

# Health O&S Committee



## HAVERING LEISURE CONTRACT OVERVIEW

**1,954,595** VISITS TO OUR LEISURE CENTRES

**513,864** VISITS TO OUR GYM

**50%** OF PEOPLE  
BOOKED ACTIVITIES  
ONLINE

1883 ATTENDANCES TO OUR  
HEALTH REFERRAL  
PROGRAMES 18/19

**313,418**  
VISITS TO OUR POOLS FOR  
PUBLIC SWIM

**5,793** CHILDREN &  
ADULTS ARE TAKING PART  
IN OUR SWIMMING  
LESSONS

# Affordability price watch

	Havering sites (1 = most affordable)
Monthly membership	Ranked 8 out of 14 local centres
Children's swimming lessons	Ranked 5 out of 14 local centres
Adult casual swim	Ranked 2 out of 14 local centres
Concession membership	Ranked 5 out of 14 local centres

- PAYG concession prices for Exercise Referral, Cardiac Rehab, Drug and Alcohol Rehab Service

# Everyone Active Havering Healthy Lifestyles Programmes

- Exercise Referral Scheme (April 18 to March 19)
  - 541 appropriate referrals across 60 GP Practices/Health Centres
  - 246 clients started
  - 79 clients completed plus 21 clients joined a gym independently
  - Obesity and anxiety and depression main reason for referral
- Cardiac Rehab Scheme (Oct 18 to March 19)
  - 46 referrals
  - 26 clients started
  - 11 completers

# Everyone Active Havering Healthy Lifestyles Programmes

- Tier 2 Weight Management Programme Pilot (Jan-April 19)
  - 11 participants
  - 10 completed
  - 9 lost weight
  - Participants also lost body fat, cm's from waist and lowered BMI
  - Improved self-esteem and eating habits reported by most participants
  - Looking at securing further delivering of the programme
- Cancer Rehab Scheme starting in October

# Everyone Active Havering Healthy Lifestyles Programmes

- Dementia gym sessions, in partnership with Havering Memory Service
- Sport For Confidence Programme
- Funded internships
- Disabled swim sessions
- Free swim for 50+ and under 8's
- Partnership working with MIND including peer group sessions, sports activities, half marathon
- Know Your Numbers health checks in centre and community outreach
- Sugar Smart centres