

	A	B	C	D	E	F
1	0-5 Years Lifestage		APPENDIX 2			
2	Action Plan					
3	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity	Target Group
4		<p>Story Hunts :</p> <p>What is it? Children and parents read a book and then go for a walk searching for clues which relate to the book. This stimulates literacy and other mental and communication skills as well as increasing physical activity.</p> <p>Why is it being done ? British Heart Foundation physical activity statistics report that only 32% of boys and 24% girls aged 2-15 years old taking part in 60 minutes of moderate intensity exercise every day (HSE). The project focusses on improving cognitive reasoning and physical activity for children 18 months (walking) to 5 years old. The project aims to reduce the amount of time children are sedentary to improve health.</p> <p>Methodology Family Outreach Workers identify the families and support and signpost to the activities delivered by a Library Development Worker. Each session will last approximately one hour, we will deliver four sessions per year. The sessions are aimed at targeted/vulnerable Attendance= 4 sessions per year* 60 maximum attendance(I expect 75% attendance due to the targeted nature)</p> <p>Sustainability Parents will develop the skills that enable them to take any story and create a family story hunt after the programme ceases. This activity has been ongoing for the past two years and has gained in popularity.</p>	Local Authority		Various around the Borough	Troubled Families

	A	B	C	D	E	F
5		<p>Start4Life Active Play : What is it ? Children and parents will be introduced to both structured and unstructured play. Parents will then be educated in how to facilitate active play at home.</p> <p>Why is it being done ? It is designed to improve physical fitness, neuromuscular coordination and basic physical literacy (Agility Balance, Coordination). Particular studies have shown that children with developmental coordination disorders (DCD) "do not improve with development and the poor motor behaviour appears to have a detrimental effect on other aspects of functioning such as school achievement, behaviour and self-esteem" (Sugden and Chambers 1998). This intervention reduces the likelihood of this behaviour. We understand that the VFM is high, however within The Cove Children's Centre reach area physical development, especially with boys is an area of concern. The local primary school has provided evidence to show that children from this area are failing the EYFS when they start school. Boys are now being tracked within the children's centres and will be sign posted to this activity.</p> <p>Methodology Children's centres in areas of high deprivation (Priority Neighbourhoods) and that engage with the target market (mosaic groups I, K, O) will be used to deliver the programme. Each session will last 1.5 hours, an intervention will last 6 weeks, we will deliver a minimum of 6 interventions per year. Attendance= 6 weeks*10 max attendance*6 blocks(I expect 70% attendance due to the targeted nature. The session will be run by Kimbles Music and Movement with the help of a stay and worker.</p> <p>Sustainability At the end of an intervention parents will have sufficient skills to provide active play at home and in family settings. They will also be able to access other Children's Centre services. It is hoped that parent volunteers will be identified to help with other sessions. This will be the second year that this project has been running. There have been positive results from the first year and it is now embedded in the Children's Centre programme of regular activities.</p>	Private Operator	Q1	The Cove Children's Centre	Troubled Families

	A	B	C	D	E	F
6		<p>Childminder Sessions What is it ? To educate and give local childminders ideas and tips on how to incorporate physical activity into the settings. Music and movement instructors go into a Children’s Centre ran childminders group and run sessions for the childminders and the children in their care.</p> <p>Why is it being done ? As described in other projects in the 0-5 section, the time children spend being active is extremely low. Some studies have shown that children spend 85% of their day sedentary and only 5% of their day was spent engaged in moderate to vigorous physical activity (Greet M. Cardon & Ilse M. M. De Bourdeaudhuij 2013). This activity helps to give childminders ideas on how to encourage children in their care be more physically active. If we wish to stop the rise in childhood obesity and aid young children in their physical development and readiness for school, then projects that work with early years care providers are essential, as they are who the children are spending more of their waking hours with.</p> <p>Methodology There is a childminders group who meet every Tuesday in The Edge Children’s Centre. The group is organised by Stay and Play, a children’s centre commissioned service. Each month a music and movement children’s instructor will lead a session within the group. Childminders will be given support by a PADO on how to increase physical activity levels. Support will be in the form of conversations and hand outs. Attendnace calculated as max 20 children per sessions * 11 sessions at 80%.</p> <p>Sustainability The sustainability is that the childminders will have more tools to ensure that they increase the amount of time children in their care spend being active.</p>	Other	Q1	The Edge Childrens Centre	Universal

	A	B	C	D	E	F
7		<p>Children’s Centre Summer Holiday Sessions What is it ? To provide physical activity sessions once a week during the summer holidays within the Children’s Centres. The sessions will be open for 0-8’s, to allow parents to bring their older children who would normally be in school.</p> <p>Why is it being done? Parents have requested more physical activity based sessions for their children during the summer holidays whilst nurseries and schools are closed. These sessions were run last summer to huge success. The sessions allow the whole family to take part together. The sessions also give parents tips on how to be active with their children. With physical activity levels getting lower sessions like these are important to help reverse this trend.</p> <p>Methodology Once a week physical activity sessions to complement and enhance the children’s centre holiday activity programme. Sessions are open to targeted families. (6 sessions x one a week x max attendance of 20, however 75% projected to attend = 90 attendance.)</p> <p>Sustainability Participants will be signposted onto other children’s centre activities.</p>	Local Authority	Q2	Childrens Centre	Troubled Families
8		<p>Children’s Music and Movement Sessions What is it? Classes combining music and movement to improve children’s agility, balance and co-ordination as well improving physical fitness. Parents are encouraged to join in with their children.</p> <p>Why it is being done? Combining physical play, with language and literacy helps children to learn and also follows the EYFS framework. Improving physical literacy sets a foundation for an active lifestyle and contributes to reducing childhood obesity. The project incorporates a range of activities for our targeted families and result in improved child development. These sessions were currently run in 2013/14 and are extremely popular.</p> <p>Methodology Working with the Sure Start Children’s Centres, sessions will run in each of the centres. Each session will last for 1 hour and at the end parents will be helped to socialise, whilst the children enjoy some free play. Sessions will compromise a mixture of music sessions, with movement rhymes and songs as well as physical activities such as parachute games. Attendance= 6 weeks*20 max attendance*6 blocks(I expect 75% attendance due to the targeted nature).</p> <p>Sustainability Families signposted to other activities within the centres. The vision is that after completing all the blocks, the parents will have the tools to continue at home.</p>	Local Authority	Q1	Childrens Centre	Troubled Families

	A	B	C	D	E	F
9		<p>Baby Massage What is it? Baby massage helps with a variety of physical and emotional needs and to promote relaxation. It also helps with brain and muscle development, as well as developing the proprioceptive system.</p> <p>Why is it being Done? Baby massage stimulates nerve growth, maturation and brain development. Proprioception is also learned during baby massage. All these attributes contribute to a physically and mentally healthy baby. Attachment can be an issue for targeted families, especially young mothers. Baby massage allows parents to bond with their baby in a relaxed and social environment. The classes also allow parents to meet other parent's which has resulted in them accessing more services</p> <p>Methodology 4 staff, are all fully trained in baby massage. Sessions will be run twice a week in two of Melton's Children's Centre's. Outreach work with specific target groups will also be carried out, . Health Professionals will refer their families to the baby massage service. Classes will run in 4 week blocks. Attendance= 4 weeks*6 max attendance*8 blocks (I expect 80% attendance due to the targeted nature). Attendance% is higher for baby massage than it is for baby yoga, as baby massage is an established activity with a large waiting list, whereas baby yoga is new to the area.</p> <p>Sustainability Families signposted to other activities. Baby massage will lead onto baby yoga. Four staff members are trained in baby massage, therefore if anything to happen to one instructor, there are others available. If sessions continue to be a success, a parent volunteer will be trained to deliver.</p>	Other	Q1	Childrens Centre	Troubled Families

	A	B	C	D	E	F
10		<p>Baby Yoga What is it? Baby yoga is gentle exercise which helps maintain baby’s natural suppleness and promotes normal development. Parents will also take part and do gentle yoga movements. Classes incorporate songs and stories.</p> <p>Why is it being done? Low levels of activity can result in developmental co-ordination disorder, known as dyspraxia. As Sedentary behaviour is learned between the ages of 1 and 3 years old, ensuring children are active from an early age could help prevent this and other diseases. Two of 2012’s JSNA’s key priorities are ‘Give children the best start in life’ and ‘manage the shift towards early intervention and prevention’. Baby yoga fulfils both of these.</p> <p>Baby yoga can also aid the development of the vestibular and proprioceptive systems, results in better balance and coordination.</p> <p>Methodology Staff from the children’s centres will be trained to lead baby yoga sessions. Sessions will take place in each of the children’s centres, Each session will last for an hour. The sessions will allow a seamless transition from baby massage and chatterbox, allowing staff to work more closely with families. Attendance= 6 weeks *12 max attendance*8 blocks (I expect 75% attendance due to the targeted nature, baby illness etc..).</p> <p>Sustainability Families will be signposted to other activities, but will also have the skills to do more activity at home.</p>	Other	Q1	Childrens Centre	Troubled Families

	A	B	C	D	E	F
11		<p>Balanceability Cycling What is it? Balance bike coaching for the under 5's. Sessions will be based at Terminal 1 skate park. Helps improve gross motor skills such as balance, co-ordination, agility and core strength.</p> <p>Why is it being done? Balanceability helps develop the vestibular system and also the proprioceptive system in children. Therefore they have improved balance and bodily awareness. Research reports that up to 80% of children are starting school with a significant delay in their physical development. This project will help children's physical development, thus making them school ready.</p> <p>Methodology Two sessions a week, during term time based at Terminal 1 skate park. Attendance is calculated as 5 per session * 2 sessions per week * 38 weeks at 75% attendance.</p> <p>Sustainability Terminal 1 run universal sessions currently, so participants will be signposted to these. The sessions will also have helped to physically develop children, allowing them to undertake other activities. We understand that this is a high VFM activity, however this is in part due to the high in kind costs due to reduced coaching and facility costs. This is an activity that targeted families would not normally be able to access due to the high cost to attend. However the benefits of this activity are pronounced.</p>	Private Operator	Q1	Terminal 1 Skate Park	Troubled Families

	A	B	C	D	E	F
12		<p>Early Years Purposeful Play Support</p> <p>What is it?</p> <p>Working alongside the LRS early years purposeful physical play project, this will provide a fund that early years settings can bid into to enhance and improve their physical activity offer to their children. Settings can bid in for things such as coaching, equipment and training. This will allow us to build better relationships with early years settings.</p> <p>Why is this being done?</p> <p>Only 1% of early year’s preschool practitioners have had any training in physical development and the average 3-5 year old only has 21-26 minutes of vigorous physical activity per day in a pre-school. With growing obesity rates and children not being school ready, this project aims to help these issues by building up relationships with local early year’s providers and giving them the tools they need to make sure that physical activity and development are higher on their scale of importance.</p> <p>Methodology</p> <p>Working closely with early years settings to help them incorporate more physical play into their everyday activities. They can bid into this fund to pay for training, equipment etc. They will then report back to use their success and provide a case study of how the funding has made a difference in their setting.</p> <p>Sustainability</p> <p>This project will give a high number of children a better start in life. It will also create stronger links between MBC, children’s centres and the settings, thus allowing us to work together more and they can then sign post families to other activities.</p>	LSA	Q2	Various around the Borough	Inactive YP

	A	B	C	D	E	F
13		<p>Swim and Play What is it ? Allows babies and toddlers to get used to water with thier parents under the supervision of a qualified instructor. Why is it being done ? Troubled families from Mosiac Groups I,K & O who live in the known areas of high deprivation (Priority Wards) are also inactive. Active People indicates that Swimming is the most popular activity for these groups. Swimming is evidenced as an activity that can improve fitness, social skills and confidence as well as contribute to weight loss. andis a great activity to promote parent child attachment. These sessions have been running for three years and are still gaining in popularity. Swim and Play currently has one of the largest waiting lists of all the childrens centre activities. This waiting list is comprised of targeted families. Methodology Family outreach workers will identify the families and support and signpost them into the programme. Each session lasts one hour, an intervention lasts 6 weeks and we will be delivering 5 interventons in a year. The main aims of the programme are to improve swimming skills of children and the confidence of adults to take thier children swimimng. Attendance= 5 weeks* Max 12 per session*5 blocks (I expect 75% attendance due to the targeted nature) Sustainability At the end of an intervention families will be encouraged to continue family swimming and take advantage of any other apprpriate prmotions or activities at the Waterfields pool</p>	Local Authority	Q1	Waterfields	Troubled Families

	A	B	C	D	E	F
14		<p>Mini Groovers</p> <p>What is it?</p> <p>Dance sessions for under 5's and their families.</p> <p>Why is it being?</p> <p>To aid child physical development. Studies have found that over 80% of under 5's starting school are not at the correct level of physical development. These sessions will improve sensory integration by improving the vestibular and proprioceptive systems.</p> <p>Methodology</p> <p>A weekly session at each of the three Children's centres, in a six week block, which are in a central location. Sessions will be taken by a qualified dance instructor and parents will be encouraged to get involved. Parent participation is encouraged as part of the EYFS. Attendance calculated as max 12 per session *18 weeks at 75%</p> <p>Sustainability</p> <p>Participants will be signposted to sessions already being run by the instructor.</p>	Local Authority	Q3	Childrens Centre	Troubled Families
15		<p>Soft Play</p> <p>What is it?</p> <p>Movement and physical play sessions.</p> <p>Why is it being?</p> <p>Children under 5 aren't achieving the national physical activity guidelines. Recent studies have shown children are only active for between 20 and 35 minutes per day (Reilly et al Lancet 2004 and McClure et al CCHD 2009). Children need to be more active.</p> <p>Methodology</p> <p>A weekly session at Waterfield's Leisure Centre, which is in a central location. Sessions will be taken by a member of staff and parents will be encouraged to get involved. Attendance calculated as max 10 per session * 50 weeks at 75%</p> <p>Money allocated to this project is to allow them to buy some more equipment.</p> <p>Sustainability</p> <p>Sessions are sustainable.</p>	Private Operator	Q2	Waterfields	Universal

	A	B	C	D	E	F
16		<p>Gym tots</p> <p>What is it?</p> <p>A gymnastics session for under 5's based within Waterfields Leisure Centre.</p> <p>Why is it being done?</p> <p>Due to the gymnastics club closing, Waterfields came forwards as the only option to continue to run under 5's sessions. The gymnastics club was extremely popular, therefore all participants were signposted to the new sessions at Waterfield's. 0-5's are a priority area within Melton.</p> <p>Regular once a week soft play based gymnastics session for the under 5's. Attendance caluated as 10 per week*50 weeks at 75%.</p> <p>Sustainability</p> <p>Participants will be charged to attend the sessions which will contribute to the sustainability and longevity of the sessions.</p>	Private Operator	Q1	Waterfields	Universal
17		<p>Active Explorers</p> <p>What is it?</p> <p>A new weekly stay and group aimed at toddlers aged 2.5-5 years. Activities will take families to new and exciting places where they can be active e.g. parks, walks.</p> <p>Why is it being done?</p> <p>This activity is aimed at Melton's targeted Children's Centre families. A large majority of these families do not have the confidence to venture out to new places. This activity will help families gain confidence and let them have new experiences. Due to the nature of society, these days children do not have the outdoor experiences that they once did e.g. climbing, playing in fields and on uneven surfaces, all of which help develop sensory integration. This activity will tackle this.</p> <p>Methodology</p> <p>A weekly session coordinated by the Stay and Play and aided by the early years PADO. Each week a different activity will take place. Money will be used for resources, instructors, transport etc. Attendance calculated as max 12 per week * 30 weeks at 75 attendance.</p> <p>Sustainability</p> <p>Families will have gained the confidence to do these activities on their own. They will also be signposted to other Children's Centre activities.</p>	Other	Q2	Various around the Borough	Troubled Families

	A	B	C	D	E	F
1	5-15 Years Lifestage					
2	Action Plan					
3	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity	Target Group
4	Sport	<p>Hub Golf</p> <p>What is it? Golf sessions and equipment to allow young disengaged individuals who are at risk of exclusion from school to play golf.</p> <p>Why it is being done? Currently as part of their sport and leisure qualifications learners at the Melton Learning Hub are showing a keen interest in golf. These are disengaged and sometimes deprived young people who cannot afford to play this sport. Elsewhere there is little support to get disadvantaged young people into golf so we would like to assist by purchasing a few sets of clubs, balls and chipping nets to enable us to take learners to the local gold range, recreational fields and progress them onto local pitch and putt courses. This project helped to engage disadvantaged young people in sport. Golf helps to improve people's hand and eye co-ordination, concentration levels and stamina. Because it is also a lengthy game it will keep young people occupied for long periods of time. Young people will be encouraged to participate in the sport in their own leisure time, therefore occupying them at weekends and summer evenings. Our focus for this will be on young people disengaged from learning so hopefully we can help to reduce anti-social behaviour and engagement in school and positive activities.</p> <p>Methodology This project will run all year around. Extra sessions targeted at a larger participation group will be put on during Easter and Summer school holidays.</p> <p>1 = To introduce / teach 40 young people how to play golf 2 = To encourage 5-10 young people to include golf in their leisure time 3 = 15 young people use golf to contribute towards gaining a recognised qualification 4 = 20 young people to participate in golf during the school summer holiday 5 = Contribute towards keeping young people engaged in learning</p> <p>Attendance = 40 young people * play golf 10 times over the year = 400 maximum attendance at 70% attendance = TOTAL ATTENDANCE OF 280</p> <p>Sustainability Participants will be encouraged by staff to carry on playing golf by using the equipment purchased. Participants will</p>	Other	Q2	Various around the Borough	Inactive YP

	A	B	C	D	E	F
5	Sport	<p>Start4Life Active Play :</p> <p>What is it ? Children and parents will be introduced to both structured and unstructured play. Parents will then be educated in how to facilitate active play at home.</p> <p>Why is it being done ? It is designed to improve physical fitness, neuromuscular coordination and basic physical literacy (Agility Balance, Coordination). Particular studies have shown that children with developmental coordination disorders (DCD) "do not improve with development and the poor motor behaviour appears to have a detrimental effect on other aspects of functioning such as school achievement, behaviour and self-esteem" (Sugden and Chambers 1998). This intervention reduces the likelihood of this behaviour. We understand that the VFM is high, however within The Cove Children's Centre reach area physical development, especially with boys is an area of concern. The local primary school has provided evidence to show that children from this area are failing the EYFS when they start school. Boys are now being tracked within the children's centres and will be sign posted to this activity.</p> <p>Methodology Children's centres in areas of high deprivation (Priority Neighbourhoods) and that engage with the target market (mosaic groups I, K, O) will be used to deliver the programme. Each session will last 1.5 hours, an intervention will last 6 weeks, we will deliver a minimum of 6 interventions per year. Attendance= 6 weeks*10 max attendance*6 blocks(I expect 70% attendance due to the targeted nature. The session will be run by Kimbles Music and Movement with the help of a stay and worker.</p> <p>Sustainability At the end of an intervention parents will have sufficient skills to provide active play at home and in family settings. They will also be able to access other Children's Centre services. It is hoped that parent volunteers will be identified to help with other sessions. This will be the second year that this project has been running. There have been positive results from the first year and it is now embedded in the Children's Centre programme of regular activities.</p>	Other	Q4	King Edward VII Sports Centre	Inactive YP

	A	B	C	D	E	F
6		<p>Childminder Sessions What is it ? To educate and give local childminders ideas and tips on how to incorporate physical activity into the settings. Music and movement instructors go into a Children’s Centre ran childminders group and run sessions for the childminders and the children in their care.</p> <p>Why is it being done ? As described in other projects in the 0-5 section, the time children spend being active is extremely low. Some studies have shown that children spend 85% of their day sedentary and only 5% of their day was spent engaged in moderate to vigorous physical activity (Greet M. Cardon & Ilse M. M. De Bourdeaudhuij 2013). This activity helps to give childminders ideas on how to encourage children in their care be more physically active. If we wish to stop the rise in childhood obesity and aid young children in their physical development and readiness for school, then projects that work with early years care providers are essential, as they are who the children are spending more of their waking hours with.</p> <p>Methodology There is a childminders group who meet every Tuesday in The Edge Children’s Centre. The group is organised by Stay and Play, a children’s centre commissioned service. Each month a music and movement children’s instructor will lead a session within the group. Childminders will be given support by a PADO on how to increase physical activity levels. Support will be in the form of conversations and hand outs. Attendnace calculated as max 20 children per sessions * 11 sessions at 80%.</p> <p>Sustainability The sustainability is that the childminders will have more tools to ensure that they increase the amount of time children in their care spend being active.</p>	Other	Q1	Various around the Borough	Obese YP

	A	B	C	D	E	F
7		<p>Fairmead Football</p> <p>What is it ? Football sessions consisting of football conditioning activities and competitive mini tournaments targeting young people from Fairmede, one of the deprived neighbourhoods.</p> <p>Why is it being done ? In the past there was a very successful football project that took place 3 nights a week in Fairmede estate. This project attracted almost 20 young people to each session, providing them a physical activity as a diversion to anti-social behaviour.</p> <p>Methodology This programme will be delivered by a local football coach who will deliver the sessions on a Saturday morning 10am to 12noon.</p> <p>Sustainability The programme will signpost participants to local clubs or other appropriate activities such as the sportivate projects being run.</p>	Private Operator	Q1	Fairmead Community	Troubled Families

	A	B	C	D	E	F
8	Sport	<p>Terminal 1 Mental Health What is it? A year long project helping young people, boys in particular who are facing mental health issues, overcome these through the means of extreme sports. Giving young people with mental health issues the opportunity to develop new skills in cycling, skateboarding, BMX riding and rollerblading - whilst overcoming challenges and completing courses in a new and exciting environment. This 12 month project will breathe imagination and creativity into their lives as well as introducing them to numerous sports with coaching from top level riders and staff.</p> <p>Why it is being done? Over the past few years there have been several teenage suicides in Melton. This project aims to tackle and help young people cope with mental health issues. The lead member of staff involved in the project is a youth worker and counsellor so can therefore help with other issues such as bereavement and grief. There have been several projects in the past for school aged girls around mental health, however there has never been anything in the area for boys.</p> <p>Methodology One session a week for two hours, every week. Taxi's will be included as the skate park is out of town. Attendance 10 per week*50 weeks at 75% attendance = 375</p> <p>Sustainability Participants will be signposted to other activities. The outcomes of this project are sustainable, however due to the high cost of this project, as it is targeted, the project itself is not sustainable</p>	Private Operator	Q1	Terminal 1 Skate Park	Troubled Families
9	Sport	<p>Children in Care Football</p> <p>What is it? Once a week football sessions ran by the youth service for children in care. The money will be used to train up volunteers to be football coaches and also for equipment.</p> <p>Why it is being done? This project is currently the only countywide children in care project. Studies have found that children in care can be more than double as likely to have mental health issues as those not in care. As physical activity can help with mental health, this project is extremely important.</p> <p>Methodology Once a week football sessions being run by volunteers and the youth service. Children and brought to Melton from across the whole of Leicestershire. The project has currently been running for 6 months, however the participants now want more experienced coaching.</p> <p>Attendance 12 young people per week * 40 weeks per year * 75% attendance = 360</p> <p>Sustainability By training volunteers the project will be sustainable.</p>	Other	Q1	Wilton Park	Troubled Families

	A	B	C	D	E	F
10		School Sports & Physical Activity Network Co-ordination of the Melton District Action Plan as detailed below	SSPAN	Ongoing	Melton & Belvoir	
11		<p>LEADERSHIP & VOLUNTEERING</p> <p>WHY; to develop and implement comprehensive leadership pathways from primary to FE giving young people the opportunities of leadership in their own schools, through the school games network & community sports environments.</p> <p>HOW; School Sport Coach to develop and deliver a new Playleaders Award for year 6 children x 8 schools. Provide CPD training for Lunchtime supervisors to have confidence in encouraging playground activities. Offer bronze, silver & gold rewards for year 6 leaders. Implement secondary school young ambassadors training day for Play leaders x 8 schools + 1 secondary. Involvement and development of Melton & Belvoir leadership academy x 2 secondary schools. Offer training, qualifications & experience through the school games competition calendar and links to clubs.</p> <p>25 Young People involved in 24 activities = 600 Attendances at competition Play Leaders 8 Primary Schools and 1 Secondary school 20 students per class = 180 Attendances Leadership academy 2 Secondary schools 10 students per class = 20 Attendances Total of 800 Attendances</p> <p>EXIT; a clear sustainable pathway outlined above will be provided from school to community. Quality competitions will be provided as Leaders will be utilising & developing their skills. Through the Sports Leadership programme it is contributing to embedding leadership within the whole school.</p>	SSPAN	Q3	Melton & Belvoir	Universal
12		<p>SCHOOL TO COMMUNITY LINKS –</p> <p>WHY; To develop sustainable links & pathways for young people to continue participation in sport & physical activity beyond the school gates.</p> <p>HOW; Sports coaches & clubs encouraged to have involvement in School Games Framework, level 1 comps within schools and level 2 School Games Competitions delivering into 12 schools 7 different activities on 3 occasions to 20 students to include Gymnastics / Rugby / Dodgeball to encourage teachers to gain qualifications in these sports to further develop exposure and enthusiasm for the sport 12 schools X 7 Activities X 3 Sessions with 20 Students 5040</p> <p>EXIT; Links to coaching sessions will have been made through the School Club Link coach for young person to progress through to club.</p>	SSPAN	Q3	Melton & Belvoir	Universal

	A	B	C	D	E	F
13		<p>Swim and Play What is it ? Allows babies and toddlers to get used to water with thier parents under the supervision of a qualified instructor.</p> <p>Why is it being done ? Troubled families from Mosiac Groups I,K & O who live in the known areas of high deprivation (Priority Wards) are also inactive. Active People indicates that Swimming is the most popular activity for these groups. Swimming is evidenced as an activity that can improve fitness, social skills and confidence as well as contribute to weight loss. andis a great activity to promote parent child attachment. These sessions have been running for three years and are still gaining in popularity. Swim and Play currently has one of the largest waiting lists of all the childrens centre activities. This waiting list is comprised of targeted families.</p> <p>Methodology Family outreach workers will identify the families and support and signpost them into the programme. Each session lasts one hour, an intervention lasts 6 weeks and we will be delivering 5 interventons in a year. The main aims of the programme are to improve swimming skills of children and the confidence of adults to take thier children swimimng. Attendance= 5 weeks* Max 12 per session*5 blocks (I expect 75% attendance due to the targeted nature)</p> <p>Sustainability At the end of an intervention families will be encouraged to continue family swimming and take advantage of any other apprpriate pmotions or activities at the Waterfields pool</p>	SSPAN	Ongoing	Melton & Belvoir	Universal

	A	B	C	D	E	F
14		<p>INSPIRE + Legacy Challenge</p> <p>WHY; It is a resource for schools, designed and published by a sports charity Inspire+. It embarks on a series of challenges created to realise the London 2012 pledge of ‘inspiring a generation’. The Legacy Challenge is totally bespoke and designed to encourage our young people to be inspired towards a lifetime of sport, culture and healthy living.</p> <p>HOW; The new Legacy Challenge will be launched through an assembly given by Ambassadors and sports leaders (identified above) supported by the School Sport Coach. This initiative will be targeted at key stage 1 & 2 the co-ordinator and school sports coach will support schools to embed the project.</p> <p>Numbers are based on 2000 children attending launch and then moving on to challenges some of which being physical some not.</p> <p>EXIT; The Legacy Challenge supports whole school development by:</p> <ul style="list-style-type: none"> • Encouraging pupils to become healthier and more active, both at school and within the community • Increasing numbers of pupils participating in intra and inter-school competition • Developing Leadership skills amongst young people • Baseline data that is collected as part of the Legacy Challenge can be used to promote evidence of impact for Ofsted (spiritual, moral, social, cultural development), Healthy Schools, Sport Premium and Sainsbury’s School Games Kitemark. 	SSPAN	Ongoing	Melton & Belvoir	Universal
15						

	A	B	C	D	E	F
16		<p>Youth Club Activities</p> <p>What is it? This funding will ensure that the youth club have money to provide the young people with the opportunity to access different sports and games. This will also provide funding to train up youth club staff and volunteers.</p> <p>Why is it being done? Melton Mowbray has a large number of youth clubs which cater for young people between the ages of 10 and 18. The majority of these youth clubs are situated in priority neighbourhoods who have little or no access to disposable income. At the same time, these youth clubs are coordinated and ran by volunteers who have no access to equipment and no knowledge of coaching. Thus this funding will help to ensure that the large number of young people who attend the youth clubs on a weekly basis have the opportunity to experience different sports and physical activities.</p> <p>Methodology The youth clubs have a wide range of ages and abilities. Depending on the desires of the young people at the youth clubs we will provide the opportunity to participate in various sports and activities including dance and outdoor pursuits activities. The funding will also help to ensure that equipment and training will be provided for the youth clubs and their leaders. Attendance calculated as 10 per session * 6 sessions * 4 clubs at 80% attendance. we understand that VFM seems high, however this is due to a higher up front cost for staff training and equipment. However this will last several years and ensure sustainability.</p> <p>Sustainability This project will help to introduce these young people to a wide range of sporting activities including dance and hockey, football and cricket. Local coaches will be used for all of these schemes who will help to signpost the young people to a wide array of local opportunities. Having the staff trained and equipment purchased will also ensure sustainability.</p>	Private Operator	Q1	Melton Youth Clubs	Inactive YP

	A	B	C	D	E	F
17		<p>Dodgeball Satellite Club</p> <p>What is it?</p> <p>Melton Dodgeball Satellite Club will ensure every child in Melton borough has the opportunity to participate in affordable dodgeball sessions</p> <p>Why is it being done?</p> <p>This age group has been identified as the critical time when a large number of young people give up sport. The young people in Melton area have requested the opportunity to participate in dodgeball sessions.</p> <p>Methodology</p> <p>Dodgeball has been identified as an appealing sport for these young people who are not currently participating in any form of structured sport. An afterschool club will take place once a week at Long Field School, this will also be open to children from other schools in the area.</p> <p>Sustainability</p> <p>With over 200 young people already having access to dodgeball in Melton, this will help to form the crux of a community club which will compete against other clubs in the area. This dodgeball satellite club will also work alongside the school games model improving the opportunity for Melton schools to participate at a high level.</p>	Local Authority	Ongoing	Community clubs/ local schools	Inactive YP
18		<p>Rugby Satellite Club</p> <p>What is it?</p> <p>A rugby satellite club will take place at John Ferneley School in partnership with Melton Rugby club who will provide coaches for the sessions.</p> <p>Why is it being done?</p> <p>In the past Melton Rugby Club had a very strong junior section; however numbers have been decreasing in the last few years.</p> <p>Methodology</p> <p>This project will ensure the young people have access to participate in free rugby sessions, enhancing the school-club links. The coaches from Melton Rugby Club will deliver sessions once a week at John Ferneley school and will be open to pupils in years 7,8 and 9.</p> <p>Sustainability</p> <p>Through enhancing the links between the local schools and Melton Rugby club this will help to attract the young people to attend sessions at Melton Rugby Club.</p>	Local Authority	Ongoing	Community clubs/ local schools	Inactive YP

	A	B	C	D	E	F
1	16 - 25 Years Lifestage					
2	Action Plan					
3	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity	Target Group
4		<p>Sportivate Athletics Birch Wood School :</p> <p>What is it? The young people at Birch Wood school will receive 6 weeks of athletics coaching from a professional coach, this will serve as a basic introduction to athletics.</p> <p>Why is it being done ? The English Federation for Disabled Sport (EFDS) report that only 2 in 10 disabled people are taking part in sport throughout England. This project will help to ensure that a larger number of young people at Birch Wood school will have the opportunity to participate in sport and physical activity.</p> <p>Methodology This project will provide the young people with the physical confidence and competence to participate in a wide range of sporting and physical activities. The young people at Birch Wood School currently receive a limited time for PE and sporting activities. This project will enable an external coach to provide expert coaching to these young people, which will enable the development of their fundamental movement skills.</p> <p>Sustainability This project will provide the young people with the physical confidence and competence to participate in a wide range of sporting and physical activities.</p>	Private Operator	Q2	Birch Wood School	Disability

	A	B	C	D	E	F
5		<p>Start4Life Active Play : What is it ? Children and parents will be introduced to both structured and unstructured play. Parents will then be educated in how to facilitate active play at home.</p> <p>Why is it being done ? It is designed to improve physical fitness, neuromuscular coordination and basic physical literacy (Agility Balance, Coordination). Particular studies have shown that children with developmental coordination disorders (DCD) "do not improve with development and the poor motor behaviour appears to have a detrimental effect on other aspects of functioning such as school achievement, behaviour and self-esteem" (Sugden and Chambers 1998). This intervention reduces the likelihood of this behaviour. We understand that the VFM is high, however within The Cove Children's Centre reach area physical development, especially with boys is an area of concern. The local primary school has provided evidence to show that children from this area are failing the EYFS when they start school. Boys are now being tracked within the children's centres and will be sign posted to this activity.</p> <p>Methodology Children's centres in areas of high deprivation (Priority Neighbourhoods) and that engage with the target market (mosaic groups I, K, O) will be used to deliver the programme. Each session will last 1.5 hours, an intervention will last 6 weeks, we will deliver a minimum of 6 interventions per year. Attendance= 6 weeks*10 max attendance*6 blocks(I expect 70% attendance due to the targeted nature. The session will be run by Kimbles Music and Movement with the help of a stay and worker.</p> <p>Sustainability At the end of an intervention parents will have sufficient skills to provide active play at home and in family settings. They will also be able to access other Children's Centre services. It is hoped that parent volunteers will be identified to help with other sessions. This will be the second year that this project has been running. There have been positive results from the first year and it is now embedded in the Children's Centre programme of regular activities.</p>	Private Operator	Q1	John Ferneley School	Inactive YP

	A	B	C	D	E	F
6		<p>Childminder Sessions What is it ? To educate and give local childminders ideas and tips on how to incorporate physical activity into the settings. Music and movement instructors go into a Children’s Centre ran childminders group and run sessions for the childminders and the children in their care.</p> <p>Why is it being done ? As described in other projects in the 0-5 section, the time children spend being active is extremely low. Some studies have shown that children spend 85% of their day sedentary and only 5% of their day was spent engaged in moderate to vigorous physical activity (Greet M. Cardon & Ilse M. M. De Bourdeaudhuij 2013). This activity helps to give childminders ideas on how to encourage children in their care be more physically active. If we wish to stop the rise in childhood obesity and aid young children in their physical development and readiness for school, then projects that work with early years care providers are essential, as they are who the children are spending more of their waking hours with.</p> <p>Methodology There is a childminders group who meet every Tuesday in The Edge Children’s Centre. The group is organised by Stay and Play, a children’s centre commissioned service. Each month a music and movement children’s instructor will lead a session within the group. Childminders will be given support by a PADO on how to increase physical activity levels. Support will be in the form of conversations and hand outs. Attendnace calculated as max 20 children per sessions * 11 sessions at 80%.</p> <p>Sustainability The sustainability is that the childminders will have more tools to ensure that they increase the amount of time children in their care spend being active.</p>	Private Operator	Q1	Brooksby Melton College	Inactive YP

	A	B	C	D	E	F
7		<p>Sportivate Tennis</p> <p>What is it? This project is targeting the young people in Melton Mowbray who are not currently participating in any form of sport or physical activity. Tennis is currently deemed as a relatively expensive sport, this project aims to break down those barriers by offering free sessions to the young people in Melton.</p> <p>Why is it being done? There are a large number of deprived families within Melton area. This project aims to offer the young people in these families an opportunity to participate in physical activity as an alternative to anti-social behaviour and crime. The audit commission highlighted how physical activities have the advantage of creating a diversion from boredom through providing an engaging setting in which to work.</p> <p>Methodology This is an 8 week initiative which will target young people who do not currently have the opportunity to participate in physical activity. The sessions will offer the young people 8 weeks of quality tennis coaching at Hamilton Tennis Club by qualified coaches. The sessions will take place on a Saturday afternoon between 1pm and 2pm.</p> <p>Sustainability After the 8 weeks of free coaching, the young people will be offered a subsidised membership rate and along with further coaching opportunities. The young people will save 50% on the cost of membership providing they attend at least 7 out of 8 sessions. This will ensure that only those who are enthusiastic and attend the majority of the sessions will receive a discounted membership rate.</p>	Private Operator	Q1	Hamilton Tennis Club	Inactive YP

	A	B	C	D	E	F
8		<p>Sportivate Skate</p> <p>What is it? The project is targeting young people who have been disengaged from learning. These young people find traditional learning challenging, thus this project intends to teach these young people new skills promoting success and progress.</p> <p>Why is it being done? A recent study highlighted how better fitness proves to be linked to higher educational attainment and success through learning. The aim of this project is to provide the young people with an opportunity to express them while also improving their understanding of achievement.</p> <p>Methodology This project will take place over a 16 week period with the young people attending Terminal 1 on alternate weeks. During these practical sessions the young people will work through step-up challenges that will progress their skills. Over the 16 weeks two groups of 6 young people will enjoy 8 weeks of tuition which will help to improve their balance, coordination and flexibility. The sessions will be delivered by a qualified coach at Terminal One who has a vast array of knowledge and experience which will be passed on to the young people.</p> <p>Sustainability Within Melton there are a number of opportunities to continue to participate in skating. There is an outdoor skate park which is totally free, and is accessible to all during good weather. There is also terminal 1 skate park, which is an indoor facility open all year round. Terminal 1 provides many opportunities for young people to progress through coaching and competitions.</p>	Private Operator	Q1	Melton Learning Hub	Inactive YP
9						

	A	B	C	D	E	F
10		<p>Sportivate Fishing</p> <p>What is it? This project is targeting young people who have been disengaged from mainstream education. The fishing will act as a release from anxiety where the young people will have the opportunity to relax and clear their minds from the stresses they experience both in the classroom and at their homes.</p> <p>Why is it being done? The young people at Melton learning hub have been excluded from traditional schooling due to difficulty with concentration and behaviour. The hub offers a wide range of more practical opportunities for these young people. This fishing program will fit it perfectly with their current curriculum and provide the young people with an opportunity to get out of the town and appreciate the countryside.</p> <p>Methodology This fishing project will offer the young people from Melton Learning Hub the opportunity to take part in fishing activities along with their peers. The sessions will take place in local lakes including Lake View, Eye Kettleby and Frisby Lakes during the summer term. The young people will enjoy an afternoon of fishing activities on a Friday afternoon between 3pm and 6pm.</p> <p>Sustainability Those young people who attended the fishing project will be encourage to continue to participate through the wide array or fishing provision in the area. There are a large number of local facilities which include Lake View, Eye Kettleby and Fisby Lakes, these facilities are a short drive away and offer a relatively low cost opportunity. Ashfordby and Melton Society of Anglers also offer a student membership of £25 per year which will enable the young people to take part in both recreational and competitive fishing. With the equipment provided, Melton Learning Hub will be able to enter the East Midlands Schools Angling Competition. This competition is a yearly event where teams of five compete against other angling clubs/schools within the region.</p>	Private Operator	Q1	Melton Learning Hub	Inactive YP

	A	B	C	D	E	F
11		<p>What is it? The young students at Birch Wood School will receive 6 weeks of athletics coaching from a qualified zumba instructor.</p> <p>Why is it being done? Currently only 1 in 5 disabled people are taking part in the desired amount of sport and physical activity, compared to 3 in 6 able bodied people. This project aims to offer the young people at Birch Wood School the opportunity to access in a dance project that has not been offered in the past.</p> <p>Methodology This project will provide the young people at Birch Wood school with 6 weeks of zumba dance, the sessions will be delivered by a qualified zumba instructor and will take place on a Tuesday afterschool.</p> <p>Sustainability There are a number of opportunities to continue to participate in dance based exercise within Melton. The zumba instructor runs a large number of different courses for all ages and abilities. Birch Wood Zumba</p> <p>What is it? The young students at Birch Wood School will receive 6 weeks of athletics coaching from a qualified zumba instructor.</p> <p>Why is it being done? Currently only 1 in 5 disabled people are taking part in the desired amount of sport and physical activity, compared to 3 in 6 able bodied people. This project aims to offer the young people at Birch Wood School the opportunity to access in a dance project that has not been offered in the past.</p>	Private Operator	Q1	Birch Wood School	Inactive YP

	A	B	C	D	E	F
12		<p>Sportivate 'Chance to Shine' Cricket</p> <p>What is it? A community cricket project targeting the young people within the Edge priority neighbourhood.</p> <p>Why is it being done? The young people within the priority neighbourhoods have recently expressed a need for more community activities in the evenings and the weekends. They have identified that they wish to participate in some cricket opportunities.</p> <p>Methodology This project will offer the young people in the priority neighbourhoods 2 blocks of 6 weeks of cricket coaching delivered by a professional cricket coach. Sportivate Chance to Shine' Cricket</p> <p>Sustainability A local coach with assist with the delivery of these sessions, this coach will help to create a link with the local club, and signpost these young people to local opportunities.</p>	Private Operator	Q1	Community session	Inactive YP

	A	B	C	D	E
1		26-55 Years Lifestage			
2	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity
3		<p>What is it? A programme of activity including yoga for pre and post natal ladies.</p> <p>Why is it being done? Studies have found that exercise during pregnancy can be beneficial for both mother and baby. Exercise may make pregnancy more comfortable, shorten labour and reduce need for obstetric intervention (Clapp 1990). Another study by Koniak-Griffin in 2007 found that following an 6 week aerobic exercise program, pregnant adolescents had a decrease in depressive symptoms and an increase in self esteem, compared to a control group. These both make the case for exercise during pregnancy.</p> <p>Having post natal sessions is a great way for mothers to reintroduce themselves to exercise gently. Having a baby can be stressful. Being able to exercise has been proven to help reduce this stress and help with the effects of post natal depression.</p> <p>The sessions are part of the Children's Centre programme, therefore any ladies who would like some extra help and advice can be referred into the programme and receive help from a family outreach worker, healthy lifestyle officer or join the PANDA's group (pre and post natal depression advice and support)</p> <p>Sessions were run in 2013/14 with great success. Pre natal participants went on to take part in the post natal classes as well, creating an excellent pathway. the aim for this year is to make the sessions completely sustainable.</p> <p>Methodology Sessions will take place for an hour once a week in two of the children's centres. A rural block was started late in 2013, this will also continue. Attendance in Children's Centres = 36 weeks*10 max attendance* 2 blocks (I expect 75% attendance due to targeted participants and health issues that arise during pregnancy). Attendance in Rural Area = 6 weeks*8 max attendance*36 weeks (I expect 75% attendance).</p> <p>Sustainability Pre natal participants will be signposted onto other activities such as aqua natal. They will also be encouraged to attend the post natal sessions. Post natal participants will be signposted into family activities once their baby is a bit older such as swim and play. Sessions will be made sustainable by the end of this commissioning plan.</p>	Local Authority	Q1	Cove Children's Centre and Fuller Rooms Bottesford

	A	B	C	D	E
4		<p>Leicestershire Families Leisure Passes</p> <p>What is it? Leisure centre passes to complex and vulnerable individuals so that they can begin to exercise.</p> <p>Why is it being done? Looking at mosaic and Sport England market segmentation data, gym based activities are the highest on the list that people in the borough want to take part in. A recent survey conducted by the Melton Borough Council sports team also found that the activity people wanted to do most was gym based activities and swimming.</p> <p>Due to a more targeted approach in staff working, members of the team will now work on a one to one basis with Melton's targeted families and individuals. These individuals do not have the disposable income to pay to attend the gym.</p> <p>Methodology Gym passes will be purchased at low cost and given to the families that staff are working with. The passes will give full access to the leisure centre. If the passes are not being used, they will be taken from the individuals. This project was started in 2013/14 and there are passes remaining from this. This is project is now taking off so extra passes will be purchased. Attendance calculated as 20 people*3 months*twice per week at 70% attendance</p> <p>Sustainability As the staff are working with these targeted families, they will help the families save money by stopping smoking, meal planning and cutting out take-aways and expensive sugary food and drink. After using the gym, they will then wish to continue and they will then have the extra money to do so.</p>	Local Authority	Q1	Waterfields

	A	B	C	D	E
5		<p>Start4Life Active Play : What is it ? Children and parents will be introduced to both structured and unstructured play. Parents will then be educated in how to facilitate active play at home.</p> <p>Why is it being done ? It is designed to improve physical fitness, neuromuscular coordination and basic physical literacy (Agility Balance, Coordination). Particular studies have shown that children with developmental coordination disorders (DCD) "do not improve with development and the poor motor behaviour appears to have a detrimental effect on other aspects of functioning such as school achievement, behaviour and self-esteem" (Sugden and Chambers 1998). This intervention reduces the likelihood of this behaviour. We understand that the VFM is high, however within The Cove Children's Centre reach area physical development, especially with boys is an area of concern. The local primary school has provided evidence to show that children from this area are failing the EYFS when they start school. Boys are now being tracked within the children's centres and will be sign posted to this activity.</p> <p>Methodology Children's centres in areas of high deprivation (Priority Neighbourhoods) and that engage with the target market (mosaic groups I, K, O) will be used to deliver the programme. Each session will last 1.5 hours, an intervention will last 6 weeks, we will deliver a minimum of 6 interventions per year. Attendance= 6 weeks*10 max attendance*6 blocks(I expect 70% attendance due to the targeted nature. The session will be run by Kimbles Music and Movement with the help of a stay and worker.</p> <p>Sustainability At the end of an intervention parents will have sufficient skills to provide active play at home and in family settings. They will also be able to access other Children's Centre services. It is hoped that parent volunteers will be identified to help with other sessions. This will be the second year that this project has been running. There have been positive results from the first year and it is now embedded in the Children's Centre programme of regular activities.</p>			

	A	B	C	D	E
6		<p>Childminder Sessions What is it ? To educate and give local childminders ideas and tips on how to incorporate physical activity into the settings. Music and movement instructors go into a Children’s Centre ran childminders group and run sessions for the childminders and the children in their care.</p> <p>Why is it being done ? As described in other projects in the 0-5 section, the time children spend being active is extremely low. Some studies have shown that children spend 85% of their day sedentary and only 5% of their day was spent engaged in moderate to vigorous physical activity (Greet M. Cardon & Ilse M. M. De Bourdeaudhuij 2013). This activity helps to give childminders ideas on how to encourage children in their care be more physically active. If we wish to stop the rise in childhood obesity and aid young children in their physical development and readiness for school, then projects that work with early years care providers are essential, as they are who the children are spending more of their waking hours with.</p> <p>Methodology There is a childminders group who meet every Tuesday in The Edge Children’s Centre. The group is organised by Stay and Play, a children’s centre commissioned service. Each month a music and movement children’s instructor will lead a session within the group. Childminders will be given support by a PADO on how to increase physical activity levels. Support will be in the form of conversations and hand outs. Attendace calculated as max 20 children per sessions * 11 sessions at 80%.</p> <p>Sustainability The sustainability is that the childminders will have more tools to ensure that they increase the amount of time children in their care spend being active.</p>			

	A	B	C	D	E	F
1	55 Years+ Lifestage					
2	Action Plan					
3	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity	Target Group
4		<p>Tai Chi</p> <p>What is it?</p> <p>It is a gentle form of exercise which is known for preventing or easing the ills of ageing. The movements are different to most sports in that they are; circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted to suit most people whether they are fighting fit, recovering from surgery or confined to wheelchairs.</p> <p>Why is it being done?</p> <p>Remaining active in later life is essential to stay healthy. Being active can reduce the risks of CVD, type 2 diabetes, mobility issues and can help increase bone density, thus reducing the risk of osteoporosis. Tai Chi has been an ongoing project for three years. Due to its popularity we have continued to fund it as it meets a council priority of decreasing health inequalities and improving the lives of the most vulnerable. The classes also meet the comissioning plan priority of helping people with long term conditions e.g. hypertension.</p> <p>Methodology</p> <p>A weekly session at an Age UK facility. The attendance targets are based on an average of 8 participants at each session over the 36 week period. at 90% attendance.</p> <p>Sustainability</p> <p>The Tai Chi instructor who will lead the sessions has several other permanent classes in the Borough. It is hoped that the instructor will encourage participants to attend these addirtional classes thus further increasing their physical activity levels.</p>	Local Authority	Q1	Age UK	Inactive Adults

	A	B	C	D	E	F
5		<p>Start4Life Active Play : What is it ? Children and parents will be introduced to both structured and unstructured play. Parents will then be educated in how to facilitate active play at home.</p> <p>Why is it being done ? It is designed to improve physical fitness, neuromuscular coordination and basic physical literacy (Agility Balance, Coordination). Particular studies have shown that children with developmental coordination disorders (DCD) "do not improve with development and the poor motor behaviour appears to have a detrimental effect on other aspects of functioning such as school achievement, behaviour and self-esteem" (Sugden and Chambers 1998). This intervention reduces the likelihood of this behaviour. We understand that the VFM is high, however within The Cove Children's Centre reach area physical development, especially with boys is an area of concern. The local primary school has provided evidence to show that children from this area are failing the EYFS when they start school. Boys are now being tracked within the children's centres and will be sign posted to this activity.</p> <p>Methodology Children's centres in areas of high deprivation (Priority Neighbourhoods) and that engage with the target market (mosaic groups I, K, O) will be used to deliver the programme. Each session will last 1.5 hours, an intervention will last 6 weeks, we will deliver a minimum of 6 interventions per year. Attendance= 6 weeks*10 max attendance*6 blocks(I expect 70% attendance due to the targeted nature. The session will be run by Kimbles Music and Movement with the help of a stay and worker.</p> <p>Sustainability At the end of an intervention parents will have sufficient skills to provide active play at home and in family settings. They will also be able to access other Children's Centre services. It is hoped that parent volunteers will be identified to help with other sessions. This will be the second year that this project has been running. There have been positive results from the first year and it is now embedded in the Children's Centre programme of regular activities.</p>	Other	Q1	Various	Universal

	A	B	C	D	E	F
6		<p>Childminder Sessions What is it ? To educate and give local childminders ideas and tips on how to incorporate physical activity into the settings. Music and movement instructors go into a Children’s Centre ran childminders group and run sessions for the childminders and the children in their care.</p> <p>Why is it being done ? As described in other projects in the 0-5 section, the time children spend being active is extremely low. Some studies have shown that children spend 85% of their day sedentary and only 5% of their day was spent engaged in moderate to vigorous physical activity (Greet M. Cardon & Ilse M. M. De Bourdeaudhuij 2013). This activity helps to give childminders ideas on how to encourage children in their care be more physically active. If we wish to stop the rise in childhood obesity and aid young children in their physical development and readiness for school, then projects that work with early years care providers are essential, as they are who the children are spending more of their waking hours with.</p> <p>Methodology There is a childminders group who meet every Tuesday in The Edge Children’s Centre. The group is organised by Stay and Play, a children’s centre commissioned service. Each month a music and movement children’s instructor will lead a session within the group. Childminders will be given support by a PADO on how to increase physical activity levels. Support will be in the form of conversations and hand outs. Attendnace calculated as max 20 children per sessions * 11 sessions at 80%.</p> <p>Sustainability The sustainability is that the childminders will have more tools to ensure that they increase the amount of time children in their care spend being active.</p>	Local Authority	Q3	various community facilities	Universal

	A	B	C	D	E	F
7		<p>Active Ageing What is it? A programme of low impact activities such as Laughter Yoga, chair based exercise, Tai Chi, Tea Dances and Table Tennis</p> <p>Why is it being done? The health and well-being of older people is one of the key objectives of Melton Borough Councils strategy. Physical activity is widely accepted as effective in the prevention and maintenance of health problems associated with later life. The World Health Organisation suggest that older adults who are physically active are likely to have higher levels of functional health, a reduced risk of falling, a reduced risk of functional and role limitations and have better cognitive function.</p> <p>Methodology Regular activity sessions at 2 of the sheltered housing schemes in Melton. Attendance calculated as 30 sessions * 10 max attendance at 75%</p> <p>Sustainability There may be the opportunity to put care givers through training courses for activities such as seated exercise and health walks to provide them with the tools to after the funding has been withdrawn.</p>	Local Authority	Q2	various community facilities	Inactive Adults
8		<p>Community groups What is it? To promote low impact activities among older adult and health awareness groups within Melton. Engage individuals who might feel that exercise isn't for them as a result of their age of health issues.</p> <p>Why is it being done? The health and well-being of older people is one of the key objectives of Melton Borough Councils strategy. Physical activity is widely accepted as effective in the prevention and maintenance of health problems associated with later life. The World Health Organisation suggest that older adults who are physically active are likely to have higher levels of functional health, a reduced risk of falling, a reduced risk of functional and role limitations and have better cognitive function.</p> <p>Methodology Offer at least 12 activities sessions to local community groups in Melton such as the WI, U3A, Stroke club, Alzheimers society etc. Attendance calculated as 12 sessions * 10 max attendance at 80%. PADO's will deliver the sessions, therefore no costs incurred.</p> <p>Sustainability The idea of this project is to promote the activities that are on offer within the community which are open to all. It will also help promote the equipment loan scheme which we have developed. Groups will be able to hire new age kurling equipment, table tennis and table cricket.</p>	Local Authority	Ongoing	various community facilities	Inactive Adults

	A	B	C	D	E	F
9		<p>Tea Dances What is it ? A dancing activity for older people particularly those who are involved in the Exercise referral programme Why is it being done Older participants in the Exercise referral Programme have indicated that they would like to do additional age appropriate activities Methodology Trained instructors will deliver open sessions in the dance and exercise room at Waterfield. Attendance is calculated as 14 max*50 sessions at 80% Sustainability The programme is low cost so should continue to be sustainable from the start</p>	Private Operator	Q1	Waterfield's	Obese Adults
10	Action Plan					
11	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity	Target Group
12		<p>Tai Chi What is it? It is a gentle form of exercise which is known for preventing or easing the ills of ageing. The movements are different to most sports in that they are; circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted to suit most people whether they are fighting fit, recovering from surgery or confined to wheelchairs. Why is it being done? Remaining active in later life is essential to stay healthy. Being active can reduce the risks of CVD, type 2 diabetes, mobility issues and can help increase bone density, thus reducing the risk of osteoporosis. Tai Chi has been an ongoing project for three years. Due to its popularity we have continued to fund it as it meets a council priority of decreasing health inequalities and improving the lives of the most vulnerable. The classes also meet the comissioning plan prioirty of helping people with long term conditions e.g. hypertension. Methodology A weekly session at an Age UK facility. The attendance targets are based on an average of 8 participants at each session over the 36 week period. at 90% attendance. Sustainability The Tai Chi instructor who will lead the sessions has several other permanent classes in the Borough. It is hoped that the instructor will encourage participants to attend these addirtional classes thus further increasing their physical activity levels.</p>	Local Authority	Q1	Age UK	Inactive Adults

	A	B	C	D	E	F
13		<p>Swim and Play What is it ? Allows babies and toddlers to get used to water with thier parents under the supervision of a qualified instructor.</p> <p>Why is it being done ? Troubled families from Mosiac Groups I,K & O who live in the known areas of high deprivation (Priority Wards) are also inactive. Active People indicates that Swimming is the most popular activity for these groups. Swimming is evidenced as an activity that can improve fitness, social skills and confidence as well as contribute to weight loss. andis a great activity to promote parent child attachment. These sessions have been running for three years and are still gaining in popularity. Swim and Play currently has one of the largest waiting lists of all the childrens centre activities. This waiting list is comprised of targeted families.</p> <p>Methodology Family outreach workers will identify the families and support and signpost them into the programme. Each session lasts one hour, an intervention lasts 6 weeks and we will be delivering 5 interventons in a year. The main aims of the programme are to improve swimming skills of children and the confidence of adults to take thier children swimimng. Attendance= 5 weeks* Max 12 per session*5 blocks (I expect 75% attendance due to the targeted nature)</p> <p>Sustainability At the end of an intervention families will be encouraged to continue family swimming and take advantage of any other appropriate prmotions or activities at the Waterfields pool</p>	Other	Q1	Various	Universal

	A	B	C	D	E	F
14		<p>Active Aging Week What is it? In order to celebrate Department of Work and Pensions Full of Life Campaign, UK Older Persons Day and the British Heart Foundation's concept of Active Ageing; Melton's Active Together Team are delivering Active Ageing Week in conjunction with LRS. There are a range of activities being delivered to encourage activity in later life.</p> <p>Why is it being done? Keeping active is essential as you get older as the role of physical activity centres on the prevention of immobilisation, disability and diseases as well as ensuring independence and a better quality of life and maintaining functional capability (British Heart Foundation, n.d.)</p> <p>Methodology Sessions will be delivered across the week, which are designed to meet the needs of older people. For example they will be low impact, focused on enjoyment rather than being competitive and will include a lot of non-traditional activities. Attendance is calculated as 5 sessions * 10 people at 80 percent</p> <p>Sustainability It is hoped that trying the activities will give people the encouragement and confidence to continue with them after the week has finished.</p>	Local Authority	Q3	various community facilities	Universal
15		<p>Active Ageing What is it? A programme of low impact activities such as Laughter Yoga, chair based exercise, Tai Chi, Tea Dances and Table Tennis</p> <p>Why is it being done? The health and well-being of older people is one of the key objectives of Melton Borough Councils strategy. Physical activity is widely accepted as effective in the prevention and maintenance of health problems associated with later life. The World Health Organisation suggest that older adults who are physically active are likely to have higher levels of functional health, a reduced risk of falling, a reduced risk of functional and role limitations and have better cognitive function.</p> <p>Methodology Regular activity sessions at 2 of the sheltered housing schemes in Melton. Attendance calculated as 30 sessions * 10 max attendance at 75%</p> <p>Sustainability There may be the opportunity to put care givers through training courses for activities such as seated exercise and health walks to provide them with the tools to after the funding has been withdrawn.</p>	Local Authority	Q2	various community facilities	Inactive Adults

	A	B	C	D	E	F
16		<p>Community groups What is it? To promote low impact activities among older adult and health awareness groups within Melton. Engage individuals who might feel that exercise isn't for them as a result of their age of health issues.</p> <p>Why is it being done? The health and well-being of older people is one of the key objectives of Melton Borough Councils strategy. Physical activity is widely accepted as effective in the prevention and maintenance of health problems associated with later life. The World Health Organisation suggest that older adults who are physically active are likely to have higher levels of functional health, a reduced risk of falling, a reduced risk of functional and role limitations and have better cognitive function.</p> <p>Methodology Offer at least 12 activities sessions to local community groups in Melton such as the WI, U3A, Stroke club, Alzheimers society etc. Attendance calculated as 12 sessions * 10 max attendance at 80%. PADO's will deliver the sessions, therefore no costs incurred.</p> <p>Sustainability The idea of this project is to promote the activities that are on offer within the community which are open to all. It will also help promote the equipment loan scheme which we have developed. Groups will be able to hire new age kurling equipment, table tennis and table cricket.</p>	Local Authority	Ongoing	various community facilities	Inactive Adults
17		<p>Tea Dances What is it ? A dancing activity for older people particularly those who are involved in the Exercise referral programme</p> <p>Why is it being done Older participants in the Exercise referral Programme have indicated that they would like to do additional age appropriate activities</p> <p>Methodology Trained instructors will deliver open sessions in the dance and exercise room at Waterfield. Attendance is calculated as 14 max*50 sessions at 80%</p> <p>Sustainability The programme is low cost so should continue to be sustainable from the start</p>	Private Operator	Q1	Waterfield's	Obese Adults

	A	B	C	D	E	F
1	Universal					
2	Action Plan					
3	Sport / PA	Action / Intervention / Evidence	Lead Organisation	Starting Date	Location of Activity	Target Group
4		<p>Move More 4 less Week</p> <p>What is it? Move More 4 Less Week is a county wide initiative which is designed to encourage people across Leicestershire and Rutland to become more active by delivering sessions either for free or for just £1. By allowing people to try out a new activity at a low cost, it is hoped that they would be motivated to then continue with it in after the week has finished.</p> <p>Why is it being done? It is part of the National Programme, to stimulate people to be more active and to make steps towards tackling obesity in the borough.</p> <p>Methodology The initiative will be delivered for one week and will be made up of new opportunities alongside current activities delivered at a subsidised cost. The attendance targerts are based on an average of 12 participants * 7 sessions at 80% attendance.</p> <p>Sustainability The initiative is a national programme.</p>	Local Authority	Q4	Various	Universal

	A	B	C	D	E	F
5		<p>Start4Life Active Play :</p> <p>What is it ?</p> <p>Children and parents will be introduced to both structured and unstructured play. Parents will then be educated in how to facilitate active play at home.</p> <p>Why is it being done ?</p> <p>It is designed to improve physical fitness, neuromuscular coordination and basic physical literacy (Agility Balance, Coordination). Particular studies have shown that children with developmental coordination disorders (DCD) "do not improve with development and the poor motor behaviour appears to have a detrimental effect on other aspects of functioning such as school achievement, behaviour and self-esteem" (Sugden and Chambers 1998). This intervention reduces the likelihood of this behaviour. We understand that the VFM is high, however within The Cove Children's Centre reach area physical development, especially with boys is an area of concern. The local primary school has provided evidence to show that children from this area are failing the EYFS when they start school. Boys are now being tracked within the children's centres and will be sign posted to this activity.</p> <p>Methodology</p> <p>Children's centres in areas of high deprivation (Priority Neighbourhoods) and that engage with the target market (mosaic groups I, K, O) will be used to deliver the programme. Each session will last 1.5 hours, an intervention will last 6 weeks, we will deliver a minimum of 6 interventions per year. Attendance= 6 weeks*10 max attendance*6 blocks(I expect 70% attendance due to the targeted nature. The session will be run by Kimbles Music and Movement with the help of a stay and worker.</p> <p>Sustainability</p> <p>At the end of an intervention parents will have sufficient skills to provide active play at home and in family settings. They will also be able to access other Children's Centre services. It is hoped that parent volunteers will be identified to help with other sessions. This will be the second year that this project has been running. There have been positive results from the first year and it is now embedded in the Children's Centre programme of regular activities.</p>	Local Authority	Ongoing	Various	Universal

	A	B	C	D	E	F
6		<p>Childminder Sessions What is it ? To educate and give local childminders ideas and tips on how to incorporate physical activity into the settings. Music and movement instructors go into a Children’s Centre ran childminders group and run sessions for the childminders and the children in their care.</p> <p>Why is it being done ? As described in other projects in the 0-5 section, the time children spend being active is extremely low. Some studies have shown that children spend 85% of their day sedentary and only 5% of their day was spent engaged in moderate to vigorous physical activity (Greet M. Cardon & Ilse M. M. De Bourdeaudhuij 2013). This activity helps to give childminders ideas on how to encourage children in their care be more physically active. If we wish to stop the rise in childhood obesity and aid young children in their physical development and readiness for school, then projects that work with early years care providers are essential, as they are who the children are spending more of their waking hours with.</p> <p>Methodology There is a childminders group who meet every Tuesday in The Edge Children’s Centre. The group is organised by Stay and Play, a children’s centre commissioned service. Each month a music and movement children’s instructor will lead a session within the group. Childminders will be given support by a PADO on how to increase physical activity levels. Support will be in the form of conversations and hand outs. Attendance calculated as max 20 children per sessions * 11 sessions at 80%.</p> <p>Sustainability The sustainability is that the childminders will have more tools to ensure that they increase the amount of time children in their care spend being active.</p>	Other	Q1	Various	Obese Adults
7		<p>Health Checks What is it? A one to one health check which involves a range of non-intrusive tests designed to give an overall picture of current health. As well as providing participants with information on their health, it also gives MBC the chance to provide information on healthy lifestyles and sign post people to relevant organisations.</p> <p>Why is it being done? It is part of a national program to inform and educate people on health issues and encourage people to make behavioural changes.</p> <p>Methodology An informal drop in health check at various times and locations through out Melton. Attendance = 4 sessions* 12 maximum attendance (We expect 85% attendance).</p> <p>Sustainability Participants will be guided to other activities or relevant advice.</p>	Local Authority	Q2	Various	Universal

	A	B	C	D	E	F
8		<p>Marketing</p> <p>What is it? The money will be used to produce activity booklets, buy advertising space in local magazines and newspapers, buy promotional material e.g. roller banners and vinyl signs.</p> <p>Why is it being done? To promote activities, health messages and local clubs. Which in turn will increase attendances and make the Borough a healthier place.</p>	Local Authority	Q1		
9		<p>Zombie Run!</p> <p>What is it? This is a new sport project that we would like to make a yearly event. The Zombie run will be a three mile run around Melton Country Park that is complete on the night of Halloween and is ran in the dark with a fun element of being chased by Zombies. This event will be aimed at both adults and young people and will help to raise money for a local charity. Competitors will receive a medal on completion and for the race will be equipped with a number, timing chip and glow sticks. The event promotes fitness and also engages young people on key night of the year for anti-social behaviour.</p> <p>Why it is being done? Halloween night is notorious for anti-social behaviour issues. This project will take young people off the streets and allow them to focus their energy into a physical activity. This project will not only encourage young people and adults to participate in exercise but it will have a sub focus on encouraging volunteering in the local area, The project will rely on volunteers to run the event alongside a management committee.</p> <p>Methodology Three mile run around Melton Country Park. . Volunteers will be used as course marshals, Zombies, first aiders, information handlers, administrators, refreshment servers, etc. Although this project only takes place once a year, participants will be provided with a recommended training plan that will keep them busy in the run up to the event. It is hoped that this event will grow year on year, attracting more and more participants. Attendance is based on previous Sport Relief events.</p> <p>Sustainability Participants will be signposted to other activities and running groups in the area.</p>	Other	Q3	Melton Country Park	Universal

	A	B	C	D	E	F
10		<p>SLF Fitness What is it? Fitness groups for boys and girls referred to SLF and the youth service. Sessions will include dance, zumba, boxing and mixed martial arts. This is in the universal category as participants age range will be from 12 years and parents will also be asked to attend.</p> <p>Why it is being done? A study found that the 120,000 Families nationally cost nearly £9 billion on public services. As part of a multi-agency programme we will help these families improve their health and wellbeing and reduce the cost that they bear on the economy. The young people currently involved in the SLF programme requested these sessions. A pilot block of sessions was run last financial year to gauge interest and we have a group of individuals that are keen to continue.</p> <p>Methodology Various physical activity sessions run once a week for each gender. A member of staff from the SLF team and the youth service is present at each session. Sessions will run continuously throughout the year, including school holidays. Attendance is calculated as 8 per sessions x two sessions per week X 38 sessions a year, at 75% attendance = 600.</p> <p>We understand that the VFM is high on this project. This is in part due to the high in kind costs which have come from room hire and additional staff time. However these are necessary to ensure the project is a success.</p> <p>Sustainability Participants will be signposted to other activities and other fitness sessions in local gyms.</p>	Local Authority	Q1	Venture House Youth Centre and Kardknocks Gym	Troubled Families

	A	B	C	D	E	F
11		<p>Countywide Disability sport and physical activity project. What is it? Delivered in partnership with LARISA (Leics and Rutland Inclusive Sports Association) there will be 8-10 weeks of multi-sport session delivered in every district in the county for over 16's. The sessions will focus on particular sports providing an opportunity for ALD to participate and get quality coaching experience. The sessions will be open to every level of ability. At the end of the 8-10 week period a team, selected by the sport specific coaches, will represent their respective district in a county competition; competing in the sports they have had coaching in.</p> <p>Why? There has been a sufficient lack of adults with disabilities participating in active together projects. Working in partnership with LARISA districts will be able to effectively develop their offer for this targeted group. Each district will work in partnership with current providers of inclusive sports and deliver the sessions in a way that increases the participation and provides extended opportunities for adults with learning disabilities. The project has two elements, providing an opportunity for all during the coaching weeks and a further opportunity for the more talented to compete at a higher level during the one day county competition.</p> <p>Methodology A session once a week for 10 weeks, covering a wide range of activities, culminating in a county tournament. Attendance calculated as 10 per week * 10 weeks = 100 + 1 day event = 110</p> <p>Sustainability The project will be delivered in partnership with LARISA who will work with districts and local providers of inclusive sports to ensure that the offer of sports and physical activity for adults with learning disabilities is extended beyond the project. Larisa have already begun work with districts to improve existing provision for inclusive sports and the development of a project of this nature will encourage an uptake from the targeted group.</p>	LSA	Q2	Various	Disability
12		<p>Inclusive Sports Club</p> <p>What is it ? A club that provides activities for disabled people to participate in adapted games and activities in a safe positive environment</p> <p>Why is it being done ? The succesful Inspire bid and supporting busines plan cover the project need in detail. children and adolescents with a disability were twice as likely to be overweight or obese than their non-disabled peers. Research shows that this group is the least likely to participate in Sport and also most likely to have complex health needs. The project also provides the chance for all children to participate and experience wheelchair basketball at school</p> <p>Methodology sessions , curriculum activity and afterschool clubs in schools as well as thedevelopment of a sustainable disability club at the hub site.</p> <p>Sustainability This will give some participants the skills and confidence needed to join main stream clubs. However not all participants will be at a level to join mainstream clubs. The ISC will be used to develop sustaianble pathways into disability sport in conjunction with local clubs and National Governing Bodies for example Wheelpower and UK Deaf Sport.</p>	Other	Q1	Various	Disability

	A	B	C	D	E	F
13		<p>Swim and Play What is it ? Allows babies and toddlers to get used to water with thier parents under the supervision of a qualified instructor. Why is it being done ? Troubled families from Mosiac Groups I,K & O who live in the known areas of high deprivation (Priority Wards) are also inactive. Active People indicates that Swimming is the most popular activity for these groups. Swimming is evidenced as an activity that can improve fitness, social skills and confidence as well as contribute to weight loss. andis a great activity to promote parent child attachment. These sessions have been running for three years and are still gaining in popularity. Swim and Play currently has one of the largest waiting lists of all the childrens centre activities. This waiting list is comprised of targeted families. Methodology Family outreach workers will identify the families and support and signpost them into the programme. Each session lasts one hour, an intervention lasts 6 weeks and we will be delivering 5 interventons in a year. The main aims of the programme are to improve swimming skills of children and the confidence of adults to take thier children swimminng. Attendance= 5 weeks* Max 12 per session*5 blocks (I expect 75% attendance due to the targeted nature) Sustainability At the end of an intervention families will be encouraged to continue family swimming and take advantage of any other appropriate prmotions or activities at the Waterfields pool</p>	Local Authority	Q2	Waterfields	Obese Adults
14		<p>Running England Project What is it ? The development of 2 sustainable informal jogging groups that can feed into the local running Club Stilton Striders Why is it being done ? This is part of a countywide programme led by Run England. Jogging is good for health and fitness and is an affordable form of exercise for the majority of people. Aimed at non sporty people the programme will encourage people to be more active and impact on physical activity levels and support the work to reduce adult obesity. Methodology Training of run leaders and the development of recreational running clubs. Attendance caluated as 10 people per week * 10 weeks * 2 groups at 80% = Sustainability Linked to local running club, stilton striders to provide exit routes.</p>	Other	Q3	Various	Inactive Adults

	A	B	C	D	E	F
15		<p>Run The Rainbow</p> <p>What is it?</p> <p>The colour dash is a 5k and 2.5k dash around Melton Country Park, which is to be the first event of its kind for the Borough</p> <p>Why is it being done?</p> <p>The Colour Dash is a family (age 4+) 5k and 2.5k race where runners are blasted with coloured powders in the colours of the rainbow. The inaugural event was held in Victoria Park on Sunday 8th September 2013. It promotes pro-social activity, local community and aims to work with local businesses.</p> <p>Methodology</p> <p>The event would aim to get 500 participants year 1. The date for this event is June 22nd.</p> <p>Sustainability</p> <p>Held as an annual event the aim would to double numbers to 1000 participants in year 2</p>	Other	Q2	Melton Country Park	Universal
16		<p>Club Development</p> <p>What is it?</p> <p>The aim of this is to continue the development of a local sports club forum which is linked into Melton Health wellbeing and Sport Alliance and provides them with both business and financial support to allow them to keep much needed local clubs running.</p> <p>Why is it being done?</p> <p>It is essential that local sports clubs are provided with appropriate resources in order for them to give local people the opportunity to become active. The programme will support the development of improved facilities coach performance and capacity build ensuring increased participation in sport and physical activity.</p> <p>Methodology</p> <p>4 meetings one each quarter to coordinate coach education, facility development and provide advice and guidance on funding bids. We expect 25 people to attend each meeting</p> <p>Sustainability</p> <p>The forum will be self sustaining as it is volunteer based and will be supported by MBC staff.</p>	LSA	Q1	MBC	Universal
17		<p>Annual Sports Awards :</p> <p>What is it ?</p> <p>Supporting the delivery of the Melton Times Annual Sports Awards. The monies from Active Melton and MBC support and sponsor one of the awards.</p> <p>Why is it being done ?</p> <p>To recognise and reward sporting achievements by the residents of the borough.</p> <p>Methodology</p> <p>Financial support for an award</p> <p>Target: 12 qualifications</p> <p>Sustainability</p> <p>Continuing support from Melton HWSA</p>	LSA	Q2	Cattle Market	Universal
18		<p>Exercise referral : exercise based rehabilitation programme delivered over 12 weeks in line with NICE and NHS Leics and rutland guidelines.</p>	Private Operator	Q1	Waterfields	Inactive Adults

	A	B	C	D	E	F
19		Heart Smart - countywide exercise referral programme for those who have cardiac problems. Led by specially trained staff at Waterfields Leisure Centre	Private Operator	Q1	Waterfields	Inactive Adults
20		<p>SLF One to One Work</p> <p>What is it? Working with families with complex needs to improve their health outcomes and get them into employment. To provide these families with the tools they need to become healthier and happier.</p> <p>Why is it being done? A study found that the 120,000 Families nationally cost nearly £9 billion on public services. As part of a multi agency programme we will help these families improve their health and wellbeing and reduce the cost that they bear on the economy.</p> <p>Methodology We will work, on a one to one basis with 10 referred families this year who want to make a positive change in their life . The families will go through a behavioural change intervention to educate them on healthy eating, exercise and help them to stop smoking. They will try new activities, taste new food and buy basic sports equipment. Attendance = 10 families *1 visit per week for 12 weeks</p> <p>Sustainability Families will have made a healthy change in their lives and therefore are saving money which they can put towards activities. They will also be signposted to other activities that are going on.</p>	Local Authority	Q1	Home visits	Troubled Families
21		<p>Early Years Coordination : Develop and coordinate a range of physical activity opportunities and targeted brief interventions aimed at children between 0-11 and thier families to recognised as having low levels of participation in Physical Activity primarily in the identified high priority areas, ensuring that those most in need are receiving the required targeted services.</p> <p>Coordinate the marketing and promotion of local physical activity opportunities utilising appropriate support tools such as the "Change4Life – Promoting Activity Toolkit".</p> <p>Assist with managing and monitoring of income and expenditure and the evaluation of projects providing reports for key stakeholders as required. Develop the the wider Physical Activity Network to discuss joint initiatives, sharing of resources, training of volunteers and the planning of future complementary programmes.</p>	Local Authority	Q1		

	A	B	C	D	E	F
22		<p>Adult Coordination</p> <p>Develop and coordinate a range of physical activity opportunities and targeted brief interventions aimed at adults 18 and over and thier families recognised as having low levels of participation in Physical Activity primarily in the identified high priority areas, ensuring that those most in need are receiving the required targeted services.</p> <p>Coordinate the marketing and promotion of local physical activity opportunities utilising appropriate support tools.</p> <p>Assist with managing and monitoring of income and expenditure and the evaluation of projects providing reports for key stakeholders as required. Develop the the wider Physical Activity Network to discuss joint initiatives, sharing of resources, training of volunteers and the planning of future complementary programmes.</p>	Local Authority	Q1		
23		<p>Graduate Trainee (Legacy maker)</p> <p>Support the development of Sportivate and Sportsmakers programmes. Work with the SSPAN to improve school/club links and support the delivery of the school games. Support the development delivery of a range of physical activity opportunities and targeted brief interventions aimed at children and young people between the ages of 14 and 26 and thier families recognised as having low levels of participation in Physical Activity primarily in the identified high priority areas, ensuring that those most in need are receiving the required targeted services.</p> <p>Assist with managing and monitoring of income and expenditure and the evaluation of projects providing reports for key stakeholders as required. Develop the the wider Physical Activity Network to discuss joint initiatives, sharing of resources, training of volunteers and the planning of future complementary programmes.</p>	Local Authority	Q1		
24		<p>Leisure and Culture Officer</p> <p>Support and manage the sport and physical activity team within Melton Borough Council. This officer, along with the Early Years PADO will coordinate the commissioning plan and process. Is also responsible for coordinating and developing a number of adult and targeted projects within the plan, as well as leading on the Leisure Vision and Wheel Chair Basketball project.</p>	Local Authority	Q1		
25		<p>Melton Skate Park Modernisation</p> <p>What is it?</p> <p>Consultation and modernisation of Melton Skate Park based within Melton Mowbray Town Estate Park in the heart of Melton Mowbray.</p> <p>Why is this being done?</p> <p>The skate park is currently not fit for purpose and needs to be redeveloped to ensure that it is safe. Extreme spots are popular in the Borough, so this is a necessary refurbishment.</p>	Local Authority	Q1	Town Estate Park	Universal

	A	B	C	D	E	F
26		<p>Facilities development</p> <p>What is it? Audit, Feasibility study and design concept of new dry sided sports facility in Melton Mowbray.</p> <p>Why is it being done? To provide robust data to support the development of a business plan for a new leisure centre for Melton Mowbray</p> <p>Methodology</p> <ul style="list-style-type: none"> -Audit - Survey - Development of the business plan <p>Identify potential funding bodies</p> <p>Sustainability</p>	Local Authority	Q1	TBC	Universal
27		<p>Mencap Activities</p> <p>What is it? Melton Mencap is a local organization with voluntary status which caters for disabled people between the ages of 4-74. Mencap rely on grants, funds and donations to finance their programme of activities. This funding will help to ensure that the members at mencap will have the opportunity to participate in a range of activities, which have not been accessible in the past. We intend to implement activities such as boccia, NAC and IZB which will take place in 6 week blocks.</p> <p>Why is it being done? In a recent survey by Sport England it was highlighted that only one in six disabled people participate in sport compared with one in three non-disabled. This project will help to ensure that the young people at Melton Mencap are provided with similar opportunities to their peers who are not impaired. This project will let these young people experience a wide range of activities which they would not normally have the opportunity to participate in.</p> <p>Methodology Melton Mencap caters for a wide range of ages and disabilities. This funding will help to ensure that the young people have the opportunity to participate in a wide range of activities. Until now those who attend Mancap have had the chance to enjoy a number of activities within the centre; however this funding will ensure that the young people will be able to access facilities which would not normally be available. The attendance figures have been calculated from providing the 20 people who attend the evening and weekend sessions 6 weeks of various activities.</p> <p>Sustainability This project will help to introduce these young people to a wide range of sporting activities including dance and hockey, football and cricket. Local coaches will be used for all of these schemes who will help to signpost the young people to a wide array of local opportunities.</p>	Private Operator	Q1	Melton Mencap	Disability

	A	B	C	D	E	F
28		<p>Probation Gym Passes</p> <p>What is it?</p> <p>Providing the probation service with gym passes for their clients.</p> <p>Why is this being done?</p> <p>To integrate offenders back into society, improve their health outcomes, provide structure, thus making their transition back into society an easier process.</p> <p>Methodology</p> <p>Working in collaboration with the probation service to provide leisure passes for their clients. The passes can be rotated between different people. Attendance is calculated as 8 passes *1 session per week * 50 weeks</p> <p>Sustainability</p> <p>Users will be offered a discounted pass at the end of the project.</p>	Other	Q1	Waterfields	Inactive Adults

This page is intentionally left blank