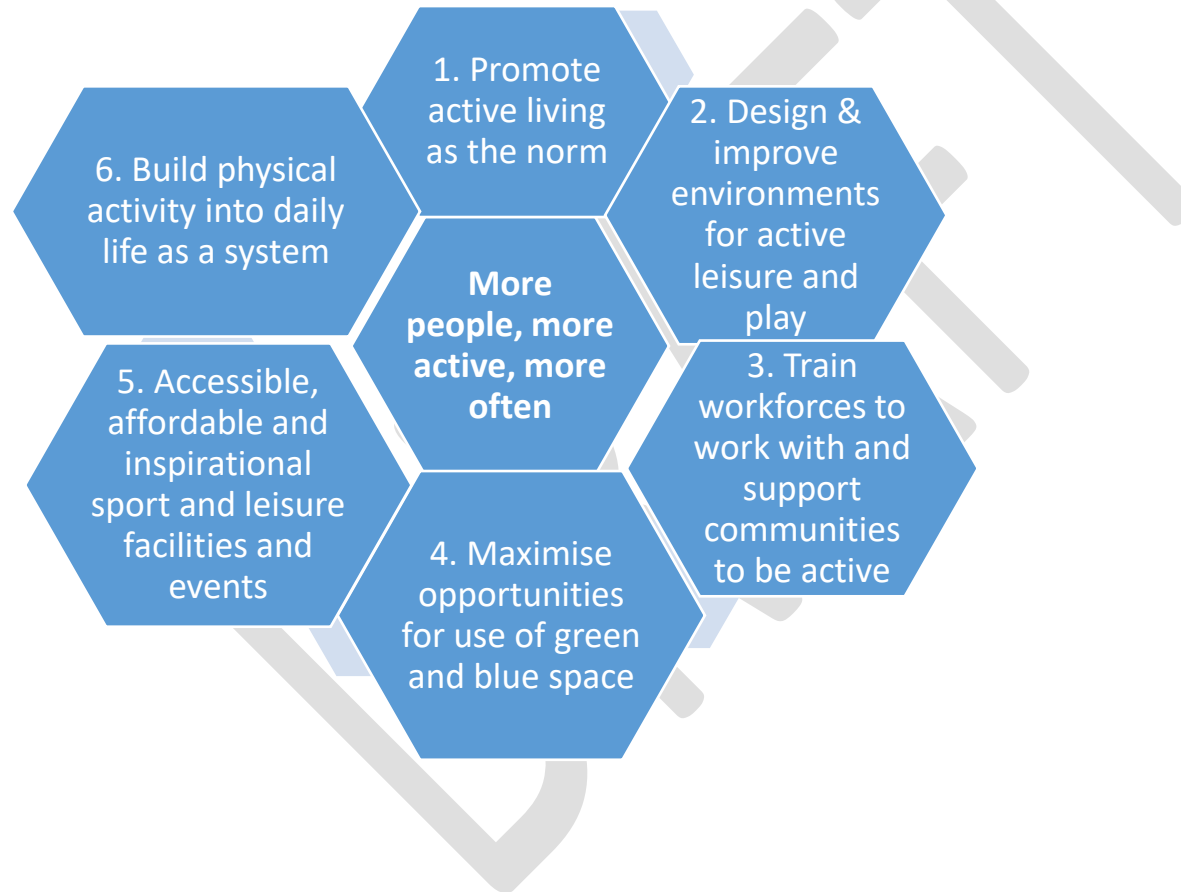


Stockton on Tees Physical Activity Action Plan 2019-21

We have six priorities for action in our Physical Activity Framework 2019-29. The focus for the first two years (2019-21) is outlined in the table below:



Priority	Activity	Indicator	Outcome
1. Promote active living as the norm	Seek opportunities to promote “30 minutes x5” through a communications plan	Number of agencies participating in campaign Spot check survey sample pre and post campaign	Increased awareness of recommended levels of physical activity for health
	Sisters R Doing It, running programme for women by women	Increase the number of sedentary women participating in running and achieving couch to 5k	Increased participation in physical activity among priority groups
	Community assets based approach piloted in Parkfield and Oxbridge ward to increase participation in physical activity by sedentary groups	Activities are community-led and make use of local assets	Accessibility for our priority groups has improved
2. Design and improve environments for active leisure and play	Work with commissioners of care homes to expand Funky-4-Life within care home settings	Ten established and sustained by March 2021	Daily activity is normalised through the provision of our services e.g. home care, care homes
	Develop and test the Active Living Hubs concept	Two Active Living Hubs established with links to existing Family Hubs Carers and parents are able to identify opportunities to participate in physical activities	Participation of carers and parents of young families is increased
5. Accessible, affordable physical activity, sports and leisure	Funky Feet for 18months-5 year olds targeted at children living in our most deprived wards	Increased participation in Funky Feet by children from the most deprived wards	Increased access to and participation in physical activity for priority groups
	Sporting STEPs for adults with learning disabilities	Increased throughput	Increased access to and participation in physical activity for priority groups