

Locality Board: **South Lakeland**Date: **March 2024****Investment awards made by Active Cumbria:**

Organisation	Project / Activity	£
<b>Reconditioning Fund</b>		
St Mary's Hospice, Ulverston	<p>ACTIVATE AT THE MEMORY LANE CAFÉ – HP Activities provided delivery of Activate sessions using stimulating activity kit to patients with dementia and their enablers over a period of 3 months. Hospice staff have received training in planning, risk assessing and using the kit.</p> <p>SPORTING MEMORIES – The Compassionate Communities team will work in partnership with Sporting Memories Foundation to deliver additional activities at the hospice and in community settings with older people 65+ in South Cumbria. This project is a pilot project of Sporting Memories activities within a hospice. The project will support and connect frail older sports fans through meaningful reminiscence and physical activities designed to improve mental and physical well-being and to reduce loneliness.</p>	5724.00
GLL – Better Kendal Leisure Centre	Funding to purchase kit to set up an Age Friendly Community Pickleball session at Kendal Leisure Centre for older adults.	872.00
The Hiking Household	6 maps produced (one for each former locality - total project investment £3565) aimed at older adults, showing a trail and highlighting where the benches are with a different activity (exercise, mindfulness suggestion at each point). The map for South Lakeland is in Lightburn Park, Ulverston and the launch event is planned for 27 <sup>th</sup> March.	609.00
<b>Together Fund (ended September 2023)</b>		
Kendal & Dist. Parkinson Group	Funding for the 'Stepping Stones' projects, contributing to 3 different themed sessions and 1-2-1 home visits for service users unable to access group activity to accommodate all levels of need.	6,034.00
Headway South Cumbria	Headway moved their monthly meetings to Kendal Leisure Centre. Supported by the staff at the leisure centre each of their meetings included an hour of physical activity ranging from boccia, table tennis through to gentle seated circuits. The group have been able to resume their in-person activities, increase their social interactions, and start to move that little bit more.	6,212.00
Furness MIND	Funding was used to provide 12 weeks of 90 min Tai Chi sessions for service users in Ulverston.	750.00
Riverside - DWP Kendal	The aim of the project was to improve the lives of each Youth Hub user through the inclusion of physical activity, to build the confidence of each	950.00

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	individual while helping them to be able to interact with others and step back into the social world. Trusted provider Garry Holmes from Home Grown Sports Development provided 12 sessions of both activity delivery and coaching to enable both the service users and staff to participate in activities	
South Lakes Housing - Tyson Square, Ulverston	South Lakes Housing received £800 from the Together Fund. This was for the Tyson Square resident to purchase some activity equipment (Activate) kit to purchase and keep as well as for 12 sessions to be delivered by a local provider HP Activities.	800.00

### Programme Delivery:

Programme	Outputs and progress
Street Tag	<ul style="list-style-type: none"> <li>- On 03 January 2024, the previous school based programme was relaunched with a whole new format.</li> <li>- The previous locality leader boards were merged to match the two new unitary authorities, and it was opened up to include more settings other than just schools. Workplaces, community organisations, sports clubs, and families etc., are now all able to create teams and compete on one of the two leader boards.</li> <li>- We are now seeking people to come forward and become team captains to create teams for their respective settings – for more information please contact <a href="mailto:Oliver.carswell@cumberland.gov">Oliver.carswell@cumberland.gov</a></li> </ul> <p>Season 1 of the new programme finishes on the 13 March 2024, so Active Cumbria will be able to share the results and outcomes of that first season in due course.</p> <p>Currently 13 schools are engaged within South Lakeland</p>
Active Travel to School	<p>Bikeability training has been delivered in the following school in the panel area:</p> <ul style="list-style-type: none"> <li>- Grange CofE Primary School(LA11 7JF)– 18 pupils in Year 5</li> <li>- Milnthorpe Primary School(LA7 7QF) – 21 pupils in Year 5</li> </ul>
Ramblers Wellbeing Walk	<ul style="list-style-type: none"> <li>- Walk Leader (WL) training sessions:</li> <li>- Wellbeing Walks currently taking place: <ul style="list-style-type: none"> <li>- Advantage! Rambling Raiders (Ulverston &amp; Barrow Multiple Start Locations)</li> <li>- Cartmel Wellbeing Walk (LA11 6QF)</li> <li>- Grange-over-Sands Wellbeing Walk (LA11 6DY)</li> <li>- Kendal Sunday Walks'n'Wags (LA9 4PY)</li> <li>- Wander and Ponder</li> <li>- Kendal Wellbeing Walk (LA9 4DA)</li> </ul> </li> </ul>
Active Lives Survey	<p>Spring/Summer terms</p> <p>Contact has been made to those schools randomly selected by Sport England to take part in term 2 for the 23/24 academic year. The more schools that actively take part means more data to be collated for the county offering a more realistic outlook on the physical activity habits of CYP.</p>

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Cumbria PE Network meetings	Our Cumbria PE Network meetings are termly meetings include CPD input from a keynote speaker, county updates and breakout rooms for the locality areas. Last held - Wednesday 24 <sup>th</sup> January 2024 Next meeting - Thursday 2 <sup>nd</sup> May 2024
CYP conference	Our primary conference 'Physical Activity and Movement – The Curriculum and Beyond!' took place on Thursday 7 <sup>th</sup> March at North Lakes Hotel, Penrith with over 100 delegates attending. A range of guest speakers presented and schools shared best practice and participated in three CPD workshops.
Cumbria School games	County wide event that approx. 800 C&YP attended, from across both Cumberland and W&F.
Live Longer Better in Cumbria	Within Westmorland and Furness: <ul style="list-style-type: none"> <li>• 16 different engagements with partners, reaching approx. 670 people to promote optimal ageing through PA</li> <li>• 41 eLearning codes shared with partners to develop understanding of the importance of physical activity for older adults</li> </ul>

## General Comments:

*Officer observations of the difference we are making in this community.  
Identification of any gaps in provision or areas of identified need / support from  
Community Services and/or Members*

UK Shared Prosperity Funding – pipeline capital projects for both Ulverston Sports Centre (supporting Ulverston Rugby FC, Ulverston Cricket Club and Ulverston Rangers Football Club), Ulverston Climbing Wall and Ford Park.

Sir John Barrow School projects – approx. £1300 funding from Mid-Furness ICC for 2 types of after school activity, climbing and boxing, which Active Cumbria have supported.

Report Update prepared by: Clare Paling (Development Officer)

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