

What's been going on

Tea Dance

- We have delivered two very successful tea dances in Wisbech & Whittlesey, with attendance of over 90 individuals.
- The dances were delivered as part of Innovate and Cultivate funding to tackle social isolation and health improvements in older adults post Covid-19. With the funding covering a tea dance in each market town.
- The dances were a social set up where participants could come and dance as a group, partner or solo. Suitable for a range of abilities but also with no expectation to dance so those who are not able can simply enjoy the social and hot drink.
- A 'support' table with various leaflets, brochures and guides from ourselves, wider partners and the Golden Age team. Information was based around wellbeing support for the target age group such as health, mental health, bereavement, healthy eating, NHS support and physical activity. Along with signposting to other local groups.
- Feedback from has been positive with participants enjoying them and asking if there will be more.
- Moving forward there is funding for 2 more tea dances in the other market towns- March & Chatteris. With a festive Tea dance being planned before Christmas in March.



Whittlesey



Wisbech

Ramblers Wellbeing Walks Wisbech

- A national scheme that Active Fenland have started to co-ordinate locally as part of a Cambridgeshire and Peterborough collaborative programme with other Cambridgeshire districts.
- A Ramblers Wellbeing Walk is an inclusive, open to all health walk that varies in length and time to be suitable for a range of abilities. Walks are designed to be accessible for wheelchairs and mobility scooters too.
- Walks are led by volunteer leaders who are friendly and welcoming so participants can walk in a social group, whilst benefiting from regular activity too.
- We have been working to raise awareness of the scheme and to promote more Volunteer Walk Leaders to come forward.
- All the volunteer leaders will still receive continuous support from our coordinators.
- The benefit of the scheme is that walks can take place anywhere as long as they are accessible, for a rural district this is ideal, and enables more of the population to have accessible activity opportunities local to them.

- With a Walk Leaders course run online by Active Fenland a new walk started in the summer in Wisbech.

- We have worked to drum up interest for our Wisbech Wellbeing Walk- with a high of 18 participants, averaging 12-15 each week. 27 new participants attended the walk in September alone.

- Fantastic feedback from Dee our Wisbech walk leader- who is absolutely loving the job and “couldn’t imagine her Fridays without it”.

March StreetPride Walk

- After months of promoting to look for local volunteer walk leaders we decided to run a taster walk in March, in partnership with the March StreetPride group. This had 13 participants, and collection of 11 full backs of rubbish from around West End Park. From this, a potential walk leader has come forward.

- Our first face to face walk leaders’ course has been booked to deliver on the 6th of December, with the aim of setting up walks in the New Year.



March StreetPride Walk

Junior Summer Activity Blocks & Events

- We have seen great success in summer blocks, particularly junior running, and junior tennis, both being fully booked. Exit routes for the junior running include the local Junior Parkrun which we helped to set up. The Junior tennis sessions were delivered in March where there is no local tennis club, discussions with Neale Wade have hopefully resulted in the sports centre working with ‘On2Court’ Tennis provider to provide some ongoing junior tennis coaching at the venue to fulfil the demand.

- We worked alongside Cambs FA to organise a free family event providing free hot lunches to families of Lime Avenue, Wisbech. This was set up after the success of an Easter event in April where over 50 attended. Unfortunately, the summer event was cancelled on the day due to the severe weather warnings. However, we moved the event to the October half term and successfully delivered which saw over 50 children and parents take part. The event promoted the ‘KickStart’ football programme ran on the Lime Avenue Astroturf on a weekly basis for disadvantaged youth (this was set up by Active Fenland a few years ago). At the event families receive a free hot lunch, water, and healthy eating information packs designed by the Active Fenland team.

- Recently launched a brand-new session in partnership with Wisbech Tennis Club- Family FUNdamentals. A ball-based fundamental skill and fine motor skill development session with involvement from both parents and children. The session has been a success so far, and following reasonably good attendance numbers, the club have agreed to take the session on following the initial 6-week block, to allow the families to continue to access this fantastic opportunity.

Ongoing work

Active Fenland in Schools

- Active Fenland partners with the local Schools Sports Partnership to deliver healthy eating workshops as part of their wider Health & Wellbeing days. Spreading awareness of both physical activity and healthy eating in primary school children across the district.

- Since September, we have delivered 4 school days- 2 health and wellbeing festivals and 2 healthy eating insight delivery days.

Regular/Weekly Active Fenland sessions

- We continue to regularly advertise, receive requests for, and post/ hand out our Active @ Home booklets which were created in lockdown and have been a great resource.

- We are part of the coordination of the all districts Let's Run Girls summer challenge. From this there is now a new free running group being set up in Wisbech after a volunteer run leader had been identified by us.

- Following a break due to instructor injury, we have successfully restarted all of our Yoga (4) and Strength & Balance (1) classes, with attendance picking straight back up to where it was pre-break. This is an ongoing set of sessions which, due to their popularity, now self-sustain and remain a huge part of some of the participants' lives, as they have formed a friendship group within the classes and have attended together for multiple years.

- We worked alongside a local Breeze Ride instructor (British Cycling) who was looking to launch a free Breeze Ride programme for ladies who struggle with confidence cycling on the roads. The instructor delivered the programme at TCA and will now continue the sessions herself out on the roads so that participants can use their skills and confidence to continue riding in a social cycle ride locally.

- Our Forever Fit session continues to be successful. This is funded by the Innovate and Cultivate fund to decrease social isolation post Covid-19 whilst also providing a fun way to get active for health for older adults.

- The weekly social Badminton sessions continue with a mixed ability, intermediates, and ladies' sessions in Wisbech. Recently we have re-introduced the Juniors session as a new volunteer co-ordinator has been identified.

- Our partnership with the Cambridge Recovery Service is providing 2 x 6-week blocks of yoga and yoga mats for their clients to undertake to complement their service work.

Future Work

Coming Soon

- New Junior Tennis sessions.
- New blocks of Junior Running
- Event for those surrounding Lime Avenue (at Oasis Centre).
- Another Tea Dance before Christmas- this time in March.
- New Tai Chi in the Park with Living Sport Places Coordinator.
- New Pre-Fit and Strength and Balance sessions for older adults falls prevention work
- New barre and yoga sessions
- A Health MOT Day from at Forever Fit.
- A virtual festival with other districts to promote Physical Activity and Healthy Eating in January with multiple virtual sessions across the month.
- A Walk Leader Course in December for interested volunteers.
- A partnership with Talking Together (County Council) March library, Cambridge Zoology Museum and Active Fenland will create a family event around bees.

New Projects

Healthy Weight project

- New project funded by Public Health for participants who have a BMI of over 25 or feel that they are overweight, and inactive.
- Recruitment of a new part time co-ordinator, increasing the Active Fenland Workforce.
- Next year there will be creation of new 12-week programmes to increase an individual's physical activity and healthy lifestyle.
- Alongside weekly activity sessions a participant will receive booklet with healthy

eating and wellbeing challenges to help make small, easy changes.

ICS

- Integrated Care System (NHS) funded project
- Full time coordinator in post for the next two years
- Sessions will start in the new year including, Leisure centre 'let's get started' programme working with Freedom, Love to move dementia friendly programme, more ramblers walks and a community wellbeing programme working with mental health charities among others.

Falls prevention

- Funding from county councils' public health team will provide fenland with new sessions for older adults including Strength and Balance (L3) and Pre-Fit (L4) if needed a further class will be looked at Re-Fit (L5)
- To provide a community exit route class for people who have fallen and attended a falls assessment followed by a 24-week prevention class. OR to provide a community class for those who haven't yet fallen but are feeling increasingly unsteady to reduce the risk of a fall.

Case studies

Ray (Forever Fit)

Ray initially heard about the session through the local newspaper and was enticed to give it a go by the advertising of the range of different activities he could go and try out at the session. He hasn't yet missed a single session since it started on 1st March! He used to be a county table tennis player 20 years ago but hasn't had much opportunity to return to the sport

so he was most excited to be able to have another go at it. Ray said he thinks the session is what the town was lacking- he didn't want to join a club for any sports as he just wanted to participate for the fun of it and often clubs can be quite serious. He just wanted to meet new people and try some different activities and that's exactly what he feels he has found. Ray expressed that, although he was already quite 'fit' as he is a runner, he feels happier generally as he gets over an hour extra each week of activity, socialising and having fun. He said that a few of the things that motivate him to return each week are his new friends, the opportunity to play a sport he loves, among others, and the time after the session where he chats and laughs. He's mentioned multiple times that he is always recommending the session to anyone and everyone he chats to as he can see how much they'd benefit from attending. He's really enjoyed teaching other members of the group a bit more about table tennis- some of the ladies have really improved due to having somebody to help them with their technique! The only thing he wishes is that more people would take the opportunity and attend, but he thinks a lot of people are still out of habit after COVID-19.



Active Fenland Figures (July-November 2022)

No. of sessions: **57**

No. of programmes: **11**

No. of new programmes started in this period: **1**

No. of participant throughput (sessions only): **476**

No. of new participants (sessions only): **10**

No. of events and open days: **2**

No. of participants throughput (events and open days only): **160**

Social media posts (FB only): **12**

Social media engagement (FB only): **53**
(not including like, just comments, shares)

Social media clicks engagement (FB only): **14**

The Team

Lauren Bremner

Senior Health and Active Lifestyle Officer
lbremner@fenland.gov.uk

Heidi Lemmon

Physical Activity Coordinator leading on ICS
hlemmon@fenland.gov.uk

Hettie West

Physical Activity Coordinator leading on Healthy You
hwest@fenland.gov.uk

Healthy Weight Coordinator starting in January