

Supporting 80,000 more people to
Start Moving, Move Every Day and Stay Moving



SURREY'S PHYSICAL ACTIVITY STRATEGY 2015 – 2020

activesurrey

Health and Wellbeing
Surrey

SPORT ENGLAND

SURREY
COUNTY COUNCIL

Elmbridge
Borough Council
...bridging the communities...

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GUILDFORD
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District Council

Reigate & Banstead
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Runnymede
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SURREY HEALTH
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Tandridge
District Council

Waverley
BOROUGH COUNCIL

WOKING
BOROUGH COUNCIL

Introduction

Being physically active helps us feel good, grow well and achieve at school or work. We can walk, run or ride through Surrey's superb countryside or save time and money on our commutes. We can experience the joy of winning and losing together with teammates or feel pride in conquering a personal challenge. Sport brings us together as a community and allows us to pass on, or develop new, skills through volunteering.

Being active can support us to live independently as long as possible and can reduce social isolation, it improves our physical health and reduces the risk of developing many illnesses. In short, it is a sure and enjoyable way to improve our mental and physical wellbeing.

We are a nation of sport supporters, as evidenced by the millions of spectators lining the Olympic cycling routes through Surrey in 2012. But for many of us, watching is all we do and we are simply not active enough. Almost 40% of Surrey's adults don't meet the NHS's activity guidelines for healthy living and almost a quarter of adults are completely inactive. This is worrying as physical inactivity is one of the top four causes of disease (alongside smoking, hypertension and obesity).



Physical activity includes sport, dance, play, gardening, PE, walking and cycling.

By enabling more residents of all ages to meet the Chief Medical Officers' physical activity guidelines, our vision is that by 2020 Surrey will be the most active county in England.



In Surrey there are a large number of people who would benefit from being more physically active and there are many opportunities in daily life to be active. Our challenge is to bring them together so that, throughout our lives, we can all

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Building on the recommendations of Surrey's Joint Strategic Needs Assessment, this physical activity strategy provides guidance to strategic leads, policymakers, commissioners and providers on the key approaches and priority groups we need to focus on to improve activity levels in Surrey.

But everyone has a role to play in increasing levels of physical activity and therefore health and wellbeing – whether in our school, our work, our community or home, as we travel and how we plan and use our built and natural environment. Let's create a real legacy from London 2012; help us to implement this strategy to make Surrey the most active county in England by 2020.

By 2020 we will achieve:

-  20,000 more adults being active for 150 minutes per week
-  20,000 less adults not being active for at least 30 minutes per week
-  20,000 more adults playing sport once per week
-  20,000 more children and young people in regular sport activities/events

A number of other KPIs will be developed as part of our detailed action planning work.

Start Moving

Supporting all children and young people to have an active start in life

- Expand the role of children's centres / early years settings in developing physical literacy.
- Ensure facilities meet sporting, physical activity and active travel needs.
- Raise the standard of physical education, activity and school sport in all Surrey schools.
- Listen to and address the needs of young people to reduce teenage activity drop-off rates.
- Provide more opportunities to smoothly transition from sport in schools, colleges and universities to excellent community clubs.
- Help the most inactive get moving.

Move Every Day

Encouraging all adults to build activity into their everyday lives

- Improve community access to, and quality of, facilities for sport, play and recreation.
- Better coordinate and improve countywide sport provision for those with disabilities.
- Promote the benefits of activity, including active travel, to workplaces (especially sedentary workers).
- Meet the needs of women and girls to reduce the physical activity gender gap.
- Increase access to / awareness of green spaces particularly by those with the poorest health.
- Consider physical activity implications when planning projects and housing developments.

Stay Moving

Supporting older adults to live longer and more active lives

- Implement a systematic approach to assessment/promotion of physical activity in primary care generally, and specifically within disease management pathways.
- Include physical activity training (prevention and treatment) within primary care training.
- Increase availability, and awareness, of appropriate programmes in various settings.

To find out more visit

www.activesurrey.com/physical-activity-strategy

Implementation, monitoring and evaluation

This five year strategy highlights the importance of increasing physical activity levels for the health and wellbeing of the population and identifies the key measures needed to achieve increased levels of activity. Each aim has a high level headline action (shown overleaf) which, in turn, will have their own detailed action plan created in order to implement the strategy.

The strategy has been developed by Active Surrey, the County's Sports Partnership, with input from its wide range of partners and stakeholders (see below) who will help drive it forward through the action plans. The organisations are all keen to play their part but we can make a greater impact across our county by encouraging other organisations to align their strategies and plans with the priority areas identified in this strategy. By working together more effectively we can make best use of existing resources, access new ones, and make a real difference to people's lives.

We need to take both a universal and a targeted approach. Building activity into everyday life can impact on all of us, but we know that those on a low income, females, those from minority ethnic groups and those with a disability are less active than the general population. Our action plans will take this into account, targeting more effort into reducing these activity and health inequalities thus making Surrey a more prosperous and healthier place to live.

Whilst all agencies, working in partnership, have a role to play, effective leadership and coordination of effort is needed. Each action plan will have clear lines of accountability overseen by the Active Surrey Board which will work closely with Health and Wellbeing Boards (county and local). An annual progress report on the key actions will be published.



Produced by Active Surrey (June 2015) in conjunction with the following partners/stakeholders:

- Elmbridge Borough Council, Epsom & Ewell Borough Council, Guildford Borough Council, Mole Valley District Council, Reigate & Banstead Borough Council, Runnymede Borough Council, Spelthorne Borough Council, Surrey County Council, Surrey Health & Wellbeing Board, Surrey Heath Borough Council, Tandridge District Council, Waverley Borough Council, Woking Borough Council.
- Amateur Swimming Association, Badminton England, British Athletics, British Canoeing, British Gymnastics, British Judo, British Universities & Colleges Sport, British Water Ski and Wakeboard, County Sports Partnership Network, England Athletics, England Boxing, England Netball, Exercise Movement and Dance Partnership, Lawn Tennis Association, Public Health England, Rugby Football Union, Sport England, Table Tennis England, Triathlon England, UK Active, UK Sport, Volleyball England, Youth Sport Trust.
- Achieve Lifestyle, ActivKids, A2Dominion, Better, Camberley Cricket Club, Dance Woking, East Surrey Clinical Commissioning Group (CCG), East Surrey College, Everyone Active, Farnham Sports Council, Freedom Leisure, Fulham Football Club Foundation, Fusion Lifestyle, Guildford & Godalming Athletic Club, Guildford & Waverley CCG, Holy Family Catholic Primary School, Laleham Sailing Club, Links Partnership, North East Hampshire & Farnham CCG, North Runnymede Learning Partnership, North West Surrey CCG, Places for People Leisure, Reigate & Redhill YMCA, Reigate Priory Athletic Club, Royal Holloway University of London, R-U-Able2, Special Olympics Surrey, Sport Godalming, Sport Guildford, Sport Woking, Surrey Athletics Network, Surrey Connects, Surrey County Bowling Association, Surrey County Football Association, Surrey County Netball Association, Surrey Cricket Board, Surrey Disabled People's Partnership, Surrey Downs CCG, Surrey Golf Partnership, Surrey Heath CCG, Surrey Hills AONB, Surrey Playing Fields, Surrey Rugby, Surrey Sports Park, Surrey Wheels for All, Surrey Wildlife Trust, Surrey Youth Focus, Sustrans, Tandridge Trust, Voluntary Action in Spelthorne, Walking Basketball Ltd, Walton Athletic Club, Walton Rowing Club, Weir Archer Academy.