

Environment & Sustainable Communities Overview and Scrutiny Committee

20 December 2023



Outline of Presentation

Strategic Leisure Framework

- Overview
- Partnership work
- Next Steps

The average person in County Durham is expected to live in good health until they are 59 - 4 years less than the national average.

59% of adults are active (150 mins per week). This increases to 68.5% in our least deprived areas and decreased to 49.5% in our most deprived areas

36.9% of children and young people in County Durham are active (average of 60+ mins per day) *Academic year 21/22*. 31.7% are active for less than 30 minutes per day, this increases to 37% for children and young people living in our most deprived areas and decreases to 27.7% for those living in our least deprived areas.

Sport England: Active Lives Survey, Adult data and Children and Young People Activity Data, 2023



Sport and Leisure Provision

14 indoor leisure facilities

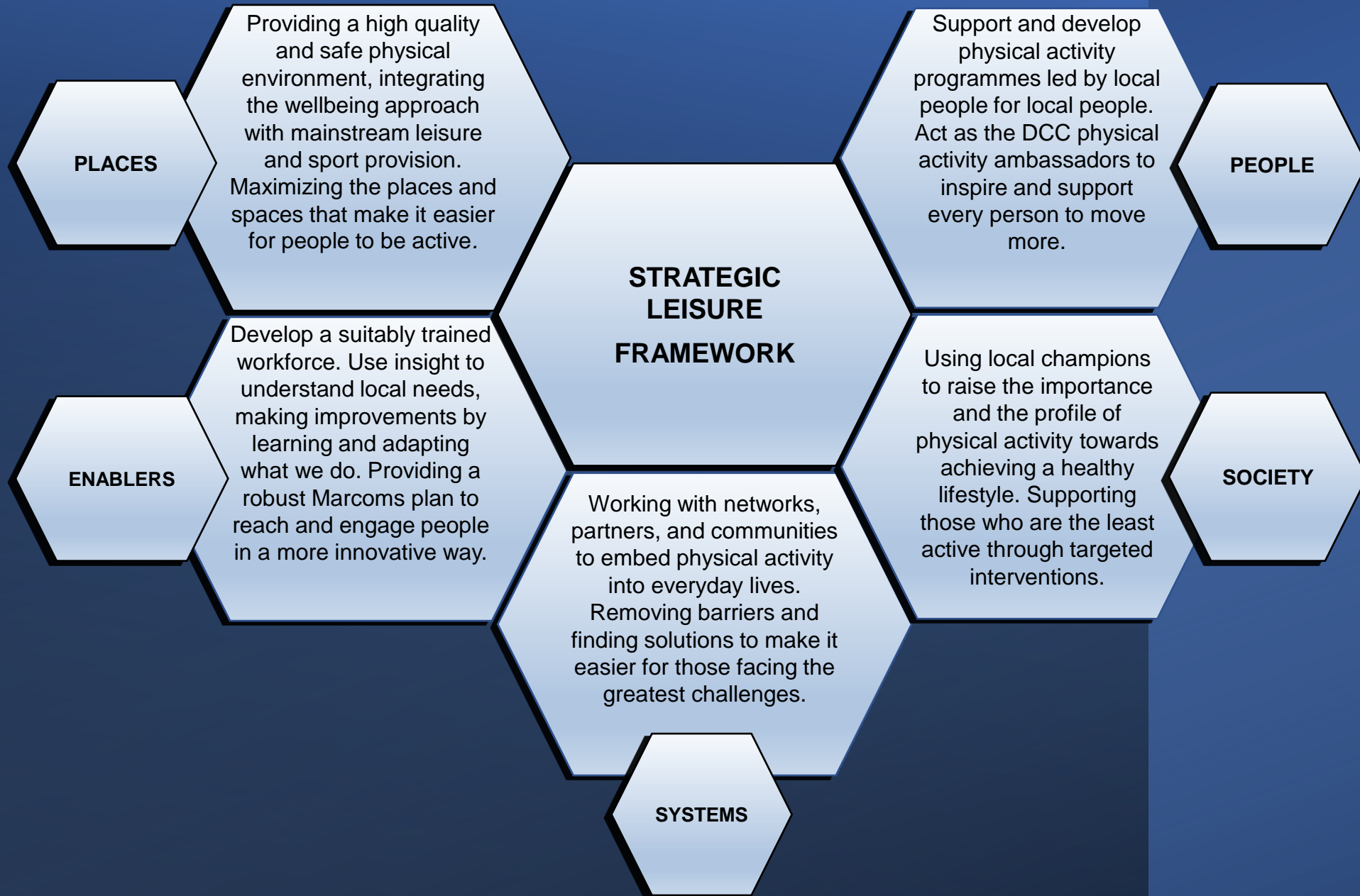
One outdoor leisure facility

Community wellbeing programme

Free digital support 'My Wellness' to be active in the home

Picture - Move Hub - Abbey Leisure Centre





'Physical Activity hubs'

Leisure Centres at the heart of local communities breaking down perceptions of leisure centres by offering something for everyone.



Walking Netball and Sofa to Cycle - Shildon Sunnydale Leisure Centre/athletics track





A strengthened partnership approach encompasses the county's wider infrastructure to get people moving



Moving Together

in County Durham



Moving Together in County Durham is our strategy to make it easier for every person to move more each day.

We have a shared purpose set out in our vision and mission. Our core principles guide collective actions, and four priority action areas will help us over time coordinate our approach and achieve our vision.

Our Vision:

County Durham residents will be more active, enabling them to live longer, healthier, and happier lives.



Our Mission:

Bringing people and organisations together with a shared purpose of helping everyone in County Durham.

- County Durham is a wonderful place to live with unique beauty, but many of us are not active enough for good health
- Building activity into all parts of our lives will help us connect with our communities to be healthier, happier, and stronger

Moving just a little more each day will benefit us at every stage of life

Starting Well

Balance and coordination
Concentration and behaviour
School ready

Living Well

Feel good and sleep better
Energised and productive
Improved immunity and mental health

Aging Well

Strength and Independence
Longer and healthier life years
Healthy brain and memory

Being active benefits our community



Cleaner air and healthier environment



Sense of togetherness and healthy relationships

Our priority areas for action



Our Core Principles



Six core principles will help guide individuals and organisations to take steps to empower, enable and support everyone in County Durham to move in ways that will help us be healthier, happier and stronger together.



Community

The heart of 'Moving Together'
People and places are our greatest power



Engage

Thinking big together
Creatively engaging and joining people together at every place and level



Collaborate

We are stronger together
Every individual, community and organisation sharing the vision



Focus

Creating equal chance together
Together removing challenges to make sure everyone has an equal chance to have better health



Celebrate

Recognising success together
Sharing and nurturing our community's success across the County



Learn

Changing and learning together
Listening and adapting to the needs of all our people and communities

children aged
years and under during school holidays

Moving Together has identified four key priority action areas:

- **Children and Young People**
- **Inclusive Communities**
- **Active Environments**
- **Health and Social Care settings**

FUN & FOOD

Holiday activities
with healthy food

Funded by the Department
for Education





Active Environment

Active travel, road safety, traffic reduction, access and rights of way, healthy build planning and design, climate change, behaviour change

- DCC
- Durham Community Action
- Living Streets
- Bluescapes
- Local Access Forum
- National Trust
- NHS England Sustainable Travel lead
- Sustrans NE
- Walk and Talk Trust

Next Steps

- Outcomes Logic Map
- Research and Insight
- Wellbeing Approach
- Moving Together in Peterlee



Any movement contributes to a healthier life and being physically active is easier for some people than it is for others. WS&L wants to contribute to changing this, connecting with local communities, partners and removing barriers for those facing the greatest challenges.

