

### Scrutiny Board (Sustainable Economy and Culture) 16 July 2013

#### Strategy for Sport and Active Lifestyles in Leeds 2013-2018

##### Comments to Executive Board

The Scrutiny Board (Sustainable Economy and Culture) considered the draft Strategy for Sport and Active Lifestyles in Leeds 2013-2018 at its meeting on 16 July 2013. The Scrutiny Board made the following comments on the draft strategy for consideration by the Executive Board when it considers the strategy.

The Board welcomed the invitation to comment on the draft strategy. Members welcomed the draft strategy and particularly its strong focus on the health and wellbeing of all people in Leeds through widening participation in activity. The health inequalities in our city remain the biggest challenge to achieving the strategy's ambitions.

##### Specific issues

###### Targets

We discussed whether the target to stay in the top 10 authorities for activity rates was ambitious enough given the city's current position as 7<sup>th</sup> nationally. We acknowledge that this level of performance is already impressive for a city such as Leeds, but we need to be ambitious if we are to achieve the strategy's aims.

###### Coaching and volunteering

Under the 'developing our people' strand of the strategy (E1) we would like to see the development of apprenticeship opportunities and also the encouragement of university students to volunteer to assist with sports club, particularly in the inner city areas local to where they are studying.

###### Review of facilities

Under the 'developing our places' strand (E2) we are keen to see school facilities, including PFI schools and academies, being made more available for public use. We would like to consider undertaking a piece of scrutiny work on this topic in the near future.

We also believe that lack of easy access/transport to facilities is an important barrier to more people becoming active. We believe that this aspect should be included in the proposed review of facilities.

###### Role models

We discussed the importance of role models in inspiring young people to participate and to strive for excellence. We are proud of the community input from some of the city's leading clubs and sports personalities, and would like to see the council use its influence to generate even more of this kind of engagement.

We are concerned at the perceived elitism of some sports clubs and would like to see clubs being more welcoming to people of all abilities to come along and learn new activities.

#### Young person's view

We asked a young person who was on work experience in Democratic Services for his comments on the draft strategy from a young person's perspective, and we are pleased to endorse his observations, which are set out below:

*In order for Leeds to be the most active big city in England, a large proportion of young people will have to become more active, it is therefore essential that the children of Leeds are told of the benefits of physical exercise to their long and short term health. It is also important that children develop these fitness habits for later life.*

*It is important that children in schools in more deprived areas are informed on how to access cheaper sessions and how to progress in sport to a higher level.*

*Once residents are involved in regular activity, they should be encouraged to carry on with the programme and explore other aspects of a healthy lifestyle such as nutrition or ways that exercise can fit around their job or lifestyle, such as walking to work.*

We are particularly keen to see schools take strong ownership of sport and PE provision and, given the huge drop-off in participation after school, to encourage colleges and work places to promote healthy and active lifestyles.

#### General comments

Other topics that we discussed included

- The role of ward members in funding local sports and activity taster sessions
- The quality of teaching and teacher training in PE and sport
- The decision by the council last year to provide some increased rate relief
- Events run by council staff to support clubs to identify potential funding and write bids
- The National Governing Bodies (NGB) pilot bid