

## **SLOUGH BOROUGH COUNCIL**

**REPORT TO:** Education and Children's Services Scrutiny Panel

**DATE:** 5 December 2019

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**WARD(S):** ALL

### **PART I**

#### **FOR COMMENT AND CONSIDERATION**

#### **LEISURE OFFER FOR YOUNG PEOPLE IN SLOUGH**

1. **Purpose of Report**

To advise the Education and Children's Services Panel on the current leisure offer to young people in Slough and why this is a top priority.

2. **Recommendation**

The Education and Children's Services Scrutiny Panel is requested to note the report and progress made in developing a programme of activity for young people in the town and comment on it.

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 (2014 – 2019) 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 for both adults and children contributes greatly to better mental health and general wellbeing.

The leisure strategy will be refreshed in 2020.

The JSNA examines the needs of all residents of Slough to identify those groups that experience poor outcomes and access to services. Leisure services are currently working with Slough Children's Services Trust to develop a leisure offer to looked after children and care leavers.

### 3b. Five Year Plan Outcomes

- **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 young people aged 16+ is a key priority for the council. Improved leisure facilities and accessible and affordable outreach programmes that cater for a range of abilities will be a key area for turning the tide on this inactivity.
- **Outcome 5: Slough will attract, retain and grow businesses and investment to provide opportunities for our residents –** Leisure services in Slough offer opportunities for young people to train and acquire qualifications in sport and physical activity. Everyone Active offer eight leisure related apprenticeships annually to young people who live in the borough. The Active Slough team offer a variety of level 1 and level 2 coaching qualifications to enable young people to enter employment as part time coaches of sport and physical activity.

### 4. Other Implications

#### (a) Financial

Slough currently offers the most comprehensive community sports and physical activity programme in the region, through the Active Slough team. The current Active Slough programme offers over 90 sessions a week for people of all abilities and ages. Funding to deliver this programme has been secured through grants from Sport England, Spirit 2012 and joint working and delivery with partners and key stakeholders.

More recently the leisure team have secured over £300K in funding to target inactive children and their families in the ward of Chalvey. The 'Chalvey Can' project will launch in the New Year and will offer free activity sessions to selected children and their families.

#### (b) Risk Management

Recommendation from section 2 above	Risks/Threats / Opportunities	Current Controls	Using the Risk Management Matrix Score the risk	Future Controls
Members note the statistics indicating the inactivity levels of	Inactivity in early years can lead to obesity and	Weight measurements taken at reception and	2	A more joined up approach with council services,

our children and young people	long term health conditions in later life	year 6.		schools and health.
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(c) Human Rights Act and Other Legal Implications

There are no Human Rights Act implications in regard to this report

(d) Equalities Impact Assessment

All of Slough's new leisure facilities are accessible and inclusive. Recently autism friendly activity sessions are being offered along with a comprehensive disability programme.

5. Supporting Information

**Today's children are the least active generation in history and could be the first generation in existence to have a shorter life expectancy than that of their parents**

**Lord Sebastian Coe – 2012**

5.1 Getting our children and young people to adopt more healthy and active lifestyles is a key priority for the council, particularly in regard to attaining the Chief Medical Officer's physical activity guidelines of:

- Pre-school (under 5's) - At least 180 mins (3 hours) throughout the day
- Children and young people (5-18 yrs.) - At least 60 mins (1hr) moderate to vigorous exercise and ideally up to several hours daily

5.2 However just 8% of girls and 16% of boys nationally are currently meeting these guidelines. A third of children are even doing less than 30 minutes of activity a day. Research has also showed that 38% of secondary schools have cut their PE time in the last five years for children aged between 14 and 16 amid the pressure of exams. These national statistics paint a similar picture to Slough.

5.3 On 19 November 2019 a coalition of more than 40 leaders from across British sport have written to the main political parties to request a public commitment to tackle the "alarming public health emergency" of inactivity among young people.

5.4 In 2015 the council commenced its ambitious programme to rebuild and upgrade its core leisure facilities, as part of its five year leisure strategy, including:

- Arbour Park Community Sports Stadium
- Slough Ice Arena
- Salt Hill Activity Centre
- The Centre and Langley Leisure Centre

The final facility opened in March 2019, with a total investment of over £60 million.

5.5 These new facilities offer a comprehensive and varied activity programme for Slough's children and young people.

- **Arbour Park** hosts a number of junior and youth, male and female football teams. It also hosts the highly successful teen disability football team, who recently had the chance to play at the Madjeski Stadium in Reading. This centre is operated by Slough Borough Council.

The following facilities are operated by the council's leisure provider Everyone Active:

- **Slough Ice Arena** offers children and young people the opportunity to take part in ice activity including ice hockey, figure skating, ice disco sessions, general ice skating, synchronised skating, disability skating and climbing; with clip and climb and full climbing wall provision. It also offers a women only fitness gym.
- **Salt Hill Activity Centre** offers soft play up to the age of 8 years, indoor caving, trampolining, high wire climbing and ten pin bowling. The centre also hosts autism friendly sessions for children, with specially adapted activity and environments with specially trained staff.
- **The Centre and Langley Leisure Centre** – The key features of the new and refurbished sports centres are the swimming and fitness facilities. Swimming lesson take up figures have doubled in the last year along with casual swimming figures. This is particularly pleasing as Slough has some of the lowest figures in the region for children at year 6 able to swim 25 metres.

5.6 Everyone Active offers a £15 monthly fitness membership fee for children aged between 11 – 15 years, which entitles them to use the gym (between 3pm to 6pm weekdays) and swim throughout the week. They also offer concessions to families and students.

5.7 The Centre also offers a state of the art sports hall. Its LED floor lighting is the first in the country and children can take part in light show activity including 'chase the box'. The LED lights are particularly good for children with both physical and learning disabilities to take part in moderate to intense physical activity, which is fun.

5.8 As part of the five year leisure strategy the council committed to improve sports provision in local parks and open spaces. From 2015 to present the council has installed the following in parks and open spaces across the borough:

- 1 x skate park
- 1x parkour park

- 28 x green gyms and fitness trails
- 8 x multi use games areas (MUGAs)
- 7 x artificial cricket wickets

All these facilities are easily accessible and are free to use. In 2020 the council will be installing a further 8 green gyms across the borough and developing a costed plan for improvements to children's play areas in parks.

- 5.9 The leisure team have been working in partnership with Everyone Active and Slough Children's Services Trust to design a leisure offer for over 300 looked after children and care leavers, who are based both in and outside of the borough. This will give this group of children and young people free annual membership to take part in swimming lessons and casual swimming, gym and fitness activities, soft play, climbing and ice skating.
- 5.10 Junior Park Run launched in July 2019 in Salt Hill Park. A 2K run is free to participate in every Sunday morning, facilitated by volunteers. Since July attendance figures have doubled and this event now attracts over 70 children a week, accompanied by family members.
- 5.11 The Active Slough programme offers over 24 sessions a week to children aged between 5 and 17. Young people aged 18 and over can participate in a choice of over 46 sessions. 30% of the sessions are free of charge and other sessions are made affordable by keeping prices to between £2 - £4 per session.

The disability programme offers:

- Disability football
- Wheelchair basketball
- Disability dance
- Table cricket

- 5.12 Slough has over 90 community sports club operating in Slough and in the immediate surrounding areas. These cater for young people with an interest in a variety of sports and activity including martial arts, football, netball, gymnastics, dance, boxing, athletics, cricket, hockey and rugby.

## 6. **Comments of Other Committees**

Not applicable

## 7. **Conclusion**

Turning the tide on the 'public health emergency' of inactivity among children and young people is a key priority for the council. However we need a concerted, joined up approach in tackling this inactivity with key agencies and organisations coming together to address the health and wellbeing of our young people.

Slough offers one of the best community activity programmes in the region and some of the best sports facilities nationally. However our young people are still not utilising these opportunities or understanding the benefits of adopting a more active lifestyle.

Going forward the council needs to look at how we can do more to educate our young people on why being active is beneficial and publicise more widely what is on offer.

8. **Background Papers**

'1' Health Beliefs Research Project