ENRICHING LIVES THROUGH PHYSICAL ACTIVITY

Impact Report 2018-19
FOREWORD

I am delighted to introduce this Impact Report highlighting some of the amazing stories that Active Surrey has helped create in 2018/19 by influencing, developing and enabling physical activity and sport to flourish in our county.

Working collaboratively with funders (including The National Lottery), sponsors, health agencies, activity providers, schools and local authorities across Surrey, this year has seen the results of our step change in approach to focus on the most inactive residents. Our 2018-21 strategy targets those that can benefit the most from getting more active, enriching their lives through improved physical and mental wellbeing.

To enable these stories to be written we have worked tirelessly behind the scenes to create the right conditions with partners.

- We instigated a fundamental review of the Specsavers Surrey Youth Games to concentrate on beginners, giving more young people, particularly from deprived areas, the chance to try new sports and activities.
- We were the voice for the sector during consultations for the new Community Vision for Surrey and the new Surrey Health & Wellbeing Strategy which will ensure that a whole system approach to improving people’s lives includes physical activity and sport.
- We acted as the catalyst for future partnership working between local and regional organisations at our many networking events. Further opportunities to connect people came at our Moving Surrey Forward Conference where themes included active design for planners, crime diversion through sport, active ageing and behaviour change.

During the year Active Surrey also met all the criteria for the highest level of the UK Code for Sports Governance, achieved good/very good in all modules of Sport England’s Quest assessment of Active Partnerships, maintained the advanced safeguarding standard for sport and generated over £1.5million in direct and indirect investment into the county.

As ever I am indebted to my amazing and committed team for their ideas, enthusiasm and passion, our fantastic Board for their guidance and support, and our partners for everything they do to make Surrey a happier, healthier and more active county.

Campbell Livingston, Director
Enriching the Lives of the Residents of Surrey through Physical Activity

Active Schools: Page 4
Active Surrey inspired **110 schools** to make their whole day more active through PALSS.

Older People: Page 6
Otago falls prevention classes rebuilt Pat’s confidence and strength.

Hard to Reach: Page 8
Friday Night Projects can provide a safe, active space for deprived young people like Will.

Inclusive Sport: Page 10
The Specsavers Surrey Youth Games had a transformative effect on ‘Jay’.

Health Conditions: Page 12
Our diabetes walking group helped Bob get fit and better manage his condition.

Females: Page 14
Zed is attracting teenage girls into sport, thanks to satellite club funding for a girls’ boxing club.
BUILDING ACTIVE HABITS IN YOUNG PEOPLE

Our Challenge:

Less than 19% of children in Years 1-11 are active every day in Surrey.

Source: Sport England

17% of children in Reception are overweight or obese in Surrey. This rises to 26% by the time children are in year 6.

Source: National Weight Management programme

Children aged 5 to 15 spend over 4 hours in front of a screen in a typical day.

Source: Ofcom

Our Action:

Physically Active Learning in Surrey Schools (PALSS) is designed to help schools challenge sedentary behaviour and to make the whole school day more active for ALL pupils.

Schools are invited to pledge to activate key elements of their school day including lessons, playtimes, travel - even the staff! In return for pledging, schools receive resources, best practice ideas and prizes.

110 schools across the county (1/3 of all primaries) made meaningful changes to their school day such as: establishing a daily mile; including 'active burst' activities in lessons; introducing Active Surrey’s PhysiFUN games at lunchtimes; or promoting more active travel to school.

WATCH A REPORT ON PALSS from That’sTV Surrey.

“Promoting sport to children at an early age helps in boosting confidence, building collaboration and providing opportunities for children to create lasting memories. Physical exercise in school can help ease stress, tension and results in better attention in class.”

Head Teacher, Frimley Junior School

Source: Sport England

Source: National Weight Management programme

Source: Ofcom
Our Impact: ACTIVE SCHOOLS

Staff at The Raleigh School in West Horsley provide a shining example of the power of an active school.

The school were quick to pledge to PALSS and challenged themselves to incorporate even more active elements within their school day:

- A ‘Raleigh Run’ sees every child completing a mile a day.
- At playtimes, year 6 pupils who are part of the Active Surrey-trained Sports Crew, lead younger children in ‘PhysiFUN’ games.
- Within the classroom, small changes were introduced to tackle sedentary behaviour such as standing when cutting out shapes in art.
- Years 5 and 6 chant their times tables (forwards and backwards) whilst doing star jumps and press ups.
- Outdoor active learning is embedded in core subjects including English and Maths.
- The school stands to sing during assemblies.

The Raleigh also ensures that competitive opportunities are open to all. School Games events have seen many children previously classed as inactive take part in inter-school competitions, and in the early part of 2019 they had around 90 children compete in cross country events.
HELPING OLDER PEOPLE STAY ACTIVE AND INDEPENDENT

Our Challenge:

The proportion of older people in Surrey is expected to rise to **25% by 2041**.

Sources: Surreyi

Our Action:

Otago falls prevention classes focus on those aged 65+ and comprise of clinically proven strength and balance exercises.

The aim is to improve stability amongst participants, reducing falls, decreasing costs to the NHS and giving people more confidence and a better quality of life.

The Active Surrey Get Active 50+ programme kick-started Surrey’s Otago classes and they have continued to thrive with hundreds of people now taking part every week.

Participants report not just growing in strength and confidence - even going on to join gyms - but the classes also provide an important social network.

With new Sport England funding we’ve trained additional instructors who are now establishing new classes across the county to meet the needs of Surrey’s ageing population.

**WATCH SOME FOOTAGE** of a typical class.

"I could hardly walk when I came to [the] class and it’s got me up and about and walking. I walk without an aid now."

Otago participant, Chertsey

Sources: Surrey, Sport England

Around **1 in 3 people over 65** and **half of those over 80** will fall at least once a year.

Sources: Sport England

52% of those aged over 75 are classified as **inactive** (doing less than 30 minutes of moderate activity per week).

Sources: Sport England

Around 1 in 3 people over 65 and half of those over 80 will fall at least once a year.
Pat attends an Otago falls prevention class, which was established through a ‘train the trainer’ programme from Active Surrey.

Back in 2018 Pat had experienced a few falls, with the last and worst resulting in a trip to hospital to receive stitches around her eye. The severity of this prompted Pat to take action and sign up for Otago.

The impact has been transformative. Not only has it built up her strength and balance but it has also increased her confidence, helped with her arthritis and given her a network of new friends.

HEAR PAT’S STORY IN HER OWN WORDS

“I never thought I’d join a gym at my age; never owned a pair of trainers – which I now own.

It’s helped me, it gets me out of the house and moving and I’m having fun.”

Pat, 70
CREATING SAFE SPACES FOR DEPRIVED TEENS

Our Challenge:

Surrey is a county of inequality - amongst the wealthiest in the country, yet **10% of families live in poverty.**

Source: Community Foundation for Surrey 2018

Our Action:

Engaging young people in sport doesn’t just improve their physical health; it can give them a safe space to mix with others and make new friends.

That was part of the inspiration for the **Friday Night Project**, an initiative first established in Woking.

**Collaborative Leadership in Action**

Developed in consultation with young people, the Friday Night Projects were set up in partnership with local authorities, the Police & Crime Commissioner and youth charities, with funding from Sport England. They are essentially a leisure centre ‘take over’ by young people every Friday.

Currently operating from three centres, 600 young people have attended so far with plans to develop new Projects more widely in 2019/20. The menu of different sports, means-tested fees, free transport and the provision of local youth workers means that the Projects are made accessible, safe and fun to those who need them most.

**HEAR MORE ABOUT THE FRIDAY NIGHT PROJECTS**

In Merstham, the most deprived area in Surrey:

- **25%** of residents are **inactive**,  
- **35%** of year 6 children have **excess weight**,  
- Life expectancy is **5-6 years less** than the borough average.

Source: PHE Local Authority Health Profile 2018

16,500 children in Surrey receive free school meals (8.4% of the population).

Source: Surrey1

"I believe creating safe spaces for young people to take part in a range of sporting activities encourages a positive use of their time and gives them an opportunity to channel their energies in a productive and healthy way."

David Munro, Surrey Police & Crime Commissioner - scheme funder
Looking back, Will was apprehensive about coming along to the Friday Night Project. But it was the combination of the sport and the chance to make new friends which drew him. He’s glad he did! He sums up his Friday nights at the Project as “Brilliant; everyone is very supportive and helps me with any issues I have in or out of school.”

Shaffrina, lead youth worker for Will’s Friday Night Project, is always on hand to help. She is a huge fan of the initiative, set up under Active Surrey’s satellite club programme, funded by Sport England. “It is a good regular meet-up for young people who otherwise would have nothing to do or nowhere to go. It has allowed young people to have a sense of independence by using the leisure centre space.”
DEVELOPING INCLUSIVE SPORTING OPPORTUNITIES

Our Challenge:

- People with a disability are twice as likely to be inactive compared with others. Over a third do less than 30 minutes of exercise per week. 

Our Action:

- Active Surrey has an impressive track record of delivering inclusive events for Surrey’s young people with special needs and disabilities.

This year the Surrey Para Games and Surrey School Games offered 463 of Surrey’s young people the opportunity to participate in 11 inclusive sporting events.

SEE ACTION FROM THE SPECSAVERS SURREY YOUTH GAMES

The annual Specsavers Surrey Youth Games, the south east’s largest multisport event, refocused on promoting ‘activity for all’ with the emphasis on beginners and inactives. In partnership with Surrey’s local authorities and community sports clubs, 3,000 free training places were taken up by children aged 6-16. 1,500 young people then went on to represent their borough or district at our Games weekend.

In the 2018 post-Games survey;

- Half of those who competed intended to, or had, joined a sports club,
- There was a 20% increase in the activity levels of those classed as the least active pre-training,
- 89% said they felt more confident.

“It was a great experience, a new sport learnt, with enthusiasm and much encouragement. Opportunities to compete in something new were amazing - would recommend it to all!”

Parent - young squash player

13.5% of people are disabled in Surrey – mostly with a physical disability or hearing loss.

27,000 people have a learning disability.

Over 11,500 have autism, of whom 2700 are children.

Source: Surrey Autism Partnership Board & Learning Disability Partnership Board

2018 marked the 22nd Games. 1500 young people took part in 12 sports over the Games weekend.

Source: Active Surrey
Jay has Asperger’s and has trouble with many aspects of social communication. He and his family have been participating in the Specsavers Surrey Youth Games for several years; his mum explains why:

“Kids like ‘Jay’ go to school 20+ miles from home and their schools often don’t even do PE or team games due to the complex needs of their pupils.

The Specsavers Surrey Youth Games has been a lifeline. ‘Jay’ gets to hang out with near-typical children which is what he needs for his level of development but doesn’t get at school.”

Three years after he first took part, ‘Jay’ is a goalie in his local hockey club and regularly plays badminton and squash. His mum says “I am guessing this is exactly what the Games were designed to do!”

He has been transformed from a boy who had to be persuaded for two hours to go to his first ever training session to a young man who now sees it as his duty to ensure new members of his club are properly welcomed when they first arrive.

‘Jay’ told us: “The best part of the Games is making new friends and learning new skills. I met most of my current friends at sport!”
IMPROVING OUTCOMES FOR PEOPLE WITH LONG TERM HEALTH CONDITIONS

Our Challenge:

1 in 3 in Surrey have 1 long term health condition, 12% have two conditions.

Source: Surrey

People with long term health conditions are 2x as likely to be inactive.

But 69% would like to be more active!

Source: Sport England

Our Action

Being active is proven to help manage many conditions and reduce the impact and severity of some symptoms. Walking can be an impactful and appropriate starting point.

Working with the Medwyn Practice and other GPs around Dorking, Active Surrey funded and helped establish a social walking group aimed at Type 2 diabetics, of whom there are around 12,000 in the Surrey Hills area.

We operate a test and learn approach and building on the findings from the Dorking diabetes walks, have trialled a dementia-friendly walk (for patients and carers) and are supporting the roll out of diabetes walks in new areas.

In the future, we hope to test with other groups whether providing wearable devices linked to mentoring can help motivate and increase activity levels.

“The diabetes walking group offers a fantastic opportunity to exercise and socialise, helping to support improved fitness and achieve weight loss - key factors in maintaining good long health.” Dorking GP Dr Stewart

3.8m people in the UK have diabetes. 90% of these patients have the, often lifestyle-driven, Type 2 variant. Cost to the NHS: £1m per hour

Source: Diabetes UK

Source: Sport England
Bob, a diabetic, signed up for twice-weekly walks led by a qualified instructor through Active Surrey’s social walking group aimed at Type 2 Diabetics. Initially the walks were less than a mile but within 12 weeks the group had built up to completing a hilly 5km parkrun course!

“The major benefits are physical and social. It’s got me out talking to people I don’t usually talk to and walking a couple of miles at a time.” said Bob.

- 90% of participants lost weight.
- 60% reduced their blood pressure.
- 70% cited a reduction in blood glucose levels.
- 100% carried on walking once the programme was over.

“Our Impact: BOB’S STORY

“The primary purpose of the walks are to benefit your diabetic condition but it has the potential to reverse it if you’re Type 2 – that’s BIG!”

Bob
ATTRACTING MORE FEMALES INTO SPORT

Our Challenge:

Women are more likely to be inactive than men. In Surrey, 22% are classed as inactive (doing less than 30 mins of moderate physical activity per week vs 19% of men.

Our Action:

Attitudes and experiences from childhood have a big impact on the adults we become. Thanks to the Specsavers Surrey Youth Games we have a chance to directly influence girls’ sport provision.

57% of those in training for the 2018 Specsavers Surrey Youth Games were girls. By making five of the events female-only (cricket, rugby, football, netball and netball high 5), this figure was stretched to 65% in 2019.

Targeting young women through satellite clubs

‘Satellite clubs’ are often offshoots of existing community clubs designed to appeal to young people aged 14-19, who aren’t already active - particularly those who are in groups typically under-represented in sport.

At Active Surrey we help channel National Lottery funding from Sport England to around 70 clubs across the county. In 18/19 we added four new female-only clubs, although are keen to boost this figure further. In total 44% of all satellite club participants were female.

“It’s great to just be myself and [we] enjoy exercising together”
Young female non-contact boxer

Only 18% of girls aged 11-16 say they are ‘very happy’ with their body image vs 38% in 2011. This impacts sport participation due to concerns about appearance and fear of judgement.

Only 4/10 girls aged 7-16 strongly agree that they enjoy sport and exercise compared with 6/10 for boys.

*Source: Sport England’s Active Lives adult (16 years+) survey 2017/18
*Source: Girls Attitudes Survey Girlguiding 2018
*Source: Active Lives Children & Young People Attitudes Towards Sport & Physical Activity, March 2019
Our Impact - Zed’s Story

Every Friday young women aged 14-19 head to Woking’s Sportsbox leisure facility. Drawn from the local area and representing all levels of ability, they’re here to attend non contact boxing sessions.

This female youth boxing club only started in February 2019 but quickly gained 20 regular participants.

Zed, the founder of Youthbox (which runs the weekly sessions for Freedom Leisure through Active Surrey’s satellite club programme) reckons that improving the confidence and self-esteem of the participants is key to the club’s appeal:

“It’s not just about the physical side, the boxing - mind you they do love learning and practicing the moves.

“It’s the fact that they can offload their problems and be themselves, in a safe space where no-one is judging them. They don’t have to be worried about what they look like – girls wearing head scarves from some of the ethnic groups in Woking have enjoyed attending and giving it a go!”

One young girl in the group is autistic and had avoided sport for years, never engaging in any sort of physical activity. She now loves the Friday sessions so much that she’s hardly missed a week since they started.
For more information about Active Surrey please contact: active.surrey@surreycc.gov.uk or 01483 518944.

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