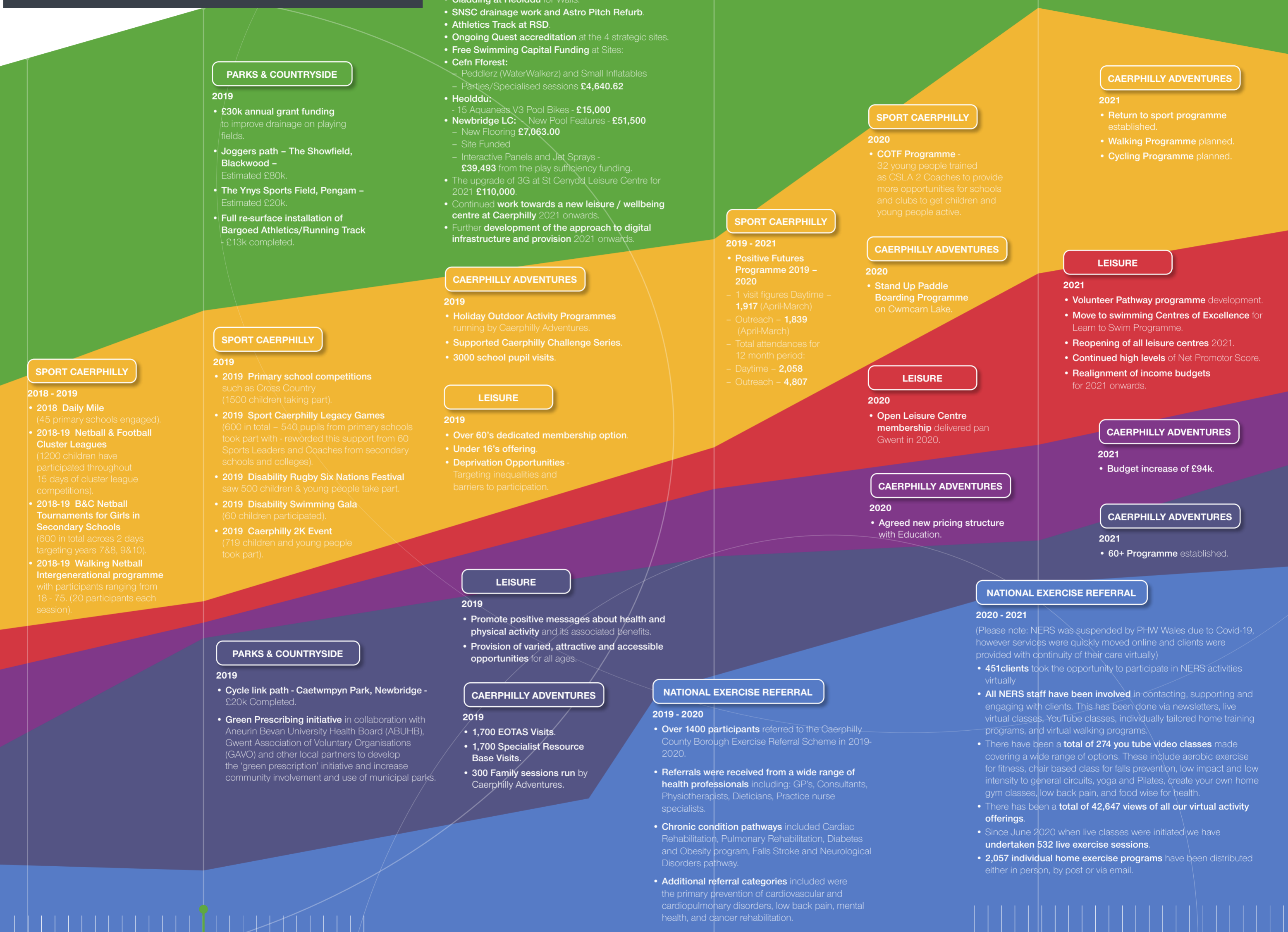


Strategy Progress Chart



APPENDIX 1



LEISURE

- 2019**
- New fitness provision at Newbridge LC.
 - Cladding at Heolddu for Walls.
 - SNSC drainage work and Astro Pitch Refurb.
 - Athletics Track at RSD.
 - Ongoing Quest accreditation at the 4 strategic sites.
 - Free Swimming Capital Funding at Sites:
 - Cefn Fforest:
 - Peddlerz (WaterWalkerz) and Small Inflatables
 - Parties/Specialised sessions **£4,640.62**
 - Heolddu:
 - 15 Aquaness V3 Pool Bikes - **£15,000**
 - Newbridge LC: New Pool Features - **£51,500**
 - New Flooring **£7,063.00**
 - Site Funded
 - Interactive Panels and Jet Sprays - **£39,493** from the play sufficiency funding.
 - The upgrade of 3G at St Cenydd Leisure Centre for 2021 **£110,000**.
 - Continued work towards a new leisure / wellbeing centre at Caerphilly 2021 onwards.
 - Further development of the approach to digital infrastructure and provision 2021 onwards.

PARKS & COUNTRYSIDE

- 2019**
- £30k annual grant funding to improve drainage on playing fields.
 - Joggers path – The Showfield, Blackwood – Estimated £80k.
 - The Ynys Sports Field, Pengam – Estimated £20k.
 - Full re-surface installation of Bargoad Athletics/Running Track - £13k completed.

CAERPHILLY ADVENTURES

- 2019**
- Holiday Outdoor Activity Programmes running by Caerphilly Adventures.
 - Supported Caerphilly Challenge Series.
 - 3000 school pupil visits.

LEISURE

- 2019**
- Over 60's dedicated membership option.
 - Under 16's offering.
 - Deprivation Opportunities - Targeting inequalities and barriers to participation.

LEISURE

- 2019**
- Promote positive messages about health and physical activity and its associated benefits.
 - Provision of varied, attractive and accessible opportunities for all ages.

CAERPHILLY ADVENTURES

- 2019**
- 1,700 EOTAS Visits.
 - 1,700 Specialist Resource Base Visits.
 - 300 Family sessions run by Caerphilly Adventures.

NATIONAL EXERCISE REFERRAL

- 2019 - 2020**
- Over 1400 participants referred to the Caerphilly County Borough Exercise Referral Scheme in 2019-2020.
 - Referrals were received from a wide range of health professionals including: GPs, Consultants, Physiotherapists, Dieticians, Practice nurse specialists.
 - Chronic condition pathways included Cardiac Rehabilitation, Pulmonary Rehabilitation, Diabetes and Obesity program, Falls Stroke and Neurological Disorders pathway.
 - Additional referral categories included were the primary prevention of cardiovascular and cardiopulmonary disorders, low back pain, mental health, and cancer rehabilitation.

SPORT CAERPHILLY

- 2020**
- COTF Programme - 32 young people trained as CSLA 2 Coaches to provide more opportunities for schools and clubs to get children and young people active.

SPORT CAERPHILLY

- 2019 - 2021**
- Positive Futures Programme 2019 – 2020
 - 1 visit figures Daytime – **1,917** (April-March)
 - Outreach – **1,839** (April-March)
 - Total attendances for 12 month period:
 - Daytime – **2,058**
 - Outreach – **4,807**

CAERPHILLY ADVENTURES

- 2020**
- Stand Up Paddle Boarding Programme on Cwmcam Lake.

LEISURE

- 2020**
- Open Leisure Centre membership delivered pan Gwent in 2020.

CAERPHILLY ADVENTURES

- 2020**
- Agreed new pricing structure with Education.

CAERPHILLY ADVENTURES

- 2021**
- Installation of Boathouse at Cwmcam Forest Drive.
 - Paddle boards purchased.
 - Ebikes purchased.

CAERPHILLY ADVENTURES

- 2021**
- Return to sport programme established.
 - Walking Programme planned.
 - Cycling Programme planned.

LEISURE

- 2021**
- Volunteer Pathway programme development.
 - Move to swimming Centres of Excellence for Learn to Swim Programme.
 - Reopening of all leisure centres 2021.
 - Continued high levels of Net Promotor Score.
 - Realignment of income budgets for 2021 onwards.

CAERPHILLY ADVENTURES

- 2021**
- Budget increase of £94k.

CAERPHILLY ADVENTURES

- 2021**
- 60+ Programme established.

NATIONAL EXERCISE REFERRAL

- 2020 - 2021**
- (Please note: NERS was suspended by PHW Wales due to Covid-19, however services were quickly moved online and clients were provided with continuity of their care virtually)
- 451 clients took the opportunity to participate in NERS activities virtually
 - All NERS staff have been involved in contacting, supporting and engaging with clients. This has been done via newsletters, live virtual classes, YouTube classes, individually tailored home training programs, and virtual walking programs.
 - There have been a total of 274 you tube video classes made covering a wide range of options. These include aerobic exercise for fitness, chair based class for falls prevention, low impact and low intensity to general circuits, yoga and Pilates, create your own home gym classes, low back pain, and food wise for health.
 - There has been a total of 42,647 views of all our virtual activity offerings.
 - Since June 2020 when live classes were initiated we have undertaken 532 live exercise sessions.
 - 2,057 individual home exercise programs have been distributed either in person, by post or via email.



Investment in Facilities

The Future

Healthier and Prosperous Communities

Physical Activity

Better Health

Secure Financially Sustainable Future