



## RHONDDA CYNON TAF COUNTY BOROUGH COUNCIL

MUNICIPAL YEAR 2021/22

**HEALTH AND WELLBEING  
SCRUTINY COMMITTEE**

**15<sup>TH</sup> FEBRUARY 2022**

**REPORT OF THE DIRECTOR OF PUBLIC  
HEALTH, PROTECTION, and COMMUNITY  
SERVICES.**

**Agenda Item No: 4**

**REPORT ON THE DRAFT SPORT  
AND PHYSICAL ACTIVITY  
STRATEGY 2022-26**

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### **1. PURPOSE OF REPORT**

- 1.1.1 The purpose of the report is to consult with Members of the Health and Wellbeing Scrutiny Committee on the draft Sport and Physical Activity Strategy 2022-26 and receive Member's feedback.

### **2. RECOMMENDATIONS**

It is recommended that Members:

- 2.1 Consider the draft Sport and Physical Activity Strategy 2022-26 prior to a formal public and stakeholder consultation process.
- 2.2 Consider presentation of the completed Sport and Physical Activity Strategy 2022-26 to Cabinet.

### **3. BACKGROUND**

- 3.1 The Sport, Physical Activity and Wellbeing Strategy 2016-21 focused primarily on increasing participation through investment in high quality facilities and opportunities and has informed the investment into the service over the last 5 years. The primary target of achieving over 10,000 leisure for Life Members was achieved up to 2019/20.

- 3.2 The Covid 19 pandemic caused significant disruption to the service due to the national restrictions and the need for the service to support the required public health measures. It also led to significant disruption and alterations in the exercise behavioural patterns of residents due to a reduction in confidence and changes in working routines.

#### **4 UPDATE /ISSUES ENCOUNTERED/ CURRENT POSITION**

- 4.1 The Sport and Physical Activity Strategy 2022-26 is designed to provide a strategic focus that will contribute to the Councils' Corporate Plan – Making a Difference and inform the Service Delivery Plan and work programmes.
- 4.2 The strategy is to increase participation in sport and physical activity with a specific focus on inactive or less active residents and those who experience barriers to undertaking regular sport and physical activity as part of a healthy lifestyle that supports their physical and mental wellbeing.
- 4.3 Barriers to participation may include:
- a lack of confidence
  - low motivation
  - practical barriers such as a lack of access to opportunities, time, transport, and childcare
  - economic barriers such as cost and equipment
  - social barriers such as culture and a lack of inclusion
  - psychological barriers such as “I’m not fit enough”
- 4.4 The service will contribute to the Corporate Plan by focusing on the development of increased opportunities to participate in sport and physical activity in 8 key areas:

People:

1. Personalised support to exercise
2. Reducing barriers to exercise
3. Enabling independent exercise
4. Developing people

Place:

5. Formal and informal outdoor spaces
6. Leisure centres and swimming pools
7. Schools and community venues
8. The virtual environment

- 4.5 The delivery of the commitments within the strategy will be monitored and reviewed through a framework of national and local performance outcome measures.

## **5. EQUALITY AND DIVERSITY IMPLICATIONS**

- 5.1 An Equality Impact Assessment (EqIA) screening form has been completed for the proposal.
- 5.2 The Leisure Strategy has no impact on the protected characteristics therefore full assessment is not required at this time.

## **6. CONSULTATION**

- 6.1 It is recommended that following consultation with the Members of the Health and Wellbeing Scrutiny Committee that the draft Sport and Physical Activity Strategy 2022-26 is subject to a formal public and stakeholder consultation process.
- 6.2 Consultation would be undertaken with but not limited to: Councillors, other Council services and departments such as Parks and Countryside, residents and service users, Health Service providers and Public Health Wales, voluntary sector Sports Clubs and community organisations, Sport Wales, Disability Sport Wales, Interlink, National Governing Bodies for sport, neighbouring local authorities with which we work in partnership, RCT schools and educational institutions.

## **7. FINANCIAL IMPLICATION(S)**

- 7.1 There are no financial implication.

## **8. LEGAL IMPLICATIONS OR LEGISLATION CONSIDERED**

- 8.1 There are no legal implications

## **9. LINKS TO THE COUNCIL'S CORPORATE PLAN / OTHER CORPORATE PRIORITIES**

- 9.1 The Sport and Physical Activity Strategy 2022-26 directly supports the priorities of People and Place as set out in the Corporate Plan 2020-24 "Making a Difference". It will increase opportunities and participation that will improve the health and wellbeing of those that live, work, and visit Rhondda Cynon Taf. (People)  
Increased opportunities and improved facilities within local communities will have a positive impact on the lives of people that live, work, and visit the county borough. (Place)
- 9.2 The development of new and existing opportunities to become active alongside new and improved facilities support the seven well-being goals as identified in The Well-being of Future Generations (Wales) Act 2015.

## **10. CONCLUSION**

- 10.1 The draft Sport and Physical Activity Strategy 2022-26 is designed to increase regular participation across the Council's comprehensive range of indoor and outdoor physical activity facilities, with a particular focus on residents who are inactive or less active due to barriers.
- 10.2 That to inform the final document, a comprehensive process of public and stakeholder consultation is undertaken.
- 10.3 That the Sport and Physical Activity Strategy 2022-26 is presented to Cabinet for consideration and formal adoption.