

## **SLOUGH BOROUGH COUNCIL**

**REPORT TO:** Slough Wellbeing Board      **DATE:** 26<sup>th</sup> September 2018

**CONTACT OFFICER:** Alison Hibbert – Leisure Services Manager, Slough Borough Council  
**(For all Enquiries)** (01753) 875896

**WARD(S):** All

### **PART I** **FOR DISCUSSION**

#### **DELIVERING THE NEXT PHASE OF THE LEISURE STRATEGY**

##### 1. **Purpose of Report**

1.1 To inform members of the Slough Wellbeing Board on progress on the delivery of Slough Borough Council's Five Year Leisure Strategy and seek comments on the proposals for the next phase of delivery.

##### 2. **Recommendation(s)/Proposed Action**

2.1 Slough Wellbeing Board is requested to:

- a) Note the report, which details the progress to date on achieving the outcomes and actions detailed in the council's Five Year Leisure Strategy; and
- b) Comment on proposals for the next phase of delivery.

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

###### 3a. **Slough Joint Wellbeing Strategy Priorities**

All the actions within the Slough Leisure Strategy contribute towards achieving the overarching vision of the Slough Joint Wellbeing Strategy and will make significant contributions to the delivery of the following outcomes:

- **Protecting vulnerable children** - New leisure facilities will be safe environments for children and will target those who are disadvantaged.
- **Improving mental health and wellbeing** – It is well established and accepted that taking part in regular sport and physical activity contributes greatly to better mental health and general wellbeing.

###### 3b. **The JSNA**

The JSNA examines the needs of all residents of Slough to identify those groups that experience poor outcomes and access to services. It sets the scene for the development of local strategies and provides evidence for these groups.

###### 3c. **Five Year Plan Outcomes**

The key drivers for the Leisure Strategy are to deliver the following outcomes of the 2018 Five Year Plan:

- **Outcome 1: Slough children will grow up to be happy, healthy and successful** – Taking part in regular sport, physical activity and other related positive leisure activity is proven to improve the physical health and mental wellbeing of children and young people, along with educational attainment and confidence and self esteem.
- **Outcome 2: Our people will be healthier and manage their own care needs** – Addressing the rates of inactivity in our adult population is a key priority for the council. Improved leisure facilities that are accessible and cater for a range of abilities will be a key area for turning the tide on this inactivity.
- **Outcome 3: Slough will be an attractive place where people choose to live, work and stay** – Attractive and accessible leisure facilities will attract people to the borough to live, work and visit.
- **Outcome 5: Slough will attract, retain and grow businesses and investment to provide opportunities for our residents** - Good quality, accessible leisure facilities are attractive to employers to ensure a healthy workforce, which is imperative for a businesses success.

#### 4. Other Implications

a) Financial - There are no financial implications directly resulting from the recommendation of this report but may arise depending on the outcome of the Leisure Strategy's refresh.

b) Risk Management – Physical inactivity increases the risk of poor health and poor health outcomes for residents and also financial risks to the council.

c) Human Rights Act and Other Legal Implications – There are no Human Rights Act implications arising from this report.

d) Equalities Impact Assessment - There are no equality issues arising from this report.

e) Workforce - There are no workforce implications associated with this report.

#### 5. Summary

- *Slough Wellbeing Board is asked to note the progress to date on the delivery of the council's Five Year Leisure Strategy, which aims to get more Slough residents more active, more often.*
- *The report details progress on the council's ambitious leisure capital programme, including smaller neighbourhood based developments, along with up to date participation figures of the town's local residents (at Appendix A).*
- *The Leisure Strategy is proposed to be refreshed in 2019 and a number of proposals to take this forward have been identified, including the formation of a high level Joint Health and Leisure Strategy Board to oversee its delivery.*

## 6. **Supporting Information**

6.1 The Slough Leisure Strategy, adopted in 2014, set out to achieve four main priorities:

- 1) To provide new, quality core leisure facilities for Slough residents
- 2) To provide a network of improved and accessible free leisure facilities in neighbourhood parks and open spaces
- 3) To provide a comprehensive programme of accessible opportunities for local residents of all ages and abilities to participate in regular physical activity
- 4) To procure a new leisure operator to manage the new, core leisure facilities.

6.2 To oversee the delivery of the strategy a leisure strategy board was established in 2015 and was originally chaired by the director of customer and community services. The director for adult and community services took over this role in early 2018.

### **What has been achieved - progress to date**

6.3 Over £62 million of investment has been made available to deliver:

- A community sports stadium – Arbour Park
- A refurbished ice arena
- A new family activity centre in the refurbished Salt Hill facility
- A refurbished Langley Leisure Centre
- A new state of the art leisure centre on the Farnham Road – planned to open in March 2019
- A network on 18 new green gyms and trim trails in local parks
- Six new and refurbished multi use games areas
- A new parkour park
- Artificial cricket wickets
- Two 2 practice cricket net facilities
- A comprehensive 'Get Active' programme, which offers over 80 sport and physical activity sessions weekly to local residents for all ages and abilities at affordable prices. Up to 30% of these sessions offered are free.
- Everyone Active (Sport and Leisure Management) has been contracted to manage and operate four of the council's new leisure facilities, with an estimated saving to the council of over £15 million over the next ten years.

### ***Performance to date***

6.4 Appendix A provides data analysis from information taken from participants in the Get Active programme from the quarter 1 period 2018 / 19. This indicates that:

- More females attend the programme
- The largest participating age groups are under 13s and 25 to 44 year olds
- People living in the wards of Elliman, Wexham Lea and Britwell participate the most in Get Active sessions
- Regularly people from outside of the borough will attend our sessions
- 15% of participants stated that they were inactive before participating in the Get Active programme.

6.5 This year we have introduced the use of the Edinburgh Warwick tool ([www.nhs.uk/tools/documents/wellbeing](http://www.nhs.uk/tools/documents/wellbeing)) to establish the effect of participation in the Get Active programme on general wellbeing. In addition, a number of case studies have been developed and an example of this is provided at Appendix B.

6.6 Everyone Active have indicated an increase of 60,000 visits to Montem Leisure Centre compared to 2017/18 figures for June to March. Performance figures for the newly opened Langley Leisure Centre are not available to date, but in the first day of opening the Centre signed up 180 members.

### ***Proposals for next phase of work***

6.7 The Leisure Strategy is proposed to be refreshed in 2019 and a number of proposals to take this forward have been identified, including:

- a) A review the current Leisure Strategy Board's remit (including its terms of reference and membership) to develop a more focused group, focusing on wider health and wellbeing outcomes, targeting the inactive.
- b) Undertaking a comprehensive public consultation and research project to obtain an accurate picture of current activity rates of local residents and identify methods, ascertain the local population's attitude to participation in sport and physical activity and identify the initiatives for affecting positive behavioural change.
- c) A refresh the Leisure Strategy In 2019, using information from the consultation and research project to inform the council's approach to the delivery of leisure services for the next ten years.

## **7. Comments of Other Committees**

7.1 There are no comments from any other committees.

## **8. Conclusion**

- While there is a wide and diverse range of leisure provision across the borough, the council has an important strategic role in facilitating a cohesive offer and improving public access.
- The refreshed Leisure Strategy will identify clear priorities to widen and increase participation in physical activity for both adults and children based on input from residents and a robust evidence base.
- Slough Wellbeing Board is invited to consider and comment on proposals for the next phase of the Strategy's delivery.
- The refreshed Strategy will be brought back to the Slough Wellbeing Board for consideration in 2019.

## **9. Appendices attached**

'A' - Get Active Programme - Data analysis of participants (Quarter 1 - 2018/19)

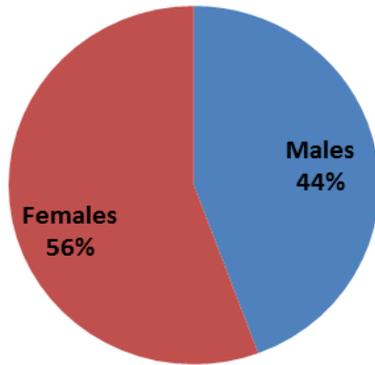
'B' - Participant Case Study

## **10. Background Papers**

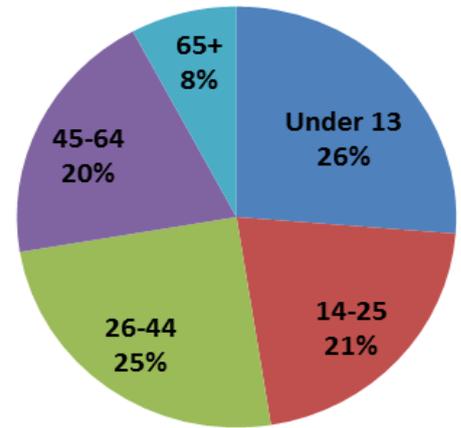
None

# Appendix A: Get Active Programme - Data analysis of participants (Quarter 1 - 2018/19)

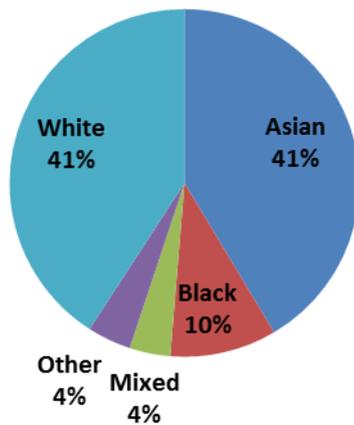
### Gender



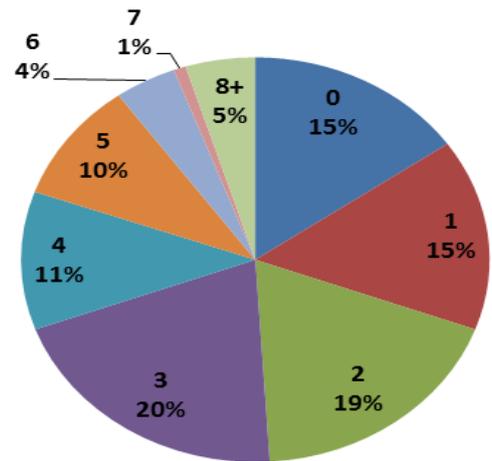
### Age



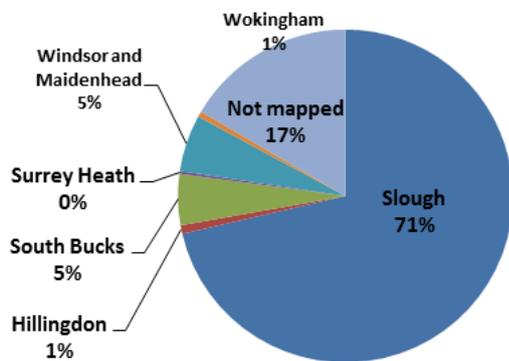
### Ethnicity



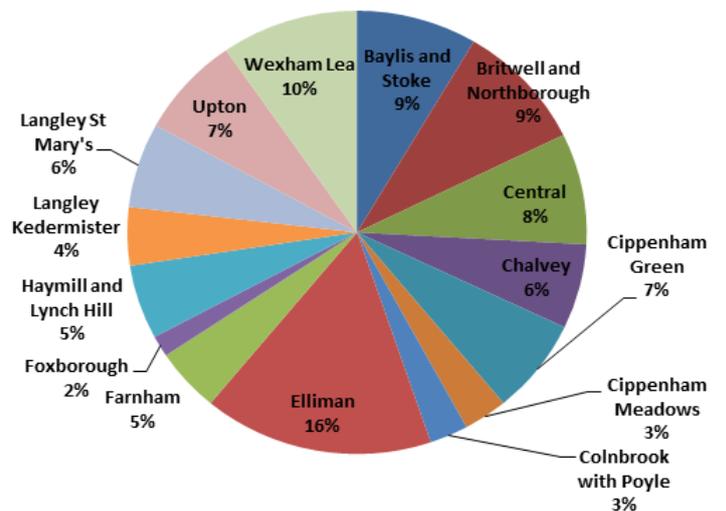
### Original Activity Level



### Local authority area



### Ward within Slough



## Appendix B: Participant Case Study

# Active Slough



**Name:** *Jean Watts*  
**Age:** 83  
**Ward of Residence:** *Slough*  
**Occupation (optional):** *Retired*  
**Project/Session:** *Run with Active Slough*

**In up to 250 words sum up what difference participating on in this Active Slough project has made to you.**

Since forever I have always loved running- it doesn't require any special ability or equipment, but you gain so much- your stamina, health, wellbeing and the joy of being able to run is so rewarding.

But...since joining one of the Active Slough running groups my passion has been massively enhanced and encouraged! I feel so lucky and thankful to have benefited from this Active Slough project, which has me the desire to take part in many goals and extra race projects than are on offer.

Running has been so good at maintaining my stamina and physical/mental health and being out in the fresh air is a definite plus. The countryside and areas that you run become place you notice and enjoy, so when you discover something this good the benefits need to be shared!

AGE (I'm 83!) and ability are no barriers and the rewards are many and varied. I love to attend the group because the friendship, laughter, fun and companionship is a really a boost to my confidence and a great motivation to keep on improving.