



Report for:	Housing and Community Overview and Scrutiny Committee
Date of meeting:	8 January 2020
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:	Update Members on the Physical Activity & Sports Action Plan.
Recommendations	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	Individual community impact assessments will be completed, where required, for the individual tasks/projects in the Action

Assessment	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 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

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 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 Physical Activity and Sports Action Plan is presented at the end of this report providing full details of the progress of each project/initiative. The purpose of this report is to highlight the progress since the last Housing and Community Overview and Scrutiny Committee update. 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 borough.

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.

2.3. 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:

- 4% relate to Governance
- 15% relate to Facilities and Infrastructure
- 48% relate to Tackling Physical Inactivity
- 29% relate to Partnership Working

In addition, 4% relate to consultation projects to identify any gaps in service provision.

2.4. There have been 12 DBC projects and 4 EA projects have been completed since the last OSC meeting:

- ***Financial contribution to Hemel Parks Website***
Contribution to a Hertfordshire wide website promoting all local parks in one place.
- ***Walking and Cycling Routes***
Mapping work undertaken and routes identified in partnership with Sustainable Transport project team. Cycling infrastructure to be improved around the cycle hub and the Nicki Line for both recreational and commuter cycling.
- ***Applications for funding to support new projects and clubs (EA Project)***
Working with partners to apply for funding – 6 successful, 2 unsuccessful.
- ***Supporting physical activity and sports through Community Grants***
Summer round 2019: Herts Baseball Club - £3,000, Make a Move Dance Academy - £200, Dacorum School Sports Network - £425, Bovingdon 10 project - £300. The total given to physical activity and sports projects in the Summer Round 2019 was £3,925, in the Spring Round 2019 the total awarded was £3,500,
- ***Hosted 'Your Town' Running Event***
116 registered runners, £810 raised for DENS and Sunnyside Rural Trust
- ***Inflatable Pop Up in the Parks***
Total of 790 children and young people engaged across the 5 events
- ***Sheltered Housing seated exercise***
Sessions established and sustained through successful funding applications from Dacorum Community Dance and Tenants Academy (DBC) for ongoing financial support.
- ***Box Clewa (HSP)***

DBC supported a pilot and as a result of the success additional funding has been awarded through the Sporting Chance programme.

- **Ashlyns Junior parkrun (Berkhamsted)**
Support to set up the parkrun, within first 10 weeks they had approximately 200 regular weekly runners
- **Hemel Junior Parkrun**
Support has been provided to Parkrun and the first event will be taking place in the New Year.
- **Recruit local community champions**
DBC and EA have a number of local champions, 1x Pickleball, 3x Bowls, 1x Table Tennis, 2x Ramblers.
- **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. (EA project)**
Two satellite clubs, 8 individuals between 16-24 years for the running group who gave 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 0-5k running group alongside Kiwi Tri Club, 100% satisfaction and seeing an improvement in fitness levels.
- **Sporting Champions (EA project)**
21 new sponsored Athletes. Applications for sporting champions have been assessed with an Olympic Medallist Marcus Ellis given gold level membership for badminton. A huge increase in applications for this year from last year. Athletes were asked to attend the sporting champions event to meet and inspire year 5 & 6 students from various schools
- **Support Disability Sports Provision (EA Project)**
£1.3k funding Puffins, £800 funding Dolphins. £13k in kind facility support via facility use. Puffins used funding for new equipment, open days and marketing.
- **Project Board set up and ongoing involvement**
Project Board held quarterly
- **Create online resources for Dacorum to promote local sessions, activities and events.**
Social Media platforms have been created and are regularly updated.

2.5. There are now 48 live projects/initiatives, within the action plan, of which 12 are new since the last OSC meeting. 31 are now being delivered by DBC (there were 28 being delivered by DBC at the time of the last OSC report) and 17 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.

The 12 new projects/initiatives are:

- **Beginner Nordic Walking**
Beginner programme to be run in early 2020.
- **Inclusive Cycle Events**
Working with Disability Sports Herts to offer 1 to 1 cycling offer for those with learning difficulties or special needs. All will be at different levels of ability. 4 events to be run in 2020.

- **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, starting end of January 2020.
- **Sporting Chance boxing**
Working with HSP to tackle Knife Crime Prevention (Sporting Chance Project) Linking to Community Safety Partnerships as a strategic priority.
- **Inflatable Pop up in the Parks**
Events for 2020 - 27 May 2020 Bovington, 29 July Grovehill, 3 August Chaulden, 12 August Bennetts End, 19 August Tring, 26 August Markyate
- **Golf Access / Girls Golf Rocks**
Working with Little Hay Golf Club and Herts Golf, a programme to start in April in spring 2020.
- **Nerf Games Events**
A pilot event to be run in partnership with the Adventure Playgrounds.
- **Active together**
'Awards For All' Funding Application has been submitted to engage older adults and adults with disabilities through dance. Awaiting to hear outcome of funding bid in March 2020
- **Strength and balance classes**
Development of classes in partnership with Stevenage FC Foundation aimed at older adults with a view to supporting them to maintain their independence.
- **Sporting Chance - Extreme Sports (Climbing, Bouldering, High Ropes, Caving and Skate Park)**
Small groups rotating activities – To be held at the XC in the Spring.
- **Sporting Chance – Football**
Watford FC and DBC to deliver in partnership - Location and start date to be confirmed but likely to be in the Spring 2020.
- **Ping Pong parlour**
A Ping Pong Parlour project helps commercial landlords and property managers transform empty retail units into social pop-up Ping Pong Parlours. Exploratory conversations are underway, to see if areas have the right locations. Looking at Hemel, Tring and Berkhamsted.

2.6. 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. 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. At the last meeting, we have a guest speaker attend from Herts Sports Partnership to talk about how best we can support people with disabilities through sport. This resulted in one of the new projects mentioned above. Cycling sessions will be available to those with learning disabilities who are unable to engage with school cycling initiatives, on specially adapted bikes. There have been fantastic results from these sessions held elsewhere in the county, from enabling the removal of stabilisers to whole families being able to go cycling together.

2.7. 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.

2.8 As per most action plans / projects, on occasions there are issues that prevent work progressing as expected, please see below some that have been encountered over the past 6 months.

- Length of time for key partner performance data to reach us in a format that meets our requirements.
- Resilience in team when the specialist officer is absent from work long term / unexpectedly.
- The election meant moving the project board meeting into January 2020.

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	Success Measures	Dates	Updates	
Facilities and Infrastructure										
Facilities and Infrastructure	Indoor and Outdoor (Playing Pitch Study) facilities study	Two separate studies to look into the number of and quality of facilities within Dacorum. Being completed in collaboration with surrounding LA's	n/a	Watford and Three Rivers	DBC, KKP	A detailed report on Dacorum's leisure facilities which can be used to inform future investments and developments	These documents will be used by planning to inform the Local Plan	Playing Pitch Study Complete June 2019	Access Document: https://bit.ly/2ZHP24f Steering Group to be coordinated to lead on action plan following Local Plan publication. Indoor study looking to be a much later date	
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	Feasibility Study due to go to Cabinet in January	Improvements to current site are underway and include changing rooms upgrade and gym refurb	
Facilities and Infrastructure	Local Football Facility Plan (LFFP)	A ten year strategy to change the landscape of football facilities in England. Every LA will have a LFFP, which is a short, well-defined document that captures current football facility assets and identifies investment priorities in each local authority.	All	The FA, KKP	DBC	LFFP's will contain an outcome-driven investment portfolio that reflects the National Football Facilities Strategy requirement to develop a sustainable network of quality facilities to drive participation across all parts of the game	n/a	Draft complete.	Awaiting final publication, due in early 2020.	
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	Sep-Dec - Looking at what funds can be accessed	Ongoing - Working with DBC Economic Development team to work towards a sustainable transport project, improving cycle paths	
Facilities and Infrastructure	3G pitch at Grovehill APG and Adeyfield APG	There is a lack of 3G pitches in Dacorum. We are looking to utilise 106 funding to invest in an artificial pitch at Grovehill APG and Adeyfield APG	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	Installation of two new 3G pitches		Tenders are out to market for two new 3g pitches. Estimated installation is April/May 2020.	
Facilities and Infrastructure Partnership Working	Healthy Hub	Public Health have granted £100k for two years for Districts and Boroughs to create healthy hubs. DBC to work with EA to create a physical hub at Hemel Leisure Centre to provide a 'one stop shop' for local health and wellbeing services and information. Pop-up events will be held in Hemel Hempstead, Berkhamsted and Tring to reach all of Dacorum	Vulnerable people	DBC	PH, EA, CAD, NHS	To consolidate and provide a one stop shop for services delivered by DBC and partners to improve the health and wellbeing of Dacorum residents	1 Physical Hub / 3 Pop-up events	December 2019 Co-ordinator role interviews	Interviews held. Co-ordinator to be in post early 2020. Partnerships continue to be developed including one with MIND. Soft Launch in early 2020.	
Facilities and Infrastructure	Cycle Hub	Consultation and feasibility to ensure value for money and best use of this venue for the community	All	DBC	Apex, Dacorum Cycle Hub	A Hub that engages with the local community	Success measures to be determined as part of the SLA which is in development	April 20 - Transition to a multi-use site	Apex will run site and work with Dacorum Cycle Hub to maintain cycling offer. Apex will also look to work with other partners for site	
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	Suitable projects related to sports and physical activity awarded community grant money	July - November 19	Panel to be held in December for round 3	
Tackling Physical Inactivity	Your Town - We Are Next	We Are Next is part of the Your Town initiative, this time engaging with primary schools to teach them about fitness and wellbeing linking to where they live.	Primary Schools	Your Town	DBC	Improve the understanding and knowledge around fitness and wellbeing.	Success measures to be confirmed early 2020	December - Planning Look to start in Jan/Feb 2020	Started initial conversations with Mark about the project and the first steps of engagement with schools	
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	Minimum of 5 events in 2020	Planning for 2020	27 May 2020 Bovingdon 29 July Grovehill 3 August Chaulden 12 August Bennetts End 19 August Tring 26 August Markyate	
Tackling Physical Inactivity	Girls Cricket Festival	A festival of cricket to promote the success of women in the sport, bring schools and clubs together to build a pathway from school to club sport. Linked to Herts Year of Culture	Females - Year 7	DBC	Berkhamsted Cricket Club	To inspire girls who would not normally take part in the sport of cricket	Minimum of 2 schools engage	13 May 20 - Event Date	Meetings held with Berkhamsted Cricket Club and supported by Schools Games Manager. Already have x2 schools confirmed	
Tackling Physical Inactivity	Skate Shred Activity nights	A series of events for skaters to meet and try new skills at the XC Centre. Looking at launch night with showcase event including bands performing. Linked to Herts Year of Culture	All Ages	DBC / XC	ABC Skateboarding, Matt Lloyd	To promote and celebrate skateboarding	Minimum of 1 event during 2020	Sep-Dec 19 - Event Planning	Event proposal confirmed. Applying for additional funding.	
Tackling Physical Inactivity	Wellness Event	To promote local activity sessions/organisations across Dacorum to celebrate wellbeing e.g Yoga, Mindfulness, Cycling, Walking, Healthy Hub etc. Linked to Herts Year of Culture	All Ages	DBC	Various	Raise awareness of activities and services promoting wellbeing across Dacorum	1 event 16th May 2020	Oct-Mar 19/20 - Event Planning	Event proposal confirmed. Applying for additional funding.	
Tackling Physical Inactivity	TAG - Community Dance Event	An intergenerational dance programme across Hertfordshire, celebrating Herts Year of Culture. The Event will incorporate performances, a festival and training opportunities	All Ages	BEE Creative	Dacorum Community Dance, DBC, Three River & Watford	To produce intergenerational, community driven dance performances	One event to be held attracting 1000+	Sep-Dec 19 - Event Planning	Event team to look at funding options to support event	
Tackling Physical Inactivity	Beginner Nordic Walking	Looking to seed fund a Nordic Walking session in either Tring and Berkhamsted. Nordic Walking is a total body version of walking that can be enjoyed by non-athletes as a health-promoting physical activity	40+	DBC	Nordic Walking UK	To set up a Nordic Walking session to offer Dacorum residents a new way of walking	x1 beginner programme to be run in 2020	Jan/Feb start programme	Confirming instructions. Marketing to complete	
Tackling Physical Inactivity	Golf Access / Girls Golf Rocks	To help golf clubs encourage new participants to play for the first time along with helping people progress from the driving range to playing on the course. Girls Golf Rocks is a specific programme to encourage more girls to learn to play golf	All ages / Focus on Girls	DBC	Hertfordshire Golf, Little Hay	Making golf more accessible to all.	x1 Access Programme to be run at Little Hay in 2020	Nov - Dec Planning	Programme to start April /May	
Tackling Physical Inactivity	Nerfs Games Events	Run a number of Nerf Game event where individual and team activities are run by instructor	Children (6-14)	DBC	Apex	Physical activity by stealth - using Nerf Games to get children more active	TBC	Nov - Dec	Explore the idea of the events to see if viable	
Tackling Physical Inactivity	Active Together	Awards For All Funding Application to engage older adults and adults with disabilities through dance	Older adults and disabilities	DBC	Dacorum Community Dance	Increase physical activity, reduce loneliness and isolation	If funding bid successful, x3 sessions to start	Application result early Jan	Awaiting funding bid outcome	

Key	
	EA Outreach
	Completed Item, See Completed Tab
	Priority Action
	New Item

Tackling 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 therefore 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 60% attendance across the year	2019/20	EA have continued to work in partnership with Watford FC to offer EMPOWER sessions aimed at students from Hemel Hempstead looking at physical activity and mental health interventions. This program ran across term time so started back up on the 23rd September and will run through to the 9th December. Empower is a free 12-week mental health focussed physical activity programme, with a range of 1-hour physical activity sessions, this will be followed by 30 minutes of facilitated discussion in the form of a 'conversation cafe' targeting year 6 & 9 students. We are also in communication with relax kids regarding implementing sessions within the district focusing on developing coping skills to deal with mental health issues.
Tackling 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	We have introduced Line dancing to our community programme from August, running out of Berkhamstead LC, this class primarily targets a 65 plus audience and runs during the day for a retired audience. The class also stops half way through to provide a break for the participants enabling further social interaction. The class is currently averaging 7 attendees. We have also introduced a new walking netball class at berkhamstead which further targets the 65+ audience.
Tackling 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 partition levels within sport and physical activity and mispent energy put into the correct channels. Safer communities	20 individuals enrolled in these specialised projects across the year	2019/20	Our Small grants bid was successfully accepted and so will feed into the Mafew Sharks project targeting children on the edge of anti-social behaviour. We are hoping that this will have a positive impact on reducing anti-social behaviour. Social football sessions with the support of PCSO has not established itself and so we are moving into local commuuty groups to develop a partnership to run a social football scheme.
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 excellence and ensure there are important, positive first experiences	5 new sessions introduced over the course of the year	2019/20	Berkhamstead class did not pick up the traction we were looking for to establish the baby yoga class. We have moved onto attempting to establish more mainstream classes. Our parent and child Badminton session should help to engage children and will provide them with their role model (parent/grandparent), providing a great initial experience in sport.
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 throughput per year	2019/20	Intergenerational day allowed us to run family activities and was a success in attracting new audience to Berkhamstead LC (2x fitness, 1x Badminton, 1x Pickleball). Off he back of this we have developed and will be launching in Q3 a parent and child badminton class to encourage the parent/grandparent to join in the activity at no extra cost.
Tackling Inactivity (EA - Tackling inactivity in low socio-economical 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	No further Open days held at either site in Q2. Berkhamstead has scheduled their next open day for the 11th January after the site has completed its Gym refurb. Hemel will be ooking to run its next open day in February/March with a focus on female participation.
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 health 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	No open days run in sites during Q2. We have supported the delivery of the Herts Learning Disability Games (14th Sept) run in partnership with the Hertfordshire Disability Sports Foundation. The event was split into two sections with the first consisting of a carousel of activities with support from Apex, Saracens Foundation and the Disability Sports Foundation. The second half of the day saw the different teams competing for medals in a range of different races as they looked to win the trophy for the day. We sent staff to assist in the Your Town event held in Hemel Hempstead on the 22nd September, promoting the activities we run across the district. We also ran I AM TEAM GB event on 24th August, showcasing free activities at both Hemel Hempstead LC and Berkhamstead LC as a part of the nations biggest sports day. on September 22nd we ran activities in partnership with galebridge badminton club at Berkhamstead as a means of engaging participation across all ages on international intergenerational day.
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	Vet's football league starting late June at Berkhamstead Leisure Centre in partnership with Active In The Community aimed at 35 + Dads. Promoted throughout Dacorum. Q2 saw us reaching out to DSN in partnership with Active in to gain support of the local football teams in providing an avenue for these people to participate. Social football session included in the berkhamstead offering outside of any league providing men with an opportunity to take part in football outside of a league setting, often see's around 14 participants of which 4-5 are BAME. Everyone active are working on developing a partnership centered around a badminton group to offer an alternative sport.
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 lessons 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	We have yet to be able to establish a ladies only swimming session but have also struggled in establishing an interest for such an activity across our sites.
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	We ran our first 6 week project with Southill Church and Watford in the community targeting physical activity levels, isolation and employment in those with low socioeconomic background. These sessions started mid June for 6 weeks (12-18 weekly participants), success of the session has lead to second 6 week block starting in september. Further development of our walking sports campaign has seen the introduction of an additional walking netball class in Berkhamstead leisure centre, the class is already well attended. Everyone Active continues to support and work in partnership with the Hemel & Berkhamstead ramblers group, promoting social walking in 3 different levels of difficulty. We are now looking into establishing walking football as a sport that we currently do not cater for within our centres moving forward.
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 throughput per year	2019/20	We have increased the provision of Walking netball adding an additional walking netball class to the timetable in berkhamstead. We have yet to be able to establish such a setting out in the community in a school setting. Consultations are being held with the DSN about suitable locations and potential partnerships with schools to be able to host apost school drop off class.
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	Hemel Ladies open day being finalised with provisional dates being highlighted for the beginning of March or end of february. The open event will focus on female dominant activities as well as non dominant sports to promote female participation and empowerment across a range of opportunities.

Partnership Working										
Partnership working Tackling Physical Inactivity	Stength and Balance Classes	Designed for individuals wanting to improve their strength and balance while learning new exercises to maintain independence	Older Adults	HSP	Stevenage FC Foundation & DBC	For older adults to take steps towards better health	x1 Session	Launch date Sep 30th 19	3-4 participants per session. Looking to grow	
Partnership working Tackling Physical Inactivity	Sporting Chance - Boxing	Working with HSP to tackle Knife Crime Prevention (Sporting Chance Project). Linking to Community Safety Partnerships as a strategic priority.	14 - 19 years	HSP	DBC, Hemel Amateur Boxing Club	Vulnerable targeted groups increase physical activity, improving health outcomes	x1 Session	Launch date - Nov	Sessions started. Low numbers due to lack of referrals. Looking to grow and work with partners to increase referrals. Work closely with college and other partners - discuss at next project board	
Partnership working Tackling Physical Inactivity	Sporting Chance - Extreme Sports (Climbing, Bouldering, High Ropes, Caving and Skate Park)	Working with HSP to tackle Knife Crime Prevention (Sporting Chance Project) Linking to Community Safety Partnerships as a strategic priority.	14 - 19 years	HSP	DBC, XC	Vulnerable targeted groups increase physical activity, improving health outcomes	x1 Session	Launch date - Dec	Small groups rotating activities - XC confirming start date. Looking at Wednesday 7-8pm	
Partnership working Tackling Physical Inactivity	Sporting Chance - Football	Working with HSP to tackle Knife Crime Prevention (Sporting Chance Project) Linking to Community Safety Partnerships as a strategic priority.	14 - 19 years	HSP	DBC	Vulnerable targeted groups increase physical activity, improving health outcomes	x1 Session	Launch date - Mar	Watford FC and DBC to confirm location and start date. Looking to utilise Grovehill 3G at the APGs	
Partnership working Tackling Physical Inactivity	Ping Pong Parlour	A Ping Pong Parlour project helps commercial landlords and property managers transform empty retail units into social pop-up Ping Pong Parlours	All Dacorum residents	DBC	Marlowes Centre, Hemel BID	Benefits are: Business Rate Relief, Customer Engagement, Physical Activity, Animate Empty Space and Media and PR Opportunities	n/a	Nov - Dec	Exploratory conversations, to see if areas have the right locations. Looking at Hemel, Tring and Berkhamsted. Hemel looks the best fit so far and are discussing suitable units	
Partnership working Tackling Physical Inactivity	Inclusive Cycle Events	1 to 1 cycling offer for those with learning difficulties or special needs. All will be at different levels of ability	Individuals with learning disabilities or special needs	Herts Disability Foundation	DBC	Allowing everyone the opportunity to be able to ride a bike and improve their own ability to feel confident on riding a bike	4 events across 2020	Nov - Dec	Looking at venues to then confirm dates	
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)	parkrun	DBC	Improve physical activity levels amongst young people	n/a	Jan 2020 Start Date	Ongoing - Funding confirmed. Recruiting teams. Looking at Jan 2020 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	Target of a full programme everytime (25 participants) Target of 90% attendance	Dates of 2020 programme to be agreed	Ongoing - September programme running at full capacity. Looking at dates for the 2020 along with funding options	
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	Awaiting figures from HSP to be able to determine success measures for 2020	Easter and Summer Programmes complete	Ongoing - Awaiting data from HSP re Summer 2019 programme. Further funding awarded to run programme in Hemel for Summer and Easter holidays till 2022. DBC looking to support with additional activities for 2020	
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 practise, 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	2nd Programme Due to start in Q3.	
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 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	Non users - 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 clubs membership base helping to make them more sustainable	Support 5 external sports clubs annually who are currently not using EA facilities	2019/20	The active community team has continued its work with Hemel Hempstead & Berkhamstead Hockey club, expanding on the initial cross promotion of hockey provision within the district leading to the support of the hockey club in establishing their own Walking Hockey class. Off the back of the Dacorum Sports Awards we have been in consultation with Berkhamstead Raiders regarding adapting our 3G Pitches at Berkhamstead Leisure centre to allow competitive 5 a side football to be played, expanding the provision that the club is able to cater for. This has resulted in positive meeting with Herts FA and the football foundation regarding requirements and potential assistance in establishing these improvements. We have linked in with Gadebridge and Abbey badminton clubs to support badminton in Dacorum through coaching aspiring athletes, adult beginners and delivering session for our Intergenerational day.	
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 clubs 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 £2500 total in finance or in kind support	2019/20	EA have also worked closely with the Puffins disability group to support them in securing funding for sustainability of the club, as well as increasing awareness to drive new members and new volunteers into the club. A 3rd & 4th open day is scheduled to run for them in Q3 & 4. Across the summer holiday period we work in partnership with Dacorum fencing club to establish holiday workshops. This provided both an introduction to the sport as well as a way for competitors to improve. We continue to look into developing the relationships we have already established as well as implementing new partnerships with clubs. Our work with Kwi Tri has led to the implementation of transition training in preparation for the Hemel triathlon. Due to the event being largely a beginner event, many of the participants will not have been exposed to the transition element of a triathlon and so this training provided participants with a better understanding of what to expect.	
Partnership Working Tackling Inactivity (EA - Health Referrals)	Referral programmes	Introduce Cancer rehabilitation classes to run alongside current 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, BHLC, HHLC	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	Funding has been approved and progress has been made on the location within Hemel Hempstead LC to host as site of Healthy hub has been agreed. Job description & Person spec for Healthy hub coordinator has been agreed with interview dates to be scheduled for November.	

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, DSSN, CSP, SE, Mavericks, Alex Danson	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 25metres, reducing drowning incidents	1000 children engaged with through school partnership working across the year	2019/20	The Dacorum school sports network has competitions scheduled in the diary which will take place throughout the year. 350 children were engaged with at a KS1 event held at Hemel Hempstead leisure centre, where the children had the fantastic opportunity to try a range of different activities. our next school events in partnership with the DSSN are due to take place on 6th November and then the 13th November. EA have continued to work in partnership with Watford FC to offer EMPOWER sessions aimed at students from Hemel Hempstead looking at physical activity and mental health interventions. This program ran across term time so started back up on the 23rd September and will run through to the 9th December. Everyone Active provided an athlete and supported the delivery of the DSSN primary education awards supporting the sporting achievements of primary aged children across the borough for up to 300 people. On the 5th July we supported the Hertfordshire Level 3 school games finals, providing 2 athletes to inspire the finalists and coaches to aid delivery of the activity carousel for schools which did not reach the county finals.	
Governance										
Governance	Project Board 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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	Meet quarterly	Next meeting January 2020	
Governance	Create online resources for Dacorum to promote local sessions, activities, events and all of the work linking to DBC Strategy and Action Plan	Create a brand through Active Dacorum to market and support all of the work DBC and partners currently organise, along with supporting local clubs, schools etc across Dacorum. Platforms will be through the DBC website & social media channels	All	DBC	HSP, DSN, EA, Schools, Clubs and others	Increase awareness and promote sessions, activities and events happening across Dacorum	Maintain DBC Website and schedule weekly posts on Facebook & Twitter	Ongoing	Continue to grow the Active Dacorum Brand especially through HYOC2020	
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		Ongoing - CSP day questionnaires. Some data was collected and will inform future projects	
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	Jan - Mar 2020	Ongoing - Completing a questionnaire to send to Members	