

Active Stockton Update

Stockton-on-Tees Health and Wellbeing Board
29th July 2026

Our Sport England Place Partnership

Active Stockton – Communities on the Move

- This is part of Sport England's Place Expansion investment, developed from learning in earlier pilot areas.
- The aim is to create long-term change by **working differently** – starting with **communities, building trust**, and joining up across organisations.
- In Stockton-on-Tees, the place partnership is called “**Active Stockton – Communities on the Move**”.
- It's not led by a single organisation – it's a **shared effort** across local partners.
- **Tees Valley Sport (TVS)** is the Active Partnership for the Tees Valley – a local partner with national reach, and provides support to Place Partnerships across the area.

Active Partnerships

- 1 of 41 Active Partnerships across England
Locally based organisations that work strategically and collaboratively to tackle inactivity and inequalities by taking a local, place-based approach.
- Whole Systems Approach
- Population Level Change
- Funded by DCMS and National Lottery through Sport England
- Uniting the Movement – Sport England's 10 Year Strategy

Place Based Working

- Sport England is investing £250 million to over 90 locations across England
- Proportionate Universalism – Making sure those that need it most get the support
- Not always about doing more – Using insight to understand what is needed
- Systemic change and not short-term programmes
- Bring together leaders, policy and decision makers and organisations that can influence change common purpose and working collaboratively
- Understanding the need and challenges in place but also shouting about our assets
- Why Stockton? – Not just because the statistics said so

Update on Current Project Status

- 12 month development phase completed – this focussed on insight gathering, with findings shaping the full award application
- Full Award Successful – £1.3 million over 2 years, formal announcement / comms 12th May
- Partnership approach – Tees Valley Sport lead applicant and funding recipient, with involvement of a wide range of local partners
- 2-Year delivery expansion plan specifies how funding is to be spent

Governance Arrangements

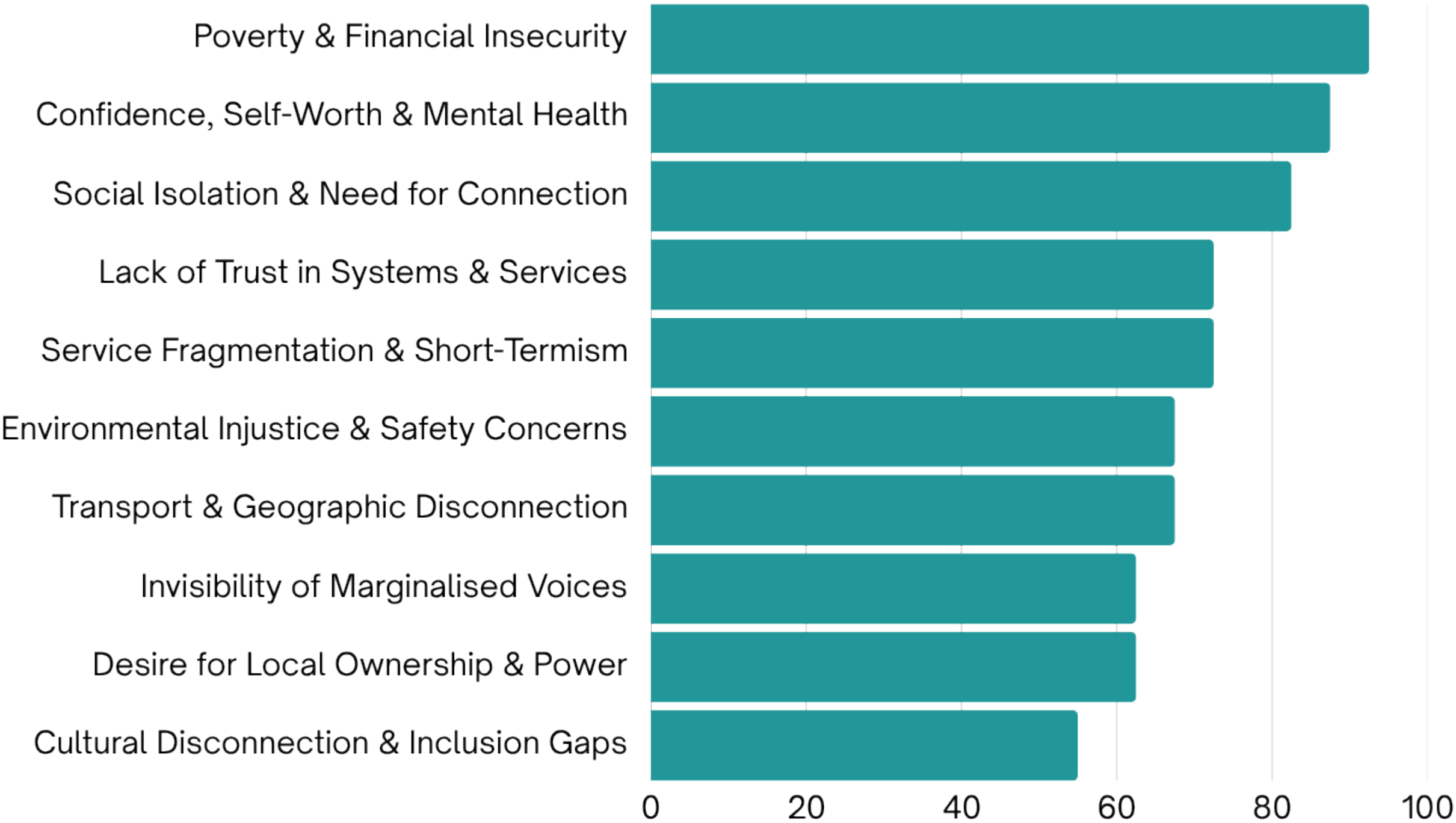
Task and finish groups

Project Team – Fortnightly meetings

**Advisory Group – meeting bi-monthly,
and reporting to the wider Physical
Activity Steering Group and the Health
and Wellbeing Board**

Community Insights from Our Development Phase

Most Common Community Themes



Insight Examples

Poverty & Financial Insecurity

Key Issues: Cost barriers to essentials (food, transport, childcare, digital access, activities); financial exclusion

Examples: *"£5 is too much – it's food or that."*
"Rent hikes leave nothing for leisure."

Who it Affects Most: Low-income households; Asylum seekers; Disabled adults; Single parents; Retirees on fixed incomes.

Confidence, Self-Worth & Mental Health

Key Issues: Low confidence, anxiety, trauma, shame, social anxiety, self-exclusion

Examples: *"I don't deserve this.", "I feel like everyone is staring at me."*

Who it Affects Most: Young women; Neurodivergent youth; Disabled adults; Bereaved carers; People with past trauma / experiences

Social Isolation & Need for Connection

Key Issues: Loneliness, grief, lack of social outlets; craving for belonging and informal interaction

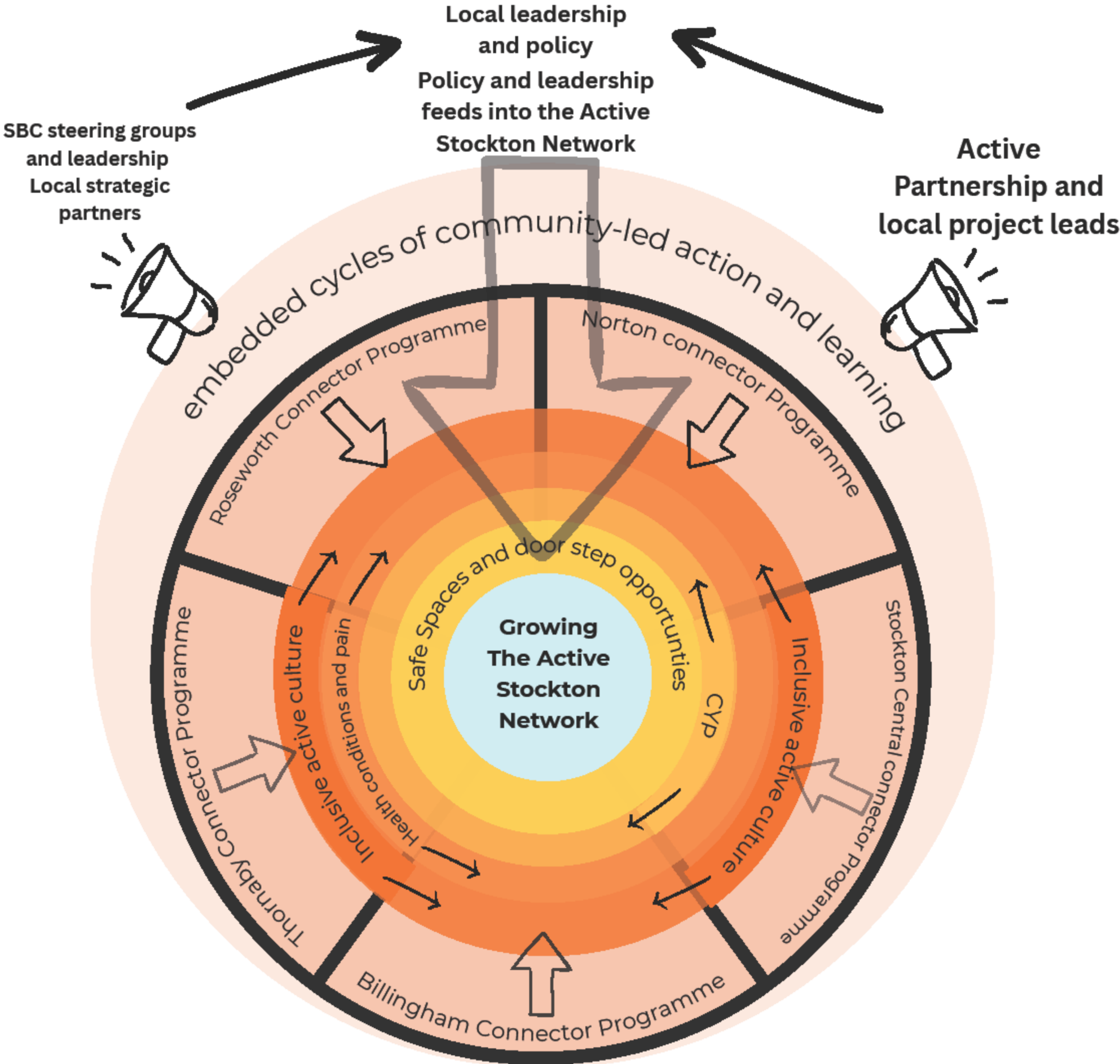
Examples: *"It's not about fitness – it's about seeing someone."*
"Casserole Club feels like family."

Who it Affects Most: Older adults (65+); Carers of children or partners; Disabled adults; People living alone

Our Approach

“Working together to create communities on the move in Stockton-on-Tees”

Long term expected outcomes: A reduction in inequalities and physical inactivity, with Stockton-on-Tees becoming an inclusive, safe and collaborative place where communities feel they belong, have a voice, and naturally lead active, healthy lives.



Priority 1 – Growing our network

We will continue to grow our Active Stockton Network – investing in capability, collaboration, and shared leadership. We recognise that building a movement for change means developing leaders across the system and within communities.

Comms Support

- Updates & Info sharing
- Quarterly newsletter
- 6-month on-line info sharing
- Community Sharing events
- Annual time to listen

Test and Learn Opportunities

Grow and widen the network, include others

Priority 2 – More Inclusive Active Culture

We'll focus on making activity accessible, visible, and welcoming to all – especially people with disabilities, those with mental health challenges, and ethnic minority communities. We want people to know their needs will be met and they'll be welcomed

Virtual Tours and
Venue
Accessibility

Inclusion
Training

Priority 3 – Safe Spaces / Doorstop Opportunities

Affordable, informal, hyper-local opportunities are vital. Residents told us that what’s nearby and feels safe matters most — and that social connection is just as important as exercise.



Community
Activity, including
in Green Spaces

Community
Spaces / Physical
Environment

CYP Bike Referral
Scheme

Priority 4 – Young People Facing the Greatest Challenges

We will support young people through community, schools, and targeted support, building on our Test and Learn projects and learning from initiatives like “Girls United”

Tees Valley Active
Schools

Girls United

Youth Worker / OD
support for
VCSE working with
Young People

Priority 5 – Health Conditions and Pain

We will support people living with pain and health conditions to feel confident, informed, and have manageable opportunities to become more active.

Cancer
Pathway

Community
Physio

Training Around
Pain

Connecting with Communities

- Trusted community relationships
- Reaching inactive and underserved communities
- Creating sustainable participation
- Connecting organisations to maximise impact
- Delivering measurable social value



Recommendations

- **Note the details of the Sport England funding award, and the five priority areas of focus.**
- **Consider how board members can support the work of Active Stockton over the short, medium and long term, as well as how this work can support other priorities that the board have.**
- **Consider how the learning from ways of working, including with communities, can be shared and embedded.**