



Physical activity in Barnet: Deep Dive

October 2019

Agenda

- **Current Picture**
- **Sport, Physical Activity and Parks & Open Spaces**
- **Spotlight: Healthy Heritage Walks**
- **Spotlight: Mayor's Golden Kilometre**
- **Spotlight: Physical Activity in the NHS**
- **Spotlight: Active Travel**
- **Spotlight: Inclusion**
- **Summary**



Current Picture

- A key achievement following implementation of the Fit and Active Barnet (FAB) Framework is the establishment of the FAB Partnership Board which supports working towards increasing participation across the Borough.
- The approach taken by the Council and stakeholders has encouraged greater collaboration, driven improvements and achieved efficiencies through partnership projects.
- Improvement in performance against adult (16+) participation indicators since release of Active Lives dataset (Nov 15/16 to most recent dataset published).

Indicator	Nov 15/16	Nov 16/17	Nov 17/18
Active (at least 150 mins per week)	57.2%	56.8%	64.5%
Fairly Active (30 – 149 mins per week)	16.4%	12.3%	12.5%
Inactive (less than 30 mins per week)	26.5%	30.9%	23.0%

Sport and Physical Activity

Target those who do not traditionally engage

- e.g.; 3 parkrun events, 7 Health Walks, Silver Week, Our Parks, Great British Tennis Weekend, 37 Satellite Clubs and 35 Sportivate programmes, Into Sport, SHAPE, Community Club, London Youth Games and the London Mini Marathon.
- **Fit & Active Barnet Campaign**
- FAB Card
- [FAB Hub](#)

Facilitate partnerships and develop opportunities

- Barnet Disability Sports Network
- Sustainable delivery of interventions post funding terms e.g. **Into Sport programme**
- Partnership developed between Better and Disability Sports Coach UK to establish an inclusive 'Community Club
- Sharing of training and development opportunities e.g. L2 Exercise to Movement, Connecting Differently through Sport
- Best practice by London Sport, used as a case study within a toolkit developed to encourage more networks to be developed across London

Improve and enhance Barnet leisure facilities

- **£44.9m** Council investment in construction of 2 brand new leisure centres at Barnet Copthall and New Barnet Leisure Centre.
- **£2m** funding award contribution from Sport England to support new developments.
- Better has invested **£1,961,778** into enhancing facilities at Burnt Oak, Hendon and Finchley Lido Leisure Centres.

Advocate investment to support delivery of opportunities

- **£370k** Local Implementation Plan (2018/19 – 2022) investment to support **active travel** in the borough.
- **£250k combined (Council / Better)** development of a Digital Behaviour Change Intervention (in the form of a smart phone/device app) to increase active travel via a gamified approach. **£150k** from Better.
- **£25k** secured from Chipping Barnet Area Committee to install Active Trails.



BARNET



BARNETT



LONDON BOROUGH

Parks & Open Spaces

- **Montrose & Silkstream Park** - £5.5m council investment, plus secured external funding from the London Marathon Trust and Environment Agency.
- **Victoria Recreation Ground, New Barnet:** £150,000 new play area to coincide with additional planned park improvements (Active Trail, landscaping)
- **Victoria Park Finchley:** Masterplan adopted by Council as Trustees of the park in March 2019. First stage delivery includes installation of £200,000 play improvement project.
- **Childs Hill Park Masterplan:** £210,000 improvement plan to be delivered in partnership with the Friends of Childs Hill



- **Copthall and Mill Hill Open Spaces Masterplans**- approved by Environment Committee in September 2019.
- **West Hendon Playing Fields – Draft Masterplan**
- **Barnet Playing Fields/ King George V Draft Masterplan**
- **Colindale Park Draft Masterplan** – approved by Environment Committee for public consultation
- **Rushgrove Park Draft Masterplan** – approved by Environment Committee for public consultation

GLL: BARNET OVERVIEW

October 2019

WHO WE ARE



**PROUD TO BE A CHARITABLE
SOCIAL ENTERPRISE**

We reinvest all financial surplus back in to facilities, and services that benefit the community. Find out more >>

GLL

- GLL is LBB's Leisure partner for 10 years (until 2028)
- Management of the Council's 5 leisure facilities: (New Barnet , Copthall, Finchley, Hendon, Burnt Oak)
- Contract aligned to Public Health Outcomes – system approach (universal, targeted, specialist)



**HERE FOR CUSTOMERS.
NOT SHAREHOLDERS.**

As a charitable social enterprise, we don't take a profit. Instead, we reinvest all financial surplus back in to making our services even better. Find out more >>

BETTER

INTERVENTION PROGRAMMES

DIABETES	Targeted	Specialist
Diabetes Health promotion	Diabetes Risk Tool	Diabetes Pathway (Physical Activity Referral Scheme - PARS)
Talks	Outreach Events	Risk Screening
	Health Checks pathway	Diabetes workshops
	National Diabetes Prevention (NDPP) partnership	

LONG TERM CONDITIONS	Targeted	Specialist
Coffee Mornings	Body MOTs	PARS programme
Health Centre boards		Staff training
Preventative		NHS Health Check pathway

CANCER	Targeted	Specialist
Cancer Talks – (Cancer Research UK: CRUK)	Health Promotion	Cancer Rehab programme
Support screening services		Exit route for Cancer Rehab: PARS

FALLS	Targeted	Specialist
Club Programme/ Games	Health Promotion	Better Balance classes (Otago)
Falls Talks	Better Balance classes (Otago)	
Silver Sunday		

Adult Weight Management (AWM)	Targeted	Specialist
Centre outreach (top 8)	Nurse Practitioner Forums	Tier 2 Adult Weight Management programme
Promotion and delivery in Community	GP outreach	

Children's Weight Management (CWM)	Targeted	Specialist
Lessons and Courses	Activate Programme	Tier 2 Children Weight Management - Xplore Programme
After school clubs	Change 4 Life Clubs	
Free Swimming / Kids for a Quid		

COMMUNITY/ CENTRE	Targeted
Mass participation events	Hub Network
FAB card	Healthy Workplace support
	Give it a Go
	Dementia Initiatives

SUCCESSSES



DEVELOPMENT/ SUPPORT REQUIRED

- Increase number of referrals and starters for Adult Weight Management and people with diabetes
- Access to network groups/ key practitioner events/ GPs to raise awareness, enhance and support provision
- Key contacts within group/ social prescribing link workers/ care navigators to raise awareness and support service delivery i.e. open doors

Spotlight: Healthy Heritage Walks

- Promoting the benefits physical activity using points of heritage in Barnet.
- Published 4 walks.
- Featured in Barnet First eNewsletter – the first of which generated over 400 click throughs to the webpage and is in the top 5 most clicked stories of 2019 so far!
- Ramblers successfully lead the first walk from Hendon Town Hall in July - over 40 people attended.
- Over 1300 page views.
- Over 130 plays of the audio guides.
- Final 2 walks to be published spring 2020.



*Walks were co-developed by the
Heritage Development Officer and
a Blue Badge Guide from the
British Guild of Tourist Guides*

Website:

www.barnet.gov.uk/heritagewalks

Spotlight: Mayor's Golden Kilometre (MGK)

- 30% of schools have a daily physical activity programme above and beyond Physical Education (PE).
- Half of schools awarded Healthy Schools London silver award chose physical activity as either a universal or targeted area to focus on.
- *Benefits of MGK:* easy to implement, low cost as no equipment required, contributes to Healthy Schools London accreditation.
- *Impact:* One school evaluation found participating in MGK 6wk challenge improved health.



Spotlight: Physical Activity and the NHS

Recognise importance of physical activity for both physical and mental wellbeing.

Primary care: GP surgeries link to all LBB physical activity programmes-e.g., health walks, healthwise, adult weight management.

CLCH community services: Finchley Memorial Hospital provide exercise groups on Marjorie Warren ward, wheelchair bowling classes, Pimp my Zimmer arts and crafts groups.

Barnet, Enfield, Haringey Mental Health Trust: Occupational Therapy inpatient groups are adding an exercise programme, gym equipment available outside DSU unit.

CCG wellbeing hub: Include links to physical activity and sport programmes offered by VCS, particularly AgeUK. AgeUK run both neighbourhood services and services at Meritage Centre (where hub is based). Wellbeing activities also available for carers.

Spotlight: Active travel, what is it?

Any mode of transport that involves physical activity.



Cycling to the shops.



Scootering to school.

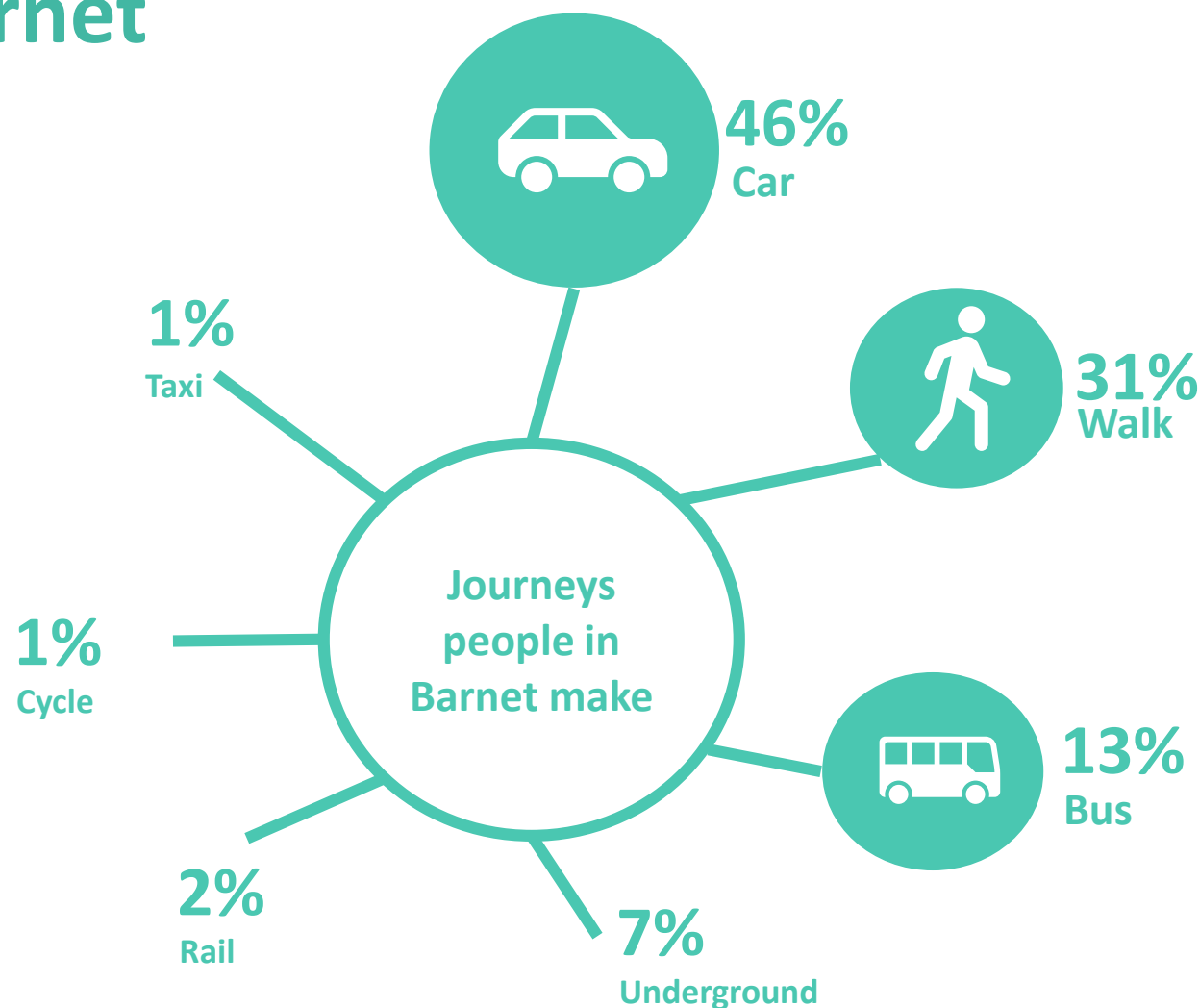


Walking to the bus stop.

Active travel already makes a significant contribution to physical activity levels in Barnet.

Spotlight: Active travel in Barnet

- 30% of journeys driven to work are less than 5km.
- 23% of residents participate in physical activity for less than 30 minutes each week.
- Demand on our road network is expected to rise, increasing congestion and air pollution.



Data from LTDS, 2016/17

Spotlight: Active travel and transport infrastructure

- Transport for London recognise high walking and cycling potential in Barnet.
- Barnet's Long term Transport Strategy aims to increase walking, cycling and public transport use. It is not yet approved by Environment Committee.
- Healthy Streets approach foundation for local transport infrastructure development.



Spotlight: Active travel and behaviour change

- **Bikeability training and STARS programme.**
- **Workplace wellbeing group.**
- **Measuring the financial benefits of active travel infrastructure for health.**
- **Developing masterplans which meet the active travel needs of the local community.**
- **Active travel app.**



Spotlight: Active travel and Barnet's gamification app

Aim: Increase active travel through gamification.

Target population: Children and Young People.

Stakeholders: Better leisure, Barnet Council, Middlesex University, Young people, Local businesses.

Guiding principles: Sustainable behaviour change, Iterative development based on stakeholder input.

Functionality: Points incentive system, Track interpersonal goals (e.g., daily step target), Animated app avatar evolves as step count increases.

Next steps: Launch date March 2020, marketing and promotion plan, business buy-in for incentive scheme, integration with FAB Hub.



Spotlight: Inclusion

- Short movie

SOMEWHERE TO GO

Open 7 days per week for all
young people for just 50p

SOMETHING TO DO

Over 20 activities every night and
top quality facilities

SOMEONE TO TALK TO

Friendly, caring staff and volunteers
offering guidance & support



ONSIDE YOUTH ZONES IS A CHARITY WITH ONE SIMPLE AIM...

to build a network of 21st Century Youth Clubs, giving young people, safe and inspiring places to go in their leisure time.
Here's how OnSide Youth Zones are making every penny count and every one of their members matter.



YOUTH ZONE MEMBERSHIP - OVER

40,000

NUMBER OF DISABLED
YOUNG PEOPLE ENGAGED - OVER

3,500



IN THREE YEARS OVER

800
YOUNG PEOPLE
INTO EET

OVER **20**
ACTIVITIES PER
EVENING IN EACH
YOUTH ZONE



200%
MEASURABLE RETURN
ON SOCIAL INVESTMENT



OVER

500,000
VISITS
A YEAR

89%

OF MEMBERS
FEEL MORE
CONFIDENT



OVER
200
YOUNG PEOPLE
MENTORED
PER MONTH



OVER
800
VOLUNTEERS

LOCAL POLICE REPORT A
50-77%
DROP IN ANTI-SOCIAL
BEHAVIOUR WHEN A
YOUTH ZONE OPENS

OVER
500
NEW JOBS
CREATED

TOTAL MONEY RAISED
FOR BENEFIT OF
YOUNG PEOPLE
£100M



85%

OF A CHILD'S
EDUCATION TAKES
PLACE OUTSIDE OF
THE CLASSROOM



81%

OF YOUNG PEOPLE
SAY THERE ISN'T
ENOUGH FOR THEM
TO DO OUTSIDE OF
SCHOOL HOURS



66%

OF THE UK'S YOUNG
PEOPLE SPEND THE
MAJORITY OF THEIR
LEISURE TIME IN THEIR
BEDROOMS



1 IN 5

YOUNG PEOPLE DON'T
FEEL THEY HAVE AN ADULT
IN THEIR LIFE WHO THEY CAN
TALK TO ABOUT THEIR
CHALLENGES AND WHO
LISTENS AND BELIEVES
IN THEM



THE IMPACT: LIFE-CHANGING RESULTS ON OUR YOUTH ZONE MEMBERS AND THEIR COMMUNITIES.

89%

NOW FEEL
A LOT MORE
CONFIDENT



80%

GETTING
BETTER MARKS
IN THEIR
SCHOOL WORK



80%

OF MEMBERS
ARE NOW
THINKING
ABOUT LIFE
AFTER SCHOOL
AND GOING TO
COLLEGE



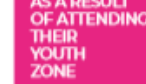
70%

NOW
EXERCISE
MORE
REGULARLY



72%

ARE STAYING
OUT OF
TROUBLE
AS A RESULT
OF ATTENDING
THEIR YOUTH
ZONE



50-77%

DROP IN
ANTI-SOCIAL
BEHAVIOUR
WHEN A YOUTH
ZONE OPENS



THE VISION: WORKING TIRELESSLY TO CREATE A HEALTHIER, HAPPIER FUTURE FOR ALL YOUNG PEOPLE.

AIMING
TO CREATE A
YOUTH ZONE IN
EVERY
TOWN
ACROSS THE UK



£100
MILLION
INVESTED IN
YOUNG PEOPLE



MEMBERS
MAKE AROUND

500K

VISITS
A YEAR



80%

of members report
getting better marks in
their school work

89%

reported feeling more
self-confident as a result
of attending a Youth Zone

70%

of members exercise
regularly each week



We need your support to make it happen



Summary

- **There is so much on offer for residents!**
- **We will continue to improve integration of programmes on offer.**
- **Work to make suite of programmes accessible to more residents.**
- **Monitor programmes, policies and strategies to ensure our offer remains fit for purpose.**

