

Wellbeing Select Committee

7th February 2023

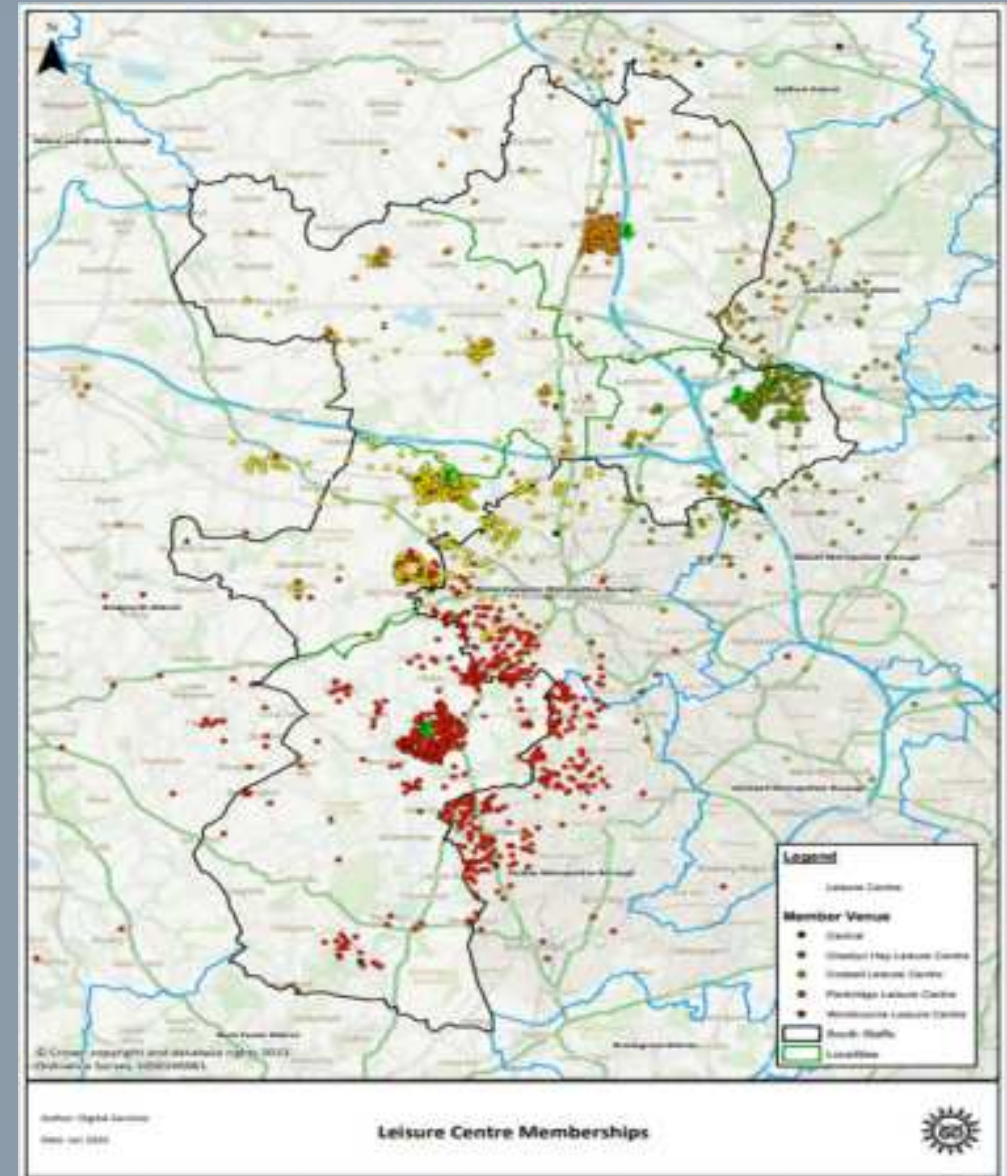
South Staffordshire Leisure and Health

Mark Moore and Rob Sharratt



Introduction

- Leisure Services currently operate 4 leisure centres across the district
- Centre feature in 4 of 5 locality
- Locality 1 Penkridge LC
- Locality 3 Cheslyn hay LC
- Locality 4 Codsall LC
- Locality 5 Wombourne LC



Leisure Centre

- Currently 3300 live health and fitness members using centres which offer comprehensive programme of fitness and sports
- Swim academy 2150 live learn to swim/ advanced swimmers
- [South Staffordshire Council \(sstaffs.gov.uk\)](http://sstaffs.gov.uk)

Cheslyn Hay Leisure Centre



- Fully-equipped gym
- Multi-functional exercise studio
- Indoor cycling studio
- Six-lane, 25-metre swimming pool
- 3G synthetic pitch
- Sports hall

Codsall Leisure Centre



- Fully-equipped gym
- Multi-functional exercise studio
- Indoor cycling studio
- Four-lane, 25-metre swimming pool
- 3G synthetic pitch
- Sports hall

Penkridge Leisure Centre



- Fully-equipped gym
- Multi-functional exercise studio
- Indoor cycling studio
- Three-lane, 17-metre swimming pool
- Toning suite
- 3G synthetic pitch
- Sports hall

Wombourne Leisure Centre



- Fully-equipped gym
- Multi-functional exercise studio
- Indoor cycling studio with virtual MyRide experience
- Six-lane, 25-metre swimming pool
- Toning suite
- Wellbeing suite
- 3G synthetic pitch
- Sports hall

Programmes for customer – catering for all

- Health checks
- Personal fitness programmes
- Forward to Health- referral programme
- Active youth
- Online classes

Additional benefits:

 Health checks <i>free to members. Additional fee applies for non- members</i>	 Personal fitness programmes <i>free to members. Additional fee applies for non- members</i>	 Personal training <i>additional fee applies</i>	 Supervised Active Youth sessions <i>access for young people aged 13 years+</i>	 Teen access <i>users aged 13+ are permitted to use the facility with an accompanying parent/guardian</i>
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Extended offer to our community

The good life Health and Wellbeing- provides walking and gentle exercise classes across the district at different venues, to improve access for the community

- The walks and classes feature in parish settings and venues, more local and better access for some residents
- Gentle exercise 350 attendees and over 8000 visits
- South Staffs Walking scheme offers around 600 walks a year, with over 600 registered walkers
- Volunteers
- HAF Funding/ school holiday programme



Impacts and feedback

I have been a member of the Baggeridge walking group from the onset. The group has morphed into not only a wellbeing walk but a great social weekly activity. The group and myself personally have improved in physical ability and ability to build on the walks we are doing. I thoroughly enjoy this time and have found this group walk, motivating & fun, and I can't praise the walk leaders enough.

Case Study

As part of measuring the effectiveness of the South Staffordshire Walking for Health Programme we would appreciate your feedback regarding the health walks you have attended.

Name: GUY MORSE-BROWN

Walk Name: WOMBOURNE - FRIDAYS

Date Case Study Completed: 23/01/23

Very enjoyable - the regular exercise is very welcome and it is so good to meet new people and friends.
Excellent!

Thank you, your feedback is appreciated.

Partnership/ pathways

- Social Prescribing – Star Fish Health and wellbeing
- Everyone Health – Physical activity referral (centre based)
- MPFT Midland Partnership NHS Foundation Trust - Spinal Functional Rehabilitation class (Wombourne)

- Locality Profile- Healthy Communities

Prevention -Tackling key health inequalities within Locality 3 -Obesity and Excess Weight