



APSE Conference

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Active Partnerships National Organisation



Overview of the session

- Successfully creating opportunities for Physical Activity
 - Making Physical Activity part of everyday lifestyle
 - Fostering local partnerships that work
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- Who are Active Partnerships
 - Integrating Physical Activity into Health and Care Systems
 - Expanding place partnerships

2023-2027

CREATING MOMENTUM

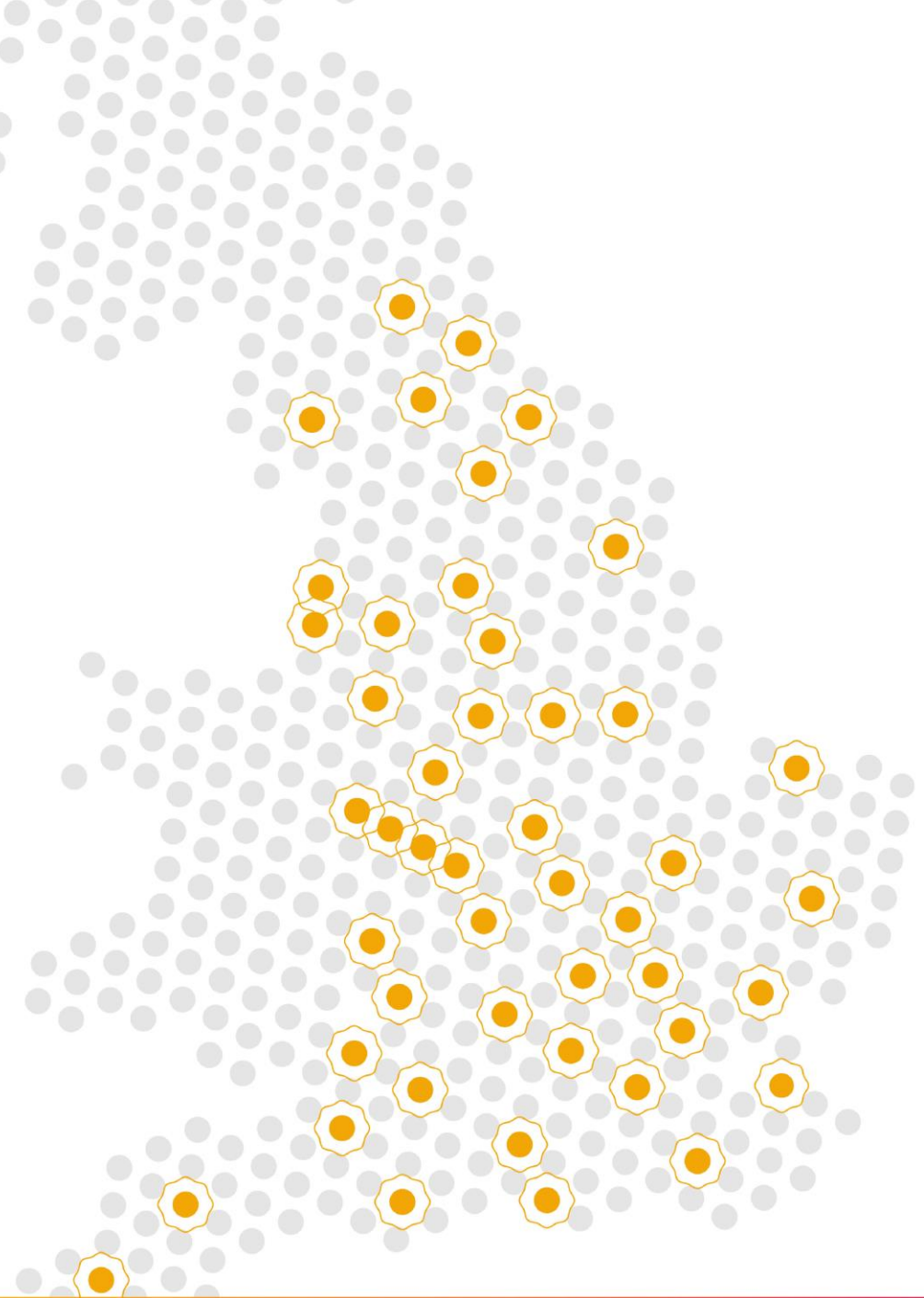
Active Partnerships
Engaging Communities, Transforming Lives

WHO WE ARE

The Active Partnerships National Organisation is the national charity of the Active Partnerships Network – a collective of 43 locally-led, non-profit, strategic organisations who, as valued system partners of Sport England with reach across every place in England, play a pivotal role in ‘Uniting the Movement’ to create conditions for an active nation.

As a membership organisation we exist to connect, strengthen and enable our network...and beyond.

Our work informs, influences and shapes national, system and local place approaches which support physical activity, sport and ‘moving more’ as drivers for social change.



OUR JOURNEY SO FAR

2003

Funded by Sport England, County Sports Partnerships (CSPs) introduced across all parts of England as sports delivery agencies.

2011

CSPN incorporated as a national charity to represent the network of CSPs. A small core team is created.

2018

'Primary role' of CSPN shifts away from programme delivery to supporting a whole system, place-based approach.

2019

CSPN rebrands to Active Partnerships to reflect the collaborative nature of our work and approach.

2021

Sport England launches 'Uniting the Movement' strategy.

2022

Review of the Active Partnerships National Organisation and achievement of Sport England System Partner Award.

2023

Development of 'Creating Momentum' strategy.

A photograph of two women walking on a paved path in a park. The woman on the left is wearing a grey tank top and black leggings, pushing a blue stroller. The woman on the right is wearing a black t-shirt and patterned leggings, pushing an orange stroller. Both strollers contain children. They are smiling and looking at each other. The background features large green trees and a black metal fence.

We **STRENGTHEN** people,
organisations, sectors, ideas,
outcomes and impact.

OUR ROLE

We **CONNECT** places, people,
organisations, sectors,
policies, ideas and tools to
make change happen.

We **ENABLE**..Whether it's
enabling others, enabling
change or enabling the
realisation of our vision.

US ON A PAGE

2023-2027

VISION

To make active lifestyles the norm for everyone.

MISSION

To make it easier for everyone to enjoy an active life.

We will help create the right conditions in local places to remove inequalities, and build relationships to connect networks and advance change.

AMBITIONS

- Be an **OUTSTANDING** performing organisation.
- Have a **HIGHLY CONNECTED NETWORK** of strong performing Active Partnerships.
- **EVIDENCING CHANGE** through a robust, meaningful and embedded measurement, evaluation and learning framework.
- Be **VALUED AS LEADERS, CREATING MOMENTUM** across places for 'Uniting the Movement' to flourish.

ROLE

- To Connect
- To Strengthen
- To Enable

PRINCIPLES

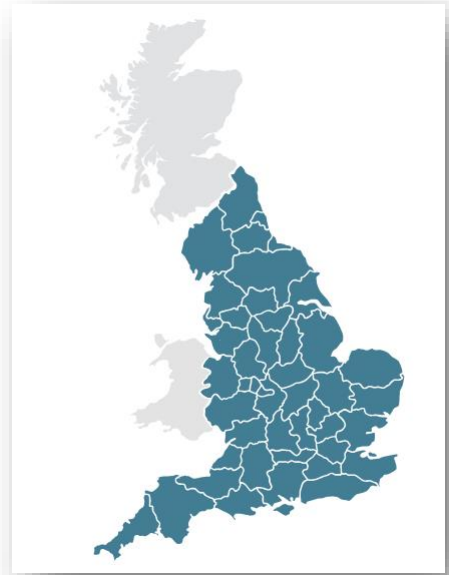
- People and culture-first
- Equity, Diversity and Inclusion at our core
- Being a collective
- Innovation-driven
- Learning by design
- Being a sustainable and ethical workplace

VALUES

- Passion for our purpose
- A collaborative spirit
- Trust brings connectivity

Active Partnerships & the National Organisation

- Country-wide network of 43 Active Partnerships (APs).
- A system partner of Sport England: working together to deliver system-wide change for their Uniting the Movement strategy.
- Our work informs, influences and shapes national, system and local place approaches to support 'moving more' as drivers for social change.
- APs: independent charitable organisations, focusing on inactive people and under-represented groups to improve health.
- A strategic enabler: work with a range of local cross sector stakeholders, taking a whole system approach.
- APNO is the independent national charity of the AP Network



As a membership organisation we exist to:

Connect.

We **CONNECT** places, people, organisations, sectors, policies, ideas and tools to make change happen.

Strengthen.

We **STRENGTHEN** people, organisations, sectors, ideas, outcomes and impact.

Enable.

We **ENABLE**. Whether it's enabling others, enabling change or enabling the realisation of our vision.

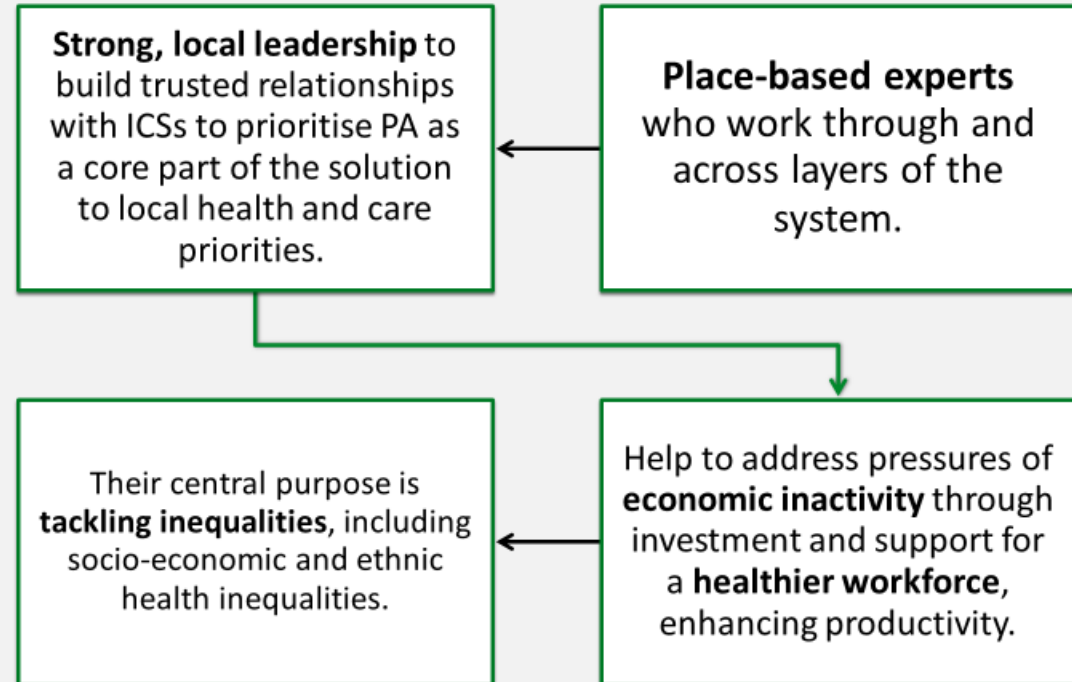
Improving health through addressing strategic priorities relating to reducing inactivity levels, in areas of need



Integrating Physical Activity into local health and care systems

Active Partnerships – core systemic role: creating the right conditions at place, for a healthy, active nation

Active Partnerships



The Challenge and the Opportunity

The bureaucratic structure of the health and care landscape is very **complex** and **segmented**.

The sector PA / Exercise specialist workforce is **a significant asset**, which should also be more **representative** of the communities it serves and scaled up to meet the growing needs.

Integrating PA pathways into health and care requires a **connected, sustainable** and dynamic **framework** of support, which can be locally applied.

Perceptions of **risk** and the need for medical clearance are **barriers** to participation which need addressing urgently.

The workforce and the pathway need strong and local **advocacy** to achieve the **national recognition** of the value which could be delivered.

The Why...

Why we need to do something.....

11m people aged 65+ (19%). **In 10 yrs time this will increase to 13m, 22% of the population.**

43% of pop. has 1 LTC, with 1:4 having multiple LTCs. This will **increase to reach 2/3 by 2035**; & are 2-3x more likely to experience **mental health problems**.

The number of years expected to spend in good health, without a disabling illness, continues to **decline**: 62.4 yrs (M) & 60.9 yrs (W)

In the most deprived areas, people can expect to live **>17 yrs more with disabling health conditions**, with huge variation in poor health across **minoritised ethnic groups**.

How.....

Influence people working in the NHS and social care to prioritise physical activity to address health inequalities

Champion the role of physical activity in supporting positive mental health and wellbeing

Improve the pathway between health and organised activity by removing barriers associated with risk.

PA remains chronically underutilised within and alongside routine NHS care and population health management. What if we reframed PA as part of our health and care system?

A health system that prioritises PA within and alongside routine care could impact on:

50% of all GP appts are for those living with LTCs

Help manage >20 of the most common physical and mental health conditions.

LTHCs could be prevented by 40%.

The shift from 'public leisure' to **Active Wellbeing Hubs** providing personalised pathways between health and PA.

PA can expand the capacity and capability of the health and care workforce: 588,000-strong paid PA workforce could help provide the first mile of healthcare.

Support reduction in costs:

1 in 6 of deaths in the UK related to inactivity which costs the UK £7.4bn annually (including £0.9bn to the NHS alone).

*2.5m people projected to live with major illness by 2040: almost 1 in 5 (9.1m); most of the increase for those aged 70+

People with multiple conditions will increase hospital activity by 14% and costs by £4bn over next 5 yrs.

Increased mental health problems result in total health care costs by at least 45% pp., and highest in areas of deprivation.

Reducing the estimated loss of earnings through long-term-sickness costing the UK economy £43 billion in 2021 (equiv. to approx. 2% of GDP).

An integrated approach: a Health & Care system that prioritises PA as part of and alongside routine care, recognising physical inactivity as a key risk factor for poor health, and taking a systematic approach to identifying and supporting inactive people

Reframing PA to recognise its wider contribution as part of our health and care system.

The role of PA in reducing the time people spend in poor health

Reduce pressures on NHS/PC particularly in prevention & rehabilitation

Reducing the economic cost for individuals, businesses and the local economy negatively impacted

Recognising the reduction in life expectancy and healthy life expectancy in the recent census

Develop a framework and valid tools to ensure that physical activity and its underpinning infrastructure is fit for purpose and fully supported

1. For the **operational elements of Physical Activity for Health Pathways**, to provide frictionless pathways into health, with consistent QA models.

2. To **develop a representative workforce** that is customer centric, inclusive and **equipped with the right skills & behaviours** to provide the specialist support required, **trusted by health professionals**.

3. To advocate and work in partnership to **scale up the quality, quantity and accessibility of physical activity to people with specialist health needs**.

Therefore, realising the vast health, economic and social potential reaching the people who need it most.



Uniting the Movement

Expanding Place Partnerships

**Why are Sport England
expanding their place-
based approach?**

In Sport England's 2022–25 plan they have said:

EXPANDING PLACE PARTNERSHIPS

In order to focus our investment and resources on the communities that need it most, we'll significantly increase the number of places across England that we partner with and invest in, building the movement from the ground up by working with organisations and communities to understand the issues and barriers facing people to get active, and working together to develop local solutions..."

SE Commitment – March 2023

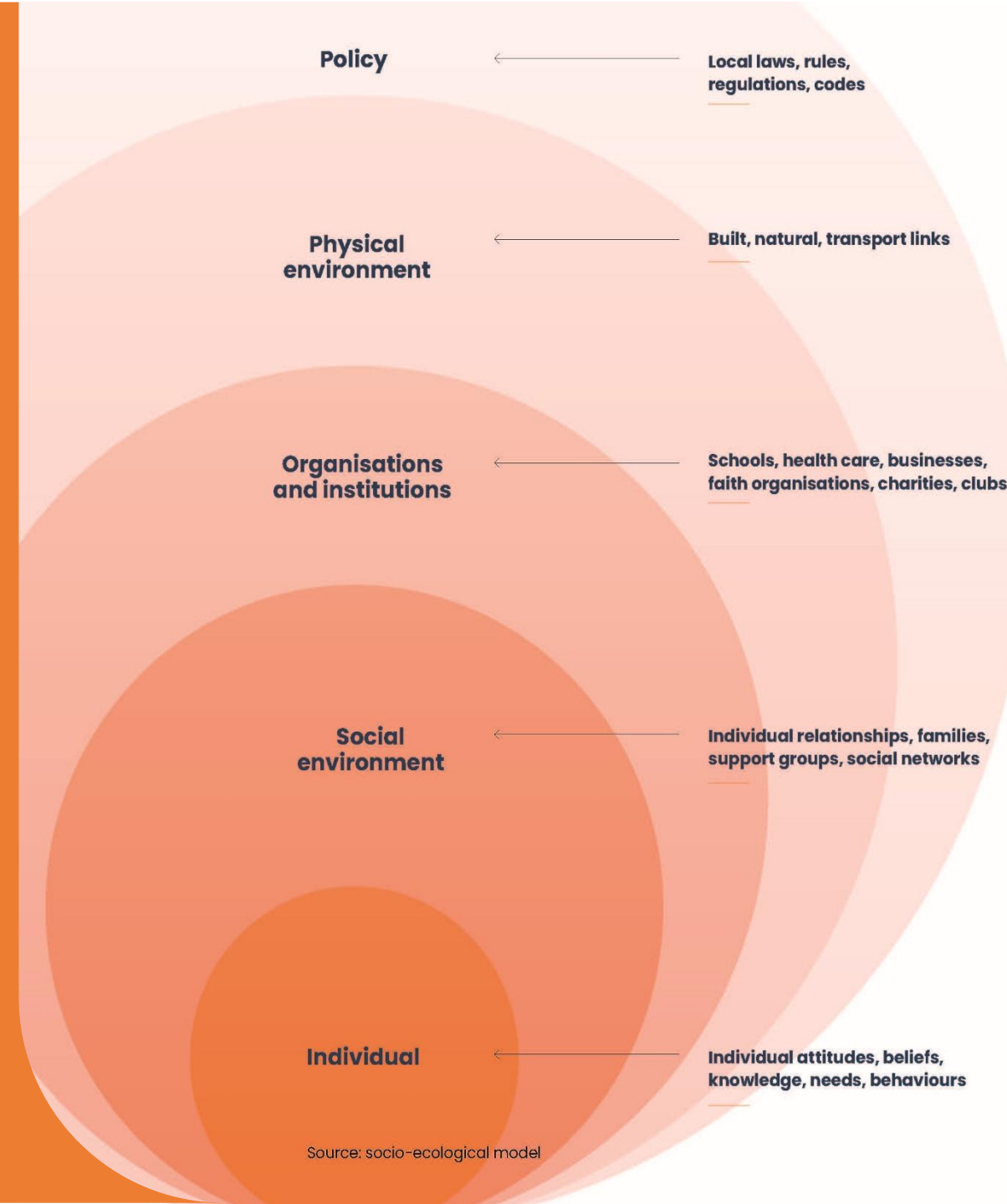
“£250m over next 5 yrs to expand our place-based partnerships to 80-100 additional places via the network of people in our existing LDPs and Active Partnerships alongside a universal offer that all places can benefit from.”

Deliver impact against:

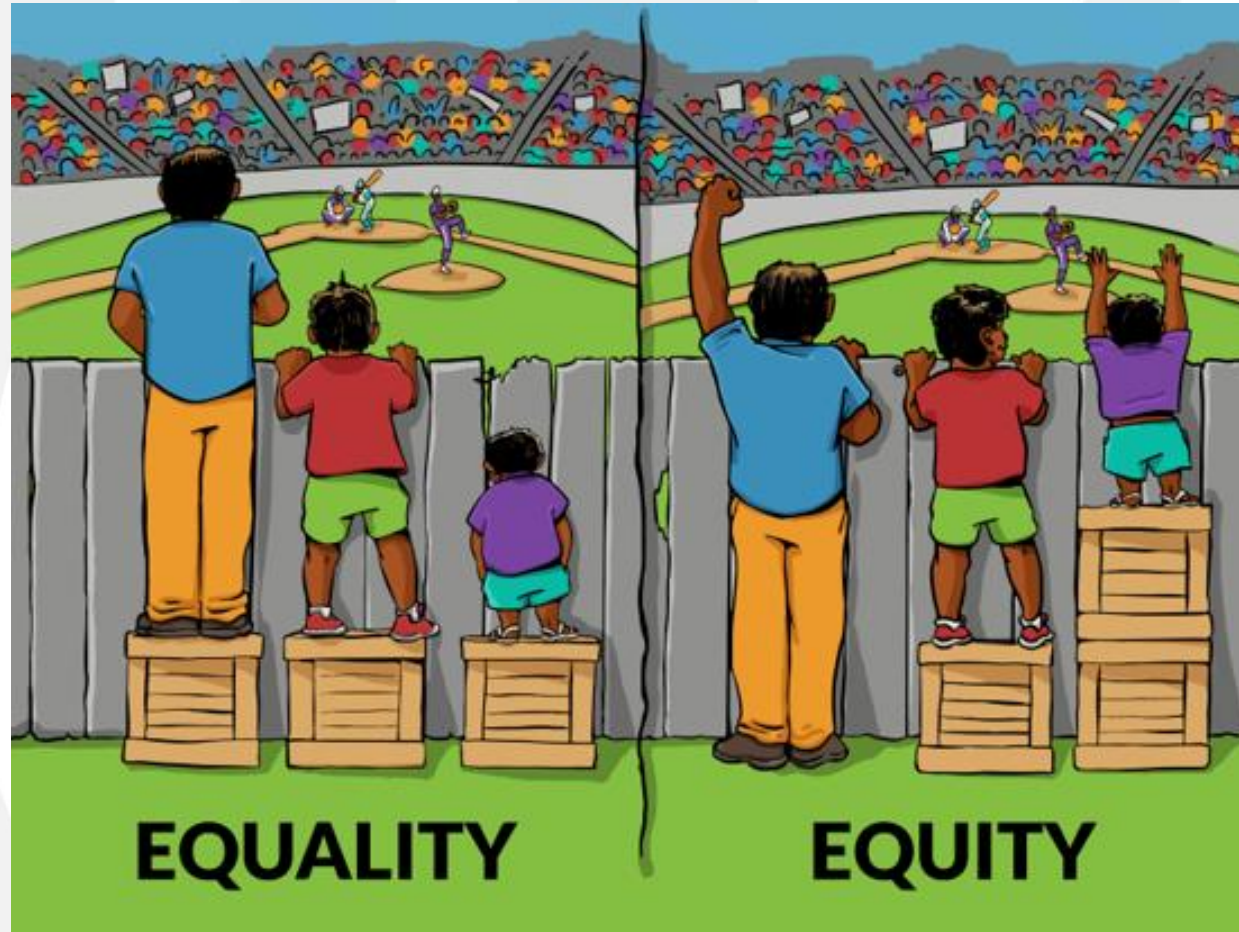
- Increasing Activity
- Decreasing Inactivity
- Tackling Inequality
- Providing positive experiences for children and young people

Doing things differently in place

- Working in a defined geography and responding to community need
- Understanding and better connecting the system that shapes how we live
- Moving from transactional to relationship-based investment
- Working with shared purpose and resources



Our approach to working in place...

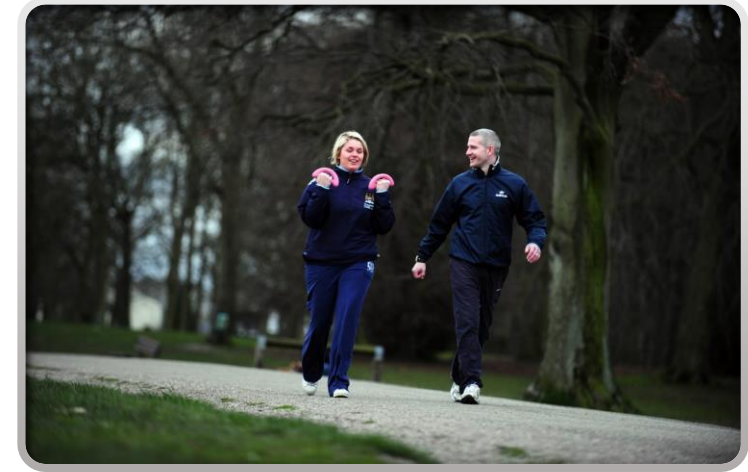


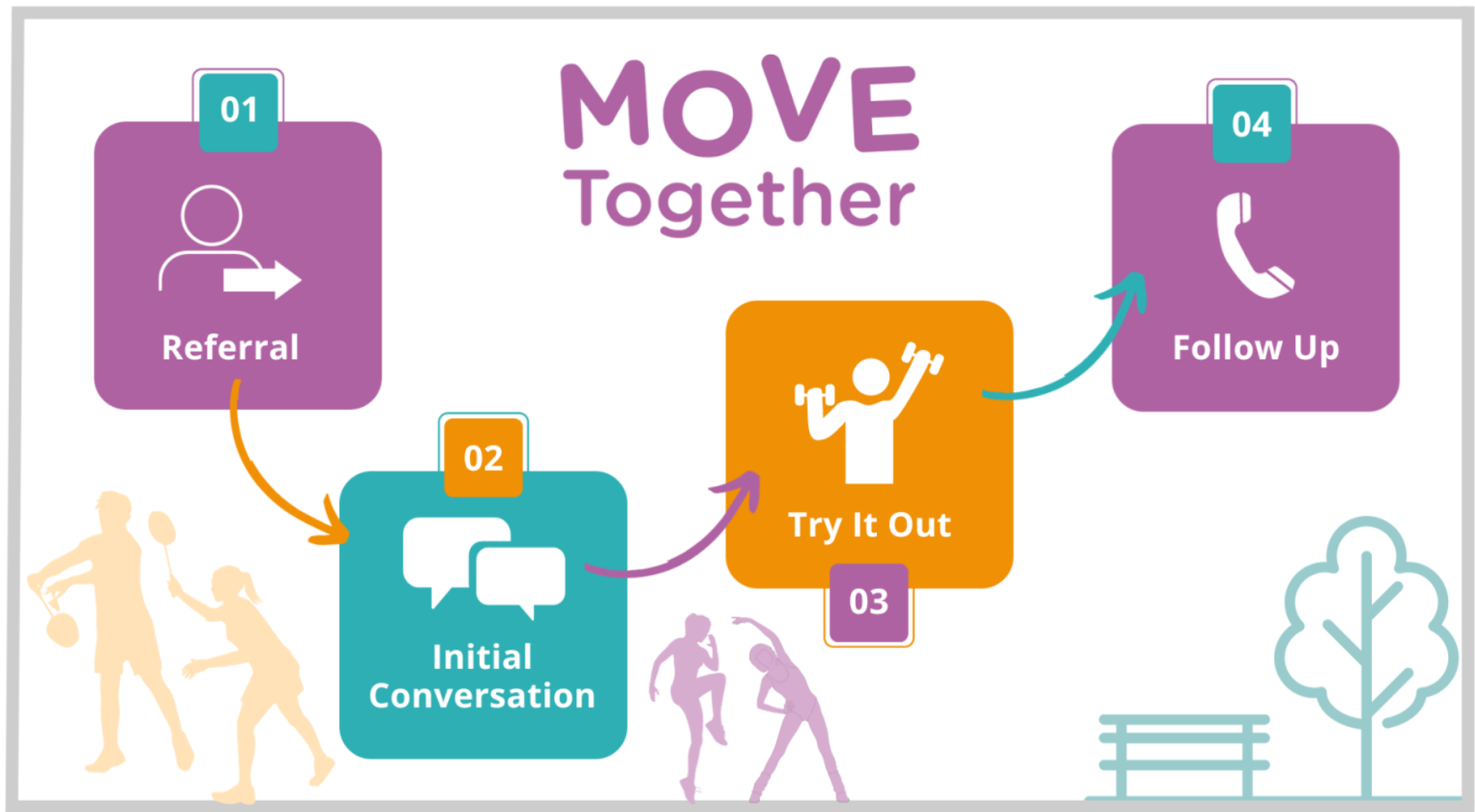
Move Together

Move Together

- Over the last 2-3 years Oxfordshire has been on a journey to demonstrate the value of physical activity and make it the norm within the health system.
- This included development of a new activity pathway 'Move Together', creating a collective system wide vision to embed the role of physical activity.
- System partners comprise of the Oxfordshire ICB, Public Health, Adult Social Care, district Councils and Active Oxfordshire, creating a shared vision for the preventative role of physical activity.

MOVE
Together





Outcomes

Greater connections between health and physical activity.

An established system wide activity pathway.

A plan to secure long-term collaborative funding for physical activity.

Enablers

Having a simplified activity pathway to engage partners and demonstrate role of physical activity.

Effective evaluation to demonstrate impact and value of physical activity.

Aligning to system priorities to create 'buy in'.

Next Steps....

MOVE
Together

- Collaborative commissioning approach to embed physical activity through a longer-term commitment. 4-year funding from April 24.
- Aligning our pathway to Sport England and Active Partnerships work around integrating physical activity pathways into local health and care systems.
- To increase the number of specialist workforce in Oxfordshire and improve skills to support pathway delivery.
- Opportunities to work with wider system to further embed the role of physical activity, including hospital discharge and VCS organisations to grow workforce.

