

Draft Active Communities Stockport's Local Strategy



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Introduction

The purpose of the Active Communities Strategy is to:

- Summarise findings from [Stockport's JSNA](#) about needs and priorities for health and wellbeing in relation to physical activity and our cultural offer.
- Inform the public about our proposals for an Active Community.
- Outline a [whole system view](#) approach which encourages a strategic approach and identifies how all the of the strategies and plans across all council directorates and partners can contribute to the ambitions of the Active Communities Strategy.
- Combining evidence base (where it exists), powerful insight that GM has shared with us, incorporating the views and ideas of our: local partners and professionals, communities, families and individual residents, to determine our progress
- Identify a range of programmes that can align and contribute to the achievements of the active community strategy
- Identify [key actions](#) for the next year which will be undertaken by SMBC and our partners
- Set out the targets for [2020/21](#) and [outcome measures](#) by which the overall success of the strategy will be measured.

“
If a medication existed which had a similar effect to physical activity, it would be regarded as a “wonder drug” or a “miracle cure”

Sir Liam Donaldson, the former Chief Medical Officer of England

Vision & Objectives

What are we trying to achieve?

We want to be **bold** and aspirational

We want to create a culture of active communities in Stockport, where people enjoy being active with their friends and families and enjoy and benefit from the cultural offer in Stockport.

We want to do this through working with our partners and residents.

We want to deliver a revitalised and vibrant Stockport – ensuring that suitable and accessible facilities, spaces and services are provided for all across the borough by a range of providers (including public, private and third sector organisations).

We want to target our focus on our population whose social and economic wellbeing will benefit the most from increasing their participation and leading active lives in their communities. We want our focus to be primarily on our current inactive residents.

We want to take a “whole system” approach to Active Communities focussing on:

International, national guidance and laws, local legislation and policies, rules, regulations, codes, Greater Manchester plans and programmes

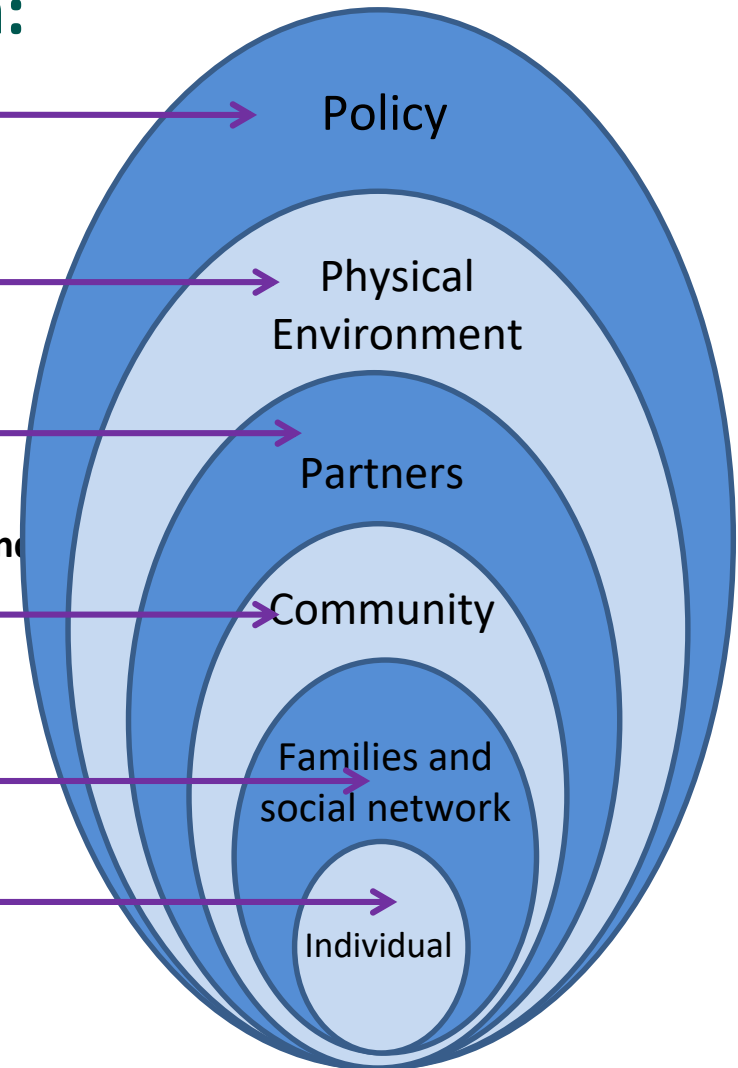
Built, natural environment and green space, transport links, cycling and walking networks

Schools, NHS and health care providers, local businesses, Life Leisure, VCSE, Stockport Homes, development of age friendly Culture championships

Faith organisations, charities, sports clubs, community groups, small voluntary organisations, uniformed groups

Friends, families, social networks

Individual capabilities, motivations, opportunities, knowledge, needs, behaviour



Active Communities – The Principles

We want to take a whole systems approach – where we look at all factors that will enable and help people become active

We want the strategy to be person centred – based on their needs and what they tell us are important

We want to ensure that when we encourage behaviour change it is based on the best available insight

We believe that everyone has a role to play with the public sector leading by example.

We want our actions to be genuinely collaborative and coproduced with our residents

We recognised that this is about transformational change

We recognise that this is about social participation and creating an environment that is accessible to all



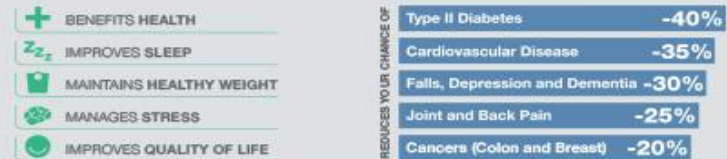
STOCKPORT
METROPOLITAN BOROUGH COUNCIL

Why do we want active communities?

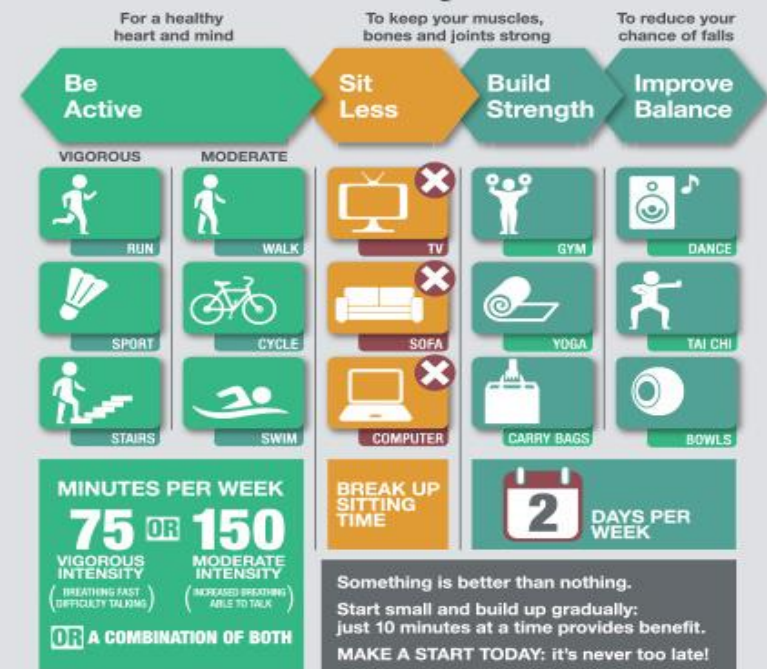
Health benefits

- In Stockport 200 deaths per year could be saved if every adult did 5 x 30 mins per week
- Physical inactivity is responsible for about 1 in 6 UK deaths and about 40% of many long term conditions
- Physical activity decreases the risk of most diseases by 30-40%
- Activity in later life reduces frailty including falls injuries, which is a major cause of loss of independence

Physical activity benefits for adults and older adults



What should you do?



UK: Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

Physical Activity & Mental Health

Physical Activity has a huge potential to enhance wellbeing in Stockport. It is known that even a short burst of 10 minutes brisk walking increases mental alertness, energy and positive mood states.

Sharper memory and thinking – improves concentration levels (positive for those who suffer with ADHD)

Reduces Stress

Research shows it can be used to treat mild-moderate depression as effectively as antidepressants

Improves level of sleep

Stronger resilience both physically and mentally

Increases energy levels

Builds self-esteem: makes individuals feel strong and powerful



Moving from being predominantly sedentary to being active provides a number of benefits, with the number of benefits realised increasing the more active you get.

We want to align Active Community to the Greater Manchester offer on Culture

Priorities

People: Health, Ageing and Families

1. Engagement across the life course
2. Promoting later life creativity and talent
3. Championing culture's role in improving health & wellbeing
4. Improving visibility of opportunities & removing barriers to engagement

Economy: Education, Skills & Jobs

1. Support engagement with culture to ensure young people are school read
2. Accessible cultural educator opportunities
3. Skills to grow the cultural sector
4. Jobs and opportunities within the cultural sector and creative industries
5. Entrepreneurial activities to support the sustainability and strength of the sector
6. Strengthening and protecting the collective offer of the North
7. Centre of excellence for research about cultural and creative industries

Place:

1. Empower and support cultural, organisations, artists and communities
2. Safe, accessible and welcoming venues
3. Using culture to develop and promote social cohesion
4. Diverse and distinctive cultural offer
5. Creativity in spatial planning and public realm design

Outcomes

- Increase in resident participation across all ages
- Establishment of the International Centre for Age Friendly Culture
- Establishment of the GM Institute for Arts, Health & Social Change
- Directory of activity and opportunities
- Directory of volunteering opportunities
- Increase in opportunities in early years' cultural activity
- Plan for development and delivery of GM cultural education
- Talent pipelines for key roles in sector
- Best practice employers charter
- Cultural sector collaboration plan
- Shared priorities across the North
- International reputation for research and policy development
- Number of artists and arts organisations operating out of GM

Cross Cutting Themes

- Quality
- Diversity
- Sustainability
- Resilience
- Internationalism
- Accessibility
- Digital

And the Greater Manchester Moving 2017 – 2021 Physical Activity Strategy to ensure the maximum impact for our residents

Principals of working

- Consistent use of the approach to transformational change in policy and practice
- Everyone is a leader
- Person centred
- Whole systems
- Genuine collaboration and co-production

Priorities

Policy and strategic architecture

1. Lead policy, legislation and system change

People

2. Across the life course
3. Start well – best active start
4. Develop well – the best place in England to grow up
5. Live well – increase activity across the adult population
6. Age well – active ageing for an age friendly region

Place

7. Active and sustainable environments and communities
8. Contribution to economic growth

Workforce

9. A skilled and diverse cross sector workforce fit to deliver transformational change

Enabler

10. Evidence, data and insight
11. Evaluation
12. Marketing and communications

Outcomes

- Physical wellbeing
- Mental wellbeing
- Individual development
- Social and community development
- Economic development

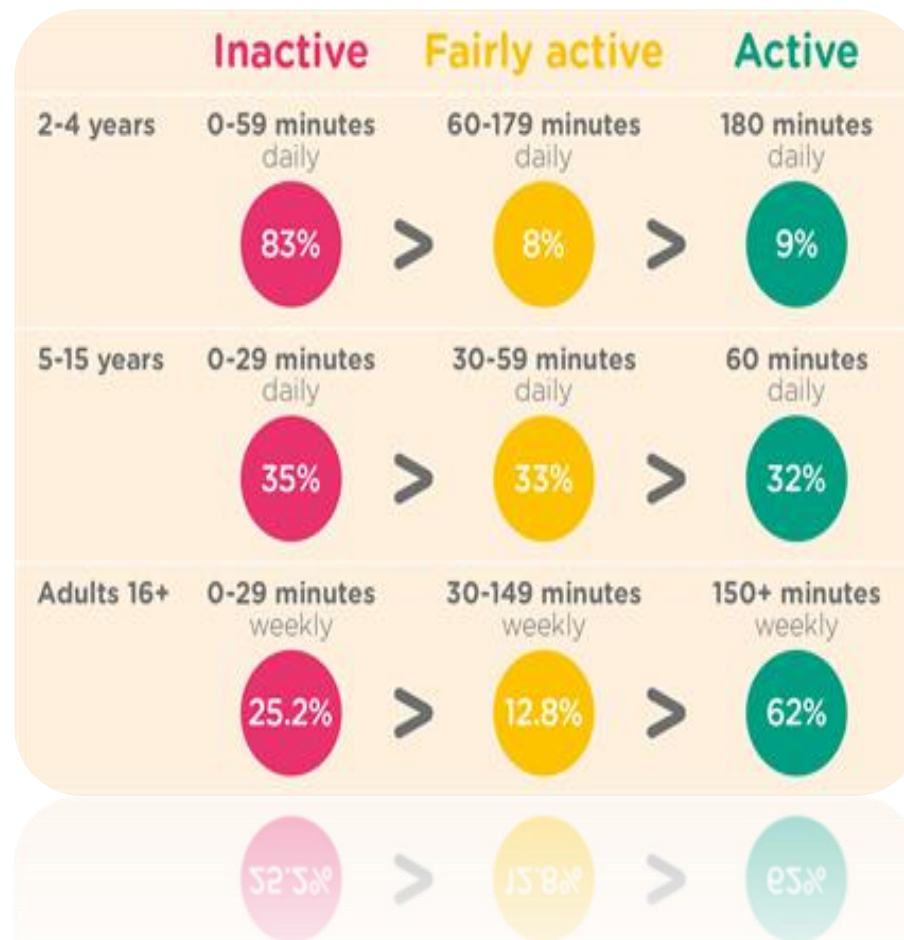
How much exercise should we be taking? The UK Chief Medical Officers' guidelines recommend

Adults	Early Years (0 – 5 years old)	Children & Young People Aged 5 – 18 years
150 minutes of moderate intensity activity in durations of at least ten minutes/week Or 75 minutes of vigorous intensity activity Or a combination of both	Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.	All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
Muscle-strengthening activity at least 2 days/week	Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.	Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week
Limit time spent sitting for extended periods	All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).	All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods
For older adults (65+) - Balance and co-ordination activities at least two days/week		

What do we want to achieve – what will success look like by 2025

- We want to
 - Decrease the number of our residents who are inactive from 20% to 15% by 2025.
 - Increase the number of our residents who are fairly and fully active from 80% to 85%
 - In addition we would like to set targets for sedentary behaviour but are waiting for our expected data set so that we can set meaningful targets
- And in particular increase rates of Physical Activity in
 - Our deprived communities and those residents not in employment –using ward based data
 - People with long term health conditions
 - Older adults who are least active, people with disability, women who are least active
 - Children – Children with Special Educational Needs or Disabilities (SEND), Young people who are disengaged and at risk of becoming marginalised, Young people Not in Education, Employment or Training (NEET), Young carers

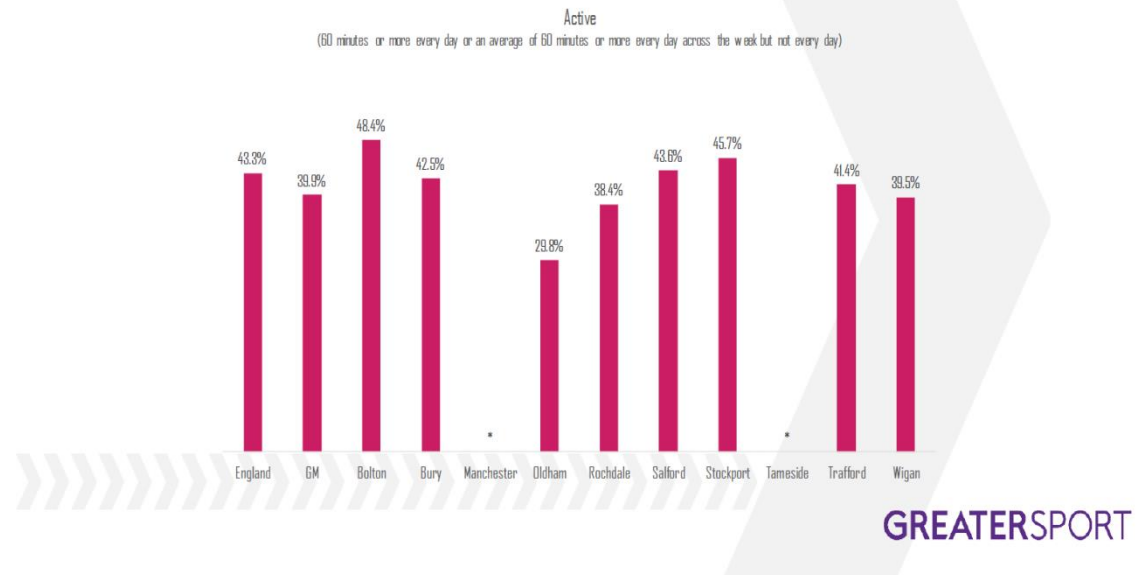
Active Lives Data for England



Children and Young People

The 2017/18 Sport England Active Lives Survey shows that only 45.7% of children and young people aged 5 – 16 years are active for 60 minutes or more every day or an average of 60 minutes or more a day across the week but not every day. This means that approximately 20,600 5 – 16 year olds in Stockport are not meeting the Chief Medical Officer's recommendations

Across the localities



Generic and School Specific Principles

Recommendations for improving physical activity levels in children and young people should be considered within two contexts – general and school specific:

General Principles

- Use a multi-component approach to promote physical activity in young people
- Aim to improve total physical activity levels by fostering positive attitudes to physical activity
- Create programmes that specifically focus on physical activity behaviours
- Include a family or home-based element
- Involve the young people you are targeting to help determine appropriate provision and activities
- Provide activities that are specifically focused on girls or cultural groups
- Provide young people with opportunities to participate in a variety of activities throughout the day
- Provide young people with access to active facilities and resources
- Provide safe walking and cycling routes to popular destinations

School Specific Principles

- Develop a whole school approach that supports and promotes physical activity
- Teach elements of behaviour change during PE or PSHE lessons
- Offer opportunities for additional staff training



Physical activity for children and young people (5-18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS
DEVELOPS CO-ORDINATION
IMPROVES CONCENTRATION & LEARNING

MAINTAINS HEALTHY WEIGHT
STRENGTHENS MUSCLES & BONES
IMPROVES HEALTH & FITNESS

IMPROVES SLEEP
MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

PLAY **RUN/WALK** **BIKE** **ACTIVE TRAVEL**

SWIM **SKATE** **SPORT** **PE**

SKIP **CLIMB** **WORKOUT** **DANCE**

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less **LOUNGING** **Move more**

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

Physical activity for early years (birth - 5 years)

Active children are healthy, happy, school ready and sleep better

BUILDS RELATIONSHIPS & SOCIAL SKILLS
IMPROVES SLEEP

MAINTAINS HEALTH & WEIGHT
DEVELOPS MUSCLES & BONES

CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 3 Hours across everyday

PLAYGROUND **JUMP** **CLIMB**

MESSY PLAY **THROW/CATCH** **SKIP**

OBJECT PLAY **DANCE** **GAME** **PLAY**

TUMMY TIME **SWIM** **WALK** **BOOBY** **BIKE**

Move more. Sit less. Play together

Stockport Health Needs and Physical Activity

Data

What does the JSNA say about physical activity in Stockport?

Residents aged 16+

- Stockport has the highest level of physically active residents in GM and we are above the national average
- Stockport has the lowest inactivity rates in the North West & only 11 local authorities in England have lower rates
- However approximately **25,000 children and 100,000** adults in Stockport fail to meet the recommended minimum physical activity levels to maintain their health
- Around 220 premature deaths would be prevented each year if minimum recommended levels of physical activity were achieved within the 40 – 79 year old age group
- The estimated annual cost of physical inactivity to the health economy in Stockport is £6,565,460
- With the additional costs associated with lost productivity to the wider economy within the Borough, this takes the estimate to £24,500,000 per annum

	Active (150+ mins M-V per week)	Inactive (less than 30 mins M-V per week)	Have taken part in sport and physical activity at least twice in the last 28 days	Volunteering to support sport and physical activity at least twice in the last year
Stockport	69.4%	18.3%	83.9%	17.5%
Greater Manchester	61.4%	27.8%	74.3%	13.7%
Northwest	61.4%	26.6%	76.2%	14.4%
England	61.8%	25.7%	77.2%	14.8%

Ref :Active Lives Survey www.stockportjsna.org.uk

Inequalities and Physical Activity

Key findings:

Data and Insight

Deprivation

Analysis of inactivity levels at Middle Super Output Area (MSOA) reveals a very different picture and identifies cohorts of the population where inactivity rates are very high.

Evidence confirms that the greatest health benefits from being physical active are found in those who go from doing very little to more than 30 minutes of activity per week.

Getting inactive people to become active has greater health benefits than getting active people to do more activity – get *everybody active, every day.*

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time builds up benefit.

	Inactivity levels	Population	Older adults aged (55+)	Older adults aged (75+)	Disability	NS SEC 6-8
Brinnington	37.52%	7194	1,540 (21.41%)	420 (5.84%)	1721 (25.74%)	2752 (60.09%)
Reddish North	28.92%	8233	1,775 (21.56%)	390 (4.74%)	1450 (18.26%)	2219 (38.90%)
Offerton	29.42%	7213	2,158 (29.92%)	648 (8.98%)	1580 (22.90%)	1937 (39.85%)
Central	29.09%	7017	1,872 (26.68%)	398 (5.67%)	1790 (27.88%)	2493 (49.98%)
Reddish South	27.66%	7016	2,076 (29.59%)	494 (6.00%)	1355 (18.85%)	1907 (35.73%)
Davenport & Cale Green	28.05%	6977	1,332 (19.09%)	351 (5.03%)	1395 (21.49%)	2046 (46.63%)
Stockport	18.3%	29,0557	63,019 (21.67%)	18,729 (6.45%)	52259 (18.45%)	54824 (26.70%)
GM	27.8%	2,782,141	733,217 (26.35%)	191,768 (6.89%)	521314 (19.44%)	673709 (34.20%)

Insight work on physical activity with local groups

Our insight work has provided some valuable information, our residents asked us to:

Consider language used: “physical activity” has a traditional connotation and doesn’t bring to mind immediately the positive consequences of activity: as a phrase, it is possibly a turn off for many people. Instead consider talking about “enjoying being active”.

Focus on the motivators of social rewards: especially having fun with your friends and making new friends.

Focus on building routines: make activity fit into your life. Time is the biggest perceived barrier to activity so this needs to be addressed.

Promote a wide variety of activities: different people like different activities non-traditional activities will work for some people and others like novelty so will be looking for the new.

Providing opportunities for making a commitment or signing up to a challenge will work for some people: building on events such as community fun runs, Race for Life will encourage some people to become active.

Information about “enjoying being active” needs to be available in the right places, especially when targeting those who are not active already.

Helping people understand their true level of activity could be key behaviour change trigger, technology and tools can be used to support this self-awareness.

Insights Work

Public View

Social aspect key – especially for keeping the activity going in the long term – social aspect can work in different ways: Going to do something fun with existing friends, meeting new people, creating a commitment to others

Building routines key – again especially for activity that is maintained – activity needs to be part of life, and not seen as an add on

The **rewards of activity** vary between people:

- Challenge – works for some people –It can be about setting a personal goal It can be about aiming for a particular event (e.g.10k run)
- Competition works for others - competing with colleagues / friends, Competing with self (personal bests), competing in events

Getting fit / healthy and losing weight– works as a motivation for other people, especially following a health scare or change in personal circumstance.

People need to be able to find out about the **range of activities** on offer. Information should be accessible. Recognising the wide variety of activities that people enjoy. Promoting choice beyond the perceived traditional “fitness / gym” is essential to attract as wide a range of people as possible.

Support and encouragement is key -from professionals, friends and volunteers.

Technology - Acti-ped, apps can be used as a learning tool, to monitor progress and make activity more fun (music, rewards).

Removing barriers - time , work and childcare commitments, safety, access , convenience of location adaption of equipment / instruction for those with particular needs

Delivery Objectives

We want to create sustainable objectives whilst we are in the delivery stage of the strategy, these will link in to our focus on a “whole system” approach.

Objective 1:

Utilise the opportunities of national guidance, local legislation and policies, GM programmes to create a sustainable environment that promotes physical activity

Objective 2:

Review, develop and sustain the built natural environment to help increase physical activity.

Objective 3:

To work in partnership with schools, the NHS and health care providers, local businesses and local charities to promote physical activity

Objective 4:

Identify, encourage and extend the range of support for our community groups that deliver programmes that promote physical activity.

Objective 5:

Develop in partnership, local interventions in a community setting for friends, families and social networks to support physical activity.

Objective 6:

To ensure all our interventions and programmes support an individual's capability, needs and behaviours, by utilising the insight work from communities.

What are we currently doing?

Policy: Greater Manchester Moving, Greater Manchester Transport Strategy 2040, GM Made to Move, Stockport Physical Activity Strategy, Stockport Public Rights of Way Improvement Plan, PE & School Sport Strategy (School Games), UK Physical Activity Guidelines, Sporting Future - A New Strategy for an Active Nation (DCMS), Towards an Active Nation (Sport England 2016-21), NICE Physical Activity Guidance (NG90, PH 13, 17, 41, 44, 54), WHO global recommendations on physical activity for health, ISPAH: The Toronto Charter for Physical Activity: A Global Call to Action, ISPAH: The Bangkok Declaration on Physical Activity for Global Health and Sustainable development.

Physical Environment: Town Centre Access Package, Highway Tree Planting programme, road safety education, Highways Improvement Programme, Cycle City Ambition Grant 2, A6 MARR, delivery of Mayoral Challenge funding and delivery of Bee Lines.

Partners: information around what we are currently doing with partners in terms of promoting and encouraging physical activity, can be seen on the next slide.

Community: Walk a dog volunteer scheme, travel schemes including promoting active travel, teaching safety on the roads for school services (Eagle Eye), and teaching cycle skills in schools, preserving/looking after green spaces, Park Run, Scouts, cubs, brownies, rainbows, guides.

Families & Social Networks: Parkrun, SHAPES school based interventions. FAB scheme ,

Individuals: Educational offer, GP referral – exercise prescription, Active Ageing .

Stockport Partners

As well as the key change programmes and strategies previously highlighted SMBC and other partners are also essential to achieving active communities. A few examples of these are summarised on the following pages:



Active Ageing Programme Sports Club Support, Physical activity related apprenticeships, Stockport SHAPES Alliance, Walk Stockport, Physical Activity Clinical Advice Pad Pilot, Physical Development Champions Programme, Good Gym, Change4 Life, One You, Food Activity Balance Family Programme, Bike Pool Schemes, School/Workplace Travel Plans, support businesses in signing up to the biking challenge, promote 'Mile a DAY' with local business Building Society.



Programmes include sheltered housing schemes and independent living service: Nordic Walking with social aspects for people aged 55+, weekly walks, ICan, Tai Chi, SMILE and PARis delivered in partnership with Life Leisure. "Eazy Riders" with CERAcycloan come 2019, level1&2 bike ability lessons followed by a free bike loan scheme for over 60's. School sessions at Stockport County FC, 'bridging the holiday gap', Street Fit, bike rides and junior dance classes.



STF actively encourage our staff to maintain their health and fitness by offering various exercise classes on the Trust site, making it easier for staff to attend. The classes on offer are: Tai Chi, Zumba, Yoga (beginners and advanced), Walk For Health and Walk 2 Run. The sessions are either subsidised or free making them affordable and great value for money.



Greater Manchester Moving is the 'comprehensive plan to reduce inactivity and increase participation in physical activity and sport that is aligned to the Greater Manchester Population Health Plan priority themes and wider reform agenda'. Our shared purpose is to positively change the lives of people across Greater Manchester through physical activity and sport.



Seashell trust: CADS is a school holiday sports camp for children with disabilities. Seashell Trust aims for children and young people to be safe, happy and improve their life outcomes through leisure activities. CADS promotes friendships and also give parents/carers a short break.

Stockport Partners



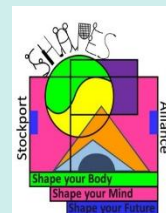
In addition to operating a wide range of leisure centres, Life leisure provides a huge variety of programmes aimed at supporting inactive individuals. Programmes supporting adults to become more active including: SMILE, PARiS, Actilife, Exercise in the Community, Exercise Rehab, Stay Steady, I Wish I'd Tried and Active Ageing. Life Leisure also deliver a wide range of activities for young people through their community outreach and doorstep sports programmes and mass participation events through The Big Event Series and Tough Tribe.



The Prevention Alliance provide early support for anyone who is vulnerable due to their health, wellbeing or situation, with the aim of preventing things from getting worse and enabling people to work towards independence. TPA provide advice on physical health , signpost people to services and connect people to community activities.



Age UK Stockport – Active Ageing – additional information to be added



SHAPES offer support to all schools in Stockport, catering for children from age 3-19, to further develop and maintain high quality Physical Education, sport and physical activity for all pupils as part of a healthy lifestyle.



CCG – Keeping Steady in Stockport – information to be added



PIPs: The strong voice of parents and carers at the Heart of Stockport's delivery of services for children, young people 0 - 25 years with disabilities and additional needs and their families. Work with parents to promote local offer which includes a range of activity programmes.

Stockport Partners



Viaduct Health employed 16 FT wellbeing and self-care coaches, they will work with individual clients on life style change to address their long term conditions these will include promoting P.A – physical and mental



Promoting physical activity through the OneYou Active 10 campaign and providing brief intervention advice relating to the CMO guidelines on physical activity. Where available, they will also help promote local activities & events e.g. Park Run



YOS & Targeted Youth Support works with young people (7 to 18 y.o). Provide or commission specific sports programmes e.g. football, fishing. We try to engage them in different activities, for example gardening with 'Friends Of' societies, providing them with something different.



Sector 3 : There are a wide variety of voluntary and community sector organisations in Stockport, they provide a huge range of community based programmes for all ages that promote physical activity and well being.



Transport for Greater Manchester

TfGM – Transport for Greater Manchester have a range of priorities to make our communities more active including a transport network that makes it easier to stay healthy through regular walking and cycling.



Greater Sport's work focused on changing lives through Physical Activity and Sport to help make Greater Manchester the most active region in England by getting 2 million people in Greater Manchester moving by 2021.

Implementation

Ref	Action
Objective 1: Utilise the opportunities of national guidance, local legislation and policies, GM programmes to create a sustainable environment that promotes physical activity	
1.1	Review our physical activity assets to ensure that they provide sustainable setting to promote physical activity including; indoor and outdoor sport and leisure facilities, our culture , sport and leisure activities, libraries, heritage facilities, community centres and parks and open spaces.
1.2	Ensure that the Greater Manchester Spatial Framework is conducive to the development of infrastructure which encourages greater levels of activity.
1.3	Ensure that all new major developments have walking and cycling designed into them via the Stockport Local Plan
1.4	Consult on the Stockport Walking & Cycling Strategy
1.5	Implement the recommendation of Stockport Playing Fields Strategy
Objective 2: Review, develop & sustain the built natural environment to help increase physical activity.	
2.1	Provide a range of green space and leisure facility environments that are appealing and conducive for physical activity for all ages within the Borough
2.2	Deliver the Heaton Norris park bridge
2.3	Deliver the A6 parallel routes

Objective 2: Review, develop & sustain the built natural environment to help increase physical activity. (Continued)

2.4	Deliver the A34 parallel routes
2.5	Implement a Local cycling and walking infrastructure plan
2.6	Maintain and seek to develop the standard and safety of our parks, green spaces, play, leisure facilities and rights of way in order to encourage their use by local residents and visitors

Objective 3: To work in partnership with schools, the NHS and health care providers, local businesses and local charities to promote physical activity

3.1	Implement and evaluate the PACAP programme in GP practices to support their promotion of physical activity
3.2	Deliver the priorities of the Stockport SHAPES Alliance and increase children and young people's participation in high quality physical activity
3.3	Support businesses in signing up to the biking challenge and other activities that promote physical activity to their staff
3.4	Ensure physical activity is addressed within all NHS and primary care lifestyle intervention and support programmes
3.5	Offer a range of training programmes to staff and partners to increase their knowledge of physical activity guidelines, promote motivational interviewing and signposting residents to community based physical activity programmes

Objective 4: Identify, encourage and extend the range of support for our community groups that deliver programmes that promote physical activity.

4.1	Provide support for voluntary sector sports club infrastructure development in priority areas
4.2	Deliver events in green spaces where participation involves physical activity including green gyms
4.3	Work in partnership with stakeholders, such as Friends Groups to encourage active use of parks and greenspaces
4.4	Encourage, support and develop positive physical activity role models in our key priority groups
4.5	Promote and encourage applications for the Stockport Local fund to support increasing community based physical activity for our key priority groups to reduce social isolation and improve mental well being through physical activity
4.6	Advise and support the VCSE in bid applications that promote physical activity
4.7	Use the Local Delivery funding and other GM Moving programme funding opportunities to promote innovative activity sessions to meet the needs of our priority groups
4.8	Build resilience into physical activity community networks in Stockport to ensure that a network of facilities continue to be provided by the private sector, public sector and voluntary sector.

Objective 5: Develop in-partnership, local interventions in a community setting for friends, families and social networks to support physical activity.

- | | |
|-----|---|
| 5.1 | Develop a family approach in the Local Delivery Pilot by expanding the provision of physical activity within community settings |
| 5.2 | Develop family and home-level interventions targeted at reducing screen-based sedentary behaviours in children and young people |
| 5.3 | Encourage active travel for families as a means of getting to school and work and as part of everyday life and Provide delivery support for School Travel Plans |
| 5.4 | Continue insights work with key cohort groups to understand any barriers to access and ensure programmes are delivered to local need and promote the wide range of facilities that are available in Stockport |

Objective 6: To ensure all our interventions and programmes support an individual's capability, needs and behaviours, by utilising the insight work from communities.

- | | |
|-----|---|
| 6.1 | Offer a wider range of tailored activity and education sessions using high quality activity coaches focussing on those residents who are the least active |
| 6.2 | Use targeted social media and other local media channels to promote the benefits of physical activity and the risks of being sedentary |
| 6.3 | Develop and maintain easily accessible resources about what is available within Stockport, accounting for a wide range of interests and preferences including promoting physical activity sessions on Stockport Local |



Physical Activity across Stockport

Key Programmes : The Local Delivery Plan

GM Moving has recently announced funding for local delivery plans to support the GM Moving programme

Stockport has been allocated £678,000 over 3 years. This document outlines our proposals for investment

The Principles of Investment for Local Delivery Pilot

1> Must be an identifiable need:

- Supported with an **evidence base**
- **Targeting the physically inactive** (ensuring a focus on population health level interventions and targeting the most 'at risk' proportionately)
- Must **align to one or more of the target audiences** (and the insight that has been developed about them)

2> **Builds on individual and community assets to add value** to what is already going on, i.e. the conditions are right

3> **A plan for engaging with the key audiences and a commitment to co-design with public services and VCSE** engaged

4> Must follow a **Whole Systems Approach** (the blue and white circles diagram)

5> Should demonstrate **how it addresses social and health inequalities** as a cross cutting theme

6> **Embrace innovation** and calculated risk in the interests of doing things differently

7> Is **part of a coherent plan for physical inactivity in the locality** underpinned by:

- A whole place approach to public expenditure in physical activity.
- A **focus on growth and sustainability**

8> **Committed to the GM and National Community of Learning** approach

9> **Distributed Leadership (everyone's a leader)**

TARGET GROUPS

- Children and young people aged 5-18 in out-of-school settings.
- People out of work and people in work but at risk of becoming workless.
- People aged 40-60 with, or at risk of, long term conditions: specifically cancer, cardiovascular disease and respiratory disorders.

Parity of focus on physical and mental health and wellbeing. Addressing inequalities throughout the pilot work.

LIFE LEISURE - NEW DELIVERY PARTNERSHIP

1st March 2019

Leisure Facilities Plan:
based on Comprehensive Indoor Needs
Analysis and Stockport Local Centres
Strategy

31st July 2019

Options Appraisal

April 2022

New Partnership in Place

30th June 2019

Delivery
Specification for
New Partnership

**September 2019 – March
2021**

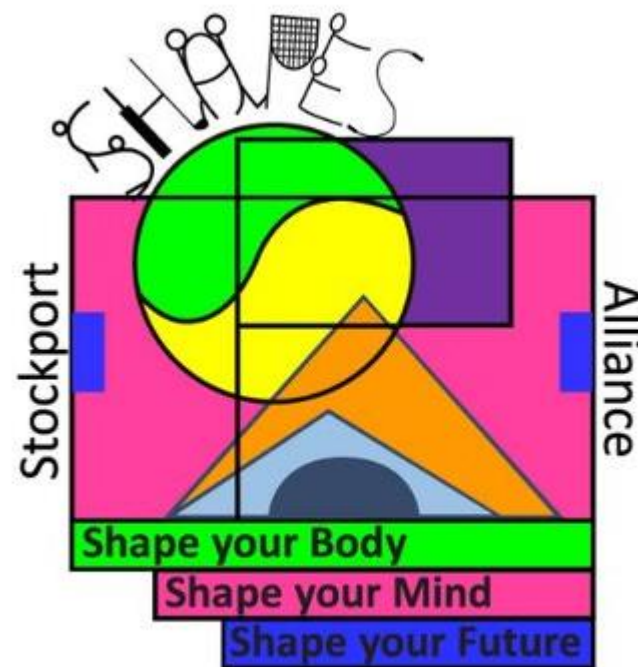
Procurement



Key Programmes : Stockport SHAPES Alliance (formerly Stockport School Sports Partnership)

85% of Stockport's schools involved. There are 5 priority work areas:-

1. The continued development of 'High Quality Physical Education' in schools
2. Continuing to improve 'Participation' opportunities for all children
3. Creating more 'Leadership and Volunteering' opportunities for pupils
4. Providing a comprehensive 'Competition' programme
5. Creating opportunities for 'School to Club Links'



Key Programmes : Walking and Cycling strategy

Our vision is to make walking and cycling attractive options for all ages and abilities for commuting, utility and leisure trips both within Stockport and to neighboring areas.



Objective 1

Create and maintain high quality and fully connected cycling and walking networks within Stockport

Objective 2

Encourage 'last mile' cycling and walking to enable interconnection with public transport

Objective 3

Use targeted promotion and training to encourage all groups to consider cycling and walking, and to improve safety

Objective 4

Ensure that neighbourhoods and district centres are "cycling and walking friendly" to encourage local trips by bike and on foot

Objective 5

Ensure that employment, residential, retail and leisure activities in the town centre are accessible by bike and on foot

Objective 6

Improve and maintain high quality cycling and walking connections with local networks, ensuring that adjacent areas of Stockport are fully integrated

Key Programmes : Active Ageing

Total funding: £216,218 (including match funding) over 2 years

Target group: inactive older adults aged 65+ who have experienced a life event, as set out within NICE guidance on wellbeing and independence in older people, and are at risk of decline in their independence and wellbeing.

Using the partners and infrastructures developed through the Stockport Together system, the Stockport partnership will work with frontline professionals in health, housing and communities to support them to better connect people to provision, and work with partners and older adults to co-design and improve service design and delivery.

Partners - Stockport Council, Stockport Homes, Age UK Stockport, Life Leisure



Other Key Programmes

As with all Strategies there are key links with other plans and programmes that have objectives that will help deliver the ambitions of the active communities programmes.



Our local assets and how we can use them to create active communities

Outdoor

Recreation grounds	Pavilions	School playing fields	Plots of land
Public parks	Football ground	Allotments	Country parks
Play areas	Local playing fields	Agricultural land	Woodlands

Indoor

Café/restaurants	Historic buildings	Community centres
Civil buildings	Museums	Libraries
Schools	Elderly person's centre	Youth clubs



Stockport have a significant amount of Recreation Grounds in Stockport, we have 78 grounds which range in levels of usage and suitable condition.



Playing fields: 10 with an additional 16 school playing fields. The school playing fields are often utilised by local clubs and teams and therefore are a useful asset in providing physical activity.



We have 11 leisure centres within the Stockport borough with Life Leisure being the operator. There are also a number of private gyms e.g. Pure Gym, Anytime Fitness and muscle and power building gyms.



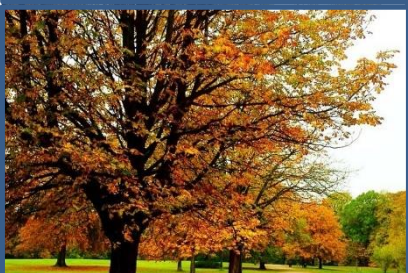
30 Pavilions across the Stockport Borough, often run by groups of volunteers. Some are in better condition than others but they provide more than greenspace, they usually have multi-purposes.



There are 6 Museums in Stockport including Hat works and the air raid shelters, of which some of them contribute to the culture trails across of Stockport.



There are 3 youth clubs, but not all youth clubs are run out of a youth centre, community centres and community spaces are also often used to help facilitate youth clubs.



Public parks: 26 with 3 additional country parks. Stockport has a very significant amount of open spaces. xx% of the borough is open space accessible for our residents and provides fantastic opportunities where residents can undertake physical activity



12 Community centres across Stockport. 9 of these community centres are managed by Stockport Homes where they help to provide information about the community and show what is going on.



We have a total of 16 libraries across the Stockport Borough, visiting hours and days are being looked at in order to see when the most popular times are days are.



There are 2 football grounds with Stockport with the biggest being Edgeley Park. They provide function rooms as well as a place to hold activity camps within the school holidays.

Community Assets

Stockport is fortunate to have a wide and extensive network of local clubs, sports groups and community groups across the Borough that promote physical activity and health and wellbeing.

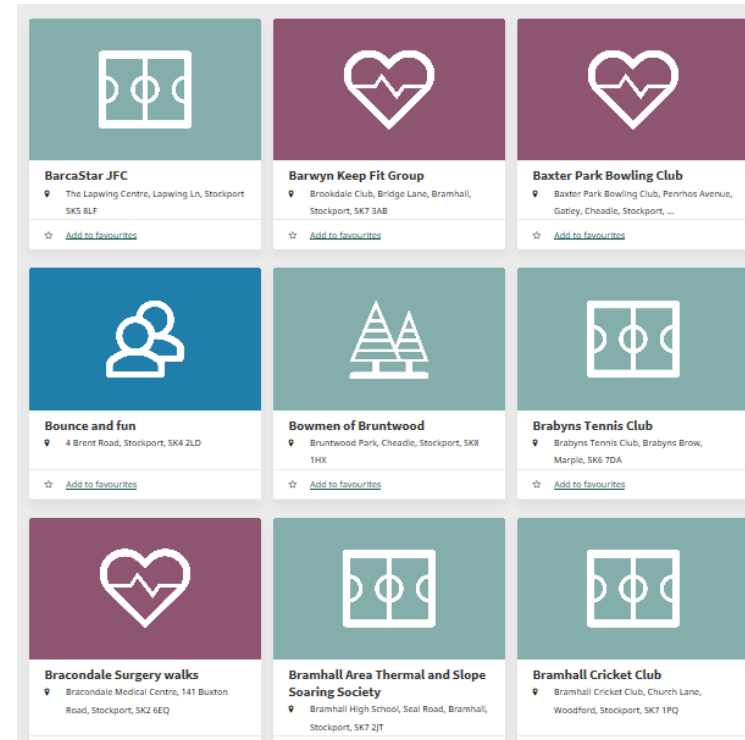
These groups increase participation in activity levels for everyone across all age groups – whether they are active play groups for young children, weekend sports groups for young people, activity sessions in our community centres and in our parks through to walking groups for older residents.

If we are going to get more people active we need to work with local groups, clubs and volunteers to extend these facilities and services.

Many of the services can be found on Stockport Local:

<https://www.stockport.gov.uk/groups/results?category=sports-and-fitness&order=Name%20A-Z&Page=2> but we need to ensure that

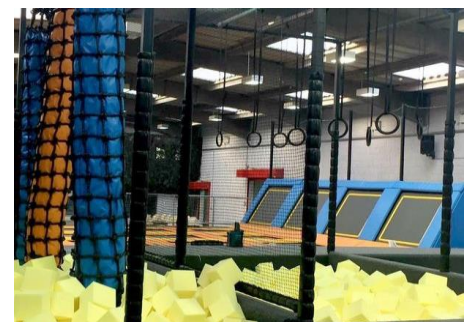
more are promoted so that local residents who want to become active can benefit from these great assets.



Other Stockport Provision



- Private gyms
- Independent gyms (usually power gyms)
- Golf clubs (10)
- Trampoline Park (1)
- Bones indoor Skate Park (1)
- Gymnastic Centres (2)
- Multi-use sports club e.g. bowls, tennis, snooker etc.



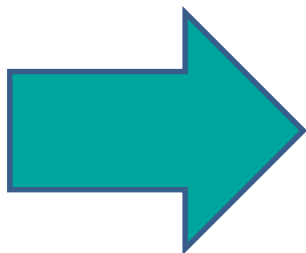
GOVERNANCE STRUCTURE



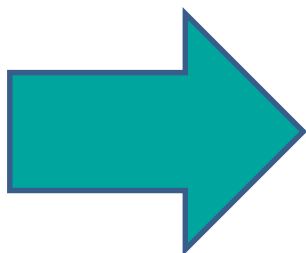
ACTIVE COMMUNITIES PARTNERSHIP PLEDGE

NAME	ORGANISATION	I AM GOING TO GET MORE ACTIVE BY	MY ORGANISATION IS GOING TO SUPPORT ACTIVE COMMUNITIES BY
Matt Johnson	GreaterSport	<ul style="list-style-type: none"> By walking and using public transport more than driving. Doing a weekly jog during my dinner break 	<ol style="list-style-type: none"> Providing leadership Supporting the ambitions of GM Moving Providing high quality data and insight Sourcing and developing interventions in collaboration with Stockport partners

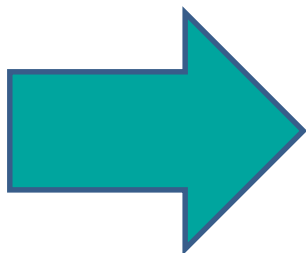
Next steps



Develop a full action plan and project manage the delivery of this action plan aligned to existing initiatives



Develop a short summary document to enable wider engagement with this work



Develop and agree key metrics by which this strategy and action plan will be measured (in line with the monitoring and performance work being developed through the GM Moving)

Appendix

Glossary

Definitions of Activity

All of the following time ranges refer to moderate-vigorous activity (M-V) as defined in the Active Lives Survey Technical Report (2018) :

Moderate activity: This is defined as activity where you raise your heart rate and feel a little out of breath.

Vigorous activity: This is where you are breathing hard and fast and your heart rate has increased significantly (you will not be able to say more than a few words without pausing for breath)

Inactive

0-59 mins per day (2-4 year olds)

0-29 mins per day (5-15 year olds)

0-29 mins per week (Adults 16+)

Fairly Active

60-179 mins per day on all 7 days (2-4 year olds)

30-59 mins per day on all 7 days (5-15 year olds)

30-149 mins per week (Adults 16+)

Active

180 mins per day on all 7 days (2-4 year olds)

60 mins per day on all 7 days (5-15 year olds)

150+ mins per week (Adults 16+)

