

Fit & Active Barnet (FAB) Framework 2016-2021

Foreword (draft)

Barnet has a strong aspiration; to **create a more healthy and active borough**. Our ambition is clear, but it is a vision that can only be achieved working collaboratively with partners and stakeholders, with residents at the core of service design and delivery. The ability to access sport and physical activity opportunities across Barnet is crucially determined by an effective strategic and integrated approach, which must aspire to ensure our residents lead an active and healthy lifestyle.

Greater collaboration will provide the foundation for innovation; contribute towards achieving success and a wide reaching impact. This strategy aims to set a direction for those planning, co-ordinating and delivering physical activity in Barnet over the next five years. We want to connect strategic documentation and priorities to be more intelligence led and participant focused.

This journey will not be met without challenges, and our response to providing solutions through a committed and connected approach will enable us to maximise opportunities and deliver meaningful outcomes for our residents.

Councillor Sachin Rajput
Chairman, Adults & Safeguarding Committee

Why do we need a Fit & Active Barnet Framework?

This document sets out a local framework for the development of sport and physical activity in Barnet over the next five years, underpinned by a vision to create a **'more active and healthy borough'**. It aims to provide a co-ordinated approach to identify how increasing participation in sport and physical activity should fully embrace a diversity of services to provide an integrated solution to a multi-faceted challenge, ensuring insight is used and resources are targeted effectively.

As our population becomes increasingly sedentary, physical activity is importantly recognised as an essential component of our wellbeing; providing a positive contribution to our physical, mental and emotional health. In order to challenge and address inactivity, there is a clear requirement to establish the role of the Local Authority with regard to decision making, delivery, brokerage, support and influence. A future primary role of the Council will focus on;

- The alignment of focus via Council Strategies, Council Commissioning Plans and Management Agreements.
- Creating conditions for stakeholders, community groups and organisations to effectively work in partnership to achieve a shared vision.
- Providing insight, intelligence and support to facilitate opportunities.
- Communicate and promote value and benefit of sport & physical activity.
- Foster an accessible, inclusive and attractive approach to participate in activity.

The Authority recognises that there is an active network of organisations and providers within the borough, and it is anticipated that the approach outlined within this document will provide a platform for partners to deliver their own respective strategies, action plans, projects and interventions that have a clear alignment and synergy to this framework. We want to encourage new partnerships and renew commitment to develop and improve opportunities in sport and physical activity at all levels across the borough. The subsequent result of this will facilitate a better enablement of resource, articulation of planning, commissioning, delivery, required investment; facilitate partnership working, direction and efficiencies that respond directly to local need and priority.

To successfully provide a platform for strategic alignment amongst partners and stakeholders and truly reflect the residents and communities of Barnet, this DRAFT strategy has been developed via engagement with Council Officers, National Governing Bodies of Sport, Stakeholders, the Community and Voluntary Sector (detailed in Appendix 1).

Our direction is guided through recognition of national, regional and local policy which will reinforce an approach. This is not limited to but considers;

- Barnet Health and Wellbeing Strategy (2015-2020)
- Barnet Community Participation Strategy (2015)
- Barnet Parks & Open Spaces Strategy (2016-2026)
- Barnet Playing Pitch Strategy (2016) – in draft
- Barnet Children and Young People's Plan (2016 – 2020)
- Local Implementation Plan (2011)
- Barnet Local Plan – Core Strategy DPD (2012)
- Barnet Community Safety Strategy.
- Barnet Community Asset Strategy
- Commissioning Plans (Portfolio Areas)
- London Sport; Blueprint for a physically active sporting city
- Sport England; Towards an Active Nation (2016 – 2021)
- DCMS; Sporting Future: A new strategy for an active nation (2015)
- Department of Health; Everybody Active Every Day (2014)

The launch of a new Government Strategy: A Sporting Nation (December 2015) and the Sport England Strategy; Towards an Active Nation (2016-2021), provides key principles that interact and correlate with the Barnet Corporate Plan (2015-2020), striving to ensure that the borough is the place of opportunity, where people are helped to help themselves, where responsibility is shared and where high quality services are delivered effectively and at low cost to the taxpayer.

The relationship of these corporate outcomes is clearly connected to a national vision to encourage '*more people from every background regularly and meaningfully engaging in sport and physical activity.*' In addition to supporting an approach to create '*a more productive, sustainable and responsible sport sector*'. At a local level in Barnet this will mean greater alignment of networks, policy and information available to;

- Identify opportunities to increase participation
- Develop and support sporting pathways
- Provide a shared vision and strategic direction, working in partnership to effect change and continuous improvement
- Reduce inequalities and promote equality
- Access funding to deliver sustainable initiatives
- Foster innovation by looking at less traditional forms of engagement and delivery, helping to make access to sport and physical activity an easy, practical and attractive choice.
- Develop greater community capacity; increasing community responsibility and opportunities for residents to design services with us.

What are the Sport & Physical Activity Strategic Outcomes?

In order to achieve our vision, we want to maximise engagement and work collectively with a shared ambition to inspire and **create a more active and healthy borough**. The Barnet Health & Wellbeing Strategy 2015-2020 identified four outcomes for sport and physical activity, which form the basis of this strategy.

- **Outcome 1** - Improve and enhance Barnet leisure facilities, ensuring that opportunities are accessible for all residents.
- **Outcome 2** - Advocate investment and innovative policies to support the delivery of high quality, accessible facilities and delivery of services.
- **Outcome 3** - Facilitate partnerships and develop opportunities that demonstrate a commitment to embed an 'active habit'.
- **Outcome 4** - Target those who do not traditionally engage – increase participation amongst under-represented groups.

Understanding available insight and intelligence will enable us to shape an approach that engages and captivates residents in a more focused and concentrated manner. Thus assisting to reduce inequalities and respond to the diverse needs of the following under-represented groups;

- Children & Young People
- Older Adults
- Women & Girls
- Disabled People
- Black & Minority Ethnic Groups.

Sport and Physical Activity: Insight & Guidance

Barnet has an increasing and aging population; and is now the largest borough in London with 376,265 residents. The highest rates of population growth are forecast to occur around the planned development works in the west of the borough, with over 113% growth in Golders Green and 56% in Colindale by 2030.

Useful Facts

- The west of the borough generally has the highest concentration of deprivation in the wards of Colindale, West Hendon and Burnt Oak. There are pockets of deprivation across the borough such as the Strawberry Vale estate in East Finchley and the Dollis Valley estate in Underhill.
- The percentage of adults with excess weight (overweight and obese) is 57.8%. This is lower than the London average at 58.4%.
- For children aged 4 – 5 years, the percentage of excess weight (overweight and obese) is 20.8% which is lower than the London average at 22.2%. Excess weight for children aged 10 –11 years is currently 38.6% which is higher than the London average of 37.2%.
- Barnet's population is becoming more diverse, driven predominantly by the natural change in the population. The highest proportion of the population from white ethnic backgrounds are found in the 90 years and over age group (93.3%), whereas the highest proportion of people from Black, Asian and minority ethnic (BAME) groups are found in the 0-4 age group (55.4%). The wards of Colindale, Burnt Oak and West Hendon have populations of whom more than 50% are from BAME backgrounds.
- Coronary Heart Disease is the primary cause of death amongst men and women. As male life expectancy continues to converge with that of women it is likely that the prevalence of some long term conditions will increase in men faster than women.

- There is no definitive data on the amount of people with a disability living within the borough, although research undertaken by Oxford Brookes University provides the following estimates;
 - Moderate or severe learning disabilities - 1,507
 - Moderate physical disability – 16,795
 - Severe physical disability – 4,749
 - Mental health problems – 16,523

In July 2011 the four UK Chief Medical Officers (CMOs) published physical activity guidelines in a joint CMO report 'Start Active, Stay Active' covering early years, children and young people, adults and older adults. In developing a Barnet approach, we must recognise and understand behaviour change patterns.

Early experiences often shape our perspective, which can discourage activity, resulting in little or no interest to participate (at any stage in life). Physical Activity does not refer in its entirety to sport; and is wholly inclusive of all forms of activity (play, dancing, walking, and gardening). Sport has a wide range of skills and benefits that can improve our mental wellbeing, confidence, interpersonal skills and sense of achievement.

Methods of communication are critical to create and promote messages of awareness. We must work to improve advertising the benefits of physical activity and the positive impact it contributes to our lifestyle.

Over the past five years participation in sport has appeared to be fairly static in Barnet, although the most recently available Sport England Active People Survey (APS 9) presents a drop off, underlined by masking some major disparities amongst sport and physical activity. The number of women participating in sport and physical activity is low and appears to be declining, in addition to those who are included within low income groups and from black, minority and ethnic groups.

An insufficient sample size in respect of disability participation (local and London region) highlights an important requirement to promote accessibility and alignment of opportunities for disabled people.

Physical activity for children and young people (5-18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS

DEVELOPS CO-ORDINATION

IMPROVES CONCENTRATION & LEARNING

STRENGTHENS MUSCLES & BONES

IMPROVES HEALTH & FITNESS

MAINTAINS HEALTHY WEIGHT

IMPROVES SLEEP

MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

PLAY

RUN/WALK

BIKE

ACTIVE TRAVEL

SWIM

SKATE

SPORT

PE

SKIP

CLIMB

WORKOUT

DANCE

Include muscle and bone strengthening activities 3 TIMES PER WEEK

Sit less

LOUNGING

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

Physical activity benefits for adults and older adults

+	BENEFITS HEALTH	Type II Diabetes	-40%
Zzz	IMPROVES SLEEP	Cardiovascular Disease	-35%
+	MAINTAINS HEALTHY WEIGHT	Falls, Depression and Dementia	-30%
+	MANAGES STRESS	Joint and Back Pain	-25%
+	IMPROVES QUALITY OF LIFE	Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind To keep your muscles, bones and joints strong To reduce your chance of falls

Be Active

VIGOROUS MODERATE

RUN WALK

SPORT CYCLE

STAIRS SWIM

Sit Less

TV SOFA

COMPUTER

Build Strength

GYM YOGA

CARRY BAGS

Improve Balance

DANCE TAI CHI

BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK)

A COMBINATION OF BOTH

BREAK UP SITTING TIME

2 DAYS PER WEEK

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. MAKE A START TODAY: it's never too late!

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

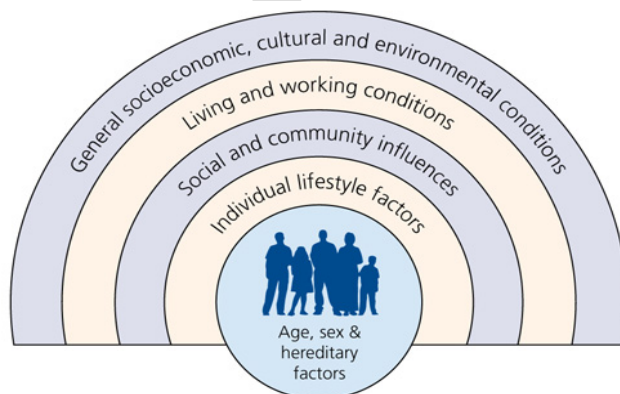
Sport England Active People Survey 9 results;

- 37.7% of the adult population aged 16+ participate in sport at least once a week. 18.1% participate at least three times per week.
- The percentage of the population achieving the recommended levels of physical activity set out by the Chief Medical Officer.
 - Active: >150 minutes a week = 58.5%
 - Insufficiently Active: 30-149 minutes a week = 14.3%
 - Inactive: 0-29 minutes a week = 27.2%
- 50.1% of the population do not currently take part in any sport.
- Inequalities are apparent as current research demonstrates 37.2% of men currently participate in sport once or more per week (30m or more), compared to only 32.6% of women.
- Number of all adults (16+) wanting to do more sport – 68.0%
- 35.6% of adults from BME communities participate in sport once or more per week (30m or more) compared to 40.4% from White communities.

Barriers & Motivators

We recognise that there are numerous barriers to individuals participating in sport and physical activity, including; community, school, work and transport environments that are not conducive to physical activity in daily life, high user fees, a lack of awareness of opportunities, transportation, time constraints, personal preferences, cultural and language barriers, self-esteem, issues of access to local recreation facilities and a lack of safe places to play.

The approach we take to address barriers and tackle inequalities will rely on universal access to environments and facilities, at an appropriate cost across social gradients to achieve results. Engagement in physical activity and sport can support in addressing a variety of social issues including; community inclusion, community safety, education and skills development.



A Barnet approach to Sport & Physical Activity

As public sector resource, capacity and investment faces significant pressure, the importance of collaboration to maximise potential and sustainability is vital. The contribution of the Local Authority will require a focus on strategic facilitation to increase impact, which will refocus practical aspects of service delivery. As a subsequent affect, this will mean working with stakeholders and partners to create an insight orientated approach that guides and enables the action required to develop a sustainable sport and physical activity infrastructure.

Together we need to utilise resources in an efficient manner to ensure that capacity remains to support a sport and physical activity offer. Across Barnet there is a varied and vibrant network that continues to provide opportunities for all residents. Delivering improvement and achieving success will rely on creating a thriving network and offer delivered through forged relationships. Future success will rely on the implementation of a 'Fit & Active Barnet Partnership', which will govern and bring this framework to life; establishing a foundation to maximise opportunities that respond to demand, avoid duplication of services, identify and address gaps, demonstrate value for money and increase participation through a multi-agency approach.

We know that Barnet has a volume of assets (education, community and private) that have the ability to accelerate a diverse offering within the borough. Facilities create our local infrastructure, shape experiences and enhance a physical activity pathway. Our future intention is to create a more accessible environment, working with a range of organisations to expand and enhance whilst realising benefits to co-locate services. It is acknowledged that to achieve success, emphasis will be focused on mutually

beneficial partnerships which aspire to assist individuals and groups to lead a healthier lifestyle. It is important that we aid behaviour change; encouraging communities to spend their 'leisure time' being active rather than opting for sedentary interests.

Providing physical activity responses to rising population will be critical in ensuring that the long term impact on our services is less strained. Recognising that at different life stages drop out occurs we need to challenge social and lifestyle habits. Therefore ensuring that opportunities for participation are accessible, affordable, high quality and relevant to communities.

An objective of meeting key priorities will be to better understand context and opportunities for alignment against the Local Authority Commissioning areas of;

- Public Health
- Growth & Development
- Environment
- Children & Young People
- Adults & Health

The table below gives an overview of the four outcomes and the priorities of focus. The subsequent sections of this document outline how via the Fit & Active Barnet Partnership we can work collaboratively to achieve these priorities using sport as the mechanism.

Vision	Outcome	Fit & Active Barnet Partnership Priorities
Create a more active and healthy borough	Improve and enhance Barnet leisure facilities, ensuring that opportunities are accessible for all residents.	By 2021 Barnet will be serviced by a viable stock of leisure facilities (open space inclusive) that make sport and physical activity accessible by all residents; meeting the needs of local communities and achieving health outcomes.
	Advocate investment and innovative policies to support the delivery of high quality, accessible facilities and delivery of services.	Ensure maximum output and value is realised through the use of investment, policy and tools to improve participation and access to opportunity.
	Facilitate partnerships and develop opportunities that demonstrate a commitment to embed an 'active habit'	Position Barnet as a health promoting borough, working in collaboration to promote opportunities (inclusive of volunteering), ensuring that every contact counts to drive a Fit & Active Barnet.
	Target those who do not traditionally engage – increase participation amongst under-represented groups	Utilise available data sets and insight to effectively target inactive people and deliver sustainable programmes that encourage healthier lifestyles and increased participation.

Public Health

Physical activity is one of the most basic human functions, yet inactivity has been identified as the fourth leading risk factor for global mortality causing an estimated 3.2 million deaths. In Barnet, health costs of physical inactivity currently cost £6.7 million, equating to approximately £1.9 million per 100,000 of our population. The challenge Barnet faces is not dissimilar to our London Local Authority neighbours and whilst the benefits of exercise are widely publicised, we are faced with a daunting prospect of further disengagement. Our approach and the action we take locally requires focus on a varied pathway for all ages and abilities.

In 2014, Public Health England launched its national strategy for physical activity, Everybody Active Every Day, which outlined five key steps for local action identified below;

- Every child to enjoy & have skills to be active
- Safe, attractive & inclusive active living environments

- Make every contact count in public & voluntary sectors
- Lead by example in public sector workspace
- Evaluate and share 'what works'

These steps are aligned with Barnet Public Health principles, which are determined by recognising the importance of early intervention and prevention to contain demand and deliver better outcomes. As our health and social care system faces the challenge of increasing demand and limited resources, it will necessitate a need to innovate and transform the way services are delivered, within the resources available. For physical activity and sport, this means we need to make prevention the subject of all residents, whilst developing relationships with key partners including the Clinical Commissioning Group and health professionals to demonstrate investment in physical activity is an efficient and effective option to;

- ✓ Give children the best start in life
- ✓ Support healthy lifestyles and self-care
- ✓ Reduce substance misuse and smoking
- ✓ Promote the wellbeing, resilience and capacity of individuals and communities
- ✓ Support employment
- ✓ Create healthy places

This approach will enable a more cohesive demonstration of value and obvious costs to an individual and their families in terms of ill health and reduced life expectancy, building a case in Barnet to commission physical activity. In order for us to successfully increase participation levels and improve the health of Barnet residents we must better understand such contributory factors and provide solutions to co-ordinate targeted interventions that prioritise;

- Treatment of disease (such as heart disease, diabetes, cancer, obesity, depression and dementia)
- Injuries from falls
- Social care arising from loss of functional capacity and mobility in the community
- Sickness absence from work and school
- Loss of work skills through premature death or incapacity
- Lower quality of life and mental wellbeing for individuals and carers.
- Access to opportunities and facilities (inclusive of open spaces) that are fully inclusive and encompass a whole life course

It is important to recognise the role that employers can make to support the health and wellbeing of their workforce. Investing in the health of employees provides business benefits such as reduced sickness absence, increased loyalty and better staff retention. Promoting workplace health solutions will support in reducing behaviours and trends associated with a sedentary lifestyle.

CASE STUDY: WORKPLACE HEALTH

The London Healthy Workplace Charter is a self-assessment framework that recognises and rewards employers for investing in workplace health and wellbeing. It provides a series of standards for workplaces to meet in order to guide them to creating a health-enhancing workplace

London Borough of Barnet achieved the Healthy Workplace Charter at commitment level in 2015. Led and coordinated through a collaborative approach between London Borough of Barnet and Barnet and Harrow Public Health, a range of weekly activities are available to staff including running and walking groups and class based sessions such as yoga and Pilates. Staff can also access advice and guidance thorough the year such as health MOT's, looking after your mental health and oral health in addition to other aspects of wellbeing.

An inaugural Healthy Living and Sports event was held for staff in June 2016, in which 170 staff members competed in an afternoon of fun sports day activities. An analysis completed on sickness absence demonstrated that following the implementation of the Healthy Workplace Charter absence occurrences related to stress, mental health and 'other musculoskeletal' illnesses have reduced.

A Fit & Active Barnet Partnership will:

- Integrate public health outcomes within a new Barnet leisure management contract, effective from 2018.
- Support health intervention pathways, harnessing the relationship between health and activity (e.g. post health check, children & young people healthy weight pathway, weight management and cardio vascular disease).
- Embed a commitment to ensuring that delivery partners and stakeholders are aligned to and fulfilling key policy that directly impacts participants and the quality of services received i.e. Mental Health Charter for Sport and Recreation, Barnet Youth Charter, Barnet Dementia Manifesto and the emerging Governance Code for Sport in the UK.
- Support promotion and implementation of the Healthy Workplace Charter across Barnet.
- Ensure brief advice on physical activity is incorporated into services for groups that are particularly likely to be inactive (utilising key guidance and available resources).
- Ensure that representatives from the Fit & Active Barnet Partnership influence the Barnet Healthy Weight Pathway Group (children & adults).
- Refine understanding of the needs and barriers to participation amongst priority groups by working with key agencies and service users.
- Align with and fully embrace key government and national targeted campaigns to get the nation moving more i.e. This Girl Can, One You and Change 4 Life.
- Encourage an innovative approach that seeks to increase participation via less traditional forms of delivery to reach a wider demographic and address barriers to participation i.e. parkrun.

Growth & Development

Our daily environments have changed significantly in recent years and maintaining sufficient levels of physical activity is becoming more and more challenging. The causes of physical inactivity and disengagement in sport can be largely attributed to a number of environmental factors, which have made daily living and working environments increasingly sedentary. The distance between homes, workplaces, shops and places for leisure activities has increased the use of cars which has led to a decline in walking and cycling. Inevitably this is a major factor in reducing levels of physical activity and increased obesity.

In January 2015, walking in Barnet had risen by 3% (from 24.9% January 2014), clearly representing an interest to participate in specific walking initiatives or completion of journeys by foot. Investment in walking and cycling infrastructure or behaviour change programmes can be expected to deliver low cost, high-value dividends for health and the economy. Evidence suggests switching to active travel from short motor vehicle trips alone could save £17bn NHS costs over a 20 year period, with the largest cost saving from the reduction in the expected number of cases of type 2 diabetes (£9bn).

The 2012 Local Plan (Core Strategy) for Barnet identified three objectives that can be addressed via sustainable travel solutions;

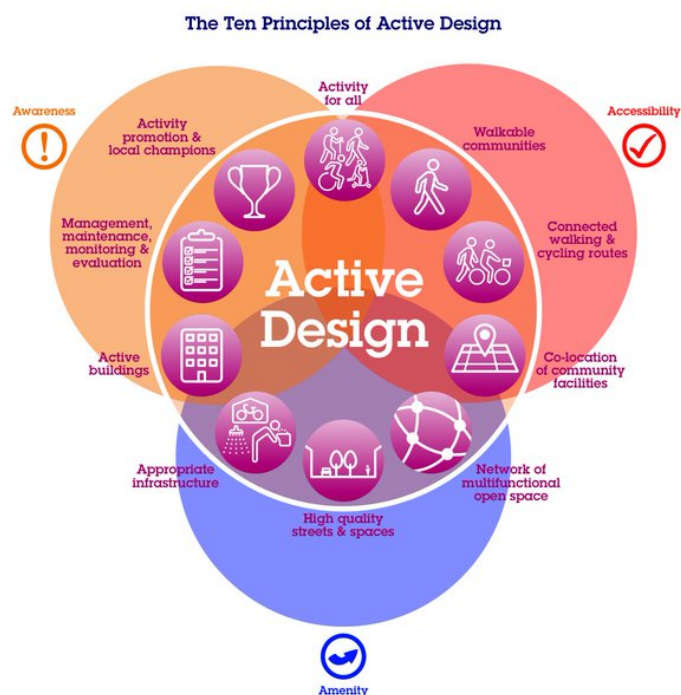
- To provide safe, effective and efficient travel
- To promote strong and cohesive communities
- To promote healthy living and well-being

A considered future approach in Barnet must acknowledge the value of sustainable travel, and work with partners like Transport for London (TFL) and regeneration partners to improve connectivity and ensure local facilities and services are easily accessible on foot, by bicycle and by other modes of transport.

London Borough of Barnet's Sustainable School Travel and Transport Strategy (2007) sets out a vision to keep the borough clean, green and safe through promoting more environmentally friendly travel. School Travel Plans have been implemented in schools across the borough, with 98 schools achieving the Sustainable Travel, Active, Responsible, Safe (STARS) mark in the 2015/2016 academic year. Implementation of these plans has demonstrated a significant decrease in the number of car journeys (to and from school). These plans also strive to improve the health of children and young people (and their parents and guardians) by promoting alternative modes of transport such as walking and cycling.

Through a multi-agency approach, the Fit & Active Barnet Partnership will play a crucial role in influencing sustainable travel solutions, particularly supporting the vision of 'enabling all children and young people access to a healthier lifestyle through improved access to sustainable travel'.

Everybody Active, Everyday (2014) and the Sport England 'Active Design Principles' emphasises that by developing 'active environments', through 'thoughtful urban design, understanding land use patterns, and creating transportation systems', we can help to create active, healthier and more liveable communities. Crucially in order to improve accessibility, amenity and awareness; local authority officers, partners and organisations must consider how to best optimise the ten principles to best effect opportunity. We know Barnet will become increasingly diverse, driven predominantly by natural change in the existing population, the increased ward population projections directly correlate with the planned regeneration developments in west of the Borough (Colindale, Burnt Oak, West Hendon & Brent Cross). One of the key challenges will be meeting the diverse needs of growing communities. Therefore involving the local community and experts at various stages of development will enable greater maximisation of opportunity.



Achieving as many of the Ten Principles of Active Design as possible, where relevant, will optimise opportunities for active and healthy lifestyles.

The London Plan (2015) identifies Barnet as an area for intensification where planning decisions should 'seek to optimise residential and non-residential output, provide necessary social and other infrastructure to sustain growth, and where appropriate, contain a mix of uses'. Sport & physical activity in Barnet must recognise the scale and demand that growth generates, and work strategically with planning agents to review opportunities to co-locate services and create community hubs. This will make it easier for families to be active in the same place, provide usage all year round and offer cost effective operating solutions. We must also ensure that future planning applications and regeneration opportunities prioritise the need for all residents to be physically active as part of their daily life. In broad terms, this will mean where feasible influencing and unlocking potential Community Investment Levy monies in addition to Section 106 money to support sport and physical activity in Barnet.

Creating a sustainable sports sector will endeavour to support and grow our local economy. The Entrepreneurial Barnet Strategy (2015-20) considers way in which the success of the Barnet economy can be supported by concerted action by the Council and its partners. Presently it is estimated £133.4m is

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directly attributed to the economy of Barnet through sport, with approximately with 3,580 (full time equivalent) jobs employed within the local sports sector. In order for Barnet to build on creating a diverse and varied workforce, we must better utilise insight and networks to understand skills required, capability and capacity to develop and forge relationships with employers.

CASE STUDY: WORKFORCE DEVELOPMENT

The SHAPE programme, funded by Sport England and Barnet and Harrow Public Health is a three year programme (2014 – 2017) established to support young people aged 14 - 19 to access sport and physical activity opportunities in the wards of Burnt Oak and Colindale. Over 1,000 young people have accessed weekly sports sessions provided via the programme including gym sessions, basketball, street dance and football. In excess of 30 young people have also been supported to broaden their horizons through sports qualification opportunities. The success of the programme resulted in it being shortlisted from 600 applications for the annual National Lottery Awards 2016 to the final 14.

Joe* is a young person from the Grahame Park estate (Colindale) that has benefitted significantly from engagement in the SHAPE programme. At risk of becoming disengaged and experiencing personal issues, Joe was identified as a young person that would benefit from attending a Basketball Activators course. Attendance at this course led to Joe expanding his learning and experience by completing a Junior Sports Leadership Award, this in turn led to further support from Middlesex University through a Level 2 Fitness qualification. Joe is now being supported via the SHAPE project team and Youth & Family Service to secure casual employment to support with the delivery of SHAPE sessions, aiding career development and project sustainability.

**participant name not disclosed for confidentiality reasons.*

A further £233.7m is attributed through the contribution that sport makes to volunteering, health service and visitors into the area. The importance of volunteering in sport and physical activity is invaluable, and traditionally has been seen as an enabler for others to play sport whilst growing activity from grassroots level. Sport England; Towards an Active Nation (2016) outlines a commitment to look at volunteering through the eyes of the volunteer, better connecting individual benefits alongside the health and wellbeing of an individual. This is a refreshed approach which will also require recognition that modern day life can often make volunteering difficult. In Barnet, this will require collaborative approach to;

- Provide access to high quality, diverse volunteering opportunities that fulfil personal needs, enable utilisation of skills and the development of new skills and experiences.
- Adopt an innovative approach to volunteering, to ensure community benefit is at the very core.
- Establish new relationships with residents and the voluntary and community sector (VCS) that enables independence and resilience, encouraging greater responsibility for sport and physical activity in their local areas.
- Encourage and support the VCS with utilising available tools and training such as Club Matters and 'Join In' to increase their volunteering offer and develop the confidence to engage and support volunteers.

Achievement of the above will lead to creating a strong robust sporting voluntary sector in Barnet that will help address;

- Tackling social isolation and those most vulnerable
- Supporting people affected by the welfare reform and/or on-going poverty
- Get more people proactively engaged in developing and maintaining their local areas.
- Create opportunities to work with faith groups in particular, where capacity is high, will assist in promoting stronger relationships and opportunities to mobilise higher levels of volunteering that will enhance the local workforce

CASE STUDY: PARKRUN BARNET

From beginners to Olympians, parkrun at Oakhill Park offers Barnet's residents the opportunity to participate in a free timed 5km run every Saturday at 9am. Led entirely by volunteers and established in 2011 a staggering 3,102 individuals have participated in the weekly run, with an average of 82.6 runners per week. Clocking up a distance of 107,750km the runners have collectively run to Sidney, Australia and back again three times.

A Fit & Active Barnet Partnership will:

- Maximise the use of facilities and identify opportunities for co-location and community hubs, widening access to ensure that facilities and open spaces are better used by the communities they serve.
- Encourage and maximise the use of sports facilities during and outside of school hours through management arrangements, leases and robust business models.
- Through the planning process identify opportunities to invest in sport and physical activity in Barnet e.g. S106 monies, Community Investment Levy and Sport England's Strategic Investment fund.
- Influence planners and key policy makers to build and promote healthier and more active communities within new developments and regeneration schemes.
- Enable and promote active travel across Barnet, through a strategic network which aims to increase use and break down barriers associated with alternative travel methods e.g. walking and cycling.
- Encourage the development of volunteering across the Borough through strategic alignment to the Community Participation Strategy adopting a 'Do it with us, not to us' approach.
- Encourage high quality employment and work experience through the sports and physical activity sector to benefit local residents e.g. supporting the implementation of London Sport's disability sport employment programme 'Activity Works'.

Environment

Barnet offers a unique blend of parks and open spaces, inclusive of indoor and outdoor sports facilities which will be future characterised by population growth. Much of the new regeneration will not provide individual residents or families with children access to private green space. This presents a demand and adaptation to ensure that greenspace facilities deliver a range of opportunities and future benefits. Our environments must ensure that facilities are accessible for all, with a particular focus on those from under-represented groups; lower socioeconomic status, black and minority ethnic groups with specific cultural requirements and those who have a disability.

Parks and open spaces are widely recognised for their health benefits as they can be used as a setting for casual or organised exercise. In Barnet, parks and green spaces are the most popular location for exercising, accounting for over 50% of exercise in the borough (SPA Review Consultation, 2013). It is therefore important to maintain and improve the environment to encourage physical activity, particularly as the provision of facilities and spaces play a critical role in sustained resident engagement.

In 2016, Barnet commissioned a Playing Pitch Strategy, a report that will endeavour to provide an updated evidence base which assesses sporting need and demand. A key driver of this strategy will ensure that outdoor sports facilities and pitches contribute to the Council's strategic objective to increase the proportion of young people and adults taking part in regular activity, meeting associated health outcomes. Evidence produced will fundamentally assist and inform future revenue and capital expenditure decisions to provide a clear strategic focus that ensures facilities can become financially sustainable in the future. The adoption of

the Playing Pitch Strategy presents a strategic opportunity to work with National Governing Bodies and other funders to address a response in securing appropriate investment in Barnet to transform provision.

The Parks and Opens Spaces Strategy 2016, includes strategic desire to create 'sports hub' sites, aimed at providing a geographical spread of sports facilities across the borough to augment the current focus on grass pitch provision. This will require the use of Council resources and additional capital investment to facilitate such developments. The current areas that have been identified are;

- Barnet Cophall
- Barnet Playing Fields
- West Hendon Playing Fields

This investment programme focuses on the borough's largest and most important sites which are distributed evenly across the borough, with the ability to deliver significant health outcomes. The conclusion of the Playing Pitch Strategy (November 2016) and the Cophall Planning Brief (September 2016) will assist the Council to test this vision further and strategically align priorities.

Local spaces are equally significant in delivering positive outcomes across the borough and a place based approach, supported through residents and stakeholders will deliver increased activity. This will be especially crucial when developing future proposals for the following areas;

- Outdoor Gyms
- Marked and measured routes programme
- Cycle route programme
- Green ways and green routes
- Playground investment
- Tennis Courts

The Local Authority will need to work with a range of stakeholders via the Fit & Active Barnet Partnership to guide a thematic approach in enabling the associated areas above.

As a collective we need to work towards facilitating improved utilisation of assets and venues (indoors and outdoors), which cater to provide children, young people and adults with the ability to participate in safe activity in a variety of premises (provided or operated by public, private, voluntary and community sectors).

The importance of promoting social capital and supporting sport and physical activity through assets is vital. Barnet has a strong community asset base on which to build and the Community Asset Strategy (2015) outlines an approach to make the best use of Local Authority property portfolio to support community and voluntary organisations, whilst ensuring financial and community benefits are maximised for residents. The result of this process has articulated a need for lessee's, and local authority officers to strategically work in partnership to implement a methodology that demonstrates social impact. This process has emphasised the need for a co-operative and combined approach, whilst encouraging the use of ClubMark and other available tools and resources to measure quality and community focus.

Through utilisation of Sport England's 'Community Assets' guidance there is an opportunity to support sports clubs and the VCS to take control of sports assets where there is a strategic need and community benefit. This approach seeks to help clubs and the VCS to grow, develop new opportunities, secure their future and be more engaged placing them at the heart of the communities in which they serve.

There are five Local Authority owned leisure centres in Barnet, which have a crucial role to play to ensure access to provision. The Sport & Physical Activity (SPA) Project set up in 2012/13 provided an opportunity to evaluate how to deliver services differently, and address customers' needs through a more integrated approach, focusing on health and wellbeing outcomes in a manner that is sustainable. Proposed investment schemes at Barnet Cophall Leisure Centre and New Barnet Leisure Centre (a replacement of Church Farm Leisure Centre) will assist in creating and developing accessible destinations that provide a pathway from physical activity through to competition.

Via a collaborative approach we need to ensure that the future development, management and access to sports facilities are the 'best fit' for the local communities that they serve, creating welcoming environments

for all. This approach will help is to maximise opportunity and impact in addition to better positioning Barnet for partnership working and investment opportunities.

A Fit & Active Barnet Partnership will:

- Work in partnership to explore opportunities to secure funding to improve infrastructure and participation.
- To ensure that findings of the sports and physical activity assessments i.e. Playing Pitch Strategy are taken into account in key plans and policies, including the Local Development Framework.
- Improve strategic alignment to ensure opportunities are concentrated and a range of facilities are utilised to sustain future activity; via the workplace, community, leisure, education, travel and open environment.
- Assess proposals for signs restricting physical activity in public spaces and facilities (such as those banning ball games) to judge the effect on physical activity levels. Similarly, ensure way finding signage is maximised.
- Improve Barnet leisure facilities, including the redevelopment of Barnet Copthall Leisure Centre and a new leisure facility in Victoria Recreation Ground, New Barnet.
- Advocate for spaces and facilities used for physical activity meet recommended safety standards for design, installation and maintenance e.g. DDA compliance.
- Promote the Inclusive Fitness Initiative Accreditation (or equivalent), supporting expansion beyond leisure facilities.
- Maximise use of strategic tools i.e. ClubMatters and Community Assets guidance to create a sustainable sport and physical activity offer.
- Work in partnership with Barnet Community Participation and Strategy to facilitate appropriate community access arrangements.

Children & Young People

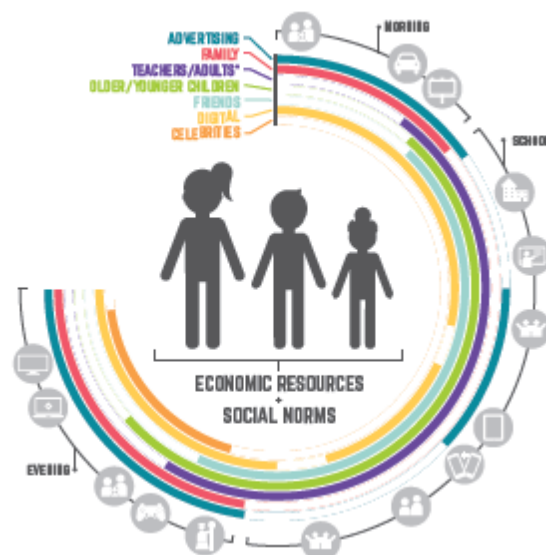
The Barnet Children and Young People Plan (2016 – 2020) has a clear aspiration to 'create a family friendly borough'. This means children and families can keep themselves safe, achieve their best, be active and healthy whilst have a say. The young Barnet population is estimated to grow by 6% up to 2020 when it will reach 98,914, maintaining Barnet as the second highest population of children and young people in London.

As the recommendation for physical activity in children stresses upon promotion at an early age, and the extended remit of Sport England requires a focus on 5 years plus, the importance of local data will require a strategic and guided response through the Fit & Active Barnet Partnership to; develop provision working with children's centres, primary and secondary schools, further education and the community to meet need and improve outcomes for children and young people. This also guides a requirement for a holistic approach giving equal consideration to influences within children and young people's lives including; family, economic resources and social norms.

In Barnet, the Healthy Children's Centre programme is a universal preventative public health programme aimed at

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INFLUENCES ON CHILDREN ON A TYPICAL DAY



improving health outcomes of children and their families, from pregnancy through the first five years. This programme provides an opportunity to strengthen the relationship between children's centres and health partners in order to provide high-quality health services to improve children's health outcomes. All professionals in early years settings and beyond are encouraged to embed Public Health England's 'All Our Health' evidence-based principles in their practice, with particular focus on the childhood obesity and physical activity topics.

As we are aware, 1 in 5 children in the UK are overweight or obese when they start primary school, this increases to 1 in 3 children by the time they leave primary school. By encouraging positive health behaviours and active play in early years, we are able to impact obesity levels and many other health outcomes of our young children before they are identified during in the National Child Measurement Programme.

Healthy Schools London is a programme established in 2011 by the London Health Improvement Board; set up to tackle child obesity levels within schools across the capital. Led by the Barnet and Harrow Public Health team, to date 77 schools within the borough have achieved 'Healthy Schools' status at varying levels (7 Gold, 22 Silver, 48 Bronze) with 14 schools incorporating sport and physical activity at a targeted or universal level. With the programme due to cease in July 2017 a collaborative approach is required if we want to maintain momentum and ensure schools are committed to improving the health and well-being of Barnet's young residents.

CASE STUDY: MAYORS GOLDEN KM CHALLENGE

The Mayors Golden KM Challenge (MGKMC) is a multiagency* project established to encourage primary schools to get their pupils moving more by incorporating a 1KM run, jog, skip or walk around a marked route in their school playground, field, local park or open space.

10 primary schools participated in phase one of the MGKMC (commencing Jan 2015) where approximately 5,000 children and young people have participated, building physical activity in to their school day.

In addition to health benefits, behaviour change has been recognised across a continuum with young people, teachers and parents all demonstrating an improved attitude towards physical activity and leading a healthier lifestyle. Come rain or shine, schools complete their KM every day and if the weather is too bad they will undertake bursts of activity indoors using resources such as Go Noodle.

Phase two of the MGKMC will include supporting more primary schools via the project and supporting sustained activity by exploring initiatives such as junior parkrun and utilising existing infrastructure e.g. Marked and Measured routes.

**Partners include; London Borough of Barnet, Saracens Sports Foundation, England Athletics, Barnet Partnership for School Sport, Barnet and Harrow Public Health and Middlesex University.*

With 160 schools in the borough and in excess of 62,000 pupils, the education sector makes a significant contribution to sports development in Barnet, establishing early experiences that are essential in leading a healthy lifestyle. In order for us to sustain interest outside of education we must develop an effective connection between the education environment and the community landscape. This relies on continuing to build relationships with the Barnet Partnership for School Sport, Further Education Colleges and Middlesex University to establish and sustain opportunities that facilitate opportunities and enable sporting potential. The alignment of resource and opportunity will assist in counteracting projected pressures on public sector funding, but more crucially provide a sustained approach to delivery.

The Barnet Children and Young People Plan articulates that "children are likely to find it easier to access support outside of the home, when they live in cohesive neighbourhoods with formal facilities that encourage participation and achievement." In light of this statement, it is vitally important to recognise the role of the VSC (sports clubs inclusive) and the significant contribution they make to sports development in Barnet, often providing low cost, or free to the point of delivery services for young people.

The growth of the number of children and young people in the borough, combined with benefit cuts will place significant pressure on the demand for services from children's social care and specialist resources (notably health). Recognising that child poverty is entrenched in specific areas of Barnet (approx. 16% of children under 5 live in the 30% most deprived local super output areas), effective prevention and early intervention will assist to reduce impact on children & young people, their families and referrals to children's social care and other specialist services within health and criminal justice system.

Documentation produced by Sport England validates the return on investment in sports programmes for 'at-risk' youth is estimated at £7.35 of social benefit for every £1 spent – delivering financial savings to police, the criminal justice system and the community. Understanding the future role of sport in this environment and its potential to strengthen social networks and community identity is vital.

Over the past 5 years Barnet has seen investment via Sport England funding streams to support young people aged 11 – 25 to access sport and physical activity opportunities. London Borough of Barnet has also continued its commitment to support young residents to represent the borough at the annual London Youth Games competition.

Recognising the number of influences on children and young people's lives, in relation to lifestyle choices and variety of services accessed, there is a requirement to ensure that the model for delivery and pathways for progression are clearly established. This includes the requirement for a locality based approach to delivery that addresses a number of community and social needs, incorporating a life course approach that considers family and intergenerational engagement. It is also fundamental that children and young people are engaged and involved in the design, planning and review of services and commissioning processes.

- 1060 young people aged 14 – 25 supported to participate in sport via Sportivate since 2011
- Over 1000 young people aged 14 – 25 supported to participate in sport via the SHAPE programme (2014 – 2017) and over 30 young people supported with an accredited sports qualification.
- 15 Satellite Clubs established in Barnet engaging young people in sport and physical activity
- Delivery of three StreetGames Doorstep Sports Clubs
- Over 300 young people represented Barnet at the 2016 London Youth Games, across 21 sports.

A Fit & Active Barnet Partnership will:

- Support schools via the Barnet Partnership for School Sport to improve provision in implementing the 'PE and Sports Premium and the School Games to create healthier habits, inclusiveness and a talent pathway.
- Promote the vibrant and varied offer available to children and young people to increase physical literacy in early years, school and home settings.
- Develop partnerships with services accessed by children and young people, and families e.g. children's centres and schools to promote physical activity and supported interventions.
- Provide a sustainable pathway for the SHAPE (Sport England, Community Sport and Health Activation) project in Burnt Oak and Colindale.
- Adopt a multi-agency and insight led approach, to ensure new and existing commissions are centred around the needs of young people that address wider social and community outcomes and enable links between schools, community clubs and facilities to aid sustainability and continued participation or development pathways.

Adults & Health

Barnet's Health and Wellbeing Strategy outlines the ambition to make Barnet 'a place in which all people can age well'. The Borough will experience London's largest increase in elderly residents 65+ yrs over the next five years, rising currently from 52,000 to 59,800 by 2020. Additional insight also presents an estimated 23,500 residents of this age living with a lifelong limiting illness, a total also set to increase by 20% in five years.

At a time of key challenge, with rising demands, increased expectation and financial pressures facing both the Local Authority and the NHS, the role of physical activity in achieving prevention and early intervention is critical. Physical activity has the ability to support demand management and reduce pressure on our clinical services.

As more young people with complex needs survive into adulthood, there is a national and local drive to support to help individuals live as independent as possible within the community. Subsequently this places significant pressure on ensuring that appropriate support services are available to meet requirements.

The effect on GP services and the Clinical Commissioning Group (whereby 8.2% expenditure is attributed to mental health) will continue to escalate. Sport and physical activity is a powerful mechanism with a range of case studies that demonstrate the ability to positively impact healthcare.

According to national projections, the most common health conditions within Barnet are mental health disorders (in 2015 it was predicted that 56,333 people aged 18 – 64 have a mental health condition). Adults with a severe and enduring mental illness face considerable social exclusion. This is evidenced through high rates of unemployment, social isolation and poorer physical health, all of which create a demand on other services. We know that one in four people will need treatment for mental illness at some point in their lifetime and the majority of these treatments will exist from primary care.

Feelings of social isolation and loneliness can be detrimental to a person's health and wellbeing. Anyone can experience social isolation and loneliness, however it is more commonly considered and prevalent in later life and those who are most vulnerable e.g. individuals with a physical and/or mental health condition.

It is well documented that there are a number of factors that can have a significant impact on whether or not a person becomes socially isolated. To address this growing issue, there is a represented need for effective, targeted and locally based provision. There is also a requirement to work in collaboration with key agencies and residents themselves to understand barriers and how these are addressed, making sport and physical activity an attractive choice for everyone (inclusive of volunteering).

The Care Act 2014 represents the most significant reform of care and support in more than 60 years. It is expected to drive increased demand for adult social care and support over the intensified levels of demand from demographic pressures. The Care Act called for care to be focused on the individual, their needs and their wellbeing, including increasing the importance of individuals choosing where they buy their care from. With the introduction of Self Directed Support and Direct Payments individuals are given more choice and control over the services that they receive, presenting another opportunity for sport and physical activity to position itself as an attractive choice.

In 2011 approximately 32,000 carers were registered in Barnet, with approximately 12,746 aged 25 – 49 years. On average 5.2% of carers reported having poor health (2011 Census). There is therefore a requirement to enable carers to continue their caring role without adversely affecting their own health and well-being. Access to sport and physical activity opportunities can provide the means to this.

CASE STUDY: SUPPORTING CARERS & THOSE IN CARE

In 2011 there were 32,256 residents that classified themselves as a Carer in Barnet. Recognising that on average carers are more likely to report having poor health, working in partnership with Better (Barnet's leisure operator) and Barnet Carers Centre, registered carers and children in care are able to access a free Barnet Leisure Pass. This pass gives eligible individuals access to free swimming and concessionary discounts on a range of activities.

"The Carers' Centre helped me to receive a pass for free swimming. It has been invaluable. The pass has felt like care for me and, because of the gift of care, I have been determined to make good use of it. Going swimming has been positive for me mentally and emotionally as well as physically; I unwind, recharge and re-energise. A BIG THANK YOU!" Barnet Leisure Pass recipient.

Barnet has a higher population of people with dementia (estimated over 4,000) than many London boroughs and by 2021 the number of people living with dementia in the borough is expected to increase by 24% compared to the London wide figure of 19%. Physical activity can have a significant impact on the health and wellbeing of people with dementia, at all stages of the condition. Recognising the importance of staying active for people with dementia, it is vitally important that services and facilities meet the needs of service users and are 'Dementia Friendly'.

Recognising the benefits of sport and physical activity on health and well-being, we need to position the borough's offer to ensure that it is an attractive option to both individuals and professionals e.g. brokers. We do however need a level of confidence that new and existing opportunities are of a high quality and meet the needs of the service users, providing a good user experience and subsequently creating a sustained active habit. This approach also applies to ensuring that opportunities are deemed 'inclusive' do encompass the true meaning of this.

A Barnet Disability Sports Network has been established which is a multi-agency approach to improve the disability and inclusive sporting landscape across the borough (inclusive of mental health). Partner representation includes London Borough of Barnet, London Sport (formally Interactive), Inclusion Barnet, GLL, Middlesex University and Saracens Sport Foundation. Currently in its infancy, the vision is for the network to grow with a greater partner representation which will report in to the Fit & Active Partnership Board.

DISABILITY & INCLUSION SPORT

Into Sport is a Sport England funded, multi-faceted inclusive sports project that spans North and South London and involves a consortium of 7 organisations - Inclusion London, London Sport (formerly Interactive) and 5 DDPOs, with Inclusion Barnet as the sole North London representative. Now entering the third and final year of delivery one of the strands of the project is to explore barriers to the accessibility of mainstream sports venues, facilities and attitudes and indeed raises pertinent questions about whether disability sport can in fact be mainstreamed - as illustrated by the acute delineation between the Olympics and ParaOlympics.

Barnet joined in year two of the project, and have succeeded in recruiting 51 participants (target 50) and achieved 182% of our target outputs to date in terms of participants engaging either sporadically or regularly in sport and physical activity.

A typical previously inactive participant has described the improvement in his wellbeing as being 'physical and mental, as well as social, spiritual and emotional' as he feels that 'I am doing something that is good for me' - he now pays more attention to how much he exercises and what his physical strength and fitness allow.

The role of the Barnet Disability Sport Network will be to support the sustainability and diversification of the Into Sport programme in Barnet.

A Fit & Active Barnet Partnership will:

- Work in collaboration to influence sustainable programming that achieves prevention and early intervention, prohibiting the onset of/alleviating the onset of long term health conditions and social isolation.
- Create an approach to ensure pathways for physical activity and sport are optimised through formal referral by health and social care professionals and self-referrals (e.g. GP surgeries and Healthy Living Pharmacies).
- Work in partnership with Health Champions, brokers and organisations to promote borough wide opportunities so they become an 'attractive choice' for service users.
- Work in partnership to consolidate Health Walk provision across the borough to achieve a coherent and effective offer.
- Work collaboratively with partners and service users to ensure priority groups are at the heart of delivery and design.
- Encourage alignment with best practice tools, programmes and guidance e.g. Dementia Friends and London Sport's Club ID to ensure opportunities and facilities are high quality and truly meet the needs and expectations of service users.
- Develop and fully integrate the Barnet Disability Sport Network to collaboratively enhance the disability and inclusive provision within the borough and promote equality.

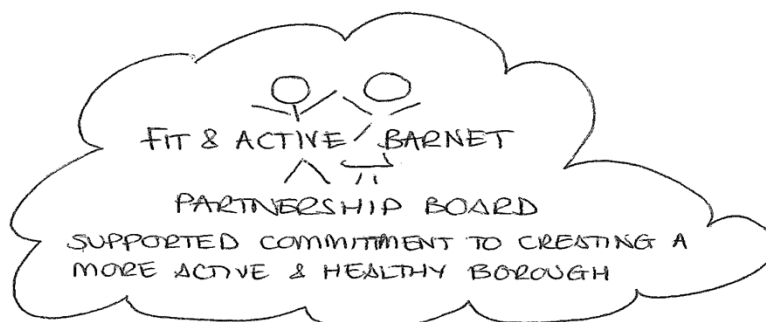
Working Together

The development of this strategy has characterised a future which will strategically enhance sport and physical activity in Barnet, through a focused set of priorities that require an emphasis on working holistically. Areas highlighted within this strategy have been identified through optimum use of local insight and intelligence to inform and guide interventions and resources. A key part of driving future success is the implementation of the 'Fit & Active Barnet Partnership Board'. The role of this Board will be to assume a strategic role to assist in supporting mutually beneficial outcomes specified within this strategy, supported through respective sub network groups e.g. the Barnet Disability Sports Network.

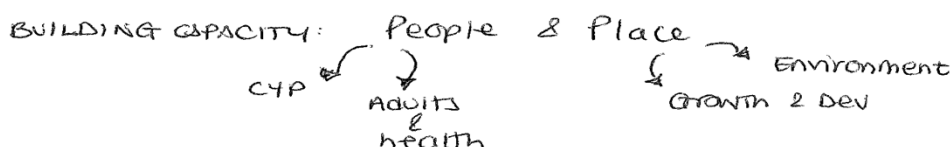
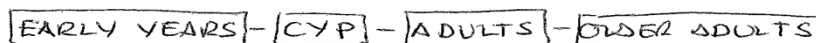
Some of the challenges inherent in this document and our vision to address will require a long term approach. Tackling inactivity and our ability to **create a more active and healthy borough** will require a coalition of partners and stakeholders, some of whom may not have worked together before. There is also a requirement for a level of flexibility recognising the ever diversifying landscape in which we operate.

It is intended that the Fit & Active Barnet Partnership Board will comprise of partners and stakeholders involved in strategy, policy and development matters related to Barnet;

- Sports sector including; London Sport, National Governing Bodies of Sport, clubs and other delivery partners
- Education Sector including HE & FE
- VCS and organisations



GUIDED BY : BARNET SPA STRATEGY 2016-2021



MEASURED BY : % ↑ ↓ ↓ ↓ ↓ ↓ %

IMPROVEMENT IN HEALTH OUTCOMES ACROSS BOROUGH
PHYSICAL - MENTAL - INDIVIDUAL - SOCIAL

Members of the Fit & Active Barnet Partnership Board will support the facilitation and delivery of sport and physical activity in Barnet. This will include a robust process, working in collaboration to evaluate the use of available funds (external or other as determined) to deliver a comprehensive and integrated offer to maximise participation.

Our engagement and future relationship with National Governing Bodies (of Sport) will be defined through clear alignment to our strategic outcomes focused on;

- A sport that provides a measurable growth in participation.
- Establishment of an opportunity to enhance facility infrastructure within the borough.
- Further enhancement of club sector and supporting provision of services.
- The sport is accessible and amenable to all Barnet residents.

A Fit & Active Barnet Partnership will:

- Cultivate mutually beneficial partnerships that connect and align services to deliver a more cost effective and accessible physical activity pathway, which address wider society outcomes.
- Encourage the use of open data across the Partnership to better understand participation and inform meeting current and future demand.
- Work across the Partnership to implement a model to effectively evaluate targeted activities, in particular, levels of take-up and retention through the use of new technologies.
- Encourage the use of tools that assist with development and quality assurance i.e. ClubMatters and the Sport England Return on Investment toolkit.
- Work across the Partnership, where feasible, to explore the initiation of a shared Fit & Active Barnet funding pot to commission and support activity through aligned priorities.
- Work across the Partnership to effectively promote the vibrant and varied sports and physical activity offer across the borough.

Performance Measures & Monitoring Progress

Recognising the importance of partnership working and to foster a collaborative approach, an early role of the Fit & Active Barnet Partnership Board is to determine what success looks like and how the outcomes, priorities and actions within this framework are measured at a local level to demonstrate greatest impact.

Nationally, Sport England will continue to measure participation in sport and physical activity. Previously this was measured via the Active People Survey, an annual survey that measured the percentage of the adult population participating in 30 minutes of moderate intensity sport. To align with their new strategy 'Towards an Active Nation', Sport England has adopted a new methodology, 'Active Lives Survey', to measure annual participation in sport. The exact measures of this refreshed methodology are currently being agreed, however at a headline level it is thought the key performance indicators will be;

- Decrease in percentage of people physically inactive.
- Increase in the number of people volunteering in sport at least twice in the last year
- The demographics of volunteers in sport to become more representative of society as a whole
- Number of people who have attended a live sporting event more than once in the past year

Measurement of these indicators is in response to Government's 'Sporting Future; A New Strategy for an Active Nation' (2015). There is also an opportunity to understand other KPI's identified within this strategy including (collected via alternative means);

- Increase in percentage of the population taking part in sport and physical activity at least twice in the last month
- Increase in the percentage of adults utilising outdoor space for exercise/ health reasons
- Increase in the percentage of children achieving physical literacy standards
- Increase in the percentage of children achieving swimming proficiency and Bikeability Levels 1-3
- Increase in the percentage of young people (11-18) with a positive attitude towards sport and being
- Employment in the sport sector
- Percentage of publically owned facilities with under-utilised capacity
- Increase in the number of publically funded bodies that meet the new UK Sports Governance Code

References / Further Reading List

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- Department of Health. Start Active, Stay Active; a report on physical activity from the four Home Counties (2011).
- London Borough of Barnet Corporate Plan (2015-2020)
- London Borough of Barnet Entrepreneurial Strategy (2015-20)
- London Borough of Barnet Joint Strategic Needs Assessment (2015- 2020)
- London Borough of Barnet Local Plan – Core Strategy DPD (2012)
- London Plan - <https://www.london.gov.uk/what-we-do/planning/london-plan>
- Public Health England, Everybody Active, Every Day – An evidence based approach to physical activity (2014).
- Sport England; Active Design Principles - <https://www.sportengland.org/facilities-planning/planning-for-sport/planning-tools-and-guidance/active-design/>
- Sport England Strategy; Towards an Active Nation (2016-2021)

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