

**Active Lincolnshire and South Kesteven  
District Council  
District report 2023/24**

The Active Partnership for Lincolnshire, Active Lincolnshire, is funded by Sport England to deliver the 'Uniting the Movement' strategy locally. Your local authority contribution enables us to create greater opportunities and impact. This annual report provides an overview of work delivered in the past 12 months.

***1. The Let's Move Lincolnshire strategy***

The countywide Let's Move Lincolnshire strategy focusses on themes that will make greatest difference to enabling people to be more active. These themes are connecting with health and wellbeing, connecting communities, recover and reinvent, positive experiences for children and young people, active environments, and agile systems. The strategy is underpinned by a commitment to tackling inequalities, recognising the barriers some people face to being active.

The strategy is the key delivery mechanism of the Physical Activity priority within the joint health and wellbeing strategy and aligns with the joint district health and wellbeing strategy.

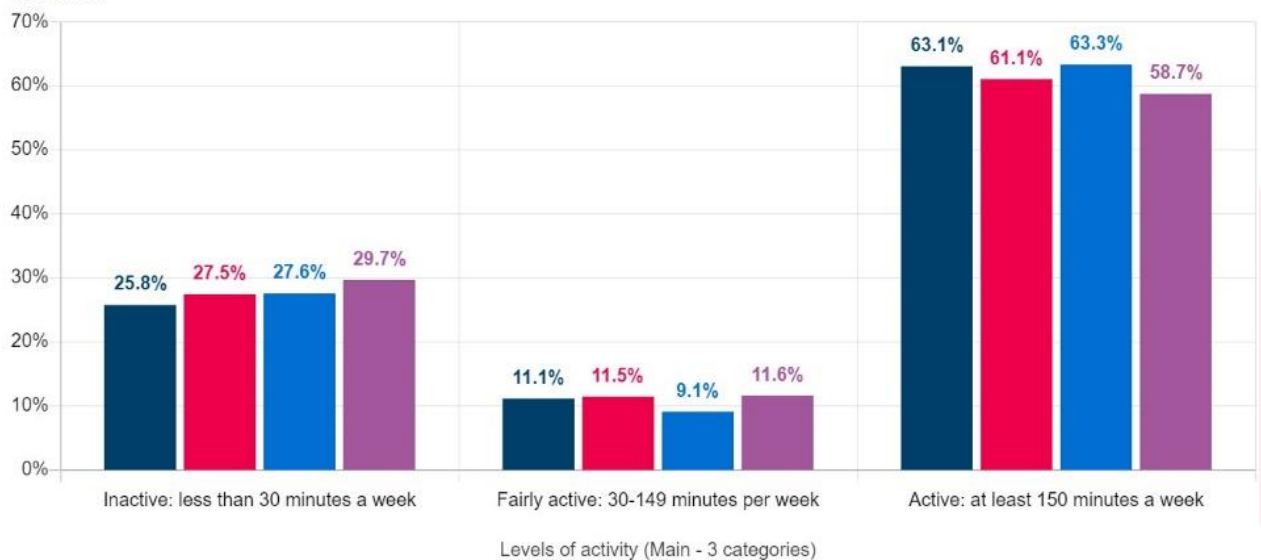
The Let's Move Lincolnshire taskforce supports the delivery of the strategy, a collective of people with influence across the public and third sector who are coming together several times a year to talk about the challenges and opportunities in delivering Let's Move Lincolnshire.

## 2. An update on Activity Levels in your district - Adults

The graph below shows the Active Lives data that is available for South Kesteven District Council area, with the averages for Lincolnshire, the East Midlands, and England also show for comparison. 150 minutes of physical activity each week is the government recommended guideline for adults.

- South Kesteven has more inactive adults (27.6%) than the region and England averages.
- The number of adults achieving the government physical activity guidelines is higher than the county, region, and England averages (63.3%).
- Compared to the other Lincolnshire districts, South Kesteven ranks 2<sup>nd</sup> (out of 7) for adults achieving the recommended amount of activity, meaning that its adults are some of the most active in the county, and also the region, and England. However, it is important to note that over 36% are not achieving the recommended amount of activity.

Levels of activity (Main - 3 categories)  
Nov 21-22



% Levels of activity (Main - 3 categories) by Where:

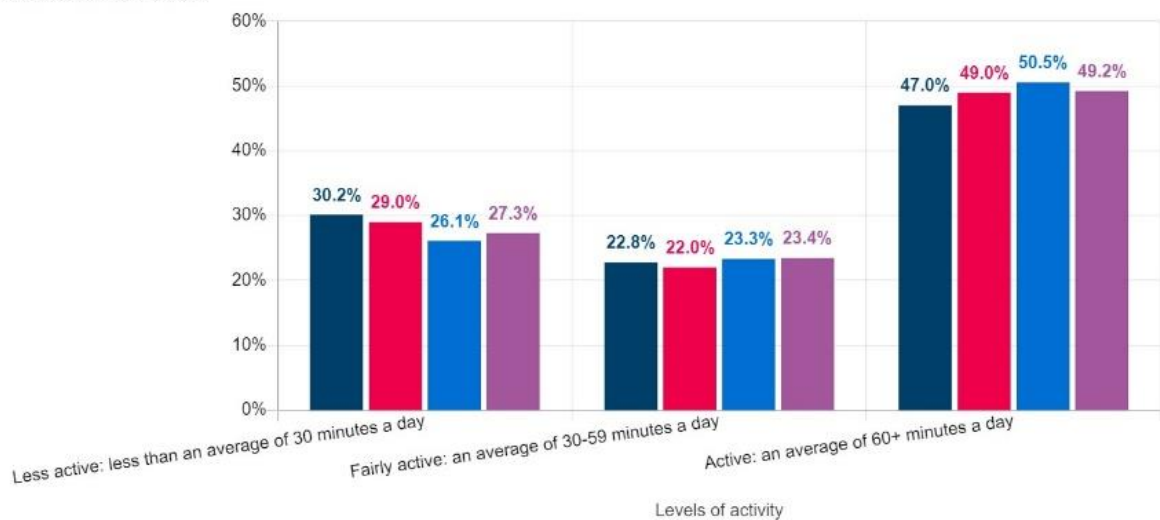
■ England (Nation) ■ East Midlands Region ■ South Kesteven LA ■ Lincolnshire CC

### 3. An update on Activity Levels in your district – Children & Young People

The graph below shows the Active Lives data that is available for South Kesteven District Council area relating to 5-16-year-olds, with the averages for Lincolnshire, the East Midlands, and England also show for comparison. 60 minutes of physical activity each day is the government recommended guideline for children.

- South Kesteven has a lower inactive child and young people population (26.1%) than the county, region, and England averages.
- South Kesteven has a higher percentage of children and young people achieving the government guidelines (50.5%) than the county, region, and England averages.
- Compared to other districts in the county South Kesteven ranks 2<sup>nd</sup> (out of 7) for child and young people achieving the recommended amount of activity, meaning that its children and young people are some of the most active in the county, and also region, and England. However, it is important to note that almost half are not achieving this recommended amount.

Levels of activity  
Academic Year 22-23



% Levels of activity by Where:

■ England (Nation) ■ East Midlands Region ■ South Kesteven LA ■ Lincolnshire CC

#### ***4. Tackling inequalities***

##### ***Together Fund investment and impact in your district***

Active Lincolnshire have awarded £28,872.15 of Sport England Together Fund investment in your district, with South Kesteven residents benefitting with sport and physical activity opportunities through:

- Good Boost at Grantham Meres Leisure Centre, BID services, SKDC community exercise classes, Bourne Rugby club, Wheels for Life, and the Holiday Activities and Food Programme.
- **BID Services** received £2,531 to support children and young people with sensory impairments to come together with their families and engage in accessible, inclusive activities.

#### ***5. Active environments***

##### ***Opening School Facilities (OSF) investment and impact in your district***

A 3-year Department for Education investment has enabled Active Lincolnshire to award over £300,000 to 17 schools in the first year. The funding enables schools to open their facilities for physical activity use by the local community and pupil outside of the normal school day.

Three schools in South Kesteven: Stamford Welland Academy, Prior Ruskin Academy, and Kesteven and Grantham Girls School have received over £47,200, enabling extra-curricular and community badminton, cricket, tennis, netball, health and fitness, and volleyball to take place. We have worked with schools to support sustainable plans to help facilities stay open in the long-term and further funding will be awarded to schools in years two and three of the project.

##### **Wheels for Life**

Our bike donation and rehoming hubs have opened across the county, your nearest hub is in Grantham.

##### **Street Tag**

Launched in South Kesteven in January 2024. Street Tag is a free virtual tagging app providing a fun way to walk or wheel around your community. Over 108 miles have been logged in South Kesteven so far. We also linked in with the Lincolnshire Show, creating tags around the showground throughout the two-day event.

## **6. Children and Young People**

### **School Games**

Supported by Active Lincolnshire, the school games organiser for the South West School Sport Partnership worked to support students transitioning from primary to secondary school using the power of movement, sport, and physical activity [Read more.](#)

### **M2 Movement and Mindfulness**

This project has funded five primary schools to bring together physical activity and mindfulness to support girls to become more active, resilient, and confident [Read more.](#)

### **Lincolnshire Show**

In June 2023 we hosted the Activity zone at the Lincolnshire Show.

- Working with a range of partner organisations, 17 different activities were offered over the two-day event.
- Satisfaction levels from activity providers on their experience of the attending was 8.7 out of 10.

## **7. Physical Activity sector support**

We provide and support **networking opportunities** to help the sport and physical activity sector connect. These groups include the Leisure leads group, School Games Organisers meeting, NGB collective, and more. As part of our desire to connect and enable the sector in September we hosted two Connect events, one in Skegness and one in Spalding where we brought together local organisations with national partners such as CIMSPA.

- 173 people booked onto these events with people attending from seven sectors.
- 91% of people rated these events positively, with the speed dating get to know one another opportunities being very popular.

We have recruited a **Sport Welfare Manager** who works with Clubs and National Governing Bodies across the county to support with best practice and upskilling in the welfare of participation, one of a national network of Welfare managers funded by Sport England.

The [Let's Move Lincolnshire Activity Finder and website](#) continues to provide a central resource for people to search for activities and places. There are currently 413 activities, 24 providers, and 10 places listed in South Kesteven.

We continue to support onboarding to the system, raise awareness of the availability of the Activity Finder, and can place an Activity Finder widget on other websites. You can find an example of this in use on the Connect to Support website [Connect to Support Lincolnshire | Lincolnshire](#)

### ***Lincolnshire Sport and Physical Activity Awards 2023***

The annual awards provide an opportunity to recognise and celebrate the outstanding individuals and organisations in the county who have gone the extra mile to inspire people to get active. Details of the 2023 winners can be found here [LSPAA 2023 award winners](#). Nominations for the 2024 awards will open shortly. The awards would not be possible without sponsorship, if you would like to find out more about sponsoring the awards, please contact [communications@activelincolnshire.com](mailto:communications@activelincolnshire.com)

### ***8. Connecting with Health and Wellbeing***

- 17 **This Mum Moves Ambassadors** have been trained in Lincolnshire.
- 126 activity providers across the county have completed the **Long Covid and physical activity training**.
- 26 health and care professionals have attended training on **physical activity and the management and prevention of long-term conditions** through the Physical Activity Clinical Champions programme. Another training session is scheduled for the 17<sup>th</sup> April 2024.

### ***9. Future plans***

Our focus will continue to be to support and enable partners to create more active environments, underpinned by our focus on tackling inequalities.

Sport England are making significant investments into a **place-based approach** to working with those who are experiencing the greatest inequalities in terms of physical activity, deprivation, and health. More information about this will follow.

2024 will be the 20<sup>th</sup> year of the Lincolnshire Sport and Physical Activity Awards, look out for more information about awards and nominations in the coming weeks.