

WBC Actions: Highlighting key actions supported by Strategy into Action

Priority: Reducing Social Isolation and Loneliness		
Action	Organisation	Comments
Physical activity project – 1st July – 14 venues /activities per weeks	WBC Sport and Leisure	
6 Mentors trained up currently – recruiting ongoing	WBC Sport and Leisure	Connecting with isolated and vulnerable people
Dementia Friendly programme – 7 programmes per week	WBC Sport and Leisure	Looking at the carers and the cared for
Carers programme – for carer /and cared for	WBC Sport and Leisure	Offering opportunities for carers to use leisure centres at reduced rates
Sporting Memories - Active Aging Programme	WBC Sport and Leisure	Pilot launching in June 2019
Identifying lonely and isolated individuals through the use of single household council tax and assisted bin collections.	Health	GP's agree that this would be extremely beneficial if these individuals could be identified so a flag could be placed on their health systems against the names.
Affordable housing and access to local services in walkable districts in the new communities created.	WBC Delivery & Infrastructure	
Basic IT courses for older residents who want to learn how to use social media, shop online, use email and apps etc	WBC Adult Education	
offer a range of short courses in the community aimed at bringing communities together including ESOL, family learning, training for trustees	WBC Adult Education	
a range of employability courses supporting residents to return to work or volunteering. We also offer helping your child with maths and English and could deliver a range of other courses in the future dependent on need	WBC Adult Education	
Numerous book and reading groups for all ages, reminiscence groups, craft groups and other group activities where people can meet regularly. Also rhyme times for parents and carers help combat isolation.	WBC Libraries	
Rainbow Mums and Dads, parent and toddler play session every Thursday morning at the Rainbow Centre	WBC Customer and Localities	
Winnersh Youth Group, term time weekly youth group running in the Rainbow Centre	WBC Customer and Localities	
Winnersh Kids Club, weekly kids club at the Rainbow Centre, running in term time	WBC Customer and Localities	

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Shinfield Youth Group Weekly group for children aged between 8-12 years With opportunities for 12+ to stay on as 'Young Leaders' Runs during Term-Time, on Mondays from 4.30-6pm at the Community Flat in Shinfield Rise Group supported by Youth Worker employed by Shinfield Parish Council	WBC Customer and Localities	
Shinfield Social Club for 60+	WBC Customer and Localities	
Zumba Gold, weekly on a Tuesday at Alexandra place – in partnership with Places leisure	WBC Customer and Localities	
Tea and Tales – every Monday (2-3pm) at the community house, 17 Billing Avenue, Finchampstead	WBC Customer and Localities	
Craft Café – Every 2nd and 4th Thursday of the Month (10am-12pm) at the community house, 17 Billing Avenue, Finchampstead	WBC Customer and Localities	
Fit for Life – weekly on a Wednesday at St Sebastian's memorial hall , Wokingham without	WBC Customer and Localities	
50+ Lunch – on the last Tuesday of each month, 12-2.30pm held at the Norreys Church, Norreys Ave, Wokingham	WBC Customer and Localities	
Kids Club – Every Wednesday, term time for ages 4-7 5-6.30pm ages 8-11 6-7.30pm held at the Norreys Church, Norreys Ave, Wokingham	WBC Customer and Localities	
Community Cafe – Every other Wednesday, 12-2pm held at the Norreys Church, Norreys Ave, Wokingham	WBC Customer and Localities	
Ladies Drop-in – Every Friday, 9.30 - 11.30am held at the Norreys Church, Norreys Ave, Wokingham	WBC Customer and Localities	
Our Community First – meetings are held regularly at the Norreys Church, Norreys Ave, Wokingham	WBC Customer and Localities	

Priority: Narrowing the health inequalities gap		
Action	Organisation	Comments
Taking a Population Health Management approach - Health have background data by ward that indicates levels of inequalities, these data packs are currently in development with the Public Health Registrar and Public Health Consultants in Berkshire West	Public Health	Aug: data packs will be developed Sept/Oct: Completion of the plan designing to address inequalities Dec/Jan: Implementation of the plan
Free swim passes during school holidays for all children on free school meals	WBC Sport and Leisure	

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2 hours of use Forest School Muga – (for Rainbow park) S106 agreement	WBC Sport and Leisure	
Women’s self-defence from Norreys – free to attend: funding from GBA – including mothers and daughters Offering free physical activity sessions to females in an area identified as deprived	WBC Sport and Leisure	
delivering a range of courses tackling mild to moderate mental health issues	WBC Adult Education	for wellbeing in mind courses learners must take the NHS PQ9 and GAD7 assessments to ensure they have mild or moderate mental health issues. On mindfulness courses learners are referred by Community Engagement Officers
Pop-Up Library Project at the Shinfield Community Flat	WBC Customer and Localities	to be launched end of July 2019

Priority: Creating Physically Active Communities

Action	Organisation	Comments
Health Walks - over 800 participants weekly average	WBC Sport and Leisure	
support campaigns e.g. #MovingIs, commission Sport & Leisure services, commission healthy lifestyles service, commission National Childhood Measurement Programme delivered in schools (Reception and Year 6), work with MyJourney team re: sustainable and active travel	WBC Public Health	
Over 60 programme with over 70 sessions per week, 2000 participants currently on the scheme.	SHINE	
School holiday programme that runs at two leisure sites – 5 – 12 years of age (2900 on database)	Wokingham Active Kids	
programmes for 25 – 60 year olds	Wokingham Active Adults	
programmes for ages 5 – 25 years	Wokingham Active Kids/Adults with Additional Needs	
two groups that have whole day in leisure centre twice a week programme of activities	Optalis	
LTD Gym - over 400 participants that attend gym at Loddon Valley – managed by WBC – stroke, MS, Cancer, Parkinson etc	WBC Sport and Leisure	Any new leisure centre to be designed as dementia friendly and LTC

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Steady Steps - falls prevention programme – 10 week programme for those who have fallen or unsteady on feet	WBC Sport and Leisure	
Cardiac phase 4 community 10 week programmes (150 average every 10 weeks) 10 different sessions per week	Cardiac Rehab Programme	
GP refer for Physical Activity – Obesity, Stress, Mental Health, Back, Rehab – 24 week programme variety of programmes per week	GP Referral Programme	
Mental Health programme with over 6 sessions per week for participants	WBC Sport and Leisure	
Dementia Friendly Physical Activity Classes	WBC Sport and Leisure	
Refurbishment of existing leisure centres: New Centre build in Woodley	WBC Sport and Leisure	Aim to open in Summer 2020
Talks on combating obesity and healthy menu planning and Change4Life activity sessions for families at all libraries	WBC Libraries	
Provision of new / improved community centres, sports and leisure, parks	Wokingham Planning Authority	
Mums Zone, mother and baby exercise class.	WBC Customer and Localities	
Move it or Lose it, weekly exercise class for over 65s at the Rainbow Centre	WBC Customer and Localities	
Bowls, run by a Centre Forward Community Action Group, at the Rainbow Park Community Centre	WBC Customer and Localities	
Zumba Gold, weekly on a Tuesday at Alexandra place – in partnership with Places leisure	WBC Customer and Localities	
Fit for Life – weekly on a Wednesday at St Sebastian's memorial hall , Wokingham without	WBC Customer and Localities	
LTC national campaign - similar to This Girl Can	Sport England	