

South Kent Coast Health and Wellbeing Board

24 January 2017

Dover Leisure Centre Project

Introduction

Dover District Council is proposing to build the new Dover Leisure Centre on a site in Whitfield. A budget of £26 million was approved in September 2016. Currently the Council is working with our preferred contractor and specialist team of consultants to develop detailed plans. We intend to submit a planning application in March, begin building in the autumn and open the new centre early in 2019. The contract to operate the new leisure centre will be subject to a procurement process this year; the intention is to issue invitations to tender in February and appoint the operator in the autumn.

Facility Mix

The new leisure centre will be bigger than the existing town centre facility, with more facilities and improved car parking capacity. The Council is also working with bus operators to investigate improved access via public transport.

The facility mix approved by DDC's Cabinet is as follows:

Activity Areas	Current	New Centre	Change Compared to Current
Main pool	6-Lane 25m pool	8 lane x 25m pool	Increase
Spectator seating	140 person capacity	250 person capacity	Increase
Learner pool	12.5m x 7.5m Learner pool	15m x 8.5m with moveable floor	Increase
Sports hall	8 courts	4 courts	Decrease
Health and fitness	37 stations	120 stations	Increase
Multi activity studio	1 x studios	2 x studios	Increase
Multi purpose room (ground floor)	None	1 x room for meetings / parties / soft play / crèche etc.	Increase

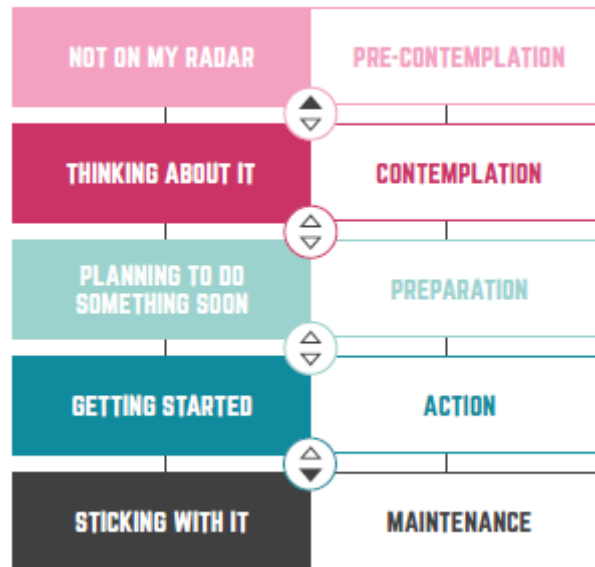
Spin studio	None	1 x studio	Increase
Squash court	3 x courts	2 x courts	Decrease
Interactive climbing	None	Included	Increase
Small sauna and steam room	Included	Included	No change
2 x five a side football pitches (outdoor 3G)	None	Included	Increase
Café	Included	Included	No change
Parking spaces	95 spaces	250 spaces minimum	Increase

This facility mix will meet strategic sporting needs as identified by the Dover District Indoor Sports Facility Strategy, which was adopted in July 2016. Extensive consultation and engagement with key stakeholders was undertaken during preparation of the underlying strategy and when developing specific proposals for the new leisure centre. For example Andy Fairhurst, Public Health Programme Manager at KCC, supplied comments on the strategy while it was in draft form and attended a leisure centre stakeholder event in July 2016. Engagement with representatives of people with disabilities has continued through development of the detailed plans.

Copies of the latest plans will be available to view and discuss at the SKC Health and Wellbeing Board meeting.

Maximising Health and Wellbeing Benefits

The new leisure centre will offer opportunities to deliver improved health and wellbeing benefits for our community. To maximise these benefits it will be necessary for various relevant agencies to work in partnership. Sport England's strategy 'Towards an Active Nation' emphasises the need to tackling inactivity through application of the behaviour change model. The model, as shown below, will be familiar to members of the Health and Wellbeing Board because it is similar to the public health process of change.



A review of strategies applicable to the SKC Health and Wellbeing Board has identified numerous examples of relevant objectives. For example,

- Kent and Medway Sustainability and Transformation Plan includes the aim of ‘Preventing ill-health and intervening earlier: supporting and enabling people to take ownership for the health and care and healthier lifestyles’.
- Kent Joint Strategic Needs Assessment aims to achieve ‘Effective prevention of ill health by people taking greater responsibility for their health and wellbeing’.
- Kent Joint Health and Wellbeing Strategy aims to ‘Support people with learning disabilities with access to health services and leisure activities’.
- SKC CCG Patient Prospectus highlights the need to reduce rates of childhood obesity.

Other less obviously related objectives could perhaps be addressed by means of an innovative approach at the new leisure centre. For example, the SKC CCG Patient Prospectus commits to develop local clinics for people with diabetes. Could these be co-located with the leisure centre in the multi-function room to help encourage physical activity?

Examples of health programmes / initiatives at other leisure centres:-

- Free Swim and Gym schemes, e.g. in Lambeth
- GP Referral scheme in Southwark with following three aspects:-
 - **‘Kickstart’** programme that offers flexibility for those who can exercise safely on their own or in groups at any time without the restriction of a timetabled programme. Participants can access all mainstream classes and sessions offered at all five sites.
 - **‘Active Boost’** - traditional exercise on referral programme giving specialist supervision during a timetabled programme. The Active Boost programme provides

access to walking sessions, healthy shopping trips, gym based sessions, circuit, aqua aerobics, Pilates and graduation classes.

- **Cardiactive** – is a separate exercise on referral programme for those recovering from serious cardiac illness.
- **Healthy Lifestyle Motivators** - are available to participants in the Kickstart, Active Boost and Cardiactive programmes. The HLM meets with clients for a 1-1 motivational interview and to set future goals. These are reviewed at each of the following three appointments and exit routes identified

Examples of co-located sports and health facilities

The leisure centre has been designed to accommodate expansion in the future; perhaps this could incorporate more specialist health facilities.

- Graves Health & Leisure Centre, Sheffield (completed summer this year), new build wet/dry facility, indoor tennis, external pitches and co-located health provision; approximately £20m in total project value. Sport England has invested £2m.
<http://www.placesforpeopleleisure.org/centres/graves-health-and-sports-centre/#>
- Great Sankey Neighbourhood Hub, Warrington (under construction), major refurb & new build wet/dry centre, external pitches & courts, integrated health provision including a pharmacy/primary care provision, digital wellbeing facilities and a library; approximately £17m in total project value. Sport England has invested £1.5m.
<http://www.greatsankeyneighbourhoodhub.co.uk/>

Funding opportunities

DDC is applying to Sport England for £1.5 million towards the capital cost of the leisure centre

Active Aging Fund, Sport England – focus is on testing new ways of tackling inactivity and finding approaches that could be replicated across the country

Is the board aware of other possibilities?

Summary

Dover District Council would like to work with health partners to ensure that the new Dover Leisure Centre delivers health and wellbeing benefits effectively. Programmes and activities in the centre should attract as wide a range of users as possible, including people who are currently inactive.