

# Appendix B - 2024/25 Active Communities Programme

Initiative	Summary of initiative	Target Demographic / Group	Dates covered / Launch Date	Location/ Centre or Venue	KPIs	Comments
Gymnastics Sports School	Gymnastics sports school for a wide range of ages offering fun, exercise, and engaging activities that include ongoing and informal progression for all genders, helping develop physical, social, and emotional well-being.	Juniors	Ongoing	MALC and Repton	Repton attendance - 1704	813 children (88% at North Herts Leisure Centres, 227 at Repton Leisure Centre) attended the scheme. Memberships have been frozen while members join the Discontinuation project. Additional sessions were put on at Kingsley, Tanager Sports Centre to mitigate any such as possible. All of October sessions have been reinstated at North Herts Leisure Centres and Repton Leisure Centres, after the discontinuation works. Repton Leisure Centres had a closure for 7 weeks, and memberships were frozen. Between the closure 240 children on the scheme and were now 108, but not seeing an increasing this again. Since having no school back in September we have had 15 North Herts (opened up new bookings in October and 22 in November).
Junior Football Sessions	A junior football club in a safe, fun and friendly environment. Equipment is all provided and a wider range of games and activities to help juniors learn how to play and the value of football.	Juniors		Repton Leisure Centres and North Herts Leisure Centres	Attendance - 6 per session	Unfortunately despite lots of marketing, this session has not taken off at either venue. We will wait to see if there is a demand in the future when the provision is school going. We are however seeing an increase in demand for junior football and a club has been able to meet the demand, with 1 session running weekly across the contract. We have also seen the contribution of parents in football clubs will still be able to offer the challenge.
Soft Play & Inclusion Sessions	A relaxed, social hour for children with SEND and their families.	Juniors	Ongoing	MALC	Attendance - average 30 participants per session	Sessions planned where staff may be covered for September, during discontinuation project. This has now spread back up as a 10 October and we have received additional responses to support our children's learning this action date (October).
Home Education Swimming	Swimming Sessions for home education group - running Friday	Juniors	Ongoing (term time only)	Repton Leisure Centres	Attendance - average 12 participants per session	Term time only sessions delivered with a level 2 instructor, supporting children in obtaining their 25 metre distance badge.
Active Arts	Active Arts Activities and Games for children 7-15, Taster and Thursday Show & Learn	under 15's	Ongoing	Repton Leisure Centres	Attendance - average 40 participants per session	Active Arts was put on an hold whilst discontinuation works supported at Repton. New activities recruited, who have been given information on ongoing. Tuesday sessions are quiet, but Thursday sessions are busy. Working on new marketing to extend the new activities to class members of the session. Held in readiness for next term due to the building works, but the sessions will continue throughout this.
Careed for Children and Cam experienced Membership	Provide free access to sports, gym and classes for those who have been referred by Cam's Respite/Health. Care for children membership available to those under 18, and experienced membership available to those between the ages of 18-25.	North Herts Residents	Ongoing	Herts County Council	Memberships - 34	17 core experienced (18-25 years) and cared for children is 17
Springing Champions	Support springing athletes from North Herts to become springing champions offering free use of facilities and mentoring days with renowned athletes.	Talented and aspiring athletes - North Herts residents.	May 2025 - membership lasts 12 months	N/A	Memberships - 31	
Escape Pals	Escape Pals is a class to support those with stress, high back pain, stress and HSE conditions	Seniors or those with HSE conditions	Ongoing	North Herts Leisure Centres	Presently, we are 20% towards our goals.	Numbers are pretty low but this is a class which GP practice referral members can access. Engage & follow up are reviewing the class and providing mentoring and promotion of the session due to low numbers. We currently have 2 people waiting, also find the class beneficial.
Men's Club	To provide free access to those who have been referred by Cam's Respite/Health. Care for children membership available to those under 18, and experienced membership available to those between the ages of 18-25.	Men aged 18+	Ongoing	All main leisure centres sites	5 x clubs	Due to the building works at Repton, we don't have a room to run activities there currently. The courses have been successful, without a building works at Repton. Held in readiness for next term due to the building works, but the sessions will continue throughout this.
Partnership's Activities	Partnership (MALC) walking/football, (R) Fitness class, (R) Partnerships' Memberships, offering access to sports, gym and classes for those who have been referred by Cam's Respite/Health. Care for children membership available to those under 18, and experienced membership available to those between the ages of 18-25.	People with Partnership's	Ongoing	MALC and Repton	Memberships - 88	88 members, this includes access to co-membership including gym and classes, as well as Partnership's Football. There are 55 cards linked to the Partnership's accounts.
Menopause Wellness for HCC employees and care leavers	Monthly workshop for menopause women who need support	Women aged 30 - 50	Sep-25	Herts County Council session - 30 attendees	30 attendees	30 attendees
Menopause Support Group	Monthly workshop for menopause women who need support	Women aged 30 - 50	Ongoing	Witcher Fitness and wellness, North Herts Leisure Centres	Attendance - average 4 participants per session	The workshops were cancelled during the Summer due to discontinuation works and will resume in October.
Men's Health Webinar	Working in partnership with the NHS to deliver education to improve mental and physical wellbeing of men	Men aged 18+ in North Herts	Sep-25	Online	Attendance - 59 participants	Will be presenting again in November and in the New Year covering nutrition and diabetes and physical activity
Exercise on Referral	To provide physical activity sessions to those who are inactive and/or at least one medical condition to help improve outcomes for their medical conditions in a safe environment with the support of qualified instructors	Adults in North Herts with long-term health conditions, and those with acute conditions.	Ongoing	Witcher Fitness and wellness, North Herts Leisure Centres, Repton Leisure Centres	Over Q1 and Q2 across the contract we have received 235 referrals, with 420 clients.	There have been a number of barriers with receiving referrals from medical professionals. Initially the secure link which we have present in our system, through the discontinuation, and security information. The next generation of the form seems to be a concern for GPs, so we are waiting a Q3 update to support patients in self-referring after they have been prescribed exercise by their GP.
Beginner Football	2 new beginner classes for Football players looking for a bit of coaching to help improve their game and understanding of the rules.	Older adults	Ongoing	MALC and Repton	Repton Leisure Centres - Average 30 participants per session North Herts Leisure Centres - Average 20 participants per session	5 x sessions running for Football across the contract to the future for adults, and a new club constituted at Repton.
Carex Football	Inter-club competition for older members to members to have fun and play against others for a longer time than having to be his account	Adults in North Herts	Ongoing	MALC and Repton	Attendance - Average 14 participants per session	Beginner sessions with a coach providing more popular - however we cannot increase our offering of this structured session currently due to building works and sports hall closures. This is something we will look into further in the new financial year.
Community Outreach - Senior Circles, Strength and Mobility	Increase overall levels of participation in physical activity by providing full and adequate engagement of activities for our community.	NI Residents	Ongoing	Witcher, Aldwicks, Baldock, Wilbury Hall,	Q1-Q2 2025 sessions delivered 34 bookings and 187 unique members	New outreach sessions delivered for 5 weeks throughout the summer - women only at Baldock Road Recreation Ground, Outdoor Football and walking/running were also using groups to offer intergenerational links in the online, and active current groups. Another Football was held at Herts Cammer and Oad Tanager club in Repton. Walking/running club at Harlow Park in Letchworth. New entry class session run by GP medical coordinator at Baldock Community Centre. Sessions are currently free and access 5 sessions are held at Baldock, with 13 unique attendees. We have had 34 bookings of Wilbury Hall as of October. We have also introduced outdoor paths, and instructions on how to use, maps of the local area, and new groups.
Offering free outdoor fitness classes at outdoor and recreation park	3 sessions a week, Monday, Tuesday through to Thursday 20th Sep 2025, 40 fitness classes on the outdoor fitness equipment	NI Residents	Sep-25	Baldock road recreation park	Attendance - 0	This was delivered throughout September to support with the discontinuation works in the centres. Unfortunately despite lots of marketing, this session was not popular and we made the decision to allow later sessions back in centre.
Extra Care session	Kingsley Temple does not have room to accommodate exercise after school sessions other than in the gym, which limits what we can offer to residents. These sessions are held in the community.	Those with medical conditions	Sep-25	Baldock Community Centre	Attendance - Average 6 people per session	Sessions are currently free and access 5 sessions were held 48 bookings, with 13 unique attendees. People can self-referring this in November.
Health Action Day	Examined local partners offering a day full of activity based sessions and opportunities to help residents to participate in health and wellbeing sessions in the community and to offer health leads.	NI Residents	Jan-25	Repton Leisure Centres	Attendance - approximately 100 participants	Will arrange another one after the discontinuation works have finished.
Tackling physical inactivity for young children and families through holidays	Summer Family Campaign for low cost activities and encouraging	Families of North Herts	Summer holidays 2025	Whole Contract	Self play attendance - 140 participants Family returning attendance - 355 participants	Will re-launch Summer 2026.
Women's Rounders sessions	Delivering women's only rounders sessions at baldock road recreation park in summer evenings	Women and girls	July-Sep-25	Whole Contract	Attendance - 40	Will look to do this next year, and either in the year to capture the good weather. Really successful.
Walking Sports	Walking Football and Walking Football sessions delivered for senior members of the community	Seniors	Ongoing	MALC and Repton	Walking football - Average 10 participants per session Walking Football - Average 10 participants per session	Recruitment of new football coaches, we will increase marketing, and a meet and greet of the new coach.
Adult Quiet Swimming	Engage a small number of adults who live in the area, in the pool. These sessions are generally weekly or may be more available for those with health conditions, mental health and/or other long-term health conditions.	Seniors	Ongoing	Whole Contract	Attendance - average 12 participants per session	
Community Club	A 3-hour community club for senior members of the community to engage in social activities before or after their session as we can try to link with the free outdoor sport sessions on a Thursday afternoon.	Seniors	Ongoing	MALC	12 attendees each week.	Classes meant we could not deliver this community club, but we are looking to restart in the near future. Before the classes sessions were running with an average of 20 participants each week. Really important for socialisation and mental wellbeing.
Outdoor/Fitness Sessions	Buggy workouts and Outdoor/Fitness	Adults	Ongoing	Repton Leisure Centres	Bug Session - average 5 participants per session Outdoor/Fitness - average 5 participants per session	We have tried to create a pathway from buggy/more active sites, to increase numbers and opportunities. Buggy Workout being introduced in November.