

Agenda Item	7.
Report No	CPB/18/21



Highland Community Planning Board – 4 November 2021

Refresh of the Active Highland Strategy

Report by: Cathy Steer, Chair of the Mental Health Delivery Group
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Recommendations:

The CPP Board is asked to:

- Support the proposal to identify partnership staff resource to develop a refreshed Active Highland strategy that supports the outcomes of the HOIP and the Active Scotland outcomes framework.
- Agree that the Active Highland strategy group will report through the CPP structures, with particular links to the mental health delivery group as the group with closest links to the work of the strategy group.

1.	Background
1.1	<p>The Active Highland Strategy was developed by a sub group of the previous CPP inequalities and physical activity theme group and was officially launched by the CPP in February 2018. The strategy aims to promote physical activity and sport in Highland and its launch signalled a commitment by a broad range of Community Planning Partners to support a programme of work to increase participation in a wide range of activities from gentle movement to more advanced sport exercise. The strategies core aim is to reduce inequalities and encourage and enable people to stay active throughout life.</p> <p>Having made good initial progress to implement a range of agreed actions, the work to implement the strategy has stalled since the start of the pandemic.</p>
1.2	<p>This report provides an update on the current status of the Active Highland Strategy</p>

	and outlines the proposal to develop a refreshed Active Highland strategy.
2.	Agreed outcomes
2.1	<p>Achievements in implementing the strategy were highlighted at a 2019 showcase event in Inverness which presented information on progress against agreed outcomes. An update on progress was presented to the CPP Board in June 2019, where it was noted that the work had been recognised by Scottish Government as an example of good practice. The following refreshed outcomes were also agreed by the Board at that meeting:</p> <ul style="list-style-type: none"> • 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
3.	Review of progress
3.1	Some progress in implementing the framework was made throughout 2019. However, the Covid-19 pandemic has meant that little progress has been made over the past 18 months and the partnership that had been put together to design, deliver and report on the Active Highland strategy outcomes has been in abeyance.
3.2	<p>Review of progress and reflection on lessons learned so far was undertaken at a recent meeting between NHS Highland, High Life Highland and sportscotland. The meeting concluded that:</p> <ul style="list-style-type: none"> • There is a need to refresh the outcomes and priorities of the Active Highland strategy. • There is a need to refresh the membership of the Active Highland strategy group and reconvene partnership meetings. • It is important to have shared objectives and a clear commitment to a

	<p>partnership approach.</p> <ul style="list-style-type: none"> • It is important to have a direct line of accountability to the Community Planning Partnership. • It is important to link the strategy outcomes to regional and local community plans as well as the Active Scotland framework outcomes. • It is important to link to local community partnerships to identifying local need and be able to demonstrate impact within local communities.
3.	Next Steps
3.1	<p>Should the CPP Board approve the proposal to develop a refreshed Active Highland strategy, it will be necessary to:</p> <ul style="list-style-type: none"> • Identify partnership staff resource to support development of a refreshed Active Highland strategy. • Reconvene the Active Highland strategy group to develop a refreshed strategy • Review relevant local plans, including locality plans, integrated children's service plans and the Covid social mitigation plan to inform priorities for a refreshed Active Highland strategy. • Undertake an in depth review of the Active Highland strategy and develop a refreshed strategy and action plan.

Recommendation:

The CPP Board is asked to:

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- Agree that the Active Highland strategy group will report through the CPP structures, with particular links to the mental health delivery group as the group with closest links to the work of the strategy group.

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Appendices: None