
Report to: People Committee

Date of Meeting: 26 November 2020

Subject: Clackmannanshire Sport and Active Living Framework 2018 to 2028

Report by: Marjorie Macfarlane, Sports Development Manager

1.0 Purpose

This paper provides the People Committee with an update on progress with the Sport and Active Living Framework (SALF) 2018 to 2028. This report covers activities for the period 1st July 2019 to 30th June 2020.

2.0 Recommendations

It is recommended that the People Committee note and comment on the progress made since the framework was adopted at the People Committee meeting on 17th January 2019 and recommendations for the way forward.

3.0 Considerations

3.1 The development of the Sport and Active Living Framework (SALF) was facilitated by sportscotland to create a focussed and co-ordinated approach to supporting and developing opportunities for participation in sport and physical activity across Clackmannanshire.

In Clackmannanshire, prior to the COVID 19 lock down, there were many community groups, sports clubs, sports businesses, and more recently Development Trusts, driving opportunities for people to enjoy the mental, social and physical benefits of being physically active.

The SALF has four main priorities and representatives meet as sub groups;

1. Leadership and Governance (L&G)
2. Active Communities (AC)
3. Infrastructure and Place (I&P)
4. Schools and Education (S&E)

3.2 See Appendix 1 for details of the meetings attended by all the sub groups to develop the actions in the Implementation Plans for the period 1st July 2019 to 30th June 2020. The representatives on the sub groups switched from meeting in a venue to virtual meetings from March onwards. The most notable progress this year has been within Active Communities and Schools and Education. The relevant SALF Implementation Plans have been updated and can be accessed in the background papers.

- 3.3 The other two groups; Infrastructure and Place, and Leadership and Governance have been meeting to develop their SALF tasks but as their tasks are bigger and involve external partners progress is slower especially with lockdown. Both groups will be picking up momentum as restrictions are lifted especially the focus and drive for Active Travel.
- 3.4 For the purpose of this report and to acknowledge the impact of the COVID - 19 pandemic evidence of progress with sport and physical activities and some relevant case studies have been reported within a split timescale i.e.; 1st July 2019 to 22nd March 2020 and 23rd March 2020 to 30th June 2020.
- 3.5 Over the past year and as a result of COVID - 19 stronger relationships are evident in the messages between the World Health Organisation, Active Scotland, sportscotland and deliverers such as Local Authorities, Trusts and national governing bodies of sport. In September 2020 our relationship with sportscotland was strengthened when they confirmed our investment agreement would be extend to 31st March 2023. This ensures continuity of funding and service from the Active Schools Co-ordinators and the Community Sports Hub/ Club Officer. Both are strong resources supporting the Active Communities and Schools and Education elements of SALF. Evidenced as follows;
- 100% Primary and Secondary schools with GOLD status School Sports Awards
 - Lochies School at Bronze and working towards Silver Schools Sports Awards
 - 86 local sports clubs providing opportunities across Clackmannanshire
 - Communication and co-ordination with the new Development Trusts managing sports venues in Tullibody, Alva, Menstrie, Clackmannan and Dollar
 - The Lower Limbs project has achieved several local awards and is now through to the final of a national organisation called Local Government Chronical rescheduled to October 2020 from March 2020.
- 3.6 Some of the details of the notable events during this year have been captured as case studies in Appendix 2 and summarised as follows;
- The Clackmannanshire Sports Council Awards on Thursday 12th March 2020 in the Alloa Town Hall where local sporting talent and contributions from young leaders, coaches and volunteers were celebrated.
 - The annual programme of school sports events saw an increase in the uptake of pupils with additional support needs due to a range of factors including the new online booking system, additional categories and an inclusive approach across all schools.
 - Sports Development developed various digital platforms to ensure customers could access the leisure programme and other physical activity programmes. During lockdown the digital interaction for the leisure programme went from zero to 22,500 views on their new face book page "Get Active Sauchie".
 - During lockdown a suite of digital platforms were developed to ensure that residents of Clackmannanshire could continue to access content to keep them active and connected. From one Twitter site evolved five additional opportunities to #stayactiveathome. The new platforms were; Instagram, FlipClacks.org, Google classrooms, Facebook and YouTube. During this time

the videos produced over 40,000 views and all the content had over 430,000 impressions.

3.7 Based on the learning from the Sauchie Women and Girls project funded by Changing Lives, delivering sport and physical activity during lock down in the Learning Hubs and Summer Hubs, the increased participation in cycling, the high profile for participating in physical activity and sport during lockdown, the positive benefits to mental health from participation in physical activity, and the greater accessibility for participation and interaction using digital platforms it is proposed to focus resources in the coming year as follows;

- Capture information from residents about their participation in physical activity and sport in a survey using Citizen Space to influence the way forward
- Develop a partnership with Scottish Association of Mental Health to roll out training for staff, coaches, volunteers and young leaders and raise the profile of the benefits to mental health of participation in physical activity
- Work across Council services to support the existing Active Travel strategy. Deliver training and encourage children, young people and families to use alternative transport and the local paths network
- Build on existing social media opportunities to ensure residents have access to opportunities available for physical activity and sport both formal and informal.

4.0 Financial Implications

There are no financial implications

5.0 Sustainability Implications

There are no sustainability implications

6.0 Exempt Reports

6.1 Is the report exempt? No

7.0 Declarations

The recommendations contained within this report support or implement our Corporate Priorities and Council Policies.

(1) **Our Priorities** (Please double click on the check box)

Clackmannanshire will be attractive to businesses & people and
ensure fair opportunities for all

Our families; children and young people will have the best possible
start in life

Women and girls will be confident and aspirational, and achieve
their full potential

Our communities will be resilient and empowered so
that they can thrive and flourish

The Council is effective, efficient and recognised for excellence

(2) **Council Policies** (Please detail)

N/A

8.0 Equalities Impact

8.1 Have you undertaken the required equalities impact assessment to ensure that no groups are adversely affected by the recommendations?

Yes No

9.0 Legality

9.1 It has been confirmed that in adopting the recommendations contained in this report, the Council is acting within its legal powers.

Yes No

10.0 Appendices

Appendix 1 Details of sub group meetings July 2019 to June 2020 including virtual meetings during COVID- 19

Appendix 2 Case studies

11.0 Background Papers

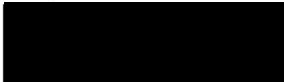
11.1 Clackmannanshire Sport and Active Living Framework 2018 to 2028

11.2 Implementation Plans updated on 7th October 2020

Author(s)

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Approved by

NAME	DESIGNATION	SIGNATURE
Lorraine Sanda	Chief Education Officer	

Appendix 1

Sport and Active Living Frame Work 2018 to 2028

Report to People Committee 12th October 2020

Details of Sub group meetings

Name of group	Day / time	Type of meeting	Took place
Leadership and Governance	13 th June 2019	Bowmar Centre	✓
Active Communities	2 nd October 2019	Kilncraigs	✓
Leadership and Governance	27 th September 2019	Bowmar Centre	✓
Schools and education	2 nd December 2019	Kilncraigs	✓
Active Communities	29 th January 2020	Kilncraigs	✓
Leadership and Governance	28 th February 2020	Bowmar Centre	✓
Active Communities	3 rd June 2020	Virtual	✓
Schools and education	11 th June 2020	Virtual	✓
Leadership and Governance	19 th June 2020	Virtual	✓
Active Communities	1 st July 2020	Virtual	✓

A register of attendance was taken at all meetings, action notes also taken for all meetings. Actions from sub groups reported to Leadership and Governance meetings.



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July 2019 to March 2020

Implementation Plan Case Studies – Active Communities

Active Communities delivered 20 different types of exercise classes.

Hours of Exercise Delivered	Number of Visits	Average Individuals Participating per Month	Visits from People who have ASN
881	8415	437	451

From the number above 103 hours of exercise were delivered, 1,637 visits and an average of 89 individuals participated each month in the Lower Limbs classes.



The Lower limbs class won the NHS award for Innovation and is a finalist in the National Local Government Chronicle awards with the final being held in London.



Armed Forces Veterans

We have created a working partnership with the local Legion and now deliver a weekly class to all Armed Forces Veterans or serving personnel and we are looking to extent what we can offer this valued group in the near future.



Armed Forces Clients ready to take part in their class.

Active Communities in partnership with Clackmannanshire Sports Council delivered their annual Sports Awards in March 2020. The 13 award categories were:-

Junior Sports Personality	Sponsor Alloa Advertiser
Senior Sports Personality	Sponsor Braveheart Clacks
Team of the Year	Sponsor Russel & Aitken
T.O.A (Participation)	Sponsor Meggan Dawson - Farrell
T.O.A (Sports Competitor)	Sponsor Thistle & Rose Commandery
Services to Sport	Sponsor SALSC
Primary Team of the Year	Sponsor Judy Collier
Secondary team of the year	Sponsor Wee County Harriers
Coach of the Year (Participation)	Sponsor Alloa & District Rifle Club
Coach of the Year (Competition)	Sponsor Enid Barton
Primary Young Leader	Sponsor Active Schools Coordinators
Young Leader/Volunteer	Sponsor Stephen Campbell
Lifetime Contribution to Sport	Sponsor Tina Murphy

The awards attracted 134 nominations from 33 different sports and for the size of the County it is amazing the heights that individuals and teams reach on the National and International sporting stage.



Winners of the various awards pictured with sponsors and the Lord Provost.

The Sports Council have also supported 22 clubs with applications for Development grants, Coach Education grants and Open doors grant with clubs benefiting to the tune of £4,275.



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Implementation Plan Case Studies

Sauchie Women and Girls (SWAG) March 2019-March-2020

The Sauchie Women and Girls project has set up and supported a variety classes/clubs aiming to provide women and girls in the Sauchie community the chance to participate in sports and physical activity. In partnership with the Sauchie Community group the project exceeded expectations. A community survey prior to the project collected 256 individual responses and helped shape the project aims. The survey identified 4 key categories: Young mums and babies, primary school girls, older adults and those in care homes. The project has offered activities and classes across the demographic with activities for all ages and abilities and offered training opportunities for local women and girls to support future project delivery.

- Young mums and babies
- Older adults – SWAG Walking Netball & Dance Fusion
- Care Homes
- SWAG Circuits Class
- SWAG Fitness Class
- SWAG Running Group
- SWAG / Braveheart Walking Group
- SWAG Adaptive Inclusive Movement (AIM)

£23,400 worth of investment from Sportscotland

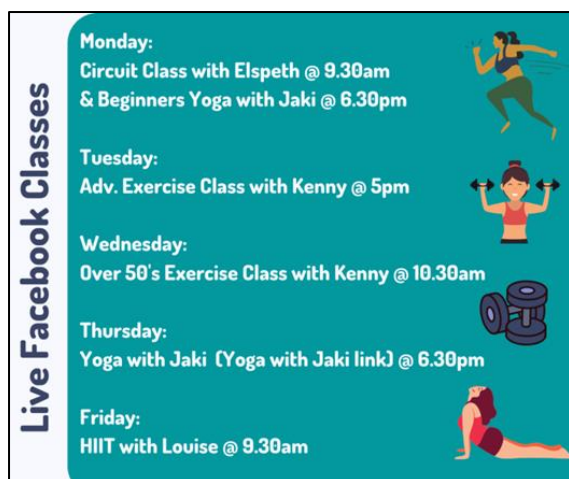
No. of Participants*	Age Range	Disability Profile	Training
129	0-94	9 - Disabled 65 - not disabled 55 - Prefer not to say/unknown	16 people offered training opportunities through the project.

*Participants were those that committed to at least 6 sessions of activities and completed the before and after surveys.



SWAG – March 2020- June 2020

During the lockdown period free online activity continued on a designated Get Active Sauchie Facebook page. A poster of activity and infographic shows the range of activities on offer and the interactions and impact the programme has had. Online activity has resulted in the programme reaching more people and has opened the programme up to more male participation.



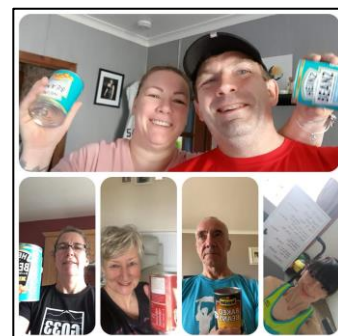
Quotes

"I retired last June and have been keeping fit by running, parkrun's, spin classes at leisure bowl and dog walking. Started attending Monday circuits and Wednesday running in Jan 2020 and have been loving the sessions and meeting all the lovely people. We are all different fitness levels but as we are similar in ages with similar goals, we help each other and motivate each other under the careful eye of -the coach-. During this lockdown the sessions have really come into their own and continued to motivate me and keep me mentally active as well."

"I really look forward to attending both circuits and the running group. As much as I have always kept fit, I was never keen on gym classes. I'm surprised how much I love (the coach) circuit class and look forward to setting my alarm on a Monday morning to get up and go to Sauchie Hall. (the coach) caters for all abilities and explains everything brilliantly and everyone who attends are really friendly. Equally so for the running group. During lockdown I haven't ventured out a run but feel equally motivated by (the coach) and I keep up my exercise at home and in the garden. It's so good having the circuit videos online which enables me to do them any time and as often as I want. I really look forward to getting back out running with the group when lockdown is lifted. Both groups certainly make me feel good and I so hope they'll continue in the future after lockdown."



"I am one of many women who had been attending circuit classes on a Monday morning @ 9.30 in Sauchie Hall, until unfortunately the situation arose when we were to stay at home. My personal opinion on these are that they have helped me in so many ways ... boosted my confidence, encouraging to try new things, made new friends, help my fitness levels, helped my mental health too feeling lost without the company and friendly chat. I have been joining in with the live classes online and although they are excellent, I'm still missing the friendly chat from others (it helps me) I look forward to these classes continuing and I hope to see everyone back in Sauchie all safe"





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July 2019 to March 2020

Implementation Plan Case Studies – Schools & Education

Development of an online booking system for sporting events

As part of the Council's Digital Transformation programme online booking for sporting events was chosen as an early development for the new 'GOSS' system. The project was led by the Active Schools Manager, Alison Mackie and Helen McNaught from IT Services.

Project Aims:

- Enhance the school sport competition programme by moving from a paper based booking system into the digital world
- Create a more streamlined process encompassing the booking to event management
- Added functionality to capture pupil ASN data to ensure inclusion across a wider range of events

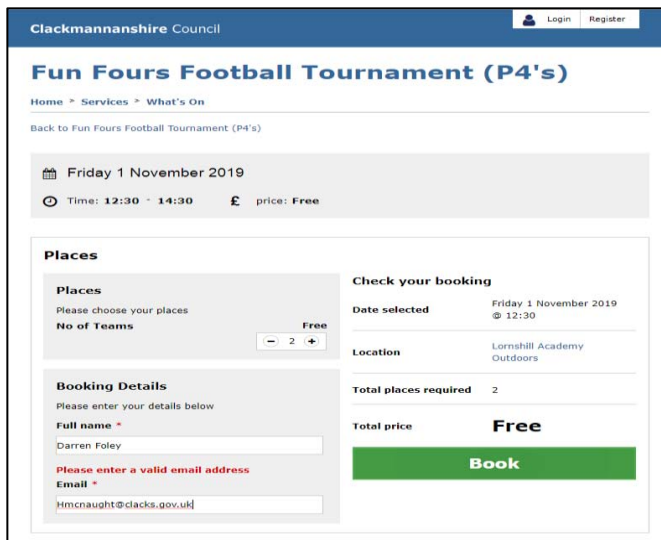
Process:

The new system was created and tested during the summer of 2019 and launched at the start of the 2019/20 academic year. To ensure everyone was fully able to access and use the system the following training took place:

- ✚ 4 CPD sessions
- ✚ 35 staff attended (Primary & Secondary PE staff, Sports Development staff)
- ✚ Additional 1-1 training was carried out at schools where office staff would be using the system

Online Booking Statistics





Please select any ASN/Disabilities

None

Autism

Hearing Impairment

Learning Disability

Physical Disability

Visual Impairment

Wheelchair User

Examples of the booking screens

Implementation Plan Action 8.6

Enhance our school sport competition programme and ensure that competitive sport is inclusive for all children and young people.

Gathering ASN classification data

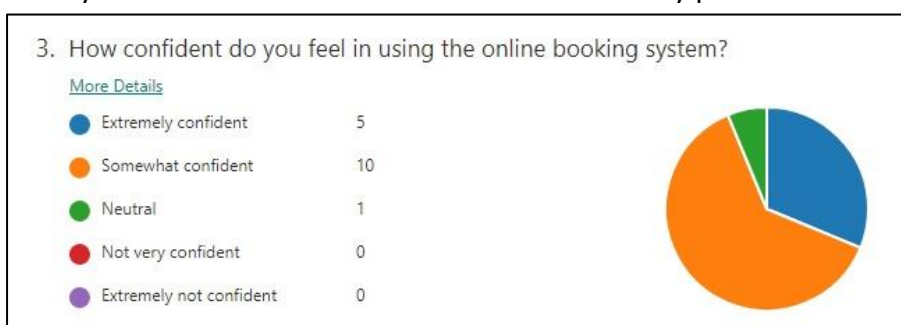
1. Increased school staff's awareness of opportunities for wider involvement of pupils
2. Increased attendance at events across a wider spectrum of disabilities
1. Introduction of additional sections within events to allow pupils to compete against others in their classification

What has the impact been?

1. Through the training programme for staff on the use of the new system we have been able to once again raise the profile of school sport and embed its importance into the wider school curriculum
2. Both Sports Development and school staff have increased their IT skills through the continued use of the new online system and the training programme created to support its use
3. The whole process has reduced the workload of the Sports Development staff and made it easier to collate entries from schools
4. Increase in numbers of pupils with ASN taking part in events and across more events as well

Evaluation

In October 2019 a survey was sent to all primary schools to gather initial feedback on the system and the feedback was collated with very positive feedback.





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March to June 2020 Implementation Plan Case Studies

'Lockdown – how we supported our communities to stay active'

Digital Development

When the country went into lockdown on 23rd March 2020 Sports Development immediately developed a suite of online platforms to deliver a wide range of content designed to support the Clackmannanshire residents with staying active from home.

Initially the @ActiveClacks twitter account was the main source of content where challenges, small video clips, fun games and Makaton 'word of the day' posted twice daily. This quickly evolved across new platforms: Instagram, Facebook, FlipClacks.org, Google Classroom and finally a YouTube channel.



250 videos
created

40K views
on twitter

430K
impression

5 new
platforms
created

#KeepActiveAtHome – new hashtag for all content key to the messaging across our schools and wider communities.

Learning hubs

When the schools were closed within a week 3 learning hubs were created for the families of key workers and vulnerable families. Immediately a rota of staff from the primary PE team and Sport Development was created to ensure that PE and physical activity played a key part in the offer to children in the 3 hubs.

Key Statistics: 24th March to 25th June 2020

- 1 Primary PE in each of the 3 hubs from 9am-3pm each day for 56 days
- Every child receiving 1 hour of quality PE every day they attended the hub
- 1 Sports Development Officer / Sports coach in each of the 3 learning hubs from 3-6pm for 56 days
- Children receiving a variety of sport and physical activity every day
- 4 PE/Sports Dev staff/coaches delivered physical activity & sport from 8am-3.30pm throughout the 14 days of the Easter school holidays & on the 2 public holidays in May 2020
- Staff who were working from home due to restrictions aided with delivery through virtual mediums including leading activity sessions via video links or classroom sports quizzes

Children attending the learning hubs were given a high quality PE and physical activity experience with the opportunity to take part in small groups – maximum of 10 at any one time – and due to the academies being the host venues the facilities available added to their learning experience with quality areas such as games hall and astro turfs. In addition ‘new sports’ were delivered to the children such as trampoline, rock-it-ball, hockey and cycling.



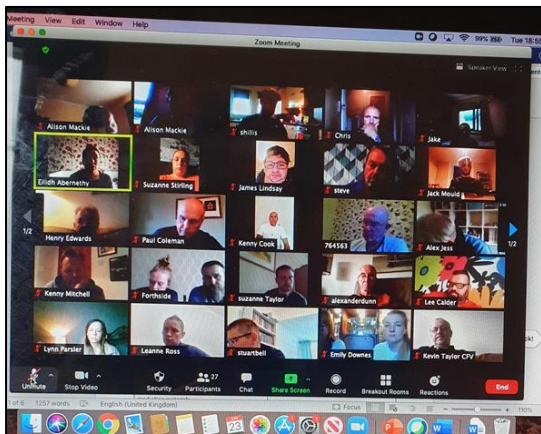
Lessons Learned

The work done in the learning hubs has supported the mental health of many of our staff members due to the ‘hands-on’ role they have played. Strict risk assessment and Covid-secure protocols were created and put into place to keep both the staff and children safe and thanks to a survey undertaken with staff 100% reported that they feel more confident about returning to their work environment after being in the learning hubs.

'Club Connect' Forums

During the lockdown period it has been important to remain connected to the sport clubs in Clackmannanshire. 'Club Connect' was developed initially as a mechanism for clubs and groups to share learning, experiences and challenges during the initial phases of lockdown.

The sessions enabled Sport Development staff to identify common issues to enable better and targeted support for clubs. The sessions have provided useful and resulted in more club engagement. The forum will likely continue in the future post lockdown. The average number of clubs attending is around 10 though during some themed meeting around school to club links the meeting had 29 attendees.



Map Document

NHS Forth Valley Health Promotion Service and Clackmannanshire Council Sports Development team worked together over lockdown to adapt the NHS MAP to Change Planner Resource, to support sport clubs across Clackmannanshire. Through consultation with clubs and groups through the sport club survey and from comments gathered via the 'Club Connect' forum clubs identified that bringing coaches, volunteers and committees back from lockdown into regular sporting activity is the one of the biggest concerns for clubs.

The MAP resource is designed for clubs to use at their discretion to help them to think about new ways of working when encouraging members who are apprehensive about returning to the club. The resource enables volunteer coaches to work through potential barriers and solutions before individuals return to the sessions.

The resource can also be used by individuals attending clubs to support their return to clubs and can be kept private, or can be shared with clubs to help identify areas where the individual may require support.

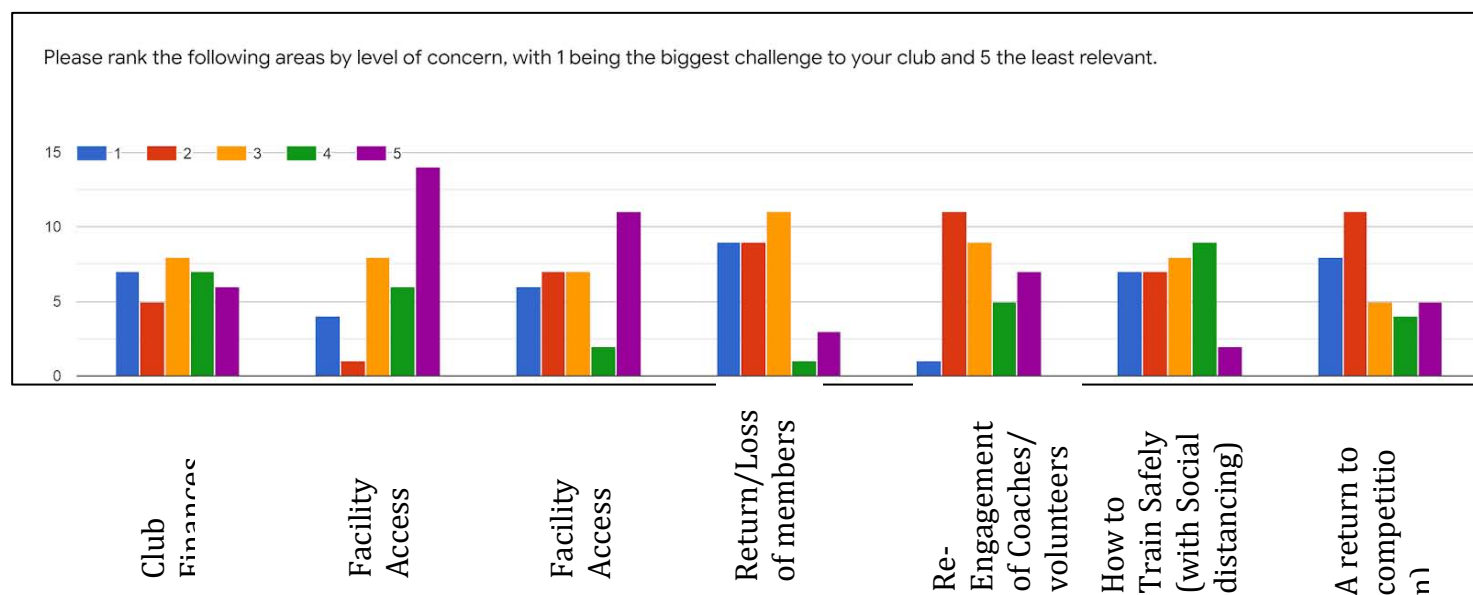
Initially the resource was trialled with a few selected clubs before being shared with the wider club network in Clackmannanshire



Club Survey

The lockdown period has impacted sport clubs in a variety of ways and the impact across clubs has covered a broad spectrum of challenges and opportunities. It was important to capture some of the work that clubs had done during lockdown and identify areas where further support could be offered.

In total 33 clubs completed the club survey and the information has proved invaluable. An example was the distribution of areas that clubs are worried about because of COVID 19.



CTSI Partnership

Having developed a good relationship with the Clackmannanshire Third Sector Interface support for third sector organisations was directed to support sport clubs throughout the area. In total 24 clubs benefited from 169 bottles of free hand sanitizer, 219 free face shields and securing £2921 worth of funding to help make clubs Covid secure.

Clubs	Hand sanitizer	Face shields	Covid Secure Funding
24	169 Bottles	219	£2921