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| | <h2 style="text-align: center;">Health & Wellbeing Board</h2> <h3 style="text-align: center;">3 October 2019</h3> |
| Title | Deep dive: Sport, Physical Activity, Parks and Open Spaces |
| Report of | Assistant Director, Greenspaces and Leisure, Director of Public Health and Prevention and Director of Commissioning, Barnet CCG |
| Wards | All Wards |
| Status | Public |
| Urgent | No |
| Key | No |
| Enclosures | Appendix I: Physical Activity Deep Dive Presentation |
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Summary

This report outlines the collaborative effort to improve sport and physical activity participation in Barnet.

This has been achieved through several initiatives across the voluntary sector, schools, health and care system in Barnet including:

- The implementation of the Fit and Active Barnet (FAB) framework, establishment of the FAB Partnership Board and creation of a Disability Sports Network,
- Development of two new leisure facilities and enhancement of Barnet's parks and greenspaces
- Working to increase active travel in the borough and use of gamification to do so and
- Other local initiatives promoting physical activity in schools and the wider community such as Healthy Heritage Walks and Mayor Golden Kilometre.

Barnet are one out of two London Borough's that have achieved a sizeable change in sports and physical activity participation, according to Sport England's Active Lives Survey,

and the Board are requested to note progress which outlines the investments, interventions and initiatives which have delivered improved and sustainable levels of activity.

Recommendations

1. That the Health and Wellbeing Board note the progress which has been made by the Council and partners in working towards improving levels of physical activity in Barnet.
2. That the Board note the future priorities to sustain and further improve physical activity in Barnet.

1. WHY THIS REPORT IS NEEDED

- 1.1 The purpose of this report is to update the Board on progress being made in Barnet to increase levels and promote the benefits of physical activity.

An improved performance within the Sport England Active Lives Survey was highlighted in the latest published dataset (Nov 17/18). The percentage of adults (16+ years) who are 'active' (at least 150 mins per week) increased to 64.5%, marking a 7.7% increase since Nov 15/16. This is also observed by a reduction in the percentage of 'inactive' (less than 30 mins per week) adults (16+ years) reduced by 7.9% since Nov 16/17.

There are several programmes of work going on in the borough:

1.2 Fit & Active Barnet Framework and Partnership Board

The [Fit & Active Barnet \(FAB\) Framework \(2016 – 2021\)](#) approved by [Adults & Safeguarding Committee \(2017\)](#), provides a strategic framework for the co-ordination and delivery of sport and physical activity (SPA) across Barnet. This is underpinned by a vision to create a 'more active and healthy borough'.

A report presented at Adults and Safeguarding Committee on 19th September 2019, outlines the progress to date in establishing a [FAB Partnership Board](#), with wide ranging internal and external stakeholder representation.

1.3 Leisure Centre development and Public Health Outcomes Framework

£44.9m Council investment in addition to £2m Sport England funding has enabled the development of two new leisure facilities at New Barnet Leisure Centre and Barnet Copthall Leisure Centre. The new centres offer a mix of modern and accessible facilities that support the creation of a 'more active and healthy borough'. Enhancement of the leisure portfolio has also been supported through £1,961,778 investment from Better into enhancing and improving facilities at Burnt Oak, Finchley Lido and Hendon Leisure Centres.

Alongside achieving 1,126,646 visits over 29,509 memberships, year 1 of the leisure management contract (Jan 2018 – March 2019) delivered benefits against the Public Health Outcomes Framework. This was achieved through leisure centre and community based programming to improve health and wellbeing for residents including; inclusive and targeted programming e.g. delivery of the Club (55+) programme, inclusive provision i.e. dementia swimming, delivery in the most disadvantaged areas of the borough i.e. children's centres within Colindale, delivery of adult and child weight management courses and delivery of a cancer referral programme. During April 18 to March 19 a social value of £9,729,306 was delivered via the leisure management contract.

1.4 Parks and Open Spaces

In May 2016 Environment Committee adopted the Parks and Open Spaces Strategy (POSS) which sets an ambitious vision for the future management and improvement of approximately 199 green spaces owned and managed by the Council.

In delivering the ambition, the strategy is underpinned by a number of developments which seek to support the long-term sustainability and maximise the use of Barnet's parks and open spaces. The POSS and Playing Pitch Strategy (PPS) outlines an approach to how strategic investment in existing parks can positively contribute towards; economic development, physical and mental wellbeing, social cohesion and community benefit.

There has been considerable progress developing draft and approved masterplans for identified sites, which include:

- [Victoria Park Finchley \(approved March 2019\)](#)
- [Copthall Sports Hub and Mill Hill Open Space \(approved, September 2019\)](#)
- [West Hendon Sports Hub \(draft\)](#)
- [Barnet King George V Playing Fields Sports Hub,](#)
- [Colindale and Rushgrove Parks.](#)

In addition to enhancing the general appeal and safety of parks and open spaces, the purpose of the master plans is to enhance the sports and recreation facilities available e.g. sports pitches, outdoor gyms, play equipment, high hopes, tennis, community building offering toilets, changing, café, multi-use studio space etc.

This will seek to complement and enhance the current offer which provides 103 sports pitches, 63 tennis courts, 11 outdoor gyms and 11 Active Trails, all

contributing to the health and social wellbeing of our residents, supporting a *'more active and healthy borough'*. Examples of interventions delivered and supported within our parks and open spaces include three weekly parkrun events, seven weekly health walks, Great British Tennis Weekend events, Our Parks and bootcamp sessions.

1.5 Active Travel

Active travel is the main way that Londoners achieve 150 minutes of physical activity per week. As a subset of physical activity, active travel is defined as any mode of transport which involves physical activity. For example, cycling to the shops, scootering to school or walking to the bus stop. Increasing the uptake of active travel delivers joint benefits for health and wellbeing as well as highways and transport; as increasing the uptake of active travel can reduce the use of private car journeys for short distances. Transport for London found that there is great walking and cycling potential in Barnet. To help achieve this potential Sport, Physical Activity and Greenspaces, Transport and Public Health teams are working together to deliver a two-pronged approach: providing infrastructure alongside communications campaigns and programmes which target behaviour change. For example, these teams are currently working together on the Long-Term Transport Strategy which will be going to the environment committee in 2020. Another example of an active travel intervention be found in the following paragraph.

1.5.1 Active Travel App

A total of £370,000 investment committed by Transport for London via the Local Implementation Plan (2018/19 and 2019-2022) to support delivery of interventions that encourage increased levels of active travel in the borough. GLL, the Councils leisure operator have also committed £150,000 of investment to develop a digital application that encourages active travel through behaviour change theory. This project is being supported by the computer sciences and health department at Middlesex University. The initial stages of app delivery focus on engaging young people (secondary school age) by encouraging individuals (player) to travel by walking to destinations. Changes in transport modes are influenced via gamification, involving an avatar that 'levels up' as the end user (player) completes more steps. 'Steps' also convert into in app currency (coins) that can be redeemed against in app 'collectables' and external rewards e.g. free activity at a Better leisure centre to encourage sustained activity. The app enables daily goals e.g. 10,000 steps to be set and the player is prompted if this is not complete. Bonus coins are awarded for completion of

daily goals, with additional coins available if challenges are complete or special events attended. Teams can also be created to enable players to participate together / compete. Testing is now underway with groups of young people to test app functionality (debugs and usability), look and feel, rewards offer and redeem structure, introduction of push notifications to highlight the local activity 'offer' and links to the FAB Card membership. Full launch of the app is anticipated by March 2020.

1.6 Healthy Heritage Walks

In July, Barnet Council and the Wellbeing Champion, Cllr Caroline Stock, with support from the Ramblers and the British Guild of Tourist Guides, launched a series of heritage walks with accompanying audio. The audio-guided walks include some of the most interesting points of heritage in Barnet, whilst promoting physical activity. The new walks are being featured in Barnet First magazine and eNewsletter. The first feature was in the top 5 most clicked stories of 2019 so far. The dedicated webpage has had over 1,300-page views and there have been over 130 plays of the audio guides since the first 2 walks were published in late July.

The heritage walks provide an additional option for residents or visitors to the area to walk through the leafy borough, gaining the health and wellbeing benefits, whilst also learning about Barnet's unique urban heritage. There is potential here to further engage residents to get out and about, through points of interest and heritage in the borough. The final two walks will be published in the spring of 2020.

1.7 Physical activity programmes in schools & the Mayor's Golden Kilometre

Currently, there are 107 schools (88%) in Barnet participating in the Healthy Schools London (HSL) programme, and 52 schools (43%) are participating in the Resilient Schools programme. From this there are 37 schools are performing a physical activity programme as part of their subscription.

In Barnet, we have 63 schools who have achieved their HSL bronze award, 39 who have achieved silver and 23 who have achieved a gold award within the HSL programme. Barnet has the highest number of schools registered, and the 2nd highest number of gold awards across London. Of those 39 schools who have been awarded a HSL silver, 19 have chosen physical activity as either a universal or targeted area to focus on.

Performing the MGK challenge also contributes to Healthy Schools London accreditation. An assessment undertaken by Middlesex University within one primary school performing the Mayor's Golden Kilometre (MGK), has evidenced that after just 6 weeks of participation there was notable improvements to health i.e. average 1.1cm decrease in waist circumference, 3 children went from being obese to overweight, 1 child went from being overweight to normal weight, and

the 1KM route was completed 2.5 minutes quicker indicating increased fitness levels.

1.8 Disability Sports Network

Creation of a Disability Sports Network (DSN) which is co-chaired with Inclusion Barnet. Acting as an operational sub group of the FAB Partnership, the DSN provides a forum for likeminded organisations to identify opportunities and unlock challenges, working together to ensure disabled residents have equal access to high quality sport and physical activity provision in the borough. Successes of this group include creation of a partnership between Better (Barnet's leisure operator) and Disability Sports Club UK to create an inclusive 'Community Club' and Barnet Mencap supporting the FAB campaign. The Barnet DSN is identified as best practice by London Sport.

1.9 Physical activity in the NHS

Barnet CCG are committed to promoting and supporting people "to access a range of initiatives that promote physical exercise. We "work closely with key stakeholders to improve Barnet residents health and wellbeing. Schemes that promote physical exercise that the CCG either commission or are actively involved in include:

- Social prescription schemes (e.g., Healthwise and the Wellbeing Hub)
- Activities through our community Provider (e.g., wheelchair bowling)
- Initiatives in acute setting (e.g., healthy living activities deliver by Barnet, Enfield and Haringey Mental Health Trust with inpatients).

Further information on each of these is provided in Appendix I.

2. REASONS FOR RECOMMENDATIONS

2.1 There is a wealth of opportunity in the borough to encourage residents to participate in sports and physical activity in a variety of ways. We work to continue to improve the integration of programmes on offer and ensure access to these programmes reflect our diverse resident population.

2.2 We will continue to work collaboratively across sports and leisure, environment, public health, NHS and colleagues in the voluntary and community sector to monitor relevant programmes, policies and strategies to ensure the offer is sustainable, grounded in evidence and remains fit for purpose.

3. ALTERNATIVE OPTIONS CONSIDERED AND NOT RECOMMENDED

3.1 None.

4. POST DECISION IMPLEMENTATION

4.1 There is already a programme of work which supports the implementation of these workstreams. We will continue to collectively monitor relevant

programmes, policies and strategies to ensure they remain fit for purpose for Barnet residents. Additionally, we will consider the relationship between services on offer and whether, collectively, they target populations with the greatest need.

5. IMPLICATIONS OF DECISION

5.1 Corporate Priorities and Performance

- 5.2 In the Corporate Plan, Barnet 2024 the proposed outcome, “residents live healthy, happy, independent lives with the most vulnerable protected” is identified. By adopting a two-pronged approach where we invest; in parks and open spaces, leisure centres and active travel infrastructure and empower; residents to become physically active through behaviour change interventions, we are supporting this outcome. There are also a number of corporate priorities which will be addressed as a result of this work, including:

“Encouraging residents to lead active and healthy lifestyles and maintain their mental health and wellbeing.”

“Focusing on the strengths of the community and what they can do to help themselves and each other.”

- 5.2.1 Physical activity workstreams also support multiple themes within the Barnet Joint Health and Wellbeing Strategy 2015-2020. These actions will help more families “prepare for a healthy life,” by increasing lifelong physical activity. Other health and wellbeing themes supported via this action plan are:

- Wellbeing in the community
- How we live

- 5.2.2 Participating in physical activity at all stages in the lifecourse provides health and wellbeing benefits; from preventing chronic conditions associated with physical inactivity, to enabling older residents to maintain independence and prevent social isolation later in life. It is the foundation to increasing healthy life expectancy; ensuring our residents can live happy, healthy and independent lives for longer.

5.3 Resources (Finance & Value for Money, Procurement, Staffing, IT, Property, Sustainability)

- 5.3.1 There are no financial decisions associated with the recommendations outlined in this report. As all workstreams are ongoing, financial and staffing resources have already been identified. As services areas continue to evaluate how programmes interact with one another, there is potential that programmes on offer can be more efficient in the longer term, ensuring efforts are not duplicated and that workstreams are targeting residents who need it the most.

5.4 Social Value

- 5.4.1 A social value calculator (created and developed by 4Global, Experian & Sheffield Hallam University), is used within the Barnet leisure management contract to measure social value based on regular participation within Better

leisure centres. Between April 18 - March 2019 the leisure management contract indicated a social value estimated at £9,729,306 (averaged at £421 per participant).

5.4.2 This is further broken down as follows;

- Improved Health £1,028,501 (CHD Stroke £288,587, Breast Cancer £24,626, Colon Cancer £30,094, Diabetes £108,018, Dementia £402,517, Depression £27,407, Reduced GP visits £147,249)
- Improved subjective wellbeing £8,545,460
- Increased educational attainment £149,840
- Reduced crime £5,503

5.5 Legal and Constitutional References

5.5.1 In accordance with the Council Constitution, Article 7 Committees, Forums, Working Groups and Partnerships of the Council's Constitution sets out the terms of reference of the Health and Wellbeing Board which includes:

- To jointly assess the health and social care needs of the population with NHS commissioners, and apply the findings of a Barnet Joint Strategic Needs Assessment (JSNA) to all relevant strategies and policies.
- To promote partnership and, as appropriate, integration, across all necessary areas, including the use of joined-up commissioning plans across the NHS, social care and public health. To explore partnership work across North Central London where appropriate
- To work together to ensure the best fit between available resources to meet the health and social care needs of the population of Barnet (including children), by both improving services for health and social care and helping people to move as close as possible to a state of complete physical, mental and social wellbeing.
- Specific responsibilities for overseeing public health and developing further health and social care integration

5.6 Risk Management

Delivery of these interventions are fully risk assessed and delivered by appropriately qualified and experienced personnel. There are multiple governance structures in place which support the implementation of physical activity interventions, such as the FAB network, physical activity working group, Healthy Weight working group, and Long-term Transport strategy stakeholder group.

5.7 Equalities and Diversity

5.7.1 An iterative approach has been taken towards the implementation of physical activity interventions within the borough so that we can adequately respond to the changing needs of the population, in particular, those with the greatest need.

5.7.2 Reducing inequalities in health is a key public health principle, therefore, we are continuously monitoring physical activity rates within groups who historically are less physically active, including BAME, women & girls. This way we are not only

assessing whether our programmes have led to absolute increases in physical activity across the population as a whole, but also whether they have reduced the participation gap.

5.7.3 A full Equalities Impact Assessment was completed to support the FAB Framework. A review of equalities is undertaken on design and prior to implementation of interventions to facilitate equal access for all residents.

5.7.4 **Corporate Parenting**

The FAB Card provides enhanced benefits for looked after children, care leavers and foster carers. The Partnership will continue to support this agenda and identify opportunities that fully endorse the Council's Corporate Parenting commitment.

5.7.5 **Consultation and Engagement**

The breadth of partners involved in the delivery of physical activity infrastructure and activities within the borough provides significant opportunities to consult and engage with residents. As a service are whose direct purpose is to provide fit for purpose programmes for residents, we are continuously assessing whether needs are being met through both formal (e.g., Engage Barnet) and informal (e.g, service user feedback at Better Leisure) channels.

5.9 **Insight**

5.9.1 Physical activity priorities and target populations have been identified through insight from Public Health England's Fingertips Tool, TfL's London Transport Demand Survey and the JSNA.

6. **BACKGROUND PAPERS**

6.1 **Fit & Active Barnet Framework**

Full adoption of the FAB Framework at Adults and Safeguarding Committee on 6th March 2017 (item 10) -

<http://barnet.moderngov.co.uk/ieListDocuments.aspx?CId=698&MId=8676&Ver=4>

Adults and Safeguarding Committee 19th Sep – FAB Framework Update -

<http://barnet.moderngov.co.uk/ieListDocuments.aspx?CId=698&MId=9925&Ver=4>

6.2 **Parks and Open Spaces:**

- Copthall Sports Hub & Mill Hill Open Spaces Master Plan -
<http://barnet.moderngov.co.uk/documents/s55107/Copthall%20Sports%20Hub%20Mill%20Hill%20Open%20Spaces%20Masterplan.pdf>
- Colindale Parks improvement plan -
<http://barnet.moderngov.co.uk/documents/s55113/Colindale%20Parks%20Improvement%20Programme.pdf>

- Sports Hubs Master Planning – Barnet and King George V Playing Fields and West Hendon Playing Fields -
<http://barnet.moderngov.co.uk/documents/s51608/Sports%20Hubs%20Master%20Planning%20Barnet%20and%20King%20George%20V%20Playing%20Fields%20and%20West%20Hendon%20Playing%20Field.pdf>
- Victoria Park, Finchley – Master Plan -
<http://barnet.moderngov.co.uk/documents/s49883/Victoria%20Park%20Finchley%20Master%20Plan.pdf>
- Heritage walks webpage - www.barnet.gov.uk/heritagewalks