Community Health & Wellbeing: Sunderland

Client Report • March 2025

everyone ACTIVE

Welcome to our newsletter

Inside this issue we report on some of the programmes and activities inspiring and encouraging our local population to enjoy moving more every day.

Our Strength & Balance - Falls Prevention programme continues to go from strength to strength with a new session at Houghton Sports and Wellness Centre added to the calendar. In contrast, Junior Golf sessions are helping to inspire the next generation of young golfers keen to learn about the sport and how to play.

We've also been focussing on the health and wellbeing of our own colleagues and helping them to put their own wellness to the fore. Wellbeing Walks are being held before meetings and proving highly beneficial in improving productivity and focus.

Many thanks and I look forward to hearing from you.
Corrin Bradgate, and the Everyone Active Team

Healthy Children & Young People

Tennis Europe Winter Cups

Hosted at Silksworth Tennis and Community Pool by Dunlop and supported by the Lawn Tennis Association (LTA), the Tennis Europe Winter Cups brings together the best young tennis players from across Europe, with 16 teams of Under 12's of boys and girls.

The final countries represented, whittled down from an initial 170 national teams from across three age categories, included Austria, Croatia, Czech Republic, Finland, Greece, Latvia, Ukraine, Denmark, France, Italy, Poland, Romania, Serbia, Turkey and of course GB. At the end of three day's intensive play, the home team won the boys championship, with the GB team of Captain Richard Plews, Thomas Gabor, Kai Max Hodkinson and Cameron Rae winning the silverware. The girls champs were the Czech Republic.

Tennis stars of the future; the GB champion boys team.

Healthy Communities

AWARD-WINNING GOOD BOOST

> The programme is accessible to a wide range of the community managing various health conditions

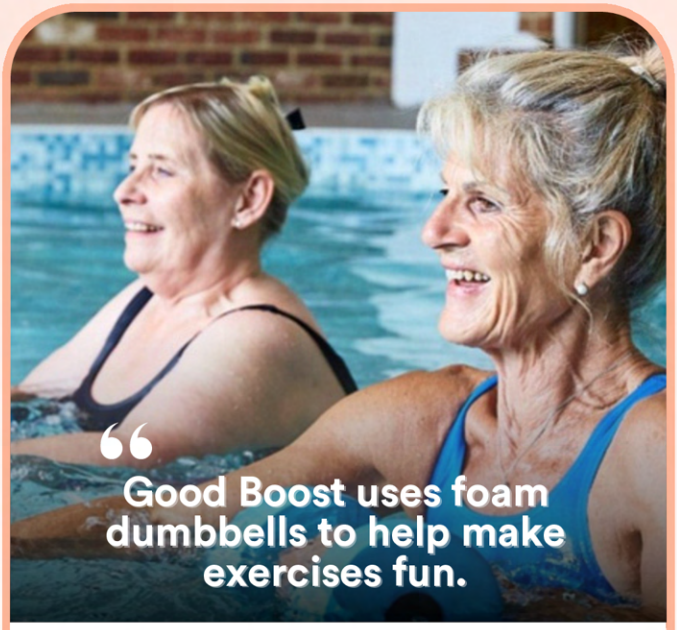
The award-winning Good Boost aqua series is now available at Sunderland Aquatic Centre.

Everyone Active has been involved with this pioneering programme, which uses AI assisted technology to personalise activities, from its initiation. We have now brought the programme to Sunderland Aquatic Centre with two weekly sessions, running for 10 participants.

Good Boost is of primary benefit to those living with long term physical health conditions such as arthritis, MSK and back pain, but it is also beneficial to those seeking accessible and adaptable activities to help with other health conditions. It is ideal for women during and after pregnancy.

The personalised aqua programme helps support people in accessing exercises specific to their condition, helping them to benefit from the movements offered. Sessions are overseen by our facilitator, so we can guide movements and give exercise demonstrations as participants follow their own programme in the water, viewed on tablets poolside. The general programme follows a warm-up, main exercise section and cool down, using lightweight foam dumbbells, noodles and kickboards to manage load and make exercises fun and enjoyable.

We hope to roll Good Boost out across the contract once the sessions are established at Sunderland Aquatic Centre.



> Good Boost uses foam dumbbells to help make exercises fun.

66% of patients using Good Boost while waiting for healthcare provision showed an improvement in their symptoms.

Healthy Colleagues programmes

Healthy colleagues are productive colleagues and so we've introduced a Healthy Colleagues programme. These organised sessions, initially run at Silksworth Tennis and Community Pool, bring variety to the work day. They also seek to help emphasise the six pillars of the Everyone Active You+ membership, helping to get colleagues familiar with what makes the membership unique.

The first event brought together 25 colleagues for an hour in the discovery of hot pod yoga! The activity helps support improved sleep, relaxation, social wellness and has cognitive benefits. Other planned sessions involve boxercise and Pilates.

Colleagues ready to try hot pod yoga.

Colleague Wellbeing Walks before meetings

We recently carried out a Colleague Wellbeing Walk before our monthly contract meeting for the Sunderland area.

Our team on a Colleague Wellbeing Walk.

We all know how a walk is so much more than just stretching the legs, but we have perhaps been guilty of not making the time during the working day to get outside and unwind in the environment.

Understanding that no matter how busy the day feels, there are always a few minutes to get away from the workplace and walk outside is important. We hope that by emphasising this before contract meetings, colleagues will spread the message and everyone will feel empowered to grab the time to take a short walk outside - whatever the weather.

Talking amongst the team in the outside environment is already proving beneficial in boosting the wellbeing of everyone involved, leaving them in a better mood, carrying less stress, more focused and confident in meetings.

We are hoping to host regular walks before scheduled meetings and practise what we preach to our customers.

Healthy Ageing

Strength & Balance - Falls Prevention

Thanks to the support of Sunderland City Council our Strength & Balance - Falls Prevention programme continues to help residents remain independent and active in their communities as they age.

This ongoing project, spanning over three years, had supported 525 people by the end of 2024.

Initially conceived to help decrease the amount of hospital admissions due to falls amongst over 65s across the Sunderland area, the programme has had widespread impact in also improving confidence and reducing social isolation amongst this group.

City-wide

The programme now covers the whole city, with Houghton Sports and Wellness Centre welcoming 12 participants each week, as well as 18 at our outreach centre at Penshaw Community Centre.

Exit strategies, following the programme, feed into our very own GP Referral Circuits sessions, which have seen a significant rise in numbers (up to 15) and continuing to grow.

Extra sessions

Demand has increased so much, we have been sourcing extra funding to support an extra session at Hetton Community Pool and Wellness Centre, with a new weekly Thursday session recently added at Houghton Sports and Wellness Centre.

We continue to witness major improvement in participants' results, from initial pre-test to their 14-week post test. Not only using less steps to carry out a particular test, but in using less equipment. (Results available on request.)

Average results

Recent cohorts have shown a three second improvement in the Time Up And Go test, standing for seven seconds longer, completing three more Sit To Stands than before the course, and a reduction in Fear Factor of five points. Great work from all participants in their personal development!

"A session in progress at Penshaw Community Centre.

Healthy Ageing

Walking Sports Programmes

A wide range of Walking Sports Programmes are offered at Washington Leisure Centre and Houghton Sports & Wellness Centre.

Walking Netball, Walking Football and Walking Cricket all serve to make the sports accessible to a wide range of people, enabling continued participation in a favourite sport or introducing new people to the sports.

The benefits to participants are wide-ranging and are not limited to those associated with increased physical activity. Playing walking sports can also help individuals improve balance and coordination outside of the sport, reducing the risk of falls or injuries in everyday life.

As importantly, these team sports help to combat social isolation and loneliness, provide a sense of community, and offer fun and enjoyment.

Walking Netball sessions typically start with players practising drills before playing a game. Walking Cricket sees participants take part in practise sessions like batting, catching and fielding and then playing a game. Walking Football gets straight into a match, after warm up activities.

Healthy Lives

Accessing a healthier life

Healthy Partnerships is offered across the Everyone Active Sunderland Contract, with the support of funding from Together For Children, Sunderland City Council, and Sunderland Carers. The scheme currently supports over 500 people.

Its ultimate goal is for people to live longer and in better health. The programme achieves this by targeting specific communities which potentially experience poorer health outcomes compared to the general population.

Working with different organisations from around the city, Healthy Partnerships serves to improve health as well as address issues like anxiety, depression, loneliness, by promoting positive mental health strategies, and access to appropriate support services.

Partnership organisations include, but are not limited to:

Sunderland Carers - We are able to offer free swimming to registered carers, giving them some quality time doing something for themselves and their personal health and wellbeing.

Together for Children - In support of this scheme supporting children and young people, we offer a free three month membership to get young people into a healthier route. This in turn offers them better sleep through regular physical activity, increased energy levels, reduces risk of chronic diseases, improves the immune system, improves mood and reduces anxiety and depression, as well as providing a sense of accomplishment and success.

Bumps to Baby (B2B) Project - This specialist service for young parents up to the age of 20 years, supports young parents in navigating all issues surrounding pregnancy, childbirth and infant care. The project also helps parents with issues such as employment, claiming appropriate benefits, budgeting, healthy eating, mental health, sexual health and smoking cessation. We offer a year's free full membership to individuals identified by the scheme.

Healthy Communities

Lawn Tennis Association awards

Silksworth Tennis & Community Pool was recognised by the Lawn Tennis Association (LTA) in its annual awards.

The facility's coaches were recognised by the Tennis Opened Up award for their all-year-round inclusive sessions for those managing sensory impairment, Parkinson's, learning disabilities etc as well as hosting Sportability days helping everyone to enjoy and access the sport.

Graham Fowler was recognised as Official of the Year for the tournaments and school events he runs and operates, as well as being a Tournament Director for Tennis Europe.

Tennis Europe Winter Cups by Dunlop was awarded LTA Tournament of the Year. The event is a great occasion for the area, bringing together the best young players from across Europe in competition.

Finally, Park Venue of the Year was awarded to Usworth Park for the second year running. This is no doubt thanks to the extensive range of parks tennis activities available.

Weekly walking tennis sessions hosted with Washington U3A at the venue, started with just four players and progressed to 12 by the end of the programme. There were also weekly sessions with The Little Onion Club, with youngsters of all ages taking part. These sessions were part of the Community Group project, offering free tennis coaching opportunities for community groups throughout Sunderland. The school holiday sessions at Usworth Park were also well attended with kids, parents and adults taking part.

Programme feedback

"The Sunderland Parks Tennis Programme has been a fantastic opportunity to get more people on court playing tennis. It's brilliant to see Usworth Park being recognised for all of the fantastic work that has been done." Ashleigh Baines, Tennis Coach

Healthy Children
& Young People

Junior golf sessions inspire next generation

In association with Beamish Golf Centre we are offering a series of Junior Golf sessions, increasing the sport's visibility in schools and communities.

The programme, which initially started at Washington Leisure Centre with a taster session on 16 February followed by four to six weeks of lessons for eager participants; the programme will be rounded off with a free taster session at Beamish Golf Centre on a real green.

Similar events are scheduled at Raich Carter Sports Centre on 6 April and Houghton Sports and Wellness Centre starting on 13 April.

Golf is a low impact sport which encourages physical activity, strength, flexibility and endurance. The game can teach focus, resilience and strategic thinking, offering lessons in discipline and critical decision making on the course.

The initiative hopes to provide a pathway into golf for young people, making the sport accessible and participants comfortable with the surroundings of a real golf course. During the programme, youngsters are taught the fundamentals of the game, including skills, rules and etiquette whilst creating an environment for them to meet new friends and build social connections.

Thank you for reading our newsletter. If you would like further information about any of these or forthcoming programmes, please contact me, Corrin Bradgate, by email: **CorrinBradgate@everyoneactive.com**