

## Active Lifestyles action plan: what we'll do (April 2018 - March 2023) - 1. Active Living (short version)

Linking back to the PCC Sports & Active Lifestyles Strategy outline Plan, populate the following plan with dates for delivery, with support from PCC if required.

**Commitment to engagement and participation with all groups across the city to improve activity levels in adults and children.**  
Under this section outline what activity are going to be delivered or key actions completed?

Key: **Year 1 in Green, Year 2 in Purple, Year 3 in Blue, Year 4 in Orange & Year 5+ in Navy**

WHAT activities/services?	HOW will this be completed?	WHEN by?	WHO by?	Measured Outcomes
<i>What key actions / activities are you going to do / deliver?</i>	<i>For each activity, provide further details on what you're going to do, and how you are going to deliver this.</i>	<i>When will this be completed?</i>	<i>Who will be responsible?</i>	<i>How will each activity outcome be measured?</i>
<b>An annual review will be completed by PCC and key partners.</b>	Planned annual meetings will be held to update on the action plans and any developments. Focus will be on the vision of more people, more active, more often.	30/03/2018 and then every year thereafter	PCC along with Livingsport	Progress delivery across the city, improved participation
	Steering group meetings with Vivacity/Livingsport to feedback on clubs that want to be involved.	15/06/2018 & 15/12/2018	Vivacity, Livingsport and PCC	Meetings every 3-4 months. Developments, and actions.
<b>Agree a set of indicators that work for all partners to report back on activity and participation levels.</b>	Indicators to be used by all partners and data collected to be fed back to highlight improvements.	April, July, Oct, Jan each year	PCC and Livingsport	Data to be collected by relevant partner.
<b>Support Partnership working and advocate the importance of the Strategy.</b>	As the key driver and owner in supporting the city with activity PCC will direct and inform groups and users.	Ongoing action	PCC	Culture and Leisure team to support
<b>Refer and carry out actions or work from the Playing Pitch Strategy</b>	The PPS has been adopted and used by planning teams and all partners across the city.	Ongoing	PPC and Partners	
<b>Refer and carry out actions or work from the Facility Strategy</b>	Outline of facilities conditions across the city along with need for improvements with timeframes.	Ongoing	PCC and Partners	
<b>Advise on selected programmes and projects for the city along with commissioning and funding when applicable.</b>	Communicate and engage with group on new programmes, funding and projects that could improvement activity engagement and or participation levels across the city.	Ongoing	PCC and Livingsport	Improved data results

<b>Attend Cohesion and Diversity quarterly meetings and complete any relevant culture and sport actions.</b>	Attend meetings where possible and take on actions involving culture and sport for the city.	Ongoing	PCC	Attendance and actions
<b>Support and communicate the Integrated Communities strategy</b>	Support the work and actions coming from the strategy and link any current work with partners to deliver improved integrated communities.	Ongoing	PCC and partners	Improved participation and engagement
<b>Communicating and linking this strategy and group</b>	Link Active Lifestyles Strategy to other key city priorities by communicating with partners through this channel	Ongoing	PCC	Projects and funding delivered
	Any national funding bids available to the city to improve participation and activity are shared in a timely manner by Livingsport and Sport England.	Ongoing	PCC	Projects and funding being delivered
<b>Focus on increasing the activity levels of the over 50's in Peterborough</b>	Classes for the over 50's will be set up utilising Cross Keys Homes sheltered housing scheme communal rooms	Starting in October 2018 for 5 years	Vivacity	1 - Participation 2 - Increased awareness 3 - Improved health statistics
	Introduction of specific Lifestyle memberships targeted at the over 50's groups.			
<b>To focus on extending our exercise referral programme.</b>	There will be the addition of a 'New Starter' class and an 'Advanced' class. Provision will increase over the next 5 years from the current 7 classes per week to 10.	Starting in April 2018	Vivacity	1 - Number of participants 2 - Number of self-referrals 3 - Improved health statistics
<b>Continue to work closely with the rehabilitation teams based at PCH to provide community rehab.</b>	Another member of the health and wellbeing team will be upskilled to a level 4 instructor in order to enable to deliver programmes.	Continuing to 2022	Vivacity	1 – No referred 2 - BP / BMI 3 - Fatigue scores
<b>Support families living in supported housing schemes</b>	The Sports Development team will work with Cross Keys Homes to deliver sports activities to families living in supported housing, i.e Hope House.	Starting in July 2018	Vivacity	Number of families and children taking part in activities
<b>Volunteer opportunities within sports</b>	The Vivacity volunteering team will continue to promote volunteering opportunities within sport.	Ongoing	Vivacity	Number of volunteers

<b>Peterborough Council for the Voluntary Service (PCVS)</b>	With over 30 years experience across communities, PCVS are often the first port of call to point people in the right direction for a range of services and supplies that are often free of charge.	Ongoing	PCVS	Number of volunteers
<b>PDFL and Nene Valley Trust</b>	Working with PECT 700 trees will be planted as part of a 2 year contract to develop and replace trees.	December 2018	PDFL	
<b>PDFL and Nene Valley Trust</b>	Using postcode lottery funding set up a planter veg patch for local community groups to access and own to engage people in activity other than sport.	September 2018	PDFL	Increase use in visitors to centre
<b>Creation of Peterborough's first LCWIP - Local Cycling and Walking Infrastructure Plan</b>	PCC are one of 35 LAs to be awarded funding to create their LCWIP. Sustrans will be working with PCC to offer them strategic support in getting their plan 'approved'.	Completed LCWIP by c.Summer, 2018	PCC - Lewis Banks and Charlotte Palmer	Full adopted LCWIP
<b>Youth Services</b>	When setting up new pilots or programmes liaise with youth services especially with age groups 14-19 years.	April 2019	PCC Youth Service Team	
	Survey to be completed by youth workers outreach to evidence engagement and then results to be reviewed.	April 2019	PCC Youth Services Team	
<b>Active Lives Annual Report by Sport England.</b>	Review the annual report that is produced March each year for the previous 12 months.	March 2019	PCC, Vivacity, Solutions for health, clubs	Improvement on annual report in March 2019
<b>Encourage more walking/cycling</b>	Creating safe and attractive green routes from the City Embankment to Thorpe Meadows.	2022	Nene Park Trust	Increase in visitors
<b>Cycling and Walking infrastructure Plan</b>	PCC local cycling and walking infrastructure plan to be developed and the desire to meet the DfT target of doubling cycling levels by 2025.	September 2025	PCC and SusTrans	Double cycling levels by 2025

## Active Lifestyles action plan: what we'll do (April 2018 - March 2023) - 2. Active Education (short version)

Linking back to the PCC Sports & Active Lifestyles Strategy outline Plan, populate the following plan with dates for delivery, with support from PCC if required.

Any Educational, training, apprenticeships or skill development work to be highlighted below. Looking at engagement and participation within sports and activities with primary and secondary schools, colleges, training providers and partners.

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<b>Sport Premium Funding</b>	Confirm with Education department what framework is in place to make sure the school funds are used wisely to offer sustainability.	September 2018	PCC, Living Sport and Inspire +	Support and training framework
	Support schools to deliver the outcomes of 1 hour of activity a day for students.	Ongoing	Schools/PCC	Students completing 1 hr activity a day
	Survey to engage with students to understand their views on engagement and participation levels.	June 2018	PCC	Survey complete
	Schools to use the School Games organiser role more to engage/promote.	September 2018	Stanground College as lead	
<b>Facility Use - Especially 3G/4G pitches</b>	Schools to open outdoor and key indoor sports facilities to the local communities.	September 2018	PCC	
	Schools to encourage more recreational activities and family activities.	September 2018	Schools/PCC	
	Look at opportunities to build new pitches where funding is available for areas with no immediate access.	Ongoing	Opportunity P'Boro, PCC, Vivacity	

<b>Sustrans School Engagement Prog (Bike It)</b>	Sustrans currently works with 26 schools across Peterborough, and has been delivering its Bike It project since 2010.	March 2018 funding until 2020.	Sustrans and PCC	Annual hands up survey data
<b>Work with Primary Schools and SEND schools to offer balance biking sessions.</b>	Some primary children struggle with learning to ride bikes. We will take balance bikes into schools to work with groups.	Starts in September 2018	Vivacity	Increase in children participation in cycling sessions
<b>Public Health and Solutions 4 Health work</b>	Continue to develop the outreach schemes across the city in key locations to offer free health checks.	Ongoing	Solutions 4 Health	Improved health statistics
	Join up with Vivacity to offer a subsidised outlet after the 8 week programme.	September 2018	Solutions 4 Health and Vivacity	Improved health statistics and participation
	Trial 'Let's get moving' activity based and 'Shape up for Life' for lowering obesity levels.	April 2019	Solutions 4 health and Vivacity	Improved health statistics and participation
	Smoking referral to gyms based on when someone stops they are offered a free 2 month membership at a Vivacity gym.	April 2019	Solutions 4 health and Vivacity	Improved health statistics and participation
<b>School Facilities accessibility</b>	Schools to be approached to open during evenings, weekends and or holiday periods for access for local community groups and sports groups.	April 2019	PCC	Increase in local facilities accessed and increase in participation levels
<b>Activity and Engagement</b>	Explore a clubs forum where activity providers can meet to discuss ideas.	2019 annually	Vivacity / PCC	Meeting takes place
<b>Sport Premium Funding</b>	Explore a PE conference for the city and health Ambassador scheme to meet and discuss initiatives and best practice.	2019 annually	Schools/PCC	Conference running

## Active Lifestyles action plan: what we'll do (April 2018 - March 2023) - 3. Active Recreation (short version)

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**Active recreation can take many forms and has the most diverse range of activities from walking, dancing, bike rides, gardening, bowls, swimming, canoeing to a family kick about in the local park, any activity that achieve the minimum 30 minutes of activity a week**

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<b>Walking for health and Nordic walking</b>	More focus on businesses so that lunchtime walks groups can be increased.	May 2018	Vivacity	Number of businesses involved
	There are currently 5 nordic walks per week operating across the city.	May 2018	Vivacity	Participation levels
<b>Recreational Swimming</b>	Increase number of recreational swimmers in public swimming pools across the city.	Ongoing	Vivacity	Participation levels
	Increase number of users within dementia swimming sessions.	Ongoing	Vivacity	Participation levels
	Develop the swimming offer at St Georges Hydrotherapy pool in partnership FOSG	Ongoing	Vivacity & FO St Georges	Participation levels
<b>Drop in sports sessions</b>	Continue drop in sports sessions at parks and open spaces across the city.	August 2018	Vivacity	Participation levels
	Sports leaders and volunteers to attend locations to deliver pop up sports activities.	August 2018	Vivacity	Participation Numbers
<b>Family Fun Days</b>	Work with local sports clubs and organisations across the city to offer family fun days.	August 2018	Vivacity	Participation levels

<b>Sport Facility Open Days</b>	Develop a series of open days at leisure centres across the city to showcase opportunities and increase participation.	October 2018	Vivacity	Participation levels
<b>Holiday Activities</b>	Provide high quality holiday activities that include sport and physical activity.	Ongoing	Vivacity and other providers	Participation levels

<b>Continue to grow the Peterborough Adapted Cycling Scheme</b>	Promoting the initiative more widely which currently operates from Ferry Meadows in summer months & Athletics Track all year.	Ongoing	Vivacity	Participation Levels
<b>Inspire Peterborough</b>	Development work to continue with the gym is Stanground. Store room will be accessible from summer.	September 2018	Inspire	Increased participation
<b>Inspire Funding</b>	More funding to be applied for to increase activities on offer for local residents to access & increase physical activity levels.	Ongoing	Inspire	Increased participation
<b>Inspire Delivery</b>	Continue to attend and complete actions from the Ability Plus meetings along with the Customer Strategy survey actions.	Ongoing	Inspire and Living Sport	Increased engagement and participation
<b>Sense and Living Sport have teamed up</b>	Living Sport is now a priority CSP for Sense and both parties have produced an action plan together.	September 2018	Inspire and LivingSport	
<b>UK Deaf Sport to support work in Peterborough</b>	UK Deaf Sport has recently confirmed funding to be able to work in 3 focus areas, one of these is Peterborough.	September 2018	Inspire and Living Sport	
<b>Sports Clubs Audits</b>	Living Sport is interested to work with any sports clubs that work with people with disabilities.	Ongoing	Inspire and LivingSport	

<b>Walking for health</b>	There are currently 13 health walks set up around the city per week.	April 2019	2019	Participation levels
<b>Cycling and Walking</b>	Peterborough will increase the number of cycling trips throughout the authority area. All pedestrian areas will be developed.	2020	Sustainable Transport	Participation levels
<b>Make more areas accessible for active recreation</b>	Create better areas for people to enjoy the floor plains at Ferry Meadows.	2022	Nene Park Trust	
	Create entrances to Nene Park that are more welcoming, informative and attractive.	2022	Nene Park Trust	
	Create Canoe portage route allowing canoeists to easily travel from Gunwade in Ferry Meadows to the River Nene.	2022	Nene Park Trust	
	On behalf of PCC care for Thorpe Lea Meadows with the help of local communities.	2022	Nene Park Trust	
<b>Promote outdoor recreation and Nene Outdoors Activity Centre</b>	Provide opportunities for safe and managed wild swimming.	2022	Nene Park Trust	
<b>New Developments and Opportunities</b>	Provide a range of new recreational activities such as low and high ropes and climbing walls and children's play centre.	2022	Nene Park Trust	



## Active Lifestyles action plan: what we'll do (April 2018 - March 2023) - 4. Active Sports (short version)

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*Significant levels of physical activity and sport are delivered through a network of organisations outside of the Council. The city does not have a tradition of producing successful athletes and sports stars and there are many individuals and teams who have a natural sporting talent that will need to be nurtured and supported to enable them to achieve their sporting potential.*

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<b>Accessible Sports Activities</b>	A variety of sports sessions available for all levels of fitness and different disabilities, throughout the week.	Ongoing	Vivacity	Number of participants
<b>Park Runs</b>	Adult Parkrun taking place at Nene Park weekly all year on Saturday mornings.	Ongoing	Park Run and support by clubs/Vivacity	Number of participants
	Junior Parkrun taking place at Central Park on Sunday mornings enabling schools.	Started in January 2018	Park Run and support by clubs/Vivacity	Number of participants
<b>Local Running Clubs</b>	Support local running clubs across the city by working alongside them and GPAN.	Ongoing	Running clubs	Number of participants
	Continue to support GPAN through the provision of subsidised use of the Athletics Arena for training and events.	Ongoing	Vivacity & GPAN	Number of participants
<b>Sports Forums</b>	Work with a wide range of voluntary sports clubs across the city to engage with a wider number of participants.	Ongoing	Vivacity/PCC/ Living Sport and NGB	

<b>Facility Developments</b>	Funding from new housing developments to be used to support local communities with improved leisure facilities.	Ongoing	PCC	Increase in assets
<b>Peterborough District Football League and Nene Valley Community Centre</b>	Aim of the charity is to increase participation levels at all levels for football and other sports.	Ongoing	PDFL	Increased participation levels and engagement
<b>City Tennis Plan</b>	Peterborough and Castor and Ailsworth clubs have been working on a city plan for Tennis since July 2017.	Ongoing	Peterborough and Castor & Ailsworth club	Participation levels and more facilities available for access
	Current condition of public courts for bid highlight poor conditions, few are floodlit, limited or no booking systems.	September 2018	Peterborough and Castor & Ailsworth club	Successful bid and new and improved facilities
	Central Park and Itter Park courts to be utilised more with either a club or Vivacity as the lead within the city to manage.	June 2018	PCC	Increased usage and regular activity taking place
<b>City Cricket Plan and Projects</b>	Development meetings and the Hub taster sessions will continue and be developed across the city.	Ongoing	Cricket East	Increase in awareness and Participation
	Opportunities to increase cricket wickets and venues across the city to engage more and increase participation levels.	Ongoing	Cricket East/PCC	Increased wickets and or venues
<b>Support Sports Clubs to achieve their full potential</b>	Help to support clubs develop their organisational structure	Ongoing	Vivacity / Living Sport / NGBs	
<b>Athletics Development - Greater Peterborough Athletics Network (GPAN)</b>	Ongoing maintenance to the athletics track required to keep facility in good condition.	Ongoing	Vivacity/PCC	
	Junior Park Run now in place and headed by GPAN.	Sept 2017	GPAN	
	Communication and planning to improve events across the city.	Ongoing	GPAN, Vivacity/PCC	
	Look to develop areas and maintain them so everyone can feel safe using footpaths across the city.	Ongoing	GPAN/PCC	

<p><b>Ensure clear pathways exist for promising participants. Provide support to assist athletes with potential and those performing at a higher level.</b></p>	<p>Structures are in place and easily accessible to encourage those with the ability and desire to progress from participation through performance to higher levels.</p>	<p>Ongoing</p>	<p>Sports Aid foundation, Vivacity, NGBs</p>	
<p><b>Swimming. To provide sufficient water space to cater for the needs of current and future residents (different clubs, aquatic activities and community users) against a challenge of pools which are uncomfortably full, (impacting upon the quality of experience of users) and the ageing stock, particularly of the Regional Pool</b></p>	<p>Consider commissioning a broad ranging Feasibility Study in 2018 to consider the various options to increase the available water space.</p> <p>Maintain dialogue between PCC, Vivacity, Swim England, different user groups and City of Peterborough Swimming Club to ensure that users' needs are considered in the context of the wider swimming programme.</p>	<p>2018</p>	<p>PCC, Vivacity Sport England, Swim England/ COPS</p>	
<p><b>School Sports facilities. Measurably extend the accessibility and availability of the current stock of sports halls and other facilities to more sections of the community</b></p>	<p>Organise an city-wide event promoting the value and benefit of community use of educational facilities (community contribution and financial) to persuade more schools to make facilities available and new build schools to offer full levels of community access.</p>	<p>Sept 2018</p>	<p>PCC led, supported by Sport England, Youth Sport Trust, Vivacity, Living Sport</p>	
<p><b>Indoor Bowls</b></p>	<p>Support the Peterborough Indoor Bowls Centre to ensure that the facility remains fit for purpose at the requisite level of quality to cater for growing demand.</p>	<p>2018</p>	<p>PCC and Living Sport</p>	
<p><b>Roller Hockey</b></p>	<p>Consider the importance of developing a roller sports specific venue in the City.</p>	<p>2018</p>	<p>PCC</p>	

<b>Rowing</b>	Continue to market and promote the Peterborough Rowing Club facility. Development of facilities for Rowing and other water sports at Teardrop Lake, Hampton	Fundraising through 2018	PCC	
<b>'Come and Try' events</b>	Work with a variety of clubs and NGBs to set up low scale come and try events for people to have a go at competitions.	2019	Vivacity/sport clubs and NGBs	Increase in participation numbers annually
	Support minority groups to play sport and try new activities by taking sport out to their areas and working with their community.	2019	Vivacity/Sports Clubs and NGB	Increase in participation numbers annually
<b>Facility Development</b>	Improve sports hall accessibility so local groups and sports clubs can book and participate more often and locally.	2019	PCC and clubs	Increased facility availability and participation levels
	Improve access to community centres and small sports halls for daytime groups and minority sports.	2019	PCC and clubs	Increased facility availability and participation levels
<b>City Tennis Plan</b>	Shortage of indoor courts, not enough qualified coaches and poor membership levels mean current development is poor.	September 2019	Peterborough and Castor & Ailsworth club	Successful bid and new and improved facilities as a result, increase participation
	Aspiration is to build new indoor facilities at Peterborough Town and Castor and Ailsworth potentially relocating.	September 2019	Peterborough and Castor & Ailsworth clubs	Successful bid and new and improved facilities as a result, increase participation
<b>City Cricket Plan and Projects</b>	Diverse communities core cricket programme 2018-2019 - Play More	April 2019	Cricket East	Increase in Participation

<b>Swimming Developments and City of Peterborough Swimming Club</b>	Pools costs are inflating by operators and the club require funding.	April 2019	COPSC	
	Casual swimming needs to be marketed more and in a different way to increase.	April 2019	Vivacity	Participation levels

<b>Work with clubs offering more diverse sports and activities to enable more participants</b>	Work with sports clubs and facility operators to allow better access to facilities for training, competitions and coaching		Vivacity/Schools/NGB's	
<b>Holiday Activities</b>	Work with GPAN to provide inclusive high quality athletics coaching during the summer holidays as part of the holiday activity offer.		Vivacity/GPAN	
	Support other clubs to provide high quality sports specific clubs across the city during the school holidays.		Vivacity / Sports Clubs / NGBs	
<b>Training and support for sports coaches</b>	Provide a series of CPD courses to maintain high skill sets for coaches across the city.		Vivacity / Living Sport / NGBs	
<b>Competitions</b>	Work with the School Games Coordinator, ensure that there is a good level of active sports competitions running across the city.		Vivacity, School Games Co, Sports Clubs	
<b>Opportunity for sport and active lifestyles presence by the development of Peterborough University</b>	Development of Peterborough University facilities should reflect the recommendations of Active Lifestyles and sports Strategy	According to P'boro University timeline	Active Lifestyles Strategy	

			Steering Group	
<b>Gymnastics</b>	PCC in partnership with British Gymnastics and the 4 Gymnastics Clubs should work together on a Plan that enables the clubs to grow.	Commission for 2019	PCC, Sport England, British Gym Clubs & Living Sport	
<b>Planet Ice</b>	There is an ongoing need for the operator to invest in the facility to ensure that the venue remains fit for purpose, especially with a competitor building a rink in Cambridgeshire.	2019	Operator, PCC	
<b>Boxing</b>	Preparation of a Development Plan to support the delivery of Boxing activities in the city, especially supporting community cohesion	2019	PCC	
<b>Facility Development</b>	New leisure facility to be located in Werrington to keep up with demand. Facility to host both wet and dry services.	2020	PCC	Facility Operational
<b>Swimming Developments and COPSC</b>	COPSC require more space to develop the club. Club is at capacity for space available	2020	COPSC, Vivacity and PCC	Increased hours
	More diversity within swimming, currently swimming is predominately white British.	2020	COPSC	More Diverse Membership
<b>City Cricket Plan</b>	Successful in being awarded the Pboro Community Cricket Hub project for 3 years of funding from the Lords Taverners.	2021	Cricket East	Increase in participation
<b>Facility Development</b>	Replace or refurbish the Regional Pool to meet demand and improve services.	2022/2023	PCC	Facility Operational
<b>Greater Peterborough Athletics Network</b>	Continuing development of ParkRun at Ferry Meadows.	2022	GPAN	2 <sup>nd</sup> Run taking place