

Lewisham Physical Activity Strategy Implementation Plan 2023-24

			Progress	RAG rating
We will seek to tackle physical and mental health inequalities and celebrate the rich diversity in the borough	Engage the Black swimming association to develop provision in the borough.	Aug-23		
	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	Ongoing		
	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 people.	Review Quarterly		
	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		
Ensure older residents have a variety of activities available to help encourage uptake and maintenance of regular physical activity	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		
	Support borough leisure centres to achieve and maintain Dementia friendly status	Nov-23		
	Ensure Adult Social Care presence at quarterly stakeholder meeting	Quarterly engagement		
	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		
Encourage uptake of sport and physical activity by women and girls	Host 2 Sports coaching courses in the borough	Mar-24		
	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		
Reduce number of children registered as Overweight / Obese in reception and Year 6 by 2%	Support uptake of Henry Programme (Childhood obesity prevention programme)	Ongoing		
	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	Review Quarterly		
	Support local clubs/organisations to 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		

Make more and better use of the parks and open spaces in the borough by activating the communities that surround them.	Upgrade Tennis courts at 4 park locations across the borough (Ladywell Fields Catford Bridge, Chinbrook Meadows, Telegraph Hill, Hilly Fields)	Jul-23		
	Explore funding opportunities to deliver a full sized 3G football pitch in the borough	Mar-24		
	Support promotion and delivery of sessions at open water swimming lake in Beckenham Place Park	Apr-24		
	Support activation of outdoor gyms across the borough	Apr-24		
We will work toward improving access to school facilities for community use	Engage local schools to explore opportunities to expand community access outside of school hours	Jul-24		
	Ensure CYP representative attends quarterly physical activity stakeholder meetings.	Quarterly		
Offer support to the Cleaner, Greener agenda by promoting opportunities for active travel.	Support the School Streets already in place across the borough, working with school contacts to expand the initiative where possible	Jul-24		
	Work with physical activity organisations to develop and promote active travel plans	Ongoing		
	Support and promote the bike loans scheme through the borough.	Ongoing		
Making use of more non-traditional spaces to encourage the least engaged members of our community have easy access to sport and physical activity.	Map and promote facilities throughout the borough (e.g. church halls and community centres) that can be hired for Sport/physical activity	Jan-24		
	Explore opportunities to continue operation of physical activity hub in Lewisham Shopping Centre	Sep-23		
Continue to provide clean and well-maintained leisure facilities as well as explore opportunities for new provision in the south of the borough.	Create and implement Be Active programme communications plan	Quarterly		
	Support Leisure operators to continue growth in participation figures month on month	Ongoing		
	Support the delivery of a new/relocated health suite at Glass Mill Leisure centre	Sep-23		
	Support the delivery of the HAF programme within Leisure Centres	Jul-24		
	Explore options to re-engage usage of climbing wall at Glass Mill Leisure Centre	Dec-23		
	Explore options for development of atrium at Glass Mill Leisure Centre for physical activity use.	Dec-23		
	Work alongside Planning/Regeneration to explore options re-provision of a Leisure Centre in the South of the borough	Jul-24		
Active Systems Goals Implementation Plan Measures Timescales / Milestones				
Ensuring residents understand the strong links between physical activity and health and wellbeing.	Create community pathways to physical activity via local social prescribers/community champions	Ongoing		
	Engage religious leaders in the borough to create physical activity pathways	May-24		
	Ensure physical activity messaging is a key part of public health messaging and delivered in culturally appropriate manner to remove barriers to accessing physical activity opportunities for black African/Caribbean residents	Quarterly		
The physical activity workforce will be invested in to ensure they gain the confidence and skills need to support and encourage residents to lead active lives	Work with physical activity training providers to offer 4 workshops/training opportunities for boroughs workforce	Quarterly		
	Work with Lewisham Football Partnership to consult with wider football community to assess training/development needs.	Quarterly		
Physical Activity will be a visible and pro-active health and social care pathway	Ensure Adult Social Care representative attends quarterly physical activity stakeholder meetings.	Quarterly		
We will support clubs and organisations to increase the numbers people volunteering to provide physical activity	Establish baseline figure of physical activity volunteer workforce within the borough.	Feb-24		
	Work with educational institutions to provide volunteering placement pathways into local club/organisations	Dec-23		
Support Leisure activity providers to engage in training, apprenticeship and employment opportunities	Ensure Leisure contractors are offering work placement/apprenticeship for local residents (10 apprenticeships/work placements per year).	Apr-24		
	Ensure Leisure contractors advertise vacancies through local employment pathways first	Ongoing		
	Establish baseline figure of leisure contractor workforce that are Lewisham residents and encourage minimum 50% local workforce target	Sep-23		
Ensure sport and physical activity are at the forefront of options for antisocial behaviour and crime	Ensure Crime/antisocial behaviour representative attends quarterly physical activity stakeholder meetings.	Quarterly		
	Work to establish 1 joint physical activity-based crime intervention programme	Jul-24		

interventions.	Work with Millwall in the Community and Lewisham Football Partnership to provide 3 Friday night football sessions across the borough	Dec-23		
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