



***LEISURE AND CULTURE SUB COMMITTEE***

***2.00 PM THURSDAY, 16 DECEMBER 2021***

***VIA MICROSOFT TEAMS***

**All mobile telephones to be switched to silent for the duration of the meeting**

1. Welcome and Roll Call
2. Chairs Announcements
3. Declarations of Interest
4. National Exercise Referral Scheme (*Pages 3 - 22*)
5. Quarterly Performance Management Data 2021-2022 - Quarter 2 Performance (1st April 2021- 30th September 2021) (*Pages 23 - 28*)
6. Forward Work Programme (*Pages 29 - 30*)
7. Urgent Items  
Any urgent items (whether public or exempt) at the discretion of the Chairperson pursuant to Section 100B (4) (b) of the Local Government Act 1972

**K.Jones**  
**Chief Executive**

### **Committee Membership:**

**Chairperson:** Councillor S.H.Reynolds

**Vice  
Chairperson:** Councillor R.Mizen

**Councillors:** D.Keogh, S.Miller, S.Renkes, J.Hale,  
A.J.Richards, D.Whitelock and J.Jones

### **Notes:**

- (1) If Committee Members or non-Committee Members wish to have relevant items put on the agenda for future meetings, then please notify the Chief Executive/Chair eight days before the meeting.*
- (2) If non-Committee Members wish to attend for an item of interest, then prior notification needs to be given (by 12.00 noon on the day before the meeting). Non-Committee Members may speak but not vote, or move or second any motion.*
- (3) For pre scrutiny arrangements, the Chair will normally recommend forthcoming executive items for discussion/challenge. It is also open to Committee Members to request items to be raised - though Members are asked to be selective here in regard to important issues.*
- (4) The relevant Cabinet Board Members will also be invited to be present at the meeting for Scrutiny/ Consultation purposes.*
- (5) Would the Scrutiny Committee Members please bring the Cabinet Board papers with them to the meeting.*

# What is NERS?

NERS is an evidenced based health intervention incorporating physical activity, behavioural change techniques to support referred clients to make healthy lifestyle changes and to improve their health and wellbeing.

The scheme originally targeted clients who were at risk of developing CHD and those with mild to moderate anxiety (Level 3 Exercise Referral delivery).

In 2009 NERS developed delivery to include those with chronic conditions to meet the Welsh Government priorities (Level 4 Specialist Instructor delivery) and funded by WLGA and Public Health Wales

# What we deliver

- Circuit Classes
- Gym Classes
- Pool Sessions
- Pilates
- Rehabilitation Classes i.e. Cardiac, Stroke, Cancer, Falls, Back Care, COPD etc.
- Tai Chi
- Walking/ Cycling Sessions

# Referral Conditions

- Osteoporosis
- Anxiety, depression, stress
- Respiratory
- Diabetes
- Musculoskeletal i.e. knee, hip etc
- CHD risk factors i.e. raised BP and cholesterol etc

# What are our aims

The National Exercise Referral Scheme (NERS) provides access to tailored and supervised group exercise for those who are inactive and at risk of or currently experiencing a long term or chronic health condition. Referrals are from all registered Health Professionals within the NHS

The NERS Programme aims to ensure that:

- Population with chronic conditions are active and in best possible health
- Clients have a good physical and mental health
- Clients have a good quality of life
- Clients have a good life expectancy

# Where are we?

- The classes are delivered in a variety of community and leisure venues working closely with PASS and Celtic Leisure Trust.
- The sessions are at various times and on most days of the week and we rely heavily on the income from these classes to help support the scheme as we are a grant funded annual project.
- The sessions are for 1 hour and we encourage 2 sessions per week for 16 weeks at a cost of £2 per session.
- We review progress at 16 weeks and offer options to remain active with local facilities or at home.



**Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru**  
Wales National Exercise  
Referral Scheme (NERS)



Llywodraeth Cymru  
Welsh Government

# NPT NERS

# Pandemic Journey



# Our Journey 2020

- Initial Response
- Resurrecting Facebook/Social Media/YouTube
- Team/Client Education and Training
- Challenges/Positive Outcomes
- NPT NERS Future



**Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru**  
Wales National Exercise  
Referral Scheme (NERS)

# Initial Response

- Cancelled all classes until further notice
- Offered support to existing clients should they need to isolate
- Sent out home exercise programmes
- Developed ways to connect and engage with clients from a distance.

e.g. FACEBOOK/YOUTUBE

- Educated Lisa & Claire on how to use Teams.....😊

# NERS Facebook Page

- Inactive since 10th March 2016
- Only 49 people following the page



## FAST FORWARD TO OCTOBER 2021

- Just under 600 page followers
- 28 day average post reach of 1100 people
- Live weekly Tai Chi sessions

# HOW WE DID IT

- Developed a structured timetable for posts e.g.
  - Schedule post daily
  - Educational videos – Hip/Knee/Back
  - Posters
  - LIVE classes – Tai Chi, Pilates & Walking
  - Food education
  - Circuit classes



# Introduce The Team

We used Facebook as a way to introduce the team.

Using questions and pictures to demonstrate our individual characters to show new followers who we are.

# Creating Youtube

Youtube provided us with a platform to upload our videos into an online library.

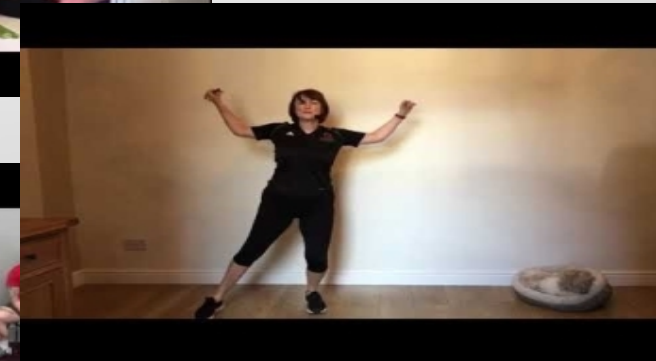
Video access via:-

- Phones
- IPads/Tablets. Linked to Digital Wales.
- Lap tops
- Directly through TV's.

This made it easier to email links or for clients to search for our videos directly.

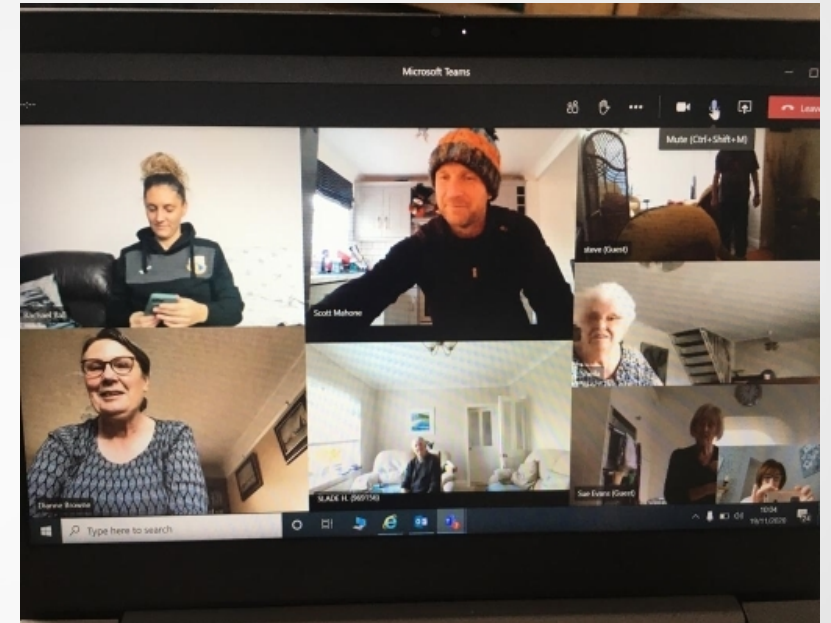


## Floor Exercise Pelvic Floor Set up



# “Teams” Class Experience

- Scott and Rachael invited a small group of existing participants to join them online.
- They created a “How To Guide” for teams
- Risk assessed virtual exercise environment
- Supported participants throughout this new experience.



# Staff Training

- Teams/Zoom
- Foodwise
- Covid 19 Course
- Cancer Level 4
- Diabetic Level 4



# Challenges We Faced

- Working from home
- Computer Literacy both staff and participants
  - Isolation from team and participants
  - Fear of the unknown

# Positive Outcomes

- Increased our visibility online
- Developed a virtual platform that anyone can access.
- Developed new skills e.g Social media, video making/editing, poster making etc.
- Appreciation of good health



# NERS Future

- Blended Timetable
- Maintain virtual classes/social media
- Create new outdoor opportunities
- Continue to support those who lack confidence with IT
- Continue to develop and maintain the service

# NPT PASS Future

## VISION

**“Creating a Neath Port Talbot where everyone has an equal chance to be healthier, happier, safer and prosperous”**



Llywodraeth Cymru  
Welsh Government



Any Questions?





Cyngor Castell-nedd Port Talbot  
Neath Port Talbot Council

**NEATH PORT TALBOT COUNTY BOROUGH COUNCIL /  
CYNGOR BWRDEISTREF SIROL CASTELL-NEDD PORT  
TALBOT**

**Leisure and Culture Cabinet Board / Bwrdd Cabinet Addysg,  
Sgiliau a Diwylliant**

16<sup>th</sup> December 2021

**Head of Support Services & Transformation/ Pennaeth  
Gwasanaethau Cymorth & Trawsnewid**

Rhiannon Crowhurst

**Matter for Monitoring**

**Wards Affected: All Wards**

**Report Title**

Quarterly Performance Management Data 2021-2022 –  
Quarter 2 Performance (1st April 2021– 30th September 2021)

**Purpose of the Report:**

To provide members with quarter 2 performance management data, for the period 1st April 2021 to 30th September 2021 for Education, Leisure and Lifelong Learning Directorate relating to Leisure and Culture. This will enable the Leisure and Culture Cabinet Board to discharge their functions in relation to performance management.

**Executive Summary:**

The report provides data relating to the Library Service concerning the number of visitors and percentage of quality indicators achieved, a summary of the number of people participating in a sporting activity at the council facilities and the number of visitors to our Theatres.

**Background:**

Members are presented with a full suite of Leisure and Culture KPI's (Corporate Plan and Local KPI's).

A list of quarter 2 key performance KPI's with progress comments on each indicator are attached as appendix 1.

KPI status:

- GREEN (green traffic light) - KPI's that have improved on or achieved target
- AMBER (amber traffic light) - KPI's that have not achieved target but performance is within 5%
- RED (red traffic light) - KPI's that are 5% or more below target

Where available, appendix 1 provides performance data for quarter 2 performance for 2019/20, 2020/21 & 2021/22. The target provided is for the corresponding period.

**Financial Impacts:**

The performance described in the report is being delivered against a challenging financial backdrop and reduced budget.

**Integrated Impact Assessment:**

There is no requirement to undertake an Integrated Impact Assessment as this report is for monitoring / information purposes.

**Valleys Communities Impacts:**

No implications.



**Workforce Impacts:**

The Council's workforce continues to contract as financial resources continue to reduce. In recognition of the scale of change affecting the workforce, a new Corporate Workforce Plan has been developed to support the workforce to adapt to the changes that are taking place.

**Legal Impacts:**

This Report is prepared under:

The Local Government (Wales) Measure 2009 and discharges the Council's duties to "make arrangements to secure continuous improvement in the exercise of its functions".

The Well-being of Future Generations (Wales) Act 2015

The Neath Port Talbot County Borough Council Constitution requires each cabinet committee to monitor quarterly budgets and performance in securing continuous improvement of all the functions within its purview.

**Risk Management Impacts:**

Failure to provide a suitable monitoring report within the timescales could lead to non-compliance with our Constitution. Also, failure to have robust performance monitoring arrangements in place could result in poor performance going undetected.

**Consultation:**

There is no requirement under the Constitution for external consultation on this item.

**Recommendations:**

Members monitor performance contained within this report.

**Reasons for Proposed Decision:**

Matter for monitoring. No decision required.

**Implementation of Decision:**

Matter for monitoring. No decision required.

**Appendices:**

Appendix 1: Key Performance Management Data - Quarterly.

**List of Background Papers:**

The Neath Port Talbot Corporate Improvement Plan - 2019-2022

Monitoring forms/spreadsheets

Welsh Government Statistical Releases

**Officer Contact:**

Neal Place, Performance Management Officer.

E-mail [n.place@npt.gov.uk](mailto:n.place@npt.gov.uk). Tel. 01639 763619



Cyngor Castell-nedd Port Talbot  
Neath Port Talbot Council

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# Performance Indicators





Neath Port Talbot Council

Appendix 1 - Leisure and Culture – Key Performance Indicators - Quarter 2 ( 1st April - 30th September) - 2021/22



*Print Date: 15-Nov-2021*

## How will we know we are making a difference (01/04/2021 to 30/09/2021)?

PI Title	Actual 19/20	Actual 20/21	Actual 21/22	Target 21/22	Perf. RAG
<b>Organisation</b>					
CP/072 - Number of visits to our theatres	133276.00		31232.00		 NA
There has been a fall in visitor numbers to theatres compared to quarter 2 2019/20 figure due to COVID-19. No data available for quarter 2 2020/21 and no target set in the 2021/23 Corporate Plan due to COVID-19.					
CP/073 - PAM/040 - Percentage of quality Indicators achieved by the Library Service					 NA
Data reported in quarter 3 2021/22 - No target set in the 2021/23 Corporate Plan due to COVID-19.					
CP/074 - PAM/017 - Number of visits to leisure centres per 1,000 population	3831.73		1253.13		 NA
There has been a fall in visitor numbers to leisure centres per 1,000 population compared to quarter 2 2019/20 figure due to COVID-19. The figure is increasing steadily and has doubled from quarter 1 2021/22.					
No data available for quarter 2 2020/21 and no target set in the 2021/23 Corporate Plan due to COVID-19.					
ELLL - LCL001 - The number of visits to public libraries during the year, per 1,000 population (measured cumulatively over the financial year - quarterly)	2625.03		884.16	2600.00	 Red
Visitors to the library have continued to increase each month since April, boosted in August by a successful Summer Reading Challenge campaign. Even though events and activities at libraries have resumed Covid guidelines mean that numbers at these events are restricted. Therefore the Library Service remains unable to operate its full programme which has impacted adversely on visitor numbers.					

**Leisure and Culture Scrutiny Sub Committee (All starting 2pm unless otherwise stated)**

Meeting Date	Agenda Item	Cabinet Board	Contact Officer
<b>2021</b>			
1 <sup>st</sup> July	Items to be confirmed		
23 <sup>rd</sup> September	Christmas/New Year Opening Times (Libraries, Leisure Centres etc)	14 <sup>th</sup> October	Paul Walker
	Service Update Report (verbal) – Theatre’s, Margam Park (information on the effect that Covid-19 is having on venues)		Paul Walker
	Physical Activity Sport Service Update – pass (presentation)		Mark Naperella/ Paul Walker
	Quarter 1 Performance Report		Neil Place
16 <sup>th</sup> December			
	Quarter 2 Performance Report		Neil Place
	National exercise referral scheme - presentation		Paul Walker/ Lisa Jones
<b>2022</b>			
10 <sup>th</sup> March			
	Quarter 3 Performance Report		Neil Place
	Library Performance Report		Wayne John

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