

OVERVIEW OF HEALTH AND 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**General Lifestyle Survey (GLF 2009)**

2. The latest results from the GLF have been published. BALANCE, the North East Alcohol Office, located in Darlington, has made a summary available to partners:-
 - (a) The North East now has the highest average weekly alcohol consumption at the 14.4 units per week being one of only two areas to see an increase over the last year.
 - (b) The North East has the highest rate of male consumption at an average of 21 units per week and the second highest rate of female consumption of 9.4 units per week.
 - (c) At 40 per cent the North East had the second highest percentage of people drinking more than the recommended government guidelines on at least one day last week (4/3 units for males/females).
 - (d) Up until 2008 males were showing a small decrease in the percentage binge drinking on at least one day last week, however, the figures for 2009 have seen a large jump from 20 to 27 per cent. There has also been an increase in female binge drinking over the four-year period increasing from 11 per cent in 2006 to 17 per cent in 2009.
3. The Darlington Alcohol Harm Reduction Strategy will consider the implications of the above results and inform the Healthy Darlington Group of any actions to take in 2011.

Public Health White Paper

4. Briefings on “Healthy Lives, Healthy People: Our strategy for Public Health in England” continue. Two further consultation documents were published on 20 December 2010:-
 - (a) Healthy People, Healthy Lives: consultation on the commissioning and funding routes for public health.
 - (b) Healthy People, Healthy Lives: proposals for a public health outcomes framework.
5. The consultation period closes on 31 March 2011.

Environmental Health and Trading Standards

6. Trading Standards, once again, supported the Office of Fair Trading's nationwide Scamnesty campaign, which ran throughout February. The campaign, designed to raise awareness of scams, called on Darlington people to fight back against fraudsters, who make a living by targeting and exploiting vulnerable people in our community, by collecting any scam mailings they received and dropping them into local Scamnesty collection points located at Central Library, Cockerton Library, Age UK Darlington and the Town Hall.
7. The mailings were then collected by an officer from Trading Standards and provided useful intelligence for future enforcement action. The campaign supports the enforcement work, not only of Trading Standards but of the Office of Fair Trading and other organisations.
8. Scamnesty was publicised through local media and the Council website and continues to be well received by residents and traders alike.

Cultural Services

Sports Development

9. Currently the Sports Development service has engaged 4,224 participants since April 2010 with a throughput of 34, 853. The percentage split of participants was approximately 50 per cent between male and females.

Inclusive Holiday Childcare Pilot

10. 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 College and Eastbourne Sports Complex at Christmas time. These included: climbing, skate school, street soccer, trampolining and dance. The sessions were organised in partnership with Barnados, and St Teresas holiday club and through consultation with Children's Services. More activities are taking place during the February half term at Carmel College Eastbourne Sports Complex and Maidendale Community Centre.

Darlington School Sports Partnership Leadership Academy

11. Darlington Sports Development, working alongside the School Sports Partnership delivered the Boroughs' first ever Leadership Academy day. The aim of the session was to encourage and train young volunteers from 14 – 19 year olds in various sports from Darlington secondary schools and colleges. Thirty four young leaders attended the day and gained qualifications in tennis, cricket and netball.

Exercise after Stroke

12. The Exercise after Stroke (ARNI) pilot is moving forward, and initial feedback about referral pathways has been positive. New clinical guidelines were published at the end of last year, which has slightly delayed the start of the programme in order to ensure that the Council's proposal meets the best practice criteria.

13. Nordic walking has been running at capacity with 25 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

14. Darlington Sports Development has been working with the Darlington Integrated Learning Disability Team from Uppertorpe House and is currently half way through a series of taster sessions for a group of service users. So far the feedback from clients and instructors has been very positive and the team is now looking for new ways to maintain the physical activity levels in other sessions.

Junior One Life

15. The next Junior One Life programme is due to start on 7th February, 2011 and will run for ten weeks. The programme will include cooking, physical activity sessions, education around healthy lifestyles and an away day to High Force. This specialist programme will initially focus on eight young people and their families.

Get Everyone Motivated (GEM)

16. The Open College Network GEM leader training finished in December with a total of six participants completing their assessments. The leaders are all of a high standard and the GEM project will look to utilise their skills in the New Year within Lifeline Services, community sessions and partnership work with Age UK's 'Fit as a Fiddle' scheme.
17. Following partnership work with Age UK 'Fit as a Fiddle' scheme, participation in GEM has increased 200 per cent.

Clubs and Sessions

18. The Zone Active project has developed strong Street Soccer links with the local schools in Darlington. In the last term six 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 and Coaches

19. Coach Development Groups have now been set up within the Darlington Sports Development Team. These groups will meet on a quarterly basis and will discuss the development of coaches and volunteers throughout the service and to share good practice. The groups met in December and discussed how the Council can improve service and coach delivery. All feedback has been fed into the code of service system. The next sessions in March will look at Training Needs Analysis for all coaches and volunteers with a real focus on personal development.

Darlington Investors in Health

20. The Sports Development team has 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.

21. 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

22. A second series of drop-in sessions at Crown Street and Cockerton Libraries was held to encourage Darlington residents to use the bugs and monitor their own health indicators. Around 50 residents came to the sessions where they were shown how to use the labs, where to find information on the meaning of their results and given details about activity sessions around the borough. Feedback was excellent with residents signposted to a range of community based physical activity sessions.

Family Initiative Supporting Children's Health (FISCH)

23. FISCH is delivering to four schools across Darlington (Skerne Park, Mount Pleasant, Dodmire and Heathfield). The programme is running well with good engagement figures for the After School Clubs. The schools have commented positively on the programme with regard to the educational and physical activity content. The program is currently in Week 4 of ten.

Run:in Darlington

24. Run:in Darlington is a recreational running activity established in Darlington in 2010 on the back of the national scheme - Run in England.
25. The scheme, which is delivered by England Athletics is based around the ethos that anyone can run anywhere anytime. The sessions include qualified run leaders who support with progression and development of runners, leading warm-ups, group runs and activities and also cool downs.
26. In Darlington we have six qualified leaders who have attended the training and are delivering sessions to the community. In July 2010 taster sessions took place from various locations and led to 10-week block of sessions starting in October 2010. In 2011 three sessions have been established as permanent ongoing groups.
27. On a Saturday morning 20-25 participants run in South Park and the same number attend the Arts Centre session on a Monday. On a Tuesday evening there has been up to 30 participants in attendance at the White Horse Public House session. The age range of participants is from 16 years up to participants in their 60's, mostly females.

Exercise Classes

28. The new year has seen a huge increase on fitness class attendance at the Dolphin Centre. Following the launch of the partnership with private sector operator 'Fit-Lab' back in September 2010, peak classes such as Zumba are seeing 100 plus customers attending. The combined Dolphin Centre and Fit-Lab timetable is regularly facilitating in excess of 300 customers per day on peak days. The partnership between Fit-Lab and the Dolphin Centre

has strengthened the product offer which competes, and in many cases exceeds what is available through the major private providers.

Events

Darlington Retail Awards– 15th December 2010

29. The Leisure team supported the Town Centre Traders Association with the organisation of Darlington's first ever Retail Awards held in the Dolphin Centre. Approximately 300 retailers attended the event and awards were given in 10 categories and a special award was given to the Shooting Star. Many positive comments have been received regarding the event and it is hoped that it will be repeated next year.

Darlington Carol for Darlington Competition – 16th December 2010

30. As part of the Christmas Festival the events team organised the Carol for Darlington competition in partnership with TFM Radio and Darlington's Town Centre Management. Local schools performed their own Carol for Darlington in front of crowds of people in the Town Centre on a very cold Winter's evening.
31. The winning school which will perform at this year's Light Switch on was Whinfield Primary School with Reid Street Primary School and Federation of Abbey Schools runners up.

Darlington Arts Centre

Education and Outreach

32. A comprehensive series of workshops are programmed for February half term holidays. Family gallery workshops to involve the community with exhibits in the Lounge and Glass Corridor as a stimulus; a day of interactive workshops will offer a low cost opportunity to engage with the work and artist in a fun and friendly manner. For children and young people of all ages there will be opportunities to enjoy participatory arts in book making, Chinese origami and calligraphy, and cold clay modelling.

Performance Education

33. Page to Stage opportunities for Civic Theatre performances have proven hugely popular for the spring season with demand vastly exceeding capacity for each production offered. Currently there are in the region of 150 school children booked for Page to Stage opportunities.
34. Dance workshops are being taken up from a variety of schools and colleges plus the dance courses as part of ArtSpark at Darlington Arts Centre courses.

Visual Arts Education

35. Each of the Myles Meehan Gallery exhibitions has had educational and participatory involvement. Gallery talks have been well attended and participatory workshops have very often been led by the artist.

36. Those who have benefitted from these opportunities recently are Darlington Society of Arts, Darlington Studio Group, Openart Studio, Queen Elizabeth Sixth Form College. Cleveland College of Arts Design (Middlesbrough), Corporation Road Community Primary School, Darlington Domestic Violence Unit. These opportunities have been offered at no cost to the school, college or organisation, being funded through Arts Council England.

Projects

Domestic Violence Unit

37. Following the very successful market street event of 'Raising Awareness of Domestic Violence' in the late and very cold 2010 (attended by Jenny Chapman MP), a project was progressed with an artist working with those in the unit for families to work together in early 2011 to create a series of celebratory banners – to be the entrance areas of the unit to encourage, enhance, reassure and celebrate the unit and their users.

Arts Award

38. The Arts Team continue to support all Darlington schools and colleges to gain accredited Arts Award. Currently working with St Aidan's Academy, this is proving successful, despite the setback of recent bad weather causing a delay, the students and staff are still enthusiastic. There is a strong link that should make their ambitions of gaining the highest level (accredited) recognition of arts engagement with the support from the Council's Arts Team achievable.

Openart Studio

39. The 'Arts on Prescription' project has been well attended, even during the very bad weather. To date over 3,500 attendances have been recorded. The Worshipful the Mayor, Councillor Bryan Thistlethwaite visited in December and spoke with members and staff. A calendar was produced by members and distributed to health and social professionals as well as Councillors and Openart Studio members.
40. PCT/NHS are working with the Council to extend the project until March 2014 with a broadening of scope using outreach to address mental well being for children and young people.

Visual Arts

41. 'Dreams Made Manifest' by Halima Cassell had a very successful exhibition in the Myles Meehan Gallery from Friday 19 November- 8th January with 2885 visitors attending. Halima is 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.
42. England's Favourite Landscape features paintings with a strong element of the real and experienced landscape mixed with references to historic and contemporary English landscape ideologies, design and use. The exhibition runs in Myles Meehan from 21st January to 19th March, 2011.
43. Gerry Turley has recently installed his exhibition in the Glass Corridor. Gerry is an illustrator whose work mixes printed marks with hand drawn and painted elements to create

multi-layered textural images. The exhibition runs from 26th January to 7th March 2011.

44. Following publicity, a selection of Young Curators have been successfully recruited to work on a project in which began 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

45. 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 funded by the developer. 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

46. Darlington Arts Centre hosted and organised the North East Regional Youth Theatre Festival on 29th January, attended by over 80 young people from across the North East. The festival provided young people with the chance to attend workshops, share performances and network.
47. A new term of ArtsSpark Youth Theatre and Dance courses has started at Darlington Arts Centre providing young people aged 5-19 the chance to attend quality dance and drama sessions leading to regular performance opportunities.
48. ArtsSpark Youth Dance has been invited to performance at a regional celebration of Youth Dance at Newcastle theatre Royal in February, called Northern Lights.

Arts Engagement

49. The Arts Centre is organising a number of arts sessions in partnership with Children's Services for young people with disabilities for February half term. 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.

Head of Steam

50. Michael Portillo's trip to Head of Steam Museum was shown on BBC2 at the end of January as part of his Great British Railway Journeys programme.
51. Museum events success for 2010 was highlighted in the Northern Echo with 14,000 visitors of the total 30,000 visitors coming on the back of events and temporary exhibitions.
52. This year will see a major exhibition about the building of Tornado within the Hopetown Carriage Works on the Museum site.

Arts Enquiry Group Process

53. Responses to the consultation process on budget proposals for 2011/12 from partner organisations and the public have demonstrated not only the value of arts provision and its central role in the life of the Town, but also an overwhelming desire to ensure the

continuation of a vibrant arts offer in Darlington. There is a willingness amongst partners to find proactive solutions by working together.

54. Therefore a project has been commissioned to include a diverse range of Arts organisations and stakeholders within Darlington to determine a clear vision for the Arts in the Town. This work will also then develop options appraisals for organisational models, funding and premises to support that vision. A comprehensive community engagement programme will be integral to this overall process. Objectives for this piece of work are as follows:
- (a) To develop a vision for a vibrant arts culture across Darlington, to meet the needs of the whole community, supporting local priorities and One Darlington: Perfectly Placed.
 - (b) To develop options appraisals for organisational models, funding and premises to support that vision.
 - (c) The Borough Council, private, public and voluntary sector Arts organisations within Darlington and the Tees Valley will work together to deliver outcomes in line with the Arts Council's new 10 year strategic framework, *Achieving Great Art for Everyone*.
55. An independent Enquiry Group will be chaired by John Orchard (LSO Board member and Marchday Developments) and include stakeholders from a range of community arts, business, education, public, private and voluntary sector organisations and the Arts Council England. A full partnership approach will be adopted, with a view to presenting a final report and options appraisal in June 2011 to the LSP and Cabinet. An enthusiastic and creative first meeting of the Enquiry Group has been held.

Councillor Stephen Harker
Cabinet Member with Portfolio for Health and Leisure