

	<p style="text-align: center;">Adults & Safeguarding Committee</p> <p style="text-align: center;">Fit & Active Barnet Framework 2016-2021</p> <p style="text-align: center;">19th September 2016</p>
<p style="text-align: right;">Title</p>	<p>Fit & Active Barnet Framework 2016 – 2021</p>
<p style="text-align: right;">Report of</p>	<p>Cassie Bridger, Strategic Lead- Sport & Physical Activity</p>
<p style="text-align: right;">Wards</p>	<p>All</p>
<p style="text-align: right;">Status</p>	<p>Public</p>
<p style="text-align: right;">Urgent</p>	<p>No</p>
<p style="text-align: right;">Key</p>	<p>Yes</p>
<p style="text-align: right;">Enclosures</p>	<p>Appendix 1- Draft Fit & Active Barnet Framework 2016-2021.</p>
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Summary

In 2015 a Sport and Physical Activity (SPA) Team was formed within the Local Authority with the responsibility to deliver an effective approach to sport and physical activity across Barnet. This has guided the development of a draft Fit and Active Barnet (FAB) Framework 2016-2021, which seeks to facilitate a revised strategic direction and focus that challenges inactivity across the Borough.

This report highlights how a revised direction will encourage greater collaboration, drive improvements, and unlock new opportunities between partners whilst aligned to corporate priorities. The FAB Framework 2016-2021 is reflective of the evolving physical activity, sporting and social landscape of Barnet, which through alignment with new National strategies for sport and physical activity seeks to provide a co-ordinated approach to identify how increasing participation should fully embrace a diversity of services to provide an integrated solution to a multi-faceted challenge.

The paper outlines the contribution sport and physical activity can make locally, recommending the establishment of a Fit & Active Barnet Partnership to support in meeting commitments identified within the FAB Framework 2016-2021. At the core of this aspiration it will mean that by 2021 there will be measurable improvements that determine;

- An increase in the percentage of active adults (as defined by Sport England Active Lives).
- Improved health outcomes and general wellbeing
- Improved opportunities to access sport & physical activity for all ages and abilities
- An enhanced approach to partnerships
- Better intelligence to identify needs, supply and demand for sport and physical activity provision
- Innovative approaches to make participation an attractive choice
- Increase sustainability, creating more resilient communities and sport and physical activity providers, including; clubs and the voluntary and community sector.

The report asks for the Adults and Safeguarding Committee to approve the draft Fit and Active Barnet Framework for public consultation. Following which a report will be presented back to Committee to note a final Fit & Active Barnet Framework 2016-2021.

Recommendations

- 1. The Adults & Safeguarding Committee approves the draft Fit & Active Barnet Framework 2016 – 2021 for public consultation.**
- 2. The Adults & Safeguarding Committee notes a final Fit & Active Barnet Framework 2016-2021 will be reported back to Committee.**
- 3. The Adults & Safeguarding Committee notes a review of the Fit & Active Barnet Strategy 2016 -2021 will be reported to Committee in 2018.**
- 4. The Adults & Safeguarding Committee notes that a Fit & Active Barnet Partnership will be set up to deliver the outcomes within the framework.**

1. WHY THIS REPORT IS NEEDED

Sport & Physical Activity Overview

- 1.1 Our vision is to “create a more active and healthy borough”, contributing towards an engaged, productive, resilient and empowered population. 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 and emotional wellbeing.
- 1.2 The approach and evidence included within the draft Fit and Active Barnet (FAB) Framework 2016-2021 (Appendix 1), reinforces the benefit of sport and physical activity extends well beyond physical health, into areas such as psychological and social wellbeing, community involvement and employment. The development of the Fit & Active Barnet Framework 2016-2021 sets out a local structure for the development in Barnet over the next five years. Through alignment with national and local strategy, in addition to council commissioning plans, it aims to provide a refreshed approach to increasing participation.
- 1.3 As public sector resource, capacity and investment faces significant pressure, the importance of collaboration to maximise opportunities and sustainability is vital. Physical activity and sport is well positioned to support in addressing a range of social issues; with health improvement, community cohesion, crime reduction, skill development and lifelong learning among the most prominent. Recognising Barnet has a growing population; with diverse needs, there is a clear opportunity to establish the role of the Local Authority with regard to decision making, delivery, brokerage, support and influence.
- 1.4 The current Sport England Active People Survey Data has historically focused on participation (14 years+), providing detail based on the total sample size population that participate in activity of moderate intensity. The launch of the Government Strategy: “A Sporting Future; A New Strategy for an Active Nation” places a significant shift on the achievement of outcomes opposed to outputs including the responsibility of Sport England to support activity from 14 years + to 5 years +. This revised focus drives a change in approach at a local level to ensure public health messages; increased awareness and opportunities are better connected amongst age groups.
- 1.5 Over the past five years participation in sport has appeared to be fairly static in Barnet, although current Sport England Active People Survey presents a drop off, underlined by masking some major disparities amongst sport and physical activity. The key reporting headlines in Active People Survey 9 indicate in Barnet;
 - 50.1% of the population do not currently take part in any sport.
 - 37.7% of the population currently participate in sport at least once a week (moderate intensity for 30m or more)
 - 18.1 % total number of population participating in sport 3 or more times per week (moderate intensity for 30m or more)

- Inequalities are apparent as current research demonstrates 37.2% of men currently participate in sport once or more per week (30m more), compared to only 32.6% of women.
 - Number of all adults (16+) wanting to do more sport – 68.0%
 - Number of inactive adults wanting to do sport - 25.7%
 - Disability – no data available due to low sample size.
 - 35.6% of adults from BME communities participate in sport once or more per week (30 minutes or more).
 - 12.7% of adults are volunteering in sport
- 1.6 In November 2016, the Active People Survey Data will be replaced by Active Lives, a new set of 20 indicators which will measure how active people are overall – rather than how often they take part in any particular sport. It will be used to test progress towards the five key outcomes defined within the Government Strategy to transform an understanding of how sport delivers them. This is crucially aligned to the Fit & Active Barnet Framework 2016-2021 which places an importance on the delivery of a range of outcomes and a commitment at a local level to achieving improvements in wellbeing.
- 1.7 There are several demographic groups whose engagement in sport and physical activity is below the national average, which is evidenced by the local sporting profile presented by Sport England. The benefit of engaging those groups that typically do little or no activity is immense and can alleviate pressure and demand for a range of services. The draft Fit and Active Barnet framework 2016-2021 continues to recognise the importance of engaging with under-represented groups;
- Children and young people (18's and under)
 - Older adults (over 65's)
 - Women and Girls
 - Disabled people
 - Black and Minority Ethnic groups
 - and those of a lower socio economic status.
- 1.8 The importance of recognising opportunities to work within key priority groups will define the range of indicators that can be used to measure Borough wide success with partners, whilst using insight to strengthen the sector to retain participation, provide sustainable opportunities and improved cohesion.

Strategy Approach

- 1.9 Creating key connections with National and local strategies, the Fit and Active Barnet Framework addresses the importance of greater collaboration, and the importance of embracing a diversity of services across Barnet to support a prevention pathway.
- 1.10 The fundamental outcomes indicated within the National Government Strategy - Sporting Future; A New Strategy for an Active Nation (Dec 2015) focuses on physical health, mental health, individual development, social and community development and economic development. Taking this into consideration, it was

recognised through stakeholder engagement workshops that Barnet has an important leadership role to play which involves bringing schools, voluntary sport clubs, National Governing Bodies of sport (NGBs), health and the private sector together to forge partnerships, unblock barriers to participation and improve the local sport delivery system.

1.11 The draft Fit & Active Barnet framework 2016- 2021 has taken an approach that adopts the four outcomes established within the Barnet Joint Health and Well-being Strategy (2015-2020), recognising the need for alignment to achieve a shared vision and avoid duplication. These four outcomes cut across a participation journey and can be clearly linked to policy within sport, physical activity, leisure and health:

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

1.12 These headline sport & physical activity outcomes define the priorities for the future which are inextricably linked to a renewed approach by central government. An objective of meeting key priorities will be to better understood in context and alignment with Barnet commissioning management plans. 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. The approach of the strategy has taken each of the areas below, connected priorities to the respective area and developed commitments that can be used to streamline a direction for sport and physical activity over the next five years;

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

1.13 The intention is to provide a platform for partners to deliver their own respective strategies, action plans, projects and interventions that have a clear alignment and synergy to a Fit and Active Barnet framework. These commitments will encourage new partnerships and renew assurances to develop and improve opportunities in sport and physical activity at all levels across the borough. This was discussed throughout engagement sessions with the Council, to assist in

creating a connection across these key areas to enable the development of future opportunities and guide influence,

2. REASONS FOR RECOMMENDATIONS

Fit & Active Barnet Partnership

- 2.1 A Fit and Active Barnet Framework, commitments and subsequent network 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 local strategic direction. These commitments will encourage new partnerships and renew assurances to develop and improve opportunities in sport and physical activity at all levels across the borough
- 2.2 The consequent result of this is aimed to better enable resource, articulation of planning, commissioning, delivery, required investment, partnership working, direction and efficiencies that respond directly to local need and priority.
- 2.3 It is envisaged that the Fit and Active Barnet Partnership will consist of Council officers with responsibilities in this field, stakeholders, external partners and community organisations. The involvement of a range of representatives is essential in order to cover the breadth that the sport and physical activity outcomes are set to achieve.
- 2.4 The remit and scope of the Council means that it can offer a contribution in meeting the outcomes and are central to assisting in the development of policy that can help to address issues which may be difficult for other agencies to resolve or that are simply too large for some other partners to manage.

Stakeholder Engagement

- 2.5 In June 2016 the Sport & Physical Activity Team commissioned London Sport, the Regional County Sport Partnership to facilitate two workshops. The first workshop consisted of a specific focus on feedback from Council Officers from a range of responsibility areas which included; planning, community participation, employment, youth, community safety, equality and diversity, children and young people, parks and open spaces and public health.
- 2.6 A second workshop was co-ordinated for external community groups and stakeholders which included representation from Barnet Homes, Inclusion Barnet, Barnet Mencap, Saracens Foundation, Middlesex University, GLL, Barnet Carers Centre, Age UK Barnet and the Young Barnet Foundation. Both workshop groups acknowledged the four outcomes established, noting vested interest to work more collaboratively to achieve success. The external stakeholder group demonstrated a strong desire to share information, learn from and create new opportunities with each other. In consideration of the draft Fit and Active Barnet Framework it was recognised that to ensure external community sector stakeholders have the capacity to engage meaningfully in an

agenda, a priority of the Fit and Active Barnet Partnership should prioritise the use of technology to assist with information share and data capture.

- 2.7 In addition, London Sport and the Sport & Physical Activity Team developed an online survey for National Governing Bodies aimed to capture further feedback and understanding of alignment to Barnet priority outcomes. The survey identified opportunities to derive greater benefits from establishing closer partnerships with National Governing Bodies of Sport such as the Lawn Tennis Association (LTA) and Football Association (FA), England Athletics, Amateur Swimming Association, Badminton England; England Hockey; Middlesex Cricket; Middlesex Squash & Racquetball Association/England Squash; Royal Yachting Association and the Tennis Foundation who have identified Barnet as a priority Borough

3. ALTERNATIVE OPTIONS CONSIDERED AND NOT RECOMMENDED

- 3.1 The draft FAB Framework 2016 -2021 has been considered at 5 years in length to coincide with recognition of national, regional and local policy which is intended to re-inforce an approach. This specifically endorses alignment with five year strategies launched recently by Government in December 2015; A Sporting Future; A New Strategy for an Active Nation and the Sport England Strategy; Towards an Active Nation (2016-2021) launched in May 2016.

4. POST DECISION IMPLEMENTATION

- 4.1 Following the approval of recommendations outlined within this paper, the Sport & Physical Activity Team will work to co-ordinate the following activity;

Area	Month	Lead
Public Consultation	September – October 2016	SPA Team
Final Fit & Active Barnet Framework 2016 – 2021	November 2016	SPA Team
Fit & Active Barnet Partnership established	January 2017	SPA Team

5. IMPLICATIONS OF DECISION

5.1 Corporate Priorities and Performance

- 5.1.1 The Corporate Plan 2015-2020 is based on the core principles of fairness, responsibility and opportunity to make sure Barnet is a place:

- Of opportunity, where people can further their quality of life;

- Where people are helped to help themselves, recognising that prevention is better than cure;
- Where responsibility is shared, fairly; and
- Where services are delivered efficiently to get value for money for the taxpayer.

5.1.2 The Corporate Plan includes the following outcomes and targets that can be delivered, partially or fully by the Fit and Active Barnet Framework 2016-2021:

- To increase the percentage of people satisfied with Barnet's parks, playgrounds and open spaces, both across the borough as a whole and within parks currently scoring the lowest levels of satisfaction;
- Drive an increase in overall resident satisfaction with Barnet as a place to live to amongst the highest of any Outer London borough;
- Facilitate economic growth and the success of residents, and removing any barriers or unnecessary costs to growth for successful local businesses;
- Manage the rising demand on services through an early intervention and prevention approach;
- Build stronger partnerships with residents and community groups, encouraging them to take on more personal and community responsibility, with more people volunteering;
- Pilot a 'place based commissioning' approach, targeting resources in the greatest areas of need;
- Support older people, young people with complex disabilities and individuals with mental health issues to receive support in the community to stay well, remain active and maintain independence;
- Enable Barnet residents to be some of the most active and healthy in London, benefiting from improved leisure facilities and making use of the borough's parks and open spaces'
- Ensure the 'built environment' is designed to help people keep fit and active;
- Improve attainment levels within schools and reduce the achievement gap;
- Continue to support families through an integrated range of services, delivered through a network of locally based centres to ensure that children get the best start to life;
- Make Barnet a place of opportunity and work with partners to address NEETS, ensuring a broad skills offer for young people, encompassing a range of options including apprenticeships and employment opportunities;
- Work with communities and partners to achieve long-term sustained reductions in crime.

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

5.2.1 Through a partnership approach the Fit & Active Barnet Framework 2016-2021 seeks to guide 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.

5.2.2 A key part of driving future success is the implementation of a 'Fit & Active Barnet Partnership'. The role of this Partnership will be to assume a strategic role to

assist in supporting mutually beneficial outcomes specified within the strategy, supported through respective sub network groups e.g. the Barnet Disability Sports Network. 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.

5.2.3 It is envisaged that adoption of a final Fit and Active Barnet Framework 2016-2021 and formation of a Fit & Active Barnet Partnership will assist with unlocking investment opportunities and potential within the Borough. This will be explored through strategic networks and external investment through a range of bodies (eg National Governing Bodies of Sport, National Lottery Awards).

5.3 **Social Value**

5.3.1 The draft Fit & Active Barnet Framework 2016 - 2021 emphasises the importance and development in respect of the five critical outcomes identified below which are also defined within the Government Strategy- Sporting Future; A New Strategy for An Active Nation. These are;

- Physical wellbeing
- Mental wellbeing
- Individual development
- Social and community development
- Economic development

5.3.2 A partnership approach to co-ordination and delivery will also ensure that services accessible are of a high quality and value for money, maximising resources to support residents and provide a positive customer experience.

5.4 **Legal and Constitutional References**

5.5 The Adults and Safeguarding Committee is responsible for the following: working with partners on the Health and Well-being Board to ensure that social care interventions are effectively and seamlessly joined up with public health and healthcare, and promote the Health and Well-being Strategy and its associated sub strategies.

5.5.1 The Council has statutory duties to promote the wellbeing and health of its residents for example in the Care Act 2014, Children & Young People Act.

5.6 **Risk Management**

5.6.1 The establishment of a Fit & Active Partnership will help manage and mitigate any risk associated with delivery of the strategic objectives.

5.6.2 Measurements of success and Key Performance Indicators will be monitored via the Fit & Active Partnership Board as agreed.

5.7 **Equalities and Diversity**

5.7.1 A final Equalities Impact Assessment will be conducted following public consultation and in advance of forming a final Fit & Active Barnet Framework 2016-2021.

5.8 Consultation and Engagement

5.8.1 In June 2016 the Sport & Physical Activity Team commissioned London Sport to facilitate two workshops; one with a specific focus on feedback from Local Authority Officers and the other with external community groups and stakeholders.

5.8.2 Further public consultation of the draft Fit and Active Barnet Framework is required, subsequent to Committee approval this will be conducted in September 2016.

5.9 Insight

5.9.1 The development of the Fit & Active Barnet Framework will characterise a future which will strategically enhance sport and physical activity in Barnet, through a focused set of priorities. Areas highlighted within document have been identified through optimum use of local, regional and national insight to inform and guide interventions and resources.

6. BACKGROUND PAPERS

6.1 Please see Appendix 1 – Draft Fit & Active Barnet Framework 2016-2021.