

Melton Sport & Health Alliance

Healthy Lifestyles Sport, Art &
Health

What do we do?

“Delivery of a range of activity related services that support the council and partners in improving the communities health outcomes, particularly those targeted individuals and groups that are most in need”



How do we know who to target

- Public Health outcomes framework spinal chart (National)
- Local Knowledge (Melton Borough)
- Individual needs (You)

Active Work Travel: Cycling

- For those that have no choice but to drive to their workplace, this project offers a healthier and active alternative way to move across the different sites, helping break up the sedentary hours of being in an office.
- Council owned bikes can be signed out to employees to be used to travel around Melton throughout their workday, for a lunchtime activity or borrowed over the weekend.
- This helps participants work towards achieving their 150minutes of activity around their busy working lifestyles. Remember, every 10 minutes counts!



Postnatal Exercise: Pushy Mums

- Over the past 12 months there has been a huge drive towards encouraging more women to become more active: This Girl Can.
- These sessions cater for postnatal women who may face barriers to participation such as lack of money and time, childcare concerns and a reduced fitness level.
- Pushy Mums is tailor made for this peer group, working at a level relating to their stage of life. Sessions are delivered based on 'buggy fit' sessions, which includes their children.
- Sessions not only improve their fitness levels but also helps create a positive environment to bond with their baby, meet peers to provide one another with support and also contribute positively to prevent the risk of postnatal depression.





Quit 51 – Smoking Cessation

Where: Me & My Learning, Phoenix House

When: Clinic Wednesday 9.30am – 4.30pm

What: 12-week course of appointments lasting 15 – 30 minutes.
1-1 behavioural support and Nicotine Replacement Therapy
(NRT) provided free of charge



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Sportivate

Sportivate is aimed at individuals aged 11 – 25

We currently run a range of projects including. Yoga, Personal Fitness and street dance with other projects such as table tennis and mountain biking scheduled to commence soon.

Our Yoga project has been a huge success at Brooksby College. It is currently still running and has gained a lot of interest to the range of students at the college. The professional clubs currently working with the college are using the project for their players as a fantastic way to maintain flexibility in their respective sports.

Staff are also using this project and have now scheduled to run a Staff Only session at the college with staff using this to maintain flexibility and strength and to learn about stress management strategies.



Table tennis project will also run at Brooksby College where we have upskilled leaders from the college to deliver this project. We aim to attract both staff and students to come and have a go at table tennis with the aim to develop a mini-league at the venue.



We run a number of Satellite clubs and have had a great response to the first term of activity. We have seen great attendances at Girls Football at John Fereneley, Basketball at Belvoir High, Badminton at Longfield and Inclusive Football at Birchwood School.

Girls football has been a huge success which has not only developed the participants that take part each week, it has also had a wider impact on the school. Staff at the college commented that they have 'seen a noticeable improvement in confidence levels of these girls. They have for the first time been able to witness girls totally engaging in their sports studies in both curricular and extra curricular time'.

This Satellite Club has provided a platform for girls team to be developed and has also signposted the girls to the different girls teams that are located around Melton to provide them with sustainable exit routes.

The engagement in this project has vastly improved the physical activity levels of these girls at school and with the boost in confidence of all the participants, many hope this project will support girls who want to take part in sport in the future.



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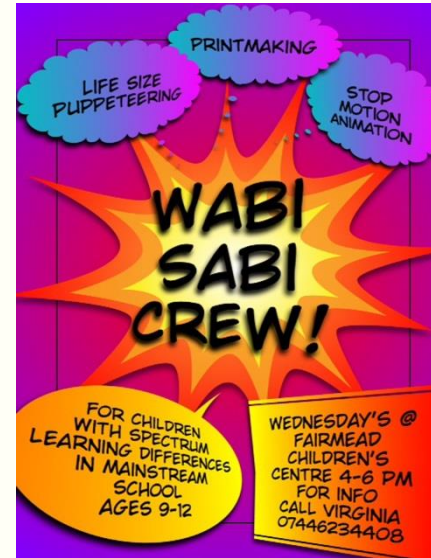
Be Happy Day

Wabi Sabi Crew



To co-inside with World Mental Health Day, 'Be Happy' Day took part this year on Saturday October 10th at Melton Library. 250 people came to enjoy the creative and uplifting day which included family yoga, pea planting, knitting, science, mindfulness, Tai Chi, Writing for Wellbeing, Global Harmony Choir, Jewellery making, printing and much more. The idea behind the day included taster sessions to inspire and uplift.

All workshops were run by local artists so people could continue their experience with a weekly class. The feedback received was extremely positive and we hope to be able to run the event again next year.



The Wabi Sabi Crew has been set up and is run by local artist Virginia Andow. The group which meets weekly at Fairmead Children's Centre. allows children with autism who are still in mainstream education to engage in creative activities in a safe environment. They can gain self confidence, feel part of a group and make new friends.

BE HAPPY DAY

A FUN DAY OF WELLBEING FOR ALL THE FAMILY!
SATURDAY OCTOBER 10TH 10.30AM - 3.30PM AT MELTON LIBRARY

WORKSHOPS

- FAMILY YOGA 10.30AM - 11.30AM
- WRITING FOR WELLBEING 11AM - 12PM
- ADULT YOGA 11.45AM - 12.45PM
- TAI CHI - 1PM - 2PM
- MINDFULNESS LUNCH 1.00PM - 1.45PM
- GLOBAL HARMONY SINGING WORKSHOP 2PM - 3PM

FREE

ALL DAY DROP IN WORKSHOPS

- MASTER GARDENERS - PEA PLANTING
- CHILDREN'S PAPER BIRDS WITH SUE BAGSBY
- MAKE, BREAK, FIX, CREATE ACTIVITY
- WABI SABI ART CREW PRINTING
- CLAY BEAD JEWELLERY WITH ELIZABETH DYER (11AM - 1PM)

THE ABOVE WORKSHOPS MUST BE BOOKED
COST £2.00 OR DONATION WELCOME

ALSO 'MY MELTON' EXHIBITION, MOOD AND FOOD, ADULT COLOURING,
MELTON KNITTING GROUP, HOLISTIC THERAPIES AND HEALTHY ARTS TRAIL

MELTON LIBRARY, WILTON ROAD, MELTON MOWBRAY, LE13 0UJ
FOR MORE INFO AND TO BOOK YOUR WORKSHOP PLACE CONTACT SAM KITSON,
CULTURAL HEALTH PROJECT WORKER ON 07726 691505 OR EMAIL SKITSON@MELTON.GOV.UK



Christmas Craft-off

A six week project in partnership with Me & My Learning to engage with participants is taking place from October - December. People involved will create Christmas crafts and showcase their work at the end to Counsellors, staff, family and friends. We hope to set up a social enterprise with the group at the end of this project which will start after the New Year.

join in the festivities and come and learn
new creative crafts this christmas!
make, create and give handmade gifts as presents

WHERE: PHOENIX HOUSE, NOTTINGHAM ROAD 10AM - 12PM
WHEN: FRIDAY OCTOBER 30TH, NOVEMBER 6TH, 13TH, 20TH, 27TH,
DECEMBER 4TH AND CHRISTMAS PARTY ON FRIDAY DECEMBER 11TH!

TO BOOK YOUR PLACE ON THE CHRISTMAS CRAFT-OFF COURSE
CONTACT MARK FRISBY ON 01661 502342 OR MARK.FRISBY@EMPLY.CO.UK

christmas craft-off

Mv Melton

MY MELTON

MELTON LIBRARY GALLERY
2ND-21ST OCTOBER 2015



A 6x6 VIEW FROM THE PEOPLE

MELTON LIBRARY, WILTON ROAD, MELTON, LE13 0UJ
OPENING HOURS: MON-WEDS 10AM-6PM THURS-CLOSED
FRI 10AM-6PM SAT 10AM-4PM SUN-CLOSED

FOR MORE INFO CONTACT SAM KITSON, CULTURAL HEALTH
PROJECT WORKER ON 07785 691505 OR EMAIL SKITSON@MELTON.GOV.UK

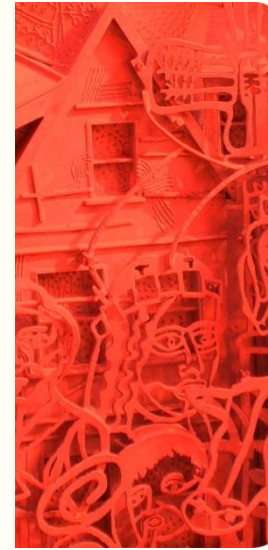


The 'My Melton' project and exhibition involved several community groups and schools in Melton to take part in creating their own vision of the Borough. Each participant was given a 6x6 inch blank canvas to design their perception of what Melton meant to them. Once completed over 140 canvases were displayed at Melton Library Gallery during October 2015. The idea for the project was inspired by artist Virginia Andow and included Melton Mowbray Art Group, St Francis Primary School, Breaking Boundaries community groups, Gaddesby Primary School, Melton Mencap, Birchwood School and Melton individuals.

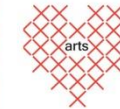
Everyone involved was invited to a private view of the show to see their work on display in a local gallery.



Healthy Arts Trail



**Melton
Healthy
Arts
Trail**



The Healthy Arts Trail was devised in partnership with the Physical Activity Development Officer. The idea of the trail is for participants to learn about the town, discover local artwork in a variety of venues and stay healthy. The trail can be picked up from Melton Library and a series of questions about the town takes you on a trail of the art venues in Melton.

Films to Make You Feel Good

A new programme of films in partnership with Phoenix Cinema in Leicester is showing five films from November - March at the Melton Sports Village. The uplifting and inspiring films are hoping to attract people who are maybe looking for some new friends, lonely, suffering with mental health issues or are feeling in need of cheering up.

Phoenix Cinema

FILMS to make you feel GOOD

Join us for Films to Make You Feel Good, a new programme of films, brought to your local community venue by Phoenix Community Cinema. We've chosen films we hope will help you feel uplifted, inspired, and make you laugh with your friends and neighbours.

Feeling lonely, fed up, cut off from your neighbours, or just in need of cheering up?

... pop along to a screening near you - events taking place all over Leicester, Leicestershire and Rutland

MELTON SPORTS VILLAGE LE13 1DR
Tel: 01664 4811 88
2 Nov : Singin in the Rain
7 Dec : Marvellous
4 Jan : Dance Hall
1 Feb : Life is Beautiful
7 Mar : Calendar Girls
All screenings 2pm

Tickets available at events or in advance from some venues. All tickets £2.65 for a family of four - everyone welcome!

All details correct at time of print, please contact venues for latest information.

#leicesterlibraries @leicesterlibrar @phoenixcinema

Yoga Bods

Yoga Bods

Fun yoga for children with Rachel Harrison
Learn simple yoga through movement and songs

Please book as places are limited!
Email Sam Kitson to book and for more information
skitson@melton.gov.uk

Suitable for ages 3 years and up
Tuesday October 27th for 6 weeks
At the Cove Children's Centre
from 9.30am - 10.30am
Only £1.00 per session
Wear loose clothing, drinks provided



Just about to start a second block, the successful Yoga Bods sessions allow children and families a safe and fun yoga experience with qualified yoga teacher Rachel Harrison. Simple yoga moves are combined with fun songs and music to teach children about relaxation, breathing and yoga postures. The parents take part in the yoga with the children and are encouraged to continue yoga at home. The sessions have been running at the Cove and are now moving up to the Melton Sports Village for a new six week block this Autumn.

Make Do and Mend



Make Do and Mend has been running for nearly two years and has supported, encouraged and inspired local mums across Melton. The group which meets twice a month allows the parents, some who suffer with mental health problems to learn new creative skills as well as have the time to work on their own projects with our help. Local artists have visited the group to teach them candle making, decoupage, sugar craft, upcycling and jewellery making and the group share their own skills too.

Wellbeing Arts

The Wellbeing Art group was set up in February 2014 in partnership with LCC Social Inclusion and local artist Kathryn Saunby. The weekly group meet at Kathryn's studio in Melton to support mental health recovery through the medium of art. The group have just secured more funding to continue and is at full capacity with people being able to access the group through professional referral only. The group helps people gain confidence and talk to others going through similar life situations.



Exercise Referral & Heart Smart

What is it?



The Exercise Referral and Heart Smart schemes are ran across the country and are designed to aid individuals who have been identified by their GP or other health professional to take up the benefits of participation in enjoyable exercise.

Patients can be referred on to the either of the schemes by their GP or health professional

You can be referred for many different reasons, such as:

High cholesterol

Obesity

Hypertension

Controlled diabetes

Depression or anxiety

Mild to moderate rheumatoid arthritis/osteoperosis

Controlled respiratory disease

Back pain



The Heart Smart programme is specifically for Cardiac Rehabilitation patients, with the individuals completing a similar programme to Exercise Referral patients. The key difference with this programme is the higher level of supervision the Heart Smart patients receive – due to their increased needs and risk taking part in physical activity.



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Exercise Referral & Heart Smart

The Process



Individuals referred to the scheme will receive a 12 week activity programme designed for their needs delivered by fully qualified instructors at Waterfield Leisure Centre.

Sessions at the Centres include;

Dedicated gym, swim and fitness programmes including optional personal training sessions

Specific gentle exercise classes (Chair Based Exercises)

Should an individual not be suited to the gym programmes available they will be signposted to community based sessions suitable to their needs, such as;

Health Walks (2 in Melton, 1 Long Clawson, 1 Asfordby)

Walking Football

Gentle Exercise Classes, such as Zumba Gold



Melton Borough Council coordinate the programme, with the number of referrals increasing each quarter with the development and improvement of the community and gym based programmes.



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