



SOUTH  
KESTEVEN  
DISTRICT  
COUNCIL

# Culture and Leisure Overview and Scrutiny Committee

Tuesday, 14 October 2025

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

## **Sport and Physical Activity Strategy (2021 - 2026) – October 2025 Update**

### **Report Author**

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### **Purpose of Report**

To provide an update on the progress and delivery of the Sport and Physical Activity Strategy (2021 - 2026) and the accompanying Action Plan.

### **Recommendations**

**The Culture and Leisure Overview and Scrutiny Committee is recommended to:**

- 1. Note the progress and delivery of the Sport and Physical Activity Strategy for South Kesteven.**
- 2. Consider the results of the latest Active Lives data available for South Kesteven.**
- 3. Note the progress and steps to refresh the Sport and Physical Activity Strategy.**
- 4. Suggest enhancements to the extent and clarity of the information produced for the next six-monthly report.**

### 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Does the report contain any exempt or confidential information not for publication?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. If any initiatives are identified which require budget or investment, then an appropriate business case will be developed which identifies the cost and the associated benefit to the community.

Completed by: **David Scott, Assistant Director of Finance and Deputy 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 is delivering the Sport and Physical Activity Strategy (the Strategy) which was adopted in 2021 and refreshed in 2024. 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 progress made on the delivery of the Action Plan contained within the Strategy, the most recent update being

provided at a meeting of the Committee on 15 May 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
- Action Plan

B. The Active Lives Survey

C. Plans to refresh the Sport and Physical Activity Strategy in 2026.

**A. Overview of the work undertaken to support the Sport and Physical Activity Strategy.**

Physical Activity Initiatives for Council Employees

2.4. The Council's Leisure and Wellbeing Teams have both played an important role in South Kesteven District Council being a finalist for the Workforce Optimisation Award at the MJ Awards in June 2025.

2.5. Encouraging officers to be more active yields numerous benefits, including improved physical and mental health, increased work productivity, reduced absenteeism, and better team morale. As a result, there has been a 53% reduction in mental health-related absences, 9% reduction in staff turnover and a remarkable rise in employee engagement levels, with many taking part in physical activity initiatives.

2.6. In April 2025, 18 colleagues attended a sleep health workshop which explored insights behind sleep and its vital role in improving our health and wellbeing.

2.7. In May 2025, the Council partnered up with LeisureSK Limited to offer free health checks to employees. Blood pressure, height, weight, peak flow and other health checks were undertaken. 14 colleagues had a health check completed throughout the session.

2.8. Across June and July 2025, colleagues played tennis amongst one another on a weekly basis at Wyndham Park. This created opportunities for physical activity and to build positive relationships amongst Officers.

- 2.9. In August 2025, the Wellbeing Team offered the opportunity to play lawn bowls at Wyndham Park and 16 colleagues attended. Lawn bowls offers physical benefits such as improved balance, coordination and cardiovascular fitness, whilst promoting mental health through stress reduction and cognitive engagement.

#### Partnership and Collaborative Working

- 2.10. The Council alone cannot achieve its corporate ambition of Connecting Communities; accordingly 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.
  - 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 South Lincolnshire Alliance for Mental Health meetings where provision that supports mental health for residents is discussed and ideas are shared.
  - 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 workshops and roundtable seminars hosted by the Chief Cultural and Leisure Officers Association (CLOA).
  - Attendance at the Physical Literacy Conference.
- 2.11. The Council's Leisure Team is attending the Grantham Business Club on Friday 16 January 2026 to promote the importance of workplace wellbeing in South Kesteven.
- 2.12. Officers are continuing to work with The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) by feeding into the Lincolnshire Local Skills Accountability Board. This brings employers and education providers together to identify sector challenges, skills gaps and concerns within Lincolnshire. A sport and physical activity sector local skills plan is in the process of being created which will have themes, recommendations, actions and objectives within it.
- 2.13. Cross council working has taken place to upskill Council volunteers who are based at Wyndham Park Visitor Centre, allowing them to become qualified instructors to deliver 'Our Parks' sessions. 'Our Parks' sessions will bring free group exercise classes, led by qualified and insured instructors to the park. More information about 'Our Parks' can be found here [Our Parks | Get Fit For Free](#). Two classes will be launching, one for Older Adults new to exercise and one for the Young Adults Social Group.

- 2.14. 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.
- 2.15. In June 2025, cross council collaboration saw the delivery of four events across the district to support the 'Great Big Green Week'. Great Big Green Week is a celebration of community action to tackle climate change, a call out was made for everyone to make simple swaps that will add up to substantial changes, making our communities better, greener and healthier for the future. Officers encouraged residents to travel actively, primarily in the form of walking and cycling.
- 2.16. Council Officers are working with Lincolnshire County Council and Outspoken (Bikeability delivery) to undertake bike marking sessions at schools throughout the district. These 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.
- 2.17. A bike marking session was held at Wyndham Park Visitor Centre as part of 'Love Parks Week' in July 2025, as well as hosting outdoor fitness circuits using the outdoor gym equipment.
- 2.18. The Council's Leisure Team have been involved over the last 24 months with the development of the South Kesteven Design Code by the Planning Team. This is currently in draft format and undergoing review. Leisure Officers focused on three of the design requirements; Movement, Public Spaces and Built Form.
- 2.19. The Council's Leisure Team and Cabinet Member for Leisure and Culture have been working closely with the Football Foundation, Lincolnshire FA and Continuum Leisure to refresh the South Kesteven Local Football Facility Plan (LFFP). The LFFP is a detailed report that maps out the football facilities needed across South Kesteven and considers the predicted growth of the population and sports clubs. The LFFP for South Kesteven can be found online at: [South Kesteven Local Football Facility Plan](#).
- 2.20. The Council continues to work closely with Active Lincolnshire, with Officers promoting the online Activity Finder, enabling residents to source activities in their local area. This can be found online at: <https://www.activelincolnshire.com/get-involved/lets-move-lincolnshire/club-and-activity-finder>, or accessed through the Council's website, making it even easier for residents to find activities: <https://www.southkesteven.gov.uk/arts-leisure-and-culture/sports-and-leisure/activity-finder>.
- 2.21. Council Officers attended the Shine Lincolnshire Family Fun Day at Wyndham Park in August 2025 to promote the Let's Move Activity Finder. The event showcased a

range of activities available in the community such as Yoga in the Park, guided bike rides, outdoor fitness sessions, tennis and football coaching and much more.

### Leisure Facilities

2.22. 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.
- Summer holiday swim crash courses continue to be delivered across all three centres.
- Exercise on Prescription continues to be delivered across Bourne Leisure Centre (62 starters since April 2025) 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.

2.23. In addition, the Council are continuing to invest in its leisure centres using funding initiatives such as the Council's Climate Reserve and the Public Sector Decarbonisation Scheme Phase3c, as well as undertaking ongoing maintenance works which form part of the planned preventative maintenance schedule. A Leisure Investment Reserve has also been established and a proposed criteria developed in order to provide a clear methodology to allocate the funding

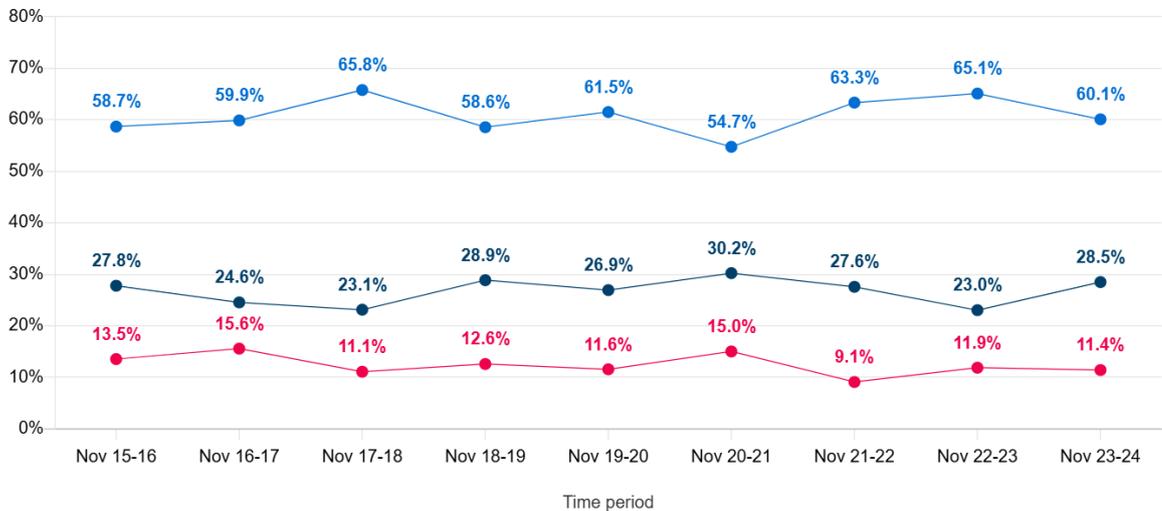
2.24. The information provided in **Appendix One** highlights planned future activity in the coming months.

### **B. The Active Lives Survey**

2.25. The most recent Active Lives Adult Survey Data was published in April 2025 and is available online at <https://activelives.sportengland.org/>.

2.26. The graph below presents the levels of activity across South Kesteven for Adults since November 2015 – November 2016.

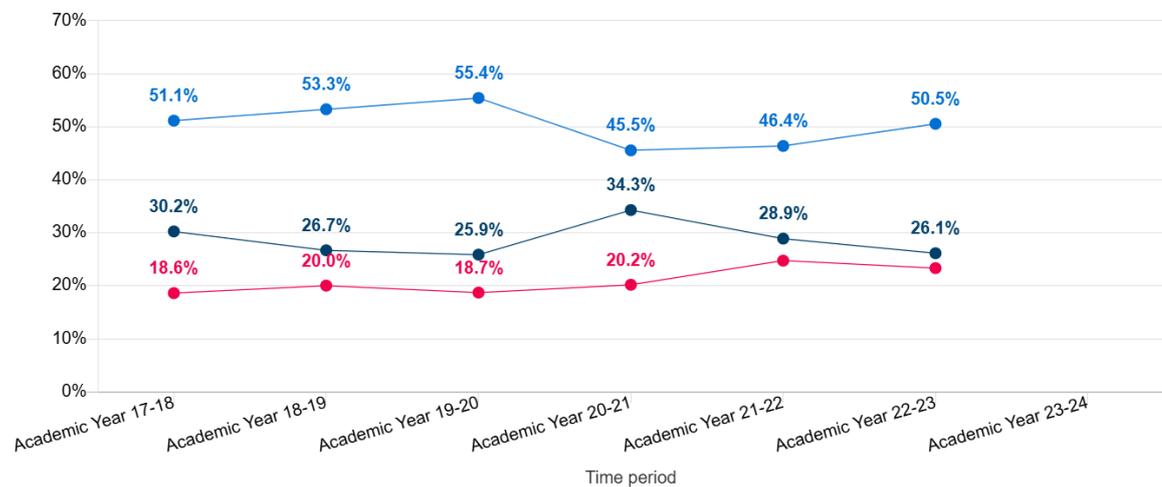
Levels of activity (Main - 3 categories) - Local Authority and County Council  
South Kesteven LA



% Levels of activity (Main - 3 categories):  
■ Inactive: less than 30 minutes a week ■ Fairly active: 30-149 minutes a week ■ Active: at least 150 minutes a week

2.27. The graph below presents the levels of activity across South Kesteven for Children and Young People (CYP) since academic year 2017 – 2018.

Levels of activity - Local Authority and County Council  
South Kesteven LA



% Levels of activity:  
■ Less active: less than an average of 30 minutes a day ■ Fairly active: an average of 30-59 minutes a day  
■ Active: an average of 60+ minutes a day

### C. Plans to refresh the Sport and Physical Activity Strategy in 2026

2.28. The current Strategy is dated 2021/26 and is therefore due to be reviewed. The Council aspires to have a Sport and Physical Activity Strategy which brings together

a wide group of partners with shared objectives, creating, promoting and enhancing opportunities for sport and physical activity as a key means to help create a healthier district.

2.29. Refreshing the Council's Sport and Physical Activity Strategy is essential to ensure the goals and objectives remain relevant and aligned with the needs of our community. The refreshed Strategy should demonstrate the Council's commitment to improving public health, reduce inequalities in participation and ensure the mission remains 'to provide opportunities for people to be more active, more often.'

2.30. A range of strategies, documents and data are to be considered during this process which include the below:

- [The NHS 10 Year Health Plan: Fit for the Future](#)
- [10 Year Health Plan – opportunities for physical activity | Sport England](#)
- [South Kesteven District Council Corporate Plan - 2024 to 2027](#)
- [The Richmond Group of Charities 'Millions More Moving'](#)
- [Let's Move Lincolnshire Strategy - Active Lincolnshire](#)
- [Let's Move Lincolnshire Blueprint](#)
- [Get Active: A Strategy for the future of sport and physical activity](#)
- [Horizon Scanning: Future Trends in Sport and Physical Activity](#)
- [Uniting the Movement | Sport England](#)
- [UK Chief Medical Officers' Physical Activity Guidelines](#)
- [Local Authority Health Profiles - Data | Fingertips | Department of Health and Social Care](#)
- [Joint Health and Wellbeing Strategy - Lincolnshire Health Intelligence Hub](#)

2.31. It is proposed that the draft Sport and Physical Activity Strategy 2027 - 2032 will be presented to a meeting of this Committee on 13 May 2026 for consideration and review before formal adoption.

### **3. Key Considerations**

3.1. The Council's Leisure Team continue to work on the delivery of the Sport and Physical Activity Strategy, collaborating with the Council's leisure provider LeisureSK Limited and a range of partners across South Kesteven.

### **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. 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 – May 2025 Update* – Report to Culture and Leisure Overview and Scrutiny Committee, published 7 May 2025, available online at: [Sport and Physical Activity Strategy 2021 - 2026.pdf](#)

## **7. Appendices**

- 7.1. **Appendix One** – Delivery of the Sport and Physical Activity Action Plan