

## **Annual Report Summary**

Please find below a summary of some of the key points from the 2023/24 Chichester Leisure

Contract:

- Social Value delivered to the Chichester District valued at £3.2 million. This can be split down into £680,350 of Physical and Mental Health, £1,718,942 of Subjective Wellbeing, £22,989 of Individual Development and £785,564 of Social and Community Development.
  - The Social Value for Physical and Mental Health is calculated based on the health care cost savings for eight health outcomes based on the reduced risk and prevented cases combined with the reduced GP visits & psychotherapy usage for physically active people.
  - The Subjective Wellbeing outcome refers to the increase in life satisfaction. It is calculated by multiplying the value of increased wellbeing derived from a participant's engagement in sport by the number of unique people taking part.
  - Individual Development refers to the improvement in educational attainment and higher starting salaries gained through participating in sport at university.
  - Social and Community Development outcome represents the reduction in crime rates for young males and the social capital based on improved networks, trust and reciprocity.
- Participation levels continued to increase from 1,229,888 in 22/23 to 1,466,850 in 23/24 (19/20 1,447,059).
- Free access to all centres has been granted to Looked after Children (LAC) and those suffering with Parkinson's. Parkinson's memberships have been very well utilised with many Parkinson's sufferers making use of the toning suite at Westgate Leisure Centre.

- Swimming lessons continue to perform well with 1126 on the main scheme and a further 702 children enjoying learning to swim through our schools swimming programme (20 schools taking part in this across the district).
- Fitness membership has grown across the contract from 5,777 to 6,113.
- Outreach programmes have included:
  - Future Flyers gifted and talented programme for junior school children from 16 schools across the district.
  - Physical Activity sessions for Young people outside of mainstream education.
  - Monthly sessions for the Russell Martin Foundation.
  - Physical Activity sessions for young people involved in the Discover Your Future Voice intervention.
  - Connecting Cultures Project aiming to make an active life accessible to all.
  - Reboot target those aged 11-18 and maybe involved in anti social behaviour. This is in partnership with Sussex Police.
  - Physical Activity Interventions for vulnerable adults
  - Community moves is a walk-run-chat programme in community spaces to increase physical activity levels and the positive mental impact movement has.
  - Doorstep sports sessions for identified groups of young people within the community setting. This is in partnership with the Community Safety Team.
  - Think Out Community Sport and Physical Activity sessions for 16-35 year olds with learning disabilities.
  - Supporting the Sweaty Betty Foundation Teens programme to encourage young women to get more active.
- Our Exercise Referral scheme aims to provide opportunities for people with underlying medical conditions, or those at risk of developing conditions to become more active in a safe and welcoming environment. The scheme raises awareness of the benefits of physical activity, helping to create long-term behaviour change.

Regular physical activity can help you manage your weight, have a positive effect on you mentally, improve your muscle and joint functions, and benefit your heart health too. Not only will it help you manage and control existing conditions, but it will help protect you from developing other health complications as well. Our hugely successful programme sees in the region of 150 new referrals per year. The scheme includes dedicated group exercise classes both in our studio and pool. We have also introduced chair based exercise for those with restricted movement.

“A recent patient with fibromyalgia told me she has had a better response to the exercise programme set up for her via Everyone Active than 16 different painkillers & antidepressants we have tried! I have positive feedback from every patient who attends the sessions & have seen really significant & long term improvements in patient health resulting from the lifestyle changes they have made”

Dr Sillitoe