

## Meeting of East Midlands Regional Sports Board

to be held on 12 December 2005

at Sport England East Midlands

For

Discussion  Decision  Information



### EXCHEQUER AWARD - REGIONAL PHYSICAL ACTIVITY AND HEALTH PROJECT

Paper No. 11

#### 1 PURPOSE OF THE REPORT

1.1 This report seeks RSB approval to award the East Midlands Regional Local Government Association a grant towards the second year of the above project which is supporting the delivery of Change 4 Sport, Outcome 4 through the appointment of a Regional Physical Activity and Health Co-ordinator.

#### 2 COST / FINANCIAL IMPLICATIONS

- 2.1 This funding is for the first part of the second year of the project and the RSB is invited to approve the allocation of £4,200 exchequer award for the period 1 February 2006 to 31 March 2006 and an in principle award of £20,800 for the period 1 April 2006 to 31 January 2006
- 2.2 This project is matched funded by Department of Health.

#### 3 KEY OUTCOMES / OUTPUTS

- 3.1 As a result of this project, there has been significant progress on the implementation of the key priorities and actions within both Change 4 Sport, Outcome 4 and Investment for Health, Physical Activity objective.
- 3.2 This is fully detailed in the case summary (appendix 1)

#### 4 RECOMMENDATIONS

- 4.1 The RSB approve an award to the East Midlands Regional Local Government Association of £4,200 exchequer funding for the period 1 February 2006 to 31 March 2006.
- 4.2 The RSB agree delegated authority to the Regional Director to award the remainder of the project (£20,800) on 1 April 2006, subject to funding being available.

## 5 KEY POINTS

- 5.1 Sport England and Department of Health have been working collaboratively over the past three years on implementing the physical activity objective within Investment for Health which is closely aligned to Change 4 Sport – Outcome 4.
- 5.2 The need for additional capacity to support the delivery of the above regional strategies was recognised in the Business Plan 2004/2005 and the RSB awarded a grant in September 2004 to support a Regional Physical Activity and Health project.
- 5.3 The project set out to bring new capacity to the region to carry out the following key tasks:
  - 5.3.1 Lead the development of an East Midlands Physical Activity network, identifying key regional and local contributions to increasing physical activity levels (e.g. Social Enterprise East Midlands, County Sports Partnerships, Primary Care Trusts etc.)
  - 5.3.2 Support the network to implement the recommendations of the Public Health White Paper on physical activity through capacity building, developmental seminars, shared learning, disseminating the evidence base etc.
  - 5.3.3 Improve monitoring and evaluation of physical activity initiatives across the region through implementing the recommendations within the Physical Activity Evaluation Report.
  - 5.3.4 Providing regional support to Local Exercise Action Pilot and other key infrastructure initiatives – raising profile, promotion, sharing learning across the region etc.
  - 5.3.5 Provide support in capacity building and developing the local physical activity infrastructure, with particular focus on partnership working.
  - 5.3.6 Influence the policies of a range of sectors (transport, health, Local Government etc.) at all levels to include physical activity as appropriate and support the development of policy into practice.
- 5.4 The project has made significant progress on all of the above and delivered substantial benefits to date on behalf of the region. These are outlined in the Case Summary.
- 5.5 In order to continue this work and maintain the momentum generated to date, it is necessary to continue this project.
- 5.6 The Public Health White Paper – Choosing Health, identified Regional Physical Activity Co-ordinator posts as being essential to the effective delivery of physical activity at the regional level and proposed a model similar to the one already in place in the East Midlands.
- 5.7 Other regions are now establishing similar posts and options for the long-term sustainability of these posts are being explored by Sport England and Department of Health regionally and nationally.

**6 FIT WITH REGIONAL PLAN (OUTCOMES AND PRINCIPLES)**

- 6.1 This project supports Outcome 4 'Reduced health inequalities and improved health and well-being' and in particular action 4.5 "identify new capacity to support the ongoing development and delivery of the regional physical activity action plan".
- 6.2 In addition to the above, this project will have specific responsibility for action 4.2 "support the development of local infrastructure and delivery mechanisms for physical activity" and 4.6 "improve mechanisms for communication and facilitate the sharing of practice across the region."
- 6.3 Outcome 4 is closely aligned to the Priority Objective 4 within Investment for Health. This post therefore directly supports the delivery of both Change 4 Sport and the Regional Public Health Strategy.

**APPENDICES**      **Appendix 1 - Case Summary**

**WEB LINKS**      **The Evaluation Report, The policy into practice briefing papers and the network delivery plan can be viewed on the Emphasis on physical activity website web-site:**

**<http://www.empho.org.uk/emphasis/emphasison/activity.htm>**

**Investment for Health website is as follows:**

**<http://www.investmentforhealth.info/>**