

Meeting	Community Development Committee
Date	27 th March 2023
Report Title	Community Development Officers Report
Agenda Reference	15
Author	Caroline Hunt, Community Development Officer

Officer's Recommendations:

1. To note the report.
2. To approve outdoor yoga sessions for a six week period during the summer for a cost of £1020.00 to be met from 4629/402
3. To continue with the Haydon Wick Haven drop in style café on a bi-monthly basis until December, and to increase the budget for the Haven from £5.00 per café to £10.00 per café to be met from 4629/402
4. To approve the Menopause Café at a cost of £600.00 for five sessions to be met from 4629/402

Yoga Sessions

The third six-week programme of yoga classes started on Wednesday 31st May 2023, and all places are full. The yoga teacher is continuing to deliver an hour's yoga, meditation and mindfulness class, which received positive feedback after the last six sessions. This block of yoga is due to finish on 5th July 2023.

Yoga in the Park

The yoga teacher and Community Development Officer visited the six potential sites for outdoor yoga that had been approved for outdoor yoga at POST committee. After the site visits it was decided to proceed with two locations, Trent Road and Voyager Drive. The Community Development Team would like to offer a Wednesday morning session at 6.30 am at Trent Road, and an 11.30am session on a Sunday morning at Voyager Drive. The sessions would be delivered by two yoga teachers, the Wednesday class would be taught by our existing yoga teacher, and the Sunday class would be taught by a different instructor. Both yoga teachers do work together on other projects and cross over on sessions, they have met separately to discuss ways in which they could deliver the sessions together.

The cost of delivering two separate sessions per week over a six-week period would be £1,020.00.

Haydon Wick Haven

The first five sessions of the Haydon Wick Haven café style drop-in sessions have taken place and are proving really popular. Residents can drop in and have a hot drink and biscuits. Councillors have been supporting the initiative, at the most recent Haven attendees celebrated a resident's 90th birthday by sharing some cake and reminiscing. Other activities have included coronation mug painting, jigsaw puzzles and knitting.

Attendance has increased to around ten people per session since offering the community bus as transport. Also the word is being spread around other community groups and shared with friends.



The Community Development Team would therefore like to continue with these bi-monthly sessions until December, the café's offer companionship to an increasing number of residents who are isolated and lonely.

Due to the increased popularity of the café and the fact that the leftover refreshments purchase originally for Warm Spaces have now been used and the numbers of attendees are increasing, the Community Development Team is seeking approval to raise the agreed budget for the Haven from £5.00 per session to £10.00 per session.

Menopause Café

The Community Development Officer and the Memory Café Co Ordinator recently met with a local business that provides a menopause awareness course for women.

Although menopause is a natural process, it can be a challenging time that affects women in various ways. The goal of this course is to provide women with the knowledge and tools they need to manage the physical, emotional, and psychological changes that occur during this time.

The five-week course will cover a range of topics related to menopause, including understanding menopause, nutrition and exercise, hormone replacement therapy, alternative therapies and self-care.

The course would provide a greater understanding of their bodies and the changes they are going through, along with learning practical strategies for managing symptoms, and improving their overall health and well-being, and enhancing their quality of life. Participants will have the opportunity to connect with other women who are going through similar experiences, which can provide a valuable source of support and encouragement.

The cost of the course would be £600 for five sessions. Each session is an hour plus time for questions at the end.

The company have also offered a follow-up monthly menopause support, coffee & cake drop-in session which would be free of charge. This would continue the support for those in the community.

North Swindon Practice is running an online Menopause webinar, but this is a one off, and these sessions would bridge the gap to offer full support. Haydon Wick would also be the first parish in Swindon to offer anything like this, so setting the bar high for other areas to step up for women.