testing conducted at the start and the end of the study about resting heart rate, blood pressure, diet and fitness test scores. Participants also receive a free 6-week online class delivered by an HLH specialist instructor, with classes conducted twice a week.
- 4.4 HLH's involvement in these studies further cements the trusted partner status that the organisation has with UHI. The findings from these studies will also enable HLH to better understand the needs of people with Type 2 Diabetes and adults aged 50–70 years and enable improvements to the service design and implementation for these groups in Highland.

5. Community Planning Partnership (CPP)

- 5.1 HLH was asked by the CPP Mental Health Delivery Group to lead a consultation of young people on the impact of the COVID-19 pandemic on their mental health. HLH colleagues from a range of teams including marketing; sport; youth; music

tuition; and ICT supported the consultation which took place through a survey which was issued in March 2021.

- 5.2 The report including the detailed survey findings can be found in **Appendix A**. 777 young people completed the survey and the survey findings and recommendations are being widely reported and circulated to inform service developments for young people including through the nine area Community Partnerships; THC's Education service; HLH services and UHI research.
- 5.3 The Inverness Community Partnership is seeking to deliver an action plan in response to the survey findings and HLH is taking a leading role in supporting the implementation of the plan. The plan includes:
- i. delivering wellbeing packs (pilot in Inverness High School cluster for the cohort of circa 90 new s.1's)
 - ii. Delivering at least 1 SQA health and wellbeing course in Inverness (Inverness High School cluster)
 - iii. Delivering a virtual event "Support the care giver" (parent; school; youth worker)
 - iv. Highlighting the training available for care givers in Inverness area
- 5.4 HLH colleagues in the Youth team have been key to the development of the action plan and will also be key to the implementation of the identified actions. Leading on the process is a helpful example of earning and sustaining trusted and effective partner status with key stakeholders.

6. Community Leisure UK (Scotland)

- 6.1 Community Leisure UK (Scotland) is a members' association representing registered charities delivering public leisure, sport and/or culture services for communities across Scotland. HLH is a member of the association which also facilitates several special interest groups, including one for Health and Wellbeing. The HLH Health and Wellbeing Manager represents HLH on the Health and Wellbeing Special Interest Group and is its Chair.
- 6.2 In the context of the COVID-19 pandemic the Health and Wellbeing Special Interest Group recognised the importance of articulating the vital role ALEOs like HLH play in helping individuals, families and communities to build and sustain good health and quality of life. It also recognised how Trusts are uniquely placed to play an important role on the road to the creation of a National Care Service and how we contribute significantly to the public health priorities for Scotland (summarised below):
- Vibrant and safe places
 - Flourishing early years
 - Mental wellbeing
 - Reducing use of harmful substances
 - Equality economy

- Eating well and physical activity

6.3 The group has produced a document (see **Appendix B**) which highlights the significant contribution which Community Leisure Scotland members make to the Public Health priorities for Scotland. The document is intended for circulation and distribution, by Community Leisure UK (Scotland) to a range of national bodies and strategic stakeholders. The document will also be used by organisations like HLH in local communications with strategic partners who are interested in collaborating to deliver improved health outcomes for Highland communities.

7. Digital Inclusion

7.1 HLH is working in partnership with NHS Highland to improve digital opportunities for people with type 2 diabetes in Highland to access support to improve their health condition.

7.2 The aim of the project is to:

- support people with type 2 diabetes to access online services such as health information, peer support groups and education programmes for type 2 diabetes, and online medical appointments.
- increase digital skills and confidence to increase digital inclusion with the type 2 diabetes community.
- provide people with type 2 diabetes an option to borrow an iPad device where they may not have access to a working device.
- provide data sim card in the iPads to ensure connectivity to those who do not have internet connections in their home.
- provide information for signposting for training and support on how to use the iPad if required.

7.3 The iPads will be made available for loan by people with Type 2 Diabetes through the HLH library service, including the mobile libraries, to ensure the widest possible community reach particularly to the most remote and rural locations in Highland.

7.4 Funding for the project is provided by the Scottish Government Type 2 Diabetes Framework which is held with Public Health, Health Improvement Team, NHS Highland. The project will be closely monitored and evaluated with a view to potential further role out for people with other health conditions in Highland.

8. Performance Indicator – Partnership Work with NHS and Other Health Related Organisations

8.1 This is one of the 16 performance indicators which the HLH Board uses to track the performance of the charity. The RAG rating for this performance indicator is detailed below:

- i. Red = no partnership work with NHS Highland and other organisations

- ii. Amber = Reduction of current level of partnership work with NHS Highland and other organisations
- iii. Green = Continuation or growth in partnership working with NHS Highland and other organisations

8.2 Partnership work with NHS and others continues to progress positively and is currently RAG rated “green”, on target.

8.3 The partnership work which continues to be sustained (from previous years) includes:

- Cardiac Rehabilitation
- Parkinson’s Exercise
- Falls Prevention Exercise
- Cancer Rehabilitation (time limited/external funding dependent)
- UHI Type 2 Diabetes Research Study (time limited)
- “You Time” – activities for older adults
- House of Memories – digital app to support people with dementia to access museum collections

8.4 The new partnership work includes:

- Work with Community Leisure UK (Scotland) to produce a document (see **Appendix B**) which highlights the significant contribution to the Public Health priorities for Scotland
- Community Planning Partnership Mental Health Delivery Group consultation of young people on the impact of COVID-19 on their mental health
- Inverness Community Partnership – Young People’s Mental Health Action Plan
- Digital Inclusion project for people with Type 2 Diabetes
- Maintaining contact with participants during both national lockdowns
- Introduction of new interactive online Active Health activities and classes:
 - Cardiac Rehabilitation
 - Parkinson’s Exercise
 - Cancer Rehabilitation
- UHI Home Based Exercise Research Study (time limited)

The team continues to seek new partnership opportunities wherever possible and respond positively to any partnership requests.

9. Implications

9.1 Resource Implications – there are no additional resource implications arising from this report.

- 9.2 Legal Implications - there are no new legal implications arising from this report.
- 9.3 Equality Implications – there are no new equality implications arising from this report.
- 9.4 Risk Implications – there are no new risk implications arising from this report.

Recommendation

It is recommended that Directors:

- i. note and comment on the report;
- ii. note that the Health and Wellbeing Performance Indicator has been assessed as being on target; and
- iii. agree that the Health and Wellbeing Plan (2019-24) be revised in line with the new HLH Business Plan (2021-26).

Designation: Chief Executive

Date: 16 August 2021

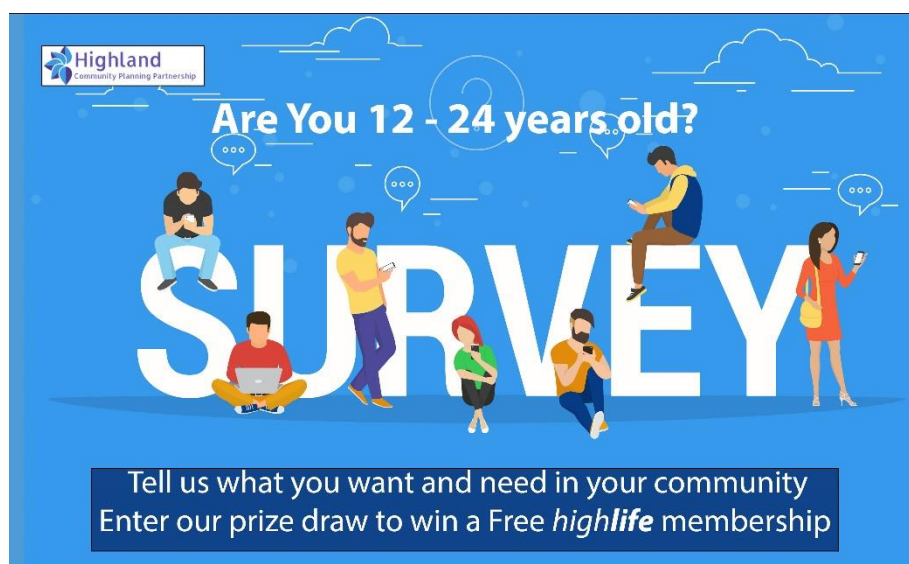


Community Planning Partnership - Mental Health Delivery Group

Survey of Young People in Highland - the impact of the COVID-19 pandemic

Summary

During February and March 2021, the Community Planning Partnership's Mental Health Delivery Group undertook an online survey which asked young people about the impact of the COVID-19 pandemic to help the partners with planning and implementing initiatives and services for young people.



The survey was completed by 777 young people from across the Highland area, circa 3% of the population of young people in Highland, reached via schools, youth groups, sports and music tuition activities. There are likely to be young people who have had more challenging experiences and have not engaged in the survey process, it cannot be assumed their voices have been captured.

The results are largely in line with the findings reported from other consultations and surveys undertaken across Highland (specifically those completed for school pupils). Care is needed in relation to the numbers of respondents, especially for the geographical areas where the response rates are lower. However, the information from the survey can, in future, be triangulated with other work being undertaken as part of the whole systems approach to supporting mental health and wellbeing and is expected to be consistent with findings from larger cohorts too.

Having a range of survey responses is helpful as it is enabling insight to consistent responses, which enables more confidence for the CPP in our understanding of the experiences of young people.

It is also important to recognise that feedback from young people also presents opportunities to develop trauma informed and responsive practice: creating environments that support safety, trust, choice, collaboration, and empowerment.

Key Findings

84% of respondents said their life had been affected (good or bad) by the pandemic and the Highland wide overview is presented in Appendix A. In addition to the Highland wide overview there are also data sets for each of the 9 CPP geographical locations which will be made available to each of the geographical CPP's. It is notable that there are some slight differences, which are generally not statistically relevant, between some of the geographical CPP locations, however the findings are broadly very similar – therefore the Highland Overview provides a useful frame of reference.

Recommendations

The Mental Health Delivery Group recommends the following actions in response to the survey findings:

1. Survey findings to be shared with wider colleagues and partners in the CPP;
2. Ensure the voices of young people continue to be heard in relation to their experiences of COVID-19, and their feedback informs the work of the CPP as per the commitments of the UNCRC (United Nations Conventions of the Rights of Child);
3. Encourage the use of the findings to inform outcomes including the current developments in enabling whole systems approach, as being explored in the pathfinder project in Caithness;
4. Support the whole system approach to build on good practice and to ensure the survey findings are taken-into-account when planning inputs and outputs for interventions and services;
5. Explore the options of support which young people have requested.

APPENDIX A – HIGHLAND OVERVIEW

Number of responses	777
What is your age?	12 – 17yrs = 87% 18 – 24yrs 13%
Which area of Highland do you live in?	<ul style="list-style-type: none"> ○ Inverness = 23% ○ Mid Ross = 21% ○ Caithness = 15% ○ East Ross = 13% ○ Lochaber = 9% ○ Sutherland = 7% ○ Skye, Lochalsh, West Ross = 5% ○ Badenoch & Strathspey = 4% ○ Nairn & Nairnshire = 3%
Which gender do you identify as?	<ul style="list-style-type: none"> ○ Female = 60% ○ Male = 37% ○ Prefer not to say = 2% ○ Other = 1%
Do you consider yourself to be disabled?	<ul style="list-style-type: none"> ○ No = 88%; ○ Yes = 7%; ○ Prefer not to say = 5%
Are you currently mainly:...	<ul style="list-style-type: none"> ○ At school = 86% ○ Working = 5% ○ Higher/Further Education = 3% ○ Unemployed = 2% ○ Other = 4%
Has your life been affected (good or bad) by the coronavirus pandemic?	<ul style="list-style-type: none"> ○ Yes = 84%, ○ No = 16%
Has your life been affected in any of the following ways (top 3 responses + 2 examples of more positive impacts)?	<ul style="list-style-type: none"> ○ I have felt less connected to friends = 68%, ○ I have felt worried about studies (school/college/uni) = 66%, ○ I have felt worried about me or my family or friends getting the virus = 55% ○ I have learned a new skill = 49% ○ I've discovered a new hobby or interest = 43%
Is there anything you would like to see happen to support you or your friends wellbeing (top 2 responses)?	<ul style="list-style-type: none"> ○ Wellbeing packs with resources to support your wellbeing for your age group = 41% ○ Blend of online & face-to-face wellbeing courses/activities for your age group = 33%

Supporting Scotland's Public Health Priorities





Foreword

Chair of Community Leisure Scotland Health Group

The evidence that Culture and Leisure Trusts across Scotland contribute significantly to the health and wellbeing of their local communities is compelling. This document provides a flavour of how Culture and Leisure Trusts are supporting Public Health Scotland's vision that people in communities across Scotland live healthier lives for longer.

Culture and Leisure Trusts are proud of the unique role we play in addressing the unjust and avoidable differences in people's health across the population as well as the ability we have to deliver cost effective interventions; bring creative solutions; and engage communities, families and individuals in improving and sustaining good health and wellbeing for longer.

Trusts work hard every day to engage and collaborate effectively with a wide range of partners, across all sectors including the statutory, 3rd and independent sectors, to ensure we make the vital contribution to enabling improved health and wellbeing in our localities, to ensure the work delivered on the ground is joined up and to achieve outcomes that are needed most in communities.

LYNN BAUERMEISTER

Chair, CLUK Health Group (Scotland)

Health and Wellbeing Manager, High Life Highland and NHS Highland

Summary

Thank you for reading this document which highlights the significant contribution which Community Leisure Scotland members make to the Public Health priorities for Scotland¹.

- Community Leisure Scotland's members operate over 1400 culture and leisure facilities across Scotland
- Members' collective social value is £354.6m
- Members play a fundamental role in helping individuals, families and communities to build and sustain good health and quality of life
- The coronavirus pandemic has elucidated the vital role members play in helping people to stay healthy and protect them from threats to their health
- Members are uniquely placed to play an important role on the road to the creation of a National Care Service, through promoting and enabling equality and wellbeing
- Members contribute significantly to the public health priorities which are summarised here:
 - Vibrant and safe places
 - Flourishing early years
 - Mental wellbeing
 - Reducing use of harmful substances
 - Equality economy
 - Eating well and physical activity

If you would like any more information about the content of this document or to talk to someone about the work of Community Leisure Scotland and its members please contact: contact@communityleisureuk.org

¹ [Public Health Priorities for Scotland](#), COSLA and Scottish Government, 2018

Introduction

Community Leisure Scotland is a members' association representing registered charities delivering public leisure, sport and/or culture services for communities across Scotland. Members provide physical activity, cultural engagement and social opportunities and are significant partners within their local communities.

In Scotland we have a total of 27 members, operating over 1400 facilities, including:



232
LIBRARIES



197
LEISURE CENTRES



39
THEATRES



466
OUTDOOR SPORTS
COURTS & PITCHES



150
PARKS



213
COMMUNITY
& TOWN HALLS

£354.6m

The collective social value for our members in Scotland is £354.6m, which demonstrates that the impact of sports, leisure and culture and the value that they generate, far exceeds the level of public money invested in these services. For a relatively small amount, a huge social value can be generated for the people of Scotland.



Our members are key partners within their local areas, working in close partnership with their local authority partners, NHS boards and a range of other key partners. Many leisure and culture trusts are key partners within their Community Planning Partnerships and work closely and collaboratively to support the delivery of local priorities.

Impact of Covid-19

Like many other sectors, public leisure and culture have been devastated by Covid-19 and the restrictions on our daily lives. The future for Community Leisure Scotland members is one of uncertainty with a long recovery period, estimated to be 18-24 months.

The landscape for our members is incredibly fragile, with a quarter of members forecasting a position of insecurity for their organisation within the first 6 months of 2021². As we enter a new financial year, only 6% of pre-Covid reserve levels remain, with the remainder being used to support organisations through the financial pressures of the crisis. Coupled with a deficit budget for 2020-21, and the likelihood of significantly reduced income for 2021/22, there is no escaping the harsh reality for the sector.

This has already impacted on the workforce, with over 800 people now no longer working within the sector, disproportionately impacting those aged 18-35. In terms of venues and services, we saw a large number of facilities and programmes remaining closed after the first lockdown, and there is a significant threat of permanent facility closures. The consequence of the closure of facilities and services is that individuals who previously met the CMO Physical Activity Guidelines³ through physical activity opportunities delivered by charities delivering public leisure, are no longer able to do so, unless adopting alternative means of being active.⁴

Recovery and Future Looking

There is an opportunity for the services and support delivered by this collective of charities to play an important role in communities' recovery beyond the coronavirus pandemic. As we move towards a new dawn, community facilities and services will be crucial to supporting people to look after their health and wellbeing and to be a safe place to access support and to connect with others.

The Scottish Government's Framework for Supporting People through Recovery and Rehabilitation⁵ during and after the COVID-19 Pandemic highlights the opportunity for community focussed and self-directed services, including early intervention for prevention and social prescribing. As part of Scotland's wider Public Health workforce, leisure and culture trust staff are qualified and eager to support individuals to recover from the legacy of Covid-19, both those who have been affected by the disease and those impacted by the restrictions.

Furthermore, as community assets, public funded leisure offers equitable access to appropriate, affordable and inclusive opportunities, tailored to best suit the needs of their local communities.⁶ The Equality and Human Rights Commission had previously identified a significant inequality in terms of access to leisure services⁷, which is likely to be exacerbated by the Covid-19 pandemic, thus highlighting the need for public leisure and sport services.⁸

In this document we have sought to outline how the vital work of our members supports the Public Health priorities identified for Scotland.

² Community Leisure UK Covid Impact Report: January 2021

³ UK Chief Medical Officers Physical Activity Guidelines. Department of Health and Social Care. 2019.

⁴ The Importance of Public Funded Sport and Leisure Services to Public Health and Recovery from the Covid-19 Pandemic. Public Health Scotland. 2020

⁵ Scottish Government's Framework for Supporting People through Recovery and Rehabilitation. 2020

⁶ The Importance of Public Funded Sport and Leisure Services to Public Health and Recovery from the Covid-19 Pandemic. Public Health Scotland. 2020

⁷ Significant inequalities in Scotland: Identifying significant inequalities and priorities for action. Equality and Human Rights Commission Scotland. 2010. and the Office for Public Management

⁸ The Importance of Public Funded Sport and Leisure Services to Public Health and Recovery from the Covid-19 Pandemic. Public Health Scotland. 2020

SCOTLAND'S PUBLIC HEALTH PRIORITIES

1

A Scotland where we live in vibrant, healthy and safe places and communities

As community anchors, our members are uniquely placed to offer safe spaces that nurture and promote health and wellbeing for local people. These places and spaces include libraries, museums, country parks, sports and leisure centres, learning centres, theatres, golf courses, and school estates.

With venues and facilities located across rural and urban locations, our members provide essential access for elderly populations and safe spaces for communities. Many facilities are also located in some of the more deprived areas of Scotland, and offer affordable, welcoming services in safe environments. For those living in some of the most rural parts of the country, our members provide services by delivering in community venues, using the school estate, or mobile library provision.

Online creative programme and exercise classes

Varied multi performances programme for all

Accessible creative spaces for practice and participation across multi art forms

Green agenda lead in some local authority areas

Engage with the community to develop & deliver programmes to support vibrant, safe & healthy communities



CASE STUDIES

Relaxed Additional Support Needs Sessions

Shetland Recreational Trust

South Mainland Pool runs 'Relaxed ASN Friendly' sessions, aimed at families with children who require additional support. These sessions run every Friday evening and everyone is welcome. Customers are asked to help keep the relaxing atmosphere throughout.

It is hoped that these sessions will encourage families to come to the pool who may find it difficult at other times.

Think Health Think Nature

High Life Highland

Think Health Think Nature is one of four initiatives in Scotland which aims to show how Scotland's natural environment is a resource that can be used to help tackle some of our key health issues. The vision involves providing opportunities and building on existing resources that can support individuals and communities throughout the Highlands with improvements to their health and wellbeing, through engaging with the natural environment around them.

The Think Health Think Nature is led by a partnership which meets quarterly and is chaired by the Head of Health Improvement within the NHS Highland Public Health Team and High Life Highland is one of many partners, which support the work. Other partners include: NHS Highland; NatureScot; Highland Third Sector Interface; Paths for All and The University of the Highlands and Islands.

Together, the partnership has implemented various programmes and initiatives including: creating an online directory of green health services in Highland; published resources (including - a walking journal, and nature identification cards, guidance documents on Nature and Grief; Nature and Mental Health; Pre-Habilitation and Nature and Recovery from Addiction); supported new research; created an online interactive walking challenge for people to virtually visit nine Highland Nature Reserves to allow people to engage with nature from home during lockdown.

For more info check out the website:
www.thinkhealththinknature.scot

Borders Live Touring – Borders Young Creatives

Live Borders

This programme set out to create a positive change in the arts and cultural landscape in the Scottish Borders and connect audiences, community groups and arts organisations. Rural Touring is a tool that helps improve access to high quality and enjoyable live performances, reaching out to existing and new audiences. This project, managed by the Arts & Creativity Team, Live Borders, was a new phase and approach to developing Rural Touring via Borders Live Touring and introduced Borders Young Creatives as a young promoters network, aimed at young people who weren't in full time education or employment. The project built on the original aims and objectives of Borders Live Touring which began in 2014 by offering a range of shows and professional guidance and support (theatre, music and dance) to communities to help them bring people of all ages together and looked to other parts of Scotland for best practice in actively engaging young people in promoting and programming.

A key issue facing many venues is succession planning. Forty seven percent of the population of the Scottish Borders live in rural areas compared to 18% for all of Scotland. Arts and culture is often the "lifeblood" of rural life in many Scottish Borders communities. Whilst cultural activity is deeply embedded in the Scottish Borders, we knew that there was further work required to bridge the gap between communities and work of contemporary and professional artists and performers.

This project revealed:

- The importance of enabling young people to be able to connect from different parts of the Scottish Borders
- Strong interest from young people in high school looking to gain practical experience in the arts out with a formal education setting
- The need for more opportunities and a platform to showcase local talent
- The value of being able to network with and learn from established artists living in their own community
- The benefits of flexible learning through studying for an Arts Award and developing a portfolio of experiences
- The benefits of working in partnership
- The high demand for subsidised support to programme good quality live performances
- The importance of providing dedicated staff time (and support staff) to co-ordinate a project of this scale

Whilst providing services and facilities for all life stages, there is recognition of the need to offer specific programmes and opportunities for early years. Members offer extensive early year's provision encompassing pre-school gymnastics, mini kickers, family friendly exhibitions, parent and toddler swim sessions, with support for families to access resources, provision and education.

There are strong partnerships with local health promotion teams and dietetics experts to focus on wider physical activity and health benefits in early years. Members also work closely with education and social work, providing supported activity for care experienced young people and outdoor trips and holiday activities for local schools.

Bookbug sessions for parents and toddlers

Targeted programmes including outdoor libraries and sports

Services to support the transition from nursery to primary 1

Work with primary schools to promote literacy through reading film and drama

Pre and post natal support

Learn to swim programmes

⁹ For the purposes of this document, we are using the term 'early years' to refer to the 0-5 age group.

CASE STUDIES

Good Move Programme: Walking Bears

Glasgow Life

This programme helps families with early year's children make active travel choices through engaging them in their local community and connecting them to local services, organisations and green spaces. Over 200 families (209 children) participated in the project through the receipt of Walking Bears packs, which contained many resources to help encourage and guide them, through active travel choices, around the local area to help connect them with services and activities suitable for early years children.

The project targeted one third (around 250 children/families) of the pre-5 population (mainly 3 – 5 years) in the Bridgeton, Camlachie, Dalmarnock and Parkhead neighbourhoods of East Glasgow (encompassing Clyde Gateway area). Families benefited from spending more time being active together and taking part in early years activities, as well as exploring local green spaces.

Jump In

Edinburgh Leisure

This project uses learning to swim as a tool to tackle health inequalities faced by pre-school children affected by poverty and their families. While equipping children with a life-saving skill that can help them keep active for life, the project also supports families to make healthier lifestyle choices to improve their health and wellbeing.

Active Mums

Edinburgh Leisure

Edinburgh Leisure's Active Mums programme helps mums on lower incomes incorporate physical activity into their lives and ensure that their children can enjoy active childhoods. Jacqui, age 40, works as a part time dental nurse and lives with her partner and two daughters Keira (4) and Raegan (10). She recently started the Active Mums class at Leith Victoria Swim Centre and has found it hugely beneficial to her family's health and wellbeing.

Jacqui had previously been very active, but since having children she has struggled to find the time or money to be active. Balancing work, looking after her girls and doing all the other jobs around the house meant that it was easier and cheaper not to be active.

She loves attending the Active Mums class on a Monday morning as it motivates her to be active for the rest of the week. Her activity levels have improved since she started Active Mums. Keira and Raegan are enjoying being more active and are reaping the benefits of her incorporating the healthy living information on things like food labelling she's learned in class into her family's diet.

Knowing that Active Mums is having a positive impact on the whole family motivates her to persist even when it's hard.



Jump In has inspired us to get active and the family swim discount that it offers has enabled me to take the whole family swimming more often.

JUMP IN PARTICIPANT

A Scotland where we have good mental wellbeing

Enabling and supporting mental wellbeing is embedded in the work of our members, for both their local communities, and for their workforce. Although it has perhaps never been so high-profile, with the impact of Covid-19 and the restrictions on everyday living taking their toll, mental wellbeing has long been a core focus within our members, with their services reflecting the need for wide and varied support across the life course, from birth to older adults, and addressing issues of social isolation and loneliness.

Our members work closely with Health and Social Care partners to delivery wellbeing pathways, as well as a range of partnership programmes with organisations such as SAMH, Alzheimers Scotland and MacMillan, offering targeted programmes as well as advice and support. Community Leisure UK and many of its members are also signatories on the [Mental Health Charter for Sport and Physical Activity](#).

“Since beginning Healthy Active Minds, I've been able to reduce my medication – I don't feel that I need it anymore. I don't pretend that everything is rosy, I still get bad days, but they're not as frequent as they were. When I do feel my symptoms increasing, I focus on the positive things I'm doing for myself.

SCOTT, HEALTHY ACTIVE MINDS PARTICIPANT



Physical activity, performing arts and library development programmes to support social interaction and encourage a sense of belonging

Mental health training for staff, including mindfulness and wellbeing goals

Support and programmes to support young people's mental wellbeing

Carers programme to enable unpaid carers to access classes that benefit their wellbeing

Books on mental health available on prescription

Physical activity referral schemes, with targeted mental health interventions

CASE STUDIES

Care words

Falkirk Community Trust

This project aims to reduce social isolation and loneliness among older adults by bringing together groups of older people in care settings (both day care and residential) for reading and reminiscence sessions, led by dedicated trained volunteers. The team have created a variety of resources such as books, poetry, music, objects and images which are used to engage people.

The benefits are visible in improved mood and wellbeing, the sound of laughter and bringing people together. 23 volunteers were recruited and trained to deliver the Care Words experience and they have carried out multiple sessions across 10 care homes in the area and reached 140 people.

The aim is to reduce the isolation sometimes felt by older adults by bringing groups of people together to explore stories, poetry and literature, generating conversations and stimulating memories.

Community Planning Partnership, Mental Health Delivery Group

High Life Highland

During February and March 2021, on behalf of the Community Planning Partnership's Mental Health Delivery Group, High Life Highland led an online survey which asked young people about the impact of the COVID-19 pandemic to help the partners with planning and implementing initiatives and services for young people. The survey was completed by 777 young people from across the Highland area who were reached via schools, youth groups, sports and music tuition activities. The information from the survey will be triangulated with other work being undertaken as part of the whole systems approach to supporting mental health and wellbeing in Highland. High Life Highland continues to support the Highland Community Planning Partnership's Mental Health Delivery Group in exploring options of support which young people have requested in the survey. Leading on the process has enabled High Life Highland to demonstrate another solid and recent example of HLH being a trusted and effective partner.

Live Active Leisure and Perth

& Kinross Council Wellbeing Partnership

Live Active Leisure's Wellbeing team launched a 12 week wellbeing programme for Perth and Kinross Council employees with the aim of encouraging better physical and mental health while working from home, including a range of live virtual classes.

The new, updated programme provides the opportunity for staff to login weekly for hour-long, virtual classes including Core Strength and Stability, Yoga and Stretching, Body Conditioning and Nutrition and Health.

Ian Hutton, LAL's Wellbeing Manager commented, "By offering live sessions that bring teams of people together, we hope to inject some team spirit into these activities. Being in one virtual place, at one time with a common purpose is a great way to achieve this and the first session certainly proved popular."

Healthy Active Minds

Edinburgh Leisure

Edinburgh Leisure's Healthy Active Minds project uses physical activity to improve the mental health of over 600 people a year with mild to moderate depression, anxiety or stress in Edinburgh. Scott, age 46, recently participated in the project and has found it hugely beneficial for his health and wellbeing.

'I've suffered with depression on and off for over twenty years, but recently I had one of the worst bouts I can remember. I was very low - I'd find myself dwelling on bad memories, blaming myself for everything, and losing sleep due to worry and stress. I didn't want to see anyone.

Since beginning Healthy Active Minds, I've been able to reduce my medication - I don't feel that I need it anymore. I don't pretend that everything is rosy, I still get bad days, but they're not as frequent as they were. When I do feel my symptoms increasing, I focus on the positive things I'm doing for myself.

I'm already having to wear my belt a little tighter, I feel fitter, and people have said that I'm looking better too. These things brighten me up and encourage me to work harder because I know it's making a difference! I'm looking forward to feeling fit enough to play five-a-side with my pals again - they keep asking me and soon I'll be saying "yes"! For me, feeling sociable again is really important. I have goals that I know I can achieve, and people to support me.'

A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs

As local partners, our members are well placed to work with Health and Social Care partners to deliver targeted programmes as well as signposting to other local authority services for support.

There are smoking cessation clinics, as well as referrals into Community Access programmes from substance misuse teams for people with addictions. Physical activity referral staff deliver alcohol brief interventions to all clients participating in the referral scheme and give advice and pathways to professional services if required.

There are also dedicated recovery community sessions for those at risk of problematic substance abuse, including classes and training to support positive employability destinations such as Gym Instructor SVQ Level 2, and for those in recovery, there are a range of volunteering opportunities.

CASE STUDY

Active Stirling has established partnerships with the Forth Valley Recovery Community and Change, Grow, Live to use physical activity to positively impact on the lives of those recovering from drug and alcohol misuse. The partnerships help deliver specific interventions through a referral pathway but also sustained group and individual activity all with physical activity at the heart of recovery. Individuals have gained qualifications including Level 2 Gym Instructor and Circuits qualifications which have allowed them to deliver sessions directly to their peers. Activities have developed sustainably and now include the Peak Climbers Climbing Club and Recovery Rambles all led by Forth Valley Recovery Community members with support provided when needed by Active Stirling.





A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all

At the heart of each of our member's purpose is offering inclusive and accessible opportunities to take part in culture and leisure activities. Our members recognise that there are various challenges for individuals to access or participate in activities and seek to address these by offering, free and subsidised access to physical activity, with libraries, museums and countryside venues all free of charge.

Leisure and culture trusts will also have a role to play in the Covid recovery, where inequalities will likely have increased, and will be able to use their connections to signpost and link to existing pathways and opportunities.



SQA certified courses to support people back into work; employability across all ages, including long-term unemployed

Cultural events to engage specific groups within the community e.g. BSL sign club, Black History Month programme of events

Disability and inclusion officers to lead on equality of access to services

Bespoke physical activity programmes for people with long term conditions at reduced cost

Macmillan support services in libraries and Move More programmes in leisure centres

Signatories of Armed Forces Covenant, committed to ensuring service men and women & their families are supported

CASE STUDIES

Movement for Memories

Edinburgh Leisure

The Movement for Memories project supports people with dementia to be physically active to improve their health, wellbeing and quality of life. Over lockdown, while sports and leisure facilities have been closed, the Movement for Memories team have provided support through virtual 1:1 sessions, 1:1 buddy golf and walking, wellbeing phone calls and signposting to Edinburgh Leisure's programme of live streamed classes that people can do from home.

Sarah, the daughter of a participant, has noticed a big difference in her mum since she started the classes. She loves to see her smile and laugh during the classes and has noticed how much they boost her mood, make her more alert and give her something positive to talk about. Her short-term memory is poor but she seems to be able to remember the exercises she does in class and enjoys showing them off to Sarah afterwards!

Parkinson's Active Project

Live Active Leisure

Live Active Leisure has partnered with Parkinson's UK to offer Perth and Kinross based residents living with the neurological disorder the opportunity to participate in a free exercise referral programme.

The programme, which started on March 15th with 19 participants, is being run as a virtual class by LAL's Wellbeing Team with referrals made by local health professionals such as physiotherapists and specialist Parkinson's nurses.

LAL's Wellbeing Team instructors have been trained locally by physiotherapists under the Parkinson's Active project and they are now delivering two sessions a week via Zoom. The LAL programme is based on group exercise classes, a concept that Parkinson's UK has tested previously.

Amanda McKay, Parkinson's Active Project Support Officer for Scotland, commented, "We know that participants in our programmes like to exercise with their peers; it helps knowing you are not alone with your challenges. In addition, they want to feel safe and so it is important that instructors are trained to fully understand what we mean by high intensity and how to build the confidence of the participants to get them to this threshold."

Ian Hutton, Wellbeing Manager for Live Active Leisure commented, "Initiatives such as this one help to highlight the importance of partnership working for better health outcomes. It has been so rewarding to work with the specialist physios in order to deliver this life-changing programme here in Perth and Kinross.

"We are offering two levels of exercise, medium and high intensity, with initial consultations to ensure we're placing people in the best possible class for their needs."

Armed Forces Employment Recognition Scheme

Gold Award High Life Highland

In 2020 High Life Highland received the Employer Recognition Scheme Gold Award in recognition of its support of the Armed Forces Covenant in the Highland area. High Life Highland was one of only 10 Scottish organisations to be awarded Gold status in 2020, bringing the overall total in Scotland to 33.

HLH has demonstrated its support for the Armed Forces, Reservists and Cadet Force Adult Volunteers (CFAV) through, amongst other things:

- the provision of an additional ten days, paid, leave a year for Reservists and Cadet Force Adult Volunteers (CFAV) to attend training camps;
- favourable discount on High Life membership for Armed Forces, Reservists and CFAV families;
- advocacy and encouragement of other organisations to sign up to the Armed Forces Covenant and Employment Recognition Scheme;
- the Chief Executive's work as a mentor for the Officers Association of Scotland, assisting service personnel transition into civilian life;
- the Charity's recognition that the skills Armed Forces veterans have gained during service are highly transferrable into the organisation's areas of work.

HLH currently employs, at least, 12 Veterans and Reservists in the following roles:

- Chief Executive
- Corporate Programme Manager
- Leisure Assistants, Supervisors and Personal Trainers in Leisure facilities;
- Youth Development Officer;
- Outdoor Activities instructors;
- Music Instructors in schools.

highlife leisure card – low cost all-inclusive access

High Life Highland

High Life Highland operates a low cost all-inclusive leisure card which has led to a 90% increase in participation in leisure centre activities. Its success is in its low cost and simplicity, individuals and families can participate in all leisure centre activities, including swimming lessons, children's sports activities and group exercise classes for a single fee of £31 per month and people on income related benefits can participate in the same range of activities for fifty pence per activity.

A Scotland where we eat well, have a healthy weight and are physically active

The sixth of Scotland's public health priorities is one where Community Leisure UK members can support in the broadest sense, in response to the delivery of Scotland's Weight Management Standards¹⁰ and Type 2 Diabetes Framework¹¹. Through close partnership working with Health and Social Care partners, dietetic and health promotion teams, members offer a range of safe and high quality activities across their venues and communities including holistic programmes around healthy lifestyles and wellbeing.

Health visitors are another key partner for our members, where partnership working offers an opportunity to promote healthy weight and offer early years intervention where appropriate. Our members recognise the role they can play in providing rounded advice, support and opportunities for people to be physically active across all ages and abilities. Underpinning this is a firm focus on fun and enjoyment, encouraging people to keep attending and participating in activities to support their health and wellbeing.

¹⁰ Standards for the delivery of tier 2 and tier 3 weight management services for adults and children in Scotland. NHS Health Scotland. 2019.

¹¹ A Healthier Future: type 2 Diabetes prevention, early detection and intervention: framework. Scottish Government. 2018.

Pathway wellbeing initiatives with GPs and primary care

Virtual programmes to support those not able to visit facilities in short and long term

Self referral schemes for those who want to reduce body weight with qualified and supportive staff

Adult healthy weight management programme and family & healthy lifestyles programme

Healthy choices through catering offer including Healthy Living Award accreditation

Free meals & healthy activities during school holidays to reduce holiday hunger



CASE STUDIES

Care About Walking

Live Active Leisure

The Care About Walking project is a partnership with staff from Perth and Kinross Health and Social Care Partnership, Live Active Leisure's Walking for Health project 'Stride for Life', Perth and Kinross Council, NHS Tayside and the Care Inspectorate's 'Care About Physical Activity' project.

The project works with care homes in Perth and Kinross to improve older adult's physical health and mental wellbeing through encouraging group and independent walking, strength and balance exercises, and improvements to the care home environment.

People living in care homes spend most of their day sitting or lying down increasing their risk of physical and psychological ill health. Keeping active in later life through strength and balance activities or chair-based exercises and short walks helps to reduce the risk of falls.

Activities are tailored to each resident's needs following a personal consultation with taster sessions to see what suits them best. Activities on offer include indoor corridor walks, external signed routes in a care home's grounds, scavenger hunts, outdoor bingo, staff or volunteer-led Health Walks, and chair-based strength and balance exercises. Paths for All Walk Leader training is available to staff.

Falls Prevention Doorstep Visits

KA Leisure

KA Leisure continued their falls prevention programme on people's doorsteps during the pandemic. The programme started in November as some people stopped engaging in online services or had been identified during a telephone support call that they had fallen or were at risk of falling. When identifying people who had had a fall, the team saw they were the same people who had dropped off online services. The KA Leisure team now have identified people who they are doing regular door stops with. It begins with a telephone consultation, basic medical history and some basic falls screening questions to assess the need for the doorstep visit. A doorstep falls assessment is completed then they are talked through functional strength and balance exercises and given an exercise programme to follow at home.

Seated Cardiac Classes

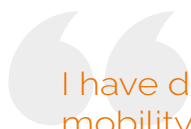
Shetland Recreational Trust

This class is for the higher risk patients who have more difficulty with movement, balance and get increased symptoms. The class is based working around your own chair and is mostly done seated, although sometimes standing work is also encouraged. The class works on cardiovascular fitness, strength and flexibility work. The class helps keep the heart healthy, maintains independence of the people attending and most importantly gives them that all important social interaction. People who attend the seated cardiac class are also encouraged to attend the educational sessions where they mingle, learn and get a cup of tea.

Active Forth Referral Programme

Falkirk Community Trust

This physical activity referral programme provides an opportunity for individuals to become more active and gain the benefits of a healthier lifestyle. Using reliable research methods to measure health outcomes on Active Forth has proved the difference that the programme makes to those who complete it. It makes individuals less sedentary, more active, improves their mental health & their physical function. Participants become more active and closer to meeting physical activity guidelines which helps them feel better and reduce their likelihood of disease.



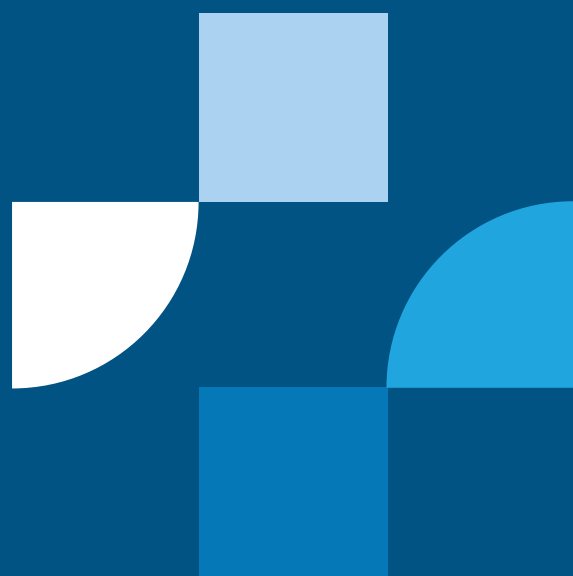
I have decreased pain and increased mobility which has meant I am more able to be active in non-gym related activities.

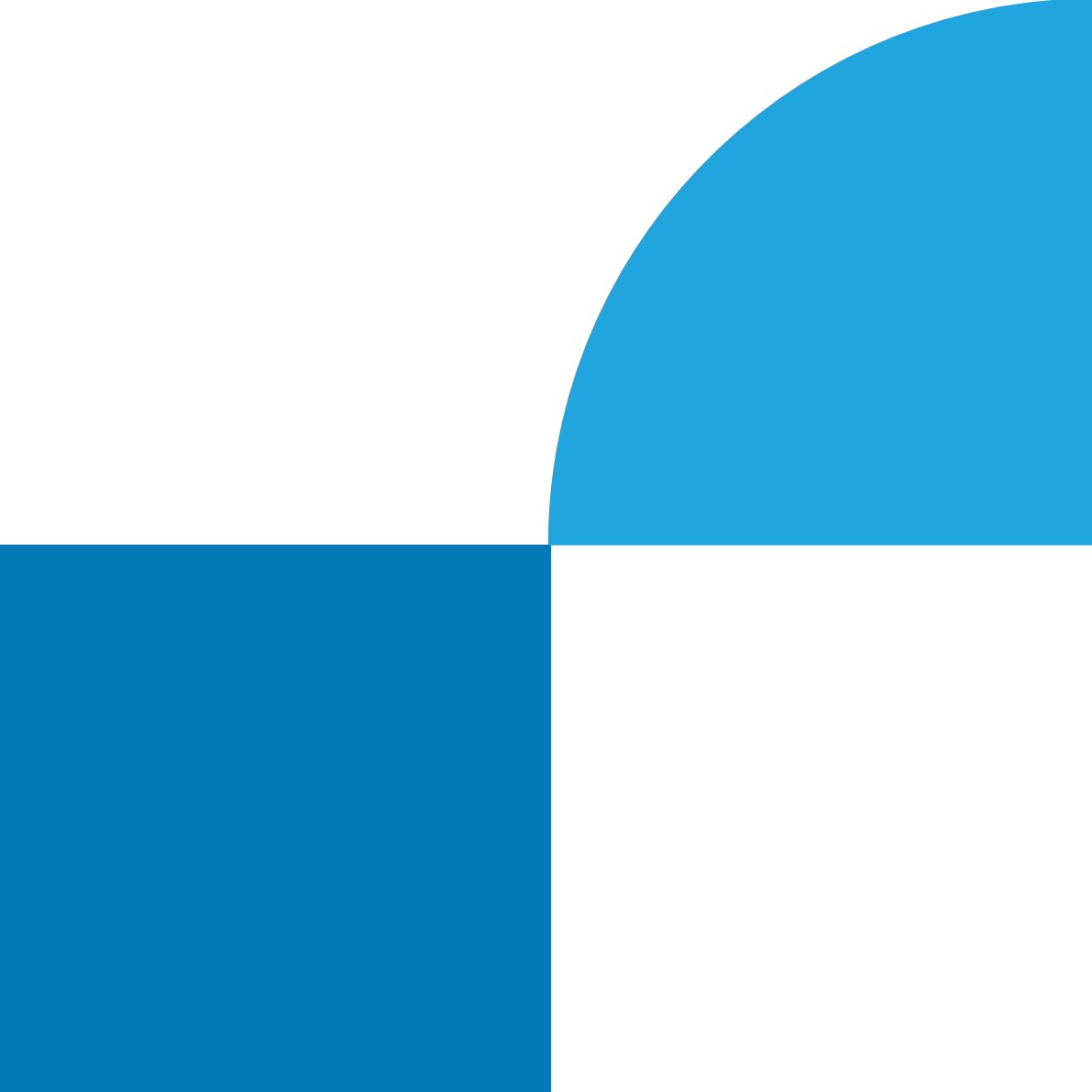
ACTIVE FORTH PARTICIPANT

ACTIVE FORTH CUSTOMERS' PHYSICAL ACTIVITY LEVELS

105 customers analysed


	Week 1	Week 24
Hours Spent Sitting Per Day	8 hours	6.5 hours
Days Walking Per Week	3	4
Walking Per Day	39 Minutes	58 Minutes
Moderate Levels of Physical Activity Per Week	0.84 days	2 days
Average Time Spent doing Moderate Physical Activity Per Week	11 Minutes	48 Minutes
Average Time Spent doing Vigorous Physical Activity Per Week	2 Minute	20 Minutes





communityleisureuk.org

 [@CommLeisureUK](https://twitter.com/CommLeisureUK)

 [Community Leisure UK](https://www.linkedin.com/company/community-leisure-uk)