

Culture and Sport Committee

10am, Monday, 30 November 2015

Update on Edinburgh's Physical Activity and Sport Strategy

Item number	7.3
Report number	
Executive	
Wards	All

Executive summary

Edinburgh's Physical Activity and Sport Strategy, adopted in 2014, has the overarching aim of making Edinburgh a city where being active is a part of everybody's way of life. This report provides updates on work to date in the following five action areas: the use of Edinburgh's natural outdoor spaces; improved use of quality sports facilities, including those of schools; sustained lifelong participation with a focus on tackling inequalities; better clubs and community-led initiatives; and greater profile of physical activity and sport in Edinburgh. The implementation of the Strategy is ongoing, and continues with the support of the Council's many partner agencies, which are vital for the successful delivery of its citywide initiatives.

Links

Coalition pledges	P24, P42
Council outcomes	CO4, CO10, CO20,
Single Outcome Agreement	SO2

Update on Edinburgh's Physical Activity and Sport Strategy

Recommendations

- 1.1 Note the progress towards the five key outcomes of the Physical Activity and Sport Strategy.
- 1.2 Note the key role played by Edinburgh Leisure in achieving the outcomes identified by the Strategy.

Background

- 2.1 The Physical Activity and Sport Strategy was approved by this Committee on 11 March 2014.
- 2.2 The report outlined the importance of the Strategy in making Edinburgh a more active city, with improved health and quality of life for all.
- 2.3 The Physical Activity and Sport Strategy fits within the Scottish Government's Active Scotland Framework. This describes Scotland's ambitions for sport and physical activity. Active Scotland Outcomes contribute to the delivery of creating a more successful country, with opportunities for all to flourish. The outcomes are:
 - 2.3.1 We encourage and enable the inactive to be more active
 - 2.3.2 We encourage and enable the active to stay active throughout life
 - 2.3.3 We develop physical confidence and competence from the earliest age
 - 2.3.4 We improve our active infrastructure – people and places
 - 2.3.5 We support well-being and resilience in communities through physical activity and sport
 - 2.3.6 We improve opportunities to participate, progress and achieve in sport
- 2.4 As part of the implementation plan for the Strategy, five working groups were created in the action areas of active living, the great outdoors, sport and exercise, events, and raising awareness and communication. Membership of these groups came from a diverse range of partners such as the third sector, social enterprises, sport governing bodies, community organisations, Edinburgh Leisure, **sportscotland**, and the NHS. The working groups report to the PASS steering group which monitors the progress that the groups are making towards the outcomes identified for each action area. The groups have taken forward actions such as the creation of walking groups in the south of Edinburgh,

prioritising disability sport provision, and forming a collective vision for the better use of the city's outdoor spaces for informal recreation and events.

Main report

- 3.1 The Physical Activity and Sport Strategy identified five key outcomes to help create a city where being active is a part of everybody's way of life:

- 3.1.1 Better use of Edinburgh's natural outdoor spaces;
- 3.1.2 Improved use of quality sports facilities, including those of schools;
- 3.1.3 Sustained lifelong participation with a focus on tackling inequalities;
- 3.1.4 Better clubs and community-led initiatives; and
- 3.1.5 A higher profile for physical activity and sport in Edinburgh.

Better use of Edinburgh's natural outdoor spaces

- 3.2 Edinburgh has some wonderful outdoor spaces, such as Holyrood Park, the Union Canal, the Pentland Hills, and the Forth shore. The Strategy identified that these natural places provide excellent opportunities for informal recreational activity in a wide range of sports, and can also serve as venues for outdoor sports events.
- 3.3 In September 2015 the high profile Tour of Britain cycle race was successfully staged in the city, showcasing Holyrood Park initially and then completing a loop of the city before making its way through the Scottish Borders and back into England. The race was given extensive coverage by local and national media, as well as in daily live and highlight programmes on ITV. Amongst those taking part were Sir Bradley Wiggins and Mark Cavendish. The Edinburgh stage was led out by a group of Edinburgh Road Club youth riders, and legacy events for schools and club riders were also organised before and after the race.
- 3.4 Walking has few barriers to participation and is an ideal way for those who tend to be inactive to become more active. The pan-Lothian Legacy Walking project, funded by Paths for All, and administered by the Sport Team, has provided training programmes for walking groups including walk leader and refresher training, first aid, safety outdoors and disability awareness training. A recent initiative with Ramblers Scotland, aimed at independent walkers, has mapped 30 walking routes (online and in leaflet form) from 10 (and soon to be 20) local libraries across the city. A community-led engagement saw the development of two grant schemes to initiate the development of the production of local community walking maps, prepared by local people to highlight points of interest in their areas, and also a fund for the purchase of pedometers to help inspire walking, aimed specifically at the inactive.

Improved use of quality sports facilities, including those of schools

- 3.5 Following a year-long independent review by Max Associates of the Council's citywide sport facilities and services, the Corporate Policy and Strategy Committee of 29 September 2015 approved the transfer of management of school sports facilities to Edinburgh Leisure on a phased basis, subject to approval by the Edinburgh Leisure Board. Potential savings for the project were identified as over £1m. As well as the financial savings, other identified benefits were clarity on costs, improved customer service, improved access, increased participation, and better health and well-being. A progress report will be presented on this project in spring 2016.
- 3.6 The planned upgrade of the hockey facilities at Meggetland Sports Complex, which was approved by this Committee in December 2014, has now moved into the construction phase. Work on the site began in late October, with the projected finish being the end of December 2015. The project aims to build a water-based pitch, enhancing the playing experience for all players, and enabling the facility to hold competitions at national and international level.
- 3.7 Funding received from the Scottish Government's Cashback for Pitches programme, administered by **sportscotland**, provided £305,000 towards the cost of the new 3G synthetic rugby/football pitch at Malleny Park in Balerno. The pitch is primarily being used by Balerno High School, local primary schools, Currie RFC and Currie Star FC. This pitch opened for use in spring 2015.
- 3.8 The results of a public consultation on the proposed cycling hub at Hunter's Hall Park were reported to this Committee on 16 December 2014. The Committee approved feasibility work to progress Option 4 for the cycling hub, comprising a BMX track, an outdoor velodrome, a cycle speedway track, two 3G pitches, six grass pitches, and an upgrading of the Jack Kane Sport Centre and Community Wing. Work on this project is continuing, and is being managed by consultants Faithful and Gould.
- 3.9 Edinburgh Leisure continues to provide opportunities to be active in the city. In 2013/14 there were 4,581,865 customer visits to EL facilities, and the number of visits by children and young people increased by 11% on the previous year.
- 3.10 Work continues towards realising the vision for a new Meadowbank Sports Centre on the existing site. An update report was approved by Corporate Policy and Strategy Committee on 29 September noting that the funding gap had dropped to £6.8m, and a further report on addressing that revised funding gap is expected in January 2016. Intrusive ground surveys have helped to mitigate risks to projected construction costs for the proposed new facility.

Sustained lifelong participation with a focus on tackling inequalities

- 3.11 The Sport Team has continued to support Lothian Disability Sport through the Physical Activity and Sports grants: funding of £6,750 has been provided towards the employment of a Regional Disability Development Manager. This post helps people of all ages and with any disability to take part in sport, and

aims to increase participation and standards through a growing programme of sporting activities for people with disabilities.

- 3.12 Active Edinburgh funding supports events which promote physical activity and sport. The funding provides local sports clubs, governing bodies, community organisations and voluntary groups with the means to run events. As a result Edinburgh has hosted a variety of events ranging from those attracting a large audience to small community initiatives which aim to get local people involved in physical activity. Over £57,000 has been awarded to 49 organisations for events taking place in 2015/16.
- 3.13 As previously reported, most recently in the annual performance report on Edinburgh Leisure to this Committee in October 2015, Edinburgh Leisure runs a wide variety of programmes targeted at those most in need. Five of those programmes (Active Lives, Positive Destinations, Looked After and Active, Jump In and High Flyers) were funded by the Council. A summary of the beneficiaries and programme results was provided in the appendix to the October 2015 report noted above.

Better clubs and community-led initiatives

- 3.14 The Physical Activity funding programme has also supported a range of sports clubs and other organisations with funding to run projects which contribute to the outcomes of the Physical Activity and Sport Strategy. In 2015/16, 11 projects were supported with grants totalling £28,791, representing seven Neighbourhood Partnership areas. Over 2,900 participants were supported and 117 volunteers were involved in the activities.
- 3.15 These projects were also successful in attracting additional investment totalling £57,539, complementing the Physical Activity and Sport fund and generating investment in these communities.
- 3.16 The Queensferry Sports and Community Hub (QSCH) took over management of the Queensferry Recreation Centre to safeguard these Council-owned facilities for the local community. Council funding enabled a Modern Apprentice to be employed by the Hub to deliver rugby in the local primary and high schools in order to drive participation at the local rugby club. The Council continues to support development of new facilities including a resurfaced all weather 3G training paddock for rugby and football, and expanded tennis facilities to provide for growing demand at the tennis club, as well as increasing the community usage of the facility.
- 3.17 The Sport Team continues to support ClubSportEdinburgh whose main aim is to enhance, develop and support local clubs, coaches and volunteers. ClubSportEdinburgh ensures that local clubs receive the necessary direction and guidance to become stronger and more sustainable. This is part of the ongoing work to ensure that the contribution made by the city's sports clubs in creating important sporting opportunities is better-recognised. Club membership has

increased from 61 to 103 clubs in the past year, representing a total of 20,376 people. More than 1,800 people act as volunteers with these clubs.

- 3.18 ClubSportEdinburgh is in the process of conducting a facilities survey to ensure the views of sport clubs contribute to the development of proposals for Edinburgh Leisure to run school sport facilities in the future.
- 3.19 A citywide club development working group has been established to assess the support and resources available to sports clubs in line with the Council's Physical Activity and Sport Strategy. The group has surveyed people from the sport industry. Responses have allowed the Council to review the full extent of resources that are available to voluntary sports clubs in order to outline future priorities.

A higher profile for physical activity and sport in Edinburgh

- 3.20 As previously reported, the Council and Heriot-Watt University made a successful partnership bid to secure the opportunity to host Scotland's National Performance Centre for Sport in Edinburgh. Now named Oriam*, this Centre will provide all the essential facilities, access and services for Scotland's top sportsmen and sportswomen to succeed on the international stage. Construction work at the site is now well under way, and the building has as its centrepiece a full-size indoor 3G synthetic pitch. The facility will be unique, and will provide a world class performance training venue which will also be available for community use. It is due to open in autumn 2016.
- 3.21 Events such as the Under-19 Women's World Lacrosse Championships, the Edinburgh International Long Course Swimming Championships, the Great Edinburgh Cross Country, and the FINA Diving World Series have continued to keep the city's profile high as an excellent place to stage sporting events.
- 3.22 The Legacy Walking project distributed 8000 'anatomy of walking' leaflets around GP surgeries, hospitals, libraries and Edinburgh Leisure venues to promote the benefits of walking to everyone

** The 'o' of Oriam is pronounced the same as the 'o' in 'gold'.*

Delivery of the Strategy

- 3.23 As with the previous Strategy, the Physical Activity and Sport Strategy cannot be delivered by the Council acting in isolation. In almost all areas of this work, success is dependent on forming constructive partnerships with a variety of external organisations. Many partner agencies were involved in the creation of the new Strategy, and have been quick to embrace its aims, and work with the Council and others towards the delivery of its desired outcomes. This is increasingly vital against a backdrop of diminishing Council resources, and growing concerns over public health issues stemming from inactivity and obesity.
- 3.24 The Physical Activity and Sport Strategy provided the framework for responding to the recent consultation on the Health and Social Care Partnership's Strategic Plan. It was recommended that the Physical Activity and Sport Strategy itself

and the Scottish Government's Active Scotland outcomes were embedded in the framework.

- 3.25 Priorities for the year ahead will include Edinburgh Leisure's management of school sport facilities, further closing the funding gap for the Meadowbank project and the opening of Oriam, Scotland's National Performance Centre for Sport.

Measures of success

- 4.1 Success of the Physical Activity and Sport Strategy will be measured according to the criteria set out in the Committee report on 11 March 2014.

Financial impact

- 5.1 Funding for this Strategy is contained within the Culture and Sport revenue budget.

Risk, policy, compliance and governance impact

- 6.1 There are no risk, policy, compliance or governance issues arising from this report.

Equalities impact

- 7.1 These initiatives contribute to the delivery of the Equality Act 2010 general duties of advancing equality and fostering good relations.

Sustainability impact

- 8.1 The impact of this report in relation to the three elements of the Climate Change (Scotland) Act 2009 Public Sector Duties has been considered and the outcomes are summarised below. The Physical Activity and Sport Strategy for Edinburgh helps to achieve a sustainable Edinburgh by promoting wellbeing, social cohesion and inclusion, and creating equality of opportunity.

Consultation and engagement

- 9.1 The Sport Team evaluates its sport and physical activity programmes to measure performance against agreed targets, and uses this feedback to inform continuous improvement of these programmes. Partners are invited to take part in regular focus groups to reflect on their experiences and help improve initiatives for future years.

Background reading/external references

Report to Culture and Sport Committee on [11 March 2014](#): Edinburgh's Physical Activity and Sport Strategy

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Links

Coalition pledges	P24 Maintain and embrace support for our world-famous festivals and events
Council outcomes	P42 Continue to support and invest in our sporting infrastructure CO4 Our children and young people are physically and emotionally healthy CO10 Improved health and reduced inequalities CO20 Culture, sport and major events – Edinburgh continues to be a leading cultural city where culture and sport play a central part in the lives and futures of citizens
Single Outcome Agreement	SO2 Edinburgh's citizens experience improved health and well-being, with reduced inequalities in health
Appendices	None