



## Health & Wellbeing Board

<b>Title</b>	Fit and Active Barnet (FAB) Framework update
<b>Date of meeting</b>	18 <sup>th</sup> January 2024
<b>Report of</b>	Executive Director for Adults, Communities and Health, London Borough of Barnet
<b>Wards</b>	All
<b>Status</b>	Public
<b>Urgent</b>	No
<b>Appendices</b>	None
<b>Officer Contact Details</b>	Dawn Wakeling, Executive Director, Adults and Health <a href="mailto:dawn.wakeling@barnet.gov.uk">dawn.wakeling@barnet.gov.uk</a>  Cassie Bridger; Assistant Director – Greenspaces & Leisure <a href="mailto:cassie.bridger@barnet.gov.uk">cassie.bridger@barnet.gov.uk</a>  David Walton; Service Manager – Sport & Physical Activity <a href="mailto:david.walton@barnet.gov.uk">david.walton@barnet.gov.uk</a>

### Summary

The Fit & Active Barnet (FAB) Framework (2022-2026), Barnet's physical activity strategy, sets out a vision to 'create a more active and healthy borough', achieved through three priority aims: People, Place and Partnerships.

This report highlights the progress in delivering the Fit & Active Barnet Implementation Plans which have led to an increase in participation levels across the borough. It also details a need to refresh the FAB Framework in the context of delivering Our Plan for Barnet, recognising the connections with the emerging Culture Strategy and the development of a new Parks and Open Spaces Strategy.

## Recommendations

**That the Health and Wellbeing Board note the contents of the report and the achievements to date of the Fit & Active Barnet Framework.**

### 1. Reasons for the Recommendations

- 1.1. The Fit & Active Barnet Partnership Board was established to drive forward the FAB vision and includes a range of organisations from the sport and physical activity, health, education and the voluntary, community and faith sectors. The partnership has adopted the following principles:
- Making physical activity not just the business of 'sports' agencies but integrated within all relevant services that support residents.
  - Make Barnet a place where everyone can lead more active and healthier lifestyles.
  - Work collaboratively to co-produce and support delivery of sustainable interventions across a life course.
  - Invest time to understand and reduce barriers to participation by engaging with diverse communities and using a robust evidence base to inform and guide decisions.
  - Explore sustainable innovative approaches, whilst attracting investment into the borough.
- 1.2. Board members include Better, Saracens Foundation, Young Barnet Foundation, Barnet Partnership for School Sports, Barnet Homes, Age UK Barnet, Barnet Mencap, Inclusion Barnet, Sense and New Citizens Gateway, as well as council services.
- 1.3. London Sport has also joined the Partnership to give the wider London-wide perspective. Their involvement has already paid dividends since they have been able to alert local agencies to funding opportunities and share examples of good practice elsewhere.

### Fit and Active Barnet- Summary Highlights 2022-23

#### Get Active, Give it a Go! Campaign

- 1.4. The Council and the Fit and Active Barnet Partnership has collaborated on a series of initiatives to promote and improve levels of physical activity. This included the Fit & Active Barnet Campaign; 'Get Active. Give it a Go!' delivered in 2022/23.
- 1.5. The campaign was delivered across a series of digital and print channels encouraging residents to get active by trying something new or getting back to an old pastime.

1.6. Working with a range of partners and activity providers across the borough (including the VCS and sports clubs) over 40 free of charge or low-cost activities were offered such as swimming, gym, netball, rugby, football, dance, cheerleading, walking etc.

1.7. Some of the headline results include:

- Over 4,000 participants engaged in free and low-cost activities
- 49% male participation and 51% female participation
- 37% participation from BAME residents and 38% White
- 74% participants aged 16 – 64 years, 23% aged 0-16 years and 3.5% 65+ years
- 1,226 new Fit & Active Barnet Card memberships registered during September
- 100 Give it a Go (free 3 month all-inclusive Better memberships) issued
- 117,480 digital reach with 3,698 engaged – engagement rate 3% (based on industry standards, a good engagement rate is generally agreed to be between 1% to 5%).

### **Facility improvements**

1.8. £37,610 was secured from Department for Levelling Up, Housing and Communities to install a Changing Places Facility (fully accessible toilet and change facilities for people with complex needs) at Finchley Lido Leisure Centre. Meanwhile Barnet Cophall Leisure Centre became an accredited Dementia Friendly facility.

### **Targeted interventions**

1.9. Throughout 2022-23 a range of targeted interventions were delivered.

- Healthwise: child weight management (124 completers), adult weight management (195 completers) physical activity on referral (300 completers).
- Collaborated with Inclusion Barnet to deliver the Healthy Heart project in Grahame Park
- Barnet Mencap physical activity sessions in partnership with Better and Barnet Lawn Tennis Club
- Over **6,000** CYP engaged in the Holiday Activities and Food programme delivered via Young Barnet Foundation and 0-19 Early Help Service
- Over **5,500** under 8's swam for free and almost **33,000** 8-15 year olds swam for £1
- Collaboration between Age UK Barnet and Barnet Homes to deliver physical activity in sheltered accommodation services.

### **Fit and Active Barnet – 2023-24**

1.10. The FAB action plan for the year 2023/24 was developed in collaboration with partners across the Borough. Once again, the strength of the Partnership has enabled innovative and creative solutions designed to increasing physical activity levels within Barnet.

- 1.11. Our leisure centre portfolio continues to recover in a post Covid era with community confidence growing. Participation levels are increasing with an attendance of 372,750 in the Quarter to September 2023 (up 16,064 from the same Quarter last year). Timetabling and programming of activities is continually adjusted to meet the changing demands from residents. Better achieved either *excellent* or *very good* in its most recent 'Quest' independent quality assurance assessments, matching their scores from the previous round of assessments. (QUEST is the Sport England accredited quality assurance assessment which utilises a number of techniques to assign a rating).
- 1.12. Last summer saw an investment programme across the parks and greenspaces which resulted in 21 tennis court venues being improved in a scheme valued at £1.2m (£688,000 coming from either the Government or the Lawn Tennis Association). Resurfacing of tennis courts brought them back to life, with gate access technology and a new booking system. Further investment into the parks resulted in 5 playground improvements valued at £0.75m.
- 1.13. Cabinet on 14 November 2023 agreed the outline business case for the redevelopment of Finchley Lido Leisure Centre. Officers are continuing to work up the detail of the new facility, building upon the two rounds of public consultation. Option B was supported by Members, offering a family friendly attraction, delivering an increased and diverse range of facilities [GNLP and Finchley Cabinet Report.pdf \(moderngov.co.uk\)](#)
- 1.14. Targeted initiatives continued under the FAB banner with ongoing schemes designed around (adult and child) weight management, physical activity referral service, coronary heart disease, falls prevention and healthy schools. Those at risk are generally referred by health professionals into supported activity helping people in vulnerable groups follow healthier lifestyles.
- 1.15. FAB staff have also hosted a series of events for targeted groups. These include a women and girls football tournament (250 women and girls attended and the event included screening of the world cup final), legacy sessions (3 clubs supported to expand their women and girls provision) and funding opportunities (awards of up to £2000 with an application deadline of 31<sup>st</sup> January 2024).
- 1.16. London Youth Games participation is increasing with energy focused on entering teams where none was possible last year (195 participants and 26<sup>th</sup> place in 2023) and seeking to create sustainable activity through partnership working with the voluntary sports sector. [Home - London Youth Games](#)

## 2024

- 1.17. The Paris Olympic Games will take place in summer 2024. Partners across FAB want to take advantage of the excitement that the Olympics bring to encourage people to become more

physically active. Early discussions are underway with partners and stakeholders to deliver local activities and opportunities for residents take up an activity for the first time.

- 1.18. Over the past year the Council has also developed its Culture Strategy, a Borough of Culture bid 2027 and creating a 'Borough of Fun'. In addition, work has commenced on creating a new Parks and Open Spaces Strategy for Barnet. These workstreams, along with others have signalled the need to refresh the FAB Framework to ensure that strategic connections are captured, and that the Framework supports the delivery of Our Plan for Barnet. Work to refresh the FAB framework will start during Q4 2023/24, with workshops for FAB partners and other organisations.

### **Physical Activity Levels – Update**

- 1.19. A national measurement of the number of people taking part in sport and physical activity is undertaken via the Sport England Active Lives Survey which focuses on people aged 16 and over. A separate survey, the Active Lives Children and Young People Survey looks at the activity levels of children aged 5-16 years.
- 1.20. The activity levels (of at least 150 minutes activity per week) in Barnet adults aged 16 and over has been consistently and incrementally increasing since the first data point in November 2015-16 (Sport England, Active Lives Survey).
- 1.21. The Active Lives dataset released in April 2023 indicates a 1% increase to 63.7% (of at least 150 minutes activity per week for the period Nov 21-22). When comparing this dataset against the neighbouring London Boroughs of Enfield and Harrow, Barnet has continued to maintain a higher percentage of adults aged 16+ active for at least 150 minutes per week over the last three years.
- 1.22. The Active Lives Children and Young People Survey highlighted that 43.5% of 5–16 year-olds were active for an average of 60+ minutes a day (2018-19). Due to a limited sample size this is the latest dataset made available for this indicator. We will continue to encourage schools to participate in this survey.
- 1.23. Whilst the Active Lives Survey is a useful benchmark, it is a snapshot of the local picture, given the sample size. The Council's Resident Perception Survey (RPS) is also used as further analysis to understand the local picture. The questions included in the RPS reflected those included in the Active Lives Survey.
- 1.24. The results of the RPS, based on a controlled sample of 2,000 participants (interviewed October 21 – March 22), indicated that 51% of residents aged 18 and over were active for at least 150 minutes per week however only 11% were inactive.
- 1.25. Both sets of results (Active Lives Survey and the Council RPS) demonstrate that our targeted approach to engaging residents and community groups who are most disproportionately

impacted in respect of their access to, and experience of physical activity opportunities and facilities has proven successful. These include children and young people (particularly those from deprived communities), older people, minoritised communities, disabled people and those living with long-term health conditions, and women and girls.

## **2. Alternative Options Considered and Not Recommended**

2.1 None

## **3. Post Decision Implementation**

3.1 The Council and Fit & Active Barnet Partnership Board captures data on a quarterly basis.

3.2 During Q4 2023/24 a review of the existing FAB Framework will commence with partners to support a refresh of the strategy. This will include dedicated workshops to identify any areas of further opportunity or improvement.

## **4. Corporate Priorities, Performance and Other Considerations**

### **Corporate Plan**

4.1 Our Plan for Barnet 2023-26 contains cross cutting themes that are fundamental to quality of life in a healthy environment. Sport and Physical activity can contribute in many ways to supporting the mission to care for people, places, and the planet.

### **Corporate Performance / Outcome Measures**

4.2 GLL conduct a wide-ranging annual user satisfaction survey with a target of achieving 4 out of a score of 5 (1772 responses in 2023). The most recent survey scored 3.82. Car park charges were introduced at the time of the survey and had a noticeable impact upon the score. Last year the equivalent score was 3.43 so the direction of travel is very positive.

### **Sustainability**

4.3 Delivery of the priority aims and commitments set out within the Fit & Active Barnet Framework (2022-2026) have demonstrated synergy and supported priorities identified within the Barnet Sustainability Strategy Framework and the Long-Term Transport Strategy (2020-2041) e.g., delivery of events making Clean Air Day (June 2022) and World Car Free (September 2022) and interventions that promote active forms of travel such as Health Walks, Healthy Heritage Walks and Active Trails.

### **Corporate Parenting**

4.4 Implementation of the FAB Framework has continued to support the councils Corporate Parenting Commitment through the delivery of interventions such as the FAB Card and its additional benefits to carers (including foster carers), looked after children, and those who are care experienced.

### **Risk Management**

4.5 The Council has an established approach to risk management, which is set out in the Risk Management Framework. Risks are reviewed quarterly (as a minimum), and any high level

(scoring 15+) risks are reported to the relevant Theme Committee and Policy and Resources Committee.

- 4.6 The FAB Partnership and the Greenspaces and Leisure service continue to ensure  
4.7 that appropriate risk management is in place to mitigate risks associated with delivery  
4.8 of interventions that support implementation of the Framework.

#### **Insight**

- 4.9 Data and insight were carefully reviewed and considered in development of the Fit & Active Barnet Framework (2022-2026) and development of its accompanying implementation plan (2022-2023).
- 4.10 Data and insight have continued to be aligned with in delivery of interventions and actions within the implementation plan which includes considering outcomes of the Resident Perception Survey(s) and that shared amongst the Fit & Active Barnet Partnership and subsequent networks.

#### **Social Value**

- 4.11 A report by the Sport Industry Research at Sheffield Hallam University concluded that every £1 spent on community sport and physical activity generates nearly £4 for the English economy. The report concluded that investment into physical activity creates a return across health and social care, improves wellbeing, builds stronger communities, and develops skills in the economy.
- 4.12 Better continue to utilise the social value calculator (developed by 4Global, Experian & Sheffield Hallam University) to measure social value based on regular participation within Better leisure facilities. Between April 22 and March 23, the leisure management contract indicated a social value of £6,155,421. This is measured across a range of outcomes including improved health, improved subjective wellbeing, increased educational attainment, and reduced crime.

### **5. Resource Implications (Finance and Value for Money, Procurement, Staffing, IT and Property)**

- 5.1 External funding has been secured from a variety of sources in the year. Most noticeable has been the capital investment into the parks and greenspaces (Government and LTA Tennis court improvement £1.2m, playground improvement £0.75m jointly funded by Barnet Council and the Seneca Trust).
- 5.2 Leisure centre improvement has resulted in a sensory facility at the teaching swimming pool in New Barnet Leisure Centre which will sit alongside the, first in the country, £0.5m playground in Victoria Rec (for children and adults with disabilities).

### **6. Legal Implications and Constitution References**

- 6.1 In accordance with the Council's Constitution, Part 2B the Terms of Reference and Delegation of Duties to the Health and Wellbeing Board include:
- 4.2.2.1 - To work together to ensure the best fit between available resources to meet the health and social care needs of the whole population of Barnet, 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.

4.2.2.5 - To provide collective leadership and enable shared decision making, ownership and accountability

4.2.2.6 - To promote partnership and, as appropriate, integration, across all necessary areas, including joined-up commissioning plans and joined-up approach to securing external funding across the NHS, social care, voluntary and community sector and public health.

4.2.2.8 - Specific responsibilities for:

- Overseeing public health and promoting prevention agenda across the partnership
- Developing further health and social care integration.
- Receiving regular reports on the North Central London Integrated Care Board and their partner NHS trusts and NHS foundation trusts, including joint capital resource use plans, ICB Annual reports, Forward Plans and Performance Assessments

## **7. Consultation**

7.1 Quarterly meetings are held with the FAB Partnership. In refreshing strategy and implementation plan partners will be engaged.

## **8. Equalities and Diversity**

8.1 An Equalities Impact Assessment was conducted on the Fit & Active Barnet Framework (2022 - 2026) and equalities, diversity and inclusion continues to be adopted in all forms of implementation. Decision makers should have due regard to the public sector equality duty in making their decisions. The equalities duties are continuing duties they are not duties to secure a particular outcome. The equalities impact assessment will be revisited on each of the proposals as they are developed. Consideration of the duties should precede the decision. It is important that Cabinet has regard to the statutory grounds in the light of all available material such as consultation responses. The statutory grounds of the public sector equality duty are found at section 149 of the Equality Act 2010 and are as follows:

8.2 S149(1) A public authority must, in the exercise of its functions, have due regard to the need to:

- a) Eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under this Act;
- b) Advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it;
- c) Foster good relations between persons who share a relevant protected characteristic and persons who do not share it.

8.3 (3) Having due regard to the need to advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it involves having due regard, in particular, to the need to:

- a) Remove or minimise disadvantages suffered by persons who share a relevant protected characteristic that are connected to that characteristic;
- b) Take steps to meet the needs of persons who share a relevant protected



characteristic that are different from the needs of persons who do not share it;  
c) Encourage persons who share a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

8.4 (4) The steps involved in meeting the needs of disabled persons that are different from the needs of persons who are not disabled include, in particular, steps to take account of disabled persons' disabilities.

8.5 (5) Having due regard to the need to foster good relations between persons who share a relevant protected characteristic and persons who do not share it involves having due regard, in particular, to the need to:

- a) Tackle prejudice, and
- b) Promote understanding.

8.6 (6) Compliance with the duties in this section may involve treating some persons more favourably than others; but that is not to be taken as permitting conduct that would otherwise be prohibited by or under this Act.

8.7 (7) The relevant protected characteristics are:

- a) Age
- b) Disability
- c) Gender reassignment
- d) Pregnancy and maternity
- e) Race
- f) Religion or belief
- g) Sex
- h) Sexual orientation

## **9. Background Papers**

None.