

## Members' Library Service Request Form

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Originator	Helen Bruce
Originator's Ref (if any)	
Document Title	Extension to Leisure Pass Plus Eligibility Criteria

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Authorised By	Tom Shearer
Designation	Head of Policy & Partnerships
Date	14/08/12

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**REPORT TO:** Members' Library Service

**DATE:**

**BY:** Head of Policy & Partnerships

**SUBJECT:** Extension to Leisure Pass Plus Eligibility Criteria

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## **1 PURPOSE**

- 1.1 To advise on an extension to the Leisure Pass Plus eligibility criteria.

## **2 RECOMMENDATIONS**

- 2.1 To approve the proposal to extend the Leisure Pass Plus eligibility criteria to include individuals engaged with 'Active Living' projects run by the Council's Healthy Living Service.

## **3 BACKGROUND**

- 3.1 Cost of leisure services is one of the most frequently reported barriers associated with physical inactivity. With only 46% of males and 35% of females in Scotland achieving the recommended government physical activity guidelines (as reported by the Scottish Health Survey 2008), it is imperative that health promotion techniques include the removal of said potential barriers.
- 3.2 East Lothian Council, in conjunction with Enjoy Leisure Ltd. offer a reduced rate entry scheme to facilities, termed the "Leisure Pass Plus" (LPP). The scheme allows members to access Enjoy Leisure facilities and the Mercat Gait (FESFM Ltd). for 50p per activity, provided they meet the strict eligibility criteria.
- 3.3 Despite having such a scheme in place, there is still a number of adults within the county that fall outwith the criteria for the LPP and yet find the cost of services a barrier towards increasing their physical activity. It is known that many of these adults are part of specific target groups; those who are advised to increase their levels of healthy active living and physical activity for the sake of their health and wellbeing. Physical activity is a recognised alternative treatment for many health conditions, ranging from mental health disorders, to cardiac conditions, to arthritis, and is a

treatment technique that is often advised and promoted by health professionals, in both primary and secondary care.

- 3.4 Within East Lothian Council, The Healthy Living Service leads on shaping and developing an inclusive approach to Physical Activity and Health Improvement. 'Active Living' is an umbrella programme providing a diverse range of physical activity opportunities through a range of projects, many partly or fully funded by NHS Lothian. These include the Ageing Well project which targets those aged 50+, 'Get Going' which works with obese young people and their families and Active Choices in East Lothian (ACE) aimed at anyone aged 18 and over, who has a stable/controlled long term health condition. In addition work is carried out with other target groups such as young mums, substance abusers and others who are not currently participating in physical activity or engaging with existing services.
- 3.5 Active Living aims to encourage participants to take part in regular physical activity which can lead to improved mental health, physical health and emotional wellbeing; provide social outlets for isolated participants by providing sessions and opportunities which they are able to afford and are designed with their input e.g. times, peer group, exercising with a friend. It provides improved links with existing service provision by targeting organised groups e.g. NHS post natal groups, health visitor led groups, walking groups and the voluntary sector and it provides opportunities to tackle wider health issues e.g. Healthy Eating and increasing the number of physically active adults in East Lothian.
- 3.6 Due to the nature of this work, involving Enjoy Leisure Ltd in a partnership makes for inclusive provision of services in mainstream facilities, and offers an ideal skill pool for development of future services.
- 3.7 In light of this, it is proposed that referral from an Active Living project be added to the LPP eligibility criteria. This will allow anyone referred onto the projects to receive a LPP for a 6 month period (starting from referral onto the project), on presentation of a letter from an appropriate Healthy Living Service Officer.

## **4 POLICY IMPLICATIONS**

- 4.1 There are no policy implications.

## **5 EQUALITIES IMPACT ASSESSMENT**

- 5.1 An Equalities Impact Assessment has been carried out on the Leisure Pass Plus Eligibility Criteria and has been lodged with the Council's Equalities Officer. There would be no negative impact from extending the eligibility criteria.

## 6 RESOURCE IMPLICATIONS

- 6.1 **Financial** –There will be a small cost to the Council for this additional use but this can be met from within existing budgets. Use by LPP holders is part of the annual payment made to Enjoy Leisure Ltd but the contract only covers those categories in place on 1 October 2009. FESFM Ltd receive compensation per user. Whilst it is difficult to put a figure on the additional use of LPP cards generated by Healthy Living Service projects it is anticipated that it would not average more than 10-12 individuals per month, spread across all seven centres, at a cost of approximately £300-400 per annum.
- 6.2 **Personnel** - There are no personnel implications.
- 6.3 **Other** – There are no other implications.

## 7 BACKGROUND PAPERS

- 7.1 Reichert et al (2007). The role of perceived barriers to engagement in leisure-time physical activity. ***American Journal of Public Health.***
- 7.2 Scottish Health Survey (2008). ***The Scottish Government.***
- 7.3 Start Active, Stay Active (2011). A report on physical activity for health from the four home countries' Chief Medical Officers. ***Department of Health.***

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