



Report for:	Housing and Community Overview and Scrutiny Committee
Date of meeting:	7th October 2020
Part:	1
If Part II, reason:	

Title of report:	<b>DBC Physical Activity and Sports Action Plan</b>
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, Herts Disability Foundation 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 5.6 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:

- 26% relate to Facilities and Infrastructure
- 29% relate to Tackling Physical Inactivity
- 41% 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 completed, postponed or cancelled due to COVID-19 since the last OSC meeting. During the Covid-19 period, the Community Partnerships and Wellbeing Officer (Sports and Physical Activity) has been supporting organisations to apply for funding and those who could get business grant from DBC. As a result Dacorum was funded a total of £100,139 across 21 organisations, with individual organisation amounts ranging from £300 to £10,000. The funding pot across Hertfordshire was a total of £599,801. The officer also supported the delivery of 200 Physical activity packs to residents of Dacorum through the Family First Team to support children at a primary age who need it most (the bags contained: Hula Hoop, Soft Foam Ball, Chalk, Balloons, Table Tennis Ball, Tennis Ball, Skipping ropes, 8 Activity example leaflets, Pen / Library leaflet, A leaflet for Summer Fit, Fed and Read programme); and maintained an online presence through social media The projects are:

- Outdoor (Playing Pitch Study) Facilities Study - Study to look into the number of and quality of facilities within Dacorum. Being completed in collaboration with surrounding LA's. Access Document: <https://bit.ly/2PHP24f> . This study was commissioned by DBC strategic planning team and undertaken by consultancy KKP. This now is used by planning to inform their work on the local plan.
- Active Dacorum Hub - Consultation and feasibility to ensure value for money and best use of this venue for the community. Discussions were held with various local organisations to determine best use of this venue. It decided to move away from the Cycle Hub, due to proven lack of demand for its use in this way, to a multi-use community venue to encourage residents across Dacorum to engage in activities to support their physical and mental wellbeing.
- Community Grants 2020 - 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 additional points towards their overall score.

The projects below were successful in the winter round:

- BEEE Creative, '#TAG' project: an intergenerational dance programme in Dacorum, Watford & Three Rivers £3000
  - Hemel Hempstead Rovers FC, Equipment project: Funding towards footballs, cones, ladders, goal nets, corner flags to allow provision of a higher quality of training and to potentially expand the size of the club. £500
  - Dacorum Sports Club for the Disabled, Equipment and volunteers. The funding went towards providing sport and games equipment and marketing costs for recruiting new members and volunteers. £250.
  - Dacorum Community Dance, Equipment and banners project: Funding towards 25 branded t-shirts for dancers to wear for performances and events and 2 roller banners to help promote the organisation and its mission. Funding also towards staff training course. £491.10
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- Your Town 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. It is a campaign to get the next generation moving and more connect with health, fitness and their community. Between January and March we engaged 221 individuals at primary schools in Hemel Hempstead. This was temporarily postponed due to Covid-19 and we will look to re-launch when restrictions allow.
  - Pop Up in the Park - Free School Holiday activities in local parks to get young children active and outside during the holiday period (cancelled due to H&S regarding Covid-19, to be run next summer Covid-19 pending)
  - Skate 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. Unfortunately our funding was not successful due to change in direction from funder due to COVID 19.
  - Virtual Wellness Festival - To promote local activity sessions/organisations across Dacorum to celebrate wellbeing e.g Yoga, Mindfulness, Healthy eating etc. Linked to Herts Year of Culture So far we have had 445 views across all 7 online activities. We are continuing to promote this throughout the year.
  - Dance Reignite - A festival to celebrate dance for and by people aged over 55 with workshops and performances. A film was created to showcase the festival <https://vimeo.com/410905085>. 31 Dacorum adults took part in the festival including tenants from DBC's supported Housing schemes.

- Healthy Hub - To provide a 'one stop shop' for local health and wellbeing services and information for residents. Partnerships are being developed with MIND and CAB. Social media reach for the Healthy Hub is 93 likes on FB and 37 twitter followers. Social media began in July. A Hertfordshire wide targeted media campaign led by HCC's Public Health Team is planned for October.
- HSP Strength and Balance Classes - Designed for individuals wanting to improve their strength and balance while learning new exercises to maintain independence. This was postponed due to COVID. The small number of classes that did take place had 4 attendees.
- Fit, Fed and Read (Herts Sports Partnership) - Combat holiday hunger within Hemel to ensure that more children from disadvantaged families benefit from enrichment activities and healthy meals during school holidays. We are still awaiting HSP data, but APEX ran 2 programmes through COVID relief funding and were fully booked with 15 children each programme.
- 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. Data was collected at Community Safety Partnership days and will be used to inform future projects.

2.5. There are now 24 live projects/initiatives, within the action plan, of which 7 are new since the last OSC meeting.

2.6. Due to Covid-19 the EA outreach plan was put on hold as the Everyone Active's Out Reach Officer was furloughed.

The 7 new projects/initiatives are:

- Cupid Green Playing Fields Tennis Courts - Address the transformation and resurfacing of the tennis courts where we will be aiming to provide both netball and tennis by utilising S106's funds
- Virtual Your Town Dacorum 2020 - 5k/10k Fun run held across Dacorum focussing on bringing communities together. All funds raised by the event will go to a local NHS charity
- College Taster Events - A number of sports taster events to be held to provide students who might not normally have the opportunity to try something new (on hold due to Covid-19)
- Mayor's Football Tournament - Junior and Adult football tournament to raise funds for the Mayor's Charity (on hold due to Covid-19)
- Never Too Late Campaign - Seeks to improve levels of physical activity in older adults. Dacorum will be running two sessions for 12 weeks: Sagalates and Seated Pilates (on hold due to Covid-19)
- Sporting Chance Boxing Fitness - Working with HSP to tackle Knife Crime Prevention (Sporting Chance Project). Linking to

Community Safety Partnerships as a strategic priority. This was a new project that completed since the last OSC. This engaged 18 new participants and they have been linked with a boxing club in the local area to continue their activity.

- Active Local - is Hertfordshire's collaborative place-based initiative to reducing inactivity. It aims to support targeted areas in highlighting their strengths whilst also responding to local need and identifying where support, intervention or extra capacity is needed to create a more joined-up approach to tackling inactivity.

2.7. Following feedback from the previous OSC, Members will note the addition of data within the action plan in relation to the number of residents' engaged and financial figures, these included:

- In financial year 19/20 we engaged 1,436 people
- So far in this financial year we have engaged 783
- In financial year 19/20 a total of £424,133 was invested by DBC and partners in sport and physical activity across the Borough
- So far in this financial year the investment totals £209,755.
- A breakdown can be seen in the statistics tab.

2.8. 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 can make a positive impact to the community.

2.9. 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. Due to the change in direction and the implementation of virtual events e.g. The Virtual Wellness Festival, the Communication team have played a part in the success of our events via the use of our DBC YouTube channel. We will also work in partnership with the sports stakeholder

organisations to ensure that communications are coordinated between the organisations.

2.10. 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.
- Covid-19 and the lockdown and cancellation of project and events.
- The impact of Covid-19 around certain vulnerable groups still isolation.
- Funding streams change in priority and direction (due to Covid-19) resulting in unsuccessful applications and removal of funds; for instance the Skate Activity Nights, the Sporting Chance programmes, the Active Local programme.

### **3. Conclusion**

3.1. Since the last OSC, officers have worked to incorporate feedback from Members of the committee to show data and financial figures wherever possible. While the pandemic has proved challenging to deliver community events, officers understand the implications of not exercising on residents' physical and mental health and have worked hard to ensure that activities have been promoted and provided to engage residents during this difficult time. With the latest Covid-19 guidance and the possible risk of further restrictions, officers are working to ensure plans are in place to promote and signpost residents to opportunities to remain active.





Dacorum Borough Council - Physical Activity and Sport Annual Action Plan - Completed Items for OSC January 2020 - June 2020

DBC Strategy Commitment (and EA's priorities where relevant)	Item	Location	Target Group	Lead Org	Partners	Funding	Outcome	Success Measures	Project Completed Date	Relevant Statistics	
<b>Facilities and Infrastructure</b>											
Facilities and Infrastructure	<b>Outdoor (Playing Pitch Study) Facilities Study</b> - Study to look into the number of and quality of facilities within Dacorum. Being completed in collaboration with surrounding LAs. Access Document: <a href="#">Hwp-184-L027P08</a>	Dacorum, Walford & Three Rivers	Leisure Facilities	Walford & Three Rivers	DBC & KOP	n/a	Used to inform future investments and developments and the Local Plan	Yes	Playing Pitch Study Complete June 2019	n/a	
Facilities and Infrastructure Partnership Working	<b>Active Dacorum Hub</b> - Consultation and feasibility to ensure value for money and best use of this venue for the community	Hemel Hempstead - Growsell	Dacorum Residents	DBC	Ages & Dacorum Cycle Hub	n/a	A Hub that engages with the local community, increases community partnerships and increase levels of physical activity	Success measures to be determined as part of the SLA which is in development	Aug-20	Renewed Active Dacorum Hub. Launch event was a great success with 30 people met was to Coast. Bookings start from September	
<b>Tackling Physical Inactivity</b>											
Tackling Physical Inactivity	<b>Community Grants 2020</b> - 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 additional points towards their overall score	Dacorum	Community groups & Dacorum Residents	DBC	Community groups	£60,000 from DBC per year	Increase in applications for projects relating to reducing physical inactivity along with improving community partnerships	Yes	April-May June-August August-November	£27,851 has been awarded in the Winter Round	
Tackling Physical Inactivity	<b>Your Town We Are Next</b> - 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. is a campaign to get the next generation moving and more connect with health, fitness and their community.	Hemel Hempstead	Primary Schools	Your Town	DBC	Your Town and DBC contribution	Improve the understanding and knowledge around fitness and wellbeing	Engage with a minimum of 200 primary school children	Jan-March 2020	Current engagement at 221	
Tackling Physical Inactivity	<b>Pop Up in the Park</b> - Free School Holiday activities in local parks to get young children active and outside during the holiday period.	Stovington, Growsell, Chauldon, Bennetts End, Ting and Mackyale	Low income families	DBC	APEX	DBC funded	To increase physical activity levels through health activities	Minimum of 5 events in 2020	May, July & August 2020	Cancelled due to Covid-19	
Tackling Physical Inactivity	<b>Skate Activity Nights</b> - A series of events for skaters to meet and try new skills at the CC Centre. Looking at launch night with showcase event including bands performing. Linked to Herts Year of Culture	Hemel Hempstead	All Ages	DBC & XC	ABC Skateboarding, Matt Lloyd	Awarding Awards For All Funding	To promote and celebrate skateboarding	Minimum of 1 event during 2020	Sep 2020 Proposed Date	Funding not awarded due to Covid-19 with a change in focus to be formed	
Tackling Physical Inactivity	<b>Virtual Wellness Festival</b> - To promote local active sessions/organisations across Dacorum to celebrate wellbeing w/ Yoga, Mindfulness, Healthy eating etc. Linked to Herts Year of Culture	Active Dacorum Hub, Growsell -Hemel Hempstead	All Ages	DBC & APEX	Various	£3,884 awarded from the National Lottery, Award4 For All	Raise awareness of activities and services promoting wellbeing across Dacorum To showcase the developments of the Active Dacorum Hub	1 event held	22nd August 2020	445 views of the online activities. Physical games provided feedback	
<b>Partnership Working</b>											
Partnership working Tackling Physical Inactivity	<b>Dance Reigns</b> - A festival to celebrate dance for and by people aged over 55 with workshops and performances. A film was created to showcase the festival <a href="https://www.com410650945">https://www.com410650945</a>	Dacorum	Over 55's	SEE Creative	Dacorum Community Dance, DBC, Three River & Walford	SEE Creative Funded through Arts Council England, Herts Music Service.	Increase participation and celebrate the progression of dance for over 55's including trying a new style of dance	One main event to be held	8th March 20	350 adults which 31 were from Dacorum attended the festival at Walford Coliseum, including lessons from DBC's Supported Housing Scheme. 3 Dacorum Dance Practitioners took part in event and training courses	
Facilities and Infrastructure Partnership Working	<b>Healthy Hub</b> - To provide a one stop shop for local health and wellbeing services and information for residents. Pop-up events will be held across areas in Dacorum.	Hemel Hempstead, Ting and Barkhamstead	Vulnerable people	DBC	Public Health, EA, CAD, NHS, MIND	100k awarded from Public Health	To improve the health and wellbeing of Dacorum residents	1 Physical Hub / 3 Pop-up events in 2021	Ongoing	Tyler in place at the start of June. Partnerships continue to be developed including one with MIND. Addressing Covid response	
Partnership working Tackling Physical Inactivity	<b>Strength and Balance Classes</b> - Designed for individuals wanting to improve their strength and balance while learning new exercises to maintain independence	Hemel Hempstead - Adyfield	Older Adults	HSP	Stewarage FC Foundation & DBC	HSP Funded - £1,000	For older adults to take steps towards better health	x1 Session	Launch date Sep 30th 19	Session completed	
Partnership Working Tackling Physical Inactivity	<b>Fit, Fat and Read (FFR)</b> - Combat holiday hunger within Hemel to ensure that more children from disadvantaged families benefit from enrichment activities and healthy meals during school holidays	Hemel Hempstead	Children eligible for FFR	HSP	DBC, Fire station	n/a	Those on pupil premium continue to receive opportunities for exercise and a hot meal during school holidays. Helps prevent further rises in obesity gap	Awarding Figures from HSP to be able to determine success measure for 2020	Easter and Summer	Ages on FFR x2 weeks of HSP funded support with total cost of £1 - 20 children	
<b>Consultation</b>											
ALL	Consultation - Where possible, use current surveys and projects further DBC and with partners to undertake consultation with residents regarding physical activity and sports requirements, gaps and current levels	Dacorum	All	DBC	All	No funding available	Understand reasons for inactivity and identify gaps in service provision and delivery	n/a		CSP/fit questionnaires. Mirror data was collected and will inform future projects such as the new we market activities through Active Dacorum	

Key	
	EA Outreach
	Completed Item

	Priority Action
	New Item Complete

## Dacorum Borough Council - Physical Activity and Sport Annual Action Plan - Statistics

### Community Engagement Total 2019/20

Under 18's	18-55	Over 55	Unknown	Total
1242	112	82	0	<b>1436</b>

### Funding Total 2019/20

DBC	Community Grants	S106 Funds	Funding Applications	HSP	Public Health	Other	Total
£ 6,300.00	£ 11,475.00	£ 240,000.00	£ 77,358.00	£ 15,000.00	£ 69,000.00	£ 5,000.00	<b>£ 424,133.00</b>

### Community Engagement Total 2020/21

Under 18's	18-55	Over 55	Unknown	Total
268	70	0	445	<b>783</b>

### Funding Total 2020/21

DBC	Community Grants	S106 Funds	Funding Applications	HSP	Public Health	Other	Total
£ 3,000.00	£ 4,616.00	£ 60,000.00	£ 2,000.00	TBC	£ 40,000.00	£ 100,139.00	<b>£ 209,755.00</b>