

Appendix 1

Local Delivery Organisations

Bath City FC Foundation - The foundation programmes are always led by and tailored to meet the needs of the community in B&NES. They support people from all backgrounds, notably from target communities of Twerton, Whiteway and Southdown. The power and strength of the Bath FC brand enables them to make a positive impact on thousands of people's physical and mental well-being each year.

Twerton and Whiteway are within the most deprived 10% areas nationally. In Twerton men are likely to die 9 years earlier than men in the wealthier parts of Bath, and 35% of children in Twerton live in poverty. Suicide rate in B&NES is now higher than the average rate for England as a whole. Although, generally B&NES residents report high levels of happiness, satisfaction and worthwhileness. The foundation run a diverse range of projects to support these agendas.

A summary of the programmes which Bath City FC Foundation operate, and the number of people impacted during 2021/2022 - Schools (273), Primary Stars (294), Wildcats (203), Holiday courses (1,142), Sports days (134), Tournaments (180), Police Workshops (28), Dodgeball (26), Keynsham (62), SWALLOW (21), Mind (35), Walking Football (63), Woman Only (35), Man Vs Fat (153), Reconnecting Twerton (19), Work Experience (3)

Bath Cricket Club – The club has spent the last 160 years building a sustainable club for the community and in April 2023 became a registered charity. Their charitable objectives are to promote community participation by providing facilities and services for playing cricket and to advance the education of children and young people.

The club have significantly invested in the facilities with an indoor cricket centre which was completed in October 2022 at a total cost of £73,000, which included disabled access toilet facility. The centre has a year-round cricket programme including a bespoke junior autumn cricket programme (open to all), tailored 8-week programme for U19's aiming to keep young adults engaged with cricket, healthy & active life choices. Other clubs in the area also use the space for their winter training programme and Beechen Cliff School use for early morning pre-school coaching programme. This space is also important multi activity school holiday camps and specialist disability cricket sessions.

The club have also upgraded the Brownsword Ground, Lansdown Road which benefits all sections of the club. Bath Arsenal junior football club used the ground last summer as well as Star Cricket Club, Royal High School and University of Bath. The club invested £14,000 in a new netting structure to improve safety for all users and the local community.

Throughout 2022 and 2023 the club's community coaching team were able to provide coaching to several local primary schools all of whom were unable to provide any regular cricket experiences using their own resources. 330 hours of curriculum cricket delivered between September 2021 and July 2022, with 332 hours of curriculum cricket delivered between September 2022 and July 2023.

The community team also deliver cricket within the PE timetable at several local secondary schools, 114 hours September 2021 to July 2022, and 127 hours September 2022 to July 2023.

The club also offer a mentoring programme, free school meals camps, disability cricket, female cricket and cricket holiday camps.

Bath Recreation Trust - Bath Recreation has been running as a small charity in Bath for over 8 years, and in that time has laid the foundations for a long-term strategy, vision, mission and purpose. They aim to work in the recreation space to impact the lives of many people in the community and nurture positive lifestyles. The trust wants to support the 8,000 children in B&NES who live in poverty and improve the educational attainment gap. They also aim to plug the gap in provision where there is a need providing opportunities for the community to lead healthy, active and happy lives.

The trust embeds themselves in the community and help people to lead a better lifestyle through recreation to make a difference. Many of the organisation's activities and their impact support all age groups. The Glasshouse Academy programmes focus on future generations. The Glasshouse Academy programme provides children with the best opportunities to contribute to their communities for generations to come and involves fundamental movement skills being taught in 6 schools for ages 4 to 7 years old, skills are basic movements traditionally associated with physical activity. 1170 Physical Education sessions have been delivered throughout the year, with 640 children on average having experienced a weekly high-quality PE session. Intrinsic in the programme is an improvement in levels of numeracy, literacy and physical activity.

The Glasshouse Academy grounds also host Bear Flat, Combe Down and Somerset Disability cricket teams. The Palladian Academy Trust use the grounds for cricket festivals, sports days and other recreational use and the following organisations also use the grounds for recreational activity – Three Ways School, B&NES School Sports Partnership, Midford Road Nursery, No Regrets Running Club and SENSE Learning.

Bath Rugby Foundation - Their vision is that every child deserves a fair start in life. The charity that helps young people who need all kinds of emotional, practical, and physical support - but don't get it. They help any challenged young person stop feeling judged, crushed, or underestimated and start feeling self-assured, hopeful, and happy. They re-ignite confidence and self-worth in young people and give them the life skills and opportunities to survive and thrive in the world. Every year they change the lives of thousands of young people by being active in their communities, schools, or at our home at the Rec.

Cleveland Pool - Cleveland Pools is the UK's oldest public outdoor swimming pool. Built in 1815, the site first opened as a river fed pool, followed by a colourful history through the Victorian era to its heyday in the 1970s, until competition from the newly opened indoor Bath Sports and Leisure Centre saw Cleveland Pools finally close to swimming in 1984.

Thousands of supporters from far and wide, many of whom have happy memories of swimming here before closure, joined the campaign and today the CPT has many highly valued volunteers who give their time towards fundraising, local engagement, organising events and publicising progress.

With the exception of the river pontoon installation, restoration of the Pools is complete for the community of Bath and beyond to enjoy.

Dragonfly Leisure – operate leisure facilities at their primary sites of Writhlington School and Midsomer Norton, along operating facilities in community use time at the following school sites – Somervale, Norton Hill, Hayesfield. Their overarching objective is to provide sports and leisure facilities that help to promote a sense of community as well as provide opportunities for people to improve their physical and mental health. Their first site opened at Writhlington in April 2005, Midsomer Norton followed in 2015, with Norton Hill and Somervale in 2021 and Hayesfield in 2022. To date their combined sites have over 60,000 visits per month.

They provide a balanced programme of sessions/activities with over 100 workout classes per week, including Zest (gentle over 50's classes), post-natal and mindfulness classes (Yoga & Pilates). They also run a GP referral scheme and weight management (children & adults) commissioned through HCRG/B&NES public health team, pre/post-natal support, cardiac rehab, disability sessions and walking football.

Through public consultation, the organisation has been able to deliver a new 'free to use' outdoor space at the Midsomer Norton site including, a play park, a food foraging and picnic area as well as an outdoor table tennis table. Dragonfly Leisure have invested (including match funding) over £8m in developing the facilities at Writhlington and Midsomer Norton sites since 2005. They plan to develop an outdoor 18-hole adventure golf course at our Midsomer Norton site this year (anticipated Spring) as well as extend our gym facilities – Writhlington (July/Aug), Midsomer Norton (Nov/Dec).

Life in the Old Dogs – The aim is to get the over 50's to participate in exercise more by creating a safe environment where they play a team sport together creating great times, increased fitness levels and improving social engagement by meeting new friends in a team spirit. All the Old Dogs games are specifically for the over 50's and are team games which are competitive but fun. Played at a pace that suits the over 50's.

Future attendees may well be inactive at the moment with no incentive to exercise. Team sports give that incentive, especially if you are encouraged to join in by a friend. Numbers and games have grown organically and via very small and local social media channels. People taking part in walking sports may also want to 'trade up' as fitness levels increase. Life in the Old Dogs games are an excellent progression as fitness levels improve.

The whole ethos of the Old Dogs is to play team games for fun and laughter. Local entrepreneur David James runs these activities as a 'passion' project but also see the opportunity for the Bath activities to be a 'test and learn' to potentially offer Old Dogs licenses in other areas. Activities include Football, Rugby (Touch), Indoor Cricket, Basketball, Volleyball, Netball and Running. Players are encouraged to meet up after games for networking and making friends, and they also aim to have a social event once per month.

Paulton Pool – The facility is operated by a charity, opened in 1975, it reopened in 2011 after a significant redevelopment and upgrade, with a more diverse pool programme. Thousands of Adults and Children from the Paulton community have

learned to swim in this pool over the years. The parish council retains responsibility for the lease and fabric of the building.

Somerdale Pavilion is a sports, health and leisure centre in Keynsham, near Bristol and Bath. When famous chocolate producers Frys began moving their operations to Keynsham in the 1920's they created a true social hub around their Somerdale factory, complete with extensive sports grounds and social facilities. Nearly 100 years later Somerdale Pavilion proudly continue in that heritage, welcoming hundreds of local people each and every week. In 2019 the Somerdale Pavilion Trust, created by Bristol-based charity the St Monica Trust, took over the operation of the Somerdale Pavilion from the previous lease-holder Aquaterra, with the specific objective of running and maintaining the facility for the people of Keynsham. The site offers the following facilities - Gym and Fitness Classes, Sports Bar, Sports Grounds, Conference and Meeting Rooms.

National and Regional Strategic Context

Get Active: A strategy for the future of sport and physical activity (August 2023)

The new strategy places significant importance on tackling inequalities, which ties in well with Uniting the Movement, Sport England's long-term commitment to ensuring everyone, no matter their circumstances, has the chance to enjoy the physical and mental benefits of being active.

Health Equity in England: The Marmot Review 10 Years On- Feb 2020 - Fair Society Healthy Lives, the original Marmot Review, published in 2010, set out an analysis of the causes of health inequalities in England and what needed to be done to address them. It showed the importance of social determinants of health acting through the life course.

Marmot's foreword identifies that: Health inequalities are not inevitable and can be significantly reduced... avoidable health inequalities are unfair and putting them right is a matter of social justice. There will be those who say that our recommendations cannot be afforded, particularly in the current economic climate. We say that it is inaction that cannot be afforded, for the human and economic costs are too high.

Overall, inequalities in avoidable deaths increased markedly between 2010 and 2017 in the most deprived areas in England, by eight percent among females and 17 percent among males. The report recommends the following:

- Development of a national strategy for action on the social determinants of health with the aim of reducing inequalities in health.
- Ensure proportionate universal allocation of resources and implementation of policies.
- Early intervention to prevent health inequalities.
- Development of the social determinants of health workforce.
- Engage the public.
- Develop whole systems monitoring and strengthen accountability for health inequalities

Chief Medical Officer Physical Activity Guidelines 2019 Report - Since 2011, the evidence to support the health benefits of regular physical activity for all groups has become more compelling. In children and young people, regular physical activity is associated with improved learning and attainment, better mental health and cardiovascular fitness, also contributing to healthy weight status.

For adults, there is strong evidence to demonstrate the protective effect on physical activity on a range of many chronic conditions including coronary heart disease, obesity and type 2 diabetes, mental health problems and social isolation. Regular physical activity can deliver cost savings for the health and care system and has wider social benefits for individuals and communities. The report emphasises the importance of regular activity for people of all ages. It presents

additional guidance on being active during pregnancy, after giving birth, and for disabled adults.

Sport England: Uniting the Movement (2021) - Sport England contends that sport and physical activity have a big role to play in improving the physical and mental health of the nation, supporting the economy, reconnecting communities and rebuilding a stronger society for all following the Pandemic. Its strategy contains a ten-year vision to transform lives and communities via sport and physical activity. In seeking to tackle the inequalities long seen in sport and physical activity, it suggests that providing opportunities to people and communities that have traditionally been left behind, and helping to remove barriers to activity, have never been more important.

As well as advocating sport and physical activity, via building evidence and partnership development, the Strategy identifies what it terms the five big issues which people and communities need to work together to address. They are cited as being some of the most significant challenges to an active nation over the next decade and the greatest opportunities to make a lasting difference. Each is a building block that, on its own, would make a difference, but when tackled collectively could change things profoundly. They are:

- Recover and reinvent: Recovering from the biggest crisis in a generation and reinventing as a vibrant, relevant and sustainable network of organisations providing sport and physical activity opportunities that meet the needs of different people.
- Connecting communities: Focusing on sport and physical activity's ability to make better places to live and bring people together.
- Positive experiences for children and young people: Unrelenting focus on positive experiences for all children and young people as the foundations for a long and healthy life.
- Connecting with health and wellbeing: Strengthening the connections between sport, physical activity, health, and wellbeing, so more people can feel the benefits of, and advocate for, an active life.
- Active environments: Creating and protecting the places and spaces that make it easier for people to be active.

To address these issues, the right conditions for change need to be created: involving people, organisations, and partnerships to help convert plans and ideas. This includes a range of actions, including the development of effective investment models and applying innovation and digital technology to ensure sport and physical activity are more accessible. The specific impact of Sport England's Strategy will be captured via funded programmes, interventions made, and partnerships forged.

The Rising Cost of Living and its Impact on Sport & Physical Activity, Sport England, January 2024

Headline participation rates in physical activity have remained stable compared to pre-Covid levels, showing resilience in activity patterns despite pandemic and cost

of living challenges. However, beneath this, inequalities in participation continue to persist.

The increased cost of living has entrenched behavioural changes, unlikely to reverse until household finances improve.

People from the most deprived areas and from lower socioeconomic backgrounds are more likely to say their levels of physical activity have been negatively affected by cost of living increases. Club activities are nearing pre-Covid levels, but cost pressures, especially from rising energy prices, affect club finances, which in turn, is making access less affordable for some.

The workforce in the sport and physical activity sector faces complexity. Some people are volunteering less due to time constraints, meaning that other people are volunteering more due to demand. Paid staff, especially those with low wages or in casual positions, are leaving for better opportunities elsewhere. Employers are considering redundancies and closures due to budget constraints.

So, while headline participation rates remain stable, increasing living costs are widening participation inequalities, impacting the supply of activities and affecting the sector's workforce, both volunteers and paid staff.

Additional Information

The Sport England Active Lives Survey (21/22) estimates that in B&NES 85.3% of 16–34-year-olds are active, decreasing to 77.5% of 34–54-year-olds and 76% of 55–74-year-olds. In the 75+ age group 47.6% of this population group are estimated to be inactive. Activity levels reduce with age.