



Wave Leisure Trust

Annual Service Delivery Plan 2018/2019

"Inspiring Active Lifestyles"



Contents

Annual Service Delivery Plan (2018/19).....114
Strategy.....115

Table of Figures

Figure 1: "Inspiring Active Lifestyles" Strategy.....115
Figure 2: Delivering to National Outcomes.....116
Figure 3: Outcome 1 - Increasing Participation and Reducing Health Inequality118
Figure 4: Outcome 2 - Improving Accessibility and Social Inclusion.....134
Figure 5: Outcome 3 - Reducing Environmental Impact.....142

Annual Service Delivery Plan (2018/19)

On an annual basis Lewes District Council (LDC) is required to furnish Wave Leisure Trust (Wave) with an "Annual Service Statement" that provides the Trust with a framework to produce an Annual Service Delivery Plan.

The Annual Service Delivery Plan that Wave produces complements and supports the Council's objective to promote healthy lifestyles by developing a district wide leisure strategy. The Council recognises that reducing hazards like cold houses and falls in homes could save the NHS over £1 million in treatment costs.

The Council have committed to improve the condition of both private and council homes to prevent accidents and ill health. They will continue to work with the NHS and other partners in the county to improve the health and wellbeing of Lewes District residents.

Besides the major contributions to ill-health prevention from housing programmes, LDC will work with local communities and companies to provide sport and recreation facilities where people need them. As a result, the Council has set the following objectives for Wave in relation to the Leisure contract.

The LDC Annual Service Statement framework focuses on three core outcomes, namely:

- 1. Increasing Participation and Reducing Health Inequality.**
- 2. Improving Accessibility and Social Inclusion.**
- 3. Reducing Environmental Impact.**

Within each of the three core outcomes, LDC has provided a number of "Key Priorities" that define the requirements further.

Aligned to the LDC Outcomes and Key Priorities, Figures 3 to 5 presents Wave's response to the LDC Service Statement, presenting the specific actions to be implemented to ensure that the LDC's requirements are achieved. The Plan is also a demonstration of Wave's shared commitment to the priorities and the valuable partnership that exists between LDC and Wave.

At the end of 2018/19 the Annual Performance and Monitoring Report will provide Key Examples and Outcomes for each of the Wave Actions defining successful delivery.

Strategy

Figure 1: "Inspiring Active Lifestyles" Strategy

Purpose

"Inspiring Active Lifestyles"

Vision

"To be at the heart of the improvement of health and wellbeing in our communities."

Objectives

"By **engaging with partners** Wave Leisure, an established charitable trust, will agree a shared programme of activities to **deliver to the community**. Wave aspires to **achieve excellence** in the delivery of services which will provide **customers with choice** and inspire active lifestyles. The ultimate objective is to create a **sustainable business** contributing towards the long term health and wellbeing of our community.



Figure 2: Delivering to National Outcomes

Wave recognises the influence of Government Outcomes on its “*Delivering to our Community*” objective and as such has developed a model of delivery which encompasses, not only the three core LDC Annual Service Statement outcomes but also, the five outcomes of the Department of Culture, Media and Sport, linking to improved public health and sustainable communities, as shown in Figure 2. With this approach, Wave is also addressing Public Health England’s priorities of Improving health and wellbeing and reducing inequalities.

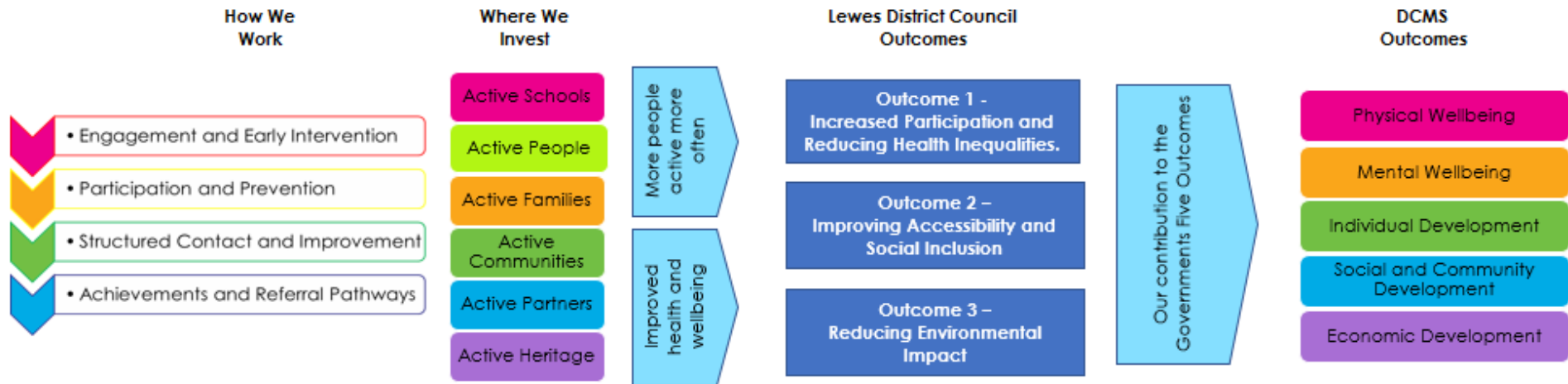


Figure 3: Outcome 1 - Increasing Participation and Reducing Health Inequality

LDC Key Priority 1

“Provision of activities to meet the needs of the aging population of the District, inclusive of outreach work to provide opportunities of increasing participation and wellbeing, particularly in the rural communities, where people need them.”

Wave Actions	Measure	Target	Outcome
Continue to develop and implement activities, which encourages Older Peoples participation, designed to develop confidence and encourage engagement in regular activity both within centres and through outreach.	Number of people engaged	504	1,030 supported individuals
	Total number of attendances	24,958	42,579
	Number of new weekly activities introduced	5	5
	Number of taster sessions introduced	4	9
<p>Across all delivery, Wave now includes 44 weekly timetabled sessions of activity, specifically designed to support participation of older people across the district (Walking Sports age 50 plus and targeted senior activity aged 60 plus) at various levels of intensity from gentle exercise such as Chair Based and Strength and Balance, to higher intensity such as Walking Football and Netball, as well as Senior Gym and Senior Swim sessions, where access to facilities is restricted to support confidence in participation.</p> <p>Across all senior activity there have been a total of 42,579 attendances, which is an increase of 12.5% on previous year.</p> <ul style="list-style-type: none"> • In Seaford, at Downs Leisure Centre, Seaford Head Swimming Pool and Seaford Head Sports Hall, 11 weekly activity sessions are timetables with 11,870 attendances (an increase of 12%), of which 2,691 are specifically swimming (an increase of 38%) • The Community and Health Improvement Team provide activities in community setting, as well as in centre for supported and guided activity, resulting in 10,598 attendances in activity (an increase of 33%), of which 3,848 attendances were referred into and out in the community activity (an increase of 43%). • Peacehaven Leisure Centre provides 7 weekly activity sessions with 5,589 attendances (an increase of 18%). • Lewes and Ringmer provides 7 weekly activity sessions with 11,744 attendances (an increase of 5.4%), of which 9,076 are specifically swimming (an increase of 3.5%) • In Newhaven at Shakespeare Hall and Seahaven Swim and Fitness Centre, 5 weekly activity sessions are timetabled with 9,528 attendances (an increase of 0.3% on previous year) in activity, of which 6,267 are specifically swimming (a decrease 1%). 			
Deliver and support activity, within rural communities, which supports the participation of older people to gain, regain or maintain participation in physical activity, as part of a healthy lifestyle both mentally and physically.	Number of rural locations engaged.	6	3
	Number of weekly activities available	4	3
	Number of wellbeing events attended	6	0
	Number of people engaged.	54	59

	Total number of attendances.	543	1,034
	%age of participants identified as engaging in further activity.	74%	47%
<p>Wave continues to deliver weekly Strength and Balance classes, targeting those at risk of falls in 3 rural communities;</p> <ul style="list-style-type: none"> • Wivelsfield Village Hall has 627 attendances an increase of 41% on previous year. • Rodmell Village Hall has 201 attendances, an increase of 15% on previous year. • Firle Village Hall has 214 attendances, an increase of 9% on previous year. 			
Attend the Seniors Forum meetings and Networking Events, ensuring that Wave is aware of the latest issues relating to the older person’s agenda.	Wave representation at Seniors Forum meetings.	3	9
Continue to provide, and support, opportunities of engagement in activity, as part of National Older Peoples Day particularly aimed at those who are currently not engaged in physical activity.	Number of weekly activities available.	28	10
	Number of new people engaging in activities.	31	5
	Total Number of attendances in activities	1,185	722
	%age of participants identified as engaging in further activity.	74%	0
<p>The National Older Peoples Day is coordinated by East Sussex Seniors Forum and supported by East Sussex County Council. Throughout September and October 2017 opportunities to participate in various workshops and activities are promoted across the county to support engagement of older people in new experiences and opportunities.</p> <p>Following feedback from participants, Wave has changed the offering of activities for Older People’s Day, by seeking to support those individuals who are not currently engaged in activity, as oppose to a wider offering of reduced cost access, this has included attending partner organisations to promote activity and deliver taster sessions, such as chair based classes for lunch clubs and table top activity in care homes and supported housing environments.</p> <p>It has not been possible to identify all those individuals who have attended a promotional event and as such impossible to identify onward participation into activity.</p>			
Continue to provide Walking Football and develop other Walking Sport opportunities with partners, such as Lewes Football Club, Eastbourne Borough Football Club, Sussex Veterans League, Sussex County Cricket Club and Netball NGB.	Number of weekly activities	4	5
	Total number of people registered	72	176
	Total number of attendances	2,274	2,924
Walking Sports continue to grow in popularity and Wave has continued to see an increase in participation in Walking Football.			

- **Downs Leisure Centre**, Seaford, delivered 2 mornings a week with an **attendance of 1,609 by 75 people**
- **Lewes Leisure Centre**, delivered 1 evening a week with an **attendance of 499 by 27 people**
- **Peacehaven Leisure Centre**, delivered 1 evening a week with an **attendance of 676 by 23 people**

The introduction of sessions at both Peacehaven and Lewes during 2017/18 have had an obvious impact on **increased participation in Walking Football by 35.5%** on previous year.

The introduction of **Walking Netball**, in January 2019, at **Downs Leisure Centre** has resulted in a new attendance by women aged 50 years over, seeking more active participation in exercise, resulting in **151 attendances by 39 people**.

Continue to provide and develop Wave’s Strength and Balance Programme (Falls Prevention) alongside commissioned falls prevention services, within Wave facilities and in community settings.	Number of weekly activities.	7	13
	Total number of people registered	105	429
	Total number of attendances	2,352	3,925
	%age of participants reporting feeling more confident to participate in regular activity.	74%	82%

Strength and Balance is a gentle, instructed exercise which support the prevention of falls and provides open access participation for individuals, either through self-motivation or are advised by other organisations, such as GP Practices, support groups or family members. Strength and Balance is delivered within Wave sites, as well as out in community settings.

Wave delivers sessions in Site at:

- **Downs Leisure Centre, Seaford** resulting in **664 attendance**, an increase of 10%.
- **Lewes Leisure Centre** resulting in **363 attendances**, a small increase of 0.5%.
- **Shakespeare Hall, Newhaven** resulting in **121 attendances** an increase of 55%.
- **Peacehaven Leisure Centre** introduced Strength and Balance in July 2018 and resulted in an **attendance of 68**.

Working with community partners, sessions are delivered in community setting at:

- **Rodmell Village Hall** has **201 attendances**, an increase of 15% on previous year.
- **Firle Village Hall** has **214 attendances**, an increase of 9% on previous year.
- **Wivelsfield Village Hall** has **627 attendances** an increase of 41% on previous year.
- Responding to a need identified in Eastbourne, a class has been introduced at **All Saints Church, Eastbourne** in October 2018 resulting in **43 attendances**.

The introduction of both Peacehaven and Eastbourne classes has had an obvious impact on **increased participation by 24%** on previous year to **2,305 attendances**.

In addition, Wave Instructors deliver **Postural and Stability Instruction (PSI)** 17 week course, in partnership with East Sussex Healthcare NHS Trust, as part of the falls prevention service delivered within Eastbourne, Seaford and Hailsham CCG area, linked to the areas defined under Better Together. PSI is accessible via referral to the Community Falls Development Team and is currently delivered in Seaford and Eastbourne by Wave.

- **Downs Leisure Centre, Seaford** resulting in **557 attendances**.
- **Kings Church, Eastbourne** resulting in **583 attendances**
- **Venton Centre, Age Concern, Eastbourne** resulting in **450 attendances**

Maintain and expand Healthy Walk opportunities for older people, developing new walking opportunities and sessions to encourage participation from the older person living in rural settings.

Number of weekly walks provided.	4	3
Total number of people registered	120	246
Total number of attendances	3,185	2,724

Health Walks have continued to be delivered in Seaford, Lewes and Peacehaven, at no cost to the participant, by volunteer Walk Leaders as an accredited Walking for Health and the Ramblers Association.

- **Down Leisure Centre, Seaford** has seen a **decrease in attendance of 12.5%, to 1,143**.
- **Lewes Leisure Centre** has seen an **increase in attendance of 14%, to 504**.
- **Peacehaven Leisure Centre** has seen an **increase in attendances of 8% to 624**

Working in partnership with the South Down National Park Authority (SDNPA), 27 additional walks have been delivered in Seaford, Newhaven and Peacehaven supporting small groups and 1:1 engagement, encouraging more people to experience walking as a form of physical activity. In **total 38 attendances** have been made in this new project.

Funded by SDNPA, the walks are delivered as part of an East Sussex County Council project, Active Access for Growth, funded by the Department for Transport.

Key Priority 2

“Seek to develop new partners as well as enhancing existing relationships with the Council and other key partners, to increase the availability and take up of positive activities for children and young people with the aim of encouraging greater participation by young children and families on a low income.”

Wave Actions	Measure	Target	Outcome
Continue to develop and implement activities, which encourages children, young people and family participation, designed to promote positive health and wellbeing activities, including those at risk of involvement in nuisance and anti-social behaviour, across the District.	Total number of attendances from Children and Young People	244,849	375,488
	Number of new weekly activities introduced	42	26
	Number of taster sessions introduced	25	23
Across all delivery, Wave provides sessions and activity specifically designed to support children, young people and family participation, across the District and at various levels of intensity from coached sport for excellence, targeted sessions, where access to facilities is restricted to support confidence in participation, drop in low cost activity access and taster activities. <ul style="list-style-type: none"> In Newhaven at Shakespeare Hall and Seahaven Swim and Fitness Centre, 60,814 attendances in activity have been made, of which 76% are specifically swimming. Lewes and Ringmer have provided 153,017 attendances in activity have been made, of which 40% are specifically swimming. Peacehaven Leisure Centre, 59,820 attendances in activity have been made. In Seaford, at Downs Leisure Centre, Seaford Head Swimming Pool and Seaford Head Sports Hall, have provided 91,933 attendances of which 22.5% are specifically swimming. The Community and Health Improvement Team provide activities in community setting, as well as in centre for supported and guided activity, resulting in 14,706 attendances in activity of which 9,461 attendances were out in the community activity. 			
Continue to be an active participant with Children, Young People and Family Forums and networks, ensuring Wave is aware of the latest issues relating to children, young people and family agendas.	Wave representation at Children, Young People and Family Forum meetings.	6	31
Wave continues to work with and develop partnerships which support the engagement of individuals in positive health and wellbeing activities. These relationships support the design of programmes to address barriers to participation, referrals into service or direct delivery for organisations seeking activities for their own groups.			
Continue to implement a diverse programme of “Reach Out” activities, targeting children and young people who are otherwise disengaged from mainstream activities due to low income.	Number of regular activities provided.	12	16
	Number of people	140	545
	Number of attendances	887	1,230
The Community and Health Improvement Team continue to engage with children and young people within community settings and by providing targeted activity, for those least likely to engage due to lack confidence, opportunities, income or knowledge.			

<p>Activities have included delivery within in primary, secondary and tertiary settings, as well as engagement out in the community across Lewes District, resulting in 64% of all attendances happening within a community setting.</p>			
<p>Continue to work with East Sussex County Council Youth Services, and other youth service providers, to offer reduced cost access and/or targeted sessions for “Drop In”.</p>	<p>Number of children and young people’s groups engaged.</p>	<p>10</p>	<p>11</p>
	<p>Number of weekly activities available</p>	<p>4</p>	<p>26</p>
	<p>Number of taster sessions delivered</p>	<p>10</p>	<p>28</p>
	<p>Number of People engaged.</p>	<p>190</p>	<p>767</p>
	<p>Total number of attendances.</p>	<p>965</p>	<p>1,976</p>
	<p>%age of participants identified as engaging in further activity.</p>	<p>25%</p>	<p>42%</p>
<p>Working with Youth Service delivery partners, both voluntary sector and East Sussex County Council Youth Development Service, Wave has provided access passes as well as targeted engagement for supported access into activity.</p> <p>An increase in the provision of supportive engagement is reflective of partner organisations seeking support for delivery of activity for children and young people needing additional support to make positive health and wellbeing choices, as well as a decline in services available to access.</p>			
<p>Deliver funded initial engagement courses, such as diversionary and Health and Wellbeing activities, targeting young people who are less physically active and not engaged in regular activity.</p>	<p>Number of funded courses.</p>	<p>13</p>	<p>10</p>
	<p>Number of people</p>	<p>270</p>	<p>326</p>
	<p>Number of attendance</p>	<p>1,913</p>	<p>891</p>
	<p>%age of participants progressing into further activity.</p>	<p>55%</p>	<p>47%</p>
<p>Previously funded by Active Sussex Sportivate programme, a reduction in funding is reflected in the drop in number of weekly sessions being delivered for those currently not active.</p> <p>The number of individuals reached has increased by 34% and transfer into onward activity has remained high, even with less sessions being available.</p>			
<p>Continue to organise a range of taster courses for children and young people to try new activities and feed into established Clubs, linked to schools and colleges.</p>	<p>Number of taster courses.</p>	<p>82</p>	<p>44</p>
	<p>Number of people</p>	<p>454</p>	<p>595</p>
	<p>Total number of attendances.</p>	<p>4,368</p>	<p>9,681</p>
	<p>Number of children transferring into established Clubs.</p>	<p>55%</p>	<p>46%</p>

<p>Taster sessions and in school activity continues to be delivered as part of the Active Schools Programmes, to include primary and second days settings.</p> <p>A large proportion of attendances are attributed to the introduction of Purposeful Play and Activity Lunch Time sessions, which are delivered during the lunchtime breaks at both Chyngton and Cradle Hill Primary Schools in Seaford, enabling children to come together in structured and fun activity, with Wave’s Activators and Sports Coaches.</p>			
<p>Expand the programme offerings into Schools by introducing new activities, for example; “Drop In” and Inset Days activity sessions.</p>	<p>Number of new activities</p>	<p>9</p>	<p>4</p>
	<p>Number of people</p>	<p>60</p>	<p>543</p>
	<p>Number of attendances.</p>	<p>480</p>	<p>6,660</p>
<p>Working with local primary schools, “Lunch Time Purposeful Play” has been introduced as well as “Golden Time”, an opportunity for students to be rewarded for achievements and positive behaviour to participate in fun sport and activity sessions.</p>			
<p>Continue to expand and develop whole of family participation activities and events, across sites and in communities</p>	<p>Number of regular activities provided</p>	<p>6</p>	<p>36</p>
	<p>Number of activity events</p>	<p>4</p>	<p>6</p>
	<p>Total number of attendances</p>	<p>1,440</p>	<p>30,098</p>
<p>To enable children and young people to be active with their parents or carers, Wave continues to offer a range of activities which enable families to be physically active together, including Fit Families to enable in the gym participation, play sessions, swimming, sporting and out reach.</p> <ul style="list-style-type: none"> • Lewes and Ringmer have provided 16,410 attendances in activity have been made. • In Newhaven at Shakespeare Hall and Seahaven Swim and Fitness Centre, 9,507 attendances in activity have been made. • Peacehaven Leisure Centre, 1,794 attendances in activity have been made. • In Seaford, at Downs Leisure Centre, Seaford Head Swimming Pool and Seaford Head Sports Hall, have provided 2,387 attendances. • The Community and Health Improvement Team provide activities in community setting, as well as in centre for supported and guided activity, resulting in 264 attendances in activity. <p>The significant jump in attendance is reflective of improved data capture and reporting of family activity.</p>			

Key Priority 3

“Provide a varied programme of activities including taster sessions that positively encourage and promote physical activity, particularly amongst those who are not currently active.”

Wave Actions	Measure	Target	Outcome
Develop and implement referred into activity opportunities with partner organisations, for those with a diagnosed health condition.	Total number of referrals made.	180	597
	%age of refferals attending an activity opportunity.	70%	87%
	%age of participants reporting feeling more confident in attending regular activity.	75%	79%
	%age of participants identified as engaging in further activity.	60%	36%
<p>Exercise referral is provided for individuals who would benefit from participating in physical activity, to achieve an identified health outcome either physical or mental.</p> <p>Working with GP’s, physiotherapists, rehabilitation teams, as well as other health professions, a number of different programmes are provided by the Community and Health Improvement Teams to support participation either on a 1:1 basis, for example through referral in the gym or in a group environment for those with Dementia or to support falls prevention.</p> <p>A significant increase of referrals has been identified for this year, by 431 people. This has been due to increased opportunities to participate, a change in how engagement is made with health professional and improved data capture to identify those who are being supported though dedicated health and fitness professionals delivering on the GP Exercise Referral programme.</p>			
Continue to be an active participant within Community, Voluntary Sector and Stakeholder led Health Partnerships, ensuring Wave is aware of the latest issues related to supporting people for improved health and wellbeing, both physically and mentally.	Wave representation at Health Partnership events	12	18
<p>Wave continues to work with, and develop, partnerships which support the engagement of individuals in positive health and wellbeing activities. These relationships support the design of programmes to address barriers to participation, referrals into service or direct delivery for organisations seeking activities for their own groups.</p>			
Deliver “Change4Life” days providing opportunities for children and families to participate in activity at no cost.	Number of Events	4	3
	Total number of participants.	850	167
<p>Three Change4Life events were delivered, providing free trial session in physical activity, advice, information and guidance from community partners and literature provided by Public Health’s Change4Life Campaign, related to “10 minute Shake Ups” and “Sugar Swap”, promoting healthy eating and physical activity for children and families.</p>			

Activities were delivered at Peacheaven Leisure Centre and Shakespeare Hall for all families, and Downs Leisure Centre had a supported engagement day for children and young people with Special Educational Needs, to enable families to experience and participate in activity as a family.

Attendance at these events are down, primarily due to moving Downs Leisure Centre’s whole of day event into the next reporting year, downsizing delivery at Peacehaven Leisure Centre due to staff changes and no event being delivered at Lewes Leisure Centre.

Increase the number of programmes to support those with a diagnosed health condition, for adults, children, young people and families.	Total number of attendances	3,744	7,472
	Number of new regular weekly activities introduced	3	4
	Number of regular activities provided	8	19
	Number of people	104	837

Wave provides points of access for those with a diagnosed health condition or need, including children, young people and adults with SEND, adults with Dementia, those at risk from falls and weight management, across Lewes District and Easbourne.

Activities delivered include short courses, as well as ongoing weekly activity, enabling onward participation for those needing additional support to access.

Further development of activity for those with SEND, has enabled **692 attendances** by **182** people in supported social sports and activities.

Continue to provide a range of supporting mechanisms to encourage activity participation to address barriers accessing activity.	Number of sites with Journey Plans available	4	8
	Number of sites offering creche and childcare facilities.	3	4
	Number of regular offsite exercise programmes being delivered.	16	13

Wave continues to develop programmes and work with partners to address barriers to accessing activity:

- **Journey Planning**
Wave has an active partnership with Community Transport Lewes Area (CTLA) and can provide their contact details across all facilities, to support people to access CTLA as a transport provider. In addition, targeted activities, particularly for those with limited mobility, are provided in consultation with CTLA to ensure co-ordination between activity programmes and transport timetables.
- **Creche and Childcare**
Supervised sessions are provided within Wave Sites, to enable those with children under 8 to participate in activity at **Downs Leisure Centre, Lewes Leisure Centre, Peacehaven Leisure Centre**
- **Offsite Activity**

<p>Offsite programmes being delivered are primarily linked to targeted activity to enable greatest reach to those least likely to participate in activity. These programmes include; Rural Group Exercise, Active Schools, Holiday Programmes and activity provided within community centres, village halls, open spaces, schools and colleges</p>			
<p>Continue to proactively reach out into GP Surgeries across the District to encourage participation and provide patient engagement opportunities on site.</p>	<p>Number of engagement opportunities delivered.</p>	<p>26</p>	<p>23</p>
	<p>Number of participants engaged on GP referral pathway.</p>	<p>123</p>	<p>233</p>
	<p>%age participants attending a further wellbeing activity.</p>	<p>54%</p>	<p>30%</p>
<p>Working directly with GP practice staff, consultation has been undertaken to review the delivery of exercise on referral, to provide the most appropriate engagement for those taking their first steps into physical activity to achieve positive health outcomes.</p> <p>A new approach to engaging with individuals to access activity has seen an increase of 45% of participants engaged on a GP referral pathway, compared to last year.</p> <p>With changes to reporting and data capture, it has not been possible to fully identify those who have continued to engage and participate in activity, however 30% have continued to engage through a membership opportunity.</p>			

Key Priority 4

“Provision of a range of holiday activities for children and young people of all age ranges.”

Wave Actions	Measure	Target	Outcome
Continue to deliver and support holiday activity programmes in Seaford, Lewes, Newhaven and Peacehaven.	Total number of activities.	45	67
	Total number of participants.	8,770	13,761
<p>Wave provides holiday programmes across Sites and in the community, during all school holidays. Provision is made for whole of day Holiday Clubs and drop in sessions, to enable the greatest opportunity for participation, recognising the need for childcare as well as fun and engaging activity.</p> <p>All of the reportable activities are coached or instructed, to support engagement.</p> <ul style="list-style-type: none"> • In Newhaven at Shakespeare Hall and Seahaven Swim and Fitness Centre, 4,832 attendances in activity have been made. • Lewes and Ringmer have provided 3,382 attendances in activity have been made. • Peacehaven Leisure Centre, 372 attendances in activity have been made. • In Seaford, at Downs Leisure Centre, Seaford Head Swimming Pool and Seaford Head Sports Hall, have provided 4,579 • The Community and Health Improvement Team provide activities in community setting, as well as in centre for supported and guided activity, resulting in 596 attendances in activity. <p>The significant jump in attendance is reflective of improved data capture and reporting of family activity.</p>			
In order to diversify the holiday programme, ensuring the delivery remains fresh and dynamic, Wave will continue to engage with partners involved in the delivery of each holiday programme.	Total number of delivery partners.	16	11
<p>Recruiting partners for holiday programme provision has enabled better pathways into activity to be established, to include reduced cost access to sessions, taster opportunities and engaging coaches and delivery teams from partner organisation to deliver activity during the holiday periods.</p>			
Ensure that funding is secured for all holiday programmes for each of the towns in the District.	Funding secured.	60%	60%
<p>Funding has been applied for and received from Newhaven, Peacehaven and Telscombe Councils for holiday activities.</p>			
Work with resident and community associations to be able to make a holiday activity available to children and young people who are unable to access a Wave site.	Number of activities	14	6
	Number of People	30	91
	Number of attendances	389	1,409
<p>The Community and Health Improvement Team engage with participants, not just within Wave Sites but also out in the community to include open spaces and community halls, as well as supporting community events.</p>			

Wave also supports participants to access drop in activity in centre, though the provision of funded places during the school holiday period, for those who may not otherwise be able to participate.			
To develop and implement holiday activities which are inclusive of parents and/or carers to encourage family participation in regular activity.	Number of activities.	8	14
	Number of people	15	124
	Total number of attendances.	90	174
Beyond the regular whole of family activities, additional coached activities are provided during the school holidays for families to participate together, to include archery, orienteering and adventurous activity.			

Key Priority 5

“Give due regard to the Equality Act 2010, particularly when there is a change to Policy; project development or where new services are being provided or where existing services are discontinued.”

Wave Actions	Measure	Target	Outcome
Wave recognises that discrimination can occur and will ensure that no individual will be unjustifiably discriminated against. This includes, but not exclusively, on the basis of gender, race, nationality, ethnic or national origin, religious or political beliefs, disability, marital status, social background, family circumstance, sexual orientation, gender re-assignment, spent criminal convictions, age or for any other reason.	Number of Claims	0	0
No claims were made against Wave on grounds of gender, race, nationality, ethnic or national origin, religious or political beliefs, disability, marital status, social background, family circumstances, sexual orientation, gender re-assignment, spent criminal convictions, age or for any other reason under the Equality Act 2010.			

Key Priority 6

“Provide opportunities and activities for residents on low income, which are either outreach or centre-based and which include rural communities.”

Wave Actions	Measure	Target	Outcome
Through 2017/18 Wave will continue to initiate and develop programmes of activity in isolation and by partnering key stakeholders, for example LDC Housing Services, Tenants of Lewes District (TOLD), Action in rural Sussex, 3VA and Active Sussex. Sport, Physical Activity and Health and Wellbeing Programmes will be both centre based and in other community and rural settings.	Number of programmes provided.	25	38
	Number of people engaged	1,157	2,373
	Total number of attendances	25,456	26,835
<p>Wave continues to provide targeted and supported activity for those experiencing barriers to participation, though supported and coached engagement as well as providing in the community opportunities to participate.</p> <p>By expanding the offering from the Community and Health Improvements Team, as well as developing in centre targeted activity, an increase of 5% for attendances in activity has been achieved on previous year.</p>			
Continue to support and develop ‘Open Spaces’ community events particularly using spaces near areas of social housing, working with Lewes District Council Housing Services, social housing landlords, tenant and resident participation groups and local community groups.	Number of Open Spaces events.	13	20
	Number of attendances	1,560	3,143
<p>More “Open Space” opportunities have been delivered, enabling greater participation in activity outside. Activities included working with Peacheaven Town Council to support participants to use outdoor gym equipment for activity, family orienteering providing support which enables families to explore together and working with SDNPA provide guided health walks to explore local surroundings.</p> <p>As well as coached and supported activity, Wave teams can often be found a community events providing challenges, sports days and advice about accessing activity. These events are not included within attendance numbers.</p>			
Seek to develop further activity programmes in or accessible to residential care settings (such as warden controlled, care and rest homes).	Number of residential care settings engaged	5	4
	Number of activities delivered in a residential setting	20	12
	Number of people engaged	40	33
	Total number of attendances	149	95
<p>The Community and Health Improvement Team have been working with 4 residential care home setting, where activities and support are provided for residents.</p>			

Parris Lawns in Ringmer and Alfriston Court, near Seaford, are both residential nursing and care homes with residents who have multiple conditions, including dementia. With in each setting social sports and activities are provided enabling wider engagement and participation in physical activity.

Currently at Parris Lawns activity is provided twice weekly, to include strength and balance sessions to support falls prevention. At Alfriston a weekly session of seated sport is provided to enable greater movement of residents who are less active or able to participate.

In addition, two residential homes for younger adults with physical disabilities and learning needs have been engaged in seated sports and activities. Webb House in Newhaven received weekly sessions within their communal lounge and Chaisly Trust in Eastbourne accesses activities as part of a varied activity programme.

[Continue to work with Resident and Community Associations to support consultation and engagement activities, to further support to development of activities which are accessible to those less likely to engage with physical activity.](#)

Number of events.	3	8
Number of engagements	30	163
Total number of attendances	60	163

Wave has attended consultations to engage with tenants and residents across the Lewes District, to identify areas of need and barriers to participation, supporting development of engaging and accessible activities across communities.

Key Priority 7

“Provide opportunities to engage with the rural population, increasing access to activities.”

Wave Actions	Measure	Target	Outcome
Continue to work with Action in rural Sussex, South Down National Park Authority (SDNPA), Parish Councils and Community Transport Lewes Area (CTLA) to rural proof provision of services by identifying barriers to accessing services and creating opportunities for participation in regular activity.	Number of activities provided	10	3
	Number of people	54	59
	Total number of attendances	543	1,034
Wave continues to deliver weekly Strength and Balance classes, targeting those at risk of falls in 3 rural communities; <ul style="list-style-type: none"> • Rodmell Village Hall has 201 attendances, an increase of 15% on previous year. • Firle Village Hall has 214 attendances, an increase of 9% on previous year. • Wivelsfield Village Hall has 627 attendances an increase of 41% on previous year. 			

Figure 4: Outcome 2 - Improving Accessibility and Social Inclusion

Key Priority 1

“Ensuring activities are accessible by the whole community but working particularly with people and families on a low income, ensuring that activities are provided in such a way to meet the needs of specific groups within the community.”

Wave Actions	Measure	Target	Outcome
Continue to work with partner organisations to expand the range of accessible activities available for disabled people.	Number of targeted activities provided.	26	55
	Number of people engaged (supported access)	171	182
	Total number of attendances across all activities by disabled people.	13,240	14,351
<p>Beyond the Para Games, Wave has continued to expand and develop provision which is accessible or targeted for the participation of people with special educational needs and disabilities.</p> <p>Community and Health Improvement Team</p> <ul style="list-style-type: none"> • SEND Activities Children and Young People: 632 attendances. • SEND Family Fund Day: 29 attendances • SEND Activities Adults: 96 attendances <p>Partners</p> <ul style="list-style-type: none"> • Seaford Downs Syndrome Special Needs Group (SDSSNG) – Seaford 95 attendances (Play), 315 attendances (Swimming) • Newhaven 3,040: attendances (Swimming) • Down Syndrome Development Trust 480 attendances (Sport and Activities) • Kurling 960 attendances (based on attendance of 20 per week) <p>Sites</p> <ul style="list-style-type: none"> • Downs Leisure Centre and Seaford Head Swimming Pool: 2,082 attendances (Sport, Gym, Swim, Class, Soft Play) • Lewes Leisure Centre and Ringmer Swimming Pool: 4,747 attendances (Sport, Gym, Swim, Class, Soft Play) • Peacehaven Leisure Centre: 215 attendances (Sport, Gym, Swim, Class, Soft Play) • Seahaven Swim and Fitness Centre: 1,675 attendances (Swim, Gym) <p>Wave continue to develop and introduce new SEND supportive access sessions for Children and Yong People, as well as adults. The introduction to these new sessions has supported the increase in access to activity for those with a disability or SEND need by 5%.</p>			
Continue to develop and expand on the activities available which are mixed activities at low or no cost, specifically engaging children and young people with additional education needs such	Number of sessions delivered.	72	91
	Number of people	39	149

as Autism and Asperger’s, their sibling and parents or carers to access regular activity.	Total number of attendances.	660	632
	%age of participants reporting they are engaging in a new regular activity.	38%	40%
<p>During this reporting year, Wave appointed a new Community and Activities Coordinator, with a particular focus on developing initiatives which support engagement from those with SEND.</p> <p>More opportunities are now available with Wave for children and young people needing additional support to participate and have resulted in an increase of individuals accessing activity by 45% on previous year.</p>			
To further develop and deliver low or no cost access to Holiday Schemes, specifically targeting those in low income households.	Number of attendances	3,233	3,228
<p>Targeted and low cost holiday activities have continued to be provided across Lewes District to enable free or low cost access for those who would otherwise not be able to participate, resulting in an increase of 30% attendance in targeted holiday activities.</p>			
To continue to provide the Para Games, in active partnership, at Downs Leisure Centre, providing competitive opportunities for people with disabilities to engage in activities.	Number of participants.	30	29
	%age of participants reporting engaging in further activity.	45%	63%
<p>Wave held its 7th Seahaven Para Games in 2018. 29 participants took part in a variety of activities which included basketball, boccia, football, new age kurling, table tennis and the wheelchair slalom. The event was held at the Downs Leisure Centre and was supported by partners including; Seaford Rotary Club, Sainsburys, Fitzroy House, Active Sussex, CTLA. Volunteers included Seaford Kurlers and Wave Volunteers.</p> <p>In addition, a SEND Family Funday has also been delivered at Downs Leisure Centre, enabling 29 participants to try new activities and identifying 50% as transferring into further activity with Wave.</p>			

Key Priority 2

“Working with partners to identify appropriate funding to support sessions and activities that could be offered free to users at the point of delivery as a means of overcoming lack of income as a barrier to participation.”

Wave Actions	Measure	Target	Outcome
Continue to work in partnership with key stakeholders to develop targeted programmes designed to encourage greater levels of physical activity by individuals and groups of people for whom lack of income is a barrier to participation.	Number of delivery partners	30	72
Wave continues to develop partnerships which support engagement for positive health and wellbeing, to include local sports clubs to diversify offering, specialist support organisation particularly therapeutic, to support mental and emotional wellbeing and alternative activity providers such as arts and crafts to be able to develop other interests for participants, as an introduction to activity.			
Identify and apply for funding to support activity diversification and delivery	Number of funds applied for.	12	18
	Number of successful applications	6	9
Excluding commissioned services and tendering, 9 grants have been successfully applied for to support targeted delivery.			
Continue to provide and promote the “Wave Leisure Trust Community Fund” to enable individuals and groups to obtain funding to support activity.	“Wave Leisure Community Trust Fund” provided and funds distributed.	£3,000	£3,000
A Community Fund of £3,000 per annum provides funding to individuals, clubs or organisations which meet certain criteria. Advertised in all Wave managed facilities, and on the Wave website, the fund received 18 applications, of which, 10 this year were successful.			
Continue to work with local Councils to provide Summer Holiday Schemes at low or no cost to those where income is a barrier to participation.	Number of Council’s participating.	4	3
	Number of Holiday Schemes.	4	4
	Total number of attendances	4,150	2,479
Newhaven, Telscombe and Peacehaven Councils, continue to support the delivery of activities for children and young people, including holiday activities enabling funded places, reduced cost and a diversified offer for activities locally.			
Continue to offer a wide range of discounted and subsidised rates across the product range to encourage participation.	Price list published with discounted rates applied.	Completed	Completed
Wave continues to offer a wide range of discounted and subsidised rates across activities, enabling opportunities for participation for those who cost most maybe a barrier.			
Continue to work with Active Sussex to support access for young people and young adults at low or no cost.	Number of funded programmes.	7	4
	Total number of participants.	200	179
Active Sussex have supported Satalite Clubs, delivering weekly sport and physical activity opportunities. Courses have included SEND students at Eastbourne College, Girls Can Club at Seahaven Academy and drop in fitness sessions at Peacehaven.			

<p>Working with partners, develop resources which provide information and instructions to participate in free to access activities, to include instructional and ideas.</p>	<p>Number of seperate activity topic resources created.</p>	<p>4</p>	<p>8</p>
<p>Take away work sheets and information resources have been developed for schools and outside sessions, enabling individuals to continue to participate in activity without the need of an instructor or sports coach. Activities have included work out programmes for outdoor gyms, orienteering fact sheets, fun family games and resources for walking the Saouth Down National Park.</p>			

Key Priority 3

“Promote opportunities for workforce development to encourage training and skills development for individual staff.”

Wave Actions	Measure	Target	Outcome
Work in partnership with Albion in the Community and Swim UK to implement the Apprenticeship Scheme with a target of providing 8 placements each year.	Number of placements.	8	8
	Average number of participants moving into permanent employment.	80%	80%
Wave’s partnership with Albion in the Community continues to provide employment opportunities with 80% of those completing obtaining a full time role within Wave.			
Provide placements on the Aspiring Managers programme to ensure Wave has a robust succession plan which will guarantee the continued and uninterrupted expected service delivery standards and provide career enhancement and progression opportunities to the staff.	All statutory training requirements achieved.	100%	100%
	No of placements.	5	0
No course was provided for Aspiring Managers this year. A Business Development Programme and Aspiring Managers programme are schedule to commence in July and September 2019.			
Provide specific training and qualification opportunities for all contracted staff.	Number of participants graduating.	100%	100%
Training and qualification requirements are broken down by job function and stored on a central training matrix. The matrix ensures 100% compliance with statutory training requirements and identifies development opportunities to all levels of staff through a broad range of activities: classroom training, Apprenticeships, coaching, in house development programmes.			
Capture data in all key areas to inform and guide the ongoing development of HR Strategy.	Key areas.	6	6
	%age of key areas captured.	100%	100%
The six key areas reflect a broad range of measurements and have been selected as they provide data on areas that need specific monitoring to ensure that staff are fully engaged and motivated.			
Continue to provide opportunities for Volunteers and ensure that they feel valued and part of the Wave Team.	Number of volunteers.	74	96
	Number of volunteer events.	2	2
Volunteers are a valued part of Wave and have increased by 12.5% on previous year . Volunteer roles include providing peer support for participants, engagement opportunities in activity, as well as support within other areas of the business.			

Key Priority 4

“Explore opportunities to increase non-centre based activity to further reduce access barriers and to encourage participation from current non-users.”

Wave Actions	Measure	Target	Outcome
Deliver activities in community settings, targeting people who have no access or currently do not access centres.	Number of activities delivered in community settings.	20	22
	Number of people engaged	374	505
	Total number of attendances	7,480	8,310
Delivering out of centre and in community settings, the community and health improvement team have identified 3,180 attendances in activity away from Wave facilities. Improved reporting and data capture have enabled better recording of activity and excludes 5,130 attendances in drop in lunch time activities at local primary schools where it is more difficult to identify those who are unable to access a Wave facility.			
Continue to work with Schools to provide a range of; breakfast, lunch and after school clubs within schools and outdoor play areas.	Number of clubs.	31	99
	Number of people	413	824
	Total number of attendances	4,325	8,588
Delivery with schools includes curricular delivery, such as orienteering for Geography and Active Science sessions exploring the environment as well as the affects of activity on physiology. Working with primary, secondary and tertiary settings has enabled greater opportunities for children and young people to be active and experience new activities which otherwise may not be available.			
Seek to develop further activity programmes in or accessible to residential care settings (such as warden controlled, care and rest homes).	Number of residential care settings engaged	5	4
	Number of activities delivered in a residential setting	20	12
	Number of people engaged	40	33
	Total number of attendances	149	95
The Community and Health Improvement Team have been working with 4 residential care home setting, where activities and support are provided for residents.			

Parris Lawns in Ringmer and Alfriston Court, near Seaford, are both residential nursing and care homes with residents who have multiple conditions, including dementia. With in each setting social sports and activities are provided enabling wider engagement and participation in physical activity.

Currently at Parris Lawns activity is provided twice weekly, to include strength and balance sessions to support falls prevention. At alfriston a seekly session of seated sport is provided to enable greater movement of residents who are lesss active or able to participate.

In addition 2 residential home for younger adults with physical disabilites and learning needs have been engaged in seated sports and activities. Webb House in Newhaven received weekly sessions within their communal lounge and Chaisly Trust in Eastbourne accessses even activities as part of a varied activity programme.

<p>Work with CTLA to address transport as an identified barrier for individuals to participate in regular activity, where an activity is centre based.</p>	<p>Number of centres offering journey plans for participation in session.</p>	<p>All</p>	<p>All</p>
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As part of condition based and supported access delivery, participants are supported to access transport and journey plans.

Key Priority 5

"To assist Lewes District Council with undertaking ongoing equalities assessments and monitoring."

Wave Actions	Measure	Target	Outcome
Co-operate fully with LDC regarding any required Equalities Assessments and Monitoring.	Number of assessments.	100% Completed	100%
Not requested			

Figure 5: Outcome 3 - Reducing Environmental Impact

Key Priority 1

“Continue to look for opportunities to increase recycling for customers and staff wherever possible.”

Wave Actions	Measure	Target	Outcome
Wave will continue to provide recycling facilities for Wave staff to re-cycle paper, cardboard, plastic bottles and printer and photocopier cartridges.	Number of paper recycling bins across Wave.	15	15
	Number of plastic recycling bins across Wave	8	8
	Number of cardboard recycling bins across Wave	5	5
	Number of printer and photocopier cartridge recycling bins.	4	4
	Rating result at each site from internal audit.	Satisfactory	3 x Satisfactory, 1 x Good
	Investigate opportunities for food waste recycling at cafe outlets.	2 sites	Investigated but no service yet
	Rating result from external audit.	Conforming	Conforming
<p>All facilities are audited for effectiveness each year as part of Wave’s Internal Environmental Audits programme and annual external audits conducted by SAI Global.</p> <p>Mixed recycling collections have now replaced specific ones (paper, cardboard and plastics individual bins) across all sites, including for customers to re-cycle plastic bottles.</p> <p>A food waste collection service is currently unavailable.</p>			

Key Priority 2

“When planning future investment with the Council, identify opportunities to reduce energy usage and help to reduce CO₂ emissions. When replacing plant and equipment, cleaner and energy efficient technology should be considered that will help to generate future efficiency savings.”

Wave Actions	Measure	Target	Outcome
Ensure that all works consider “Green” factors including efficiency, CO ₂ emissions, and up to date technology.	“Green factors” to be included as a standing agenda item on all pre-works meeting agendas.	100%	100%
	“Green” factors to be identified and implemented or explained why unachievable.	100%	100%
When replacing current lighting with new LED lights, all old parts were disposed of appropriately.			
In partnership with LDC, investigate energy efficient plant and equipment options. Where possible Wave will obtain grants and/or loans to install more energy efficient equipment and plant.	Number of more energy efficient plant and equipment options identified.	3	3
	Number of more energy efficient plant and equipment options implemented.	1	3
	Number of grants identified.	1	0
<p>Replacement of existing lighting with more efficient LED lighting was identified at Peacehaven Leisure Centre, Lewes Leisure Centre and Seaford Head Pool, which will reduce the amount of electricity used. This has been completed at Peacehaven and Seaford Head, with Lewes due to be completed early in the new financial year.</p> <p>Aerating showers were installed at Lewes Leisure Centre in August 2018 and have resulted in a reduction in water used, plus an associated reduction in the gas required to heat the water.</p> <p>No grant funding opportunities were identified.</p>			
Closely monitor energy use through its half-hourly Automatic Meter Readings (AMR's) to ensure sound performance monitoring.	Energy measured via half-hourly automatic meter readings (AMRS).	100%	100%
	Energy performance to be reported within the CEO's quarterly and annual reports.	100%	100%
AMR's enable Wave to closely monitor it's energy consumption. They are used for monitoring gas at Lewes Leisure Centre and Seahaven Swim and Fitness Centre, and for monitoring electricity at all the sites.			

Continue the accreditation to the “Social Enterprise Mark” which demonstrates ongoing commitment to people and plant.	“Social Enterprise Mark”	Retained	Retained
Wave has held the Social Enterprise Mark (SEM) for four years now. Wave retained the Social Enterprise Mark accreditation in May 2018, with the renewal submission being classed as excellent by SEM. The next renewal is due in May 2019.			
Maintain standards in line with ISO 14001.	Maintenance of ISO 14001 registration.	Registration	Retained
Wave has held the ISO 14001 certification since 2010. In January 2018 Wave successfully passed the new ISO standard, which is noted as ISO 14001:2015, and subsequently successfully passed the annual certification audit in January 2019.			

