

CREATING AN ACTIVE AND HEALTHY FUTURE

Barnet sport, physical activity and physical education strategy

2008 to 2013

Final report

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Executive Summary

Creating an active and healthy future – a sport, physical activity and physical education strategy for Barnet sets out Barnet's vision and aspirations for sport and physical activity from 2008 to 2013. The Strategy is about encouraging regular participation in sport and physical activity; ensuring there is choice of opportunity; creating a strong and vibrant sporting and community infrastructure in Barnet and ensuring that Barnet residents benefit from and are involved in London 2012. The strategy recognises that sport and physical activity can make an important contribution to delivering local, London and national strategic priorities, including the ambitions and targets set out in Barnet's Sustainable Community Strategy and Local Area Agreement.

The strategy has been developed by the London Borough of Barnet working with a range of local community groups and sports organisations, Barnet Primary Care Trust and other public sector agencies, and with the support of Pro-Active North London the sub regional partnership for sport. Alongside the strategy the Barnet Community Sport and Physical Activity Network has been created, a strategic alliance of partners who enable and deliver sport and physical activity opportunities in Barnet.

The long term vision for the strategy is:

Barnet is a place where people choose to lead an active and healthy lifestyle. A diverse range of accessible and high quality sport, physical activity and physical education activities, events and facilities are available to meet community needs, provided by a range of organisations working effectively together.

To achieve the vision six strategic aims have been identified, each with key actions:

1. Planning a sustainable future for sport and physical activity – developing effective commissioning and delivery partnerships and relationships and securing resources for sport and physical activity.
2. Encouraging active lifestyles – raising awareness of the health benefits of being active and supporting people who are obese, sedentary or inactive to adopt more active lifestyles.
3. Making sport and physical activity accessible – providing everyone in Barnet with a choice of local, accessible and affordable opportunities to participate in sport and physical activity.
4. Building capacity for sport and physical activity – increasing the number of local providers and trained/qualified teachers, sports leaders, coaches, officials, managers, administrators and volunteers able to meet local needs, and supporting their continued professional development.
5. Investing in the sport and physical activity infrastructure – providing locations and environments that encourage participation in sport and physical activity and meet local needs.
6. Developing pathways to success in sport and in life – providing opportunities for everyone to fulfil their potential.

The overarching aim of *Creating an active and healthy future* is "to increase participation in sport and physical activity" across the whole population, including among priority groups. The priority groups for the strategy include people who are sedentary and overweight/obese; disabled people, including people with learning disabilities; people from black and minority ethnic groups; children, young people and their families; vulnerable older people; individuals who are disadvantaged and/or on a low income and women and girls.

Increasing regular participation in sport and physical activity among adults and young people, and halting the rise in obesity among young people, are the measures that will be used to determine success in achieving the strategy vision and aims.

To achieve the strategy vision and aims positive action will need to be taken by a wide range of organisations. The Strategy will be adopted by Barnet Local Strategic Partnership, Barnet Council and Barnet Community Sport and Physical Activity Network and endorsed by Barnet Primary Care Trust, Barnet Adult Strategy Group, Barnet's Children and Young People Partnership Board and other key organisations and partnerships. Many different local community, education, business and sporting groups will help to deliver the actions.

1.0 Introduction and strategy purpose

1.1 *'Creating an active and healthy future'* is about helping to make life better for everyone in Barnet through sport and physical activity. It aims to:

- encourage regular participation in sport and physical activity by everyone living and working in Barnet;
- ensure there is choice of opportunity through activities, clubs, competitions, events and facilities that meet the needs of different individuals and communities;
- create a strong and vibrant sporting and community infrastructure in Barnet, across the public, private and third sector¹, to deliver those opportunities and to develop innovative and dynamic services in the future; and
- ensure that Barnet residents benefit from and are involved in London 2012.

1.2 This strategy reflects the collective sport, physical activity and physical education vision and aspirations of different partnerships and organisations across Barnet for 2008-2013. It will be adopted by Barnet Local Strategic Partnership, Barnet Council and Barnet Community Sport and Physical Activity Network and endorsed by Barnet Primary Care Trust, Barnet Adult Strategy Group, Barnet's Children and Young People Partnership Board and other key organisations and partnerships.

1.3 Each of these organisations or partnerships, along with other local sporting and community groups, are committed to delivering the strategy vision, aims and actions, recognising the complementary roles each will play. The Council's role in particular will be to ensure maximum use and best value is obtained from existing provision, and to increase participation levels by acting as enabler for the objectives in this strategy.

'Creating an active and healthy future' brings together sport, physical activity and physical education in Barnet, although for ease of reading throughout the report we refer to sport and physical activity. It recognises that whilst there are differences between the three strands there are also significant areas of overlap and a strong relationship between them.

1.4 All the partners involved in the strategy want more people in Barnet to participate in sport, physical activity and physical education because of the benefits they bring to individuals and the community as a whole. Sport and physical activity present significant opportunities and choices to young people and adults. They provide a range of positive, fun leisure time activities as well as places to meet new people, develop new friendships, become involved in local decision making and feel part of a community. They contribute to the success of the Borough as a vibrant city suburb of London, and to addressing the health and well-being of disadvantaged people otherwise at risk of doing harm to themselves and wider society.

1.5 To develop the strategy Barnet Council has worked with a range of local community groups and sports organisations, Barnet PCT and other public sector agencies, and with the support of Pro-Active North London the sub regional partnership for sport. Alongside the strategy the Barnet Community Sport and Physical Activity Network (CSPAN) has been created. This consists of key representatives with an interest in sport and physical activity in Barnet who are working together to increase participation.

¹ A term increasingly used to describe the not for profit sector. Third sector organisations pursue social and environmental objectives, reinvest any surpluses in the pursuit of their objectives and are independent of government.

- 1.6 The strategic aims and priority actions of the strategy have been informed by:
- a review of Barnet's key strategic plans and of the contribution sport and physical activity can make to their priority outcomes;
 - Barnet's social, demographic and economic context and likely future trends;
 - data on current levels of participation in sport and physical activity in Barnet;
 - the 'Sport and Physical Activity Best Value Review – Final Report' published by Barnet Council in April 2007;
 - a review of the findings from surveys of adults and young people living in Barnet, including the young persons residents attitude survey, adult resident surveys and customer satisfaction surveys at sport and leisure facilities²; and
 - meetings and consultation workshops held with key partners and providers of sporting opportunities in Barnet to identify key issues and opportunities that this strategy must address.

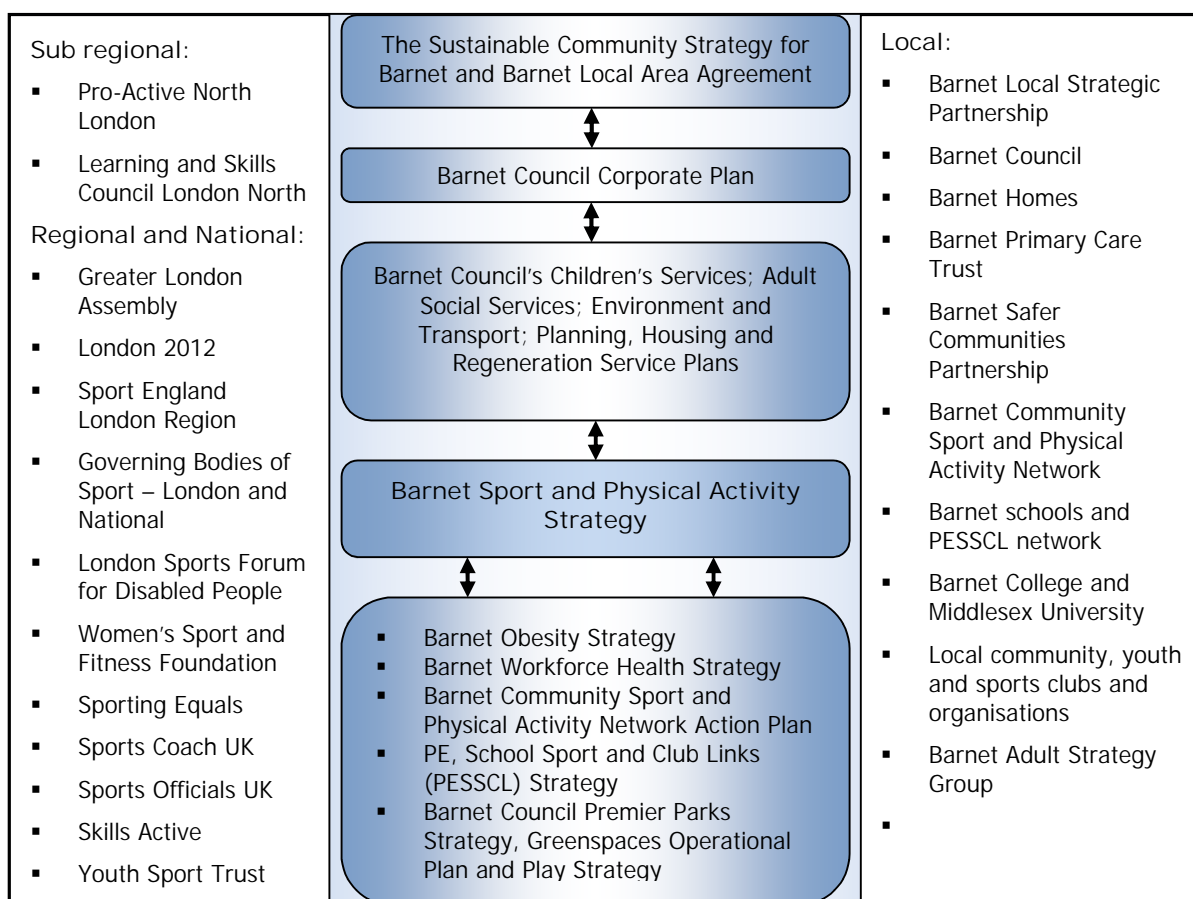
- 1.7 The strategy is presented in five sections:
- section one, this introduction;
 - section two summarises the strategic context for sport and physical activity in Barnet and the contribution that sport and physical activity can make to local priorities, with further detail in Appendix A;
 - section three includes the strategy vision, strategic aims and guiding principles;
 - section four presents the current context, key issues and opportunities for sport and physical activity and an action plan for each strategic aim, with additional information on Barnet's participation rates in sport and physical activity provided in Appendix B; and
 - section five confirms the measures that will be used to determine if the strategy vision and aims have been delivered.

² Including the annual residents' survey 2006/07; BVPI survey 2006/07, GLL annual user survey 2005; young person's residents' attitude survey, 2007 and 'Tell Us' Survey, 2006.

2.0 The strategic context for sport and physical activity

2.1 Co-ordinated planning and delivery of sport and physical activity by a range of organisations provides greater choice and clear pathways for people to follow, as well as making best use of the resources available and avoiding duplication. It also ensures that the full potential of sport and physical activity to deliver the priority outcomes set out in Barnet's strategic plans, as shown in diagram one, will be realised.

Diagram 1 - The contribution of sport and physical activity to strategic priorities



2.2 The London Borough of Barnet's corporate plan sets out the council's vision for the organisation and where it plans to go over the next four years. *'Creating an active and healthy future'* contributes to the five corporate priorities within the plan as follows:

- A Bright Future for Children and Young People: helping young people to raise educational attainment, providing things to do and places to go, increasing opportunities for young people's civic engagement, increasing participation in high quality PE and sport, enabling them to achieve their full potential.
- Clean Green and Safe: providing opportunities to positively engage people otherwise at risk of committing crime and maximising use of open spaces for new recreational opportunities.
- Supporting the Vulnerable: increasing opportunities for participation and helping people, including vulnerable older adults, to lead more independent lives.

- A Successful City Suburb: directly providing jobs as one of the fastest growing sectors in the economy, contributing to the regeneration of areas and creating neighbourhoods that people identify with and where people want to live.
- Strong and Healthy: by breaking down differences between generations and communities; providing opportunities to engage in their community and forge new social networks; by encouraging more active and healthy lifestyles, creating healthier communities and reducing health inequalities.

2.3 It also contributes to the sixth cross cutting objective of 'More Choice, Better Value' through increasing the choice of activities and facilities that meet the needs of different communities in a competitive market across public, private and third sectors; and by making better use of resources through a planned and co-ordinated approach to sports development.

2.4 'Barnet- A First Class Suburb' - the Sustainable Community Strategy for Barnet – and the Barnet Local Area Agreement (LAA) set out the key local strategic priorities for the Local Strategic Partnership (LSP). '*Creating an active and healthy future*' contributes to the Sustainable Community Strategy priority themes of:

- Investing in Children and Young People
- Safer, Stronger and Cleaner Barnet
- Growing Successfully
- Healthier Barnet (including older people).

And to the LAA priorities of:

- Driving Success
- Tackling Disadvantage.

2.5 Particular outcomes from the 2008 (Draft) LAA that the strategy will help to deliver include:

- Reducing obesity among primary age children
- Mode of travel used by children to school
- Raising attainment among young people
- Reducing the percentage of 16-18 year olds not in education, employment or training
- Reducing re-offending by young offenders
- Achieving independence for older people
- Increasing the percentage of people who feel they can influence decisions in their area
- Overall satisfaction with the local area

2.6 Further information on the contribution that '*Creating an active and healthy future*' will make to the strategic plans and priority outcomes of Barnet's LSP, Barnet Council, the PCT and other partners is included in Appendix A.

3.0 Our vision for sport and physical activity

3.1 The long term vision for sport and physical activity that we want to achieve is:

Barnet is a place where people choose to lead an active and healthy lifestyle. A diverse range of accessible and high quality sport, physical activity and physical education activities, events and facilities are available to meet community needs, provided by a range of organisations working effectively together.

3.2 To deliver our vision we have identified six strategic aims:

1. Planning a sustainable future for sport and physical activity – developing effective commissioning and delivery partnerships and relationships and securing resources for sport and physical activity.
2. Encouraging active lifestyles – raising awareness of the health benefits of being active and supporting people who are obese, sedentary or inactive to adopt more active lifestyles.
3. Making sport and physical activity accessible – providing everyone in Barnet with a choice of local, accessible and affordable opportunities to participate in sport and physical activity.
4. Building capacity for sport and physical activity – increasing the number of local providers and trained/qualified teachers, sports leaders, coaches, officials, managers, administrators and volunteers able to meet local needs, and supporting their continued professional development.
5. Investing in the sport and physical activity infrastructure – providing locations and environments that encourage participation in sport and physical activity and meet local needs.
6. Developing pathways to success in sport and in life – providing opportunities for everyone to fulfil their potential.

3.3 Our overarching aim is “to increase participation in sport and physical activity” across the whole population. Within this there are some communities and groups of people whose needs we particularly want to ensure are met, referred to as ‘priority groups’.

3.4 These priority groups are identified in the strategic and delivery plans of key partners and stakeholders who are, or potentially could be, involved in the delivery and resourcing of the strategy actions. Participation rates in sport and physical activity among priority groups are lower than the average for Barnet as a whole, with the exception of the broad category of children and young people aged 5-16 years (see Appendix B).

3.5 The priority groups for the strategy include:

- people who are sedentary and overweight/obese;
- disabled people, including people with learning disabilities;
- people from black and minority ethnic groups;
- children, young people and their families;
- vulnerable older people;
- individuals who are disadvantaged and/or on a low income; and

- women and girls.

3.6 We have also identified some guiding principles that will underpin the delivery of the strategy. These are:

- A community focus – making sure that sport and physical activity providers have an informed view of the needs of Barnet's different communities, and that the provision that is made responds to those needs.
- Enabling and encouraging local delivery – supporting and enabling local organisations to meet local needs and realise key opportunities.
- Adding value for young people – building on the core entitlement to sport provided to young people at school and helping them to achieve their full potential.
- Providing choice – giving people the choice to participate in safe and high standard sport and physical activity activities, competitions, events and facilities, wherever they are provided by.
- A partnership approach – bringing many different individuals and organisations together to deliver the strategy vision and aims and share resources.

- 4.0 Delivering the vision – the strategy action plans
- 4.1 If we are to achieve our vision and aims then positive action needs to be taken by a wide range of organisations in Barnet. Six action plans are included, one for each of the strategic aims, which are preceded by a summary of the key issues to be addressed and opportunities to be taken relevant to that aim.
- 4.2 The action plan for each strategic aim builds on existing provision and good practice in Barnet and beyond. Priority actions, key activities, milestones and recommended timescales between 2008-2013 are identified, as well as suggested lead organisations to deliver the action and potential sources of resource.
- 4.3 Delivering the strategy vision and aims will require action by many different partners. Those identified in the action plan are set out below, although there will also be other organisations who have a part to play.

Key to organisations helping deliver the strategy actions

Age Concern	AC
Barnet Community Sport and Physical Activity Network	CSPAN
Barnet Community Transport	BCT
Barnet Homes	BH
Barnet Local Strategic Partnership	LSP
Barnet Mencap	MENCAP
Barnet Primary Care Trust	PCT
Barnet Sports Clubs and Community Groups	SC&CG
Barnet Sports Council	BSC
Barnet Voluntary Service Council	BVSC
Further and Higher Education Providers (e.g. Barnet College/Middlesex University)	FE&HE
Greenwich Leisure Ltd	GLL
Inclusive Fitness Initiative	IFI
London Borough of Barnet (Barnet Council) including the following teams:	LBB
<ul style="list-style-type: none"> ▪ Building Schools for the Future ▪ Communications ▪ Extended Services ▪ Greenspaces ▪ Healthy Schools ▪ Leisure Contracts ▪ Older People Services ▪ Physical Education, School Sport and Club Links 	<ul style="list-style-type: none"> ▪ Planning ▪ Play ▪ Primary School Capital Investment Programme ▪ Property Services ▪ School Travel ▪ Sports Development ▪ Strategic Development ▪ Youth and Connexions Services
London Sports Forum for Disabled people	LSF
Metropolitan Police – Safer Neighbourhoods Teams	SNT
National Governing Bodies of Sport	NGBs

Physical Education, School Sport and Club Links network	PESSCL
Private Sector Health and Fitness Providers	H&FP
Proactive North London	PANL
Schools	SCH
School Sports Partnerships	SSP
V (Volunteering Organisation)	VOL
Women's Sports and Fitness Foundation	WSFF
Youth Sport Trust	YST

Strategic Aims and Action Plans

Planning a sustainable future for sport and physical activity

Our priority aim for planning a sustainable future is:

To develop effective commissioning and delivery partnerships and relationships and secure resources for sport and physical activity

Why is this a priority?

- 4.4 To deliver the strategy vision and aims will require a mixed economy of provision and the securing of resources from a range of different sources. It will also need a strong commitment to sport and physical activity, clear leadership and greater coordination of sport, physical activity and physical education provision across Barnet.
- 4.5 Opportunities exist for a wide range of providers and funders of sport and physical activity in Barnet to work better together and to combine resources to deliver the shared strategic aims³. Better evidence on the social, economic and health benefits that can be realised through sport and physical activity needs to be collated and shared among local businesses and service providers in the private, public and third sector. Organisations need to be encouraged to build sport and physical activity into their future action plans, work plans and budgets.
- 4.6 Within Barnet Council many different departments including Children's Services, Adult Social Services; Environment and Transport; Planning, Housing and Regeneration and Communications and Consultation services have a role in delivering and enabling sport and physical activity in the Borough in support of the Council's priorities. The development of the strategy presents an opportunity to further develop and improve cross departmental planning and working in this area and for the Council to review and confirm the strategic priorities that it wants its funded partners, such as GLL, to deliver.

³ Strategy consultation meetings October – December 2007

Planning a sustainable future for sport and physical activity – action plan

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A1	<p>Establish the Barnet Community Sport and Physical Activity Network.</p> <p>To bring together key influencers and decision makers across Barnet for sport and physical activity.</p>	Confirm the CSPAN membership, terms of reference and Chair.	Barnet CSPAN established.	Yr 1 2008	LBB – Sports development and PESSCL teams	LBB – Children's Services PANL
		Produce an annual workplan, linked to the priorities of this strategy	Annual workplan produced and regular progress reviews taking place.	Yrs 1-6 2008-2013	CSPAN	CSPAN members
A2	<p>Explore with key partners how the strategy vision and aims match their strategic objectives and priorities and identify opportunities for partnership working in the future.</p>	Present the strategy for adoption to the Local Strategic Partnership and confirm how and where progress will be reported	Strategy adopted by the LSP Performance reporting mechanisms agreed.	Yr 1 2008	CSPAN LSP	CSPAN members LSP
		Present the strategy for adoption to Barnet Council and Barnet CSPAN and confirm how and where progress will be reported	Strategy adopted by Barnet Council and Barnet CSPAN Performance reporting mechanisms agreed.	Yr 1 2008	CSPAN LBB – Sports development team	CSPAN LBB
		Present the strategy for endorsement to Barnet PCT, Barnet Adult Strategy Group, Barnet's Children and Young People Partnership Board and other key organisations and partnerships.	Strategy endorsed.	Yr 1 2008	CSPAN LBB – Sports development team	CSPAN LBB PCT
		Present the strategy to service commissioners including from the PCT and other health organisations, the crime and	Strategy presented and the contribution that each partnership or organisation will	Yr 1 2008	LBB – sports development and PESSCL teams CSPAN	LBB – various services CSPAN members

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
		disorder reduction partnership and from Barnet Council services including children's services, adult services and strategic development.	make to helping deliver the strategy actions confirmed.			
		Invite local businesses and employers to a meeting about the strategy and sport and physical activity (links to A7)	20 businesses and employers attending a meeting	Yr 2 2009	CSPAN	CSPAN members
A3	<p>Review the contract between Barnet Council and Greenwich Leisure Ltd.</p> <p>This should include agreeing the shared strategic priorities to be delivered in the future and clear performance targets based on this strategy and Council priorities.</p>	Review meeting to take place between LBB and GLL.	Strategic direction and priorities confirmed annually.	First review Yr 1, annually thereafter 2008-2013	LBB – Leisure Contracts/Third Sector Procurement GLL	LBB – Resources and Children's Services
A4	<p>Identify and apply for external grant aid.</p> <p>Grant aid should be sought to support the delivery of the strategy vision and actions.</p>	Identify potential grant aid sources and apply for external grant aid as and when projects are developed.	Sport England CIF funding obtained. At least 2 successful grant applications submitted each year.	Yrs 1-6 2008-2013	CSPAN	To be identified.
		Identify how advice and support on external grants could be provided to sports clubs and third sector groups wanting to develop new sport and physical activity activities and events.	Capacity to provide advice to sports clubs and community groups integrated with other local fundraising adviser(s)	Yr 2 2009	CSPAN	To be identified

Encouraging active lifestyles

Our priority aim for encouraging active lifestyles is:

To raise awareness of the health benefits of being active among everyone living and working in Barnet and to support people who are obese, sedentary or inactive to adopt more active lifestyles

Why is this a priority?

- 4.7 Many people already participate in sport and physical activity in Barnet. 51.2% of Barnet's adults, equivalent to over 161,000 people, participate in at least one session of moderate intensity sport and physical activity each month⁴. 84% of children and young people in Barnet aged 5-16 years participate in 2 hours of PE and sport per week⁵.
- 4.8 However only 21.7% of adults in Barnet participate in at least 3 days a week of 30 minutes moderate intensity sport and physical activity, the recommended level to obtain health benefit⁶. Just under half of all adults are not participating in any moderate intensity sport or physical activity each week. Among older adults, aged 55 years and over, participation levels are even lower.
- 4.9 Some young people are also not participating in sport and physical activity regularly. Two thirds of year 6 pupils (67%) and 82% of Barnet's year 9 pupils are not achieving the recommended level of sport and physical activity each week to benefit their health⁷. Participation levels in sport and physical activity are also lower among priority groups than in the overall population in Barnet, as shown in Appendix B.
- 4.10 Although the prevalence of adult obesity in Barnet is lower than the England average, estimates indicate there are over 53,800 obese men, women and children living in Barnet with just over 4,000 being morbidly obese⁸. Data collected on Barnet's children and young people in 2007 indicated that childhood obesity prevalence in year 6 children under 11 years old was 17.4% and in reception year children 9.2%. Obesity in both adults and young people is likely to be on the increase in Barnet, as it is nationally, particularly in the most deprived areas of Barnet⁹. The national Foresight Report on obesity¹⁰ indicated that if current trends continue nearly 60% of men and 50% of women in the UK will be obese by 2050.
- 4.11 There is increasing awareness nationally of the benefits of regular participation in sport and physical activity and of the importance of physical activity at home, at school, in the community and the workplace. These messages need to be reinforced by embedding them in the marketing of local opportunities.

⁴ Active People Survey, Sport England, 2006

⁵ PESCCCL data, June 2007

⁶ 5 x 30 minutes of moderate intensity sport and physical activity each week is recommended to obtain health benefit, of which sport aims to contribute 3 x 30 minutes.

⁷ 1 hour a day moderate intensity sport and physical activity (7 hours a week)

⁸ Barnet Obesity Strategy 2007/08-2010/11, Barnet Primary Care Trust

⁹ Barnet's Health – Barnet in Facts and Figures, 2006

¹⁰ Tackling Obesities - Future Choices, Government Office for Science/Foresight, 2007

Encouraging active lifestyles – action plan

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A5	<p>Develop more targeted sport and physical activity opportunities for sedentary and low participation groups.</p> <p>Particular priorities include older people, overweight and obese children, and those recovering from illness or injury.</p>	Develop and implement the 'Say Go' project to engage older adults, particularly those from priority groups, in on-going sustainable physical activity.	<p>Say Go funding bid submitted</p> <p>Say Go project being implemented</p>	<p>Yrs 1-3</p> <p>Target start April 2008</p>	LBB – Older peoples services	<p>Maccabi Organisation/ Jewish Care</p> <p>LBB – Adult Social Services and Children's Services</p> <p>Age Concern</p> <p>External grants e.g. Sport England CIF funding</p> <p>PCT</p> <p>BVSC</p> <p>BCT</p> <p>SC&CG</p>
		Expand the MEND project for 7-13 year olds and their parents, particularly targeting overweight/obese young people.	15 additional MEND programmes in place	<p>Yrs 1-3</p> <p>Building on pilot projects that ran in Summer 2007</p>	PCT	<p>Resource already obtained - PCT + BIG Lottery Fund</p> <p>Barnet LAA (pump priming grant)</p> <p>BHSS</p>
A6	<p>Further develop the opportunities available in Barnet's premier parks and green spaces to provide local access to sport and</p>	Implement the improvements to parks and green spaces proposed in the Barnet Green Spaces Operational Plan 2007-2011 and Management Plans for Premier Parks.	Key actions of Green Spaces operational and management plans implemented.	<p>Yr 1 onwards</p> <p>2008-2013</p>	LBB – Greenspaces team	<p>LBB – Environment and Transport</p> <p>BCT</p>
		Develop new outdoor active	New outdoor	Yr 1	LBB – Greenspaces +	Within new project/

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	recreation activities and to encourage active lifestyles. This includes through walking and cycling.	recreation opportunities using Barnet's parks and green spaces, such as organised walks and cycle rides, particularly for priority groups.	recreation opportunities are created, including as part of new projects and programmes.	onwards 2008-2013	sports development teams	programme resources LBB – Children's Services
A7	Encourage local businesses and employers to implement healthy workplace initiatives and green travel campaigns.	Implement the Workforce Health Strategy and key actions related to encouraging physical activity.	Actions implemented.	Yr 1 2008	LBB - Resources	LBB - Resources CSPAN partners
		Explore potential sources of resource to help 'kick start' local healthy workplace projects.	New resource identified.	Yr 2 2009	CSPAN	To be identified
A8	Continue to support all schools to be 'Healthy Schools' and to implement school travel plans	Support and encourage schools to obtain Healthy School status.	83.3% of schools have achieved Healthy School Status	Yrs 1-3 Target to be achieved by 2010	LBB – Healthy schools team SCH	LBB – Children's Services SCH
		Support and encourage schools to implement school travel plans.	100% of schools have a school travel plan	Yrs 1-3 Target to be achieved by 2010	LBB – Highways - School travel team SCH	LBB – Children's Services SCH BCT
A9	Develop a coordinated marketing and awareness raising campaign across Barnet to promote the benefits of sport and physical activity, encourage regular	Develop a joint marketing plan for sport and physical activity in Barnet, including: <ul style="list-style-type: none"> ▪ awareness raising and promotion of the existing opportunities and providers that exist ▪ utilising London 2012 	Joint marketing plan produced.	Yr 1-2 2008-2009	CSPAN	GLL LBB – Communications and Consultation, Children's Services and Environment and Transport PCT BVSC

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	<p>participation and promote the sport and physical activity opportunities already available.</p> <p>This should include targeted marketing to priority groups and utilise the opportunities presented through London 2012.</p>	<ul style="list-style-type: none"> promoting the benefits of participating and volunteering in sport and physical activity to low participation groups 				<p>Age Concern</p> <p>BCT</p> <p>Other key stakeholders in CSPAN</p>
		Raise the profile of potential Olympians who live in Barnet in the local media to generate local interest and use them as role models to encourage more people to get involved.	Potential Olympians identified and being used as role models as part of the approach to marketing and awareness raising.	Yr 2 2009	CSPAN BSC Local media	CSPAN BSC Local media

Making sport and physical activity accessible

Our priority aim for making sport and physical activity accessible is:

To provide everyone in Barnet with a choice of local, accessible and affordable opportunities to participate in sport and physical activity.

Why is this a priority?

- 4.12 Barnet is a vibrant and multi-cultural city suburb of London with a resident population of 334,900 people¹¹. Nearly a third of the population belong to a minority ethnic group with many different communities present including Indian, Black African and Chinese communities. Projections show that since 2001 Barnet's minority ethnic population has grown faster than the white population and this trend is set to continue over the next ten years. Barnet is also the second most religiously diverse local authority area in the UK, with the largest Jewish population in England. The Borough is generally prosperous, although there are some people living in Barnet who experience a disproportionately high level of deprivation particularly along its western border¹².
- 4.13 Barnet's communities, families and particularly young people are very diverse and have a wide range of needs and expectations, some of which are not currently being met. Consultation has also highlighted that the same opportunities are not available to all young people living in Barnet¹³ and that some older people currently feel excluded from sport and physical activity.
- 4.14 Resident satisfaction with Barnet's sports and leisure facilities is below the national average for council owned facilities, although satisfaction of the actual users of the Council's facilities is above the national average¹⁴.
- 4.15 There is a lack of information or awareness of the particular needs or interests of priority groups among some sport and physical activity providers. Locally identified barriers to everyday participation in sport and physical activity, including the location of facilities, affordable transport, a lack of information about the services available, access for disabled people or older people and cost are not always addressed.

¹¹ ONS projections 2008

¹² Profile of the London Borough of Barnet, Barnet Council 2008

¹³ Strategy consultation meetings October - December 2007; London Borough of Barnet Year 6 and Year 9 Sport and Physical Activity Survey, 2007, Young Persons Residents Attitude Survey, 2007 and Tell Us Survey, 2006 summarised in Barnet Play Strategy, 2007

¹⁴ Sport and Physical Activity Best Value Review: Final Report, 2007

Making sport and physical activity accessible – action plan

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A10	<p>Develop and increase community sport programmes across the Borough with a focus on including and meeting the needs of priority groups.</p> <p>These include women and girls, vulnerable older people and people from black and minority ethnic communities.</p>	Develop and implement the 'Why don't you' project to increase participation in physical activity and sport by girls and women and in particular low participation groups i.e. Asian women	<p>'Why don't you' funding bid submitted to Sport England.</p> <p>'Why don't you' project being implemented.</p>	<p>Yrs 1-3</p> <p>Target start April 2008</p>	LBB – Sports development team	<p>FE&HE</p> <p>GLL</p> <p>SSP</p> <p>Jewish Care</p> <p>External grant e.g. Sport England CIF</p> <p>LBB – Children's Services</p> <p>BCT</p> <p>SC&CG</p> <p>NGBs</p>
		Develop a common set of 'programming guidelines' for Barnet's community, sports and education providers that support and encourage inclusive provision.	<p>Programming guidelines produced and Barnet CSPAN members signed up to following the guidelines.</p>	<p>Yr 2</p> <p>2009</p>	CSPAN	<p>CSPAN members</p> <p>SC&CG</p>
A11	<p>Sign up to 'Inclusive and Active' and implement a programme of 'Inclusive and Active' activities to increase participation by disabled adults and</p>	Encourage sign up to the 'Inclusive and Active' commitments.	<p>At least 3 key organisations in Barnet signed up to the 3 'Inclusive and Active' core commitments</p> <p>LBB signed up to and fulfilling the 5 additional commitments for the London Borough's.</p>	<p>Yrs 1-3</p> <p>Sign up 2008, fulfilling commitments by 2010</p>	<p>CSPAN</p> <p>LBB</p>	<p>LBB</p> <p>CSPAN members</p> <p>GLL</p> <p>LSF</p>

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	young people. 'Inclusive and Active' is the sport and physical activity action plan for disabled people in London.	Implement the Mencap 'Inclusive and Active' Project	Mencap 'Inclusive and Active' project implemented.	Yrs 1-3 Target start May 2008	MENCAP	External grants e.g. Sport England CIF funding, Awards for All, Milly Apthorp Grant LBB – Children's Services and Adult Social Services GLL SC&CG NGBs
		Expand the number of private health and fitness clubs/gyms signing up to the Inclusive Fitness Initiative.	Additional 3 health and fitness centres/gyms IFI approved each year.	Yr 3 onwards 2010-2013	H&FP IFI	H&FP
A12	Expand the provision of family orientated sports activities and events. This should be at both sports/leisure facilities and wider community facilities and services, such as children's centres.	Increase the number and diversity of family orientated sports and physical activity events and activities at: – GLL sport and leisure centres – Children's Centres – Parks	At least 2 new regular family orientated activities and 2 new family orientated events taking place each year.	Yr 3 onwards 2010-2013	GLL Children's Centres LBB – Play and sports development teams	GLL LBB – Children's Services and Environment and Transport
A13	Support the development of the '5 hour sports offer' for all young people in Barnet. (Links to A18)	Develop more physical activity/sports and learning activities, courses and clubs both for young people and the wider community as part of Barnet's 'Extended Schools' programme.	100% of schools including sport and physical activity as part of their extended schools core offer. (Links also to A18)	Yrs 1-3 Target to be achieved by 2010.	SCH LBB - Extended services team SSP	LBB – Children's Services SCH YST/SSP – PESSCL funding GLL

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A14	Create new community sports clubs/multi-sport hubs where there is an identified need and gap.	Develop new community sports clubs/multi-sport hubs e.g. a new triathlon club	1 new club/multi-sport hub each year up and running.	Yrs 2-6 2009-2013	LBB – Sports development team NGBs	NGBs LBB – Children's Services Cophall Management Services SC&CG GLL
		Work with people from priority groups, including older people, and local communities to identify demand and support new local club development.	1 new community sports clubs/multi-sports hubs created each year.	Yr 2 onwards 2009-2013	CSPAN	LBB – Children's Services and Adult Social Services SC&CG NGBs
A15	Explore a range of alternative solutions to fill gaps in provision and tackle identified barriers to participation, including a lack of local access and cost of participation.	Develop more localised activities in non sport specific venues such as community halls and schools that address locally identified access issues.	3 new community sports activities taking place in local non sport specific venues each year	Yr 3 onwards 2010-2013	CSPAN	External grants e.g. Awards for All CSPAN members SC&CG Community venues SCH LBB – Children's Services and Adult Social Services
		Explore with private sector providers how affordable access to facilities might be facilitated for priority groups and/or for specific organised activities.	New community access to at least 1 private facility per year obtained.	Yr 3 onwards 2010-2013	H&FP CSPAN	H&FP
A16	Further develop and	Identify existing sources of data, research and consultation across	Review of existing intelligence needs and	Yr 3	CSPAN	CSPAN members

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	share intelligence among different providers on resident need and demands relating to sports and physical activity.	Barnet, identify gaps and how they might be filled and agree data sharing protocols.	available data complete. Data sharing protocol adopted.	2010		

Building capacity for sport and physical activity

Our priority aims for building capacity are:

To increase the number of local providers and trained/qualified teachers, sports leaders, coaches, officials, managers, administrators and volunteers able to meet local needs, and to support their continued professional development. We also want to ensure that representatives from all of Barnet's communities and priority groups are engaged.

Why is this a priority?

- 4.16 By 2018 the population of Barnet is forecast to grow to over 360,000, with a younger and even more diverse population profile¹⁵. This population increase means that more local sports clubs and community sports organisations as well as more leaders, coaches, officials, managers, administrators and volunteers will be needed to meet future demand. The successful implementation of this strategy will further stimulate demand within Barnet for sport and physical activity. London 2012 Olympics and Paralympics will also be seeking many volunteers from across London.
- 4.17 Ensuring that people from priority groups become involved in Barnet as voluntary or paid sports leaders, coaches, officials, managers and administrators is also an issue that will need to be addressed. Local and national research¹⁶ demonstrates that priority groups are currently under represented in all these areas – from an entry level through to the most senior positions.
- 4.18 There are currently four School Sports Partnerships in Barnet that support the development of curricular physical education as well as out of school hours sports activities and some community sports activities. Barnet College and Middlesex University also provide sport and physical activity opportunities for young people and the wider community. Teachers and other professionals working within an education environment need to continue to be supported in their work with high standard professional development training and support.
- 4.19 Developing a healthy sports infrastructure that meets local needs requires a strong 'third sector' presence. However in Barnet there is currently no third sector network for sports clubs and community sports organisations to share good practice and information, and few third sector organisations that own or manage community sports assets. Where community organisations do want to develop new opportunities and take on the ownership of community assets, they may not always possess all of the skills and knowledge required¹⁷.
- 4.20 It is also important that across Barnet sport and physical activity is governed and managed appropriately and that safe, high standard services are provided.

¹⁵ ONS 2008 projections

¹⁶ Strategy consultation meetings October - December 2007, PESSCL data on volunteering

¹⁷ Strategy consultation meetings October - December 2007

Building capacity for sport and physical activity – action plan

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A17	Encourage and support Barnet residents, including people from priority groups, to access community sports leadership, coaching, officiating and other sports related training and skills programmes.	Provide information and raise awareness about sports leadership, coaching, officiating and other sports related training and skills programmes to Barnet residents, including those run in connection with London 2012.	Quarterly update on courses and training sessions available on key partner web sites and actively promoted to Barnet residents through community, education, Council and sports newsletters.	Yr 1 onwards 2008-2013	LBB – Sports development and communications teams PANL BSC	PANL LBB – Communications and Consultation + Children’s Services Training providers FE&HE
		Develop a structured coach education plan for Barnet.	Coach education plan developed. 4 sports coaching or leadership courses being run in Barnet each year.	Yr 1 2008 Yr 1 onwards 2008-2013	LBB – Sports development team PANL BSC	PANL LBB – Communications and Consultation + Children’s Services Training providers FE&HE
		Actively promote sports leadership, coaching and officiating courses and bursaries to people from priority groups.	20 people from priority groups per year attending courses. 2 Barnet residents receiving a coaching bursary per year.	Yr 2 onwards 2009-2013	LBB – Sports development team	PANL NGBs External grants e.g. London coaching bursary programme (Skills Active/ PANL); Sport England CIF funding related to identified projects Equity organisations e.g. LSF/WSFF

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
		Encourage Barnet's sports coaches and officials to continue to train and obtain higher levels of coaching and officiating awards.	All coaches working towards UK Coaching Certificate Level 2, and at least Level 1 in their first sport	Yr 3 2010	PANL NGBs	NGBs PANL Equity organisations e.g. LSF/WSFF.
A18	Further develop the programme of training and professional development for teachers and other professionals working within school/education settings.	Maintain and further develop the ongoing professional development programme for teachers and other adults working within education settings provided as part of the PESSCL Strategy.	PESSCL strategy professional development targets achieved.	Yr 1 onwards 2008-2013	PESSCL group SSP LBB – PESSCL team	YST/SSP – PESSCL funding SCH
A19	Build on existing programmes and develop new opportunities to attract and retain volunteers in sport.	Engage and train volunteers, including volunteers from priority groups, as part of sport and physical activity projects.	20 new volunteers engaged in sport and physical activity events and activities each year through key projects.	Yr 1 onwards 2008-2013	BVSC	New project/ programme resources VOL LBB – Children's Services
		Continue to deliver the Step into Sport programme engaging young people 14-19 years in sports volunteering and leadership.	Step into Sport targets achieved.	Yr 1 onwards 2008-2013	SSP SCH	YST/SSP – PESSCL funding SCH BCT
A20	Create a 'Barnet Sports Council' to act as a support network and forum	Set up Barnet Sports Council.	Barnet Sports Council established with agreed terms of reference.	Yr 1-2 2008-2009	LBB – Sports development and greenspaces teams	SC&CG LBB – Children's Services

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	for local sports clubs and community groups involved in sport.					
A21	Explore how the ownership and management of community sports assets and the provision of sports activities by third sector organisations, including local community groups and sports clubs, can be encouraged and facilitated.	Identify the community sports assets within Barnet suitable for local community ownership and/or management, starting with a review of assets within Barnet's parks and green spaces.	Review of sports pavilions completed. 2 community/ sports organisations supported to take over community sports assets.	Yr 1-2 2008-2009 Pavilions review completed 2009. Two assets devolved by 2011	LBB – Greenspaces team and Property Services	LBB – Environment and Transport
		Provide third sector organisations intending to take over the ownership and/or management of community sports assets with access to appropriate training and skills courses and programmes.	Access to training and skills courses provided.	Yr 3 onwards 2010-2013	LBB - Property Services	To be confirmed once needs identified.
		Explore opportunities to develop social enterprises related to 2012 activities.	Review of opportunities related to social enterprise and 2012 complete	Yr 3 2010	LBB – Strategic Development CSPAN	LLB – Strategic Development CSPAN SC&CG
A22	Encourage and support sports clubs, schools, school sports partnerships and facility providers to seek to continuously	Encourage and support sports clubs with junior sections to obtain Clubmark accreditation.	2 clubs with junior sections to have obtained Club Mark each year	Yr 2 onwards 2009-2013	BSC	NGBs SC&CG External grants e.g. Awards for All LBB Children's Services

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	improve and to obtain and maintain recognised quality standards or quality marks. Raise public awareness of the quality schemes.	Encourage and support schools to undertake a formal self review for physical education.	80% of Barnet's Primary Schools and 50% of secondary schools to have undertaken a formal self review.	Yr 1 onwards 2008-2013 Targets to be achieved by 2010	LBB – PESSCL team	SCH SSP PESSCL
		Encourage and support schools and school sports partnerships to fulfil the requirements of Activemark, Sportsmark and Sports Partnership Mark.	80% of Barnet's schools to have obtained Activemark or Sportsmark 100% of Barnet's School Sports Partnerships to have obtained Sports Partnership mark	Yr 1 onwards 2008-2013 Targets to be achieved by 2010.	LBB – PESSCL team	SCH SSP PESSCL
		Encourage third sector and private sector sport and leisure facility management companies to obtain and maintain Quest (the UK quality scheme for sport and leisure) or equivalent quality assurance schemes.	GLL to maintain the 5 Quest sites and to obtain 2 more	Yr 1 2008	GLL	GLL
		Include information about the purpose and value of such schemes in all marketing and promotional materials and on key web sites	Information included in sport and physical activity marketing and promotional materials and on the web sites of all key agencies	Yr 1 onwards 2008-2013	CSPAN	CSPAN members

Investing in the sport and physical activity infrastructure

Our priority aim for investing in the sport and physical activity infrastructure is:

To provide locations and environments throughout Barnet that encourage participation in sport and physical activity and meet local needs

Why is this a priority?

- 4.21 Barnet covers 87 square kilometres. It has over 20 town and local centres¹⁸ accommodating a wide range of sport and physical activity facilities owned and managed by public, private and third sector organisations, including:
- 7 sport and leisure centres providing a mix of indoor and outdoor sports facilities, including 3 swimming pools;
 - over 20 health and fitness centres;
 - large areas of protected open space and parkland including 16 Premier Parks and 7 Local Nature Reserves; and
 - many different school, community and youth centres with dedicated or general purpose facilities used for sport and physical activity.
- 4.22 Although some data is available on this current sport and physical activity infrastructure, there is a lack of detailed facility information to inform strategic planning¹⁹. No recent audit is available of indoor and outdoor facilities where sport and physical activity take place, or of their condition or accessibility for certain user groups, including disabled people and older people. Facility planning on the current and likely future demand for key sports facilities in Barnet has not been undertaken in recent years.
- 4.23 Many of these existing indoor and outdoor sport and physical activity facilities in Barnet are well used by many residents and provide a wide range of locally based activities. However to ensure they continue to meet the public's expectations for facilities of a modern standard ongoing maintenance, along with further investment, will be required²⁰.
- 4.24 Most sources of external funding will require a sports facilities strategy to be in place that clearly identifies local needs and investment priorities before any grant aid will be awarded. Some key individual facilities, such as Barnet Copthall Stadium, need robust future management and investment plans.
- 4.25 A sports facility strategy will also ensure that when other investment opportunities arise development takes place where it is most needed. For example major new regeneration schemes and housing developments are planned for Barnet, with over 16,000 new homes due to be built in the next few years²¹. This presents real opportunities as part of planning and design to create environments that encourage active lifestyles and involvement in sport. Regeneration schemes and housing developments also present opportunities, directly as well as through section 106 agreements, to fill identified facility gaps and to consider opportunities for new 'flagship' facilities that may meet a much broader community need.

¹⁸ Profile of the London Borough of Barnet, Barnet Council 2008

¹⁹ Strategy consultation meetings October – December 2007

²⁰ Strategy consultation meetings October– December 2007

²¹ Operational Plan for the Management of the London Borough of Barnet's Greenspaces 2007-2011, London Borough of Barnet

- 4.26 New capital investment in schools through the Primary School Capital Investment programme and Building Schools for the Future also present opportunities for new sport and physical activity facilities to be provided. The planning and programming of such facilities needs to take into account community, as well as education, needs and be informed by a clear and prioritised facility plan.
- 4.27 Encouraging people to be physically activity needs to be built in to the ethos of every school, community and workplace environment and active design embedded in every new development that takes place.

Investing in the sport and physical activity infrastructure – action plan

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A23	Ensure that sport and physical activity is well represented in the Local Development Framework Supplementary Planning Document for culture, recreation and open spaces and that maximum use is made of Section 106 contributions and the Community Infrastructure Levy	Sports and planning teams to work together to ensure that sport and physical activity are embedded in the LDF supplementary planning document.	Sport and physical activity clearly embedded in supplementary planning document.	Yr 1-2 2008-2009	LBB – Planning, greenspaces and sports development teams	LBB – Planning and Environmental Protection
		Invest in sport and physical activity facilities and programmes through section 106 contributions/Community Infrastructure Levy. Priorities to be identified from this strategy and other plans or strategies developed e.g. the facility strategy (see A24) and sports pitch plan (see A28).	Section 106 funding is identified each year for sport and physical activity priorities.	Yrs 1-6 2008-2013	LBB – Planning, greenspaces and sports development teams	LBB – Planning and Environmental Protection
A24	Develop a sports facility strategy for Barnet that identifies Barnet's sport and physical activity facility gaps and future investment priorities. This should include both indoor and outdoor sports facilities and consider the options available to	Complete a PPG17 - Open Space, Sports And Recreational Facilities Needs Assessment.	PPG assessment complete	Yr 1-2 2008-2009	LBB Planning Service	LBB – Property Services, Greenspaces, Children's Services CSPAN
		Undertake a sports facility audit of all facilities used for sport and physical activity in Barnet including identification of the condition and likely lifespan of facilities and an access audit, where this cannot be built into the PPG17 assessment.	Facility audit, including access audit, complete.	Yr 1-2 2008-2009	LBB – Property services PANL CSPAN	LBB – Children's Services and Environment and Transport PANL

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	improve or replace existing facilities and the potential development of modern 'flagship' facilities.	Review the current and potential future need and demand for key sports facilities, using existing facility planning tools.	Facility planning assessment completed.	Yr 2 2009		
		Develop a Barnet sport and physical activity facility strategy.	Facility strategy adopted and published.	Yr 2 2009 By end 2009	LBB – Property services, greenspaces and sports development teams	LBB – Children's Services PANL CSPAN
A25	Continue to invest in Barnet's existing sport and leisure facilities to ensure they meet customer expectations and are maintained to a high standard.	Review the future use and investment needs of Barnet Copthall Stadium as part of the facilities strategy (action A24).	Management and investment plan adopted.	Yr 1-2 2008-2009	LBB – Property services and sports development teams	LBB – Resources
		Review the likely future investment needs of existing facilities as part of the facilities strategy (action A24)	Facility strategy adopted and published.	Yr 2 2009	LBB – Property Services GLL	LBB – Resources GLL
A26	Use school capital investment programmes, in particular the Primary Capital Investment Programme (PSCIP) and Building Schools for the Future (BSF), to develop modern sports facilities at a	Develop and adopt core design and planning principles for school capital investment programmes related to the development of sports facilities suitable for both school and community use.	Community sports facilities local design and planning principles for school capital investment adopted by LBB	Yr 1 2008 In use by end 2008	LBB – Planning and PSCIP teams	LBB – Planning and Environment and Children's Services
		Include community sports facilities on all school sites as part of the PSCIP.	100% of schools developed under the PSCIP providing high standard sports facilities for community	Yr 2 onwards 2009-2013	LBB – Planning and PSCIP teams SCH	LBB – Planning and Environment and Children's Services (PSCIP funding)

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
	local level available for both school and community use and to fill facility gaps.		use			
		Include new community sports facilities as part of BSF, to meet existing or new demand and fill identified gaps (as identified by the Facilities Strategy priorities).	TBC	TBC	LBB – Planning and BSF teams SCH	LBB – Planning and Environment and Children’s Services (BSF funding)
A27	Ensure that all regeneration schemes include provision for sport and active living.	Develop and adopt local design and planning principles for use with all regeneration programmes to encourage active living and regular participation in sport and physical activity.	Active living design and planning principles for regeneration adopted by LBB.	Yrs 1- 2 2008-2009 By April 2009	LBB – Planning and strategic development teams	LBB – Strategic Development + Planning and Environmental Protection
		Include new or improved community sports facilities (indoor or outdoor) as part of regeneration schemes to meet existing or new demand and fill identified gaps (as identified by the Facilities Strategy priorities).	1 new or improved sports facility included in every regeneration scheme.	Yr 1 onwards 2008-2013 (From 2009 linked to facility strategy)	LBB – Planning and strategic development teams	Within regeneration scheme resources
A28	Maintain and improve Barnet’s existing sports pitches to meet customer needs.	Produce a sports pitch plan and implement key recommendations.	Sports pitch plan adopted and published and adopted.	Yr 1 2008	LBB – Greenspaces team	LBB – Environment and Transport

Developing pathways to success in sport and in life

Our priority aim for developing pathways to success is:

To provide opportunities for everyone to fulfil their potential in sport and in life.

Why is this a priority?

- 4.28 Across Barnet talent identification systems and sporting pathways are not always in place or known about. Young people and adults with talent, in particular those from priority groups, need to be identified and supported to achieve their full potential. The links between schools, community groups and clubs who provide training and coaching to support different ability and skill levels, are not always clear²².
- 4.29 Educational attainment is generally above average in Barnet, among both school aged pupils and adults, although there are some variations across the Borough and young people who are not in education, employment or training or who are excluded from school are a particular priority²³. Opportunities exist for sport and education providers to work more closely together to engage young people in sport and physical activity education, training and employment.
- 4.30 Crime levels per head of population are lower in Barnet than the London average. However, residents living in certain areas and in particular groups of the population, including young people under the age of 17, are more likely to become a victim of crime. While there are relatively low levels of crime in most areas, fear of crime in Barnet is an issue²⁴. Sport can be further utilised to address social cohesion and provide safer communities in Barnet, including through targeted sports work with young people in deprived and estate based areas.

²² Strategy consultation meetings October – December 2007

²³ Profile of the London Borough of Barnet, Barnet Council 2008 and Barnet Local Area Agreement 2007/08 to 2009/10

²⁴ Profile of the London Borough of Barnet, Barnet Council 2008 and A Sustainable Community Strategy for Barnet 2006-2016, Barnet Local Strategic Partnership

Developing pathways to success in sport and in life – action plan

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
A29	<p>Improve the club structures, talent identification systems and sporting pathways for young people and adults in the Borough.</p> <p>This should include consideration of the needs of disabled people and people from other priority groups.</p>	Undertake a review of club structures, talent identification and sporting pathways for young people and adults in Barnet.	<p>Initial overview completed.</p> <p>More detailed review of specific pathways in individual sports completed – 5 per year.</p> <p>Improvements being implemented.</p>	<p>Yrs 2-6 2009-2013</p> <p>Initial overview by mid 2009</p> <p>Improvements from end 2009</p>	CSPAN BSC	CSPAN and BSC members NGBs SSPs
A30	<p>Increase the opportunities available for young people from Barnet to participate in sports competitions and events</p>	Increase the number of young people from Barnet participating in the London Youth Games and other youth events such as the London mini marathon.	<p>25 more young people taking part in the London Youth Games each year between 2008-10.</p> <p>10 more young people per year participating in training and selection of the Barnet London Mini Marathon Team each year between 2008-10.</p>	<p>Yrs 1-3 2008-2010</p>	LBB – Sports development team SC&CG	LBB – Children's Services
		Develop a programme of 'London 2012' branded competitions and events across Barnet to engage young people in sport.	6 London 2012 competitions or events taking place in Barnet each year.	<p>Yr 2-4 2009-11</p>	CSPAN SC&CG	GLL SC&CG SSPs

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
		Continue to develop competitive opportunities for young people through the School Sports Partnerships competition programme.	PESSCL school competition targets achieved.	TBC	Senior Competition manger and Competition Manager SSP SCH	YST/SSP – PESSCL funding SCH
A31	Continue to develop and expand the PESSCL strategy in Barnet schools, including the gifted and talented programme, school to club links and competitive opportunities.	Use PESSCL data to inform the future priorities and delivery plans of School Sports Partnerships.	5 hour offer for young people to be achieved by 2010 (linked to A13)	Yrs 1-3 2008-2010	SSP SCH SC&CG	YST/SSP – PESSCL funding SCH SC&CG
A32	Utilise sport and physical activity to engage young people in learning and to help raise attainment, in particular excluded or at risk young people, and young people not in education, employment or training.	Sport and education providers to work together to ensure that sport contributes to apprenticeship schemes and programmes for young people not in education, employment or training.	10 young people NEET engaged in sports training or learning each year.	Yr 2-6 2009-2013	LBB – Youth and Connexions services and sports development teams	LBB – Children's Services PANL
		Provide regular information and training for school and youth/Connexions careers advisors on employment and career opportunities available through sport.	All young people have access to information about careers in sport and physical activity through Connexions services and schools.	Yr 1- 6 2008-2013	LBB – Youth and Connexions services and PESSCL teams SSP	LBB – Children's Services
		Encourage the uptake of the sport and leisure diploma in schools and	TBC	Yrs 2-6	LBB – PESSCL teams	SCH

<i>Ref</i>	<i>Action</i>	<i>Key activities</i>	<i>Milestones/ outputs</i>	<i>Timescale</i>	<i>Lead responsibility</i>	<i>Resources</i>
		colleges.		2009-2013	SSP SCH	
A33	Utilise sport and physical activity to address social cohesion and provide safer communities.	Review the existing programme of 'Free' community sports activities for young people in targeted areas.	Review of existing 'Free' activity programme completed Recommendations from review being implemented	Yrs 1-2 2008-2009	LBB – Sports development and youth services teams	LBB – Children's Services
		Develop and implement the 'Urban Active' project for 16-25 year olds, particularly targeting deprived and estate based areas.	Urban Active' funding bid submitted. Urban Active co-ordinator appointed and project being implemented.	Yrs 1-3 Target start April 2008	LBB – Sports development and youth services teams	BCT External grants e.g. Sport England CIF fund, Wright Trust Barnet Football Club LBB – Children's Services FE&HE BH BVSC Wright Trust Met Housing Trust SNT SC&CG

5.0 Measuring our success

5.1 Our success in achieving the vision and aims of the strategy will be measured against the following targets:

Participation

- Increased participation in sport and physical activity by adults aged 16 years and over of at least 1% each year.

Baseline for 3 x 30 moderate intensity sport and physical activity 21.7%

Target by 2013 28.7%

Source of data: Sport England Active People Survey 2006

- The percentage of 5-16 year olds participating in at least 2 hours a week high quality PE and sport at school.

Baseline: 83.75% (average across the 4 School Sports Partnerships).

Target by 2013: 100%

Source of data: Youth Sport Trust Annual Surveys of School Sports Partnerships

- The percentage of 5-19 year olds participating in at least 3 further hours per week of sporting opportunities

Targets to be set once baseline data has been collected.

Source of data: Not yet identified

Obesity

- To reduce the rate of increase in obesity among children under 11 as a first step towards a long-term national ambition by 2020 to reduce the proportion of overweight and obese children to 2000 levels in the context of tackling obesity across the population.

Baseline: Childhood obesity prevalence in year 6 children under 11 years old 17.4% and in reception year children 9.2%.

Targets to be taken from the Local Area Agreement targets once confirmed.

Source of data: Local Area Agreement

Appendix A

The contribution of '*Creating and active and healthy future*'
to Barnet's strategic plans

'Creating and active and healthy future' contributes significantly to the outcomes set out in a range of Barnet's strategic plans.

Barnet Local Strategic Partnership	
<i>Strategy or action plan</i>	<i>Key priorities and how sport and physical contribute</i>
Barnet Sustainable Community Strategy 2008-2018	<ul style="list-style-type: none"> ▪ Investing in Children and Young People: helping children and young people achieve their educational potential; reducing preventable accidents. ▪ Safer, Stronger and Cleaner Barnet: reducing anti-social behaviour and fear of crime; helping create strong and cohesive communities including through volunteering and community involvement in decision making; providing attractive and safe parks, playgrounds and open spaces that people enjoy; developing local pride. ▪ Growing Successfully: helping to improve and create neighbourhoods that people identify with and where people want to live; encouraging people to walk and cycle; providing training, skills and employment opportunities. ▪ Healthier Barnet: encouraging healthier lifestyles and workplaces; providing choice and promoting independence for older people; supporting vulnerable people.
Barnet Local Area Agreement 2008/9 to 10/11	<ul style="list-style-type: none"> ▪ Reducing obesity among primary age children ▪ Mode of travel used by children to school ▪ Raising attainment among young people ▪ Reducing the percentage of 16-18 year olds not in education, employment or training ▪ Reducing re-offending by young offenders ▪ Achieving independence for older people ▪ Increasing the percentage of people who feel they can influence decisions in their area ▪ Overall satisfaction with the local area
<p>Other Strategic Plans sitting below the Sustainable Community Strategy that 'Creating an Active and Healthy Future' will contribute towards include:</p> <ul style="list-style-type: none"> ▪ Barnet Children and Young People Plan 2008/09 – 2010/11 ▪ Safer Communities Strategy ▪ Health and Well-Being Commissioning Framework ▪ Barnet Crime and Disorder and Drugs Strategy 	

London Borough of Barnet	
<i>Strategy or action plan</i>	<i>Key priorities and how sport and physical contribute</i>
Barnet Corporate Plan 2008/09 to 2011/12	<ul style="list-style-type: none"> ▪ A Bright Future for Children and Young People: helping young people to raise educational attainment, providing things to do and places to go, increasing opportunities for young people's civic engagement, increasing participation in high quality PE and sport, enabling them to achieve their full potential. ▪ Clean Green and Safe: providing opportunities to positively engage people otherwise at risk of committing crime and maximising use of open spaces for new recreational opportunities. ▪ Supporting the Vulnerable: increasing opportunities for participation and helping people, including vulnerable older adults, to lead more independent lives. ▪ Successful City Suburb: directly providing jobs as one of the fastest growing sectors in the economy and contributing to the regeneration of areas and vitality of neighbourhoods that people identify with and where people want to live. ▪ Strong and Healthy: by breaking down differences between generations and communities; providing opportunities to engage in their community and forge new social networks; by encouraging more active and healthy lifestyles, creating healthier communities and reducing health inequalities. ▪ More Choice, Better Value: through increasing the choice of activities and facilities that meet the needs of different communities in a competitive market across public, private and third sectors; and by making better use of resources through a planned and co-ordinated approach to sports development.
<p>Other Strategic Plans of Barnet Council that 'Creating an Active and Healthy Future' will contribute towards include:</p> <ul style="list-style-type: none"> ▪ Barnet Children and Young People Plan 2008/09 – 2010/11 ▪ Barnet's Three Strands Approach ▪ Strategy for the Management of Premier Parks Strategy and Operational Plan for the Management of the London Borough of Barnet's Green Spaces 2007-2011 ▪ Play Strategy 2007-2011 ▪ Workforce Health Strategy, 2008 	

Barnet Primary Care Trust/London Borough of Barnet	
<i>Strategy or action plan</i>	<i>Key priorities and how sport and physical contribute</i>
Barnet Obesity Strategy 2007/08 to 2010/11	<ul style="list-style-type: none"> ▪ Sport and physical activity is identified as contributing to priorities around the prevention of obesity, in interventions aimed at preventing overweight developing in the first place from childhood onwards, and in managing obesity.
<p>Other Strategic Plans of Barnet Primary Care Trust that '<i>Creating an Active and Healthy Future</i>' will contribute towards include:</p> <ul style="list-style-type: none"> ▪ Improving Mental Health and Wellbeing in the Community 2007-2010 ▪ Making a Big Difference 2007-2010 ▪ Our Life, Our Services, Our Say 2007-2010 ▪ Living Longer Living Better 2006-2009 ▪ Strategic Service Development Plan 	

Other Plans
<p>Other Strategic Plans that '<i>Creating an Active and Healthy Future</i>' will contribute towards include:</p> <ul style="list-style-type: none"> ▪ No one on the sidelines 2007-2016, Pro-Active North London ▪ London Plan for Sport and Physical Activity 2004-2008 and the London Investment Strategy for Community Sport 2007-2009, Sport England London Region ▪ Inclusive and Active – A sport and physical activity action plan for disabled people in London 2007-2012, Greater London Assembly/Sport England London Region/London Sports Forum ▪ London 2012 Delivery Plan, Greater London Assembly ▪ PE, School Sport and Club Links (PESSCL) Strategy 2003-2008, Youth Sport Trust ▪ Various national and regional plans and strategies, Governing Bodies of Sport ▪ UK Coaching Framework 2006-2016, Sports Coach UK London region ▪ Right People, Right Skills, Right Time, London Sector Skills Agreement Action Plan 2006, Skills Active ▪ Annual Plan, Learning and Skills Council London North

Appendix B

Participation levels for sport and physical activity in Barnet

Sport and physical activity in Barnet

Recent data on participation show that many people living in Barnet choose to take part in sport and physical activity

YOUNG PEOPLE			
93.6% and 95% of young people in years 6 and 9 respectively participate in at least 1 hour a week sport and physical activity	33% and 18.3% of young people in years 6 and 9 participate in 7 or more hours per week of sport and physical activity	Just over half (52%) of young people in both years 6 and 9 are members of a sports club or attend a regular organised sports session	32.8% of young people in year 9 undertake voluntary activity each month
ADULTS			
51.2% of all adults in Barnet, equivalent to over 161,000 people, participate in at least one session of moderate intensity sport and physical activity each month	12.9% of all adults in Barnet participate in at least 5 days a week of 30 minutes moderate intensity sport and physical activity*	29.3% of adults are members of a club where they do sport	3.4% of adults participate in at least one hour a week volunteering to support sport

*The recommended level of activity for adults and young people to benefit their health

However there is a need to target some user groups who currently are not realising the benefits and there is significant potential to get more adults and young people participating more regularly in sport and physical activity:

YOUNG PEOPLE	
A quarter (25%) of young people are participating in less than 3 hours a week sport and physical activity	<p>Participation levels are lower among young people:</p> <ul style="list-style-type: none"> ▪ with a limiting illness or disability ▪ from black and ethnic minority groups ▪ in families without a car and ▪ in some local neighbourhoods, particularly areas of greater disadvantage <p>Participation levels among girls are also significantly lower than boys</p>
ADULTS	
Half (48.8%) of adults in Barnet do not participate in any moderate intensity sport or physical activity each week	<p>Among some adult user groups the percentage not participating at all is much higher than the average including among adults:</p> <ul style="list-style-type: none"> ▪ with a limiting disability ▪ over 55 years of age ▪ in socio-economic groups C2DE ▪ women ▪ people from black and minority ethnic communities.

Participation in sport and physical activity in Barnet, all adults 16 years and over and priority groups

	All adults	Aged 55 and over	Limiting disability	Non white	Socio-economic groups C2DE*	Women
Participation in at least 3 days a week of 30 minutes moderate intensity sport and physical activity	21.7%	12.1%	8.1%	16.6%	19.0%	21.1%
Participation in at least 1 hour a week volunteering to support sport	3.4%	3.5%	4.5%	3.4%	1.7%	2.7%
Member of a club where they take part in sport	29.3%	25%	21.5%	25.6%	19.7%	27.5%
Received tuition from an instructor or coach in the last twelve months	19.4%	13.5%	9.2%	16.8%	11.9%	23%
Taken part in organised competitive sport in the last twelve months	14.3%	9.8%	8.2%	9.7%	8.6%	9.8%
No participation in moderate intensity sport and physical activity	48.8%	73.8%	78%	51.4%	60.8%	52%
Satisfaction with local sports provision	64.1%	67.6%	59.6%	60.9%	65.9%	66.9%

*Includes people in lower supervisory and technical occupations, those who have never worked and are long term unemployed.

Participation in sport and physical activity in Barnet, young people year 6

	All young people	Girls	Boys
% participating in 7 hours or more sport and physical activity each week	33%	24.6%	41.7%
% participating in 1 hour or less sport and physical activity each week	6.4%	7.3%	5.6%
% participating in extra curricular sport	66.6%	59%	74.4%
% who are sports club members or that attend a regular sports session	52.3%	50.3%	55.2%
% who have visited a local leisure centre in the past twelve months	52.8%	50.3%	55.2%

Participation in sport and physical activity in Barnet, young people year 9

	All young people	Girls	Boys
% participating in 7 hours or more sport and physical activity each week	18.3%	12.8%	25.1%
% participating in 1 hour or less sport and physical activity each week	5%	6.4%	3.4%
% participating in extra curricular sport	61.4%	56.3%	67.2%
% who are sports club members or that attend a regular sports session	52.2%	47.7%	57.6%
% who have visited a local leisure centre in the past twelve months	76.1%	75%	77.9%
% of young people volunteering in the past four weeks	32.8%	28%	39.2%