

RIBBLE VALLEY BOROUGH COUNCIL

REPORT TO COMMUNITY SERVICES COMMITTEE

meeting date: 28 MAY 2024
title: HEALTHY LIFESTYLE SESSIONS UPDATE
submitted by: ADAM ALLEN DIRECTOR OF COMMUNITY SERVICES
principal author: MARK BEVERIDGE HEAD OF CULTURAL AND LEISURE SERVICES

1 PURPOSE

1.1 To provide Committee with an update on the work of the Councils' Healthy Lifestyles Team.

1.2 Relevance to the Council's ambitions and priorities

- Community Objectives – To sustain a strong and prosperous Ribble Valley, encompassing our objective to encourage economic development throughout the borough, with a specific emphasis on tourism.

2 BACKGROUND

2.1 The Council has operated a Healthy Lifestyles Team for several years and most of the staff have over that time been on fixed term contracts, due to the sources of funding available.

2.2 Funding for the team has come from a variety of sources over the period it has existed, LCC, Sport England and Public Health have been some of the recent funders.

2.3 The work has been across the Borough, working largely with people who have multiple or specific health related issues.

3 CURRENT OFFER

3.1 At the present time the staff are involved in delivering cardiac rehabilitation sessions, which work with clients at risk of or recovering from heart related issues. This requires a specific skill set given the vulnerable nature of the clients, however considerable success has been achieved with the clients the staff have worked with over recent years.

3.2 Health walks have been a popular option for many people since they were first introduced over a decade ago. The focus at the present time is for people new to walking, rather than the type of walks which the ramblers organise.

3.3 The Healthy Weight programme is delivered on behalf of LCC, and members will recall that the Borough council has entered into a 5-year agreement for this, together with the PASTA (play and skills at teatime activities) scheme, which the Borough has commissioned through Roefield for the current year.

3.4 Escape pain sessions are provided to help people deal with long term conditions which are impacting upon their quality of life.

3.5 Best foot forwards help people who are frail or elderly to reduce their chances of falling, by offering a range of exercise which build up their strength through simple routines which seek to avoid the often life changing impact of a fall which can lead to multiple health issues.

3.6 The other courses currently being delivered include aqua health sessions and those designed to help people improve their overall fitness via functional sessions and body balance.

4. ISSUES

4.1 The short-term nature of the funding which the Council can access means that the programmes offered tend to change over time as do the staff. This makes planning over time challenging which can be particularly difficult to explain to some of our client groups.

4.2 The team hire space in a variety of different places for the sessions, the standard of these does vary, though it does mean that residents can reach a session which is local to their home.

4.0 CONCLUSION

4.1 The Council provides opportunities for sections of the community which are often not a key market for many gym and fitness class providers, the clients who attend the classes both enjoy the physical improvements they can achieve as well as for many, the social aspects of the classes which contribute positively to their mental health.

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BACKGROUND PAPERS – None

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