



## Adults & Safeguarding Committee

**Monday 13 March 2023**

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| <b>Title</b>                   | <b>Fit &amp; Active Barnet 2022-23 update</b>  |
| <b>Report of</b>               | Cllr Paul Edwards, Chair - Adults & Safeguarding Committee   |
| <b>Wards</b>                   | All  |
| <b>Status</b>                  | Public   |
| <b>Urgent</b>                  | No   |
| <b>Key</b>                     | No   |
| <b>Enclosures</b>              | Appendix A – Sport England Active Lives (adults aged 16+) demographic data<br>Appendix B – Fit & Active Barnet campaign assets (examples)  |
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### Summary

The Fit & Active Barnet Framework (2022-2026) sets out a vision to 'create a more active and healthy borough', achieved through three priority aims; People, Place and Partnerships.

The Fit & Active Barnet Partnership Board which includes a consortium of partners was established to drive forward this vision, the delivery of physical activity and wellbeing interventions and sporting infrastructure improvements that support increased participation levels across the borough.

This report sets out the progress in delivering the Fit & Active Barnet Implementation Plan (2022-2023) which has led to an increase in participation levels across the borough.

Some examples of positive collaboration include the delivery of the Fit & Active Barnet; 'Get Active. Give it a Go!' campaign, interventions that target the boroughs most 'inactive' residents, integration of physical activity within health and social care pathways, improving

accessibility of physical activity opportunities and spaces such as the achievement of Dementia Friendly accreditation and recognising the value and contribution of the borough's greenspaces through hosting physical activity opportunities and improvements to infrastructure.

The Fit & Active Barnet Partnership is currently scoping a refreshed Implementation Plan (2023-2024).

## Officers Recommendations

1. That the Adults and Safeguarding Committee note the Fit & Active Barnet Framework update 2022-23.

### 1. Why this report is needed

- 1.1 The Adults and Safeguarding Committee approved the Fit & Active Barnet Framework (2022-2026) on 7<sup>th</sup> March 2022 together with an accompanying implementation plan, to be delivered from 1<sup>st</sup> April 2022.
- 1.2 The Greenspaces & Leisure service have been working collaboratively with partners across the Fit & Active Barnet Partnership to deliver commitments associated with the three priority aims of the Framework; Place, People and Partnerships guided by the principles below.

*Fig 1: Fit & Active Barnet guiding principles*



- 1.3 Partners represented amongst the Fit & Active Barnet Partnership include those from sport and physical activity, health, education and the voluntary, community and faith sectors. Organisations include Better, Saracens Foundation, Young Barnet Foundation, Barnet School Sports Partnership, Barnet Homes, Age UK Barnet, Barnet Mencap, Public Health, Inclusion Barnet, Sense and New Citizens Gateway.

- 1.4 Through effective collaboration, the FAB Partnership has maximised delivery of opportunities in the borough that support residents to lead more active lifestyles, whilst improving access to facilities and spaces that support this.

## Physical Activity Levels

- 1.5 A national measurement of the number of people taking part in sport and physical activity is undertaken via the Sport England Active Lives Survey which focuses on people aged 16 and over. A separate survey, the Active Lives Children and Young People Survey looks at the activity levels of children aged 5-16 years.
- 1.6 Surveys are based on a random sample size of 500 residents and results are published bi-annually (typically in May and November each year).
- 1.7 At the time of approving the FAB Framework, approximately 61.6% of adults aged 16 and over in Barnet were active for at least 150 minutes per week<sup>1</sup> as measured by the Sport England, Active Lives Survey).
- 1.8 The most recent release of the Active Lives dataset (Nov 21) indicates a 1% increase to 62.6% (equating to approximately 8,000 more people). Appendix A provides a further breakdown of participation by demographic groups.
- 1.9 When comparing this dataset amongst other London boroughs, Barnet has continued to maintain the highest increase in the number of adults aged 16+ active for at least 150 minutes per week since the Active Lives Survey commenced in November 2015/16.
- 1.10 The Active Lives Children and Young People Survey highlighted that 43.5% of 5–16-year-olds were active for an average of 60+ minutes a day (2018-19). Due to a limited sample size this is the latest dataset made available for this indicator.
- 1.11 Whilst the Active Lives Survey is a useful benchmark, it is a snapshot of the local picture, given the attributable sample size. The Council's Resident Perception Survey (RPS) is also used as further analysis to understand the local picture. The questions included in the RPS reflected those included in the Active Lives Survey.
- 1.12 The results of the RPS, based on a controlled sample of 2,000 participants, indicated that 51% of residents aged 18 and over were active for at least 150 minutes per week<sup>2</sup> and results from the children and young people survey demonstrated 44% are active for an average of 60+ minutes per day<sup>3</sup>.
- 1.13 Both sets of results further demonstrated that our targeted approach to engaging residents and community groups who are most disproportionately impacted in respect of their access to, and experience of physical activity opportunities and facilities has proven successful. These include; children and young people (particularly those from deprived communities), older people, Black, Asian and Minority Ethnic (BAME)

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<sup>1</sup> [Sport England Active Lives Survey](#)

<sup>2</sup> [Barnet Resident Perception Survey \(2021/2022\)](#)

<sup>3</sup> [Barnet Children & Young People Survey \(2022\)](#)

communities, disabled people and those living with long-term health conditions, and women and girls.

- 1.14 Throughout 2022, the Council and the Fit and Active Barnet Partnership has collaborated on a series of initiatives to promote and improve levels of physical activity. Most notable is the Fit & Active Barnet Campaign; 'Get Active. Give it a Go!' delivered in September 2022.
- 1.15 Co-designed with the Fit & Active Barnet Partnership, the campaign was delivered across a series of digital and print channels encouraging residents to get active during the month of September by trying something new or getting back to an old past time.
- 1.16 The campaign was accompanied by imagery and video footage of Barnet residents participating in activities, alongside their personal journey and experience (examples located in Appendix B).
- 1.17 Working with a range of partners and activity providers across the borough (including the VCS and sports clubs) over 40 free of charge or low cost activities were offered such as swimming, gym, netball, rugby, football, dance, cheerleading, walking etc.
- 1.18 Despite promotion being paused to respect the passing of Her Majesty the Queen Elizabeth II, the campaign performed well and is reported to be one of the most impactful campaigns delivered by the Council. Some of the headline results include:
  - Over 40,000 participants engaged in free and low-cost activities
  - 49% male participation and 51% female participation
  - 37% participation from BAME residents and 38% White
  - 74% participants aged 16 – 64 years, 23% aged 0-16 years and 3.5% 65+ years
  - 1,226 new Fit & Active Barnet Card memberships registered during September
  - 100 Give it a Go (free 3 month all-inclusive Better memberships) issued via a prize draw to participants that engaged in physical activity three or more times a week during September
  - 117,480 digital reach with 3,698 engaged – engagement rate 3% (based on industry standards, a good engagement rate is generally agreed to be between 1% to 5%)
- 1.15 The table below sets out further examples of outcomes and achievements realised against actions within the Fit & Active Barnet Implementation Plan (2022-2023) since April 2022. These achievements have been made possible via a collaborative effort amongst partners across the borough that represent the Fit & Active Barnet Partnership.

## Fit & Active Barnet Implementation Plan (2022-2023) example achievements

| # | Aim (priority in bold) | Commitment   | Example Achievements   |
|---|------------------------|--|--|
| 1 | <b>People</b>          | Continue delivery of targeted interventions that support residents to lead more active and healthier lifestyles. | <p>Alongside operation of the boroughs five leisure facilities, Better offer a varied physical activity and health programme that targets engagement amongst the most inactive groups in the borough (as per 1.13) by breaking down barriers to participation. Thus far in 2022-23, working collaboratively with the FAB Partnership, Better has delivered;</p> <ul style="list-style-type: none"> <li>32 hub sessions across leisure centres and within community-based settings that have engaged c.696 participants e.g., chair-based exercise at Finchley United Synagogue, NHS neurological sessions at Barnet Copthall Leisure Centre, physical activity sessions delivered at Burnt Oak Leisure Centre in partnership with Barnet Mencap and parent and teacher physical activity sessions at Sunnyfields Primary School.</li> <li>Healthwise (health intervention) pathway, supporting residents to improve health and well-being outcomes through physical activity; adult weight management (174 participants), XPLORE: children's weight management (105 participants), physical activity on referral including diabetes referral and cancer rehabilitation (527 participants), and falls prevention (13 participants).</li> </ul> <p>Parkrun events continue to be supported across Barnet parks and open spaces. Collectively (since commencing), participants have covered an impressive 500,773km.</p> <p>Examples of interventions delivered in respect of our target groups include;</p> <p><u>BAME</u></p> <p>Partners such as Better, Saracens Foundation and New Citizens Gateway have supported refugees and asylum seekers to access physical activity opportunities through free 6-month gym memberships (158), women only gym session (average of 18 participants per session) and physical activity sessions (85 participants).</p> |

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|  |  |  | <p>FAB partnered with Inclusion Barnet to deliver the Healthy Heart pilot in Grahame Park which was targeted at residents from BAME communities diagnosed (or at risk of) cardiovascular disease. See action 7 for more info.</p> <p><u>Disability &amp; Inclusion</u></p> <p>A collaboration between Sense and Better has supported implementation of a sensory tennis session at Burnt Oak Leisure Centre which commenced in Q3.</p> <p>Barnet Mencap continue to deliver physical activity via their Community Opportunities Projects (COP's) which includes sessions within Better leisure centres and a partnership with Barnet Lawn Tennis Club (722 attendances within the COPs programme since April 2022).</p> <p>300+ young adults and children with disabilities supported via Saracens Foundation disability and inclusion programming, with a secondary impact on an parents and guardians through respite services.</p> <p><u>Children &amp; Young People</u></p> <p>Over 450 young people represented Barnet in the London Youth Games and 33 in the London Mini Marathon, with one young person finishing first place in the U17 male race.</p> <p>5,533 under 8's swam for free since April 2022 and 32,806 8 – 15-year-olds swam for £1.</p> <p>Over 6,000 young people (with approximately 23,000 attendances) participated in physical activity opportunities across the borough supported by the Holiday Activities and Food Programme, commissioned via the boroughs 0-19 Early Help service and Young Barnet Foundation.</p> <p><u>Older People</u></p> <p>Age UK Barnet have continued to advocate the benefits of physical activity amongst the boroughs ageing population through promotion and delivery of physical activity interventions e.g., health walks and fitness classes. A collaboration between Barnet Homes and Age UK Barnet resulted in gentle seated exercise sessions delivered within four sheltered accommodation schemes across the borough – <a href="#">further info</a>.</p> |
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|   |  |  | <p><u>Women &amp; Girls</u></p> <p>Better continue to provide a varied programme of women and girls only sessions across the borough's leisure centres. In partnership with New Citizens Gateway a women and girls gym session has been implemented at Burnt Oak Leisure Centre which have proved popular amongst mothers and daughters.</p> <p>See action 19 re: partnership between FAB, Argent Related and Women in Sport.</p>  |
| 2 | <p><b>People</b></p> <p>Place</p> <p>Partnerships</p>        | Undertake mapping of the sport and physical activity landscape/opportunities in the borough  | Mapping of activities and opportunities is an on-going task, with providers and clubs encouraged to upload information on to the Get Active (activity finder). Information obtained through mapping is shared with FAB partners to support identify gaps in provision and service need. This has subsequently facilitated investment into physical activity (see examples in action 3 below).  |
| 3 | <p><b>People</b></p> <p>Place</p> <p><b>Partnerships</b></p> | Optimise funding opportunities to support the commissioning of new interventions across a range of environments, particularly where activity levels are lowest, and inequalities exist | <p>£30,000 funding secured from the Barnet Prevention Fund to deliver Dance Barnet 2023-2024 – the first multi-agency pan-disability dance pathway for the borough.</p> <p>£50,000 donated to Saracens Foundation by Stay Belvedere Hotels Limited to deliver 'Sporting Roots' – a partnership physical activity project targeting refugee and asylum seekers.</p> <p>£1,174,716 secured from the Department for Education to deliver the Holiday Activities and Food Programme (via the 0-19 Early Help service and Young Barnet Foundation).</p> <p>School Superzones at Saracens High School and Edgware Primary School sponsored with £60,000 (£30,000 per scheme) via the Office for Health Improvement and Disparities and London Councils.</p> <p>£50,000 invested by Better into enhancing community physical activity opportunities that target the most inactive, and installation of a sensory lighting at New Barnet Leisure Centre that will support delivery of sensory swimming sessions.</p> |
| 4 | <p><b>People</b></p> <p>Partnerships</p>                     | Support the sector to live through and recover from the COVID-19 pandemic  | Collaborative working across the partnership has supported interventions to recommence following the relaxation of COVID-19 restrictions e.g., Parkrun, London Youth Games, Mini Marathon and Better community-based interventions.  |



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|   |                                   |  | As of Q3 there were 1,029,303 visits across Better operated leisure centres (on target to achieve 1,434,800 by Q4 end) and 9,677 memberships – operating at approximately 95% of pre-Covid-19 levels.   |
| 5 | <b>People</b><br><br>Partnerships | Deliver a FAB campaign that encourages increased activity levels and improved outcomes for residents (e.g., health, wellbeing, community, environmental) through behaviour change  | <p>As per update in 1.15 – 1.19</p> <p>As of Q3 42,600 residents registered for a FAB Card. 881 of residents with a FAB Card benefit from the FAB Carers pass with enhanced benefits for registered carers (including foster carers), looked after children and young people and those who are care experienced.</p>  |
| 6 | <b>People</b><br><br>Partnerships | Continually develop the FAB Hub ensuring that it provides a one stop resource for physical activity and wellbeing  | <p>The FAB Hub has continued to be developed to ensure that it is an informative and useful resource for residents, partners and health professionals to access / signpost towards physical activity and wellbeing opportunities and guidance.</p> <p><a href="http://www.better.org.uk/fab-hub">www.better.org.uk/fab-hub</a></p>  |
| 7 | People<br><br><b>Partnerships</b> | 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 | <p>FAB continues to be incorporated within pathways across the borough, and in some cases North Central London (NCL). For example:</p> <ul style="list-style-type: none"> <li>- Social prescribing link workers are signposting patients to the FAB Hub and to register for a FAB Card</li> <li>- Presence of FAB literature amongst health platforms such as Bar Global and Emis to support GPs in signposting and making referrals – this has been accompanied by GP engagement.</li> <li>- Integrated within the NCL Healthy Living Hub – considering how health and wellbeing is centralised to support the patient/resident wellbeing pathway</li> <li>- Exploring the incorporation of FAB and physical activity into Learning Disability health checks with GP leads in the borough</li> <li>- Integrated within the Healthy Heart project that was piloted in Grahame Park as part of the wider Barnet Cardiovascular Disease (CVD) Prevention programme. In collaboration with Inclusion Barnet (lead delivery partner) residents diagnosed or at risk of CVD were supported with health and wellbeing taster sessions and guidance via the programme</li> </ul> |

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|    |   |  | - Contributed to NCL whole systems approach obesity support mapping.  |
| 8  | People<br><b>Partnerships</b>                 | Incorporate physical activity requirements within adult social care provider contracts / service specifications.   | FAB has been incorporated into the March 2023 provider forum for Accommodation & Support services.  |
| 9  | <b>Place</b><br>Partnerships                  | Support the delivery of physical activity related priorities/outcomes outlined within key infrastructure and environment policies and plans (as listed within the Framework document)    | <p>West Hendon Playing Fields Master Plan – stage 2 design competition tenders have been evaluated with a preferred bidder selected subject to governance approvals.</p> <p>Clitterhouse Playing Fields – a planning application has been submitted which proposes new facilities, infrastructure and environmental enhancements. The application is pending determination.</p> <p>Parks improvement - the Greenspaces team have been developing a number of parks improvement schemes across the borough this includes the refurbishing of 10 playgrounds, construction of additional outdoor gym facilities and a portfolio wide tennis court refurbishment programme.</p> <p>In parallel to the tennis court refurb programme a new bookings and membership model will be rolled out over the course of 23/24. The scheme will introduce gating technology that will work alongside the online bookings portal to capture usage information more accurately and introduction of an affordable season ticket scheme that will be complemented by free to play sessions.</p> <p>Finchley Lido Leisure Centre – a public engagement exercise was undertaken from 13 December 2022 through to 6 February 2023 to seek views on a potential refurbishment, redevelopment or relocation possibility of the existing facility to North Finchley Town Centre. The feedback is currently being analysed and a future report will be presented to the relevant theme committee providing a summary of results.</p> |
| 10 | <b>People</b><br><b>Place</b><br>Partnerships | Identify opportunities to secure investment through developer contributions (S106, CIL) to enhance/develop physical activity infrastructure and facilitate the delivery of interventions | Investment in Parks and Open Spaces is being delivered through the Councils Strategic CIL (£3.75m) programme however the service seeks to augment this delivery through Area Committee bids (Neighbourhood CIL), S106 contributions and grant monies (£675,000 from the Lawn Tennis Association).   |

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| 11 | <b>People</b><br><b>Place</b><br>Partnerships | Pursue funding to install a 'Changing Places Facility' within Finchley Lido Leisure Centre – improving accessibility for people with a disability.    | £37,610 secured from Department for Levelling Up, Housing and Communities to install a Changing Places Facility at Finchley Lido Leisure Centre. Installation dates for the facility is currently being reviewed.  |
| 12 | <b>People</b><br><b>Place</b><br>Partnerships | Work towards making leisure facilities Dementia Friendly.   | <p>Barnet Copthall Leisure Centre received Dementia Friendly accreditation in October 2022. Better are working with the Dementia Friendly Partnership to explore achievement of accreditation for other leisure centres across the borough in 23/24.</p> <p>Better leisure centres programmes provide dementia friendly sessions e.g., swimming and Barnet Copthall Leisure Centre hosts a Dementia Café in partnership with Dementia Club UK. Staff across Better leisure centres receive ongoing dementia awareness training.</p>  |
| 13 | <b>People</b><br>Place<br>Partnerships        | Encourage the integration of wellbeing and the importance of physical activity within workplaces across the borough                                   | <p>FAB is integrated within London Borough of Barnet Workplace Wellbeing and was pivotal to the delivery and success of the staff wellbeing event in October 2022.</p> <p>59 organisations within Barnet are currently signed up to the Better corporate membership scheme, offering staff subsidised leisure memberships.</p> <p>The <a href="#">Active Practice Charter</a> is promoted amongst GP's and health care professionals to encourage more active patients and workforce.</p>  |
| 14 | People<br>Place<br><b>Partnerships</b>        | Identify the requirement for the development/enhancement of networks (with work plans established) to support the delivery of targeted interventions. | <p>The FAB Partnership continued to evolve and diversify throughout 2022 which welcomed new partners to help create a more active and healthy borough.</p> <p>To avoid duplication and maximise efficiencies, careful consideration has been given in developing sub-networks of the FAB Partnership Board to support the delivery of targeted interventions and engage the boroughs most 'inactive'.</p> <p>An exercise was undertaken to understand the landscape of networks and boards etc. within the borough with a view to avoid duplication and maximise existing platforms. Further to this exercise two sub-networks have been established;</p> <ul style="list-style-type: none"> <li>- Disability Physical Activity Network – first multi-agency meeting held in February 2023. A priority plan is being established which will contribute to the refreshed FAB implementation plan (2023-24)</li> <li>- Active Travel Network – a network for service areas within the council to share updates on workstreams pertaining to active travel (engagement and</li> </ul> |

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|    |  |  | <p>infrastructure). Through collaboration the network delivered events to mark Clean Air Day (June 2022) and World Car Free Day (September 2022).</p> <p>In collaboration with Young Barnet Foundation, a multi-agency meeting is scheduled for March 2023 to establish the requirement and appetite for a designated children, young people and families physical activity network.</p>  |
| 15 | <b>People</b><br><br>Place                     | Enhance and develop digital platforms that support increased physical activity levels (improving accessibility and reducing barriers to participation) | <p>The <a href="#">FAB Hub</a> continues to evolve as a one stop resource for physical activity and wellbeing in the borough including an activity finder – including ‘active at home’ options, FAB Card registration and health and wellbeing guidance.</p> <p>In March 2023 Better will be launching a gamification application; Moves+, which will encourage increased physical activity in the form of active travel. The application adopts behaviour change theory, awarding participants with points for physical activity minutes completed, which can be redeemed against real life rewards.</p>   |
| 16 | People<br><br>Place<br><br><b>Partnerships</b> | Identify strategic opportunities to ensure physical activity is engrained in local policy, plans and decision making                                   | <p>FAB has been incorporated in the Children and Young People Plan refresh, refresh of the Carers and Young Carers Strategy (2023-2028), Cardiovascular Disease Prevention Plan, and incorporated into the successful expression of interest applications for the two School Superzones at Edgware Primary and Saracens High School (both projects have a focus on active travel).</p> <p>FAB is in integral partner and aspect of the Barnet Health in Schools Partnership and features within other networks and partnerships across the borough e.g., Pan Barnet GP event, Learning Disability Partnership Board, Children’s Partnership Board and the Barnet Integrated Clinical Services meetings.</p> |
| 17 | <b>People</b><br><br>Partnerships              | Identify employment and volunteering opportunities and ensure that these are widely promoted   | <p>Better have continued to provide work experience (12 residents supported), apprentice (2 residents supported) and volunteering (22 residents supported) opportunities. Links have been made with BOOST and other local job opportunity initiatives to promote the offer and engage Barnet residents. Better has also established a partnership with Street League to support young people (aged 16-24) who are not in education, employment or training to access opportunities.</p> <p>Work experience placements will commence with Barnet Mencap service users during Q4.</p>   |
| 18 | People<br><br><b>Place</b>                     | Encourage the delivery of sport and physical activity events in Barnet’s parks and open spaces   | FAB was integrated within Discover Barnet Presents to raise awareness of the importance of physical activity and opportunities available in the borough.  |

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|    |   |   | Parks and open spaces continue to host weekly sport and physical activity opportunities such as Parkrun and Our Parks.   |
| 19 | <b>People</b><br><br>Place<br><br><b>Partnerships</b> | Support the design and delivery of sport, physical activity, and health interventions within the <a href="#">Brent Cross Town development</a> | FAB has continued to work closely with Argent Related to ensure synergy and collaboration in respect of health/physical activity interventions and opportunities within the Brent Cross Town regeneration. An example is a collaborative project between LBB, Argent Related and Women in Sport which included a research project to understand barriers and motivations to physical activity in the locality. Findings were utilised to deliver a week-long series of activities for mother figures and daughters during the October half term which aligned with the Women in Sport wider campaign #timetogether. FAB are now exploring further collaborative working opportunities with Women in Sport within other parts of the borough.   |
| 20 | People<br><br><b>Place</b><br><br>Partnerships        | Embed physical activity within services delivered by Greenspaces & Leisure that promote everyday movement                                     | <p>The value of parks and opens paces and their contribution to improving health and wellbeing outcomes has been valued across the FAB Partnership with several new innovations being introduced across the borough including a new outdoor gym installed at Victoria Recreation Ground, and Swing Fitness boxes installed in Hendon Park, Victoria Park and Montrose Playing Fields.</p> <p>Active Trails continue to be promoted, with a workstream underway to align promotional signage and install new active trails in Victoria Recreation Ground, Old Court House Recreation Ground and Riverside Walk.</p> <p>Working in partnership with The Senca Trust and Kompan Ltd, Greenspaces are currently engaging with residents on Fair Play Barnet – a project exploring the opportunity of bringing the first of its kind mixed ability, accessible and inclusive playgrounds for all ages to the borough (and to the UK).</p> |

- 1.19 The updates and interventions highlighted in table above, provide a summary of the extensive work delivered across the Fit & Active Barnet Partnership since April 2022 to increase physical activity levels and subsequently improve health and wellbeing outcomes amongst residents. Further delivery has been planned and is underway during Q4 of 2022-2023 including a physical activity and wellbeing event at Burnt Oak Leisure Centre on 8<sup>th</sup> March to celebrate International Women's Day.
- 1.20 Reflecting on successes achieved to date, available insight and opportunities for further collaboration, work is now underway with the Fit & Active Barnet Partnership to scope and agree priorities for a refreshed implementation plan (2023-2024).

## **2. Reasons for recommendations**

- 2.1 This report provides an update on Fit & Active Barnet achievements since April 2022 and requests for members to note.

## **3. Alternative options considered and not recommended**

- 3.1 None

## **4. Post decision implementation**

- 4.1 The Council and Fit & Active Barnet Partnership Board is currently scoping a refreshed implementation plan for delivery 2023–2024.

## **5. Implications of decision**

### **5.1 Corporate Priorities and Performance**

- 5.1.1 Delivery of priorities identified within the Fit & Active Barnet Framework (2022-2026) support the achievement of the council's corporate plan; Caring for people, our places and the planet (2023-2026) with clear synergy to the four strategic pillars; People, Place, Planet and Engaged and Effective Council.
- 5.1.2 Implementation of the Fit & Active Barnet Framework contributes to achievement of priorities detailed within other key policy documents such as the Barnet Joint Health & Wellbeing Strategy (2021-2025), Long-term Transport Strategy (2020–2041), Parks and Open Spaces Strategy (2016), and the Children and Young People Plan (2019 – 2023).

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

- 5.2.1 Achievements and outcomes delivered via the Fit & Active Barnet partnership since April

2022 have been possible through effective partnership working that has:

- Ensured strategic alignment
- Optimised funding opportunities
- Strived to avoid duplication of services
- Identified and addressed gaps
- Encouraged sharing of skills, knowledge, and resources to maximise efficiencies
- Promoted the value and benefit of physical activity

### **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 terms of reference of the Adults & Safeguarding Committee includes the following responsibilities;

- Responsibility for all matters relating to vulnerable adults, adult social care, and leisure services;
- 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
- To receive reports on relevant performance information (including The Barnet Group Ltd, Your Choice Barnet performance) and risk on the services under the remit of the Committee.

### **5.4 Insight**

5.4.1 Data and insight were carefully reviewed and considered in development of the Fit & Active Barnet Framework (2022-2026) and development of its accompanying implementation plan (2022-2023).

5.4.2 Data and insight have continued to be aligned with in delivery of interventions and actions within the implementation plan which includes considering outcomes of the Resident Perception Survey(s) and that shared amongst the Fit & Active Barnet Partnership and subsequent networks.

### **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 economy<sup>4</sup>.

5.5.2 Better 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 2021 - March 2022, the leisure management contract indicated a social value of £6,443,604 (averaging £103 per

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<sup>4</sup> [Why investing in physical activity is great for our health – and our nation | Sport England](#)

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 Greenspaces and Leisure service continue to 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 An Equalities Impact Assessment was conducted on the Fit & Active Barnet Framework (2022 -2026) and equalities, diversity and inclusion continues to be adopted in all forms of implementation.

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

5.7.3 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.

5.7.4 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, in particular, 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.

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



5.7.6 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, in particular, to the need to:

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

5.7.7 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 Implementation of the FAB Framework has continued to 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 those who are care experienced.

## **5.9 Consultation and Engagement**

5.9.1 Extensive consultation and engagement was undertaken in the development of the Fit & Active Barnet Framework (2022-2026) and its supporting implementation plan (2022-2023) in the form of partner workshop, resident/community group focus groups and public consultation.

5.9.2 Findings and insights obtained via engagement and consultation continue to be aligned with in implementing the priority aims and commitments of the Framework. Opportunities have also been maximised in the form of information sharing with partners via networks such as the Fit & Active Barnet Partnership and forums that include residents with lived experience.

## **5.10 Environmental Impact**

5.10.1 Delivery of the priority aims and commitments set out within the Fit & Active Barnet Framework (2022-2026) have demonstrated synergy and supported priorities identified within the Barnet Sustainability Strategy Framework and the Long-Term Transport Strategy (2020-2041) e.g., delivery of events making Clean Air Day (June 2022) and World Car Free (September 2022) and interventions that promote active forms of travel such as Health Walks, Healthy Heritage Walks and Active Trails.

# **6. Background papers**

- 6.1 [Fit & Active Barnet Framework \(2022-2026\) – Adults and Safeguarding Committee – 19 September 2016](https://barnet.moderngov.co.uk/ieListDocuments.aspx?CId=698&MId=8673&Ver=4)
- 6.2 [Fit & Active Barnet Framework \(2022-2026\) Equalities Impact Assessment](#)