

CASE STUDY

**SERVICE
HEAD OF SERVICE
SECTION
REPORT BY**

**Partnerships
John Kirby
Activity & Sports Development
Colin Christmas – Senior Manager – Somerset
Activity and Sports Partnership**

<p>EVERY CHILD MATTERS THEME</p>	<p>Being Healthy Staying Safe Enjoying and Achieving</p>
<p>CASE STUDY</p>	<p>FAMILY LEARNING: SURE START IN THE WATER. Identified Parents with Children aged 0 – 4, are invited by a Lead Health Visitor to swimming sessions led by a specialist Swimming Teacher. Sessions are also attended by the Health Visitor and her assistant and a creche is provided or available. Three courses are run throughout the year.</p> <p>Health Visitors also give Parents/Carers information about Health and Well being in particular the benefits of regular Exercise for their children and for themselves. Information also about local schemes and programmes they can join – often linked to the Children’s Centre.</p> <p>Programme is established in 2 areas in West Somerset (Minehead and Watchet) and is linked to Children’s Centres.</p> <p>Partners offering staff time and coordination : Local Authority Leisure Officer; Health Visitor Team; Children’s Centre Management; Aquasplash Management; SASP.</p>
<p>IMPACT</p>	<ul style="list-style-type: none"> ▪ To Influence the activity, fitness and general health levels of 0-4 year olds in the West Somerset Sure Start area. ▪ To Influence attitudes and understanding of parents, carers and grandparents (!) about contribution which learning early water confidence and co-ordination skills can make to the overall physical, emotional and social development and general activity levels of children. ▪ To Support parents in developing greater confidence in the learning/teaching process with their own children. ▪ To Link with TOPS training in Early Years settings. ▪ To Ensure (a) capacity build: (b) development and (c) sustainability by linking to local ‘mainstream’ provision. ▪ To Link to the development and success of new Sure Start/Children’s Centres

<p>MEASURING SUCCESS</p>	<p>Typically around 100 families take part each year. Last external Evaluation reported:</p> <ul style="list-style-type: none"> ▪ 34% had increased activity levels as a result of the scheme. ▪ 32% had hardly ever or never exercised prior to the sessions ▪ Nearly 42% now take more exercise <i>with their children</i> ▪ 78% swim independently and for fun. ▪ 5% have joined other follow-on swimming sessions.. ▪ 33% say they made new friends ▪ 94% felt more confident with children in the water ▪ CPD training sessions for teachers are organised ▪ 4 local spin off sessions/activities have been set up. ▪ Centres report increase in local demand for and provision of mum/baby lessons. <p><i>"success is down to the continual professional relationship with the people working in the different partnerships. This has ensured its expansion and progression into other water based programmes and other activities supporting health and community issues". (Liz Stewart WSDC Leisure and Community Officer)</i></p> <p><i>"... a great opportunity for parents, grandparents and carers to spend special time with their children or grandchildren to get more confident in the water....Lots of families have told us that the sessions have encouraged them to come along to the pool with their children once the course is finished"</i> Alison Frost Sure Start Health Visitor....</p>
<p>FAMILY LEARNING THEMES</p>	<ul style="list-style-type: none"> ▪ Raise the attainment and/or achievement of adults ▪ Involve the family in the broadest sense ie at children of all ages, at male and female family members and at the extended family <p>In particular Male family members, Learning in ethnic family groupings, Older people, The wider extended family, Carers.</p> <ul style="list-style-type: none"> ▪ Build the confidence of family members of all ages as they join together in a learning activity ▪ Support children learning with adults ▪ Help involve adults in children's education ▪ Learn about roles, relationships and responsibilities in relation to the stages of family life, including parenting education ▪ <i>Promote lifelong learning for the whole family</i>
<p>SUSTAINABILITY</p>	<p>Reduced Partnership funding still required to cover cost of creche at the Aquasplash facility. Indicative LA funding offered.</p> <p>Confirmed Kellogg's Swim Active Funding over the next three years will build and support the programme.</p>