



Report for:	Housing and Community Overview and Scrutiny Committee
Date of meeting:	3 July 2019
Part:	1
If Part II, reason:	

Title of report:	DBC Physical Activity and Sports Action Plan
Contact:	Julie Banks, Portfolio Holder for Community and Regulatory Services Author/Responsible Officer(s): Linda Roberts (Assistant Director – People, Performance and Innovation) Matt Rawdon (Group Manager – People and Communities) Alex Care (Community Partnerships Team Leader)
Purpose of report:	1. Update Members on the Action Plan to support the DBC Sports and Physical Activity Strategy.
Recommendations	1. That Members note the report and provide feedback on the Action Plan.
Corporate objectives:	Building strong and vibrant communities
Implications:	<u>Financial</u> The delivery of this action plan is contained within existing budgets within the people and communities group.
'Value for money' implications	<u>Value for money</u> All projects that are being delivered within this action plan will be scrutinised by officers and Members to ensure they are being delivered in a way that provides value for money.
Risk implication	Individual risk assessments will be completed, where required, for the individual tasks/projects in the Action Plan.
Community Impact Assessment	Individual community impact assessments will be completed, where required, for the individual tasks/projects in the Action Plan.

Health and safety Implications	Individual health and safety assessments will be completed, where required, for the individual tasks/projects in the Action Plan.
Consultees:	Everyone Active, Dacorum Sports Network, Sportspace (DST), West Herts College, School Sports Coordinator, Apex, Community Action Dacorum and Herts Sports Partnership
Background papers:	DBC Physical Activity and Sports Strategy
Historical background <i>(please give a brief background to this report to enable it to be considered in the right context).</i>	In October 2018, the Community Partnership and Wellbeing Team gained Cabinet Approval for the DBC Physical Activity and Sports Strategy. The strategy is a high-level document that set outs the DBC's objectives and commitments to sport and physical activity in Dacorum. It was agreed, that a detailed annual action plan would accompany the strategy, which would include the details of sport and physical activity tasks/projects that are developed to support the strategy.
Glossary of acronyms and any other abbreviations used in this report:	FTE – Full Time Equivalent DST - Dacorum Sports Trust HSP – Herts Sports Partnership

1. Background

1.1. In October 2018, the Community Partnership and Wellbeing Team gained Cabinet Approval for the DBC Physical Activity and Sports Strategy. The strategy is a high-level document that set outs the DBC's objectives and commitments to sport and physical activity in Dacorum.

1.2. At the October Housing and Community Overview and Scrutiny Committee Meeting it was agreed, that a detailed annual Action Plan would accompany the strategy, which would include the details of sport and physical activity tasks/projects that have been developed to support the strategy.

2. Progress

2.1. The Action Plan is held on an Excel spreadsheet. A copy of the Plan is shown at the end of this report. It shows the projects that are being developed across the Council, not just those happening within or linked to the Community Partnerships and Wellbeing Team. This is because supporting resident wellbeing (both physical and mental) through physical activity and sport is supported across the Council.

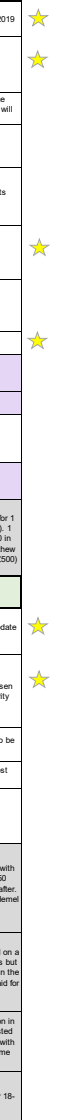
- 2.2. The Community and Partnerships and Wellbeing team has 4.6 FTE of which 1 FTE resource is dedicated to sports and leisure activity projects in this team. The sports and wellbeing officer leads on the coordination, management and reporting of the Action Plan for the Council. This team reports into the Group Manager (People and Communities).
- 2.3. Since the departure of the previous sports and wellbeing officer, the Council has recently appointed Claire Forster. Claire graduated from Buckinghamshire New University in 2014 with a First Class Honours in Sports Management and Coaching Studies. She has spent over 5 years working in the sports, physical activity and the health industry, where she has progressed from a Sports Development Officer to a Physical Activity Project Manager. Claire previously worked with Bucks County Council where she designed and managed a range of projects, events and activities across Buckinghamshire and surrounding areas to increase sports participation and physical activity.
- 2.4. The DBC Physical Activity and Sports Strategy has four key commitments around Governance, Facilities and Infrastructure, Tackling Physical Inactivity and Partnership Working. The Action Plan clearly identifies which commitment(s) each project or initiative links to, to show the golden thread that connects all the work. Of the projects being developed:
- 6% relate to Governance (*e.g. Project Board set up and ongoing involvement, create online resources for the community and develop branding and marketing to support delivery of strategy actions*)
 - 27% relate to Facilities and Infrastructure (*e.g. Indoor and outdoor facilities strategies led by the Council's Planning team, S106 money funding a new 3G pitch at Grovehill Adventure Playground.*)
 - 35% relate to Tackling Physical Inactivity (*Your Town fun run event, Sheltered Housing seated exercise classes*).
 - 32% relate to Partnership Working (*Box Cleve – Providing sporting and educational youth initiatives, supporting the setting up of two local junior Park Runs*).
- 2.5. Six projects are already complete: the Project Board set up, providing a coaching bursary for the triathlon club, providing an outdoor gym in Gadebridge Park, providing funding to start a Junior Park Run in Berkhamsted, providing funding for a Junior Park Run in Hemel Hempstead and running a tendering process for the Cycle Hub.
- 2.6. Overall there are 49 different projects/initiatives within the action plan, 28 are being delivered by DBC and 21 are delivered by Everyone Active's outreach team as part of their contractual commitments to the Council. It is worth noting that the action plan supports vulnerable groups across the Borough and there is diverse range of specific projects identified to support these groups.

- 2.7. The Action Plan has been developed in partnership with a number of key stakeholders, including Everyone Active, Dacorum Sports Network, Dacorum Sports Trust, West Herts College, School Sports Coordinator, Apex, Community Action Dacorum and Herts Sports Partnership. These stakeholders now constitute the Action Plan Project Board which meets quarterly to discuss the progress of projects, identify areas to work together and gaps in provision (both geographical and activity gaps). Whilst the Project Board are involved in the oversight of the Action Plan, the document is wholly owned and managed by the DBC Community Partnerships and Wellbeing Team. To date, the project board team has met twice, once in February and again in June, the next meeting is scheduled for September. We have seen full attendance from our partners so far and the meetings have been very valuable in the creation/progress of the action plan. The feedback has been very positive and partners appear to be keen to help shape the work and identify how the whole group be make a positive impact to the community. We have a guest speaker attending the next meeting from Herts Sports Partnership to talk about how best we can support people with disabilities through sport.
- 2.8. The Internal Communications team is aware of the activities within the Action Plan and will support the Community Partnerships and Wellbeing Team with the promotion of activities and events through our varied channels including the web site, Facebook and Twitter. We will also work in partnership with the sports stakeholder organisations to ensure that communications are coordinated between the organisations.

Dacorum Borough Council - Physical Activity and Sport Annual Action Plan

DBC Strategy Commitment (and EA's priorities where relevant)	Initiative	Explanation	Target Group	Lead Org	Partners	Impact / Outcome	KPI's	Dates	Updates
Facilities and Infrastructure									
Facilities and Infrastructure	Indoor and outdoor facilities study	A study to look into the number of and quality of facilities within Dacorum. Being done in collaboration with surrounding LA's	n/a	Watford and Three Rivers	DBC	A detailed report on Dacorum's leisure facilities which can be used to inform future investments and developments	n/a	July 2019 - Report estimated completion	Ongoing - Waiting on final report, looking like July 2019
Facilities and Infrastructure Tackling Physical Inactivity	S106 money potential	S106 money has conditions on it which have to be adhered to. Work with Clubs, where appropriate, to identify best value for money. Projects could include: Benches in parks and infrastructure for winter walks in parks or cycle racks in parks, local shopping areas, etc.	All	DBC	DSN, Clubs, HSP, EA	Improved infrastructure will improve usage of what is already there and increase activity	n/a	May - Looking at what funds can be accessed	Ongoing - Looking how to utilise
Facilities and Infrastructure	Berkhamsted Leisure Centre Feasibility	DBC have commissioned a further feasibility study into the option of a potential new leisure centre on the Berkhamsted site	All	DBC	KKP	Improved leisure facility within Berkhamsted. Increased member base and usage	n/a	May - Early stages of study	Ongoing - Still in very early stages of study, in the process of setting up the project, more information will beed from these
Facilities and Infrastructure	3G pitch at Grovehill APG	There is a lack of 3G pitches in Dacorum. We are looking to utilise S106 funding to invest in an artificial pitch up at Cupid Green Playing Fields	Local Football Clubs	DBC	Herts FA Local football Clubs DSN Football foundation	Increased provision for local football clubs and opportunities for young people who attend the APGs to be more active.	n/a	Schedule unknown	Ongoing - Looking to use S106 funds
Facilities and Infrastructure Tackling Physical Inactivity Partnership Working	Walking and Cycling Routes	Research cycling routes currently available and used within Dacorum. Can any be joined together? Do we need more? Signpost to groups available on Online resource	All	DBC	Cycle Hub, HCC, Herts Health Walks	Improved cycling infrastructure within Dacorum	n/a	June - DBC website to be update to include physical activity and sport page	Ongoing - Link our website to Cycle Hub and Herts Health Walks
Facilities and Infrastructure Partnership Working	Public Health Hub funding	Public Health have granted £100k for two years for Districts and Boroughs to create healthy hubs. These include other things in addition to physical activity promotion. At this stage we are working with PH and other key stakeholders to see what this might look like	Vulnerable people	DBC	PH, CAD	A 'one stop shop' for local health and wellbeing information	n/a	June - PID to be sent. Dec - Expect to have start of Hub in place	Ongoing - Writing PID
Facilities and Infrastructure	Mapping exercise to identify restrictive activity areas (i.e. no ball games, keep off the grass)	Restricted activity areas are in direct opposition to getting people active right by their houses. Need to be mindful of neighbours etc, but some of these can be removed. Has been a successful intervention in other areas	All	DBC (Sports and Physical Activity Wellbeing Officer)	HSP, DSN?	Increase opportunity for residents to be active in their neighbourhoods	n/a	June - Research to start	Not yet started
Facilities and Infrastructure	Cycle Hub	Consultation and feasibility to ensure value for money and best use of this venue for the community	All	DBC	Cycle Hub	A Hub that engages with the local community	n/a	May - July	Ongoing - Discussion
Facilities and Infrastructure	Cycle Hub management contract tender	A new contractor is required	All	DBC	n/a	A Hub that engages with the local community, delivering the requirements set out within the contract specification	n/a	Early 2019	Complete
Facilities and Infrastructure	Coaching Bursary for triathlon Club	Use HSP funding to allow additional coach education within club to increase capacity for delivery	n/a	DBC	HSP, EA, Hemel Tri Club	Increase level of coaching delivered at local Tri club	n/a	Early 2019	Complete
Facilities and Infrastructure	Financial contribution to Hemel Parks Website	Hemel Parks website promotes parks across the county. Data collection from click through etc. will be used to identify park usage and popularity to help shape future decisions about park infrastructure and activities to increase park usage	All	Hertsmere	DBC	Identify which parks are being used most and least and see if there are any gaps in provision in parks or good things happening elsewhere which we can learn from	n/a	June - Meeting with Parks Officer	Ongoing - Waiting on update
Facilities and Infrastructure Tackling Physical Inactivity	Outdoor Gym (Gadebridge)	Dacorum working with Hemel to provide a free outdoor gym which is open to community use within Gadebridge Park	All	Henkel	TGO (The Great Outdoor Gym Company) DBC	Increase in active residents and greater use of our parks	n/a	Mar-19	Complete
Facilities and Infrastructure Tackling Physical Inactivity Partnership Working (EA - Funding)	Apply for funding to support new projects and clubs.	Apply for Sport England pots of funding. Awards for all. Council grants, swimathon grants, satellite club etc. to engage with new target markets and fund incentives for those people to take part. Funding will cover new equipment and coaching costs, and further colleague training. See funding tracker for projects and their funding	all	EA	Various	Increased opportunities for the community to take part in sport and physical activity.	5 bid applications across the year	2019/20	Ongoing - 2 x swimathon grants submitted in April for 1 project at Berkhamsted (disability family sessions); 1 project at Hemel for aqua physical - approx. £3000 in total. 1 x Sport England small grants £10,000 (Matthew Sharks) and 1 x walking basketball grant received (£500)
Tackling Physical Inactivity									
Tackling Physical Inactivity	Community Grants	Community Grant funding have 3 funding rounds a year. Groups putting forward projects / applications which are aimed at getting inactive residents active, and link to our strategy, will be given an additional points towards their overall score	Community groups	DBC	Community groups	Increase in applications for projects relating to reducing physical inactivity	n/a	April - May, June - July and July - November	Ongoing - Next round due to close 31st May, will update on activities and totals when confirmed
Tackling Physical Inactivity	Your Town	Hold walking, running or cycling event around town centre focussed on bringing communities together. All kinds raised by the event are put back into community projects to support local development Look at rolling out in to Berkhamsted and Tring for 2020. Can be linked to 'Year of Culture'	All	Your Town	DBC	Encourage mass participation to raise funds to support local community development projects	n/a	May to September build up for event. September - Event	Ongoing - Sep 22nd 2019 5k event, confirming chosen initiatives to support, DENS and 1 other local charity
Tackling Physical Inactivity	Pop Up in the Park	Free School Holiday activities in local parks to get young children active and outside during the holiday period.	Low income families	DBC	APEX	Opportunity to display local activity available and encourage participation from residents	n/a	May 29th, July 31st, August 14th, 19th, 21st, 28th	Ongoing - Dates set throughout 2019, attendance to be collected and monitored
Tackling Physical Inactivity	Sheltered Housing Seated Exercise	HSP Active Ageing funding to be used to deliver seated exercise classes to the residents at several Sheltered Housing Schemes	Older Adults	DBC	Dacorum Community Dance	Reducing social isolation, increase in physical activity and reduction in falls	n/a	April to July delivery	Ongoing - 12 weeks of delivery, report to come post delivery
Tackling Physical Inactivity Partnership Working	DBC working with EA	Explore opportunities to work with EA to deliver community based projects, such as: MASHK mark 2, Pop ups, 1st Girls (EA Spin). This project will use physical activity and sport to help young people with stress and anxiety, improving mental wellbeing and increasing physical activity of Dacorum residents	All	DBC (with EA Support)	Various	Improving mental wellbeing and increase physical activity	n/a	n/a	Ongoing - Discussions around planning
Tackling Physical Inactivity Partnership Working (EA - Mental wellbeing)	Implement sessions which are designed to help individuals get more active, but also improve their mental wellbeing through socialisation and confidence building.	Implement new beginner running sessions from couch to 5k, which are coach led and help people to achieve their goals, make friends, build their confidence and improve their mental wellbeing. Signpost onto running clubs once they are ready. Other sessions will be implemented once consultation has taken place with partner organisations who work within mental health	Inactive	EA - CFM, ACM, JPAT	Kiwi Tri Club, Sport In Mind, Mind, Active in the Community.	Improved mental wellbeing, improved health of individuals including better socialisation as well as physical and mental wellbeing. By working with specialist partners, knowledge will increase in this prominent area and more opportunities (flexible created for those with mental health problems to take part in sport and / or activity to help with symptoms	3 mental wellbeing sessions implemented with 80% attendance across the year	2019/20	Ongoing - Successful 0-5k sessions in partnership with Kiwi Tri Club run at Jamman's Park. Currently 45-50 people taking part in 0-5k and running club straight after. More to be implemented for pre training around the Hemel Triathlon
Tackling Physical Inactivity (EA - 55 plus)	Offer a range of activities for the 55 plus age group, both within employment and retired.	Introduce easy payment options for those with memory loss i.e. dementia for the 50 plus community programme. A 10 week block memory stamp card to help individuals count down their weeks. Credits will be given to those who miss a session due to illness. Add to the existing programme and ensure there are both sports, exercise classes, and health walks implemented to get this group more active, more often	65 plus	EA community based and all sites	Various	Attract non users to the centre and to the community programme, keep people active for longer, prevent social isolation, and improve wellbeing. Barriers broken down around cost and location, and more people	24 new participants across 24 weeks with 50% retention annually	2019/20	Ongoing - New 50 plus Plates session implemented on a Tuesday in Warner's End 6pm-7pm for those 50 plus but still in work. Memory card process working well within the community and acting as a good retention tool and aid for those with memory loss / dementia
Tackling Physical Inactivity Partnership Working (EA - Anti social behaviour)	Prevent prominent anti social behaviour and knife crime.	Implement sessions which appeal to those who are most at risk of being involved in crime or anti social behaviour, including knife crime. Work with partner organisations to understand how to consult with these groups and put on the best sessions for uptake	Teens likely to be involved in ASB	EA, community based	HSP, DBC and various	Increased participation levels within sport and physical activity and misspent energy put into the correct channels. Safeguarding programmes	20 individuals enrolled in these specialised projects across the year	2019/20	Ongoing - Plans to implement social football session in partnership with police liaison officers at Berkhamsted and if the small grants bid is successful, EA's work with Matthew Shark could prove successful in knife crime prevention
Tackling Physical Inactivity (EA - Engaging Young people in sport and activity)	Introduce new junior sessions and retain existing ones increasing the amount of children taking part, and opportunities on offer.	Offer sessions which are progressive and developmental for juniors as well as offering drop in sessions which get children active. Offer sessions which help to increase confidence and socialisation as well as those sessions that improve playing ability and skill level	Juniors under 16	EA, all sites, community based	NGBS	Retention of participants in sport and activity, create a healthy attitude towards sport and activity, nurture excitement and ensure there are important, positive first experiences	5 new sessions introduced over the course of the year	2019/20	Ongoing - Tots Yoga introduced at Berkhamsted for 18-36 months

Key	
	EA Outreach
	Complete
	Priority Action



Tackling Physical Inactivity Partnership Working (EA - Promoting Family activities)	Casual family sessions	Develop casual family sessions in the sports hall and in the community which are at an ideal time for the family to attend together	Families	EA, all sites and community based	DBC and HSP	Families who are active together tend to have children who stay involved in physical activity for longer. Active families, healthier lifestyles	1000 throughout per year	2019/20	Ongoing - Intergenerational sessions planned for September in line with the world's intergenerational month campaign, held at the weekend for all of the family including grandparents at both Berkhamsted and Hemel. New sessions to be launched off the back of this
Tackling Inactivity (EA - Tackling inactivity in low socio-economic areas)	Offer low cost affordable activities	Ensure there are low cost activities, including free open days, free taster sessions, bring a buddy for free days and subsidised sessions and memberships for those on low income or benefits, to prevent cost from being a barrier to participation	Ages 16 plus from the areas of deprivation	EA, community based	DBC, Active in the Community, CSP, Saracens Foundation	Increased opportunities for activity for those on low income, better provision and uptake of activities	2 open days per year per contract, 1000 people engaged with	2019/20	Ongoing - Open Days, Berkhamsted and Hemel in April. Free activities including pickleball, walking hockey, sports yoga, walking basketball etc. Walking basketball starts April, low cost. Pickleball implemented at Hemel Hempstead and Berkhamsted, low cost. Tots Yoga has been introduced to Berkhamsted. Two new community sessions at Warner's end have been introduced to the community programme, low cost. No price increase for all community sessions from April onwards
Tackling Inactivity (EA - Events and Competitions)	Host open days, competitions and support local outreach events across the contract over the course of the year attracting non users to the centre.	Hosting a large, celebratory open day showcasing the centre's facilities, classes, opportunities for family engagement in physical activity (free of charge) and signposting individuals to memberships, junior activities, swimming lessons etc. Impact and outcomes will be measured through MRM-booking system as to how many people have booked on for each of the activities	Families & non users	EA, all sites	Various	Increased physical activity levels in the Dacorum borough, improving family and fitness levels, educating customers on opportunities for sport and exercise within the centres and out in the community. Increased memberships as a result	Offer 2 open days across the contract per year and support 5 local outreach events	2019/20	Ongoing - Open Days, Berkhamsted and Hemel in April, free taster sessions in various activities. Boxing event held at Berkhamsted in April and Swimathon at both centres in March, fantastic turn out. £2500 raised for charity and 70 people took part across the contract. Other events scheduled in: Harle's Learning Disability Games (14th Sept) Sporting Champions Event (20th June) Dacorum Sports Awards (18th July) and Hemel Triathlon (29th Sep). Badminton social series tournament, Hemel Leisure centre, 11th May
Tackling Inactivity (EA - BAME groups)	Create new and attractive opportunities for BAME males to take part in sport reducing their inactivity.	Offering new sessions which are desirable for this demographic, dad and child sessions, street cricket, and dad's yoga	BAME Groups ages 16 plus.	EA, all sites, community based	Various	Increasing activity levels in an under represented group improving health, mental wellbeing and physical wellbeing	1 new session introduced in 2019/20	2019/20	Not yet started
Tackling Inactivity (EA - BAME groups)	Women only swimming sessions	Offer women's only swimming sessions (for all women - using subtle marketing techniques to attract BAME women), and reasons to break down religious and cultural barriers. Allow women to wear whatever they feel comfortable in during these sessions	BAME females	EA, HHLC and BLC	Swim clubs, SE	Increasing activity levels in an under represented group improving health, mental wellbeing and physical wellbeing. More women being active, starting to bridge the gap between male and female participation	2% increase in BAME users overall over the course of the year, but this session will contribute towards this KPI	2019/20	Not yet started
Tackling Inactivity (EA - Preventing Social Isolation)	Walking Sports Campaign	Introduce a timetable of walking sports to attract those who are aged 50 plus either in full time work or retired to a range of sports including netball, hockey and football. These sessions will be coach led and low impact on those with injuries, low fitness levels or declining health. There is opportunity for those who would like to progress to move into back to hockey / netball sessions as well	50 plus	EA, all sites	NGB's	Reduced social isolation, increased activity levels amongst the elderly. Improved posture, confidence and opportunities for people to take part from this demographic. Creating a healthy, active routine where this is signposting to progression activities	4 new sessions launched in 2019/20	2019/20	Walking Basketball Hemel started April, alongside an already established walking netball and walking hockey. Consultations to take place with Southill Church and Watford regarding what activities are needed to target physical activity levels, isolation and employment in low socio-economic backgrounds. Sessions are due to start mid June for 6 weeks and EA will provide the facilities, Watford to the Community will provide the coaches, and EA are offering free swims after each session as well
Tackling Inactivity (EA - Women and Girls)	Offer a progressive and dynamic netball programme for women and girls.	Introduce another back to netball class in the community at school drop off time. Increase awareness of walking netball for those who require a low impact session. Promote the evening back to netball sessions	Females	EA, all sites and community based	Schools	More women and girls being physically active and the gap between men and women taking part in sport and activity being bridged. Women and Girls feeling confident and progressing in a sport which empowers women to stay active	1000 throughout per year	2019/20	Not yet started
Tackling Inactivity (EA - Women and Girls)	Women's only celebration event	Host a women's only event incorporating a variety of sports including swimming with a female only lifeguard, clear signage. Ensure women feel confident and at ease to take part in physical activity. Signpost on other activities ideal for women i.e. female only yoga and netball	Female BAME groups	EA, BLC and HHLC	Various	More BAME females active, feeling empowered and having the opportunity to take part in a number of sports. Signposting females onto more routine sport sessions and breaking down barriers to participation	2 events per year with 100 attendances minimum across both events	2019/20	Not yet started
Partnership Working									
Partnership Working Tackling Physical Inactivity	Recruit local community champions	Recruit local community champions who are keen to work within their communities and are not your typical 'sporty' person. They will act as key contacts for the council to consult with their community and help signpost them to local activity	People in areas of deprivation	DBC (with EA Support)	EA	Community Champions able to promote and encourage neighbours to be more active	n/a	n/a	Not yet started
Partnership Working	Future funding pots available for different groups of residents	Working with HSP on a number of initiatives: Tampon Tax Future Fit, Fed and Read projects (DofE Holiday Hunger project) Knife Crime Prevention (Sporting Chance Project)	All groups	HSP	DBC	Variety of vulnerable targeted groups increase physical activity, improving health outcomes	n/a	September - Start date for Sporting Chance	Did not get the DoE or Tampon Tax funding. Sporting Chance Project looking to start Sep 19
Partnership Working	Box Cleve (HSP)	Offer sporting and educational youth initiatives, centred on the sport of amateur boxing. Sessions combine educational elements as well as physical activity	Young People (7-15)	HSP	Hemel ABC	Reduce anti-social behaviour amongst young people	n/a	August - Finish	Ongoing - Third programme coming to an end August this year, report to follow
Partnership working Tackling Physical Inactivity	Junior Park Run (Hemel Hempstead)	Identified the need for a junior parkrun within Hemel. Source funds to put towards the initial set up of this	Young People (4-14)	Park Run	DBC	Improve physical activity levels amongst young people	n/a	June - Meeting to confirm start date	Completed Funding Awarded - Waiting on start date. DEFEB being installed
Partnership Working Tackling Physical Inactivity	Junior Park Run (Berkhamsted)	DBC funded start up costs for a 2k route aimed at encouraging participation from children and young people	Young People (4-14)	Park Run	DBC, HSP	Improve physical activity levels amongst young people	n/a	June - Meeting to confirm start date	Completed Funding Awarded - Waiting on start date
Partnership Working Tackling Physical Inactivity	Shape Up Programme (Watford FC Community Trust)	Partnered with Watford Community Trust fund to deliver a 12 week weight management programme for overweight males in Dacorum	Overweight Adult Males	Watford FC Community Trust	DBC	Reduction in overweight males in Dacorum	n/a	July - End of current programme. Sep - New programme to start	Ongoing - Programme currently running in Hemel, second starting September 2019
Partnership Working Tackling Physical Inactivity	Fit, Fed and Read (HSP)	DBC grant fund HSP to combat holiday hunger (Easter 2019) within Hemel to ensure that more children from disadvantaged families benefit from enrichment activities and healthy meals during school holidays	Children eligible for PP	HSP	DBC, Fire station	Those on pupil premium continue to receive opportunities for exercise and a hot meal during school holidays. Helps prevent further rises in attainment gap	n/a	June/July - Date confirmed	Ongoing - Awaiting data from Easter 2019 programme. Further funding awarded to run programme in Hemel for Summer and Easter holidays till 2022
Partnership Work Tackling Inactivity (EA - Promoting Participation, and altering behavioural attitudes towards sport and activity)	Using the youth insight pack and Sporting Future for research and best practice, install sessions which can alter behavioural attitudes towards sport and physical activity.	Offer a 6 week programme designed to encourage teens aged between 11-15 who are under confident and unaware of the best way of exercising efficiently. Working in the gym with an instructor, teens will learn how to exercise safely and effectively whilst tailoring a programme which suits them and their needs which they can utilise when the 6 week programme comes to an end. Ensure the session is low cost and desirable to join, sessions will be after school	Teens 11-15years	EA, all sites	schools	Increased self confidence, mental and physical wellbeing. Behavioural attitudes changed and physical activity becomes part of a weekly routine for these individuals	Minimum of 7 children engaged in every 6 week programme. 2 programmes to be held across the year	2019/20	Ongoing - Funding support given from DBC (£150) and programme scheduled to start at the end of April on Mondays 4pm-5pm after school. Instructor will meet all participants at the main reception on their first session to make them feel more comfortable in getting started
Partnership Working (EA - external club links)	Strengthen and develop external club links with funding support, venue hire and further partnership work.	Work with clubs across the contract to allow them to showcase themselves and raise awareness. Share joint ventures where possible, sharing best practice and expertise to offer more opportunities and more defined pathways into sport. Align projects where possible with a club. Ensure clubs are invited to open days and offer them opportunities to host activities	Non users - sports clubs, all ages	EA	DGN, HSP, clubs	A clear pathway / sporting journey created for individuals to progress and develop their skills. More opportunities created reducing inactivity and increased clubs membership base helping to make them more sustainable	Support 5 external sports clubs annually who are currently not using EA facilities	2019/20	Ongoing - The Active Communities Team have partnered with Hemel Hempstead and Berkhamsted Hockey Club in order to cross promote the Alex Danson academy. EA offered sponsorship of their awards evening. EA supported with free facility use for a local scouts' group to be coached and signposted onto the club. EA looking into mixed tournament support in June and academy support in terms of Alex Danson merchandise for winners. EA worked with Kwi Tri club to secure funding for upskilling their coaches in further disciplines relevant to triathlon i.e. nutrition / swim teaching. Kwi Tri Club received funding to form a satellite club for D-Gh operates in partnership with EA, through promotion, marketing and is based at Jamnan's Park



Partnership Working (EA - Internal Club Links)	Strengthen existing club links and through funding support, and partnership work.	Work with clubs across the contract to allow them to showcase themselves and raise awareness. Share joint ventures where possible, sharing best practise and expertise to offer more opportunities and more defined pathways into sport. Align projects where possible with a club. Ensure clubs are invited to open days and offer them opportunities to host activities	Sports clubs, all ages	EA	DSN, HSP, clubs	A clear pathway / sporting journey created for individuals to progress and develop their skills. More opportunities created reducing inactivity and increased club membership base helping to make them more sustainable	30 clubs using EA facilities per quarter, 80% club satisfaction survey every 6 months and support at least 10 clubs per annum with at least £2000 total in finance or in kind support	2019/20	Ongoing - EA submitted small grants bid with Matthew Sharks Scuba Diving Club which is closely connected to Harbour Lights. This bid will see Matthew Sharks use Hemel Hempstead's pool for 24 sessions aimed at individuals aged 14 plus who are close to anti social behaviour or antisocial offending. Will include under water photography, research on American Clayfish and reporting back to the Wild Life Trust. EA have applied for £10,000 to support in running costs including equipment. EA worked with Puffins disability group in securing funding for sustainability of the club, increasing awareness for new members and volunteers. 3 open days across the year	
Partnership Working Tackling Physical Inactivity (EA -Satellite Clubs)	Introduce satellite clubs in partnership with the county sports partnership & existing clubs to increase opportunities for younger people to take part, in a doorstep sport session.	Work with DBC to offer funding opportunities to local clubs who need support increasing their membership base, improving equipment resources and recruiting coaches. Distribute the funds and support to the satellite club set up promoting the sessions and working closely with the club to ensure the funding support goes as far as possible and is sustainable	11-18years, and up to 25years where disability groups are involved	EA	HSP, DBC, DSN, clubs	Participants will be introduced to a low cost activity linked closely to the existing club, with clear defined pathways into the club. Improved confidence, social skills and physical literacy	Based on assumed annual funding, 3 clubs supported through satellite club funding	2019/20	Ongoing - Stats back for two satellite clubs, 6 individuals between 16-24 years for the running group who have given 100% satisfaction feedback. More people did take part in the satellite club, but were outside of this age limit. 9 individuals in the target age group taking part in the DSN running group alongside Kwi Tri Club, 100% satisfaction and seeing an improvement in fitness levels. Many of the individuals will be continuing activity through the clubs	
Partnership Working (EA - Developing Talent and excellence, whilst ensuring long term athlete development is prevalent)	Sporting Champions	Whilst offering recreational, grass route sports it's important to offer talented players / athletes the opportunity to progress to excellence. Ensure there is a clear pathway for talented players, with the support necessary to succeed. Ensure Sporting Champions is promoted and athletes are encouraged to apply for funding and facility support. Measures through successful applications and case studies	High performing juniors and adults.	EA, all sites	Clubs, athletes	Talented athletes progressing where possible, taking part in local, regional and national championships. Inspiration / role models for recreational participants relating people for longer. Barriers to performance sport broken down through funding	Increase 9 individuals to 15 by 31st March 2020	2019/20	Ongoing - Applications for sporting champions assessed with an Olympic Medalist Marcus Ellis likely to be given gold level membership for badminton. A huge increase in applications for this year from last year with 18 applications alone from up and coming rising stars or established athletes for Hemel Hempstead Leisure Centre. Athletes awarded bronze, silver or gold memberships will be asked to attend the sporting champions event on 20th June to meet and inspire year 5 & 6 students from various schools	
Partnership Working Tackling Inactivity (EA - Health Referrals)	Referral programmes	Introduce Cancer rehabilitation classes to run alongside GP referral schemes and Cardiac Rehab classes. Introduce three classes based on the most common cancer sites, including breast cancer, prostate cancer and bowel cancer. Work in partnership with local hospitals to publicise the courses	Rehab and referral patients	EA, BHL, HHL, C	NHS, GPs, HSP, DBC	Reduced fatigue, depression, stress, anxiety and build confidence and help to prevent cancer from coming back again.	48 participants across the year through all referral programmes	2019/20	Ongoing - Awaiting DBC confirmation on healthy hub proposal which incorporated costs for training	
Partnership working Tackling Physical Inactivity (EA - School Links)	Work with schools to offer expertise, facilities and support in transitioning from primary to secondary schools. Increase the number of children taking part in sport and physical activity and ensure children can swim 25metres when leaving primary school.	Work alongside the Dacorum School Sports Network to offer venues for the school games, and festivals linked to the school sports network. Continue to offer high quality school swimming lessons, and where possible offer schools opportunities to take part in dry side activities during school hours. Promote after school sessions to schools which support with the transition from primary to secondary (i.e. junior netball and hockey, ensure secondary schools have opportunities to use the facilities for their PE lessons	Primary and Secondary school children	EA	Dacorum schools, DSN, CSP, SE, Mawelicks, Alex Dawson	Increase activity levels in children, whilst ensuring there is sustainability for each of the sessions. Progression and development offered, which helps to retain children in sport. Mental health and physical health improved, obesity levels reduced and children competently swimming. Zones, reducing drowning incidents	1000 children engaged with through school partnership working across the year	2019/20	Ongoing - 100 children invited to sporting champions event, 20th June, Q&A session with sporting champions, take part in hockey, badminton and netball. The Dacorum school sports network has competitions scheduled throughout the year. EA partnered with Watford FC to offer EMPOWER sessions aimed at students from Hemel Hempstead looking at physical activity and mental health interventions	
Partnership Working Tackling Physical Inactivity (EA - Disability groups)	Support Disability Sports Provision	Support the Puffins and Dolphin's disability clubs in becoming sustainable financially and volunteer wise to provide opportunities for those with disabilities to get active in a friendly and safe environment	Disability groups	EA, all sites and community based	Puffins, Dolphin's and DBC	Increased usage from disability groups, new volunteers recruited to support the clubs sustainability and new equipment procured to the groups	£2000 in support, either in kind or in funding support	2019/20	Ongoing - Puffins bid to DBC community grants scheme, awarded £500 for new equipment and hosting open days to recruit new members. First open day, one new member and 4 returning members. Dolphins have received in kind support through Hemel facilities and also satellite club funding support	
Governance										
Governance	Project Board set up and ongoing involvement	<ul style="list-style-type: none"> To drive and act as advocates for physical activity and sport in Dacorum To act as an advisory panel, to update, inform and monitor progress of the annual action plan To review and support delivery of the annual action plan To bring knowledge and expertise to support the group & action plan where applicable To identify opportunities/projects/initiatives which can be implemented through the annual action plan to support the DBC Physical Activity and Sport Strategy To receive and review quarterly performance reports 	Key stakeholders	DBC	CAD, HSP, DSN, SSCO, DST, APEX, EA	Project Board oversee the action plan, identifying any gaps, support ongoing delivery of the action plan.	n/a	n/a	Complete	★
Governance	Create online resources for the community and develop branding and marketing to support delivery of strategy actions	Signposting, strategy and action plan developments. Case studies. This may or may not link with the Healthy Hub above	All	DBC	HSP, DSN, EA, and others	A one-stop shop for signposting may increase those wanting to do something but not sure what	n/a	June - DBC website to be update to include physical activity and sport page	Ongoing - Planning for Webpage on DBC site underway	★
Consultation										
ALL	Consultation	Where possible, use current avenues and projects (within DBC and with partners) to undertake consultation with residents regarding physical activity and sports requirements, gaps and current levels	All	DBC	All	Understand reasons for inactivity and identify gaps in service provision and delivery	n/a	August 2nd and 30th, October 23rd Events to be held	Ongoing - CSP day questionnaires to be completed	★
ALL	Consultation	Gain feedback from Members talking to their communities about what their communities want to see or get involved in re physical activity and sports	Members / All	DBC	Members	Understand reasons for inactivity and identify gaps in service provision and delivery	n/a	June - Meeting with Julie Banks	Ongoing - To arrange meeting with Julie Banks	★