



Active Oadby and Wigston



Oadby & Wigston
BOROUGH COUNCIL

Previous Key Successes & Challenges

Successes	Challenges
Partnership working- diverse range of partners from across public, private and third sector	Boosting community capacity- improving leadership amongst the community
Public facing team- over 50 events completed	Effectiveness of non-digital access channels to communicate key messages to target groups
Impact: “Really nice group of people with the same purpose in mind and a supportive leader/instructor with the knowledge to help with any worries or concerns.” (Active Oadby and Wigston programme participant)	Understanding and demonstrating the longer-term impact of our work- what happens to participants 6 months, a year down the line?

Overcoming challenges

Challenges

Boosting community capacity- improving leadership amongst the community

Effectiveness of non-digital access channels to communicate key messages to target groups

Understanding and demonstrating the longer-term impact of our work- what happens to participants 6 months, a year down the line?

Volunteer fair – new volunteers on board – rough numbers? Collab with PCN to help with capacity?

Continuing with com engagement – pop ups/agms/resident forums/flyer drops/etc/SCAG

Always ongoing – listening to the community – consultation through movement is KEY



Community pop ups and engagement



Local partner collaboration

"Working with the Oadby and Wigston Borough Council and Active Oadby and Wigston team is **incredibly beneficial for the staff, students and families that we work with and support. We can signpost students and families to fun and impactful projects and therefore help them keep maintaining the benefits of physical activity.** Furthermore, we can work together to **plan and facilitate community events** that can increase the opportunities for community members to access different physical and mental well-being activities. For example, we recently held a 'Games for Everyone Festival' at South Wigston High School, this included inclusive target sports, arts and crafts and wheelchair basketball, and not only was the turnout great but the feedback we received was immensely positive - showing a real engagement and need of this type of initiative. **Working collaboratively is ideal for all parties and ensures that we can provide the best support possible for those families we work with.**"

Learning South Leicestershire School Sports Partnership



Local partner collaboration

"Local Area Coordination Teams in Oadby, Wigston and South Wigston all work in close partnership with Ross, Jen and Lucie; Our working relationship is extremely valuable to the residents as they get to know what sessions are being held, and where, and are provided with up-to-date information. LAC's are able to support people to attend the groups, introduce them to Ross, Jen and Lucie which in turn helps the residents become more independent.

One person I met through ASC referral was Oadby resident 'PA' who was struggling with low mood and confidence due to not being able to cope within work environments, and having to stop work due to his deteriorating mental health. PA was happy for me to support him initially, so gradually I introduced him to Jen, Ross and Lucie – who all made him feel valued and welcomed in their sessions. PA managed to increase his confidence through attending regular Wellbeing Walks and Let's Grow at Brocks Hill, and he registered with the Walking Football group; his health and wellbeing improved so that after a while he was able to link into services at Work & Skills Leics and make an appointment with an officer to look for alternative areas of employment. "



Our programmes

- 1-1 walks
- Group walks x3
- Seated Activity
- Walking Football
- Get Moving Together
- Let's Grow
- Let's Grow Juniors
- Care to walk
- Inclusive Tennis
- Active Ladies
- Waterways wellbeing
- Ladies only walk
- Hub Club
- Dementia Walk
- Diabetes and Health
- Exercise referral
- Steady Steps



Programme spotlight – Oadby Group Walk

"A great opportunity to chat and to be out in the fresh air. It's wonderful that while walking we can have a pleasant chat and a laugh."



The Wednesday group went a walking,
laughing, joking and simply talking, down the
alley ways, streets and park, so good it was

for our 

We'd love to see you there next week, come
join us if it's friendship, and healthy exercise
you seek.

Participation Inspiring Poetry!

I walk through the park and hear dogs bark
and smell the flowers, the trees wave and
whisper in the breeze, the birds chatter and
sing their song , the beauty of which to my
heart doth bring a peace of which I have
search for long. It lifts my spirits and brings a
spark. There's no better thing than to walk in
the park.



Programme spotlight – Seated Activity



'I have been going to the seated activity class for some time now I would like to say I have found this very beneficial to me, both mentally and physically. It's helped me exercise despite my rheumatoid arthritis. There is a good group and it's really nice to meet new people.' Seated Activity Participant



Programme spotlight – Get Moving Together



<https://twitter.com/ActiveOadbyWigs/status/1545335570926379008>

WHAT NEXT



Thank you

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