

DRAFT FOR OVERVIEW AND SCRUTINY

APPENDIX A

➤ **Case study 1 - Smile attendee Rita**

Rita has been attending SMILE from its inception at the Magnet leisure centre for the past 4 years. After volunteering as part of the Tick Tock programme Rita has recently been appointed as a paid member of the smile staff team. At 76 Rita runs 2 sessions per week and still volunteers to help out at social functions and still attends SMILE at the Magnet

➤ **Case study 2 - Smile attendee Reene**

Reene has been attending SMILE at The Spencer Denney Centre in Dedworth Windsor for over 3 years. Whilst both her and her husband Ken live very active lives Renne has undergone a hip and knee replacement operation during her time at SMILE. Her recovery has been second to none and feels that by attending SMILE and being able to gain specialist advice from the team has really enhanced these processes.



➤ **Case study III - Smile attendee - Tom**

Tom has lived in Sunninghill for most of his adult life and at the age of 74 suffered a stroke. Whilst attending the Rehabilitation sessions run by Windsor Leisure Centre Tom progressed to attending the smile session at the Lynwood centre in Sunninghill. This was very important to Tom as he relied heavily on his family for most day-to-day chores. Now he has a new social life making new friend and meeting old ones. Attending all of the SMILE events and helping organising transport to ensure others can attend too.

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APPENDIX B Attendance record of 13-19 programme 2007

	TOTALS			
	2007	2006	2005	2004
SWIMMING				
Magnet Leisure Centre	3181	4105	4067	4809
Windsor Leisure Centre	4401	5200	4982	4601
BODYZONE				
Magnet Leisure Centre	1805	1356	1354	1794
Windsor Leisure Centre	1498	987	941	723
Charters Leisure Centre	234	105	86	
Performance	0			
Cox Green SHOKK	1484	596	336	263
Manor	34			
Windsor YC	0			
Cookham Library	2			
LEISURE CENTRE COURT HIRE				
Magnet Leisure Centre	246	627	811	279
Windsor Leisure Centre	41	200	208	351
Charters Leisure Centre	178	88	133	93
PARKS				
Oaken Grove	402			
Desborough Park	908	1272		
Osgood Park	946	1317		
Windsor Football court		482		
Broom Farm	52	448	128	119
SKATE PARKS				
Kidwells	6993	3413	3232	2513
Vansittart	1247	2545	2309	1111
Cox Green	108			
Ascot	28	52		
ACTIVITIES				
Launch Day	180			
Tirabid	360	48	300	90
Kayaking	672	520	608	460
Parish Tour	682	448	688	478
Sailing	106			
Cycle Proficiency	72			
Skate Park Trip	28	0	78	132
Osgood Park Open day	180			
Oaken Grove Open Day	300			
Desborough Park Open Day	200			
Skate competition, Windsor	170			
Fishing	42	52	106	89
Golf	46	6	69	64
Rugby	34			
Summer Events		461	350	318
Trampolining		12	77	94
Rock workshop		0	53	41
Illusions			72	
Martial Arts		0	40	56
TVAC	108			
YOUTH CENTRE ACTIVITIES				
Castle hill	0	0	216	104

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	TOTALS			
	2007	2006	2005	2004
Charters	94	214	277	0
Cox Green	0	92		
Eton Wick	0	400	288	91
Manor	0	50	351	180
Old Windsor	0	295	442	154
Pinkneys Green	0			182
Windsor	0	68	86	35
TOTALS	27062	25459	22688	19224

APPENDIX C

Case study IV Desborough park MUPA

The Multi Use Play Area was built in 2006, 2 staff were based in the park, weekdays from 11 until 4-pm, 13-19 staff worked with the local community group who ran a small kiosk from the park pavilion. Over 900 young people attended the sessions at the MUPA and it is planned to offer a formal training session on a week day evening for the autumn term to build on the successful relationships forming between staff and young people. Mrs Sally West from the local community group and long term resident said, “Desborough Park is a great community park and the 1319 programme offers young people something to do everyday; it’s fantastic!” The residents group operates a tuck shop throughout the summer offering refreshments and snacks to park users.



Case study V residential to Tirabid

A week long residential trip to the outdoor education facility in Wales was organised by staff from Youth services in partnership with the Wardens and Connexions, 22 young people both young men and women attended the residential, from 4 different youth groups. The young people came from a number of different backgrounds, cultures and areas. The main aim of the residential was to break down barriers between the young people in the Borough, most of the young people attending the residential had never been away with people from different cultures, the success of this event can be measured by the way the young people have returned from the residential feeling that they have made new friends. They have invited each other to attend activities in their clubs. The trip has engendered a new spirit of partnership especially in the Maidenhead area where the Friday youth group is now working towards trying to offer a club for the whole community rather than one section. This residential should be seen as a starting point for more anti-discriminatory and equalities work with young people in the borough.

Case study VI use of body zone gyms at WLC, MLC, CLC and Braywick and Cox Green

These sessions attracted over 4600 visits during the school holidays a 80% increase on last year. They demonstrate a huge demand for fitness training by young people. Leisure services team are capitalising on this demand by opening the BodyZone Performance gym at Braywick park to young people from 4 until 8pm every day and are currently working with Cox Green school to provide a permanent youth gym in the school building.



APPENDIX D

➤ *Case study VII - GP referral – Terry*

Terry attended GP referral sessions at Magnet leisure centre for Stroke rehabilitation and slowly improved his flexibility and co-ordination, after 3 years of regular attendance he has now achieved virtually full mobility of his left side where he was once completely paralysed. Terry has gone on to working with the Borough and initiated two specific Stroke recovery exercise sessions at Windsor and Maidenhead Leisure Centres attended by over twenty stroke survivors on a weekly basis.

➤ *Case study VIII - GP referral – Matthew*

At the age of 28 Matthew suffered a major car accident, crushing his arm, pelvis and hip. Weighing 28 stones created a lot of problems with Matthew's recovery. This was the time to turn it around for him. Matthew contacted his GP surgery wishing to go to the gym and help himself where he joined the GP Referral Scheme at Windsor Leisure Centre. With weekly, fortnightly and progressively monthly updates with a specialist instructor a dietician, and determination, Matthew lost a massive 12 stone within 12 months and continues to use the gym on a daily basis.

➤ *Case study IX - GP referral – David*

David underwent heart surgery. As part of his cardiac rehabilitation he was offered to attend seven educational talks at Windsor Leisure Centre offered by Wexham and Heatherwood Trust in working partnership with RBWM. After attending these sessions David also attended 12 weeks of guided exercise rehabilitation at the Leisure centre attended by two Nurse Specialists and a Specialist Exercise professional from both the Magnet and Windsor Bodyzone gyms. During David's time he was informed about The Heart Rehabilitation Organisation of Berkshire (THROB), who organise 28 specific exercise sessions for the prevention and rehabilitation of heart problems. David is now the Social Secretary of THROB and organises over 8 events annually attended by 100's of people.

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APPENDIX E

Case study X - *Under 13s Netball*

Netball sessions run across the three Borough sites. At Windsor Leisure Centre the club attracts an average of 70 children per term with a further 200 coached across a number of local schools. Due to the nature of the Borough clubs a junior netball league has been developed so that children can compete on a regular basis and then be fed into local adult netball divisions.

A 9-year-old girl, lacking in confidence joined the Royals Netball training sessions once a week during the summer term at Windsor Leisure Centre. By the end of the term she had significantly improved her fitness and social skills and was representing her school netball team on a regular basis. She is looking forward to training next term with her new friends.

Case study XI – *Under 13s Football*

“Total Football” sessions are run across the three Borough sites, where a harmonised football coaching programme is delivered to children aged 4-12 years old, 150 of which attend the Windsor Leisure Centre sessions. The Total Football Programme is supported by Maidenhead Football Club, which provides children with an opportunity to progress from Grass Root levels and then organised games are held once a term across the sites so that children are given the opportunity to compete against each other.

Case study XII - *Under 13s Basketball*

Basketball sessions are supported across the Borough by Reading Rockets. This partnership enables children to compete against other junior Rocket clubs and gives the children the opportunity of exit routes for future development. Currently the Leisure Centres targets approx 50 children per week.

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APPENDIX F

Case study XIII Maidenhead

An 8 year-old boy with Aspergers has been taking part in sport and physical activity sessions as part of the Maidenhead Multi-Use Play Area (MUPA) sessions on a regular basis. His 15 year-old brother also attends to support him with the session and there are links for him to get involved with volunteering through the Get Active Programme.

Case study XIV Windsor

An 11 year old boy from a low income family was initially not able to attend activities over the summer holidays as his parent had an operation and was housebound. The Get Active Programme organised transport and subsidised the costs of the activities so he was able to attend. He attended various holiday sport and physical activity sessions as well as day trips throughout the summer. This was a huge support to the family.

Case study XV Get Active Young Person

An 11 year-old boy, identified as obese, does not get into school sport teams but when he comes to the Get Active weekly club, he takes part in all the physical activities on offer and does not feel excluded. He has developed physical sporting skills and has increased in confidence from coming to the club.