

<b>Title</b>	Buckinghamshire Physical Activity Strategy Update
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### **Purpose of this report:**

The purpose of this report is to update the Health and Wellbeing Board on the implementation of the multi-agency Buckinghamshire Physical Activity Strategy 2018-2023, and to request that member organisations continue to support the ongoing delivery of the strategy action plan.

### **Summary of main issues:**

#### **Background**

The five-year multi-agency Physical Activity Strategy for Buckinghamshire was approved and adopted at the Health and Wellbeing Board’s meeting back in 2018.

It was agreed the strategy would be supported by an annual physical activity strategy action plan. The action plan is based on the four areas of the strategy (Active Environments, Active Communities, Skilled Workforce and Working Collaboratively). It is monitored by the multi-agency Physical Activity Strategy Steering group on a quarterly basis.

The following organisations have currently committed to actions within the action plan – Active In The Community CIC (AIRC), Aylesbury Garden Town (AGT), Buckinghamshire Council (BC), Buckinghamshire Clinical Commissioning Group (CCG), Buckinghamshire Healthcare Trust (BHT), Leap, Live Well Stay Well (LWSW) and Healthy Minds Oxford Health Foundation Trust (OHFT).

The action plan is now coming to the end of its third year of implementation. Partners have worked together during Covid to support residents which is reflected in the actions that have been achieved during Year 3 and those planned for Year 4.

The latest data shows that one in five people in Buckinghamshire are inactive and do less than 30 minutes of physical activity a week.

Research shows there is a three-year difference in life expectancy between people who are inactive and people who are minimally active and sitting has even been described as the new

smoking. Inactivity increases the risk of development of over 20 chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity, mental health and musculoskeletal conditions. But research also shows that those who do the least activity stand to benefit the most from just increasing their activity a little, even if it's just small changes like sitting less, standing often and moving more.

Therefore this year we want to concentrate on helping our most inactive residents to be just a little bit more active. This is more important than ever in light of the pandemic which has seen exacerbations in health inequalities. Our work will focus on our priority groups as set out in the strategy including older adults, those from black, Asian and ethnic minorities, those with a lower socioeconomic status and those with long term health conditions including long-Covid.

### **Highlights of what has been achieved in 20/21 (Year 3 of the Physical Activity Strategy Action Plan)**

- 4 multiagency Physical Activity Strategy Steering Group meetings were held in 20/21, with good attendance and feedback from Partners, who have adapted to meeting virtually
- 19 members are involved in the Steering Group with representatives from 8 different organisations across Buckinghamshire
- 46 actions in the 20/21 physical activity strategy action plan were achieved by Steering Group members in 20/21 despite covid-19 pressures
- Two sub-groups of the Physical Activity Strategy Steering Group continue to feed into the action plan including the Bucks Sport and Activity for All network and the newly established Live Longer Better Alliance

The following provides examples of actions achieved from the Year 3 action plan, under each of the four areas:

#### **1. Active Environments**

- Cycle parking facilities were upgraded in High Wycombe and Aylesbury providing an extra 26% and 20% respectively gas-assisted two-tier cycle racks. Improved lighting, CCTV and a tool kit (including pump) were also installed. An [electric bike hire scheme](#) is also currently underway between Aylesbury Vale Parkway Station and Waddesdon Manor (using the Waddesdon Greenway) (BC Transport, AGT)
- 8 [nature and heritage walks](#) were mapped and promoted to residents during Covid (AGT)

#### **2. Active Communities**

- An online timetable of virtual classes was established during lockdown to support residents throughout Covid. The project delivered up to 40 sessions per week with an average of 10-12 participants per class reaching nearly 500 participants per week (BC Public Health, AITC)

- 42 physical activity related comms were posted on Facebook and reached nearly 2000 people. There were 95 reactions, comments and shares to the posts and as a result 49 referrals for physical activity were made (LWSW)
- 4 Buckinghamshire Primary Schools completed the Active Movement programme which aims to reduce sedentary behaviour among pupils and staff. Feedback from the programme was excellent (BC Public Health)
- In between lockdowns three Wheels For all sessions were conducted which allowed 48 people to enjoy all-ability cycling utilising its fleet of adapted cycles (AITC)
- COPD and Me patient education sessions which include Physical Activity education were developed and successfully piloted with patients within the BMW PCN (CCG)
- £89,393 of the Sport England [Moving Our Communities fund](#) was allocated to 26 community groups and projects in Bucks. The 26 investments/projects were targeting the following key under represented and to address some the inequalities in activity levels: 12 engaged ethnically diverse communities, 9 low-income households, 3 with long term conditions and 2 disability groups. Additional funding from Sport England has also been approved for 2021/22 (Leap, Heart of Bucks, Sport England)

### 3. Skilled Workforce

- 12 new Simply Walks volunteers were trained virtually and were ready to lead walks post lockdown (BC Transport)
- 12 online coach and instructor workshops delivered supporting the softer skill acquisition needed to engage with underrepresented inactive resident groups. 108 Bucks' based instructors and coaches joined the workshops (Leap)
- The Active Medicine programme has trained over 300 resident facing professionals (including Health Care Professionals), VCS workers and Social Prescribers to have positive conversations about regular movement and physical activity particularly targeting conversations with underrepresented and inactive residents (Leap, Get Berkshire Active, Active Oxfordshire, CCG, BHT – As of May 21 1000 resident facing roles across the BOB ICS area)

### 4. Working Collaboratively

- The multiagency physical activity strategy steering group collectively promoted national resources and physical activity opportunities including Sport England's Join the Movement, We are Undefeatable and the NHS Better Health Campaign (All steering group partners)
- 10,000 home wellbeing packs were created to support adults in later life (70+yrs), particularly those extremely clinically vulnerable or shielding, to move more and rebuild strength, balance and cognitive function whilst at home waiting for restrictions to ease. These packs were distributed by over 75 VCSE organisations and 100s of volunteers to residents across Buckinghamshire (Leap, BC Public Health, Community Boards and Sport England)

## **Actions planned for 21/22 (Year 4 of the Physical Activity Strategy Action Plan)**

The following provides examples of actions from the Year 4 action plan, under each of the four areas:

### **1. Active Environments**

- Pilot the Play Streets initiative in Aylesbury which enables residents to close their street for a few hours, so that children can play safely outdoors and neighbours can interact. If successful, look to roll it out across Bucks as a permanent scheme that all residents can apply to take part in (AGT, BC Transport, BC Public Health)
- Deliver improvements to at least 3 play areas or skate parks across Buckinghamshire, prioritising areas of higher levels of deprivation and (BC Country Parks and Green Spaces)

### **2. Active Communities**

- Establish two Active Communities in Buckinghamshire (one in Wycombe, one in Aylesbury) utilising a whole-systems approach to the reduction of sedentary behaviour working with multiple community components such as Schools, GP Practices, Pharmacies, Retailers, Care Homes and Parks with the community residents in the centre of the approach (BC Public Health, Communities, Leisure, Transport; Leap; CCG; AGT)
- Provide targeted exercise sessions for priority groups adversely impacted by Covid including older adults, women and girls, people with a disability and children and young people from lower socioeconomic groups (AITC)
- Deliver Long Covid Clinics with a physical activity element as part of the treatment of their condition (CCG)
- Introduce a new pathway in IAPT treatment where Physical Activity levels are discussed with every patient within their assessment (CCG, OHFT)
- Deliver Holiday Hunger programmes across Buckinghamshire providing children on free school meals education around healthy lifestyles and access to healthy food and physical activity sessions during school holidays (BC Children's Services, AITC)
- Launch a High Intensity Group called "move your mood" for adults accessing Healthy Minds. This 10-week group incorporates evidence-based CBT and physical activity in the treatment of depression (OHFT)
- Run a Balancability pilot project in two Family Centres in Buckinghamshire supporting children from low socioeconomic backgrounds to gain the skills and confidence to cycle in their early years (BC Public Health, Transport, Children's Services; Leap; The Clare Foundation)

### 3. Skilled Workforce

- Conduct targeted work in two areas of Bucks to support coaches/instructors in each area from ethnically diverse communities to train as coaches and instructors with the aim they deliver back within their communities to their peers – (Leap, BC Public Health, Clare Foundation, Heart of Bucks and Rothchild's Foundation tbc)

### 4. Working Collaboratively

- Produce an up to date countywide Leisure Facilities Strategy which follows the Sport England methodology to ensure that capital investment into new facilities that will enable residents to be more active is maximised (BC Leisure, Public Health; LEAP)
- Work with the Healthy Living Centre (HLC) to promote their Youth Hub and provide an hour of physical activity to the attendees (BC Leisure, HLC)
- Continue to establish the Bucks Live Longer Better Alliance as a subgroup of the Physical Activity strategy steering group to support, guide and coordinate the offer to support adults in later life to recondition and build back physical and emotional wellbeing (Leap, BC Public Health)
- Develop and launch a multi-agency collaborative Physical Activity campaign and project around the theme of Older Adults and long term conditions to offer post-covid support for physical activity (All steering group partners)

### Recommendation for the Health and Wellbeing Board:

1. To note the progress update for the Buckinghamshire Physical Activity Strategy and action plan.
2. To commit to continuing to support the development and delivery of the annual strategy action plan
3. To review the progress of the action plan in 6 months

### Background documents:

Bucks Physical Activity Strategy 2018-2023



Physical Activity  
Strategy 2018-2023