

Appendix One - Sport and Physical Activity Strategy Action Plan

Activity Area	Theme	Future Actions
Active Society	Ensure Participation is affordable and accessible to the whole community	<p>The Council will support National Bike Week and Great Big Green Week in June 2025, providing bike marking kits to residents to encourage active travel primarily in the form of cycling.</p> <p>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.</p>
		<p>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.</p> <p>Create self-guided routes to support the Cycle to the Woods route from Wyndham Park to Londenhorpe Woods.</p>
Active Society	Encourage physical activity as a holistic approach to wellbeing, including a focus on mental health	<p>Council Officers are working with partners to create a Mental Illness vs Mental Health event in September 2025 at Bourne Corn Exchange for residents, with a focus on physical activity improving mental state.</p> <p>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.</p>
		<p>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.</p> <p>To continue to provide physical and wellbeing initiatives within the Council, raising awareness through a range of different challenges and charities.</p> <p>Work with Active Lincolnshire and We are Undefeatable to develop a local campaign with local people, to encourage physical activity.</p>
Active Place	Invest in the Council's Leisure Facilities to ensure they meet the needs of the customers	<p>Explore funding options to upgrade the athletics track surfacing at South Kesteven Sports Stadium.</p> <p>Utilising funding from Public Sector Decarbonisation Scheme Phase 3c the Council will continue to invest in upgrading Grantham Meres Leisure Centre.</p>
		<p>The Council's Property and Leisure Teams will continue to work through the condition surveys prioritising works based on severity and risk.</p> <p>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.</p>
Active Place	Explore opportunities to use parks and open spaces within the district	<p>The next annual Sport England Moving Communities Customer Satisfaction Survey is due to be distributed between mid-June and end of September 2025.</p>
		<p>Launch 'Our Parks' in Wyndham Park in June 2025, with the view to expand into more parks within the district.</p> <p>Continue to use social media, web pages and other promotion of green and open spaces within the district.</p>

Active People	<p>Support a broad range of sport and physical activity opportunities that reflect the needs of the community and visitors to the district</p>	<p>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> <p>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> <p>Continue to promote 'We are Undefeatable' and the new app which will inspire people living with long term health conditions to build physical activity into their daily routines or encourage them to try something new.</p> <p>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.</p>
	<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>	<p>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.</p>
		<p>Work with partners to create one wellbeing event in each market town to showcase local physical activity opportunities allowing people to give new activities a try to improve their wellbeing.</p>
Active System	<p>Recognise that physical activity is more than participation in sport and includes activities such as walking, dancing and gardening</p>	<p>Explore funding opportunities to provide physical activity opportunities to social housing residents and educate residents on benefits of gardening.</p> <p>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.</p> <p>Continue to work with other organisations to promote activities and events taking place across South Kesteven.</p> <p>Development of a Local Cycling and Walking Infrastructure Plan (LCWIP) for Grantham, The Deepings and Stamford through Lincolnshire County Council.</p> <p>Cross council working and collaboration with local organisations within the district to create a series of events to promote Great Big Green Week with a particular focus on Active Travel.</p>
	<p>Facilitate partnerships between authorities, organisations, communities, and groups to empower those who can make a change</p>	<p>Collaboration with local businesses on workplace health, active travel and physical activity initiatives.</p> <p>Increase cycle parking opportunities within South Kesteven, working in partnership with Lincolnshire County Council and the Grantham Market Place project.</p> <p>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.</p> <p>Attend the Gingerbread Festival at Dysart Park in May 2025 which the objective is to encourage an active lifestyle, trying new things.</p>