

SPORTS FACILITIES, ENGAGEMENT AND INCLUSIVITY

Committee name	Residents' Services Select Committee
Officer reporting	Priscilla Simpson, Sport and Physical Activity Team Manager
Papers with report	None
Ward	All

HEADLINES

This report provides an overview of the sports facilities available throughout the Borough with a focus on engagement and inclusivity.

RECOMMENDATIONS

That the Residents' Services Select Committee:

- 1. Notes the content of the report and asks any clarification questions as necessary.**

SUPPORTING INFORMATION

PUBLIC HEALTH

July 2024

The Public Health team and its partners in the Council and NHS are creating opportunities for children, young people, families, older residents, to enjoy participating in the many local physical activities available to them across the Borough. This is through our GLL leisure centres, parks, open spaces, clubs, and community facilities. We aim to create something for everyone.

The Council has also invested in opportunities to be more active. The Sport and Physical activity team (SaPAT) have co-ordinated recent investments and set up delivery plans to improve access and support more residents to be active. Specifically, these include:

- **Parks Tennis:** working with the Lawn Tennis Association since 2019, the council was successful in bringing in a grant of £228k in 2023 and 2024 for the renovation of Park Tennis at 5 sites, including new gate access systems at all 10 sites. Most of the courts had not been upgraded or renovated in over 10 years. To support the engagement of more residents to play tennis, the SaPAT have also set up a partnership with the National Tennis Association to offer a range of exciting new programmes for residents of all ages across the Borough to get involved in tennis. This started in the spring of 2024 and includes Free Parks Tennis; Tennis for Free (every Saturday morning at Cavendish Rec) and opportunities for residents to become tennis activators. Tracking data monitors court hours booked and play monthly.

- **Cricket:** with the support of the England and Wales Cricket Board, in 2022 the Council installed two new non-turf cricket pitches for Junior Cricket at Grassy Meadows and Cowley Rec. The local cricket clubs have been utilising these new facilities and free play is also available.
- **Cycling:** the SaPAT set up Hillingdon's first Accessible Cycling hub in September 2023 at Pield Heath School providing specialist bicycles for residents with disabilities and people living with dementia to learn and enjoy cycling in a secure environment. Currently up to 10 people living with dementia use the specialist bikes on the dedicated track.
- **Running:** the SaPAT successfully set up Hillingdon's first Park Run at Stockley Park in 2023; from the outset has been a hugely successful mass participation event every Saturday.
- **GLL/Better 'Healthwise programme'** (Exercise on Referral Scheme): working with GLL we aim to increase the number of GP referrals into the 12-week physical activity programme to help residents gain benefit from instructor led exercise for their health conditions (including diabetes T2; cardiovascular issues, mobility issues). This will be promoted through the Integrated Neighbourhood Teams that are currently being set up.

OTHER PROGRAMMES DELIVERED BY THE SPORT AND PHYSICAL ACTIVITY TEAM

CHILDREN AND YOUNG PEOPLE

London Youth Games: 23 sports trials and training for athletes aged between 11 – 17 competing against other London Boroughs. It is estimated that 500 young residents go through the trials, training and competitions utilising GLL facilities at Botwell and Hillingdon Sport and Leisure Complex (HSLC). At the 2024 finals held in late June 2024, Hillingdon entered a total of 23 events across the competition year and came 15th out of the 33 London Boroughs and 4th out of the West London boroughs. Hillingdon was placed 1st across London for being the most improved Borough for the whole calendar year.

Youth Disability Sport: multi-sport provision offered for free to provide activities designed to improve coordination, strength, balance and fitness for children aged 6-12 living with disabilities including autism. Weekly sessions are held at Botwell leisure centre and HSLC with up to 16 young people attending.

Mini Marathon: up to 36 residents aged between 11 – 17 represent the Borough at the London Mini Marathon (3 miles of the actual marathon route) each year. The athletics track at HSLC is used for trails.

Play Day: To celebrate the national Play Day annual event which encourages children under the age of 8 and families to play (structured and unstructured), a free day event is held at the Athletics track at HSLC each year (7th August) where partners and services providers have stalls, games, physical activity opportunities for children to enjoy. Up to 2000 residents attend each year.

ADULTS

Walks

Our led walks take place Monday to Sunday across the Borough and are a great way to meet people and explore Hillingdon's beautiful green spaces. There are 22 graded walks to choose across the Borough.

Cricket

Community cricket sessions for 4 -11-year-olds run at Grassy Meadows and Cowley Recreation Ground during the summer months.

Tennis

With 10 sites to choose from across the Borough, courts can be booked for £5 per hour. Some sites have a coaching programme and at 3 sites a newly introduced initiative called Free Park Tennis on the weekends where residents can access equipment, facilities and coaching for free for 1 hour.

Outdoor Fitness Programme

These are fun, free, fitness classes in local park held at Barra Hall and Harefield. These Our Parks classes are delivered by fully qualified and registered coaches and designed to cater for all ages and abilities so they can Turn Up and Tone Up!

Park Run

A free regular 5k course where residents can turn up to run, jog or walk every Saturday morning at 9am at Stockley Country Park. This is an adult event but children as young as 14 can run if accompanied by an adult or infants can be pushed in buggies. It's run by local volunteers to set up and encourage as many residents as possible to take part.

Couch To 5K

Held twice a year, Couch to 5K is an 8-week running plan for absolute beginners and helps residents to gradually work up towards running 5 kilometres. This is led by running coaches and volunteers who guide the group into feeling more confident to run/jog in their local area. Up to 25 residents attend the programme and many end up joining the weekly Park Run.

Men's Walking Football + Women's Walking Football

A free programme for men aged 50+ and women aged between 25 - 70 utilising HSLC facility. These sessions are led by a qualified instructor and encourage residents to move actively and have fun at the same time.

OLDER RESIDENTS

Seated exercise classes – weekly classes for residents aged 65+ to improve strength, coordination, balance and CV health, a variety of exercises are achieved in a seated environment. 300 residents attend across 11 library-based sessions.

Strength and Balance: a prevention programme to support the reduction of falls in Hillingdon has been set up as part of the wider HHCP priority on Falls and Frailty. The programme includes education workshops on Falls Prevention and a Slips, Trips and Falls self-assessment tool as well as a community-based OTAGO strength and Balance programme which meets the NICE guidelines on falls reductions. To date 300 residents have attended falls workshops and there

are an average of 197 residents attending strength and balance classes weekly. Classes are delivered in community-based locations including libraries and community centres. Residents can self-refer, and the programme also accepts referrals from social care, GPs, Physios, social prescribers and Age UK. There is also a targeted programme offered in sheltered housing and Extra Care.

Dances – Monthly Tea dances (Christchurch Hall, Uxbridge and Winston Churchill Hall) and Desi dance (held at Bowtell Leisure Centre) are provided free of charge for residents aged 65+. Around 150 residents attend monthly.

Dementia Friendly Swimming and Tennis for 50+ residents - Free sessions that are specially for residents living with dementia and their carers. The swimming session are held at HSLC pool and adaptive tennis is delivered at Uxbridge Tennis Club. Up to 20 residents attend weekly.

RESIDENT BENEFIT

Sports facilities are available across the Borough to enhance the lives of residents.

FINANCIAL IMPLICATIONS

N/A

LEGAL IMPLICATIONS

N/A

BACKGROUND PAPERS

Nil.