## Lewisham Physical Activity Strategy Implementation Plan 2023-24

			Progress	RAG rating
	Engage the Black swimming association to develop provision in the borough.	Aug-23		
We will seek to tackle physical and mental health inequalities and celebrate the rich diversity in the borough	Engage Sporting recovery to expand mental health programme delivered at Ladywell arena to other facilities in the borough.	Aug-23		
	Map and promote current outdoor activity provision taking place in Parks and Opens Spaces across the borough	Ongoing		
	Promote and expand Healthy Walks programme delivered by Enable Consider relevant findings from Blachir Review to collaborate in designing interventions that help to mitigate health inequalities experienced by Black African and Black Caribbean older	Ongoing Review Quarterly		
	People. Raise awareness and support the increased uptake of community-based NHS health checks in Black African and Black Caribbean older adults	Review Quarterly		
	Support Main Grants funded clubs/organisations (6 organisations) with their project delivery	Quarterly monitoring		
We will work collaboratively with internal and external partners to tackle health, wellbeing and economic inequalities	Establish Lewisham Physical Activity Stakeholder group and coordinate quarterly meetings to be hosted by LBL	Oct-23		
	Create Leisure Centre concessions membership communications plan for quarterly engagement.	Monitor quarterly		
	Leisure Centres to provide guidance on sessions specifically suitable for older residents	Reviewed every 6 months in consultation with centre users		
	Creation of an older residents activity resource (booklet)	Jan-24		
Ensure older residents have a variety of activities available to	Support borough leisure centres to achieve and maintain Dementia friendly status	Nov-23		
help encourage uptake and maintenance of regular physical	Ensure Adult Social Care presence at quarterly stakeholder meeting	Quarterly engagement		
activity	Consult with POSAC & Age Uk (Lewisham/Southwark) to ensure we are developing programmes and activities to support our older residents	Jan-24		
	Continue to support the growth of Lewisham Indoor Bowls Club	Ongoing		
	Host 2 Sports coaching courses in the borough	Mar-24		
Encourage uptake of sport and physical activity by women and girls	Establish number of Wildcats girls football sessions offered in the borough	Aug-23		
	Support Leisure contractors to develop women and girls communications plan	Oct-23		
	Support uptake of Henry Programme (Childhood obesity prevention programme)	Ongoing		
Reduce number of children registered as Overweight / Obese in reception and Year 6 by 2%	Support Public Health in the delivery of Daily Mile in schools (increase number of schools engaged to 50+ (currently delivered in 47 schools))	Jul-24		
	Update schools newsletter with relevant/local physical activity programmes	Each Quarter		
Increase opportunities for people with disabilities to access physical activity	Maintain and promote free access to Leisure Centres in the borough via the Be Active programme	Ongoing		
	Assist Disability Sport Coach in administration of funding programme Support local clubs/organisations to	Review Quarterly		
	become inclusive through the delivery development workshops	Two workshops per year		
Active Environment Goals	Implementation Plan Measures	Timescales / Milestones		
Ensuring all residents benefit from, clean, safe and trusted environments for physical activity	To work closely with Planning and Regeneration to embed physical activity into local policy	Quarterly		
	Support uptake of Healthy Street concept, integrating this into local regeneration schemes	Quarterly		
	To engage Community Safety Team to ensure physical activity places/spaces are safe and monitored	Quarterly		
	Work with Friends of parks groups to consult with organisations to understand physical activity support needs	Annually		
	Support and promote and administer the implementation of a Sports Pitch bookings platform	Jan-24		
	Work towards achievement of recommendations withing the current Playing Pitch Strategy	Ongoing		
	Promote and administer the Play Tennis Lewisham Scheme	Ongoing		

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