

“Get Moving get Active”

Rushmoor - Hart

Sport & Physical Activity Alliance
(SPAA)

Action Plan 2010 - 2011





Get Moving get Active

INTRODUCTION

“To raise sport & activity levels of residents within **Rushmoor & Hart** that will reduce health inequalities and develop positive lifestyles”

There are many providers of sport and physical activity within Rushmoor -Hart with a positive number of local organisations representatives within the SPAA partnership. One of the key roles of the SPAA is to co-ordinate this provision, and to improve the signposting of opportunities that will enable residents to access the wide range of sport and physical activity offered.

The SPAA partners are committed to bringing Sport & Physical Activity to residents based on influences and needs identified through local and national agendas, by tackling these challenges and exploring opportunities.

As such, the SPAA will take into account the following key issues:-

- The targets of **active adults** as identified in the local public service agreement
- The **directives, opportunities & funding** provided by Sport England
- The local issue of **“childhood obesity”** which can be reduced through healthier lifestyles
- The opportunities provided by the hosting of the **2012 Olympics**

PARTNERS

Rushmoor Extended Schools		First Wessex Housing Group (FW)
Rushmoor Borough Council	(RBC)	NHS Trust
Hart District Council	(HDC)	North East Hants School Sports
Rushmoor Voluntary Services	(RVS)	Partnership (NEHSSP)
Rushmoor Healthy Living	(RHL)	DC Leisure
Hampshire County Council	(HCC)	Rushmoor Royals

Primary Aims

1. To raise the physical activity participation levels of residents across Rushmoor & Hart.
2. To be a “mentoring provider” signposting information on activities, resources, funding, training, coaching and clubs.
3. To create & market a branding that is recognised across Rushmoor & Hart for all Sport & Physical Activity provision.
4. To work with Rushmoor, Hart, & partners, exploring opportunities for the creation of new facilities and the refurbishment of existing.
5. To be creative with funding and opportunities that will enable more of our residents to enjoy “low cost” activities such as cycling, walking, and swimming by creating opportunities through improved cycle/walking routes, creation of groups & leaders, and pathway to swimming.

Some of the challenges ahead:-

Through LAA's (local area agreements) and in partnership with Hampshire County Council , to:-

- Increase the number of adults participating in 5x30 minutes of exercise weekly from the 2005 figure of 19% (**Rushmoor**) & 21% (**Hart**) to the Hampshire wide 2010 target of 25%.
- Reduce childhood obesity in Year R & year 6 pupils.

<u>Childhood Obesity</u>		Year R	Year 6
Rushmoor	2006/2007	10.4%	17.8%
	2007/2008	11.8%	18%
	2008/2009	7.9%	20.5%
Hart	2006.2007	5.9%	12.4%
	2007/2008	7.5%	12.5%
	2008/2009	6%	12.3%

Hampshire Active Travel



The Government has set a target for all schools within the country to have an active travel plan by 2010.

Working with officers from H.C.C, the SPAA will support schemes and activities aimed at increasing the number of pupils walking & cycling to school

Aim 1. Increase Adult Participation

Objectives	Target Outcome	Key Actions	Partners	Time scale	cost
1. To work within disadvantage wards raising activity levels of adults	Increased number of adults walking within wards	<ul style="list-style-type: none"> RHL to run leaders course RHL update walks on website 	RHL,RBC, HDC	March 2011	1k
	Improve health awareness of residents in deprived wards	<ul style="list-style-type: none"> RHL/First Wessex to set up testing stations for health MOT'/feedback progress 	RHL/FW	April 2011	5k
	To enable those on low incomes to attend exercise classes within community facilities	<ul style="list-style-type: none"> Rushmoor to contact leads within communities Rushmoor to provide walking links on website Leaders to take walks RBC to liaise with community facilities RBC to liaise with childcare providers 	RHL RBC, HDC, Community facilities,	June 2010	2k from WB fund 1k
2. To enable more adults to access activity across the borough	Increased number of adults participating in 5 x 30 exercise	<ul style="list-style-type: none"> Link into Sports partnership clubs website Information on SPAA website Information & education of 5 x 30 exercise The promotion of local exercise opportunities 	RBC, HDC Sports Partnership RBC SPAA RBC/HDC/ SPAA	Sept 2010	

Objectives	Target Outcomes	Key Actions	Partners	Time scale	cost
3.To enable more cycling across the borough	Encourage more adult commuting & social cycling	<ul style="list-style-type: none"> • Improve cycle routes and access • Promotion of cycle routes 	RBC, HDC, HCC England cycling, HCC & RBC capital projects team	March 2011	60k 3k
	To encourage newcomers into the sport	<ul style="list-style-type: none"> • Implement a bike loan scheme • Implement a bike training and maintenance programme 	RBC, HCC	March 2011	Sponsorship 1k
	To organise one large cycle event in the borough	<ul style="list-style-type: none"> • Venue • workshops • Organise local companies to attend • Provision of bikes and routes 	RBC, HCC, Cycling England, Sports partnership	AUG 2010	6k

Objectives	Target Outcomes	Key Actions	Partners	Time scale	cost
4. To encourage and enable more adults to swim	Increase in take up of free swimming opportunities	<ul style="list-style-type: none"> • Signposting of free swimming 	RBC, HDC, DC Leisure	2010-2011	30k
	Increase in take up of swimming stroke improvement courses/activity	<ul style="list-style-type: none"> • DC Leisure to provide courses/data on attendance • Signposting of swimming opportunities & clubs 	DC Leisure, Rushmoor Royals/RBC	2010-2011	Cost to client
5. To encourage healthier lifestyles through prescriptive exercise	Greater increase in GP referrals attending designated centres	<ul style="list-style-type: none"> • Training of centre staff • Local co-ordinator to attend Hampshire PCT group meetings • Contact with GPs • Rehab courses 	RBC/DC RBC/HDC RHL/HDC RHL/RBC	Ongoing	£400 £200 Provision at Break even cost 2k
6. Access to outdoor "green gym" based opportunities in local communities	Increased number of adults participating in outdoor non sporting exercise	<ul style="list-style-type: none"> • Identify 3 local community projects and signpost 	RBC/RHL/ HDC	April 2011	

AIM 2. Increase Young persons participation

Objectives	Target outcomes	Key Actions	Partners	Time scale	cost
1. To increase physical activity amongst early years that will decrease year 6 obesity levels from 20.5% to 19.5%	To encourage more children walking/cycling to school	<ul style="list-style-type: none"> work with school travel plans officer Improve routes Organise schools walk challenge 	RBC, HCC, HDC, RBC Transport dept, Sustrans	March 2011	30k p.a
	To encourage more children to cycle	<ul style="list-style-type: none"> Education and training for families Introduction of a family bike loan scheme The creation and promotion of cycle routes 	HCC, RBC, Cycle England,	March 2011	sponsorship 3k
	To enable all junior school pupils to receive 5 hours of physical activity each week	<ul style="list-style-type: none"> Bolster & support curriculum activities Introduce more after school clubs Organise inter school events Ensure exit routes exist to clubs School Sports partnership working with clubs 	School Sports partnership, RBC, HDC, Local clubs	March 2011	

Objectives	Target Outcomes	Key Actions	Partners	Time scale	cost
2. Increase sporting opportunities for teenagers	Increase numbers in after school clubs	<ul style="list-style-type: none"> Sports partnership work staff training & mentoring 	NEHSSPS, RBC, Sports Forum, clubs, HDC	March 2011	n/k
	School Holiday Active teenagers	<ul style="list-style-type: none"> Work in partnership with local facilities to set up opportunities and clubs Support Sports Unlimited programme delivered by NEHSSP 	HCC, Sports partnership, community facilities	March 2011	10k 6k
	Greater numbers through local clubs	<ul style="list-style-type: none"> Signposting through our partnerships, website, and schools List of clubs listed on web site Ensure exit routes exist 	RBC,HDC, Sports forum, clubs,	March 2011	
	To attract more teenagers into to swimming	<ul style="list-style-type: none"> Rushmoor "free" swimming programme Promotion of swimming clubs 	DC Leisure, RBC, HDC, Rushmoor Royals	March 2011	30k

Objectives	Target Outcomes	Key Actions	Partners	Time scale	cost
3. To raise the % of children (5-16yrs) involved in 3hrs weekly activity inside/outside school from 59% to 65%	The provision of more opportunities for children to participate in Physical Activity	<ul style="list-style-type: none"> • Increase number of after school clubs and matches • Club sessions, mentoring & coach education • Exit routes from events 	Sports partnership, school PE staff, HCC	March 2011	
4. To raise levels of participation amongst young persons with learning & physical difficulties	<p>Increase awareness within the borough</p> <p>Increase in the number of young persons benefitting from the provision</p>	<ul style="list-style-type: none"> • Organise one annual event (aiming high) • Signpost to existing opportunities • Creation of a weekly club at local leisure facility • Secure funding for provision • Provide funding for opportunities • Signposting to existing clubs at Hart Leisure Centre including badminton, swimming and holiday clubs 	<p>RBC/HDC HCC/Mallards</p> <p>RBC/HCC</p> <p>SPAA</p> <p>HDC</p> <p>HDC</p>	March 2011	<p>6k</p> <p>3k pa</p>

AIM 3. Information sharing, mentoring, signposting

Objectives	Target Outcomes	Key Actions	Partners	Time scale	cost
1. Branding	To create a SPAA branding that will become known across Rushmoor & Hart	<ul style="list-style-type: none"> To design a slogan synonymous with SPAA objectives and profile. 	RBC & SPAA partners	April 2010	
2. Increase community profile	To raise local awareness of the SPAA	<ul style="list-style-type: none"> Club contacts and regular email updates Article in Arena magazine Successful funding applications to be reported in local press 	RBC, HDC, SPAA	Ongoing	
	Improved signposting and information sharing	<ul style="list-style-type: none"> The creation of a SPAA website displaying information regarding funding, clubs, coaches, events, projects, and physical activity opportunities 	RBC/SPAA partners	April 2011	1k

Objectives	Target Outcomes	Key Actions	Partners	Times cale	
3. Mentoring/coaching	To ensure a wide range of adults from PE staff to club representatives have access to mentoring support that will empower them to increase physical activity through motivation, encouragement and inspiration.	<ul style="list-style-type: none"> • Sports Partnership programme to train: • Club Coaches • Club Volunteers • PE staff 	Sports partnership, Schools, sports forum, clubs	March 2011	
4. Signposting/use of Funding	Ensure maximum use of grant money	<ul style="list-style-type: none"> • Inform community the types of funding available through clubs/sports forum/development workers & chances for change • Monitor applications & provide feedback 	RBC,HDC, & SPAA partners SPAA designated officers	Ongoing Ongoing	

