

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. 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. Goodboost programmes have continued to be delivered at Bourne Leisure Centre and Grantham Meres Leisure Centre. Monthly guided cycle rides through Belton House, with talks from the rangers about the wildlife and the park. These are suitable for families, beginners, and more experienced riders and are led by British Cycling trained volunteers, supported by the National Trust. 	<ul style="list-style-type: none"> Working in partnership with the Reconnecting Grantham project to continue the 'Cycle to the Woods' events, following the end of their 3-year funding programme. Implementation of annual cycle events across the district. 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. Work with Active Lincolnshire to develop a 'We are Undefeatable' campaign, with local people. Develop a widget on the South Kesteven District Council website which links straight through to the Active Lincolnshire Activity Finder, allowing it easier for residents to identify opportunities that are local to them.

	<p>Encourage physical activity as a holistic approach to wellbeing, including a focus on mental health</p>	<ul style="list-style-type: none"> Working with health partners to promote opportunities to be active to help with overall health and wellbeing. The Council team members are continuously offered physical activity opportunities to support their physical and mental health and wellbeing. Colleagues have taken part in skipping challenges, football tournaments, the 21.4-minute challenge and the annual Swimarathon. The Council's Physical Activity and Wellbeing Lead worked in partnership with the Patient Participation Groups (PPG) at Bourne GP Practices. This event focused on the local physical activity opportunities to support mental and physical health and wellbeing. A range of different physical activity tasters were delivered throughout the day, with 283 visitors through the doors. Working with the Personalised Care Networks in the district, including social prescribers, to ensure physical activity opportunities are signposted. The Council's Leisure Team worked in partnership with Stamford Health, Education and Awareness Charity (SHEAC) to deliver a 'Help is out there' event for residents to meet local 	<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. Working with the Deepings Patient Participation Groups (PPG) to create a Health and Wellbeing event in the Deepings, showcasing the physical activity opportunities in the local area. Encourage GP Practices to sign up to the Active Practice charter to make positive changes in their surgeries to boost staff and patient wellbeing by becoming more physically active. To continue to provide physical and wellbeing initiatives within the Council, raising awareness through a range of different challenges and charities. To provide a range of activities through Mental Health Awareness Week in May 2024, with the focus being 'Movement for Mental Health'. To create an annual workforce wellbeing strategy.
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		<p>providers supporting those living with long term health conditions.</p>	<ul style="list-style-type: none"> • A new Young Adults Social Group is launching in April 2024 at Wyndham Park Visitor Centre as a support network for those who might be experiencing isolation. • A new pain café will launch at Wyndham Park Visitor Centre in March 2024 following the success of the Grantham Aches and Pains Hub in January 2024. This café will see hosts deliver presentations and allow like-minded people to come together.
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 August 2023, showing overall satisfaction was an average of 81.86% across the LeisureSK Ltd managed facilities. Grantham's results were 80.53%, Bourne's 84.34% and Stamford's 80.28%. • The Council's Property Team successfully gained funding and opened another 'Changing places' toilet in Wyndham Park in February 2024. 	<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 between mid-June and end of September 2024. • 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.

		<ul style="list-style-type: none"> South Kesteven Sports Stadium is due to have the athletics track surface professionally cleaned and treated in April to complement the repairs undertaken in 2023. Use of the Council's climate reserve funding to implement energy efficiency measures across the leisure centres. 	
Explore opportunities to use parks and open spaces within the district	<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. The Parks and Events Community Engagement Officer continues to develop a programme of events and activities to attract visitors to Wyndham Park. Wyndham Park Visitor Centre has offered a range of activities over the last 6 months, including self-defence sessions, funded through the Safer Streets Funding Round 5. Wyndham Park Visitor Centre is a recognised Warm Spaces Hub. 	<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 Limited 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. 	
Active People	Support a broad range of sport and physical	<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. 	<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.

<p>activity opportunities that reflect the interests and needs of the community and visitors to the district</p>	<ul style="list-style-type: none"> 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. Half term swim crash courses are being provided at each of the leisure facilities including Mermaid Fins, Aqua Quidditch and Rookie Lifeguarding. 	<ul style="list-style-type: none"> 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. Continue to attend Youth Forum meetings in Stamford to understand how to engage with young people better and ensure Stamford has the correct opportunities available for people to participate in.
<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</p>	<ul style="list-style-type: none"> The exercise on Prescription scheme continues to run across all Council owned leisure centres. Since August 2023, there have been 164 starters on the programme, with 114 of those increasing their activity levels and 49 having completed the referral programme. Out of the 164 starters, 70 of these were referred in January and February 2024. Special Educational Needs and Disability (SEND) swimming lessons, and dedicated family swim sessions continue to run at Bourne Leisure Centre. Pre and Post Natal classes continue to operate at all LeisureSK Ltd centres in the district. 	<ul style="list-style-type: none"> More marketing is required to promote opportunities, especially for GPs and hospitals. Develop partnerships with further GP practices around the district, following the success of Bourne initiatives. Funding of £3,500 has been secured to launch Fighting Fit Cancer Rehab classes at Bourne and Stamford in September.

	our communities	<ul style="list-style-type: none"> Team members working at the Council's Leisure Provider have completed Active Lincolnshire's online Long Covid training to better support people living with the condition. Fighting Fit Cancer Rehab classes continue to run at Grantham Meres Leisure Centre in partnership with Lincoln City Football Foundation. Funding was secured to launch Fighting Fit Cancer Rehab classes at Bourne Leisure Centre from October 2023. 	
Active System	Recognise that physical activity is more than participation in sport and includes activities such as walking, dancing and gardening	<ul style="list-style-type: none"> 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 Council to promote active travel. Council Officers also attended Active Travel England's Roadshow in Nottingham on 21st March 2023. Street Tag has launched across Primary and Secondary Schools within South Kesteven. The initiative was created by Active Lincolnshire, 	<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.

	<p>aimed to increase physical activity by walking or cycling at no cost.</p> <ul style="list-style-type: none"> The Council's Physical Activity and Wellbeing Lead has been part of the Design Code project, assisting with site assessments to gather feedback. The leisure team had the opportunity to feedback on current cycle schemes and routes and open space provision within the district which will aid in developing a Design Code with an anticipated completion date of May 2025. 	<ul style="list-style-type: none"> Support creation of walking sport groups and reintroduce programme of activities at leisure facilities, including wheelchair basketball. 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, cycling and wheeling. Street Tag to be promoted and circulated to all residents within South Kesteven to increase physical activity. Continue to work alongside the Design Code Project Team to influence positive changes within the district relating to open spaces and active travel.
Facilitate partnerships and collaboration	<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. 	<ul style="list-style-type: none"> An officer working group has been created to ensure collaboration across the whole council can be effective to achieve the South Kesteven Health and Wellbeing

<p>between authorities, organisations, communities, and groups to empower those who can make change</p>	<ul style="list-style-type: none"> The Council's Leisure Team have been part of the Lincolnshire Health and Wellbeing Working Group and Healthy Weight Partnership Board, which enables knowledge sharing and communication across all districts. This ensures Lincolnshire wide districts are working collectively and collaborating efficiently, achieving common goals. Work has taken place in partnership with a wide range of organisations utilising social media and webpages to collectively promote activities. Continue to work with Positive Futures to identify locations within the district to use sport and physical activity to engage with young people in deprived communities. 	<p>Action Plan which was adopted in December 2023.</p> <ul style="list-style-type: none"> 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. Development of the Local Cycling and Walking Infrastructure Plan (LCWIP) for Grantham, as part of the UKSPF Active Travel Budget, along with development of cycle routes across the district.
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