

Children, Young People and Physical Activity		
Activity	Description	Outputs
1. Annual London Youth Games (LYG)	<p>Setting: Finals held at Brunel University (as opposed to Crystal Palace) due to Covid</p> <p>LYG is Europe's largest youth and sports festival; normally over 50 sports are represented. Teams of the most talented young people in Hillingdon are organised by the SaPAT.</p> <p>Due to Covid only 12 (outdoor based) of the 52 sports were represented</p>	<p>LYG 14 teams entered</p> <p>223 athletes attended trails and training</p> <p>90% sports achieved medals with the following final achievements:</p> <p>BMX – 1st place</p> <p>Cricket – 2nd place</p> <p>Netball – 2nd place</p> <p>Hockey – Male: 2nd place; Female: 3rd place</p>
2. Annual Mini Marathon	<p>Setting: London</p> <p>Mini London Marathon is the official British Athletics three-mile road championships for youth athletes aged between 11 - 17.</p>	<p>36 spaces were available for LBH athletes to compete:</p> <p>- 25 athletes entered</p> <p>Results: 1 LBH female athlete finished 2nd in the overall London Boroughs race</p>
3. Play Day (Annual event – 4 th August'21, for children under the age of 8)	<p>Due to Covid, Playday 2021 was an opportunity to assist clubs to deliver programmes as part of their Covid recovery through creating an opportunity to showcase what is available for children and families throughout the summer of 2021 and from September onwards.</p> <p>Organisations were invited to hold taster sessions at their dedicated site offering them the opportunity to promote new and existing programmes. The Playday programme was advertised to children and families through the Council social media, website, Hillingdon People and through schools.</p>	<p>All sessions were held in small groups at individual sites. Sessions included:</p> <p>- Family sailing football; Family walking tennis; Our Parks; BMX sessions; Disability session</p> <p>Total: 300 children and families participated</p>
4. Satellite Club Project	Setting: Various	YMCA 20-week data: 42 (36 BAME) participants,

(London Sport funded)	<p>London Sport funded 9 projects to address inactivity amongst 14 – 19-year-olds, over 30 weeks. Due to Covid the project start-up was delayed by 6 months.</p> <p>Activities included: Box Fit; Our Parks (boot camp); Dance; Football; Football Fit; Parkour; Couch to Fitness; This Girl Can; Sports Leader qualification</p>	<p>677 attendances, 50% inactive.</p> <p>P3 20-week data: 12 participants - 83 attendances 10 female, 10 inactive</p> <p>This Girl Can and Sports Leader - 10-week data: 31 participants, 17 inactive, 223 attendances</p> <p>Evaluation of all 9 projects due in February 2022</p>
5. Disability Sports	<p>Setting: Botwell Leisure Centre</p> <p>Weekly sessions for young people with physical and learning disabilities and autism to try multi-sports. Due to Covid the in-person sessions were suspended in 2020.</p> <p>Online provision set up in April'21; in person sessions re-started from 1st Nov'21</p>	<p>Online sessions delivered from April' 21 for 15 weeks throughout = 34 participants</p> <p>In person sessions started from 1st Nov'21 at Botwell Leisure Centre 5pm-6.30pm and will start from HSLC from Jan'22 5pm -6.30pm</p>
6. Tashan Daniel Award	<p>Setting: Borough-wide</p> <p>The annual Tashan Daniel Award bursary scheme for residents under the age of 21 to apply for up to £2000 to help them further develop and excel in sport, education or cultural ambitions</p>	<p>2021 Applications</p> <ul style="list-style-type: none"> - 53 applications received (more than double than in 2020) - 10 applicants approved to receive a grant award <p>Comms and publicity (including interviews with applicants) to promote 2020 and 2021 successful applicants</p>
Adults/Families and Physical Activity		
Activity	Description	Outputs
7. Walks	<p>Setting: Borough wide</p> <p>Free led walks of varying lengths and difficulty</p>	<p>Re-started from July 21: 14 walks</p> <p>Attendance until end of July: 320 participants</p>

	Since Covid all walks require online booking	By end of August'21 number of walks offered increased Attendance until end of August'21: - Number of walks (multiple walks from the same location) offered increased from 18 in Q1 to 52 in Q2, will reach 75 in Q3
8. Our Parks	Setting: Barra Hall Park, Harefield Village Green, Hillingdon Court Park Commission of Our Parks online (due to Covid) initially and in parks. Focus on inactive residents, all abilities welcomed	January – July'21 - 88% of participants were female - 53% white, 47% diverse ethnicity - 48% considered themselves as inactive on sign-up, 94% of users do less than 150 mins of exercise per week. Attendance - 45 sessions; 450 attendances - Barra Hall Park session saw a big increase in attendance following ease of lockdown
9. Tennis	Settings: Various 5 Tennis sites – Cavendish, Hillingdon Court Park, Fassnidge, Churchfield Gardens, The Closes, Rosedale, Swakeleys – had a £5 per hour pay and play fee introduced on 17 th May'21 Tennis for Free (TfF) – free weekly coaching for ages 12+ offered at Cavendish Rec restarted in April'21 SERVES – free Pop-up tennis for indoor and outdoor facilities set up in May'21. LTA provided equipment and free training for volunteers to become coaches	5 Gated sites court hours bookings (Jan – Nov'21): Cavendish – 3,659 Churchfield Gardens – 1,016 Fassnidge – 1,008 Hillingdon Court Park – 2,838 Rosedale – 111 Swakeleys – 578 The Closes – 384 Total = 9,594 Tennis for Free: April – July 2021: 282 bookings

		<p>SERVES (new) Pop-Up tennis:</p> <ul style="list-style-type: none"> - Hayes Muslim Centre: 132 attendances over 8 sessions; 8 volunteers trained; waiting list is full. Delivering pop up SERVES in The Closes during school holidays. They will also link with Quba and West London Somaliland Group. Hayes Muslim Centre to extend SERVES to 36-week programme following positive feedback and local resident interest. - Set up in 3 Young People's Centres in Sept'21. Waiting for data. <p>LTA Grant Funding</p> <ul style="list-style-type: none"> - The LTA have funded two smart gates in 2020 and 2021 - Submitted application to the new LTA Renovation Fund to request part funding to improve 5 remaining tennis sites. Passed Stage 1 of the funding process. Hopeful to progress to Stage 2 and to begin rebuild of courts and new install new fencing in 2022. <p>(new) Hillingdon Tennis Development Plan: under consideration to introduce:</p> <ul style="list-style-type: none"> - Tennis Coaching Management Plan - Season Ticket for regular tennis players
10. Cricket (new)	<p>Setting: Cowley Rec and Grassy Meadow</p> <p>ECB offered grant of £70k towards two non-turf pitches (NTP) at Cowley Rec and Grassy Meadow parks</p>	<ul style="list-style-type: none"> - Borough wide activation plan drafted for partners to contribute to. - Dynamo and All Stars running at Cowley Hall Rec in July, over 4 days. <ul style="list-style-type: none"> o 40 bursaries from Middlesex County Cricket offered to local schools and children Centres - Hayes Muslim Centre linked in with Middlesex County Cricket; delivering girls Dynamo and All Stars at Harlington

		<p>Community School with female coaches.</p> <ul style="list-style-type: none"> - 6 schools in south of the borough approached by ECB to receive free cricket equipment - NTP to be fitted early 2022; Activation plan evaluation expected thereafter
11. Football (New)	<p>Setting: HSLC and Botwell Leisure Centre</p> <p>Family Football; Walking Football for men (over the age of 35), and women (all age)</p>	<p>New initiative started in July'21</p> <p>Men walking football:</p> <ul style="list-style-type: none"> - Two weekly sessions have 15 participants at each session - New direct referrals from the Stroke Association and housing support officers specifically for residents with brain injury needing support. <p>Female walking football:</p> <ul style="list-style-type: none"> - Weekly session at Botwell has 5 regular attendees; new session to start in Nov'21 (HSLC) - Setting up new session indoors for the winter months following resident feedback <p>Family football sessions:</p> <ul style="list-style-type: none"> - 21 people attended at HSLC in Oct'21 half-term: bookings already for Feb'22 half-term.
12. Cycling (New)	Setting: Hayes	<p>Community support:</p> <ul style="list-style-type: none"> - Offered 14 community bicycles on long term loan to Hayes <i>Legacy Women's</i> cycling project in Hayes; group engaging with 60 women per week offering a range of learn to ride sessions and cycle rides. Seed funding for cycle leader training for the group under discussion - Successful commission of Summer of Cycling Event in Aug'21 at Minet Cycle Circuit for 23 residents (Families) who have never ridden or owned a bike. Very positive feedback. Set up loan of 16 bicycles

		<ul style="list-style-type: none"> - Setting up community bicycle maintenance programme with <i>Recycle a Bike</i> for the maintenance of 18 adult community cycles and the 20 children cycles loaned to residents in Hayes - Successful commission of Hayes Hawks for two BMX sessions (including Learn to ride sessions) 115 children/young people participated - Actions developed to set up Disability /Dementia Hub for Cycling at Field Heath School, with Transport Team. Planned purchase of specialist adapted bikes for people with disabilities. - Monthly meetings held with Transport, and Planning teams, and British Cycling <p>Strategic Development:</p> <ul style="list-style-type: none"> - Address options cited in the Hayes Cycling Feasibility Study - Active Travel plans to be developed with Transport team - Input into and support the Transport Team's new <i>Cycling Strategy</i> (to be drafted in 2022)
13. Couch to 5K - Good Gym (new) – Park Run (new)	<p>Setting: Hayes</p> <p>Jog it Off sessions (run leader lead) were cancelled during 2020 – 21 due to Covid; a new Couch to 5K running initiative to be set up from Jan'22 instead</p> <p>Good Gym – supporting running as an activity combined with community support</p> <p>Park Run – to be held at Stockley Park</p>	<p>Couch to 5K: to start in January 2022</p> <p>Good Gym: to be delivered from early 2022</p> <p>Park Run: to support set up costs and publicity 2021/22</p>
14. Green Social Prescribing (new)	<p>Setting: Borough Wide</p> <p>Social prescribing, and community-based support enable GP's, other health and care practitioners and local agencies to refer</p>	<p>Commission TCV to undertake asset map for Green Social Prescribing opportunities to build capacity within the south of the borough, in particular among</p>

	<p>people to a link worker who gives people time and focuses on what matters to the individual.</p> <p>Green social prescribing links patients and residents to nature-based interventions and activities, such as local walking schemes, community gardening, conservation volunteering and food-growing projects.</p> <p>The Conservation Volunteers (TCV) were commissioned to support the development of green social prescribing, as part of the wider social prescribing agenda in Hillingdon.</p>	<p>BAME communities, to deliver and engage in green social prescribing activities:</p> <ul style="list-style-type: none"> - TCV drafted and sent survey out in July'21 - to groups in south of the borough. Report due by Dec'21 - Template for recording referrals created - attending monthly CCG Social Prescriber meetings from 8th October to discuss referrals, conversations about being active and any barriers.
15. Men in Sheds	<p>Setting: RAGC</p> <p>Suspended in 2020 – 2021 due to Covid</p> <p>Men's Sheds are community spaces for men to meet like-minded people, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, create a new sense of purpose and belonging among individuals, but most importantly, they are fun.</p>	<p>Initiative to be re-introduced as part of the volunteer scheme already established at RAGC. Under discussion.</p>
16. Outdoor Fitness Instructor License (new)	<p>Setting: Borough-wide</p> <p>A new license scheme approved by Cabinet in 2021 to help monitor (commercial) fitness instructors using parks and open spaces to hold fitness sessions. Annual license fee will apply for all successful applicants.</p>	<p>Online application process currently under development; first draft expected December 2021</p>
Older People: physical activity and social connectedness		
Activity	Description	Outputs

17. Dances	Settings: Ruislip, Uxbridge, Botwell, Yiewsley Free, monthly dances for residents over 65 were suspended in 2020 and 2021 due to Covid. By Dec'21 – tea dances to have re-started	2 Tea Dances at Middlesex Suite to be set up 29 th Nov'21 and 13 th Dec'21 (Mayor's Tea Dance)
18. MOVES: gentle exercises (chairbics)	Setting: due to Covid, chairbics sessions held in libraries, in person, were suspended in 2020 and into 2021. A weekly online session via Zoom was delivered from Feb'21 Instructor led gentle exercise sessions held weekly for residents over the age of 65 During lockdown in March 2020 – May 2020 and early 2021 frequent wellbeing and welfare phone calls were made to residents over the age of 65 registered with the team,	Weekly Zoom session (Feb'21 – Sept'21): 387 participants In Person library - based sessions set up weekly in 8 libraries: - 15 sessions - 1 outdoor fitness September throughput – 141 participants October throughput (to date) – 139 participants Outdoor fitness (6 weeks) throughput – 31 participants
19. Community Dementia support	a) Setting: Various In Person activities were suspended in 2020 – mid 2021 due to Covid. Zoom, WhatsApp, door-steps visits, and frequent wellbeing and welfare phone calls were made to vulnerable residents registered with the team. From June'21 restricted numbers were permitted in Hillingdon libraries for dementia friendly (DF) coffee mornings Further outdoor sport and physical activities were set up in June'21	a) Library Based DF coffee mornings: - Re-started from June'21, on average 10 residents attend weekly sessions (reminiscence, exercise, storytelling) at 10 libraries. Regular referrals made via the Memory Clinic at Hillingdon Hospital, Admiral Nurses, Alzheimer's Society, Social Care; 2-3 calls a week from residents following information on the council web page b) Sport and Physical Activity programmes (new): - Walking Football: very popular; 25 men and women attend weekly - Walking/Adaptive Tennis: 8-10 residents attend Uxbridge Tennis Club weekly - Golf (adapted): 10 – 12 residents attend

		<p>weekly at Uxbridge Golf Club</p> <ul style="list-style-type: none"> - Walks: 20 residents attend heritage walk at Cranford Park <p>c) Theatre and Dance</p> <ul style="list-style-type: none"> - Re-started DF screening (bi-monthly) at Beck Theatre; 12 residents attended screening in Oct. - New dance to be set up at Compass Theatre end of 2021/early 2022 <p>d) Events</p> <ul style="list-style-type: none"> - Christmas 'Extravaganza' meal and entertainment for 92 residents at Y&WD community centre on 1.12.21 - Bunker visit, and Zoo visit planned for 2022 <p>e) DF Training delivery</p> <ul style="list-style-type: none"> - Online, monthly training delivered to 12 - 20 NHS staff (care workers, nurses, GPs) - In person training to be delivered for residents in 2022 <p>f) Dementia Action Alliance</p> <ul style="list-style-type: none"> - Lead the DAA meetings; support statutory, voluntary sector and businesses to become members and submit actions that support a Dementia Community action plan for people living with dementia. - Achieved 'excellent' as part of DF Venue Charter for participating venues. Ongoing process. <p>g) Tovertafel (Magic Table): installed in 6 libraries but use suspended due to Covid. Working with libraries with good ventilation to permit use by residents living with dementia</p>
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20. Events	Settings: Various	Day of the Older Person (international campaign to support older people) held each year in Hillingdon: <ul style="list-style-type: none"> - 20 stalls (agencies working with older people) and entertainment booked at Pavillion shopping centre for Feb'22
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Strategic Development:

London Sport have been commissioned to interview stakeholders and draft a new Sport and Physical Activity Strategy covering a 3-year period. The first draft is due December 2021

MJ Award 2021:

Sarah Durner received a 'Highly Commended' under the category of Community Hero at the MJ Award in September 2021 for her commitment and sterling work with people living with dementia in Hillingdon