



Physical Activity

Offers Herts Sport & Physical Activity Partnership

More People **More Active** **More Often**

Herts Sport & Physical Activity Partnership

Vision: More People, More Active, More Often

- Established in 2003
- One of 43 Active Partnerships (AP) in the Active Partnership Network
- Work with a wide range of stakeholders, partners and organisations
- Core funding received from Sport England and Local Authorities
- Based at the University of Hertfordshire
- Approximately 40 staff and board



Herts Sport & Physical Activity Partnership



Herts Sport & Physical Activity Partnership

Community Sport and Physical Activity Sector

Working in partnership with schools, and those involved in community sport to provide opportunities for the people of Hertfordshire to start, continue and thrive in their chosen sport or physical activity.

Covid Recovery

Support the community sport and physical activity sector and individuals to recover from the impact of the Covid pandemic using sport and physical activity to improve health and wellbeing and community resilience.

Physical Activity for Health and Wellbeing

Positioning movement, sport, and physical activity at the heart of how we think about people's health and wellbeing in Hertfordshire.

Sport for Social Change

Use sport and physical activity to drive social change to enhance the lives of Hertfordshire's residents by supporting community cohesion, social inclusion, economic prosperity, crime and antisocial behaviour reduction, educational attainment, and employability.

Stronger Communities

Taking a place-based approach to tackling inequalities and reducing inactivity, by concentrating limited resources and empowering local communities from target areas, for maximum impact.

Active Environments

The development of inclusive and sustainable places and spaces to encourage participation in sport and physical activity for all our residents – particularly those from inactive and disadvantaged communities.

Our values underpinning everything we do

Proactive

Reliable

Inclusive

Collaborative

Environmentally Sustainable

Key insight driving our Strategy

- ▶ A more joined-up approach between schools and community sport¹
- ▶ The covid pandemic has disproportionately affected the most disadvantaged communities²
- ▶ People taking part in regular exercise have a lower risk of developing long-term health conditions³
- ▶ Sport and physical activity has massive potential in addressing social issues and having a positive economic impact⁴
- ▶ A widening inequality gap in certain parts of the county⁵
- ▶ Well-designed places and spaces can enable increased physical activity levels and improved mental health⁶

Our long-term Mission



Working strategically and collaboratively to improve the lives of the people of Hertfordshire, by using the power of sport and physical activity to tackle inequality and disadvantage.

Our Strategic Objectives

Community Sport & Physical Activity Sector
- provide opportunities for the people of Hertfordshire to start, continue and thrive in their chosen sport or physical activity.

Covid Recovery - Support the community sport and physical activity sector and individuals to recover from the impact of the Covid pandemic using sport and physical activity to improve health and wellbeing and community resilience.

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Active Environments
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How we will measure success



- ▶ Place based learning
- ▶ Project indicators
- ▶ Outcome measures
- ▶ System change
- ▶ National indicators

Long Term Outcomes

- ▶ Increased activity levels
- ▶ Reduction in inactivity levels
- ▶ Reducing the inequality gap between those who are least active and those who are most active.
- ▶ Our ability to positively transform lives through sport and physical activity.

Vision



More People



More Active



More Often

Fit for purpose workforce

Fit for purpose organisation

Insight led

System change

Embracing technology & innovation

Key Enablers of Change

HSP Health Offers



Moving More



Moving More



Hertfordshire

HertsOne
GP Federation

www.movingmore.co.uk

Herts Sport & Physical Activity Partnership

Moving More Activity Finder



Driven by HSP, in partnership with HCC & HertsOne GP Federation, the Moving More Activity Finder is a free online tool making it easier to identify local opportunities to become more physically active.

Three key outcomes for the Activity Finder are:

1) **For residents and those working with them:**

Improving awareness of, and access to, physical activity opportunities

2) **For providers of physical activity opportunities:**

Greater reach to local communities, including social and clinical referrals

3) **For everyone:**

Using live data to overcoming issues of out-of-date information

The activity finder, and more, can be seen at www.movingmore.co.uk

www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



What's involved in Moving More?

1. Activity Finder

Harnessing Open Data to collate all 'in person' activities in the county into one simple search

2. Moving More at Home

A collection of resources to help people be active from home

3. Information for Professionals

Including resources for both physical activity and healthcare professionals

4. Moving More Stories

Aiming to inspire others by spotlighting good practice

5. Moving More Web-based App

A web-based mobile application which channels the main functions of the Moving More website

6. Moving More website Widgets

Enabling partners to host a window to the activity finder from their own websites



Within 40 km

Price

Date

Time of day

Age

Level

Accessibility

Gender

[Clear all](#)

7596 activities found



£5.00

0.2km away

Walking Football - Stevenage ()

📍 Stevenage Football Academy, Broadwater, Stevenage, Stevenage, UK

📅 Wed 17th Apr at 10:00am



£5.00

0.2km away

Women's Walking Football - Stevenage ()

📍 Stevenage Football Academy, Broadwater, Stevenage, Stevenage, UK

📅 Thu 18th Apr at 20:00pm



Free

1.2km away

parkrun Stevenage

📍 Six Hills Way, Stevenage, UK

📅 Sat 20th Apr at 09:00am



Free

1.4km away

Fairlands Park Stevenage - Health Walk - Grade 1

📍 Costellos Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL

📅 Wed 17th Apr at 10:00am



Free

1.5km away

Bedwell Community Centre - Health Walk - Grade 1

📍 Bedwell Crescent, Stevenage SG1 1NA, UK

📅 Tue 16th Apr at 10:00am



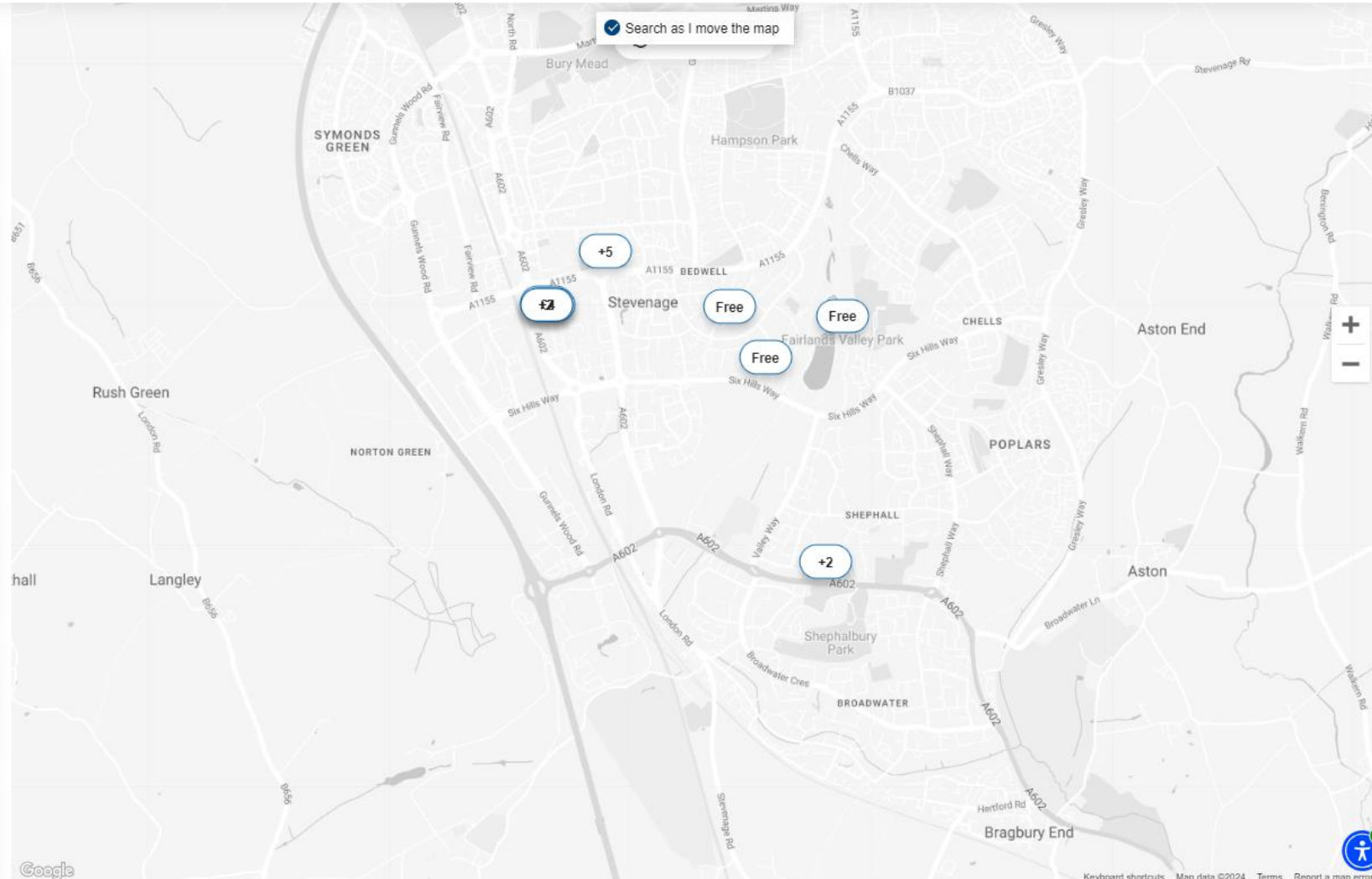
£3.50

2.2km away

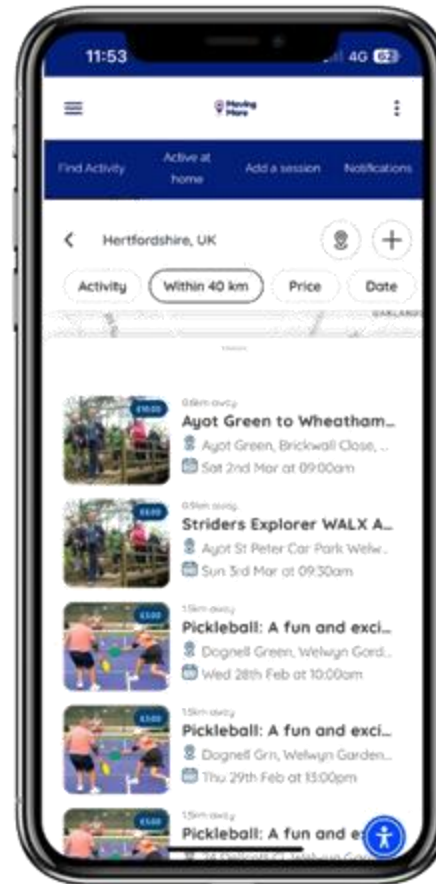
Pickleball Stevenage

📍 Stevenage Arts and Leisure Centre, Stevenage Arts & Leisure Centre, Lytton Way...

📅 Mon 22nd Apr at 11:30am



Moving More App



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



How could you be using Moving More?

1. Simply visit and promote www.movingmore.co.uk
2. Access/download the mobile app [here](#)
3. Embed the Moving More widget to your website, [details here](#)
4. Invite HSP to present Moving More to your networks (staff or public)
5. Include Moving More details in any newsletters or communications that you have

Find out more about the above using the [Moving More Partner Toolkit](#)

Active Connections



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



Active Connections

Contract HSP hold with HCC Public Health with five objectives:

- **Improve Health Care Professionals' knowledge of the benefits of physical activity and connections to local opportunities**
- **Improve Social Prescribers' knowledge of the benefits of physical activity and connections to local opportunities**
- Provide oversight for the county's exercise referral schemes
- Review and promote activity apps
- Support the development and delivery of the Never Too Late to be Active campaign

Active Connections

Contract HSP hold with HCC Public Health team:

Improving knowledge of, and connections to, physical activity for Health Care and Social Prescribing Professionals

We hope to achieve this by:

- Attending & presenting at PCN protected learning events (more detail on next slide)
- Organising learning opportunities for healthcare and social prescribing colleagues
- Encouraging GP surgeries to sign up to the *Active Practice Charter*
- Promoting and connecting local physical activity opportunities and resources
- Creating a Healthcare Physical Activity Champions (HPAC) programme

Primary Care Network Events

HSP and partners can attend PCN events

e.g. Target Events, Wellbeing Days, Protected Learning, Lunch and Learn sessions etc.

We can deliver information sessions, including:

- Insights/quizzes as to why physical activity is important
- Connections to local physical activity deliverers
e.g. GP Exercise Referral Schemes
- Further training opportunities
e.g. Physical Activity Clinical Champion (PACC) training
- HSP tools and approaches
e.g. Moving More Activity Finder
- Active Practice Charter – How and why to sign up
- Physical activity demonstrations
e.g. Seated Exercise techniques
- How to stay connected
e.g. Become a Healthcare Physical Activity Champion



Active Practice Charter



Proud to be an
#activepractice



To become an Active Practice and to receive a certificate recognising active practice status, surgeries need to demonstrate that they have taken a number of steps in the following areas:



**Increasing physical activity
in patients and staff**



**Reducing sedentary behaviour in
patients and staff**



**Partnering with a local physical
activity provider to support the
practice to get more people active**

PACC Training

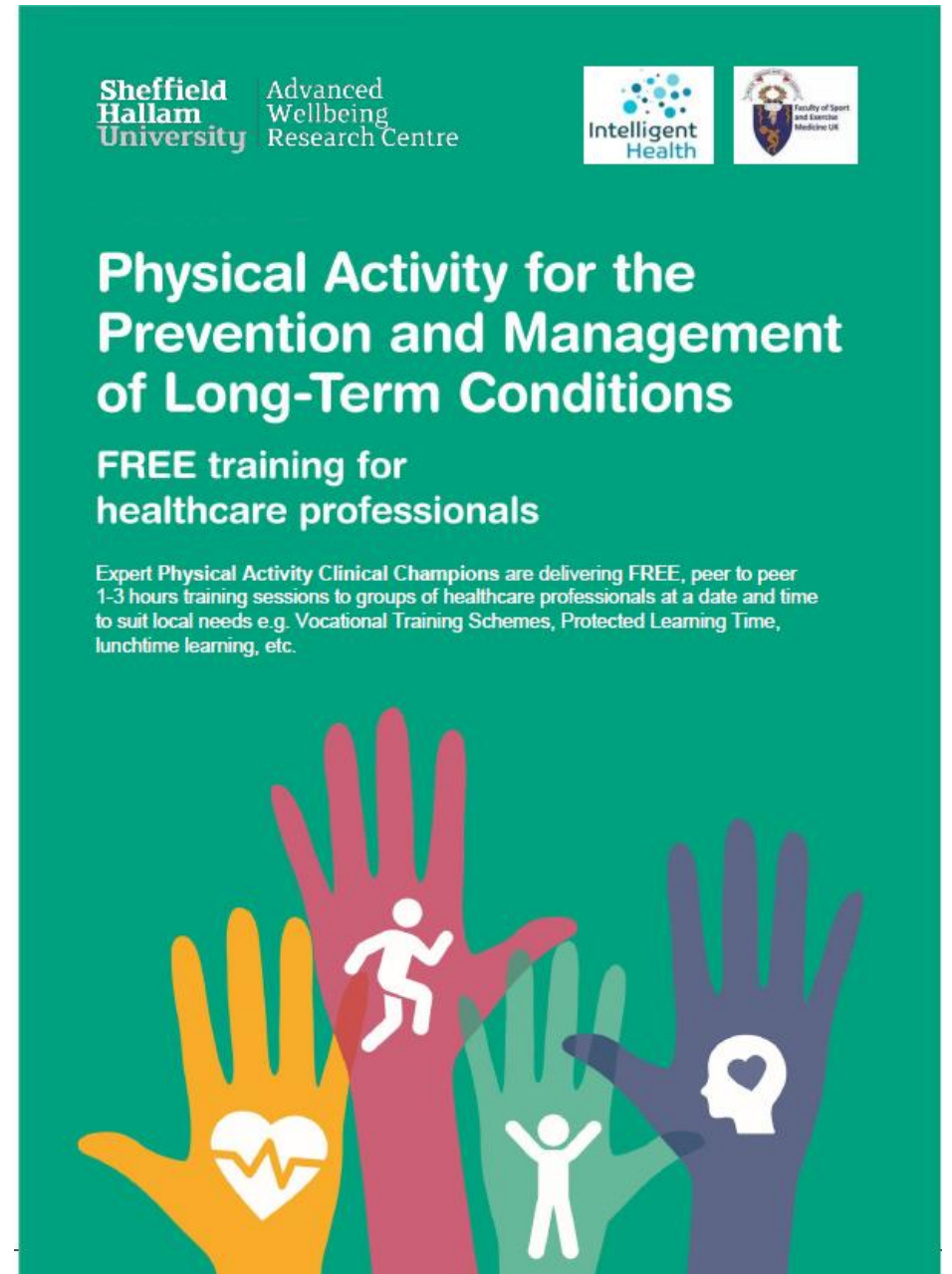
(Physical Activity Clinical Champion)

Free peer-to-peer training for healthcare professionals improving knowledge around physical activity for the prevention and management of long-term conditions

Delivered by Physical Activity Clinical Champion Experts (usually practicing GPs)

Developed in partnership with Sheffield Hallam University and Intelligent Health

Organised at a date and time suitable for you




Sheffield Hallam University | Advanced Wellbeing Research Centre

Intelligent Health | Faculty of Sport and Exercise Medicine UK

Physical Activity for the Prevention and Management of Long-Term Conditions

FREE training for healthcare professionals

Expert Physical Activity Clinical Champions are delivering **FREE**, peer to peer 1-3 hours training sessions to groups of healthcare professionals at a date and time to suit local needs e.g. Vocational Training Schemes, Protected Learning Time, lunchtime learning, etc.



Live Longer Better in Hertfordshire



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



What is LLBiH?

Live Longer Better in Hertfordshire is a collaborative **movement**, not a 'project'.

Mission: Using activity (physical, cognitive and emotional) to encourage longer, healthier and happier lives for older adults in Hertfordshire.

Aims: Engaging older adults, and those closest to them, to improve approaches to active ageing in Hertfordshire through:

- Increased collaboration
- Learning & upskilling opportunities
- Change of culture; care to enablement

Funded: Through the Active Together contract provided by Hertfordshire County Council (1/5 contract priorities)

- Currently provided and managed by HCC Adult Care Services
- Created in partnership with HCC Public Health team.

Join the revolution.

What's on offer?

Live
Longer
Better.

in Hertfordshire

Learning events

- Live Longer Better in Hertfordshire *Masterclass Webinars*
- Live Longer Better in Hertfordshire *Connection Events*

Movement membership

- Newsletters: Revolutionists Report & Movement Updates
- Used to communicate offers and connect members

Champion training

- Access to funded training for Hertfordshire 'enablers', to increase awareness of how to have conversations around LLB.

Funding support

- Signpost potential funds
- Provision of professional bid writing services

Standalone website - www.livelongerbetterinherts.co.uk

- Theory, insights, learning material and branding materials
- Previous event recordings
- Platform to showcase and connect partner offers

Join the revolution.

Live
Longer
Better.

in Hertfordshire

How could you support Active Ageing?

1. Prescribe activities, you can find them on www.movingmore.co.uk
2. Embed the Moving More widget to your website, [details here](#)
3. Encourage patients to sign up to Live Longer Better in Hertfordshire's newsletter, to get updated on offers across Hertfordshire
4. Speak to patients about the importance of healthy ageing – use learning funded Live Longer Better training for professionals
5. Promote Live Longer Better events to patients – details are shared in the newsletter. Or slides for waiting room screens can be sent.
6. Become an Active Practice with HSP's support.

Long COVID Physical Activity Rehabilitation Project



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



About the project

- Initially a 1-year feasibility project, has been extended until March 2025
- Funded by Public Health within Hertfordshire County Council
- Delivered in collaboration with Hertfordshire's two NHS Covid Rehabilitation Services
- The project aims to explore the impact of physical activity on Long Covid recovery.
- Achieved by:
 - ✓ Introducing a **referral pathway** from Covid Rehabilitation Services to ongoing community physical activity.
 - ✓ **Mapping** and assessing a range of suitable physical activity opportunities in Hertfordshire.
 - ✓ Offering **training** to physical activity deliverers where upskill in awareness of Long Covid is needed.
 - ✓ **Developing** physical activity opportunities where there are gaps in provision (new or existing).
 - ✓ **Improve knowledge and awareness** of Long Covid and physical activity through training, webinars & resources.
 - ✓ Developing and delivering a comprehensive **evaluation framework** to encourage valuable learning.

Thank you



If you have any questions please feel free to contact
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