



Tuesday, 3 September 2024

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

## Sport and Physical Activity Strategy 2021-2026 - September 2024 Update

### Report Author

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### Purpose of Report

To provide an updated Sport and Physical Strategy for South Kesteven District Council (2021 to 2026) and to update on the progress and delivery of the Action Plan.

### 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. Suggests any enhancements to the extent and clarity of the information produced for the next six-monthly update report.
2. Considers the results of the latest Active Lives data available for South Kesteven and notes the results of the future Active Lives survey data will form part of regular six-monthly updates.
3. Recommends the refreshed Council's Sport and Physical Activity Strategy, which includes the amendments previously agreed upon at the

**meeting of Culture and Leisure Overview and Scrutiny held on 26 March 2024 for approval.**

**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Does the report contain any exempt or confidential information not for publication?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: **Richard Wyles, Deputy Chief Executive and s151 Officer**

### ***Legal and Governance***

- 1.2 There are no significant legal and governance implications arising from this report.

Completed by: **Graham Watts, Monitoring Officer**

## **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 on the Sport and Physical Activity Strategy (the Strategy) which was adopted 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 Council's Culture and Leisure Overview and Scrutiny Committee has previously agreed to receive a six-monthly update on progress on the Action Plan contained within the Strategy, the most recent update being provided at a meeting of the Committee on 26 March 2024 (see **Background Papers**).

2.3 The remainder of this report provides a further update and is broken into two 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

- Partnership and Collaborative working

- Leisure Facilities

- Active Lincolnshire

- Events

- Amendments to the Sport and Physical Activity Strategy 2021-2026

B. The Active Lives Survey

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

2.4 Throughout May 2024, Council Officers took part in a Move 5k a Day challenge. This was kickstarted with a 5km Wellbeing Walk on 1 May 2024 around Grantham and involved Officers continuing to walk, cycle, row or run every day throughout the rest of the month to improve their physical and mental health. This initiative raised £110.00 for The Mental Health Foundation.

2.5 The theme for Mental Health Awareness Week, 13 – 19 May 2024, was Movement: Moving more for our Mental Health. During this period Council Officers took part in a range of sessions including Wimhof Breathwork, Djembe Drumming, Yoga, Mental Health Workshops and a Mental Health First Aider Network Group. Move more workout cards (see **Appendix One**) were also made available to all employees alongside resistance bands, and free fruit was provided throughout the week.

2.6 In July 2024, Officers took part in a friendly 90-minute, 11 a side football match at South Kesteven Sports Stadium. This raised over £350.00 for Prostate Cancer UK which helps fund lifechanging research, campaigning for change and providing much needed support.

## Partnership and Collaborative Working

2.7 The Council alone cannot achieve its corporate ambition of Connecting Communities, and 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 County Leisure Leads meetings coordinated by Active Lincolnshire.
- Monthly attendance at UK Active Webinars
- Attendance at 'We are Undefeatable' webinars, including the creation of a draft case study which details how South Kesteven District Council supports the campaigns.
- Attendance at the Get Active: The Sport Strategy Conference in London
- Attendance at the Chief Cultural and Leisure Officers Association (CLOA) Annual General Meeting which explored how local leisure can play a crucial role in improving the health and wellbeing of the population.
- Attendance at the Grantham Partnership Board where local initiatives relating to physical activity are discussed and promoted.
- 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 the Stakeholder Engagement Forum which discussed the recommissioning of the Integrated Lifestyle Service ahead of July 2025.

2.8 Council 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 the 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.

2.9 Strong relationships have been formed with neighbouring Districts within Lincolnshire where collaborative working has formed. Learnings and ideas have been positively shared in relation to the delivery of the local Health and Wellbeing Action Plan, wellbeing initiatives and beyond.

2.10 The Council has also supported the Mind and Body Programme Event held at Stamford Arts Centre on 5 July 2024. This event was delivered by 'The Wellness Network' to discuss the 7 Pillars of Health, The Wheel of Needs, Resilience and Mindfulness to residents.

2.11 The Council's Leisure and Property teams have been working collaboratively to identify potential enhancements to its play areas within the District utilising s106 developer contributions. This supports the valuable role of play in supporting the physical health and mental wellbeing of children and young people.

2.12 A strong partnership has been established with Lincolnshire County Council to promote active travel and to ensure South Kesteven are considered for future opportunities.

2.13 The Council have continued to work with Positive Futures to identify locations within the district who use sport and physical activity to engage with young people in deprived communities. Positive Futures offers a free of charge, leading community sports programme for individuals to attend.

2.14 Since the opening of the refurbished Tennis Courts in Wyndham Park in December 2023, Grantham Tennis Club have offered two hours free court hire every day which has seen a total of 240 free bookings being delivered to date. The courts are also available for pay per play public hire and 334 bookings have been made so far. In addition to this, the following activities have taken place -

- Positive Futures deliver two hours of free sessions per week to teenagers.
- Free tennis activator mornings have taken place every Sunday for one hour, these have averaged 15 attendances each session.
- Active at 60's sessions – these are two hours free sessions for those enrolled onto the Sport England scheme.
- Free organised tennis sessions at the Wyndham Park Easter Festival
- Free court hire all weekend across the Wyndham100 Festival

### Leisure Facilities

2.15 Officers continue to work with the Council's leisure provider LeisureSK Ltd in delivering the Sport and Physical Activity Strategy with the list below detailing activity being undertaken:

- Wellbeing walks continue to take place from Bourne Leisure Centre on a Wednesday and Friday morning, Stamford Leisure Pool on a Thursday 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 Bourne Leisure Centre and Grantham Meres Leisure Centre.
- Half term swim crash courses continue to be delivered across all the centres.
- Exercise on Prescription continues to be delivered across all the centres.
- Special Educational Needs and Disability (SEND) swimming lessons and dedicated family swim sessions continue to run at Bourne Leisure Centre. These sessions have now also been launched at 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 at Bourne Leisure Centre which provide targeted interventions and provide 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.

2.16 In addition the Council are continuing to invest in its leisure centres using funding initiatives such as the Council's Climate Reserve, the Sport England Swimming Pool Support Fund and the Public Sector Decarbonisation Scheme Phase3c, as well as undertaking ongoing maintenance works which form part of the planned preventative maintenance schedule.

Active Lincolnshire

2.17 The Council continues to promote the online Activity Finder to enable 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> . This can also be 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>.

2.18 South Kesteven District Council and Stamford Health Education and Awareness Charity (SHEAC) have worked closely to promote the online activity finder to local activity providers within Stamford.

2.19 Active Lincolnshire hosted the Activity Zone at the Lincolnshire Show in June 2024 which was a fantastic opportunity to showcase some of the wide range of opportunities that take place within South Kesteven. Inspire+ were also in attendance, whose mission is to change young people's lives by leading healthier lifestyles through physical and wellbeing activities. The Inspire+ Impact Report can be found here: <https://www.inspireplus.org.uk/wp-content/uploads/2023/10/inspire-annual-report-2022-23-compressed.pdf> . Lincolnshire Co-op were also in attendance encouraging attendance at the Wellbeing Walks in South Kesteven along with providing free Health Checks that are available to residents.

2.20 Council Officers have completed Healthcare Training delivered by Sheffield Hallam University, supported by Active Lincolnshire. The aim of this training was to provide evidence-based resources to promote physical activity, to improve the management and care through physical activity to patients with long term health conditions, and help reduce service demand by ensuring GP practices are encouraging physical activity.

2.21 The 'Wheels for Life' hub at Grantham Meres Leisure Centre launched with the support of £7041 from Active Lincolnshire's Together Fund. This scheme supports people in transport poverty, with trained volunteers upcycling donated bikes to remove barriers to participation. To date a total of 10 bikes have been donated, with individuals able to self-refer for a bike using the [self-referral link](#).

2.22 Street Tag launched across primary and secondary schools within South Kesteven. This app based initiative was created by Active Lincolnshire, aiming to increase physical activity by walking or cycling at no cost.

2.23 Active Lincolnshire arranged a workshop which was attended by Council Officers, this provided information on how to build compelling messages and talk positively to promote the benefits of sport and physical activity.

2.24 A copy of the Active Lincolnshire and South Kesteven District Council District report 2023/24 can be found at [Appendix Four](#).

#### Events

2.25 **Table One** below details events which have been supported or organised by the Council's Leisure Team since March 2024.

<b>Table One: Events supported or organised by the Council's Leisure Team</b>	
<b>Name of event, date and location</b>	<b>Further details on event</b>
<b>Social Prescribing Day</b>  14 March 2024 - Wyndham Park Visitor Centre	The Council's Leisure Team worked in partnership with Personalised Care Network (PCN) Team K2, to host a social prescribing day. Social Prescribers connect people to groups and services within their community to meet practical, social, and emotional needs that affect their health and wellbeing.
<b>Cycle to the Woods Event</b>  25 May 2024 - Wyndham Park to Belton House	Working in partnership with The Woodland Trust, the annual cycle event was held starting at Wyndham Park Visitor Centre. There were 77 participants who joined the rides throughout the day. This supported the Reconnecting Grantham project, more information can be obtained here: <a href="#">Londonthorpe Woods and Bellmount Project - Woodland Trust</a>
<b>Guided Cycle Rides</b>  Wyndham Park to Belton House	The monthly family-guided rides led by British Cycling Leaders, have continued. These rides have also expanded to include 'Geared up for Cancer' rides and Airborne Heritage rides. All ride details can be found here: <a href="#">Let's Ride - Rides (letsride.co.uk)</a>

<b>Grantham Pain Café</b>  Third Thursday of every month, 13.00-15.00 at Wyndham Park Visitor Centre	Following the success of the Grantham Aches and Pains Hub, South Kesteven District Council has worked in partnership with the NHS PCN K2 Team to set up a monthly Pain Café. Cohorts of people will be invited through their GP practice to attend the sessions to learn more about pain management, meeting like-minded people.
<b>Grantham Young Adults Social Group</b>  First Thursday of every month, 13.00-15.00 at Wyndham Park Visitor Centre	A new Young Adults Social Group was launched in April 2024 at Wyndham Park Visitor Centre as a support network for those who might be experiencing isolation. This is a great opportunity for young adults to meet like-minded people, participate in wellbeing walks and make use of the outdoor gym at Wyndham Park.
<b>Inspire+ Mini Olympics</b>  11 – 13 June 2024 at South Kesteven Sports Stadium	The 2024 Mini Olympics saw over 2500 young people across South Kesteven take part in a range of sports and diverse activities, in a fun and friendly non-competitive manner. <a href="https://inspireplus.org.uk">Mini Olympics - Inspire+ (inspireplus.org.uk)</a>

2.26 The information provided in **Appendix Three** highlights planned future activity in the coming months.

#### Amendments to the Sport and Physical Activity Strategy 2021-2026

2.27 It was agreed during the meeting of the Culture and Leisure Overview Scrutiny Committee on 26 March 2024, a draft refreshed Sport and Physical Activity Strategy (2021-2026) would be presented at a future meeting. This can be found at **Appendix Two**.

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

2.28 The most recent Active Lives Adult Survey Data was published in April 2024 and is available online at <https://activelives.sportengland.org/>.

2.29 **Table Two** below presents the survey results across South Kesteven for the period November 2022 to November 2023 and compares them to the previous reporting period which was presented to a meeting of this Committee on 5 September 2023.

**Table Two: Active Lives Adult Survey Data for South Kesteven**

Physical Activity Levels	Previous Data (2021-2022)	Current Data (2022-2023)	% (+/-)
Adults considered 'Active' achieving recommended 150 minutes per week	63.3%	65.1%	+1.8%
Adults considered 'Fairly Active' achieving 30-149 minutes per week	9.1%	11.9%	+2.8%
Adults considered 'Inactive' achieving less than 30 minutes per week	27.6%	23%	-3.6%

2.30 The most recent set of data for Children and Young People was published in December 2023. This information is unchanged since the report provided to the Culture and Leisure Overview and Scrutiny Committee in March 2024. The next set of data will become available in December 2024.

### **3. Key Considerations**

3.1 The Councils 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.

5.2 Members are also requested to consider and endorse the refreshed Sports and Physical Activity Strategy which has been updated to align outcomes with national guidance.

### **6. Background Papers**

6.1 *Sport and Physical Activity Strategy – March 2024 Update* – Report to Culture and Leisure Overview and Scrutiny Committee, published 18 March 2024, available online at: <http://moderngovsvr/documents/s41314/Report.pdf>

## **7. Appendices**

- 7.1 Appendix One – Move More Workout Card
- 7.2 Appendix Two – Refreshed Sport and Physical Activity Strategy 2021/26
- 7.3 Appendix Three – Sport and Physical Activity Strategy Action Plan
- 7.4 Appendix Four – Active Lincolnshire and South Kesteven District Council District report 2023/24