

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

Activity Area	Theme	Action to Date	Future Actions
Active Society	Ensure participation is affordable and accessible to the whole community	<ul style="list-style-type: none"> • Working with LeisureSK Ltd to develop a calendar of community events to encourage discussion around healthy, active lifestyles. These events have included Wyndham Park May Day and Get SK Moving (Guest Blog), Gear up Grantham and Grantham Journal Children’s Fun Day. • One You Lincolnshire completed a fully funded 12-week programme called Heart & Sole for residents based in and around Grantham, which saw 57 residents complete the programme at the end of April 2023. • Grantham Meres Leisure Centre continues to host holiday activities partnered with Junior Adventures Group (JAG) to enable opportunities to stay active outside of term time. JAG 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 free school meals to access the camps. • Working with Cliff Edge Cycles, Inspire+ and LeisureSK Ltd, SKDC delivered an event in Grantham on Saturday 15th July, focusing on encouraging cycling with a range of local 	<ul style="list-style-type: none"> • 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. • To implement monthly guided cycle rides through Belton House, with talks from the rangers about the wildlife and park. These will be suitable for families, beginners, and more experienced riders and will be led by British Cycling trained volunteers and supported by the National Trust. • To create Gear up Grantham as an annual event which will expand across Bourne, The Deepings and Stamford. • Develop a ‘Wheels for Life’ hub at Grantham Meres Leisure Centre with the support of £7041 from Active Lincolnshire’s Together Fund. This scheme will support people in transport poverty, with trained volunteers upcycling bikes to remove barriers to participation.

	<p>Encourage physical activity as a holistic approach to wellbeing, including a focus on mental health</p>	<p>organisations. Gear Up Grantham Video - YouTube</p> <ul style="list-style-type: none"> • Working with health partners to promote opportunities to be active to help with overall health and wellbeing. • As part of the Council's wellbeing offering, 120 Officers from across the organisation took part in the #TeamSK Stride for Stroke Step Challenge in April 2023. This challenge also raised over £700 for the Stroke Association. A celebration event included a cake sale to raise more funds, and also provided blood pressure checks to Council Officers. • Additional support was provided through Mental Health Awareness Week at each of the markets, commencing 15th May 2023. The benefits of physical activity on mental health were shared to the public. • Employees of SKDC also took part in a relaxation gong bath, a meditation session and wellbeing walks during Mental Health Awareness Week. 	<ul style="list-style-type: none"> • 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. Produce a wellbeing map for The Deepings. • 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. • Planning is underway with the Patient Participant Groups (PPGs) at surgeries in Bourne and Deeping, for a Health and Wellbeing Event at Bourne Corn Exchange in September 2023. This event will include 30 local organisations providing advice about the physical activity opportunities available and will also feature practical taster sessions for the public to try. This event is free of charge for members of the public to attend and aims to focus on supporting residents from Bourne and The Deepings (including surrounding areas).
--	--	---	---

			<ul style="list-style-type: none"> To continue to provide physical and wellbeing initiatives within the Council, raising awareness through a range of different challenges and charities, such as cancer awareness days and 'Coast to Coast'.
Active Place	Invest in the Council's leisure facilities to ensure that they meet the needs of customers	<ul style="list-style-type: none"> The LeisureSK Ltd Annual Customer Satisfaction Survey was completed in March 2023 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. 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%. Grantham Meres Leisure Centre was successful in sourcing funding for a Changing Places Facility which is now open. Track refurbishment works were completed in June 2023 at the South Kesteven Sports Stadium which has improved the surface for competitions being hosted at the stadium, the facility now being able to attract Level 1 competitive events. 	<ul style="list-style-type: none"> Continue to monitor customer satisfaction levels via surveys and other data to ensure that the leisure facilities meet the needs of customers. This includes monitoring feedback included on the monthly leisure monitoring reports. The next annual Sport England Moving Communities is due to be distributed in September 2023. 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. The Council's Property Team are seeking an appropriate location within Wyndham Park for a Changing Places facility.

	<p>Explore opportunities to use parks and open spaces within the district</p>	<ul style="list-style-type: none"> • 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, including those in South Kesteven Lets Move Lincolnshire. • A partnership has recently been developed with Lincolnshire Coop to develop Wyndham Park Visitor Centre as a Wellbeing hub. This will help continue to develop a programme of events and activities to attract visitors to Wyndham Park. • Working in conjunction with Gonerby Hill Foot (GHF) Park Action Group, Gonerby Hill Foot play park has been refurbished and was successfully opened on Monday 10th July 2023. This supports the younger generation to be active and make the most out of their local community and was made possible following successful funding from FCC Communities Foundation and local businesses. • Promotion of 'Love Parks Week' from 28th July to 6th August 2023, adding additional fitness classes, which were provided by LeisureSK Ltd, to our open spaces, and encouraging wellbeing walks to visit our parks within South Kesteven. 	<ul style="list-style-type: none"> • Continue to develop use of social media, web pages and other promotion of green and open spaces across the district. • Active Lincolnshire to film a LeisureSK Ltd instructor using Wyndham Park outdoor gym and delivering a workout to promote outdoor spaces. • Seek 'Our Parks' funding which would see outdoor fitness sessions delivered in open spaces across the district. • Promotion of Parks and Open Spaces on the HelloSK App, including events that will be held. • Promotion of Street Tag through schools within the district which is an app-based initiative created by Active Lincolnshire aimed to increase physical activity by walking or cycling at no cost.
--	---	--	---

<p>Active People</p>	<p>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>	<ul style="list-style-type: none"> • Supporting the use of the Activity Finder with Active Lincolnshire which now boasts over 300 activities or clubs easily accessible to residents in South Kesteven. • Wellbeing walks are currently taking place from Bourne Leisure Centre on a Wednesday and Friday morning, from Stamford Leisure Pool on a Thursday afternoon and Grantham Meres Leisure Centre on Wednesdays. There have been 1298 walkers from January to July 2023. • A new fitness class timetable was launched in May 2023 at Grantham Meres Leisure Centre, and this is reviewed quarterly. • Stamford Leisure Pool launched Hydro Fighter aqua classes. • Half term swim crash courses are being provided at each of the leisure facilities including Mermaid Fins, Aqua Quidditch and Rookie Lifeguarding. • Partnership with the How Are You (HAY) Lincolnshire and the Grantham Partnership Board to stay up to date with physical activity opportunities and trends. 	<ul style="list-style-type: none"> • 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. • Further instructor training to be delivered to increase the offering of Aqua Cycling. • New Summer ‘We are Undefeatable’ campaign starting in August, as part of which the Council will actively promote and inspire people living with long term health conditions to build physical activity into their daily routines, or encourage them to try something new. • LeisureSK Ltd will continue to run the Leisure in the Community sessions in the Deepings after the 26 weeks of funding has ended. • In June, Council Officers attended a Youth Forum in Stamford to understand how to better engage with young people. Actions are being developed on the back of this workshop and the Council will continue to provide support in ensuring Stamford has the correct opportunities available for children to be physically active.
-----------------------------	--	---	--

		<ul style="list-style-type: none"> • Aqua Cycling classes have been launched at Stamford Leisure Pool which is unique to the district. • Junior Gym sessions continue to run at Grantham Meres Leisure Centre. • Funding of £3964 was received from the Together Fund, which is hosted by Active Lincolnshire. This was used to deliver activity for Older Adults and people with Longer Term Health Conditions in The Deepings. These sessions commenced on 17 April 2023 and will run for 26 weeks. 	
	<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>	<ul style="list-style-type: none"> • The exercise on Prescription scheme continues to run across all centres. 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. • Special Educational Needs and Disability (SEND) swimming lessons, and dedicated family swim sessions, were launched in May at Bourne and are currently fully booked every week. • Pre and Post Natal classes were launched across all LeisureSK Ltd centres in the district. Bourne launched pre and post-natal sessions 	<ul style="list-style-type: none"> • More marketing is required, especially for GP's and hospitals. Develop partnerships with further GP practices around the district, following the success of Bourne. • Continue to develop the SEND swimming lessons across Grantham and Stamford. • Funding of £3,500 has been secured to launch Fighting Fit Cancer Rehab classes at Bourne and Stamford in September. • Active Lincolnshire's online Long Covid training will be shared to providers to support people with the condition to regain their confidence and enable them to undertake everyday tasks, including physical activity.

		<p>both wet and dry, Stamford launched pre-natal aqua sessions and Grantham launched Bump Boost.</p> <ul style="list-style-type: none">• A new Balance and Coordination class was launched in Bourne at the beginning of June in conjunction with Bourne Galletly GP Practice. This class has an average of 12 attendees each week.• Fighting Fit Cancer Rehab classes were launched at Grantham Meres Leisure Centre on 2 May 2023 in partnership with Lincoln City Football Foundation. At the end of July 32 residents have taken part in these low impact sessions which are designed to help residents maintain or increase physical fitness levels at a pace that suits them. They are also a great opportunity to connect with people with shared experiences.• Active Life classes continue to run at Grantham Meres Leisure Centre, providing exercise classes and activities for those aged 50+.• A warm spaces initiative ran until the end of March 2023 across all leisure centres within the district.• Good Boost started in January at Bourne Leisure Centre and Grantham Meres Leisure Centre in May, these are both proving popular.	
--	--	--	--

		<p>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 or obese, and those in recovery from cancer and cardiac illness. Good Boost has welcomed 305 users to the sessions since launching.</p>	
Active System	<p>Recognise that physical activity is more than participation in sport and includes activities such as walking, dancing and gardening</p>	<ul style="list-style-type: none"> • Council Officers have been part of The Ageing and Physical Activity Network, hosted by The University of Lincoln, which saw Phase 1 of the scheme come to a close in March 2023. Officers have attended further research sessions to input data and share the results. • 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 build confidence to cycle. • Social media messages, from both the Council and LeisureSK Ltd, have promoted ways that residents can be physically active and provided information relating to general health and wellbeing. • A strong partnership has been built with the Council's Leisure Team and Lincolnshire County 	<ul style="list-style-type: none"> • 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. • Continue to attend research sessions with The Ageing and Physical Activity (TAPA) network to have an influence in the outcomes within Lincolnshire and South Kesteven. • Ensure positive messages are communicated to residents in a variety of ways about how activity can be integrated into everyday life. • Support creation of walking sport groups and reintroduce programme of activities at leisure facilities, including wheelchair basketball.

		<p>Council to promote active travel. Council Officers also attended Active Travel England's Roadshow in Nottingham on 21st March 2023.</p>	<ul style="list-style-type: none"> • Educating social housing residents in the district on the benefits of gardening on both physical and mental well-being. • Creation of four market town maps to promote key points of interest, main pathways for walking and cycling and available cycling parking. Working with the Councils Climate Change Officer, these maps will also show the benefits and carbon savings by walking and cycling.
	<p>Facilitate partnerships and collaboration between authorities, organisations, communities, and groups to empower those who can make change</p>	<ul style="list-style-type: none"> • 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. • Work has taken place in partnership with a wide range of organisations utilising social media and webpages to collectively promote activities. • The Council's Leisure Team helped organise the SK Wellbeing event which took place on 25 February 2023, held at the Jubilee Church Life Centre. There was a range of organisations at the event which support physical wellbeing, as well as mental and financial wellbeing. 	<ul style="list-style-type: none"> • Develop an Officer working group to create, develop and move forward with the Lincolnshire wide health and wellbeing strategy, at a local level. • Continue to work with other organisations to promote activities and events taking place across South Kesteven. • Increase cycle parking opportunities within South Kesteven, working in partnership with Lincolnshire County Council and the Future High Streets Funding/Shaping Streets.