



**GEDLING BOROUGH COUNCIL**  
***Strategic Outcomes Planning Model***

**Stage 1**

June 2023



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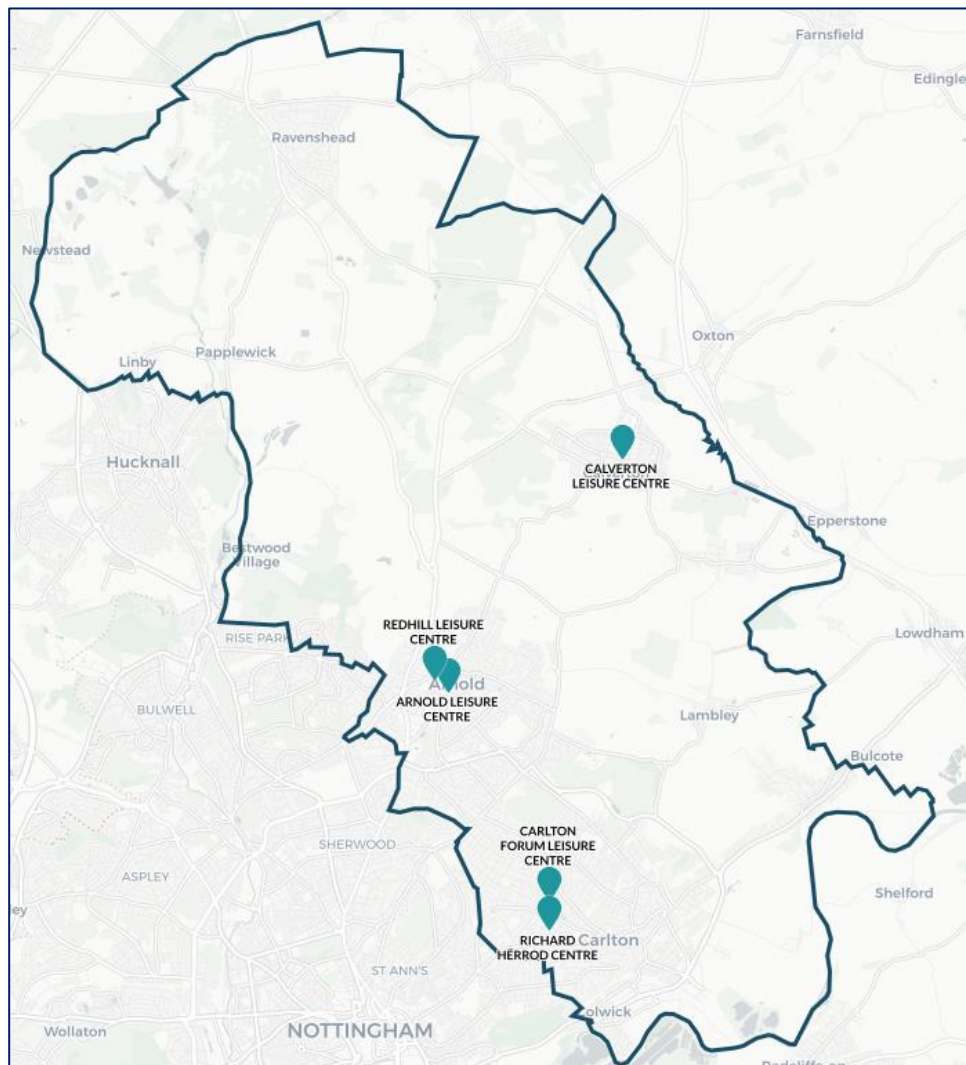
<b>Glossary</b>	
<b>GBC</b>	Gedling Borough Council
<b>SOPM</b>	Strategic Outcomes Planning Model
<b>PHE</b>	Public Health England
<b>SE</b>	Sport England
<b>DCMS</b>	Department for Digital, Culture, Media and Sport
<b>BMA</b>	British Medical Association
<b>BFS</b>	Indoor Built Facility Strategy
<b>ISFNA</b>	Indoor Sports Facilities Needs Assessment
<b>ANOG</b>	Sport England's Assessing Needs and Opportunities Guidance
<b>Members</b>	Current leisure centre known users
<b>Centre</b>	Includes leisure centres managed by Gedling Leisure
<b>Facility (ies)</b>	The areas available within a centre such as sports hall, pool, tennis courts, changing rooms etc.
<b>Leisure Activity</b>	Activities people do to relax or enjoy themselves outside of work and other duties.
<b>Physical Activity</b>	Active living, recreational activity, sport, exercise, play and dance.
<b>Sport</b>	"All forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competitions at all levels." (Council of Europe, 2001).
<b>Lockdown</b>	Lockdown One refers to the period mid-March to mid-May 2020 when physical activity choice was restricted Lockdown Two refers to the period 5th Nov – 2 <sup>nd</sup> Dec 2020 Lockdown Three refers to the period 4 <sup>th</sup> January 2021 onwards
<b>Healthy Living</b>	The practice of health enhancing behaviours
<b>Active Travel / Active Transport</b>	'Active travel' (or active transportation or mobility) means walking or cycling as an alternative to motorised transport (notably cars, motorbikes/mopeds etc) for the purpose of making every day journeys. <sup>1</sup>
<b>AGP</b>	Artificial Grass Pitch

<sup>1</sup> PHE 'Working Together to Promote Active Travel' A briefing for local authorities 2016

I. **INTRODUCTION AND BACKGROUND**

- II. Gedling Borough Council (GBC) requires Strategic Outcomes Planning (SOPM) support to develop a clear approach (determined by local priorities and outcomes) to provide effective and sustainable physical activity and sport opportunities for local communities.
- III. This report will support the Council in the development of their **SOPM**, which includes the delivery of a separate **Indoor Built Facility Strategy, Feasibility Study** for resulting investment options focusing on Arnold Leisure Centre and Richard Herrod Centre, as well as a **Management Options Appraisal**.
- IV. The Council has separately commissioned a playing pitch strategy.
- V. Once complete, the SOPM will provide a clear, strategic, and sustainable approach to inform investment priorities, both facilities and services, for the service across the Council area. The SOPM can inform the approach to maximise the contribution that the service (physical activity, leisure, and sport facilities and/or services) makes to Gedling's local outcomes.
- VI. The SOPM considers Gedling Borough Council's ambitions to regenerate to the wider Arnold area through the "Ambition Arnold" Levelling Up Fund (LUF) submission. This sees the investment in new leisure and cultural facilities for Arnold Town Centre as a key strategic outcome to support the long-term health and wellbeing and prosperity of local residents. The Council's Round 2 submission to LUF for "Ambition Arnold" has not been successful, however it remains committed to the on-going development of this programme, including a further submission to Round 3 of LUF.
- VII. An updated Infrastructure Delivery Plan is being prepared to support the emerging Greater Nottingham Strategic Plan (GNSP) and will be available later in 2023. The GNSP will replace the current Aligned Core Strategy.
- VIII. Primary Gedling Borough Council leisure facilities include:

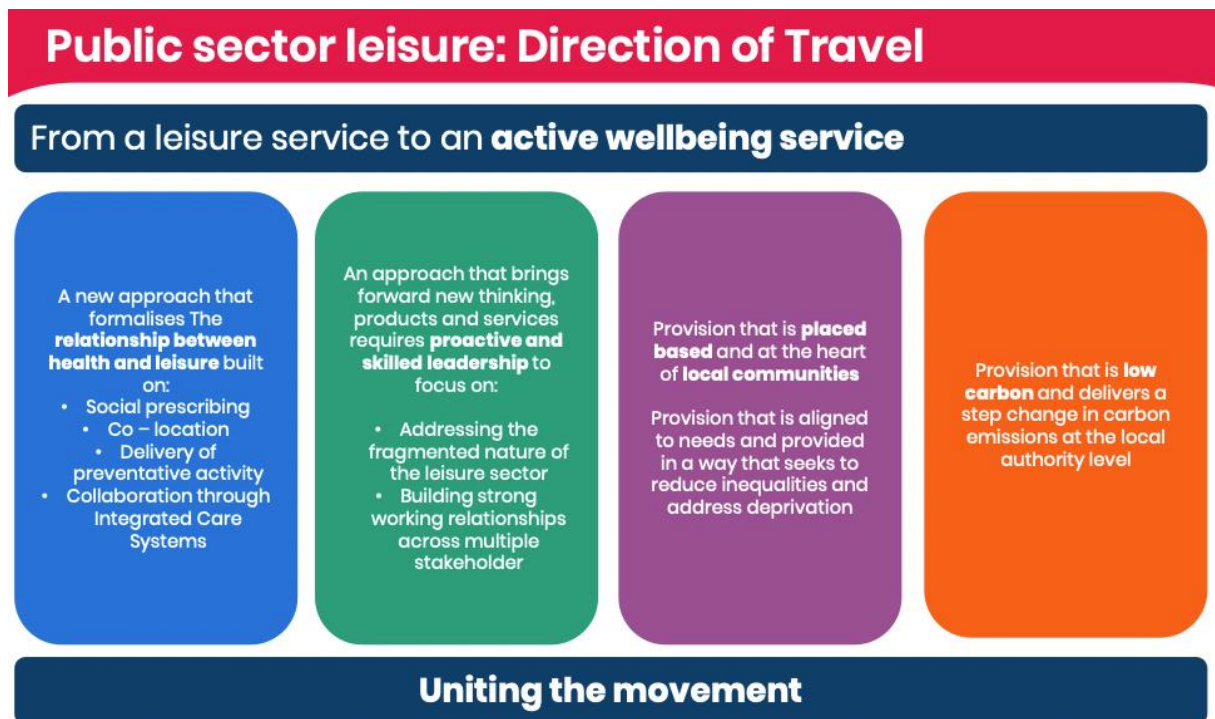
**Map 1 – Key Gedling Leisure Centre Sites**



- IX. Sport England has recently published<sup>2</sup> its Future of Public Sector Leisure report in response to the rising cost of living for local authorities and leisure operators. The report prompts local and national partners to re-examine the purpose of their leisure services and assess whether they are delivering local community outcomes and aligning to broader strategic outcomes, particularly around health and wellbeing. The document aims to provide a coordinated national vision at a time of challenge, mapping out the medium-term goals for the public leisure sector alongside commitments from across the sector to provide support to services on the ground. It advocates that local authorities follow its direction of travel outlined in the diagram overleaf.

<sup>2</sup> Sport England Future of Public Sector Leisure Report, published December 2022 [Future of public leisure | Sport England](#)

Figure 1 – Sport England Future of Public Sector Leisure direction of travel



- X. The structure of this report follows the order of the Sport England guidance so as to understand the Council's position within the strategic planning process.
- XI. The Strategic Outcomes Planning Model is based on Sport England guidance as set out below. The guidance is structured around 4 stages:

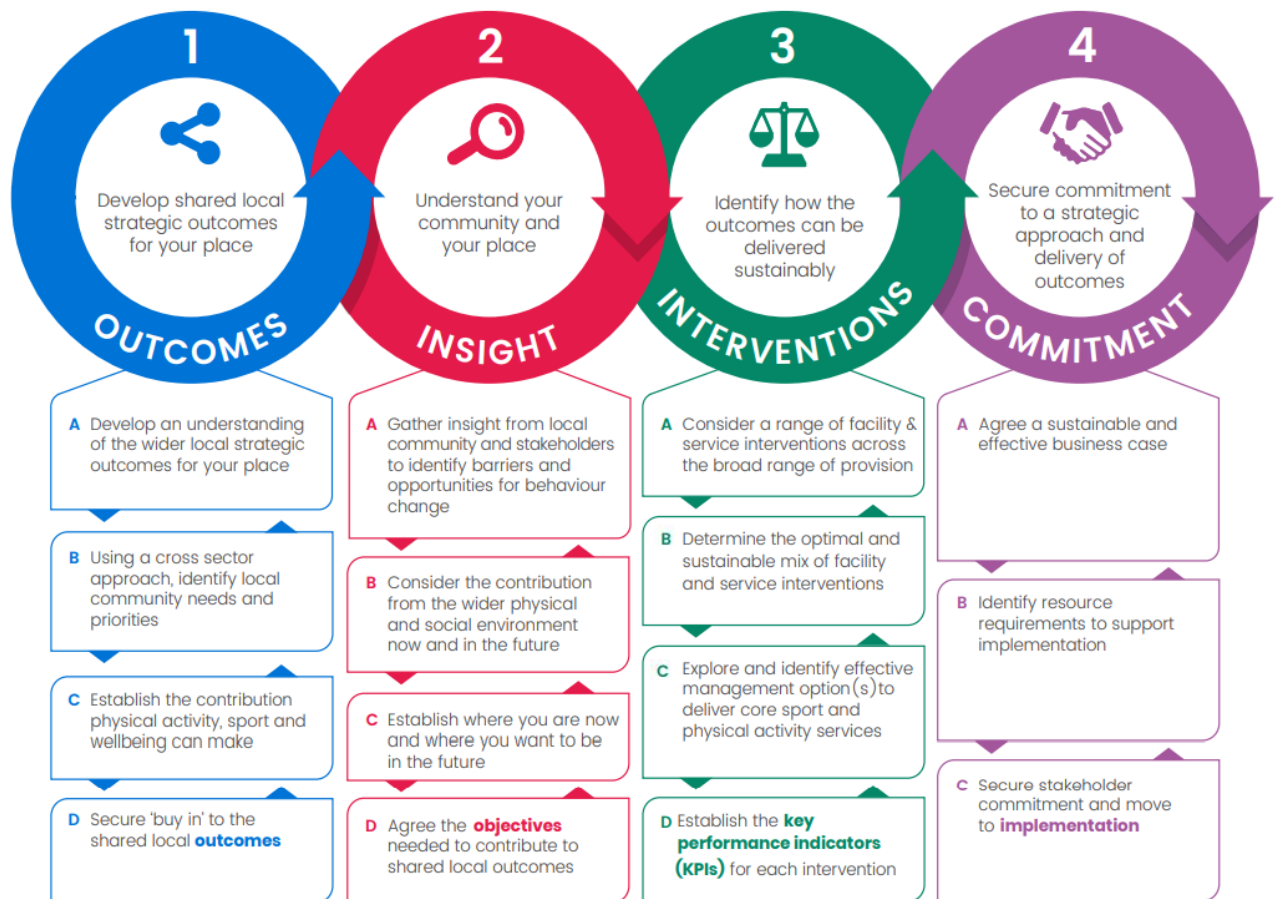
**Stage 1** – Outcomes – Developing shared local outcomes for your place;

**Stage 2** – Insight – Understand your community and your place;

**Stage 3** – Interventions – Identify how the outcomes can be delivered sustainably;

**Stage 4** – Commitment – Secure investment and commitment to outcome delivery.

**Figure 2 – Sport England Strategic Outcomes Planning Model Approach**







## Stage 1 - Outcomes

### 1. Stage 1 – Outcomes

Develop shared local strategic outcomes for your place

1.1. The four steps within this stage are:

Step 1A - develop an understanding of the wider local strategic outcomes for your place;

Step 1B - using a cross sector approach, identify local community needs and priorities;

Step 1C - establish the contribution physical activity, sport and wellbeing can make;

Step 1D - secure 'buy-in' to the shared local outcomes.

1.2. Stage 1 of the Strategy outlines the key local and national strategic priorities and considers how sport, leisure and wellbeing can contribute towards achieving them.

### 1.3. Governance

1.3.1. A Council steering group (Gedling Strategic Review of Leisure and Community Facilities Project Team) has been set up to support and oversee the SOPM with the project sponsor **Mike Hill, Chief Executive** and project lead **Lance Juby, Head of Communities & Leisure**.

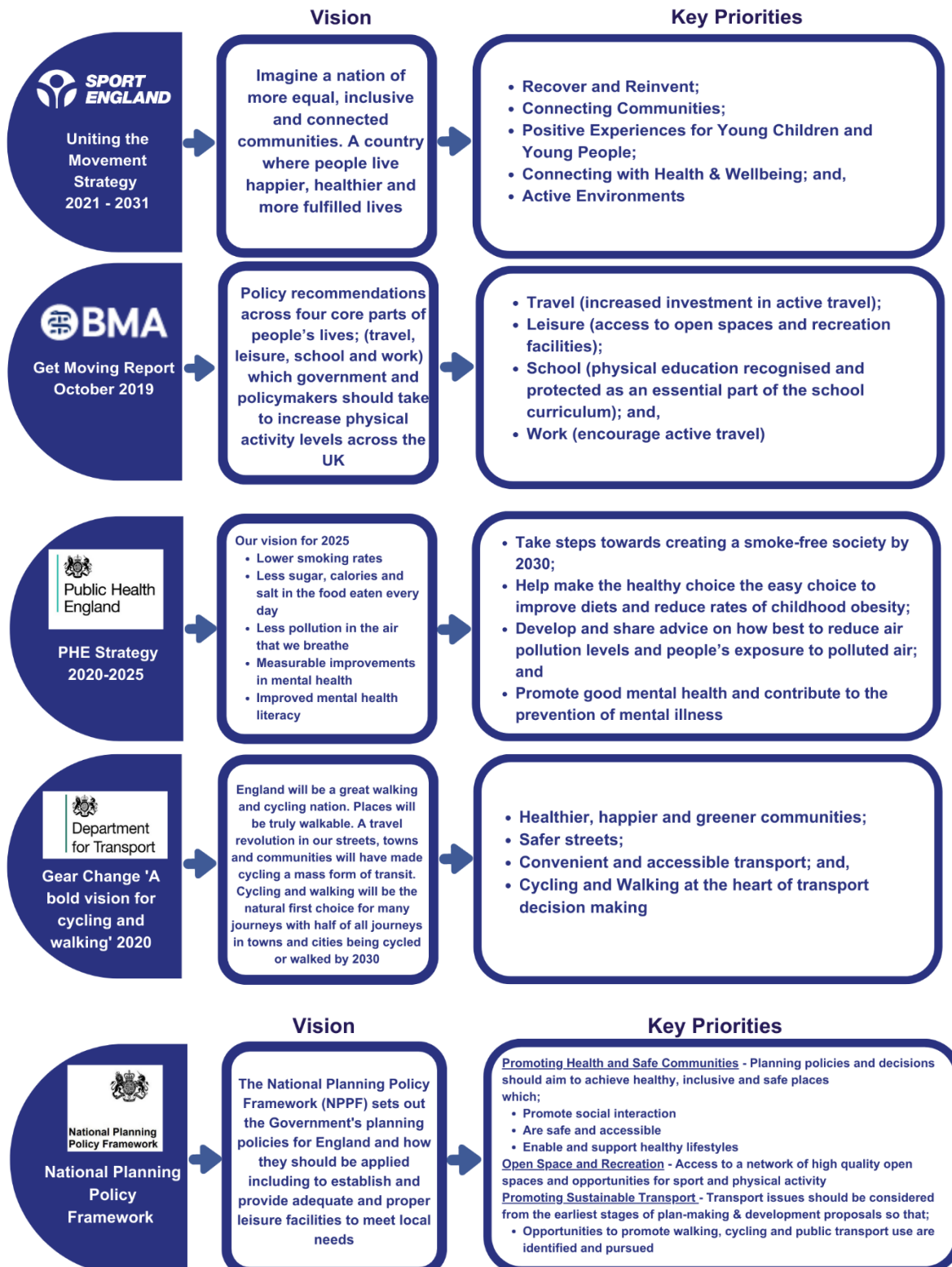
1.3.2. The governance process includes structured reporting and decision-making with delegated responsibilities and expectations including senior team / elected member involvement and sign off.



## 1.4. National Strategic Priorities

1.4.1. A summary of the key strategies and their respective strategy outcomes/KPIs, such as Sport England, Public Health England (PHE) and the British Medical Association (BMA) are outlined below.

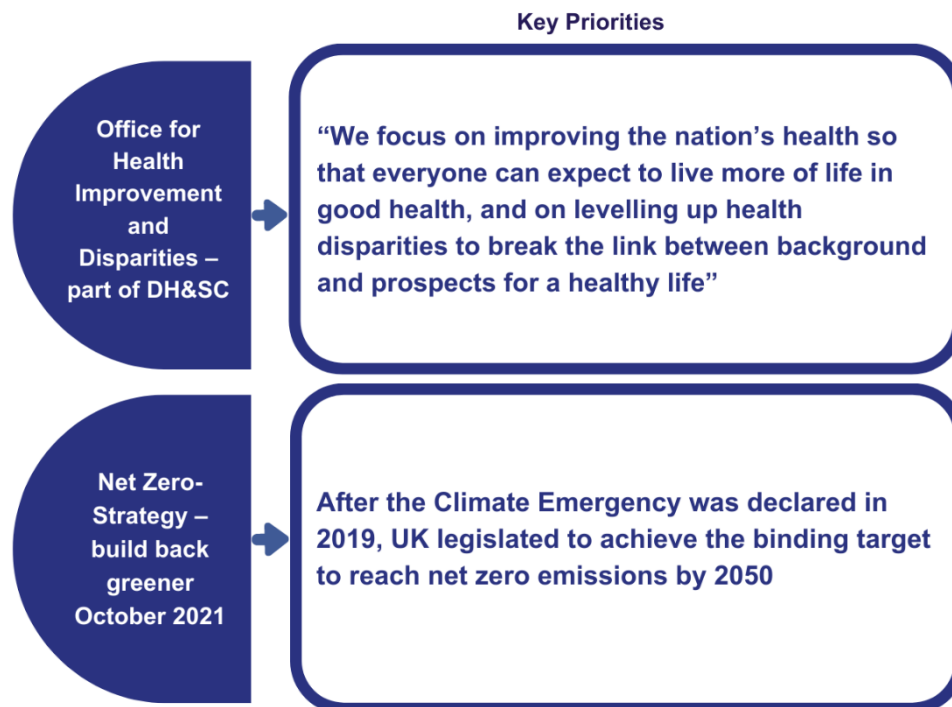
**Figure 3 – National Strategies**



1.4.2. The infographic below shows the priority of the new government department, the Office for Health Improvement and Disparities and the importance of achieving net zero by 2050.

1.4.3. These both highlight the focus central government is putting on physical activity and levelling health inequalities and the green agenda as the country recovers from the health and other impacts of the coronavirus pandemic.

**Figure 4 – National Priorities**



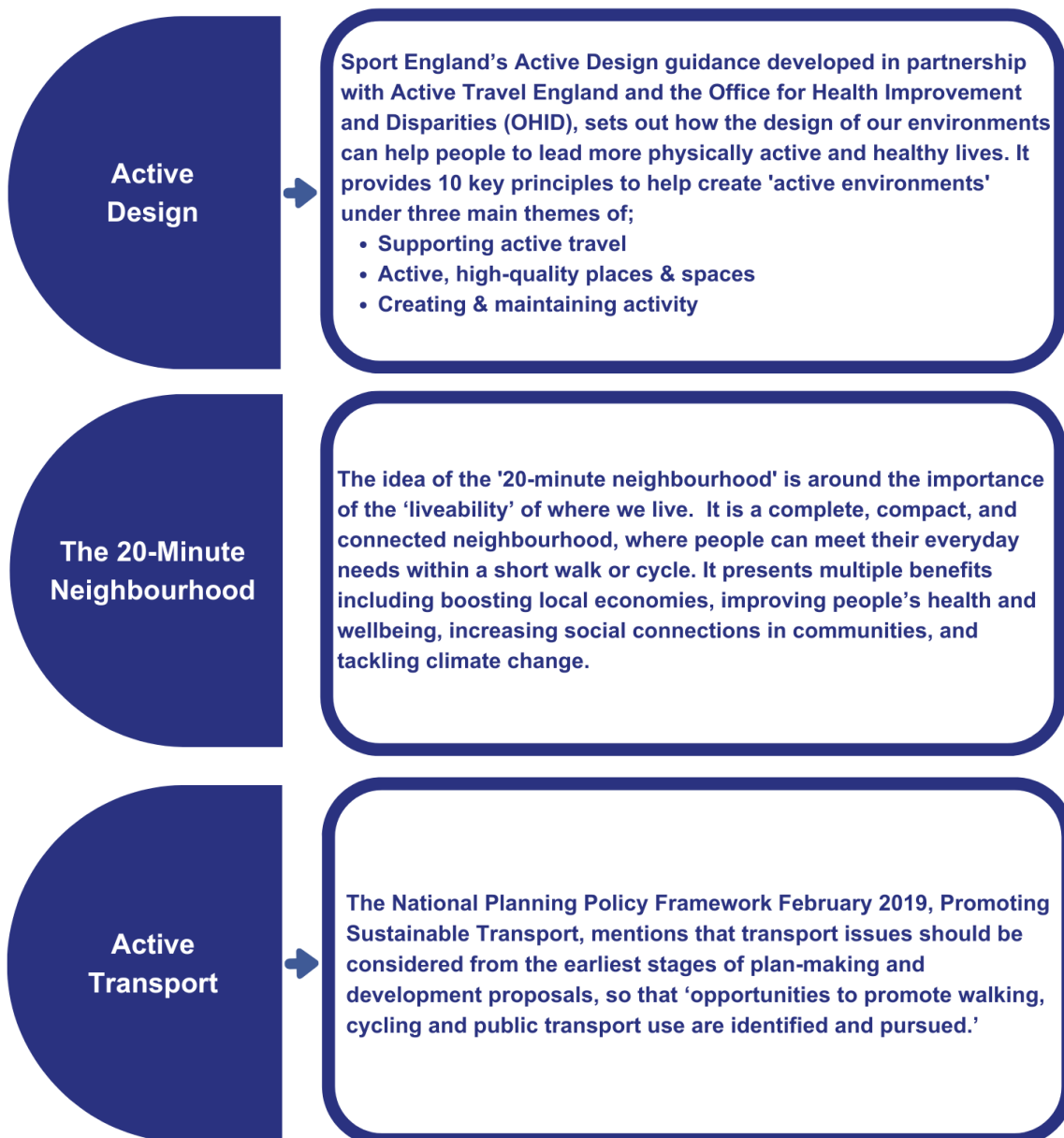
1.4.4. Whilst the delivery of sport and physical activity is not a statutory service for local authorities, the summaries overleaf outline statutory requirements which have implications for the delivery of sports, swimming and physical activity facilities and opportunities.

**Figure 5 – National Legislation**



1.4.5. Incorporating opportunities to be active in the wider environment are acknowledged and considered in the summary overleaf;

**Figure 6 – Active Design, 20-Minute Neighbourhood and Active Transport principles**



1.4.6. The principles and a detailed example of active design, active environments and the concept of the 20-minute neighbourhood can be found in [Appendix 1](#).

1.4.7. This document also considers the role of arts and theatre activities in supporting wellbeing and how these activities can be integrated to offer a holistic leisure and wellbeing service. Overleaf outlines the Arts Council England strategic focus and priorities.

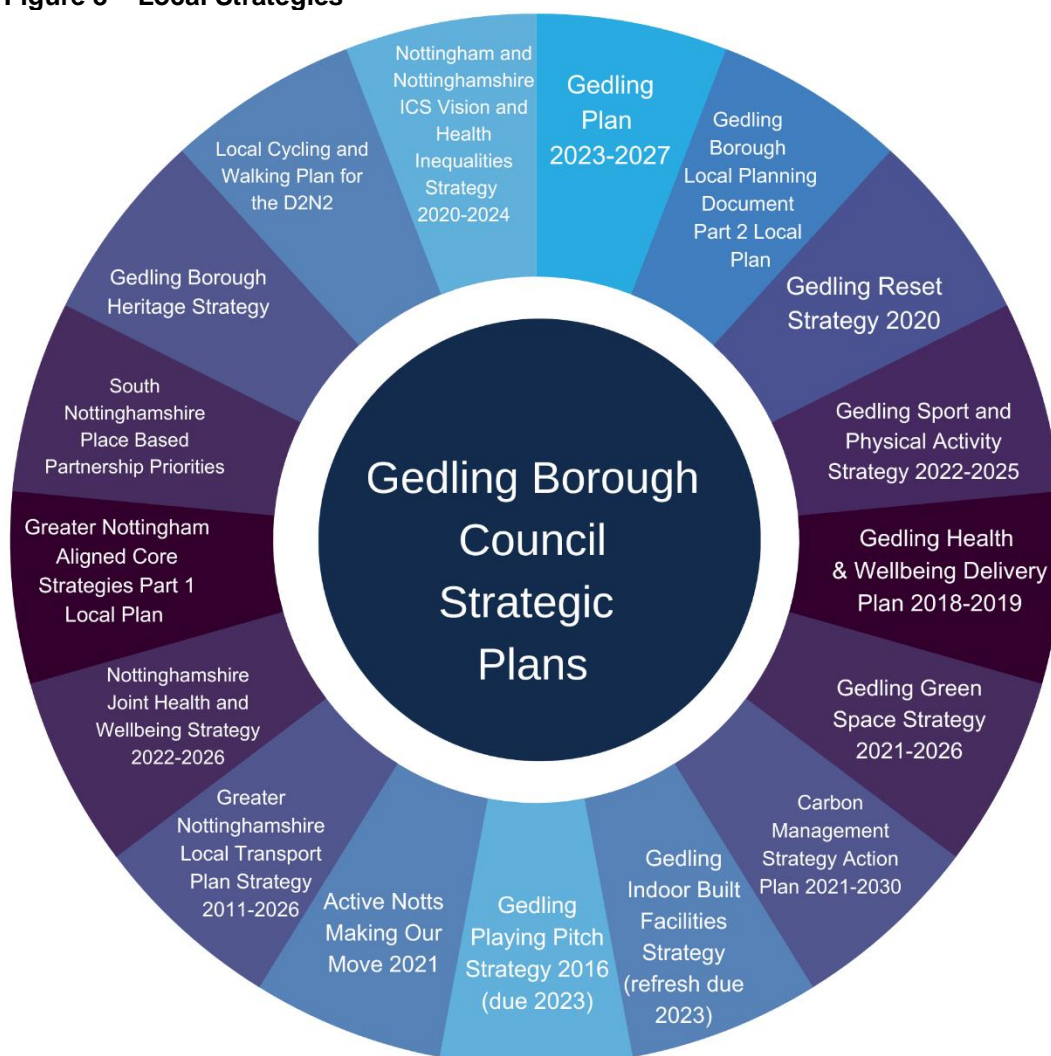
Figure 7 – Arts Council England Let's Create Strategy



## 1.5. Local Strategic Priorities

1.5.1. This figure outlines the key strategic documents and plans within the Council and surrounding area which the physical activity and sport services have a responsibility to contribute towards.

Figure 8 – Local Strategies





1.5.2. The table below shows which local and national strategic priorities sport, physical activity and leisure can strategically impact.

**Figure 9 – Local Strategies Analysis**

Strategy	Vision	Key Priorities
Gedling Plan 2023-2027	<p>We are responsible for a wide range of local services that matter to our residents and businesses in the Borough. The Gedling Plan sets out how the Council will operate and what it will focus on delivering to its businesses, residents and communities. At the heart of this is our vision:</p> <p><b>Serving People, Improving Lives</b></p> <p><b>Ambition:</b> We aspire to be regarded as an excellent council by the people and businesses we serve and the staff we employ, by making a positive difference to people's lives and creating opportunities for everyone to achieve their full potential.</p>	<p><b>Economy</b> To encourage and support healthy businesses in our town and local centres, improving local skills and employment opportunities, and <b>promoting an economy that attracts visitors throughout the day and supports leisure activity.</b></p> <p><b>Community</b> To enable a resilient, empowered, connected, <b>inclusive and healthy community.</b></p> <p><b>Place</b> To enable a safe, attractive, clean and culturally vibrant borough that plays its part to tackle the climate emergency.</p> <p><b>The Council</b> To ensure the Council is a healthy place to work, it engages with its customers, has a focus on improvement, is financially sound, and ensures compliance with all relevant legislation.</p>
<p>Gedling Local Planning Document –part 2 local plan (adopted 2018)</p> <p>Greater Nottingham Aligned Core Strategies part 1 local plan (adopted 2014)</p>	<p>The spatial vision is set out in the Aligned Core Strategy (see below) and is what the plan area could look like if the aspirations of the Aligned Core Strategy are met. It is appropriate to roll forward this vision to apply to the Local Planning Document</p> <p>In 2028, the combined area of Broxtowe, Gedling and Nottingham City is known regionally and nationally as an area with an exceptional quality of life. It has a buoyant economy, with a strong 'Science City' theme, underpinned by the high proportion of people employed in knowledge based jobs and supported by a high quality, high capacity digital infrastructure network.</p>	<ul style="list-style-type: none"> <li>• Environmentally responsible development addressing climate change</li> <li>• High quality new housing</li> <li>• <b>Economic prosperity for all</b></li> <li>• Flourishing and vibrant town centres</li> <li>• Regeneration</li> <li>• Protecting and enhancing the area's individual and historic character and local distinctiveness</li> <li>• <b>Strong, safe and cohesive communities</b></li> <li>• <b>Health and wellbeing</b></li> <li>• Opportunities for all</li> <li>• Excellent transport systems and reducing the need to travel</li> <li>• Protecting and improving natural assets</li> <li>• Timely and viable infrastructure</li> </ul>
Gedling Reset Strategy 2020	<p><b>Build Back Better</b> The Council will take the opportunity to increase resilience and to transform and revitalise the Borough, our communities and the organisation</p>	<ul style="list-style-type: none"> <li>• Residents and Communities</li> <li>• Businesses</li> <li>• Council</li> </ul>

Strategy	Vision	Key Priorities
Gedling Sport & Physical Activity Strategy 2022 - 2025	<b>Reducing Inactivity in Gedling Borough</b>	<ul style="list-style-type: none"> <li>• Ensure Gedling Borough's leisure centres, community hubs, sport facilities and the community and voluntary sector recover from the impact of Covid-19.</li> <li>• <b>Reduce inactivity by tackling inequality in Gedling Borough:</b> <ul style="list-style-type: none"> <li>○ Within our ageing population</li> <li>○ For those with a limiting illness or disability</li> <li>○ For our children, young people and families most in need.</li> <li>○ In neighbourhoods where inactivity exists</li> </ul> </li> <li>• Improve access and signposting to sport and physical activity opportunities.</li> <li>• Contribute to cohesive, diverse and safe communities through sport and physical activity.</li> </ul>
Gedling Health & Wellbeing Delivery Plan 2018-2019	Address the health inequalities and improve health and wellbeing across Gedling Borough	<ul style="list-style-type: none"> <li>• Work with partners to deliver a range of measures designed to <b>tackle excessive weight and promote healthy lifestyles.</b></li> <li>• Take action to address the harmful effects of smoking.</li> <li>• Implement a range of activities <b>to increase participation in sport and physical activity in the Leisure Centres and the wider community.</b></li> <li>• Work with partners to <b>deliver activities to support those experiencing mental health illness, loneliness, isolation and dementia.</b></li> <li>• Develop and implement actions to <b>address health inequalities across the borough.</b></li> <li>• <b>Increase participation in organised outdoor activities in parks and open spaces.</b></li> <li>• <b>Develop sustainable high quality Sport and Leisure Facilities.</b></li> </ul>
Gedling Green Space Strategy 2021 - 2026	<b>"To provide sufficient quality, inviting green spaces that are open and accessible to all and that enhance the quality of life of everyone living, working or visiting Gedling Borough."</b>	<ul style="list-style-type: none"> <li>• <b>To enhance people's quality of life through the provision of sufficient, accessible and attractive green spaces.</b></li> <li>• To promote the central role that green spaces play in contributing to the Borough's biodiversity, sustainability and heritage.</li> <li>• <b>To provide green spaces and play and sports facilities to enable residents to undertake a wide range of recreational and educational activities for healthy living.</b></li> <li>• <b>To actively involve the community in their local green spaces.</b></li> <li>• <b>To increase participation in green spaces for sport and recreation.</b></li> </ul>



Strategy	Vision	Key Priorities
Gedling Carbon Management Strategy Action Plan 2021-2030	'To take robust action to tackle the threat of climate change, both internally and externally, working in partnership with local organisations and residents to facilitate behavioural change contributing to sustainable communities.'	<ul style="list-style-type: none"> <li>• The Built Environment</li> <li>• Transport <ul style="list-style-type: none"> <li>◦ Reduce the need to travel by diesel or petrol cars within the borough's boundaries</li> <li>◦ Promote the uptake of active travel</li> </ul> </li> <li>• Energy Generation <ul style="list-style-type: none"> <li>◦ Expand local low carbon energy generation in the borough</li> </ul> </li> <li>• Consumption and behavioural change</li> <li>• Waste Reduction and Recycling</li> <li>• Green infrastructure – carbon offsetting</li> </ul>
Gedling Borough Heritage Strategy, 2018	<p>We want to bring together and share the Borough's rich and diverse heritage, to present a more cohesive view of the Borough's heritage as a whole.</p> <p>We want to explore areas of common interest and identity, reflecting cultural and social elements, as well as exploring diversity and difference.</p> <p>We want to promote a greater sense of common ownership and interest in the history of the Borough, as well as of the communities that make up the Borough.</p> <p>We want to use heritage as a driver for community regeneration across the Borough as a whole and in particular in its more deprived communities</p>	<ul style="list-style-type: none"> <li>• Support Delivery of Local Plan</li> <li>• Work with owners and operators of key historic assets to explore improvements to fabric of and accessibility to the Borough's main historic assets</li> <li>• Explore and further develop plans for a Gedling Borough Heritage Way</li> </ul>
Active Notts Making Our Move 2021	<b>"Together, we will address inequality and empower everyone to be active in a way that works for them."</b>	<ul style="list-style-type: none"> <li>• <b>Creating a culture where everyone can be active and move more</b></li> <li>• <b>Enabling children and young people to have positive experiences of being active throughout their childhood</b></li> <li>• <b>Working with people and communities who experience the greatest inequality</b></li> <li>• <b>Maximising the potential of being active to improve physical and mental health</b></li> <li>• <b>Creating accessible, safe, and inclusive places and environments for physical activity</b></li> </ul>
Nottinghamshire Health & Wellbeing Strategy 2022 - 2026	Working together to enable everyone in Nottinghamshire to live healthier and happier lives, to prosper in their communities and remain independent in later life	<ul style="list-style-type: none"> <li>• <b>Give every child the best chance of maximising their potential</b></li> <li>• <b>Create healthy and sustainable places</b></li> <li>• <b>Everyone can access the right support to improve their health</b></li> <li>• <b>Keep our communities safe and healthy</b></li> </ul>
Nottingham and Nottinghamshire Integrated Care Strategy (in development)	Our neighbourhoods, places and system will seamlessly integrate to provide joined up care. Every citizen will enjoy their best possible health and wellbeing.	<ul style="list-style-type: none"> <li>• <b>Improve outcomes in population health and healthcare</b></li> <li>• Tackle inequalities in outcomes, experience, and access</li> <li>• Enhance productivity and value for money</li> <li>• Help the NHS support broader social and economic development</li> </ul> <p><b>Ambitions: Equity, Prevention, Integration</b></p>

Strategy	Vision	Key Priorities
Nottingham and Nottinghamshire Integrated Care System Health Inequalities Strategy 2020-2024	Our vision for health inequalities is that everyone has the same opportunity to lead a healthy life no matter where they live or who they are and that our front line professionals are valued and supported to deliver high quality care.	<ul style="list-style-type: none"> <li>• <b>We will not worsen health inequalities; we will work to reduce them.</b></li> <li>• We will support our population by providing them with the skills, training and tools to access digitally enabled health and care services in order to empower and enable them to manage their health and care and reduce health inequalities and social isolation (supported by digital inclusion programme)</li> <li>• We will listen and engage with communities who need most support, deepening partnerships with community and voluntary sector.</li> <li>• Health and care services are accessible for all, particularly those at risk of exclusion because of personal, economic or social factors</li> <li>• We will improve how we proactively identify the health &amp; care needs of our population in order to identify and put in place support and treatment that our population need in order to stay well.</li> <li>• We will accelerate preventative programmes which proactively engage those at greatest risk of poor health outcomes.</li> </ul>
South Nottinghamshire Place Based Partnership	<p>Our ultimate aim is to help people to keep as well as possible. So, we are helping people find activities in their communities so everyone can find something they love. Like gyms in parks, walking groups, allotment space or even paddle boarding.</p> <p>Meeting the health and wellbeing needs of our diverse communities.</p>	<ul style="list-style-type: none"> <li>• <b>Meeting the health and wellbeing needs of our diverse communities</b> To utilise Population Health Management data, local intelligence and experience to address the wider determinants of health and wellbeing and ensure our most vulnerable groups are able to access the right care at the right time.</li> <li>• <b>Community Development</b> To leverage community assets and build social capital to develop strong, resilient and connected communities.</li> <li>• <b>Personalised Care and Support</b> All partners will work collaboratively to deliver care and support to meet the needs of the individual.</li> <li>• <b>Communication, involvement and engagement</b> To listen consistently to, and collectively act on, the experience and aspirations of local people and communities to support their health and wellbeing.</li> </ul>
Nottinghamshire Local Transport Plan 2011-2026	<p>The long-term transport vision for Nottinghamshire is at three spatial levels:</p> <p>1. Within local neighbourhoods, to provide <b>safe and sustainable access to local facilities and services</b>, such as health, schools, colleges and local shops. This will include priority for pedestrians, cyclists and those with mobility difficulties.</p>	<ul style="list-style-type: none"> <li>• Provide a reliable, resilient transport system which supports a thriving economy and growth whilst <b>encouraging sustainable and healthy travel.</b></li> <li>• Improve access to key services, particularly enabling employment and training opportunities.</li> <li>• Minimise the impacts of transport on people's lives, maximise opportunities to improve the environment and help tackle carbon emissions.</li> </ul>

Strategy	Vision	Key Priorities
	<p>2. To provide everyone with <b>safe and sustainable transport options for movement within and between our towns and district centres</b>. This will include a fully integrated, high quality public transport network and appropriate parking provision for private cars.</p> <p>3. To <b>connect our towns, district centres and villages to other parts of the Plan area and beyond</b> (including regional and national trip generators). This will include safe and sustainable strategic links by road &amp; rail for both people and goods.</p>	

## 1.6. Local Strategic Outcomes

- 1.6.1. Having considered national and local priorities, an assessment has been undertaken to understand how strategically directed physical activity, leisure, wellbeing, culture and sport facilities can impact many of these priorities.
- 1.6.2. The tables overleaf show which local and national strategic priorities sit under the following three key themes and priority areas of; **Economy, Community and Place**.
- 1.6.3. These priority strands for Gedling Borough Council also contribute to achieving the Council vision of *Serving People, Improving Lives* and will be used as a golden thread throughout the report.

**Figure 10 – Gedling Borough Council priorities**



Figure 11 – Local Strategic Outcomes

Economy			
National Strategies			
<b>Sport England’s ‘Uniting the Movement’ Strategy 2021-2031 includes:</b> <ul style="list-style-type: none"><li><b>Recover and Reinvent</b> – Recovering from the biggest crisis in a generation and reinventing as a vibrant, relevant and sustainable network of organisations providing sport and physical activity opportunities that meet the needs of different people</li></ul> <p>The strategy states that; every £1 spent on community sport and physical activity generates nearly £4 for England’s economy and society<sup>3</sup></p>	<b>PHE Inclusive and Sustainable Economies March 2021 includes</b> Place-based action on inclusive and sustainable economies as a mechanism to reduce health inequalities through improving the health of people and communities, ensuring that economic activity is sustainable and achieving shared prosperity for all, with no one left behind. Vision: <ul style="list-style-type: none"><li>healthy people and thriving communities</li><li>healthy and sustainable places</li><li>increased productivity and shared prosperity</li></ul>	<b>House of Lords National Plan for Sport and Recreation Committee December 2021 includes:</b> <p>Statutory requirement – on local authorities to provide and maintain adequate facilities for sport and PA, backed up with adequate financial support from the treasury</p>	
Local Strategies			
<b>Gedling Plan 2023-2027</b> <b>Priority:</b> Economy To encourage and support healthy businesses in our town and local centres, improving local skills and employment opportunities, and promoting an economy that attracts visitors throughout the day and supports leisure activity. <b>Objectives</b> <ul style="list-style-type: none"><li>The Council will support local people into employment using its influence and connectivity with partners to create jobs and provide support and training.</li><li>A local economy that attracts new business investment enabling growth and the creation of jobs. To provide vibrant town and local centres that attract shoppers and leisure users. A visitor economy that attracts tourism through our natural beauty and places to see.</li></ul>	<b>Gedling Sport &amp; Physical Activity Strategy 2022 – 2025 includes;</b> <ul style="list-style-type: none"><li>Ensure Gedling Borough’s leisure centres, community hubs, sport facilities and the community and voluntary sector recover from the impact of Covid-19.</li></ul> <b>Gedling Borough Heritage Strategy, 2018</b> <ul style="list-style-type: none"><li>Work with owners and operators of key historic assets to explore improvements to fabric of and accessibility to the Borough’s main historic assets</li><li>Explore and further develop plans for a Gedling Borough Heritage Way</li></ul>	<b>Gedling Local Plan</b> <b>Economic prosperity for all:</b> to ensure economic growth is as equitable as possible. Creating the conditions for all people to participate in the economy, by providing new and protecting existing local employment opportunities, encouraging rural enterprise, improving access to training opportunities, and supporting educational developments at all levels.	<b>Gedling Health &amp; Wellbeing Delivery Plan 2018/2019</b> includes: <ul style="list-style-type: none"><li>Develop sustainable high quality Sport and Leisure Facilities.</li></ul>

<sup>3</sup> Sport Industry Research Centre at Sheffield Hallam University (2020) Social and economic value of community sport and physical activity in England

Community					
National Strategies					
<p><b>Sport England’s ‘Uniting the Movement’ Strategy 2021-2031</b> includes:</p> <ul style="list-style-type: none"><li>• <b>Connecting Communities</b> – Focusing on sport and physical activity’s ability to make better places to live and bring people together.</li><li>• <b>Positive Experiences For Children And Young People</b> - Unrelenting focus on positive experiences for all children and young people as the foundations for a long and healthy life.</li><li>• <b>Connecting With Health And Wellbeing</b> - Strengthening the connections between sport, physical activity, health and wellbeing, so more people can feel the benefits of, and advocate for, an active life.</li></ul>		<p>The <b>Long Term Plan NHS England</b> is committed to building the infrastructure for social prescribing in primary care. <b>By 2023</b>, the Government will support all local health and social care systems to implement social prescribing connector schemes across the whole country. Connecting more people with the care and support they need when they are experiencing loneliness, no matter where they live. This will support the Government’s aim to have a universal national offer available in GP practices.</p>		<p>The first <b>Loneliness Strategy for England, A Connected Society</b> (published 2018) outlines commitments to reduce the risk of loneliness and strengthen social connections.</p>	
<p><b>Sport England Future of Public Sector Leisure Report, December 2022</b> includes:</p> <ul style="list-style-type: none"><li>• Provision that is place-based and at the heart of local communities. Provision that is aligned to needs and provided in a way that seeks to reduce inequalities and address deprivation</li></ul> <p>A new approach that formalises the relationship between health and leisure built on;</p> <ul style="list-style-type: none"><li>• Social prescribing</li><li>• Co-location</li><li>• Delivery of preventable activity</li><li>• Collaboration through Integrated Care Systems</li></ul>		<p><b>PHE Strategy 2020-2025</b> includes:</p> <ul style="list-style-type: none"><li>• Help make the healthy choice the easy choice to improve diets and reduce rates of childhood obesity</li><li>• Promote good mental health and contribute to the prevention of mental illness</li></ul>		<p><b>BMA Get Moving Report October 2019</b> includes:</p> <ul style="list-style-type: none"><li>• School (physical education recognised and protected as an essential part of the school curriculum)</li><li>• Leisure (access to open spaces and recreation facilities)</li></ul>	
Local Strategies					
<p><b>Gedling Plan 2020-2023</b> <b>Priority:</b> Community</p> <ul style="list-style-type: none"><li>• To enable a resilient, empowered, connected, inclusive and healthy community. Financially vulnerable residents are supported through our</li></ul>	<p><b>Gedling Sport &amp; Physical Activity Strategy 2022 – 2025</b> includes;</p> <ul style="list-style-type: none"><li>• Ensure Gedling Borough’s leisure centres, community hubs, sport facilities and the community and</li></ul>	<p><b>Active Notts Making Our Move Strategy</b> <i>Together, we will address inequality and empower everyone to be active in a way that works for them.</i></p>	<p><b>Gedling Local Plan Health and wellbeing:</b> to create the conditions for a healthier population by addressing environmental factors</p>	<p><b>Nottinghamshire Health &amp; Wellbeing Strategy 2022 – 2026</b> includes:</p> <ul style="list-style-type: none"><li>• <b>Keep our communities safe and healthy</b> We will support people who are marginalised in our communities to ensure they</li></ul>	<p><b>Nottingham and Nottinghamshire Integrated Care Strategy</b> (in development due December 2022) includes:</p>



<p>welfare services and community partnerships</p> <ul style="list-style-type: none"> <li>• In partnerships improving the life chances and opportunities for our children and young people.</li> <li>• Providing opportunities for all people to connect and live, work and socialise together, and have equal access to services.</li> <li>• Work with Health Service partners to enable residents to lead healthy lives through positive social and physical activity</li> </ul> <p><b>Gedling Health &amp; Wellbeing Delivery Plan 2018/2019</b> includes:</p> <ul style="list-style-type: none"> <li>• Work with partners to deliver a range of measures designed to tackle excessive weight and promote healthy lifestyles.</li> <li>• Work with partners to deliver activities to support those experiencing mental health illness, loneliness, isolation and dementia.</li> <li>• Develop and implement actions to address health inequalities across the Borough.</li> </ul>	<p>voluntary sector recover from the impact of Covid-19.</p> <ul style="list-style-type: none"> <li>• Contribute to cohesive, diverse and safe communities through sport and physical activity</li> <li>• Reduce inactivity by tackling inequality in Gedling Borough: <ul style="list-style-type: none"> <li>• Within our ageing population</li> <li>• For those with a limiting illness or disability</li> <li>• For our children, young people and families most in need.</li> <li>• In neighbourhoods where inactivity exists</li> </ul> </li> </ul> <p><b>Gedling Borough Heritage Strategy, 2018</b></p> <ul style="list-style-type: none"> <li>• Explore and further develop plans for a Gedling Borough Heritage Way</li> </ul>	<ul style="list-style-type: none"> <li>• Working with people and communities who experience the greatest inequality</li> <li>• Creating a culture where everyone can be active and move more</li> <li>• Enabling children and young people to have positive experiences of being active throughout their childhood</li> <li>• Maximising the potential of being active to improve physical and mental health</li> </ul>	<p>underpinning health and wellbeing, and working with healthcare partners to deliver new and improved health and social care facilities especially where required by new development and through the integration of health and service provision, and by improving access to cultural, sport and leisure and lifelong learning activities.</p>	<p>are safe from harm and their needs are met. Services will support people to build on their strengths to live the lives they want</p> <ul style="list-style-type: none"> <li>• <b>Give every child the best chance of maximising their potential</b></li> </ul> <p>We will work together for every child in Nottinghamshire to have the best possible start in life, because we know that a good start shapes lifelong health, wellbeing and prosperity.</p> <ul style="list-style-type: none"> <li>• <b>Everyone can access the right support to improve their health</b></li> </ul> <p>Health, care and community services will work together to strengthen their focus on promoting good health and wellbeing and preventing illness, by building on people's strengths.</p>	<p><i>Every citizen will enjoy their best possible health and wellbeing</i></p> <ul style="list-style-type: none"> <li>• <b>Improve outcomes in population health and healthcare</b></li> <li>• Design services alongside our citizens</li> <li>• Tackle inequalities in outcomes, experience and access</li> </ul> <p><b>South Nottinghamshire Place Based Partnership Priorities</b></p> <ul style="list-style-type: none"> <li>• Meeting the health and wellbeing needs of our diverse communities</li> <li>• Community Development</li> <li>• Personalised Care and Support</li> <li>• Communication, involvement and engagement</li> </ul>
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Place					
National Strategies					
<p><b>Sport England's 'Uniting the Movement' Strategy 2021-2031 includes:</b></p> <ul style="list-style-type: none"> <li>Connecting with Health &amp; Wellbeing and Active Environments</li> </ul> <p>The strategy notes it has a contribution to tackling climate change by influencing how people live and travel. This includes creating Active Environments to encourage both formal and informal activity close to where we live, maximising the potential of green spaces and walking and cycling</p>	<p><b>Sport England Future of Public Sector Leisure Report, December 2022 includes:</b></p> <ul style="list-style-type: none"> <li>Provision that is low carbon and delivers a step change in carbon emissions at the local authority level</li> </ul> <p><b>BMA Get Moving Report October 2019 includes:</b></p> <ul style="list-style-type: none"> <li>Leisure (access to open spaces and recreation facilities)</li> <li>Travel (increased investment in active travel)</li> </ul>	<p><b>National Planning Policy Framework includes:</b></p> <ul style="list-style-type: none"> <li>Access to a network of high-quality open spaces and opportunities for sport and physical activity</li> <li>Opportunities to promote walking, cycling are identified and pursued</li> </ul> <p><b>Public Health England: Improving Access to Greenspace, 2020</b> – This document reviews health benefits of living in greener communities and provides recommendations to assist local authorities, policymakers and developers in maintaining, and increasing provision of green space.</p>	<p><b>Gear Change "A bold vision for cycling and walking" 2020 includes:</b></p> <ul style="list-style-type: none"> <li>Healthier, happier and greener communities</li> <li>Safer streets</li> <li>Convenient and accessible transport</li> <li>Cycling &amp; walking at the heart of transport decision making</li> </ul> <p><b>Natural England: Accessible Natural Green Space Standards</b> – Provides a set of benchmarks for ensuring access to green spaces near to where people live.</p>	<p><b>Net Zero – Strategy – build back greener October 2021 includes:</b></p> <p><b>Green Public Transport, Cycling and Walking including:</b></p> <ul style="list-style-type: none"> <li>£5 billion to support buses, cycling and walking</li> <li>Delivering more than 300 walking and cycling schemes</li> </ul> <p><b>The Government's Green Finance Strategy 2019</b> aims to increase investment in sustainable projects and infrastructure while ensuring the UK remains an international leader in decarbonisation and meets its 2050 net zero carbon emissions target</p>	
Local Strategies					
<p><b>Gedling Plan 2023-2027 Priority: Place</b></p> <p>To enable a safe, attractive, clean and culturally vibrant borough that plays its part to tackle the climate emergency</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Cleanliness of our built environment and the protection and enhancement of our natural environment, including our waterways, parks and open spaces, habitats and wildlife; minimising pollution and</li> </ul>	<p><b>Gedling Sport &amp; Physical Activity Strategy 2022 – 2025</b> includes;</p> <ul style="list-style-type: none"> <li>Improve access and signposting to sport and physical activity opportunities.</li> <li>Ensure Gedling Borough's leisure centres, community hubs, sport facilities and the community and voluntary sector</li> </ul>	<p><b>Nottinghamshire Health &amp; Wellbeing Strategy 2022 – 2026</b> includes:</p> <ul style="list-style-type: none"> <li><b>Create healthy and sustainable places</b> - Everyone will grow, live, work and age in places that promote good health, tackle the causes of health inequalities and address the climate crisis.</li> </ul> <p><b>South Nottinghamshire Place Based Partnership Priorities</b></p>	<p><b>Gedling Carbon Management Strategy Action Plan 2021-2030</b> includes;</p> <p><b>Transport</b></p> <ul style="list-style-type: none"> <li>Promote the uptake of active travel</li> </ul> <p><b>Energy Generation</b></p> <ul style="list-style-type: none"> <li>Expand local low carbon energy generation in the borough</li> </ul> <p><b>Active Notts Making a Move 2021</b> includes:</p>	<p><b>Gedling Green Space Strategy 2021-2026</b></p> <ul style="list-style-type: none"> <li>To enhance people's quality of life through the provision of sufficient, accessible &amp; attractive green spaces.</li> <li>To promote the central role that green spaces play in contributing to the Borough's biodiversity, sustainability and heritage.</li> <li>To provide green spaces, play &amp; sports facilities to enable residents to undertake a wide range of recreational educational activities for healthy living.</li> <li>To actively involve the community in their local green spaces.</li> </ul>	<p><b>Gedling Local Plan</b></p> <ul style="list-style-type: none"> <li>Environmentally responsible development addressing climate Change.</li> <li>Excellent transport systems and reducing the need to travel .</li> </ul> <p><b>Strong, safe and cohesive communities:</b> to create the conditions</p>

<p>waste by influencing the Council's and Borough's carbon emissions. Developing sustainable community hubs and infrastructure and encouraging volunteering and participation in cultural activity and preserving our heritage.</p> <ul style="list-style-type: none"> <li>• Reducing crime and the fear of crime so that residents feel safe and protected in their neighbourhoods, and the licensing and regulation of businesses for health and hygiene safety.</li> <li>• Individuals and families can access high quality, affordable and energy efficient housing to bring life to neighbourhoods.</li> </ul>	<p>recover from the impact of Covid-19.</p> <p><b>Gedling Health &amp; Wellbeing Delivery Plan 2018/2019</b> includes:</p> <ul style="list-style-type: none"> <li>• Implement a range of activities to increase participation in sport and physical activity in the Leisure Centres and the wider community.</li> <li>• Increase participation in organised outdoor activities in parks and open spaces.</li> </ul>	<ul style="list-style-type: none"> <li>• Community Development</li> <li>• Communication, involvement and engagement</li> </ul>	<ul style="list-style-type: none"> <li>• Creating accessible, safe, and inclusive places and environments for physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• To increase participation in green spaces for sport and recreation</li> </ul> <p><b>Gedling Borough Heritage Strategy, 2018</b></p> <ul style="list-style-type: none"> <li>• Support Delivery of Local Plan.</li> <li>• Work with owners and operators of key historic assets to explore improvements to fabric of and accessibility to the Borough's main historic assets.</li> <li>• Explore and further develop plans for a Gedling Borough Heritage Way.</li> </ul>	<p>for communities to become strong, safe and cohesive by providing appropriate facilities encouraging people to express their views by designing out crime and by respecting and enhancing local distinctiveness.</p>
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1.6.4. Whilst the desk based assessment of strategic outcomes has been undertaken, it is also important to understand views from local stakeholders.

## 1.7. Stakeholder Workshop Summary

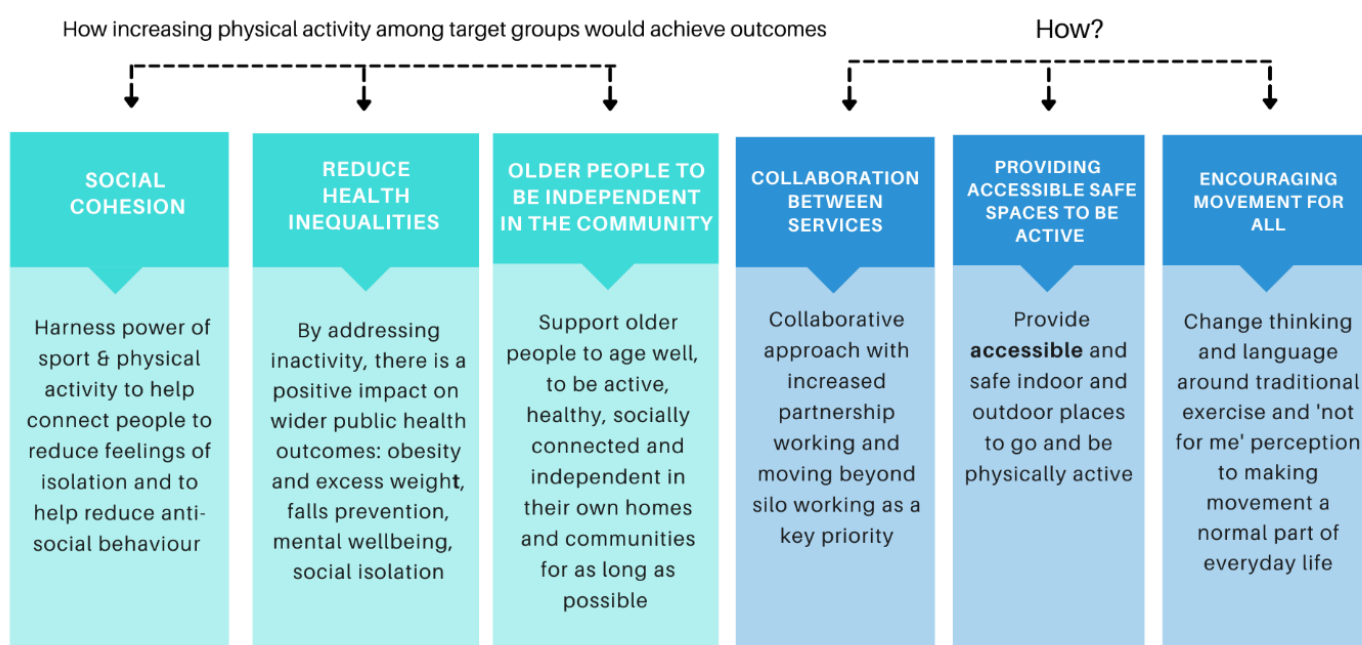
1.7.1. Within the strategy process, it is important that account is taken of the views of various internal and external stakeholders to discuss the role sport, physical activity and wellbeing can play in relation to their services and assist in delivering their outcomes.

1.7.2. Stakeholder engagement can ensure ownership and buy-in from stakeholders, help assess whether any key stakeholders may benefit from co-location / integrating facilities and services and if there are opportunities for cross partnership working in the future.

1.7.3. Key stakeholder engagement was undertaken in November 2022, both within the Council with members and officers and with external partners. There was a total of 27 stakeholder consultations delivered through a combination of group sessions and 1:1s. The full detailed report can be found in [Appendix 2](#).

1.7.4. When asked what strategic outcomes could be achieved by increasing physical activity and suggested ways to increase participation, the stakeholders identified the following.

**Figure 12 – Stakeholder Engagement Common Strategic Themes**



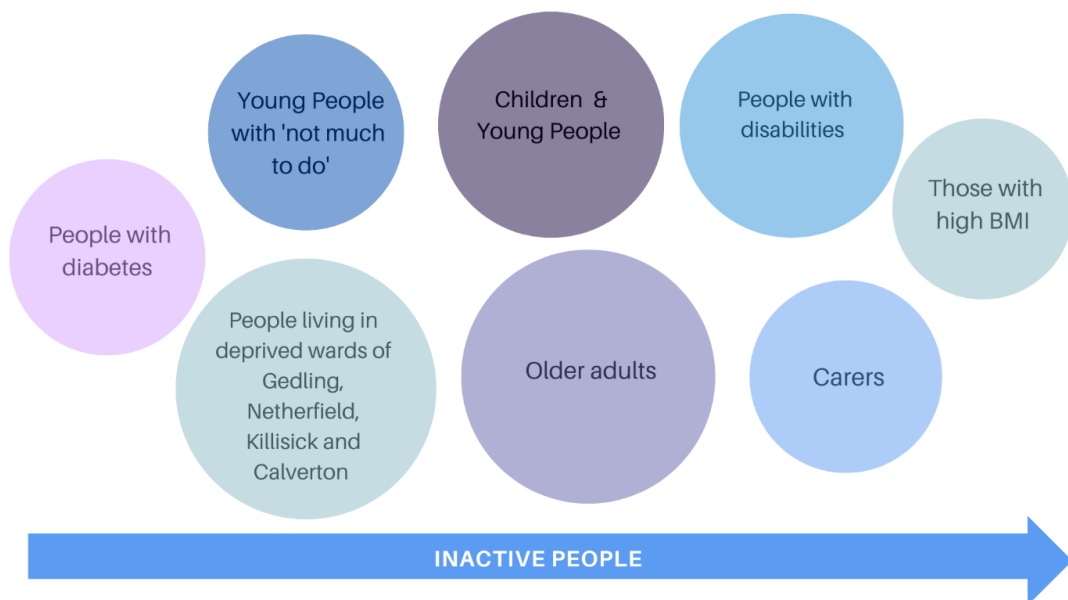
1.7.5. Stakeholders identified the following barriers often cited by people to being physically active.

**Figure 13 – Barriers to physical activity**

1.7.6. The Stakeholder workshops also identified specific sections of the population that targeted physical activity, leisure and/or sport facilities would benefit the most. These echo those priority groups identified in Active Notts 'Making Our Move' strategy (i.e. young people and those with disabilities) and in the Gedling Sport & Physical Activity Strategy aim to reduce inactivity by tackling inequality in certain groups (i.e. ageing population, those with limiting illness or disability, children, young people and families most in need, and neighbourhoods where inactivity exists).

1.7.7. The size of target group circles overleaf reflects the groups stakeholders mentioned, with large circles representing those identified and discussed most.

**Figure 14 – Target Groups**



1.7.8. In summary, the common themes that came out of the stakeholder consultation are set out overleaf. The barriers and future provision options are considered further as part of wider community engagement undertaken in Stage 2 of this report.

**Figure 15 – Stakeholder Consultation Common Themes**

Strategic outcomes	Barriers to participation	Future provision
<ul style="list-style-type: none"> <li>• Intervention in areas and to people most in need</li> <li>• Reduce health inequalities</li> <li>• Older people to be independent in their community</li> <li>• Reduce social isolation by harnessing power of physical activity to bring people together</li> <li>• Working in partnership not silo</li> <li>• Place based approach, voice of residents is sought and listened to</li> </ul>	<ul style="list-style-type: none"> <li>• Accessibility - physical access to safe places to be active</li> <li>• Accessibility - lack of rural transport, topography (hilly)</li> <li>• Perception, stigma that physical activity, sport, exercise 'isn't for people like me'</li> <li>• Language - shift from traditional exercise to movement</li> <li>• Lack of confidence, social isolation, mental health</li> <li>• Cost of living rise - prioritising spend on necessities</li> <li>• Time pressures - family, work, carers</li> <li>• Lack of knowledge about what activities taking place</li> </ul>	<ul style="list-style-type: none"> <li>• Support of co-location</li> <li>• Climbing</li> <li>• Health/wellbeing, socialising and community space opportunities</li> <li>• Making spaces accessible to all was a common comment from participants</li> <li>• Dementia friendly leisure spaces</li> <li>• Better cycling provision improvement was also highlighted – including the infrastructure and safety of cycle storage</li> <li>• Shortage of 3G pitches</li> <li>• Informal, youth engagement areas such as skate parks to drive activity</li> <li>• Maximise use of green, blue and grey space was seen as an opportunity to build physical activity into everyday lives</li> <li>• Outdoor gyms and trim trails</li> </ul>

## 1.8. Key Conclusions from Stage 1

1.8.1. The key considerations from the review of national and local strategies and stakeholder consultation are set out below.

### What does this mean?

- It is recognised both in the strategic review and stakeholder consultation that **increasing participation** in physical activity can help **improve specific Gedling Borough health and social outcomes** such as **obesity, social isolation, falls prevention, mental health, diabetes and cardiovascular disease**.
- Additionally, the strategic review and stakeholder workshops highlighted that **resource and effort needs to be directed to those with the greatest need to help reduce health inequalities**.
- The stakeholder workshops showed an ambition for stakeholders to increase working **together** rather than in silos.
- There is need to further shift the perception and stigma around sport and exercise 'not being for people like me' to re-think as **movement** for everyone not just traditional sport.
- **Accessibility** to safe indoor and outdoor places to be physically active was key. Lack of accessibility was discussed in all the workshops as a barrier and as an opportunity in the future.
- The importance of a **safe, healthy and cohesive communities** came across in the strategic review and stakeholder workshops and it was felt that harnessing the positive impact of physical activity could help reduce social isolation, bring communities together and help provide a diversionary activity to reduce anti-social behaviour.



1.9. **Strategic Themes and Outcomes**

1.9.1. These conclusions inform the strategic themes and outcomes for Stage 1, which are grouped under the priority areas for Gedling of Economy, Community and Place.

1.9.2. These priority themes will help to achieve the following vision statement for this Strategy which is;

**“Gedling is a healthy borough with its people more active, more often, and promotes health equality across our communities.”**

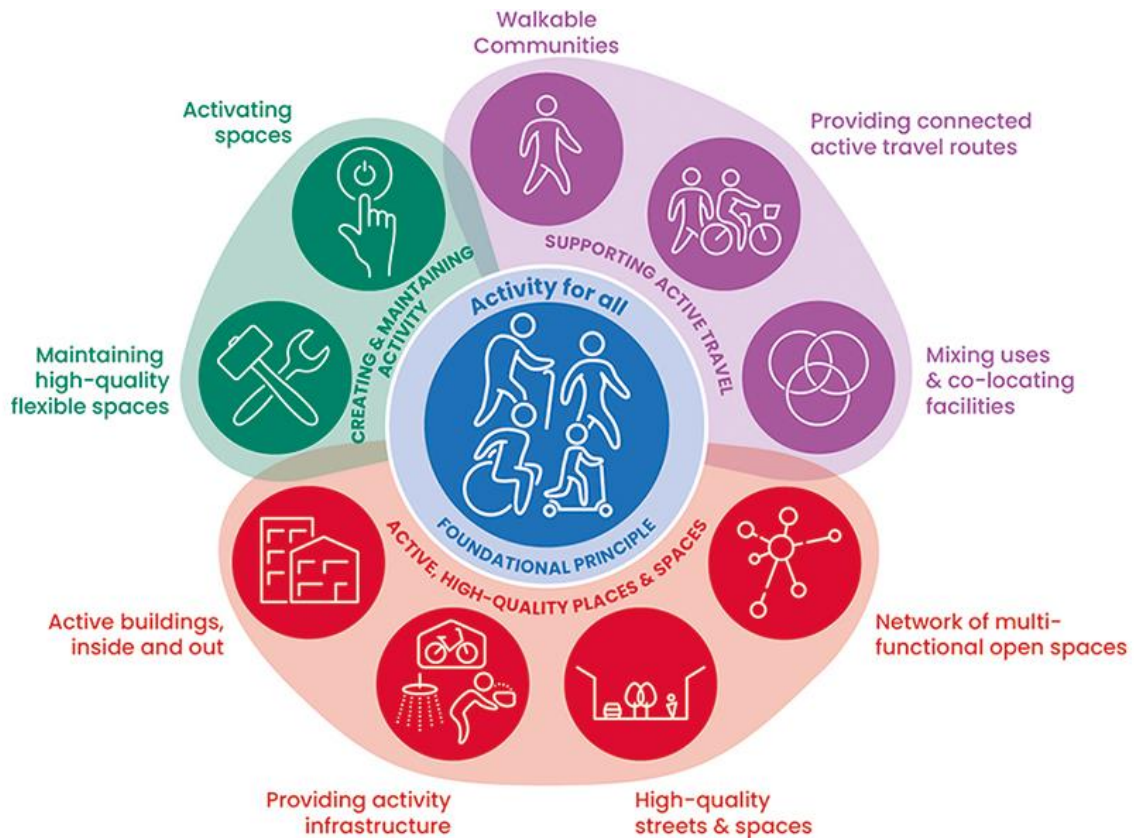
Figure 16 – Key Strategic Outcomes



## APPENDIX 1 – Active Design / 20-Minute Neighbourhood

The foundation principle of 'Activity for all' is supported by the remaining principles which are brought together under the three themes of 'Supporting active travel', 'Active, high-quality places & spaces' and 'Creating & maintaining activity'

**Figure 17 – Sport England's Active Design Guidance 10 Principles**



## The ten principles of Active Design

### FOUNDATIONAL PRINCIPLE



#### Principle 1 – Activity for all

All environments should support physical activity equitably across all ages, ethnicities, genders, and abilities, enabling everyone to be active and build long-term active habits and behaviours. This is essential for the delivery of all the principles of Active Design and is its foundational principle.

### SUPPORTING ACTIVE TRAVEL



#### Principle 2 – Walkable communities

Facilities for daily essentials and recreation should be within easy reach of each other by active travel means, making it more likely that people will make the journey by using active travel modes (defined in Theme 1). Good active travel connections should be provided to extend the range of services that are accessible while remaining physically active.



#### Principle 3 – Providing connected active travel routes

Encourage active travel for all ages and abilities by creating a continuous network of routes connecting places safely and directly. Networks should be easy to use, supported by signage and landmarks to help people find their way.



#### Principle 4 – Mixing uses and co-locating facilities

People are more likely to combine trips and use active travel to get to destinations with multiple reasons to visit. Places with more variety, higher densities, and a mix of uses also reduce the perception of distance when travelling through spaces. They also generate the critical mass of travel demand to better support public transport services.

### ACTIVE HIGH-QUALITY PLACES AND SPACES



#### Principle 5 – Network of multi-functional open spaces

Accessible and high quality open space should be promoted across cities, towns and villages to provide opportunities for sport and physical activity, as well as active travel connections and natural or civic space for people to congregate in and enjoy.



#### Principle 6 – High-quality streets and spaces

Streets and outdoor public spaces should be Active Environments in their own right. They should be safe, attractive, functional, prioritise people and able to host a mix of uses, with durable, high quality materials, street furniture in the right places and easy-to-use signage. High quality streets and spaces encourage activity, whereas poor quality streets and spaces are much less likely to be used to the same degree.



#### Principle 7 – Providing activity infrastructure

Infrastructure to enable sport, recreation and physical activity to take place should be provided across all contexts including workplaces, sports facilities and public space, to facilitate activity for all.



#### Principle 8 – Active buildings, inside and out

Buildings we occupy shape our everyday lives, both when users are inside and outside. Buildings should be designed with providing opportunities for physical activity at the forefront, considering the arrival experience, internal circulation, opportunities to get up and move about, and making the building an active destination.

### CREATING AND MAINTAINING ACTIVITY



#### Principle 9 – Maintaining high-quality flexible spaces

Spaces and facilities should be effectively maintained and managed to support physical activity. These places should be monitored to understand how they are used, and flexible so that they can be adapted as needed.



#### Principle 10 – Activating spaces

The provision of spaces and facilities which can help to improve physical activity should be supported by a commitment to activate them, encouraging people to be more physically active and increasing the awareness of activity opportunities within a community.

Figure 18 – 20-Minute Neighbourhood<sup>4</sup>



<sup>4</sup> TCPA, Guide: The 20-minute neighbourhood.

## **APPENDIX 2 – Stakeholder Report**

See separate document

## **Disclaimer**

Although the information in this report has been prepared in good faith, with the best intentions, on the basis of professional research and information made available to us at the time of the study, it is not possible to guarantee the financial estimates or forecasts contained within this report. Max Associates assumes no responsibility or liability for any errors or omissions in the content of this report.

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