



# ANNUAL REVIEW 2021/22

Let's Get Moving Leicestershire, Leicester and Rutland



# CONTENTS

<b>Foreword</b>	<b>2</b>
<b>Headline Achievements</b>	<b>3</b>
<b>Delivering our Strategic Outcomes</b>	
Better Health	4
More People	6
Stronger Communities	8
<b>Let's Get Moving Champions</b>	<b>10</b>
<b>Place based working with:</b>	
Leicestershire	11
Blaby	12
Charnwood	12
Harborough	13
Hinckley & Bosworth	13
Leicester City	14
Melton	14
North West Leicestershire	15
Oadby & Wigston	15
Rutland	16
<b>Active Together: Future Priorities</b>	<b>16</b>
<b>Financial Headlines</b>	<b>17</b>

# FOREWORD



**I've frequently spoken of the importance of understanding our places and communities as we lead change. But what have we done about it? What has been achieved?**

Our overarching shift in recent years has been towards people, place and partnerships. We are, after all, Active Together. Of course, we continue to support the progression of talented athletes – among them 58 Team Leicestershire Talent programme members in the last 12 months. But that alone is not enough if we are to achieve our vision of getting daily physical activity to be part of healthier and happier lives throughout Leicestershire, Leicester and Rutland.

We aspire to being the most physically active place in England. To be so, we must understand hundreds of thousands of people in a myriad of communities. We do so more effectively by forming partnerships with people and places. Developing our understanding of what drives people to make changes in their communities is central to our planning over the decade to come. It means our focus is on meeting unique localised needs. It means our decision-making is informed by evidence as well as experience.

Reaching some communities is relatively straightforwardly. We made huge progress this year, for example, online. Visits to our website are up 71%, delivering thousands of referrals to our partner clubs and organisations. But not everyone has access to such devices. Not everyone has English as their first language. So, what have we been doing about those groups?

As you will see, successes have come through listening to our partners and places. The St Matthews police officer who formed a community running group. The 2,875 young people who participated in holiday activities, being active and eating healthily. Or apprentice Aura – national Apprentice of the Year and among those delivering 17,000 coaching hours in our communities.

Numerous such strides forward have been made. But we are not complacent. Our 10-year Physical Activity Framework, published this year, sets out a host of challenges as well as opportunities. Communities can be complex to reach. So what are we doing about it? What have we achieved? The following pages offer you a starter of the difference our people and partners are making in our places.

Best wishes



**Bev Smith**  
Chair, Active Together

## HEADLINE ACHIEVEMENTS



visited the Active Together website, an increase of **71%** from 2020/21



people connected to Active Together through social media platforms

**£564,842**

Public Health Funding invested into county locality Physical Activity and Sport action plans, generating **281,103** attendances

**£1,845,105**

invested through our Local Sport and Physical Activity Alliances

**20**

new workplaces have pledged their commitment to the wellbeing of their workforce, with ongoing support being provided to nearly **100** workplaces and their **32,000** employees

Within the Get Active Search Engine, users accessing the directory of clubs/ organisations increased by **96% to over 74,000** and the Activity Finder increased by **170% to over 14,500** users



**£253,000** secured from the 3 Clinical Commissioning Groups to deliver the Steady Steps programme

**58** athletes supported through the Team Leicestershire Talent programme and awarded a total of **£6,481**

**£967,746**

invested into **108** local clubs, groups and organisations across LLR, of which **£535,599** invested into **85** local clubs as a result of Funding Officer support

**£76,079**

invested into **21** organisations through the Tackling Inequalities Fund, to support the communities most in need



**41,563**

young people participated in level 2 and 3 School Games & Team Leicestershire events, of whom **3,011** were disabled young athletes



**£190,799**

invested into **85** programmes and activities as schools opened their facilities to support children to be active outside of school hours. This equated to **2,200 hours of activity**, with **90% of schools** intending to sustain the activity beyond the initial investment



**2,875**

young people participated in Holiday Activities and Food programmes across **122** venues in Leicestershire. **86%** of participants were eligible for free school meals and **23%** had SEND



**7,777**

young people participated in School Games and Team Leicestershire County level events

# DELIVERING OUR STRATEGIC OUTCOMES: BETTER HEALTH

## Better Health: Key Achievements

### £253,000

secured from the 3 Clinical Commissioning Groups to deliver Steady Steps across LLR



### 11,147

players engaged in 3 Beat the Street games across targeted areas of Wigston and South Wigston, South Charnwood and Loughborough, travelling a total of **100,497 miles**



### 209

health professionals have accessed Physical Activity Clinical Champion Training

### Funding secured

to work with the Canal & River Trust and the local authorities of Blaby, Harborough and Oadby & Wigston to deliver a Blue Social Prescribing Project



### £5,160

secured to roll out a This Girl Can Positive Pause programme across LLR

**THIS  
GIRL  
CAN**

### Early Years Conference

On Saturday 12th March 2022, Active Together welcomed over 100 delegates for their annual Early Years Physical Activity, Health and Wellbeing Conference at Leicester City Football Club. The conference included two keynote speakers who discussed how physical activity levels were affected by COVID-19 and how children were supported to thrive through physical activity. The workshops included: Imaginative Play; Messy Senses; Fine Motor Development; Boosting Learning through Movement; Mindful Movement; and Risky Play. Ten external organisations were part of a marketplace to promote local services that delegates can access to help improve the wellbeing of their children and staff.

The day was fun and interactive, and it was fantastic to have so many people face to face in the same room after the COVID-19 restrictions. From those that completed the evaluation, 100% of delegates agreed that it was a good use of their time, and that the conference met their needs. In addition, 100% of delegates also stated that their overall experience was good or very good.

[www.active-together.org/active-tots](http://www.active-together.org/active-tots)



**“We will increase the amount of physical activity that we do throughout the day, by adding the dance alarm and moving more during singing time.”**

Conference delegate



## DELIVERING OUR STRATEGIC OUTCOMES: BETTER HEALTH

### Targeted Weight Management Physical Activity Project

Between January and March 2022, Active Together partnered with Leicestershire Partnership NHS Trust and University Hospitals of Leicester NHS Trust to encourage children who have neurodivergences such as Autism, ADHD or supported by Children and Adolescent Mental Health Services to be more active, following pilot funding from the CCG obesity team.

Thirteen children benefited from weekly online 1 to 1 physical activity sessions for 30 minutes over the course of five weeks. Provision included individual activity packs for each child and their family with equipment ranging from skipping ropes to beachballs to encourage fun and flexible activities. Children and their families were encouraged to be active throughout the week between sessions by building activity into their daily lives.

Group based averages show that physical activity levels and fruit and vegetable consumption increased, while screen time decreased following pre and post measurements. Feedback on the programme from participants was overwhelmingly positive.



**“This is the first pilot programme in LPT aimed at providing a wholistic approach to managing children with neurodevelopmental problems like Autism, ADHD or a learning disability who are overweight or obese. This project addressed health inequalities and helped to align the current services to NICE guidelines.”**

Dr Santhanam, Consultant Community Paediatrician

### Beat The Street

Beat the Street is an evidence-based behaviour change programme that creates a social norm around being active. It is a real-life game played on streets and parks across a community. Beat Boxes are placed around the local areas and players need to actively travel between them, scanning their card or fob to collect points for their team.

Throughout 2021 and early 2022, Beat the Street games took place in Wigston and South Wigston, South Charnwood and Loughborough and were coordinated by the local authorities in partnership with the School Sport & Physical Activity Networks and Active Together. The activity was funded by the National Lottery (via Sport England) and managed by Intelligent Health.

The games catalysed local strategies and brought partners together to deliver shared objectives around improving people's health and wellbeing, active travel and the environment. In total 11,174 players took part and travelled a combined 100,497 miles. Feedback from players suggested it had been very effective at increasing social interaction amongst families and friends as well as making significant improvements in physical and mental wellbeing.

[www.intelligenthealth.co.uk](http://www.intelligenthealth.co.uk)



**“Beat the Street Compact is being developed as a self-managed programme with Active Partnerships and trusted local partners to tackle inequalities and inactivity as part of Uniting the Movement, the Sport England Strategy. It has been a privilege for us to partner with Active Together to deliver Beat the Street Compact in the three locations.”**

Debbie Chesterman, Business Development and Partnership Manager, Intelligent Health

# DELIVERING OUR STRATEGIC OUTCOMES: MORE PEOPLE

## More People: Key Achievements

# 174

schools took part in the Daily Boost programme, with over **1.5 million** minutes of activity taking place



# 58

young talented athletes accessed **14** specialist training workshops and **£6,481** was distributed to **16** athletes most in need of financial support



## St Matthews Joggers

A new weekly beginners running group was set up for women in the St Matthews area of Leicester, by PC Nicky Whitehead from Leicestershire Police, in partnership with Active Together, Leicester City in the Community and Carley Church. A keen runner himself, Nicky wanted to pass on his enthusiasm, whilst improving the health and wellbeing of the local community and increasing their confidence. Through funding from Active Together, Nicky was able to train and qualify as a Run Leader.

Several barriers to participation had to be tackled at the start of the project. The original idea was to take the group running in Abbey Park, however feedback from the women indicated they were not confident to be seen exercising outside of their community, so instead sessions took place at the running track at Cruyff Court. Due to religious beliefs, the women wear a lot of clothing and must keep themselves covered at all times, so the sessions had to be adaptable to the weather. The group also became a walking group during Ramadan so the participants could still attend and keep up the healthy habits they had developed.



**"It has been great to have a group where I can exercise with my friends and stay in the community. I had done no exercise before as I did not want to leave the estate and there were no other groups for women to attend. I thought I would not be able to run because of my clothing but Nicky has been very gentle with us and built up our stamina slowly – I now no longer feel embarrassed to be seen exercising."**

Amina, Participant

# 7

Youth Engagement Activators worked with schools to support children and young people with mental health challenges through 'youth led' physical activity and sport interventions



# Over 40,000

children and young people, including over **3,000** disabled young athletes, engaged in School Games and Team Leicestershire events





## DELIVERING OUR STRATEGIC OUTCOMES: MORE PEOPLE

### Team Leicestershire Talent

Team Leicestershire Talent (TLT) aims to support the most talented young local sports stars to reach their full potential. In 2021/22, following an application and assessment process, 58 athletes were accepted to the programme, gaining access to elite level specialist workshops covering strength and conditioning, sports psychology, nutrition and mental fitness.

Three levels of support were available:

*Ambassadors* received fully funded access to the workshops, plus a £500 grant to support with training and competition costs; *Athletes* received fully funded access to the workshops; and *Futures* were offered access to the programme of workshops at a small cost.

In addition to the workshops, TLT also offered all athletes the opportunity to apply for grant funding to support additional costs they may incur through involvement in their sport. This money was allocated on a means-tested basis after assessment of each application by a funding panel, to ensure that funding support went to those young people and families who needed it most. In total, an additional £6,481 was distributed to 16 athletes.



**"The programme has taken a much more personable approach by supplying athletes with useful workshops and lessons to help us in our sport as well as funding to help us achieve our sporting goals. The staff have been amazing and supportive and really made me feel part of a team environment. Without their support this year, my successes would've been much harder to achieve!"**

Ben Higgins, British Indoor 400m Champion

### Providing support for Young People during Lockdown

Go-Getta CIC, a local provider of youth and community work, delivered a 'Youth Wellbeing Project' during the pandemic, which included the sourcing, production and distribution of over 400 wellbeing kits to young people across Leicester and Leicestershire.

The project tackled social isolation and enhanced young people's support networks in communities within Charnwood and Leicester City. Young people from diverse backgrounds and circumstances benefitted from the resources and support. This included looked after children, homeless young people, those with disabilities, care leavers, those involved in the criminal justice system, those experiencing substance misuse issues, mental health difficulties and living in areas of deprivation. In addition to receiving the kit, young people received doorstep visits, virtual support and were engaged in weekly challenges through Instagram using equipment from the kit to increase their physical activity levels.

[www.go-getta.org.uk](http://www.go-getta.org.uk)



**"My son was really struggling during lockdown. His boxing gym had shut and boxing was the only thing that seemed to help him manage his anger. The wellbeing kit and video calls from Go-Getta helped Kam immensely. Their support was really motivating and exactly what he needed at a really tough time. Thank you!"**

Kaz, Mum to Kam

# DELIVERING OUR STRATEGIC OUTCOMES: STRONGER COMMUNITIES

## Stronger Communities: Key Achievements

### Phase 1

of the Coach Core apprenticeship programme has been successfully completed. 9 apprentices have secured employment within the sector and 3 have gone on to full time work outside the sector



### £967,746

invested into **108** local clubs, groups and organisations across LLR, of which **£535,599** was invested into **85** local clubs as a result of Funding Officer support



### 2,500

residents were surveyed to understand the effects of COVID-19 restrictions on physical activity habits and future intentions. This insight was used to shape the delivery of tailored interventions and messaging

### 264

members of the sector workforce have engaged with our universal learning opportunities offer. This includes participants attending first aid, unconscious bias and mental health and wellbeing workshops



Redeveloped the Funding Finder on the Active Together website enabling over **5,000** users to access self-help support more easily



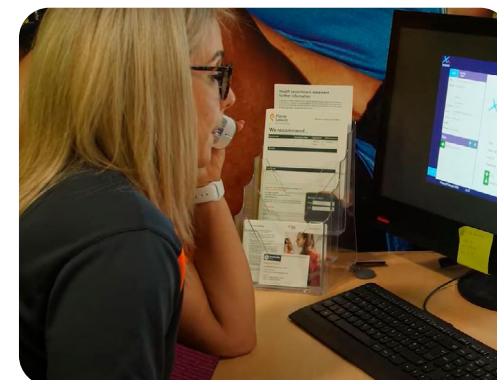
### Skills Accelerator Programme

Leicester and Leicestershire's Sport and Physical Activity sector was selected as one of eight Local Skills Improvement Plan (LSIP) Trailblazers, within the Government's £65m Skills Accelerator programme.

The service sector has transformed over the last decade, with exponential change over the last two years. This programme has resourced the capturing of employer needs, informed Further Education (FE) curriculum delivery and rolled out the Workforce Industry Exchange programme, all linked to the LSIP for Leicester and Leicestershire.

Active Together played a leading role collating employer feedback, engaging with over 110 sector employers to inform curriculum delivery and better prepare students and employers for success in the sector. This has also enhanced the employer and local FE college connections.

The accelerated approach, led by Loughborough College, supported by Active Together, CIMSPA, Leicester College, SMB Group and North Warwickshire and South Leicestershire College, alongside the LSIP work being driven by the East Midlands Chamber, is transforming this work locally.



### Training needs of Employers in the Sector



Safeguarding Adults and Children



Equality and Diversity



Community Engagement



Customer Service

**"This project is really enabling all partners involved to respond to the current employer needs and ensure the training delivered is aligned to the current and future business and employment opportunities which exist locally."**

Alison Wyeth, Interim Curriculum Manager, Loughborough College



## DELIVERING OUR STRATEGIC OUTCOMES: STRONGER COMMUNITIES

### Coach Core Apprenticeship Programme

Phase one of the Coach Core apprenticeship programme concluded in early 2022 with 14 local apprentices reaching end point assessment. This was the culmination of a great deal of hard work from the apprentices and the high-quality support provided by employers, Active Together and the Coach Core Foundation. The programme was made possible by £138,500 funding secured from Coach Core, Sport England and the Leicester Employment Hub and distributed to local employers to support the recruitment and development of local apprentices.

Despite the challenges faced during the pandemic, all apprentice positions were maintained throughout the national and localised COVID-19 restrictions and the apprentices still managed to deliver over 1,500 coaching sessions and over 17,000 coaching hours. Of the 14 apprentices, nine have secured full time employment in the physical activity and sport sector, many with their existing employers, helping them to grow and develop their businesses. A further three apprentices have taken full-time roles outside of the sector.

**“My involvement in the Coach Core apprenticeship programme has allowed me to turn my passion for physical activity and helping people into a career that I’m cherishing every minute of.”**

Aura, former Apprentice at Leicestershire County Cricket Club



### Together Fund Activator

Kyle Syrett, a resident of New Parks, was employed and supported by Leicester City in the Community as a Community Activator. His role was to develop local projects to meet the needs of the community. The need for the Community Activator post was identified through Active Together’s place based pilot scheme in New Parks and the funding initially came from Sport England’s Together Fund.

Consultation with residents across a number of target groups gave a better understanding of both the needs of the community and the approaches required to connect and engage residents in sustainable activities to support healthy lifestyles.

A programme of activities including mums and tots, men’s mental health, youth diversionary sessions and a new inclusive session for adults have been a catalyst to develop more engagement, providing support and connections to existing organisations in the community who need a helping hand. Leicester City in the Community have also been able to use the impact of Kyle’s work to secure funding to maintain his role in the community for a further 12 months.



**“I’d ask the young people what they were doing, and the answer was ‘hanging around on the streets causing trouble.’ They’re doing less of that; they’re engaging more at the Cruyff Court. It’s just improving everything around New Parks itself.”**

Kyle, Community Activator

# LET'S GET MOVING

## CHAMPIONS

**The Let's Get Moving Champions are the new faces of the Active Together Let's Get Moving campaign and are helping to share the message far and wide that physical activity and moving more is good for you.**

For years, Amelia was inactive and felt unable to do the things she wanted to in life. All this changed in 2019. Thanks to a gifted FitBit, Amelia started slowly walking around her local countryside, until she reached 10,000 steps a day. Now Amelia has found a love of cycling and gets out on her bike whenever she can.

For Claire, running is like therapy. She works as an intensive care nurse and, in the height of the COVID-19 pandemic, used exercise to switch off from the emotional challenge of each day. Claire now actively prioritises mental health issues at work and encourages her colleagues to be active and practice self-care.

**Telling their stories about how they stay active, including how they fit activity into their daily lives, what motivates them, and how they have overcome any barriers that might have stopped them from being active, is helping to show that we all can move a bit more in our daily lives.**

**Click images to play their videos**

**Let's Get Moving Champions website**

Playing bowls has given Colin a positive focus away from his depression. Colin was never into sport growing up, as he felt that he could not compete with non-disabled people. That changed in 2010 when Colin first found bowls. Using a wheelchair on the bowls green and a special stick for balance, Colin is able to compete and enjoy the game.

Being inactive up until the age of 41, Katie decided a change was needed and signed up for a Race for Life event in support of a family member. Katie realised that being active had positively improved both her physical and mental health, so carried on running, walking, and exercising in the gym. She is a passionate believer in the power of exercise.

Kevin has combined his love for the outdoors with being active. As chairman and director of Heartwood Community Woodfuel Group CIC, he enjoys the active nature of woodland work. The wide-ranging benefits include physical and mental wellbeing, being part of a friendly like-minded group of people and spending time outdoors.

Palminder has Cerebral Palsy, but it does not stop him from keeping fit at his local gym twice a week. The smile on his face when he is at the gym inspires everyone else around him to work towards achieving their own goals. Exercise has improved not only his balance and stability, but also his mental health.

Over the past 2 years, Sam has boosted his self-esteem with his new-found love for fitness. Sam suffered with eczema since birth and felt very self-conscious. By improving his diet and doing home workouts, Sam is an advocate for healthy eating and being active. He now wants to help others be healthier and confident in their own skin.

Before the pandemic, Samantha would not even run for the bus! During lockdown, she found a love of activity when she started Couch to 5K to improve her fitness and reduce anxiety. Her love for exercise continued when she became a fully qualified personal trainer. She now empowers a community of women who are all getting active in their own way.

Throughout her life, Sharon found it difficult to lose weight and stay consistently active. Whatever she tried just simply did not work until, at the age of 51, she tried Couch to 5K. It was what she had been looking for and she now runs three times a week, regularly walks her dogs, and plays for her local football club in their development team.

Zumba helped Zee find a form of exercise that combined her passion to express herself through movement with staying active and keeping fit. She started her business, Zfit, to support other women who were struggling. Zee's fitness classes act as a place for women of all different shapes, sizes, and backgrounds to be active and break down barriers, together.

## LEICESTERSHIRE COUNTY

### Sport & Physical Activity Commissioning Plan

**£564,842**

invested from Public Health to support the delivery of locality physical activity programmes

**£948,909**

partner investment secured to support the delivery of the physical activity programmes

**281,103** attendances were recorded at the physical activity sessions within the physical activity plans

#### Wellbeing At Work

**£28,969** secured from Public Health and six local authorities towards the delivery of the Wellbeing At Work offer



#### Active Families

Leicestershire County Council, Homestart Charities, Active Together and the county local authorities secured **£123,231** from Sport England towards Year 4 of the Active Families project



### Youth Engagement Activators

**£288,407** invested from Public Health into **7** Youth Engagement Activators to engage targeted young people into activities to support their wellbeing

#### Graduate Trainees

**£47,175** contributed towards supporting **7** Graduate Community Physical Activity, Health and Sport Assistants



#### Active Travel [Schools] Officer

Joint post between Active Together and the Safe and Sustainable Travel Team to support the development of **Active Travel Initiatives** in schools, in partnership with the School Sport & Physical Activity Networks



**£4,014**



#### Weight Management

**£4,014** funding obtained to pilot additional physical activity weight management sessions targeting men, adults with learning disabilities and children and young people with special educational needs

#### Early Years



**£35,000** invested from Public Health to support the development of physical activity in Early Years Settings

### Holiday Activities and Food Programme

Active Together supported the coordination, promotion and monitoring and evaluation of the **Holiday Activities and Food Programme** across the Easter, Summer and Winter school holiday periods



### Prehabilitation

**£8,864** secured to support a targeted referral programme supporting patients to become more active prior to surgery





ACTIVE TOGETHER working with:

## ACTIVE BLABY

### INVESTMENT

Total funding secured to support local delivery: **£168,169**

## Back To It

The 'Back To It' intervention aimed to give participants the knowledge, skills and confidence to enjoy an active lifestyle, despite their back pain. The physical activity component of the programme at first aimed to break the association between movement and pain, and later progressed to help participants build strength, mobility, flexibility and postural control.

There was a notable increase in physical activity levels in participants due to a mixture of weekly exercise classes and home-based exercise prescription. The programme was so well received that participants requested to continue the sessions in the long-term.

One participant used to enjoy mountain walking and rambling for 10-15 miles at a time, but due to back pain and knee problems he was unable to complete even a mile. He is now building up his walking distance and continuing to attend the weekly classes, with a long-term goal of getting back into rambling.

**Click here for more information**



**"I have a long history of back problems and joining this course has been so beneficial to me. I feel so much more relaxed in just walking, talking and enjoying myself, and the class is something that you can actually enjoy."**

Richard, Back To It Participant

ACTIVE TOGETHER working with:

## ACTIVE CHARNWOOD

### INVESTMENT

Total funding secured to support local delivery: **£300,959**

## Get Active with ESOL

The Active Charnwood team partnered with the Loughborough College Community ESOL group (English for Speakers of Other Languages), to deliver weekly physical activity opportunities to a group of female ESOL learners. These women often face a number of socio-economic barriers to participating in exercise and COVID-19 has exacerbated the health inequalities within their communities.

Fifteen women have regularly attended sessions since January 2022, with each week offering a different physical activity or sport. Through the programme, the women have boosted their confidence and self-esteem, increased friendship bonds and are empowered to feel part of the wider community.

Since taking part in the programme, the women have accessed the leisure centre as a group and have discovered more of the places around them by joining guided walks. Actively referring women into other local groups, in addition to ring-fencing sport and physical activity commissioning funding has, and will, ensure the long-term sustainability of the group.



**"It has been a pleasure to work with the ladies and see their confidence grow each week. When they started the sessions many of them were withdrawn and quiet but as the weeks have gone by the ladies have formed social connections with each other. There is now a buzz at the sessions, it's great to see them laughing and having fun."**

Sam, Community Sport & Physical Activity Development Officer, Active Charnwood

## ACTIVE TOGETHER HARBOROUGH

### INVESTMENT

Total funding secured to support local delivery: **£168,622**

## Lutterworth Back to Netball Success

Lutterworth Robins Netball Club offers training sessions and matches for adults and juniors. The club wanted to provide opportunities for beginners to develop and enable women of all ages and abilities to participate in netball. After receiving sports club funding from Active Harborough, three club coaches achieved their Level 2 coaching qualifications and were upskilled to deliver Back to Netball sessions.

The club delivered a nine-week Back to Netball programme in January 2022, which coincided with the local female participation programme JUST Get Involved. The first session was offered for free, and participants were offered incentives through the JUST programme to remain involved and to try other activities.

The sessions proved to be extremely popular, attracting 30 participants, generating 140 attendances, and the three newly upskilled coaches were able to put their learning into practice. Ten of the participants classed as 'fairly active' moved to 'active' status, and six participants had been classed as completely inactive before they took part in the programme.



**"My mental health has been very poor for a long time. JUST netball sessions have enabled me to exercise with a new supportive group of women, where my confidence has increased and I've felt happier and more energetic which has extended to other parts of my life."** Emily, Participant

## ACTIVE HINCKLEY & BOSWORTH

### INVESTMENT

Total funding secured to support local delivery: **£187,676**

## Chatter Chairs: More than Movement

It was recognised locally that the pandemic had a significant impact not only on health, but also on social interaction, and from this challenge 'Chatter Chairs' was developed.

Chatter Chairs provides a great opportunity for people to move more by performing controlled chair-based exercises in a comfortable and welcoming setting. The classes offer much more than physical activity and provide a great opportunity for local residents to meet and socialise to help rebuild their confidence, resulting in great benefits for social wellbeing as well as physical health.

Gentle exercise remains at the heart of the programme and is delivered by Postural Stability Instructors, however whilst people may arrive for the exercise, they stay for the tea, biscuits and conversation and this has proved incredibly valuable to all who attend.



**"The Chatter Chair classes give me two-fold benefits; the exercises are so good for me, but it's also a social occasion. As someone who lives alone, I look forward to the Chatter Chairs classes so very much."**

Ted, Local resident and regular Chatter Chairs attendee



## LEICESTER CITY

### INVESTMENT

Total funding secured to support local delivery: **£498,022**

## New Parks Cruyff Court

In September 2021, New Parks became the second area of Leicester to benefit from a Cruyff Court multi use games area, built to serve and engage members of the local community.

The Cruyff Court offers the community of New Parks a playfield that stimulates physical activity, however it is designed to be much more than just a football pitch. It is a place where people learn about respect, responsibility, and integration through sports. It is open from 9am – 10pm, 7 days a week for people to utilise for football or other activities.

Leicester City Football Club's charitable arm – Leicester City in the Community – use the court, made in part using empty crisp packets to deliver mental health workshops, employability interventions and football fitness sessions. This includes 250 programme participants and 220 family members who will be positively impacted from the sessions created in partnership with the Cruyff Foundation.



**“Growing up, I would always search for a place like this to come and play football, release some steam and meet new friends, so it is an exciting place to be.”**

Abbie McManus, Leicester City Women FC Player

## MELTON SPORT AND HEALTH ALLIANCE

### INVESTMENT

Total funding secured to support local delivery: **£129,103**

## Para Sport Festival 2021

The 2021 Para Sport Festival was organised through the Melton Inclusive Sport & Physical Activity Steering Group. The festival aimed to provide an opportunity for the community to come together following the start of the pandemic, to get involved in local activities and to educate the community about the Paralympics and disability sport.

People with disabilities have been disproportionately impacted by COVID-19 and therefore delivering this event allowed residents to find out what activities had re-started locally. Fourteen clubs and organisations were involved in offering taster sessions and provided information about their sessions including wheelchair basketball, blind football, tennis and more!

Fifty people attended throughout the day including children and adults of varying abilities. The feedback was positive and 16 people have since transitioned to local clubs and groups, including Asfordby Amateurs Inclusive Football Sessions, Hamilton Tennis Club Junior and Adult Coaching and the 36th Melton Mowbray Scout Group.



**“Lucy had a great day trying out new activities, and we were able to find out about sessions that go on locally that I didn't know existed.”**

Parent of participant



## NORTH WEST LEICESTERSHIRE SPORT

### INVESTMENT

Total funding secured to support local delivery: **£194,813**

### Men's Minds in Motion

The Men's Minds in Motion programme aimed to bring men together to be active and support each other's mental wellbeing. It started with a walk and grew from there; in fact it became so successful it attracted the attention of radio stations!

It was all started by volunteer walk leader Elliott, who has personal experience with mental health issues. He started a men's walk from a local coffee shop, with 21 people attending the first session. Alongside this was the launch of a Facebook group, which soon reached 70 members. Other sessions started to branch off from this including Couch to 5K led by Patrick, a volunteer run leader, with 10 regular runners. There is a mountain bike group that meet regularly and another group that get together to fish.

This project has created a real community of men supporting one another, increasing activity levels and supporting their mental health.



**"I had struggled with my own mental health and didn't know where to turn, but found talking to strangers did help. A lot of the men have said it has helped them meet new people and get out during a difficult couple of years."**

Elliott, Volunteer Walk Leader

## ACTIVE OADBY & WIGSTON

### INVESTMENT

Total funding secured to support local delivery: **£140,933**

### Oadby Walking Group

Meeting every Tuesday at Brocks Hill Country Park, Active Oadby and Wigston's volunteer-led walking group has gone from strength to strength. Walkers range from those referred by GP surgeries' Social Prescribers, to those who have heard about the walk via Active Oadby and Wigston's community engagement pop-up events.

The outcome has been a sense of belonging for all walkers, many of whom experience challenging mental health or long-term conditions. Indeed, in a recent survey of the walkers, all participants either strongly agreed or agreed that they felt more involved in the community from the walks. Furthermore, all participants said the group had helped them become more active and 88% either strongly agreed or agreed they had gained more confidence. The reliability of this walk helped the group to gently and sociably get active and championed the importance of green spaces to improve one's mental and physical health.



**"The walking group is the best form of social prescription I have for loneliness and lack of self-belief. The walk gives me targets to aim for and the steps I take have started a new journey for me."**

Walking Group Participant

## ACTIVE RUTLAND

### INVESTMENT

Total funding secured to support local delivery: **£41,437**

## Strength In Nature Group

Active Rutland trialled new adult sessions based on the concepts and activities used within Forest Schools. A partnership with 'Root & Branch Out' was developed to deliver the sessions as they specialise in engaging communities in projects around food and the outdoors, nature and the environment. Adults of working age (18-65) with long-term health conditions were initially targeted to take part.

Sessions that included low level physical activity alongside arts, crafts, outdoor education skills and socialising activities aimed at improving physical health and mental wellbeing were organised. The underlying theme of the sessions was to connect/reconnect with nature in a way that offers activities that improve physical fitness in a different way to traditional fitness and gym-based classes. Activities aimed to improve the confidence and resilience of participants within the group many of whom suffer with anxiety, depression, diabetes and a variety of physical conditions.



**"The Strength in Nature course has been really helpful to me both physically and mentally after a difficult time with several injuries and being unable to work. I really look forward to and enjoy my time there each week; being in nature and learning skills with a nice group of people."** Paula, Participant

## ACTIVE TOGETHER: FUTURE PRIORITIES

Active Together has developed a new Physical Activity Framework with the ambition of reducing inequalities in physical activity across Leicestershire, Leicester and Rutland. The framework sets out the priorities of the Active Together Partnership for the next 10 years.

### The Vision

Where we want to get to

Leicestershire, Leicester and Rutland: a place where physical activity is part of daily life, leading to people living healthier and happier lives.

### The Priorities

What we will do

#### People

Developing physical activity opportunities across the life course

Building a skilled and representative workforce

Develop leaders to address the diversity challenge

#### Places

A place led approach to delivery

Developing an Active Environment

Reducing our Carbon Footprint

Raising the profile of our sporting assets

#### Partnerships

Working with system partners to facilitate physical activity opportunities

Extending and strengthening the reach our partnership

Physical activity supporting Health, Economic Prosperity and Inclusive Growth

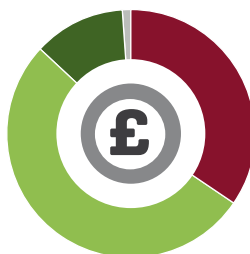
**Let's Get Moving Leicestershire, Leicester and Rutland**

## FINANCIAL HEADLINES 2021/22

The following financial statement provides the accounted income and expenditure for Active Together for the 2021/22 financial year. The accounts include provisions for carry forward balances to facilitate programmes that operate across financial years.

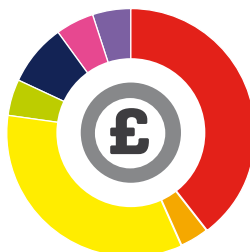
### Income

● Sport England	£1,054,499	35%
● Local Authority	£1,603,107	53%
● Other Public Sector Income	£375,475	12%
● Non-Public Income	£19,491	1%
<b>Totals</b>	<b>£3,052,572</b>	<b>100%</b>



### Expenditure

● Support Costs	£1,223,276	40%
● Overheads	£110,434	4%
● Get Active	£1,014,698	34%
● Stay Active	£138,730	5%
● Active Places	£235,566	8%
● Active Economy	£7,678	0%
● Well Led	£7,073	0%
● Workforce	£136,191	5%
● MarComms	£152,022	5%
● Enterprise & Innovation	£-1,844	0%
<b>Totals</b>	<b>£3,023,824</b>	<b>100%</b>



**Net Surplus**  
(Earmarked deferred project expenditure)

**£28,748**

## INVESTING IN OUR PLACE Every pound counts...

For every council tax £ invested in Active Together by each locality there has been a minimum return of the following partner funding:

Locality	Minimum return of partner funding*
Blaby	 <b>£25.00</b>
Charnwood	 <b>£24.00</b>
Harborough	 <b>£29.00</b>
Hinckley and Bosworth	 <b>£24.00</b>
Leicester City	 <b>£17.00</b>
Melton	 <b>£35.00</b>
North West Leicestershire	 <b>£28.00</b>
Oadby and Wigston	 <b>£33.00</b>
Rutland	 <b>£3.00</b>

\*Figures exclude the investment made by Local Sport and Physical Activity Alliance partners and officer time.





SportPark, 3 Oakwood Drive,  
Loughborough, Leicestershire, LE11 3QF

 01509 564888

[info@active-together.org](mailto:info@active-together.org)

[www.active-together.org](http://www.active-together.org)

## CONNECT WITH US:

For our Leicestershire, Leicester & Rutland residents: **@ActiveLLR / Active Together**

For our partners: **@ActiveLLROrg / Active Together (Partners)**



**LOTTERY FUNDED**