



July 2023

# Let's Get Lewisham Moving

The Lewisham Physical Activity  
Strategy 2023-2028

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# Foreword

## **I am delighted to present the new Lewisham Physical Activity Strategy 2023-2028 for our borough.**

According to the Office for Health Improvement and Disparities, people in the UK are around 20% less active now than in the 1960s. If current trends continue, we will be 35% less active by 2030. We are the first generation that needs to make a conscious decision to build physical activity into our daily lives.

Both nationally and locally, people are facing serious challenges including obesity, physical and mental health issues, social isolation and economic hardship. These issues were heightened during and as we come out of the challenges of the COVID-19 pandemic.

We want to Get Lewisham Moving and transform the health, wellbeing and quality of life of all Lewisham residents. This strategy represents the first step towards Lewisham's journey to become a fitter, more active and healthier borough. We thrive here because of the celebration of our differences and diversity and while we make good progress improving the inclusivity of our communities, there is still a lot more we can do for people of all ages living in Lewisham.

Over the next five years, this strategy aims to increase the number of opportunities for residents of all ages and abilities, to become more physically active.

We will seek to tackle physical and mental health inequalities by ensuring that all of our residents have the opportunity to make physical activity a regular part of their everyday lives through the provision of programmes and services that are tailored around the needs of our local people. We want to give everybody in Lewisham access to high quality, safe and affordable places to exercise and we will work with partners to target activity at particular groups who might otherwise not be active.

The development of this strategy would not have been possible without the contributions of all involved, across our services and communities. We want to thank everyone who took the time to contribute to this work and share their knowledge and experience.

### **Cllr André Bourne**

Cabinet Member for Culture and Leisure



# Our Vision

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. Our vision for this strategy is as follows:

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.

## Our mission

To empower our residents to access opportunities to lead a more physically active lifestyle through the provision of information, services, facilities and funding opportunities; enabling our residents to understand and buy into the many benefits of leading an active life.

## Our principles

- Our first principle will be to work in partnership. We will collaborate with local organisations across the public, private and third sectors to deliver places, activities and programmes that match the physical activity needs of the local population.
- Our second principle will be to build, refine and improve our insights, promoting best practice to develop our understanding of barriers and motivations, demonstrate the contribution of physical activity to local priorities and improve access to external funding sources.
- Our third principle will be to influence policy and investment decisions to incorporate physical activity at its heart.

### Sport England's 2022 Active Lives survey tells us:

#### Adults



70%

Active

18%

Inactive

#### Children



29%

Active every day

45%

Less active every day

### Our Lewisham target by November 2023:

#### Adults



72%

Active

16%

Inactive

#### Children



31%

Active every day

43%

Less active every day

We will use this as a benchmark for year-on-year improvement.

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# Introduction



**‘Let’s Get Lewisham Moving’** sets out our partnership vision for increasing levels of physical activity in Lewisham. It is clear to us that there has never been a more important time to tackle the issue of inactivity.

## The problem

Both nationally and locally in Lewisham, people are facing challenges such as obesity, physical and mental health issues, social isolation and economic hardship. These issues were heightened during the COVID-19 pandemic and remain as major issues as we come out of it.

**‘People in the UK are around 20% less active now than in the 1960s. If current trends continue, we will be 35% less active by 2030. We are the first generation to need to make a conscious decision to build physical activity into our daily lives.’**

Office for Health Improvement and Disparities

**‘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.’**

(All-Party Parliamentary Commission on Physical Activity)

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.

**‘If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.’**

Office for Health Improvement and Disparities 2020

## Our solution

Within this context, this document sets out a strategy to increase physical activity levels in Lewisham between 2023 and 2028. We will use this document to guide the creation of an annual implementation plan, which will allow us to monitor our progress against targets.

The Year 1 implementation plan is attached as Appendix 1 to this strategy and will be used as a baseline for future activity.

# What is physical activity?

To ensure the term physical activity is understood by all, we will be working to the definition of the term in the broadest sense. **Periods of sustained activity that increase your heart rate** are considered physical activity; this could involve anything from housework, gardening, playing in the garden with the children or walking / cycling from place to place. Physical activity also includes more structured activities such as taking part in casual or organised sports or visiting the gym or swimming to increase fitness levels.

## Physical activity



### Active Living

- Moderate to vigorous household chores, gardening or DIY
- Encouraging walking / standing meetings at work
- Programmes for cardiac rehab or weight management

### Active Travel

- Walking
- Cycling
- Using the stairs
- Scooting to school/work

### Active Recreation

- Dance and fitness
- Active play
- Using indoor/ outdoor gyms
- Walking, cycling or swimming as leisure pursuits
- Playing indoor sports, e.g. badminton

### Active Sports

#### Informal Sport

- Playing sport with a group of friends
- National Governing Body programmes, e.g. Back to Netball
- Participation events

#### Organised Sport

- Joining a competitive sports team
- Entering sports tournaments

## Benefits of physical activity

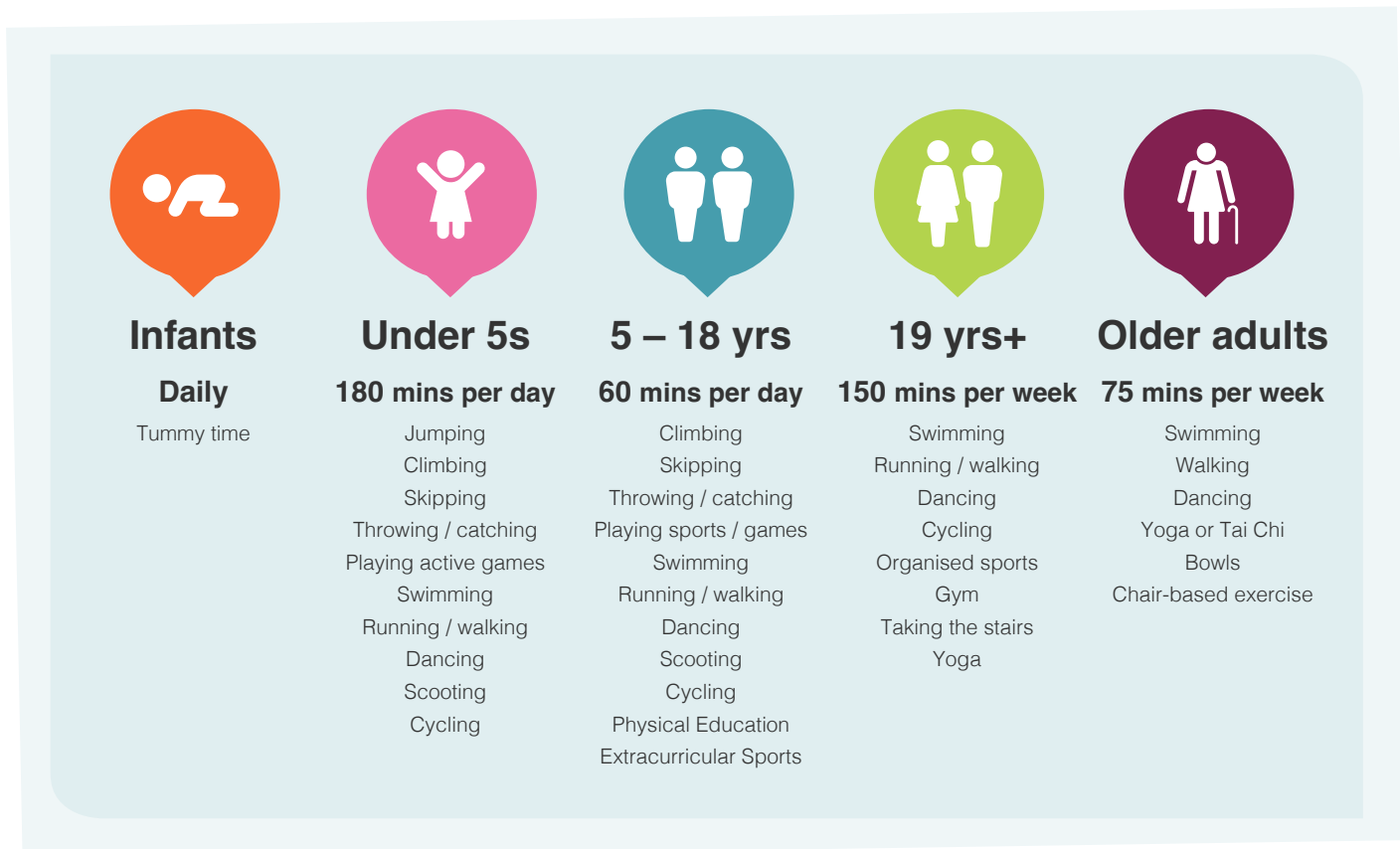


**The benefits for physical activity are wide-ranging, helping to:**

- build relationships and social skills
- stimulate brain development and learning
- tackle obesity whilst maintaining healthy weight
- reduce feelings of social isolation and loneliness
- reduce risk of early death by 30%
- reduce risk of experiencing depression, stress, anxiety and dementia by 30%
- improve mobility and balance throughout life, reducing the risk of falls in older age

# Recommended levels of physical activity

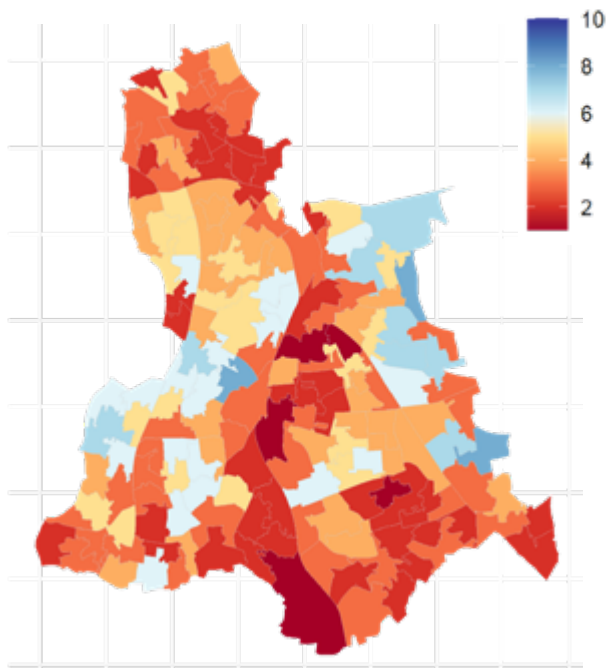
The Chief Medical Officer recommends these levels of physical activity for each stage of life:



# Lewisham's population



## Economic challenges



IMD 2019 source: English indices of deprivation 2019, Department for Levelling Up, Housing and Communities

- 35th most economically impacted local authority in the country
- 82% of the population live in economically impacted neighbourhoods (orange and red areas on the map)
- in the top 20 of local authorities in the country with highest levels of child poverty
- above average levels of unemployment and an above average proportion of people claiming work benefits
- youth and older adults unemployment rates notably higher than the national average



## Average indicators:

Indicator	Lewisham	London	England
Children under 16 in low income families (%)	22.6%	18.8%	17.0%
Smoking prevalence in adults (%)	14.5%	12.9%	13.9%
Percentage of adults classified as overweight or obese (%)	59.1%	55.9%	62.3%
Prevalence of obesity in Year 6 children (%)	38.3%	23.7%	21.0%
Estimated diabetes diagnosis (%)	64.7%	71.4%	78.0%
Estimated dementia diagnosis rate aged 65+ years (%)	74.9%	71.3%	67.4%
Under 75 years mortality rates – cardiovascular (per 100,000 population)	81.3%	69.1%	70.4%
Infant mortality rate (per 100,000 population)	3.4%	3.4%	3.9%
Life expectancy at birth – males (years)	79.1	80.9	79.8
Life expectancy at birth – females (years)	83.8	84.7	83.4

● Significantly higher   
 ● Not significantly different   
 ● Significantly lower

## Health challenges

The main cause of death in Lewisham is **cancer**, followed by **circulatory disease** and **respiratory illnesses**.

Lewisham's minority ethnic communities are at greater risk from health conditions such as diabetes, hypertension and stroke as referenced in the recent Birmingham and Lewisham African and Caribbean Health Inequalities Review (BLACHIR). Considering that 27% of Lewisham's population is Black African or Black Caribbean (ONS 2021), coordinated efforts with Public Health will be made to address the needs of our local minority ethnic communities.

There is concern over obesity levels, particularly among children, which can lead to more serious long-term health complications.

We have some challenges with crime and antisocial behaviour in our borough:

- above average crime levels
- above average antisocial behaviour incidents
- issues with gangs, knife crime and guns

## Activity Level

Positively, we are a relatively active population in Lewisham.

### Less active

less than an average of 30 minutes a day

### Fairly active

an average of 30-59 minutes a day

### Active

an average of 60+ minutes a day



### Adults

Nov 20 - Nov 21



### Children

Nov 20 - Nov 21

18%

45%

14%

26%

68%

29%

Sport England's most recently published data (November 2020 – 2021) shows that more Lewisham residents are active when compared to the year prior. This shows that our adults are returning to getting active as we recover from the COVID-19 pandemic. We also have a lower proportion of our residents that are inactive; we are clearly moving in the right direction after a life - altering two years. However, we still have work to do to return back to the pre-pandemic rates of active adults, which peaked at 69% between May 2019-20.

### However, challenges remain. According to Sport England's November 2021 Active Lives Survey:

- Lewisham has moved from the 3rd most active borough in London in 2015/16 to the 9th most active borough in London in 2020/21
- for those who are 'active', males are significantly more active than females
- there is an above average number of people who are South Asian, Black and mixed ethnicities who are 'inactive'
- average visits to parks and open spaces per person per year and the average length of visit were both below the national average
- proportion of visits to parks and open spaces in Lewisham is lower from the minority ethnic communities and people from more challenging areas

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# Our strategic approach

We will deliver on our vision and key priorities by adopting the following strategies:



## Person-centred

Putting local people at the heart of the strategy to ensure our actions are based on what local people need. An improved understanding of the needs of the people of Lewisham is key.

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## Behaviour change

Adopting the principles of behaviour change to help people build a sustainable habit of being more active.

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## Place-based

Evidence-led action in localities, using insight to understand what needs to change. Then supporting the whole system to make those changes.

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## Universal approach, scaled to need

Something for everyone, with a focus on those with greater needs. The aspiration is for everyone in our borough to have the same opportunities to be active no matter who they are or where they are born or live. Inclusivity must be the common theme. In aiming to reduce inequalities, the intention is for actions to be universal, but with a scale and intensity that is proportionate to the level of disadvantage. We will target the most vulnerable and disadvantaged by adopting a holistic approach.

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## Action across the life time

Good practice highlights the importance of adopting a life time approach, recognising that barriers and motivations will change depending on the stage of life.

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## Whole systems approach

Changing the behaviours of largest masses of people require change at all levels. There is not one solution to the issue of inactivity. Whole systems means we need to consider the changes required to achieve our outcomes at many levels. This means the physical environment, organisations, the social environment, as well as individuals themselves. We must involve multiple sectors in the solutions, ensuring everyone, including policy makers, planners, community workers and residents themselves play their part in helping people make healthy choices.

**We have gained considerable insight from reviewing the evidence base and speaking to local residents as part of the development of this strategy. This understanding has informed our emerging thinking on the development of the new strategy.**

It is clear that these ambitions will only be achieved through the combined efforts of many partners. Lewisham Council will not be able to deliver all of the facilities, services and activities required by local residents on its own. The role of the Council will be as a deliverer, partner, enabler

and facilitator working with local residents, the public, private, third and education sectors to ensure that the vision is delivered.

**We want to hear from you** to understand your views on the strategy, particularly our emerging vision, priorities and approach and to start a conversation about your priorities, the work you deliver in the community and how we can work more closely with you to help deliver on our shared priorities. We will use this insight to develop an action plan that we can jointly own and work towards delivering with our partners.



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# Our priorities

To achieve our vision, we will work in partnership with organisations and communities across our borough towards delivering the following four priorities:

## Active people

Our residents will have the opportunity to make physical activity a regular part of their everyday lives through the provision of programmes and services that are tailored around the needs of our local people.

- Tackle physical and mental health inequalities and celebrate the rich diversity in our borough
- work collaboratively with internal and external partners to tackle health, wellbeing and economic inequalities
- ensure older residents have a variety of activities available to help encourage uptake and maintenance of regular physical activity
- encourage uptake of sport and physical activity by women and girls
- enhance opportunities for people with minority ethnic backgrounds to take part in sport and physical activity on a regular basis

## Active environments

We will seek to ensure that all of our residents have access to high quality, safe and affordable places which are designed and managed with the aim of helping people to be active, no matter who they are or where they live.

- Ensure that children and young people benefit from clean, safe and trusted environments for physical activity
- make more and better use of the parks and open spaces in our borough by activating the communities that surround them
- work towards improving access to school facilities for community use
- offer support to the Cleaner, Greener Lewisham agenda by promoting opportunities for active travel
- make use of more non-traditional spaces such as community halls, health centres and places of worship, to encourage the least engaged members of our community to have easy access to sport and physical activity

## Active systems

We will seek to ensure that the local systems and structures in place to facilitate the achievement of our vision are fit for purpose with the principles of strong governance, leadership, advocacy, workforce development and partnership working at their core.

- Ensure residents understand the strong links between physical activity and health and wellbeing
- upskill the physical activity workforce to support and encourage all residents to lead active lives
- physical activity will be a visible and proactive health and social care pathway
- provide clear and concise information so that our residents understand and buy into the multiple benefits of leading an active life
- ensure sport and physical activity are at the forefront of options for antisocial behaviour and crime interventions

## Building on our successes

There is already significant good work going on in our borough which we intend to build on over the coming years, including the whole systems approach to obesity:

- The Daily Mile
- Healthy Neighbourhoods
- Quietways and Cycle Superhighways
- Adult and child weight management programmes
- Healthy Walks programmes
- Implement our Playing Pitch and Parks and Open Spaces strategies

## Links to local and national strategies and policy



Lewisham Council will not be able to deliver all the facilities, services and activities required by local residents on its own. The role of the Council will be partly as a deliverer and partly as a partner, enabler and facilitator working with the private, third sector (charities, community groups and voluntary organisations) and education sectors to ensure that the vision is delivered. We are keen to engage with organisations across our borough to work together in partnership to deliver this ambitious strategy.

Further to this, a range of local to national strategies have been used to shape the direction and outcomes of this strategy, including:

- Lewisham Playing Pitch Strategy
- Lewisham Public Health Approach to Violence Reduction
- Lewisham Parks and Open Space Strategy
- Lewisham Play Strategy
- Lewisham Health and Wellbeing Strategy
- Lewisham Education Strategy
- Sport England Uniting the Movement
- DCMS – A national plan for sport, health and wellbeing
- Mayor of London's Strategy for Sport and Physical Activity

## Outcomes



- increase the number of positive role models / community leaders
- improve mental health and wellbeing
- reduce feelings of loneliness and social isolation
- create clean and safe environments for physical activity
- more outdoor spaces for sport and exercise
- promote and enhance awareness of the benefits of physical activity

We will produce an Annual Action Plan to accompany the strategy and will regularly review our aims and objectives to ensure their ongoing alignment with local, regional and national priorities.

The first year's plan is attached as Appendix 1.

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## Active people

With a population of 300,600, Lewisham is the 14th largest borough in London by population size and the 6th largest in Inner London. Not getting enough physical activity can lead to an increased likelihood of developing heart disease risk factors, including obesity, high blood pressure, high blood cholesterol and type 2 diabetes. With the population set to grow to an excess of 325,000 people by 2031, this means extra demand for services including GP practices and pharmacies. Physical activity will play a major role in reducing the demand on those services.

Over the next five years, this strategy aims to increase the number of opportunities for residents of all ages and abilities to become more physically active.

### Our aims

We will seek to tackle physical and mental health inequalities by ensuring that all our residents have the opportunity to make physical activity a regular part of their everyday lives through the provision of programmes and services that are tailored around the needs of our local people. Whilst we aim to create healthy active lives for all, we will place particular focus on those that are typically under-represented when it comes to physical activity locally.



## Children and young people

We aim to support schools and colleges to create a healthy and active culture by promoting initiatives such as Healthy Schools, signposting students into weight management programmes and delivering structured initiatives such as the Daily Mile. We also aim to strengthen links between schools and community sports clubs / organisations to ensure clear pathways into recreational and competitive sport opportunities.



**22.4%** of children in Reception are overweight or obese.

This rises to **38.3%** in Year 6

## Women and girls

In Lewisham, females are more likely to be inactive (19.8%) when compared to males (16.7%) - Sport England Active Lives 2021. With females tending to stop doing physical activity at around 14 years old, we seek to better understand the reasons for this trend.

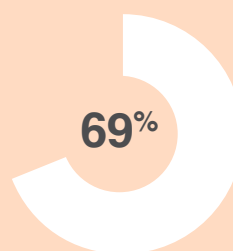
We aim to provide appealing, accessible opportunities for our female residents to ensure they feel safe, confident, motivated and supported enough to change their behaviours. For this to work effectively, we will work with our communities, getting them involved in designing solutions that directly suit their needs.

## People with disabilities or long-term health conditions

According to the 2021 Census, 17.7% of residents are living with a disability which limits their daily activities. We will work with local sports clubs and organisations to ensure they are supported and capable of delivering inclusive activities to enable all residents to take part and access opportunities.



**Statistics state that people with disabilities are 10% less likely to be physically active:**



Active people **with no** disability or long-term health condition



Active people **with** disability or long-term health condition

We will work with all local schools, especially SEN schools, to ensure they are aware and able to signpost students into existing opportunities, or are at the heart of designing programmes that suit their needs.



## Older people

Older adults aged 65+ make up 9.6% of the Lewisham population.

Maintaining healthy habits for physical activity has countless benefits for individuals, these benefits deliver billions of pounds of value to our healthcare systems, society and economy.

We know that maintaining physical activity becomes harder as we get older, so this will require us to focus on creating the conditions that make healthier lifestyle choices easier for our older residents.

Physical activity in older age creates healthy ageing, by maintaining muscle and bone strength and reducing the pace of mental decline.

We will aim to provide the support for older people to live well and independently for as long as they can. We will work with all physical activity providers to ensure their services cater to the needs of our borough's under-represented groups. Our Be Active scheme will continue to be offered at each of our leisure centres, reducing the cost of access to activities for Lewisham residents that meet the criteria of the scheme.

## Equalities

According to Lewisham's Joint Strategic Needs Assessment (JSNA), Lewisham is the 15th most ethnically diverse local authority in England, with 27% of our residents coming from Black ethnic groups; so we need to ensure everything delivered through this strategy considers and reflects the ethnic diversity of our borough.

We know that the COVID-19 pandemic widened existing inequalities and affected our minority ethnic community residents more than any other ethnicity. This trend extended to the gap in activity rates. The Active Lives survey shows that between May 2019 and May 2020, White British residents were 10% more active than their Black counterparts (73.9% vs 63.8% respectively) however, this gap widened to 20% in November 2020-21 (74.3% vs 54.2% respectively).

### Our goals



- We will seek to tackle physical and mental health inequalities and celebrate the rich diversity in our borough
- We will work collaboratively with internal and external partners to tackle health, wellbeing and economic inequalities
- We will ensure older residents have a variety of activities available to help encourage uptake and maintenance of regular physical activity
- We will encourage uptake of sport and physical activity by women and girls
- We will reduce the number of children registered as overweight or obese
- We will increase opportunities for people with disabilities to access physical activity

# Active environments

Now, more than ever, we recognise how important it is to understand how and where people like to get fit and healthy. The COVID-19 pandemic shed light on how important our local environment is to us.

With the more traditional health and fitness facilities such as gyms and leisure centres closed, residents had to find new places and new ways to be physically active. Parks and open spaces in our borough became the place to be throughout those difficult lockdown months and we want to build and develop on the usage of these places. We want residents to re-imagine how they use the environment around them to assist them in becoming or remaining fit and healthy.



## Our aims

We will seek to ensure that all our residents have access to high quality, safe and affordable places which are designed and managed with the aim of helping people to be active, no matter who they are or where they live. We need to respond to people's real lives and circumstances to make sure that everyone has options and opportunities that work for them.

## Our leisure centres

We will continue to work with our current leisure providers – Greenwich Leisure Limited (operating as Better) and 1Life to ensure that these facilities are at the centre of our residents' needs by continuing to improve the pools, gyms, sports halls, sauna and steam room facilities to keep them open. We also need to ensure that we are working as hard as we can to reduce the carbon footprint our centres are producing. Exploring options to upgrade the energy systems operating within each centre will be a focus across the life of this strategy and beyond.

With a shortage of pool water space in our borough when compared to our population, we felt it important to work alongside the local community to protect and re-provide the pool water at Wavelengths Leisure Centre. We aim to continue to protect the current pool water space whilst exploring opportunities to re-provide pool water space in the south of the borough.

## Parks and open spaces

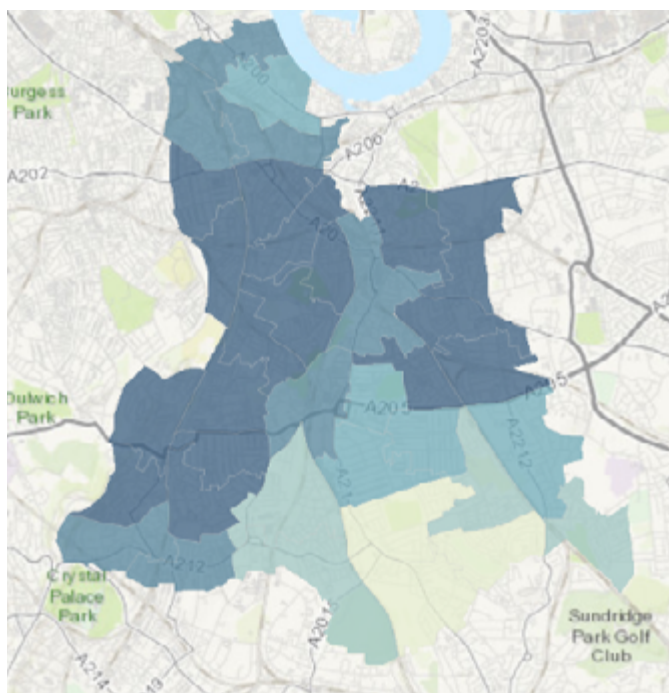
Lewisham's natural environment has a major role in how local people get active and maintain their wellbeing, particularly considering the number of our residents that live in flats or high-rise buildings. We need to recognise this and capitalise on the increased interest in using parks and open spaces as a result of the COVID-19 pandemic.

In 2021, Good Parks for London ranked Lewisham as number 1 borough for having the best parks in London. Over 95% of respondents to the Parks and Green Space consultation expressed that quality parks and open spaces made

neighbourhoods good places to live in. Feeling safe, providing good sports areas and facilities such as toilets, cafés and good infrastructure (e.g. bins and benches) and good play provision for children were all highly important and deemed to encourage greater use by the whole community.

We aim to build on the successful Good Gym, Health Walks and Play Tennis Lewisham programmes, further activating these spaces to make it easier for residents to book, use and enjoy our parks for grassroots sport and physical activity.

## Place-based solutions



### Activity levels by area

- Darker shaded areas indicate higher levels of activity
- Lower activity levels in the south of our borough
- High activity levels in the east and west of the borough
- Correlation can be seen between the areas with the highest deprivation levels and the lowest activity levels

The correlation between inactivity and economically impacted areas is stark. We will take a 'place-based' approach to targeting the most inactive areas in our borough. In particular, this will focus on the most economically impacted areas in the south of the borough, considering how we can ensure the most appropriate programmes and assets are in place, no matter who is providing them and better utilise existing assets to help these areas to become more active.

## Active travel

As stated in our Transport Strategy (2018), we must acknowledge the importance of encouraging our residents to travel by more sustainable modes of transport. This includes increasing the number of people walking, cycling or even scooting to, from and within our borough. We will work with schools and work places to develop and promote active travel plans ensuring the message is consistent throughout our borough.

## Non-traditional spaces

The solutions to unlocking inactive and under-represented groups are likely to involve 'nontraditional' partners, settings and locations. We want to increase the number and type of places physical activity is delivered in, utilising both indoor and outdoor spaces to create opportunities for people to get active in the ways they enjoy.



## Our goals



- Ensure all residents benefit from clean, safe and trusted environments for physical activity
- Make more and better use of the parks and open spaces in our borough by activating the communities that surround them
- Work towards improving access to school facilities for community use
- Support our Cleaner, Greener agenda by promoting opportunities for active travel
- Make use of more non-traditional spaces to encourage the least engaged members of our community to have easier access to sport and physical activity
- Continue to provide clean and well maintained leisure facilities and explore opportunities for new provision in the south of our borough

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## Active systems

Physical activity can play a major part in helping to address a number of societal challenges including closing the gap on health issues such as childhood obesity, increasing levels of employment, skills and employability and reducing crime and antisocial behaviour. We will aim to use physical activity to help deliver improvements in these areas, particularly focused on young people.

We understand that there are a wealth of organisations operating across Lewisham that can contribute to achieving a more active, more connected borough. We aim to act as a central point of contact, linking organisations together to create a more cohesive place to live.

### Our aims

We will work with partners to target activities towards particular groups who might otherwise not be active, seeking to build activity into people's everyday lives. In Lewisham particularly, this means people from minority ethnic communities, care givers and people who live in our most most challenging neighbourhoods. We will seek to change the way our community thinks and feels about physical activity by addressing social norms and attitudes through the provision of information so that our residents understand and buy into the multiple benefits of leading an active life.

### Communications

We need to work with partners to address the barriers that local people feel prohibit them from being active. One of the ways to do this is to ensure that residents can easily find out how and where they can get active. We aim to improve the provision of this information through the use of online tools and social media as well as having respected and trusted local advocates in the right places, championing the benefits of physical activity.

### Internal and external partners

Sport and physical activity can provide a fun and sustainable way for people to channel their energies into positivity. We aim to ensure strong and clear pathways between antisocial behaviour agencies, local sports clubs and organisations that are formed to provide opportunities for young people to engage in positive activities.

We will ensure that care pathways are clear and resilient, creating visibility for physical activity opportunities, proactively promoting our services in health and social care settings to improve physical and mental health and wellbeing.

With the landscape of Lewisham constantly developing and evolving to align with our population growth, it is now more important than ever to ensure that sport and physical activity are factored into how our environments are being shaped. We will endeavour to continually give input when it comes to planning and regeneration.



## Workforce development

We aim to work with our local further education providers to unlock the potential of our future leaders, providing pathways to increase the number of registered coaches and volunteers in our borough. We will particularly focus on female coaches and male volunteers to help to support the great work our sports clubs and organisations provide for the community.

We will work with partners to ensure that people's physical activity needs are catered for across the life course, from early years, youth provision and education settings, to active workplaces and care homes.



## Our goals



- Ensure residents understand the strong links between physical activity and health and wellbeing
- Invest in the activity workforce to ensure they gain the confidence and skills needed to support and encourage residents to lead active lives
- Physical activity will be a visible and proactive health and social care pathway
- Support clubs and organisations to increase the number of people volunteering to deliver physical activities
- Ensure sport and physical activity are at the forefront of options for antisocial behaviour and crime interventions
- Support leisure activity providers to engage in training, apprenticeship and employment opportunities

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# Strategy Implementation

This strategy must be owned and delivered in collaboration with a range of stakeholder organisations across our borough. We will facilitate the formation of a stakeholder forum made up of key internal departments as well as external partner organisations that see the value in physical activity creating a healthy and cohesive borough. The forum will work collaboratively to deliver our physical activity action plan; reviewing and updating it on an annual basis to ensure that it continues to grow and develop as the activity habits of our residents evolve. The forum will meet periodically throughout the year to monitor progress against the plan, producing an end of year report detailing the outcomes of the initiatives put in place and outlining plans for the year ahead.





[www.lewisham.gov.uk](http://www.lewisham.gov.uk)