

Clackmannanshire Sport and Active Living Framework 2018-2028

2024 - 2028 Refresh



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INTRODUCTION

Our Sport and Active Living Framework (SALF) was first developed in 2018 with an ambitious plan to create a culture where people of all ages enjoy sport and being physically active. Our aim was to reduce barriers to participation and increase understanding of the benefits of being physically active. We aimed to encourage families and communities to enjoy sport and being physically active together and for this to be a feature of their daily lives.

Our ambition has not changed, and good progress has been made to enhance the current opportunities for people to be more physically active, as well as significant commitments made to invest in the future of sport and physical activity in the county. The development of a new state of the art Wellbeing Hub is an example of this commitment to ensure opportunities to live an active life in Clackmannanshire continue to grow.

During the past four years the context of significant economic and health inequalities across society has not changed, in many cases has worsened. The Covid 19 pandemic and the cost-of-living crises being the main contributing factors. Whilst these events have caused many challenges, for some this period has also brought opportunity, with new ways to be active, live well locally and socialise. The increasing demand for public services as public spending is reduced has also had an impact on how we support our communities to be more active. The need to prioritise services and look at alternative approaches to meet demand through greater partnership working and a mixed model approach of public, private and community led activities has increased. Although challenging, this provides a great opportunity for sport and active living in Clackmannanshire to be shaped around the vision for the Scottish Approach to Service Design (SAtSD) where people are supported and empowered to actively participate in the definition, design, and delivery of their public services.

Despite these new challenges the overall focus of the original SALF continues to be as relevant now as it was in 2018 and this refreshed version aims to build on the original SALF rather than replace it.

The refreshed SALF continues to contribute to the National Active Scotland outcomes, the long-term strategic outcomes for Clackmannanshire, and our Local Outcome Improvement Plan 2017/2027. Recognising that sport and active living can contribute to achieving our local strategic outcomes and help to address the long-term health inequalities in our communities. Early intervention and prevention are a key driver of the refreshed priorities and outcomes and forms an integral part of our overall Family Wellbeing Partnership approach. The Family Wellbeing Partnership (FWP) aims to improve wellbeing and develop the capabilities of families and young people in Clackmannanshire. Working with those who face inequality, the FWP places people at the heart of decision making and seeks to understand what matters to them. The FWP is not only focused on what needs to change, but on how change will be implemented and sustained. It is about creating the conditions to shift values, cultures and behaviours of the people who design and deliver services. Our refreshed SALF priorities and outcomes reflect this approach.



The SALF steering group, which reports into the Alliance, has been in place since 2018. Its members have been responsible for driving forward the SALF over the last 6 years, including during the pandemic, ensuring our communities were supported to be active during some of the most challenging times in a generation. The steering group is made up of the following partners:



**Clackmannanshire
Council**

www.clacks.gov.uk

Comhairle Siorrachd
Chlach Mhanann

Through alignment with the FWP approach, wider partners have been engaged and new opportunities to use sport and physical activity as a tool to improve lives have evolved. Membership of the SALF steering group will be reviewed and refreshed to further realign with this strategic approach to service redesign and ensure we deliver our shared outcomes.

OUR PRINCIPLES

To achieve further progress over the next four years the SALF steering group and the Alliance partners are committed to a way of working based on the following six principles:



Focused

Focus on fewer priorities where we can really make a difference in the next 5 years.



Inclusive

Overcome the barriers people face so everyone can take part in sport and lead active lives.



Person-centred

Listen to local people and involve them in designing solutions to meet their needs.



Collaborative

Develop and strengthen ways of working with our partners to achieve collective aims.



Accountable

Use data effectively to plan, measure and take responsibility for outcomes.



Champion

Promote and champion local sport and active living opportunities and successes.

Our ambition for the refreshed SALF is that it is not limited to the partners currently involved in the steering group but will also be adopted and used as a key reference point for all partners across Clackmannanshire such as transport, planning, and relevant private and third sector organisations. However, the steering group will continue to oversee, monitor, and evaluate progress against the agreed outcomes.

Our commitment to work collaboratively to achieve the agreed outcomes and ensure accountability amongst the key stakeholders remains a key driver for the SALF. Whilst some partners are taking the lead in developing and implementing strategies to achieve specific outcomes of the SALF, our overall success relies on all partners fulfilling their commitment to all the outcomes.

We are wee county with a big heart and big ambitions. The refreshed SALF reflects this.



SUCCESS SO FAR

Over the past 5 years the multi partner approach to service planning and delivery has enabled the vision and the ambition of the SALF to be implemented. Prior to the Covid-19 pandemic huge strides were made across the 4 priority areas with existing partnerships being strengthened and new ones formed – all of whom were striving to be innovative and creative as they supported the people of Clackmannanshire to be active. During Covid that collaborative working became even more important to ensure that we maximised resources and understood what the community needed as they re-emerged from the restrictions and lock-downs. Post Covid partners built on their learning, designing services and interventions based on informed need.

This section highlights a few of the key successes from 2018-2023, with more detailed case studies currently being developed.

INNOVATIVE

In partnership with the Scottish FA and funding from Cashback for Communities two new pilot projects for young people in the Alloa Academy Cluster are in progress. **Football Champions** is a primary school project, taking place in all Alloa Academy cluster schools, delivered in partnership with Wasps Community Football club. The purpose of the 12 week programme is to deliver leadership sessions to P5-7 pupils, which they can then use to deliver football activities to their peers. A further project, **Football Leaders**, is a leadership programme delivered to S3-5 pupils in Alloa Academy. This is also a 12 week programme giving pupils the opportunity to obtain leadership skills and the opportunity to take part in a formal football qualification. The projects were designed in conjunction with the SFA, Active Schools, Wasps Community FC and Headteachers.



CREATIVE

Funded by the Youth Sport Trust & the Wimbledon Foundation Alloa, Alva & Lornhill Academies are involved in the 'Set for Success' initiative. The programme aims to use the power of sport to make a fundamental difference to the lives of young people who are facing an identified range of challenges through the use of an athlete mentor. The programme provides opportunities for young people in S3 who are at risk of not reaching their full potential or at risk of becoming NEET (not in employment, education or training) to develop valuable life skills when pupils in S4 have been receiving. The funding is for a 4 year period and is supported by the employment of an Intern who is developing the initiative as part of the Sport & Leisure team



IN PARTNERSHIP



BARCLAYS

SET FOR SUCCESS



CONNECTIONS

The Active Travel network has continued to be enhanced with 3 major cycle paths being completed linking Sauchie to Lornhill Academy, Alva (south side) and Menstrie to Alva. This infrastructure investment has increased the accessible network of paths across Clackmannanshire which can be used for walking, cycling, horse riding and other forms of physical activity.

Annual grant funding from Cycling Scotland has continued the provision of cycling skills across all the primary schools in Clackmannanshire. Every academic year over 1000 pupils receive Bikeability training with Primary 5 pupils developing playground based Level 1 skills, whilst Primary 6 pupils move out onto the roads for Level 2. This has created a legacy of young people with the skills and confidence to cycle, greatly increasing the likelihood that they will choose active travel as a means of transport.

Since 2022, Clackmannanshire Council has been working in partnership with Forth Environment Link to deliver the Scottish Government's free bike scheme, through funding from Transport Scotland. The 'Bike Buddies' project has given away hundreds of bikes to pupils in Primary 7 across Clackmannanshire. The scheme has been designed to support those in SIMD 1 & 2, accessing Free School Meals or are Care Experienced. The project has ensured that there is no barrier to participating in cycling for children so that they can access the Bikeability training delivered by the Active Schools and can ride on the new cycle paths across the county. To date 364 bikes have been given out to pupils.

INCLUSION

The Active Communities programme has a wide range of activities spread out across all the towns of Clackmannanshire designed to tackle health inequalities of our most excluded, vulnerable and inactive members of society. By delivering classes locally the barrier of transport is reduced allowing individuals on low income the chance to participate in an activity. Specific classes for adults with Additional Support Needs have on average 13 attendees which has been built up through working in partnership with local organisations and adult services. The Lower Limbs project is designed to help individuals specifically with knee and hip problems and can be used for people who are waiting on hip or knee replacements, have had a hip or knee replacement or just have hip or knee problems. Initially started in partnership with the NHS there are now 3 classes per week with an average of 20 people attending each class. Activities are suitable for people who have been inactive for a long period of time but want to become more active and are also delivered with the aim of attendees progressing to more intense forms of exercise as their fitness improves.



RECOGNITION

Funded by the National Lottery, the sportscotland School Sport Award is a national initiative designed to encourage schools to put young people at the heart of decision making, planning and implementation of extra-curricular school sport. It also encourages schools to self-reflect and continuously improve and recognise and celebrate successful school sport models. The award also encourages sporting links between schools and the communities around them, providing opportunities for young people to progress.

All primary and secondary schools across the Council embraced this award when it was introduced in 2014 and in 2018 Clackmannanshire became the first and only local authority to have every mainstream school achieve the GOLD status. This achievement brought national recognition with the then Minister for Sport, Aileen Campbell, attending a celebration event at Banchory PS. Paused in 2020, the initiative was re-launched in 2022 and to date 7 schools have already met the highest standard and once again been awarded GOLD status.



THE OPPORTUNITY

Clackmannanshire is in a strong position to build on its' sport and active living assets and encourage wider participation across its' communities.



The natural setting between the Ochil Hills and the Forth River provides easy access to a wide range of outdoor activities. Alongside these natural assets, is an excellent network of indoor and outdoor facilities run by public, private and voluntary organisations. There is also a well-established paths network suitable for sport, physical activity, recreation, and active travel.

Clackmannanshire is unique in terms of the sport and active living opportunities available to children and young people from nursery through to secondary education. From quality physical education, school sport, cycling training, skiing, and much more, our education setting gives young people a great foundation from which they can build as they move into local clubs, community groups and beyond.

Clackmannanshire is the only local authority in Scotland where all Primary School aged children receive two hours of quality Physical Education delivered by specialist Physical Education Teachers. This is an example of our uniqueness and commitment to the health and wellbeing of our young people. Early intervention and prevention again being a core driver for this approach.

The alignment of our Active Schools team to the Government led Child Wellbeing Partnership wraparound childcare programme is also strengthening the synergy between sport, physical activity, and overall Family Wellbeing Partnership approach. Ensuring sport and physical activity plays a key role in improving the lives of families across the county.

Looking to the future, the Council has committed to investing in a state-of-art new Wellbeing Hub and Lochies school which will provide pools, gyms, and multi-purpose spaces where people can connect, relax, be active, play sport and access services. The new Hub will have a major role to play in strengthening and promoting the network of providers who are already offering sport, physical activity, and wellbeing opportunities across the region. It will also help bring together the different agencies who are working to improve local people's lives.



Wellbeing Hub and Lochies School

This investment in energy, resources, and time to prioritise the health and wellbeing of our communities at a time of significant financial pressures shows how committed all the partners are to addressing the health inequalities we continue to see across Clackmannanshire. This shared ambition and commitment to improve outcomes continues to strengthen and the refreshed SALF will help guide this approach.

It was agreed at the halfway stage of the SALF to review the priorities to ensure it continues to be a fit for purpose framework to guide and shape the work of the sport and physical activity sector in Clackmannanshire. Our ambition and vision remain unchanged, but our priorities have been sharpened and our guiding principles expanded.

OUR AMBITION & VISION FOR CLACKMANNANSHIRE

Ambition

The ambition remains unchanged to ensure sport and active living makes a significant contribution to achieving the Clackmannanshire Alliance vision of:

“Working together for a better quality of life and equal opportunities for all.”

Vision

Our vision also remains unchanged but our commitment to achieve this vision is even greater. Through enhanced and more focused partnership working between professional bodies, third sector partners and our communities we will achieve our vision of:

“An active Clackmannanshire which inspires more people to get out, get going and get active”.

Our vision for sport and active living in Clackmannanshire is aligned with global and national ambitions to create more active nations while reducing levels of inactivity. To realise the vision, we will need to tackle the inequalities which prevent some people from living active lifestyles. To achieve our vision, we have reviewed and changed our priorities accordingly.

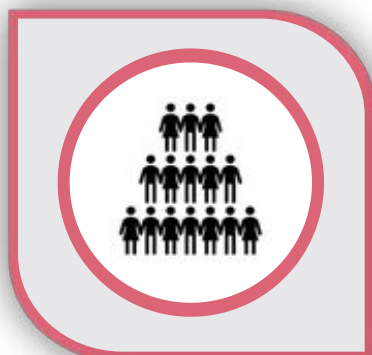
PRIORITIES, OUTCOMES & ACTIONS

Having reflected on what has been achieved in the first five years of the SALF and considered the challenges and opportunities Clackmannanshire can expect during the next five years, the SALF Partners have identified four refreshed priorities for 2024- 2028. These priorities aim to build on the original SALF priorities rather than replace them, allowing officers and partners to prioritise their collective efforts to the areas we believe will make the biggest impact and change over the coming years.

The refreshed priorities are as follows.

Workforce

More people with the right skills working in paid and voluntary roles.



Facilities

More accessible and higher quality, sustainable and inclusive public and community facilities.



More suitable and targeted programming for people with specific needs, across school and community settings.



Programmes



More accessible and connected travel options.

Travel

PRIORITIES, OUTCOMES & ACTIONS

These priorities will be developed by a committed and effective group of partners and delivered by a more visible and collaborative network of providers.

Sport and active living opportunities in Clackmannanshire are only made possible by a network of public, private and third sector organisations and groups. This network of providers is key to realising the ambitions of the SALF over the next five years. This will be achieved by mapping out the providers and their facilities and programmes, supporting them to collaborate more effectively, and securing their commitment to promoting the sport and active living offer to local people so they can get going, get out and get active more often.

Our ambitions, the current context, the agreed actions, and the expected outcomes for each priority are summarised below.



Workforce

More people with the right skills working in paid and voluntary roles.

The provision of good quality sport and active living opportunities in Clackmannanshire is reliant on having a paid and voluntary workforce with the right skills. Across the region, there are good foundations for workforce development particularly in the education, sports club and third sector settings.

However, like the sport and active living sector generally, Clackmannanshire is facing challenges in attracting and retaining paid and voluntary workers.

We Will:

Work collaboratively with key stakeholders to ensure there is a coordinated approach to workforce:

- Recruitment
- Training & Development
- Retention & Nurture

Outcome:

There is a highly skilled, energised, and resilient workforce deployed across the sector in Clackmannanshire.

There is a workforce created and developed to ready to be deployed in the new Wellbeing Hub.



Facilities

More accessible and higher quality, sustainable and inclusive public and community facilities.

Sport and active living opportunities in Clackmannanshire happen in a variety of indoor and outdoor facilities run by the council, community organisations and the private sector. While the education & community estate offers a good array of spaces, various challenges exist in relation to community access, increasing demand for synthetic pitches and the availability of swimming facilities.

We Will:

Develop a state-of-the-art Wellbeing Hub that provides high quality swimming facilities alongside multi-purpose indoor and outdoor spaces where people can connect, relax, be active, play sport and access services that is the benchmark for all future sport and active living developments.

Maximise the out of school hours use of the sport and leisure facilities within the three Academies.

Support community sports clubs to enhance their facilities.

Outcome:

The Wellbeing Hub is built to the highest standards of inclusion, accessibility and sustainability and this approach is embedded in all future sport and active living facility developments. The Wellbeing Hub is part of a network of high-quality public, private and community run sport, leisure and recreation facilities across the county.





Programmes

More suitable and targeted programming for people with specific needs, across school and community environments.

There is already an excellent offer to Clackmannanshire schools and communities in terms of sport and active living. However, there are people who do not have the opportunity to access these opportunities for a variety of reasons. There must be an understanding of where gaps exist and what the barriers are to be able to provide targeted programmes for identified groups to ensure there are accessible sport and active living opportunities available to all.

We Will:

Take a multi partner approach to better understanding the barriers people face to lead an active life. Review all available qualitative and quantitative stakeholder data and consult directly with local people to confirm the suitability of existing programmes and explore gaps that need to be addressed.

Establish a strategic partnership with cluster primary healthcare professionals to develop a suite of offerings for those facing long term health conditions (i.e. heart conditions, obesity, drug, alcohol conditions) to improve their health and wellbeing.

Ensure our Community Sport Hubs, clubs and community groups and Active Schools Programme are supported to expand their reach and offering to identified target groups / individuals facing inequalities or disadvantage.

Outcome:

People, including those who may not traditionally participate, are more able and confident to take part in sport or physical activity.

Children, teenagers, and families purposefully engage in positive and healthier behaviours and choices in school and community settings.

More people with long term health conditions have access to appropriate physical activity opportunities that improve their health and wellbeing.

More diverse and inclusive sport and physical activity opportunities are offered within clubs and community environments.





Travel

More accessible and connected travel options.

Clackmannanshire is a semi-rural area with good active travel routes, lots of car parking spaces but limited public and community transport infrastructure. The development & availability of suitable active travel options to reach sport and active living opportunities is key to growing participation and improving inclusion.

We Will:

Develop new and improve existing active travel routes and schemes to support accessible access to and from the Wellbeing Hub & Lochies School (Alloa West).

Outcome:

A network of safe and connected Active Travel routes that support the communities of Clackmannanshire to access the Wellbeing Hub and the wider network of sport, leisure and recreation facilities and spaces by walking, wheeling and scooting.



STAKEHOLDER ENGAGEMENT

During the refresh process the revised summary document and priorities were shared with professional, third sector and community groups and organisations for feedback. This process including in person meetings, online surveys and presentations.

The following groups were part of the engagement process:



Ambition

Working together for a better quality of life and equal opportunities for all.

Vision

An active Clackmannanshire which inspires more people to **get out - get going - get active.**

Priorities



Workforce

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Facilities

More accessible and higher quality, sustainable and inclusive public and community facilities.

Programmes

More suitable and targeted programming for people with specific needs, across school and community environments.

Travel

More accessible and connected travel options.

Principles

Partners



We will expand the existing SALF steering group membership beyond the Council, Health & Social Care, Higher Education, Third Sector and Sport to support the delivery of the refreshed priorities.

Governance



As an Outcome Improvement Group of the Alliance, the SALF Partners will:

- Continue to operate within the overarching Alliance memorandum of understanding.
- Further develop SALF measurement, risk management and reporting to the Alliance.



Focused

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Inclusive

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