



Mayor and Cabinet

Report title: Lewisham Physical Activity Strategy 2023 – 2028 – Adoption

Date: 19 July 2023

Key decision: Yes.

Class: Part 1

Ward(s) affected: All

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Outline and recommendations

This report seeks the adoption of a new Physical Activity Strategy 2023 – 2028 which outlines the steps we will take to increase physical activity participation amongst Lewisham residents over the next five years.

It is recommended that Mayor & Cabinet:

- Adopt the Physical Activity Strategy 2023-2028
- Note the Lewisham Indoor Built Sports Facilities – Independent Assessment 2021 – 2033

Timeline of engagement and decision-making

Mayor and Cabinet

13 January 2021 – Leisure Management Arrangements

3 November 2021 – Leisure Management Arrangements

Healthier Communities Select Committee

1 March 2023 – Leisure Contracts Performance

1. Summary

- 1.1. This paper seeks the adoption of the draft Lewisham Physical Activity Strategy 2023 – 2028 which outlines the work we will undertake to monitor and increase the physical activity participation levels of our residents over the next five years.
- 1.2. The physical activity strategy has been in development for a number of years, with public consultations taking place before and after the COVID-19 pandemic. This gives this document the unique perspective of tracking how attitudes towards physical activity have changed since the unprecedented events of 2020.
- 1.3. In recognition of the great work already taking place throughout the borough to improve the health and wellbeing of our local residents; this strategy provides a framework for how the Council will work in partnership with local organisations to empower our community to engage in physical activity.

2. Recommendations

- 2.1. It is recommended that Cabinet approves the adoption of the The Physical Activity Strategy 2023 – 2028 as set out in Appendix 1;
- 2.2. It is also recommended that Cabinet notes the Lewisham Indoor Built Sports Facilities – Independent Assessment 2021 – 2033 as set out in Appendix 2 which helps to build the wider picture for physical activity and leisure provision across the borough.

3. Policy Context

- 3.1. Corporate Strategy 2022 - 2026. The characteristics of the Borough are clearly set out with a growing and diverse population including some areas of very high deprivation and child poverty. Encouraging healthy lifestyles and the availability of local leisure centres are key to delivering three of the key priorities namely:
 - Supporting the delivery of an inclusive and high achieving education system
 - Working with schools to strengthen the links between their students and our local sport and physical activity providers
 - Contributing to improving the health and wellbeing of our residents by;
 - Addressing a number of the issues identified in the BLACHIR report
 - Empowering our residents to live a physically active lifestyle
 - Contributing to a Cleaner and Greener Lewisham
 - Increasing physical activity has direct benefits for the local environment. For example, increasing the number of journeys taken on foot and by bicycle will lead to reduced traffic and an improvement in air quality and the overall environment.
- 3.2. Partnership working is a key tool in delivering against these priorities. It is clear that leisure services can play a major role in the delivery of the Corporate Strategy priorities.
- 3.3. The Lewisham Local Plan – This is an important document to help inform the need for future built facilities (including the active environment) and services (impacted by a growing population and potential changes to the demographic

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profile of the Borough).

- 3.4. Lewisham Whole Systems Obesity Action Plan - The Council's whole systems approach to obesity has three overarching aims:
 - Promote an environment that supports healthy weight and wellbeing as the norm, making healthier options the easiest choice for our residents to eat well and have active lifestyles;
 - Supporting our communities and families to become healthier and more resilient, which will include addressing the wider determinants of health; and
 - Tackle the weight issues of those who are already overweight and obese.
- 3.5. The strategy is supported by an annual implementation plan with targets designed to assess progress linked to getting people more physically active, increasing active travel and using outdoor space for exercise.
- 3.6. The Lewisham Physical Activity Strategy closely aligns to the vision outlined in Sport England's new national strategy 'Uniting the Movement'. This strategy highlights the importance of ensuring that whilst indoor leisure facilities remain inclusive and accessible to local people; outdoor and nontraditional spaces should be recognised as equally important in getting people more physically active.

4. Background

- 4.1. The strategy has been a long time in development. Originally, the strategy aimed to incorporate plans to change the facility mix in the borough alongside an overall framework for physical activity.
- 4.2. However, for ease of reference and use the two work streams have been separated to create separate documents.
- 4.3. The Lewisham Indoor Built Sports Facilities – Independent Assessment sets out the vision for indoor built sports facilities in Lewisham for the period 2021 – 2033 (Appendix 2).
- 4.4. The overall objective of this independent assessment is to ensure that the Borough's indoor sports and leisure facilities are in the right locations, of the right scale, of high quality, which are accessible to the residents of the Borough to enable them to improve and maintain their health and well-being and help achieve the vision being developed through the Physical Activity Strategy for the Borough.
- 4.5. In essence, the Indoor Built Sports Facilities assessment provides an indepth look at the current vs future supply and demand for sports facilities which has formed an information based for the development of our Physical Activity Strategy.

5. Physical Activity Strategy 2023 – 2028

- 5.1. The development of this Physical Activity Strategy sets out a positive vision and clear way forward to achieve much improved rates of physical activity amongst our residents.
- 5.2. This is required as there is a clear correlation between meeting the Chief Medical

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Officers (CHO) recommendations for weekly physical activity (a minimum of 150 minutes of moderate intensity physical activity weekly, along with strengthening activities) and good health.

- 5.3. Furthermore, not meeting physical activity recommendations increases an individual's chances of having a major long term condition and an early death.
- 5.4. Physical inactivity is the one for the leading risk factor for death in the world, significantly increasing an individuals chances of suffering with coronary heart disease (24%), a 16% enhanced risk of stroke and a 42% higher risk of developing diabetes (Lippi et al, 2020).
- 5.5. At present, just under a fifth of Lewisham adults are inactive, meaning they do less than 30 minutes of weekly activity at moderate intensity each week. It's critical that, as a borough and a place to live, we provide an offer that encourages and enables this cohort to build activity into their daily lives.
- 5.6. Conversely, if an individual adopts a more physically active lifestyle, the benefits include a reduction in:
 - The risk of Coronary Heart Disease and Stroke by 35%;
 - The risk of diabetes by 50%;
 - The risk of developing mental health conditions and dementia by 30%;
 - The likelihood of loneliness and social isolation;
 - Involvement in anti-social behaviour and crime.
- 5.7. We are aiming to make Lewisham a healthy, prosperous, safe and cohesive place to live and we believe that physical activity has a big role to play in helping to achieve that aim.
- 5.8. Our vision for this strategy is to:

Create a whole systems approach to physical activity, which will transform the health, wellbeing and quality of life of all Lewisham residents by supporting them to become more active in their daily lives.
- 5.9. The strategy sets a strategic framework around 3 key domains:
 - Active People
 - The provision of programmes and services that are tailored around the needs of our local people with emphasis place on those underrepresented in physical activity participation
 - Active Environments
 - Ensuring that all our residents have access to high quality, safe and affordable places to engage with physical activity, whether this be in a traditional gym/leisure centre or a non-traditional place like religious institutions and workplaces.
 - Active Systems
 - Ensuring that the local systems and structures in place to facilitate the achievement of our vision. Supporting and upskilling the existing and workforce as well as new volunteers to deliver physical activity to their community.

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- 5.10. The strategy is purposefully iterative with targets set on an annual basis in recognition of the fact that we have a lot of rebuilding to do post COVID in re-engaging our residents in physical activity.

Whole Systems Approach

- 5.11. As mentioned above, partnership working will be key to the delivery of this strategy. Achieving sustained, improved rates of physical activity, will require a Whole Systems Approach with initiatives that set out to tackle the underlying behaviour patterns that contribute to people not being active.
- 5.12. More work needs to be done with individuals to understand their motivations and remove barriers to physical activity, improving the support and the opportunities available from the 'systems' that impact on their everyday lives.
- 5.13. The Whole Systems Approach recognises that tackling inactivity and raising activity levels requires changing the culture, opportunities, infrastructure and policies of our borough. We need all parts of the system to provide opportunities for physical activity.
- 5.14. We need physical activity to be embedded within our local education system, our policies, our health and social care systems, our workplaces, in our public health approach to crime and antisocial behaviour and the way our borough is developed from a planning perspective.

Governance and Monitoring

- 5.15. Localised key performance indicators such as annual leisure centre participation, membership uptake on the Play Tennis Lewisham Scheme and the number of volunteers engaged in delivering sports / physical activity to the Lewisham community will be used to monitor annual progress.
- 5.16. These indicators will be used alongside national participation datasets such as Sport England's Active Lives Survey which allow for an understanding of where Lewisham rank in terms of physical activity participation when compared with London and national averages.
- 5.17. A stakeholder forum will be formed, comprising of both internal and external partners, meeting quarterly to discuss workstreams and monitor progress against action plan targets.
- 5.18. The stakeholder forum will also provide insight that will shape the proceeding years action plan. This approach aligns with the Whole System Approach adopted in the Strategy.
- 5.19. Updates on strategy progress will also be provided to the Healthier Communities Select Committee on an annual basis.

Pre Cabinet Scrutiny

- 5.20. The draft Physical Activity Strategy was seen/reviewed by the Healthier Communities Select Committee (HCSC) in June 2023.
- 5.21. The strategy was welcomed by the committee members who were invited to ask questions regarding the strategy and how it would be implemented.
- 5.22. The emerging themes from these questions related to the following:
- The use of terminology/wording in aspects of the strategy

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- The need for examples of current local activities
 - How the annual action plan would interact with the strategy.
- 5.23. Upon reviewing the comments made by HCSC, the language throughout the strategy has been simplified wherever possible. This includes using examples to explain terms like whole systems approach and non-traditional spaces.
- 5.24. The Committee was keen to get as many examples of local activities included into the strategy however, it was explained that the strategy is intended to be a high level document with the local activities detailed in the action plan and made available through the Lewisham website.
- 5.25. Mapping of Lewisham activities will be done on an ongoing basis with activity providers being encouraged to upload information on their sessions to a centralised activity finder, available on the Council's website.
- 5.26. The final page of the strategy clarifies that the implementation plan will be updated/unreviewed by the stakeholder group on a regular basis. The action plan will also be uploaded to the Lewisham website so residents are able to stay up to date with progress against it.
- 5.27. An annual report will be produced, detailing the progress against targets set in the action plan. This will provide a basis for the targets set in the following years action plan.

6. Financial implications

- 6.1. The adoption of this strategy in the recommendation does not have any direct financial implications with existing budgets taking account for current physical activity commitments.
- 6.2. This primarily relates to the cost of delivering the two existing Leisure contracts in the borough and staff resources within the Council's Sport and Leisure Team.
- 6.3. There may be elements of capital works required to delivery improvements to local facilities through the lifespan of this strategy however, these would typically be resourced via a combination of external funding sources and applications for capital funding allocations.

7. Legal implications

- 7.1. Section 1 localism act 2011 gives the Council a general power of competence to do anything that individuals may generally do.
- 7.2. Section 2B of the National Health Service Act 2006 (as amended by Section 12 of the Health and Social Care Act 2012) introduced a new duty on Councils in England to take appropriate steps to improve the health of the people who live in their area.
- 7.3. Section 11 of the Children Act 2004 places a duty on the Council to ensure its functions are discharged having regard to the need to promote the welfare of children, including preventing impairment of children's health or development.
- 7.4. The adoption of the Physical Activity and Sport Strategy will assist the Council in fulfilling the above statutory obligations.

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8. Equalities implications

- 8.1. The Council has a Public Sector Equality Duty under the Equality Act (2010) to have due regard to the need to:
- Eliminate discrimination, harassment and victimisation and any other conduct prohibited under the Act
 - Advance equality of opportunity between people who share those protected characteristics and people who do not
 - Foster good relations between people who share those characteristics and people who do not.

The three parts of the duty applies to the following protected characteristics: age, disability, gender reassignment, pregnancy/maternity, race, religion/faith, sex and sexual orientation. Marriage and civil partnership status applies to the first part of the duty.

9. Climate change and environmental implications

- 9.1. There are limited climate change and environmental implications that arise as a result of this report. However, through encouraging more Lewisham residents to engage in active travel methods, there may be a reduction in the number of people using traditional transportation methods.

10. Crime and disorder implications

- 10.1. There are no direct crime and disorder implications as that arise as a result of this report.

11. Report author(s) and contact

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12. Health and wellbeing implications

- 12.1. There is a wealth of evidence to highlight that the benefits of an active lifestyle are far reaching and impact positively on people's lives across the life course. Those who play sport and are active are healthier, happier and more likely to be successful in academic and professional life.
- 12.2. We know that the benefits of an active lifestyle are far reaching and impact positively on people's lives. The weight of the national evidence base regarding the risks and costs of inactivity is compelling:
- Physical inactivity directly contributes to one in six deaths in the UK, the same number as smoking;
 - Physical inactivity is the fourth largest cause of disease and

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disability in the UK;

- Physical inactivity leads to around 37,000 premature deaths a year;
- Evidence highlights that active people are less likely to suffer from heart disease, stroke, cancer, diabetes and may consequently live 5 years longer.

12.3. Physical inactivity poses a serious and growing danger to society; it damages health, economy and the environment and limits the educational attainment and future lives of children.'

12.4. It is estimated by Public Health England that the cost of physical inactivity is £7.4 billion per year.

13. Appendices

13.1. Draft Lewisham Physical Activity Strategy 2023 – 2028



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13.2. The Lewisham Indoor Built Sports Facilities – Independent Assessment 2021 – 2033



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