



Barnet Children's Partnership Board

8th February 2022

Title	Fit & Active Barnet Framework 2022-2026
Report of	Dawn Wakeling, Executive Director Adults and Health
Wards	All
Status	Public
Urgent	No
Key	No
Enclosures	Appendix 1 – Draft Fit & Active Barnet Framework (2022 – 2026)
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Summary

The Fit & Active Barnet (FAB) Framework 2022–2026 outlines a local framework for the development of sport and physical activity in Barnet over the next five years.

Through alignment with national and local strategies, such as the Children and Young People's Plan (2019-2023), it sets out a partnership approach to increasing participation in sport and physical activity to achieve a more active and healthy borough.

The draft Framework has been shaped by services across the Council, partners, and residents through a series of engagement methods. The draft Framework was approved by the Adults & Safeguarding Committee on 11th January 2022 and is now open for public consultation, closing 9th February 2022.

The draft Framework builds on the success of the previous FAB Framework covering 2016–2021 and aims to increase physical activity levels in the borough in the context of people, place, and partnerships.

The Barnet Children's Partnership Board is asked to note the draft Fit & Active Barnet Framework 2022-2026 (Appendix 1) and consider projects or interventions that could be incorporated within the implementation plan currently in development.

Officers Recommendations

1. The Barnet Children's Partnership Board notes the draft version of the Fit & Active Barnet Framework 2022–2026 (Appendix 1) for public consultation
2. The Barnet Children's Partnership Board considers projects or interventions that could be incorporated within the implementation plan currently in development.

1. Why this report is needed

- 1.1 In recognition of the COVID-19 pandemic, the Adults & Safeguarding Committee agreed an extension to the existing Fit & Active Barnet Framework (2016–2021) which will expire on 31 March 2022.
- 1.2 The new Framework builds on the success of the previous Framework (2016-2021) and sets out a vision for physical activity in Barnet over the next five years, to **“create a more active and healthy borough”**.
- 1.3 It is important that the new FAB framework fully addresses the needs of children and young people, including those who are looked after or care experienced, and offers a wide range of opportunities for CYP in Barnet to be physically active. The Children's Partnership is asked to consider what they want to see in the new FAB framework and how they want the FAB partnership to work with the CYP sector.
- 1.4 The approach and evidence in the draft Fit & Active Barnet (FAB) Framework 2022-2026 (Appendix 1) reinforces the benefit of sport and physical activity in influencing physical, wellbeing and social outcomes. This is increasingly important in our diverse and growing borough, and in the context of the COVID-19 pandemic.
- 1.5 The framework also reflects the shift towards highlighting the importance of incorporating more movement in day to day lives. This sets out to eliminate the idea that only those that participate in sport are active. For example, when understanding movement in children active play is an essential part of building a healthy and active lifestyle.
- 1.6 Through alignment with national and local strategies, the Framework provides a renewed approach to increasing participation in the context of people, place, and partnerships.
- 1.7 The last Active Lives Children and Young People Survey for Barnet (academic year 2018/19) tells us that for 5 – 16-year-olds: 43.5% are active for an average of 60+ minutes a day and 35.2% are active for less than an average of 30 minutes a day. However there are some limitations to this dataset such as the limited selection of schools invited to participate and reliance on them completing. As well as the last dataset recorded was from the academic year 18/19 due to COVID-19. We will therefore review other datasets such as the Children and Young People's residents' perception survey to understand the local context.
- 1.8 Over the past five years, the Sport England Active Lives Survey for adults has shown fluctuations in physical activity levels in the borough. Barnet saw a 7.3% increase between

November 2016 and November 2017. Activity levels then decreased, but have since increased to 61.6%, with Barnet showing the largest increase among all London boroughs since the Active Lives Survey commenced in 2016 (4.4%).

- 1.9 Whilst the Fit & Active Barnet Partnership can be proud of its achievements, there continues to be inequality in physical activity levels across the borough. We acknowledge that we need to do better to tackle this issue and our refreshed Framework intends to support everyone in our growing and diverse borough to have the opportunity to be more physically active.
- 1.10 The Framework will be delivered via the FAB Partnership Board and local networks such as the Barnet Health in Schools Partnership and the Disability Physical Activity Network. The Board and networks include a diverse range of organisations including the Council, sports and physical activity providers, National Governing Bodies, the NHS, education and the voluntary, community and faith sector.

2. Reasons for recommendations

- 2.1 The Fit & Active Barnet Framework (2022-2026) will support partners to deliver their own plans, projects, and interventions. The aims and commitments set out in the Framework will encourage new partnerships and improve opportunities in sport and physical activity at all levels across the borough.
- 2.2 The Framework also look to support the priorities and outcomes of the Children and Young Peoples (2019-2023) plan in particular ensuring that “Children are supported to achieve a healthy start in life, enjoy a healthy lifestyle and to build resilience” and “Promote, grow and strengthen opportunities for CYP and families to access healthy lifestyle activities that enhance mental, emotional and physical activity”.

3. Alternative options considered and not recommended

- 3.1 None

4. Post decision implementation

- 4.1 Officers will continue to work with partners to develop the new Framework, as set out in the timetable below

Proposed Date	Activity
9 th February 2022	Public Consultation closes
7 th March 2022	Final draft Framework presented to Adults & Safeguarding Committee for approval, with an implementation plan and consultation findings.
1 st April 2022	Final Framework to go live (pending Adults & Safeguarding committee approval)

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 supports the achievement of wider social, economic, and environmental outcomes, the Framework also contributes to the achievement of other priorities within the plan. Such as, The ‘Family Friendly’ priority. Due to the links with promotion of healthy and active lifestyles with people of all ages irrespective of how they identify. The FAB Framework and partnership are committed to creating a Family Friendly Barnet, enabling opportunities for our children and young people to achieve their best.

5.1.2 Implementation of the FAB Framework supports delivery of the Children and Young People’s Plan (2019-2023) in addition to other key policies e.g., Barnet Joint Health & Wellbeing Strategy (2021-2025), the Long-term Transport Strategy (2020–2041), Parks and Open Spaces Strategy (2016).

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

5.2.1 As public sector resource, capacity and investment faces significant pressure, the importance of collaboration to maximise opportunities and sustainability is vital.

5.2.2 The costs of the continued development of the Framework will be met within existing budgets. The council’s leisure team will seek to maximise the impact of partnership resources in the borough and pursue external funding opportunities where available.

5.3 Legal and Constitutional References

5.3.1 In accordance with the Councils Constitution, Article 7 (Committees, Forums, Working Groups and Partnerships), Section 7.5 (Responsibility for Functions), the Adults & Safeguarding Committee;

- 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.

5.4 Insight

5.4.1 Data and insight have been used to support development of the draft Framework

(2022-2026) and will continue to be reviewed during its implementation to ensure interventions are targeted and effective. This will include feedback from residents, networks, and partners.

5.5 Social Value

- 5.5.1 A report by the Sport Industry Research at Sheffield Hallam University concluded that every £1 spent on community sport and physical activity generates nearly £4 for the English economy. The report concluded that investment into physical activity creates a return across health and social care, improves wellbeing, builds stronger communities, and develops skills in the economy¹.
- 5.5.2 We will continue to utilise the social value calculator (developed by 4Global, Experian & Sheffield Hallam University) to measure social value based on regular participation within Better leisure facilities. Between April 2019 - March 2020, the leisure management contract indicated a social value of £10,019,791 (averaging £284 per participant). This is measured across a range of outcomes including improved health, improved subjective wellbeing, increased educational attainment, and reduced crime.

5.6 Risk Management

- 5.6.1 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.
- 5.6.2 The FAB Partnership and the leisure team will ensure that appropriate risk management is in place to mitigate risks associated with delivery of interventions that support implementation of the Framework.

5.7 Equalities and Diversity

- 5.7.1 A core aim of the new Framework is to create equal opportunities for all residents to become more active, and tackle inequalities in access. A full Equalities Impact Assessment will be completed to support the FAB Framework (2022-2026) and will be available alongside the final draft submitted to committee on 7th March 2022.
- 5.7.2 As part of the FAB partnership, local groups have developed inclusive opportunities. The Barnet Disability Physical Activity Network facilitates inclusive access to opportunities for people with a disability and/or long-term health condition across the borough.
- 5.7.3 Decision makers should have due regard to the public sector equality duty in making their decisions. The equalities duties are continuing duties they are not duties to secure a particular outcome. The equalities impact will be revisited on each of the proposals as they are developed. Consideration of the duties should precede the decision. It is important that Cabinet has regard to the statutory grounds in the light of all available material such as consultation responses. The

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

statutory grounds of the public sector equality duty are found at section 149 of the Equality Act 2010 and are as follows:

5.7.4 A public authority must, in the exercise of its functions, have due regard to the need to:

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

5.7.5 Having due regard to the need to advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it involves having due regard to the need to:

- a) Remove or minimise disadvantages suffered by persons who share a relevant protected characteristic that are connected to that characteristic;
- b) Take steps to meet the needs of persons who share a relevant protected characteristic that are different from the needs of persons who do not share it;
- c) Encourage persons who share a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

5.7.6 The steps involved in meeting the needs of disabled persons that are different from the needs of persons who are not disabled include steps to take account of disabled persons' disabilities.

5.7.7 Having due regard to the need to foster good relations between persons who share a relevant protected characteristic and persons who do not share it involves having due regard to the need to:

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

5.7.8 Compliance with the duties in this section may involve treating some persons more favourably than others; but that is not to be taken as permitting conduct that would otherwise be prohibited by or under this Act. The relevant protected characteristics are:

- a) Age
- b) Disability
- c) Gender reassignment
- d) Pregnancy and maternity

- e) Race
- f) Religion or belief
- g) Sex
- h) Sexual orientation
- i) Marriage and civil partnership

5.8 Corporate Parenting

5.8.1 The implementation of the FAB Framework will support the Councils Corporate Parenting Commitment through the delivery of interventions such as the FAB Card and its additional benefits to carers (including foster carers), looked after children, and care leavers.

5.9 Consultation and Engagement

5.9.1 The refreshed Framework has been developed through a series of engagement methods including:

- Virtual workshops with partners* and colleagues representing service areas across the Council. These provided an opportunity for partners and colleagues to develop the draft vision, guiding principles, aims and commitments of the Framework
- One to one discussion with partners and Council colleagues
- Presentations and discussions at networks such as the Barnet Community & Voluntary Sector Forum, Communities Together Network, and the COVID-19 Health Champions Information Session
- Focus groups with residents to understand the importance of physical activity, awareness of opportunity and barriers to participation from a resident's perspective. Groups engaged included older people, disabled people, young people from the Barnet Youth Board, members of the LGBTQ+ community and COVID-19 Health Champions. Engagement also took place with representatives from Faith groups via one-to-one interviews. Each focus group included a diverse mix of individuals from White and BAME communities
- Grassroots club engagement session to learn more about the sport and physical activity provider landscape in the borough, and to receive input on the draft Framework development
- Engagement with young people that attend Unitas (Youthzone)

* partners include representation from sport and physical activity providers, National Governing Bodies of Sport, the NHS, education sector, and the voluntary, community and faith sector.

6. Environmental Impact

- 6.1 The FAB Framework will support the achievement of the Barnet Sustainability Strategy Framework and the Long-Term Transport Strategy (2020-2041) through the coordination and delivery of active travel interventions, such as walking & cycling, and promoting everyday movement in the borough.

7. Background papers

- 7.1 [Adults & Safeguarding Committee report, 14th September 2021: Fit & Active Barnet Framework \(2016 – 2021\) Review](#)
- 7.2 [Adults & Safeguarding Committee report, 6 March 2017: Fit & Active Barnet Framework \(2016 – 2021\)](#)
- 7.3 [Adults & Safeguarding Committee decision, 6 March 2017: Fit & Active Barnet Framework \(2016 – 2021\)](#)