

## Overview of Physical Activity Strategy Action Plan 2023-24

To support the delivery of the physical activity strategy in Buckinghamshire a comprehensive annual action plan is developed with partners. The action plan progress is monitored through the Physical Activity Steering Group chaired by the Public Health team at Buckinghamshire Council.

The below provides an overview of the key actions within in each of the 4 identified principles behind which a more detailed version exists.

<b>ACTIVE ENVIRONMENT</b>			
<b>Action</b>	<b>Lead</b>	<b>Dates</b>	<b>Expected Outcomes</b>
Develop guidance document including case studies for workplaces to encourage active, sustainable and green travel habits. E.g. How to guide reduced car use for work, encouraging active travel, active meetings.	Transport – Bucks Council		Agreed key messaging and advice on sustainable, active and green travel in place for use across all stakeholders.
Review policy for allocation of school transport to understand usage, latent demand and proportional service access for all.	Public Transport – Bucks Council		Service provision supports areas of greatest need, including consideration for access to education as a priority and highest risk factors relating to obesity and physical inactivity.
Create working group to support a collaborative review of the Local Cycling and Walking Infrastructure Plan (LCWIP).	Transport – Bucks Council		Sense check of policy, to ensure 'Health across the life-course' is considered throughout with schools, workplaces and local communities key considerations.
Provision of a 'Discover Parks and Green Spaces' project to provide a sustainable approach to engage residents, particularly families in walking activities via a digital application (Love Exploring)	Public Health & Community Safety – Bucks Council	May 2023	Sign-ups to Love Exploring platform. Increasing usage of local parks and green spaces
Install bike rack and tool stations in population centres / popular routes.	Transport – Bucks Council		Improve safety and behaviour to engage in active, sustainable and green travel options.
Develop interactive map showing active travel routes, incorporating bike hub sites and links to proposed training in action plan.	Transport – Bucks Council	May 2023	Increase awareness of active travel routes, increases in travel choices for short journeys.
Healthy place shaping – embed HIA's (Health Impact Assessments) into planning application protocol. (environmental appraisals, green space and recreation facilities evaluations)	Public Health – Bucks Council		HIA's stated as best practice approach in Bucks application protocol. Ensuring built environment is conducive to physical activity by embedding into policies & strategies

## ACTIVE COMMUNITIES

Action	Lead	Dates	Expected Outcomes
Develop guidance and application process to support the delivery of the 'Playstreets' programme across Buckinghamshire.	Public Health, Bucks Council	May 2023	Clear process and guidance available for residents to apply for Playstreets programme.
Deliver Love Exploring App pilot and promote in collaboration with Community Safety and Parks	Public Health, Bucks Council	May 2023	Increased usage of parks and green spaces, increasing family walking as an activity.
Deliver pilot Balanceability programmes across five family centre sites	Children Services, Bucks Council	July 2023	Increase confidence of early years using balance bikes to increase active travel and recreational activity.
Deliver BetterPoints Bucks community programme – rewarding residents for making healthy lifestyle changes including accessing local leisure sites and taking active forms of travel	Public Health, Bucks Council	April 2023	Increased residents level of activity. Residents sustaining lifestyle changes.
Development of a workplace challenge for Bucks Council, ICB and BHT employees via programme on BetterPoints Bucks	Public Health, Bucks Council	September 2023	Identification of activity levels of participants signing up to programme. Increased levels of activity from people engaging in the Workplace Challenge / Better Points Bucks programme.
Develop community champions / Community Connectors / health ambassadors to promote and sign post physical activities across all settings. e.g. in schools, community, workplace and leisure settings in disadvantaged areas	Leap		A positive culture of engaging in physical activity is supported. Availability of local role models to champion and advocate for programmes and initiatives. More people in communities and settings engaging.
Complete a family friendly review of physical activity timetabling in leisure centres. E.g. Adult classes timed with children's, family group sessions and respite for carers.	Leisure, Bucks Council		Identification of gaps in current provision to support development of new activity
Create a 'Move More Bucks' campaign including case studies of how local residents are moving more and benefitting their health.	Public Health, Bucks Council		Marketing campaign and assets available to support stakeholders to advocate physical activity and encourage people to be more active.
Creation of working group to map existing provision and development opportunities supporting women throughout pregnancy.	Public Health, Bucks Council		Provision of existing services and sessions mapped. Workforce development needs and opportunities for future interventions identified.
Promote and educate key stakeholders about HAF within the school & VCSE sectors.	HAF Team, Bucks Council		Increasing involvement in the programme from children and parents.

<b>SKILLED WORKFORCE</b>			
<b>Action</b>	<b>Lead</b>	<b>Date</b>	<b>Expected Outcome</b>
Workforce skills audit for the delivery of LTC specific programmes within physical activity referral pathways.	Leap / Public Health, Bucks Council		Identify the existing knowledge, skills and confidences in the existing and new workforce. Understand areas for continued professional development.
Provide MECC training across health and care professionals	Public Health, Bucks Council		More health and care professionals engaging in conversations about physical activity through their work.
Create the Inclusive Coach Network (Disability) for Buckinghamshire.	Leap		Providing a social learning network for coaches across the county to share practice, areas of challenge and to learn together.
Identify training needs of 0-19 service and pregnancy workforce (midwives, health visiting) and support with implementing training opportunities for physical activity conversations.	Public Health, Bucks Council	July 2023	Training needs identified; appropriate training provision implemented with supporting resources. Workforce confident in having physical activity conversations

<b>WORKING COLLABORATIVELY</b>			
<b>Action</b>	<b>Lead</b>	<b>Date</b>	<b>Expected Outcome</b>
Review latest release of 'Everybody Active Everyday' national strategy and share key findings across stakeholders in Buckinghamshire.	Public Health, Bucks Council	June 2023	Highlight key learning for application to actions across Buckinghamshire and inform key stakeholder to support consistent approach.
Provide information via the community boards on the impact of active travel on Air Quality	Environmental Protection, Bucks Council		Increased awareness of the impact of promoting / investing in physical activity from wider stakeholder groups.
Increase utilisation of BOD, working with community engagement team to identify better use of the directory ensuring all frontline staff are using and sharing this platform.	Public Health and Community Engagement, Bucks Council / Leap	September 2023	Increased use and awareness of BOD/ having one location for all services
Update local Physical Activity Profiles to inform and support local planning	Public Health, Bucks Council	November 2023	Informing future local planning of services and outcomes