

Appendix A – Delivery of the Sport and Physical Activity Action Plan

Activity Area	Theme	Action to Date	Future Actions
<p>Active Society</p>	<p>Ensure participation is affordable and accessible to the whole community</p>	<p>Working with LeisureSK Ltd to develop a calendar of community events to attend to encourage discussion around healthy, active lifestyles. These events have included local summer fayres, Wyndham Park May Day and Summer Markets, The Lincolnshire Show, and providing support for the Council's Queen's Baton Relay.</p> <p>One You Lincolnshire provided a new fully funded 12-week programme called Heart & Sole for residents based in and around Grantham, which was launched at Wyndham Park Visitor Centre. This was targeted at residents who do not currently achieve 150 minutes of physical activity per week.</p> <p>Grantham Meres Leisure Centre continues to host holiday activities partnered with Fit for Sport to enable opportunities to stay active outside of term time. Fit for Sport have continued to be successful with the Holiday Activities and Food Programme (HAF) funding across it's camps which has allowed primary school children who receive benefits related free school meals to access the camps.</p>	<p>Good Boost funding has been secured and is planned to commence at Bourne Leisure Centre. This is an NHS recognised product, delivered through a series of pre-recorded exercises on a tablet which are accessed by individuals via personalised log on details. The objective of Good Boost is to bring new users to facilities, particularly those from less active backgrounds, including older adults, those with long term conditions, those overweight and obese, and those in recovery from cancer and cardiac illness.</p> <p>Good Boost funding has been applied for through the Together Fund application which is being managed by Active Lincolnshire with the aim of launching the scheme at Stamford Leisure Pool and Grantham Meres Leisure Centre.</p> <p>Working with Cliff Edge Cycles, Inspire+ and LeisureSK Ltd to deliver an event in Wyndham Park in the first week of school summer holidays, focusing on encouraging cycling with a range of local organisations.</p>

	<p>Encourage physical activity as a holistic approach to wellbeing, including a focus on mental health</p>	<p>Delivered the ‘Community Connector for Mental Health’ event in partnership with the Neighbourhood Lead, Stamford Health Education Awareness Charity (SHEAC), Mindspace Stamford and the Lincolnshire Partnerships Foundation Trust (LPFT). This event brought together 31 Stamford based organisations, with the objective of the day to hear about personalisation techniques to support people’s mental health and well-being, and meet others in the community to develop collaborative working.</p> <p>Working with health partners to promote opportunities to be active to help with overall health and wellbeing.</p> <p>LeisureSK Ltd and Council officers supported a Living with Diabetes event at Stamford Town Hall on Monday 14th November 2022. This was a valuable opportunity to speak to residents about the benefits of physical activity for all, including diabetes sufferers and the benefits of being active.</p> <p>As part of the Council’s wellbeing offering, 120 Officers from across the organisation took part in the #TeamSK Big Step Challenge.</p>	<p>Continue to support work in the Deepings to establish a mental health organisation to coordinate activity and work with local residents on projects related to health and wellbeing.</p> <p>Continue to work with health colleagues from the NHS neighbourhoods’ team and social prescribers on an integrated care systems approach. The objective is to offer 6-month or annual update meetings to continue this valuable networking.</p> <p>Planning is underway for a ‘Healthy Living with Long Term Conditions’ event scheduled for Monday 20th February at Stamford Arts Centre. This event is free of charge and will be available for members of the public to attend. The Council has also partnered up with SHEAC, Mindspace Stamford, One You Lincolnshire and ‘We are Undefeatable’ for this event. The event aims to focus on supporting those living with long term health conditions, providing opportunities to seek valuable advice on undertaking physical activity, from a range of organisations.</p> <p>To provide additional support through Mental Health Awareness Week, commencing 22nd May 2023.</p>
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Active Place	Invest in the Council's leisure facilities to ensure that they meet the needs of customers	<p>The LeisureSK Ltd Annual Customer Satisfaction Survey was completed in March 2022 to collect feedback from centre users to ensure facilities meet their expectations and needs. The team at LeisureSK Ltd have used these results as part of their programming and planning reviews.</p> <p>The Sport England Moving Communities survey was undertaken in September 2022, showing overall satisfaction was an average of 77.72% across the LeisureSK Ltd managed facilities. Grantham's results were 80.33%, Bourne's 80.7% and Stamford's 71.5%.</p> <p>The Council's leisure provider LeisureSK Ltd invested £137,000 in refurbishing the fitness suite and studio at Bourne Leisure Centre in November 2022. This included new equipment throughout and the addition of some fully Inclusive Fitness Initiative (IFI) accredited fitness equipment which enables both disabled and</p>	<p>The next LeisureSK Annual Customer Satisfaction Survey is due to be completed between February and March 2023.</p> <p>Continue to monitor customer satisfaction levels via surveys and other data to ensure that the facilities meet the needs of customers. This includes monitoring feedback included on the monthly leisure monitoring reports.</p> <p>The Council's Property and Leisure Teams have been working through the condition surveys and will continue to work through these prioritising works based on severity and risk.</p> <p>Track refurbishment works are due to be undertaken in March 2023 at the South Kesteven Sports Stadium which will improve the surface for competitions being</p>

		<p>non-disabled people to benefit from a full body, cardiovascular and resistance-based workout.</p> <p>Full condition surveys of the leisure centres and sports stadium have been undertaken with plans put in place to address urgent health and safety items and those at end of life.</p> <p>The South Kesteven Sports Stadium has achieved UK Athletics TrackMark accreditation for the next 3 years which allows it to host Level 1 competitions.</p>	<p>hosted at the stadium and attract Level 1 competitions.</p>
	<p>Explore opportunities to use parks and open spaces within the district</p>	<p>Use of Council social media pages to promote green spaces across the district and activities available in local parks and open spaces. Active Lincolnshire have created a map of outdoor gyms for residents to view on Lets Move Lincolnshire.</p> <p>One You Lincolnshire used the Visitor Centre at Wyndham Park as a base to launch the Heart & Sole Challenge in January 2023.</p> <p>Working in conjunction with Gonerby Hill Foot (GHF) Park Action Group, successful funding has been awarded by FCC Communities Foundation for the refurbishment of the play area equipment in Gonerby Hill Foot Park.</p> <p>The Senior Play area at Wyndham Park was successfully completed during the autumn of 2022 and officially opened in February 2023.</p>	<p>Continue to develop use of social media, web pages and other promotion of green and open spaces across the district.</p> <p>Continue to develop a programme of events and activities in Wyndham Park to attract visitors and provide opportunities to be active.</p> <p>Active Lincolnshire to film a LeisureSK Ltd instructor using Wyndham Park outdoor gym and delivering a workout to promote outdoor spaces.</p> <p>Continue to work with the GHF Park Action Group to deliver the refurbishment of the play equipment at GHF park.</p>

		This was funded by the FCC Communities Foundation Landfill Communities Fund.	
Active People	Support a broad range of sport and physical activity opportunities that reflect the interests and needs of the community and visitors to the district	<p>Supporting the use of the Activity Finder with Active Lincolnshire which now boasts 260 activities or clubs easily accessible to residents in South Kesteven.</p> <p>Wellbeing walks are currently taking place from Bourne Leisure Centre on a Wednesday and Friday morning, and from Stamford Leisure Pool on a Thursday afternoon.</p> <p>New fitness class timetables were launched in January 2023 at Bourne Leisure Centre and Grantham Meres Leisure Centre.</p> <p>Half term swim crash courses are being provided at each of the leisure facilities including Mermaid Fins, Aqua Quidditch and Rookie Lifeguarding.</p> <p>The LeisureSK Ltd App is proving popular with a total of 10,516 downloads.</p> <p>Partnership with the 'We are Undefeatable' campaign so physical activity is accessible to all people, targeting those living with long term health conditions.</p>	<p>Continue to promote use of the Activity Finder online to signpost residents to activities more easily. Encourage other providers to sign up to the platform to ensure a wide range of activities are captured – aided by the production and data collection for wellbeing maps.</p> <p>LeisureSK Ltd to launch wellbeing walks from Grantham Meres Leisure Centre and in The Deepings in March 2023. Lincolnshire Co-op will be delivering further walk leader training on 28th February 2023.</p> <p>Timetable and programming for leisure facilities are being continuously reviewed and new initiatives added to ensure there are a broad range of activities on offer to residents and visitors.</p> <p>Continue to develop the LeisureSK Ltd app to provide new classes and up to date information on services and activities available.</p> <p>A Together Fund application was submitted by the Council on 10th January 2023 to Active Lincolnshire, to seek</p>

		<p>Aqua Cycling classes have been launched at Stamford Leisure Pool which is unique to the district.</p> <p>Junior Gym sessions have been launched at Bourne Leisure Centre and Grantham Meres Leisure Centre.</p>	<p>funding for 26 weeks activity, including equipment, to focus on delivering activity for Older Adults and people with Longer Term Health Conditions in The Deepings.</p> <p>Further instructor training to be delivered to increase the offering of Aqua Cycling and to also launch Hydro Fighter classes at Stamford Leisure Pool.</p>
	<p>Work with the Council's leisure provider and partners to run health intervention programmes that result in improved health and wellbeing for residents and deliver outreach activities in our communities</p>	<p>The exercise on Prescription scheme recommenced at Stamford Leisure Pool (15 active clients), and Grantham Meres Leisure Centre (9 active clients), whilst it continues successfully at Bourne Leisure Centre with 23 active and 31 on a waiting list.</p> <p>LeisureSK Ltd have worked in partnership with One You Lincolnshire and Gloji to provide weight loss support which is app based and is available via referral including self-referral.</p> <p>LeisureSK Ltd also provide Junior Gym sessions at Grantham Meres Leisure Centre and Bourne Leisure Centre.</p> <p>Active Life classes continue to run at Grantham Meres Leisure Centre, providing exercise classes and activities for those aged 50+.</p> <p>Warm spaces initiative launched across all LeisureSK Ltd centres in January 2023.</p>	<p>Exercise on Prescription waiting lists (51 across the district) to continue to be cleared.</p> <p>More marketing is required, especially for GP's and hospitals.</p> <p>Good Boost classes to be launched at Bourne Leisure Centre, which deliver personalised exercise programmes with a focus on people living with musculoskeletal (MSK) conditions.</p> <p>Pre and Post Natal classes (pool and studio based) to be launched in early 2023 across all LeisureSK Ltd centres.</p> <p>Continue to develop the Special Educational Needs and Disability (SEND) swimming lessons across all centres.</p>

			<p>A review will of the Warm Spaces to be undertaken in March to see if activity can then be provided to regular participants.</p>
<p>Active System</p>	<p>Recognise that physical activity is more than participation in sport and includes activities such as walking, dancing and gardening</p>	<p>Council Officers have been part of The Ageing and Physical Activity Network, hosted by The University of Lincoln, identifying how we can increase opportunities to those living in more rural areas.</p> <p>Work has taken place with Active Lincolnshire to support the delivery of projects in local schools and the community to promote active travel opportunities and building confidence to cycle.</p> <p>Social media messages, from both the Council and LeisureSK Ltd, have promoted ways that residents can be physically active and receive information related to general health and wellbeing.</p> <p>Supporting the work of Don't Lose Hope in Bourne to promote the community garden.</p>	<p>Continue to work with Lincolnshire County Council and other partners on projects to promote active travel.</p> <p>The opportunity to deliver virtual 'We are Undefeatable' sessions in village halls will be explored as this provides an opportunity for exercise without a physical instructor.</p> <p>Ensure positive messages are communicated to residents in a variety of ways about how activity can be integrated into everyday life.</p> <p>Support creation of walking sport groups and reintroduce programme of activities at leisure facilities.</p> <p>Educating the importance of gardening through social housing residents in the district, on both physical and mental well-being.</p> <p>Establish walking and cycling routes to open spaces and leisure facilities within the district.</p>

	<p>Facilitate partnerships and collaboration between authorities, organisations, communities, and groups to empower those who can make change</p>	<p>Council Officers have continued to contribute to the districts health and wellbeing strategy and ensure activities are aligned to the county wide strategy - Let's Move Lincolnshire.</p> <p>Worked in partnership with a wide range of organisations utilising social media and webpages to collectively promote activities.</p>	<p>Officer working group to create, develop and move forward with the district's health and wellbeing strategy.</p> <p>The Council's Leisure Team is part of the organisation for the SK Wellbeing event scheduled to take place on 25 February 2023, which is being held at the Jubilee Church Life Centre. There will be a range of organisations there that support physical wellbeing, as well as mental and financial wellbeing.</p> <p>Continue to work with other organisations to promote activities and events taking place.</p>
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