

	<h2>Adults & Safeguarding Committee</h2> <h3>14th September 2021</h3>
Title	Fit and Active Barnet (FAB) Framework (2016 – 2021) Review
Report of	Chairman, Adults and Safeguarding Committee
Wards	All Wards
Status	Public
Urgent	No
Key	No
Enclosures	Appendix A – Fit & Active Barnet Summary Appendix B – FAB Campaign
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Summary

In March 2017, the Adults and Safeguarding Committee approved the Fit & Active Barnet Framework (2016-21), the Councils strategy for sport and physical activity, which set out a vision to make Barnet a 'more active and healthy borough'.

This report outlines the progress made throughout the strategy period to date, highlighting achievements against the four key outcomes of the Framework, made possible by working collaboratively across the Fit & Active Partnership. Examples include;

- £120,795 investment secured to deliver community sports sessions
- Establishment of 'Into Sport' disability programme
- 118 schools signed up to the Healthy Schools London Award programme
- £100,000 investment from Transport for London to support delivery of an active travel intervention
- 1,800 young people (14-19) engaged in SHAPE programme delivered in Burnt Oak and Colindale

- £366,301 secured investment via Area Committee funding to deliver improved parks infrastructure

Appendix A further demonstrates that how, through our collaborative approach, accessible opportunities have been enhanced, improved infrastructure has been delivered and investment has been secured to continue providing opportunities that encourage participation in sport and physical activity.

In recognition of the coronavirus pandemic, the Committee agreed an extension to the existing strategy which will now expire on 31 March 2022. Work has commenced in developing a new draft strategy, to be co-designed, which will build on the success of the existing framework, whilst acknowledging the impact and challenges created by the pandemic.

Officers Recommendations

That the Adults and Safeguarding Committee note:

- 1. Progress and implementation of the Fit & Active Barnet Framework (2016 - 2021) outlined within Appendix A.**
- 2. The timescale for developing a new Fit & Active Barnet Framework to be presented at a future Committee.**

1. WHY THIS REPORT IS NEEDED

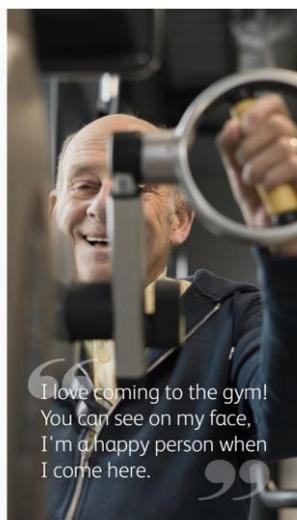
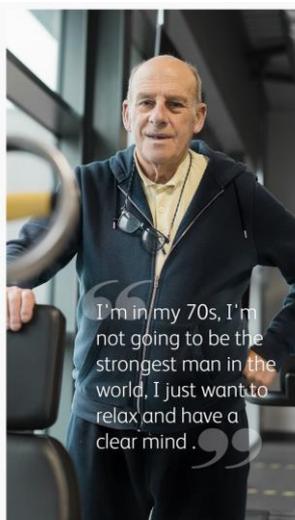
- 1.1 On 16 March 2017, Adults and Safeguarding Committee approved the Fit and Active Barnet (FAB) Framework, the council's strategy for sport and physical activity. The Framework was developed in consultation with a range of partners and residents, outlining a vision to create a 'more active and healthy Borough'.
- 1.2 The Framework included four strategic outcomes aligned to the Joint Health and Wellbeing Strategy (2015 – 2020):
 1. Targeting those who don't traditionally engage, increasing participation amongst under-represented groups
 2. Facilitate partnerships and develop opportunities that demonstrate a commitment to embed an active habit
 3. Improve and enhance Barnet's leisure facilities, ensuring opportunities are accessible for all residents
 4. Advocate investment and innovative policies to support the delivery of high-quality accessible facilities and delivery of services.

- 1.3 The Fit & Active Barnet Summary at Appendix A provides an analysis of participation data throughout the strategy period and describes a series of initiatives and investments which have been made to support increased levels of participation across the borough.
- 1.4 Data captured via the Sport England Active Lives Survey, which measures physical activity levels over an annual period (conducted twice yearly, May to May and Nov to Nov), demonstrates that activity levels amongst adults (aged 16 and over) have fluctuated in the borough since 2015/16. Following implementation of the FAB Framework in 2016/17, participation in the borough peaked to 64.5% (c.196,700 people). However, in May 2019/20 participation declined to 55.5% (c.172,800 people), although the most recent survey results (Nov 19/20) demonstrate a positive movement in activity levels to 60.5% (c.188,500 people).
- 1.5 A detailed analysis of the Active Lives dataset for Barnet has been provided in Appendix A, Section 1.
- 1.6 While the Active Lives dataset is a valuable measure for benchmarking purposes, it is important to note that as per Sport England guidance, a degree of caution should be applied when reviewing the data due to low response rates or sample size.
- 1.7 Section 2 within the Summary (Appendix A) details the progress made against each of the four strategic outcomes of the Framework, which were aligned with the Councils Joint Health and Wellbeing Strategy (2015-2020) and then current Corporate Plan.
- 1.8 This section expands on the successes which have been achieved working in partnership with a range of organisations such as National Governing Bodies of sport, community sports organisations, our leisure operator, third sector and voluntary organisations, schools and colleges, housing providers and funding partners. Examples of these achievements include:
- £120,795 Sport England Sportivate and Satellite Clubs funding secured to deliver community sports sessions
 - Establishment of 'Into Sport' disability programme
 - 118 schools signed up to the Healthy Schools London Award programme
 - £100,000 investment from Transport for London to support delivery of an active travel intervention
 - 1,800 young people (14-19) engaged in SHAPE programme delivered in Burnt Oak and Colindale
 - £366,301 secured investment via Area Committee funding to deliver improved parks infrastructure.
- 1.9 Through collaboration, the FAB partnership has also been able to share resources to ensure all residents have access to a range of opportunities across the Borough. The launch of the Fit and Active Barnet campaign in 2018/19, provided a platform for partners to raise awareness of available provision whilst creating a shared identity for sport and physical activity across Barnet.

- 1.10 Critical to the success of the campaign was encouraging residents to register for a free 'FAB Card' offering benefits across the borough's leisure centres and other partner initiatives. The campaign also provided a catalyst to create a 'FAB Hub', a dedicated website acting as a 'one-stop-shop' for everything physical activity and health related. The site, administered by Better (GLL) provides:
- information on physical activity and weight management programmes (GP referral)
 - health and wellbeing tips, guidance and case studies
 - an 'Activity Finder' that helps residents find an activity suitable for them – often the biggest barrier to starting or returning to exercise
 - FAB Card registration (free to Barnet residents)
- 1.11 Throughout the Framework period, sport and physical activity has been integrated into the development of local policies such as the Local Plan, Growth Strategy, Infrastructure Delivery Plan, Parks and Open Spaces Strategy, and Health and Wellbeing Strategy. This has reinforced the value of physical activity for our community and its role in supporting the health and prosperity of the Borough.
- 1.12 Case studies provided below, provide examples of how working collaboratively, the Partnership has supported residents to be more physically active.

Case Study 1: Better (GLL) Community Stories – Alan’s Story

Better (GLL) have embarked on capturing testimonials from their members to hear about their fitness journey and the positive impact exercise has had on their lives.



Alan (76) is a Barnet resident and a member of New Barnet Leisure Centre. The clip below provides a short, but compelling, interview with Alan highlighting just what being a member of his local leisure centre and the varied programmes available mean to him and his health and wellbeing: <https://www.better.org.uk/healthy-communities/community-stories/alan>

Case Study 2: Barnet Disability Sport & Physical Activity Network

Founded as an operational sub-group of the FAB Partnership, the Barnet Disability Sport and Physical Activity Network was established to galvanise partners to improve physical activity levels and promote equal opportunities for residents with a disability and/or long-term health condition.

The Network is supported by a diverse membership including Inclusion Barnet, Barnet Mencap, Saracens Sport Foundation, Middlesex University, Better (GLL), DSCUK, Wingate and Finchley FC, Phoenix Outdoor Centre, Step Change Studios (dance), Young Barnet Foundation, Barnet Sense, Barnet Partnership for School Sport, London Sport and council teams.

Members of the Network work collaboratively to drive disability and inclusive opportunities forward and unlock challenges. Examples include delivery of Sport England funded programmes such as Into Sport (Middlesex University and Inclusion Barnet), securing funding to assist delivery e.g., Community Clubs (hosted by Disability Sports Coach UK and Better) and sharing of knowledge and training opportunities.

Marie is a disabled Barnet resident who was an active participant of the borough's SHAPE programme which provided an environment for her to be active and feel confident in doing so. Marie's increased confidence has seen her travel across London to participate in physical activity opportunities including Dance Westminster (hosted by Step Change Studios, who are an active member of the

Network) which featured on [BBC Strictly – It Takes Two](#) programme.

Since being introduced to the Network, Marie has completed her inclusive sports coaching qualification and is volunteering with Disability Sports Coach UK to deliver their Community Club sessions in Barnet.

Marie says, “I am a very active person and I love sport. I take part in lots of activities across Barnet as they help me meet new people and help me a lot with my confidence and independence – I like my independence.

Being active is beneficial to me as it helps me function my movements better and supports my health.

I swim often and I volunteer as a sports coach in Barnet. I also get involved in a few sports in other areas which means I have to travel, but I like to do that.”

London Sport identified the Barnet Network as a best practice case study within their toolkit to support other local authorities to establish Disability Sport Networks.

THE IMPACT OF COVID-19 AND RECOVERY

- 1.13 On the 15 March 2021, Committee approved an extension to the existing Framework up to 31 March 2022. This decision was taken in recognition of the Covid-19 pandemic and the Government guidelines and control measures which has impacted the delivery of leisure services and sport and physical activity opportunities.
- 1.14 Across the sport and physical activity sector both nationally and locally, initial data indicates that activity and engagement levels have been affected by the pandemic and the restrictions in place during 2020/21. In addition, community sports and leisure operators continue to face significant challenges to their long-term prosperity.
- 1.15 Nationally, the Sport England Active Lives Survey (Nov 19/20) reports a 2% decline in active adults (achieving at least 150 minutes of activity per week), with women and girls, young people aged 16 – 24, over 75's, disabled people and people with long term health conditions, and those from Black, Asian and Other minority ethnic backgrounds being most negatively impacted.
- 1.16 As highlighted earlier in this report, in Barnet participation levels improved in the Nov 19/20 survey results. It is however important to reflect that the period captured by the survey does not cover the full 'pandemic period', therefore it is important that we continue to stay alert to future data releases. This is in addition to reviewing local insight available and continual engagement with partners, stakeholders and residents.
- 1.17 A survey conducted by Barnet Partnership for School Sport in April 2021, across 70+ schools in the borough, found that as a result of the pandemic 87% of teachers

believed that children’s physical fitness had deteriorated, 67% believed wellbeing was worse and 78% believed children had returned to school with excess weight.

- 1.18 The closure of leisure facilities on 21st March 2020, with limited periods of operation until facilities were permitted to open their doors again on 12th April 2021, resulted in the net loss of 4,399 pre-paid members (from a peak of 10,968 members pre-Covid) across Barnet Better leisure centres. In addition, there was a loss of 2,080 FAB (casual pay and play) members.
- 1.19 In alignment with the Governments Spring 2021 Roadmap, leisure services and facilities have been reinstated across the borough via a phased approach, following Covid guidelines.
- 1.20 Local participation interventions such as Barnet Health Walks, Our Parks (Family Fit & Bootcamp sessions) Parkrun events, and those delivered via partner organisations have been reinstated across the borough in alignment with Covid-19 secure operating guidelines. This is in addition to the re-instatement of outdoor gyms, playgrounds, tennis courts and sports pitches.
- 1.21 In developing a new Framework, it will be important to reflect on the impact of the pandemic and any lessons learned.

2 REASONS FOR RECOMMENDATIONS

- 2.1.1 In developing a new physical activity strategy, it is important to reflect on the achievements and the learning from the current FAB Framework, to ensure that the new Framework has the appropriate action for increasing physical activity levels.

3 ALTERNATIVE OPTIONS CONSIDERED AND NOT RECOMMENDED

- 3.1 This report details the progress made in delivering the Fit and Active Barnet Framework.

4 POST DECISION IMPLEMENTATION

Officers will continue to work with partners to develop the new strategy, as set out in the timetable below.

Proposed Date	Activity
24 th November 2021	Draft Framework presented to Adults & Safeguarding Committee Approval to commence public consultation
December 2021	Public Consultation & Engagement
7 th March 2022	Final draft refreshed Framework presented to Adults & Safeguarding Committee

5 IMPLICATIONS OF DECISION

5.1 Corporate Priorities and Performance

5.1.1 The FAB Framework supports the delivery of the Barnet Plan (2021 – 2025) 'Healthy' priority. As physical activity can support the achievement of wider social, economic, and environmental outcomes, the Framework also contributes to the achievement of other priorities within the plan.

5.1.2 Implementation of the Fit & Active Barnet Framework supports delivery of the Barnet Joint Health & Wellbeing Strategy (2021 - 2025), in addition to other key policy documents e.g., the Long-term Transport Strategy (2020 – 2041) and the Children and Young People Plan (2019 – 2023).

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

5.2.1 Delivery of the interventions and outcomes demonstrated has been possible following council investment, external investment into the borough (capital and revenue) and in-kind support from partners and stakeholders. Future implementation of FAB (via a refreshed Framework) will continue to maximise collaborative working opportunities, exploit efficiencies, and seek to attract grant funding and/or financial contributions.

5.3 Social Value

5.3.1 A social value calculator (created and developed by 4Global, Experian & Sheffield Hallam University), is used within the Barnet leisure management contract to measure social value based on regular participation within Better leisure facilities. Between April 2019 - March 2020 the leisure management contract indicated a social value estimated at £10,019,791 (averaged at £284 per participant). This is measured across a range of outcomes including improved health, improved subjective wellbeing, increased educational attainment, and reduced crime.

5.3.2 A report by the Sport Industry Research at Sheffield Hallam University concluded that every £1 spent on community sport and physical activity generates nearly £4 for the English economy. The report further demonstrates that investment into physical activity creates a return across health and social care, improves wellbeing, builds stronger communities and develops skills in the economy¹.

5.4 Legal and Constitutional References

5.4.1 In accordance with the Council Constitution, Article 7, Section 7.5, the Adults & Safeguarding Committee;

¹ <https://www.sportengland.org/news/why-investing-physical-activity-great-our-health-and-our-nation>

- Is responsible for all matters relating to vulnerable adults, adult social care and leisure services;
- Will work 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; and
- Will receive reports on relevant performance information and risk on the services under the remit of the Committee.

5.5 Risk Management

- 5.5.1 The Council has an established approach to risk management, which is set out in the Risk Management Framework. Risks are reviewed quarterly (as a minimum) and any high level (scoring 15+) risks are reported to the relevant Theme Committee and Policy and Resources Committee.
- 5.5.2 The FAB Partnership helps manage and mitigate any risks associated with delivery of interventions that support implementation of the Framework and meet the four strategic outcomes.
- 5.5.3 Delivery of any interventions are fully risk assessed and delivered by appropriately qualified and experienced personnel.

5.6 Equalities and Diversity

- 5.6.1 A full Equalities Impact Assessment was completed to support the FAB Framework and will be completed for the refreshed Framework. A review of equalities is undertaken on design and prior to implementation of interventions to facilitate equality for all residents. Establishment of sub thematic groups of the FAB Partnership e.g., the Disability Sport and Physical Activity Network facilitates inclusive access to opportunities for residents with a disability and/or long-term health condition across the borough.

5.7 Corporate Parenting

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

5.8 Consultation and Engagement.

- 5.8.1 The refreshed Framework will be developed in consultation with partners, stakeholders and residents via workshops, focus groups and the Engage Barnet platform.

5.9 Insight

- 5.9.1 Data and insight will continue to be reviewed during implementation of the Framework to ensure interventions are effective. This will include feedback from residents via networks, stakeholders and partners.

6 BACKGROUND PAPERS

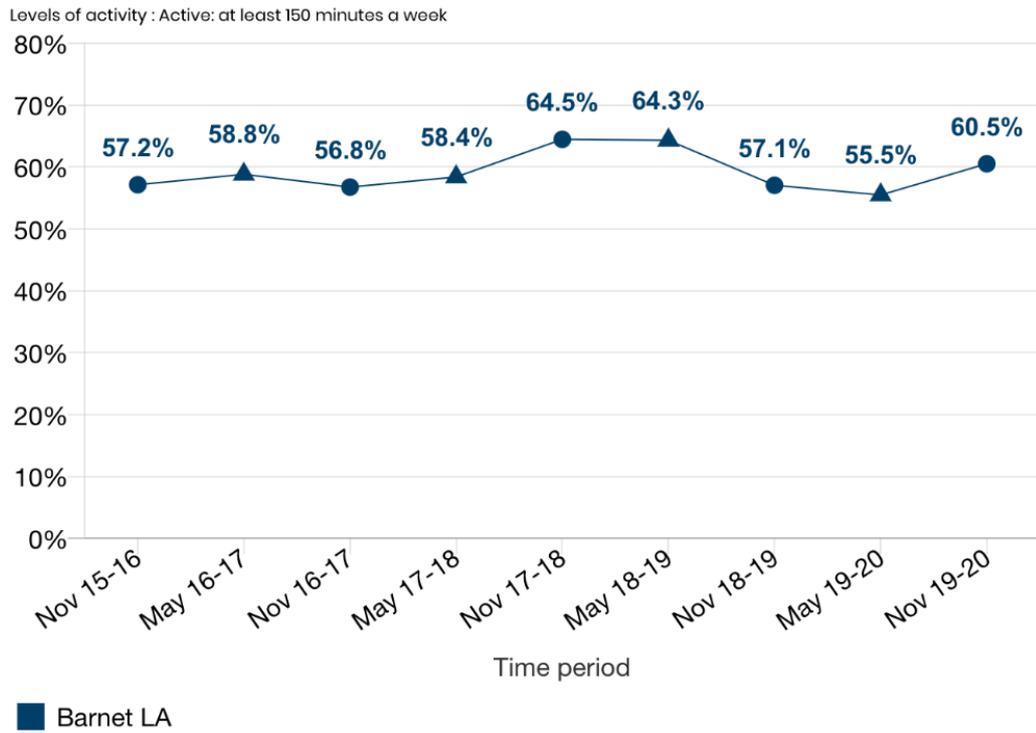
- 6.1 Adults and Safeguarding Committee 19th September 2019: Fit & Active Barnet Progress Report
<https://barnet.moderngov.co.uk/ieListDocuments.aspx?CId=698&MId=9925&Ver=4>
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APPENDIX A: Fit & Active Barnet Summary

SECTION 1: How active is Barnet? (Sport England; Active Lives Survey (Nov 19/20))

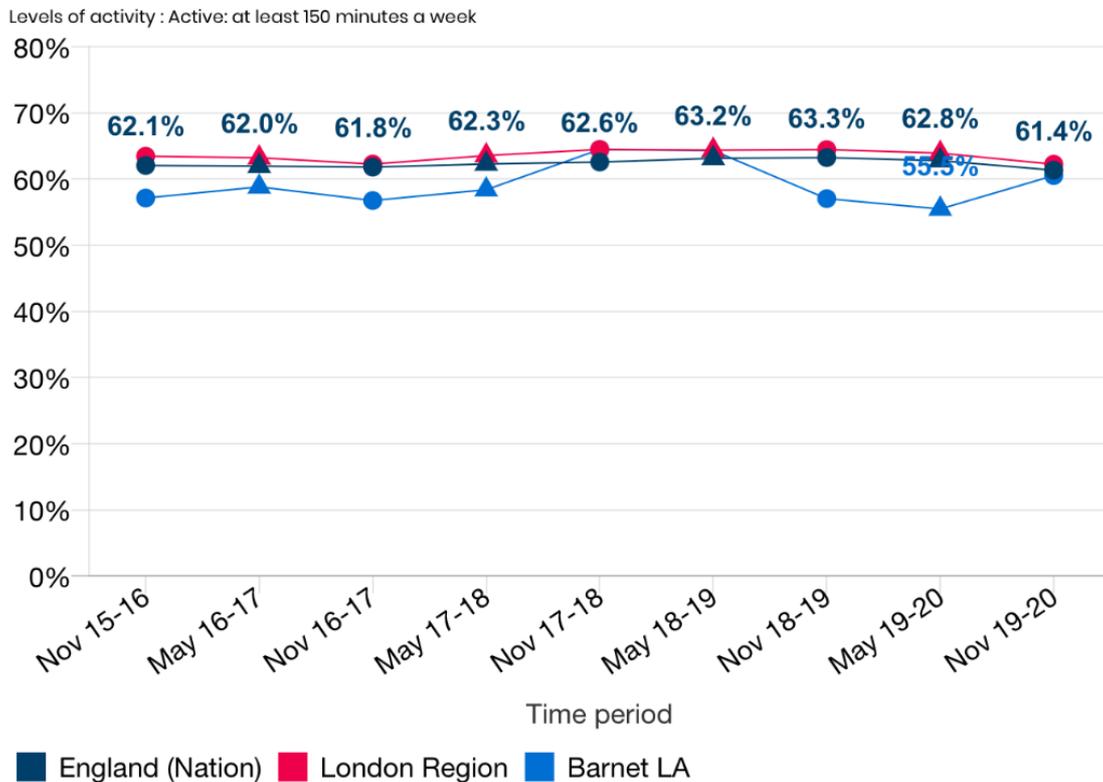
- 1.1 The Sport England Active Lives Survey is an annual survey conducted twice a year, May to May and November to November, that measures physical activity levels via a range of indicators.
- 1.2 The survey is conducted via push to web methodology using a random 500 sample per Local Authority Area via the Royal Mail postcode finder.
- 1.3 For the purpose of this review, focus will be given to the indicator that measures the 'percentage of adults (aged 16 and over) active at least 150 minutes a week'. This indicator aligns with London Borough of Barnet corporate reporting and is consistent with the Chief Medical Officers (CMO) physical activity guidelines for adults. Reference will also be made to the percentage of 5 – 16-year-olds active for an average of 60 minutes per day, which is again, consistent with CMO guidelines.
- 1.4 As demonstrated in Graph 1 (below), activity levels amongst adults (aged 16 and over) have fluctuated in the borough since 2015/16. Following implementation of the FAB Framework in 2016/17, participation in the borough peaked to 64.5% (c.196,7000 people). Participation declined to 55.5% (c.172,800 people) in May 19/20, however the most recent survey results (Nov 19/20) has demonstrated an increase in activity levels in Barnet to 60.5% (c.188,500 people). Nationally Sport England reported a 2% decline in adult (16+) participation over this period, with Covid-19 being defined as a contributing factor.

Graph 1; Active Lives Survey: adults (16+) active at least 150 mins per week (Barnet)



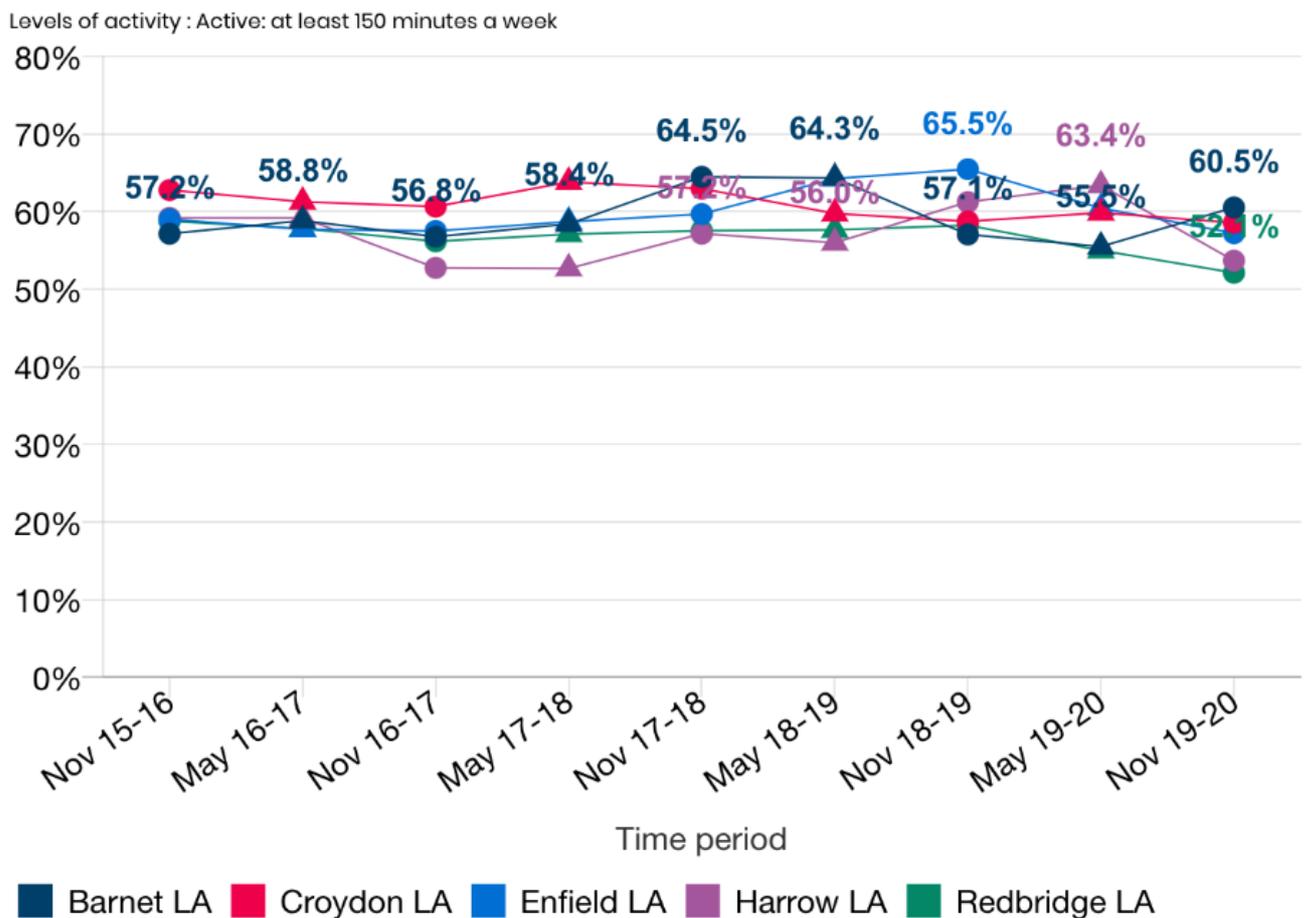
1.5 At 60.5%, Barnet are performing behind the London (63.9%) and England (62.8%) average.

Graph 2: Active Lives Survey: adults (16+) active at least 150 mins per week (Barnet, London and England)



- 1.6 Barnet are one of seven London boroughs to have demonstrated an increase in activity levels between the May 19/20 and November 19/20 surveys. Barnet demonstrated the biggest increase in participation, by 5% (55.5% to 60.5%), with the London Borough of Hackney following second at 3.5% (68.2% to 71.7%).
- 1.7 When comparing to similar areas (defined by Sport England as similar in terms of socio-economic indicators such as population size and demographic profile), Barnet are the only local authority to have demonstrated an increase in participation between the May 19/20 to Nov 19/20 survey. All other local authority areas demonstrated a decrease.

Graph 3: Active Lives Survey: adults (16+) active at least 150 mins per week (Barnet, and similar Local Authority areas)

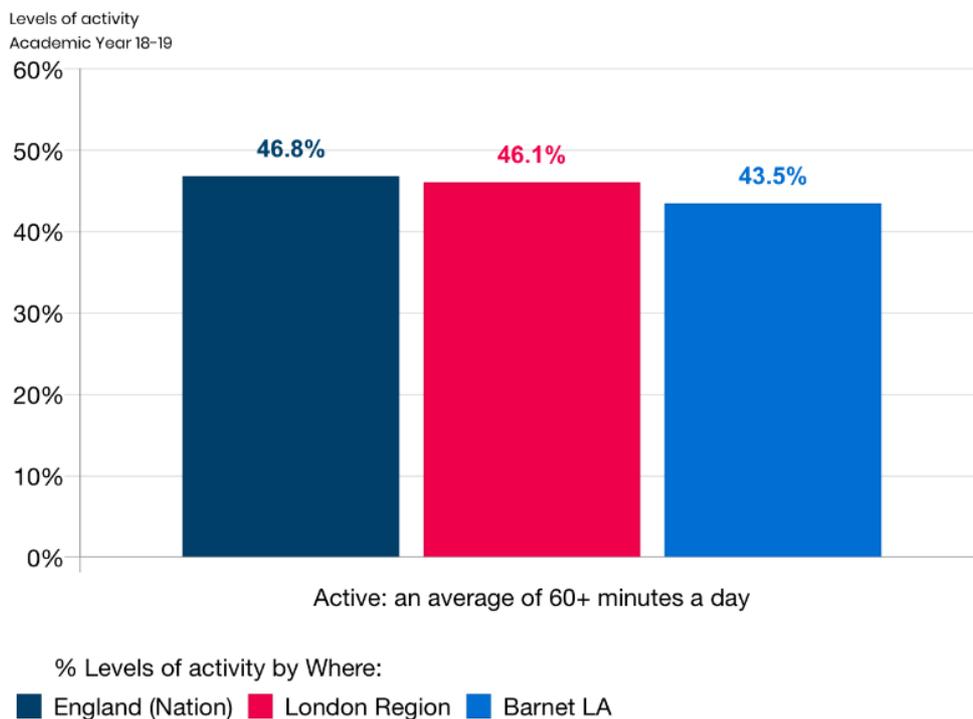


- 1.8 Analysis of the detailed Barnet data from the Nov 19/20 dataset tells us that:

- Females (65.4%) are more active than Males (55.9%), with female participation experiencing a sharp increase. Male participation has experienced a steady decline since Nov 17/18.
- The 35 – 54 age range is the most active in the borough, at 66.3%, closely followed by 55 – 74 years (62.7%). Participation amongst the 16 – 34 years age group at 60.8% has demonstrated the biggest growth since the May 19/20 survey (by 6.1%). No recent data is available for the 75+ years age group – last reported May 16/17.
- 48.1% adults with a disability and/or long-term health condition are active.
- There is a lack of data to understand participation amongst Ethnic Minorities in comparison to residents that identify as White or White Other.

1.9 In respect of participation levels amongst children and young people, the Sport England data shows that during the academic year 2018/19, 43.5% of 5 – 16-year-olds (c.21,900 people) in the borough were active for an average of 60 minutes per day. Barnet is below the England (46.8%) and London (46.1%) average.

Graph 4: Active Lives Survey: children and young people (5-16 years) active for an average of 60 mins per day (Barnet, London and England)



1.10 While the Active Lives dataset is a valuable measure for benchmarking purposes, it is important to note that as per Sport England guidance, a degree of caution should be applied when reviewing the data due to low response rates or sample size.

SECTION 2: FAB Partnership achievements since 2016

- 2.1 In addition to the quantitative data at our disposal, it is important that we give recognition to the delivery of local interventions that support residents to lead 'more active and healthy lifestyles'. Section 2 highlights achievements across the FAB Partnership since 2016 in alignment with the four strategic outcomes of the Framework.
- 2.2 It is important to note that the reporting period covered includes limited opportunities for formalised and recreational physical activity following Covid-19 restrictions imposed by Government since March 2020.

Outcome 1: Target those who do not traditionally engage, increasing participation amongst underrepresented groups

- Delivery of the FAB campaign – resulting in c.28,000 registered FAB card holders (as of July 2020) and development of a digital (one stop shop) Hub. See Appendix B
- Introduction of One You Barnet which has been embedded into the FAB Hub
- £120,795 Sport England Sportivate and Satellite Clubs funding (administered via London Sport) provided to clubs and community groups to assist delivery of participation interventions. Examples include basketball, golf, water polo and dance
- 1,600 young people participated in the London Youth Games (including the open and school games) between 2016 – 2018. Over this period Barnet achieved 6 gold medals, 6 silver medals and 2 bronze medals. The 2019/ - 2020 Games were delivered virtually due to the pandemic
- 1,800 young people aged 14 – 19 years engaged in the SHAPE programme funded by Sport England and London Borough of Barnet. In addition to participation in sport and physical activity opportunities, the programme achieved positive secondary outcomes including gang disengagement, access to employment and training and improved subjective levels of health and wellbeing
- Annual representation in the Virgin London Mini Marathon, working in partnership with Shaftesbury Barnet Harriers Athletics Club
- 672 'Parkers' (residents) participating in Our Parks group exercise sessions in Barnet parks and open spaces
- Parkrun events delivered in Oak Hill Park, Sunny Hill Park and a Junior Parkrun in Friary Park. Across all events, as of July 2020, there have been: 599 runs, 10,676 finishers and 793 volunteers. Combined, runners have covered a distance of 370,839km, which is the equivalent of travelling to Australia and back 12 times and only 13,561km away from reaching the moon
- Partnership working with the Lawn Tennis Association to deliver Great British Tennis Weekend events
- Delivery of the Barnet Health Walks programme (7 weekly walks), with over 16,000 attendances since 2016
- Introduction of Barnet's Healthy Heritage Walks
- 11 schools engaged in the Mayors Golden KM challenge, with a further 27 schools listed as supporting other similar physical activity schemes i.e., the Daily Mile
- C.66 schools are engaged with the Resilient Schools programme, this includes an additional 20 minutes per day of physical activity

- 118 schools are signed up to the Healthy Schools London Award programme. National evaluation demonstrates this results in increased participation of children in physical activity in and out of school
- Saracens Sport Foundation have engaged 917 primary aged participants in the Rugby 4 Life project to gain their first taste of competitive rugby, followed by a transition pathway to start at a grassroots rugby club
- Working in partnership with Better and Middlesex University to develop a digital gamification (behaviour change) app, to increase physical activity levels via active travel
- Delivery (and supporting) programmes that engage older adults aged 55 and over including the Better Club programme and Silver Week – celebrating UK Day for Older People
- Delivery of disability and inclusive physical activity opportunities in the borough including:
 - Into Sport (Sport England funded programmes delivered via Middlesex University and Inclusion Barnet),
 - Community Club sessions funded by the London Borough of Barnet Corporate Grants programme, delivered via a partnership between Disability Sports Coach UK (DSCUK) and Better
 - Inclusive Rugby – delivered via a partnership between Barnet Mencap and Saracens Sports Foundation
 - Varied programming across Barnet leisure centres including: Dementia Club, Dementia Swimming, Multi-sports and Inclusive Swimming
 - Saracen Sport Foundation have engaged 422 new wheelchair rugby participants since 2019, of which 47% stated feeling isolated prior to participating.

Outcome 2: Facilitate partnerships and develop opportunities that demonstrate a commitment to embed an 'active habit

- Creation of the FAB Partnership, responsible for governance and implementation of the FAB Framework. Working collaboratively the Partnership has delivered the successful FAB campaign and directed investment into the borough to support delivery of interventions and facility enhancements.
- Development of the Barnet Disability Sport and Physical Activity Network. See Case Study 2 above.

Outcome 3: Improve and enhance Barnet's leisure facilities, ensuring that opportunities are accessible for all residents

- Procurement of a new 10-year leisure management contract (2018 – 2028) awarded to Better (GLL). Valued at c.£100 million, in addition to operation of the boroughs five leisure facilities (Burnt Oak, Cophall, Finchley Lido, Hendon and New Barnet), the contract gives priority to improving health outcomes for residents following the Public Health Outcomes Framework (see insert below for list of achievements)
- £449m council investment (which includes £2m from Sport England's Strategic Facilities Fund) for the construction of New Barnet Leisure Centre and a new Barnet Cophall Leisure Centre

- C.£2m investment from Better since 2018 to enhance facilities at:

Burnt Oak

- Introduction of a day nursery and refreshed creche provision, including a new commercial kitchen
- Refresh of the health and fitness suite (gym) and upgraded changing facilities
- Resurfacing of the 3G artificial turf pitch
- Car park bay marking improvements and traffic calming introduced
- Upgrade plant room controls
- Replacement automatic door opening system (Main entrance)

Hendon Leisure Centre

- Upgrade and extension of the health and fitness suite (gym)
- Upgraded changing facilities
- Replacement and relocation of the climbing wall to the rear of the sports hall
- Replacement of three boilers
- Upgraded plant room controls
- Replacement fire alarm system
- Replacement automatic door opening system (Main entrance)

Finchley Lido Leisure Centre

- Upgrade and extension of the health and fitness suite (gym), including inclusion of a spinning (indoor cycling) area
- Spend to save project to improve environmental conditions and reduce carbon emissions, including replacement boilers, air handling, LED lighting, main filtration, installation of pipe work lagging and an energy response VSD (chemical controller)
- Changing village improvements including replacement of cubicles and lockers, additional family cubicles, re-tilling and installation of separate shower cubicles, new vanity area and new seating area
- Introduction of a facial recognition project, enabling member access to the centre through facial detection, removing the requirement for membership cards
- Retile wet-side changing room floor
- Lido Pool tank and surround refurbishment
- External refreshments hut - replacement doors and frames
- £1,415m Council investment into lifecycle maintenance at Finchley Lido Leisure Centre. Works conducted included a three-phased remedial programme to the structure and roof of the facility.
- 2,506,119 visits (1st Jan 2018 - 31 March 2020) includes:
 - 44,021 attendances from people with a disability and/or long-term health condition
 - 384,406 55+ attendances
 - 1,036,618 children and young people attendances

- 222,016 attendances from people from Ethnic Minority Groups
- 529,800 women and girls' attendances
- £10,019,791 social return on investment (improved health, improved subjective wellbeing, increased educational attainment, and reduced crime)

Public Health Outcomes Framework

Demonstrating a commitment to improve the health and wellbeing of Barnet's residents, in addition to the standard contractual obligation to operate facilities, the boroughs leisure management contract has an emphasis on the operator contributing to outcomes within the Public Health Outcomes Framework (PHOF) by working collaboratively with partners and stakeholders.

Barnet council's integration of health and the PHOF into the leisure management contract is deemed as best practice in the industry, with many other local authority contracts following suit.

Examples of some of the achievements against the PHOF since 2018 have been listed below.

PHOF PRIORITY	ACHIEVED OUTCOMES 1 st JAN 2018 – 31 st March 2020
Improving the wider determinants of health	<ul style="list-style-type: none"> - Staff training in disability, mental health, and dementia awareness, with a designated Dementia Champion at each facility - Completion of dementia friendly building assessment across all facilities - 10 'Be Inclusive' open days delivered in partnership with Inclusion Barnet, Barnet Mencap and BPSS, supporting 582 residents - Maintenance of the Inclusive Fitness Initiative (IFI) accreditation at Burnt Oak Leisure Centre (level 2) and Finchley Lido Leisure Centre. - 2,339 disabled members - Delivery of five inclusive community-based programmes, attracting 50 participants with 385 attendances - 29.5 hours of inclusive programming across leisure centres per week including IFI gym sessions, multi-sport, inclusive family swim, dementia activities (multi-sport and swimming) and trampolining - A monthly Dementia Club launched in May 2019 at Barnet Cophall Leisure Centre in partnership with Dementia Club UK. - Barnet Cophall, Hendon and Finchley Lido leisure centres partnered with the 'Safe Places Scheme', providing Safe Place members a private place to sit whilst awaiting assistance - 86 volunteers / ambassadors recruited to support delivery including Be Inclusive open days, older people activities and the Barnet Dementia Club - Delivery of pre-and post-natal water workout sessions - All centres recognised as 'Breast Feeding Friendly' centres - Supported national health campaigns through outreach and delivery of activities e.g., Mental Health Awareness Week and Dementia Action Week - Adoption of a Mental Health Charter - 1,979 juniors have a concessionary membership - 5,118 CYP participated in community and school-based sessions

	<p>targeted within most disadvantaged wards in the borough e.g., supporting local events e.g., Urban Games, delivery of free and subsidised tennis</p> <ul style="list-style-type: none"> - 2,689 CYP participated in holiday camps and activities in leisure centres during school holiday periods including gymnastics, swimming lessons, and multi-sports - 10,931 U8's swam for free and 36,046 8 – 15-year-olds swam for £1 - Supported Airsports and the Westminster Drugs Project with facility use and access to activities - Programming that targets low participation groups e.g., men and boys swimming, women and girls swimming and gym sessions - 19 Work experience placements offered to Capital City College, local schools and young carers - On-going commitment to the Two Ticks employment scheme.
Health Improvement	<ul style="list-style-type: none"> - Launch of XPLORE weight management programme for 4-6- and 7–13-year-olds (referral based): 20 courses delivered for 4 – 13-year-olds across schools and leisure centres (aligned with the National Child Measurement programme dataset). 252 starters and 73% completion rate - Delivery of 26 afterschool clubs for 4 - 13-year-olds running simultaneously with XPLORE, with 366 pupils engaged - 13 parent sessions delivered to schools resulting in 247 attendances - Delivery of 33 whole school challenges engaging 4,131 pupils - Delivery of 2 school-based nutrition workshops for years 5 and 6 pupils - Delivery of 25 adult weight management courses with 149 starters and a 61% completion rate - 60 programmes and initiatives delivered within leisure centres encouraging greater participation amongst CYP and adults e.g., lessons and courses, Club (55+) programme and family sessions - 81 community satellite sessions launched targeting underrepresented groups, engaging 1,120 participants e.g., older people, carers, early years, disabled residents, low participation groups and CYP - Delivery of 10 family open days attracting 4625 participants - Commenced development of a gamification active travel app in partnership with Barnet Council and Middlesex University - 1149 referrals to the Physical Activity on Referral (PARS) programme - 232 residents with a mild to moderate mental health condition started a PARS or weight management intervention <hr/> <ul style="list-style-type: none"> - 149 athletes supported via the Better (GLL) Sports Foundation scheme with £85,000 in cash, training, and sports science support (in partnership with Middlesex University) - Host the annual primary schools swim gala - Worked in partnership with BPSS to host and support school competitions including Key Stage 3 and 4 gymnastics, Panathlon Challenge, Year 7 and 6 secondary school swim galas, primary school basketball tournament, new age kurling, Bronze Ambassadors award, Barnet Bar No-one event, - 3,679 Better swim school participants

	<ul style="list-style-type: none"> - Commitment to the Sugar Smart pledge and Healthy Catering Commitment - 'Back to Netball' and 'Netball Now' sessions introduced at Barnet Copthall Leisure Centre - £7,880 funding (cash and in-kind) awarded to two community groups via the Better (GLL) Community Foundation; A Space to Grow and One Plus Bus
Health Care and Prevention	<ul style="list-style-type: none"> - 203 participants with diabetes commenced a PARS or weight management intervention - 1,102 'Know Your Risk' checks completed - Partnership established with the National Diabetes Prevention Programme - Supported Tottenham Hotspur Foundation in delivery of their Macmillan funded cancer referral programme, 'Move4You'. Comprehensive 'Club' programme offered to people aged 55+, offering physical and social activities. - 1,271 Club members with over 13,278 visits - Delivery extended to community-based settings with 6 sessions across care homes, sheltered housing and libraries - Supported Silver Week with taster sessions, coffee morning and activities with over 600 older people engaged - Enhanced FAB benefits available to carers and the cared for - Delivery of interventions for carers and the cared for including community-based sessions, work experience placements and the Life Transitions project

Outcome 4: Advocate investment and innovative policies to support the delivery of high quality, accessible facilities, and delivery of services

- C.£800,000 invested to support delivery of participation interventions (as listed under Outcome 1) funded by London Borough of Barnet (inclusive of Area Committees), Better (GLL), London Marathon Charitable Trust, Sport England etc.
- £5.5m investment (combination of grants from the Greater London Authority, London Marathon Charitable Trust and Environment agency) to support enhancements to Montrose Playing Fields and Silk Stream Park. The scheme includes new and enhanced physical activity facilities including outdoor gym equipment, tennis courts, junior football pitches, Parkour equipment and a skatepark
- £100,000 investment from Transport for London in alignment with the Councils Local Implementation Plan, to support delivery of an active travel intervention in the borough (as listed within Outcome 1)
- Working in partnership with the Lawn Tennis Association to pilot delivery models on tennis courts within Barnet's parks (Hendon Park, Edgwarebury Park, Victoria Park and Montrose Playing Fields) to obtain a better understanding of tennis participation and court usage in the borough. It is intended that post pilot, an operating model(s) will be introduced that improves access to the courts, enhances customer service and brings added value to the Council
- £18.8m investment approved by Environment Committee, contributing to the delivery of the West Hendon Playing Fields Master Plan

- £1,731,715 investment via S106, CIL, Area Committee, grants and external funding to improve and enhance parks and open spaces e.g., tennis court resurfacing, installation of playground equipment, outdoor gyms and active trails.
- Development of the Barnet Playing Pitch Strategy and Indoor Facilities Study

APPENDIX B

FAB Campaign

There are numerous reasons why some people are active and why others aren't. Influencing increased activity levels is a complex challenge, but one that the FAB Partnership was open to accept.

Recognising that it takes more than a poster on a local community noticeboard to encourage an individual to become a member of their local leisure centre, attend a Zumba class or join a sports club, the FAB Partnership worked together to develop a campaign that encouraged residents to lead more active lifestyles and reap the health and wellbeing benefits of doing so.

Launched on 18th July 2018, the #feelfab campaign included range of promotional tactics ([Barnet First](#), bus shelter ads, social media posts, digital ads, case studies ([Be FAB like Kusum](#), [Be FAB like Chundra](#), [Be FAB like Ben](#); [Be FAB like Fiona & Judith](#)) and posters within community based settings e.g. GP surgeries and libraries). The campaign included imagery and video footage of Barnet residents that had a story to tell about being physically active in the borough and the positive impact it has on their lives.

To support behaviour change, the campaign included:

- Residents encouraged to register for a free FAB Card; offering a range of benefits to Barnet residents including free swimming for U8's*, 8 – 15 year olds swim for £1* (*Mon – Sat) and discounts on activities across Better (GLL) leisure facilities and other community based interventions. Fully aligning with the Council's commitment to carers and corporate parenting, additional FAB benefits are in place for carers (adult, child and foster), care leavers and children in care in the form of free swimming across Barnet Leisure Centres (no time restrictions)
- Development of a FAB Hub – acting as a 'one stop shop' for physical activity in the borough the Hub includes an activity finder, FAB card registration, recommended physical activity guidelines etc.

FAB continues to be a successful campaign with c.28,000 registered FAB card holders (as of Jul 2020).

