



# ***ANNUAL REVIEW***

***2020 - 2021***

MORE PEOPLE  
MORE ACTIVE  
MORE OFTEN

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# ***CHAIR'S FOREWORD***

Active Lincolnshire are seeking to drive transformational change in tackling the local challenge of inactivity so that more people are more active more often. The Covid pandemic continues to have a significant impact on the health and wellbeing of the people of Lincolnshire, and their ability to be active. Overnight our clubs, activity providers and workforce had to re-think their offer.

As an organisation we responded to the immediate needs of the local population, supporting over 6,000 people to be more active through the 'Tackling Inequalities' Sport England funded programme and increased our engagement with community and voluntary organisations.

We have continued to support our clubs and activity providers who have shown extraordinary resilience during this time and we will continue to support them to build back better. As with many other organisations we took the delivery of our activity online, including a successful School Games and the Lincolnshire Sport & Physical Activity Awards.

We have embraced new opportunities such as the launch of the national “Uniting the Movement Strategy” from Sport England and have continued to better understand local need and influence system change.

The challenge of physical inactivity requires a truly collaborative approach; “Let’s Move Lincolnshire” provides the local framework and the countywide blueprint for a more active county that Active Lincolnshire continues to lead on behalf of the many partners.

We thank you for your support and look forward to continuing to work with you to 'Unite the Movement' in Lincolnshire.

***MARK LOCKING, CHAIR OF THE BOARD***

# ***BOARD OF TRUSTEES***

Mark Locking	<b><i>Chair</i></b>
Kate Truscott	<b><i>Vice Chair</i></b>
Oliver Tasker	<b><i>Governance and Standards Committee Chair</i></b>
Peter Wass	<b><i>Finance and Audit Committee Chair</i></b>
Graham Basten	
Kelly Hunstone	
Jo Richardson	
Michaela Pinchard	

Active Lincolnshire is governed by a Board of Trustees appointed for their expertise and commitment to our mission.

The board meet frequently throughout the year, ensuring business objectives are met. The board is supported and informed by the Finance and Audit Committee and the Governance and Standards Committee.

We adhere to tier 3 of the 'Code of Sports Governance', undertake annual staff and stakeholder surveys and internal and external board reviews.

Activities undertaken by Active Lincolnshire to further its charitable purpose for the public benefit are clearly illustrated throughout this report.



# ***ABOUT ACTIVE LINCOLNSHIRE***

We are a Lincolnshire charity focused on building accessible options to be active into everyone's daily lives, increasing participation to tackle the challenge of physical inactivity.

Part of the national network of Active Partnerships we are responsible for the local implementation of Sport England's 'Uniting the Movement' strategy. .

We take a people and place-based approach, responding to local need and working with system partners to embed systemic change.

We focus on tackling inequalities and supporting groups that are more likely to be inactive.





## ***OUR PURPOSE***

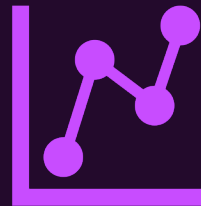
- We champion and advocate for the positive power that sport and physical activity has on our lives
- We strive for equality and use physical activity to address social and health inequalities
- We ensure everyone understands and recognises that movement really matters
- We provide positive experiences and accessible opportunities to encourage everyone to be active at every stage of life
- We drive and influence system change to embed physical activity in policies, strategies, decisions, education and awareness



# ***PHYSICAL ACTIVITY INSIGHT & DATA***



**51% of children and young people in Lincolnshire do not achieve the recommended 60 minutes of exercise per day.**



**Adult activity levels at Lincolnshire population level do not appear to be impacted by Covid, however inequalities have widened.**



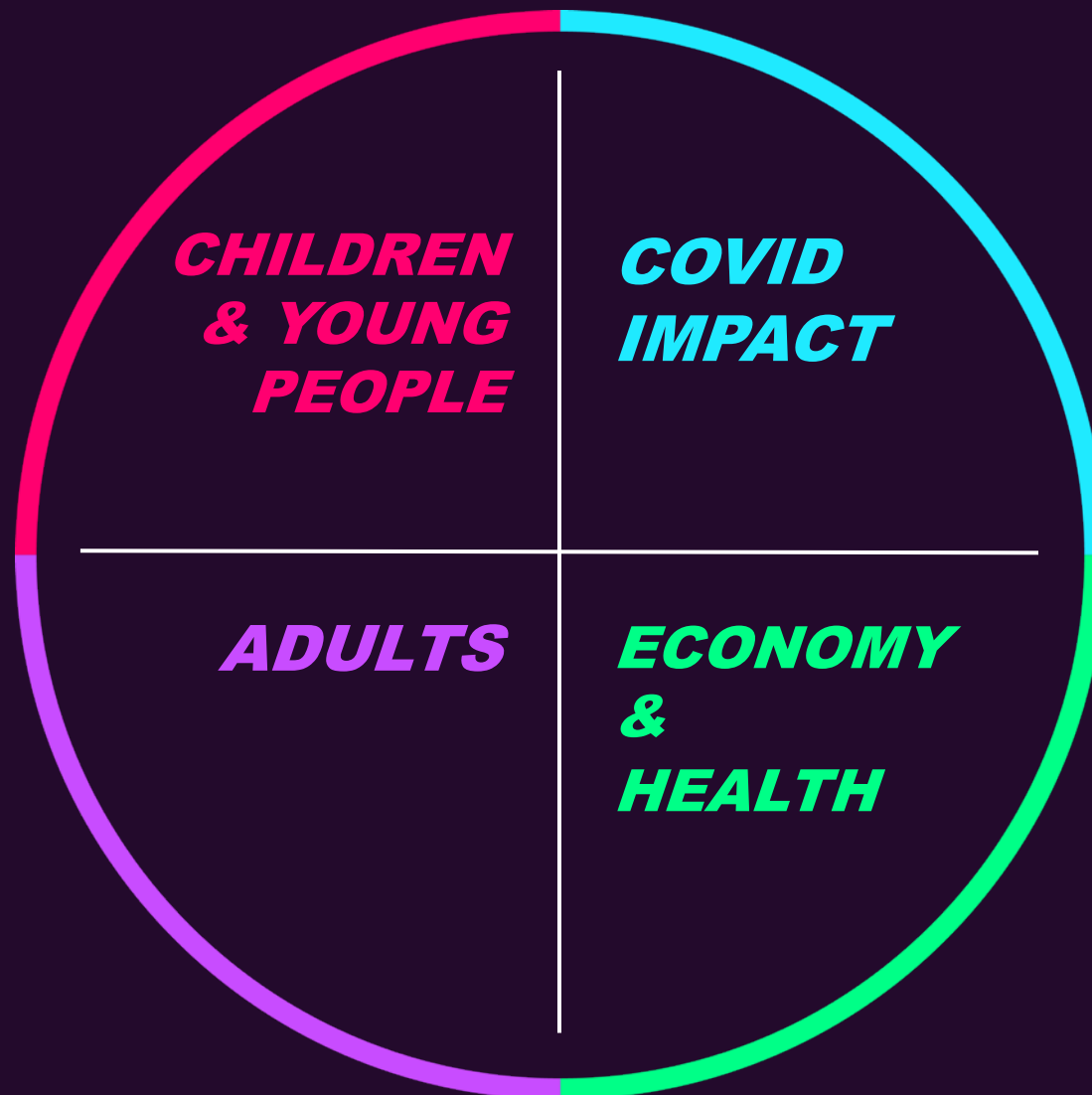
**30.2% of adults in Lincolnshire are inactive - moving for less than 30 minutes a week, with 117,000 of these adults being sedentary.**

### **CYP ACTIVE LIVES DATA**

- 48.9% of children and young people in Lincolnshire meet government guidelines.
- Low family affluence families and teenage girls are less active.
- More activity is done outside of school than in school.

### **ADULT ACTIVE LIVES DATA**

- 58% of adults in Lincolnshire meet government guidelines.
- Inequalities have increased in low socio-economic groups, females and those with a limiting illness or disability being less active.
- Activity levels decline from age 55+ with inactivity reaching 59.5% of those aged 75+.



### **COVID IMPACT - SPORT ENGLAND NATIONAL INSIGHT**

- Nationally there has been a reduction in activity levels
- Inequalities have widened for low socio-economic groups, people with long term health conditions and ethnically diverse communities
- Activity levels for males and 16-34 year olds are recovering faster than other groups.

### **ECONOMY & HEALTH**

- Active employees take 27% fewer sick days
- Regular exercise reduces risk of depression by 30%
- Unhealthy workforce costs the UK taxpayer £60bn a year

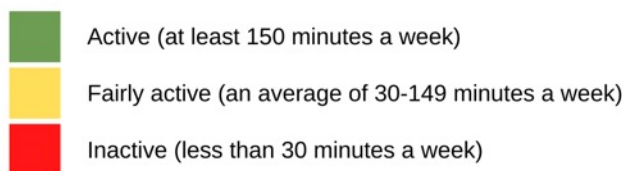
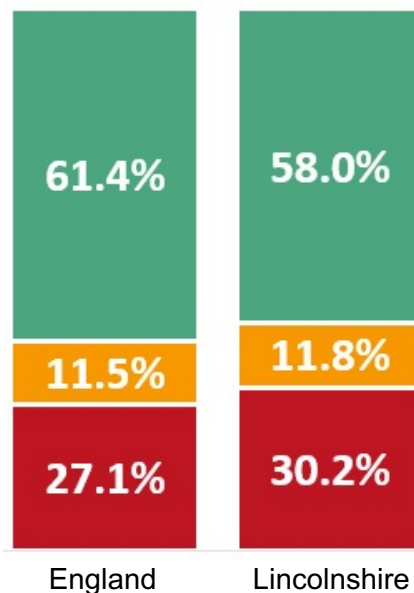
# PHYSICAL ACTIVITY INSIGHT & DATA

Active Lincolnshire uses insight and data to help understand audience needs, views and activity levels.

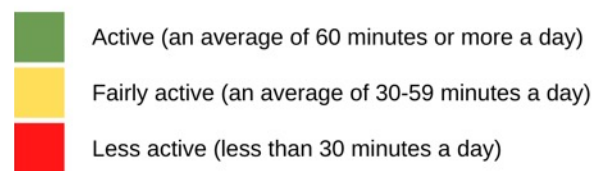
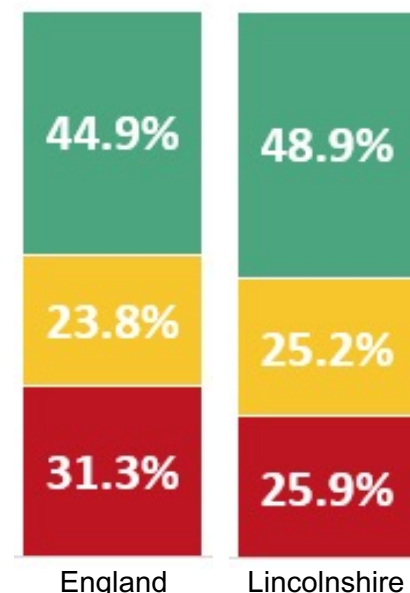
Our focus is supporting the least active to move more often by removing barriers and increasing access to physical activity opportunities that meets their needs.

We make information easily available for partners including through a free online mapping tool, to utilise to identify and target inactivity across the county.

Active Lives Adult Survey  
November 2019-2020



CYP Active Lives Survey  
Academic Year 2019-2020



# ***DELIVERING OUR PRIMARY ROLE***

## ***‘UNDERSTAND AND INFLUENCE’***

**The primary role of Active Lincolnshire is funded by Sport England supported with contributions from Lincolnshire’s seven district authorities.**

We lead the local implementation of the Sport England strategy 'Uniting the Movement', a ten-year vision to transform lives and communities through sport and physical activity. The strategy sets how we need to change as an ecosystem so that we can give everyone the opportunities they need.

Uniting the Movement focusses on tackling inequalities and removing barriers with the greatest potential for change being in the five big issues:

- **Recover and reinvent**
- **Connecting communities**
- **Positive experiences for children and young people**
- **Connecting with health and wellbeing**
- **Active environments**





# ***DELIVERING OUR PRIMARY ROLE***

## **LET'S MOVE LINCOLNSHIRE – A WHOLE SYSTEM APPROACH**

The need for a shared vision and a countywide approach to a more active county is more critical than ever as we start to understand the impact of the pandemic on physical and mental health, communities, the economy and the sport and physical activity sector.

Active Lincolnshire worked with sector and system partners through the year to identify shared opportunities, revisit the governance around Let's Move Lincolnshire, while the themed groups provided networks and opportunities for collaboration.

An agreement for Active Lincolnshire to lead the delivery of a Let's Move Lincolnshire website and activity finder was made, with the platform being launched later in 2021.





# ***DELIVERING OUR PRIMARY ROLE***

## ***EMBEDDING PHYSICAL ACTIVITY IN THE HEALTH AND CARE SYSTEM***

### **PILOT PROGRAMME WITH ACTIVE DORSET**

Following a successful pilot three-year programme in Dorset exploring embedding physical activity in the health and care system, Active Lincolnshire were chosen as the county with which to share learnings across a year-long learning partnership with Active Dorset, supported by Sport England.

Lincolnshire CCG and Public Health are partners in the project that seeks to influence pathways in the system with the outcome of incorporating messaging and information about physical activity, leading to improved population health and reduced pressure on health and care services.

### **PRE AND POST NATAL PARTNERSHIP**

Working in partnership with Better Births Lincolnshire, One You Lincolnshire, Public Health and Lincolnshire County Council, Active Lincolnshire takes a lead role in facilitating the partnership and ensuring the work contributes to Lincolnshire's continuity of care model to provide consistency of maternal care throughout the pregnancy journey.

The programme supports behaviour change and will focus on perceptions, messaging and confidence around being physically active during pregnancy and post birth, leading to system change within maternity services.

# ***DELIVERING OUR PRIMARY ROLE***

## ***EMBEDDING PHYSICAL ACTIVITY IN THE HEALTH AND CARE SYSTEM***

### **CANCER AND PHYSICAL ACTIVITY**

The Tackling Inequalities fund provided an opportunity to build new partnerships with health care professionals working in Cancer services.

Active Lincolnshire connected with partners, developed relationships and built a deeper understanding of the importance of being active for people living with Cancer. This project resulted in awarding funding to Lincoln City Foundation to deliver the 'Fighting Fit' programme. We continue to develop partnerships and facilitate wider system change in this pathway.

### **SOCIAL PRESCRIBING**

In 2020 we started to build relationships and our understanding of the social prescribing landscape.

Active Lincolnshire committed to co-supporting an East Midlands coordinator role and working with the national Active Partnerships team we have developed our knowledge of how physical activity interventions can support people through the social prescribing network. We continue to develop our work in this area.

# ***DELIVERING OUR PRIMARY ROLE***

## ***EMBEDDING PHYSICAL ACTIVITY IN THE HEALTH AND CARE SYSTEM***

### **'THINK ACTIVE'**

Active Lincolnshire has been committed to working with mental health services and support, recognising the positive impact of physical activity on mental health. The pandemic exacerbated mental illnesses, so we wanted to increase our work in this area to support those people.

Funding was secured through the Lincolnshire Mental Health Promotion Fund to establish Think Active Support Groups in five identified locations.

The Think Active Support Groups will provide physical activity sessions for people living with mental illness and/or with a history of poor mental health. The sessions will range from walking, running or cycling to meet the needs of the local people, as social and physical activity is proven to improve low level mental illness.



# ***DELIVERING OUR PROGRAMMES***

**Active Lincolnshire deliver a range of programmes that support our mission of more people, more active, more often.**

Inequalities have always been a barrier to participation in physical activity. Within the first month of Covid restrictions, it became clear the pandemic was exacerbating these barriers and further impacting the ability of under-represented groups to be physically active.

## ***EPIC – ENGLAND’S PHYSICALLY INACTIVE COAST***

Working with 6 other active partnerships along England’s North East Coast, we have together created a shared narrative for the need to tackle coastal health inequalities.

## ***TACKLING INEQUALITIES FUND***

Created by Sport England, this fund was a response to these barriers. It reached the communities that needed the most support. Active Lincolnshire worked in collaboration with those on the ground to create accessible, inclusive opportunities aimed at reducing health inequalities.

The fund focused on people from the following groups:

- Lower socio-economic
- Ethnically diverse communities
- Disabled people
- People with long-term health conditions

# ***TACKLING INEQUALITIES FUND***

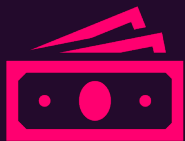
## ***MAKING A DIFFERENCE***

'It definitely encouraged me to be more active and I now realise how little steps I did, so I am now trying to be more active!'

'Taking part encouraged me to take more steps. I took advantage of the late summer mornings and spent many happy hours walking the dogs as the sun rose over the fields and trees.'- ***Carers First - Stepstember***

'Before I started coming to this session, I was struggling to walk, not anymore! Its brilliant, and I have made new friends.'

'I have been stuck in the house for months and was too afraid to come out. These sessions have given me back my confidence.'- ***Active Nation - Active Health***



**£155,000 of funding allocated**



**39 projects across  
Lincolnshire funded**



**6,617 people reached**

# ***LINCOLNSHIRE SPORT AND PHYSICAL ACTIVITY AWARDS***

The 16th annual Lincolnshire Sport and Physical Activity Awards was a community celebration that recognised individuals, groups and organisations who went above and beyond in 2020 to keep the people of Lincolnshire active and healthy during lockdown.

On the evening of Thursday 12th November the Awards premiered online via the Active Lincolnshire YouTube

Channel; hosted by Former Olympic Gymnast and Commonwealth Gold Medalist Craig Heap.

Active Lincolnshire included a **Thanks to Lincolnshire's Key Workers** with clips from NHS Lincolnshire, North Kesteven District Council, Lincolnshire Police, East Midlands Ambulance Service and Lincolnshire Co-operative key workers who kept Lincolnshire moving during lockdown



**246 Nominations**



**33 finalists**



**687 YouTube views**



# ***CHILDREN & YOUNG PEOPLE***

**Active Lincolnshire work with the One Network and other partners to shape and deliver our Children and Young people programmes.**

## **2020 Virtual School Games**

In the summer of 2020, 770 children and young people from 129 schools across Lincolnshire took part in 8 sporting events in the first ever Lincolnshire Virtual School Games.

## **Year 7 Intervention programme.**

A pilot programme with Carre's Grammar School for 12 pupils, based on findings from the pilot, Active Lincolnshire funded 7 schools to run a 12 week programme which included curriculum intervention and sustained extra curricular activity.



## **University School Games programme**

33 students from Bishop Grosseteste University took part in a sports development course with the challenges uploaded to our website to promote activity over the school holidays.

Through the University of Lincoln a group of 6 students were mentored to design a hypothetical School Games event targeting inactive teenage girls, supporting the development of the workforce of the future.



# ***CHILDREN & YOUNG PEOPLE***

## **The One Network**

This collaboration of not-for-profit organisations, has a mission that every child in Lincolnshire is leading a physically active life. The aim of the network is to increase the quality and quantity of physical activity, PE, play, community and school sport.

During the pandemic, the network supported schools and families to ensure that options to remain active were provided.

A Summer Activity log and online content was developed.

The One Network worked with LCC to develop the PE Covid Lincolnshire Approach to Reviewing the Curriculum (PE C-LARC) document. This self-review audit and guide for schools supported PE subject leaders in reviewing the curriculum offer in light of COVID recovery.

## **Education Support**

Active Lincolnshire ran a series of school support webinars to inform the education sector and upskill 193 school-based workforce.

An annual conference was adapted to a weeklong series of webinars working with:

- AfPE - Safe Practice in PE, School Sport and Physical Activity
- Youth Sport Trust - The Well Schools Initiative and School Governors
- Lincolnshire County Council - Ofsted
- Swim England – School swimming in a Covid-19 environment.

## ***RETURN TO PLAY***

The 'Revival Fund' supported clubs and groups who had been impacted by the pandemic to reopen their activities as soon as rules and Covid guidelines allowed.

Active Lincolnshire maintained contact with clubs and activity providers during the pandemic; signposting to funding available, sharing best practice and good news stories through the

'Lincolnshire Clubs Conversation'. We provided regular updates on return to play guidelines and supported in re-engaging volunteers.

Active Lincolnshire established the Coaching Agency Network, NGB Network and a leisure operators' network to provide opportunities for sharing, networking and understanding needs of the sector throughout the pandemic.



**42 clubs and groups  
supported**



**Over £20,000 of funding  
distributed**



**£10,000 of funding donated  
from the Lincolnshire  
Community Foundation**

# ***OUR POSITIVE IMPACT***

## ***ON PEOPLE & COMMUNITY***

Stronger safer, more cohesive communities.

Better quality of life from birth.

Improved mental wellbeing.

Increased social cohesion.

Increased physical activity levels.

## ***ON HEALTH & WELLBEING***

A reduction in health inequalities.

Reduced demand for health services and social care.

Prevention of common illnesses and disease.

Reduced cases of dementia, disease and long-term health conditions.

A healthier aging population.

A sustainable approach to active lifestyles.

## ***ON THE ECONOMY***

A more productive workforce.

A more appealing place to live.

Increased prosperity.

Positively impact climate change.

Transformation of public spaces.

A resilient and relevant sport and physical activity sector.

Physical activity embedded in system policy, strategy and planning.

# ***LOOKING AHEAD***

In 2021/2022 Active Lincolnshire will lead the development of 'Let's Move Lincolnshire' responding to local needs. We'll align our work with 'Uniting the Movement' and further develop our role as the strategic lead for physical activity in Lincolnshire.

MORE PEOPLE  
MORE ACTIVE  
MORE OFTEN



We'll continue to build on the progress we have made in embedding physical activity in the health care system, focussing on tackling inequalities. And we'll support the sector to recover and reinvent as we emerge from the pandemic.

We'll ensure children and young people have access to positive experiences from birth and encourage more young people to meet the target of being active for 60 minutes a day.

If you would like to join us in Uniting the Movement in Lincolnshire to support people to be more active, more often, please contact me.

***EMMA TATLOW***

***CHIEF EXECUTIVE, ACTIVE LINCOLNSHIRE***





# FINANCIAL INFORMATION

**Active Lincolnshire presents the 2020/2021 financial summary, evidencing sound governance and financial management.**

Total income to Active Lincolnshire for the period April 2020 – March 2021 was £778,285. Of this, £643,746 was grant funding from Sport England.

Total expenditure for the period April 2020 – March 2021 was £577,090. Of this, £524,062 was expenditure of Sport England grant income.

This annual review evidences how the funding was utilised to meet the objectives of the organisation and the funding requirements of Sport England.

Seven district authorities make a financial contribution and some income is earned through other grant funding.

To obtain a copy of the full annual accounts, please visit the [Active Lincolnshire website](#).

Active Lincolnshire works in partnership with public, private and community and voluntary sector organisations. With thanks to:

Primary funder:



Supporting partner:



Lincolnshire District Authorities funding partners:



# OUR PARTNERS

## PRIMARY FUNDER:



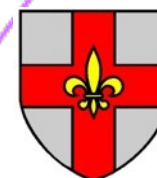
## SUPPORTING PARTNER:



## WORKING IN PARTNERSHIP WITH:



## DISTRICT AUTHORITIES FUNDING PARTNERS:



CITY OF  
*Lincoln*  
COUNCIL



SOUTH  
KESTEVEN  
DISTRICT  
COUNCIL

