

## Monitoring report 2015 - 2016:

<b>Theme</b>	1 - Improving health and wellbeing
<b>Priority</b>	2a - Provide opportunities to improve residents' health and wellbeing through music, sport and cultural activities for <u>children and families</u> .
<b>Activity</b>	Holiday family inflatable sessions Top Up crash course swimming lessons
<b>Total Funding</b>	Holiday family inflatable sessions = £3,000 Top Up crash course swimming lessons = £2,400
<b>Year 1 claim</b>	Holiday family inflatable sessions = £748.80 Top Up crash course swimming lessons = £240
<b>Year 2 claim</b>	

### Contact details:

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<b>Organisation</b>	Boston Borough Council – Geoff Moulder Leisure Complex

### Project Outcomes:-

#### 1. Holiday family inflatable sessions –

A total of 9 sessions have taken place over the last claim period, we offered free 90 minute family activity session on the inflatable in the Training Pool. Maintenance works means the sessions have been limited with February half terms sessions cancelled due to the installation of a biomass heating system at GMLC.

We have seen 28 family's (102 participants) take up the offer.

Claim amount = 9 sessions at a cost of £83.20 = £748.80.

Year 2 - The continuing biomass installation will impact on Easters training pool availability but the remaining holiday periods will be available. We will plan to run a minimum of 21 sessions in year 2 (3 in May 2016 – 3 in July 2016 – 9 in August 2016 – 3 in October 2016 and 3 in February 2017). We forecast to claim £1,747.20 in year 2.

### Comments received from participants:

- Great fun
- I love swimming as a family
- I'm worn out – I need a rest (from a Mum)
- They want to come every week now, what time do you have sessions in the main pool.

As a centre other than pool availability we haven't had any issues other than needing to fill up the sessions. To do this we need to increase our promotional work to offer this to families in receipt of pupil premium and will be working on this ready for May's half term.

## 2. Top Up crash course swimming lessons –

Maintenance works have impacted this element considerably as sessions were due to be held in the training pool. We could only accept 12 children which we allocated places on our evening lesson programme. As an alternative Boston Borough Council offered free family swim vouchers for all the 122 children on top ups in 2015.

We have seen 96 family's take up the offer of the free family swim.

Claim amount = 12 lessons at a cost of £20 = £240

Year 2 – 2017's Top Up lesson programme runs from May 16<sup>th</sup> to 20<sup>th</sup>. We will then invite back 60 children for our additional crash course lessons July 25<sup>th</sup> to 29<sup>th</sup>.

We forecast to claim £1,200 in year 2.

### Comments received from participants:

- more confident in the water
- would like the programme to be longer

As the biomass works will be completed March 2016 we will be able to offer the full program of top ups as planned, We will also offer the free family pass as this year to encourage families to attend that haven't previously or find the cost of swimming together prohibitive.

### OUTCOMES OF THEME AND PRIORITY:

- Residents are more aware of their health needs and where they can get relevant information.
- Residents take up more opportunities to help improve their health and wellbeing.
- Residents tell us they feel better informed, access facilities and feel healthier.

Family Inflatable sessions area fun activity bringing together families, clear evidence that families Spending more time together and indulging in leisure activities strengthens the family bond. Additional benefits include improvement in Children's Academic Performance with less Behavioral Problems.

### OUTCOMES OF ACTIVITY's (how much activity, how well and what difference)

The Top Up Swimming Programme targets year 6 pupils from your school that have not reached the 25 metres swim target. The extra lessons will be offered during the school day and will help the selected pupils reach the KS2 25 metres standard for swimming and water safety.

- The scheme is a targeted intervention designed to enable as many pupils as possible to be swimming at least 25m before they leave primary school at Year 6 pupils only.
- Funding will only be directed at schools that are already making efforts to achieve the KS2 targets and the initiative is not a substitute for normal school swimming.
- Year 6 pupils will need to be identified by your school with assistance if needed, from swimming achievement records currently held by the staff at the Geoff Moulder Swimming Pool.
- The targeted pupils will be offered a series of up to 5 consecutive minimum 30 minute