



ONE Stockport

Active Communities Strategy 2022 - 2030

STOCKPORT
MOVING
TOGETHER

ONE STOCKPORT

Foreword

We are delighted to present Stockport's Active Community Strategy 2022-2030. The strategy builds on our whole system approach to support Stockport residents become more active and enjoy the health, social and environmental benefits of being more active.

We not only want to build on the successes and learning from our active communities work over the last few years but also ensure that active communities are at the heart of Stockport's recovery from the Covid-19 pandemic. We will continue to look at how everything from the policies we have, the partners we work with, the great local community groups and the support we offer to individuals, can all work together to make Stockport an even more active and vibrant place to work, play and live.

We are fortunate in Stockport to have access to a fantastic environment – and for most people, the first step is just to get out there, to move more and to incorporate physical activity into their daily lives.

Our major focus is on people who are inactive and we are determined that we will make this is an inclusive strategy. The feedback from the consultation indicates that we are moving in the right direction but more needs to be done in our priority areas, for people with health conditions and those with disabilities. We also know that activity can play a fundamental role in reducing social isolation and loneliness for all ages and can be a focus to bring communities together.

This is a bold strategy that supports the ambitions set out within the ONE Stockport Borough Plan. It will link in with our wider neighbourhood priorities, our focus on reducing inequalities and sets our strategic direction for our future programmes with Life Leisure and other local providers.

Our collective ambition is high and we are confident that this will be met with the support of our residents, local businesses and our voluntary, faith and charity sectors.

Cllr Jude Wells, Cabinet Member for Adult Care and Health & Cllr Sheila Bailey, Cabinet Member for Sustainable Stockport



ONE Stockport Priorities

Our residents want to be more active – one third of people are walking more and one quarter are exercising more in the Greater Manchester survey

56% of residents who responded to the priorities survey told us access to parks and greenspaces was one of the best things about Stockport and 50% said these were one of the most important things for the future

The action we will take;

6. Deliver our active communities' strategy to encourage everyone to have healthy, physically active lifestyles and enjoy exercise, sport, culture and greenspaces



ONE HEART

At the heart of Stockport are its people and the communities in which they live.

- 1 A caring and growing Stockport**
Stockport is a great place to grow where children have the best start in life
- 2 A healthy and happy Stockport**
People live the best lives they can - happy, healthy and independently
- 3 A strong and supportive Stockport**
Confident and empowered communities working together to make a difference



ONE HOME

Stockport is a great place to live, where no one is left behind.

- 1 A fair and inclusive Stockport**
A borough for everyone - diversity and inclusion is celebrated and everyone has equity of opportunity
- 2 A flourishing and creative Stockport**
Stockport is an exciting place to live, where people are active and celebrate the culture
- 3 A climate friendly Stockport**
Stockport is a responsible and sustainable borough



ONE FUTURE

Growing, creating and delivering a thriving future for Stockport.

- 1 An enterprising and thriving Stockport**
A thriving economy which works for everyone
- 2 A skilled and confident Stockport**
Everyone has the opportunities and skills to successfully achieve their ambitions
- 3 A radically digital Stockport**
A digitally inclusive and dynamic borough

Strategy on a Page

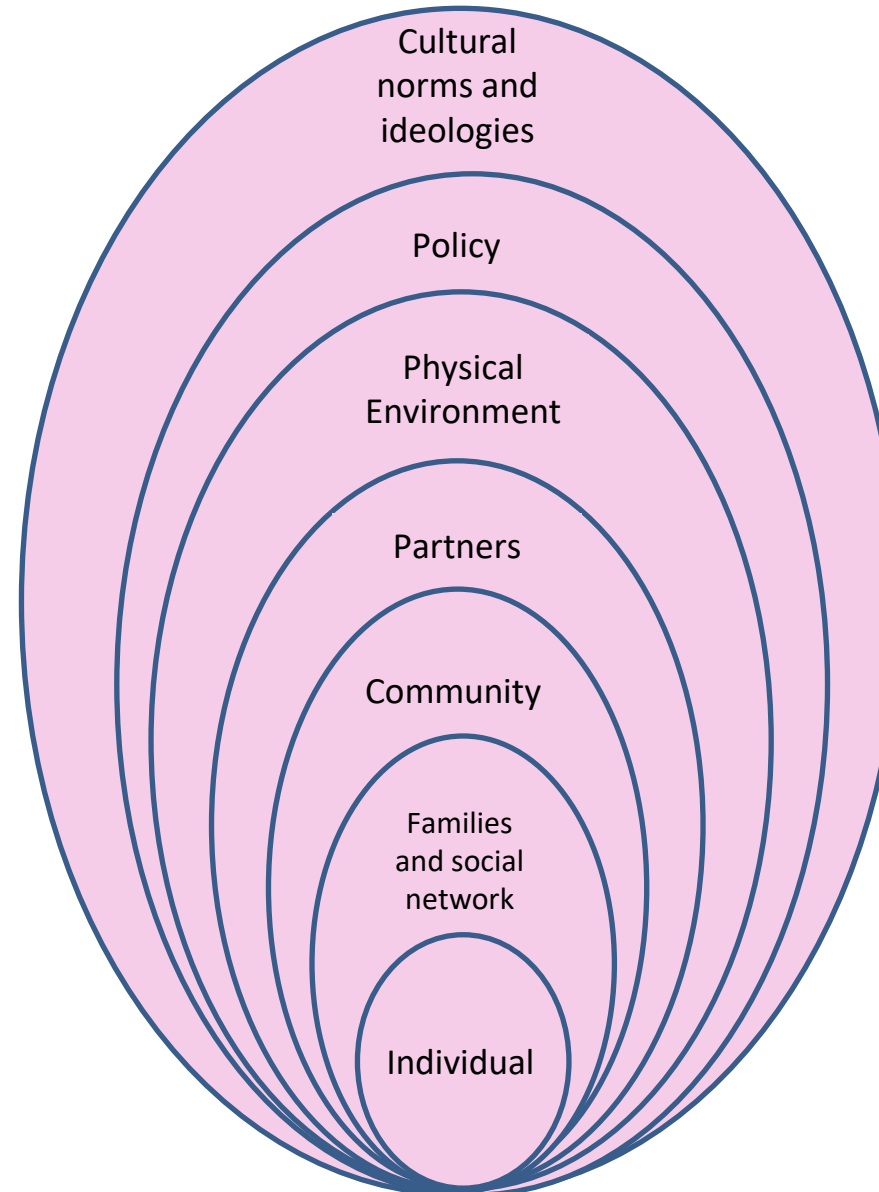
Approach

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

Action 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 focused
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 areas of deprivation 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
- Looked After Children & Care Leavers
- People who identify as LGBT+
- Black, Asian & Minority Ethnic residents 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.

Reducing levels of sedentary behaviours, such as sitting less, will have an equally significant positive impact on our health and wellbeing.



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



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

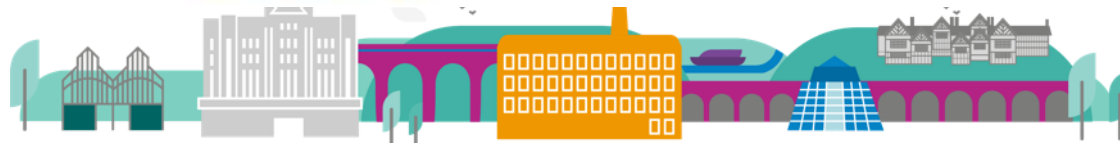
- Physical & mental wellbeing
- Individual development
- Social & economic inclusion
- Strong communities
- Environmental sustainability



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



Case Study 1

activeAGEING
IN STOCKPORT

www.ageuk.org.uk/stockport

- In partnership with Age UK Stockport, Stockport Council and Stockport Homes, the programme was aimed at helping individuals aged 55+ who have experienced a significant life event by supporting them to become more physically active as part of a healthy lifestyle.
- Active Ageing provided:
 - Peer Mentor support (for 12 weeks)
 - FREE Activity passes
 - An inclusive activity timetable
 - On-going support and advice
- View our fantastic video of Fred and Rob here:

[Active Ageing – Fred and Rob](#)

- For more information, please visit:

[Active Ageing in Stockport](#)



Sport England - Active Ageing in Stockport

LOTTERY FUNDED

greater
SPORT

SHG
The team, transforming lives

lifeLEISURE
FITNESS SUPPORT ENJOY

Stockport
ageUK

Greater Manchester
Moving > < < <

STOCKPORT
COUNCIL

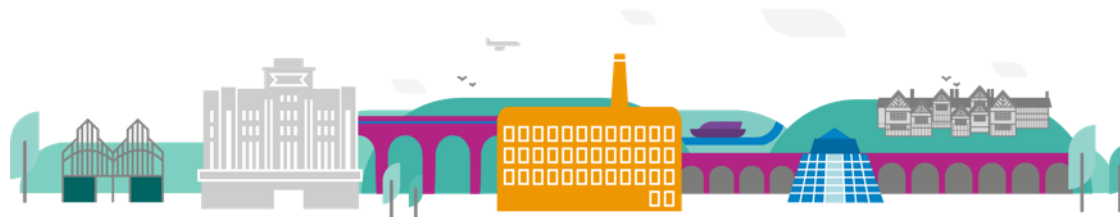
Vision & Objectives

What are we trying to achieve?

‘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

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

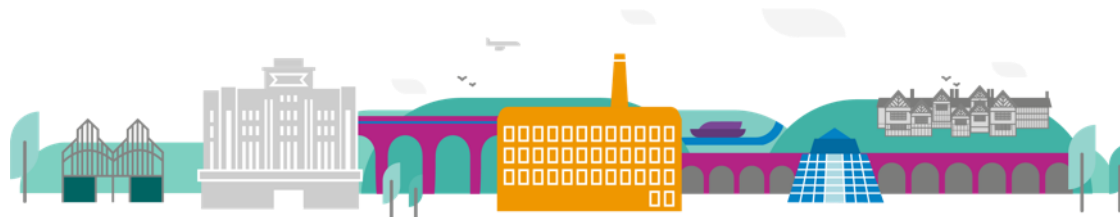
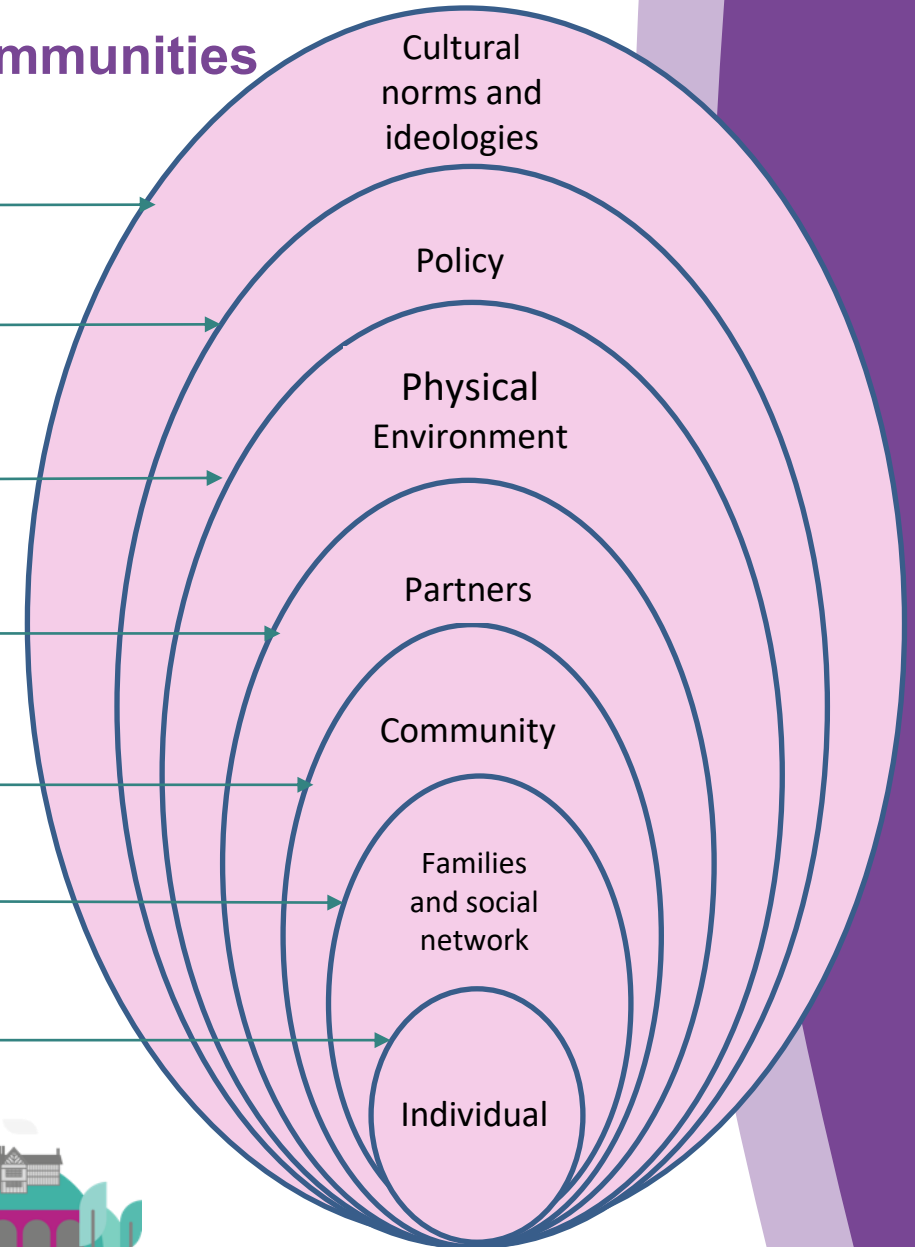
Built, natural environment and green space, transport links, cycling and walking networks

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



We will take a whole systems approach – where we look at all factors that will enable and help everyone 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

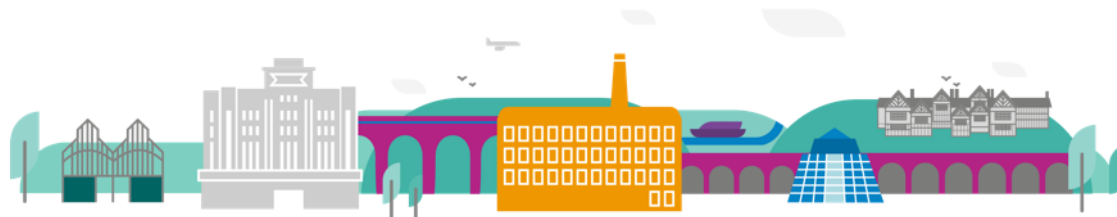
We believe that everyone has a role to play with the public sector leading by example.

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



ALL TOGETHER AS ONE



ONE HEART ONE HOME ONE FUTURE

OUR VISION FOR 2030

We Will;

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

Leaders and enablers

Clear communications

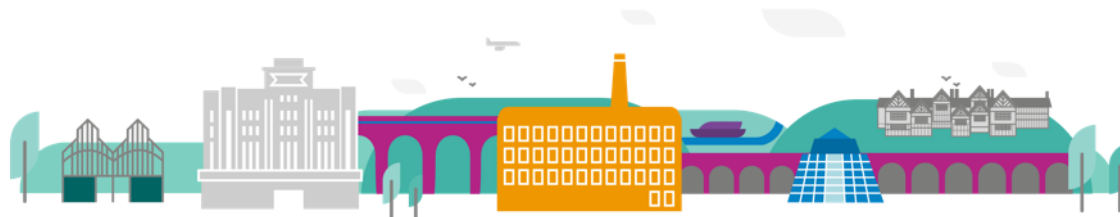
Led by learning, insight and evidence

Collaborative

Inclusive

Ambitious

Innovative



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**



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 anti-depressants

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



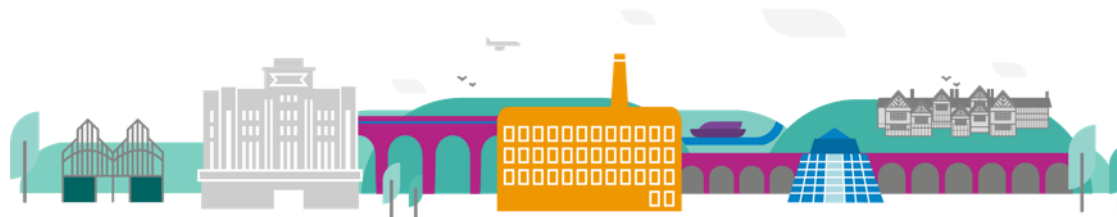
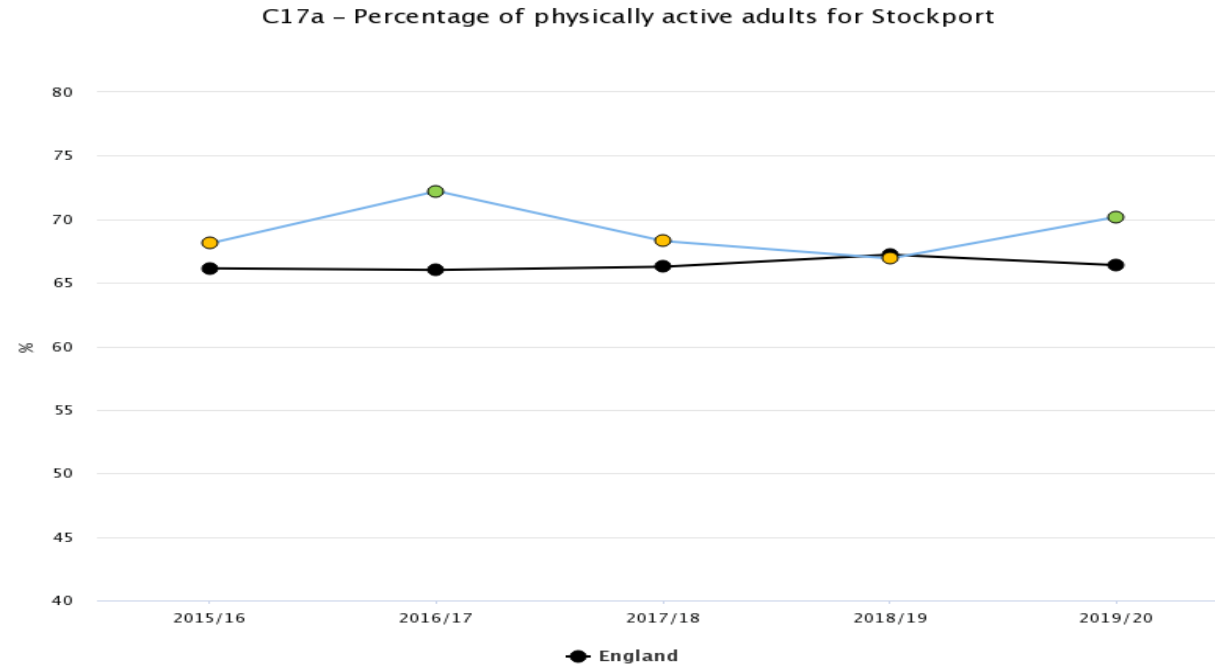
Data & Insights

How active are we?

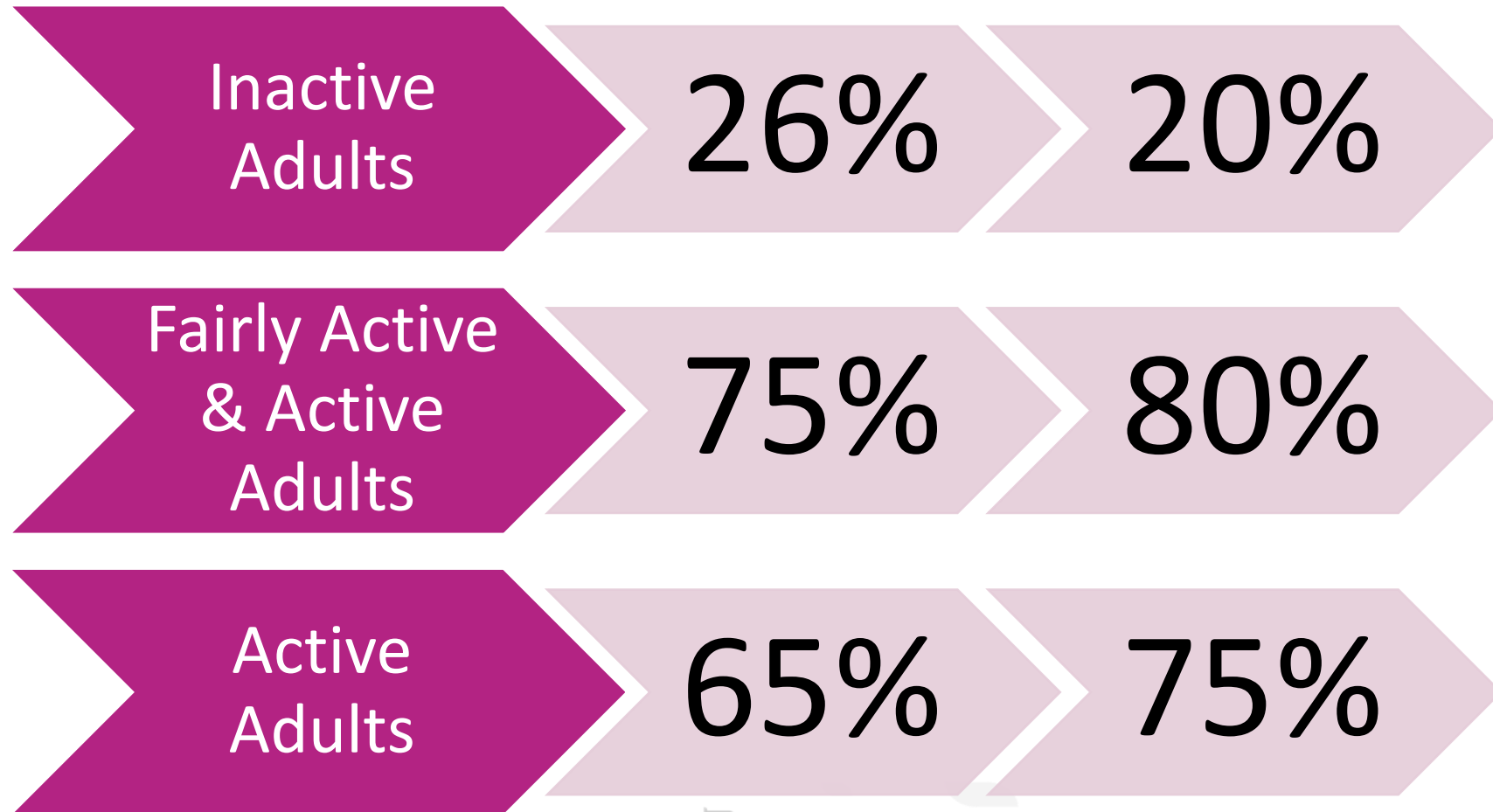
Adults October 2021

	Active (an average of 150 mins+ per week)	Fairly active (an average of 30-149 mins per week) & Active	Inactive (less than an average of 30 mins per week)
Stockport	64.8%	74.4%	25.6%
England	60.9%	71.3%	28.7%
NW	59.6%	71.1%	28.9%
GM	58.0%	69.5%	30.5%

Adults - Stockport Physical Activity Trend



What will success in Stockport look like by 2030?

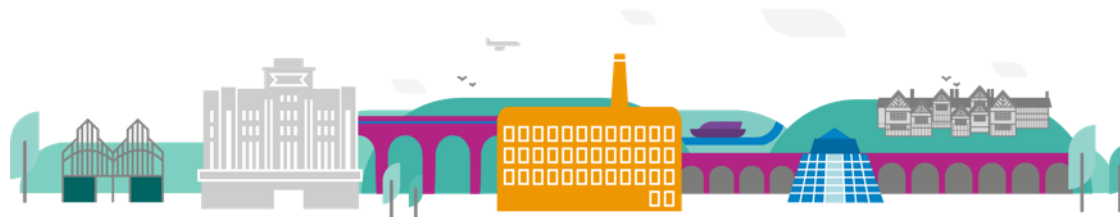
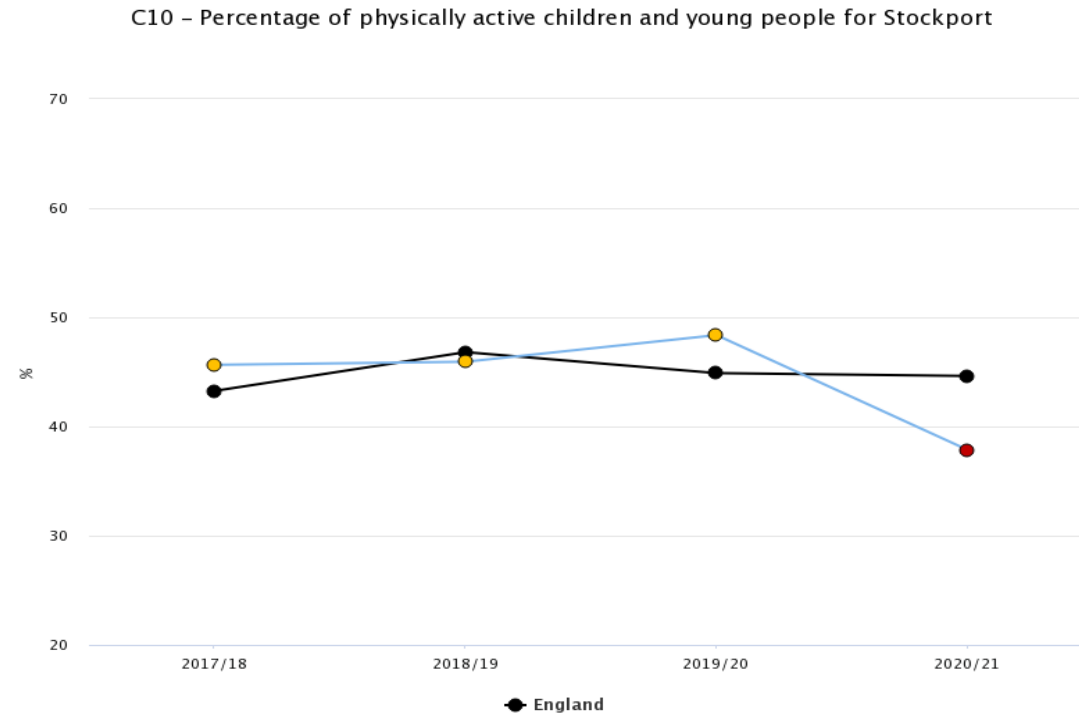


How active are we?

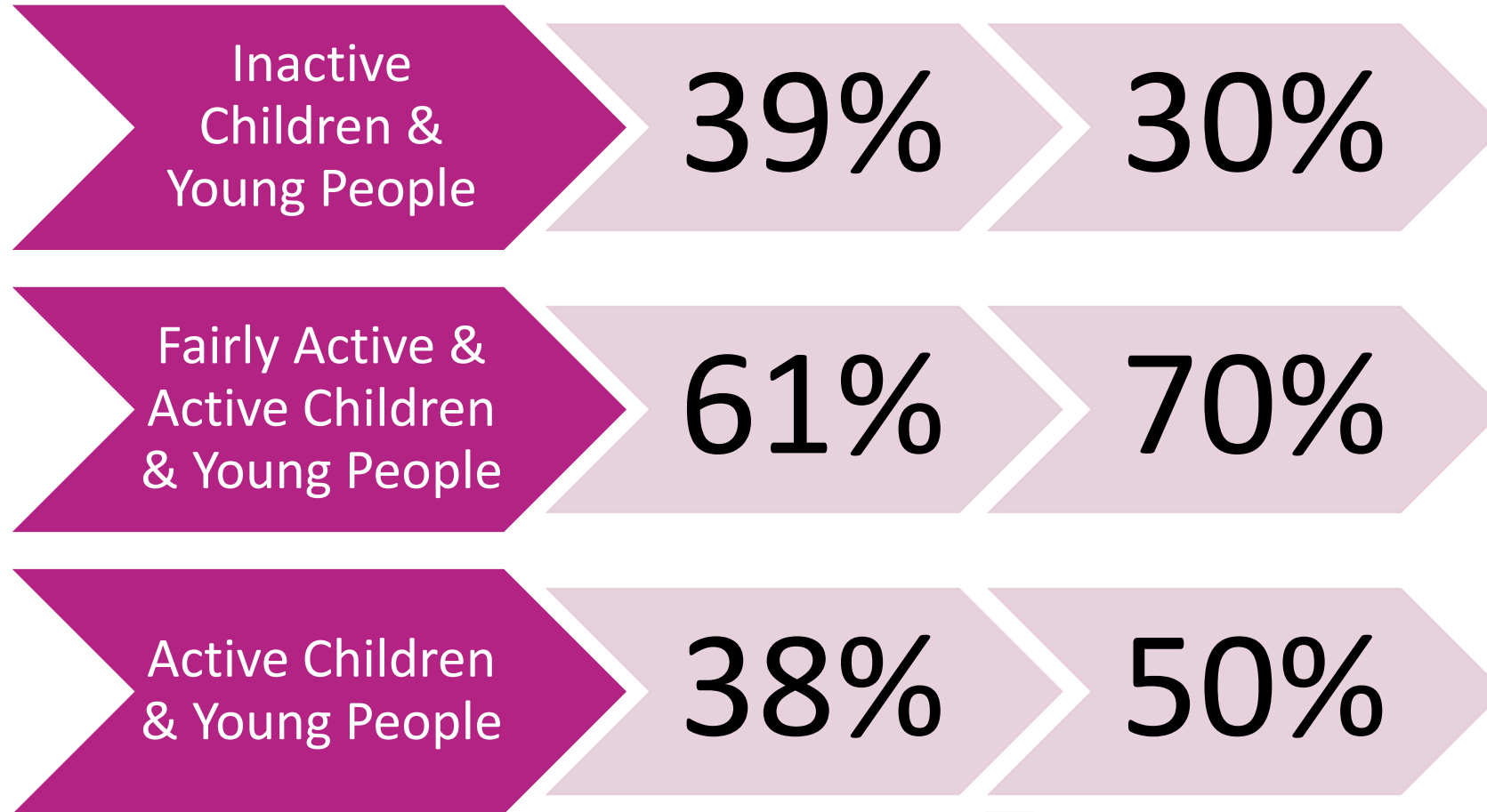
Children & Young People Academic Year 2020 - 2021

	Active (an average of 60 mins per day)	Fairly active (an average of 30-59 mins per day) & Active	Less Active (less than an average of 30 mins per day)
Stockport	37.9%	61.2%	38.8%
England	44.6%	67.6%	32.4%
NW	44.0%	61.8%	34.2%
GM	41.7%	63.4%	36.6%

Children & Young People – Stockport Physical Activity Trend

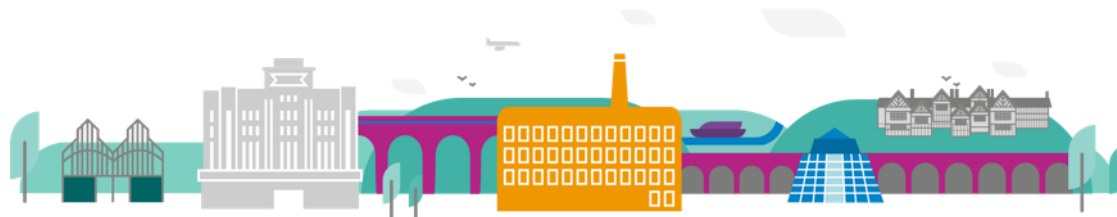


What will success in Stockport look like by 2030?



What are the challenges?

- Approximately **26,000 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 £7,000,000
- 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



Case Study 2

Meet Mary

STOCKPORT
MOVING
TOGETHER

Mary lives in North Reddish and was shielding when she contracted COVID October 2020.

“Receiving the COVID pack was very exciting. The pedal exerciser is brilliant, I can do it when I’m watching tv at night, and it just keeps my muscles moving.”

“The exercises we do are all part of helping us in every-day life, such as reaching around to put a seat belt on and ‘stepping around a cat’, which has been brilliant for my balance.”

Meet Lindsey

Lindsey is the Activity & Lifestyle Facilitator at Borough Care.

“During lockdown our residents have found it very difficult to keep motivated, the lack of family visits and trips out from the home have made it difficult to keep spirits up. The activity packs that were donated to us from Life Leisure have been an invaluable part of keeping us moving and motivated.”

“The residents look forward to the weekly armchair sessions, and daily wake up sessions. The packs have been added to with things that we find work for our residents, and we have also taken packs into rooms of residents that have had recent falls to use the strength bands.”



How active should we be?

Physical activity for early years (birth – 5 years)

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

BUILDS RELATIONSHIPS & SOCIAL SKILLS	MAINTAINS HEALTH & WEIGHT	CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
IMPROVES SLEEP	DEVELOPS MUSCLES & BONES	ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 180 Minutes per day for children 1-5 years

PLAYGROUND	JUMP	CLIMB
MESSY PLAY	THROW/CATCH	SKIP
OBJECT PLAY	DANCE	GAMES
PLAY	TUMMY TIME	SWIM
WALK	SCOOT	BIKE

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)

BUILDS CONFIDENCE & SOCIAL SKILLS	STRENGTHENS MUSCLES & BONES	MAINTAINS HEALTHY WEIGHT
DEVELOPS CO-ORDINATION	IMPROVES SLEEP	MAKES YOU FEEL GOOD
IMPROVES CONCENTRATION & LEARNING	IMPROVES HEALTH & FITNESS	

Be physically active

Spread activity throughout the day

Aim for an average of at least 60 minutes per day across week

All activities should make you breathe faster & feel warmer

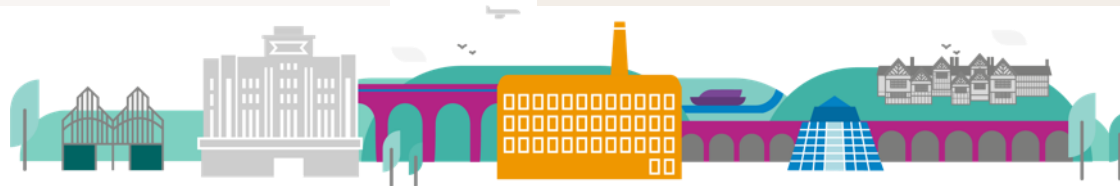
PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Activities to develop movement skills, and muscle and bone strength ACROSS WEEK

Get strong **Move more**

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



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%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

to keep muscles, bones and joints strong

Build strength

on at least **2** days a week

Gym, Carry heavy bags, Yoga, Stairs, Sport, Run, Brisk walk, Cycle, Swim

Minimise sedentary time

Break up periods of inactivity

Icons: person on sofa, person at desk, person walking

Improve balance

For older adults, to reduce the chance of frailty and falls

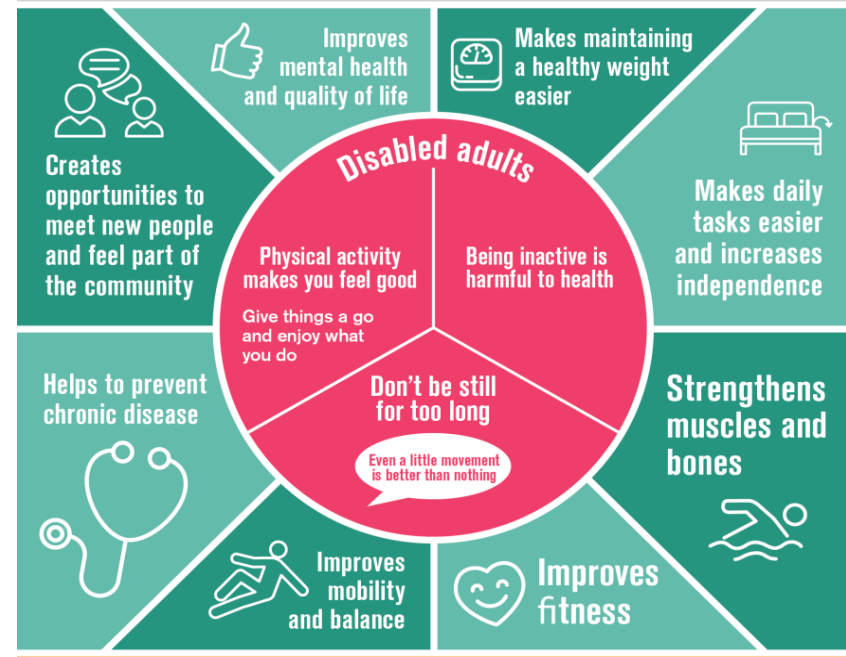
2 days a week

Icons: person dancing, person doing Tai Chi, person playing bowls

UK Chief Medical Officers' Physical Activity Guidelines 2019

Physical Activity for Disabled Adults

Make it a daily habit



Do strength and balance activities on at least two days per week

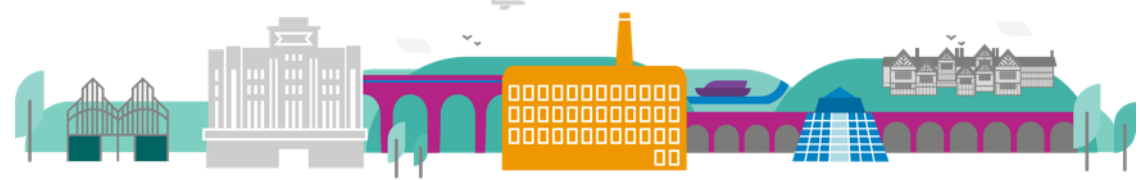
For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:

Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity

UK Chief Medical Officers' Physical Activity Guidelines, 2019



Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually

Already active? Keep going

Throughout pregnancy aim for at least **150 minutes** of moderate intensity activity every week

Home

Out and about

Leisure

Do muscle strengthening activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt

Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for women after childbirth (birth to 12 months)

- Time for yourself - reduces worries and depression
- Helps to control weight and return to pre-pregnancy weight
- Improves tummy muscle tone and strength
- Improves fitness
- Improves mood
- Improves sleep

Not active? Start gradually

Active before? Restart gradually

aim for at least **150 minutes** of moderate intensity activity every week

Out and about

Leisure

Home

Start pelvic floor exercises as soon as you can and continue daily

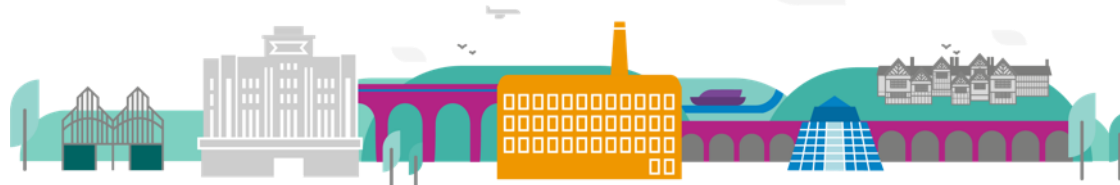
Build back up to muscle strengthening activities twice a week

It's safe to be active. No evidence of harm for post partum women

Depending on your delivery listen to your body and start gently

You can be active while breastfeeding

UK Chief Medical Officers' Physical Activity Guidelines, 2019



Inequalities

Key findings:
Data and Insight

Deprivation

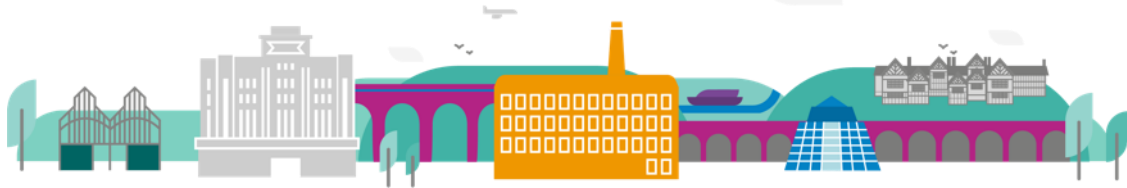
Analysis of inactivity levels at Middle Super Output Area (MSOA) reveals a very different picture across Stockport and identifies cohorts of the population where inactivity rates are very high.

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.

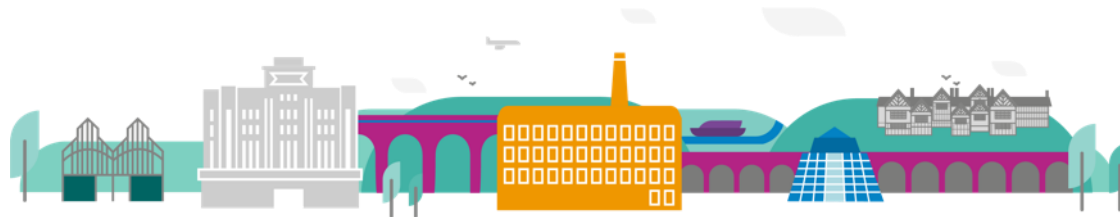
Something is better than nothing. Start small and build up gradually: just 10 minutes at a time builds up benefit.

	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%)



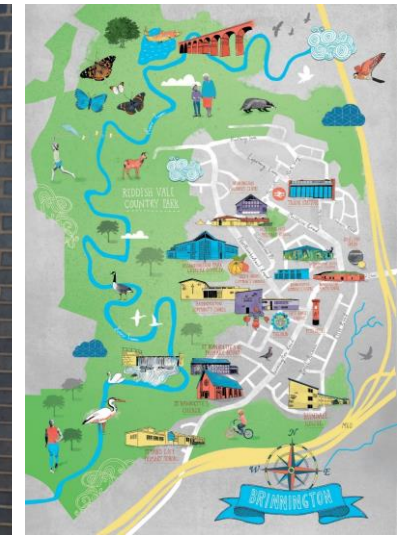
In particular we want to see increased rates of physical activity in:

- Our areas of deprivation
- Residents not in employment or training
- People with long term health conditions
- Older adults
- People with specific needs or disability
- Women and girls who are least active
- Young people Not in Education, Employment or Training (NEET)
- Young and adult carers
- Looked After Children & Care Leavers
- People who identify as LGBT+
- Minority ethnic residents



Case Study 3

Brinnington Maps



Brinnington residents can explore what their local area has to offer thanks to the development of 3 illustrated maps

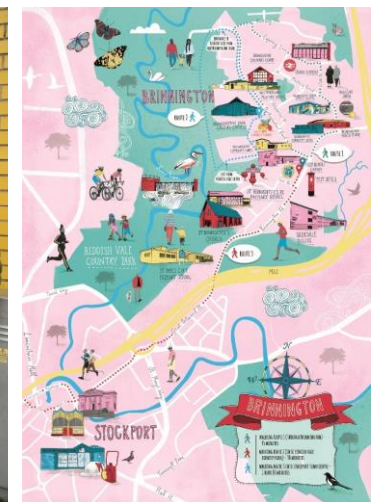
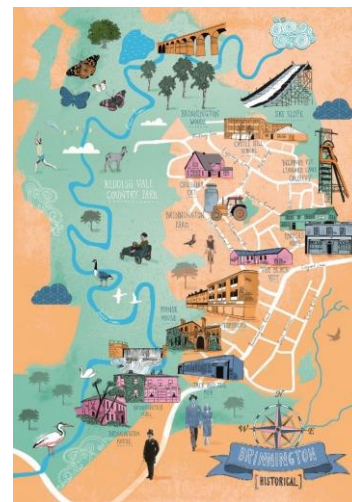
The first map is set to launch on Tuesday 23rd February, with 2 more maps to be released throughout 2021!

Residents & organisations came together through a group called "That Counts in Brinnington Forum" to create the maps!

Did you know...

- Around three-quarters of Brinnington is surrounded by green space? Much of this is neighboured to Reddish Vale Country Park!
- The Trans Pennine trail, which is 215 miles long runs partly through Stockport (approximately 2 miles) on the old "Dead line" which is a disused railway line!
- Brinnington has an allotment space which is the size of 3 football pitches!
- There are 7 tower blocks in Brinnington. 1 tower block is around 50m high, which is the same height as Niagara Falls! Putting 3 towers on top of each other is equivalent to the height of Blackpool Tower! Put all 7 on top of each other and it eclipses the Eiffel Tower!

Download the map:
www.lifeleisure.net/brinningtonmaps/



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.

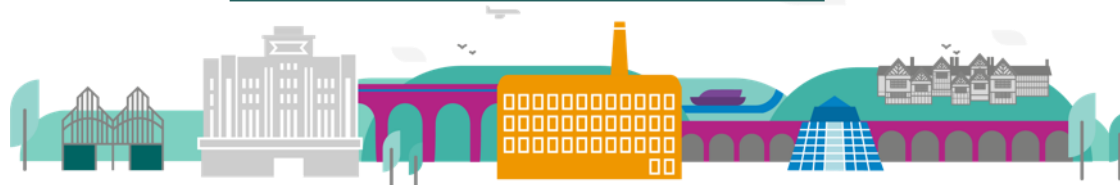
Focus on building routines: make activity fit into your life. Time is the biggest perceived barrier to activity so this needs to be addressed.

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.



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

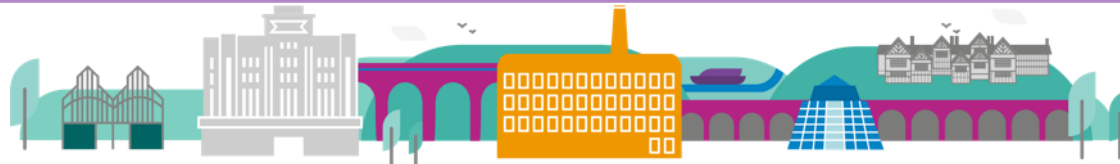
Getting fit / healthy and losing weight– works as a motivation for other people, especially following a health scare or change in personal circumstance.

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.



Implementation

Implementation Actions

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

Action 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 for all

Action 2:

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

Action 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 for all

Action 4:

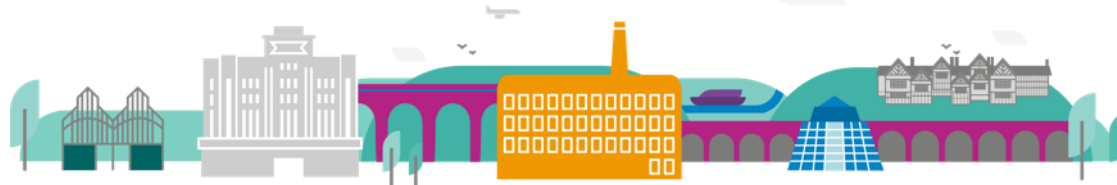
Identifying, encouraging and extending the range of support for our community groups that deliver programmes to promote and support physical activity for all

Action 5:

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

Action 6:

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



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



Case Study 4

Reducing Inactivity for Children and Young People with SEND through workforce development initiatives.



Some children were very anxious and parents had to consider the safety of their children and how to manage activity outside safely as activity centres closed.

Our aim was to listen, learn, support and inspire families to be active in their own home.

We created kit bags, a YouTube channel and webinar on how to get the most from the activity bags, activity cards with a QR code on it linking it to video content and a 'live' broadcast featuring a 'coach' beamed into families' living rooms.

Family A: Their child saw some friendly faces, loved the kit and enthusiastically engaged with everything!

Family B: Said it was great that they could role model the activity to their child and can see what they can do and are unable to do, it was very eye opening and enjoyable!

Family C: Were so grateful for taking part as they said it took the hard work out of having to think and prepare something for the whole family to take part in. It was well delivered, really clear and can be adapted for different ability levels which was superb.

Every family has reported that this project has stimulated an increase of activity in the home and with their SEND child or young person.

The project has the ability to begin the process of behaviour change in parents / carers, being 'activity activators' in small simple steps within the home with their SEND child or young person and that, is what we wanted to achieve.

WHAT NEXT FOR THE PROJECT?

We are going to carry out a 'test and learn' study with a group of 5 families where children are inactive over a period of 12 weeks, including the summer holidays. The aim of the project is to examine whether this intervention can sustain activity over a longer period of time.

We will continue to have further exploratory discussions around engaging with an interested partner who would deliver this project to their community with the aim of increasing activity levels in the home with the parent / carer being the 'activity activator'.



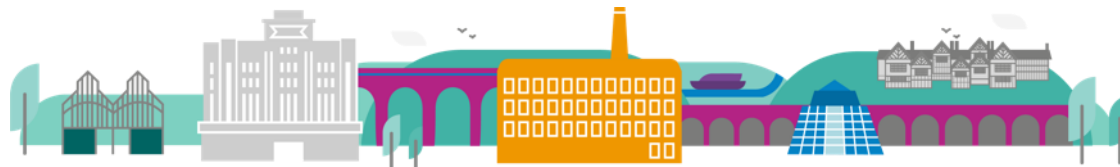
Partners

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



Seashell



STOCKPORT
MOVING
TOGETHER

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.



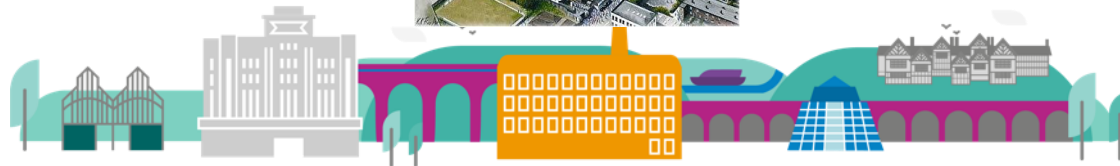
3 youth clubs run community centres and community spaces



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



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.

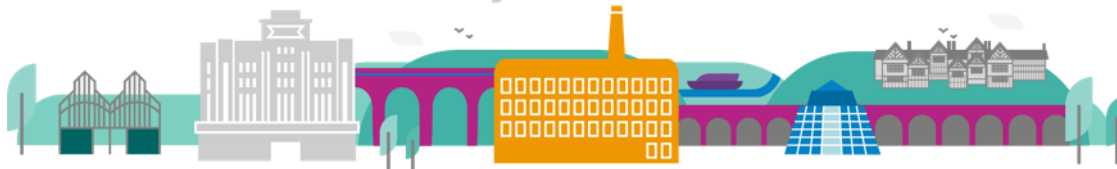


Other local assets include;

- 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 and the Seashell Trust

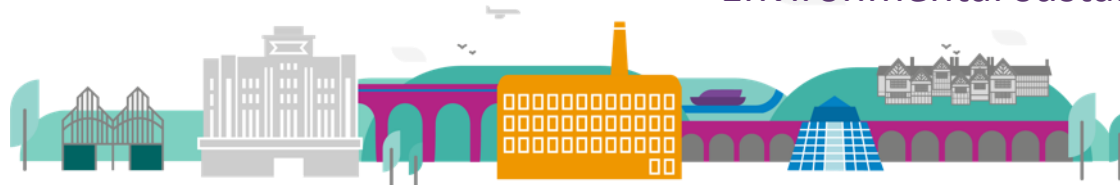


Outcomes

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



Case Study 5

STOCKPORT SHAPES ALLIANCE




STANDING LONG JUMP
HOW FAR CAN YOU LEAP?

1 2 3 4 5 6 7 8


TAKE OFF

Jump from 2 feet to 6 feet. Practice the frog position as the teacher counting number aloud to make sure you are the first frog to see how far you can jump!



THE BIG LEAP

All have their responsibilities to make themselves stand. The more we really engage in and get really committed to our role, the more we get the biggest jump or highest number of jumps. Remember, more great, the better, better it is!



SPEED BOUNCE
HOW FAST CAN YOU LEAP?

How many jumps can you do? Practice a fast take-off, jump high and land a quiet landing. Practice counting to 10 jumps fast!

VERTICAL JUMP

12
11
10
9
8
7
6
5
4
3
2
1


THE BIG LEAP

HOW HIGH CAN YOU LEAP?

How can you be a champion? Practice a fast take-off, jump high and land a quiet landing. Practice counting to 10 jumps high!

A big well done to the 7500 participants

198	179	100	110	210	210	210	204
210	210	210	GIANT LEAP	210	180	120	
210	210	120	210	210	210	210	
210	210	120	120	120	210	210	120





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 if required based on insight and re-invigorate.

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

Indicators of change across the physical activity system will be aligned to 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



Governance & Implementation Mapping





Links to Other Stockport Strategic Priorities



ONE Stockport Borough Plan



 <p>ONE HEART</p>	 <p>ONE HOME</p>	 <p>ONE FUTURE</p>
<p>At the heart of Stockport are its people and the communities in which they live.</p>	<p>Stockport is a great place to live, where no one is left behind.</p>	<p>Growing, creating and delivering a thriving future for Stockport.</p>
<ol style="list-style-type: none"> 1 A caring and growing Stockport Stockport is a great place to grow where children have the best start in life 2 A healthy and happy Stockport People live the best lives they can - happy, healthy and independently 3 A strong and supportive Stockport Confident and empowered communities working together to make a difference 	<ol style="list-style-type: none"> 1 A fair and inclusive Stockport A borough for everyone - diversity and inclusion is celebrated and everyone has equity of opportunity 2 A flourishing and creative Stockport Stockport is an exciting place to live, where people are active and celebrate the culture 3 A climate friendly Stockport Stockport is a responsible and sustainable borough 	<ol style="list-style-type: none"> 1 An enterprising and thriving Stockport A thriving economy which works for everyone 2 A skilled and confident Stockport Everyone has the opportunities and skills to successfully achieve their ambitions 3 A radically digital Stockport A digitally inclusive and dynamic borough



Case Study 6



Active Communities Experiences & Bridge Hall Primary School Partnership

ACE/BHPS Progress Report. January 2022

3 ACE/BHPS Collaboration

BRIEF HISTORY

- NOV 2020**
BHPS invests in 36 memberships for Year 5 and 6 pupils. Access to unlimited sports and activity classes with professional coaches after school, six days a week. Dec 2020 - July 2021.
- SEPT 2020**
Bridge Hall Primary School (BHPS) gift facility use to Bridge Hall not-for-profit Active Communities Experiences (ACE). ACE runs evening sports and activity coaching sessions for all members of the local community. Members have access to all classes for £10 a month membership. Activities for all ages and abilities - Football, netball, dance, gymnastics, boxing, walking, pilates, yoga (to name but a few).
- DEC 2020**
ACE support BHPS by donating a selection box for each pupil, organising a visit from Father Christmas and donating £500 towards the Pupil Christmas Gift fund.
- MARCH 2021**
ACE deliver after school sports coaching classes free of charge - including football, dance and gymnastics sessions. (8 March - 29 March 2021)
- MARCH 2021**
BHPS invited ACE to quote for lunchtime and after school sessions during the school term (12pm - 1pm and 3.15pm - 4.15pm). Governor approval granted. PROVISION ONGOING.
- MARCH 2021**
ACE successfully bid and win Sport England Activity Provision grant on behalf of school and are awarded highest allocation in Borough - £6,000. ACE to enhance provision at school and upgrade/add to equipment shared by ACE and BHPS.
- MARCH 2021**
ACE win bid for SMBC's Holiday Food and Activity Fund in collaboration with BHPS. 32 funded places each week for a two week period. Places allocated to local vulnerable children to receive hot food and organised sports/activities over the Easter Holidays. Preference given to BHPS pupils.
- JULY 2021**
ACE win bid for SMBC's Holiday Food and Activity Fund in collaboration with BHPS. 45 funded places each week for a four week period. Place allocated to local vulnerable children to receive hot food and organised sports/activities over the Summer Holidays. Preference given to BHPS pupils. ACE recognised as flagship HAF provider within SMBC and model used as a blueprint for other providers to follow.
- OCT 2021**
ACE win bid for SMBC's Holiday Food and Activity Fund in collaboration with BHPS. 43 funded places over a 5 day period for local vulnerable children to receive hot food and organised sports/festive activities over the October Half Term holiday. Preference given to BHPS pupils.
- DEC 2021**
ACE win bid for SMBC's Holiday Food and Activity Fund in collaboration with BHPS. 70 funded places over a 5 day period for local vulnerable children to receive hot food and organised sports/festive activities over the Christmas Holidays. Preference given to BHPS pupils.



Appendix

Definitions of Activity



Definitions of Activity Levels

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+)

