

Bath & North East Somerset Council

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| MEETING/ DECISION MAKER: | Children's, Adults, Health & Wellbeing Scrutiny Panel | |
| MEETING/ DECISION DATE: | 5th February 2024 | EXECUTIVE FORWARD PLAN REFERENCE: |
| TITLE: | Physical Activity & Leisure Services across B&NES | |
| WARD: | All | |
| AN OPEN PUBLIC ITEM | | |
| List of attachments to this report: Appendix 1 – Additional Information | | |

1 THE ISSUE

- 1.1 To update the scrutiny panel regarding the Physical Activity & Leisure Services in B&NES, setting the scene around the benefits of physical activity across a wide range of outcomes and data regarding current levels of activity across the local population. An outline of how the local system in place is delivering against this agenda to address inequalities with links to national, regional and local strategies and frameworks.

2 RECOMMENDATION

The Panel is asked to;

- 2.1 Note the content of the report.

3 THE REPORT

- 3.1 Benefits of physical activity

Health benefits of physical activity: it can enhance mental and social health and well-being as well as provide cognitive health benefits at individual and community levels. Physical inactivity is related (directly and indirectly) to leading risk factors related to high blood pressure, high cholesterol and high glucose levels and to the recent striking increases in childhood and adult obesity¹

The International Society for Physical Activity and Health (ISPAH) takes the approach that physical inactivity should be tackled in a systemic (individual,

community, societal, political) way, recognising it as a complex public health issue with multiple interacting influences. It notes that no one single solution is likely to be effective. In this sense it recommends that stakeholders should come together at a local level to consider (and address) the root causes of inactivity via the eight noted areas for intervention.

- 3.2 Research shows that recent economic pressures, including reductions in household income have similarly impacted those groups (such as children and young people and those on lower incomes) that have already experienced inequalities in their opportunity to participate in physical activity and sport.
- 3.3 From a health policy perspective, the notion that undertaking regular physical activity leads to health benefits has been enshrined within CMO guidelines for more than a decade. There is agreement that inequalities in rates of participation across demographic groups need to be addressed at a systemic level, by multiple stakeholders and that there is no one single solution that is likely to be effective. Principles established within the ISPAH and Sport England strategies provide an evidence based framework around which to build and consider local insight and engagement, and to develop recommendations which can be tested in B&NES.
- 3.4 In B&NES it is estimated that 119,900 adults (74.6%) were active for the 150+ minutes a week recommended by the Chief Medical Officer. However, 25,600 adults (15.9%) are estimated to be inactive, doing less than 30 minutes of physical activity a week (active lives survey 2021/2022). While both figures suggest B&NES is more active and less inactive than England as a whole, there are still 25,600 inactive adults, which represents significant potential to improve health and wellbeing across the area.
- 3.5 The Active Lives Children and Young People survey (2022-23) suggests that the degree of positivity with which children view sports and physical activity declines with age and that boys are more active than girls. 49% of children in Bath and North East Somerset were classed Active (over 60 minutes of activity a day), 20.1% fairly active (30-59 minutes per day) and 30.9% less active (less than 30 minutes a day).
- 3.6 The survey also estimates that 54.3% of those who experience disability in B&NES are active.

3.7 Local Strategic Framework

In line with the Corporate Strategy, programmes and interventions are focused on improving people's lives through preparing for the future, delivering for local residents and focusing on prevention. The key priorities reflected in this work are, supporting vulnerable adults and children, more travel choices, delivering for our young people and Healthy lives and places, with a focus on inequalities.

Three important partnership strategies contain objectives which influence and are influenced by work to increase people's physical activity. These are: which – B&NES Health and Wellbeing Strategy, B&NES Economic strategy and BANES, Swindon and Wiltshire Together Integrated Care Strategy.

Bath and North East Somerset Council's Physical Activity Strategy *Fit for Life* was launched in 2014 and set out strategic aims and key actions to support the

continued development of Physical Activity within Bath and North East Somerset up to 2019. A wider integrated health improvement framework is currently being developed working, with local organisations as a whole system, mapping activities and connectivity in the system, using a proportionate universalism approach to aid in resourcing where there is greatest need. The mean actions should be universal, but with an intensity and a scale that is proportional to the level of disadvantage. This will include a physical activity element but aims to draw several different historically related strategies into one framework.

- 3.8 Leisure Services and Physical Activity Team are a small 'mini-team' that has been within the Public Health directorate since a restructure of services in June 2020. Embedding Leisure Services into Public Health in this way has been endorsed by the Chief Executive of Sport England as a positive step forward to improving people's lives locally.

As well as taking the lead on physical activity, the team oversees the commissioning of the council's leisure services and leads the council's strategic approach to the development of future leisure facilities. This includes the delivery of a refreshed/updated Playing Pitch Strategy, providing input into the local plan and Green Infrastructure Strategy development, and working with Sustainability colleagues to in contributing to the climate and ecological emergency.

Leisure services also give advice and guidance to planning colleagues with regards to any sport and leisure related planning applications

- 3.9 Leisure facilities, programmes and projects

Bath Sports and Leisure Centre and Keynsham Leisure Centre have undergone multi-million-pound refurbishments and now boast new and updated facilities designed to attract a wider range of users from the local community including two new learner swimming pools.

The facilities at Chew Valley Leisure Centre are now operated by Chew Valley School, and officers are currently working on the development of a new contract to bring the operation of Royal Victoria Park and the onsite Café together. Initial tenders have been submitted for review.

Odd Down Sports Ground is due to undergo a development in 2024 which will include the addition of padel tennis courts, a gym, outdoor fitness area as well as a new accessible perimeter path and ecological enhancements. Bath & North East Somerset Council has allocated £700,000 of investment to upgrade the site with match funding of £1m from strategic partners.

The pool at Culverhay Leisure Centre is currently closed and the long-term plans for the site are being explored.

Tennis courts have been refurbished at Sydney Gardens, Alice Park and Keynsham Memorial Park and are now operated by Wesport on behalf of the Council as part of their wider "Tennis in the Park" programme, which offers coaching programmes and family memberships for only £40 per year.

Midsomer Norton Leisure Centre which is operated by Dragonfly Leisure Trust has seen significant investment including extended fitness facilities, a new adventure park and community growing spaces.

The Leisure & Physical Activity team have recently commenced a project to develop an updated **Playing Pitch Strategy** for B&NES working with key sport's governing bodies to update the evidence base for their sports and other teams within the council and across the authority. This is a key piece of work that will feed into and inform the evidence base for the new/updated local plan in 2025.

Bath City Youth FC – Lansdown Pitches.

The Leisure and Physical Activity Team with Parks colleagues have been progressing a transfer via lease of the football pitches at Lansdown to Bath City Youth FC. The lease has enabled the club to offer increased activity on the site and draw down investment from the Football Foundation for pitch maintenance and new football goals. The council has been able to make a saving of £40K through no longer having to maintain the pitches. The site now sees over 400 participants taking part in activity each week including new women girls football coaching programmes, junior football matches and adult leagues.

Indoor Leisure Facilities Strategy – Officers have started to collect initial baseline data, commissioning Sport England to produce facilities planning modelling standard reports for both swimming pools and community halls.

Parkrun – officers have liaised with Parkrun volunteers to set up several events in the B&NES area, including Bath Skyline, Somerdale Pavilion (Keynsham), Five Arches (Radstock) and Odd Down Junior event (Odd Down Sports Ground). Parkruns take place on Saturdays at 9 am, and the junior parkrun takes place on Sundays at 9 am. We are currently exploring the possibility of setting up a second event in Bath to increase participation across the city.

Royal Victoria Park Leisure Facilities Procurement

To ensure best value, the leisure facilities (including the tennis courts, event space, adventure golf, café) at the pavilion and adjoining land are currently being re-procured in the market for a new provider from the end of the existing leases by 31 March 2024.

With both leases ending, there was an opportunity to lever private sector investment in the facilities, w improving the services and facilities offered to the local community and public.

Potential operators have been asked to demonstrate how their proposals supports the Council's required outcomes (including but not limited to increasing participation, community use, contributing to the Council's Climate and Ecological Emergency action plans and social value) as well as improving the Council income relating to the site. The contact term will be for 20 years.

Entry Hill

The Green Infrastructure and Nature Recovery Team are working with Leisure colleagues to scope and develop options for the former Entry Hill golf course located between Bear Flat, Odd Down and Fox Hill districts, to the south of Bath city-centre (some of the most deprived in the city). Potential alternative uses for the land are constrained by historic landfill.

Social Prescribing inc The Active Way

Public Health are working closely with the Sustainable Communities team to develop and deliver The Active Way pilot, which enables the referral (including self-referral) of residents into active travel instead of or in addition to the prescription of medicines and/or health care intervention, and funds interventions that engage residents in active travel. We are also using the pilot to build a legacy for social prescribing and active travel.

- 3.10 Public Health commissioned services** - GP's and other health care professionals in B&NES can refer people to the B&NES Wellness Service Exercise on Referral Scheme. This scheme is delivered locally by GLL and Dragonfly Leisure for those who are at risk of heart disease or are experiencing low mood and low self-esteem. An evaluation of the scheme by University of Bath showed that the service was effective at increasing activity levels up to 1 year post referral, and in addition other positive changes were observed that could help to sustain activity. Over 1000 people are referred to this scheme every year in B&NES.

3.11 Addressing inequalities

B&NES is ranked 269 out of 317 local authorities in England for overall deprivation, making it one of the least deprived in the country, but two areas (Twerton West and Whiteway) are within the most deprived 10% nationally (Strategic Evidence Base summary 2023).

Asian and Black children are most likely to do less than an average of 30 minutes activity a day. This pattern is also seen in adults.

Active Lives Survey (21/22) suggests that 15.9% of residents are inactive (<30 mins per week) on average in the most deprived decile this is 38.3% and in the least deprived decile this is 18.6% demonstrating the impact deprivation has on activity levels.

A range of targeted programmes are being delivered in partnership with other council services. This includes the Holiday Activities and Food (HAF) programme.

The Holiday Activity and Food (HAF) programme supported 481 unique* children and young people during the schools Christmas holiday period. 25 providers delivered sessions and activities including a meal across 32 sites in B&NES. A total of 1604 places were offered to children and young people eligible for benefits related free school meals, 1588 places were booked, and 1156 places were attended. The attendance rate overall was 72%.

Additional places were also available for vulnerable children and young people, not eligible for benefits related free school meals but who meet vulnerability criteria. Primary aged children attended multiple sessions ranging from theatre school, sports specific camps, forest school sessions and technology camps. Secondary aged children took part in Junior gym sessions, sport specific camps and trips to Bowling, ice skating, roller skating and little kitchen where young people prepared and ate a Christmas dinner.

The programme also partnered with Bath Leisure centre to offer crash course swimming lessons for children and young people.

GLL facilities in B&NES offer a 'Healthwise' physical activity referral programme providing a tailored physical activity and exercise programmes for patients with risk factors for medical conditions or for those with existing long-term conditions at an affordable rate. It is a programme designed to help people manage and improve their health. They also offer Healthwise Bowling and Heart Failure Rehab Group: - There have been over 400 Healthwise direct debit members, over 100 pay and play Healthwise members and 1,458 referrals since 2018.

In 2022 social value by the GLL Partnership in B&NES generated £7,565,801 with the social value per person calculated at £131.

B&NES School Sports Partnership – delivered the following activities and participants for 2022/2023, **60** events, festivals & competitions involving **7427** children including **721** children with a SEN/D.

3.12 Key local delivery organisations

A selection of the key delivery partners with Public Health includes Bath City FC Foundation, Bath Cricket Club, Bath Rugby Foundation, Bath Recreation Trust, Cleveland Pools, Dragonfly Leisure, Life in the Old Dogs, Somerdale Pavilion, Park Run, Sporting Family Change and Paulton Pool. More detail about the work of these organisations can be found in Appendix 1.

3.13 Future

Pivoting to active wellbeing and the transformation of leisure services. Future of public sector leisure report, Sport England, December 2022

B&NES are using this report to aid in 'pivoting' locally, but this is not a new thing and has been an ongoing process for several years, notably the Leisure and Physical Activity team becoming part of the Public Health Directorate and we are on an evolving journey to transition traditional leisure services to being focused on active wellbeing.

3.14 Through the Leisure & Physical Activity team merging with Public Health, closer relationships are already being built between health and leisure. Focusing on preventative activity opportunities, commercial determinants and providing convenient places to be active, aiming to tackle health inequalities by going 'upstream' in line with the Integrated Health Improvement Framework programme.

3.15 Older people

Working with Age UK and older partners via Integrated Neighbourhoods model to provide programmes to enable older people to live well for longer. This includes developing walking and cycling infrastructure with Transport colleagues.

3.16 Play

Develop a strategy for active play with the Green Infrastructure and Nature Recovery Team

Physical activity, through play and other activities, is important for children's physical health as well as their mental health and cognitive development. There is also some evidence that if children are physically active when they are young, they are more likely to adopt healthy lifestyles as they grow up.

Active play is the most common form of physical activity for children outside of school and children get more exercise from play than from time spent at clubs and organised activities. Children who walk and play a lot tend also to exhibit greater levels of activity in other areas of their lives. The aspects of physically active play most enjoyed by children include choice, fun, friends, achievement and the possibilities of competition. The element of fun tends to be the overriding factor in encouraging physically active play.

It is easier for children to be physically active outdoors, where there is space and opportunity for them to move more freely. Active outdoor play is essential for our children and young people to understand, value, enjoy and protect our natural world.

4 STATUTORY CONSIDERATIONS

4.1 Health inequalities are considered in all programme developments and delivery.

5 RESOURCE IMPLICATIONS (FINANCE, PROPERTY, PEOPLE)

5.1 Sustainable business planning used to develop projects and programmes with sink funds in place and ongoing maintenance of facilities resourced. This reduced liabilities for the council while providing sustainable community facilities.

6 RISK MANAGEMENT

6.1 A risk assessment related to issues and recommendations are undertaken, in compliance with the Council's decision-making risk management guidance.

7 EQUALITIES

7.1 EIAs completed for Service changes

8 CLIMATE CHANGE

8.1 Bath Sport and Leisure Centre and Keynsham Leisure Centres have reduced energy use by 20% through a range of measures. Project plans in place to install solar PV at both sites and we are exploring with the Sustainability Team the use of data centres to help heat our pools.

8.2 Solar PV to be installed at Odd Down Sports Centre as part of the redevelopment along with an upgrade of the 3G flood lighting to LED.

8.3 Paulton Pool was awarded Olympic Legacy Funding from Sport England which has enabled the installation of solar and thermal panels, replacement doors, windows and energy efficient LED lighting, all of which reduces operating costs and energy use.

8.4 Solar PV being installed at Midsomer Norton Leisure Centre in partnership with BWCE. Energy saving measures implemented.

9 OTHER OPTIONS CONSIDERED

9.1 None

10 CONSULTATION

10.1 Director of Public Health; Cabinet Member Cllr Born.

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| Background papers | <i>Appendix 1 – Additional Information</i> |
| Please contact the report author if you need to access this report in an alternative format | |