

Public Document Pack

CULTURE AND COMMUNITIES OVERVIEW AND SCRUTINY PANEL

THURSDAY, 11 AUGUST 2016

PRESENT: Councillors Gerry Clark (Chairman), Shamsul Shelim, Ross McWilliams and Simon Werner

Also in attendance: Councillor Samantha Rayner

Officers: Simon Fletcher, Sarah Hill, Harjit Hunjan, Shilpa Manek and Kevin Mist

ELECTION OF CHAIRMAN AND VICE CHAIRMAN

Resolved unanimously: that Councillor Clark be appointed as Chairman and that Councillor Gilmore be appointed Vice-Chairman.

WELCOME FROM THE NEW CHAIRMAN

The Chairman welcomed all to the meeting.

APOLOGIES FOR ABSENCE

Apologies for absence received from Councillor Judith Diment, Councillor Jesse Grey, Councillor Marius Gilmore, David Scott and Mark Taylor.

DECLARATIONS OF INTEREST

Councillor Werner declared a personal interest that he worked for a charity organisation, Guide dogs for the blind.

MINUTES

The Part I minutes of the meeting held on 17 May 2016 were approved as a true and correct record.

UPDATE ON SPORTSABLE

Kerl Haslam, Chief Executive Officer, SportsAble, gave a presentation to Members. The three points covered in the presentation were:

- What SportsAble do.
- The expansion of facilities at Braywick Park.
- The facilities on offer for disabled people in the borough.

Points discussed by Kerl Haslam included:

- SportsAble believe in inclusivity, where abled and disabled people, their friends and family can all take part in a sport.
- SportsAble is a disability sports club.
- Members paid £50 per year.
- SportsAble has introduced many disabled people to sport, changing their lives.
- Kerl Haslam discussed many case studies, these can be seen in the presentation attached.
- SportsAble have highly specialist equipment.
- Any sport can be sourced or specialist equipment can be made to carry out the sport.
- SportsAble would like to have more facilities for their customers.

- SportsAble get no funding, all monies are raised all year round, every year.
- Sports England were approached for some funding but were not very helpful.
- The original application was made in 2014 for three sports halls. That was rejected.
- A second application was prepared recently, this was for two sports halls.
- The facility will be nice, fitting in with the local area and closer to the track.
- The addition of the two sports halls will add another eleven sports, only having a medium size footprint.
- Looking into incorporating other community services such as the Citizens Advice Bureau, a GP practice and a physiotherapist function.
- SportsAble work with youngsters encouraging them to try new sports.

Councillor Werner commended SportsAble, saying that SportsAble were doing a truly amazing job, especially as they were not taking away from other organisations at the park. Councillor Werner also hoped that the club that was bullying members was reported. Kerl Haslam reassured Councillor Werner that SportsAble was a healthy club where bullying was not tolerated and the other club had been reported.

Councillor Werner was interested to know about the membership and the financing at SportsAble. Kerl Haslam informed the Panel that the membership currently stood at 650, social and sports. Many outreach programmes were running as well. The finance was managed like a business and many funding streams were in place.

Councillor Werner asked if the plan could be phased and was advised that it could, building one hall and then the second.

The Chairman asked how many members used the club a any one time and what the most popular sports were. Kerl Haslam informed Members that at a single time, 150 people could use the facilities. The most popular sports included archery, air weapons, shooting, table tennis, swimming, wheelchair basketball and botcha (a specifically designed sport for disabled people).

The Chairman asked if the two new halls would be multifunctional and was advised that one would be a full size basketball court and the other a tennis court and both would be multifunctional.

Councillor McWilliams asked about what dialogue was taking place between SportsAble and the council with regards to the possibilities of the Magnet relocating to Braywick Park. Kerl Haslam explained that there was no competition as SportsAble was offering a unique service and the Magnet relocating would actually compliment SportsAble.

Councillor Samantha Rayner informed the Panel that discussions were taking place.

Kerl Haslam handed out brochures after 40 years of SportsAble.

UPDATE ON OUR COMMUNITY ENTERPRISE

Michael Beaven, Director, Our Community Enterprise, gave a presentation to the Panel on the Development and Funding Service for RBWM.

The presentation is attached.

Our Community Enterprise had been working with RBWM since 2011. The contract was extended for a further four years in October 2015.

The presentation gives annual breakdowns for funds raised for the benefit of RBWM. Our Community Enterprise supports all areas of the council's work such as Stafferton Way Link Road, Children's Services Innovation Programme, Fit for Life and the longest reigning

monarch celebration. Also supports the community and raised funds for schools, parishes and voluntary groups and charities.

Harjit Hunjan, Community and Business Partnerships Manager, informed the Panel that the Our Community Enterprise contract was reviewed annually and monitored quarterly.

The Chairman asked where we were in the current cycle and were we on track. Michael Beaven advised that we were ahead of target at present. The aim was to raise £6 million between September 2015 and September 2019.

Councillor Samantha Rayner asked if there was anything the council could do to assist. Michael Beaven highlighted that early planning was very important.

ACTION: Harjit Hunjan to go to directorates and ask what their needs are.

UPDATE FROM OUR BRAYWICK NATURE CENTRE PROJECT PARTNER - GROUNDWORK SOUTH

Alistair Will, Education Manager and Jason Mills, Countryside and Community Engagement gave a presentation to Members.

The presentation highlighted the following:

- Kids now spend more time indoors than outdoors compared to before.
- "sitting is the new smoking"
- The borough is part of the solution for Braywick Park in reconnecting children with the natural world.
- To date, the Braywick Nature Centre has had 170 class visits, 258 family events, 152 community group visits, in the past two and half years. This year 5000 children have visited.
- A number of teaching techniques are used, working well with the key stage 1 and 2 science curriculum.
- Host many voluntary days on borough grounds for corporate volunteering.
- A lot of work is being done with children and families, teaching kids to have fun and learn about their natural environment.
- The Groundwork South contract is due to end soon and we are looking to extend.
- Working with Tesco for carrier bag funds, which would be used for signage at the centre.
- Looking to increase volunteering around the borough and encouraging junior ranger volunteering.
- The borough currently has 200 acres of land under conservation.
- The biodiversity is managed in all the land.
- The borough is acquiring new sites and therefore more management would be required.
- The borough is stag beetle capital.
- The pond is used by 2000 children each year for pond dipping. It is only a section of the pond so the rest stays unaffected.

Councillor Shelim asked who owned the Bray Nature Centre. Kevin Mist informed Members that the building was owned by the council and the activities were run by Groundwork South. Braywick Nature Centre is based on 20 Hectares of conservation area.

The Chairman asked about the finances of the nature centre. The SLA in 2012 stated £15,700. This figure would be reduced each year.

ENHANCED GP REFERRALS AND REHABILITATION PROGRAMME AT LEISURE CENTRES

Sarah Hill, Lifestyle coordinator and clinical exercise specialist, gave a presentation (attached) on the new referral scheme.

Councillor McWilliams asked who oversaw the programme and was informed that Kevin Mist and Legacy Leisure monitored the programme. The cardiac rehabilitation was monitored by Wexham Park Hospital. All tutors were qualified.

INTEGRATED PERFORMANCE MANAGEMENT REPORT Q1

The IPMR was a 'to follow' paper and was only distributed at the meeting, therefore the Chairman asked if there were any specific comments, to send them to him in the next seven days.

Kevin Mist, Head of Communities & Economic Development updated Members on the grounds maintenance contract performance. The scores had improved. These coincided with the new contracts which were won in open tender. There were higher levels of performance with reduced contract fees. The frequency of grass cutting on verges had increased. A new manager had been employed looking after 56 parks and 13 cemeteries. A target of 92% was aimed for in the next three months. All was monitored well and action plans were in place.

Councillor McWilliams asked what was in the improvement plan.

ACTION: Kevin Mist to send Members the Improvement Plan.

Councillor Shelim asked who was the contractor emptying the litter bins in Alexander Gardens and was it the same contractor as the Arches in Windsor. Kevin Mist explained that different areas had different vehicles collecting the litter and the frequency would be different for different areas.

Simon Fletcher, Strategic Director of Operations, updated Members on the Library and Museum Income, which had declined since the last quarter. In quarter 1, 72% had been profiled at the beginning of the year. The tracking was slightly behind and better profiling was needed. In quarter 2, 87% had been profiled. Simon Fletcher reassured Members that the projected figure would be met by the end of the year.

WORK PROGRAMME

Shilpa Manek, Clerk, asked Members to contact her if any other items needed to be on the Agenda for future meetings.

DATES OF FUTURE MEETINGS

Wednesday 19 October 2016, Guildhall, Windsor.
Tuesday 24 January 2017, Council Chamber, Town Hall, Maidenhead.
Tuesday 21 March 2017, Council Chamber, Town Hall, Maidenhead.

The meeting, which began at 6.45 pm, finished at 9.15 pm

CHAIRMAN.....

DATE.....

Kerl Haslam
Chief Executive Officer

Status Report



Minute Item 6

You might already know this, but just in case you don't.....!



- **Fact:** 192,000 people with a disability or debilitating illness in Berkshire (c.1 in 5)



- **Fact:** Only 17% of disabled people are born with a disability 83% of disabled people have acquired their disability through either illness or disability.

9

- **Fact:** 50% of people over state retirement age have a disability



- **Fact:** Disabled people half as likely to participate in sport than non-disabled

- **Fact:** Knowledge of opportunities for disabled sport is poor



The UK's population is getting bigger and older

- 20% of the UK population are disabled.
- 83% of disabled people became disabled during their lives.
- Coming to terms with a life changing illness or accident is too much to cope with alone.
- ANYONE CAN BECOME DISABLED.



DEMAND FOR DISABLED SPORTS IS SET TO INCREASE DRAMATICALLY

SportsAble is a truly unique disability sports charity with a focus on what you CAN do

We aim to give disabled people multiple opportunities to have fun and maximise their potential by taking part in the liberating and life enhancing activities we provide.

Whether they join for fun, to make friends or to become an elite athlete, we welcome them into the SportsAble community and establish ourselves as a source of long term support.

Our programme of sport and social activities – which exists 52 weeks of the year – gives each and every member a newfound hope, a purpose, builds fitness, confidence and friendships and delivers endless possibilities for self improvement and achievement.

#TEAMSportsAble

#BeSportsAble



Sports**Able**

CHANGING
DISABLED
PEOPLE'S
LIVES
THROUGH
SPORT



Rebuilding Lives



Ex-army medic Nerys was injured in a road traffic accident. Joining SportsAble gave her the courage to rediscover parts of herself lost during years of recuperation.

A blend of team and individual sports – plus expert coaching and support - helped Nerys to reignite her passion for sport and regain the skills and power she once had. She began entering competitions - and succeeding - most recently at the Invictus Games 2016.



Escaping isolation and depression



“SportsAble has been the most amazing thing that has happened to me since becoming disabled; the fun, the support, the new friends I have made.

I have been a keen rugby player all my life – the problem is I can't play anymore. However, SportsAble has helped me to learn new sports and change my complete outlook on life. I don't sit at home anymore - I'm out and about doing sport and supporting a charity that has supported me so far into my disabled life. I could have easily slipped deeper into a depressive life.”



Helping members to reach their goals



Within a year of joining SportsAble David learnt to swim – after being told elsewhere that he'd never achieve.

He's now an Amateur Swimming Association Gold Award Winner and is regularly swimming up to 30 lengths a night!

David is also a valued member of the wheelchair basketball squad and has been inspired and supported to take up running again.



Sport as therapy



43-year-old Bhawesh suffered a severe brain injury following a car accident. He was left with little movement down one side and no speech. His golf captain, Jacki, says:

“Bhawesh was becoming frustrated with ‘traditional’ speech therapy at hospital and stopped going. So we set him a target of saying ‘happy birthday’ to his twin boys. With the help of his fellow golfers he managed it!

It just shows you how sport can influence other aspects of your life.”



Becoming 'SportsAble' at any age



Anton came to us from another disability sports club where bullying was rife and opportunities were poor.

Within months he discovered a talent in two sports and became a volunteer – helping out with events and fundraising.

“ I wouldn't be who I am today without the help of my coaches. I have a burning desire to do well and go far with my sporting career. SportsAble has given me a new lease on life.”



Filling the gaps

15



“We joined SportsAble to help our granddaughter excel in sport and make friends. Her school didn’t offer enough accessible sport, or teach it in the right way, so we were thrilled to find SportsAble on our doorstep.

It’s a fantastic place and the coaches have really brought her along.”



The whole family benefits

A major benefit of joining SportsAble is the fact that **family members can join too**. Sport and social opportunities are created for the disabled person **first** and then **everyone else fits in around them** (elsewhere, it's often the other way around)

“Playing sport together is a rare thing and it means so much to families like ours. Plus, there's other **opportunities for siblings** to develop **skills and self esteem** as well.

Being associated with a disability group can sometimes have a negative affect for siblings but at SportsAble it is a positive thing.

On top of all this, we enjoy **meeting other families**. We're a community, we support each other.”



Specialist equipment opens up possibilities



Since joining SportsAble Pip has enjoyed Air Weapons and Archery – using our specialist equipment for visually impaired shooters.

Pip has also set up her own craft stall, selling her cards for charity.

Her fundraising efforts were recently recognised by the House of Commons



Opportunities for coaches



Five-time Paralympian Kathy-Critchlow Smith has medals of every colour from Archery competitions in a career that spans three decades.

Now retired from international competition, Kathy is giving back to the club that supported her from the beginning by coaching the next generation of archers.

Our equipment, halls and sports development team are here so that Kathy is able to stay involved in the sport that she loves.





“Sport has **enhanced my life so much**, not only in terms of winning gold medals, but also **giving me the skills required** in day to day life. It’s given me **confidence, fitness, skills** that I have taken on to **employment and many friends**. Every one should have this same **opportunity**.”

SportsAble has given this to people for decades, catering for not only those who want to be Paralympians, but also those who want to keep fit and healthy and have fun.”

Sophie Christiansen MSci OBE



Where are we now?



Market Review

- There are 1.4m disabled people in the South East
- There is a lack of sports halls in the south east with appropriate facilities for disabled sports, the nearest one is at Bracknell
- Fitness & conditioning, gym, keep fit classes, yoga and pilates are the most popular sport activities for disabled people.
- It is difficult to engage with disabled people, this may be achieved through other disabled associations.





Building the foundations for the next forty years

22



The Future, in partnership with Maidenhead Athletics Club.

23

- Improve SportsAble's facilities to support disabled people and their ability to participate in sport





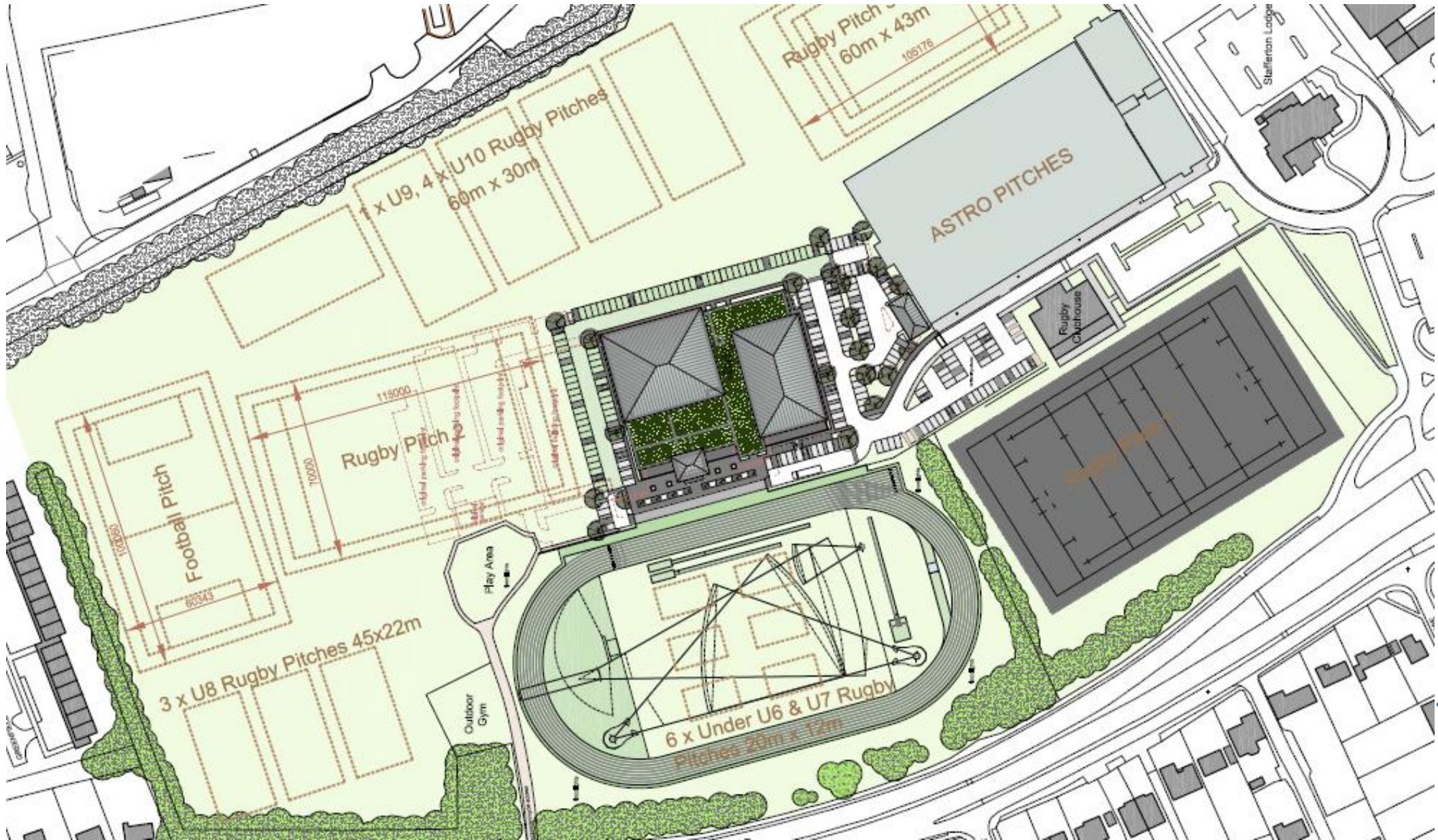


25

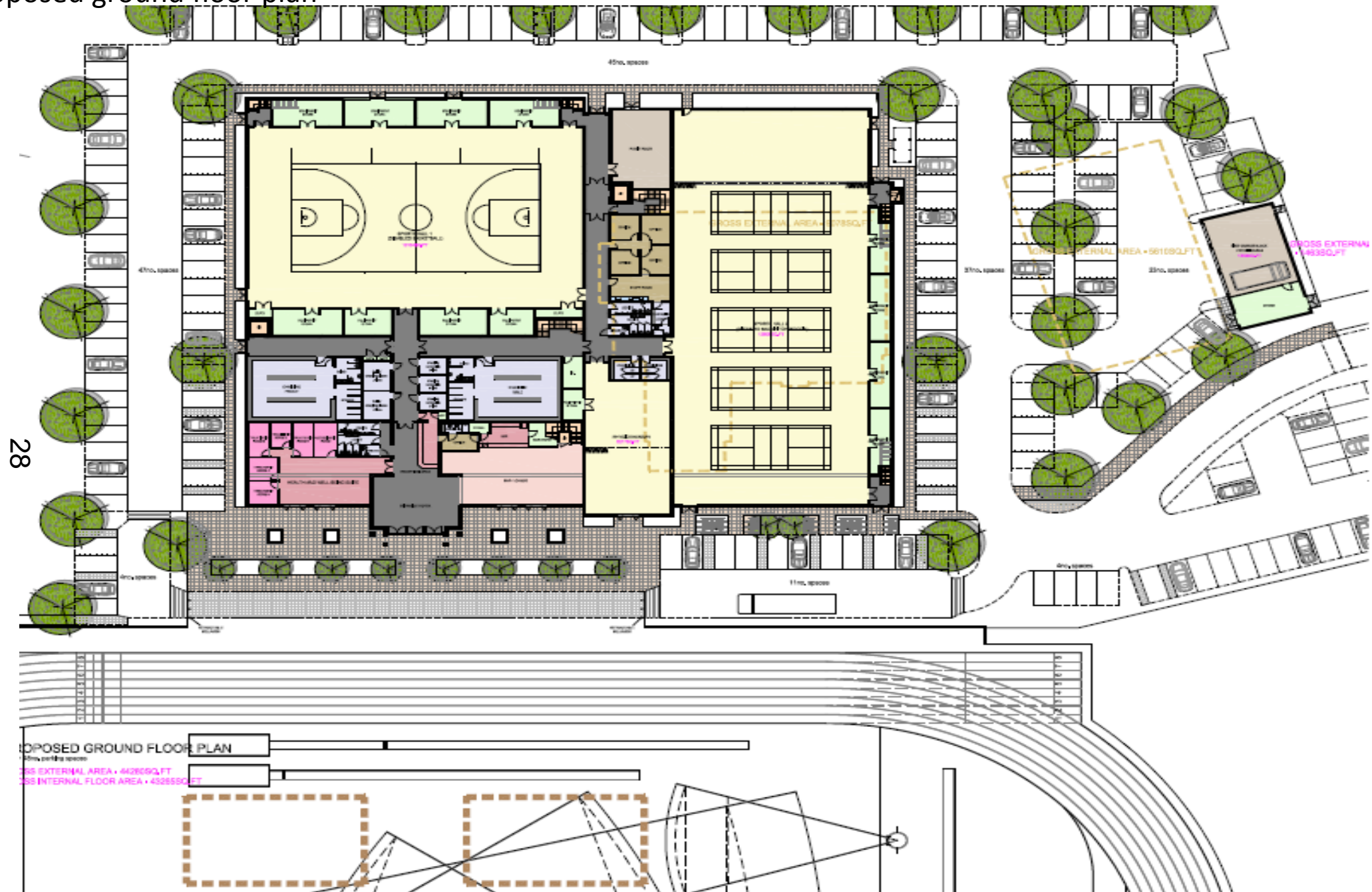


Sports**Able**





Proposed ground floor plan

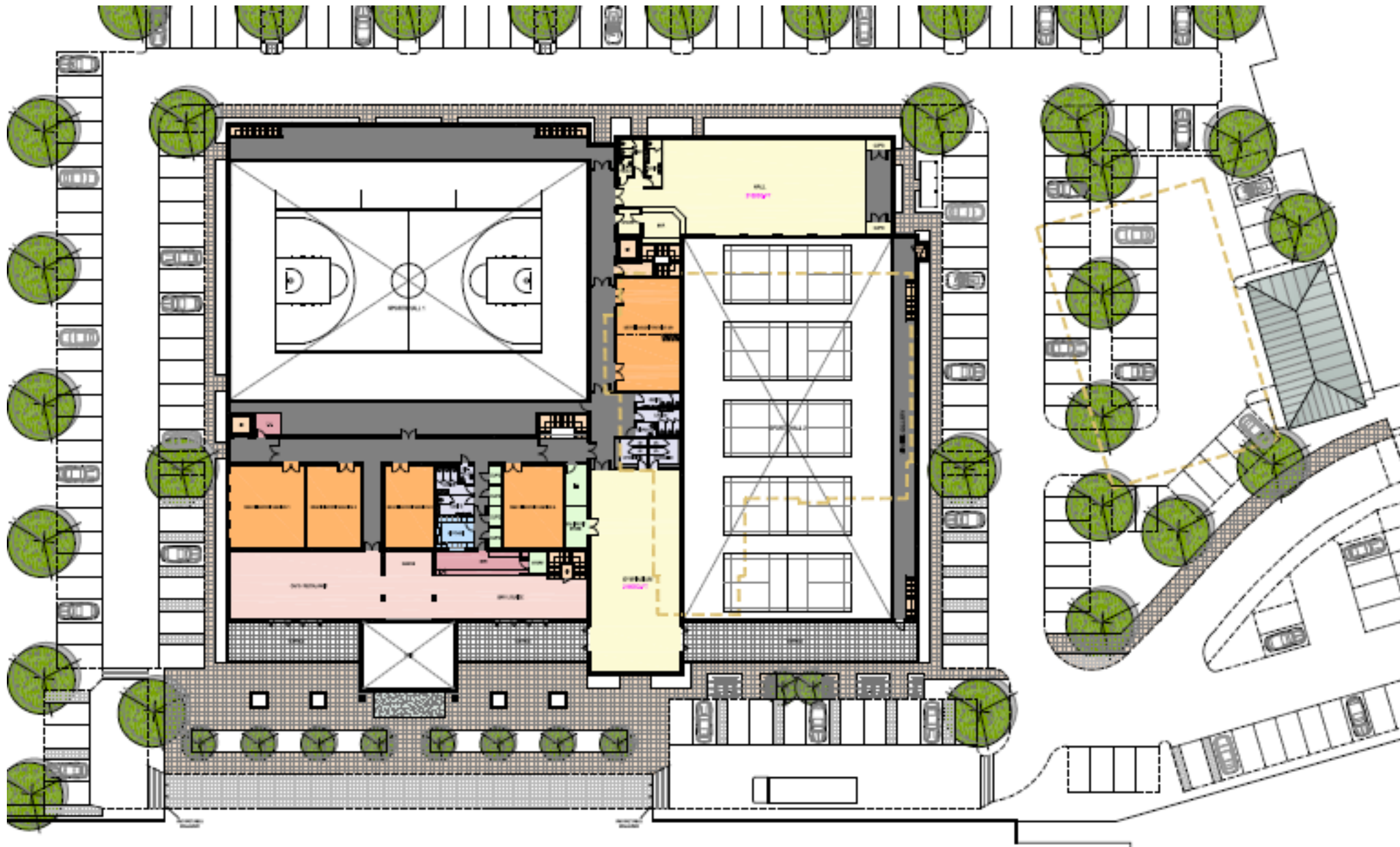


28



Proposed first floor plan

29



PROPOSAL TO USE POLYTAN 'WS' SYSTEM

The current track at Braywick is in a poor state of repair and unsuitable for disabled and wheelchair use. The proposal is for upgrading and re-lighting the track and ensuring it is wheelchair friendly to enable both able-bodied and disabled members to get the best use from the facility.

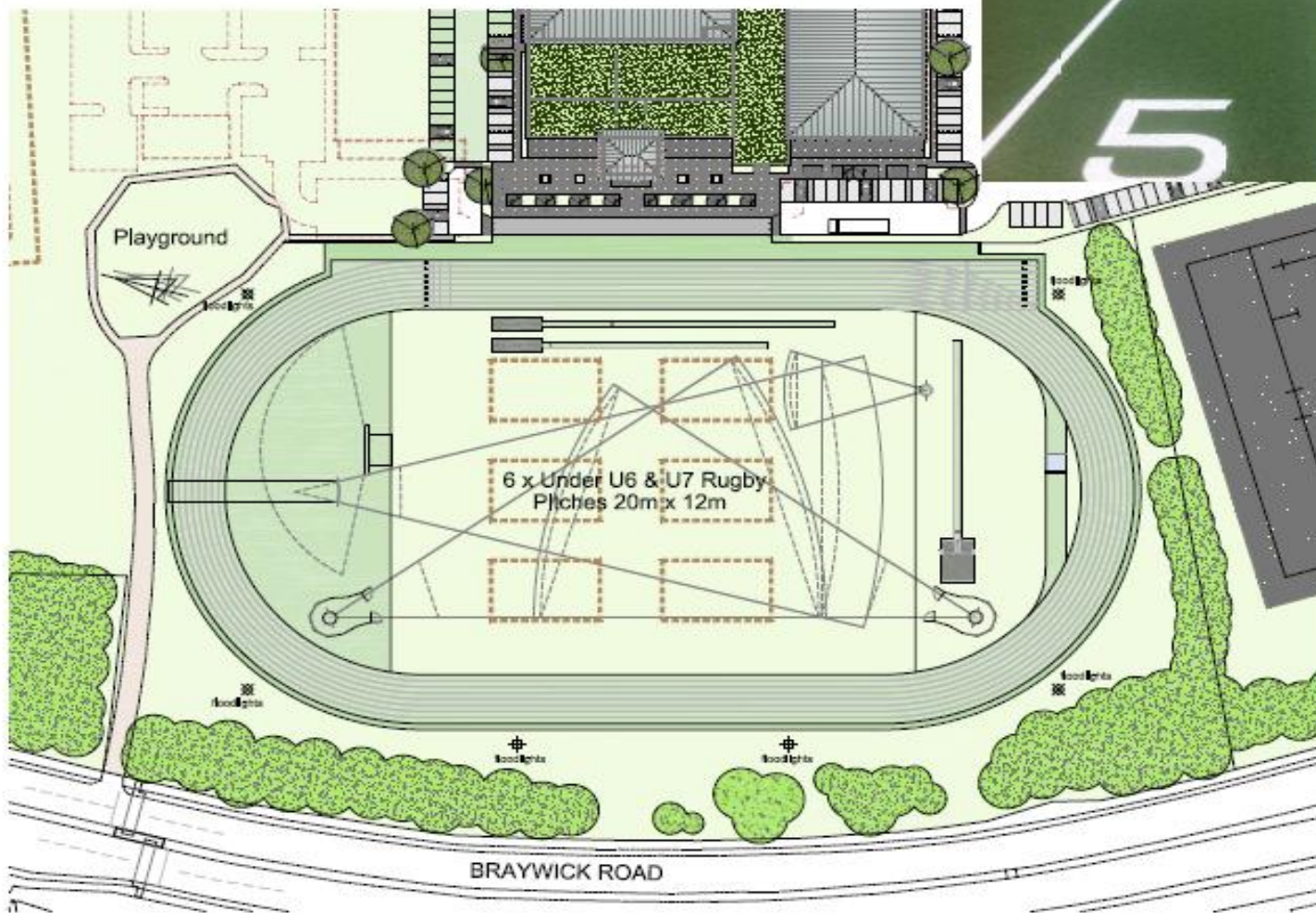


FLOODLIGHTING COLUMN

30



INDICATIVE FLOODLIGHTING



PART SITE LAYOUT SHOWING PROPOSED UPDATED ATHLETICS FACILITY







32



Building the foundations for the next forty years

33





CHANGING
DISABLED
PEOPLE'S
LIVES
THROUGH
SPORT



The UK's population is getting bigger and older

- 20% of the UK population are disabled.
- 83% of disabled people became disabled during their lives.
- Coming to terms with a life changing illness or accident is too much to cope with alone.
- ANYONE CAN BECOME DISABLED.



36



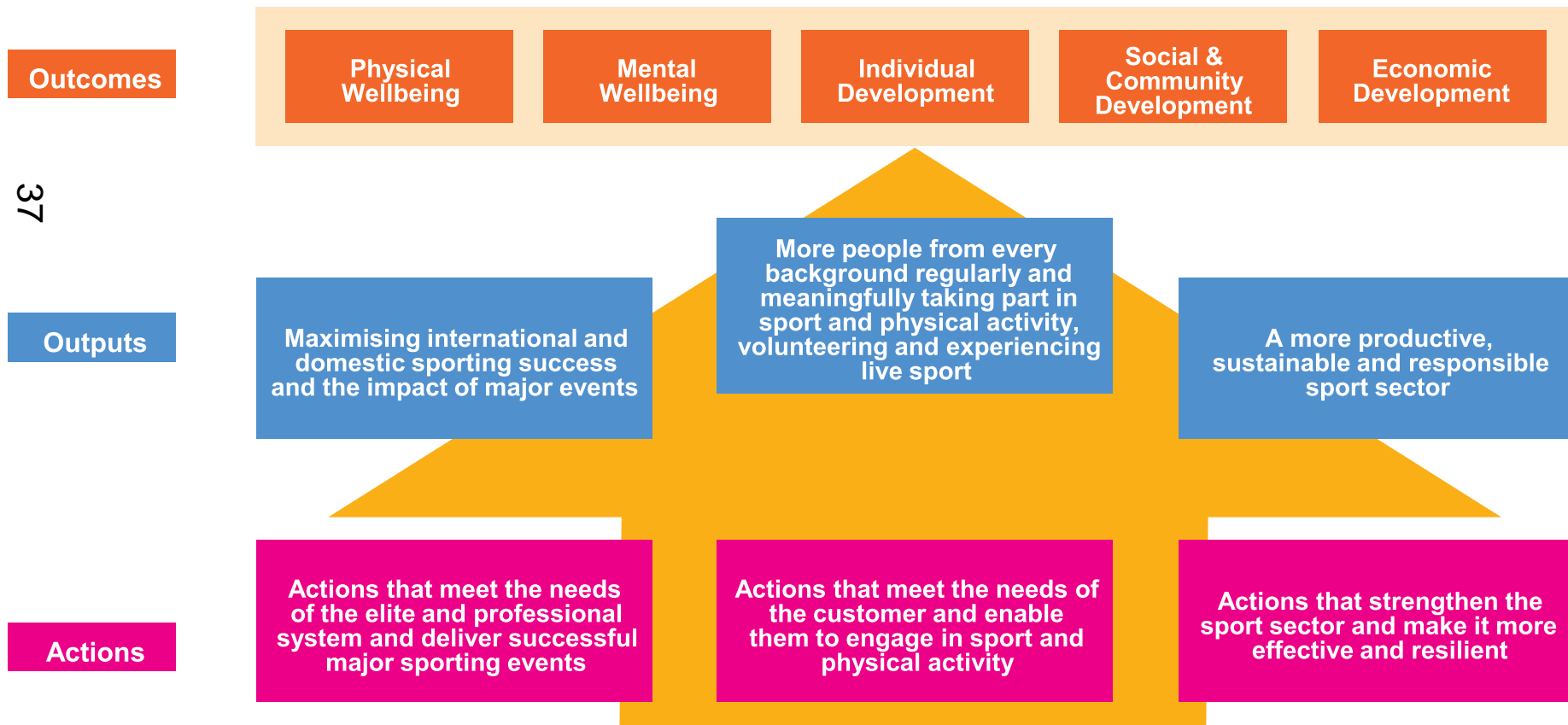
DEMAND FOR DISABLED SPORTS IS SET TO INCREASE DRAMATICALLY



Government Sports Strategy

The Framework

The Framework for a new Sport Strategy



37



Government Sports Strategy supports our approach ✓

- Future funding decisions to be made based on the social good that is delivered in the key outcome areas:
 - Physical Wellbeing
 - Mental Wellbeing
 - Individual Development
 - Social and Community Development
 - Economic Development
- Funding will be focussed on people who do not tend to take part in sport:
 - Women and girls
 - Disabled people
 - Lower socio-economic groups
 - Older people



Government Sports Strategy

The Role of Government

- Central Government
 - Set high level policy that guides how public money is invested
 - Funding will be administered by UK Sport, Sport England, Public Health England and other.
 - An annual progress report will be presented to Parliament
- Local Government
 - Leadership role in forging partnerships between local schools, voluntary sports clubs, National Governing Bodies (NGB) of sport and the private sector.
 - Integrate physical activity into the public health policy as part of a wider shift from a system that treats ill-health to one that promotes wellbeing.
 - Encourage and support local areas in taking collective ownership of the sport and physical activity agenda.



SportsAble



Carrying the torch for disability sport

41

SportsAble

THANKYOU







**A presentation to the Culture and
Communities Overview and Scrutiny Panel,
Thursday 11th August 2016**

A short history in RBWM

- ▶ Autumn 2010 - Jonathan Adams and Michael Beaven propose spinning-out the in-house Development & Funding service to a new social enterprise
- ▶ 1st Oct 2011- Our Community Enterprise starts to provide Development & Funding service to RBWM under contract
- ▶ 2012/13 - £3.6 million raised for benefit of RBWM
- ▶ 2013/14 - £8.6 million raised for benefit of RBWM
- ▶ 2014/15 - £1.1 million raised for benefit of RBWM
- ▶ 2015/16 - £0.98 million raised for benefit of RBWM
- ▶ October 2015 - contract extended for a further 4 years
- ▶ 2016/17 - £32k saved on annual cost of in-house service (28% saving), £580k raised to date



Supporting all areas of the council's work



- ▶ Stafferton Way Link Road, £2.083m
- ▶ Weekly Collections Support Scheme, £566k
- ▶ Childrens Services Innovation Programme, £1.087m
- ▶ Dementia Friendly Care Homes, £847k
- ▶ Fit for Life, £147k
- ▶ Windsor Museum - For King and Country, £87k
- ▶ Longest Reigning Monarch celebration, £161k



Schools

- ▶ Newlands School swimming pool, Sport England £121k
- ▶ School Service Children Partnership - MOD £530k (in six grants)

Parishes

- ▶ Datchet recreation ground play area, £43k
- ▶ All Saints Church, Bisham, £11k

Voluntary groups and charities

- ▶ Family Friends, Children in Need £98k
- ▶ People to Places, various donors, £38k
- ▶ Maidenhead Citizens Advice, Big Lottery, £336k (East Berkshire)



Other areas of work

- ▶ Supporting Social Enterprise - helped establish six social enterprises (eg Ways into Work CIC, Disability is Our Ability CIC, Shirleys Way CIC)
- ▶ Armed Forces Covenant - supporting the application process and assisting groups to bid
- ▶ CSR - facilitated partnership between People to Places and Centrica
- ▶ Community Shares - helped MaidEnergy crowd-source £160k of funds for solar panels
- ▶ Assets of Community Value - supporting Right to Bid for Old Red Lion in Oakley Green



Who we support...

With donations, in-kind, and in cash



People
Places

50



With time and expertise,
as Directors ...



Steps to Health

Exercise Referral Scheme

New Referral Scheme

Sarah Hill

Lifestyle Coordinator and Clinical Exercise Specialist

The Royal Borough Of Windsor and Maidenhead

In Partnership with **Legacy Leisure**

51



Steps to Health

Exercise Referral Scheme



Currently targeting 60 GP surgeries, hospitals and physiotherapist.

Working in partnership with WAM CCG and Bracknell and Ascot CCG.

All Health Professionals have access to both referral form and steps to health leaflet.

The referral form has been implemented onto the surgeries computer systems.

The First Initial 12 weeks will consist of continual contact on a 1-2-1 bases with the designated exercise specialist.

Cost of the Steps to Health referral programme is £24 per month on direct debit.

The New programme commenced on the 18th April 2016 at Windsor and the Magnet Leisure Centre.

The 4th Intake starts the week commencing 22nd August 2016

Steps To health 12 Week Programme

- **Week 1** Initial Health assessment PARQ, BP,RHR,HT,WT,BMI, Peak Flow and Chester step test and joining of the steps to health programme. Completing Steps to Health Activity Agreement and Direct debit forms.
- **Week 2** Supervised Cardiovascular exercise programme/induction 45mins-60mins
- **Week 3** Supervised Upper body resistance programme/induction 45-60 mins
- **Week 4** Supervised Lower body resistance programme/Induction 45-60 Mins
- **Week 5** 45 minute Life Coaching and sign posting to other services.
- **Week 6** Phone calling the new Intake of patients.
- **Week 7** New Intake start week 1 rolling programme.
- **Week 11-12** 2nd Health Assessment with Life coaching and signing the patient off.

Further Assessment will be carried out at both weeks 26 and 52.

Steps to Health

Exercise Referral Scheme



Continuation Of The Programme after 12 weeks

At week 12 assessment: The patient is then signed off if the Exercise Specialist agrees that the individual will be able to exercise unmonitored providing these exercises do not worsen the patient's conditions.

The patient will either be assigned with the existing Exercise Specialist or a Fitness Consultant to continue programme updates at 6-8 weeks.

After completing the 12 weeks the patient will be allowed to use the following facilities yoga, Mat Pilates, Vitality classes 50 plus, SMILE, Aquafit, all rehab classes offered if referral specific at the chosen site for no extra cost for the following 9 months.



Steps to Health

Exercise Referral Scheme

Case Studies



Testimonials at week 12

"After nearly 5 weeks waiting, I finally started my program at the end of [redacted] I did not know what to expect and to avoid disappointment I kept my expectations low. **However, I cannot emphasize enough how wrong I was.** Hannah and Donna are extremely efficient at what they do but also very flexible and committed."

"After a thorough assessment, Donna designed an exercise program for me taking into consideration the problems I have. That was the beginning of a enjoyable (but not necessarily easy for me) exercise program which is helping me a lot physically and giving me the motivation to carry on. My pains I have (particularly back pain) have greatly reduced. The positive results and the support from Hannah and Donna gives me the confidence to try harder every week. At every supervised session, my program is reviewed and changed accordingly to cater for any changes in my condition. In parallel, I found the motivation to change my diet and I am now ½ stone lighter. I think it is a FABULOUS program and would recommend it to anyone. GPs should make more use of this fantastic program for those who are stuck and struggling to get moving rather than waiting for the patient to ask to be referred for it. I am very grateful."

"Thanks Hannah and Donna for all your support."

"I was referred by my GP to the Windsor Steps to Health referral programme. I am a type II Diabetic, hypertension, damage to 5 vertebrae discs and a hip replacement.

I was assessed by both Hannah and Donna and then had an exercise programme devised for me. I have never used a gym, so I was nervous and self conscious. They gave me lots of encouragement, confidence and ensured that I was comfortable with the exercise, to encourage me to come into the gym on my own. The programme devised for me has certainly improved my mobility and improved my diabetes and blood pressure problems.

I am grateful to be part of Steps to Health as it has brought me back to more organised activities and so is a benefit."



Steps to Health

Exercise Referral Scheme



Case Studies

“On starting the steps to health program I was anxious about my injury and exercise. However the help and support I received from Hannah and Donna. Encouraged me to try new things, which I wasn't doing on my own. My personal exercise schedule was tailored made for me by Hannah and started me off gently. I was showed how to use the equipment with confidence, in our one to one sessions. Over the course of the 12 weeks I have managed, to increase my exercise and take on new equipment. Overall I can honestly say without the one to one sessions. I may never have gotten the confidence to keep coming back to gym. The staff are approachable and very friendly making the experience enjoyable. I would recommend this program to anyone needing a helping hand in starting exercise again.”



Steps to Health

Exercise Referral Scheme

Facts and Figures

April- July 2016

| Intake | Site | Assessment Booked | Step to Health Memberships | Other Memberships | DNA | Declined from the scheme due to medical reasons | Referred onto next intake. |
|--------------------------------|------|-------------------|----------------------------|---|-----|---|----------------------------|
| 15 th April 2016 | WLC | 16 | 11 | 1 SMILE 80 | 3 | 1 | 1 |
| 5 th May 2016 | MLC | 15 | 10 | 0 | 4 | 0 | 3 |
| 15 th May-June 2016 | WLC | 31 | 17 | 1 SMILE 60 2 Pay as Go 1 SMILE Class 1 Cardiac Class | 5 | 0 | 4 |
| 15 th June 2016 | MLC | 22 | 12 | 1 SMILE 80 | 4 | 5 | 5 |
| 15 th July 2016 | WLC | 19 | 15 | | 3 | 0 | 1 |
| 15 th August 2016 | MLC | 20 | 20 | 0 | 0 | 0 | 0 |

Steps to Health

Exercise Referral Scheme

Facts and Figures
April- July 2016

• Summary

123 New referrals between April-July 2016

58

97 Steps to health Memberships.

7 other Memberships/Pay as you go.

19 DNA



S.M.I.L.E Information On Classes

- 26 SMILE Community Classes
- 14 SMILE Classes that take part in the Leisure Centre's
- Total of 40 SMILE Classes a week
- 1341 SMILE users attend community classes in the Month of June 2016
- 2093 SMILE users attend Leisure Centre Classes in the Month of June 2016.





Windsor and Maidenhead S.M.I.L.E Club

Registered Charity 1152140(England and Wales)

Produce a new Logo

New web site launched June 2016

www.smilecharity.co.uk

Email: wmsmile.charity@outlook.com

Membership to date

Upcoming events for 2016

Kew Gardens 21st August

Eastbourne 18th September

SMILE Christmas Party 27th November, Desborough Suite, Maidenhead Town Hall

Bath Christmas Market Trip.



Rehabilitation Classes

Cardiac Rehabilitation Programme

The Phase III programme is **6** weeks long, offering an exercise class twice a week with education sessions.

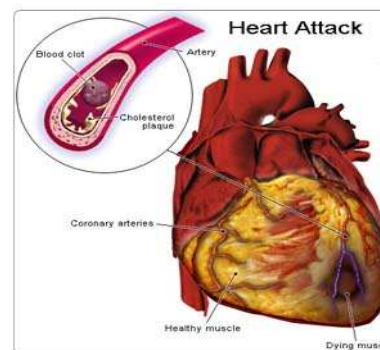
93 new patients have accessed this service since January 2016.

After completing phase III the referral path route is into either Phase IV, SMILE or steps to health referral programme.

7 Phase IV Classes

641 Cardiac Rehabilitation patients that attended these sessions throughout June 2016.

Average of **22** people per class.



Rehabilitation Classes

Stroke Rehabilitation Classes.

3 Stroke classes per week

Direct referrals from St Marks Hospital, Upton Park, and Berkshire early discharge team.

203 stroke patients attended these sessions in June 2016

50 stroke patients per week

Average of 16 stroke patients per class.

different **Stroke**
Support for Younger Stroke Survivors

Cancer Rehabilitation Programme

1 Cancer Rehabilitation class working with Macmillan well being team on a 12 week rolling programme.

144 patients seen in 2016

**WE ARE
MACMILLAN.**
CANCER SUPPORT