

Stockport Active Communities Strategy 2022- 2030

WORKING DRAFT v1



Foreword



Strategy on a Page

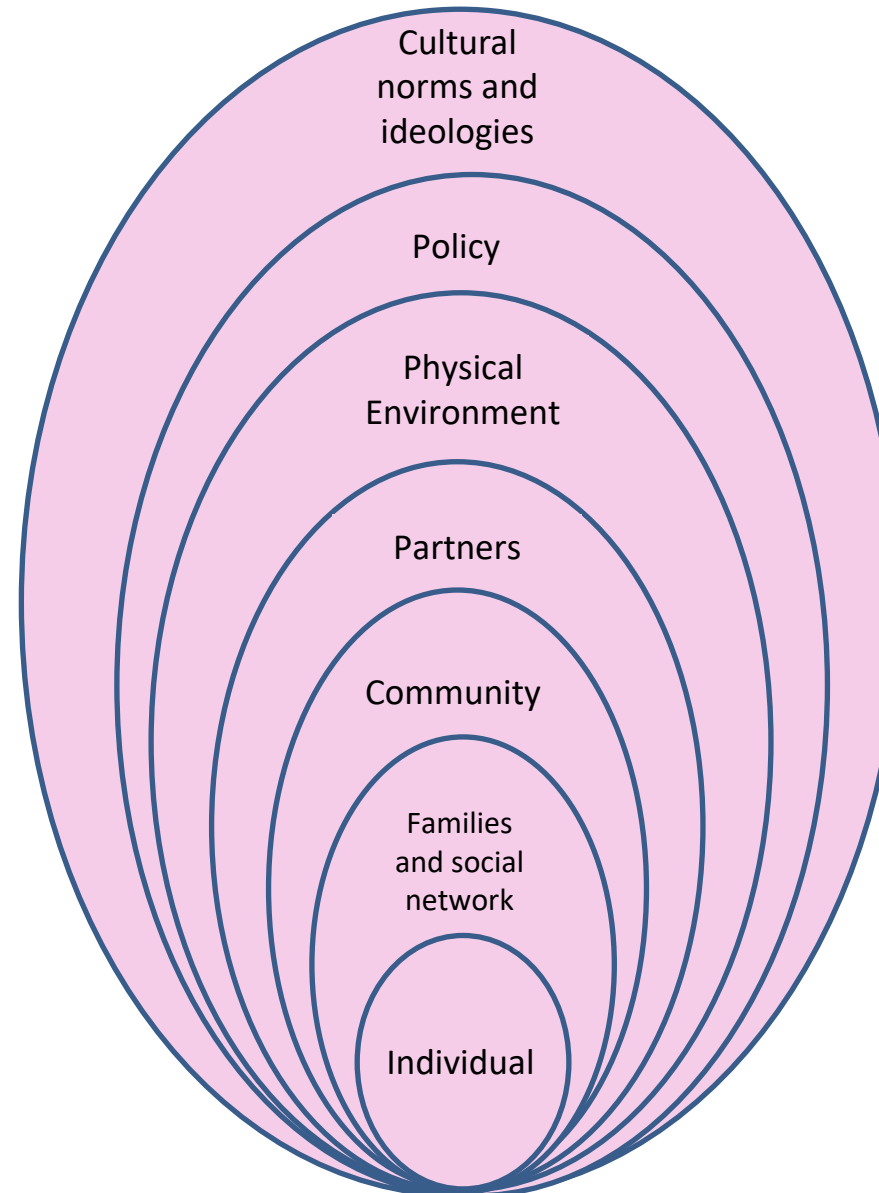
Approach

- Collaborative
- Inclusive
- Ambitious
- Innovative
- Led by learning, insight and evidence
- Clear in our communications
- Leaders and enablers

Implementation Priorities

1. Utilise the opportunities of national guidance, local legislation and policies, as well as GM programmes, to create a sustainable environment that promotes physical activity
2. Review, develop and sustain the built natural environment to help facilitate physical activity
3. Work in partnership with early years settings, schools, the NHS and health care providers, local businesses and local charities to promote and embed physical activity
4. Identify, encourage and extend the range of support for our community groups that deliver programmes to promote and support physical activity
5. Develop in partnership, local interventions in a community setting for friends, families and social networks to support physical activity
6. Ensure that all of our interventions and programmes support an individual's capability, needs and behaviours, by utilising the insight work from communities

'Stockport More Active, More Often'



Principles

1. Systems approach
2. Person centred
3. Encourage behaviour change
4. Public sector leading by example
5. Collaborative and coproduced
6. Transformational change
7. Social participation
8. An environment that is accessible to all

Success

In particular we want to see increased rates of physical activity in:

- Our deprived communities and those residents not in employment who are least active (using ward based data)
- People with long term health conditions who are least active
- Older adults who are least active
- People with specific needs or disability who are least active
- Women and girls who are least active
- Children and young people who are disengaged and at risk of becoming marginalised and are least active
- Young people Not in Education, Employment or Training (NEET) and are least active
- Young and adult carers who are least active

Outcomes

1. Physical & mental wellbeing
2. Individual development
3. Social & economic inclusion
4. Strong communities
5. Environmental sustainability

Introduction

Evidence that physical activity and movement are good for us is undisputed. However, the factors that currently result in a more sedentary and less active lifestyle are complex.

As a result, on average people in the United Kingdom today are 24% less active than in 1961 across all age groups.

Evidence from other high income countries in Europe, such as Finland, the Netherlands and Germany, shows that behaviour change across all sections of society requires large scale and sustained effort at all levels, if daily physical activity is to be regarded as the norm in the modern world.

It requires all sectors to accept the need for change, think long term and build on what the evidence demonstrates to both work and be cost effective.

Tackling physical inactivity is both pivotal and catalytic to addressing many of the local health, social, regeneration, transport, environmental and educational inequalities and priorities.

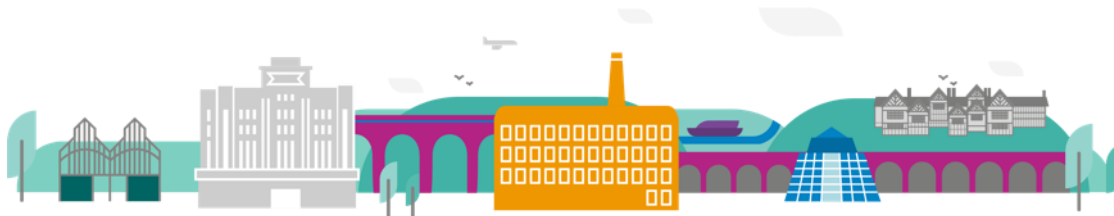
Even small increases in levels of physical activity can result in significant improvement to the health of both individuals and populations.



Introduction

Stockport's Active Communities Strategy aims to:

- Summarise findings from Stockport's JSNA about the needs and priorities for health and wellbeing, wider social, economic and educational benefits in relation to physical activity.
- Inform residents, employees and visitors in Stockport about our proposals for an Active Community.
- Outline whole system thinking which encourages a strategic approach and identifies how all of the of the strategies and plans across all council directorates, partner organisations and voluntary sector can contribute to the ambitions of the Active Communities Strategy.
- Combining the evidence base and powerful insight that Greater Manchester has shared with us, incorporating the views and ideas of our local partners and professionals, communities, families and individual residents, to determine our progress
- Identify a range of programmes that can align and contribute to the achievement of a more active Stockport community
- Identify key actions to help us all achieve our goals
- Set out the targets and outcome measures by which the overall success of the strategy will be measured
- Support the aims of the ONE Stockport Borough Plan



Vision & Objectives

What are we trying to achieve?

Vision

‘Stockport More Active, More Often’

Objectives

- We want to be bold and aspirational as we recover and reinvent from Covid-19
- We want to create a culture of active communities in Stockport, where people enjoy being active with their friends, colleagues and families to bring people together
- We want to do this by working with our partners and residents, where everyone has a part to play.
- We want to deliver a revitalised and vibrant Stockport – ensuring that suitable and accessible facilities, spaces and services are provided for all across the borough by a range of providers (including public, private and third sector organisations).
- We want to target our focus on our population whose health, social and economic wellbeing will benefit the most from leading a more active life in their communities.
- We want our focus to be primarily be on our most inactive residents.



Approach & Principles

We want to take a “whole system” approach to active communities focussing on:

Language, myths, hierarchy of values, assumptions, mind set

International, national guidance and laws, local legislation and policies, rules, regulations, codes, Greater Manchester plans and programmes

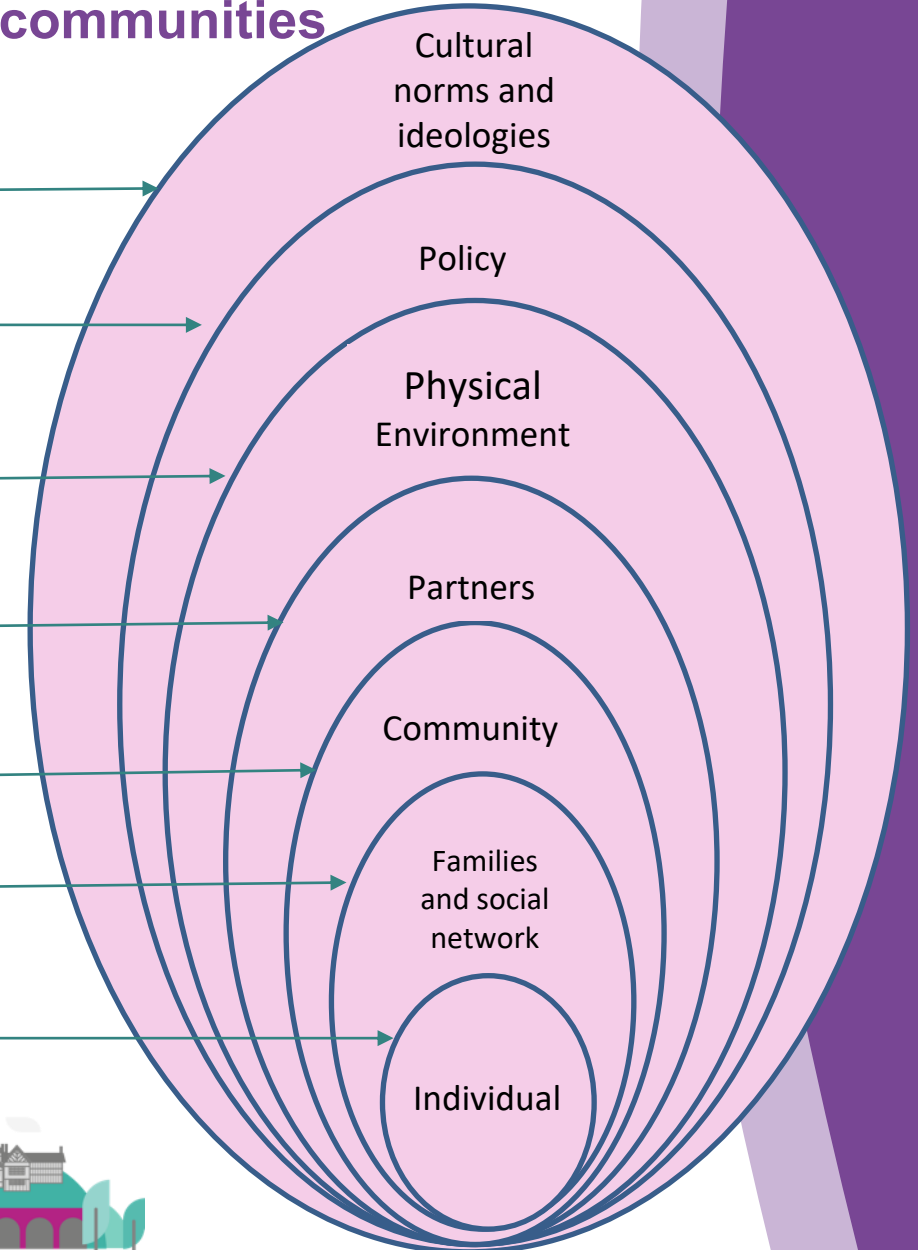
Built, natural environment and green space, transport links, cycling and walking networks

Schools, NHS and health care providers, local businesses, Life Leisure, Voluntary, Community and Social Enterprises, Stockport Homes, Childminders, Children's Centres

Faith organisations, charities, sports clubs, community groups, small voluntary organisations, uniformed groups

Friends, families, social networks

Individual capabilities, motivations, opportunities, knowledge, needs, behaviour



Approach & Principles

We will take a whole systems approach – where we look at all factors that will enable and help people to become active

The strategy will be person centred – based on their needs and what they tell us are important

We want to ensure that when we encourage behaviour change it is based on the best available insight

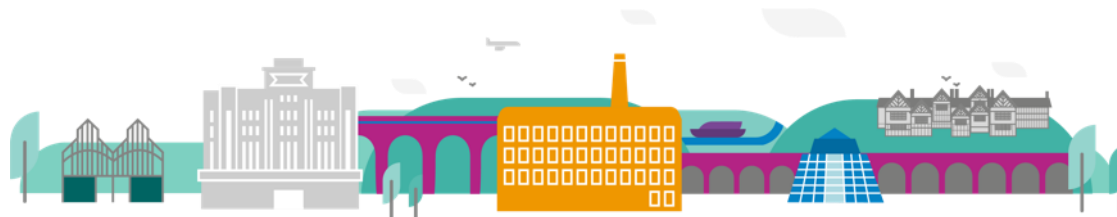
We believe that everyone has a role to play with the public sector leading by example.

We want our actions to be genuinely collaborative and coproduced with our residents

We recognise that this is about transformational change

We recognise that this is about social participation

We recognise that this is about creating an environment that is accessible to all



Approach & Principles

We will be;

- collaborative
- inclusive
- ambitious
- innovative
- led by learning, insight and evidence
- clear in our communications
- leaders and enablers



Aligned to the ONE Stockport Borough Plan we;

‘will uphold these values as citizens, employers and partners, championing them with our neighbours, our colleagues and our local communities’.



Benefits of an Active Community

Why do we want active communities?

Humans are designed for physical activity. Our bodies have evolved to be active for sustained periods of time, being able to walk long distances interspersed with short and explosive bursts of energy in order to search for shelter, gather food and capture prey.

It is only in the latter half of the 20th century that physical fitness and activity have become non-essential to our daily lives. We walk and cycle less as cars become more affordable and convenient, automated and computerised jobs require us to be less physically active and electrical appliances have made domestic chores less physically demanding.

Whilst technology has improved our quality of life in many ways, it provides us with many sedentary ways to both carry out our daily routines and fill our leisure time. Consequently, we are less active, walk less, sit down more, and expend less energy.

The physical demands placed on our bodies are now so low that our functional capacity has reduced and public levels of fitness have fallen to the extent where it is now impacting negatively on the health of all sections within the population.

For the first time in the evolution of humans, it is now necessary to find ways of consciously building physical activity into our daily routines to remain healthy.

Health benefits

- **In Stockport 200 deaths per year could be saved if every adult did 5 x 30 mins per week**
- **Physical inactivity is responsible for about 1 in 6 UK deaths and about 40% of many long term conditions**
- **Physical activity decreases the risk of most non-communicable diseases by 30-40%**
- **Activity in later life reduces frailty, including falls injuries, which is a major cause of loss of independence**



Benefits of an Active Community

Physical Activity & Mental Health

Physical Activity has a huge potential to enhance wellbeing in Stockport. It is known that even a short burst of 10 minutes brisk walking increases mental alertness, energy and positive mood states.

Sharper memory and thinking – improves concentration levels

Improved sleep

More resilient both
physically and
mentally

Reduces Stress



Research shows it can be used to treat mild - moderate depression as effectively as antidepressants

Increases energy levels

Builds self-esteem and self confidence

Moving from being predominantly sedentary to being active provides a number of benefits, with the number of benefits realised increasing the more active you become



Benefits of an Active Community

We want to align Stockport Active Communities to
Greater Manchester Moving in Action 2021-2031

GM Moving In Action – Our framework

> Our Mission

- Active lives for all

> Our 5 key Priorities

- Active People
- Inclusive Participation
- Active Places
- System Pivot
- Cultural Shift

> Our 7 Catalysts

- Involving & Engaging
- Marketing & Comms
- Investment/ Governance
- Digital Access & Innovation
- Learning, Research & Insight
- Leadership & Workforce



> Our ways of working

- Values-led
- Whole system
- Movement-building
- All leaders
- Enabling change
- Learning together

> Key outcomes

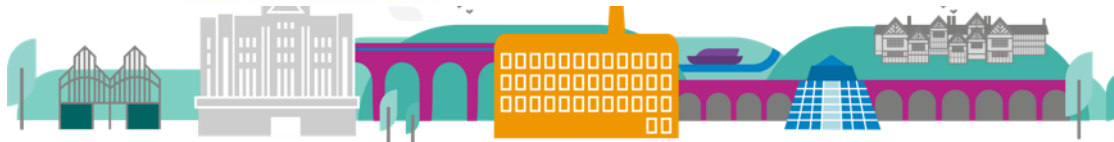
- Physical & mental wellbeing
- Individual development
- Social & economic inclusion
- Strong communities
- Environmental sustainability



Enablers

How we create the conditions:

- Involving local people & growing assets
- Strategic leadership enabling collective leadership
- Effective work across & between sectors
- Transforming governance & processes
- Learning & adapting



Benefits of an Active Community

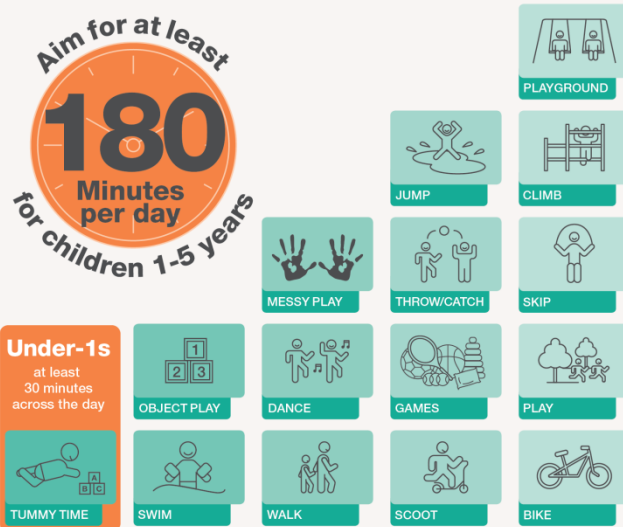
How active should we be?

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



Every movement counts



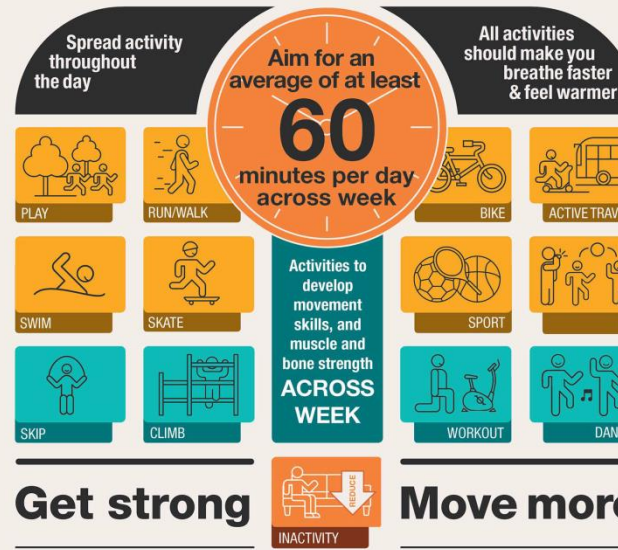
Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5 – 18 Years)



Be physically active



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019



Benefits of an Active Community

How active should we be?

Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

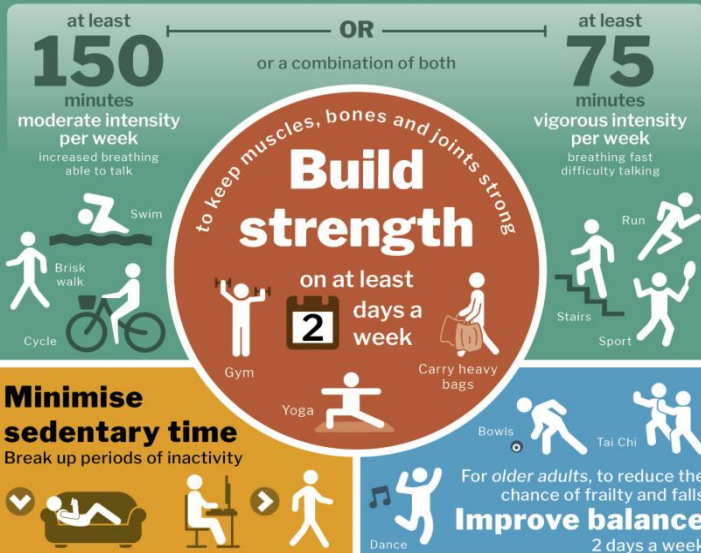
Reduces your chance of

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active



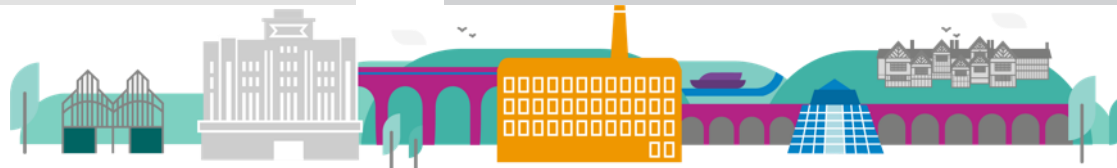
UK Chief Medical Officers' Physical Activity Guidelines 2019

Physical Activity for Disabled Adults

Make it a daily habit

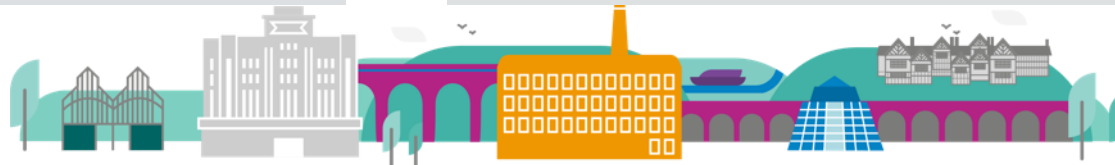
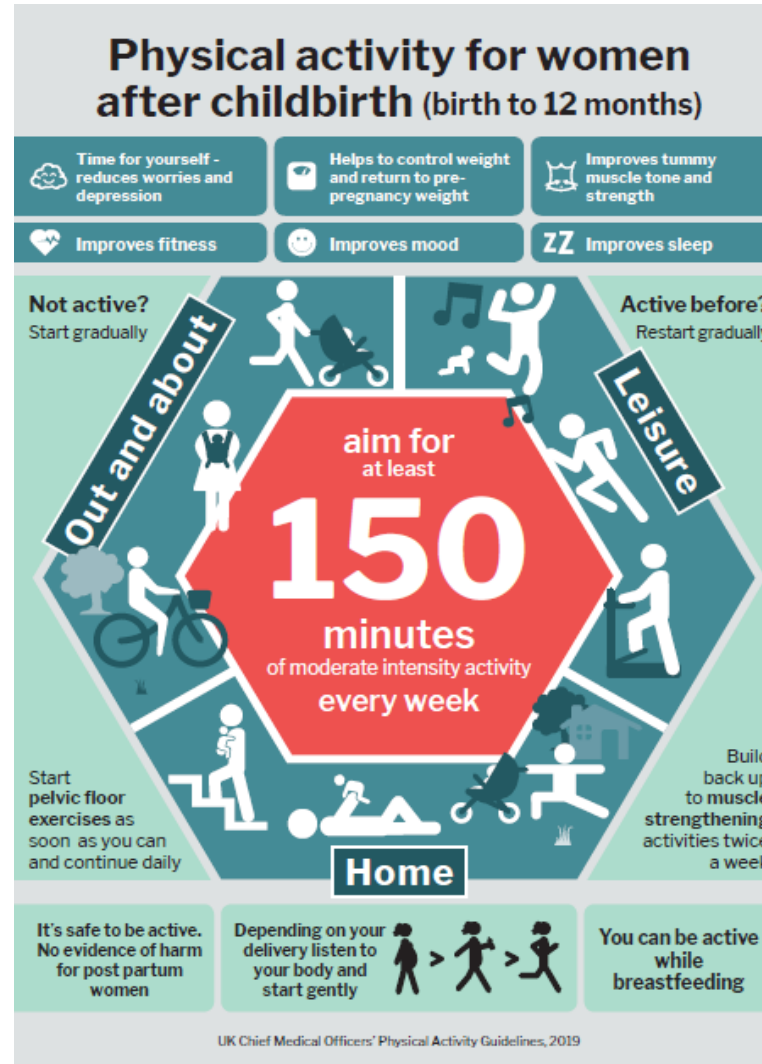


UK Chief Medical Officers' Physical Activity Guidelines, 2019



Benefits of an Active Community

How active should we be?



Data & Insights

What will success look like by 2030?

Adults

By 2030, we want to;

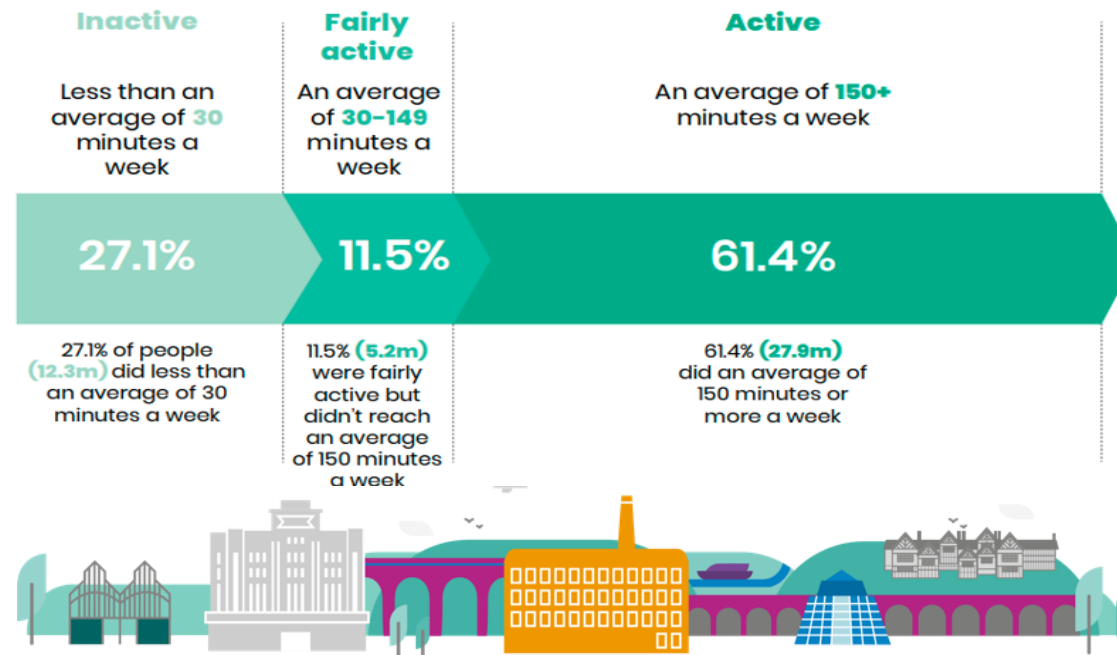
Decrease the number of our adult residents who are inactive* from 26% to 20%

Increase the number of our adult residents who are active* from 65% to 75% (fairly active and active* from 74% to 80%)

In addition we would like to set targets for sedentary behaviour but are waiting for our expected data set so that we can set meaningful targets

* See Appendix 1

Adult's Active Lives Data for England 2020



Data & Insights

What will success look like by 2030?

Children and Young People

By 2030, we want to;

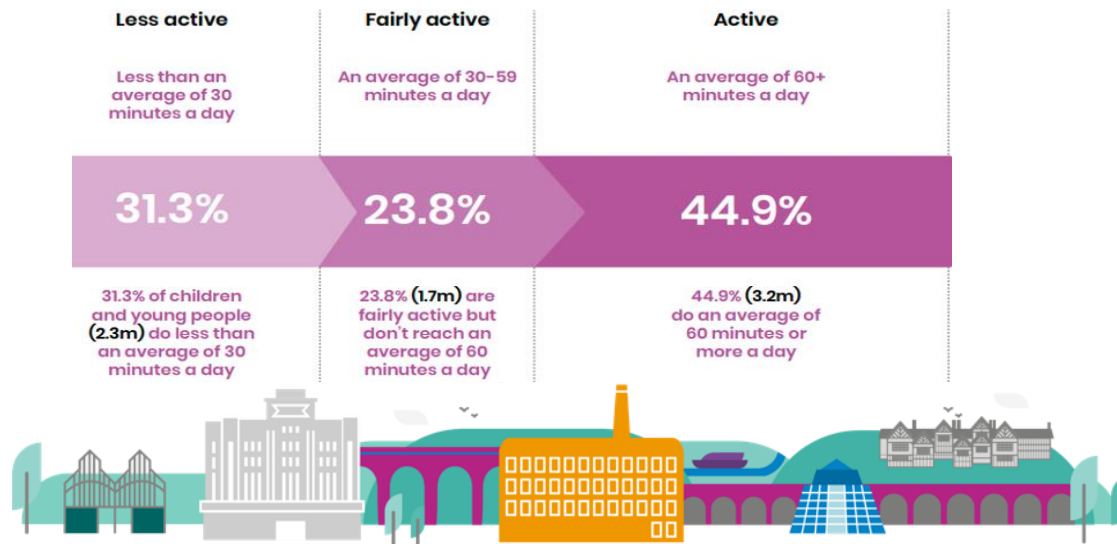
Decrease the number of our children and young people who are inactive* from 32% to 25%

Increase the number of our children and young people who are active* from 45% to 60% ((fairly active and active* from 67% to 75%))

In addition we would like to set targets for sedentary behaviour but are waiting for our expected data set so that we can set meaningful targets

* See Appendix 1

Children and Young People's Active Lives Data for England 2020

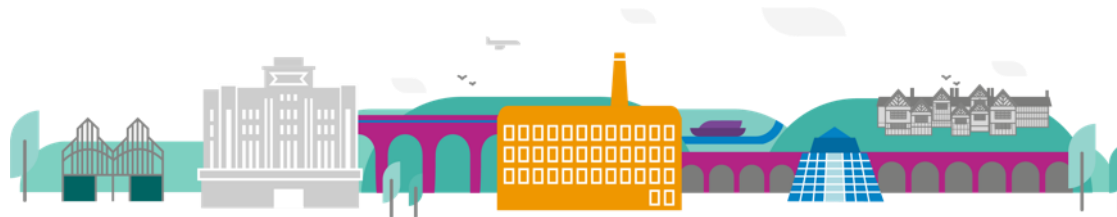


Data & Insights

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In particular we want to see increased rates of physical activity in:

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- Young and adult carers who are least active



Data & Insights

What are the challenges?

Children & Young People

The 2018/19 Sport England Active Lives Survey (the most recent available data due to the Covid-19 pandemic disruption) shows that only 45.7% of children and young people aged 5 – 16 years in Stockport are active for an average of 60 minutes or more a day across the week but not every day.

This means that approximately 20,600 5 – 16 year olds in Stockport are not meeting Chief Medical Officer's minimum physical activity recommendations. These rates compare to 45.2% across Greater Manchester and 43.3% across England



Adults

The 2019/20 Sport England Active Lives Survey shows that only 65.4% of adults aged 16+ in Stockport are active for 150 minutes or more each week.

This means that approximately 81,800 adults in Stockport are not meeting Chief Medical Officer's minimum physical activity recommendations. These rates compare to 57.8% across Greater Manchester and 61.4% across England



Data & Insights

What are the challenges?

Inequalities

Key findings:

Data and Insight

Deprivation

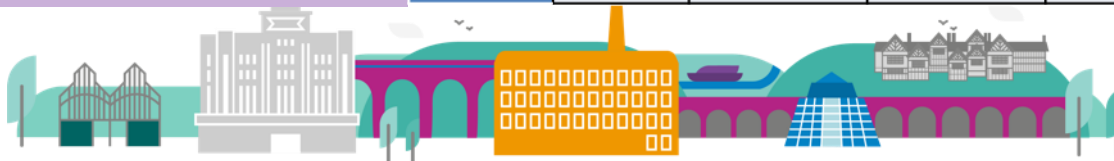
Analysis of inactivity levels at Middle Super Output Area (MSOA) reveals a very different picture across Stockport and identifies cohorts of the population where inactivity rates are very high.

Evidence suggests that the greatest health benefits from being physically active are found in those who go from doing very little to more than 30 minutes of activity per week.

Getting inactive people to become active has greater health benefits than getting active people to do more activity – *everybody active, every day.*

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time builds up benefit.

	Inactivity levels	Population	Older adults aged (55+)	Older adults aged (75+)	Disability	NS SEC 6-8
Brinnington	37.52%	7194	1,540 (21.41%)	420 (5.84%)	1721 (25.74%)	2752 (60.09%)
Reddish North	28.92%	8233	1,775 (21.56%)	390 (4.74%)	1450 (18.26%)	2219 (38.90%)
Offerton	29.42%	7213	2,158 (29.92%)	648 (8.98%)	1580 (22.90%)	1937 (39.85%)
Central	29.09%	7017	1,872 (26.68%)	398 (5.67%)	1790 (27.88%)	2493 (49.98%)
Reddish South	27.66%	7016	2,076 (29.59%)	494 (6.00%)	1355 (18.85%)	1907 (35.73%)
Davenport & Cale Green	28.05%	6977	1,332 (19.09%)	351 (5.03%)	1395 (21.49%)	2046 (46.63%)
Stockport	18.3%	29,0557	63,019 (21.67%)	18,729 (6.45%)	52259 (18.45%)	54824 (26.70%)
GM	27.8%	2,782,141	733,217 (26.35%)	191,768 (6.89%)	521314 (19.44%)	673709 (34.20%)



Stockport Health Needs and Physical Activity Data

What else does the Stockport Joint Strategic Needs Assessment and other assessment data say about physical activity in Stockport?

- Stockport has the highest level of physically active residents in GM (2019/20) and we are above the national average
- Stockport has the lowest inactivity rates in the North West – 12 (out of 41) local authorities in the North West have lower rates
- However approximately **20,600 children and 80,000** adults in Stockport fail to meet the recommended minimum physical activity levels to maintain their health
- Around 220 premature deaths would be prevented each year if minimum recommended levels of physical activity were achieved within the 40 – 79 year old age group
- The estimated annual cost of physical inactivity to the health economy in Stockport is £6,565,460
- With the additional costs associated with lost productivity to the wider economy within the Borough, this takes the estimate to over £24,500,000 per annum



Data & Insights

Local insights on physical activity through community engagement

Consider language used: “physical activity has a traditional connotation and doesn’t bring to mind immediately the positive consequences of activity: as a phrase, it is possibly a turn off for many people. Instead consider talking about “enjoying being active”.

Focus on the motivators of social rewards: especially having fun with your friends and making new friends.

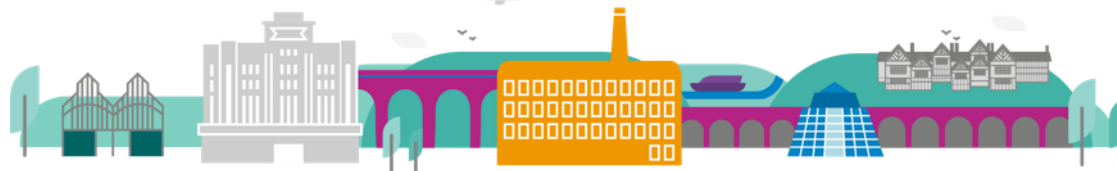
Focus on building routines: make activity fit into your life. Time is the biggest perceived barrier to activity so this needs to be addressed.

Promote a wide variety of activities: different people like different activities, non-traditional activities will work for some people and others like novelty so will be looking for the new.

Providing opportunities for making a commitment or signing up to a challenge will work for some people: building on events such as community fun runs, Race for Life will encourage some people to become active.

Information about “enjoying being active” and the importance of “active play” for children needs to be available in the right places, especially when targeting those who are not active already.

Helping people understand their true level of activity could be key behaviour change trigger, technology and tools can be used to support this self-awareness.



Data & Insights

Local insights on physical activity through community engagement

Public View

Social aspect key – especially for keeping the activity going in the long term – social aspect can work in different ways: Going to do something fun with existing friends, meeting new people, creating a commitment to others.

Building routines key – again especially for activity that is to be maintained – activity needs to be part of everyday life and not seen as an add on.

The **rewards of activity** vary between people:

- Challenge – works for some people – it can be about setting a personal goal or be about aiming for a particular event (e.g.10k run)
- Competition works for others - competing with colleagues / friends, competing with self (personal bests), competing in events
- Sense of wellbeing – for some people, it is about feeling better, happier and satisfied with their lives

Getting fit / healthy and losing weight– works as a motivation for other people, especially following a health scare or change in personal circumstance.

People need to be able to find out about the **range of activities** on offer. Information should be accessible. Recognising the wide variety of activities that people enjoy. Promoting choice beyond the perceived traditional “fitness / gym” is essential to attract as wide a range of people as possible.

Support and encouragement is key from professionals, friends, employers and volunteers.

Technology - apps can be used as a learning tool, to monitor progress and make activity more fun (music, rewards).

Removing barriers - time , work and childcare commitments, safety, inclusive access , convenience of location adaption of equipment / instruction for those with particular needs.



Delivery

Delivery Objectives

In order to support the wider vision and overarching strategy objectives, sustainable delivery will be focussed on;

Objective 1:

Utilising the opportunities of national guidance, local legislation and policies as well as GM programmes to create a sustainable environment that promotes physical activity

Objective 2:

Reviewing, developing and sustaining the built natural environment to help facilitate physical activity

Objective 3:

Working in partnership with early years settings, schools, the NHS and health care providers, local businesses and local charities to promote and embed physical activity

Objective 4:

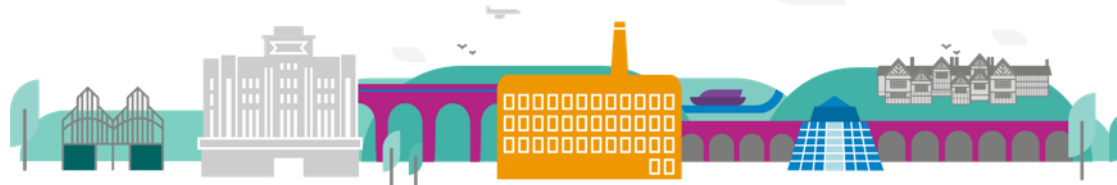
Identifying , encouraging and extending the range of support for our community groups that deliver programmes to promote and support physical activity

Objective 5:

Developing in partnership, local interventions in a community setting for friends, families and social networks to support physical activity

Objective 6:

Ensuring that all of our interventions and programmes support an individual's capability, needs and behaviours, by utilising the insight work from communities



Delivery

What have we been doing in Stockport and Greater Manchester so far?

Policy: GM Moving 2015, Greater Manchester Transport Strategy 2040, GM Made to Move, Stockport Physical Activity Strategy 2015, Stockport Active Communities Strategy 2019, Stockport Public Rights of Way Improvement Plan, PE & School Sport Strategy (SHAPES Alliance), UK Physical Activity Guidelines 2019, Sporting Future - A New Strategy for an Active Nation (DCMS) 2015, Towards an Active Nation (Sport England 2016-21), NICE Physical Activity Guidance (NG90, PH 13, 17, 41, 44, 54), WHO global recommendations on physical activity for health. WHO Physical Activity Guidelines 2020, Stockport Local Plan, Stockport Walking & Cycling Plan 2019

Physical Environment: Town Centre Access Package, Highway Tree Planting Programme, Road Safety Education, Highways Improvement Programme, Cycle City Ambition Grant 2, A6 MARR, Delivery of Mayoral Challenge Funding and delivery of Bee Network

Partners: Information on the wide range of partners supporting these objectives can be found in subsequent slides

Community: Travel schemes including promoting active travel, teaching safety on the roads for schools (Eagle Eye), teaching cycle skills in schools, enhancing green spaces, Park Run, uniformed groups (Scouts, Cubs, Brownies, Rainbows, Guides), Early Years Physical Development Champions

Families & Social Networks: Parkrun, SHAPES school based interventions, FAB scheme

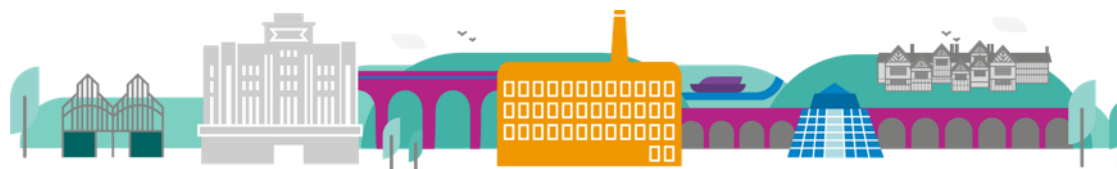
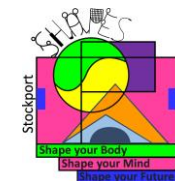
Individuals: Education, GP referral (PARiS), Active Ageing, Stockport Moving Together, SMILE, Stay Steady, Steady in Stockport



Partners

Working with local partners to achieve Stockport's vision for a more active borough will continue to be an essential driver of success. Partners include the following, but many more community groups and individuals are already contributing greatly to the journey and progress so far.

ONE STOCKPORT



Implementation Priorities

Objective 1: Utilise the opportunities of national guidance, local legislation and policies and GM programmes to create a sustainable environment that promotes physical activity

- 1.1 Review our physical activity assets to ensure that they provide sustainable setting to promote physical activity including; indoor and outdoor sport and leisure facilities, our culture , sport and leisure activities, libraries, heritage facilities, community centres and parks and open spaces.
- 1.2 Get a new Local Plan for Stockport adopted, which includes policies to encourage greater levels of activity
- 1.3 Ensure local planning maximises opportunity for all new major developments to have walking and cycling designed into them via the Stockport Local Plan
- 1.4 Align with the Plan for Walking and Cycling in Stockport 2019-2029 priority outcomes
- 1.5 Implement the recommendations of Stockport Playing Pitch Strategy
- 1.6 Implement the GM Cricket Strategy through the installation of Non-Turf Pitches at strategic sites across the borough
- 1.7 Implement the priorities identified within the Stockport Local Football Facilities Plan
- 1.8 Develop an access control policy and review the current access controls in the borough
- 1.9 Develop and implement an improvement plan for Stockport's walking and cycling network, including improved accessibility
- 1.10 Review the current Play Streets policy to enable residents to develop local schemes more easily



Implementation Priorities

Objective 2: Review, develop & sustain the built natural environment to help increase physical activity.

- 2.1 Provide a range of green space and leisure facility environments that are appealing, accessible and conducive for physical activity for all ages within the borough
- 2.2 Deliver the A6 parallel routes
- 2.3 Deliver the A34 parallel routes
- 2.4 Implement a local cycling and walking infrastructure plan
- 2.5 Maintain and seek to develop the standard and safety of our parks, green spaces, play, leisure facilities and rights of way in order to encourage their use by local residents and visitors



Implementation Priorities

Objective 3: To work in partnership with schools, the NHS and health care providers, local businesses and local charities to promote physical activity

- 3.1 Deliver the priorities of the Stockport SHAPES Alliance and increase children and young people's participation in high quality physical education, sport and physical activity
- 3.2 Support businesses in signing up to the biking challenge and other activities that promote physical activity to their staff
- 3.3 Ensure physical activity is addressed within all NHS and primary care lifestyle intervention and support programmes
- 3.4 Offer a range of training programmes to staff and partners to increase their knowledge of physical activity guidelines, promote motivational interviewing and signposting residents to community based physical activity programmes
- 3.5 Seek funding to support with VCSE groups to develop the Early Years Physical Development Champions programme. Achieve the ambition to have an EY PD Champion in every EY setting and school.
- 3.6 Awards continue to be used to showcase the work being done across physical activity through the Stockport Sports Awards and the Greater Manchester Sports Awards to recognise the people who make significant contributions.
- 3.7 Create the conditions for digital transformation to monitor formal activity
- 3.8 Ensure that the strategy actions and outcomes are aligned to One Stockport – especially the promoting health and wellbeing theme.



Implementation Priorities

- 3.9 Further develop the Stockport Foundation Trust Active Hospital 2021 programme to identify opportunities where physical activity can be promoted as part of clinical pathways, build on existing schemes and learn from the pilot sites this can be embedded into other areas
- 3.10 Encourage the use of the Lifestyle Questionnaire for health care workers to structure a conversation with patients about physical activity
- 3.11 Support Stockport Foundation Trust staff to engage in more physical activity – use the hospital site and surrounding areas for “walking meetings”, encourage and promote more activities and promote subsidised events outside of work such as fun runs and gym membership
- 3.12 Pilot 8 School Streets initiatives to help increase the number of parents and pupils walking and cycle to school
- 3.13 Further develop road safety and bike training in schools
- 3.14 Establish a bike hire scheme for local businesses
- 3.15 Support schools to review their Travel Plans
- 3.16 Organise and deliver an annual Stockport Active Weekend in the Town Centre
- 3.17 Implement the GM Moving marketing and communications strategy as a catalyst for change on a local level; ensuring that the most inactive have a targeted programme of communications.



Implementation Priorities

Objective 4: Identify, encourage and extend the range of support for our community groups that deliver programmes that promote physical activity.

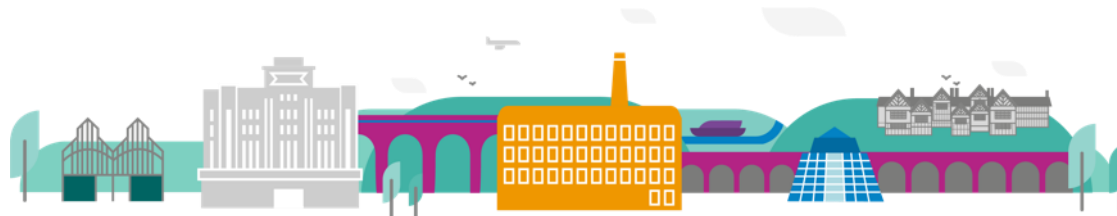
- 4.1 Provide support for voluntary sector sports club infrastructure development – especially in priority areas
- 4.2 Deliver events in green spaces where participation involves physical activity - including green gyms
- 4.3 Work in partnership with stakeholders, such as Friends Groups and Walk Ride Groups to encourage active use of parks, greenspaces and networks
- 4.4 Encourage, support and develop positive physical activity role models in our key priority groups
- 4.5 Promote and encourage applications for the Stockport Local Fund to support increasing community based physical activity for our key priority groups to reduce social isolation and improve mental well being through physical activity
- 4.6 Advise and support the VCSE in bid applications that promote physical activity
- 4.7 Use the Local Pilot funding and other GM Moving programme funding opportunities to promote innovative activity to meet the needs of our priority groups
- 4.8 Build resilience into physical activity community networks in Stockport to ensure that a network of facilities continue to be provided by the private sector, public sector and voluntary sector.



Implementation Priorities

Objective 5: Develop in-partnership, local interventions in a community setting for friends, families and social networks to support physical activity.

- 5.1 Develop a family approach in the Local Pilot by expanding the provision of physical activity within community settings
- 5.2 Develop family and home-level interventions targeted at reducing screen-based sedentary behaviours in children and young people
- 5.4 Require the provision of School Travel Plans when planning applications are submitted for educational premises.
- 5.5 Work with educational establishments to promote active travel including assisting with funding bids.
- 5.6 Further develop programmes to ensure that children and young people with Special Educational Needs and Disabilities have improved access to physical activity
- 5.7 Support priority groups through the Stockport Moving Together programme to become more active



Implementation Priorities

Objective 6: To ensure all our interventions and programmes support an individual's capability, needs and behaviours, by utilising the insight work from communities.

- 6.1 Continue the insights work with key cohort groups to understand any barriers to access and ensure programmes are delivered to meet local need and promote the wide range of facilities that are available in Stockport
- 6.2 Offer a wider range of tailored activity and education sessions using high quality activity coaches focussing on those residents who are the least active
- 6.3 Use all communications channels, including digital, to promote the benefits of physical activity and the risks of being sedentary
- 6.4 Develop and maintain easily accessible resources about what is available within Stockport, accounting for a wide range of interests and preferences including promoting physical activity sessions on Stockport Local



Key Assets

Local assets supporting residents to be active



Stockport has an extensive walking and cycling network – including the Alan Newton Way, Trans Pennine Trail, Middlewood Way & Etherow Goyt Valley Way



Life Leisure operate 11 centres within Stockport. There are also a number of private gyms e.g. Pure Gym, Anytime Fitness & David Lloyds.



There are 6 Museums in Stockport including the Hat Works and the Air Raid Shelters



Over 1000ha of greenspace for public use; 89 equipped play spaces, 47 local doorstep play spaces, 9 wheeled sport facilities, 19 all-weather multi sports areas, 18 tennis courts (11 sites), 81 sports pitches (31 sites), 15 bowling greens



We have a total of 16 libraries across Stockport



10 public use playing fields with an additional 16 school playing fields that are often used by local clubs and teams



30 Pavilions across Stockport, often run by groups of volunteers.



3 youth clubs run community centres and community spaces



12 Community centres across Stockport - 9 are managed by Stockport Homes



There are 2 football stadiums with the biggest being Edgeley Park. Woodbank Park also houses an athletics stadium



Key Assets

Stockport is fortunate to have a wide and extensive network of local clubs, sports groups and community groups across the borough that promote health and wellbeing through physical activity.

These groups help increase participation for everyone across all age groups – whether they are active play groups for young children, weekend sports clubs for young people and adults, activity sessions in our community centres and in our parks, as well as walking groups for older residents.

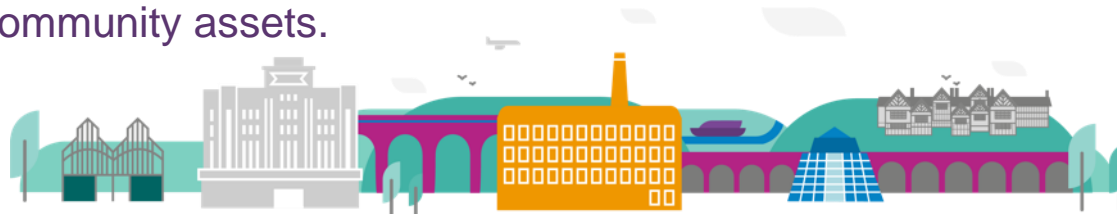
If we are going to support more people to be active we need to work with local groups, clubs and volunteers to extend these facilities and services.

Many of the groups and activities can be found on the Stockport Local webpages:

<https://www.stockport.gov.uk/groups>



We need to ensure that more are promoted so that local residents who want to become active can benefit from these great community assets.



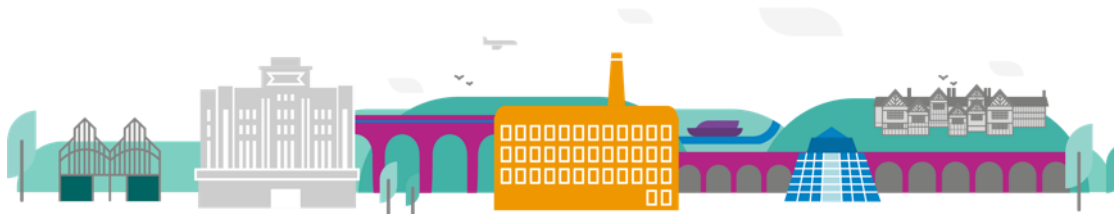
Key Assets

Other local assets include;

- Private gyms & Independent gyms
- Swimming Pools
- Golf clubs
- Trampoline Park
- Skate Parks
- BMX Tracks
- Gymnastic Centres
- Multi-use sports clubs
- Specialist provision such as Jump Space & the Seashell Trust



Governance & Delivery Mapping



Evaluation

‘Stories inspire others, statistics influence others’
(GM Moving in Action 2021-2031)

The journey to achieving the strategy vision, objectives and outcomes will be set out in the specific action plans. Plans will be reviewed annually to check progress, re-purpose where required based on insight and re-invigorate.

The short and long term evaluation of progress and success will involve both quantitative (where outcomes can be easily counted and measured) and qualitative (where the quality of outcomes can be expressed or observed).

The indicators of change across the physical activity system will be aligned to the GM Moving in Action priority themes;

- Active Lives – reducing inequalities to increase the number of individuals who are ‘active’
- Inclusive Participation – increasing opportunities for underrepresented groups to be more active
- Place Based Working & Active Design – co-design and co-produce activity into place design and development
- System Conditions – all system levels facilitate and promote physical activity
- Cultural Shifts – where the language, imagery and values of being active are normalised



Outcomes

The wider benefits of a more active Stockport will be seen across all communities through enhanced;

- Physical & mental wellbeing
- Individual development
- Social & economic inclusion
- Strong communities
- Environmental sustainability



Appendices

Appendix 1

Definitions of Activity

All of the following time ranges refer to moderate-vigorous activity (M-V) as defined in the Active Lives Survey Technical Report;

- Moderate activity: This is defined as activity where you raise your heart rate and feel a little out of breath.
- Vigorous activity: This is where you are breathing hard and fast and your heart rate has increased significantly (you will not be able to say more than a few words without pausing for breath)

Inactive

0-59 mins per day (1-4 year olds)

0-29 mins per day on average across each week (5-15 year olds)

0-29 mins per week (Adults 16+)

Fairly Active

60-179 mins per day (1-4 year olds)

30-59 mins per day on average across each week (5-15 year olds)

30-149 mins per week (Adults 16+)

Active

180 mins per day (1-4 year olds) NB: under 1s – at least 30 mins across the day

60 mins per day on average across each week (5-15 year olds)

150+ mins per week (Adults 16+)

