

ANNUAL REVIEW 19/20



We want to make physical activity, including sport, the norm for the people who live, work and study in our communities

▶ Insight and understanding of people and place

By understanding the lives of the people in our communities, we can enable them to create their own opportunities to be active

Active Lives Year 3 data at county and district level produced and released. This was circulated across the county and districts and added to **Nottinghamshire Insight pages** under a newly created physical activity theme and has helped us and our partners to be more insight led in our work



3162 children, parents and teachers in Nottinghamshire

schools completed the **Active Lives Children and Young People Survey**. The Year 1 survey results were collated, shared and used to help plan future young people work

Created and shared the **Understanding People and Physical Activity** resource focusing on the motivations and barriers to becoming physically active for people within our priority groups. **The document has been used to support funding bids and marketing and engaging with target audiences**



Insight and learning sections have been created on the website, designed as a resource hub and there were **1000+** visits to these pages over the year

Facilitated conversations with partners in **Warsop** to develop new plans for enabling the community to become more active, using insight to inform and shape this work



Nottinghamshire health and wellbeing insight work continued across the districts, developing an insight led approach and upskilling the **Active Notts** and wider health and wellbeing teams

▶ A Strong System

A connected and strong system allows everyone to work together towards a shared purpose. It avoids duplication of resources, silo working and allows learning to be shared. We believe that that by working together in a collective manner we become more effective and efficient

Provision for activity over the summer for young people was delivered in Nottingham. This was initially developed for the **Nottingham Holiday Hunger Partnership** bid and although the bid was unsuccessful, this has led to connectivity and building of capacity in this area

A **Community Learning Network** was established to develop understanding and share learning of place based work in the county. Helping those involved in the work to connect with each other and explore ways of working around collaboration and leadership



Worked with colleagues within the Integrated Care System (ICS) to include physical activity in the ICS five year prevention plan. As it is now a strategic intention, it will ensure physical activity is considered within Integrated Care Plans

Working with **23** social prescribing link networkers across all Primary Care Networks to enable them to **embed physical activity as a key part of their work**

Physical activity is now a focus in all Health and Wellbeing strategies at a district level and we are active members on all Health and Wellbeing boards

Working collaboratively with wider partners from statutory, voluntary and private sectors is developing a **more connected system** at local levels

▶ Well connected, informed and supported

Communities, groups and clubs will be better connected with investment and opportunities to showcase their work and achievements. Being able to illustrate the importance of physical activity in this way, enables us to influence and affect greater change in policy and behaviour

180 Approximately 180 community and voluntary organisations provided with funding advice and support

Funding advice provided to attendees at the Bulwell Funding Fair, Undefeatable events and breakfast session in Mansfield



13 funding newsletters sent to **472** contacts within organisations across the city and county



6 funding information videos produced and posted to YouTube to support organisations in our region to access funding

Active Notts Awards held in March celebrating the people / organisations helping to make physical activity the norm for the people in our communities. **170** people attended and feedback shows an NPS score of **72**, an increase from **52** last year which indicates it was received positively



▶ Right environment, opportunities

Using the insight we gather, we can help to ensure the right opportunities are available in the right place and at the right time. This removes barriers and starts to tackle the inequalities that exist within systems and communities through physical activity

43 teachers attended the **Secondary PE and Sport Conference**. The event covered all aspects of delivering a diverse PE and mental wellbeing offer into the curriculum

31 initiatives have been funded through the **Young People's Fund**, designed to reach young people not regularly taking part in sport or physical activity, using innovative ways to get active

Girls Active Programme events have been hosted for **65** young women from six secondary schools to help equip, enable and empower them to shape the PE offer in their schools in a peer-led manner



The **Notts School Games** were held in the summer, bringing together **1500** young people from primary, secondary and special schools across Nottingham and Nottinghamshire. **100 teams** participated in **11 activities** and over **150 young people volunteered as young leaders**

The **Notts Winter School Games** were held in February with over **300 young people taking part**

200 delegates attended the **Notts Primary PE and Sport Conference** in the Autumn, the focus of the event was around supporting the personal development of every child through PE, sport and physical activity



▶ Investment

We work to connect investment directly to communities where inequality exists. We support and champion groups and individuals to develop innovative and effective ways of making physical activity the norm

£152,450 of investment levered into Notts through supporting community organisations with funding applications dedicated to help communities to become or remain active and improve health and wellbeing outcomes

Supported Nottingham City Council in securing **£90k** for **This Girl Can** work in **Active Together Nottingham** communities in St Ann's and Bulwell

£109k investment from **Sport England** was secured to support schools to open their facilities outside of the school day

£75k to support ongoing work in schools across Nottinghamshire and Derbyshire for out of school offers for non-sporty girls

£70,902 through the **Young People's Fund**, has been awarded to 31 programmes for activities across Nottinghamshire to support those working with 14-19 year olds

A **£150k** **GOGA (Get Out Get Active)** funding bid was successful in Bassetlaw to support people with a long-term health condition in the district to become or remain active. The work will be led by **Bassetlaw Action Centre** and the funding over three years will allow them to enhance their existing work for this community

Supported **Nottinghamshire County Council's**, public health submission in a successful bid of **£75k per year** for three years to deliver **Childhood Obesity Trailblazer** in four districts in Nottinghamshire

Awarded **£80k** for the development of Voluntary Community Sector (VCS) work to build relationships locally and nationally to better understand how to support sustainable VCS activities across Notts/Derbyshire

WE ARE UNDEFEATABLE

£75k of **Sport England** funding was awarded to a partnership in Mansfield to land the **We are Undefeatable** campaign locally. Mansfield CVS are leading on this work to deliver a workforce focused on enabling those with a long term condition (LTC) to become or remain active

▶ Diverse, skilled workforce

A diverse and skilled workforce empowers our communities. Our work is about listening and understanding what support the workforce need and help them to achieve these needs through training, development and learning opportunities

£80,000 per year has been secured from **Sport England** for developing the workforce across the county, running from April 2019 to March 2021

Facilitated delivery of an **Inclusive Activity Programme (IAP)** training course for **12** care home staff to better understand how adapted physical activity can support their residents



Continued to work with **Coach Core** in Nottingham to understand how to engage with young women. The national coach core apprentice of the year was a young woman from Nottingham

7 teachers from Nottinghamshire Secondary schools attended the **Girls Active Teacher Training**



Pilot of inclusive mentoring programme to explore how informal mentoring can help build a more inclusive workforce

Delivered **2 School Governor and School Business Manager** briefings to **40** attendees. Informing how to utilise the **Primary PE and Sport Premium**

Delivered **CPD offer for school practitioners**, to **107** teachers/TA's during the academic year 2018-19 and **114** teachers/TA's in 2019-20

Delivered **12 safeguarding courses** to **214** attendees and **5 first aid courses** to **58** attendees

30 organisations attended **Talking Insight** session. Sharing learning of engagement with disabled people and those with long term health conditions. Helping develop empathy and understanding across the workforce of this priority group

Worked with the pre-op team at **Sherwood Forest Hospitals**, delivering motivational training to allow more conversations with patients on how physical activity can improve their health after surgery

Two podcasts recorded and shared on inclusive activity and place-based work in **Bellamy, Mansfield**. The aim of the podcasts is to share key learning from these work areas

A voluntary sector engagement event in **Newark and Sherwood** started building relationships with **25** different partners to explore how we can work closer together to help communities be more active