
OVERVIEW OF HEALTH & LEISURE PORTFOLIO

Purpose of the Report

1. Since the last meeting of Council, the main areas of work under my Health and Leisure Portfolio were as follows:

Healthy Darlington

Public Health White Paper

2. The White Paper, “Healthy Lives, Healthy People: Our Strategy for public health in England was published at the end of November 2010. The Healthy Darlington Themed group met on Monday 10th January 2011 to consider the consultation questions.
3. Further briefings on the Public Health White Paper and accompanying documents will be offered throughout February 2011.

Flu update

4. The levels of influenza like illness has risen in the community (December 2010) and vaccination has been strongly recommended to those in the clinical at risk groups, in particular pregnant women and those aged under 65 yr and in clinical at risk groups.
5. Health services across the North East have worked together to deal with the pressure from a combination of severe weather, holiday period and respiratory illness.

Time to Quit

6. Planning has commenced in Darlington for No Smoking Day – 9th March 2011. The theme for this year is “Time to Quit”.
7. Smoking remains the major cause of the lower life expectancy and higher cancer and heart disease rates in Darlington compared with the national average.

Cultural Services

Sports Development

8. Currently the Sports Development service has engaged 3,489 participants since April 2010 with a throughput of 26, 895. The percentage split of participants was approximately 50% between male and females.

Inclusive Holiday Childcare Pilot

9. Darlington Sports Development Team has been commissioned by Children's Services to deliver activities as part of the inclusive holiday childcare scheme. Activities were organised at Carmel School in October. These included: climbing, skate school, street soccer, trampolining and dance. The sessions were organized in partnership with Barnados and through consultation with Children's Services. More activities are taking place during the Christmas holidays at Carmel School, Eastbourne Sports Complex and Maidendale Community Centre.

Darlington School Sports Partnership Leadership Academy

10. Darlington Sports Development are working alongside the School Sports Partnership to deliver the town's first ever Leadership Academy day. The aim of the session will be to encourage and train young volunteers from 14 – 19 year olds in various sports from Darlington secondary schools and colleges. This will aid personal development for the students and volunteer opportunities will be provided at various festivals for Primary and Secondary schools.
11. Leader's awards will include tennis, netball and cricket delivered by qualified tutors from the sports various national governing bodies. The event will take place on Friday 28 January 2011 at the Dolphin Centre.

Exercise after Stroke

12. After the successful bid for funding earlier this year, much of the work is now in place to begin accepting referrals for the Exercise After Stroke programme through Darlington One Life. The proposal is to allow the participants to have access to the gym and function rooms at Eastbourne, with 1:1 or small group support from One Life instructors who have been trained in ARNI (Action for Rehabilitation following Neurological Injury).
13. Currently, the referral pathway is being created with partners from various stroke rehabilitation services so that a clear pathway of care from medical discharge into community activity can be established. Although there are still some areas requiring clarification, we anticipate being able to accept referrals from January.
14. Nordic walking has been running at capacity with 12 participants on all 5 sessions. Three Sports Development Coaches are undertaking further training to enable the expansion of this programme.

Physical Activity for Adults with Learning Disabilities

15. Darlington Sports Development has been working with the Darlington Integrated Learning Disability Team from Uppertorpe House to improve access to physical activity for some of their service users. Taster sessions have been arranged for the New Year to take place at the Havelock Centre, to include Tai Chi, Pilates, Boxercise, GEM aerobics, circuits and Zumba, with a view to supporting clients' access sessions in community venues in the future. In addition, the One Life Team has supported them to ensure they are able to refer clients for whom exercise on referral would be appropriate.

Family Initiative Supporting Children's Health (FISCH)

16. The FISCH program took place in 4 schools across the town starting on the 20 September and finishing on the 3 December. The Schools were Alderman Leach (Year 4 + 5), St Teresa's Primary 4+5, Skerne Park (Year 5) and Dodmire (Year 4).
17. Pupils on the program had the opportunity to take part in Street Soccer and Street Cheer. The Zone Active Clubs were promoted on the programme to the pupils and leaflets were distributed to the class to support this.

GEM

18. The second 10 week GEM course came to an end in December. The sessions funded through partnership with the Darlington Chinese Association engaged a total of 8 participants at the Havelock Community Centre. Because of further funding a mixture of physical activity and cooking sessions are planned for the New Year.
19. The OCN GEM leader training finished in December with a total of 6 participants completing their assessments. The leaders are all of a high standard and the GEM project will look to utilize their skills in the New Year within Lifeline Services, community sessions and partnership work with Age UK's Fit as a Fiddle scheme.
20. Following partnership work with Age UK Fit as a Fiddle, participation in GEM has increased 200%.

Clubs & Sessions

Sports Ability

21. The Sports Ability Club delivers a range of sporting activities to disabled children between the ages of eight and sixteen over a ten week period. The fourth instalment of the Sports Ability Club will finish on the 14 December 2010. The club has attracted 22 members and delivered 8 different sports in the 10 weeks it has been running. Planning for the next instalment of the Sports Ability Club is currently underway.
22. The Sports Ability Club received £650 in funding from the Children's Services to help ensure the clubs sustainability. The club also receives support from Darlington Association of Disability by providing two support workers on a weekly basis.

Street Soccer

23. The Zone Active project has developed strong Street Soccer links with the local schools in Darlington. In the last term 6 week skills programmes have been delivered in Longfield (x 2), Mount Pleasant and St Aidans (x 2), as part of a PE curriculum or offered as an after school club.

Volunteers & Coaches

24. Zone Active is continually looking to help develop the coaching network and support the progression of existing coaches. The development of the network and coaches will also allow the service to deliver a more comprehensive program of activities hoping to engage a wider range of people in a sport and healthy lifestyle.

Darlington Investors in Health

25. The Sports Development team have recently been invited to participate in a new initiative from Tees Valley Sport (TVS) called 2012 at Work. This collaborative initiative between TVS and NHS Workplace Health Improvement Specialists will target workplaces and support employees to become more physically active in a broad range of opportunities, as part of the Olympic and Paralympic Legacy Action Plan for the Tees Valley.
26. A 'partnership offer' has been submitted outlining Darlington's areas of work and indicating our interest in being involving in shaping the offer and providing support to break down barriers to physical activity for employees in Darlington. Progress will continue alongside TVS.

Fitbug

27. The first formal pilot of the Fitbug pedometers has begun in conjunction with Age UK. Eighteen volunteers have begun a 3 month trial period in November, with weekly drop-in sessions for those who choose to attend for further support and sharing of ideas. Despite a few initial technical issues, most participants are enjoying the walking challenges and most report that they are now consciously walking further because they are wearing the bug.

4X Biking

28. Go Ride has been very successful this term running within St Aiden's Academy during the PE timetable and attracting 69 participants with a throughput of 230.

Walking

29. The Walking scheme is providing 7 walks weekly, 2 walks fortnightly and 1 walk monthly. More walks will be starting up in the New Year from doctor's surgeries and a Men's Health Walk will also be starting in the New Year in partnership with Darlington Football Club.

Events

CBBC Live and Deadly Roadshow –Sunday 31 October 2010

30. Following the tremendous success of last year's BBC Blast Tour in the market square which attracted hundreds of young people aged 13 – 19 years to free creative workshops the BBC approached the events team to host CBBC Live and Deadly event on Sunday 31 October.
31. Around 9000 youngsters had a wild time after queuing for several hours in the Market Square, Horsemarket, Blackwellgate, West Row and back to the Market Square to meet TV star Steve Backshall and some of the world's deadliest creatures.
32. The road show in Darlington's Market Square was one of ten stops around the country. The road show in Darlington was filmed and screened on BBC2 and CBBC's Live and Deadly show on Saturday 6 November.
33. Many of the people who attended the event were from Darlington and the Tees Valley however it was noted that many people had travelled from Northumberland, Tyneside, North and West Yorkshire.

Darlington Fireworks Spectacular – Saturday 6 November 2010

34. One of the biggest turnouts attended the annual fireworks display which was held on Saturday 1 November in South Park. Around 50,000 people witnessed one of the best displays which was organised by the events team in partnership with Alchemy Fireworks for a second year. The display was created around the theme, 'Saturday Night at the Movies', which featured music from some big screen classics.
35. A themed Guy was created by year six pupils from Dodmire Primary School which went on top of the giant bonfire.

Darlington Christmas Light Switch On – Sunday 21 November 2010

36. The Christmas Lights switch was held on Sunday 21 November in the Market Square. Thousands attended the event and witnessed the switch on by David Essex, one of the stars in this year's pantomime 'Peter Pan', at Darlington Civic Theatre.
37. TFM Radio who sponsored the event for the second year entertained the crowds along with performances from Federation of Abbey Schools, winners of last years Carol for Darlington and other local performers before the arrival of Santa on his sleigh.

Little Horrors Halloween – Head of Steam, Sunday 31 November

38. Over 600 visitors attended the Halloween event at the Head of Steam on Sunday 31 October, the most ever to attend this event. Young children dressed up in costume and enjoyed entertainment throughout the day, which included a mini train ride, arts and crafts, magic shows, mini beasts and birds of prey, story telling and balloon modelling.

Darlington Civic Theatre

39. The 2010/12 pantomime Peter Pan opened on 4 December, at which point ticket sales were £156,000 up on the opening day last year. 6,000 young people and their families attended the production of George's Marvellous Medicine, including young people who were able to obtain free tickets through the Arts Council's free theatre ticket scheme 'A Night Less Ordinary'.
40. During the successful run of 'Witness for the Prosecution' 41 members of local community organisations including, Friends of Darlington Civic Theatre & Arts Centre and St Augustine's Stars took part in the production as members of the court.

Darlington Arts Centre

41. In November The Arts Centre presented Takeoff 2010 in partnership with Theatre Hullabaloo, the North East's showcase festival of professional theatre for children and young people. 18 performances were presented over two days and the festival was attended by 102 delegates from all round the UK and abroad, 900 young people attended performances and outreach activities. Amidst a strong season a number of shows were sold out including New Perspectives' 'Farm Boy', Blake, Rumpus Theatres' 'The Dead Hand', Stewart Francis's 'Tour de Francis', Brother Wolf's 'A Christmas Carol' and Rockin' in Rhythm.

Education and Outreach

Adult Courses

42. The autumn term had a final total of 85% take up with around 500 adults attending the ten week term, equalling 5,000 attendances. The annual qualitative evaluation report gave excellent responses from new and existing students.

Holiday Workshops

43. During the autumn half term a young persons' choir was created, initially to learn singing skills and then to support 'BLAKE' in their performance at Darlington Arts Centre. This was hugely successful with a sell out performance.
44. The Big Draw attracted individuals of all abilities and ages to visit the Myles Meehan Gallery and take inspiration from the exhibition of illustrative art, going on to be inspired and create their own interpretation of this style. Schools and colleges in Darlington plus family groups worked with artists with a total of 700 people participating in creative and educational arts involvement.

Theatre Education

45. Post show talks to engage the audience and as part of audience development continue to be very popular. With seven post show talks and a total of 300 audience members took up the opportunity to meet the cast and companies, to learn more about the work and theme of the performance.

North Lodge Park

46. The community choir continues to prove popular, with weekly rehearsals held at Darlington Arts Centre and at Corporation Road Community Primary School. A performance is scheduled at the North Lodge park Bandstand on Saturday 12th December.
47. The schools choir, involving Reid Street Primary School and corporation Road Community Primary School is well under way, with excellent involvement from the children.

Women's Refuge

48. An event took place in Darlington's market square in November to raise awareness for the Women's Domestic Abuse Unit in Darlington, a participatory arts activity to create three banners to highlight the theme of 'Men Swear' to commit, condemn and not stay silent to the issues of domestic violence. Although an extremely cold day, the day was very successful. Jenny Chapman MP and Shadow Cabinet Member, Caroline Flint MP attended and participated in the arts activity.

South Park Fireworks Display

49. The Arts Team took artists into Dodmire Primary School to work with the children to create a magnificent 'Guy' for the bonfire. The theme was 'A Night at the Movies' and the children created a 12' guy complete with 3D glasses, popcorn and tickets. They also created smaller 'guys' to become scarecrows for their allotment scheme. This enthused the children and encouraged them to attend the community event rather than hold their

individual family firework displays, encouraging a safer community involvement.

Openart Studio

50. The Openart Studio continues to offer creative and community inclusion and opportunities to learn at Darlington Arts Centre. Increasing referrals from GPs and other health support professionals mean this programme of activities is at full capacity, even given the recent bad weather. The film work of the project is now on the DBC website.
51. A series of events have been attended to support mental well-being; Age UK and DBC support for employees held events where the Openart Studio provided help, advice and participatory workshops to encourage positive approaches to change.

Visual Arts

52. The 'Alive! Contemporary British Illustration' exhibition previously in Myles Meehan was very well attended, with the highest ever visitor figures of 7866.
53. 'Dreams Made Manifest' by Halima Cassell is currently on show in the Myles Meehan Gallery. Halima one of the UK's leading young talents and her work has been commissioned by municipal collections throughout the UK, including a major new piece for the new Hepworth Art Centre in Wakefield. This is Halima's largest and most ambitious exhibition to date and includes work of different materials, scales and approaches. So far the exhibition has been very well received.
54. Darlington Embroiderers' Guild is celebrating their 30th Anniversary Year with exhibitions across the Lounge Gallery and Glass Corridor featuring a variety of styles and techniques, exploring different subject matter. The exhibition runs Tuesday 23 November – Saturday 22 January 2011.
55. Following publicity a selection of Young Curators have been successfully recruited to work on a project beginning in January to curate an exhibition of The Borough Collection in Myles Meehan. This exhibition is part of ongoing initiatives to widen access to the collection as well as heighten engagement of young people with the visual arts.

Public Art

56. A new piece of public art designed by Cath Campbell has recently been installed on a roundabout at the entrance of Faverdale East Business Park. The sculpture consists of three stainless steel screens with imagery drawn from the architectural plans of the site and is designed to provide a new and interesting entrance feature for the park.

ArtsSpark

57. ArtsSpark Youth Theatre is currently rehearsing the play 'Stay Brave Brian Gravy', which they will perform at the Regional Youth Theatre Festival held at the Arts Centre in January.
58. ArtsSpark Youth Dance took part in a Contemporary dance workshop by Caitlin Trainor, a visiting dance artist from New York. Caitlin is in the North East currently working with Dance students from Northumbria University.

59. ArtsSpark organised over 120 tickets for a performance of this years Pantomime Peter Pan to go directly to children, young people and families who would not have otherwise had the opportunity to attend. The Arts Centre worked in partnership with the Children's Services, the Looked After Children's team, the Family Intervention Service, Youth Services, and Sanctuary Carr-Gomm to identify families and young people most in need of the tickets.
60. Two young people from ArtsSpark Youth Theatre were chosen to play the part of the Shrunken Grannies in Birmingham Stage's production of George's Marvellous Medicine at Darlington Civic Theatre in November.

Arts Engagement

61. The Arts Centre delivered a workshop in partnership with Children's Services staff as part of the Level 1 NVQ Qualification 'Introduction to working with children and young people'. The session was designed to give participants an understanding of how the arts can be used as a tool when working with children and young people.
62. The Arts Centre is organising a number of festive arts sessions in partnership with Children's Services for young people with disabilities. The sessions will provide a range of exciting drama, arts and craft activities for various childcare providers such as Kids and Co and Barnardos, in community settings across Darlington.
63. The Arts Centre hosted a celebration event for an arts project organised and delivered by the CAMHS team, and provided the young people involved with FREE Theatre tickets to see The Tin Soldier at Darlington Arts Centre.
64. The Arts Centre provided young people from a special secondary School in Stockton with a guided tour around the Arts Centre's exhibition spaces, as part of their requirements for their Bronze Arts Award Qualifications. The young people were given the chance to ask questions and were given Arts Award helpsheets and promotional materials for their portfolios.
65. The Arts Centre provided a number of Halloween Arts activities in partnership with Youth Services in Youth Clubs across the town.

Head of Steam

66. The Lewis Carroll exhibition has received attention from the local media including BBC Tees Radio, the BBC Newcastle 'Inside Out' programme and local newspapers. The Northern Echo included a full page dedicated to the exhibition. In total, the Museum has received 3,599 visitors since the exhibition opened on the 1 October 2010, including 1,008 school children who visited as part of the 'Alice's Adventures in Darlington' education programme.

Future Arts Activity

67. Constructive dialogue is taking place with a range of organisations about how future arts activity in Darlington can be encouraged and stimulated in the new funding climate and about potential sale or lease of the Civic Theatre as a going concern.

Councillor S Harker
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