

DRAFT

Fit & Active Barnet Framework

(2022 – 2026)

“Creating a more active and healthy borough”



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Foreword

There is a huge amount of evidence to support the importance of leading an active lifestyle. In fact, it is widely documented that if physical activity was a drug it would be classed as a 'wonder drug' due to the numerous benefits it has on our health and wellbeing. It also helps to bring communities together, tackle crime and support a thriving economy.

Building on the success of the last Fit & Active Barnet Framework (2016–2021), I am delighted to endorse this new Framework, which provides a refreshed approach to create a more active and healthy borough over the next five years.

Whilst we have seen an improvement in physical activity levels across the borough since 2016, there continue to be lower participation levels in our more deprived areas, and among minority ethnic communities and disabled residents. We also continue to see stark health inequalities with 56.4% of Barnet adults and one in five children aged 4-5 overweight or obese.

The unprecedented COVID-19 pandemic has exacerbated the health inequalities in the borough, in addition to driving a national decline in physical activity levels. This has shone a light on the importance of physical activity as we recover from and learn to live through the pandemic.

Our ambition is clear, but we can only achieve our vision by working closely with our residents and partners across the sport, physical activity, health, education and voluntary, community and faith sector to implement the changes that we need to make. The refreshed Framework emphasises the importance of working collaboratively within a whole systems approach to ensure that we are making physical activity everyone's business at every given opportunity.

Achieving our vision will not be without its challenges, however I am confident that the passion and expertise of the Fit & Active Barnet Partnership will take the lead in implementing this Framework and maximise opportunities to deliver meaningful outcomes for everyone.

Councillor Sachin Rajput

Chairman, Adults & Safeguarding Committee

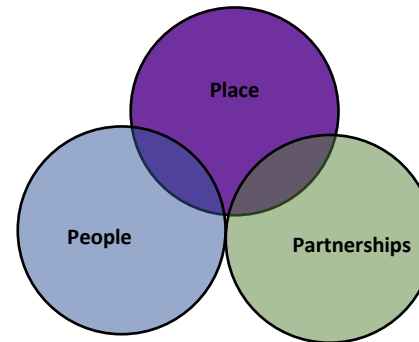
Introduction

We care about the borough and want it to be a great place to live, work and visit. Listening to and working with residents and communities, we want everyone in Barnet to have opportunities to live more active and healthier lives.

Physical activity is vital for health and wellbeing. Studies have shown that being physically active has a range of benefits, whether they are health or community focussed. This is increasingly important in our diverse and growing borough, and in the context of the COVID-19 pandemic.

This Framework builds on the success of our previous Fit & Active Barnet Framework (2016–2021). It sets out our whole-systems approach for physical activity in Barnet over the next five years by outlining our vision and aims in the context of People, Place and Partnerships.

Within each of these aims we have established a series of commitments that will steer our direction.



This Framework has been developed through collaboration among partners to define our vision and how it contributes to the achievement of wider priorities across the borough. The partnership includes the London Borough of Barnet, sport and physical activity providers, National Governing Bodies, the health sector, the education sector and the voluntary, community and faith sector. To achieve our goals, we will continue to work together, so that everyone who lives, works, or studies in Barnet has the opportunity and support to become more physically active.

Our Vision

Is to **'create a more active and healthy borough'**.

Our Guiding Principles

To achieve our vision, we will apply the following principles:

1. Make physical activity everyone's business:

Ensure physical activity is not just the business of typical 'sports' agencies but is considered by all

2. Promote equality and reduce inequality:

Make Barnet a place where everyone can lead more active and healthier lifestyles

3. Embed a whole systems approach:

Implement a whole systems approach, by working collaboratively with partners and the community to co-produce and support delivery

4. Be driven by insight:

Invest time to understand and challenge barriers to participation by engaging with communities and using a robust evidence base to inform and guide decisions

5. Challenge the status quo:

Explore innovative approaches which may be less traditional, whilst attracting investment into the borough

Our progress against the FAB Framework 2016-2021

This refreshed Framework builds on the success of the last Framework that covered a five-year period, 2016–2021. Over this time a diverse range of partners worked together to support residents to lead more active and healthier lifestyles.

Our achievements include:

- The number of adults aged 16 and over who are active for at least 150 minutes per week increased by 7.3% between Nov 15/16 to Nov 17/18 (measured by the Sport England Active Lives Survey). Activity levels then experience a decrease, but have since increased to 61.6% (May 20/21)
- Delivery of a FAB campaign involving the development of a FAB Hub (digital platform) and creation of the FAB Card - incentivising residents to be active through offering physical activity discounts and benefits. At the time of writing there are 36,519 registered FAB Card holders
- Formation of a Disability Physical Activity Network which has supported collaborative working to deliver inclusive interventions such as wheelchair rugby, dementia swimming and multi-sports sessions
- Procurement of a 10-year leisure management contract with Better which includes operation of the boroughs five leisure facilities and the delivery of health and community-based physical activity interventions
- Delivery of two new leisure facilities at Barnet Copthall and New Barnet, supported by £44.9million Council investment and £2million from the Sport England Strategic Facilities Fund
- Circa. £2million investment from Better to enhance facilities at Burnt Oak, Finchley Lido, and Hendon Leisure Centres
- An estimated two million attendances across targeted physical activity interventions delivered within the borough e.g., Parkrun, London Youth Games, Health Walks and Rugby4Life
- More than 2.5 million visits to the boroughs five leisure centres operated by Better between 1 January 2018 to 31 March 2020 - an increase of 9% based on the same reporting period in 2016-2017.
- Delivery of Barnet Playing Pitch Strategy and Indoor Sport and Recreation Study

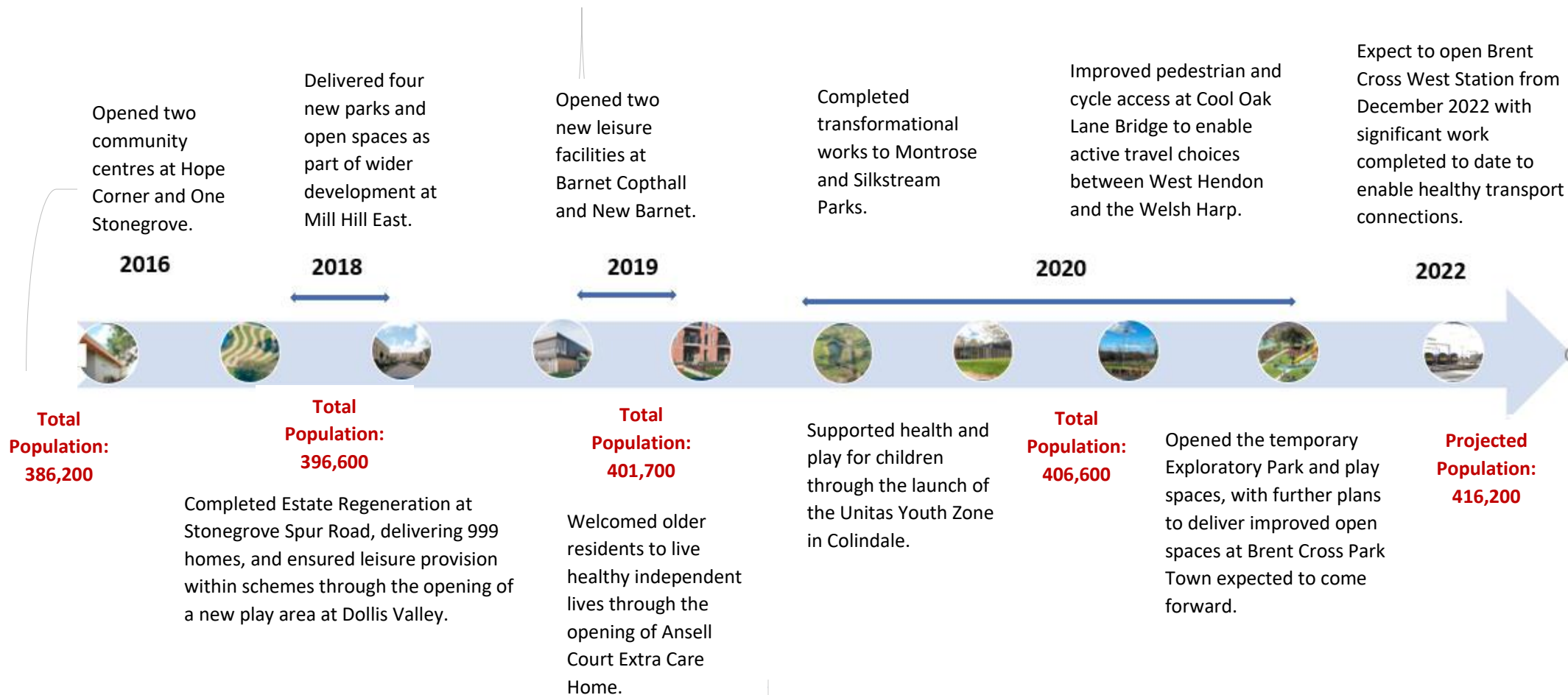
A full update report, submitted to Adults and Safeguarding Committee on 14 September 2021, can be read [here](#)

We are proud of our achievements, but there continues to be inequalities 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 physically active.

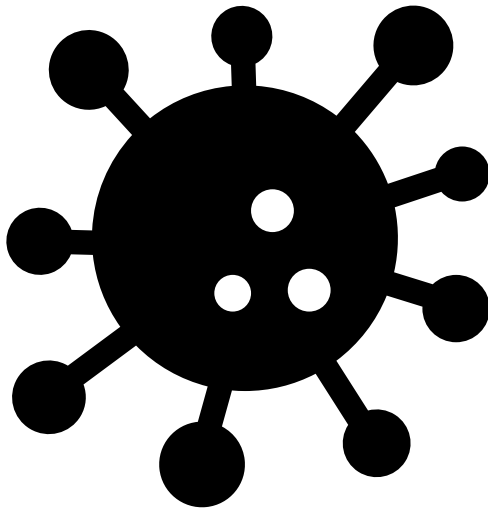
Why do we need a new Framework?

Policy relating to physical activity, such as Sport England’s strategy ‘Uniting the Movement’, now has a greater emphasis on everyday movement and reducing sedentary time. This shift, along with the environment and infrastructure being recognised as critical to encouraging participation, requires us to evolve our approach to achieving increased physical activity levels.

Barnet as a borough has changed significantly since the emergence of the first Fit & Active Barnet Framework in 2016.



The COVID-19 pandemic has led to major changes in physical activity. Nationally, there are 0.8 million fewer active adults (achieving at least 150 mins a week) and 1.4 million more inactive adults (achieving less than 30 mins a week) than before the pandemic¹. At the same time, the pandemic has highlighted the importance of leading an active lifestyle to improve our health and wellbeing.



Physical inactivity is associated with a higher risk of severe COVID-19 outcomes

Women, young people aged 16-24, over 75s, disabled people and people with long-term health conditions, those from Black, Asian, and minority ethnic backgrounds most negatively impacted.

Significant reductions in walking for travel, swimming, and team sports. Walking for leisure, running, and cycling for leisure all increased during the pandemic.

There has been an increase in digital participation via apps and streaming services

Post third lockdown,

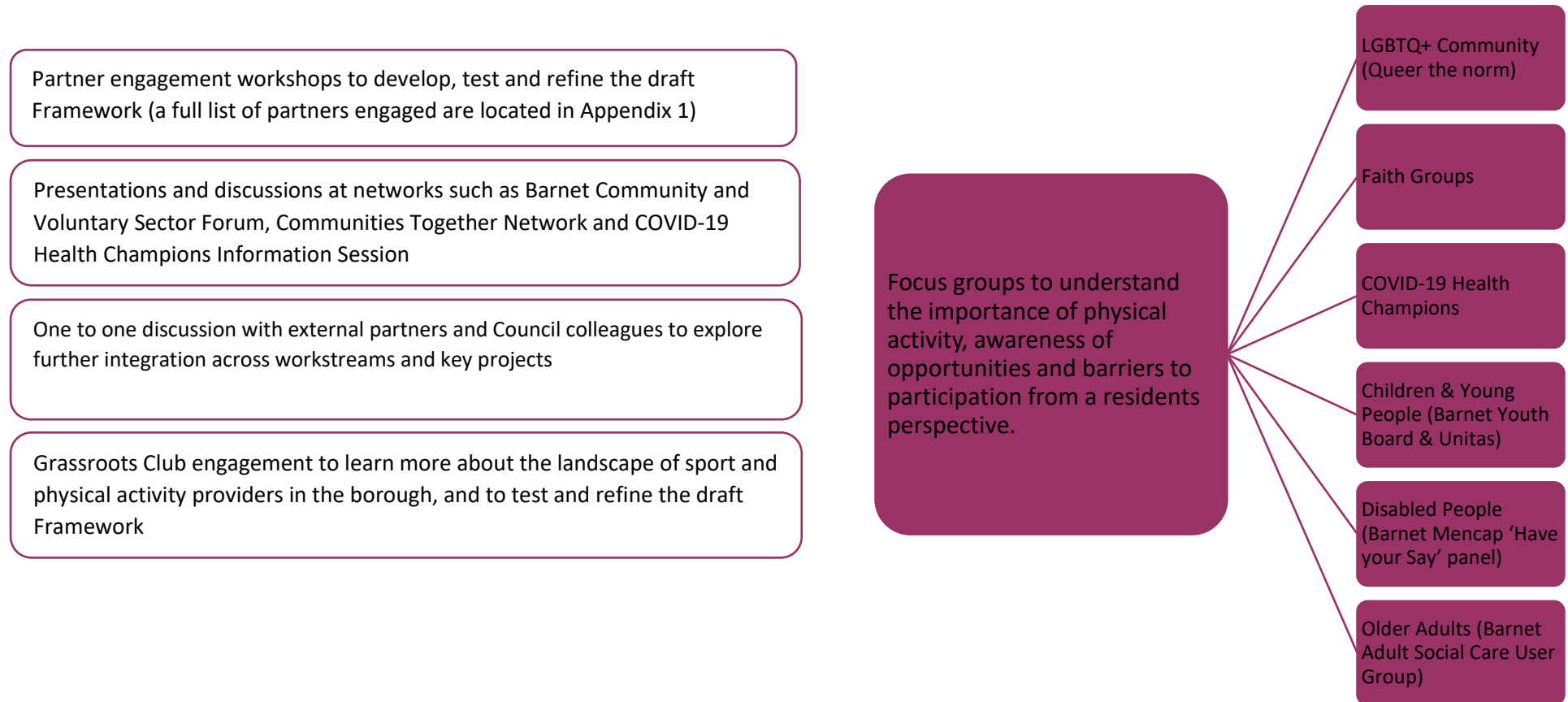
- 87% of teachers believe children's physical fitness is worse
- 67% believe general wellbeing is worse
- 78% believe children returned to school with excessive weight

The new Framework focuses on how we can support people to become active again following the COVID-19 pandemic.

¹ Active Lives Adult Survey May 2020 – 21 Report [PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](https://sportengland-production-files.s3.eu-west-2.amazonaws.com)

How we developed this Framework

Development of the Framework was coordinated by the Sport and Physical Activity and Public Health teams at London Borough of Barnet. The Framework has been co-produced through engagement with representatives from different communities and a wide range of partners. For example.



Links to other strategies and plans

Recognising the wide-reaching impact of physical activity and our ambition for the Fit & Active Barnet Framework to provide a platform for partners to deliver their own priorities, it is important that our direction is guided by local and national policy.

The Barnet Plan (2021–2025):

The Barnet Plan sets out the four priorities for the borough.



The plan focuses on key outcomes that the Council is seeking to achieve and how we will work to achieve them.

The Fit & Active Barnet Framework falls primarily under the **Healthy** priority of the Barnet Plan, with a commitment to provide “Great facilities and opportunities to be physically active”. However, the Framework also links to the other three priorities set out in the Barnet Plan by supporting their workstreams through links to physical activity.

PHE Everybody Active, Every Day: framework for physical activity (updated January 2021)

‘Everybody Active, Every Day’ is a national, evidence-based approach to support all sectors to embed physical activity into the fabric of daily life and make it an easy, cost-effective, and ‘normal’ choice in every community in England.

The framework focuses on four areas for action

- Change the social ‘norm’ to make physical activity the expectation
- Develop expertise and leadership with professionals and volunteers
- Create environments to support active lives
- Identify and up-scale successful programmes nationwide

10

Sport England Strategy: Uniting the Movement (2021):

Uniting the movement is Sport England’s 10-year vision to transform lives and communities through sport and physical activity.

The strategy prioritises five big issues that have the greatest potential for preventing and tackling inequalities in sport and physical activity. Each ‘issue’ is a building block that on its own would make a difference, but together could make a profound change

- Recover and Reinvent
- Connecting Communities
- Positive Experiences for Children and Young People
- Connecting with Health and Wellbeing
- Active Environments

All full reading list of other strategies and plans that have been reviewed and contributed to the development of the Framework are located in Appendix 2.;

London Borough of Barnet

- Joint Health & Wellbeing Strategy (2021-2025)
- Local Plan (Draft)
- Playing Pitch Strategy 2017 (review 2021)
- Suicide Prevention Strategy (2021-2025)
- Children & Young People Plan (2019-2023)
- Growth Strategy (2020-2030)
- Equalities Diversity & Inclusion Policy (2020-2024)
- Sustainability Strategy Framework
- Sports Hub Masterplans; West Hendon, Copthall and Barnet Playing Fields
- Draft Domestic Abuse and Violence Against Women and Girls Strategy (2021-2024)
- Draft Barnet Child Participation and Family Involvement Strategy (2022-2025)
- Barnet Carers and Young Carers Strategy (2015-2020)
- Parks & Open Spaces Strategy (2016)
- Indoor Sport & Recreation Study
- Community Safety Strategy (2015-2020)
- Long Term Transport Strategy (2020-2041)
- Community Participation Strategy (Draft)
- Brent Cross Town Masterplan

National and Local

[PHE: Engaging NHS System leaders in whole systems approaches to physical activity](#)

[PHE: Physical Activity-Prevention and Management of Long-Term Conditions](#)

[PHE: Working Together to Promote Active Travel](#)

[NHS Long Term Plan](#)

[NCL STP Prevention Plan](#)

[Saracens Sport Foundation](#)

[PHE: Obesity Strategy](#)

[CMO: Physical Activity Guidelines](#)

[TfL: Healthy Streets Indicators](#)

[London Sport: LDN Moving](#)

[Barnet Partnership for School Sport](#)

[Age UK; Our Purpose, Vision & Values](#)

What do we mean by physical activity?

Physical Activity includes exercise as well as other activities which involve bodily **movement** and are done as part of playing, working, active transportation, house chores and recreational activity.”²

How active should we be?

The Chief Medical Officer (CMO) sets national guidelines on the recommended levels of physical activity at different stages of the life-course. People of all ages are encouraged to spend as little time as possible being sedentary³.



² [World Health Organization Definition of Physical Activity - Public Health](#)

³ [Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](#)

What are the benefits of physical activity?

Physical Activity is one of the best preventative tools that can be used as a vehicle to improve a multitude of health, wellbeing, and social outcomes.

Improves physical and mental wellbeing, social and community cohesion, educational attainment, and economic prosperity

Lowers risk of:

- Coronary heart disease and stroke
- Type 2 diabetes
- Cancer e.g., breast and bowel
- Early death
- Premature osteoarthritis
- Falls (among older adults)
- Depression
- Dementia

Reduces loneliness and isolation, and crime and anti-social behaviour



Functional limitations and falls in later life are attributable to insufficient movement.



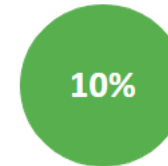
Every £1 spent on community sport and physical activity generates nearly £4 for the English economy.



Just 5 minutes of moderate exercise is enough to experience a mood-enhancement effect and improve sleep quality.



Regular activity in childhood is associated with improved learning and educational attainment.



Getting just 10% of UK residents to move more would increase workplace productivity and reduce absenteeism.

What are the common influencing factors to physical activity?

Along with the wide-ranging benefits of physical activity, there are also numerous influencing factors which can act as facilitators and/or barriers to an individual's ability to access and engage in physical activity opportunities.



- Cost
- Ability (skill, health, disability)
- Suitability
- Caring responsibilities
- Cultural requirements
- Location
- Transport
- Time
- Education and work
- Lack of knowledge
- Low motivation and esteem
- Lack of social network (no encouragement or support)
- Weather

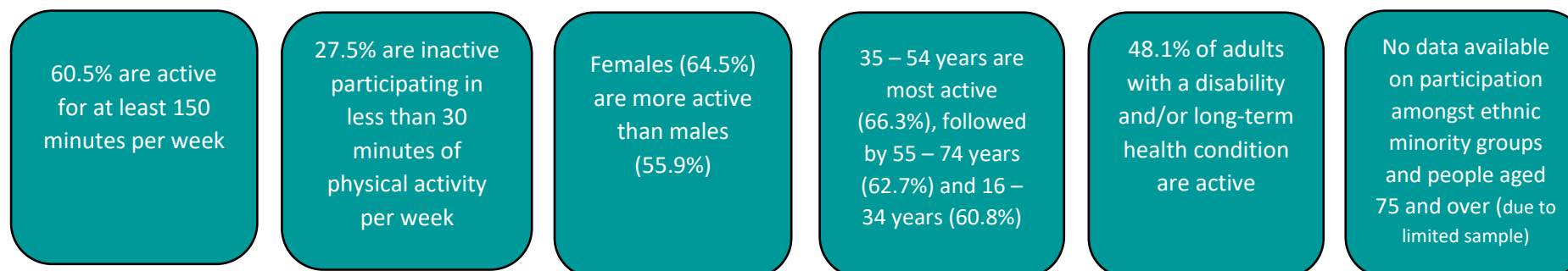
How physically active is Barnet?

Sport England collects data via the national Active Lives Survey that measures participation amongst adults aged 16 and over and children and young people aged 5 – 16 years.

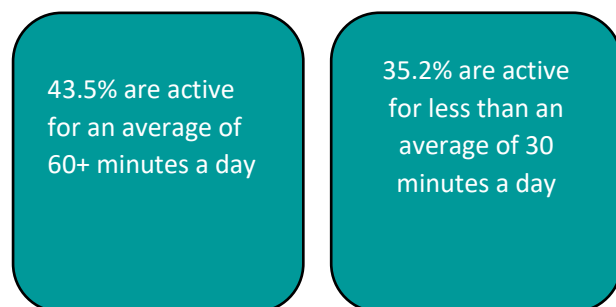
The Active Lives Survey (adults aged 16 and over), is conducted twice a year. The survey is sent out to a randomly selected sample of households across England, with a 500 sample per Local Authority area.

The Active Lives Children and Young People Survey is an annual survey that measures participation amongst 5–16-year-olds. The methodology uses a sample of schools drawn each year from the 'Get Information about Schools' database.

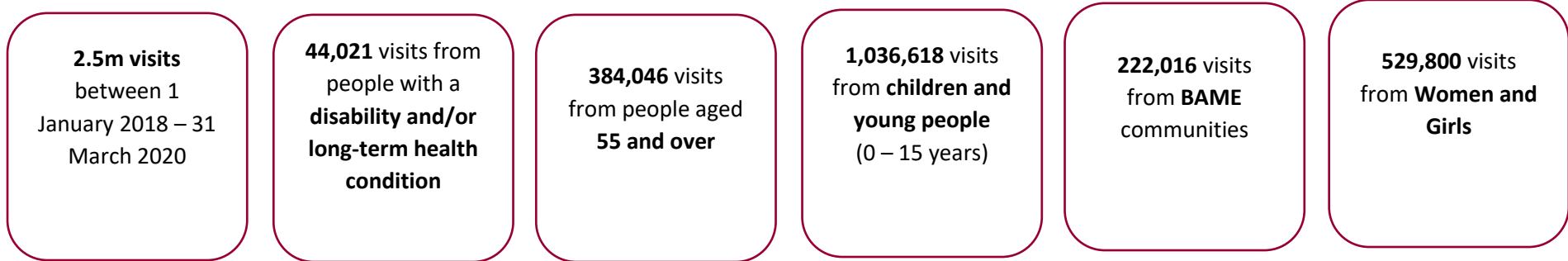
The most recent Active Lives Survey (May 20/21) tells us that for adults aged 16 and over in Barnet:



The last Active Lives Children and Young People Survey for Barnet (academic year 2018/19) tells us that for 5 – 16-year-olds:



To understand participation at a local level, we also have access to participation data from those visiting the boroughs leisure facilities operated by Better.



Note – the data collection period covers 1 January 2018 – 31 March 2020. Data from 1 April 2020 has not been provided due to COVID-19 restrictions and whilst the sector recovers.

Our Aims and Commitments

To achieve our vision, we need to continue to maximise engagement and work collectively towards a shared set of aims.



We will take a multi-agency approach to achieving these aims by focussing on a series of related commitments across a whole system to create a more active and healthier borough.



People



We aim to increase physical activity levels amongst everyone

Our Commitments 'we will do this by':

- Providing opportunities to be active, particularly, where physical activity levels are lowest, and inequalities exist
- Understanding the barriers to participation and addressing gaps in provision, to ensure equal and fair access for everyone
- Changing behaviours and perceptions towards leading an active and healthier lifestyle
- Advocating for active lifestyles to be embedded within local policies, strategies and plans and ensure that this is central to decision making

We aim to increase physical activity levels amongst everyone irrespective of their age or how they identify, however we recognise that there are individuals within the borough who experience a multitude of barriers in respect of engaging in physical activity opportunities. These individuals often require additional support and targeted interventions to make physical activity an accessible and attractive choice. Examples include children and young people, particularly those from deprived communities; those experiencing a life transition e.g., leaving school, retirement, starting a family; older people; people from Black, Asian, and Minority Ethnic (BAME) communities; and disabled people, or those with a long-term health condition.

To fulfil our aim of increasing physical activity levels amongst everyone, we will ensure that our work is guided by insight and that this is supplemented by resident engagement.

Barnet is a growing, thriving, and diverse borough

Barnet has **411,500** residents
By 2030, this is expected to grow to **449,000**

40.3% of residents are from backgrounds **other than White British**

There are an estimated **95,700** children and young people aged 0-17 in Barnet

Barnet is an ageing borough with **9,700** residents aged **85 and over**

8th least deprived out of 33 London boroughs (IMD 2019)

The borough is generally healthy...

Average life expectancy is **82.4 years for males and 85.8 years for females**

2nd lowest mortality rate for cardiovascular diseases in London (51.1 per 100,000)



...however inequalities exist

Around **12,000** people in Barnet live in the **20% most deprived** parts of England, primarily in the wards of Brunswick Park, Burnt Oak, Colindale, Golders Green and Underhill

Life expectancy in the **most deprived** areas is on average 7.8 years less for women and 7.4 years less for men

An estimated **4,434** people aged 65+ in Barnet are living with **dementia**

22,229 people live with diagnosed diabetes

1 in 5 children aged 4-5 years in Barnet are overweight or obese

Just over a half of Barnet adults (56.4%) are overweight or obese

Seeking Carers figure

Seeking disability figure

Place



We aim to provide environments that support active lifestyles

Our Commitments 'we will do this by':

- Supporting the protection, revival, and creation of accessible environments
- Enhancing community spaces through the delivery of targeted physical activity interventions
- Creating a culture that optimises active travel in the borough
- Encouraging workplaces in the borough to embed physical activity and wellbeing within their business
- Advocating for active environments to be embedded within local policy, strategies and plans and that this is central to decision making

What do we mean by active environments?

An active environment is any space that allows an individual or a group the opportunity to participate in physical activity. It is not limited to traditional spaces such as leisure centres and parks, it could include homes, community spaces such as the high-street, schools and community centres, commutes to work, the workplace and even the digital world.

Recognising the importance of 'Place' in achieving a 'more active and healthy borough' the Framework supports the delivery of priorities set out within key local strategies, policies and plans including the Barnet Playing Pitch Strategy, Indoor Sport & Recreation Study, Parks and Open Spaces Strategy, Sports Hub Masterplan, Sustainability Strategy Framework, Long Term Transport Strategy, The Local Plan, Growth Strategy and the Brent Cross Town Masterplan.

Barnet is well served by a diverse mix of facilities and environments that support and encourage active lifestyles

28% of the borough is green with **over 200** parks and open spaces with **55** play areas

172 Pitches
(Football, Rugby, Cricket, Baseball and Gaelic Football)

13 Active Trails
16 Outdoor Gyms
2 Skate Parks

205 Tennis Courts
25 Multi-Use Games Areas
13 Outdoor Table Tennis Tables

55 Artificial Grass (3G) Pitches
9 Bowls Greens

27 Sports Halls
30 Swimming Pools
12 Squash Courts

Designated **Gymnastics and Athletics** Facilities

150+ Sports Clubs
24,615 Businesses

All residents live within a **20-minute cycle trip** of a train or underground station

On average, travel time by walking, cycling or public transport is **14 minutes** to a secondary school and **8 minutes** to a supermarket (DfT 2017)

66% of travel journeys in Barnet are **less than five miles**.

...we know that

22% of residents use outdoor spaces for exercise, slightly higher than the London average

More than 2.5 million visits were recorded at our Better Leisure Centre sites between Jan (2018)-Mar (2020)

Just under half (49%) of residents participating in the Barnet healthy weight survey (2018) felt that **making roads and parks safer** would **increase their likelihood of walking or cycling**



Partnerships

We aim to work together to embed physical activity at every opportunity

Our Commitments 'we will do this by':

- Facilitating effective working between partners to deliver the Framework and maximise outcomes
- Enabling the partnership to advocate the value of physical activity, and its contribution to achieving a range of outcomes
- Optimise and secure resources among the partnership to support increased physical activity levels

Development and implementation of the Framework is owned and driven by the Fit & Active Barnet Partnership Board and local networks.

As public sector resource faces significant pressure, the importance of working collaboratively to maximise opportunities and ensure sustainability is vital.

Embracing the five guiding principles set out on page 5, the Fit & Active Barnet Partnership Board and its local networks provides a foundation that supports maximum influence on deliberate and unintentional physical activity in the borough by

- Ensuring strategic alignment
- Optimising investment opportunities
- Avoiding duplication of services
- Identifying and addressing gaps
- Sharing skills, knowledge, and resources to maximise efficiencies
- Promoting the value and benefit of physical activity



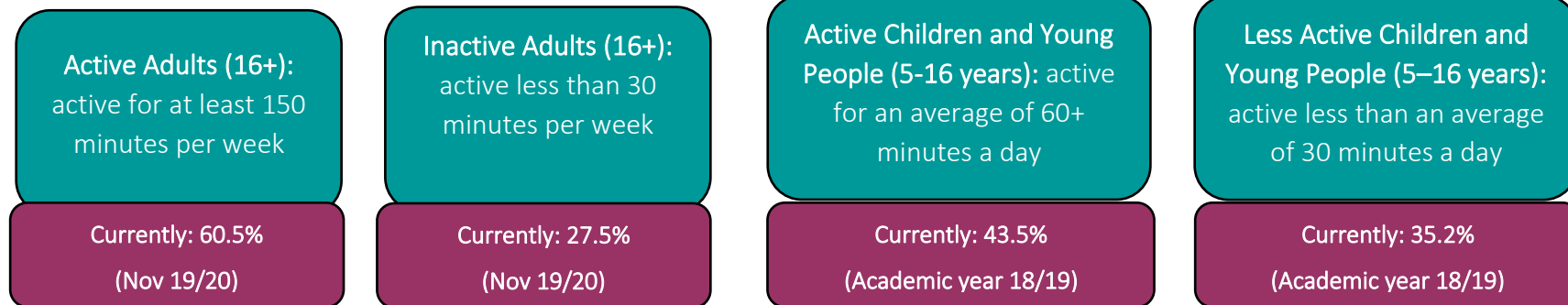
Implementation of the Framework

An implementation plan will be developed annually with members of the Fit & Active Barnet Partnership Board and local networks to achieve the aims and commitments set out within this Framework.

Reviewing our progress

A quarterly progress review will be undertaken against the Framework aims and commitments, with an annual report presented to the Adults and Safeguarding Committee.

We will seek to achieve an improvement over the lifespan of the Framework in the following indicators measured by the Sport England Active Lives Survey.



To provide a comprehensive review and to better understand participation in the borough we will also analyse local data sets alongside the Active Lives Survey data. For example, leisure centre visits collected by the boroughs leisure operator (Better); results from the Resident Perception Survey and Young People Survey conducted by Barnet Council; and the Physical Education, School Sport and Physical Activity (PESSPA) survey conducted annually by the Barnet Partnership for School Sport. Reviewing these additional datasets will enable us to better understand participation in the borough and provide a proactive response to emerging needs and gaps in provision.

References

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[jhws 2021 to 2025.pdf \(barnet.gov.uk\)](#)

[Health matters: getting every adult active every day - GOV.UK \(www.gov.uk\)](#)

[Joint Strategic Needs Assessment – Barnet Open Data](#)

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Barnet Healthy Weight Survey: [Healthy weight | Barnet Council](#)

[Sport England: Why investing in physical activity is great for our health – and our nation](#)

[Public Health England: The link between pupil health and wellbeing and attainment](#)

[Public Health England: Health matters: physical activity - prevention and management of long-term conditions](#)

[London Borough of Barnet: Long Term Transport Strategy 2020 – 2041](#)

[Barnet Community Local Insight Tool](#)

[Greater London Authority: Demographics](#)

StreetGames. The experience of the coronavirus lockdown in low-income areas of England and Wales. Manchester: StreetGames; 2020.

Appendix 1: FAB Framework Engagement (list of partners)

Age UK Barnet	Herts Baseball Club
Argent Related – BXS Project Play	Inclusion Barnet
Arkley Cricket Club	London Borough of Barnet
Barnet Carers Centre	London Sport
Barnet, Enfield and Haringey Mental Health Trust	Meridian Wellbeing
Barnet Hive (FC) Foundation	Middlesex County Cricket Club
Barnet Homes	Middlesex University
Barnet Mencap	Mind Barnet
Barnet Multi Faith Forum	North Central London Clinical Commissioning Group
Barnet Partnership for School Sport	Phoenix Canoe Club
Barnet & Southgate College	Premier Tennis
Better	Re.
Brampton Lawn Tennis Club	Royal Free London
British Blind Sport	Rugby Football Union
Cannons Cricket Club	Saracens Foundation
Central London Community Healthcare NHS Trust	Sense
Colindale Community Trust	Sported
Community Barnet	UK Deaf Sport
COVID-19 Health Champions	Unitas
Elms Ravenscroft Lawn Tennis Club	Young Barnet Foundation
England Netball	
Groundwork	
Healthy Schools London	
London Sport	