

**APPENDIX A: Action Plan 2018-21****Key:**

LDT = Leisure Development Team

SDO = Sports Development Officer

ADO = Active Development Officer

PARS = Physical Activity Referral Scheme Coordinator

PDO = Play Development Officer

LDM = Leisure Development Manager

<b>Strategic Priority 1: ACTIVE PEOPLE</b>					
<i>“Encouraging residents in Three Rivers to be active and healthy by enabling sport and physical activities to become a habit of life”</i>					
<b>Key Action</b>	<b>How will this be delivered</b>	<b>Deadline</b>	<b>Cost/Resources</b>	<b>Officer</b>	<b>KPI</b>
More people developing a physical activity habit for life	Increase participation and reduce inequalities in physical activity and sport among target groups including women and girls, disabilities and those with a long-term health condition	March 2021	Officer Time/Leisure Development budgets	LDT	Measurable increase in participation from baseline of target groups
	Communicate the benefits of sport and PA to residents by promoting activities via email newsletters, social media and websites	March 2021	Officer Time / Nominal cost marketing	SDO/ADO	Visits to website and social media
	Identify, share and utilise good practice from across the district and nearest neighbours to ensure successful programmes are delivered	March 2021	Officer Time	SDO/ADO	Case study examples and press coverage
Enhanced physical and	By working with new partners to reach the	March 2021	Officer Time/CSN	LDT	Number of new

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<p>mental health and wellbeing</p>	<p>inactive population</p> <p>Identify and develop physical activity opportunities to support the needs and requirements of underrepresented groups</p>	<p>March 2021</p>	<p>network</p> <p>Officer Time/Leisure Development budgets</p>	<p>ADO/SDO</p>	<p>partners working with</p> <p>Measurable increase in participation</p>
<p>Better quality of life for residents</p>	<p>Raise awareness of the benefits of physical activity and the opportunities available via email newsletters, social media and websites</p> <p>Supporting local and national campaigns and initiatives to promote active lifestyles</p> <p>Utilise physical activity and sport to prevent physical and mental ill health and strengthen communities</p>	<p>March 2021</p> <p>March 2021</p> <p>March 2021</p>	<p>Officer Time / Nominal cost marketing</p> <p>Officer Time / Nominal cost marketing</p> <p>Officer Time/Leisure Development budgets</p>	<p>LDT</p> <p>SDO/ADO</p> <p>ADO/SDO</p>	<p>Attendances at programmes</p> <p>Visits to website and social media</p> <p>Number of individuals with mental health issues supported to be physically active</p>
<p>A reduction in health inequalities and preventable illness and disease</p>	<p>Targeting under-represented groups in particular women and girls, older adults and those with a long-term health condition</p> <p>Championing sport and physical activity as an effective means of improving health and life chances</p> <p>Provide timely information and guidance on the appropriate condition specific exercises and activities</p>	<p>March 2021</p> <p>March 2021</p> <p>March 2021</p>	<p>Officer Time/Leisure Development budgets</p> <p>Officer Time / Nominal cost marketing</p> <p>Officer Time</p>	<p>LDT</p> <p>ADO/SDO</p> <p>PARS</p>	<p>Attendances at programmes</p> <p>Measurable increase in participation</p> <p>Delivery of PARS scheme</p>

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<b>Strategic Priority 2: ACTIVE PLACES</b>					
<i>“Promoting the design, development and use of environments that make it easier for people to participate in physical activity and encouraging residents to be more active in every aspect of their day to day lives”</i>					
<b>Key Action</b>	<b>How will this be delivered</b>	<b>Deadline</b>	<b>Cost/Resources</b>	<b>Officer</b>	<b>KPI</b>
Stronger and safer communities through improved community cohesion	Increasing access to free play opportunities such as play rangers and street play	March 2021	Officer Time/Leisure Development budgets	PDO	Attendances at programmes
	Working with partners to improve access to school and community facilities for the delivery of sport and physical activity	March 2021	Officer Time	SDO/ADO	Increase in number of community use hours available
	Championing the local sporting and community infrastructure and supporting them to unlock funding to increase and improve services	March 2021	Officer Time	SDO	Increase in funding in Three Rivers
There are more places and opportunities available to start, stay and succeed in sport	Increase access to and use of current green space by Three Rivers’ residents living in the most deprived communities, who may experience the poorest health	March 2021	Officer Time/Leisure Development budgets	SDO/ADO	Attendances at programmes
	Promote and encourage sustainable travel choices across activities of the partnership, including cycle training opportunities	March 2021	Officer Time / Nominal cost marketing	ADO	Contributing to Active Travel strategies and plans

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	Maximise the potential of existing assets by creating safe and attractive parks, leisure facilities and community venues	March 2021	Officer Time	SDO/ADO	Number of Green Flag awarded parks and open spaces
Use of indoor and outdoor space is optimised	Audit all indoor and outdoor provision across the district	March 2021	Officer Time	ADO	Audit completed
	Investing in our sporting infrastructure including high quality play area provision	March 2021	Officer Time	LDM	Increase in funding in Three Rivers
	Ensure parks and public open spaces are safe, accessible to all, multi-functional and part of an active travel network that connects key destinations (school, workplaces and community facilities)	March 2021	Officer Time	ADO	Maintain access to open spaces
	Supporting outdoor sport and education as a means of improving wellbeing	March 2021	Officer Time	ADO	Number of schools using outdoor education providers
	Increase the number of existing leisure facilities (indoor and outdoor) that are fully accessible and inclusive to people with physical and learning disabilities and mental health conditions.	March 2021	Officer Time	ADO	Number of leisure centres to gain the Inclusive Fitness Initiative (IFI) award

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<b>Strategic Priority 3: ACTIVE TOGETHER</b>					
<i>“Working in partnership across all sectors to consolidate and expand Three Rivers’ sport and physical activity opportunities, enabling sport and physical activity to become a habit of daily lives”</i>					
<b>Key Action</b>	<b>How will this be delivered</b>	<b>Deadline</b>	<b>Cost/Resources</b>	<b>Officer</b>	<b>KPI</b>
Making the sport and physical activity everybody’s business by working together in partnership	Locally activating national and Hertfordshire wide campaigns	March 2021	Officer Time / Nominal cost marketing	SDO/ADO	Attendances at programmes
	Work with Three Rivers’ leisure providers to develop innovative ways of increasing participation which appeal to all sections of the population including people with disabilities, older people and school leavers	March 2021	Officer Time/Leisure Development budgets	LDT	Attendances at leisure centres
	Work with the Watford and Three Rivers School Sports Partnerships in devising plans that increase participation for school age children and young people	March 2021	Officer Time/School Sports Partnership	SDO	Increase in physical activity levels of C&YP
	Work with National Governing Bodies of Sport and with voluntary groups to develop a stronger local club network	March 2021	Officer Time/NGB forums	SDO	Number of clubs seeking bursary support/advice
Clearer lines of communication between existing and new partners	Identify and develop communication links and ways of working with all partners across public, private and voluntary organisations	March 2021	Officer Time	ADO/SDO	Creation of referral networks and pathways
	Creating clear links and communication between the professional and voluntary sector	March 2021	Officer Time / Nominal cost	ADO/SDO	Local newsletter promoting best

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	Seeking opportunities for collaborative working with stakeholders	March 2021	marketing Officer Time	LDT	practice Joint bids to external funders
Narrowing the participation gap among those with the greatest need	Increase social engagement within communities and neighbourhoods to effectively promote and deliver physical activity	March 2021	Officer Time / Nominal cost marketing	ADO/SDO	Attendances at programmes
	Using insight led and evidence based approaches across our work	March 2021	Officer Time	LDT	Provide statistical evidence base for development work
	Providing the insight and supporting the needs of local sports clubs and providers	March 2021	Officer Time	SDO/ADO	Website resources to support funding applications
Improved physical and mental wellbeing of staff and residents	Work with Three Rivers employers to create workplace environments and policies, and provide support, to enable employees (and those seeking work) to move more as part of their working day to improve health and create wealth	March 2021	Officer Time	ADO	Number of business signed up to workplace challenge
	Encourage safe participation and compliance with safeguarding policies and procedures	March 2021	Officer Time	LDT	Number of safeguarding referrals/training courses
	Supporting volunteers in sport	March 2021	Officer Time	SDO/ADO	Number of volunteering opportunities available