



SOUTH
KESTEVEN
DISTRICT
COUNCIL



Culture and Leisure Overview and Scrutiny Committee

5 September 2023

Report of Councillor Paul Stokes,
Cabinet Member for Culture and
Leisure

Sport and Physical Activity Strategy – September 2023 Update

Report Author

Beth Goodman, Leisure Officer

 Bethany.goodman@southkesteven.gov.uk

Purpose of Report

To provide an update on the progress and delivery of the Council's Sport and Physical Activity Strategy (2021 to 2026).

Recommendations

In noting the progress and delivery of the Sport and Physical Activity Strategy for South Kesteven, it is recommended the Culture and Leisure Overview and Scrutiny Committee:

1. Considers the results of the latest Active Lives data available for South Kesteven and agrees the results of future Active Lives survey data form part of future regular six-monthly updates.
2. Suggest enhancements to the extent and clarity of the information produced for the next six-monthly update report.

Decision Information

Does the report contain any exempt or confidential information not for publication?

No

What are the relevant corporate priorities?

Healthy and strong communities

Which wards are impacted?

Two or more wards

1. Implications

Taking into consideration implications relating to finance and procurement, legal and governance, risk and mitigation, health and safety, diversity and inclusion, 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. 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.

Financial Implications reviewed 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.

Legal Implications reviewed by: **Graham Watts, Assistant Director of Governance and Monitoring Officer**

2. Background to the Report

- 2.1 The Council's Corporate Plan (2020 – 2023) identifies Healthy and Strong Communities as a key priority. To underpin this priority, the Council adopted a Sport and Physical Activity Strategy (the Strategy) in 2021. 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 Culture and Visitor Economy Overview and Scrutiny Committee received an update report relating to the Sport and Physical Activity Strategy and Active Lives Survey data on 28 February 2023 (See **Background Papers**). For ease of reading the remainder of this report is broken into the two keys areas with subsets as follows:

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

- Physical Activity Initiatives for Council employees
- Partnership and collaborative working
- Active Lincolnshire
- One You Lincolnshire
- Events

B. The Active Lives Survey

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

2.3 The Council's website and social media channels have been regularly reviewed to support a variety of stakeholders and organisations with their events and to signpost residents to physical activity opportunities across South Kesteven.

Physical Activity Initiatives for Council employees

2.4 Council team members have been engaged in physical activity initiatives. In April 2023, 120 participants took part in a #TeamSK Stride for Stroke Step Challenge which raised over £700 for the Stroke Association and achieved a staggering 40 million steps.

2.5 Activities were delivered during Mental Health Awareness Week between 15 and 21 May 2023 in a bid to boost wellbeing levels. Employees took part in a relaxation gong bath, wellbeing walks, meditation sessions and a virtual Anxiety UK webinar to understand the impacts of stress and anxiety and how activity can alleviate or help to manage the symptoms.

Partnership and collaborative working

2.6 It has been previously recognised the Council alone cannot achieve its corporate ambition of building Healthy and Strong Communities. Officers have therefore continued to collaborate with wider partner organisations, stakeholders and communities. Activities undertaken have included:

- Monthly attendance with County leisure leads meetings coordinated by Active Lincolnshire
- Regular UKActive webinars
- Attendance at 'We Are Undefeatable' webinars
- Monthly attendance at the Grantham Partnership Board, where organisations who provide activity meet to promote and discuss local opportunities to participate in physical activity
- Attendance at workshops hosted by Sport England and the Chief Cultural and Leisure Officers Association (CLOA)
- Quarterly steering group meetings with the Lincolnshire Football Association to stay up to date with funding opportunities and discuss upcoming projects within the district
- Participating in the Ageing and Physical Activity (TAPA) network meetings led by The University of Lincoln to stay up to date with the latest trends and remain up to date with the regional and national picture
- Attendance at the Older Adult and Physical Activity Workshop in Sleaford, which was hosted by Active Lincolnshire in partnership with the Centre for Ageing Better
- Attendance at the Virtual Social Prescribing Show which was hosted by the Social Prescribing Academy. The aim of the event was to highlight the opportunities which are available through social prescribing which support health and wellbeing outcomes

2.7 Officers have forged a working partnership with How Are You (HAY) Lincolnshire. This is an online service to help residents find local resources to boost their health and wellbeing.

Active Lincolnshire

2.8 The 'Activity Finder' developed by Active Lincolnshire is an online tool local residents can use to find activities in their local area. The online tool now boasts more than 300 activities or clubs on the website and is constantly growing. The Council's Leisure Team are actively promoting the Club and Activity Finder to all clubs and organisations they work with, details can be found at:

<https://www.activelincolnshire.com/get-involved/lets-move-lincolnshire/club-and-activity-finder>

2.9 Active Lincolnshire have also developed an online Long-COVID Training Programme in partnership with Shine Lincolnshire, Lincolnshire NHS and Every-One. This has been funded by NHS Charities Together, the training consisting of video tutorials and guidance for providers to enable them to support people with Long-COVID to regain their confidence and ability to undertake everyday tasks, including being physically active. The Council's Leisure Officer has completed this training, which will be shared with employees across the Council to increase the

awareness of Long-COVID and the effects it can have on the workplace and community. The case study completed by the Council's Leisure Officer can be found here: <https://www.activelincolnshire.com/news/case-study-long-covid-training>

One You Lincolnshire

- 2.10 One You Lincolnshire is a county-wide free to access health and wellbeing programme designed to help residents lead a healthy lifestyle. Support is provided to help individuals who access the service make small, sustainable changes to improve their health and wellbeing and live a longer, happier life.
- 2.11 One Your Lincolnshire recently launched Heart and Sole in Grantham which was a 12-week programme targeted to get residents moving who were previously not completing the desired 150 minutes of physical activity per week. The programme ended in April 2023 with a total of 57 local residents completing it.
- 2.12 LeisureSK Ltd, in partnership with One You Lincolnshire, have benefitted from an increase in registrations for their Exercise on Prescription programme. This is a 12-week fully funded structured physical activity programme which residents can access following referral by a health care professional, aimed at those doing less than 150 minutes of physical activity a week. Since January 2023, there have been 148 starters on the programme, with 130 of those increasing their activity levels and 80 of those achieving more than 150 active minutes per week. This equates to the 54% of clients in South Kesteven achieving the target against an average of 46% in Lincolnshire.

Events

- 2.13 **Table One** details events which have been supported or organised by the Council's Leisure Team.

Table One: Events supported or organised by the Council's Leisure Team	
Name of event, date and location	Further details on event
Get SK Moving Roadshow Wednesday 17 May to Saturday 20 May	The Council's Leisure Team organised this event working in partnership with LeisureSK, Inspire + and One You Lincolnshire. The objectives were to raise awareness of physical activity opportunities across the district and highlight the physical and mental health benefits that exercise can have. An event was held in The Deepings, Bourne, Stamford and Grantham alongside each market. Following the success of the events a blog was published which can be accessed at: Get SK Moving Roadshow - Let's Move Lincolnshire (letsmovelincolnshire.com)

<p>Gear up Grantham</p> <p>15 July 2023 in the Market Place, Grantham</p>	<p>The Council's Leisure Team with support from colleagues in the Economic Development and Climate Change teams, organised a cycle event starting in the heart of Grantham. The event consisted of three cycle rides suitable for beginners, more experienced riders, and families. The event was delivered in partnership with Witham Wheelers, British Cycling, the Woodland Trust, Cycle Lincolnshire and Upp Broadband, providing valuable information about cycling, including the opportunities available locally. The Council featured on BBC Radio Lincolnshire on the morning of the event to promote and discuss the benefits of cycling.</p>
----------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

- 2.14 The information provided in **Appendix A** highlights planned future activity in the coming months.

B. Active Lives Survey

- 2.15 The most recent Active Lives Adult Survey data was published in April 2023 and is available online at <https://activelives.sportengland.org>
- 2.16 The survey results for adults (16 years+) demonstrate during the period November 2021 to November 2022, 63.3% of adults in South Kesteven were considered active, completing at least 150 minutes of activity a week, and 9.1% were considered fairly active, completing 30-149 minutes of activity per week. However, 27.6% adults were considered inactive, completing less than 30 minutes activity a week. The results demonstrate an 8.6% improvement when compared to the data for November 2020 to November 2021.
- 2.17 The survey data available for children and young people looks at activity levels by academic year, the most recent academic year being 2021 to 2022. This data remains unchanged from the previous report, the next data set being available in December 2023.

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 Ltd and a range of partners across South Kesteven.

4. Other Options Considered

- 4.1 The Culture and Visitor Economy 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 *South Kesteven Sport and Physical Activity Strategy 2021-2026*, available online at: <http://www.southkesteven.gov.uk/CHttpHandler.ashx?id=28041&p=0>
- 6.2 *Sport and Physical Activity Strategy - Report to Culture and Visitor Economy Overview and Scrutiny Committee*, 28 February 2023, available online at: <https://moderngov.southkesteven.gov.uk/documents/s36995/Sport%20and%20Physical%20Activity%20Strategy.pdf>

7. Appendices

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