

*London Borough of Hillingdon*

**RESIDENTS' AND ENVIRONMENTAL SERVICES  
POLICY OVERVIEW COMMITTEE**

**2009/10**

**DRAFT SCOPING REPORT**

**Proposed review title:**

**SPORT FOR THE YOUNG AND ELDERLY  
AND THOSE WITH SPECIAL NEEDS**

**Aim of Review**

To review the Council's delivery of sport and physical activity for young people, older people and those with special needs.

**Draft Terms of Reference**

- 1. To review current work streams and targeted project work in place.**
- 2. To assess the effectiveness of targeted activity.**
- 3. To identify opportunities to expand the current offer.**

**Background and Importance**

1. Developing the sporting and the health benefits of an active lifestyle is a priority for the Council. Sport and Leisure is a high profile service area with high Member expectation to ensure that **"Hillingdon is a more active, healthy, successful sporting Borough"**
2. The Council with its very clear commitment to sport and physical activity has matched its aspiration to provide high quality sports facilities with increasing programmes of community based Sports development, as well as supporting athletes to achieve their full potential as elite performers.
3. The jewels in Hillingdon's crown will be the new facilities – Hillingdon Sports and Leisure Complex with the first new 50m pool in London for 40 years and the new Sports Centre at Botwell Green. Both will be complete by the end of 2009 and open to the public in early 2010. With £48m of investment, residents really will have the opportunity to be more active.
4. Sport and physical activity give people opportunities to learn skills, to express their identities, and to share experiences. It gives them a sense of community and a stake in the places where they live, contributing to a feeling of Civic Pride.

5. Sport and physical activity are a means to achieve outcomes across a number of cross-cutting themes, both in terms of promoting healthy, active lifestyles, promoting community participation and improving general health and well-being. This work can also contribute to other strategic work such as sustainable communities, reducing levels of obesity and providing positive activities for young people that can in turn aid community safety work by providing diversionary activities.
6. The key performance measure by which the Council will be judged is through the National Indicator 8. This measures the percentage of adults (16+) taking part in 30 minutes of moderate sport and physical activity on at least 3 occasions per week. Data comes from the Active People survey that Sport England co-ordinate and Councils' are expected to co-ordinate efforts to meet a 1% annual increase in participation.
7. Active People will also measure volunteering and satisfaction with local sports and leisure provision. The six KPI's (Key Performance Indicators) in Active People are: -

KPI 1 - At least 3 days a week x 30 minutes moderate participation (all adults)

KPI 2 - At least 1 hour a week volunteering to support sport (all adults)

KPI 3 - Club member (all adults)

KPI 4 - Received tuition from an instructor or coach in last 12 months (all adults)

KPI 5 - Taken part in organised competitive sport in last 12 months (all adults)

KPI 6 - Satisfaction with local sports provision (all adults)

8. As far as young people are concerned, the key performance indicator is the percentage of 5 to 16 year-olds participating in at least 2 hours per week of high-quality PE and sport at school, and the percentage of 5 – 19 year olds participating in at least 3 hours per week of sporting opportunities. Hillingdon, as part of Pro-Active West London has been selected as one of 12 trailblazer County Sports Partnerships across England to drive the delivery of Sports Unlimited [5 hour offer]. Working with School Sports Partnerships, the Council has developed new, externally funded activities to engage 'semi-sporty' children and young people into physical activity.
9. London committed in winning the 2012 Games to hosting an "inspirational Olympics and Paralympics that captures the imagination of young people around the world and leaves lasting legacy". The Mayor of London has recently published 'A Sporting Future for London' that is about increasing participation in sport and physical activity to encourage more people to play sport in London in the run up to the 2012 Games. The plan, which aligns with Sport England's strategy to create sporting opportunities in every community, is designed to capitalise on the once in a lifetime opportunity for the host city to create a lasting sporting legacy.
10. The focus on delivering a Sporting and Cultural Legacy is significant. In order to deliver real legacy for residents in Hillingdon, the focus is on expanding much of the creative and dynamic work that is already beginning to happen within local communities around sports, arts and culture as well as maximising opportunities to create new and innovative events, activities and projects. Sport and cultural activities can also make a real and lasting contribution towards developing civic pride within local communities and a sense of being part of and proud of their local environment.

## Reasons for the review

1. The Council adopted the Sport Hillingdon Strategy in May 2007. This is now being refreshed and updated to consider the impact of current delivery and how recent changes to the National and Regional focus will impact locally. The review will assess current progress and the ability of the Council to maximise opportunities arising from these changes that are outlined below;
2. In June 2008, Sport England published its 2008-2011 strategy. This set out an overarching aim to build the foundations of sporting success through 'the creation of a world leading community sport system in England'. The key outcomes were identified as:
  - Grow: increasing participation
  - Sustain: tackling the drop off in sport
  - Excel: developing and accelerating talent
3. Increasing physical activity and therefore health and well-being is now being driven forward by the Department for Health's new strategy – Be Active, Be Healthy. The focus is on increasing levels of physical activity which can be through informal exercise, walking, cycling or more formal sporting activities.
4. The Change 4 Life media campaign is part of this programme to change lifestyles and both health partners through PCTs and local sports providers are working together to create opportunities and programme of activities for people to take part in.
5. The Mayor of London's plan includes recognising that for many people, particularly older people, physical activity is an easier and more appropriate avenue than sport and initiatives are hugely valuable in terms of improving health, building self-confidence and, in some cases, providing a pathway into sport.
6. The plan, which aligns with Sport England's strategy to create sporting opportunities in every community, is designed to capitalise on the once in a lifetime opportunity for the host city to create a lasting sporting legacy.
7. The aim is to deliver a grass-roots sporting legacy for Londoners from the 2012 Olympic and Paralympic Games by:
  - securing a sustained increase in participation in sport and physical activity amongst Londoners
  - using sport to assist in tackling social problems including ill health, crime, academic underachievement and lack of community cohesion.
8. To support delivery of the plan, the London Development Agency has ring-fenced £15.5 million over the next three years for investment in programmes contributing to the plan. To maximise the benefits associated with this investment recipients will be required to provide match funding. This means that we will deliver more than £30 million of investment into grass roots sport and physical activity in London.

9. The Mayor of London has four key goals, which underpin his commitment to increasing participation in sport and physical activity:
  - Goal 1 – Get more people active
  - Goal 2 – Transform the Sporting Infrastructure
  - Goal 3 – Build Capacity and Skills
  - Goal 4 – Maximise the benefits of sport to our society

## **Equalities**

The Council needs to ensure that resources are targeted to the groups identified within this scoping document in such a way as to maximise opportunities to have a positive measurable impact.

## **Who is this review covering?**

1. All young people, older people and those with special needs living in Hillingdon
2. Council Services including Sport & Leisure Team, Youth & Connexions Service, Older Peoples Services, School improvement Service (PE Advisor)
3. External Partners e.g. Leisure Management Contractors, School Sport Partnerships,

## **Key issues**

1. The Active People 2 survey results (for 2007/8) show the percentage of the adult population in Hillingdon taking part in at least 3 x 30 minutes of sport and active recreation on at least 3 days a week is 20.7%. Hillingdon is now above the average score for London (20.1%). In the West London County Sports Partnership area, the results for Hillingdon are in contrast to the neighbouring boroughs of Harrow (13.3%) and Hounslow (15.1%) that have both seen statistically significant reductions in their results.
2. However, while around 21% of the population are active 3x30 minutes per week. 47.5% of the adult population do not engage in any sport or physical activity at all. While this figure has reduced from 51% recorded the original survey and is in line with the London average, it still shows that nearly half the adult population are not physically active at all.
3. With regard to older people aged 55+ in Hillingdon; the most recent survey recorded a decrease in those physically active from 10.9% to 5.8%.
4. People with a disability participating also decreased from 7.3% to 6%.
5. Increases in obesity levels have received significant media attention at a national level and is also a concern in Hillingdon that will potentially generate additional demand on healthcare services. The Sport Hillingdon strategy therefore provides an ideal opportunity to link with partners including Healthy Hillingdon, schools and the PCT to address obesity, reducing its prevalence and improving public health.
6. Very significant sums are being invested for improving the Sport and Leisure infrastructure at Hillingdon Sports & Leisure Centre and Botwell Green Leisure Centre.

The Council is also balancing the development of new facilities with improvements to existing buildings and programmes to ensure we get the most from investment in Hillingdon. Working with partners, the Council will look at new and innovative ways to provide facilities, places and programmes to increase participation in sport and physical activities.

## **Methodology**

1. The Policy Overview Committee will examine background documents and receive evidence at its public meetings from officers and external witnesses
2. The Committee may also make visits to specific projects and initiatives that include other local authorities with best practice examples.

## **Relevant Documents**

To be added.

## **Witnesses / Evidence providers**

Exemplar local authorities, Older Persons Forum, Age Concern, Joint Commissioning Manager Older People's Services, Youth Council, Youth and Connexions Service, Disabled Persons Forum, DASH, MIND, HAVS, Parent Carers Forum, Head of Access and Inclusion for Education and Children's Services, School Sport Partnership Managers, PE Advisor, Healthy Hillingdon, Hillingdon Primary Care Trust, Brunel University, Uxbridge College. Hillingdon Sports Advisory Group, Hillingdon Sports Club Forum, Pro-Active West London. Leisure Management Contractors. Hillingdon Sports Council.

## **Stakeholders and consultation plan**

1. Partner Agencies will be invited to make submissions to the review.
2. The stakeholders are (to be added)
3. Consultation Plan: representative of stakeholders will be invited as witnesses. The review could be publicised in Hillingdon People and on the Council website with written contributions accepted.

## **Connected work (recently completed, planned or on-going)**

### **1. Young People**

- Sports Unlimited – (3 years external funding by Sport England) to work with young people to widen access, interest engagement and participation in sport. This is part of the 5-hour offer for physical education and sport for young people and it has been developed with the School Sports Partnership. Activities include junior current training, streetdance, girls' body-fit, taster sessions in Olympic sports and are run at Centres and Schools across the Borough.

- Streetgames Project - Hayes, Yeading, Townfield, West Drayton to engage young people not normally involved in an activity, National Scheme - £30k funding from Sport England.
- KICKZ Project - operating in the north of the Borough with Watford FC and in Hayes with QPR with over 100 young people involved twice a week (3 year partnership funding from Football Foundation)
- Aqua Extreme - A programme of low cost activities aimed at introducing water based activities (water polo, diving, canoeing etc)
- Reduced charges for students aged 16+ via the council's LeisureLink scheme
- Co-ordination of the London youth Games team for Hillingdon that involves a number of local clubs and schools in a wide variety of sports, providing opportunity for competitive development.
- An extensive learn to swim programme and school swimming programme.
- School holiday coaching courses and OfSTED registered playscheme at Queensmead Sports Centre.
- Junior fitness programme, MEND scheme and other specific intervention projects for targeted delivery.
- In addition to these particular projects we are working with local clubs, Brunel and HAVS to increase opportunities for volunteering. The London Youth Games engage over 500 Hillingdon young people in representing the Borough and we continue to support Club development through coach education and training and the quality Club accreditation scheme – Clubmark

## **2. Older People**

- Alongside introducing Free Swimming for the over 60s from the 1<sup>st</sup> April 2009 we are also offering free swimming lessons to enable more residents to benefit from this activity. We will also use this initiative to highlight the health and social benefits from being physically active and seek to encourage greater levels of participation.
- Young at Heart sessions offered at leisure centres offering a varied programme of activities and opportunities for social engagement. Activities include swimming, exercise classes, short mat bowls, badminton, sports wall games, table tennis and even bingo
- Discounted admission charges via the Council's LeisureLink scheme for older people.
- New Active Ageing project being developed with Age Concern Hillingdon to increase the publicity and range of local opportunities for older people to be physically active.

## **3. Special Needs**

- As part of the annual sports coach education programme, training has been delivered to local voluntary sports clubs on coaching disabled people.
- Sports Development team work with disabled schools around providing teams for Hillingdon in disabled Swimming, Boccia, Athletics and Football at the London Youth Games and the Hillingdon entry to the West London Panathlon which incorporates 5 sports for disabled young people.
- Discounted admission charges via the Council's LeisureLink scheme & free access for carers attending with a disabled person using facilities.
- Some of the local clubs that have benefited and actively welcome disabled young people include Grange Judo Club, Hillingdon Table Tennis Club and Dr. Triplets Wheelchair Tennis Club.

- A disabled sailing club is also based at Hillingdon Outdoor Activity Centre.
- Specific disabled swimming clubs at both Hayes and Highgrove Pools
- Disabled parking spaces at each facility
- Automatic front doors at Highgrove and Queensmead
- Personal fitness training and exercise programmes
- Cardiac rehabilitation classes
- A range of IFI (Inclusive Fitness Initiative) gym equipment across the leisure facilities
- Portable induction loops at reception points (all sites)
- Facility modernisation programme with new leisure facilities in Uxbridge and Hayes that will provide greatly improved access
- Programme development: -
  - Sports Taster sessions held with day care centres that included a range sports activities.
  - Following these initial sessions a regular disability sports project is now in place named 'Get Active Stay Active' for adults in partnership with MIND and DASH. Activities in the Get Active Stay Active project include: -
    - Multi-Sport session (Boccia, Poly Bat table tennis, cricket & sport wall). Approx 14 attending per session
    - Football – approx 18 attending per session
    - Yoga, with 12 attending per session
    - Badminton/Table Tennis with 12 attending per session
    - Additional swimming sessions currently being developed
  - The team is also linking with the Turtles swimming club to assist them in recruiting young people to their session at Highgrove Pool
  - The Sport & Leisure team is also currently investigating opportunities to develop the programme further that includes: -
  - New Disability Sports Club for young people with special needs now started at Queensmead Sports Centre
  - Summer activities included as part of the FIESTA programme for disabled children.

#### **4. Other related activities**

- Hillingdon is committed to becoming are a “More active, healthy successful sporting Borough” and is matching this aspiration by developing high quality sports facilities with major capital investment in replacement and additional facilities. This includes Hillingdon Sports and Leisure Complex with the first new 50m pool in London for 40 years and the new Sport and Leisure Centre at Botwell Green. Both will be open to the public in early 2010.
- Back to Sport Project - this will be a new project funded by Sport England, developed in 2009 for 3 years to work with specific national governing bodies of sport to get adults back involved and active.

#### **Outcome**

Recommendations to Cabinet

#### **Proposed timeframe and milestones**

To complete the Review by the end of December 2009

**Risk Assessment**

The review needs to be resourced and to stay focused on its terms of reference to meet this deadline