

Appendix Three - Sport and Physical Activity Strategy Action Plan

| Activity Area | Theme | Future Actions |
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| Active Society | Ensure Participation is affordable and accessible to the whole community | The Council will support National Bike to Work Day in August 2024, encouraging all employees to save on their carbon footprint, taking a lower cost way to get to work along whilst being more active. |
| | | 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. |
| | | To continue to work in partnership with local British Cycling trained ride leaders/advocates to offer monthly guided rides through Belton House, with talks from the rangers about the wildlife and the park. These rides are suitable for families, beginners and more experienced riders. Further rides such as the 'Geared up for Cancer' and 'Airborne Heritage' rides are being created. |
| | | To create a 2025 running brochure so that 'all things running' can be located in one place to ensure opportunities to be active and participate are communicated |
| | Encourage physical activity as a holistic approach to wellbeing, including a focus on mental health | 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. |
| | | Work with health partners to promote opportunities to be active to help with overall health and wellbeing, including a review of the Council's website for wellbeing information. |
| | | Continue to 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 active. |
| | | To finalise and adopt the annual workforce wellbeing strategy 2024-2028 for the Council's employees. |
| | | To continue to provide physical and wellbeing initiatives within the Council, raising awareness through a range of different challenges and charities. Initiatives such as Gardening and craft workshops are to be implemented. |
| | | Work with Active Lincolnshire and We are Undefeatable to develop a local campaign with local people, to encourage physical activity. |
| Active Place | Invest in the Council's Leisure Facilities to ensure they meet the needs of the customers | Explore options to upgrade the track condition at South Kesteven Sports Stadium. |
| | | Utilising funding from the Sport England Swimming Pool Support Fund and the Public Sector Decarbonisation Scheme Phase 3c the Council will continue to invest in upgrading Grantham Meres Leisure Centre. |
| | | The Council's Property and Leisure Teams will continue to work through the condition surveys prioritising works based on severity and risk. |
| | | Continue to monitor the customer satisfaction levels via surveys and other data to ensure that the leisure facilities meet the needs of the customers. This includes monitoring feedback included on the leisure monitoring reports. |
| | | The next annual Sport England Moving Communities Customer Satisfaction Survey is due to be distributed between mid-June and end of September 2024. |
| | | Seek funding opportunities to see outdoor fitness sessions delivered, free of charge, across the district. |
| | | Continue to use social media, web pages and other promotion of green and open spaces within the district. |

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| | Explore opportunities to use parks and open spaces within the district | <p>The Parks Community Team will continue to develop a programme of events and activities to attract visitors to Wyndham Park, Grantham.</p> <p>Specification and quotes are to be obtained to upgrade the play area at the Wellhead Playing Fields, Bourne, to create more opportunities for children to be active.</p> |
| Active People | Support a broad range of sport and physical activity opportunities that reflect the needs of the community and visitors to the district | The Council will take control of the annual Cycle to the Woods events from 2025, to continue with the Reconnecting Granthams objectives. |
| | | 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. |
| | | 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. |
| | | A new Summer 'We are Undefeatable' campaign starts in August 2024, 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. |
| | 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 | Create a 'Fighting Fit' class in Stamford which supports people living with or recovering from cancer. This work is in collaboration with The Lincoln City Foundation, Stamford Health Education and Awareness Charity (SHEAC) and LeisureSK Limited. |
| | | More marketing is required to promote opportunities, especially for GP's and hospitals. Continue to develop partnerships with further GP practices through the PCN, following the success of Bourne initiatives. |
| | | Council Officers have worked with Shine Lincolnshire to support the 'Shine Family Fun Day' being held in August 2024. This event will showcase a broad range of activities that can be undertaken in Grantham and surrounding areas, enabling people to give new activities a try, free of charge. |
| Active System | Recognise that physical activity is more than participation in sport and includes activities such as walking, dancing and gardening | Continue to work alongside the Design Code Project Team to influence positive changes within the district relating to open spaces, cycle routes and provision and active travel. The aim is to have the Design Code completed by May 2025. |
| | | 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. |
| | | Support the creation of walking sport groups such as walking tennis, walking netball and reintroduce a programme of activities at leisure facilities. |
| | | Explore funding opportunities to provide physical activity opportunities to social housing residents and educate residents on benefits of gardening. |
| | | Ensure positive messages are communicated to residents in a variety of ways, including social media, about how activity can be integrated into everyday life, showcasing the benefits relating to general health and wellbeing. |
| | Facilitate partnerships between authorities, | Continue to work with other organisations to promote activities and events taking place across South Kesteven. |
| | | Development of a Local Cycling and Walking Infrastructure Plan (LCWIP) for Grantham and The Deepings, as part of the UKSPF Active Travel Budget. |
| | | Explore funding opportunities to create an Accessibility Audit for the 3 identified cycle routes in Grantham and Stamford. |
| | | Explore the opportunity to become an age friendly community. |

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| | organisations, communities, and groups to empower those who can make a change | Collaboration with local businesses on workplace health, active travel and physical activity initiatives. This will include the roll out of the Street Tag app to increase physical activity levels and . |
| | | Increase cycle parking opportunities within South Kesteven, working in partnership with Lincolnshire County Council and the Grantham Market Place project. |
| | | An SKDC officer working group meets quarterly to ensure collaboration across the whole council can be effective to achieve the South Kesteven Health and Wellbeing Action Plan which was adopted in December 2023. |