

Highland Community Planning Partnership
Community Planning Board – 20 June 2019

Agenda Item	9.
Report No	CPB 07/19

Active Highland Strategy Update

Report by Dan Jenkins on behalf of Cathy Steer

The Community Planning Board is asked to:

- **Note progress of the Active Highland Strategy since launch in February 2018**
- **Note the refreshed Implementation Priorities for the Active Highland partnership**
- **Continue to support delivery of Active Highland**

1. Introduction

The Active Highland Strategy received its official launch in February 2018. At this time, a set of Implementation Priorities were instigated to guide the delivery of the Strategy.

This report provides an update on implementation and asks the Community Planning Board to note this progress and to support Partner organisations to commit time and resource to continue delivery through the Active Highland partnership.

2. Update on Active Highland delivery

A broad range of physical activity delivery continues to be rolled out across Highland region. In terms of the goals of the Active Highland Strategy, it has been particularly evident that this delivery has been approached and realised through extensive partnership working.

A Showcase Event held on 19th March provided an opportunity to demonstrate the high quality and impact of the partnership work undertaken against each Implementation Priority. The presentations that were featured on the day can be viewed at the following link
<https://nhshighland.publichealth.scot.nhs.uk/resources/#ActiveHighland>

Alongside presentations by Spirit 2012 (including their Thrive toolkit) and Scottish Government (linking to Active Scotland framework), the Implementation Priorities were demonstrated through the following examples:

- “Maximise promotion and use of Scotland’s natural environment for improving health through development of ‘Our Natural Health Service’, Greenspace projects, green gym initiatives and the promotion of community path networks”. This was illustrated through a featured presentation on the development of the Highland Green Health Partnership.

- “Empower the young people of the Highlands by growing leadership training and opportunities within the medium of sport and physical activity”. This was illustrated through a featured presentation by High Life Highland’s ‘Choose to Lead’ programme, including a presentation by a Young Leader.
- “Develop a partnership approach to play and physical activity that directly targets N3-P7 pupils to embed health and wellbeing at the earliest stage”. This featured the work of Highland Council, Care And Learning Alliance and Inspiring Scotland around “Active Play”.
- “Support partners to expand weekly health walks and exercise programmes in key target areas and communities”. This featured partnership work that included Step It Up Highland, High Life highland, MacMillan Move More project, Brora Social Prescribing Initiative, Cairn Medical Practice in Inverness, UHI Inverness College, Highland Hospice, and Cairngorms National Park Authority.
- “Develop capacity and opportunities for exercise programmes that develop strength and balance in older people”. This featured ongoing delivery and roll out of Otago classes through High Life Highland, and embedded strength and balance exercises in Step It Up Highland health walks.
- “Develop travel initiatives that promote physical activity”. This featured the Wheelness project (providing access to bikes for those facing disadvantage and long term health conditions), NHS partnership with Sustrans around workplace active travel, the Active Aviemore initiative and Cycling Without Age (e-trike excursions for care home residents and others).
- “Develop a locally based tutor workforce that supports an increase in the development of quality opportunities, whilst increasing capacity in clubs to deliver a range of sports and activities throughout our Highland communities”. This featured High Life Highland and sportscotland Professional Development Award in Sports Education programme.
- “Develop a performance development programme aimed at up skilling the coaching workforce in Highland”. This featured partnership work between schools and High Life Highland based at Grantown Grammer.

3. Ongoing Implementation

Following this showcase event, the Active Highland Strategy Group have reviewed the Implementation Priorities in a way that builds momentum on the success so far, and allows renewed focus for the coming period. (See also the attached infographic.)

- Develop travel initiatives that encourage more people to include walking and cycling for everyday journeys
- Support partners to deliver and expand weekly health walks in key target areas and communities across Highland, linking with local social prescribing initiatives
- Increase inclusive opportunities for children and young people to engage in creative, self-directed, unstructured physical play which promotes resilience, inclusion, and risk management
- Support the development of physical activity programmes that incorporate the needs of an aging population and a rise in long-term health conditions across our population

- Maximise health and inclusion benefits through physical activity opportunities that utilise our natural environment and support the outcomes of Highland Green Health Partnership
- Empower the young people of the Highland's by growing leadership training and deployment opportunities within the medium of sport and physical activity
- Develop an infrastructure of people and facilities that provides a performance environment ensuring young people in Highland with athletic potential receive the required support allowing them to reach their highest possible standard
- Work collaboratively to identify, develop and retain a high quality workforce (paid and unpaid) in Highland that deliver sport and physical opportunities for all, across our Highland communities

4. Conclusion

It is recognised, including by the Scottish Government, that the Active Highland Strategy is a leading example of collaborative and creative delivery of initiatives to support more people to be more active more often. This partnership aims to continue working collaboratively to achieve this goal, and look forward to future opportunities to showcase the impact of this approach. For further information please contact Dan Jenkins, Senior Health Improvement Specialist, on dan.jenkins@nhs.net

ACTIVE HIGHLAND FRAMEWORK UPDATE

JUNE 2019

Active Highland, and the partnership work that translates the strategy into action, has provided many tangible successes since its official launch in February 2018.

The implementation priorities that were identified at that time have all shown significant progress. These were celebrated at a Showcase Event in March 2019. You can view the presentations that were featured on the day at the following link:

<https://nhshighland.publichealth.scot.nhs.uk/resources/#ActiveHighland>

Following that event, the Active Highland Strategy Group have reviewed the Implementation Priorities in a way that builds momentum on the success so far, and allows renewed focus for the coming period.

Implementation priorities from May 2019

Develop travel initiatives that encourage more people to include walking and cycling for everyday journeys

Support partners to deliver and expand weekly health walks in key target areas and communities across Highland, linking with local social prescribing initiatives

Support the development of physical activity programmes that incorporate the needs of an aging population and a rise in long-term health conditions across our population

Maximise health and inclusion benefits through physical activity opportunities that utilise our natural environment and support the outcomes of Highland Green Health Partnership

Empower the young people of the Highland's by growing leadership training and deployment opportunities within the medium of sport and physical activity

Develop an infrastructure of people and facilities that provides a performance environment ensuring young people in Highland with athletic potential receive the required support allowing them to reach their highest possible standard

Work collaboratively to identify, develop and retain a high quality workforce (paid and unpaid) in Highland that deliver sport and physical opportunities for all, across our Highland communities

Increase inclusive opportunities for children and young people to engage in creative, self-directed, unstructured physical play which promotes resilience, inclusion, and risk management