GLL in Cornwall
– Core principles

**Better Service**
Providing high quality, affordable & accessible services and facilities for all ages and abilities

**Better People**
Creating employment, offering training & apprenticeships to develop our staff

**Better Communities**
Maximising our impact on physical activity, sport, health, inclusion; creating affordability & environmental sustainability

**Better Business**
Being financially stable and commercially responsible

[Logos and certifications]
# WHO KNEW

GLL THE SOCIAL ENTERPRISE

• Returned over £350 million worth of social value to our communities
• Generated Social Value in 2017 that has increased by 17% YOY
• Increased Social Value per participant to £423
• Its Community Foundation in 2017 has pledged £12k in cash; £6k in kind and raised £73k via the GCF movement
GLL THE SOCIAL ENTERPRISE

Has announced the first phase of a £18m investment in its facilities across Cornwall so customers have a better experience when doing the activities they enjoy most. Initially, nearly £800,000 will be spent on improving gym facilities at six centres this year.

# WHO KNEW

New Technogym equipment is being installed in:

- Lux Park Leisure Centre,
- Waterworld,
- Phoenix Leisure Centre,
- Saltash Leisure Centre,
- Ships & Castles Leisure Centre
- St Ives Leisure Centre.

# WHO KNEW

- Waterworld gets a new changing room
- Saltash Leisure Centre gets a new exercise class studio.
- Reception areas at Lux Park Leisure Centre and Saltash Leisure Centre also get a refresh
# WHO KNOWS?

OUR AMBITION
# WHO KNOWS THE REALITY?
The Council would like activity levels to increase and for a comprehensive network of opportunities to participate in leisure in Cornwall, but hasn’t got sufficient resources to do it by itself.

Optimising the impact of public expenditure on increasing the level of physical activity is essential if targets are to be met and sustained.

An increase in commissioning leisure services by GPs, Public Health, Social Care services, individuals with personal budgets etc. to achieve health outcomes.

Children should be physically active to help them to develop the skills they need to continue being active throughout life.

If activity levels increase demand for community leisure is likely to increase too.

There’s relatively little information available to the Council about the impact of its leisure facilities.

Competitive sport in Cornwall is not inclusive.
BETTER COMMUNITIES SPORT

General Managers complete Dementia Awareness training 3 August – delivered by Dementia Champions in partnership with Cornwall College and the Alzheimer's Society. Cornwall Partnership committing to training internal Dementia Champions to roll out training across the partnership.

‘This Girl Can’ project – pay and play netball started 2 October at Polkyth Leisure Centre. In partnership with Cornwall Sports Partnership, who provided a coach.

The word is being spread through websites and social media,

The Community Sport Team and Bodmin Dragon Leisure Centre were successful in gaining £2k to fund a brand new Friday Night Youth Sport Night that started 6 October. Young people between Year 7 and Year 11 (Secondary School) will be able to engage in fun, energetic fitness and swimming activity Friday evenings from 6.15pm – 8pm. Young People will be able to try activity in a young people friendly environment.
The newly written and approved Community Sport & Health Plan outlines five key areas of development:

- Review & Map Services and Programmes
- Partnership Development & Coordination
- Engage Communities & Promote Offers
- Build Community Capacity
- Measure & Demonstrate Impact

All five areas will support Cornwall Council’s Physical Activity Strategy.

Communities Sportivate Bouncing into Activity – began at Polkyth Leisure Centre 6 October with young females 11 – 16 years who spend less than 3 times in a month period engaged in physical activity.

Our second Communities Sportivate Hanging Out Project – began at Newquay Sports Centre 28 September, once again the project targets inactive young females 11 – 18 years for this particular area. Partnerships with Young People Cornwall, and local youth groups, as well as the local secondary school.

Autism Service Committee Strategy & Benchmark – GLL Community Sport Team invited to support the development of a self-assessment toolkit for sport and leisure providers. Working with Dr Julian Commons Phoenix Services Manager; Cornwall Sports Partnership; Cornwall Council; Autism Leads in the county.
Macmillan funded received, £8,000 to deliver a walking, talking and coffee morning. Further work is underway to develop a more robust approach to physical activity and cancer survivorship based on developing relationships with Royal Cornwall Hospital Treliske and Macmillan cancer specialists.

Alongside this other community events took place across the network to include a popular Macmillan coffee morning in Splash Leisure pool for local swimmers and new swimmers to support the coffee morning bringing in home-made cake donations.

Psychology Motivational Interviewing training for 10 staff held in September with Dr Lynne Johnstone, results on final assessments due in December.
Healthwise – following 3 months of development and aligning criteria with Cornwall Council Physical Activity criteria expecting the launch of Healthwise programme in October with final designs to referrers manual and sign-offs to material being underway. Discussions with health providers also ongoing as part of a four month roll out programme.

Alzheimers Society local partnership – working towards key centre staff to become dementia champions undertaking Alzheimer’s Society ‘train the trainer’ courses in Plymouth, enabling the delivery of dementia awareness services within the GLL workforce in Cornwall. Negotiating 2 train-trainer places in January course.

Working with Age UK in Cornwall as part of pre diabetes prevention programme, providing walking and talking services leading into Healthwise referrals and access to swimming.

Beginning to work with Public Health Cornwall on promoting healthy active pregnancy by providing, free day passes as introduction to swimming.

Mums to Be & New Mums Get Active, Stay Active

Did you know
Safe, suitable and regular physical activity throughout your pregnancy helps keep you and your baby healthy.