

CABINET - 10TH MARCH 2022

Report of the Head of Neighbourhood Services Lead Member: Councillor Leigh Harper-Davies

Part A

ITEM 6 ACTIVE TOGETHER PHYSICAL ACTIVITY FRAMEWORK 2022-31

Purpose of Report

To update on the Active Together Physical Activity Framework 2022-31, provide background information as to its purpose, objective, and relevance to the work of the Council and to seek Cabinet endorsement of the framework and a commitment to supporting the delivery of its priorities and principles.

Recommendations

That the Active Together Physical Activity Framework 2022-31 attached at Appendix 1 is adopted by the Council as a key delivery partner.

Reasons

To provide Active Together with the evidence of the Council's support and commitment for the principles set out in the 10 year framework.

Policy Justification and Previous Decisions

The Council's Corporate Strategy 2020 - 2024 through its key theme of 'Healthy Communities' makes a commitment to 'healthy and happy residents' and to 'providing high-quality leisure facilities and sports activities for people and offer services to improve wellbeing either directly or with our partners'.

Cabinet approved the adoption of the Leicestershire and Rutland Sport (LRS) Physical Activity and Sport Strategy 2017-2021 on 16th November 2017 as a key delivery partner.

Implementation Timetable including Future Decisions and Scrutiny

If approved, the Strategy will come into immediate effect, subject to call in provisions.

Charnwood's annual Sport and Physical Activity Locality commissioning plan for 2022/23 will focus on local priorities and will be directly aligned to the overarching aims of the Active Together Physical Activity 10 Year Framework.

Report Implications

Financial Implications

There are no financial implications resulting from implementing the recommendation of this report.

Risk Management

The risks associated with the decision Cabinet is asked to make and proposed actions to mitigate those risks are set out in the table below.

| Risk Identified | Likelihood | Impact | Overall Risk | Risk Management Actions Planned |
|--|-----------------|--------------------|--------------|--|
| Strategy is not endorsed; health of Charnwood residents deteriorates | Unlikely (2) | Significant (2) | Low (4) | Residents are signposted to other health /physical providers |

Equality and Diversity

An Equality Impact Assessment has been completed and attached at Appendix 2.

Key Decision: Yes

Background Papers: Active Together Physical Activity Framework, 2022-31

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Part B

Background

Active Together

- 1.1 Active Together (formally Leicester-Shire and Rutland Sport) is the name for the Active Partnership covering Leicestershire, Leicester and Rutland (LLR). Active Together is a partnership of the local authorities of Leicestershire, Leicester and Rutland (LLR) working together with Sport England, National Governing Bodies of Sport and voluntary sector organisations. Together with other public, private and voluntary partners, the partnership exists to improve the health and wellbeing of local communities and to enrich the lives of the residents of LLR, through the encouraging and widening access to physical activity and sporting opportunities.
- 1.2 Active Together is one of 43 Active Partnerships, as part of a national network, across England. As a network the national partners include Sport England, National Governing Bodies of Sport, Public Health England, CIMSPA, Sport & Recreation Alliance among many others. The Active Together team includes 23 staff lead by a Director and Management Team who report to a voluntary Board.

Framework for Physical Activity 2022 - 2031

- 2.1 The Active Together Partnership have recently published a new ten year framework that aims to widen access, opportunity for physical activity and increase participation levels across the communities of Leicestershire, Leicester and Rutland (LLR). The framework also aims to shape and influence the future approach to service provision for physical activity across the LLR area and encourage greater agency collaboration. The framework is attached at Appendix 1 to this report.
- 2.2 The framework focuses on targeting resources to local communities and residents who face the greatest barriers to being active and the suffer inequality in accessing opportunities to engage in physical activity and sport. To achieve this the document calls for a system led approach and improved collaboration between key public, voluntary and some private sector services / organisations to coalesce around campaigning and equity in the provision of physical activity / sporting opportunities.
- 2.3 Working through three key themes of People, Place and Partnerships the framework identifies 10 key priorities for action between 2022 and 2031. The delivery of these priorities, through key partnerships and a variety of services and agencies, should result in a step change in access to sport and physical activity provision and a new single system approach and improved collaboration between public, voluntary and some private sector services. The framework has broad support across many key public services and organisations throughout Leicestershire, Leicester and Rutland.

Consultation

- 3.1 The framework has been developed with input from the Council and it builds on wider consultation with a range of partners including Health, Planning Education, Community Services, physical activity and sport sectors. It draws inspiration from the Sport England national strategy - Uniting the Movement, which was extensively consulted on. The framework is compatible with emerging local health and wellbeing strategies and includes contributions and scrutiny from primary and public health services. The framework aspires to act as a catalyst to encourage changes in local policy development, and resource commitment across the local Public, Voluntary and Private sector, driving a step change in health improving behaviour through physical activity.

Climate Change

- 4.1 The framework actively supports reducing the carbon footprint and the impact of the sector on Climate Change. The framework advocates for increased modes and volume of active travel, consumer behaviour change and consideration for greener approaches to infrastructure development (housing and town centres). The framework makes specific reference to the need for a (sport and physical activity) sector action plan to reduce carbon emissions and supporting existing Council and other agency plans to support climate change challenges.

Endorsing the principles of the Active Together Framework

- 5.1 In endorsing the framework the Council would endeavour to deliver the principles outlined below;
- a) Utilise and shape, where appropriate, its existing resources and services to support the delivery of the framework and where possible align the design and delivery of relevant service plans to the principles and themes of the 10-year framework.
 - b) Support the implementation of the framework through the review and evolution, over time, of key policies where adaptation of those policies would support improved provision and opportunity for physical activity, especially for targeted communities and residents with the greatest need or inequality of access to those services.
 - c) Agree to the use of the Councils logo on the publication of the framework and where appropriate subsequent and supporting promotion and information documents both in print and online.
 - d) Where appropriate maximise the collaboration with other Local Authorities and key sector organisations to enhance the delivery of the priorities and working principles within 10-year framework.

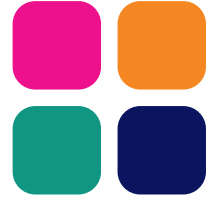
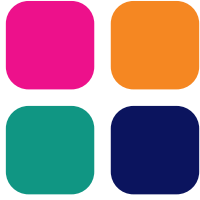
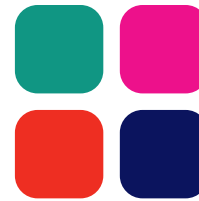
Appendices

Appendix 1 - Active Together Physical Activity Framework 2022-31

Appendix 2 - Equality Impact Assessment - Active Together Physical Activity Framework 2022-31



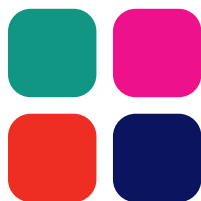
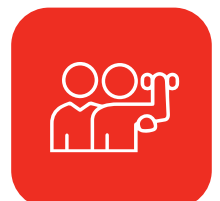
**ACTIVE
TOGETHER
PARTNERSHIP**



PHYSICAL ACTIVITY FRAMEWORK

2022 - 2031

Working across Leicestershire, Leicester & Rutland
to reduce inequalities in Physical Activity



Purpose of this Framework

This strategic framework sets out our message about the importance of physical activity*.

Physical activity is an essential tool in supporting people to live healthier, happier lives. It delivers positive societal outcomes - for example in improving mental health - while reducing negatives such as social isolation and the carbon footprint.

The framework is unique in its ambition to reach those who find it most difficult to be physically active. By identifying the key values, principles and priorities necessary for our sector to raise physical activity levels, we can build greater capacity. In building capacity, we can reduce inequality while working alongside partners in the services they provide to local communities.

The framework is a call for partners working across Leicestershire, Leicester and Rutland to join us in thinking differently as we collaborate in using policy and practice to reduce physical inactivity and reduce inequality. We all have a role to play.



Bev Smith
Chair, Active Together

Our Places

Physical activity can positively change the lives of people of all ages and backgrounds across Leicestershire, Leicester and Rutland. Combined with positive lifestyle choices, for example, healthy eating, avoiding smoking and excessive alcohol, physical activity is a critical ingredient to preventing ill health and staying physically and mentally well across the life course. But supporting people to build physical activity as part of daily lives is challenging and requires differing approaches in different places.

Leicestershire and Rutland counties are predominantly rural. More than 300 settlements are populated by fewer than 10,000 people. There is rural isolation and an aging population. Leicester City, by comparison, has a younger demographic. However, its premature death rate is higher than the England average. Just over two thirds of premature deaths are caused by cancers, cardiovascular and respiratory diseases. Physical inactivity is a contributing factor.

Physical activity levels in Leicestershire, Leicester and Rutland are lower than the national average. There are also growing inequalities in physical activity levels between social classes. Some of our places experience significantly lower physical activity levels than the England-wide average. Rising inactivity levels have been exacerbated by the pandemic. These and many more complex factors highlight the challenge the sector is facing to tackle inactivity and reduce inequality. ✍



Challenges and Opportunities in Leicestershire, Leicester and Rutland

Our residents have told us through our consultation that their activity levels have been hit hard by the pandemic. Alongside our partners we want to play our part and use physical activity to support communities to rebuild, develop wider social and economic benefits and improve the physical and mental wellbeing of individuals.

Our community consultation highlighted a range of challenges and opportunities that we need to collectively respond to.

Challenges

Our communities are less physically active because of the pandemic.

Our residents feel less physically capable to undertake physical activity because of the pandemic.

The general strength and conditioning of our residents to complete every day activities has declined because of the pandemic.

Residents have told us that the biggest barriers to being active are time, access to local opportunities and their own physical / mental health.

Opportunities

During the pandemic more residents recognise the importance of being physically active.

Improving and maintaining good mental and physical health are our residents' greatest motivations for being physically active.

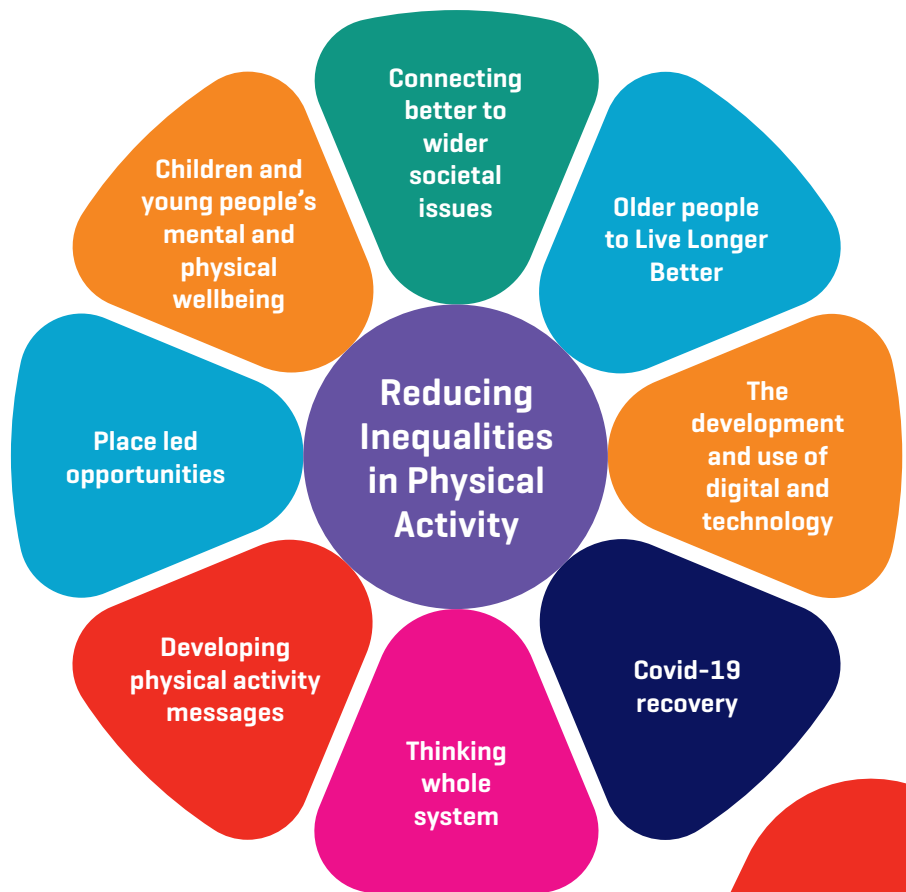
The greatest influences on our residents physical activity choices are place, family and friends.

Residents have stated a clear intention that they want to make healthy lifestyle changes.

Our Partners Priorities

From listening to our partners and communities we have developed a better understanding of what is important and what priorities we should focus on to make a difference to people's lives.

Our key priorities for the next decade are to encourage people to move more by supporting:



2022 to 2031 – Framework Summary

Outcomes
The difference we want to make

- More People**
Regularly taking part in physical activity.
- Better Health**
Improving physical and mental wellbeing, especially for our most inactive people.
- Connecting Communities**
Where people and places connect and thrive through moving more and being active.

Vision
Where we want to get to

Leicestershire, Leicester and Rutland: a place where physical activity is part of daily life, leading to people living healthier and happier lives.

Values
Shape our behaviours and attitudes

- Inclusive**
We make decisions that are fair, equitable and that focus on reducing inequality.
- Innovative**
Our practice is creative, scalable and sustainable.
- Inspiring**
Our energy and enthusiasm motivates our communities to move more.
- Inquisitive**
We are keen to learn, ask questions and are curious about alternative solutions.

Principles
Shape the way we operate

- Be Dynamic**
Have a flexible and agile approach that responds to the changing environment.
- Be Brave**
Challenge the blockages to progress and take calculated risks to find the right solutions.
- Learn from Everything**
Learn and reflect on all our work and seek to continuously improve.
- Work as a System**
Tackle complex challenges through partner collaboration and trust.

Ways of Working
Help us connect and deliver for our communities

- Connecting and Collaborating**
We will recognise the complexity of our mission and develop common purpose with partner organisations.
- Putting People and Place First**
We will put the community at the centre of the work. "Nothing to us, without us".
- Thinking Long Term**
We will over time strive to tackle the root causes of barriers to being physically active.
- Prioritise Reducing Inequality**
We will channel our resources, energy and time to those whose lives will benefit most.

Priorities

What we will do

1. Our People

Working across the Life Course

We will work together to reduce inequality and create safe opportunities for the least active, right across the life course.

Building a Skilled and Representative Workforce

We will develop a flexible and agile physical activity workforce that is responsive to and representative of our local communities.

Developing our Leaders

We will work to address the diversity challenge and lack of representation in leadership and governance positions.

2. Our Places

A Place Led Approach to Delivery

We need to work with local communities to find local solutions to support residents be more physically active.

Developing an Active Environment

We will work with our partners to create a high quality network of formal and informal spaces to live, work, travel and play.

Reducing our Carbon Footprint and the impact of the Sector on Climate Change

We need to help shape consumer and partner behaviour to make a greater contribution to tackling climate change.

Raising the profile of the 'sporting' assets in Leicestershire, Leicester and Rutland

We will promote our sporting assets and help local communities to benefit from their wider health, social and economic impacts.

3. Our Partnerships

Working as a System

We will work with key system partners to consider their role and how they facilitate physical activity in everyday life, contributing to reducing inequality.

Extending and Strengthening the reach of our Sector

We will identify new partners, services and organisations, that can play a role in increasing the opportunities for people to be active and move more in their everyday lives.

Physical Activity supporting Health, Economic Prosperity and Inclusive Growth

We will champion the value of physical activity to contribute to Leicestershire, Leicester and Rutland's health and economic prosperity.

1. People Priorities

Engaging both inactive and active people and supporting the workforce are critical to building healthy, more active communities across Leicestershire, Leicester and Rutland. Facilitating both individual and organisational behaviour change is challenging. Ensuring that changes are led by people in our communities and local organisations will help build the foundations leading to better access to local opportunities.

1. Our People

1.1. Working across the Life Course

We will ensure that our approach to tackling inequality and creating opportunities for the least active, runs right across the life course.

- **Best Start in Life** - we will work with early years, education, health and other partners to create and sustain positive physical activity experiences for children and families.
- **Staying Healthy and Well** - we will champion for physical activity to be an integral part of healthy living, through both a universal and a targeted offer to all adults and communities.
- **Living and Aging Well** - we will ensure that there is a range of bespoke physical activity opportunities throughout Leicestershire, Leicester and Rutland designed to keep older people healthy through their later years.

1.2. Building a Skilled and Representative Workforce

Our paid and unpaid workforce are the lifeblood of our sector. We want to develop a flexible and agile physical activity workforce that understands and is responsive to the needs of our local communities. To do this we need to build a workforce that is representative of our communities and that are supported to acquire the right skills needed to develop local opportunities, sustain and grow their organisations and develop sustainable careers.

1.3. Developing our Leaders

Leaders and leadership should come from all parts of our community. We want to tackle the diversity challenge and lack of representation in leadership and governance positions within our sector. We want to identify potential local leaders and champions, embedded in the social fabric of their local communities, that better understand how to address the inequality of physical activity opportunities that exists.



Did you know?

62.7% of adults (aged 18+) in Leicestershire, 65.9% of adults in Leicester and 65.3% of adults in Rutland are classified as overweight or obese compared with 62.8% nationally.

Public Health England, 2019/20.

2. Places Priorities

Leicestershire, Leicester and Rutland is a very diverse but vibrant place to live. Within Leicestershire, Leicester and Rutland there are many individual places and communities with their own unique characteristics and challenges. These priorities seek to recognise and respond to the assets and needs of our places. The places and spaces around us, and in which we live, travel and work, influence when, where and how we move and engage with being physically active.

System partners, when supporting local people, must recognise their immediate local environment, and be agile to adapt to local circumstances, be that from a county, city, district, or neighbourhood perspective.

2. Our Places

2.1. A Place Led approach to Delivery

We need to work with local places to find local solutions to support communities be physically active. Our challenge is to understand the issues that impact on the daily lives of our communities. We need to learn, with our partners, what it takes to deliver on the principles enshrined in “nothing to us, without us”, making best use of community assets and skills.

2.2. Developing an Active Environment

We need a high quality network of formal and informal spaces to live, work, travel and play. Our built environment of homes, streets, open spaces and workplaces should be designed to encourage people to move and be active. Our leisure and sport assets should be accessible, local and of the very best quality to drive and respond to local need.

2.3. Reducing our Carbon Footprint and the impact of the sector on Climate Change

This is one of our greatest challenges as a society. We need to act and not underestimate the role the sector can play in contributing to Net Zero and role modelling new consumer and organisational behaviour changes. We need to investigate ‘greener’ provision in our services and help shape consumer and partner behaviour in making a greater contribution to tackling climate change.

2.4. Raising the profile of the ‘sporting’ assets in Leicestershire, Leicester and Rutland

We will celebrate our ‘Places’ and raise the profile of our sporting assets. We want our communities to be proud of the place they live. We are a premier sporting location, helping local communities to benefit from the wider economic, social and health benefits of these sporting assets.



Did you know?

The population of Leicestershire, Leicester and Rutland is projected to grow from 1,093,183 to 1,216,705 by 2031, an increase of 11.3%. [ONS, 2018].

3. Partnerships Priorities

Leicestershire, Leicester and Rutland physical activity partners have identified the following priorities that will inform policy and practice over the next 10 years. The golden thread that runs throughout, is our collective action to reduce the inequality of access that exists, and to increase the physical activity levels of our least active communities. Focusing resources and our energy on the dual challenge of reducing inequality and inactivity requires good leadership and changes in behaviour beyond badges, borders, egos and logo's.

3. Our Partnerships

3.1. Working as a System

Getting people to move more is not just the responsibility of the physical activity sector. We need our system partners to consider their role and how they facilitate physical activity in everyday life. Connecting with partners in the system such as health, education, housing, workplaces, private and voluntary sector organisations as well as supporting collaboration at a local level will contribute to reducing inequalities.

3.2. Extending and Strengthening the reach of our Sector

We will be proactive and extend our reach and connections to new partners, services, and organisations, that can play a role in increasing the opportunities for people to be active and move more. We will encourage our sector to look outward to develop new relationships, become system leaders and advocate the power of physical activity.

3.3. Physical Activity supporting Health, Economic Inclusion and Prosperity

We need to ensure that local policies and strategies build a foundation, where the benefits of physical activity, such as the savings in relation to health spend, reduced social isolation, increased skill development and boosting workplace productivity are recognised as key economic benefits. We will champion the value of physical activity to contribute to Leicestershire, Leicester and Rutland's health and economic prosperity.

"Improving health and wellbeing for all local people will be at the heart of our work as a new Integrated Care System. We will do this through collaboration and will focus in particular on the inequalities which currently exist. There is no doubt that physical activity can offer many benefits to individuals and communities. We therefore support and look forward to working with the Leicestershire, Leicester and Rutland Active Together Partnership."

*David Sissling, Independent Chair
Leicester, Leicestershire and Rutland Integrated Care System*



Did you know?

34.7% of respondents from a local residents survey reported doing less physical activity compared to their pre-Covid-19 levels.

Active Together, Resident Survey, 2021.

Leadership and Collaboration

Our local services and sector partners need to share responsibility and work in harmony to make physical activity an easy choice for all our local communities.

Reducing levels of inactivity is a complex challenge and there is no one single organisation or service that can provide the solution on their own. With the economic, health and environmental challenges that lie ahead, the way forward requires inactivity to be viewed as a system wide responsibility to be tackled by a collaborative leadership approach involving shared resources and a broad range of skills and expertise.

It is the collective power of collaboration that will make the difference over the longer term.

The partnership needs to lead, nurture and develop better collaboration as well as taking a system led approach to tackling inequality and widening access and opportunity for physical activity.

Call to action

We need our key partners and wider network to raise the profile and health benefit of physical activity. We need our partners and supporters to lead, connect and adopt collaborative practices that, focus on reducing inactivity and tackle the inequalities of access.

This requires developing relationships and leading across organisational boundaries to share the complex challenges of improving the physical and mental health of our communities.

To deliver this framework, we will:



“Only together can we achieve our vision of Leicestershire, Leicester and Rutland being a place where physical activity is part of daily life, leading to people living healthier and happy lives.”

Bev Smith

Chair, Active Together



Did you know?

Over a quarter of adults [29.4%] aged 16+ in Leicestershire, Leicester and Rutland are physically inactive [undertake less than 30 minutes physical activity a week].

Active Lives Adult Survey, May 2020-21.

Building Success

Our success has traditionally been measured against national and local headline indicators.

These provide us with a numerical understanding of our work, but don't necessarily reflect our wider impact. Headline data doesn't always capture change within communities, policies, and organisations.

We know that physical activity improves health, connects communities, brings people together and makes a significant economic contribution. We will continue to measure that impact.

But our goal is also to build a shared understanding of the processes and systems needed for positive change in local communities. Success should also represent increasingly relevant, local and enjoyable opportunities for people to move more in their daily lives.



Developing our Learning Culture

- We will embed a learning culture in our teams and our network to support continuous improvement.
- We will be brave, unafraid to take action and will learn from our mistakes.
- We will turn that learning into action needed to develop new insight and improve decision making around investment.
- We will ensure our approach is meaningful to partners and communities.
- We will promote and facilitate opportunities for partners to share and colleagues to connect, exchange and develop our learning on an ongoing basis.
- We will create time and capacity to make evaluation more central to our work.



Understanding our Impact

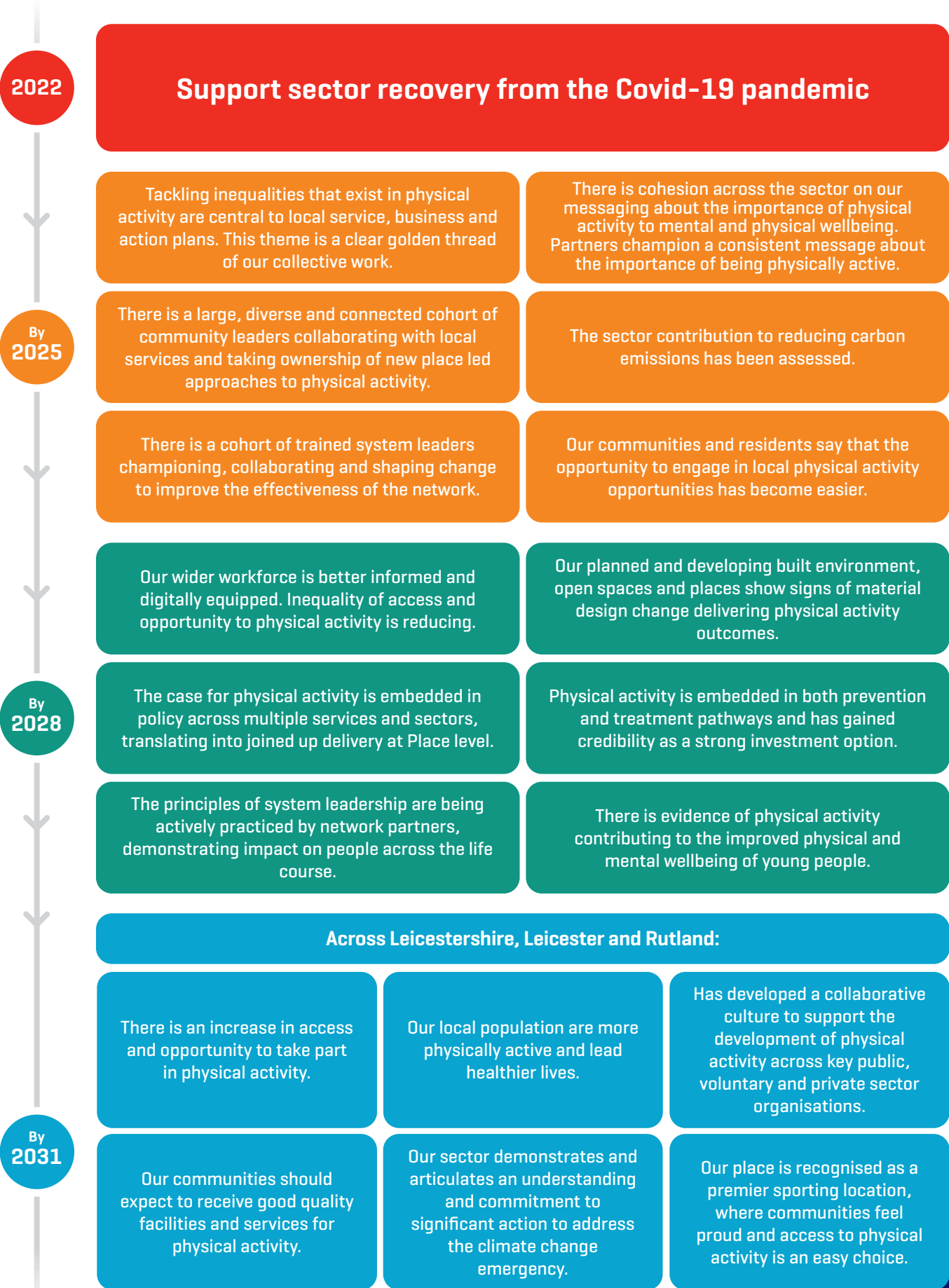
- We will continually review action which has the greatest impact on reducing inequality, increases opportunity and widens access to physical activity.
- We will place increasing value and awareness on relationships as we recognise the impact of collaboration in reducing physical inactivity in our communities.
- We will further measure the impact of our actions and investments as we better understand the value of our interventions to tackle physical inactivity and reduce inequality.
- We will refine our methods of understanding of the impact of our online and offline messaging and campaigns. We recognise the power of communication to influence behaviour change.



Did you know?


Improving physical activity levels among residents in deprived areas could help to tackle the life expectancy gap between the least and most affluent areas in Leicestershire, Leicester and Rutland. [ONS, 2009-2013].

Milestones to Success





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CONNECT WITH US:



For our Leicestershire, Leicester
& Rutland residents:

@ActiveLLR

For our partners:

@ActiveLLROrg

Equality Impact Assessment

Active Together Physical Activity Framework 2022- 31

- **Background**

An Equality Impact Assessment is an improvement tool. It will assist you in ensuring that you have thought about the needs and impacts of your service/policy/function in relation to the protected characteristics. It enables a systematic approach to identifying and recording gaps and actions.

- **Legislation- Equality Duty**

As a local authority that provides services to the public, Charnwood Borough Council has a legal responsibility to ensure that we can demonstrate having paid due regard to the need to

- ✓ Eliminate discrimination, harassment, victimisation.
- ✓ Advance Equality of Opportunity
- ✓ Foster good relations

For the following protected characteristics:

- ✓ Age
- ✓ Disability
- ✓ Gender reassignment
- ✓ Marriage and civil partnership
- ✓ Pregnancy and maternity
- ✓ Race
- ✓ Religion or belief
- ✓ Sex (Gender)
- ✓ Sexual orientation
- ✓ Socially excluded groups

What is prohibited?

- ✓ Direct Discrimination
- ✓ Indirect Discrimination
- ✓ Harassment
- ✓ Victimisation
- ✓ Discrimination by association
- ✓ Discrimination by perception
- ✓ Pregnancy and maternity discrimination
- ✓ Discrimination arising from disability
- ✓ Failing to make reasonable adjustments

Complete this action plan as you go through the questions

- **Step 1 – Introductory information**

| | |
|---|--|
| Title of the policy | Active Together Physical Activity Framework 2022-31 |
| Lead officer and others undertaking this assessment | Zoe Griffiths |
| Date EIA started | 9th February 2022 |
| Date EIA completed | 9th February 2022 |

● **Step 2 – Overview of policy/function being assessed**

Outline: What is the purpose of this policy? (Specify aims and objectives)

The Active Together ten-year framework aims to widen access, opportunity for physical activity and increase participation levels across the communities of Leicestershire, Leicester, and Rutland (LLR). The framework also aims to shape and influence the future approach to service provision for physical activity across the LLR area and encourage greater agency collaboration.

The framework focuses on targeting resources to local communities and residents who face the greatest barriers to being active and suffer inequality in accessing opportunities to engage in physical activity and sport. To achieve this the document calls for a system led approach and improved collaboration between key public, voluntary and some private sector services / organisations to coalesce around campaigning and equity in the provision of physical activity / sporting opportunities.

Working through three key themes of People, Place and Partnerships the framework identifies 10 key priorities for action between 2022 and 2031. The delivery of these priorities, through key partnerships and a variety of services and agencies, should result in a step change in access to sport and physical activity provision and a new single system approach and improved collaboration between public, voluntary and some private sector services. The 10-year framework has broad support across many key public services and organisations throughout Leicestershire, Leicester, and Rutland.

Charnwood Borough Council will contribute to the delivery of the 10-year framework through Charnwood's annual Sport and Physical Activity Locality commissioning plan for 2022/23 which focuses on local priorities and will be directly aligned to the overarching aims of the Active Together Physical Activity 10 - Year Framework.

The focus for 2022-23 will be to develop physical activity pathways that ensure there is a more varied physical activity offer which Charnwood residents can access at the right level at the right time. We need to consider further how we offer physical activity, ensuring we have a balance of face to face, digital / virtual and self-help options. We will further focus our resources where they have the greatest impact, as well as, supporting individuals and communities to help themselves to become more active. There will need to be a balance between programme delivery and systems shaping to ensure a whole systems approach is taken. Given the current environment, we will also need to ensure that we are dynamic and innovative so that we are able to respond quickly and flexibly to both national and local circumstances.

Working together we can utilise the place-led approach to ensure we support;

- Our children & young people receive the best start in life
- People to stay healthy and well throughout their life
- Older people to age well in later years to live longer better.

What specific group/s is the policy designed to affect/impact and what is the intended change or outcome for them?

Communities and residents who face the greatest barriers to being active and suffer inequality in accessing opportunities to engage in physical activity and sport.

This framework focuses on;

- Moving the inactive to active and supporting targeted population groups
- Tackling the inequalities, we've long seen in physical activity.
- Providing opportunities to people and communities that have traditionally been left behind, and helping to remove the barriers to activity
- Ensuring that sport and physical programmes target unmet local need, identified through appropriate mechanisms.

Which groups have been consulted as part of the creation or review of the policy?

The 10-year framework has been developed with the support of Charnwood Borough Council's Neighbourhood Services and it builds on wider consultation with a range of partners including Health, Planning Education, Community Services, physical activity, and sport sectors. It draws inspiration from the Sport England national strategy-Uniting the Movement, which was extensively consulted across England over a period of 24 months. The framework is compatible with emerging local health and wellbeing strategies and includes contributions and scrutiny from primary and public health services. The Framework aspires to act as a catalyst to encourage changes in local policy development, and resource commitment across the local Public, Voluntary and Private sector, driving a step change in health improving behaviour through physical activity.

Through the work of the ongoing Sport & Physical Activity Locality Commissioning Plan 2021-22 and 22-23 the Active Charnwood team have met and consulted with the public, key partners, community organisations and community groups, to ensure the needs of all residents are considered. This feedback has been reported back to Active Together and is reflected in the 10-year Framework 22-31.

Consultation has taken place with the following organisations;

- North and South Charnwood SSPAN's
- Charnwood Borough Council - Neighbourhood Services teams
- Children & Family Well Being Services
- Leicestershire and Rutland NHS
- Charnwood North and South Clinical Commissioning Groups
- Leicestershire Partnership Trust
- Fusion Lifestyle (Private contractor)
- Youth Services
- Loughborough University
- Voluntary Sector partners/Community groups based at;
 - Altogether Place, Marios Tinenti Centre, Gorse Covert Community Centre, John Storer House, Fearon Hall, Loughborough wellbeing café

Groups include:

- Equality Action Charnwood
- Safe Well Happy Partnership group
- Leicestershire WM
- Dementia UK
- Ramblers
- Parkinson's UK
- Leicester City in the community
- Tay Play
- B- Buddies
- ESOL - Loughborough College
- Menphys
- BACA

• **Step 3 – What we already know and where there are gaps**

List any existing information/data do you have/monitor about different diverse groups in relation to this policy? Such as in relation to age, disability, gender reassignment, marriage and civil partnership, pregnancy & maternity, race, religion or belief, sex, sexual orientation etc.

Data/information such as:

- Consultation
- Previous Equality Impact Assessments
- Demographic information
- Anecdotal and other evidence

EIA LRS Sport & Physical Activity Strategy 2017-20

EIA Charnwood Sport & Physical Activity Commissioning Plan 2021-22

EIA Charnwood Sport & Physical Activity Commissioning Plan 2022-23

Active Together & Leicestershire County Council - Let's Get Moving: Place(s) Led Physical Activity Action Plan Guidance Document 2022/23

Charnwood Needs Assessment 2022

Population & inequality

- Along with most areas of Leicestershire (and England), there is significant growth in the population of over 65's expected by 2040 (43%).
- There is also a growing population overall with over 19,000 new dwellings projected for the district by 2037.
- Alongside this, significant growth in conditions is expected as the population grows and ages.
- There is significant inequality in life expectancy for women in the district

Best Start for Life

- Infant mortality rates appear to be high for Charnwood at 5.1 when the region is 4.1 and England is 3.9
- Breastfeeding initiation rates are significantly lower than England although they are higher than the regional rate. Rates are significantly worse in Shepshed East (compared to LLR rate). By 10-14 days rates continue to be lower in Shepshed East

but also Sileby. By 6-8 weeks this is the case in Syston West, Sileby and Shepshed East

Living Healthy, Safe and Well

- Vaccination rates for people living in 3 MSOA's are the lowest in the County
- Rates of loneliness are higher than Leicestershire and England. The risk of loneliness is especially high in 4 LSOA's in Loughborough (note this is for risk only, not actual).
- Work is already underway in the INT around mental health including a mini needs assessment and an action plan to address need identified
- Deprivation, and fuel poverty is high in some parts of Loughborough with 2 LSOA's falling in the highest 10% of England
- Air quality in the two air quality management areas and high rates of admissions for CYP with asthma and viral wheeze in some MSOA's
- Estimated 7,658 veterans living in Charnwood with a range of health issues, primary ones include heart, blood pressure and circulation and conditions with legs or feet

Living and Supported Well

- Hip fracture rates are much higher than England and Charnwood is third highest across the region.
- Large numbers of people providing unpaid care in the area (although data is from 2011 census so considerably out of date)

What does this information / data tell you about diverse group? If you do not hold or have access to any data/information on diverse groups, what do you need to begin collating / monitoring? (Please list)

The data tells us that our least active communities live in the most deprived areas of Charnwood and experience higher than the national/county average health inequalities.

Active Charnwood will continue to carry out on going customer monitoring and evaluation surveys for all projects delivered as part of the framework/locality plan. This feedback will help the sports team to shape future delivery of programmes.

The information collected will be used to monitor the outcomes of the framework and projects delivered as part of the 2022-23 Charnwood Sport & Physical Activity Locality Commissioning Plan. The information will provide us with data on how many males and females take part, how many participants are from BME communities and how many participants have a disability. From the information provided we can then use this to ensure we are delivering projects that meet the needs of residents.

Data collected from previous sport programmes shown that we had received comparative numbers on activities from people with disabilities and from BME communities. 14% of the Charnwood population are non-white and 16% of residents have a disability. Through our work we have been proactive in developing more targeted programmes which aim to increase participation levels with these hard-to-reach groups.

To meet the needs of our residents we will make activities available during daytime, evenings and weekend and ensure that there is a good geographical spread of activity across the borough and that these are easily accessible to residents who may not have access to transport.

• Step 4 – Do we need to seek the views of others? If so, who?

Considering the answers given in Step 2, do you need to consult with specific groups to identify needs / issues? If not explain why.

Yes, see Step 3 refer to Active Together & Leicestershire County Council - Let's Get Moving: Place(s) Led Physical Activity Action Plan Guidance Document 2022/23 This document refers to continually meeting with partners who support the delivery of the framework to ensure we are meeting the needs of the service.

● **Step 5 – Assessing the impact**

Considering any data/consultation/information and your own knowledge, identify whether the policy has a positive or negative impact on the individuals or community groups who identify with any 'protected characteristics' and provide an explanation for your decision. Please refer to the general duties on the front page.

| | |
|---|---|
| <p>Age</p> | <p>The Active Charnwood team will ensure that projects delivered as part of Charnwood's sport and physical locality activity commissioning plan 22-23 are aligned with the principles of the framework. Programmes will be delivered across 4 Levels.</p> <p>Level 1: Population interventions, Brief Advice, Sign posting Self-help</p> <p>Level 2: Targeted interventions, Community/Setting Based interventions</p> <p>Level 3: Physical Activity Supported Programme</p> <p>Level 4: Specialist Physical Activity Programmes</p> <p>Projects across the different levels will be available to the following age groups. 0-5, 5-15, 16-25, 25-55, 55+ and Universal. Delivering projects across these life stages will ensure there is a good spread of activity available for residents of all ages.</p> <p>These programmes will have a positive impact on all ages.</p> |
| <p>Disability</p> <ul style="list-style-type: none"> ● Physical ● Visual ● Hearing ● learning disabilities ● mental health | <p>Active Charnwood provide a vast selection of activities specifically for disabled people in partnership with local disability groups such as Mencap and the Safe, Well Happy Partnership, Fusion Lifestyle (leisure provider), our school sports partnerships (SSPANs) and Active Together. All our sessions are fully inclusive and cater for children and adults with a disability.</p> <p>These activities will have a positive impact on people with disabilities.</p> |
| <p>Gender Reassignment (Transgender)</p> | <p>There are no barriers to participation in respect of sex. We offer sessions which are for male and females to take part together and specific projects for men or women which have been identified as a need by our partners.</p> |

| | |
|---|--|
| | <p>Examples of these projects include BAME Physical Activity Projects and ESOL Ladies project.</p> <p>These sessions will have a positive impact irrespective of gender reassignment.</p> |
| Race | <p>Our aim is to have an inclusive approach to participation irrespective of racial groups. We have an awareness and understanding of specific issues that may impact on racial groups taking part in physical activity & sport.</p> <p>All sessions will have a positive impact on residents irrespective of racial groups.</p> |
| Religion or Belief (Includes no belief) | <p>We do not offer sessions which cater for specific religious beliefs. However, we need to be aware and understand religious practices e.g., prayer time and fasting and how these impacts on religious groups taking part in physical activity and sport. Activities need to be planned to take into consideration the issues highlighted above for these groups of people.</p> <p>Sessions organised will have a positive impact irrespective of religious beliefs.</p> |
| Sex (Gender) | <p>We seek to ensure that all adults are not discriminated against regardless of their / or any perceived sexual orientation.</p> <p>Programmes organised will have a positive impact on participants.</p> |
| Sexual Orientation | As above |
| Other protected groups <ul style="list-style-type: none"> • Pregnancy & maternity • Marriage & civil partnership | As above |
| Other socially excluded groups <ul style="list-style-type: none"> • Carers • Low literacy • Priority neighbourhoods • Health inequalities • Rural isolation • Asylum seeker and refugee communities | <p>Priority Neighbourhoods - The Active Charnwood team are already working in the LSOA areas of Loughborough.</p> <p>Active Charnwood have organised specific sessions for Asylum Seekers and continue to engage with this group.</p> <p>These sessions will have a positive impact on socially excluded groups.</p> |

Where there are potential barriers, negative impacts identified and/ or barriers or impacts are unknown, please outline how you propose to minimise all negative impact or discrimination.

- If you have identified adverse impact or discrimination that is illegal, you are required to take action to remedy this immediately.
- Additionally, if you have identified adverse impact that is justifiable or legitimate, you will need to consider what actions can be taken to mitigate its effect on those groups of people.

N.A

Summarise your findings and give an overview as to whether the policy will meet Charnwood Borough Council’s responsibilities in relation to equality and diversity (please refer to the general duties on the front page).

The Active Together Physical Activity 10 Year Framework 2022-31 provides an inclusive approach to participation that is cohesive irrespective of race, religion, gender, sex, sexual orientation, and disability. Active Charnwood have an awareness and understanding of specific issues that may impact on groups taking part in physical activity and sport.

• **Step 6- Monitoring, evaluation, review**

Are there processes in place to review the findings of this Assessment and make appropriate changes? How will you monitor potential barriers and any positive/ negative impact?

Performance management arrangements are in place to monitor individual projects providing us with the necessary demographic, financial and geographic data, alongside qualitative progress reports. It is expected that monitoring against delivery will be submitted to Active Together at six monthly and yearly intervals alongside case-studies every six months.

1:1 meetings will take place specifically between locality Local Authority lead officers and School Sport Development Managers and Active Together at least twice a year. It is expected that Active Charnwood will measure the impact of the interventions to enable Active Together to understand what has the greatest impact on tackling inequality, increasing opportunity, and widening access to physical activity.

There is a tiered evaluation approach that is based on the scale and intensity of each programme. For those programmes working with a large proportion of the population, a light evaluation process is required. Whereas programmes targeting a smaller number of participants that are more resource heavy, require a more comprehensive evaluation.

As well as monitoring and evaluation, Active Charnwood will be required to embrace a learning culture to support continuous improvement and promoting and facilitating sharing amongst the partnership. A Physical Activity Monitoring Evaluation and Learning Framework has been developed and Active Charnwood will be required to adhere to these when implementing monitoring and evaluation processes.

The processes include:

- Consultation and feedback with our partners
- Consultation and feedback with our customers

How will the recommendations of this assessment be built into wider planning and review processes? e.g., policy reviews, annual plans and use of performance management systems.

Any recommendations from the Equality Impact Assessment will be used to shape and improve future delivery of sport and physical activity programmes in Charnwood and shape Charnwood’s Sport & Physical Locality Commissioning Plan that is aligned with the framework.

- **Step 7- Action Plan**

Please include any identified concerns/actions/issues in this action plan. The issues identified should inform your Service Plan and, if appropriate, your Consultation Plan

| Reference Number | Action | Responsible Officer | Target Date |
|------------------|---|----------------------------|-------------|
| | To continue to develop marketing material which is creative and meets the needs of the specific groups identified within the framework. | Active Charnwood team | Ongoing |
| | To ensure that the framework is delivered through the sport & physical activity commissioning locality plan and meets the commissioning priorities of providing activities that have a; Greater focus on families Greater focus on the inactive Greater focus on addressing inequalities | Active Charnwood team | Ongoing |
| | Meet with Active Together on a 6 monthly basis to discuss the progress of the Active Together Framework 22-31/Charnwood Sport and Physical Activity Locality Commissioning Plan 22-23 and future funding opportunities. | Z. Griffiths W. Blanche | X 2 year |
| | To continue delivery of sessions which consider religious beliefs and practices. | Active Charnwood team | Ongoing |
| | Carry out regular customer surveys which show levels of satisfaction against the projects delivered as part of the framework/Charnwood Sport & Physical Activity Commissioning Plan. Use feedback to make improvements to projects and develop new projects based on customer needs. | Active Charnwood team | Ongoing |

- **Step 8- Who needs to know about the outcomes of this assessment and how will they be informed?**

| | Who needs to know? | How they will be informed (We have a legal duty to publish EIA's) |
|-----------|-----------------------|--|
| Employees | Active Charnwood team | Team Meetings & E-mails |

| | | |
|--|------------------------|--|
| Service users | Existing Service Users | E-mail, Post, social media, Website |
| Partners and stakeholders | All Partners Listed | Website |
| Others | N. A | |
| To ensure ease of access, what other communication needs/concerns are there? | Active Charnwood team | Language barriers - where feasible literature will be translated into the relevant language. |

- **Step 9- Conclusion (to be completed and signed by the **Service Head**)**

| |
|--|
| Delete as appropriate |
| I agree with this assessment |
| I disagree with this assessment |
| If <i>disagree</i> , state action/s required, reasons and details of who is to carry them out with timescales below. |
| |
| Signed (Service Head): Julie Robinson |
| Date: 15/02/2022 |

Please send completed & signed assessment to **Vicky Brackenbury** for publishing.