

SLOUGH BOROUGH COUNCIL

REPORT TO: Health Scrutiny Panel **DATE:** 19th January 2017

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PART I FOR COMMENT & CONSIDERATION

GET ACTIVE SLOUGH - A FIVE YEAR LEISURE STRATEGY FOR SLOUGH – PROGRESS UPDATE

1. Purpose of Report

This report is to advise the Health Scrutiny Panel of progress in implementing the Slough Leisure Strategy – “Get Active Slough”. The strategy is designed to get more people, more active, more often.

2. Recommendation(s)/Proposed Action

Members of the Panel are requested to note and comment on progress to date.

3. The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan

3a Slough Joint Wellbeing Strategy Priorities

All the actions within the Leisure Strategy will contribute towards achieving the overarching vision of the Slough Joint Wellbeing Strategy and will make significant contributions specifically to the health, wellbeing and safer Slough themes.

- **Health and Wellbeing.** Cabinet in July 2014 approved a strategy for leisure, with the overarching aim to “enhance the health and wellbeing of Slough residents by ensuring leisure activity is adopted as a habit for life for all – more people, more active, more often”. The causal link between physical activity and overall health indicators is clear, particularly for obesity and heart disease, which are high priorities for Slough.
- **Safer Slough.** The opportunity to participate in shared leisure activities makes a positive contribution to community cohesion and interaction for all members of the varied and diverse community in Slough.
- **Regeneration and environment.** Leisure facilities contribute to the quality of the environment of the town. They provide opportunities to regenerate specific sites and local communities.

Cross-Cutting themes:

Good leisure facilities can improve the image of the town, making Slough a destination for sport and physical activity for local residents who will take a pride in the promotion of their use.

The leisure strategy and improved leisure facilities contribute towards addressing key priorities as set out in the JSNA including childhood obesity, positive activities for young people and cardio vascular disease.

3b. **Five Year Plan Outcomes**

- Slough will be the premier location in the south east for businesses of all sizes to locate, start, grow, and stay – good quality, accessible leisure facilities are attractive to employers to ensure a healthy workforce which is imperative for a businesses success.
- There will be more homes in the borough, with quality improving across all tenures to support our ambition for Slough – the future development of leisure facilities on chosen sites in the town will compliment planned housing developments and assist the organisational aim of maximising the value of assets.
- Slough will be one of the safest places in the Thames Valley – leisure activity can be used as a diversionary activity for young people who could be at risk of anti-social behaviour.
- More people will take responsibility and manage their own health, care and support needs – accessible leisure opportunities in the right location will enhance the health and wellbeing of all individuals living in Slough.
- Children and young people in Slough will be healthy, resilient and have positive life chances – improved leisure facilities will provide children and young people with wider opportunities for participation in sport and physical activity which results in greater physical and mental wellbeing. The proximity of the proposed new facilities to educational establishments will maximise use and allow the Council to realise corporate aims.
- The Council’s income and the value of its assets will be maximised through capital development and improvements to its leisure facilities.

4. **Other Implications**

(a) Financial

It is estimated that it will cost the Council £52m to deliver its leisure capital programme over the next 5 years.

The funding for the council’s three year Sport England funded ‘Get Active’ programme will finish in September 2017. A bid will be submitted to Sport England in March 2017 to extend the programme for a further twelve months.

(b) Risk Management

Property	Costs escalate on capital programmes	Released sites for housing regeneration will generate a capital receipt. Robust project / finance management for all schemes will be in place
Human Rights	None	

Health and Safety	Increase in incidents and accidents	This will be addressed for new facilities as they are developed. Risk assessments carried out for all activity programmes.
Employment Issues	None	
Equalities Issues	The strategy focuses on identified priority groups, but will maintain opportunities for all. There will be a clear link between local dispersed provision and the ability of priority groups to engage	Improved access to quality facilities will contribute to increasing levels of activity by Slough residents
Community Support	Lack of local support for schemes and programmes.	Further consultation will be undertaken as proposals are developed
Communications	Negative publicity	Regular press releases on capital and community programme in local press and council's 'Citizen'
Community Safety	None	
Financial	Inadequate funding made available to realise ambition	See section 4.1
Timetable for delivery	Timetable for delivery not met along with performance indicators	5 year action plan produced and draft capital programme in place. Link with contract ending in 2017
Project Capacity	Inadequate resources including staff and finances.	Project board established and lead officer appointed.

Human Rights Act and Other Legal Implications

There are no Human Rights Act implications.

Local authorities have a range of powers to deliver cultural services which includes both recreation and sport. This would include the delivery of leisure centres and sports facilities which are all discretionary services.

Equalities Impact Assessment

Equalities Impact Assessment have been completed for all proposed new and refurbished leisure facilities.

(c) Workforce

There are no workforce implications in regard to this report

5. **Supporting Information**

- 5.1 Cabinet agreed the town's leisure strategy "Get Active Slough" in July 2014, which has been developed to achieve the overarching outcome of **more people, more active, more often**. "Get Slough Active" is central to improving wellbeing and health outcomes of local people. The case for getting everybody active, every day could not

be clearer. Inactivity is responsible for 1 in 6 deaths and wider health, social and economic costs for individuals, families and communities in the UK. In Slough this cost is estimated to be £24 million per annum.

5.2 The council is committed to the future provision of a network of quality leisure facilities across the borough for formal and informal physical activity and sport. Over the next 3 years the council will invest over £52 million in new and refurbished facilities that meet the needs of Slough's diverse communities. These include:

- A new leisure centre to replace Montem Leisure Centre
- A new community sports stadium (Arbour Park)
- A refurbished Langley Leisure Centre
- A refurbished ice arena
- A refurbished ten pin facility
- 11 new green gyms and trim trails
- 1 new MUGA
- 1 x parkour park

5.3 The Get Active programme, launched in September 2014, has engaged individuals over the age of 14 in four targeted wards; particularly those who are not currently active to encourage them to take exercise close to where they live or work. To date the programme has engaged with 10,836 individuals, with 30,206 visits to timetabled activity sessions across the borough. A detailed breakdown of participants is detailed in the table below:

Get Active Programme 2014 - 2017	Programme target (3 year)	Actual to date (30 months of 3 year programme)
Number of participants	2,650	10,836
Throughput (visits)	28,460	30,206
Age 0 – 13	0	2,513 (23%)
Age 14 – 25	1,951	5,258 (48%)
Age 26+	699	3,065 (29%)
Male	1,385 (53%)	5,581 (52%)
Female	1,265 (47%)	5,255 (48%)
Disability / limiting long term illness	186 (7%)	1,334 (11%)
Black / Other minority ethnic background	1,325 (50%)	5,718 (52%)
White	1,325 (50%)	5,118 (48%)

Funding for the Get Active programme will cease in September 2017.

5.4 The Council has also commissioned a series of additional activity programmes which are popular with local residents including:

- Junior Get Active (under 14s programme)
- Active Lives (over 55s programme)
- Healthy Walks
- Seated Exercise
- Weight management - schools programme
- Disability sports programme
- Cancer rehabilitation programme
- GP surgery programme

5.5 **Measuring the impact of activity on our residents**

Measuring of sport and physical activity in regard to its impact is still massively underdeveloped. The most convincing evidence to date concerns health benefits, which prevent or reduce physical and mental health problems and save on health care costs, particularly in older people.

5.6 The Active Communities Team will be using the 'Moves Tool' from April 2017 to assess the return on investment of sports and physical activity programmes commissioned by the council. MOVES has been developed by Sport England and the University of East Anglia's Medical School Health Economics Consulting Group. MOVES is based on the evidence that increased physical activity reduces the risk of a number of diseases, including cardiovascular disease and diabetes. These diseases cost money to treat, reduce quality of life and can cause disability.

5.7 The tool compares groups that engage in physical activity with the same group as if they had not taken part. It estimates the reduction in risk of seven long term conditions and hip fracture from increased physical activity. The tool then assigns an economic value to the resulting health improvements created by the physical activity.

6. **Comments of Other Committees**

None

7. **Conclusion**

7.1 This report outlines how the leisure strategy approved by Cabinet in July 2014 is being implemented. The strategy will ensure investment in both core and local facilities to maintain current participation in physical activity, and in particular, the community activity programme which aims to enable local individuals and communities to be more active in ways that fit with their lifestyles and needs in localities where they live. Targeted capital and revenue investment has already resulted in an increase in activity amongst Slough residents.

7.2 More robust evaluation tools will be introduced later this year to assess the return on investment the council is making in addressing the health of local people through increased participation in physical activity.

8. **Appendices Attached**

None

9. **Background Papers**

Leisure strategy and 5 year action plan