

## Fit & Active Barnet Implementation Plan 2022-2023

The Fit & Active Barnet (FAB) implementation plan details a series of actions and workstreams that contribute to the achievement of a 'more active and healthy borough',

The implementation plan is owned by the FAB Partnership and is a document that will be reviewed on a quarterly basis with an annual refresh. The plan is a live document, therefore will continue to be refined with more specifics to be added as work develops. This approach will also enable new projects and interventions to be incorporated within a delivery year in agreement with Partnership members.

The implementation plan intends to support delivery of the commitments set out within the FAB Framework (2022-26) and will be delivered in alignment with the five guiding principles:

**1. Ensure physical activity is integrated at every given opportunity:**

Making physical activity not just the business of typical 'sports' agencies, but integrated within all relevant services that support residents

**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:**

Work collaboratively to co-produce and support delivery of sustainable interventions across a life course

**4. Be driven by insight:**

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

**5. Challenge the status quo:**

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

All actions and workstreams seek to contribute to increasing physical activity levels in the borough, measured by the Sport England Active Lives Survey.

Ref	Aim(s) supported (Primary in bold)	Action / Workstream	Owner (lead in bold)	Outcome / Performance Measure	By When
1	<b>People</b>	Continue delivery of targeted interventions that support residents to lead more active and healthier lifestyles (examples provided in Appendix 1)	<b>FAB Partnership</b>	Number of interventions delivered  Number of participants engaged	Ongoing
2	<b>People</b> Place Partnerships	Undertake mapping of the sport and physical activity landscape/opportunities in the borough	<b>LBB Greenspaces &amp; Leisure (SPA)</b>	Mapping completed – gaps in provision highlighted and information fed into FAB Hub (action 6)  Raised awareness of opportunities and facilities in the borough	July 2022  Ongoing update
3	<b>People</b> <b>Place</b> Partnerships	Optimise funding opportunities to support the commissioning of new interventions across a range of environments, particularly where activity levels are lowest, and inequalities exist	<b>FAB Partnership</b>	Number of new targeted interventions delivered  Number of participants engaged	Ongoing
4	<b>People</b> Partnerships	Support the sector to live through and recover from the COVID-19 pandemic	<b>FAB Partnership</b>	Providers are supported to reinstate service delivery  Residents supported to access opportunities	Ongoing

5	<b>People</b> Partnerships	Deliver a FAB campaign that encourages increased activity levels and improved outcomes for residents (e.g., health, wellbeing, community, environmental) through behaviour change	<b>LBB Greenspaces &amp; Leisure (SPA)</b> <b>Better</b> FAB Partnership	Delivery of the FAB campaign Achieve a minimum of 45,000 registered FAB Card members Develop a baseline for FAB Card utilisation	Campaign delivered throughout the year
6	<b>People</b> Partnerships	Continually develop the FAB Hub ensuring that it provides a one stop resource for physical activity and wellbeing	<b>LBB Greenspaces &amp; Leisure (SPA)</b> <b>Better</b> FAB Partnership	A functional Hub signposting to all services	Ongoing
7	<b>People</b> Partnerships	Utilise links with local services and pathways (e.g., GP's, pharmacies, social prescribing link workers, COVID-19 Health Champions, health and social care professionals, Make Every Contact Count) to promote the importance of physical activity and signpost to FAB	<b>LBB Public Health</b> <b>Age UK Barnet</b> <b>Groundwork</b> <b>LBB Adults</b> <b>LBB Children &amp; Families Services</b>	Increased awareness of FAB through active promotion and signposting, subsequently leading to; Increased FAB Card registrations Increased attendance across physical activity sessions / leisure visits	Ongoing
8	<b>People</b> Partnerships	Incorporate physical activity requirements within adult social care provider contracts / service specifications.	<b>LBB Adults</b> LBB Greenspaces & Leisure (SPA) FAB Partnership	Commissioned adult social care providers supporting service users to actively engage in physical activity through effective signposting and delivery (where applicable)	Ongoing
9	<b>Place</b> Partnerships	Support the delivery of physical activity related priorities/outcomes outlined within key	<b>LBB Greenspaces &amp; Leisure (Parks &amp; Open Spaces)</b> <b>LBB Growth &amp; Development</b>	Realisation of priorities and objectives	Ongoing (timescales set)

		infrastructure and environment policies and plans (as listed within the Framework document)	<b>LBB Transport &amp; Highways</b> <b>LBB Public Health</b> <b>Argent Related</b>		out within policies/plans)
10	<b>People</b> <b>Place</b> Partnerships	Identify opportunities to secure investment through developer contributions (S106, CIL) to enhance/develop physical activity infrastructure and facilitate the delivery of interventions	<b>LBB Greenspaces &amp; Leisure</b> <b>LBB Growth &amp; Development</b> <b>LBB Capital Delivery</b> FAB Partnership	S106 and CIL monies are secured to support infrastructure enhancements/developments and the delivery of interventions	Ongoing
11	<b>People</b> <b>Place</b> Partnerships	Pursue funding to install a 'Changing Places Toilet' within Finchley Lido Leisure Centre – improving accessibility for people with a disability.	<b>LBB Adults</b> LBB Greenspaces & Leisure (SPA) Better	Changing Places Toilet Application submitted Funding secured Facility installed	March 2023
12	<b>People</b> <b>Place</b> Partnerships	Work towards making leisure facilities Dementia Friendly	<b>Dementia Friendly Partnership</b> LBB Public Health <b>Better</b> Alzheimer's Society	Achievement of Dementia Friendly Venue status	March 2023
13	<b>People</b> Place Partnerships	Encourage the integration of wellbeing and the importance of physical activity within workplaces across the borough	<b>LBB Public Health</b> <b>Better</b>	Local businesses are supported to invest in the health and wellbeing of their workforce, by using the LBB workplace health and wellbeing strategy as good practice.	Ongoing

				<p>Number of businesses signed up to the Better corporate membership scheme</p> <p>Number of GP surgeries signed up to the Active Practice Charter</p>	
14	<b>Partnerships</b>	<p>Identify the requirement for the development/enhancement of networks (with work plans established) to support the delivery of targeted interventions e.g.,</p> <ul style="list-style-type: none"> <li>- Disability Physical Activity Network (enhance)</li> <li>- Children, Young People and Families Physical Activity Network (establish)</li> <li>- Older People Physical Activity Network (establish)</li> <li>- Active travel network (establish)</li> <li>- Club and Community network (establish)</li> </ul>	<p><b>LBB Greenspaces &amp; Leisure (SPA)</b></p> <p><b>LBB Public Health</b></p>	<p>Mapping of existing networks/forums within the borough completed to identify the requirement for new networks, or where existing can be utilised.</p> <p>TOR and work plans established for networks</p>	<p>September 2022</p> <p>March 2023</p>
15	<b>People Place</b>	<p>Enhance and develop digital platforms that support increased physical activity levels (improving accessibility and reducing barriers to participation)</p>	<p><b>Better</b></p> <p>MDX University</p>	<p>Digital behaviour change application developed and delivered (name tbc) - encouraging increased physical activity through active travel</p> <p>Continued promotion and enhancement of the Better at Home application</p>	<p>March 2023</p> <p>Ongoing</p>

16	<p>People Place <b>Partnerships</b></p>	<p>Identify strategic opportunities to ensure physical activity is engrained in local policy, plans and decision making</p>	<p><b>LBB Greenspaces &amp; Leisure (SPA)</b> <b>LBB Public Health</b></p>	<p>FAB is incorporated within local policies and plans and there is strategic representation at the relevant boards</p> <p>Number of Health Impact Assessments undertaken on local policy and strategic plans.</p> <p>FAB integrated within the development of a Barnet specific Health Impact Assessment Policy</p>	<p>Ongoing</p> <p>Ongoing</p> <p>March 2023</p>
17	<p><b>People</b> Partnerships</p>	<p>Identify employment, training, and volunteering opportunities and ensure that these are widely promoted</p>	<p>LBB Greenspaces &amp; Leisure LBB Skills &amp; Employment MDX University Groundwork Better Saracens Foundation FAB Partnership LBB BOOST Barnet Partnership for School Sport</p>	<p>Employment, training, and volunteering opportunities are promoted via the FAB Network and available channels such as the FAB Hub, newsletters, and social media platforms</p>	<p>Ongoing</p>
18	<p><b>People</b> <b>Place</b></p>	<p>Encourage the delivery of sport and physical activity events in Barnet's parks and open spaces</p>	<p><b>LBB Greenspaces &amp; Leisure (Events)</b></p>	<p>Integration of physical activity into the Discover Barnet Presents programme</p>	<p>Ongoing</p>

				Number of sport and physical activity events delivered in Barnet's parks and open spaces	
19	<b>People</b> Place Partnerships	Support the design and delivery of sport, physical activity, and health interventions within the <a href="#">Brent Cross Town development</a>	<b>Argent Related</b> LBB Greenspaces & Leisure (SPA) LBB Communications FAB Partnership	Delivery of sustainable and targeted interventions  Residents and groups (including VCFS partners) are supported/encouraged to use the facilities	Ongoing
20	<b>People</b> <b>Place</b> Partnerships	Embed physical activity within services delivered by Greenspaces & Leisure that promote everyday movement	<b>LBB Greenspaces &amp; Leisure</b> FAB Partnership	Promotion of Friends of Parks activities that incorporate physical activity/everyday movement e.g., litter picking, planting, pruning.  GoodGym linked with volunteering opportunities within Greenspaces	Ongoing

**APPENDIX 1 (NON-EXHAUSTIVE LIST)**

Children, Young People & Families	Older People	Disabled people and those living with a long-term health condition:	Health	Active Travel	Universal
<p>BACE Holidays            Holiday Activity Fund            Healthy Schools / Health Early Years London            Golden Kilometre/ School based campaigns (Daily Mile/ 10 Minute shake up)            Resilient Schools            London Youth Games            London Mini Marathon            School Games            Virtual Challenges            XPLORE (child weight management) and after school clubs            Activate Schools            Free Swimming for Under 8's            8 – 15-year-olds swim for £1            Uitas YouthZone activities            Saracens Foundation - Rugby 4 Life, Cheer &amp; Dance            Jr Parkrun            Young Carers            Early Years settings e.g., Children's</p>	<p>Silver Sunday            Better 55+ Club programme and Club Games            Health Walks            Saracens Foundation programmes e.g., Love to Dance            Age UK Barnet Fitness &amp; Exercise            Age UK Get Active, Get Connected (digital)            Sheltered extra care and residential care physical activity programme            Meridian Wellbeing activities</p>	<p>Dementia Friendly Barnet sessions            Better Inclusive sessions e.g., rebound therapy and multi-sports            FAB 'Carers' card and carers opportunities            Saracens Foundation programmes e.g., Disability Hub            Barnet Mencap Fit2gether            Better Dementia Clubs            Better Dementia Walking Football            IFI accredited leisure centres            CYP SEND activities            MIND Yoga            Barnet Partnership for School Sport Events            Meridian Wellbeing activities</p>	<p>Adult Weight Management            XPLORE (children's weight management)            Teenage weight management            Physical Activity on Referral            Cancer Rehabilitation            Falls Prevention            Diabetes Referral            Give it a Go (in-actives)</p>	<p>Health Walks            Healthy Heritage Walks            STARS            Bikeability cycle training            Active Trails            Cycle Skills*            Children's Group Cycle Training*            Schools Cycle Training*            Dr Bike*  <a href="#">Barnet Cycle Routes</a>  <a href="#">Breeze Barnet</a> (female cycling)  <a href="#">Get Cycling – Barnet Cyclists (barnetlcc.org)</a></p> <p>*Suspended due to funding restrictions</p>	<p>Parkrun            GoodGym            Our Parks Bootcamps and Couch to Fitness            Saracens Foundation            Project Rugby            Better at Home (digital application)            StreetTT (Table Tennis)</p>



Centres Pre & Post Natal activity The Barnet Group activity programme & Urban Game Saracens Foundation - Together Active					
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