

**Health and Wellbeing Service for young People**

**Workforce Development**

**Coaches**

The Coach Development Programme has been established based on specific needs of coaches within the local community, this programme supports coaches.

**Volunteers**

An accredited Volunteer program, which tracks progress and delivers the aims of the individuals. Increasing activity not just physically but mentally giving opportunities for sustainability within the voluntary sector, and encouraging community engagement and enhancing local pride.

**Club Development –**

This programme links into the Coach Education Programme and then offers support for clubs to enhance school club links. Making sure that parents have a choice of a club that works to a minimum of standards including safeguarding procedures. National guidelines,

**Developing Communities Using Sport and Play**

The social inclusion agenda's from the government illustrate and use sport as a tool to assist with issues such as improving health, employment, create diversionary activities, interventions, community cohesion and education. Statistics show that a young person who lives in a deprived area has the greater chance of attending an under achieving school, higher chances of getting involved with crime and drugs. Current figures show that for every offence a young person commits it costs the "Authorities" £2,300, with a further reference to that of a child with a conduct disorder at the age of 10 will cost the public purse around £70,000 by the age of 28 up to 10 times more than a child with no behavioural problems.

**Programmes that are targeted to specific groups –**

**School Holiday Activity Programmes –**

Around social and crime cohesion agenda's

**Summer Activity Programme –**

Taking place in August this scheme targets young people age range 5 – 19 years of age from all areas of the authority. The philosophy for this scheme was that in order to ensure that young people received 2 healthy meals per day, were actively involved in sport and physical activity, encouraged to work together in teams and finally to provide training opportunities for young people to get involved obtain basic life skills generic qualifications along with coaching qualifications. More importantly for the young people they were to act as sports leaders for the younger people engaged in the scheme, helping to raise aspirations, self esteem, confidence and create role models for the younger participants

### **Reprobation work with Young Offenders –**

Looking at engaging with young people who have a reprobation order supervised through the Youth offending team-

### **ASPIRE project –**

Project working with young people with Mental Health issues and / or behavioural problems aged 11-19 years of age- Variety of physical activity programmes. Young people participate on one to one basis or as small groups enabling the development of self-esteem, increased confidence and the opportunity to interact with others. One of the biggest challenges is to help the young people identify and create alternatives for lifestyle changes.

### **Disability work –**

Appointment of co-ordinator to link up existing programmes, support voluntary sector groups.

### **Community Development – Local Neighbourhoods**

We work in the neighbourhood renewal areas providing support for our Neighbourhood teams and delivering affordable activities for those facing disadvantage.

### **Cared for Children**

Access to Leisure facilities for young people and carer's

### **Partnerships**

We currently link with several organisations' including the education sector.

### **Sports and Play Development and Participation**

In order to increase participation levels for sport and physical activity the sports and Play development team have a range of activities that act as either taster sessions or events in order to engage young people.

- Play Day Festivals
- Everyday Sports Festivals
- Active8
- Play for Life
- Play in Libraries
- Town Sports
- Active Bodies
- Festival of Youth Sport

### **Sports Development for Competition/Performance**

In order to cater for all abilities of athletes and to help raise the profile of talented Athletes within Cheshire East we have the following programmes.

- South Cheshire Swimming Development Forum
- Sports Specific – Athlete Development Camps
- Youth Sports Council- (in Development stage)
- Talented Athlete Program

### **Health Programmes**

- Healthy Eating and Cooking on a Budget Classes – A 6-10 week course
- Stay & Play – Parent And Toddler Planting & Allotment sessions at Knutsfords children and family centre
- Children's Planting Activities in School Holidays
- Children's Cookery Activities in School Holiday
- QCF Qualification in Horticulture – Delivered by Reaseheath College for volunteers
- Community/Youth/Mental Health/School Fruit Tree Planting Sessions
- 5 A Day, Healthy Eating, Hand Washing and Fruit Smoothie Making Sessions for Schools
- One off Baby Food Sessions at the Children and Family Centre
- Creating School Allotments
- MEND Project Crewe healthy eating and exercise for 7-13 year old and their families
- Healthy lifestyle talks (smoking, alcohol, sunsafe, food hygiene)
- Healthy Lunchbox workshops
- Breastfeeding promotion and increasing uptake
- Let's get Crewe Cooking project (Healthy cooking, cooking on a budget for children and families)
- Workplace health programmes, healthy lifestyle messages and advice to workplaces

### Leisure Facilities

- Parent and toddler sessions at pools
- Designated family sessions at pools with additional lifeguarding
- Children's holiday care and playscheme activities at all facilities (many of which are OFSTED registered to cater for U8s)
- Work closely with the Family Information service to promote family based activities and programmes.
- Support FIS Dads campaign through leisure facilities

### Year-round Family rates for casual activities:

- Swimming
- Tennis
- Table Tennis
- Squash
- Badminton
- Seasonal promotions/activities e.g. school holidays

### Library Services

In partnership with CE Children and Families and the PCT, the Library Service supports families with the universal gifting of books to pre-school, year 7, year 11 and looked after children. The value of the books received from the Book Trust charity each year is more than £1m. The Bookstart scheme (pre-school) relies upon health visitors delivering the books at early years health checks. The Booktime (year 7) scheme is specifically devised to encourage parents/guardians to read with their children.

### Local Library programmes

- Offer weekly Rhyme time sessions to pre-school children and their parents/carers to develop language and social skills
- Story times
- Level 3 Children's centre provision through Wilmslow and Holmes Chapel libraries
- Access to free books for all ages
- Access to talking books, cds, dvds, computer games
- Tactile books/ pop up books/scratch n sniff etc for children with Special needs
- Dual language books
- Large print books
- Craft activities & events during holidays
- Informal Homework support & information provision
- Class visits
- Visits to post natal groups to talk to new mums about importance of reading & offer to join library
- Safe space
- Looking to offer 6 book challenge to parenting groups for those with low literacy levels
- Access to Family Information Service website for details of childminders etc

### **Green spaces Team**

Rangers do classroom talks and presentations.  
Countryside walk leader's sessions

### **Cultural Team**

Arts and dance opportunities through school classes.