



SOUTH
KESTEVEN
DISTRICT
COUNCIL

Culture and Leisure Overview and Scrutiny Committee


Tuesday, 12 May 2026

Report of Councillor Paul Stokes
Deputy Leader of the Council, Cabinet
Member for Leisure and Culture

Sport and Physical Activity Strategy (2021 – 2026) – End of Strategy Update

Report Author

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Purpose of Report

To provide a final update on the delivery of the Sport and Physical Activity Strategy (2021 - 2026), including a summary of achievements up to its conclusion in March 2026.

Recommendations

Members of the Culture and Leisure Overview and Scrutiny Committee are recommended to:

1. Note the delivery and achievements of the Sport and Physical Activity Strategy 2021 – 2026 for South Kesteven.
2. Note the refreshed Sport and Physical Activity Strategy 2026 – 2031 has been adopted and work is ongoing to develop an accompanying Action Plan.

Decision Information

Does the report contain any exempt or confidential information not for publication?	No
What are the relevant corporate priorities?	Connecting Communities
Which wards are impacted?	All Wards

1. Implications

Taking into consideration implications relating to finance and procurement, legal and governance, risk and mitigation, health and safety, diversity and inclusion, safeguarding, staffing, community safety, mental health and wellbeing and the impact on the Council's declaration of a climate change emergency, the following implications have been identified:

Finance and Procurement

- 1.1 There are no financial implications for the Council in relation to this report. The work completed to date has been undertaken within identified budgets and using grants awarded to the Council.

Completed by: Richard Wyles, Deputy Chief Executive and s151 Officer

Legal and Governance

- 1.2 There are no legal and governance implications arising from this report.

Completed by: James Welbourn, Democratic Services Manager

2. Background to the Report

- 2.1 The Council's Corporate Plan (2024-27) identifies Connecting Communities as a key priority. To underpin this priority, the Council has delivered the Sport and Physical Activity Strategy (the Strategy) which was adopted in 2021 and concluded in March 2026. The Council's Leisure Team is responsible for implementing the actions identified in the Strategy, targeting key areas, and working with partners to provide opportunities for residents and visitors to live healthy, active lifestyles.

- 2.2 The Council's Culture and Leisure Overview and Scrutiny Committee has previously agreed to receive a six-monthly report to highlight the progress made on the delivery of the Action Plan, with the most recent update being provided at the meeting of the Committee on 14 October 2025 (see **Background Papers**).

- 2.3 The remainder of this report provides a further update and is broken down into three key areas with subsets as follows:

A. An overview of the work undertaken to support the Sport and Physical Activity Strategy.

- Physical Activity Initiatives for Council Employees
- Partnerships and Collaborative Working
- Leisure Facilities

B. The Active Lives Survey

C. Summary of achievements through the delivery period for the Sport and Physical Activity Strategy 2021 – 2026

D. The Sport and Physical Activity Strategy 2026 – 2031

A. An overview of the work undertaken to support the Sport and Physical Activity Strategy.

Physical Activity Initiatives for Council Employees

- 2.4 Encouraging Officers to be more active yields numerous benefits, including improved physical and mental health, increased work productivity, reduced absenteeism, and better team morale.
- 2.5 In September 2025, 12 Officers attended a 'Mind and Body Tone' session virtually, which is a group activity concept that brings together both mental wellbeing and physical exercise. The session left participants feeling stronger, toned and with a positive mindset.
- 2.6 Council Officers had the opportunity to take part in a 100 miles challenge throughout the month of November 2025, raising money for a selection of three charities. 18 Officers signed up to the challenge increasing their activity levels during the month.
- 2.7 In November 2025, a self-defence session was organised for Council Officers in support of White Ribbon Day UK. The session offered the opportunity to learn practical techniques applicable to real-life situations, and enabled confidence building which focused on personal development and was suitable for everyone. A total of eight Council Officers attended this one-hour workshop.
- 2.8 In December 2025, a sing-a-long choir was hosted for five weeks, where Council Officers could take time out to lift their mood by singing some festive Christmas carols and songs.
- 2.9 In February 2026, a total of 63 Council Officers took part in the February Move More Challenge which saw teams competing to virtually walk around the district. This encouraged competition across teams and many people increased their activity levels throughout the month.
- 2.10 The annual Rotary Swimathon was a key highlight at the start of 2026, with the Council registering a team for the third year in a row raising a total of £128, with monies going towards local causes.

- 2.11 A cake sale was held at the Depot for 'Time to Talk' Day in February 2026, raising money for the charity Mind. This raised £220 and provided a safe place for colleagues to be open about their mental health and talk about what support is available through Mind.
- 2.12 Nutrition and Hydration week was celebrated at the end of March 2026, providing tips and advice on healthy eating, the importance of staying hydrated and what impact this has on our performance both physically and mentally.

Partnerships and Collaborative Working

- 2.13 The Council alone cannot achieve its corporate ambition of Connecting Communities. Therefore, Officers have continued to collaborate with partner organisations, stakeholders, and communities. Since the previous update provided to this Committee, new relationships have been developed and activities attended, these include:

- Monthly attendance at UK Active Webinars.
- Quarterly attendance at the new Active Lincolnshire Sport and Physical Activity Network.
- Attendance at 'We are Undefeatable' webinars.
- Attendance at the Grantham Partnership Board where local initiatives relating to physical activity are discussed and promoted.
- Attendance at the Lincolnshire District Wide Health and Wellbeing Working Group, which enables knowledge sharing and communication across the District Councils.
- Attendance at the Lincolnshire District Wide Health Weight Partnership Board.
- Attendance at the Age Friendly Lincolnshire Working Group.
- Attendance at workshops and roundtable seminars hosted by the Chief Cultural and Leisure Officers Association (CLOA).
- Attendance at the Why Sports Conference: Sport, Health and Wellbeing – a Nations Progress.
- Attendance at the Association for Public Service Excellence (APSE) Sport and Leisure Management Networks.
- Working in partnership with local Public Health departments.
- Attended training sessions to understand 'Fingertips', which is a public health data collection website which breaks the data collected down into themed profiles.
- Reinstated the Stadium Stakeholder meetings to improve collaboration between South Kesteven District Council, LeisureSK Limited, Grantham Town Football Club and Grantham Athletics Club.

- 2.14 Free weekly 'Our Parks' exercise sessions led by trained Council volunteers continue every Wednesday at Wyndham Park Visitor Centre, with the sessions fully booked since their launch in November 2025. The session is targeted at older adults wanting to improve their strength, mobility and balance.

- 2.15 Council Officers have started undertaking bike marking sessions at schools as part of the Bikeability training weeks for pupils. The kits reduce the chances of residents within South Kesteven becoming a victim of cycle theft by allowing individuals to register their bikes on a National Police approved database for free. More sessions at schools are scheduled for the remainder of the year across the district.
- 2.16 Conversations are continuing with Lincolnshire County Council to promote Active Travel, with Officers working to identify any routes or schemes that could be developed within South Kesteven to be considered for future funding. Lincolnshire County Council have commissioned a series of Local Cycling and Walking Infrastructure Plans which focus on Bourne, Market Deeping and Deeping St James.
- 2.17 As part of this process, walking the routes and public engagement will be undertaken to understand pinch points, danger spots, places that feel unwelcoming or are difficult to navigate, and where sections could open up if access is improved.
- 2.18 Council Officers have continued to support colleagues from the Property Team to ensure open community spaces can be improved. These include:
- Wyndham Park Skate Park – installation of a new skate park including 10 ramps, to provide a safe, accessible and inclusive space for young people and families to engage in physical activity.
 - Dysart Park Tennis Courts – resurfacing the tennis court to promote active lifestyles and encourage outdoor play with new posts and nets installed.
 - Dysart Park MUGA – installed a 16m x 10m hard court multi use sports court with line markings for football, basketball and netball, encouraging outdoor play by creating a focal point for recreational sports.
- 2.19 Council Officers led on the creation of the district's first 'Health and Wellness' Day event hosted at Grantham Meres Leisure Centre in November 2025. A range of local organisations and clubs came together to showcase the local opportunities available for residents. Future Health and Wellness Days are being scheduled across the district with the next event scheduled for Sunday 10th May 2026 at Bourne Leisure Centre.
- 2.20 In January 2026, Officers delivered a presentation at the Grantham Business Club to promote the importance and benefits of Workplace Wellbeing and suggested low-cost initiatives, along with some statistics and information about the ageing population within South Kesteven.

Leisure Facilities

2.21 Officers within the Leisure Team continue to work with the Council's leisure provider LeisureSK Limited to deliver the Sport and Physical Activity Strategy. The list below details activity currently being undertaken:

- Wellbeing walks continue to take place from Bourne Leisure Centre on a Wednesday and Friday morning, Stamford Leisure Pool on a Tuesday afternoon, and Grantham Meres Leisure Centre on a Thursday.
- Good Boost, which is an app based therapeutic water exercise programme for people with musculoskeletal conditions, continues to be delivered at Grantham Meres Leisure Centre.
- Holiday swim crash courses continue to be delivered across all three centres.
- Exercise on Prescription continues to be delivered across Bourne Leisure Centre and Grantham Meres Leisure Centre.
- Special Educational Needs and Disability (SEND) swimming lessons and dedicated family swim sessions continue to run at Bourne Leisure Centre, Stamford Leisure Pool and Grantham Meres Leisure Centre.
- Fighting Fit Cancer Rehabilitation classes continue to run at Bourne Leisure Centre in partnership with the Lincoln City Football Foundation.
- Specialist classes are being held at Bourne Leisure Centre which provide targeted interventions and enhanced health and wellbeing outcomes. These include classes for those suffering from Chronic Obstructive Pulmonary Disease (COPD), Cardiac Rehabilitation, Disability Circuits, Mindfulness Meditation, and classes to aid balance and coordination.

2.22 The £4million decarbonisation project at Grantham Meres Leisure Centre was successfully completed and commissioned on time in March 2026, in line with funding guidelines by Salix Finance.

B. The Active Lives Survey

2.23 There has been no change to the Active Lives data that was previously presented to Members of this Committee on 14 October 2025 (see **Background Papers**).

C. Summary of achievements through the delivery period for the Sport and Physical Activity Strategy 2021 – 2026

2.24 The Sport and Physical Activity Strategy (2021–2026) has delivered meaningful progress in increasing participation, strengthening community engagement, and improving access to inclusive and high-quality opportunities for residents.

2.25 Across the delivery period 2021 - 2026, key achievements have been highlighted with the use of an infographic, which can be found at **Appendix One**.

2.26 The data presented within the infographic comprises of:

- Number of engagement events delivered within South Kesteven – events delivered directly by Council Officers or in collaboration with an external partner.
- Number of external partners worked with – comprises of collaborations with health services, national bodies, community groups, clubs or leisure providers.
- Exercise on prescription figures – LeisureSK Limited have documented the number of participants who have accessed the exercise on prescription scheme and those who have achieved the desired 150 minutes per week of exercise.
- Carbon reduction goals and spending – includes the monies spent at the Council’s leisure facilities on pool covers, solar PV, LED lighting upgrades, Public Sector Decarbonisation Scheme (PSDS) and supporting infrastructure, pool circulation pumps and boiler upgrades.
- Training opportunities for the Council’s Leisure Team – includes training courses, workshops, conferences, webinars and updates which ensure Officers remain up to date with current sector trends.
- Active Lives Adult Activity Level Data – demonstrates the increase of adult activity levels with the data sourced from the Active Lives Survey.
- Park Improvements – shows current play areas across the district and what investment has been spent, not including the annual maintenance repairs.
- Awards – consists of runners up and winners of awards such as the Green Flag Awards, The Great British Workplace Wellbeing Awards and the Active Lincolnshire Sport and Physical Activity Awards.

D. The Sport and Physical Activity Strategy 2026 – 2031

2.27 The draft Sport and Physical Activity Strategy (2026 – 2031) was considered by Members of the Culture and Leisure Overview and Scrutiny Committee on 03 February 2026 (see **Background Papers**).

2.28 **Table One** below details the changes that were made to the Strategy following its consideration by the Scrutiny Committee in February:

Table One: Changes made to the Strategy following consideration by Members of the Culture and Leisure Overview and Scrutiny Committee		
	Source of Changes	Changes Made
1	Culture and Leisure OSC Feedback	<u>Page 10: Active Place, Action</u> Feedback: The below action was listed as a Key Performance Indicator but is not a quantitative indicator so is now listed as an ‘Action’. <i>Addition of the Action ‘Annual promotion and engagement with Sport and Physical Activity events such as Health and Wellness Days, Great Big Green Week, National Fitness Day.</i>
2	Culture and Leisure OSC Feedback	<u>Page 13: Reporting</u> Feedback: This section was previously called ‘Key Performance Indicators’ but many of the KPI’s were achieved in partnership with providers and therefore

		not the sole responsibility of South Kesteven District Council. <i>Changes made from 'Key Performance Indicators' to 'Reporting'.</i>
3	Culture and Leisure OSC Feedback	<u>Page 13: Reporting</u> Feedback: All Key Performance Indicators should be reviewed to ensure they will remain relevant in years to come. <i>Changes included removing all Key Performance Indicators and insertion of data sources that can be measured from Fingertips for South Kesteven residents.</i>

2.29 The Strategy was approved and adopted by Cabinet on 10 March 2026 (see **Background Papers**), and a copy of the Strategy can be found at **Appendix Two**. An action plan of deliverables is now being developed and will be presented to a future meeting of this committee along with the first six-monthly update in October 2026.

3. Key Considerations

3.1 The Council's Leisure Team has continued to collaborate with the Council's leisure provider, LeisureSK Limited, along with a range of partners across South Kesteven. The Sport and Physical Activity Strategy (2021 – 2026) has now concluded and work is now underway to deliver the refreshed Strategy (2026 – 2031).

4. Other Options Considered

4.1 The Culture and Leisure Overview and Scrutiny Committee have previously agreed to receive six-monthly updates on the delivery of the Council's Sport and Physical Activity Strategy (2021 – 2026). Therefore, the 'do nothing' option has been discounted.

5. Reasons for the Recommendations

5.1. The Sport and Physical Activity Strategy provides a basis for the Council to deliver on its ambition to increase health and wellbeing outcomes across South Kesteven. Members are encouraged to suggest enhancements to the extent and clarity of the information produced for the next six-monthly update report.

6. Background Papers

6.1. *Sport and Physical Activity Strategy (2021 – 2026) – October 2025 Update – Report to Culture and Leisure Overview and Scrutiny Committee, published 7*

October 2025, available online at:

<https://moderngov.southkesteven.gov.uk/documents/s48237/Sport%20and%20Physical%20Activity%20Strategy%202021%20-%202026%20-%20October%202025%20Update.pdf>

- 6.2. *Sport and Physical Activity Strategy 2026 – 2031* – Report to Culture and Leisure Overview and Scrutiny Committee, published 26 January 2026, available online at: <https://moderngov.southkesteven.gov.uk/documents/s49575/Sport%20and%20Physical%20Activity%20Strategy.pdf>
- 6.3. *Sport and Physical Activity Strategy 2026 – 2031* – Report to Cabinet, published 2 March 2026, available online at: <https://moderngov.southkesteven.gov.uk/documents/s50064/Cover%20report.pdf>

7. Appendices

- 7.1. **Appendix One** – Sport and Physical Activity Strategy 2021 – 2026 Infographic
- 7.2. **Appendix Two** – Sport and Physical Activity Strategy 2026 – 2031