

MEETING:	Adults Directorate Management Team and Place Leadership Team			
DATE:	28 April 2021			
SUBJECT:	Physical Activity and Sports Strategy Update			
REPORT OF:	Charlotte Matthews, Public Health Consultant			
REQUIRES:	Information Only	Decision to agree	Endorsement to do further work	Endorsement take it to other meetings
	X			

1. Recommendations

This is a progress report on the implementation of the Physical Activity and Sports Strategy, for the Adults and Place Directorate Management and Leadership Teams on 4th and 7th May and then for a joint Cabinet Member Briefing with the Cabinet Members for Health and Wellbeing and for Communities on 18th May 2021.

This briefing covers both the implementation of strategic commitments and progress in increasing physical activity, particularly among people who are sedentary.

The recommendations are:

1.1) To note that national statistics on physical activity levels in Southampton are showing:

- a very small improvement of levels of inactivity (<30 mins pw).
- no improvement (yet) on levels of adults achieving the Chief Medical Officer’s guidance (150+ mins pw).
- that we continue to reflect the national trends in physical activity.

1.2) To continue to support the implementation of the strategy:

- maintaining a focus on reducing inactivity and reducing health inequalities.
- supporting the resumption of work post-covid as quickly as possible.
- supporting scaling up our work where possible for greater impact.
- updating the governance as required in light of wider system changes.

2. Summary

Inactivity is a significant risk factor to health and wellbeing; similarly, being physical active is protective of health and wellbeing. The Southampton Physical Activity and Sports Strategy (2017-2023)¹ sits under the Health and Wellbeing Strategy. It was developed in 2017 and aims to decrease the rise in inactivity across the city by 5% by 2023. We are now two-thirds of the way through the six-year Strategy. 2021 is also the first benchmark within the strategy.

Public Health England estimates indicate we have met our interim target to reduce the proportion of residents who are inactive, i.e. active for less than 30 minutes a week. 21.8% adults were estimated to be inactive in 2018/19 against a target of 22.2% for 2020. The same estimates show us missing our target of 67.1% being active for at least 150 mins pw, with local levels thought to be 65.2%.

¹ Southampton City Council, 2017. Physical Activity and Sports Strategy. Available from file:///corp/data/AS/PUBLIC%20HEALTH%20TEAM/A1%20Public%20Health/Physical%20activity/physical-activity-strategy_tcm63-405221.pdf

More information about levels of activity in Southampton are in **Appendix 1, page 7**.

The Strategy includes commitments to increase physical activity by Southampton being an active place, having active communities and individuals being active every day. The strategy is cross-Council, with teams across the council leading on specific commitments including planning, leisure, supplier management, active travel, public health, communications, commissioning and others. All commitments are in progress, being rated as on-track or at least underway, and a range of work continued in some form during the pandemic. More information about progress on each commitment is in **Appendix 2, page 10**.

Priorities for 2021/22 include an ever-increasing focus on health inequalities across the life course and scaling up existing work. We will continue to develop our understanding of the impact of covid19 on physical activity, address new barriers and optimise any new opportunities.

The governance of the strategy will continue to develop with the development of the Leisure Strategy and the associated built leisure facilities strategy, the Parks and Open Spaces Strategy, the community engagement team, the Integrated Care System and its Prevention and Health Inequalities Board, and the Health and Wellbeing Board, amongst others. Commitments within the strategy also link with the City of Culture, the Green City and the Child-Friendly City and other strategic priorities.

3. **DETAIL**

PHYSICAL ACTIVITY

Introduction

Benefits of physical activity

Adults who are active have a 20-35% lower risk of cardiovascular disease compared to people who are inactive. Regular physical activity is also associated with maintaining a healthy weight, improved mental health and a reduced risk of diabetes, osteoporosis and some cancers. In older adults there is an association between physical activity and functional ability. Physical activity is important from our earliest years too, including for brain development. The biggest health and wellbeing gains are from supporting people who are inactive to be more active. This has wider socio-economic benefits for the city.

The Strategy

The Southampton Physical Activity and Sports Strategy² was developed in 2017. It sits under the Health and Wellbeing Strategy and also links to the Green City Strategy, the Transport Strategy, the Child Obesity Cabinet Action Plan (written subsequently) and more.

The strategy applies across the life course. The key targets of the strategy are, over the course of the strategy to:

- decrease the percentage of adults who are inactive by 5%
- increase the percentage of adults who are active by 5%.

² https://www.southampton.gov.uk/images/physical-activity-strategy_tcm63-405221.pdf

The strategy includes universal commitments as well as a focus on reducing health inequalities by supporting groups with high inactivity levels and who may need specific support:

- children and young people
- women
- people in lower income groups
- people who identify as Black, Asian, or other Ethnic Minority groups
- people with long-term conditions or disabilities.

Levels of physical activity in Southampton

The latest Public Health England data was released in January 2021 for 2018/19³. It estimates that, 21.8% local adults were physically inactive in 2018/19, doing less than 30 minutes of physical activity a week. This is *better* than our baseline of 24.2% in 2017 and slightly better than our mid-strategy target of 22.2% for 2018-2020.

The Chief Medical Officer recommends adults are active for at least 150 mins pw, through at least 30 minutes a day for at least 5 days each week. 65.1% of local adults were estimated to achieve this in 2018/19⁴, very slightly *worse* than the baseline (65.2% in 2017) and worse than the mid-strategy target of 67.2%.

Both figures are very close to the figure for England, 21.4% and 67.2% respectively, and the small differences are not statistically significant.

Table 1. Estimate of the proportion of Southampton residents who are inactive and active

Southampton residents	Baseline (2017)	Target (2018-2020)	Actual (2018/19)	Difference from Target
Proportion Inactive Residents <30mins pw	24.2%	22.2%	21.8%	0.4%
Proportion of Active Residents – 150mins or more pw	65.2%	67.2%	65.1%	2.1%

Physical activity was also included in the City Surveys in 2018 and 2020 and in the three Covid-19 surveys to date for residents. It is not directly comparable to the PHE data. The latest City survey, 2020 and the three Covid surveys of 2022 found that 17% to 33% of respondents said they had only been active on 0-1 days in the previous week. We do not know why the results varied so much between surveys and will do more to understand the results.

More information on activity levels reported by Public Health England and through SCC surveys is in **Appendix 1**.

Progress in implanting strategy commitments

A rapid RAG-rating exercise is in **Appendix 2**. It shows that action is underway on all commitments in the strategy, with about half on track or achieving more than planned (rated green) and the remaining half being either behind or not yet at the scale of the full strategy commitment (rated amber). No commitments are rated as red, to indicate no action.

³ Public Health England, 2021. Public Health Outcomes Framework https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/3/gid/1000042/pat/6/par/E12000008/ati/302/are/E06000045/iid/93015/age/298/sex/4/cid/4/tbm/1/page-options/car-ao-0_car-do-0

⁴ Public Health England – Public Health Outcomes Framework.

Examples of work underway follow. This is not a comprehensive list and Appendix 2 has more information.

- The Planning department is leading work on open spaces policies and football pitch strategies to ensure the council is best using these lands. Covid-19 has identified many popular parks and the need to make them more accessible. The Planning team is also about to recruit a Health Planner, funded by the public health grant, to ensure the new policies align with the Physical Activity Strategy and Health and Wellbeing Strategies.
- The Property team are leading a redevelopment plan including significant investment at the Outdoor Sports Centre. This is in addition to the overall leisure consultation with a focus on health and wellbeing outcomes. The strategic vision is to ensure we have the “right things in the right places.”
- A comprehensive built leisure facilities report (in draft form) has been completed and briefed to EMB. This is designed to align with the new leisure strategy and the Strategic Asset Management Plan. Follow on work to commission a Strategic Planning Outcomes Model (SPOM) in accordance with Sport England guidance is now being commissioned; this is likely to be key in unlocking potential Sport England funding for new or redeveloped facilities.
- The Council has made a successful bid for National Leisure Recovery Fund (NLRF) monies to support COVID-19 recovery and has been awarded circa £610k. This is supporting the re-opening of SCC-commissioned leisure facilities and activities and reducing the financial burden to the Council and a result of the contractual risks and financial impact associated with the closure of indoor facilities as a result of the coronavirus legislation.
- The Active Travel team have been working throughout the pandemic to reach groups that have been inactive in the past and face barriers to becoming active. Covid19 is likely to have made it even harder for our target groups to be active⁵. The team have continued to offer ‘mum and trailer’ cycling training and bike repair clinics whenever restrictions have allowed as these are often barriers to beginning or continuing physical activity. Public-health funded additional “bikeability” training in schools, postponed to 2021/22 with the return of children to schools.
- New strategies in development for Leisure and for Parks and Open Spaces, both planned for adoption in 2021/22.
- The Communications and Public Health teams ran a public campaign in January, focused on mental wellbeing and physical activity.
- The Public Health team funded Primary Care Networks to develop their ‘Making Every Contact Count’ (MECC) approach, to support constructive conversations about any aspect of health, including physical activity, as part of usual care.

Priorities for 2021/22

We will continue to implement the strategy, with our methods and focus shaped by our understanding of the impact, barriers and societal changes from the pandemic. For example, the return of all children to school also offers opportunity for more school-based work. Nationally, there are some reports of an increase in young women being active in private spaces and there is

⁵ Physical Attitudes and Behaviours Survey, Savanta ComRes. Waves 1-13.

growing public interest nationally in green space. Health inequalities were already at the heart of the strategy and we will continue this focus across the life course.

We will scale up or bring forward work wherever possible. Commitments within the strategy also link with, and will be informed by, the City of Culture bid, the Child-Friendly City and other strategic priorities. Work to support our own workforce to be physically active will also help us to lead by example and can be considered alongside the results of the staff survey, due shortly. We expect the Integrated Care System's Prevention and Health Inequalities Plan to begin to scope opportunities to optimise physical activity through health and care organisations, for environmental benefit too.

It is intended that the new leisure strategy will align with the Physical Activity and Sports Strategy. There will be a focus on ensuring commissioned leisure activity recovers as quickly and effectively as possible and that participation is maximised; this will be supported by the NLRF. The SPOM development will be completed to complement and assist with the implementation of the built facilities review. It is also anticipated that this will maximise the opportunities to attract Sport England funding for new and redeveloped sites such as the Outdoor Sports Centre and the Bitterne Hub. The new Parks and Open Spaces strategy will also strengthen physical activity.

The current Physical Activity and Sports strategy ends in 2023, and we will prepare a new strategy during that year.

4. **Accountability and governance**

The Physical Activity and Sports Strategy sits under the Health and Wellbeing Strategy.

The Southampton Physical Activity and Sports Strategy is a cross-council strategy and feeds into the strategies of multiple teams. Each area of the strategy has a lead officer, ensuring cross-council working. A SCC Steering Group of these leads has been set up, chaired by Public Health. This group will meet twice a year, and more regularly as required. The public health team link with commitment leads more regularly too. In addition, Public Health chairs a Physical Activity Alliance, of physical activity providers across the city. This has been paused during covid19 and will resume as soon as practical.

The governance of the strategy will continue to develop with the development of the Health and Wellbeing Board, the leisure and open spaces strategies, the Integrated Care System and the ICS Prevention and Health Inequalities Board and of the Clinical Commissioning Group, amongst others.

We also link with EnergiseMe, who work across Hampshire and the Isle of Wight. They are one of 43 Active Partnerships across the UK and are funded by Sport England. They are developing their own HloW strategy and we are working to ensure Southampton's needs and priorities are reflected in it.

A separate Leisure Services Group - chaired by Kate Martin and composed of relevant officers across a range of services and disciplines including Public Health, Supplier Management, Planning, City Services – has been convened to oversee the range of leisure services and activities and lead the leisure strategy development.

5. **Resources Implications** (£, Legal, HR, Property, Health & Safety, IT etc)

There are no resource implications of this progress report. Strategy commitments are already known to teams, who are scaling work to fit their resources. It is the intent of officers to collaborate internally and with other organisations to bid for funding as it is available.

6. **Risk Management**

In general, the key risks to the implementation of the strategy are funding, staff capacity to do the work and covid19 affecting what is possible. Collaboration and creativity are primarily helping us mitigate both. The risks of each specific commitment are the responsibility of the lead officer and are for them to escalate through their Director and Executive Director as applicable.

7. **Communications**

There is not a communication plan specific to the strategy. The public communications plan for physical activity campaigns in 2021/22 is under development. It includes:

- mental wellbeing awareness week in May 2021, with a national focus on nature and being outdoors;
- concerted active travel promotion in May (walking awareness month) and August (travel to work);
- local promotion of the national Better Health campaign in the summer, with a local focus on priority groups and physical activity and sun safety as applicable;
- school and school-holiday campaigns for school-aged children and their families; and,
- working with our commercial partners to publicise the services available through our commissioned services to help support Covid recovery.

Data on levels of physical activity in Southampton

National guidance on physical activity

The Chief Medical Officer recommends adults should be active for at least 150 minutes a week, achieving at least 30 minutes of activity on at least 5 days of each week. Physical inactivity is defined as being active for less than 30 minutes a week.

Local strategic targets

The Southampton Physical Activity and Sports Strategy (2017-2023) aims to reduce the percentage of residents who are inactive by 5% and increase the proportion of active residents by 5% over the course of the strategy.

Data on local physical activity levels

Public Health England (PHE) estimates physical activity levels for each local authority in England on the Public Health Outcomes Framework (PHOF), using the national Active Lives Adult Survey by Sport England. The survey is completed by adults aged 19 years and over and includes self-reported activity completed in at least 10 minute block of:

“...sporting activities, fitness activities, cycling for leisure and sport, cycling for travel, walking for leisure, walking for travel, creative or artistic dance and gardening...” Public Health England, 2021⁶

The latest PHE data was released in January 2021⁷. It shows in 2018/19, an estimated:

- 21.8% Southampton adults were physically inactive, active for less than 30 minutes a week. This is very similar to 21.4% for England and the difference is not statistically significant. It is better than our baseline of 24.2 in 2017 and slightly better than our mid-strategy target of 22.2% for 2018-2020
- 65.1% of Southampton adults were active for at least 150 minutes a week. This is slightly less than 67.2% for England but the difference is not statistically significant. very slightly worse than the baseline (65.2% in 2017) and worse than the mid-strategy target of 67.2%.

Table 1, on the following page, shows how the estimated levels of physical activity reported by Public Health England for Southampton compare to the strategy targets.

Tables 2a and 2b, also on the following page, are taken from the Public Health Outcomes Framework website for speed. They show local levels of adult inactivity and activity have broadly stayed the same since 2015/16 and 2018/19, the period of reporting available. The tables also show that the data is imprecise, as we would expect from an estimate based on national survey data. For 2018/19, 21.8% adults are estimated to be inactive, with 95% confidence intervals of 18.4% to 25.6%.

⁶ Public Health England 2021. <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/6/gid/1000042/pat/6/par/E12000008/ati/302/are/E06000045/iid/93014/age/298/sex/4/cid/4/tbm/1/page-options/car-do-0>

⁷ Public Health England, 2021. Public Health Outcomes Framework https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/3/gid/1000042/pat/6/par/E12000008/ati/302/are/E06000045/iid/93015/age/298/sex/4/cid/4/tbm/1/page-options/car-ao-0_car-do-0

Table 1. Public Health England estimates of the percentage of Southampton residents who are inactive and active compared to Southampton strategy targets. Current data and targets in bold.

	Estimated Actual		Targets			Difference Actual - Target	
	2017 baseline	2018/19 Latest available	2018-2020 Midpoint	2021/22	2023 Strategy end	At midpoint 2018/19 actual - 2018-20 target	To strategy end 2018/19 actual - 2023 target
Inactive Residents <30mins pw Aim to decrease	24.2%	21.8%	22.2%	20.2%	19.2%	0.4% <i>Slightly better than target</i>	2.6%
Active Residents 150+mins pw Aim to increase	65.2%	65.1%	67.2%	69.2%	70.2%	2.1% <i>Slightly worse than target</i>	5.1%
By implication: Under active residents⁸ 30-149 mins pw Aim to decrease	10.6%	13.1%	10.6%	10.6%	10.6%	Not specified as a target 2.5% worse than targets above imply we should be	
Total	100%	100%	100%	100%	100%		

Table 2a. Extract from Public Health Outcomes Framework, showing the annual trend for the percentage of adults estimated to be *inactive* since data was reported.

Period	Southampton					South East	England
	Compared to England	Count	Value	95% Lower CI	95% Upper CI		
2015/16	●	-	22.4%	19.9%	25.1%	20.2%	22.3%
2016/17	●	-	24.2%	21.6%	27.0%	19.3%	22.2%
2017/18	●	-	21.7%	18.2%	25.5%	19.0%	22.2%
2018/19	●	-	21.8%	18.4%	25.6%	18.7%	21.4%

Table 2b. Extract from Public Health Outcomes Framework, showing the annual trend for the percentage of adults estimated to be *active* since data was reported.

Period	Southampton					South East	England
	Compared to England	Count	Value	95% Lower CI	95% Upper CI		
2015/16	●	-	66.5%	63.5%	69.3%	68.7%	66.1%
2016/17	●	-	65.2%	62.2%	68.2%	68.9%	66.0%
2017/18	●	-	69.3%	65.1%	73.2%	69.8%	66.3%
2018/19	●	-	65.1%	60.9%	69.2%	70.2%	67.2%

Source: Public Health England (based on the Active Lives Adult Survey, Sport England) [Public Health Outcomes Framework - PHE](#) Accessed 18.04.21

⁸ There is no national reporting for adults who are active for 30-149 minutes a week, more than the definition for being inactive but not meeting the Chief Medical Officer guidance. Here we categorise them as “under active” and take calculate them as the difference between 100% and the sum of the active and inactive groups.

Impact of Covid19 on physical activity

We can presume the Covid-19 pandemic has since affected local physical activity levels. Southampton City Council included physical activity in the City Surveys in 2018 and 2020 and in the three Covid-19 surveys to date for residents. The council asked about the number of days each week residents were active for at least 30 minutes, rather than the total number of minutes a week. It is therefore not directly comparable with the PHE data.

The City surveys of 2018 and 2020 show physical activity levels going in the wrong direction, with a decrease in adults estimated to be physically active on at least 5 days pw, from 45% in 2018 to 34% in 2020, and an increase in adults estimated to be inactive from 26% to 33%. The covid surveys found varying results in quick succession, with a general impression of activity levels returning to nearer the levels reported in the 2018 City Survey.

Table 3 below shows the results of all surveys.

Table 3. Self-reported activity levels of respondents to Southampton City Council Surveys

SCC Survey		In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to make you breathe harder?			
Type	Date	0 to 1	2 to 4	Subtotal 0-4	5 to 7
City	2018	26%	29%	55%	45%
	2020	33%	33%	66%	34%
Covid	1-5 April 2020	22%	38%	60%	40%
	23-27 April 2020	17%	37%	54%	47%
	8 Jul - 2 Aug 2020	18%	41%	59%	42%

Physical Activity & Sports Strategy- progress update April 2021.

Rapid progress rating completed by attending relevant meetings (Leisure Services/Transport/Physical Activity Alliance) and in discussion with colleagues and partners. It covers the 3 strategy themes: active communities, active places and active everyday.

Key:

No progress
Work has begun. There may be much more to do or it may be behind schedule.
Work is complete or progressing, including progress beyond the scope of original strategy

Outcomes	Actions	Lead or lead dept	Progress/activities/outputs	Considerations/ comments
ACTIVE COMMUNITIES				
Local and national opportunities for physical activity and sport are championed to connect people with the opportunities that meet their needs.	Actively promote opportunities to be active among target inactive groups.	Carolyn Ireland/Neil Tuck	Through the Access to Sustainable Travel funding, 151.5 hours since lifting of lockdown in June 2020 and 48 people have participated in cycle confidence training. Impacted by covid currently. Open access family and one-to-one and via specific groups (those who don't cycle rather than necessarily inactive)	Support targeting inactive communities by linking with public health communications
	Use national events including sporting, music and cultural events to promote physical activity among inactive groups.	Jason Murphy	Covid has stopped any events happening. Euro 22 legacy group for girls and women involved in sport. Active through sport with Saints Foundation. Other opportunities include: -Build active travel and more into City of Culture. -Public Health/ICU in discussion with Saints to resume Football-FIT for men with weight management national funding for 21/22. Can look at expanding it to women and mixed groups depending on cost and/or as part of a Euro 22 legacy	
	Support interventions and activities led by partners (including communities, voluntary sector, health, housing, leisure providers)	Carolyn Ireland/Neil Tuck	Community Cycling Clubs - 40 sessions with 265 attendances so far. Community Clubs work with local partners to understand the needs of local communities and to help them overcome barriers to physical exercise, with many beneficiaries coming from diverse communities that have historically had less investment. Cycling UK supporting existing clubs the challenge is recruiting volunteers to run cycle events. Currently uses SCC volunteers but this comes with caveats which are restrictive for example SCC staff required for supervision.	Links to volunteering item below.

Outcomes	Actions	Lead or lead dept	Progress/activities/outputs	Considerations/ comments
	that target inactive groups.	Education Paul Paskins	Work delivered as part of holiday clubs providing physical activity and healthy food, with government funding targeting children eligible for free school meals (in 2021/22 by Bryn Roberts) Considering mix of facilities beyond leisure centre to ensure they meet the needs of communities to achieve health and wellbeing. Ongoing involvement of communities in consultations to ensure facilities and programmes delivered can adapt to meet changing needs.	Strategic leisure work programme in place
	Establish a point of contact for existing and new community groups interested in developing local physical activity opportunities in their neighbourhoods.	Jason Murphy	Work with So:Linked and local solution groups to explore and develop opportunities to promote physical activity in neighbourhoods. So:Linked are commissioned to provide grass roots opportunities to meet local community health and wellbeing needs and for social prescribers to signpost patients to. Community engagement team expanding.	
	Promote and incentivise opportunities for volunteering through physical activity, to encourage a sense and culture of community service.	Jason Murphy	No current activity due to covid but future work could include incentivising volunteering through sport and exploring how existing local forums could support this. Park Run already uses volunteers. Build on community spirit which developed during covid including volunteering. Also use community bulletin. Potential role of covid champions in encouraging covid-safe activity and moving into more physical activity later. Separately, Wessex Cancer Alliance has community cancer champions too. GoodGym operates in other areas, with volunteers combining running to a site where they then do work to benefit the community eg visit someone who is isolated or litter pick. Unclear whether it mainly attracts people who are already active and comes with a license cost.	Opportunities for development of volunteers and champions.
	Promote existing technologies, apps and online resources to increase physical activity and sport	Carolyn Ireland/Neil Tuck	Promotion of the Love to Ride and Go Jauntly apps and website platforms to encourage cycling through regular campaigns, giveaways and provide ability for people to keep track of miles cycled. Go Jauntly promotes walking routes around Southampton. Local officer promotes love to ride and targets workplaces and cycling now focuses on cycling during leisure time.	

Outcomes	Actions	Lead or lead dept	Progress/activities/outputs	Considerations/ comments
	among target groups e.g. couch to 5k.		Ongoing review of reach of people who are inactive important.	
Local needs are understood and communities are encouraged to develop local solutions.	With partners explore the barriers to physical activity among inactive target groups, share findings with local networks and trial innovative ways to increase participation.	Carolyn Ireland/Neil Tuck	My Journey Communities Grants - 3 grants have been issued in total. -2 grants issued mainly to get people who don't normally engage in exercise to take part. Beneficiaries have included women and young children, people with poorer socio-economic outlook, people who have had problems with drug and alcohol and/or have a criminal record. -1 grant has been issued to continue the Bike Repair for Key Workers. However, work impacted by Covid but plans in place dependent on funding.	Bike Dr can continue to be offered to community groups
	Develop a local network of existing providers and partners to share insights and improve the delivery of new and existing programmes.	Annemarie Hankinson	Multiagency physical activity alliance created and established pre-covid. Meetings paused during covid19. Ongoing engagement with local and regional partners continued to share knowledge, intelligence and insights across organisational and geographic boundaries. Alliance to be re-convened as soon as practical. Other relevant networks include: Leisure services strategy group Local solutions groups	
	Work with partners to develop collaborative funding applications based on local need to increase physical activity levels among target groups.	Jason Murphy/Annemarie Hankinson	Active Through Football with Saints Foundation lead partner. Active Through Football's ambition is to increase activity levels and create sustained behaviour change in a place-based approach. This funded programme from Sport England is being delivered by the Football Foundation. The aim of increasing activity levels in people aged 16+ from lower socio-economic groups (LSEG). The area of focus for this work within Southampton will be Newtown-Nicholstown. Millbrook Matters (led by Energize-Me) is thinking about social capital and creating activities young people can engage with.	

Outcomes	Actions	Lead or lead dept	Progress/activities/outputs	Considerations/ comments
ACTIVE EVERYDAY				
Positive attitudes and behaviours to physical activity are created from an early age.	Support initiatives which integrate physical activity throughout the curriculum, including innovative programmes, teacher training initiatives and events.	Education/Public Health	Public Health funding to support LifeLab deliver the Royal Society of Public Health Young Health Champions programme in the city which trains peer mentors in secondary schools to promote and encourage health and wellbeing (including physical activity).	For schools, see commitment below (overlapping commitments).
	Work with settings including early years and schools to maximise opportunities for physical activity during the school day.	Annemarie Hankinson/Education Carolyn Ireland/Neil Tuck	Rolling programme to promote Healthy Settings (Healthy Early Years Award - HEYA) working with Sure Start Centres, Pre-schools and child minders. The Child Healthy Weight Cabinet Action Plan includes an intent to identify funding to increase recruitment to the programme. Anecdotal reports of some schools focussing on increasing physical activity for children and young people as schools have resumed, to improve physical and emotional wellbeing. Some children have lost physical conditioning and widespread impact on mental wellbeing. Active travel (Travel Tracker and Bike It) in schools both impacted by Covid. Team have begun re-engagement work. Children log trips to school (Travel tracker but now changed to activity tracker but this was done at a very late stage)	Funding and staff capacity could speed this work up, depending how quickly schools can take on more.
	Work with partners to promote school-based campaigns and initiatives to increase physical activity and embed health and physical activity into the school day.	Education/Public Health	Rolling programme to promote Healthy Schools- Healthy High-Five programme has engaged 30 schools previously but this has reduced due to COVID. Programme due for refresh in September 2021. Work delivered as part of holiday clubs (programmes providing physical activity (or enrichment activity) and healthy food)- under government funding targeting children eligible for Free School Meals (in 2021/22). 9.5k children receiving free school meals and aiming to reach a proportion of this group	Links with other commitments in this section.
	Support schools to make effective use of the Primary Premium	Education/Public Health	Testlands (Millbrook) work with local primary schools to increase physical activity among pupils. Scope to consider this as part of work on commitments above.	Links to other commitments in this section.

Outcomes	Actions	Lead or lead dept	Progress/activities/outputs	Considerations/ comments
	to increase quality of PE and school activity.			
	Work with workplaces to maximise opportunities for physical activity during the work day.	Leon Girling, Workplace travel officer Sajid Butt, Strategic Skills Manager Public Health with others Paul Paskins	<p>Bike Repair for Key Workers - helping workers to get around more safely during the pandemic. Joint enterprise between Cycling UK and SCC from April - July 2020</p> <p>One partner has continued to deliver bike services for key workers through the My Journey Activities Grant. Society of St James is providing free bike repair and second-hand bike donation to key workers through its partner organisations. Once completed the project will be evaluated.</p> <p>Wellbeing@work project – promotes physical activity messages through monthly newsletter, with a focus on supporting small and medium enterprises. 21 monthly editions (starting Feb’19), reaching 3,000 addresses. Wellbeing@work webpages on SCC website. Project has now ended and is being evaluated as part of the wider Job Quality review.</p> <p>Integrated Care System and Health and Wellbeing Board – potential to improve the offer for public sector staff as “anchor organisations”. 21.6% (2019) local jobs in public sector, higher than England and South East (from Southampton Data Observatory Economic Assessment 2021).</p> <p>Social Value Act already being used to optimise community benefit from all contracts. Scope to review the national framework and, if required, strengthen physical activity elements.</p>	Also opportunity for SCC to lead by example, including as part of The Way We Work.
Positive physical activity habits are embedded in everyday life.	Promote training opportunities to develop capacity among staff working with target groups through GP surgeries, Social Care, Job Centres, libraries and community centres to empower and	Adrian Littlemore	<p>Physical activity being considered within ICU work plans and pathways. Covid has delayed progress the past year.</p> <p>Falls prevention work has continued during covid. Saints and Unity 101 partnered to provide exercise provision through radio.</p> <p>Initiate engagement with integrated care groups, local solution groups and other forums to raise profile of benefits of physical activity and approach to opportunistic conversations about physical activity. Links to Making Every Contact Count and/or Healthy Conversation Skills programmes.</p>	<p>Links to role of public sector “anchor organisations” leading by example, as above.</p> <p>Scope to strengthen via a health in all policies and contracts approach.</p>

Outcomes	Actions	Lead or lead dept	Progress/activities/outputs	Considerations/ comments
	enable vulnerable groups to sustainably increase participation in physical activity.			
	Deliver Active Travel and My Journey Southampton to support inactive groups, enabling active travel to schools and work places.	Carolyn Ireland/Neil Tuck	<p>Travel grant for businesses for bikes, safe cycle parking. Bike Doctor, cycle training, Love to Ride. Newsletter promoting walking and cycling routes.</p> <p>Ongoing network Meetings (remote since June 2020) to share best practise and insights. My Journey Workplaces Active & Sustainable Travel News bulletin sent every 6 weeks</p> <p>Ride to Work Week in 2020 was adjusted to 'Ride Anywhere Week' in response to covid-19.</p> <p>Staff travel survey March 2021 (Solent NHS Trust, UHS and Ports) to offer insights on travel behaviours to help prioritise interventions</p>	
	Embed health including physical activity in all SCC strategies, policies and contracts	Paul Paskins, Supplier Management	<p>Leisure - Physical Activity to be embedded as part of overarching Leisure strategy. Consultation completed around facilities and local needs. This needs to be more clearly defined to develop a strategy which will be supported. Going forward the aim is to develop a model which is cost neutral with positive contribution with any borrowing paid back we go along.</p> <p>Social Value Act already being implemented, with development of what it is being used to achieve.</p>	Health and Wellbeing Board as a key forum for leading Health in all policies (and contracts and strategies)
ACTIVE PLACES				
More residents using open spaces within the city.	Promote improved connectivity and access to key destinations for walking and cycling within and outside the city centre.	Transport/Planning Pete Boustred-emailed	<p>Discussed as part of outdoor leisure centre development and as part of City centre regeneration?</p> <p>Work on Public Realm strategy</p>	
	Improve the pedestrian environment, safety	Carolyn Ireland/Neil Tuck	During COVID- Green Transport Recovery Plan leading to creation of temporary cycle lanes to assess feasibility. Some have now been made permanent	

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	and accessibility in the city through a network of legible “Active Routes”.	Helen Harris	<p>Improvements to pavements and shared cycle paths in Bevois Valley and Northam Road have been completed as of Autumn 2020. Plans in place to evaluate and gather case studies to understand impact of perception of safety</p> <p>Active travel zones polygon, st marks, st denys and Woolston to prioritise walking/cycling engaging with residents and design stage various stages</p> <p>Evidence gathering associated with the Southampton City Vision (Local Plan) 2020-2040, it is difficult to specifically demonstrate results at this early stage. However, the objectives are being pursued, and can be recognised (if not measured) in the future planning of facilities in the City.</p> <p>Multi functionality of open space that is being considered and how it can used more widely. Schemes that improve the public realm (e.g. within the Mayflower Quarter and Bargate) are encouraged and supported and new developments are expected to show a high level of quality in urban design that will encourage people to use civic and public places.</p>	
	Enable inactive communities and groups to safely make use of grey spaces through facilitated street closures.	Carolyn Ireland	<p>Street closures around school being developed as part of an ongoing programme. School Streets programme at St Mary’s schools with retractable bollards, school street closures. 6-8 schools started in the school streets programme in recent months but delay due to lock down. Increased interest in school street closures due to COVID to provide space for social distancing and helped increase activity for schools. The intervention was offered to all schools beyond Access-fund priority schools.</p> <p>Road closures put in place in Bedford Place from September 2020 enabling walking to become a more attractive option. Active Travel Zone in St Denys have started to be delivered, with several planters put in temporarily for low impact to be monitored and determined whether it should be a more permanent installation</p>	
	Build on other opportunities which promote physical activity, play and active travel.	Annemarie Hankinson/ John Showalter	Joint campaigns with partners, boosting national better health campaign in January 2021. Further work to be planned for 2021, particularly for target groups. Council communications promoting the re-opening of gym and leisure facilities as part of lockdown restrictions easing – promoting outdoor activity to continue as an initial priority given covid.	

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	Explore opportunities to access green spaces and playing fields for use by local residents outside of school hours.	Ian Bailey / Helen Harris	Townhill project led by Parks and green spaces to increase access to Frogs Copse among school pupils. Refresh of green spaces strategy currently underway. The improvement of existing spaces and the creation of intensive green roofs in city centre development are just 2 methods that can be employed to encourage more residents to use open space.	
Residents have access to local facilities that suit their needs and aspirations.	Review available local public indoor and outdoor facilities (including sports facilities) to identify priorities for improvement.	Carolyn Ireland/Neil Tuck	Identifying a space on Sullivan Rec in Sholing for a pump track cycling facility for children and young people. Funding provided by Southampton City Council (Parks & Open Spaces), Veolia Environmental Trust and British Cycling's Places to Ride fund. Local need was identified by social enterprise and local partner Monty's Bike Hub. Children needed place to use bikes. British cycling funding towards sports centre to enhance facilities and support learn to ride to engage more children (green). British triathlon identified Coxford to fund activities to target inactive groups- swim, bike run (promising development)	To be led by Place and Leisure services group
	Work with partners to identify facilities which can increase activity among target inactive groups and develop programmes to increase engagement with physical activity and sport.	Paul Paskins	First Phase of Built Facilities Strategy and associated report completed. EMB were briefed on the report and proposed next steps on 17/03/2021 (the proposals and recommendations were endorsed). Plans for Phase 2 now being worked up, subject to funding being identified. Facilities review included review of leisure centre facilities and assets with recommendation to demolish and rebuild 2 leisure centres with plans to outline business case. 3 rd leisure centre should remain and recommendation to review remaining leisure centres. Contract with Active Nation until 2025 need to start planning approach for 2025. Sports England consistent approach needed. Develop business cases and consult with Sport England to check if they would support them and challenge if needed Plans/proposals being develop for regeneration of the outdoor sports centre. Place working to get Sports England/Southampton FC Funding	

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		Stronger communities /Violence Reduction Unit	Hoglands Park- used by young people and families is undergoing refurbishment of skate facilities and increase perception of safety. Hoglands Park Safer streets project (SCC led) is looking to upgrade some areas of the park to make it safer and ready for use. (Extra CC tv, lighting controls etc). Also seeking capital funding to re-furbish East Park	
	Work with our partners to deliver more physical activity and sport opportunities in our parks and open spaces and sports facilities, targeting inactive groups.	Tina Dyer-Slade / Transport	<p>Included as part of work to develop the outdoor sports centre. Ongoing discussions with Sport England around the potential of securing a supporting grant. Saints FC and Foundation are linked too. Golf course to come in-house is an opportunity to engage inactive groups.</p> <p>Hoglands Park- good identity as youth/recreation. Completed building multiple youth games area. Over a quarter of a million pounds from Capital Programme for replacing the skate park, with contribution from a local skate group.</p> <p>Ongoing involvement of communities in consultation to ensure facilities and programmes delivered can adapt to meet changing needs.</p> <p>Transport work with cycling NGOs to increase cycling in the city</p>	May be opportunities with SO:Linked and Energise Me to encourage new 3 rd -sector organisations to pilot using local facilities if they are not currently well used by inactive groups
Barriers to physical activity are minimised.	Work with local planners to review planning applications and planning policies to enable increased physical activity among residents and minimise barriers to physical activity for all age groups and abilities.	<p>Leon Girling</p> <p>Amber Trueman</p> <p>Helen Harris</p>	<p>Pop-Up Park & Travel hubs at District Centres (Lordshill & Bitterne) where people can continue their journeys onwards to the City Centre and employment locations by other modes proposed under Active Travel Fund. Local Mobility Hubs providing access to hire bikes, public transport, e-scooters, bike repair etc to be developed at District Centres (Portswood & Woolston).(amber)</p> <p>Joint planning and public health post 2021/22.</p> <p>Playing Pitch Strategy that will be signed off shortly and will provide valuable data on the use and future provision required for football, rugby, cricket, tennis and hockey in the City. This Strategy is likely to recognise the barriers (that can include cost, accessibility, peer pressure) in these areas and planning policy will try and address these in its future policy formulation.</p>	

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	Promote and incentivise physical activity by 'park and walk/cycle' opportunities in the city.	Transport	Being explored as part of the transforming cities fund	