

Area: Sport & Leisure

Strategic Plan Engagement 2021

The Midlothian Health and Social Care Partnership is responsible for services that help people live well and get support when they need it. This includes all community health and social care services for adults in Midlothian and some acute hospital-based services.

To help us in developing our new strategic plan we spoke with stakeholders, volunteers and people with lived experiences about their views on the services we deliver and what could be improved.

Interviews/focus groups completed

- Enable service user and staff focus group 03/08/21
- Carer consultations

Other engagement

- Ongoing daily customer interaction via Council feedback service and direct email and phone contact.

Prevention

The need for equitable access to leisure facilities and physical activity opportunities was identified by many as a key component in maintaining and increasing the number of Midlothian residents who are physically active on a regular basis.

The issue of access was raised from a variety of points of view including financial, social and physical barriers that may prevent participation.

Key points



Support workers stated that **clients were treated like mainstream users** when attending a leisure centre, which was important to them.



Physically accessing some swimming pools was identified as difficult, combined with a lack of disability friendly changing facilities put people off attending.



Booking systems and processes were identified as not user friendly and **often relied on digital access** as phones weren't always answered at Leisure Centres



A **flexible attendance policy** was suggested by support staff for people whose impairment and support needs meant that they couldn't always attend regularly. Fear of losing a place in an activity was a frequent source of anxiety for clients



Users who were aware of the **Access Card** scheme thought was a good financial support and easy to get a card, however not all those who could benefit were aware of it.



Some participants were keen to access a **disability swimming club** which was only available on one evening at one site per week so they were on a waiting list.



The Carer's consultation 2020 reported that **financial support for gym memberships** was identified by carer's as important.

Support & Treatment

The ongoing need to support physical activity opportunities for people whose conditions could benefit from participation was identified across a wide range of stakeholders and participants.

Key points



Most people said there was a need for Midlothian Active Choices and Ageing Well projects to continue and to grow.

The input of these projects is included in a number of other service's plans including Long Term Conditions, Older People and Falls Prevention.



Health and social care staff frequently request access to space for rehabilitation/treatment activities.

Musculoskeletal physiotherapy, Weight Management services, Let's Prevent services all currently use leisure facilities to deliver their physical activity interventions. Flu and Covid vaccination programmes are also accommodated in leisure facilities.

Support in a Crisis

Key points



Sport & Leisure facilities identified as community resources with availability out with normal office hours.