

Culture and Communities Committee

10.00am, Tuesday, 4 October 2022

Edinburgh Leisure – Active Communities Programme Update

Executive/routine
Wards
Council Commitments

Routine
All

1. Recommendations

- 1.1 The Culture and Communities Committee is asked to note the work being carried out by Edinburgh Leisure's Active Communities Team to improve the health and wellbeing of Edinburgh citizens.

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Executive Director of Place

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Report

Edinburgh Leisure – Active Communities Programme Update

2. Executive Summary

- 2.1 Edinburgh Leisure's Active Communities Team play a vital role in supporting people who face the greatest barriers to being physically active to improve and protect their health and wellbeing.
- 2.2 This report details the variety of projects/physical activity interventions delivered which target specific client groups and demonstrates the power of physical activity to make a positive impact on people's lives whilst also, in many instances, reducing pressures on the health and social care system. This report was requested by Culture and Communities Committee.

3. Background

- 3.1 The annual performance report of Edinburgh Leisure (EL) (Council Companies- Edinburgh Leisure Annual Report 2020/21- considered by Committee in [February 2022](#)) resulted in a request for a further report into the good work of Edinburgh Leisure's Active Communities Team.
- 3.2 ELs vision is to inspire Edinburgh to be a more active and healthier city and the charity is on a mission to transform lives and communities through physical activity; supporting the Council's key priority in the three year Business Plan of 'making sure wellbeing and equalities are enhanced for all'

4. Main report

- 4.1 The Active Communities programme was severely disrupted due to the Coronavirus (COVID-19) pandemic. Having initially stopped all projects EL, where possible, adapted the delivery of projects (adhering to the restriction in place and Government guidance) to support those most in need. These adaptations included:
 - 4.1.1 Providing online classes for people with health conditions e.g. long term conditions, poor mental health, weight management, falls prevention;

- 4.1.2 Live streamed low-level 'active dance', 'active sit', 'strength and balance' and 'strength and cardio' classes;
- 4.1.3 Provided motivational one to ones via Zoom for people with physical and mental health conditions; and
- 4.1.4 'Wellbeing phone calls' to people at risk of inactivity and isolation; using motivational interviewing and behaviour change techniques to encourage physical activity and social connectedness
- 4.2 The Active Communities Team provided support to improve the lives of 3,210 people in 2020/21 and 4,215 people in 2021/22 (details of the services provided in 2021/22 is available in Appendix 1). These figures are a significant but not unexpected reduction when compared to the pre Covid figure of circa 10,000 people supported by the Active Communities Team.
- 4.3 The Active Communities programme has been gradually re-instated in line with restrictions easing and being removed. The Team currently delivers 111 classes each week: eight online, 16 outdoor and 87 indoor, however this is a reduction as compared to the 180 classes per week delivered pre covid. This reduction is mainly due to the challenges in securing the qualified workforce (staff and volunteers) to deliver the wellbeing projects.
- 4.4 Projects currently being delivered include the following:
 - Active Mums;
 - Ageing Well;
 - Community Access programme;
 - Exercise after Stroke;
 - Fit for Health;
 - Get Active Classes (a range of low-level classes), including Active Sit, Strength and Balance, seated Yoga, Active Dance;
 - Get Going;
 - Get Moving;
 - Health Active Minds;
 - Looked After and Active and You Can;
 - Positive Destinations;
 - Open All Hours;
 - Steady Steps; and
 - Movement for Memories.
- 4.5 There has been steady growth in participants returning to their chosen activity sessions, with the Active Communities Team currently supporting circa 810 people affected by health conditions, inequalities, and poverty to be active each week. The

team are also receiving an average of 480 referrals per month, from a range of Health and Social Care professionals to the various wellbeing projects. This figure exceeds the pre-Covid monthly average of 400 referrals, demonstrating the current demand and need for services. The Team's target for this year (2022-23) is to grow the number of people supported back to the pre Covid figure of 10,000.

Recent developments

- 4.6 Following discussions between EL and Edinburgh's Health and Social Care Partnership (EHSCP) around physical activity solutions to improve health and wellbeing, funding was secured to deliver three new projects from April 2022:
 - 4.6.1 'Get Fit for Surgery': £150,000 over two years (from EHSCP) to support 200 people awaiting hip and knee elective surgery;
 - 4.6.2 'Fit and Active': £80,000 over two years (from EHSCP) to support 200 adults with learning disabilities to be active and socially connected; and
 - 4.6.3 'Be Strong, Be You': £49,876 from City of Edinburgh Council's Education and Children's Services to deliver a new Adolescent Mental Health Project. The 18-month pilot will use the power of physical activity to support up to 100 young people (aged 12-18 years) in the South-East locality of the city, who are experiencing mild to moderate mental health conditions. The project aims to create system change by enabling parents and guardians to refer directly to Edinburgh Leisure to support the young person early before their mental health reaches crisis point.

Poverty and inequalities

- 4.7 Poverty and poor health are inextricably linked, with people on low incomes more likely to live with multiple long-term health conditions, experience poor mental health, and have a lower life expectancy. In 2019-20 (EL's last full year of operating pre-Coronavirus), EL's Active Communities Team supported 5,150 people on low incomes to be active through the projects designed to help tackle poverty and inequalities. The feedback from participants was that the help and support provided by EL changed their lives for the better in the following ways:
 - 4.7.1 97% enjoyed being active;
 - 4.7.2 95% increased physical activity;
 - 4.7.3 92% more motivated to be active;
 - 4.7.4 90% able to make healthier choices;
 - 4.7.5 87% improved health;
 - 4.7.6 76% improved mental wellbeing; and
 - 4.7.7 70% more socially connected.
- 4.8 EL are committed to supporting more people who are affected by poverty and inequalities to be active and well and have ambitions to improve and expand the help and support offered to people by reaching a further 25,000 people on low incomes by 31 March 2025.

- 4.9 A 'Wellbeing for All' information leaflet has been produced to highlight the services and activities EL deliver to help people living on a low income or those experiencing inequalities to be active and improve their health, wellbeing, and quality of life. In April 2022, EL contacted 575 partners in the Council, NHS, and Voluntary Sector to ask for their help in reaching those most in need of support. Partners were asked to share the 'Wellbeing For All' information with the people they work with and to encourage people living on low incomes to take up the opportunity to be active with Edinburgh Leisure (more information available: <https://edinburghleisure.co.uk/wellbeingforall>)

Support for refugees

- 4.10 Some years ago EL created, in partnership with the Council's Refugee and Migration team, the 'Relocated People Access Programme'. The programme supports relocated people i.e., refugees, asylum seekers and migrants, in Edinburgh to be active in support of their health and wellbeing.
- 4.11 The programme opened to support Ukrainian refugees from 29 April 2022 with EL working closely with the Council's Refugee and Migration team and Welcome Hubs to provide information on accessing EL activities. There have now been circa 880 referrals from Ukrainian people for support to the Relocated People Access programme (the current referral rate of circa 220 per month far exceeds the previous monthly average of 25). Whilst hugely supportive of the programme, EL are monitoring the number of referrals as it is placing significant demand on the Active Communities advisor team who triage all referrals.

Funding arrangements

- 4.12 EL currently delivers 22 Active Communities/Wellbeing projects, the majority of which rely on 'external' fund raising and support from partner organisations. Details as follows:
- 4.12.1 Five projects (Community Access Programme, Relocated People Access Project, Carer Access, Get Active classes, £10 Get Active Pass) are funded from EL's annual grant funding from the Council: £364,000 is allocated to the Active Communities 2022/23 budget. These monies also cover the cost of the Active Communities management team and development staff; and
- 4.12.2 17 projects are funded through 'external' funding sources. The funding raised and pledged to date for 2022/23 is £750,473. The majority of this (93%) is statutory funding e.g., NHS Lothian and Edinburgh's Health and Social Care Partnership. The remaining monies are sourced from 'corporate partners' (4.5%) e.g. Baillie Gifford, Trusts (1.3%) and individual giving and community fundraising initiatives (1.2%).
- 4.13 The funding mix is reliant on statutory monies and to mitigate the risks that this presents EL have taken the following approach:
- 4.13.1 Seek multi-year funding partnerships as these enable the charity to plan work effectively and deliver impact for beneficiaries. Multi-year partnerships also allow EL to stagger funding end dates and ensure there is capacity to focus on renewing/securing funding to continue projects;

4.13.2 EL's monitoring and evaluation framework ensures that there is robust evidence to demonstrate the impact of projects to support the securing of ongoing funding; and

4.13.3 The charity is also seeking to diversify the funding mix by introducing individual giving and community fundraising initiatives to provide 'unrestricted' funding to help combat funding end periods and funding gaps. However, the recent cost of living crisis has had an adverse impact on these funding areas across the charity sector.

4.14 There is however always the risk that projects that deliver positive outcomes for individuals and communities will stop due to lack of available funding.

5. Next Steps

5.1 Further reports on Edinburgh Leisure and their work and performance across the city will be presented to this Committee.

6. Financial impact

6.1 There are no financial implications with this report.

7. Stakeholder/Community Impact

7.1 EL has worked with Council officers and a range of stakeholders and communities to develop projects and deliver programmes.

8. Background reading/external references

8.1 [Edinburgh Leisure website](#)

9. Appendices

9.1 Appendix 1 - EL's Wellbeing Board Report 1 April 2021 to 31 March 2022

Appendix 1: Active Communities Projects: review 1 April 2021 to 31 March 2022

Project/ Service Area	Target Equality Group	Annual Outcomes & Outputs	Progress To date	Performance Analysis of Outcomes & Outputs						
Active Mums	Inactive mums and their children affected by poverty across the city	4 courses per year for up to 48 Mums 1000 visits to physical activity services by Active Mums participants	5 courses delivered for 35 Mums 998 visits to physical activity services by Active Mums participants	Active Mums supports Mums and their families who are affected by poverty or living on a low income to be active. We do this by offering a 7-week fitness and healthy lifestyle course for Mums referred to the project, which is followed by 1 year of discounted access to Edinburgh Leisure activities.						
				We work in partnership with Dr Bells Family Centre in Leith to refer local women to the project and provide free childcare while they attend. In April 2021 we were under level 3 restrictions in Scotland, so we were unable to run Active Mums indoors. We delivered the courses outdoors and online, until returning to an Edinburgh Leisure studio in mid-May, when restrictions were lifted.						
				100% of Mums who have attended this year have told us that their physical activity levels have increased, they've made new friends, they are making healthier choices for their families and that their overall health and wellbeing has improved. The Mums have made 998 individual visits to Edinburgh Leisure activities using their 1-year discounted access cards. One of our participants said: <i>This was a wonderfully friendly and informative environment, which enabled me to find confidence in exercise again and in turn has improved my physical and mental wellbeing. The trainers are really knowledgeable and supportive, and I feel better in so many ways because of this program. Thank you so much!</i>						
Ageing Well (AW)	Older Adults Ageing Well promotes healthy lifestyles for older adults living in Edinburgh with the emphasis on meeting new people and making physical activity accessible and enjoyable. All Ageing Well activities are led, or supported, by volunteers, all of whom are older adults themselves.	400 older adults active per month Maintain 60 active volunteers 12 new volunteers recruited	363 older adults active each month 51 active volunteers 9 new volunteers recruited 3083 volunteer hours completed Up to 15 Ageing Well activity sessions delivered per week 5723 visits to Ageing Well activities	Ageing Well (AW) has supported 363 older adults to be physically active and recorded a total of 5,723 visits to AW activities. Delivering 15 sessions a week, as shown below.						
				<table><tr><td>Allotment x 1</td><td>Cycle Skills x 1 (Level 1 & 2)</td></tr><tr><td>Buddy Swimming x 1</td><td>Dancing x 1</td></tr><tr><td>Chair-based Exercise x 2</td><td>Walking x 9</td></tr></table>	Allotment x 1	Cycle Skills x 1 (Level 1 & 2)	Buddy Swimming x 1	Dancing x 1	Chair-based Exercise x 2	Walking x 9
				Allotment x 1	Cycle Skills x 1 (Level 1 & 2)					
Buddy Swimming x 1	Dancing x 1									
Chair-based Exercise x 2	Walking x 9									
Participant data tells us the following about our AW participants: <ul style="list-style-type: none">• Age ranges from 46-98 years old with the majority (54%) aged 75+• Gender split is 79% female, 18% male and 3% not stated• 73% report living with a long-term health condition, with hypertension being the most reported (55%)• Most participants live in the North West locality (33%) however all localities are well represented (NE - 29%, SE - 26% and SW - 12%)										

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				<p>Participants have welcomed the return of Ageing Well activities as it has given them the opportunity to reconnect and meet up with people again. The return of a routine was also a key highlight for many. 138 new participants surveyed told us:</p> <ul style="list-style-type: none"> 65% felt AW had helped them reconnect and recover from lockdowns 69% said it was nice to make new friends 71% felt their fitness levels had improved 79% said their physical activity levels had increased <p><i>"Ageing Well has extended my social and physical activities which was missing during lockdown. These are vital to my emotional and mental wellbeing, so it has been great getting together with others again"</i></p> <p><i>"The social aspect of Ageing Well is very important to me, I have really enjoyed speaking to the group and catching up on everyone's news as it is lonely on one's own. It was also great walking outside in the fresh air with friends."</i></p>
Community Access Programme	<p>Voluntary Sector Organisations and Statutory Services (NHS/CEC) working to support a range of inactive people experiencing inequalities</p>	<p>200 organisations will affiliate to CAP</p> <p>2,000 Individuals will be referred</p> <p>20,000 visits to physical activity services by CAP organisations and participants</p>	<p>196 organisations affiliated to CAP</p> <p>1,646 CAP Individual Card referrals processed</p> <p>13,518 visits to physical activity services by CAP organisations (5,256) and participants (8,262)</p>	<p>Supports community groups, organisations and charities to help the people they work with be active. By working in partnership with affiliated organisations, the Community Access Programme (CAP) helps support Edinburgh's most vulnerable individuals and communities live more active healthy lives.</p> <ul style="list-style-type: none"> CAP usage has performed well since EL facilities and services reopened in May. Individual card visits broke the 1,000 visits per month on 3 occasions. CAP is performing well in terms of serving our city's most vulnerable communities. 55% of CAP individual cardholders live in the 30% most deprived postcode areas of Edinburgh. Although short of our referral target, referral numbers were still high. The programme has continued to improve the referral process to make it more efficient for our partners. A new online referral portal has been set up through our iIMPACT health management software. Since opening the portal in November 2021, 120 referrers have used the system to make 240 referrals. <p><i>"CAP has a major positive impact on my mental health. It's been my lifeline. I don't have to worry about some weeks not being able to afford it. It's helping me get fit for an operation I am waiting on."</i></p>
Relocated Peoples Access Card	<p>Refugees, asylum seekers and migrants newly relocated to Edinburgh</p>	<p>100 individuals will be referred</p> <p>500 visits to physical activity</p>	<p>100 referrals received since programme reopening in July</p>	<p>Created in partnership with the City of Edinburgh Council's Refugee and Migration team. The programme supports relocated people (refugees, asylum seekers and migrants) in Edinburgh to be active to improve their health and wellbeing. Providing adults with free access to our Gyms, Swimming Pools and Fitness Classes for 6 months. The card is not time-restricted and is for over 16's only. For under 16's, from February</p>

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		services by participants from the Relocated People Access programme	299 visits to physical activity services by participants from the Relocated People Access programme	<p>this year, we have been supporting children and young people with free access to our swimming pools and our NRG Zone gym sessions for juniors (aged 12-15). Children and Young People can also access free coached activities in a wide range of sports including tennis, gymnastics, climbing, trampolining and diving.</p> <p>Individuals are referred through the CEC's Refugee and Migration Team or via Support Officers at the Mears Group, who run the supported accommodation for Refugees and Migrants in Edinburgh. At present, the programme is receiving between 20-30 referrals a month. Referral numbers will grow as the city welcomes people from Ukraine. We are working with the CEC's Refugee and Migration team to provide information on opportunities for activities in EL for the Council to include in welcome packs for Ukrainian refugees.</p>
Carer Access Card	Carers supporting people with additional support needs to be active	<p>100 Carer Access Card referrals</p> <p>400 visits from carers when supporting people with additional support needs to be active</p>	<p>236 Carer Access Card referrals received</p> <p>451 visits from carers when supporting people with additional support needs to be active</p>	Edinburgh Leisure launched a new carer access card in May to help support some of our most vulnerable customers to be active. This card provides free access to carers who provide functional support to the people they care for whilst using our services and facilities. The card is issued on a self-referral basis through our website. Since May over 236 cards have been issued to help support some of our most vulnerable participants to be active with us.
Exercise After Stroke	People who have experienced a stroke	<p>60 people referred</p> <p>30 people start Get Active Classes</p>	<p>61 Referrals</p> <p>34 participants started Get Active Classes</p>	Over the last 18 months we have been reviewing our delivery model with input from the Lothian Stroke Rehabilitation and Recovery Group. Participants referred following a Stroke are now triaged into our Get Active classes. Participants are supported into the most appropriate class for their needs. Referrals reopened in July 2021, with just over 50% of those referred starting a Get Active class. We have identified this pathway is not suitable for everyone, as some people referred are stronger and more mobile. We have started scoping a gym-based service with our NHS partners, to better support the stronger and more able stroke survivors going forward.
Fit For Health	Anyone aged 16+ who has a long-term health condition (e.g. cardiovascular disease, respiratory disease, heart failure and diabetes)	<p>500 referrals received</p> <p>425 engaged</p> <p>325 completed</p>	<p>593 referrals received</p> <p>259 engaged</p> <p>130 completed</p>	<p>Face to face delivery was able to re-commence from May 2021. One positive impact of the pandemic was the success of live streamed classes, which are now part of our class timetable.</p> <p><i>'My live streaming class with Mari has been a lifeline, providing a focal point of the week around which to build more activity. I find I am more hopeful and confident'</i></p> <p>There were mixed responses when we re-introduced venue-based classes with some participants eager to return and others being more cautious. As a result, we have seen fluctuations in attendance throughout this year, with key reasons for non-attendance being:</p>

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				<ul style="list-style-type: none"> people having to self-isolate because of having covid or being identified as a close contact. people choosing to self-isolate to protect their own health; all our participants live with one or more long term health condition making them more vulnerable. <p>Our volunteers were keen to return once restrictions allowed. Each week, 11 volunteers provide additional support to our instructors and a friendly, welcoming face for participants.</p>
Get Active	<p>Inactive adults</p> <p>Get Active is a range of low-level physical activity classes which encourage inactive people to be active and enable people from our Active Communities projects to stay active.</p> <p><u>Get Active classes include:</u></p> <ul style="list-style-type: none"> Active Sit Strength and Balance Strength and Cardio Active Aqua Seated Yoga Active Dance 	<p><u>Pre-Covid</u></p> <p>21 classes delivered each week</p> <p>8,500 visits per year</p>	<p><u>Live Streaming Programme</u> (April – August)</p> <p>7 classes delivered per week</p> <p>28 people active each week</p> <p>465 people in total</p> <p><u>Face to Face</u> (Relaunch 17th May 2021)</p> <p>18 classes delivered each week</p> <p>5108 visits</p>	<p>Due to restrictions, from April - August 2021 Get Active delivered 7 live streamed classes per week. The classes offered new and existing customers a lower-level class with the support of a health instructor.</p> <p><i>'For me and my husband, the classes were a real benefit. They gave us an opportunity to get up of the sofa and speak with people. The instructors were great at making it sociable and made time at the end to chat.'</i> Kate and Bill 69.</p> <p>Face-to-face delivery restarted in May 2021, with 12 classes per week in 5 Edinburgh Leisure venues. We have gradually increased delivery to 18 classes per week across 6 venues and this will increase again when MSC re-opens.</p>

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Get Going	Children & Young People, aged 5-17, out with a healthy weight range	16 courses per year 75% completion rate Maintenance or decrease in BMI at course completion, 3 month and 6 month catch ups	12 courses delivered (75% of target) May – Jun: 3 courses Aug – Oct: 4 courses Jan – Mar: 5 courses 95% completion rate 45 participants referred 30 participants completed 6 participants maintained or decreased BMI by an average of 1.1	This has been a challenging year for Get Going delivery as restrictions on room capacities have reduced the number of families we can support within each course and online delivery was not endorsed by our NHS funders. Since May, when indoor delivery restarted, we have delivered 12 courses, achieving a 95% completion rate. Keep Going classes restarted in January 2022, where families who have completed are encouraged to attend weekly drop-in activity sessions to maintain a healthy lifestyle. An average of 2 families attend these sessions each week. No courses were delivered between October – December, due to administration issues with our NHS referring partners. <i>"We enjoyed the friendly atmosphere and staff who were non-judgemental. The classes were delivered well, and my daughter really enjoyed being a participant instead of just sitting there listening to all the adults."</i>
Get Moving	Adults with a BMI over 25 referred from NHS Lothian weight management service	36 courses per year 70% completion rate 5% weight loss in 11 weeks Weight Loss maintained or continued weight loss at 6, 9 and 12 months	36 courses delivered to date (20 Online and 16 in venue) 66% completion rate 422 participants referred 293 started 192 completed 18% achieved a 5% weight loss 90% achieved some weight loss Review sessions restarted in December 49 participants booked in 40 participants attended 24 participants either maintained or lost weight	Online delivery was approved during 2020-21, so we were able to deliver online until restrictions eased in May 2021, enabling face to face delivery to restart. We have delivered 36 Get Moving courses, 20 online and 16 in person over the last 12 months. Since April we have supported 293 adults and achieved an overall completion rate of 66%. We have seen a slight difference in completion rates between online and face to face courses with online courses achieving a 62% completion rate and face to face 71%. This reflects participant feedback, that the majority prefer face-to-face courses. We will continue to provide online options for participants in 2022-23 however the bulk of our delivery will be directed towards face-to-face delivery. 23 feedback questionnaires were returned, of which: <ul style="list-style-type: none"> • 100% reported being more motivated to be active • 93% reported an increase in their physical activity levels • 93% reported improved mood and feeling more confident • 83% reported feeling healthier • 83% reported they make healthier choices <i>"Kind, friendly, non-judgemental, knowledgeable Instructors. All very approachable. Great, easy to follow information. Step by step guidance and support on how to become healthier and lose weight. The instructors really motivated me and made the classes fun. Well-done, and thank you so much."</i>

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Healthy Active Minds	People living with mental health conditions	<p>1000 referrals</p> <p>800 initial consultations (IC's) delivered</p> <p>400 participants to complete stage 1 (3 months)</p> <p>1000 supported physical activity sessions</p>	<p>724 Referrals (72% of target)</p> <p>739 consultations (92% of target)</p> <p>151 participants completed stage 1 (38% of target)</p> <p>1,601 sessions delivered</p>	<p>During the lockdown, we continued to support participants by introducing online classes and making wellbeing phone calls.</p> <p>Referrals started low April to September, averaging 32 to 53 per month. We worked with GPs and mental health professionals to raise awareness of the project, resulting in referrals increasing to pre-covid levels (receiving 90-100 referrals a month).</p> <p>Our target for participants completing is lower as we did not support new participants until May, this meant we did not see any completers until August. From August, our completion rate was only 12% behind target.</p> <p>In January 2022 we introduced peer supported group gym sessions, enabling participants to meet each other whilst being supported by an instructor. To date, we have delivered 32 group sessions and achieved 100 visits.</p> <p>As part of the Thrive partnership, we are working alongside the SAMH (Scottish Association for Mental Health) Redhall Walled Garden to deliver group activities. 15 participants have taken part in a variety of activities, including walking, badminton, climbing, yoga, and the gym. The purpose to enhance peer and social engagement and encourage participants to be more active.</p> <p><i>"I was apprehensive about the climbing session and doubtful that I would go along. With the support of a peer, I made a trip out to Ratho ahead of the day itself. I was encouraged by my peers at the climbing session, and I was able to attempt a number of climbs. It is something that really challenged me as I suffer from self-doubt and low confidence. This was a real mental and physical achievement! I am grateful to Healthy Active Minds for this opportunity."</i></p>
Looked After & Active / You Can	Care Experienced Children & Young People	<p>1000 Care Experienced Children & Young People active through Looked After & Active</p> <p>500 Carers actively supporting Care Experienced Children & Young People to be active</p> <p>2000 visits to physical activity services by Care Experienced Children & Young People</p>	<p>1035 Care Experienced Children & Young People active through Looked After & Active</p> <p>618 Carers actively supporting Care Experienced Children & Young People to be active</p> <p>3085 visits to physical activity services by Care Experienced Children & Young People</p>	<p>Looked After and Active uses physical activity to improve the lives of care experienced children and young people. We provide free, supported, access to a range of Edinburgh Leisure's activities, including coached activities. Anyone up to the age of 26, who is looked after at home, in kinship care, foster care, residential care or in through care, after care and their carer, can apply. There are currently 1035 care experienced children and young people and 618 carers accessing support to be active with Edinburgh Leisure.</p> <p>We have developed a relationship with Rownafield School, which sees care experienced learners attend a 6-week programme of rock climbing, and clip n climb at the EICA. The group works on teamwork, communication, and leadership, whilst increasing confidence and physical activity. The Teacher has reported significant</p>

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		50 Care Experienced Young People supported to be active through our You Can project	52 Care Experienced Young People supported to be active through our You Can project	<p>improvements in the behaviour, attitude and the skills of children attending these sessions.</p> <p>You Can, funded through Life changes Trust, provides close support to care experienced young people aged 14-26 to live active healthy lives. 52 young people aged 14-26 have been supported, receiving significant motivational 1-1 and group-based support.</p> <p>We circulated an evaluation form to carers of the 238 children and young people referred to the programme, of the responses we received:</p> <ul style="list-style-type: none"> • 97% feel more active • 91% feel healthier • 67% feel their mental health had improved • 73% feel more resilient • 76% feel more confident • 91% feel more motivated to take part in physical activity • 88% feel that they are making healthier choices • 67% feel that their social life has improved <p><i>“The You Can programme is a fantastic service which has benefited the children and young people we have referred in a multitude of ways. It has additionally provided the families with much needed support with the bespoke nature of the service being greatly received. Edinburgh Leisure have consistently provided a quick response to requests for support and they really appreciate the need for positive intervention when working with care experienced young people.”</i></p> <p>CEC Social Worker</p>
Support for people with a disability	People with learning, physical and sensory disabilities and other additional support needs	50 swimmers a week supported to attend ASN Family Swim sessions	<p>Average of 24 swimmers per week (5 families) accessing our ASN swimming session at the Royal Commonwealth Pool</p> <p>Average of 61 swimmers per week (22 families) accessing our ASN swimming session at Braidburn School</p>	<p>Prior to COVID we delivered weekly family swim sessions at Braidburn School for children with additional support needs and their siblings in partnership with the local authority. While we were unable to return to the school when restrictions lifted, we worked with colleagues at the Royal Commonwealth Pool to start a weekly session for 5 families (up to 25 people) per week, free of charge. These sessions ran from May to December 2021. In January 2022, our sessions at Braidburn school were able to restart. Offering 4 sessions per week for up to 25 people per session.</p> <p>Working with our colleagues in Operations, we also introduced relaxed swim sessions at the Royal Commonwealth Pool and Portobello Swim Centre in April 2021. These sessions (for adults with disabilities, older adults, adults with a health condition) allow</p>

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				<p>customers to swim or walk in the pool at a recreational pace and are set up with double width lanes to allow attendance with a carer.</p> <p>In May 2021, our popular Danceability class for adults with a learning disability resumed at Leith Victoria Swim Centre. This fun dance fitness class is attended by young adults with learning disabilities and their carers.</p> <p>In 2022 we began consulting with parents of children with additional support needs on new activities. From this feedback we have plans for ASN specific soft play sessions at EICA Ratho and Active Play sessions at Meadowbank for primary school aged children. We have also developed a new range of seated fitness classes for adults with disabilities at Meadowbank.</p>
Movement for Memories	People living with Dementia and people caring for someone living with dementia	<p>120 Referrals</p> <p>96 consultations</p> <p>500 buddy sessions</p> <p>170 Outreach sessions</p> <p>105 participants attend outreach sessions</p>	<p>114 referrals (5% behind target)</p> <p>90 Consultations (7% behind target)</p> <p>369 Buddy Sessions (26% behind target)</p> <p>66 sessions delivered (62% behind target)</p> <p>96 participants attended (9% behind target)</p>	<p>This year we have delivered 51 online outreach sessions to carers and people living with dementia and supported 10 participants to access Edinburgh Leisure's online Get Active classes.</p> <p><i>"I noticed a big difference in my mum since she started the (online) classes. I love to see her smile and laugh during the classes, and I have 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 can remember the exercises she does in class and enjoys showing them to me"</i></p> <p>Although 5% behind our referral target, 114 is the most referrals we have received since the project began. The team have also delivered 369 buddy sessions, despite not being able to offer many activities due to restrictions.</p> <p><i>"Movement for Memories has improved my confidence and my golf buddy is good company. We share an interest, and he is understanding of my struggle to find the right word occasionally. Fresh air and friendship lift my spirits and reduce the anxiety I sometimes feel."</i></p> <p>There has been less demand for outreach sessions this year as many of the day services were unable to return due to covid restrictions. However, we have delivered weekly physical activity sessions, via zoom, for VOCAL (Voices of Carers Across Lothian) and Eric Liddell Centre's carers group. In November we also introduced a chair-based exercise class for Dementia Friendly Pentlands at their venue in Currie.</p> <p>In July we launched a new activity called Home Visit Walks, this is a 1-1 walk around an assessed route from the participant's doorstep. These walks targeted the most isolated and least confident in returning to venue-based classes. This service has become hugely popular, and we have struggled to recruit enough volunteers. Due to this, in the last</p>

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				month, we have had to suspend new referrals to Home Visit Walks, however have managed to signpost most of these people to alternative activities. We are working with Paths for All and Volunteer Edinburgh to recruit more volunteers with plans to reintroduce the service in 2022-23. Despite the issues with recruiting volunteers, we were still able to deliver 110 1 to 1 walks for people living with dementia.
Open All Hours	High School Aged Young People (S1-S6)	6 Open All Hours Venues re-started 700 visits to Open All Hours by Young People	6 Open All Hours Venues re-started RCP, GLC, JKCC, SQHS, DLC and CLC. 673 visits to Open All Hours by Young People	Open All Hours returned to Edinburgh Leisure facilities from July 2021. Sessions restarted in 2 venues in July, 3 venues from October and 6 venues from January 2022. Numbers were restricted in each venue due to Covid-19 guidelines. The venues and our partners at CEC worked together to ensure the most vulnerable young people were targeted. With lower numbers, the youth workers were able to build strong relationships with the young people, encouraging them to make positive choices on a Friday night. Numbers increased from January 2022 as we were able to welcome more young people back into our venues.
Positive Destinations Through Sport	Young People not in Employment, Education or Training (NEET)	6 x courses delivered 54-72 young people engaged 54-72 young people successfully complete courses	6 x courses delivered 72 young people engaged 62 young people successfully completed courses	While restrictions initially meant we were unable to deliver face to face courses, we adapted delivery to engage with young people virtually. We have worked closely with pupil support teams in secondary schools, to target young people who require extra support and offer them access to our online support, including: <ul style="list-style-type: none"> • Live streamed employability workshops focusing on the skills, behaviours, qualifications, and experiences you need to work in the leisure industry. • Live streamed qualifications including Scottish Football Association (SFA) 'Introduction to Football Coaching' qualification and Sports Leaders Go Lead Award. While restrictions were in place, we adapted each course to include a blend of online learning, independent study, and face to face delivery: <ul style="list-style-type: none"> • Group workshops were delivered virtually using Zoom/Teams or in suitable classroom space that adhered to social distancing guidelines • 1-1 sessions took place virtually via Zoom/Teams, by phone or face to face • Course curriculum and assessments were completed online via independent study • National Pool Lifeguard Qualifications (NPLQ) preparation and assessments were delivered in swimming pools out with public swimming hours • Practical learning sessions were delivered outdoors • Peer-to-peer relationships and support were developed through online platforms Of the 62 young people who completed courses, 100% felt more positive about their future, 100% felt more confident in their abilities, 83% felt it would help them with a

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				<p>college application and 50% felt it would help them gain employment. Young people rated Positive Destinations an average of 4.68 stars out of 5 for enjoyment.</p> <p><i>"The tutor was amazing, I made new friends and I learnt new skills"</i> Participant</p> <p><i>"Positive Destinations is a fantastic project which provides young people with a steppingstone into employment or further education"</i> Referrer</p>
Steady Steps	Older adults who have had or are at risk of having a fall	<p>945 referrals</p> <p>803 people engaged</p> <p>602 completed</p>	<p>574 new referrals received (60% of target)</p> <p>399 people engaged (49% of target)</p> <p>224 completers (38% of target)</p> <p>21 classes delivered per week</p> <p>2 live streamed classes per week</p>	<p>Steady Steps returned to face-to-face delivery in May 2021. Prior to this, our Specialist Health Instructors were leading 11 live streamed sessions a week and providing wellbeing phone calls to all participants. Our participants hugely valued the support of these online classes during restrictions.</p> <p><i>"Living alone I was feeling very isolated and lonely. The Steady Steps zoom sessions lifted my spirits and cheered me up. It's been a great way to meet people. I attend 3 times a week and wouldn't miss a session!"</i></p> <p>Our instructors also valued the online classes:</p> <p><i>'I love taking online classes. We've built a community, and support system for our participants. I can see a big difference between the people who attended online classes during restrictions and those who haven't. The online classes have been great for our participants both physically and mentally.'</i> Michael McLaughlin, Specialist Health Instructor</p> <p>Online classes continue to be part of our weekly timetable. They support people who are self-isolating and are a great way to support people who are waiting to start a class in a venue. An average of 40 people attend Steady Steps online classes each week.</p> <p>During lockdown we also created on-line resources; pre-recorded classes and educational sessions to allow participants to continue with their programme from home and in their own time. Our instructors continue to share these resources with participants.</p> <p>From May 2021 we restarted venue-based classes. Starting with 15 classes a week and growing to 21 classes a week. When in-person classes returned, we did not include the education or social element to limit the time participants were in the studio. In December 2021 we re-introduced the education and social element to 7 classes.</p>

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				<p>Overall, we have found participants were keen to return to in-person classes however due to the age range and health status of many of our participants, attendance at classes has fluctuated between 45 – 55% each week.</p> <p>Unfortunately, one of our fantastic specialist instructors left EL in December 2021 which impacted our delivery. We have since appointed a new instructor, Judith Rintoul.</p> <p>We followed up with 45 people, 6 months after they completed the Steady Steps programme.</p> <ul style="list-style-type: none"> • 100% said Steady Steps improved their confidence to be active • 75% have NOT experienced a repeat fall • 60% have completed some form of physical activity within the last month <p><i>‘Steady Steps has really helped me build my upper body strength and keep my leg muscles strong enough to manage my stairs. I think the social aspect is very important too, both in a class setting and on Zoom. Michael keeps us cheerful with his stories!’</i></p>