

**AGENDA ITEM**

**REPORT TO HEALTH AND  
WELLBEING BOARD**

**May 2024**

**REPORT OF DIRECTOR OF  
PUBLIC HEALTH**

## **Physical Activity & Healthier Weight Steering Group Update**

### **SUMMARY**

This report updates the board on progress achieved by the Physical Activity & Healthier Weight Steering Group Update (PA&HWSG) and partners since November 2023. As a subgroup of the Health and Wellbeing Board, the report also outlines future proposed developments of the steering group.

### **RECOMMENDATION**

The report recommends for the Board to:

1. Note the presentation on Physical Activity Developments, and on the Healthy Weight Strategic Approach.
2. Approve and support the Sport England Place Partnership Development application.
3. Approve and support the next steps for Physical Activity & Healthier Weight Developments.

### **DETAIL**

#### **Physical Activity Developments**

1. The Physical Activity Steering Group has a broad membership from a range of partners across Local Authority and the VCSE. The group continues to meet to progress actions within the framework with the overarching aims of:
  - Encourage active living to become the norm
  - Develop and promote the use of the built environment
  - Work with communities that need extra support to be more active
  - Continue to invest in accessible, affordable, and inspirational sport and leisure facilities and events

2. This framework fits the evidence-based approach for addressing the wider socio-economic determinants of health and the public health priority of building healthy places, as set out in the Joint Health and Wellbeing Strategy, the Council Plan and the work of Michael Marmot and the Institute of Health Equity. It therefore fits clearly with the work across the system to address health inequalities, promote community asset-based working and the Powering our Future change programme, particularly the work on prevention and early intervention. It also supports delivery of the ICS Strategy “Better Health and Wellbeing for All” priority on supporting children, young people and adults to live active lives.
3. The steering group changed its format in 2023 to foster more collaboration through holding collaborative design sessions. The group has used these sessions to focus on several important topics, such as inclusive physical activity, and supporting increases in physical activity in our more deprived areas. Actions from these sessions are being prioritised and taken forward in task and finish groups.
4. The group also continues to review the outcomes and indicators which measure the impact this work is having, along with monitoring progress and updating the group’s shared Action Plan. Areas where progress has been made include:
5. The successful update and completion of a key strategic document, the Stockton **Playing Pitch and Outdoor Sport Strategy**, signed off by all key stakeholders and adopted in January 2023. Support has and continues to be offered to a range of clubs and sports around development and investment opportunities.
6. Opportunities to invest in and improve facilities and to provide new opportunities. Supporting strategic recommendations identified within the Stockton Playing Pitch Strategy and Action Plan, grant funding has been secured which has allowed the complete regeneration of **Little Boy Tennis courts** and investment of a new **Parks tennis offer** across the Borough. We do Tennis, are secured as the tennis operator and continue to develop the tennis offer, which has included tennis coaching, recruitment of Free Park Tennis Activators with Free Park Tennis sessions about to be launched June.
7. A **Football Foundation Hub project** capital grant application to provide an aspirational multi-hub facility in Billingham, which will include potentially 3 x new Artificial Grass Pitches, grass pitches and range of ancillary facilities including an active track and athletics sprint track and provision. the application is progressing well and now at outline design stage.
8. Following the successful delivery of Stockton Beat the Streets, which was nominated and achieved the prestigious finalist status in two national awards (APSE and National Sports Leaders), several successful projects have now been established as part of the follow on and sustain phase including
  - **ParkRun** at Wynyard Woodland Park (over 50 events to date, 3305 finishers, 294 volunteers)
  - Further development of **Love Exploring initiative** to include additional locations, games, trails, heritage trails.

- Funding secured to deliver a new Sport England endorsed initiative, **ParkPlay**. ParkPlay has now been launched and is successfully running in three locations Ropner Park and John Whitehead Park and Victoria Park, Thornaby.
9. **Aquapaddle** has now been successfully established on the River Tees, which encourages participants to paddle over a set course (like parkrun but on water) This is a British Canoeing endorsed initiative, delivered completely by volunteers.
  10. **Active Inclusion Training** - a workshop has now been developed and successfully rolled out to give staff confidence and knowledge to deliver fun, enjoyable and inclusive activities to young people and adults of all abilities.
  11. **Tees Active** report that the number of visits and participation has increased significantly over the past six months and now exceed pre-covid participation. Key sports include swimming, ice skating and active8 sessions. People are investing in their own health more and it is forecast to grow another 5% over the next five years. In Quarter 4 of 2023/2024 membership of TAL increased by 12.6%.

## Healthy Streets update

12. The Board has previously received an overview of the Healthy Streets programme, which seeks to work with communities to make their local streets and spaces more attractive, safer and welcoming to use, and therefore to provide the opportunity for more walking, cycling and spending time outside.
13. **Community Engagement** The first phase of community engagement work was carried out between May – September 2023. This included a range of engagement activities with various community members in each pilot area. The engagement events included community focus groups, creative engagement events with youth groups and schools, as well as running an online residents' questionnaire. The University Research team also led on a series of 1-1 in depth interviews with residents and ward councilors.
14. **Design Development** The project team appointed consultants "Ryder Architecture" to support the design phase in Oct 2023. Ryder are working on a design brief report for each pilot area and are anticipating the finalised report by the end of May 2024. The report development utilised a "co-design" approach, with both the local community and in collaboration with internal SBC colleagues and other organisations such as Cleveland Police.
15. **Next Steps – Implementation** The project team will continue to work with the relevant internal SBC teams, ward councilors and various community stakeholders to implement the proposed pilot projects from the design report. This is a phased approach over the next 12 months, to accommodate the range of proposed street changes. Temporary and smaller scale projects will be conducted over the summer, allowing opportunity to test ideas and further engage with the community on the process to inform the larger scale works.
16. **Evaluation** Throughout the project, an appointed University Research team, made up of researchers from Newcastle and Teesside universities, have worked with the project team to develop and undertake community engagement work, and have been processing and analysing emerging data and insights. The research team will continue this through

implementation stage, to carry out further engagement during and post interventions to evaluate the project impact and success. The researchers will also evaluate the “Healthy Streets” approach and reflect on the impact of wider local authority processes in determining the success of the pilot schemes.

## Active Travel Update

### 17. Active Travel Schemes

- Yarm Levelling Up Fund - Durham Lane cycleway. Detailed design completed and scheme out to tender with construction planned to start in September 2024. The scheme links from the A66 Elton Interchange in the north through to Egglescliffe school in the south.
- Thornaby Towns Fund – Network of routes currently in detailed design development with construction due to start in January 2025. The scheme provides links from residential areas to the Town Centre, a few schools and to the wider cycle route network.

### 18. Further developments

Tees Valley Combined Authority is due to launch a public engagement campaign in the coming weeks to gather public views on these cycling, walking and wheeling schemes, along with proposed bus corridor improvements.

- Norton Road – The scheme is in outline design stage. Delivery of phase 1, from Maxwells Corner to Talbot Street, is proposed in 2025.
- Thornaby to Stockton – Improvements through Mandale interchange, across Victoria Bridge and through St Johns Crossing. The scheme is in outline design. Delivery is proposed in 2025/26.
- Stockton Town Centre Links – Providing improved cycling, walking, and wheeling links between Bowesfield and Stockton High Street and Newtown and Stockton High Street. The scheme is in outline design with delivery proposed in 2025.
- Preston Park to Bowesfield – Improvements along Yarm Road, Concorde Way and Bowesfield Lane. The scheme is at feasibility stage with no funding source currently identified.

## Sport England Place Partnership and Stockton-on-Tees (place-based partnerships)

19. In 2016 Sport England invited 12 communities from across England to test a new way of working by becoming one of 12 ‘local delivery pilots’. Their aim was to understand how working with places could address the inequalities that exist among the least active. South Tees was one of these local delivery pilots. The pilots have shown that a place-based

approach has the potential to unlock groundbreaking change and empower new generations of leadership in sport and physical activity across the country.

20. Sport England will over the next 5 years expand their place partnerships to 80-100 additional places, alongside a universal offer that all places can benefit from. Stockton-on-Tees has been chosen to be one of the new place-based partnerships. Investment as part of these place-based partnerships must align to one or more of Sport England's outcomes of:

- Increasing activity,
- reducing inactivity,
- positive experiences for children and young people,
- tackling inequality.

21. Sport England chose their new place partnerships by looking at areas that have both a sport and physical activity need, and a social need to develop a Place Need Classification. Within Stockton four areas were identified as being in the top 10% highest need using this Place Need Classification:

- Central Stockton, Portrack and Low Hartburn
- Norton South
- Roseworth
- Thornaby South

There were an additional 7 areas identified as being in the top 20%, including areas in Billingham, Hardwick and Thornaby.

22. Sport England considered local partnership factors, and existing partnership working through the Physical Activity Steering Group (now the Physical Activity and Healthier Weight Steering Group), as well as an active and involved VCSE sector, as strengths for Stockton-on-Tees. The collaborative work already undertaken by the Steering Group, and wider insight and engagement work for the Healthy Weight Health Needs Assessment, and the Healthy Streets pilot, will put Stockton-on-Tees in a good position for place partnership work with Sport England.

23. There is a two-stage investment process for place partners. Places are encouraged to apply for a development award to explore the potential for a longer-term relationship with Sport England. Development award investment can support places to progress and explore their thinking regarding place based systemic working.

24. The second stage will offer the opportunity to apply for a further 'full award' investment, based on learnings from the development and scoping stage. There are no fixed timescales around when places need to make these applications. It is for each local place to decide when they are ready to do this.

25. Following an inception meeting with Sport England and Tees Valley Sport in December 2023 an initial update about the place partnership work to the Physical Activity and Healthier Weight Steering Group was provided in January 2024. The Public Health Practitioner for physical activity and healthy weight attended the Sport England Leadership Essentials Training for Officers in early January 2024, and attended the briefing session for councillors along with Councillor Nelson in February 2024.

26. An initial planning session with a range of partners was held on the 18th of March 2024 to explore current understanding and experiences around place-based working, including discussions around: Collaboration and co-production
  - Health inequalities
  - Insight led approaches
  - Systems thinking and systems change
  - Test and learn approaches
27. Sport England will work with local areas through Active Partnerships. The Active Partnership for Stockton-on-Tees is Tees Valley Sport, which already provided initial information about the programme, including local data insights. Tees Valley Sports supported Middlesbrough with their pilot since 2016, and so have built up considerable experience around this way of working.
28. The project group is working to apply for the development award in July 2024 building on existing insight and evidence, and collaborative work with partners. A local Sports England leadership programme will take place in June 2024. The facilitators for the two day training sessions are provided by Sports England.
29. Planning for a Office for Health Improvement & Disparities (OHID) led local two day facilitated Sector Led Improvements workshop is under way to develop further insights on specific topic areas relating to Physical Activity. This will further support the application for the Sports England partnership programme.

## Expansion of Steering Group Remit to Include Healthier Weight

30. The Physical Activity & Healthier Weight steering group has reviewed its membership to ensure good representation across both the physical activity and healthy weight agendas. A working group focused on Healthy Weight that feeds into the steering group was established in March 2024 to support more in-depth discussions and action plans around healthier weight. The group's terms of reference (TOR) have been reviewed to reflect the changes, outlining the strategic approach for physical activity and Healthier Weight. The expansion has provided opportunities to engage new members, and efficient use of time for members.
31. A Healthy Weight Strategic Approach for Stockton-on-Tees has been developed collaboratively drawing on insights from the recent comprehensive Healthy Weight Health Needs Assessment undertaken working across partners. The Healthy Weight Strategic Approach provides a framework, based on research evidence, for collaboration across partners and communities, recognising that the causes and therefore the solutions to promoting healthy weight are complex and interlinked including the food environment, green space, transport and place planning. The implementation of the framework included a workshop with system partners and setting up of a Healthier Weight working group focussing on Healthy Weight. The group will regularly review the Collaborative Approaches Action Plan.
32. A new community Weight Management Service provided by Tees Active started in April 2024 building on existing programmes such as Lite for Life and Energise. The new service

employs Health Outreach Coordinator to engage with communities at high risk of experiencing obesity and those less likely to access the service. The service is performing well to-date, exceeding the target of 432 people accessing the service and in a timely way. 84% of service users report being more active and 81% of those who had lost weight at 12 weeks had maintained or further reduced this weight loss at 26 weeks. The service is successfully reaching communities in areas of greatest deprivation and younger people at risk. It is developing to further improve completion of the programme (currently 55%) and to further expand reach with men and people from BAME communities.

33. A Public Health small grant scheme has been established to support healthier weight, individuals and communities to get active, eat well, or connect with others or a combination of these. The small grant scheme aims to support VCSE (Voluntary, community and social enterprise) organisations in contributing to a healthier weight in Stockton-on-Tees. VCSE organisations are well connected at grassroots levels within their local communities, they can identify where small amounts of funding can deliver considerable health and wellbeing benefits.
34. As part of the Steering Group's work, partners are working together to promote the support available on healthier weight, through key messages, work with communities and the VCSE and promotion through other services such as GPs and social prescribing.
35. The North East has been selected by Sustain to be the regional project partner to replicate a 'Good Food for All Londoners' approach over 3 years. The project will include agreeing and piloting a North East Good Food framework and benchmarking programme to stimulate local authority commitments to good food across the region. The 3-year programme started in 2023 is led by the Association of Director of Public Health in the North East via Durham County Council.

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