

SEPACT

SUMMARY OF COUNTY UPDATES DECEMBER 2010

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FOCUS OF RECENT ACTIVITY – SUCCESSES & ACHIEVEMENTS

CSP	<p><u>Kent & Medway CSP</u></p> <ul style="list-style-type: none"> - The Kent School Games 2010 enabled 30,000 young people to be involved in competitive school sport in Kent, 550 schools were engaged and thousands of medallists produced. - Successful in applying for a small amount of funding from DH South East to support the creation, promotion and monitoring of walk4life mile routes in two local authority areas. - Worked with NHS West Kent to input into the Change4life Community Fund bid. (See update from NHS West Kent) - On going work with web developer to further develop the Active Kent website. - Manned a display stand in partnership with NHS West Kent at the Kent County Show. Interaction with those attending included having laptops available for completion of Change4life - How are the kids questionnaire, NHS Midlife health check, NHS Teen health check, NHS World Cup Football Fan challenge. The Active Kent website was also available and London 2012 Open weekend local arts and sports events were also promoted. - Worked with partners to support the organisation of a Cycle Kent event at Shorne Woods Country Park. Active Kent and Bike4life promotional materials were displayed at the event. - Kent Sport, Leisure and Olympics worked in partnership with Eurotunnel, Fowlmead Country Park, British Cycling, Vista Leisure and other para-cycling associations to deliver the P1 Para Cycling event at Fowlmead Country Park. Athletes from Europe and the USA, including World and Paralympic Champions took part in a road race on the Saturday and time trials on the Sunday, which included the British Para-cycling Time Trial Championship 2010. - Working with 7 Local Authorities who were not part of the national initiative to enable them to deliver free swimming lessons for targeted groups.
PCT	<p><u>NHS Medway</u></p> <ul style="list-style-type: none"> - The Medway Exercise Referral Programme has now been live since June, with over 400 patients referred into the programme. General practise, specialist rehab teams and other public health team interventions have been the primary referrers. Over 80% referrals have been classified as medium or high risk, so have commenced our 12 week supervised exercise programme within the leisure centres. However, some referrals have been classified as low risk, so have been signposted directly to our community providers. The most popular activity within this part of the programme has been zumba. - We now have 16 weekly health walks running across Medway so we are trying to increase the uptake of walkers onto these. New activities that have also been added to our programme include touch rugby and ultimate Frisbee. <p><u>NHS West Kent</u></p> <ul style="list-style-type: none"> - Active Kent website development continues. - Successful in obtaining the full £50k community grant fund from Change4life and are currently waiting to hear next steps from DH regarding project delivery.

	<p>- Outline Business Case for Prevention for 2011/12 onwards is being developed, which includes healthy weight and health checks.</p> <p><u>NHS Eastern and Coastal Kent</u></p> <p>- Healthy Weight Care Pathway for Children: The current priority is around establishing a Healthy Weight Care Pathway for Children (2-18). This includes embedding MEND 2-4, MEND 7-13, MEND Graduate, Family Fitness Sessions, prevention programmes in a comprehensive and holistic pathway for health professionals to utilise.</p> <p>- Ashford Bike Project: Successful completion of first challenge with the workplace challenge being incorporated into the wider district cycle strategy. Next challenge planned for March and work is already underway to support this.</p> <p>- Pass the Passion: Dover based project around 2012, District wide festival held at Dover Castle, based on the Olympic and Paralympic values. Included several sports and healthy living workshops which are being taken back into local schools for sustainability.</p> <p>- Behaviour Change Questionnaire: Enough questionnaires have been received for Canterbury Christ Church University to begin analysing and hopefully the validation process of a tool that will capture and measure behaviour change in adults participating in initiatives that include a physical activity element.</p> <p>- Exercise Referral: There is very little to report as developments for the referral scheme as most recent work has been going on in the office involving local procedures. The accreditation for Active Life is due to be resubmitted on 1st December, all of our client literature has been rewritten as is due to start the ratification process on the same day.</p> <p>We have been revising lots of our internal structures and processes, and are looking at producing in the near future an Annual report for 2009 allowing us a clean start with quarterly reports for 2010 – these will highlight the whole scheme and run alongside centre specific reports that will be produced annually.</p> <p>- Health Walks: It's been a busy summer with various events laid on for our walk leaders. We also joined in with the national Walk4Life campaign and the Time to Get Moving week in October which is part of World Mental Health Day. We have carried out a random sample of people that have walked with our scheme which has given us some very positive feedback and also suggestions for improvement. The challenge for the future is to fill gaps in provision and also to encourage more GPs to recommend joining our walks.</p>
LA	<p><u>Ashford</u></p> <p>- Active Swim (targeted swimming for pre school, disabled (learning and physical), low income families) will finish at the end of December, approx 5,000 people attending, approx 10,000 visits including over 1,000 people taking part in swimming lessons.</p> <p>- Active Cycling – A competition was run with local businesses taking part to get as many employees onto a bike for at least 10 mins during the month of September. Approaching 400 people took part and 48% of those people had not ridden for a year. The next challenge competition will be in May 2011.</p> <p>- Aiming High – A scheme giving children with disabilities an opportunity of attending after school clubs. The clubs attract around 50 users a week and have a range of volunteers from local schools (they are taking various leaders awards) and staff giving up their own time to take part (2/3 volunteers to each child ratio).</p> <p>- Active Together (rural) – The scheme is trying to attract people in rural areas who are aged 50+ and people that have a disability of all ages. The opportunities are through walking schemes, indoor and outdoor sports. The scheme launched in May has seen hundreds of people taking part in 4 villages. The scheme will go to other villages in 2011; the first village that took part (Bethersden) now run the scheme under their own steam, which is the sustainability that the project is looking for.</p> <p>- The Active schemes including the above have worked with approaching 10,000 target groups/individuals in 18 months who have attended nearly 20,000 sessions.</p> <p><u>Thanet</u></p> <p>-Supported British Heart Foundation on the 'Viking Cycle Ride' in October. Over 1000 people cycling the route which offers smaller family distances (10 miles), full circle 32 mile and bumper 55 miler!</p> <p><u>Dartford</u></p> <p>- Community exercise classes and health walks in targeted areas of the borough continue as part of the Get Active – For a Healthier Happier Dartford initiative in partnership with NHS West Kent to support individuals who will attend the weight management courses which begin in January 2011. A new health walk is starting in Swanscombe/Greenhithe area of the borough.</p>

- Healthy Lifestyles Co-ordinator in the council is now a cascade trainer for Walking for Health and is developing a training day for new volunteers for early 2011.
- Postural stability exercise classes for older people at risk of falling, work was completed around the sustainability of the project once funding ends next year. A business case to present to commissioners has been developed.
- Dartford Borough Council now owns a smoothie bike to help engage individuals at events and for health promotional purposes. It is a great tool to promote physical activity and healthy eating to both children and adults and since June it has been used at a variety of events in the borough and the county. During the summer events to support Change4Life were developed:
 - Bike4Life: A stall was held at Dartford Festival to promote the Change4Life Sub brand Bike4Life. The Smoothie Bike was used to draw in people to the stall – approximately 250 smoothies were made. Seeds Cycling Club and Dartford CTC were also there to promote cycling in Dartford and the Sky Ride scheme.
 - Play4Life: During August 3 events were held across the borough to promote playing together as a family. Local projects such as Naturally Active, Don't Sit Get Fit and the Community Chef were involved in leading the events, which included a fruit and vegetable treasure hunt, smoothie-making, food faces, arts and crafts, penalty shoot outs (against parents), and disc-golf. 66 individuals attended the events. For the national Time to Change – Lets End Mental Health Discrimination campaign, Naturally Active delivered a walk around Central Park and Brooklands on the 14th October to link in with Time to Get Moving week. 18 individuals participated from both MIND and the local community.
 - Free Swimming Lessons: Following an application to KCC Sport, Leisure and Olympics (Kent & Medway CSP) who received funding from the Dept of Health, £4000 was secured to deliver free swimming lessons. Working with Anna Card, DBC Healthy Lifestyles Coordinator and the Manager of Fairfield Pools & Leisure Centre with his Aqua Zone staff coordinated a programme of swimming lessons for non swimmers, 55+, adults with young children and a community group. The scheme resulted in 52 people signing up for the 10 week swimming lesson programme.

Tunbridge Wells

- All summer activities took place as planned. Multi-sports and arts activities were held in 6 venues and our fun in the sun days were held in 3 rural locations across the borough. Throughout the summer at TWBC led activities we had over 3500 attendances.
- Through the TWSSP the Sport Unlimited projects have started. We also had some funding allocated to community groups/clubs, including the TN2 centre in Sherwood, where they have been running street sports and football. Money was also allocated to Tunbridge Wells Tigers Inline Hockey Club and Tunbridge Wells Athletics Club.
- Monthly tea dances continue to run
- Beneficiary numbers for the Detached Play team have exceeded the target originally set in the bid for the second time.
- Held Junior Sports Achievement Awards on the evening of Wednesday 17 November.

Canterbury

- Open Weekend: organised a dance event as part of the Whitstable Oyster Festival, highlighted the different dance styles available across the district and promoted activities for all ages.
- Successfully launched our 3 Walk4Life Mile routes in September.
- Developing Active Canterbury way-markers across the district for walking, swimming and cycling, extending to 3 miles.
- Planning to develop a number of 'Back to Sport' projects for 2011 including badminton (Jan/Feb), rounders (March/April), swimming and running.
- Successfully secured funding from 'Fit as a Fiddle' to run some 'Move to Music' sessions in the New Year in Herne Bay.
- StreetGames is still running successfully across the district- we have recently produced a promotional DVD.
- Have produced an advocacy flyer for the district, highlighting the impact of sport and physical activity for supporting the local economy, developing education, driving excellence, improving health, reducing youth crime and improving social integration.

CHALLENGES & STICKING POINTS

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| CSP | - Awaiting publication of the Public Health White Paper to hopefully help shape further discussions/plans. |
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PCT	<p><u>NHS Medway</u></p> <ul style="list-style-type: none"> - Awaiting a response from a cycling group regarding our approach about creating supervised beginner cycling groups, but yet to hear a response. - Awaiting to hear how spending review has affected some of our key partners such as school sports partnerships, sports development etc. <p><u>NHS Eastern and Coastal Kent</u></p> <ul style="list-style-type: none"> - Funding implications, re-structure, threats to partner agencies are having an impact on work.
LA	<p><u>Ashford</u> – It is hoped that the projects mentioned above are able to become sustainable and that the community (parents, leaders etc) will take on the running of projects after a certain time.</p> <ul style="list-style-type: none"> - The externally funded officer roles will finish by January 2012 hence the importance of handing projects to the community, the sticking point is to ensure that those volunteers identified do carry on with the projects and don't let them die, hard to police and monitor this though. <p><u>Dartford</u> – Delays in starting the adult weight management programme via Dartford Healthy Living Centre due to lack of suitable applicants for post.</p> <ul style="list-style-type: none"> - Lack of funding to promote current projects such as Health Walks/ Get Active Dartford, therefore number of new contacts has dropped in the last quarter. - Uncertainty about funding for posts and projects connected to locality prevention work for 2011/12. <p><u>Canterbury</u> – Currently seems to be a lack of partnership working - uncertain futures etc.</p>
ANY SUGGESTIONS, COMMENTS OR REQUESTS	
LA	<p><u>Ashford</u> - With the budget restraints to PCT, schools etc will mean projects won't happen and it may mean each County and LA's concentrate on one or two priorities across the board, not sure whether this is feasible though.</p>

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FOCUS OF RECENT ACTIVITY – SUCCESSES & ACHIEVEMENTS			
CSP	<p>The September 'Give it a go' week with 350 activities promoted with over 200 offered as free taster sessions. From January – September 2010 the Reactivate initiative has attracted 4,800 residents across Bucks and MK onto its activities with a throughput of 21,000 participants.</p> <p>Since the September 'Give it a Go' week the website now has a further 200 activities listed taking the total to 550+ activities per week.</p> <p>A programme of Dance, Nordic Walking and Cycling sessions in each district are being developed at present ready to be launched in the new year .</p> <p>Inspire Mark awarded for Community Champion element of Reactivate – in the process of recruiting a further 10 Champions to help us set up new activity and promote existing activity within there community, work place and neighbourhood.</p> <p>Supporting the development of a number of new and existing large community events as a platform to encourage residents across Bucks and MK to take up regular activity.</p>		

PCT	<p>MK PCT Exercise referral scheme- Lovat Fields, Body Limits and a Nordic walking group are now on board with the scheme giving a total of 15 sites across the MK area. A nutrition session has been run as part of the scheme with slow uptake at first- group now has 25 people attending. Pilot programme for aqua natal has been a great success and numbers continue to improve. Funding has been secured to train a further midwife to deliver classes. The three qualified midwives will then be offering sessions in mornings, afternoons and evenings allowing a greater number of mums to be to attend a session. Workplace Exercise classes are being organised, with the focus on relaxation and stress management. The new surgery health walk has taken off to a slow start but hope numbers will improve over the coming months.</p> <p>Bucks PCT Continuing advertising Reactivate Bucks in all GP surgeries and in particular in our NHS Health Check surgeries. Currently looking at ways to fund bespoke physical activity programmes for NHS health check practices that have no exercise on prescription they can ref into locally.</p>
LA	<p>Wycombe District Council Training and Coach Education – Level 1 Basketball course was full, Club/Coach/Adult/Child Database Management – distribution of discount cards and engaging with our adults through a consultation project Workplace activity sessions developed including – aerobics / tai Chi / yoga / football / golf / escorted intros to BNU new gym African Caribbean, middle aged - circuit training being developed Asian ladies group - trial sessions of: aerobics/ belly dancing / yoga Exercise for older people - resident in 3 WDC sheltered accommodation units plus living in neighbourhood. Walk 4 life – added 3 circular walks round Wycombe town centre plus a 1 mile walk in Higginson Park</p> <p>South Bucks District Council New courses started in September under the Reactivate campaign, including a one day kayaking course, and 10-week courses in Beginners Jogging, Bootcamp and Golf (2 x Beginners courses, 2 x Return to Golf). All golf courses had a high demand for places and have been a huge success so far with participants enjoying the sessions and keen to continue playing. Netball also continues to run following a returner’s course started in February. A full programme of activities for young people ran over the summer holidays with a total throughput of over 800 young people, with 20 days of sports and arts on offer in local parks, and a mobile skate park in the district for 21 days also. The seventh MEND course is currently running, although numbers are lower than we would have liked. We also ran an 8-week introduction to kayaking course for young people over the summer, as part of our local 2012 plan.</p> <p>MK District Council Series of tasters as part of Workplace Challenge took place throughout Oct, Pilates and Zumba particularly popular with more sessions now being planned. October Return to Sport and Return to Sport Gold a success with over 60 participants taking part. Tai Chi in the Park monthly classes successful with 50 new participants taking part over summer. October was a successful month for promoting Reactivate MK at many exhibition events.</p>
CHALLENGES & STICKING POINTS	
CSP	Funding coming to end for Active Communities, Aquatics (Make a Splash) and Get Active (Disability Activity) projects in March 2011 – the team is exploring all avenues to ensure all if not elements of all continue but things are a little uncertain with key partners at present.
PCT	<p>MK PCT Well-being coordinator project funding is coming to an end in march 2011, but hoping to extend until June. It is uncertain to what is happening to the project beyond June 2011.</p>

LA	<p>South Bucks District Council Still struggling to fill MEND courses to maximise the impact of the programme. Had to cancel our October half term multi-sports programme due to low numbers. We're looking to come up with new ideas for engaging with children and young people over the Autumn/Winter half term periods.</p> <p>MK District Council Funding for one sports development co-ordinator post responsible for delivery of reactivate in MK coming to end in August 2011. Awaiting information on public health white paper and opportunities that may occur. Cultural budgets in MK coming under increasing scrutiny and pressure for savings both in terms of staffing and grants.</p>
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FOCUS OF RECENT ACTIVITY – SUCCESSES & ACHIEVEMENTS	
CSP	<ul style="list-style-type: none"> • Successful Sport England Active Women bid. Delivery of project to increase participation among women in deprived areas and women with children under 16 will commence in the New Year • Inspire Marks awarded for Boccia Revolution project (countywide project to inspire, educate, increase participation, awareness and training of the paralympic sport) and Leadership Champions project (volunteering programme for people aged 16 to 19) • Successful Disability sport and physical activity information fair delivered • GO Active adult participation Project evaluation underway • Walk4Life funding obtained to support walks in Oxford City • GO Active continuing to deliver a wide range of successful projects including Nordic Walking, Jogging, Rounders, Racketball, Touch Rugby
PCT	<p>Physical Activity Action Plan A new Physical Activity Action Pan has been developed with partners from across the county. The Plan is awaiting final sign off and a steering group to oversee implementation has established.</p> <p>Change 4 Life During November partners in Oxfordshire launched a walk to school initiative with Change 4 Life across Oxfordshire. The campaign encouraged more children to walk or cycle to school. Eighteen schools and 900 year six pupils took part. We are currently evaluating the outcomes, early analysis shows there was a large increase in young people walking to school during this campaign.</p> <p>Exercise on referral The Exercise on Referral county group is developing a specialist instructor's network for instructors trained in Cardiac, Pulmonary and other rehab specialisms. Neurological rehab training is being investigated. The PCT has now funded ten instructors from across Oxfordshire to complete Cardiac Rehabilitation Phase IV. A swimming school is talking place as part of the Oxford exercise on referral scheme. This is aimed at people who do not know how to swim or who lack confidence, informal feedback shows the project is popular.</p> <p>Health Walks</p>

	<p>PCT continues to fund health walk leader training by providing 3 sessions per year. Next WLT scheduled for 20th January. A new health walk scheme has been set up in Oxford City which covers five different areas of the city including areas of high deprivation.</p> <p>MEND Programme</p> <p>These continue to run in Oxford and West Oxfordshire. West Oxfordshire has been targeted due to a need identified via NCMP data. There will be 14 programmes funded by the PCT from now until March 2011.</p> <p>Children Centre Walking Maps</p> <p>Currently five walking maps across Oxford City exist. Due to the success of these further funding has been sourced to create five more maps. The maps make it easier for families with young children to access and enjoy green spaces in their area. The new maps will be in place by April 2011.</p> <p>Health Trainer Service</p> <p>Provides 1-2-1 support for people making lifestyle changes. These are currently based in Oxford and Banbury localities.</p> <p>Workplace Cycle Challenge (June 2010)</p> <p>Interim evaluation results showed 48 organisations and 1,120 people actively took part, 76,311 miles were cycled and 78% trips were for transport purposes. A full evaluation (including 3 month follow up) is expected soon. Dates for the 2011 challenge are provisionally confirmed as 9-29 May. CTC is working to establish Bicycle User Groups in a number of organisations which actively took part in the 2010 challenge.</p>
CHALLENGES & STICKING POINTS	
PCT	Developing new work has been put on hold until the Public Health White Paper.

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FOCUS OF RECENT ACTIVITY – SUCCESSES & ACHIEVEMENTS	
CSP	<p>Website – We are in the tendering process for a new website that will incorporate an activity search tool. Launch is planned for March 2011.</p> <p>Walk 4 Life – Funding received to promote a fully accessible mile on Horsell common.</p> <p>Adults with Learning disabilities – Working with exercise referral providers to introduce specific physical activity sessions.</p> <p>Midnight football – Initial discussion with Youth Service and Police Community Support officers about setting up some late night football session for young people in Spelthorne.</p> <p>Cricket – In partnership with Surrey Cricket we have produced a disability strategy for the county over the next three years.</p> <p>Badminton – the third Community Bandminton network within Surrey has been set up in Guildford.</p>

	<p>The current focus is to join up all badminton activity within the borough and increase casual adult opportunities.</p> <p>Cheerleading - Disability Cheer project – Working with five special schools to introduce cheerleading as a regular activity within their schools by training the teachers and providing them with equipment.</p> <p>Strictly Spelthorne – In partnership with Spelthorne BC we are working on a physical activity project themed around the ‘Strictly Dancing’ programme.</p>
PCT	<p>Exercise referral Spelthorne Leisure Centre exercise referral scheme is in the process of resubmitting the portfolio for the Recognising Excellence Exercise Referral Accreditation System. Developing new paperwork for Surrey that meets the core criteria for the accreditation scheme.</p> <p>Change4Life Continue to spread the word about Change4Life and looking to gather case studies.</p> <p>Health Trainers In the process of looking a different model for health trainers in Surrey as the funding was deferred by NHS Surrey until next financial year.</p> <p>Weight Management Integrating current adult weight management schemes into exercise referral in Surrey.</p> <p>MEND Continues to run across all Surrey boroughs.</p> <p>Let’s Get Moving Looking at opportunities to embed it within services in Surrey.</p> <p>JSNA Currently writing the Surrey Joint Strategic Needs Assessment chapter on physical activity</p>
LA	<p>Surrey Heath BC</p> <ul style="list-style-type: none"> • MEND – Programme finishes on 17/11/2010 with 8 families completing it. Graduate scheme starts on 24/11/2010. New programme starts on 10/01/2011. • Walking for Health – 5 Walk Leaders recruited and trained (first-aid as well). Walks brochure produced for Nov – Jan with the walks beginning on 21/11/2010. • Walk 4 Miles – 6 routes identified and in the process of being way marked. <p>Woking Borough Council</p> <ul style="list-style-type: none"> • Current MEND programme full (previous ones have not been). • family fun day at Woking leisure centre to promote MEND/change4life. Change4life stand used loads of goodies given out and approximately 70-100 families took part in free taster sessions throughout the day. <p>Runnymede Borough Council</p> <ul style="list-style-type: none"> • MEND is starting again from the 11th January at Addlestone Leisure Centre and so far have 7 booked on. • Junior Circuits – We have also introduced a junior circuits class that the mend group can go to once graduated. This is £3.00 per session and is open to all juniors from 8 years old so they are able to integrate with those not on the mend scheme. So far we are getting a few mend graduates that are also bringing their siblings along as well. • Staff - New member of staff that has just qualified as a GP referral instructor - Jacob Marshall (Jacob.marshall@runnymede.gov.uk). He is based at Addlestone so we will be hoping to launch this scheme again soon and he is already making progress contacting the GP’s etc. <p>Guildford</p> <ul style="list-style-type: none"> • MEND – Programme planned for February 2011 • GP Referral Working to develop a partnership with Surrey Sports Park to develop a joined up GP Referral programme in Guildford with Guildford Spectrum <p>Spelthorne</p> <ul style="list-style-type: none"> • Spelthorne held a successful event for the ‘Open Weekend’ on 24th July – ‘Summer Fun Fest’ with a variety of sport and physical activity taster sessions and approximately 1000 people in attendance. • Currently running fourth MEND programme, graduate scheme; both dance mats and individual funding continues to go well. • Successful in gaining Change4Life DH funding for Strictly Spelthorne dance project starting in Jan/Feb 2011. • Exercise referral resubmitting accreditation portfolio by December 1st, confident the

	<p>scheme will have done enough to gain accreditation.</p> <ul style="list-style-type: none"> Weight management scheme is running with two different sessions, new course planned for New Year (date tbc). Walking for Health Scheme continues to grow with scheme recently being accredited and the 'extra short and slow' walks are particularly popular. New activities for young people aged 11-16 have been developed at Leacroft Youth Centre; these include boot camp circuit classes, sports taster sessions, Spelthorne Glee Club and Urban Dance sessions. The Spelthorne disability Sports Club has been shortlisted for the NatWest Community Fund to gain additional funds. Spelthorne Leisure Centre recently had a Boccia court marked for use by a 2012 Paralympic hopeful as well as by the club itself. Santa Sprint running event will take place on 5th December. This is a fun run where people can raise money for their chosen charity whilst running in a Santa suit!
Other	<p>Waverley & Ash School Sport Partnership Sustainability of the SSP network across the county. The development of young leadership, coaching provision and competition opportunities within the partnership. Leadership academy event with 80 new young people gaining sport specific leadership of officiating qualifications in November.</p>
CHALLENGES & STICKING POINTS	
LA	<p>Surrey Heath BC MEND – Currently no families on the programme due to start in January.</p> <p>Woking Borough Council Free swimming capital modernisation programme – enclosing the pool at Goldsworth primary school to allow use all year round. Ongoing work with county council to finalise business plan in association with the school and confirm community use arrangements.</p> <p>Cycle Woking – Social marketing project. – funded assistance with social marketing toolkit has now finished. Focus groups and stakeholder interviews for Sheerwater have been completed and funding for initiatives to get going needs to be secured through cycle woking project board, although cycle woking as a whole now likely to finish in March 2011.</p>

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FOCUS OF RECENT ACTIVITY – SUCCESSES & ACHIEVEMENTS	
CSP	<p>West Berkshire – Reactiv8 – two programmes have taken place involving 11 sports, 16 local sports clubs and one leisure provider where nearly 250 people tried new activities. 73% of the attendees are >45 and 6% have some form of disability.</p> <p>Slough – Gifted and Talented Day for Disabled Young People – held on 23/6/10 for 36 young people with either a visual, hearing or physical disability. The attendees came from Slough, Windsor, Maidenhead and Wokingham Local Authorities. Club Development Day on 12/10/10 at Montem Leisure Centre connecting schools with local clubs. Slough Play Day – Over 1000 people attended the celebration of National Play Day on 4/8/10. A combination of sports clubs, voluntary sector organisations, emergency services provided attendees the opportunity to participate. Slough Healthy Walks – between April and September 1,602 walkers took part in 150 walks and 41 new walkers joined</p>

	<p>the programme. The average number of walkers a month is approx 300, up from 188 in April. Cricket – summer programme run in the summer with 27 attendees. Continued Activity Programme – setting up a Workplace Workouts project promoting a Healthy Workforce programme for employees at the council.</p> <p>Reading – Let’s Get Moving Programme – this programme links with under-represented groups and by working with individuals on a one-to-one basis, it enables the Physical Activity consultant to identify the needs and requirements of the individuals to be assessed. Currently, there are 180 participants – 90 males and 90 females</p> <p>RBWM – Get Active in the Royal Borough website – Met with the Berkshire PCT and keeping them up to date with families that can access the programme. Linking with a range of open days to promote to a wider group. The resource is being linked to the 7 Olympic/Paralympic values to promote family activity in local parks. A training programme is being created and bags of equipment being collated to enable families who want to try new activities the opportunity to “have a go”.</p> <p>Wokingham – The project started late, so the review will take place at another time</p>
CHALLENGES & STICKING POINTS	
CSP	Contact has been made with 5 NGBs – Swimming, Golf, Sailing, Cycling and Orienteering to further a process where individuals suffering from skeletal injuries are prescribed a programme of light physical activity rather than being operated on. This programme is still in the planning phase

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