

APPLICATION FOR THE SUMMERVALE SURGERY PATIENTS PARTICIPATION GROUP (PPG) TO USE THE RECREATION GROUND FOR THE PURPOSES OF PROVIDING DEMONSTRATIONS OF SPORTS SUITABLE FOR ELDERLY OR DISABLED RESIDENTS OF ILMINSTER

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Introduction

The National Health Service (nhs) has identified a significant number of people who are visiting their GPs for non-medical reasons – they are bored by sitting at home all day waiting for social services to call; they are too shy to go out and find friends; they don't take any (or not much) exercise and they are depressed, so they seek solace in the GP surgery. The County Council are already providing funds for an officer to visit these people in their homes to try and persuade them to do activities that will enable them to meet other, possibly like-minded, people and develop friendships.

We, the Patients Participation Group (PPG), want to support this effort of reducing the unnecessary time GPs spend on patients whose problem is social, not medical.

Objective

To introduce as many people from all walks of life (and their carers and relatives) to the many options available for them to improve their physical health by taking more exercise and their psychological health by meeting other people with the same or similar interests.

Proposal

To run an open day where professional trainers will show members of the public how to:- Play walking football; play walking netball; play wheelchair tennis; enjoy group walks in the country and to try out gymnasium equipment (for those who fear entering a gymnasium for the first time).

<u>Proposed venue</u>	the recreation ground on Canal Way, as shown on the plan (Annex A).
<u>Proposed date</u>	Sunday 14 <sup>th</sup> July 2019
<u>Proposed times</u>	Between 10.00 a.m. and 4.00 p.m. (9.00 a.m. to 10.00 staff to set up. 4.00 p.m. to 5.00 staff to clear the site.)

There will be no need for any equipment to be left on site overnight so no extra security will be needed, however we are liaising with Avon and Somerset police to see if they will provide an occasional presence on the site to deter any unwanted behaviour.

## Proposed Requirements

To allow vehicle access to the South of the area for the purposes of parking. (See plan 2, Annex A).

To allow the use of the kiosk adjacent to the public lavatories (if not still fire damaged) with electric power for the Women's Institute (WI) to serve teas/coffees.

To allow use of the tennis courts for the purpose of providing walking netball and wheelchair tennis.

To allow the temporary erection of signs for the purpose of directing people to the various activities.

To have the grass cut on one of the days leading up to the event.

## Activities

The activities are designed to give people a chance to experience the enjoyment of playing sports or taking exercise in the company of others without making a long-term commitment in advance.

Each activity except the rambling will be managed by a profession qualified instructor with a member of the PPG as a non-instructing assistant. The rambling exercise will be managed by members of the local walking group.

### Walking Football

This sport is enthusiastically supported by MawFIT gymnasium who hope there will be enough interest to create a team in Ilminster in the future. Ilminster Football Club have said they would hope to have a team affiliated to their club.

Sessions will be in the form of a short talk by the instructor from Ilminster Football Club, stating the general rules of the game followed by a practice "kick around". Sessions are expected to last around 15 minutes followed by a short question and answer session. If there is enough requirement, sessions will be run every half hour through the day.

### Walking netball

The need for this sport is demonstrated by the fact that there is a team in Chard already. An Ilminster team would allow games to be played between the two towns generating a competitive bond and creating enthusiasm for taking exercise and promoting fitness and health among the members.

As with the walking football, sessions will take the form of a short instruction talk followed by a practice at handling the ball and carrying out moves such as passing; shooting at goal etc. Sessions will last around 15 minutes, depending on the energy levels of the participants. An opportunity for questions will follow. This will be repeated every half hour if there are enough people wanting to experience the sport.

### Wheelchair tennis

One has only to walk around the streets of Ilminster to see the number of wheelchair users in the town. Wheelchair tennis is played on a standard tennis court using a standard net. Standard rackets and balls are also used. It is only the rules that are different. With easy access to Council tennis courts it would be a simple matter to provide a regular training program for wheelchair users who have enthusiasm for the sport which will be ascertained by running taster sessions during the day.

These sessions are expected to last 15 minutes with two sessions per hour available if there is enough demand.

We are currently seeking a qualified instructors to run these sessions which, like the walking football and walking netball above, will be in the form of a short instruction followed by a practical “knock-about”. As the wheelchairs used will not be specially designed for the sport, competitive play will not be attempted.

A quotation from the Wiltshire tennis website says – “Great Britain’s leading tennis charity, the Tennis Foundation, have released a new video designed to encourage more wheelchair tennis players to enter competitions. With many regional and recreational wheelchair competitions across the UK each year for all abilities, there really is a competition for everyone!”

The Lawn Tennis Association (Ita) enthusiastically supports the growth of wheelchair tennis nationally.

### Rambling

Whilst walking or rambling in the countryside is not a sport, it is an excellent way for people to get exercise and meet others with similar interests. As walking is a nil cost it will appeal to people on a tight budget who would not feel financially able to take part in other forms of exercise or membership of a gymnasium. Ilminster is blessed with a surround of beautiful countryside and very many footpaths which walkers/ramblers already enjoy. The groups have, however, stated that they would enthusiastically welcome more members and this is an opportunity for new walkers to meet them and learn about the joys of walking in the countryside. The designated “footpath” (see Annex A) is designed to provide a circular route with a little incline at one point but short enough to ensure no-one feels overwhelmed by distance. The objective is to give confidence, not provide a “workout” and to provide information.

### Gymnasium

The objective of the sample trial of gymnasium equipment is to allow people to experience using pieces of equipment under the control of qualified instructors who will be able to give individual advice on the type exercise which would give the greatest benefit without causing any injury. In their gymnasium, the instructors offer a combined exercise and nutrition programme for those with specific needs and this is a way for people to be able to talk about what is on offer without commitment.

The “gymnasium” is a marquee containing a few pieces of equipment (e.g. rowing machine; treadmill; exercise bike.) monitored by two suitably qualified members of MawFIT gymnasium.

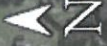
It is recognised that this option is perhaps for the more affluent people, but as stated in the objectives above, the day is all about getting as many people as possible from all ranges of the financial scale to help themselves improve their health, both physically and psychologically.

Recreation ground - 1

Wheelchair Tennis courts

Walking Netball courts

Legend



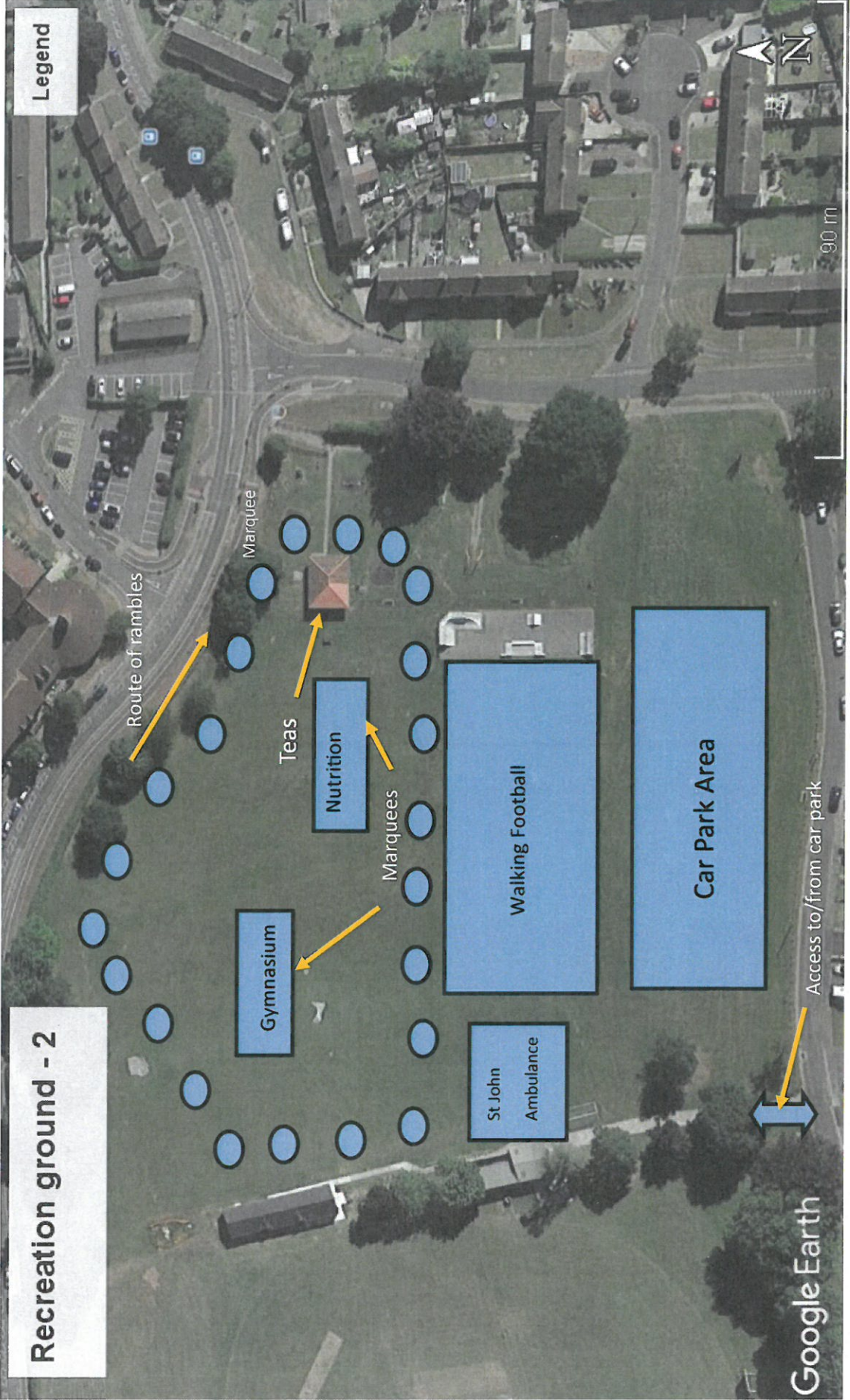
100 m

Google Earth

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Recreation ground - 2

Legend

Route of rambles

Gymnasium

Teas

Nutrition

St John  
Ambulance

Marquees

Marquee

Walking Football

Car Park Area

Access to/from car park

Google Earth

90 m



## RISK ANALYSIS FOR USE OF THE RECREATION GROUND IN ILMINSTER FOR THE PURPOSES OF ALLOWING PEOPLE TO EXPERIENCE EXERCISE OPTIONS

### Introduction

The Summervale surgery Patients Participation Group (PPG) are holding an open day to educate people about the availability of various form of exercise and opportunities to meet others.

The types of exercise to be demonstrated are

Walking Football

Walking Netball

Rambling

Wheelchair Tennis

Some Gymnasium Equipment

In general, the day is targeted at frail/disabled people, so the risk of personal injury is higher than with the able-bodied general public. Risk is minimised by ensuring that all types of exercise are managed by suitably qualified experts and that suitably qualified medical staff are on site to assist in the event of an accident.

In addition, the area will be thoroughly inspected before opening to ensure that no trip hazards have been left on the site e.g. discarded drinks cans; small tree branches; etc.

The area will be cleared of all debris after the event. This will serve to minimise risk to other members of the public who might use the area after our departure.

The ground will be inspected by the qualified experts to ensure that the surface is not too soft to carry out the exercises. Part or all the event will be abandoned if the experts decide there is a risk of slipping etc.

All types of exercise will be time-limited to ensure that no-one suffers muscle strain or excessive tiredness.

Free bottled water in disposable, biodegradable cups will be available in several places around the ground.

### Car Park

The car park will be controlled at all times by several stewards who will politely guide car drivers to the next parking slot whilst ensuring pedestrians do not walk into the danger zone of cars manoeuvring in and out of parking slots.

The stewards will also ensure the access remains clear for the St John Ambulance and other emergency services to and from the site.

The access is only single width so the stewards will need to stop cars leaving when cars are arriving. There is no risk to delaying cars leaving, but to delay cars entering will cause a blockage of the narrow public highway, increasing the risk of accident.

### Walking Football Risks

Walking Football is an internationally recognised sport giving the ability for less able-bodied people to enjoy a team game without fear of exhaustion and possible injury from able-bodied team members.

The walking football sessions will be managed by a qualified coach from Ilminster Football Club.

Pitch size will be much smaller than a standard football pitch to minimise tiredness and the teams will be limited to 7 or less each side to minimise body contact.

Of all the events available on the day, this is the sport most likely to cause a minor injury, however small the risk, so the St John Ambulance will be placed immediately next to the football pitch to enable rapid treatment should it be necessary.

### Walking Netball Risks

Walking Netball will be managed by Marion Cooper who already coaches a walking netball team in Chard. She is also doing work for the NHS on the "Click into Activity" process as well as running "pain management through exercise" courses.

When properly managed the risks associated with this sport are low and as with the football, the sessions will be timed to minimise tiredness and muscle strain.

Marion has advised that a hard surface is much less of a risk than grass, so it is planned to use the tennis court area.

### Rambling

Rambling, or country walking is a leisurely form of exercise which costs nothing, so is especially suitable for those on a tight budget. It not only provides exercise but also companionship and thus helps those with isolation problems to get into social relationships.

The walks round part of the area will be managed by the local walking group who are eager to persuade new members into their group and will therefore demonstrate the benefits of rambling as a means of making friends, breathing fresh country air and studying the wildlife they spot on their walks.

Provided the walking surface is stable and relatively smooth and not slippery, the risk of personal injury is very low.

As the circuit is very short, to accommodate even those who cannot walk far at all, the risk of muscle strain or tiredness is negligible. As with all the other events, water is provided at this event, and the need to drink plenty of water will be explained to them as they walk.



### Gymnasium

The gymnasium equipment is entirely under the control of the MawFIT gymnasium team who are professional gymnasium instructors which thus reduces the risk of injury to very low. The equipment will be inside one of the marquees hence kept dry in the event of a light shower.

### Public Liability Insurance

The PPG has received a quotation from the NFU Mutual for Public Liability and Employer Liability insurance for the day. Their advice has been not to activate the insurance until nearer the time, but a copy of the certificate will be made available to the Council on receipt.

The reason for the employer insurance is that even though all the volunteers are acting in their own capacity, law courts have in the past considered them employees for the purpose of compensation and so we have been advised to carry it.

The quoted level is :-   Public £2,500,000 per claim  
  Employer £10,000,000 per claim

### Medical assistance

All instructors are qualified in First Aid and the St John Ambulance will be on site from start to finish.

## Wheelchair tennis

Wheelchair tennis is a rapidly growing sport worldwide and is played to extremely high standards. At these standards, specialist wheelchairs are used to minimise overbalancing.

It has been suggested that the wheelchair tennis should be played on the grass near the other events, but the risk of wheelchairs sinking into the ground and overbalancing is considered higher than using the hard surface tennis courts. In addition, the wheelchairs may leave ruts in the turf, causing a tripping hazard for others.

An instructor has yet to be found to carry out this event, so it may have to be withdrawn if a suitably qualified coach is not found who is prepared to do it.

The level of play will be very basic – learning to serve from a wheelchair; returning a gently lobbed ball; etc, rather than any competitiveness, minimising the drive to reach a little further and then overbalancing.

At this level, the risk of personal injury is very low.

For those who have manual wheelchairs, but no-one to push them from the car park area to the tennis courts, the local Scout Troop are to be on-hand to perform such a task, as well as acting as “ball boys” to minimise accidents from wheelchair users struggling to reach balls on the ground.

## Refreshments

Water will be provided free to everyone as stated above and access will be at several points around the site.

Teas and coffees will be available from the kiosk by the toilets and will be provided by the Ilminster WI.

Food will not be provided as the complication of ensuring no food allergies are triggered is high as well as the complication of carrying the range of food required e.g. “Free From”; low fat; sugar free; nut free ; etc.

## Waste

Somerset County Council have volunteered support wherever possible so we have requested extra litter bins be provided for the day. These will be placed near each area supplying free water and at the tea venue. Ilminster scouts have volunteered to assist with a sweep of the site to remove any litter after the event closes.