

# A Strategy for an active Redbridge

## Physical Activity Strategy 2024-2028

London Borough of  
**Redbridge**



**SPORT  
ENGLAND**



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## **Foreword by Cabinet Member for Leisure & Culture, Cllr Namreen Chaudhry**

The value of being physically active has never been more important in addressing these health inequalities. Councils across the country have the challenge of working out how they harness all Council departments and work with partner organisations to facilitate activity opportunities to encourage residents to live an active lifestyle.

This is the course of action we are taking in Redbridge and the primary intention of this document. You will find an action plan at the end of this document which we will retain accountability for, ensuring the Council, Vision Redbridge Culture and Leisure (Vision RCL) and partners are taking the necessary actions and delivering on time to best serve our residents.

Our first priority is ensure our everyday places in Redbridge including our highways, parks and schools cater towards ensuring physical activity, sport and play opportunities are embedded, providing accessible and inclusive local space to be active. In Redbridge, we boast over 50 parks and open spaces, all of which are maximum 20/25 minutes walk away for all of our residents. Accessibility to these facilities is key. Another key Council wide priority is tackling climate change, and there is a lot we can do in the borough to shape our physical infrastructure to reduce our carbon emissions in our aim to be carbon neutral by 2030.

Our second priority reflects our diversity, making Redbridge the third most diverse local authority in the country. We don't just want active places, we want to activate these active places for local community groups to not only partake in and benefit, but to lead and take initiative to support our residents. We will shape all our local, regional, and national sporting body partnerships around delivering maximal community and social impact and increasing participation in under-represented groups.

Finally, we want residents, at any point in their lifetime, to be able to access inter-generational physical activity opportunities. We hope our UNICEF accreditation as a child-friendly borough creates opportunities for our children and young people to understand the importance of physical activity, healthy weight, and positive mental health. And the Council, alongside its health partners will continue, reviewing and optimising our social prescribing model to ensure a wide range of opportunities are facilitated and activated at a community level for service users. There is a strong commitment to remove any barriers that hinder access into regular physical activity, through equality reviews and the provision of concession prices to our operator's (Vision RCL) facilities where appropriate.

We are ready to deliver on our priorities and continue progressing in our journey to create a happier, healthier, and more active Redbridge.

## 1.0 Our Vision Statement

Our vision is for a Redbridge with active, fun, and accessible spaces, with participation opportunities for all individuals, leading to healthier, happier communities. This vision will see sport and physical activity employed across the borough landscape, as a tool to tackle social challenges, and to develop a borough where children thrive, and people of all ages are provided with local opportunities to be active and healthy.

## 2.0 Where we are now

### 2.1 National guidance for physical activity

2.1.1 The UK Chief Medical Officers' Guidelines recommend that each week adults undertake the following to be classed as physically active:

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.
- Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or combination of moderate, vigorous and very vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

Being physically inactive refers to activity which is less than 30 minutes a week. <sup>1</sup>

2.1.2 For children and young people (aged 5-18), the same guidelines recommend the following weekly levels of physical activity:

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.

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<sup>1</sup> [UK Chief Medical Officers' Physical Activity Guidelines, 2019](#)

- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

2.1.3 For adults aged 65 and over, the guidelines state the following:

- Older adults should participate in daily physical activity to gain health benefits, including maintenance of good physical and mental health, wellbeing, and social functioning. Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary, while more daily physical activity provides greater health and social benefits.
- Older adults should maintain or improve their physical function by undertaking activities aimed at improving or maintaining muscle strength, balance and flexibility on at least two days a week. These could be combined with sessions involving moderate aerobic activity or could be additional sessions aimed specifically at these components of fitness.
- Each week older adults should aim to accumulate 150 minutes (two and a half hours) of moderate intensity aerobic activity, building up gradually from current levels. Those who are already regularly active can achieve these benefits through 75 minutes of vigorous intensity activity, or a combination of moderate and vigorous activity, to achieve greater benefits. Weight-bearing activities which create an impact through the body help to maintain bone health.
- Older adults should break up prolonged periods of being sedentary with light activity when physically possible, or at least with standing, as this has distinct health benefits for older people.

2.1.4 In addition, the National Institute for Health and Care Excellence (NICE) provides a range of further guidance documents, be they specifically relating to implementation of systems and environmental infrastructure to encourage and facilitate increased levels of physical activity, or relating to how physical activity is an essential element of health improvement and disease prevention. These NICE guidelines include the following<sup>2</sup>:

- Physical activity and the environment (NG90)
- Dementia, disability, and frailty in later life – mid life approaches to delay or prevent onset (NG16)
- Obesity prevention (CG43)
- Preventing excess weight gain (NG7)
- Maternal and child nutrition (PH11)
- Physical activity: exercise referral schemes (PH54)
- Physical activity: brief advice for adults in primary care (PH44)

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<sup>2</sup> NICE guidance products on physical activity can be accessed via the following web link:  
<https://www.nice.org.uk/guidance/lifestyle-and-wellbeing/physical-activity/products?ProductType=Guidance&Status=Published>

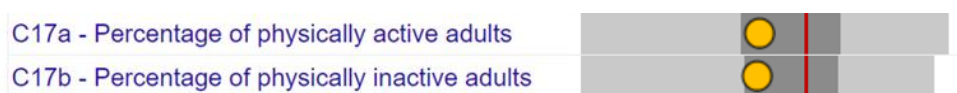
- Physical activity: walking and cycling (PH41)
- Weight management before, during, and after pregnancy (PH27)
- Cardiovascular disease prevention (PH25)
- Physical activity for children and young people (PH17)
- Physical activity in the workplace (PH13)

Support services commissioned or provided directly by London Borough of Redbridge take account of NICE guidelines wherever relevant and are considered within this strategy wherever recommendations are applicable.

## 2.2 Physical activity levels in Redbridge

2.2.1 The Office for Health Improvement and Disparities (OHID) publishes indicators of physical activity uptake in its Public Health Outcomes Framework<sup>3</sup>. For its headline indicators relating to physical activity, the latest data show that Redbridge has a lower than average proportion of adults who are physically active and higher than average proportion who are physically inactive (Fig 1).

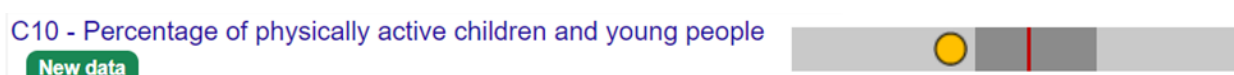
Fig 1: Proportion of physically active and inactive adults in Redbridge in 2021/22 compared with the national average and the range of other local authorities.



	Redbridge	England	Worst LA	Best LA
Active	64%	67%	52%	77%
Inactive	26%	22%	38%	14%

2.2.2 For children, Redbridge has a *significantly* lower proportion of physical activity than the national average (Fig 2).

Fig 2: Proportion of physically active children in Redbridge in 2022/23 compared to the national average and the range of other local authorities.

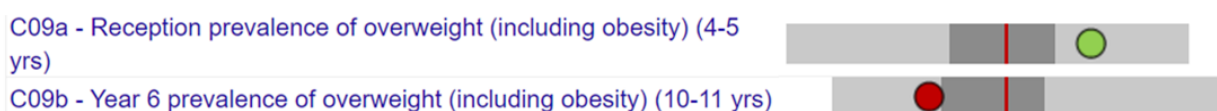


	Redbridge	England	Worst LA	Best LA
Active	42%	47%	32%	61%

<sup>3</sup> These indicators are published through its online Fingertips tool. The data is sourced from the Sport England Active Lives survey: <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/1/gid/1000042/pat/15/par/E92000001/ati/502/are/E09000026/yr/3/cid/4/tbm/1>

- 2.2.3 For adults, the most recent data (2021/22) shows the highest proportion of physically active people in Redbridge since 2015/16. This was a **significant increase on the pre-pandemic levels** following a reduction in activity over the period of the Covid pandemic.
- 2.2.4 For children, there are data gaps for the period 2019/20 to 2021/22. The most recent data (2022/23) shows a **large decrease in the proportion of physically active children** from 2018/19 (where it was 54%).
- 2.2.5 One outcome we can relate to the levels of physical activity is the prevalence of overweight and obesity in adults and children in the borough. **For children**, the annual National Child Measurement Programme (NCMP) measures child height and weight in Reception and Year 6 of primary school. The latest data (2022/23) show that while **prevalence of overweight and obesity at Reception year is significantly lower than the national average** (18% compared to 21%), **by Year 6 the prevalence in Redbridge is significantly higher** (41% compared to 37%) (Fig 3).

Fig 3: Prevalence of overweight and obesity in Reception and Year 6 primary school in Redbridge in 2022/23 compared to the national average and the range of other local authorities.



	Redbridge	England	Worst LA	Best LA
Reception	18%	21%	30%	14%
Year 6	41%	37%	47%	23%

- 2.2.6 **For adults**, OHID uses the data from the Active Lives survey to compare prevalence of overweight and obesity across local authority areas. The latest data (2021/22) show that the prevalence in Redbridge is around the **same as the national average** (62% compared to 64%).

Fig 3: Prevalence of overweight and obesity in adults in Redbridge in 2021/22 compared to the national average and the range of other local authorities.



	Redbridge	England	Worst LA	Best LA
Adults	62%	64%	76%	44%

## **2.3 Use of services and facilities in Redbridge**

### **2.3.1 Universal facilities and services**

#### Leisure and sports facilities

The Council has four leisure centres in the borough – Fullwell Cross, Mayfield, Loxford and Wanstead – as well as two combined gym and library sites, a cycle centre and two stadiums with football and athletics provision. 13 different sports teams and 26 individual schools currently make use of the two stadium facilities for football, hockey, athletics and school sports days.

In 2022/23 and 2023/24 there were nearly 900,000 attendances to these facilities with take up nearly back to pre-covid levels. Around 4,000 people hold a leisure centre membership in the borough. More than 38,000 swimming lessons were offered in 2023/24, an increase of more than 10% on the year before.

#### Parks

It is difficult to estimate how many people use our parks and green spaces. However, car parking transactions are a reasonable proxy for usage of parks. We know parks usage increased significantly during covid, but car parking data shows there were 50% more parking transactions in 2023/24 than in 2019/20. This indicates that parks usage has increased, and usage levels since the pandemic ended have not returned to pre-covid levels.

A great deal of formal and informal sports takes place in our parks, with cricket especially popular. Nine football clubs, 26 cricket clubs, five bowls clubs and one tennis club are based within Redbridge parks.

#### Active body, healthy mind:

This is a programme of activities with universal eligibility for Redbridge residents which aims to support people into physical activity and improve emotional and physical wellbeing. As a snapshot of usage between summer 2022 and summer 2023, demographic data for participants shows that:

- Referrals by ethnicity are generally in line with the proportions within the Redbridge population,
- Women were significantly more likely to participate than men (more than 7 times as likely),
- People aged 20 to 85 participated in this programme, with most individuals being aged between 30 and 70. The highest representation within an ten year age band was between 40 and 49 years of age.

### **2.3.2 LBR commissioned services (Tier 2)**

#### Fit for fun:



This service is provided by Community Action Redbridge and provides twenty weeks of free exercise classes for voluntary and community sector groups, or groups of families or friends. All ages are able to participate. Over the course of 2023-24, demographic data for participants shows that:

- People from Black ethnicity groups have a higher representation in numbers of attendees than their relative proportion in the borough population,
- People from White ethnicity groups have lower representation than their relative population proportion,
- People aged under 16 or 65 and over have much higher representation in participant numbers than people in other age groups,
- Woman and girls are significantly more likely to participate than men and boys.

Exercise on referral:

This service is provided by Vision RCL and provides twelve sessions from qualified instructors to support people in increasing physical activity levels and then sustaining this activity after the end of the programme. People aged 16 and over who are not physically active and who have a diagnosis of obesity, diabetes, asthma, hypertension, coronary heart disease risk factors, or musculoskeletal conditions can be referred by their GP. Over the course of 2023-24, demographic data for participants shows that:

- Referrals by ethnicity are generally in line with the proportions within the Redbridge population,
- People aged 51 to 70 are significantly more likely to be referred than people of other eligible ages,
- More women than men are referred to the service.

Active Stars:

This is a programme provided by Vision RCL and provides a 12-week healthy lifestyle course for 5–11-year-olds and their families. It covers healthy eating as well as increasing physical activity. Previously, demographic data on participants has been limited in its availability. The service is now recording this, and we will be able to assess equity of access across demographic categories as part of our strategy implementation monitoring.

## **2.4 Active travel**

- 2.4.1 Active travel is one area where we can all increase our levels of physical activity as part of our activities of daily living, with further benefits relating to financial cost and reductions in air pollution. Active travel is simply defined as making journeys in physically active ways, such as walking, cycling, scooting, or using wheelchairs or other mobility aids.

- 2.4.2 There is national evidence to show that active travel behaviours changed markedly during the Covid pandemic where levels of walking and cycling increased (although lockdown measures negatively impacted this during specific periods). For the London and South East England, data showed that prevalence of regular walking increased six-fold from February 2020 to February 2021. While significant time has now passed since the height of the pandemic, it will be important to support residents to maintain this behaviour change. Additionally, the prevalence of regular cycling increased by more than 35% in London between 2020 and 2021
- 2.4.3 Schools play a vital role in keeping young people active and the journey to and from school is a key element of this. The Local Authority and other organisations can support schools to encourage active travel on the commute. Programmes like TfL Travel for Life, which inspire young Londoners to travel to school sustainably, actively, responsibly, and safely by championing walking, scooting, and cycling, are encouraged. LBR engages schools in active travel initiatives using this as a key programme to integrate active travel into daily life. The Daily Mile initiative supports all primary schools in Redbridge in encouraging all children to get at least 15 minutes of exercise a day, outside of an in addition to PE lessons and organised sports activities.
- 2.4.4 Data from OHID provides comparison on active travel uptake between Redbridge and other London boroughs. The most recent available data was from 2019/20 and in that period, Redbridge was slightly below the London average with 18.9% of adults walking for at least three days per week. The highest performing borough was more than 10% higher than this. The percentage of Redbridge residents who cycle for travel at least three days per week is also lower than the London average (1.3% compared with 4.1%), and our figure is the fifth lowest in the capital.
- 2.4.5 Air pollution is a major risk factor for ill health and premature mortality and active travel is one way in which we and our neighbouring boroughs can bring reductions in this area. There is an Air Quality Action Zone covering the whole of the borough and Greater London Authority (GLA) initiatives such as the ULEZ, and LBR interventions such as the School Streets programme will both contribute to reduction in pollution in safety improvements for active travel. There are strong evidential links between air pollution and increased risk of cardiovascular disease (CVD), asthma, diabetes, and low birth weight and high pollution days can increase risk around outdoor exercise. LBR has instigated a scheme for sharing alert information with residents, schools, and primary care on days of poorer air quality.

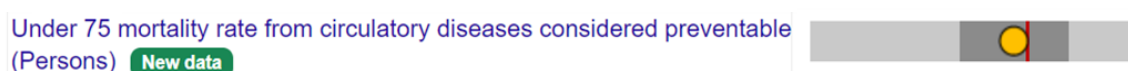
## **2.5 The prevalence of long-term health conditions in Redbridge**

- 2.5.1 Regular physical activity is proven to help prevent and manage non-communicable disease such as heart disease, stroke, diabetes, and some cancers. It also helps to prevent hypertension, and overweight and obesity, and it can improve mental

wellbeing and quality of life<sup>4</sup>. Increasing the physical activity levels of our residents can help ease the pressure on our health and social care services and enable our residents to live a life to their full potential.

- 2.5.2 In addition to the outcome data on overweight and obesity (see 2.2.5 and 2.2.6), OHID provides data on the prevalence of other potentially physical activity related long term health conditions. The data in Figures 4 and 5 show the most recent rate of premature mortality for preventable circulatory disease (such as ischaemic heart disease and stroke), and the current prevalence of Type 2 diabetes in Redbridge. These remain considerable challenges for our residents.

Fig 4: Under 75 mortality rate from circulatory disease considered preventable in Redbridge, 2020-22



	Redbridge	England	Worst LA	Best LA
Rate	32%	30%	53%	19%

Fig 5: Diabetes prevalence in Redbridge, 2021-22



	Redbridge	England	Worst LA	Best LA
Prevalence	9.2%	7.3%	10.2%	2.7%

## 2.6 Disproportionalities in physical activity

- 2.6.1 Levels of participation in physical activity differ across different population groups and communities within our borough and consequently some individuals and communities are receiving fewer of the benefits than others.

### 2.6.2 Socio-economic status

Ability to participate in physical activity can be negatively affected for economic reasons. Participation in sports clubs, use of facilities and equipment, and membership to gyms usually require a financial cost that may be prohibitive for some individuals and groups to afford. People undertaking some types of employment may either find they have limited time to undertake some types of exercise or may have their free time in unsociable hours where services are unavailable or where they may have safety concerns. There is evidence to suggest

<sup>4</sup> [World Health Organization - The global action plan on physical activity 2018 - 2030](#)

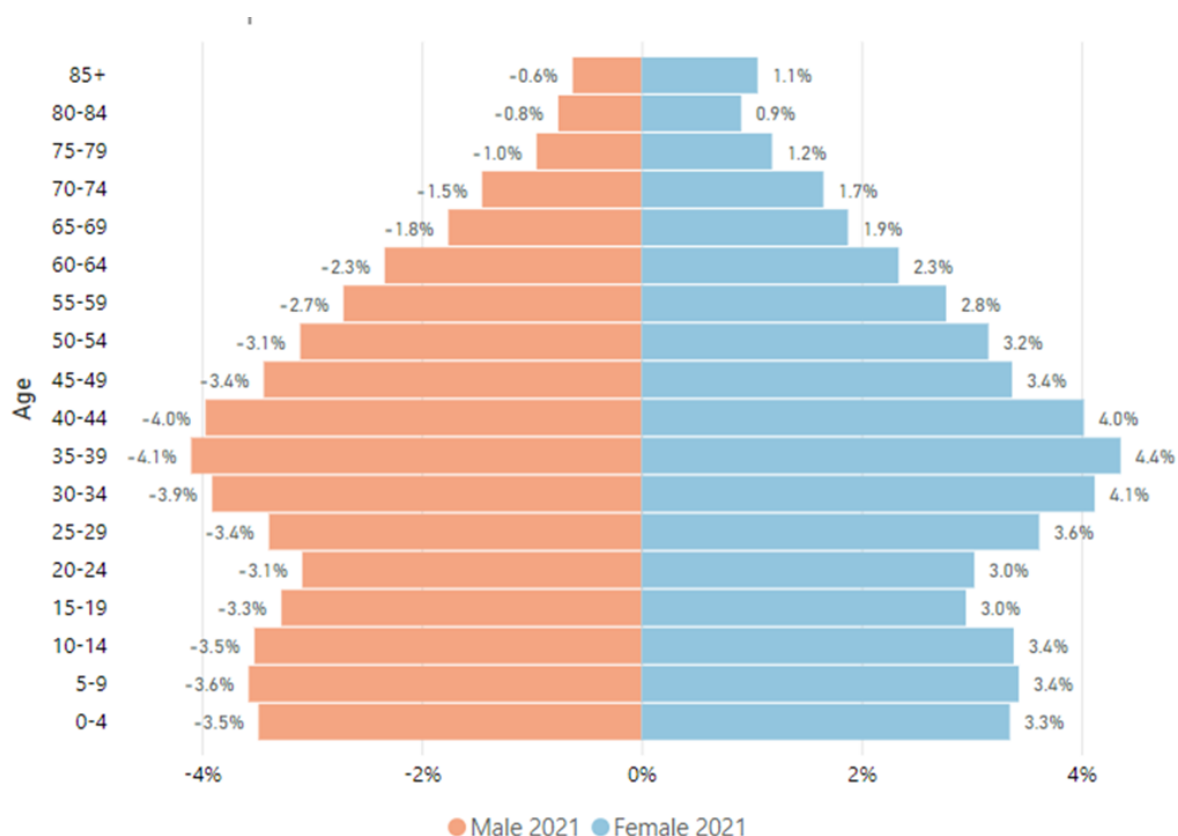
that people of lower income are between two and three times more likely to be physically inactive than people with a higher income across different age bands in the life course<sup>5</sup>. The most recent Active Lives data show that 73% of people in managerial or professional occupations were physically active, this reduced to 55% for people in routine or manual occupations<sup>6</sup>.

This strategy will support wider LBR policies and strategies to reduce inequality and increase access to physical activity for all.

### 2.6.3 Age

Provided in Fig 6 is a population pyramid for Redbridge which shows the proportion of our residents who are in each age band by sex. It shows there is a bulge in our age population in the ages 30 to 54.

Fig 6: Redbridge population pyramid, Census 2021

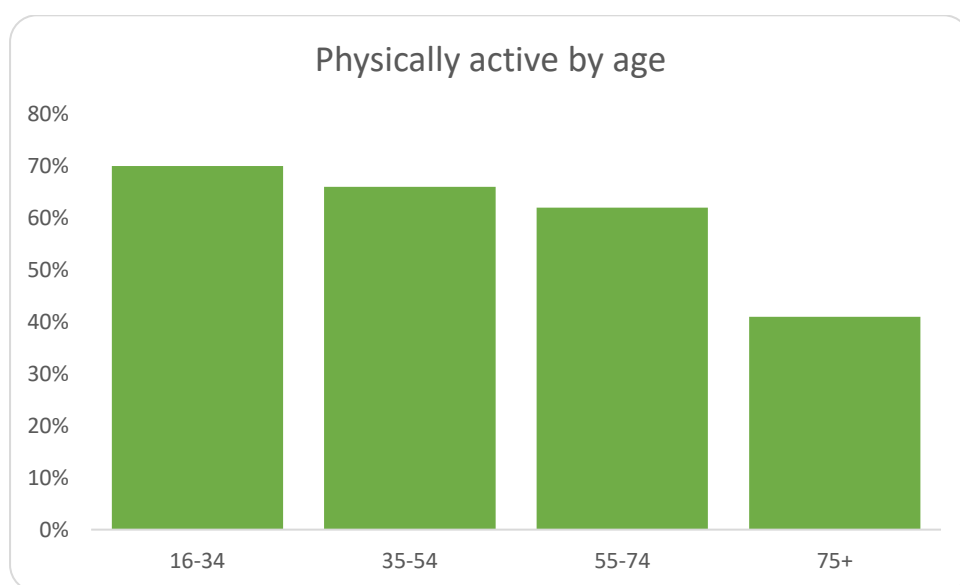


<sup>5</sup> The Centre for Market and Public Organisation (2013): <https://www.bristol.ac.uk/media-library/sites/cmpo/migrated/documents/wp311.pdf>

<sup>6</sup> Gov.uk Active Lives survey results 2022 summary: [https://www.ethnicity-facts-figures.service.gov.uk/health/diet-and-exercise/physical-activity/latest/#:~:text=women%20from%20mixed%20\(69.6%25\),less%20likely%20to%20be%20active](https://www.ethnicity-facts-figures.service.gov.uk/health/diet-and-exercise/physical-activity/latest/#:~:text=women%20from%20mixed%20(69.6%25),less%20likely%20to%20be%20active)

There is good evidence to suggest that sport and physical activity participation later in older age is influenced strongly by the level of participation by an individual in earlier life<sup>7</sup>. Another major limiting factor in participation in later life is the prevalence of poor physical health and long-term conditions<sup>8</sup>. This demonstrates the importance of supporting individuals to build physical activity into their daily lives early in life to improve the chances of this being carried on through the life course. Studies in the UK have found a steep decline in participation after the age of 65, particularly in women, but these studies have also found that loneliness and social isolation are significantly lower in those older adults who do participate in sport and who meet the national guidelines for physical activity<sup>9</sup>. The latest Active Lives survey data showed that physical activity levels declined steadily across the life course (see Fig 7).

Fig 7: Proportion of the population classified as physically active in England, by age



Data source: Sport England

#### 2.6.4 Ethnicity

There is good evidence to suggest that there are inequalities in participation in physical activity across different ethnicities. This is linked to both cultural and socio-economic factors. The most recent Active Lives survey data show that nationally people from the Asian, black, and 'other' ethnic groups were less likely to be physically active than the national average. While 71% of people of mixed ethnicity were classified as physically active, this figure was only 55% for people of an Asian ethnicity or "other" ethnicity (Fig 8). This disparity between people with Asian ethnicity and the

<sup>7</sup> Jenkin C, Eime R, Westerbeek H, et al (2017): <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4970-8>

<sup>8</sup> Ibid.

<sup>9</sup> Davison and Cown (2023): <https://www.frontiersin.org/articles/10.3389/fspor.2023.1213924/full>

national average was highest in people aged 45 to 54 where the gap was as high as 16 percentage points<sup>10</sup>.

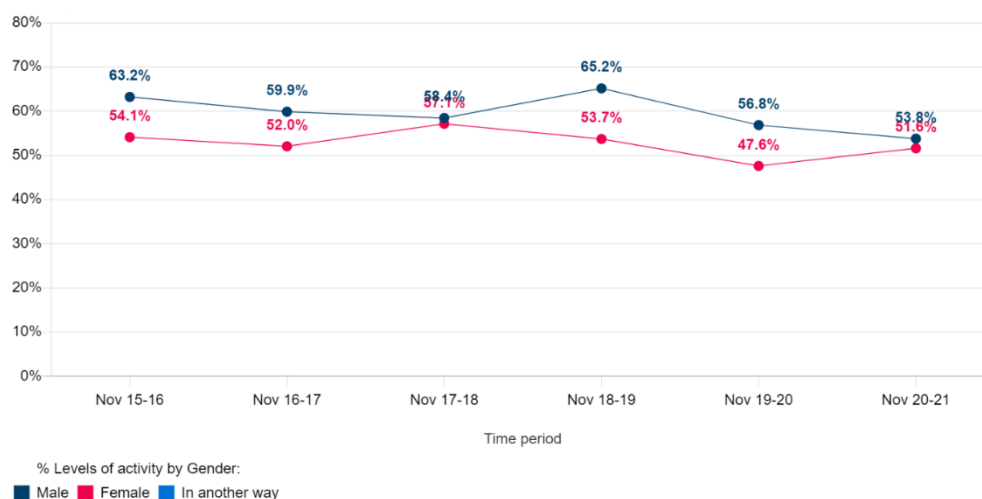
Fig 8: Proportion of people who are physically active in England, by ethnicity, 2022

	2022
All	63%
Asian	55%
Black	56%
Chinese	60%
Mixed	71%
White British	64%
White other	67%
Other	55%

### 2.6.5 Gender and sex

The Active Lives survey data show that nationally men are more likely to be classified as physically active than women. Where for men the figure is around 66%, it is around 61% for women. It is a little lower than this for people who categorise themselves as other gender (60%). For Redbridge, there was a smaller disparity between genders (54% men, 52% women). This reduction in the gap was primarily a result of a significant drop amongst men from 65% in 2019 (Fig 9).

Fig 9: Percentage of adults in Redbridge who are physically active, by gender, 2022



### 2.6.6 Women and girls and physical activity

There is evidence to suggest that young females become less physically active during school years and that this decline continue into adulthood. In 2022, Sport England

<sup>10</sup> Ibid.

commissioned a survey of over 4,000 adolescent girls and the findings informed the report, *Reframing sport for teenage girls: tackling teenage disengagement (2022)*<sup>11</sup>. The report outlined eight principles for success when working with teenage girls (Fig 10). These eight principles informed their recommendations for physical activity service providers through improving their understanding of girls' attitude towards sport and active behaviours, and providing targeted and tailored offers for them. It is important that our action plan identifies ways to reduce drop off in physical activity amongst females in childhood.

Fig 10: "The eight principles for success" in supporting women and girls to be physically active, Sport England

### THE 8 PRINCIPLES FOR SUCCESS

- |          |   |          |  |
|----------|---|----------|--|
| <b>1</b> |  <p><b>NO JUDGEMENT</b><br/>Take pressure off performance and give freedom simply to play.</p>   | <b>5</b> |  <p><b>BUILD INTO EXISTING HABITS</b><br/>Tap into existing behaviours in other spheres.</p>                  |
| <b>2</b> |  <p><b>VOKE EXCITEMENT</b><br/>Bring a sense of adventure and discovery.</p>                     | <b>6</b> |  <p><b>GIVE GIRLS A VOICE &amp; CHOICE</b><br/>Allow girls choice and control to feel empowered.</p>          |
| <b>3</b> |  <p><b>CLEAR EMOTIONAL REWARD</b><br/>Reframe achievement as 'moments of pride', not winning</p> | <b>7</b> |  <p><b>CHAMPION WHAT'S IN IT FOR THEM</b><br/>Make it about more than just health.</p>                        |
| <b>4</b> |  <p><b>OPEN EYES TO WHAT'S THERE</b><br/>Redefine sport as more than school sport.</p>           | <b>8</b> |  <p><b>EXPAND IMAGE OF WHAT 'SPORTY' LOOKS LIKE</b><br/>Create truly relatable role models which inspire.</p> |

It is also key to encourage women who have dropped out of physical activity to become active again and maintain participation within adults. Sport England and Women in Sport have produced an insight pack called *Go where women are* to support planners and providers in engagement of women in sport and physical activity<sup>12</sup>. This resource shares seven key principles to follow for the best chance of achieving increased engagement:

<sup>11</sup> This report can be found at: <https://womeninsport.org/resource/reframing-sport-for-teenage-girls-tackling-teenage-disengagement/>

<sup>12</sup> This report can be found at: [PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](https://www.amazonaws.com/PowerPoint-Presentation-(sportengland-production-files.s3.eu-west-2.amazonaws.com))

Change the offer to suit the women you are targeting

- Don't just talk about 'sport'
- Differentiate sport and exercise from other interests by promoting (not preaching) the additional benefits – sell what your audience is asking for.
- Seeing is believing. Making sport and physical activity the norm
- Use positivity and encouragement to drive action
- Make it easy for women to act - right time, right place, right welcome, right gear
- People make or break the experience

In addition, the Redbridge Plan 2022-26 is clear that LBR will prioritise the reduction of violence against women and girls, reduce crime and the fear of crime, and support healthy and physically active lifestyles<sup>13</sup>. We need to ensure that women and all people who feel vulnerable to potential street crime and harassment are supported to exercise and participate in sport at a time and in a place where they feel safe.

#### 2.6.7 Disabilities

Around one in five people in the UK have a long standing and limiting disability or illness. The latest Sport England Active Lives survey data suggested that people with a disability are almost twice as likely to be physically inactive (43%), compared to those without a disability (23%). This disproportionality increases as the number of different disabilities or illnesses that a person experiences increases. 51% of people with three or more factors impairing their activities of daily living are physically inactive. This risks further increasing the inequalities experienced by this group of our residents.

#### 2.6.8 Population groups in Redbridge

Provided below are the proportions of key groups within our residents whom the national data suggest experience increased barriers to physical activity participation<sup>14</sup>:

- 47% of people in Redbridge are of South Asian ethnicities (c147,000 people).
- 51% of the population aged between 35 and 49 are of South Asian ethnicities (c37,000 people), as are 39% aged between 50 and 64 (c 20,000). These are the age bands within the national data where people of these ethnicities experience greatest negative disproportionalities in this area.
- Around 157,000 residents are female and of these people, around 19,000 are girls/women aged between 15 and 24.

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<sup>13</sup> Redbridge Plan 2022-26: <https://www.redbridge.gov.uk/media/11263/the-redbridge-plan-2022-26.pdf>

<sup>14</sup> This data is taken from the Office for National Statistics:  
<https://www.ons.gov.uk/visualisations/customprofiles/build/#E09000026>



- For residents aged 16 and over, 4.5% are unemployed (c14,000) and 37% are economically inactive (c115,000). 29.2% of our residents either work in routine or manual occupations, or are in long term unemployment (c90,600).
- Generally, there is an association between an increase in the level of deprivation of neighbourhood and an increase in the proportion of residents who are of BAME.
- 7.9% (c24,500) of our residents experience a disability that limits them a little in their daily activities while 6.7% (c20,800) have a disability that limits them a lot. Around 1,000 people in Redbridge report having hearing loss and 870 are registered as blind.

## 2.7 The key factors that influence Redbridge residents' participation in physical activity

- 2.7.1 As part of this strategy's development, LBR convened a workshop of key stakeholders from the Redbridge Obesity Systems Network to identify and analyse the key external factors that might influence a Redbridge resident in relation to participation in physical activity. The group used a STEEPLE analysis to identify and assess **S**ocial, **T**echnological, **E**conomic, **E**nvironmental, **P**olitical, **L**egal, and **E**thical issues and discuss the challenges and opportunities arising from them. This analysis has informed the priorities, commitments, and action plan within the strategy and it is provided in **Appendix A**. This workshop and its results built upon learning from earlier public consultation on our borough's needs and preferences around physical activity. All key stakeholders will continue to take a key role in monitoring the implementation of this strategy through the Obesity Systems Network

### Key points to address from where we are now:

- We need to support all people, whatever their age, to increase or maintain their participation in physical activity at a level that promotes their health and wellbeing,
- We also need to consider inequalities in participation and target specific support for those population groups that are experiencing inequity: women and girls, people of Black and minority ethnicity, people experiencing deprivation,
- If we can achieve this, we will see improvements in outcomes around health and wellbeing across our Borough.

## 3.0 Where we want to be

### 3.1 Our priorities

#### 3.1.1 Active Places

Opportunities for physical activity will be embedded into everyday places, providing accessible and inclusive local space to be active.

As part of our strategy, we will:

- Work to ensure that the development of the **Redbridge Local Plan** considers how to maximise opportunities for supporting residents' ability to be physically active,
- Support the commissioning and/or delivery of infrastructure to facilitate safe **active travel** and support promotion of **active travel** for our residents and visitors,
- Work to ensure that Redbridge maintains a **wide range of spaces and locations** that are designed to support physical activity for all levels of intensity, and that are within easy travelling distance for all residents,
- Work towards ensuring that everyone in Redbridge has access **to safe spaces and a safe environment** in which to be physically active, at any time of day,
- Support residents to mitigate the risks of **extreme weather and air pollution** in planning their exercise and physical activity,
- Prioritise the year-round safety, **accessibility, and usability** of our parks and open (green and blue) spaces for residents,
- Work with facility providers to ensure services are **financially sustainable** while also ensuring that cost is not a barrier to participation in at least some forms of sport and physical activity in the borough,
- Identify and **capitalise on all appropriate opportunities** to acquire financial support and resources from external sources to maintain and improve our borough's facilities for exercise and sport

#### 3.1.2 Active Communities

Enable communities to activate opportunities and deliver physical activity, sport, and play interventions based on local need, enhancing social and community cohesion.

As part of our strategy, we will:

- Work with communities and partners to understand any **barriers to participation** in physical activity in Redbridge for **different ethnicity groups**, and develop co-produced interventions and policies to mitigate these barriers,
- Work with communities and partners to understand any barriers to participation in physical activity in Redbridge for people with **disabilities**, and develop co-produced interventions and policies to mitigate these barriers,

- Identify with our partners strategies for encouraging and facilitating participation in exercise and sport for all residents, regardless of their **financial situation**,
- Work with partners in healthcare and in community and voluntary services to support regular and effective participation in exercise and physical activity for all residents regardless of their **health conditions**,
- Improve our understanding of how our residents use our facilities and services through optimising our **data collection** and collation around activity,
- Ensure that our residents have the most effective access to comprehensive **information** about the facilities and services to support physical activity that are available within Redbridge, and that this information is accessible to all,
- Use the evidence we gather about how individuals and communities use the facilities and services for physical activity in Redbridge to demonstrate how sport and exercise can improve health and wellbeing and build community cohesion and **positive social impact** in our borough.

### 3.1.3 Active Lifetime

Physical Activity that lasts a lifetime, supports the promotion of inter-generational activity opportunities, and encourage positive physical activity habits from childhood through a lifetime.

As part of our strategy, we will:

- Ensure we and our partners provide safe and appropriate play facilities that are accessible to all **children** in the borough, to encourage building physical activity into the earliest years of life,
- Work with communities and partners to encourage and support all children to maintain their exercise and physical activity into adult life, with a particular focus on **girls**,
- Contribute to the council's efforts to become a recognised **UNICEF Child-Friendly City**,
- Support the Sport England Active Lives Children and Young People **data collection** process across schools in Redbridge,
- Provide **intergenerational** activities to encourage residents of all ages and abilities to take part,
- Work with communities and individuals to identify how we can support **working age** adults to participate in exercise in a way that fits with their employment responsibilities,
- Support our residents to stay physically active with a wide ranging offer of age appropriate facilities and services across the **whole life course**,
- Use the national and local data to identify which communities and individuals within Redbridge may benefit most from **targeted** support to facilitate increasing their level of physical activity.

## 3.2 Our principles and commitments

- 3.2.1 Underpinning our strategic priorities are a set of key principles and commitments that represent our improved approach to enhancing existing and new opportunities, promoting

physical activity and sport across the borough, and collaborating with partners to enhance the impact of our work.

### 3.2.2 Enhancing our processes:

- We will apply an evidence-based approach to all strategic decision-making, ensuring that the needs of the community are recognised and acted on appropriately.
- We will commit to collecting data against each of our priorities and objectives, reporting our position on an annual basis in-line with our action plan.
- We will commit to seeking, considering and, where practical, making use of comments and ideas from our operational staff, recognising the value that we can gain from tapping into their knowledge of local needs and issues.

### 3.2.3 Improving visibility of opportunity:

- We will enhance the distribution of information on physical activity and sport offers across the borough, ensuring residents have access to the information they need in their local area, in a form that meets their communication needs;
- We will work to ensure staff across key public health services have the right knowledge and expertise to signpost physical activity, sport and play opportunities effectively;
- We will upskill staff in libraries and other key public facing LBR services to be able to signpost physical activity, sport and play opportunities effectively;
- We will make physical activity and sport promotional materials more visible across Vision Redbridge Culture and Leisure facilities;
- We will champion technology solutions to make it easier for Redbridge residents to access physical activity, sport and play opportunities, while ensuring that lack of access to technology does not become a barrier for any resident.

### 3.2.4 A collaborative approach:

- We will embed the Physical Activity Strategy as part of LBR's health in all policies approach across all relevant and appropriate teams, functions and decision-making processes;
- We will support community-led interventions and co-design approaches by empowering our residents with the knowledge required to make informed decisions and removing barriers to delivery;
- We will collaborate with partners, communities, and other stakeholders to deliver opportunities aligned to our strategic outcomes and the wellbeing needs of our residents, actively supporting our network of local, regional, and national partners to work towards achieving our vision;
- We will regularly review how physical activity and sport can support the wider outcomes for the London Borough of Redbridge;

- We will encourage community input and operate an open policy to collecting feedback and resolving issues within our network. We will take ownership and responsibility for the collective delivery of our outcomes and objectives;
- We will seek out any opportunities with external organisations for additional funding and other resourcing that may enable new facilities and interventions for physical activity in Redbridge.

## **4.0 How will we know when we get there?**

### **4.1 Monitoring progress**

- 4.1.1 We will instigate a Strategy Working Group (SWG) of relevant LBR officers and partners to monitor and review implementation of the action plan. Terms of reference will be agreed and this group will be responsible for ensuring operational delivery of actions is undertaken by appropriate leads.
- 4.1.2 This group will report to the Redbridge Health and Wellbeing Board and the Vision Partnership Board for assurance and governance purposes. An annual report on progress towards implementation of the strategy and its action plan will be produced and presented to the relevant LBR Boards.

### **4.2 How do we know we are making a difference?**

- 4.2.1 A set of key performance indicators will be devised by the SWG to cover structural, process, output, and outcome measures of success. These will link explicitly to the action plan in 4.3. Performance or activity against these indicators will be regularly reviewed and will inform the annual progress report and assurance to the relevant LBR Boards. These measures should include qualitative information from Redbridge residents and communities.
- 4.2.2 These measures should help us to assess the difference we are making as a key facilitator and supporter for our residents and will help us to review and refine the implementation plan on an ongoing basis.

### **4.3 The action plan**

- 4.3.1 The following action plan has been designed in conjunction with relevant existing LBR strategies and action plans relating to obesity prevention, climate change, travel, air quality, cost of living support, and the UNICEF Child Friendly programme. It takes account of the needs of residents as set out in the “where we are now” chapter and the environment of challenges and opportunities as set out in the STEEPLE analysis.
- 4.3.2 The action plan’s delivery will be led by the portfolio holder of Leisure & Culture within the London Borough of Redbridge. The other relevant departments and organisations relevant to its delivery have been cited below as lead/partners.
- 4.3.3 The action plan covers our areas of priority around active places, active communities, and active lifetimes.

## Redbridge Physical Activity Action Plan

### Active Place

Physical activity, sport and play will be embedded into everyday places, providing accessible and inclusive local space to be active.

Objectives	Priorities	Actions	Lead/Partners
To design and support sustainable and active travel across Redbridge.	Active travel	Continue to support and consult on schemes which puts people and their health at the centre of decision making, helping everyone to use cars less and to walk, cycle and use public transport more to improve air quality, reduce congestion and road casualties, and increase physical activity.	LBR Active Travel
	Local plan		
	Extreme weather and air pollution	Encourage an increase in cycle parking facilities in the borough, within the public realm, schools, housing, and workplaces.	LBR Active Travel
		Support road safety to encourage walking and cycling in the borough.	LBR Active Travel
		Increase awareness of cycling routes in the borough.	LBR Active Travel
		Review the current cycle network to develop a network of accessible routes that meet with LTN1/20 design standards.	LBR Active Travel
		Promotion of availability of airTEXT and the Mayor of London's air pollution forecasts, which allow residents to be alerted whenever air quality goes below a certain threshold, enabling them to modify their physical activity if necessary.	LBR Active Travel LBR Public Health LBR Environmental Health

Objectives	Priorities	Actions	Lead/Partners
To increase and facilitate physical activity in all parks and open spaces.	Wide range of locations	Ensure increased use of new cricket facilities in Redbridge Parks.	LBR Leisure/ Leisure operator
		Ensure increased use of improved tennis facilities in Redbridge Parks.	Leisure operator
	Safe spaces and a safe environment	Promote basketball courts and Multi-Use Game Areas (MUGAs) in our parks for wider use.	Leisure operator
		Work with residents and communities to explore other sports and games which could be supported within Redbridge parks and open spaces.	LBR Leisure / Leisure operator
	Accessibility and usability	Promote <i>parkrun</i> in our parks and consider other feasible sites for <i>parkrun</i> .	LBR Leisure / Leisure operator
		Develop effective signage in parks across the borough to increase the visibility of walking routes.	LBR Leisure / Leisure operator
		Ensure Parkguard service contributes towards keeping parks safe and that improved perceptions of safety enhance take up of physical activity opportunities in parks.	LBR Leisure / Leisure operator
		Open the Lido in Valentines Park providing outdoor swimming provision as well as a gym and studio space and ensure good take up of the new facility.	LBR Leisure
	Undertake work at Fairlop to identify barriers to access and utility of Fairlop Waters	LBR Leisure	



Objectives	Priorities	Actions	Lead/Partners
To provide safe and accessible places to engage in physical activity	<p>Safe spaces and a safe environment</p> <p>Accessibility and usability</p> <p>Redbridge Local Plan</p> <p>Financially sustainable</p> <p>Capitalise on all opportunities</p>	<p>Provide Leisure Facilities that encourage use by all communities through programmes and activities tailored to residents.</p> <p>Review and improve the process for hiring out spaces for physical activity in libraries and community buildings.</p> <p>Develop a climbing centre in Ilford with an appropriate operator, and work with that operator to ensure a good take up of a climbing offer.</p> <p>Identify opportunities for including spaces to facilitate physical activity and exercise within new developments in the borough and work with developers to realise this potential.</p> <p>Monitor the take up of the borough's new Leisure Pass LBR can best support equity of access to facilities for all.</p> <p>Identify and capitalise on opportunities to acquire financial support and resources from external sources to maintain and improve our exercise and sport offer to residents.</p> <p>Support opportunities for communities to organise Play Street sessions and other community led activities in applicable locations.</p>	<p>Leisure operator</p> <p>Leisure &amp; Libraries operator</p> <p>LBR Leisure</p> <p>LBR Leisure / LBR Planning</p> <p>LBR Leisure</p> <p>LBR Leisure / Public Health</p> <p>LBR Leisure</p>

Objectives	Priorities	Actions	Lead/Partners
To positively influence planning developments to support increased physical activity	Redbridge Local Plan  Active travel  Capitalise on all opportunities	Liaise with Sport England to identify best practice design principles for safe active travel and work with strategic leaders within LBR and public and private sector partners to ensure these principles are considered during relevant policy development.  Liaise with planning to ensure the physical activity needs of residents are embedded into the borough's local plan and planning decisions have a positive impact on physical activity where possible	LBR Leisure    LBR Leisure

### **Active Communities**

Enable communities to activate opportunities and deliver physical activity, sport and play interventions based on local need, enhancing social and community cohesion.

<b>Objectives</b>	<b>Priorities</b>	<b>Actions</b>	<b>Lead/Partners</b>
To empower individuals, communities and schools with skills, financial support and accreditation to use more active forms of travel.	Barriers to participation  Positive social impact	Engage Redbridge schools in TfL Travel for Life accreditation (which supports schools, pupils and parents to swap car journeys to school for active travel).	LBR Active Travel / Public Health

<b>Objectives</b>	<b>Priorities</b>	<b>Actions</b>	<b>Lead/Partners</b>
To maximise use of community assets in our everyday places and open spaces by all sections of the community to engage communities in physical activity.	Barriers to participation	Strengthen partnerships with Essex cricket and facilitate support for community cricketing initiatives including the development of women's cricket.	LBR Leisure / Leisure operator /Cricket Clubs / Essex Cricket
	Different ethnicities	Manage a tennis coaching offer as part of the LTA funding package.	Leisure operator
	Disabilities	Identify further opportunities for partnership with national sporting bodies and local sports clubs/teams, particularly targeting groups experiencing inequalities in exercise participation.	LBR Leisure
	Financial		
	Health conditions	Identify opportunities with NHS partners for facilitating physical activity for people with specific health conditions using LBR services and facilities.	
To advocate a greater use of innovation and technology in interventions that are designed to increase physical activity.	Positive social impact		
	Barriers to participation	Identify opportunities to support residents with the use of wearable technology and other technology based interventions that encourage increased physical activity <sup>15</sup> .	LBR Leisure / Public Health
	Health conditions		

<sup>15</sup> An example of this is a 2023 pilot study using wearable technology and Vision services to support people with diabetes, funded by the NHS

Objectives	Priorities	Actions	Lead/Partners
Ensure that we have an effective and wide ranging partnership network in place of all key stakeholders.	Barriers to participation  Information	Undertake a mapping exercise to identify the key partners that can benefit from supporting the delivery of the Strategy and ensure these key stakeholders are invited to join our Obesity Systems Network and any other appropriate partnership networks.  Develop effective online information resources to ensure residents are fully informed of all opportunities for participation in exercise and sport and all available facilities and services.	LBR Leisure / Public Health  LBR Leisure
Ensure that we have wide ranging and robust information about how different communities are using our facilities and services.	Barriers to participation  Data collection  Information  Different ethnicities  Disabilities  Financial  Health conditions  Positive social impact	Undertake a review of current systems for data collection and produce an equity audit for use of relevant LBR and partner facilities and services. The results of this equity audit can inform targeted work to increase participation in underrepresented groups and reduce barriers.  Ensure increased visibility of information about our physical activity support offer in appropriate public locations for residents who may experience increased barriers to participation (e.g. libraries, health service locations, jobcentres).	LBR Leisure / Public Health  LBR Leisure

## Active Lifetime

Play that lasts a lifetime, supports the promotion of inter-generational activity opportunities and encourage positive physical activity habits from childhood through a lifetime.

Objectives	Priorities	Actions	Lead/Partners
To increase physical activity levels amongst inactive adults but particularly those in the lower socioeconomic bracket and those with long-term health conditions	Data collection	Collate further insight on inactive and less active residents and geographical (ward level) areas where health inequalities exist.	LBR Leisure
	Whole life course	Tackle barriers to physical activity by signposting and supporting referred patients to free accessible physical activity opportunities.	LBR Public Health / NHS NE London
	Targeted	Ensure health services and social prescribers have an up to date and comprehensive list of facilities and services for referral and signposting.	NHS NE London / Redbridge CAR
	Intergenerational	Develop GP action cards to signpost practitioners and patients to local physical activity facilitation services.	LBR Public Health
		Support community groups, families, and friendship groups to increase participation in exercise through free exercise classes and programmes (Fit For Fun).	Redbridge CAR
Optimise commissioning of Tier 2 specialist services to support increased physical activity around weight management and specific health conditions.	LBR Public Health		

Objectives	Priorities	Actions	Lead/Partners
<p>To increase physical activity levels amongst all children but particularly those young people living in the least active and deprived areas of the city</p>	<p>Children</p>	<p>Run Youth Health Champion workshops on understanding the importance of physical activity, healthy weight, and positive mental health. Understanding and sharing knowledge of what's on locally, as part of the borough's UNICEF child-friendly borough initiative.</p>	<p>LBR Strategy</p>
	<p>UNICEF Child Friendly City</p>		
	<p>Targeted</p>	<p>Optimise commissioning and delivery of a free, family-focused weight management programmes, for 4-11-year-olds and their families.</p>	<p>LBR Public Health</p>
	<p>Review potential opportunities for increased support services to address healthy weight issues for 11–16-year-olds.</p>	<p>LBR Public Health</p>	
<p>Collate further insight on inactive and less active children and young people and geographical (ward level) areas where health inequalities exist.</p>	<p>LBR Leisure / LBR Public Health</p>		
<p>Deliver the Mega Mix Easter and summer programmes offering a range of low-cost activities for children that enables them to keep active and potentially try and new sports and other physical activities</p>	<p>Leisure operator</p>		

Objectives	Priorities	Actions	Lead/Partners
To ensure leisure facilities are sustainable, efficient and effective at increasing participation by inactive people from the least active areas of the borough	<p>Targeted</p> <p>Working age</p> <p>Whole life course</p> <p>Women/girls</p>	<p>Ensure positive uptake of Vision’s Passport FlexiPay which provides concessionary rates and aims to tackle health inequalities and low participation from under-represented groups.</p> <p>Use the findings of the equality impact assessment into the Vision Passport FlexiPay to review provision of safe nighttime exercise facilities and services for women and working age vulnerable groups.</p>	<p>Leisure operator</p> <p>LBR Leisure</p>
To increase physical activity levels amongst groups of people where inactivity inequalities are greatest e.g. those with a disability, older people, women/girls.	<p>Targeted</p> <p>Women/girls</p>	<p>Develop improved data collection systems for use of facilities and services in the borough to collate increased demographic/inequalities data (see relevant action in <i>Active Communities</i>).</p> <p>Undertake equity audit on use of facilities and services and use this information to develop interventions targeted at key groups (see relevant action in <i>Active Communities</i>).</p> <p>Review current information resources for social prescribers to ensure opportunities for use of the public and community sector for those who need it most are maximised.</p> <p>Ensure that all our services and facilities providing support for physical activity are fully compliant with UK Accessible Information Standards for people with sensory disabilities.</p>	<p>LBR Leisure</p> <p>LBR Leisure</p> <p>LBR Leisure / Redbridge CAR</p> <p>LBR Leisure</p>





## 5.0 Appendix A

### STEEPLE analysis of factors impacting upon the ability of Redbridge residents to participate in regular physical activity/sport.

A representative group from the Redbridge Obesity Systems Network and other key stakeholders undertook a STEEPLE analysis of the factors which may be impacting on the ability of Redbridge residents to participate regularly. This analysis considers **S**ocial, **T**echnological, **E**conomic, **E**nvironmental, **P**olitical, **L**egal, and **E**thical factors to identify challenges and opportunities for us. The results are provided below.

#### SOCIAL

Issue	Challenges	Opportunities
Reduction in physical activity for teenage girls and young women	Safety for participation, Space in school and reduction in time, Exercise spaces specifically for girls outside school, Higher levels of care responsibility, (this may also apply to boys/young men also – think about this also)	Self-defence classes (see also for boys too), Youth centres (Hainault & <a href="#">Loxford</a> ) being used in new ways, Use national resources, New requirements on wrap around care for out of hours in primary schools,
Lower uptake of physical activity in some ethnicity groups	Where are safe spaces for different groups? Equity of access – need to undertake assessment for all groups,	Women only provision, (gender separate provision) Find out what people want (targeted), New facilities can be designed/marketed to fit needs of different groups, Use national resources
Lower uptake of physical activity for people in higher deprivation groups	Affordability of access/transport/childcare Availability of time to exercise,	Support thru LBR for specific groups (e.g. refugees)
Lower uptake of physical activity for people experiencing disability	Do people feel safe? Are people confident that their needs will be met in our facilities/services? Issues around confidentiality and disclosure, Accessibility does not necessarily mean user friendly,	New facilities can be designed/marketed to fit needs of different groups,
Public knowledge of available facilities/services	How do we ensure we are talking to the right people?	Targeted work with specific groups, Engagement with communities, Discover Redbridge website
Age impacts on physical activity participation	Safety, confidence, accessibility (to services), transport, fall fears, Lots of activities in places where there is little space for new interventions	Targeted activities already in place, New facilities can be designed/marketed to fit needs of different groups, Age UK input
Changes in health status	Potentially being unable to undertake the activity previously done,	Spur to action,

## TECHNOLOGICAL

Issue	Challenges	Opportunities
Potential for use of wearable technology to support exercise behaviours	Can bring inequality if some cannot access wearable tech – how can we make sure everyone is supported? Even if people can access tech, they may have challenges in using it, Is public Wi-Fi infrastructure able to support all that we might want to use?	Provide tech to certain groups actively or support them where they have tech already, Some ubiquity of smart phones.
Renovation and improvements to universal facilities (e.g. tennis courts, lido)	Now some timeslots require fees (with improvement of facilities), Cricket – how can we support people who may not have links to existing teams or groups of friends? Free usage time will be good for some groups but not others (e.g. mornings for older people), Long timelines for creation of new facilities, Is there geographic equality in facilities? Requires tech to book.	New encouragement for people to use facilities (visible encouragement), Where can we find sources of further investment for other sport/exercise areas? Showing what we have already achieved may help with further bids for funding/support/investment.
Availability of data around local physical activity participation	Difficult to get as much data as would be preferable about usage of universal services like parks, Particularly difficult to get demographic data.	Can use proxy data from car park usage, Can use new tech-based data collection interventions (VR codes to get user feedback), Can do more with the data we already have.
How to optimise the links between LBR universal physical activity support offer with NHS and RCVS services ( <a href="#">inc</a> ' social prescribing)	Does our current information system cover everything in Tier 1 universal services? Is our information core available in multiple languages?	How can we optimise a central asset to give comprehensive info (for social prescribing particularly)? Find out where people go to find info.
New use of apps/web-based access	May be difficult for some groups to use (age, disability, ethnicity/language).	Potential for sharing further information, Helpful for translation/sign language, Can use web-based support and interventions to meet needs.

## ECONOMIC

Issue	Challenges	Opportunities
<p>Cost of accessing facilities, equipment, clubs, and services</p>	<p>Deteriorating situation with cost of living,            Increased demand on free services,            Increasing demand/cost on locations that could be used for activity (e.g. child nursery demand),            Cost of childcare to free time for exercise,            Do people value exercise enough to spend money on it? (how do we add the value to it?)            Providing universal subsidy to activities may end up with those who don't need this taking all the spaces (inverse care law),            Anything subsidised for a limited time-period may not lead to sustainable change when the discount stops.</p>	<p>Mega Mix, HAF project,            How can we encourage people to fit being physical into their other daily activities to avoid needing to pay extra?</p>
<p>Employment pressures on time for exercise</p>	<p>This is coupled with time pressures outside of working hours,            Does remote working impact on opportunities for work-based activities and active travel commuting,            Are the possibilities for opportunistic use of specific exercise facilities reduced when not leaving the house for work?</p>	<p>How can we encourage people to fit being physical into their other daily activities to avoid needing to pay extra?            Can we better cater services in terms of non-working hours?            People working from home more – chance for building exercise into the day at home?            Specific chair-based exercise encouragement (NHS) – video resources.</p>
<p>Budget pressures on commissioners and providers</p>	<p>Big inflationary pressures on providers means cost rises are necessary (pushes more pressure on to users),            Same for commissioners – needing to further limit eligibility criteria for referral services.</p>	<p>How can universal services/facilities maximise potential for usage to take pressure off targeted services?</p>

## ENVIRONMENTAL

Issue	Challenges	Opportunities
Air quality impacting on ability/safety in outdoor exercise	Inequity in ability to exercise for people with certain health conditions on certain high pollution days,	School streets initiative, School Superzones, London level air quality improvement interventions, Can we make better use of the current alert system?
New spaces for outdoor physical activity	Competition for any new spaces - use for other purposes	How do we identify opportunities for physical activity in the Local Plan development? Fairlop Waters development.
Safe environments for exercise	Many individuals/groups within Redbridge may feel limited in the exercise they can undertake due to safety concerns (safe from crime, safe from stigma, safe for health concerns), This could relate to sex, age, disability, body image etc.	Can some of this be addressed in the Local Plan? New local approach to enforcement re anti-social behaviour against women, Can we address concerns in design of new facilities (lido, climbing wall, Fairlop Waters etc)?
Development of the Redbridge Local Plan	How can we mitigate the risks from extreme weather in the local plan to support outside activity.	Opportunity to shape the physical environment for the long term.
Facilities to support active travel	More remote working means less active travel commuting opportunities	How do we identify opportunities in the Local Plan development? Are there external funding opportunities for infrastructure?
Seasonal fluctuations with weather and ability to exercise outside	Increasing numbers of days in the year where the weather is inclement (either wet and cold in winter, too hot in summer), Weather can impact on some sports.	How can we encourage outdoor activity even in wet weather? Hainault Country Park now has indoor spaces as well for when the weather is wet, Indoor facilities for some sports in wet weather.

## POLITICAL

Issue	Challenges	Opportunities
National strategies and guidelines around increasing physical activity		<p>Get active: a strategy for the future of sport and physical activity (2023) – Government strategy for the UK. This strategy includes aims that mesh well with our own here – active start to life, increasing data collation, increasing inclusivity for women, people with disability, people of all ethnicities. The strategy also includes school sport commitments focused on protected PE time in curricula and focus on parity of opportunity for girls.</p> <p><a href="https://www.gov.uk/government/publications/get-active-a-strategy-for-the-future-of-sport-and-physical-activity">https://www.gov.uk/government/publications/get-active-a-strategy-for-the-future-of-sport-and-physical-activity</a></p>
Liaison with national and regional partners and other organisations	How can we most effectively liaise with these partners?	Liaison with organisations such as Sport England and London Sport can identify potential grant possibilities for LBR and for community and voluntary organisations across the borough. London Sport can help organisations with writing effective applications.

## LEGAL

Issue	Challenges	Opportunities
Ensuring equity of access to services and facilities for people experiencing disability	Do we have full information on access challenges to our universal and T2 physical activity services for people with a physical or communication disability?	<p>An Equality Impact Assessment was recently undertaken around potential changes to the borough Leisure Pass (which supports certain groups with subsidised access to services). This EIA should be widened to cover other access issues beyond financial.</p> <p>LBR has undertaken a lot of work in the past 12 months on improving access support for people with communications disabilities. The findings and actions from this work should be extended into physical activity support services if this has not already been done.</p>

## ETHICAL

Issue	Challenges	Opportunities
Increasing equity of access for people experiencing economic challenges (discount card for services)	While LBR provides the discount card for services, there may be economic challenges for individuals beyond the issue of payment for leisure services (transport costs, lack of free time due to working long hours, equipment costs etc).	An Equality Impact Assessment was recently undertaken around potential changes to the borough Leisure Pass (which supports certain groups with subsidised access to services). The findings from this EIA are being used to inform this strategy.
Assurance around ensuring equity of access to services and facilities in line with protected characteristics (including young people who have experienced care)		The action plan included in this strategy will include an equality impact assessment to assess positive/negative impacts for all protected characteristic groups PLUS young people who have experienced care.