

Get Doncaster Moving Network Meeting (13/09/22): Table Discussion Summary

This document summarises the key themes and key pieces of information which came out of each table discussion topic during the network meeting.

Active Education

- The Doncaster Active Schools Network currently has 60 schools involved working together and sharing ideas. Next network meeting taking place on 27th September.
- Creating an Active School (CAS) framework is a whole school approach to embedding physical activity at the heart of a school's ethos. Further information can be found here: <https://www.yorkshiresport.org/what-we-do/in-education/primary-pe-and-sport/creating-active-schools/>
- 5 Doncaster schools were involved in CAS last year, 8 schools this year supported by last year's schools. The aim is to grow this year on year.
- A secondary school focus was identified as in need of development.
- How to get pupils utilising the assets around their schools e.g. local parks?
- Forest schools were briefly discussed and the need for increasing awareness of the programme along with other outdoor learning opportunities. Further information can be found here: <https://forestschoolassociation.org/what-is-forest-school/>
- The need to target school governors was raised in order to influence and challenge.
- The need to promote 'Healthy Learning, Healthy Lives' across the schools network was raised. Further information can be found here: <https://www.doncaster.gov.uk/services/health-wellbeing/healthy-schools-programme>
- How can we raise awareness around wider cultural issues in schools (to influence PE policy)? Have cultural issues been addressed with the Active Schools Network? Is there a need for school staff awareness training in relation PE, School Sport and Physical Activity?
- Schools appear to be facing a funding crisis in relation to the cost of living crisis. A discussion around the PE and School Sport Premium (PESSP) took place. Further information can be found here:
- <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>
- It was highlighted that there has been a rise in muscular skeletal issues and fundamental movement in the ageing population. The question was asked around how can we conquer future issues caused by sedentary behaviour?

- Is there a need for schools to be provided with guidance and a framework to work from to quality assess providers in schools e.g. qualifications required, DBS, first aid qualification etc
- National Nature Reserve stated the need for outdoor education and made the table aware that they have a centre available for schools to visit.

Communications and Engagement

- There are challenges around getting people to events/activities – people prefer activities that are close to home, easily accessible, cost free/low cost, time, require little in the way of equipment/special clothes etc.
- People don't know what is out there/available to them. Lots of people don't know what local assets exist e.g. walking group new members are often surprised at what is on their doorstep.
- Would like to see more sporting events in Doncaster.
- Need to consider any language barriers and digital issues (IT access, computer skills etc). Local groups, local media and printed materials such as leaflets can be effective ways to get messages out too.
- There is so much pressure on people (cost of living crisis and so on) that they need to see the value in prioritising physical activity.
- Need consistency in messages.
- Word of mouth is the best way to persuade people to 'do things' – e.g. go to activities, events, participate in something.
- People who are isolated/don't have any experience in participating in such activities previously often need additional support to persuade/encourage them to participate in something. Again word of mouth/one on one support can really help overcome this. Often people like to know what to expect before they get there –what it will be like, where to go, what to do, who will be there etc. May also need reassurances that it is safe. Building trust with people is essential too.
- Good example given around encouraging ethnic minorities to take up the covid vaccinations. Video produced which showed the location, venue, what it looked like, where the person would go, what would happen etc. Helped people feel comfortable in going – how might this idea be replicated for us e.g. for clubs/groups?
- Using community connections to get messages out is far more effective than if, for e.g., the council was to say it.
- Community events are well received – again typically advertised via word of mouth.
- Clubs and groups would benefit for some social media support/training.
- It can be exhausting for clubs and groups to continuously fundraise and apply for funding to keep their clubs going.
- Some said that they found it worked best to not charge for the activity at first, get people used to coming before they introduced a small charge to cover costs.

- Not only would it be good to have information for residents about what's on, but it would also be good for clubs and groups to know more about each other too – signposting/joint working etc. This may go beyond the physical activity sector – e.g. signposting to other services too.
- Agreement that the need for encouraging physical activity went way beyond a person's physical health but also the wider social/wellbeing benefits were extremely important and they were often major/primary benefits of attending classes etc.
- How can employers support employees to be active? Employers could signpost to what's on in terms of activities and events and encourage participation. Corporate volunteering/CSR opportunities makes them more of an attractive employer too.

Dance

- Many people don't really understand what a dance session looks like and just think about it in terms of specific styles such as Samba or Line Dancing. We need to find a way that describes what a session looks like, feels like etc. Also means it's difficult for professionals to signpost/refer into session if they don't know what they look like.
- Sharing learning of the impact of dance, the potential for working across the life course, how it can impact on families and connection to assets in the Locality. How can we share this impact across Sport England and national providers.
- Recognition that the success with Dance On is that it's community led and based on needs within the group; questions around how to make it affordable for low income families.
- Tension between finding free spaces to deliver sessions (to bring cost down) versus having budget to pay for community halls that really rely on this income.

Health and Care

There are five key actions in the GDM Strategy for this theme - abridged below:

- To develop new and strengthen existing relationships between health and care colleagues.
- Embed physical activity (PA) into health and care clinical pathways.
- Support for the health and care workforce to build strength based conversations about PA.
- Embed movement, PA & sports opportunities within Doncaster's approach to Social Prescribing.
- Embed PA within Health and Care research.

A range of other developments and challenges influence these actions, including:

- The implementation of Integrated Care Systems (ICSs).
- The 'Core 20 Plus 5' NHS Improvement approach to support the reduction of health inequalities.

- The Cost of Living crisis, which is worsening health inequalities – with northern cities suffering higher rates of inflation and tighter squeezes on household finances.

Progress in embedding Physical activity (PA)

PA, exercise and sport are becoming more integrated with Doncaster's health and care system. Examples include:

- Doncaster is one of 11 successful areas where GPs will trial prescribing walking and cycling as part of a wider social prescribing approach by the health service.
- St. Leger Homes provide Social Prescribing services - to gives healthcare professionals the option to prescribe non-medical support to patients, e.g. via sports groups and volunteering.
- 'Green' social prescribing (e.g. Doncaster's parks and greenspaces).
- Club Doncaster are receiving NHS referrals as part of a rolling one-year contract.
- Functional Fitness provides PA support for those with, or at risk of, a long-term health condition.
- A task and finish group is looking at the prevention of falls, as part of Doncaster's broader approach to Ageing Well.

Part of the challenge for the GDM network is to capture what else is currently underway or in the pipeline.

There is significant potential to do more to ensure PA plays a major role within health and care systems through policy, process and practice by:

- Introducing parts of the system to each other and identifying shared objectives.
- Drawing on good practice elsewhere.

Opportunities in clinical pathways

There are opportunities to embed PA into clinical health and care pathways, for example:

- Increasing referrals from Primary Care Networks (PCNs) and Secondary Care to community-based, non-clinical support for PA – where the impact can be life-saving.
- Cancer pathways:
 - Increasing the role of PA in prehabilitation and rehabilitation for cancer patients to improve outcomes for them.
 - Sheffield and Greater Manchester have made progress in making PA part of pre and post-operative cancer pathways for patients, e.g. using physiotherapists and exercise instructors.

Requirement & considerations in clinical pathways

These include:

- Ensuring opportunities to support PA are part of the conversations with clinical team as early as possible (point of diagnosis) – to assess what the patient needs and what/where support can be provided.

- An accessible community setting may be better than a clinical setting like a hospital.
- 1:1 support may be better than group session (which some people might find quite daunting).
- Considering the readiness of the patient, including mental health challenges.

Supporting the health and care workforce

The health and care workforce need support to have the conversations about PA as part of their day-to-day work, for example making it more of the mind-set amongst GPs as part of PCNs – whilst recognising the considerable pressure they are already under.

One suggestion is to consider having PA specialists as part of GP surgeries.

Community capacity & information

There is a requirement to build the capacity in communities (individuals, groups, organisations, leisure facilities, community buildings, green space and active travel networks) to receive PA referrals.

This could be seen as the 'intermediate care sector'.

The continuity of support is also essential - sustaining the wrap around care for residents - and funding for it. For example, for those with mental health challenges who may need further support in the future.

Accessible, up to date information is required about the community capacity to support PA:

- For example, supporting the work of Doncaster Clinical Commissioning Groups (CCGs) by improving awareness of the support available for movement and PA in communities, e.g. with a list of suitably qualified and experienced providers.
- As a more specific example, the SY Integrated Care Board has set up a working group to look at pregnancy support and there is a need to improve the awareness of midwives of community based support for PA. Another challenge relates to funding for tier 2 and 3 weight management support.

In Doncaster the '[Your Life Doncaster](#)' website has a directory of community groups and activities across Doncaster – and there is scope to add to this.

Promoting Cycling

- Doncaster active travel network continues to grow.
- The Active Travel Hub provides free loan bikes to support active travel.
- A recurring theme is concerns about safe bike storage, which presents a barrier to usage and may mean that walking is preferred. It was suggested that empty shop units could be used as 'bike parks'

- Changing the mind-set/culture is required amongst some children regarding cycling – but positively research suggests that there is a greater appetite for it than many other activities (swimming also scores highly).
- ‘Pedal Ready’ provide support for cycling skills and confidence, for example at Woodfield Park in Balby.
- There is scope for the cycle track at the Dome to be better used. Part of the solution is to better understand and address some of the barriers that are stopping more people using it.

Sport and events

- Joint promotion / broadcasting of professional and semi-professional teams across the borough is needed. This is done in other cities celebrating the clubs. Clubs across all sports need to connect better
- Our clubs are hidden secrets and profile needs raising.
- Promote the strong history, tapestry of our clubs through and outside the borough
- Could professional clubs work together to undertake this.
- How do we promote our clubs, can we work together to raise visibility. Ask for social media training
- Number suggested an awards evening celebrating our local clubs.
- We should tap into the heightened awareness of women’s sport and drive this forward. Growth in girls sport and how do we tap into this.
- How do we remove the barriers to participation and growth?
- We need to be aspirational, use those talented athletes existing and retired to be icons for people.
- Considerable discussion of the cost for young and old people to take part in sport, not just club fees but also equipment. Some good ideas about boot bins and kits hand down similar to school uniform banks. Also buying items in bulk and then selling at cost to players
- Accessing monies to support clubs is hard work
- It was mentioned not to forget sports such as fishing as there is significant participation across the borough.
- How do we engage secondary schools
- Lack of engagement by NGB’s with local clubs
- How do we support and highlight young up and coming sport players / coaches and Officials
- Commented that there wasn’t the opportunities for teenage and 20 year old women as there is for men. Lack of clubs or opportunity to take part in social sport, could we establish a “fun rounder’s league”

- Women in BAME community are interested in sport but cultural barriers can prevent them taking part or attending sports events. It was commented that when they are able to attend the events there isn't the knowledge of how to do this which prevent them attending.
- Commented and agreed all clubs should automatically use the GDM logo as they are GDM.
- Ask to support grass roots infrastructure developing clubs such as first aid child protection.
- How do we make clubs family focused so parents can take part rather than just sit around
- One club has found just offering free tea and coffee has attracted new youth members as parents think they are benefiting from free drinks. Similar scheme at the Baltic gallery in Newcastle as the café closed due to pandemic and they now offer free tea and coffee which local Morrison's provide. People make donations/buy a cake – brings in money
- There is appetite for all to come back round the table and look at how we develop a sport theme in GDM similar to active travel, green space network etc.
- Promotion of clubs and place through clubs was mentioned in all groups and also the willingness of all to use the GDM logo.

Active Travel

- Key points were around communication - what services are available and then promoting the new infrastructure.
- Our key message was an ask for partners to encourage people to do short journeys by active travel

Workplaces

- How can we promote activity through workplaces?
- How to balance the new way of working? (increase in work from home)
- Ideas – lunchtime rules (e.g. no meetings), promotion of opportunities (e.g. walking routes) policy change – putting exercise back in, team outdoor activities/competitions, employees benefits linked to being active, there is a need to inform employees of the offer and opportunities.
- Could physical activity be part of the induction process in the workplace, make facilities available and visible, provide resources and educate (walking and cycling routes etc), activities need to be available during the working day, flexible working and policy change is needed, how do we incorporate movement into static jobs? Change needs to be led from the top – leadership culture, it needs to be seen

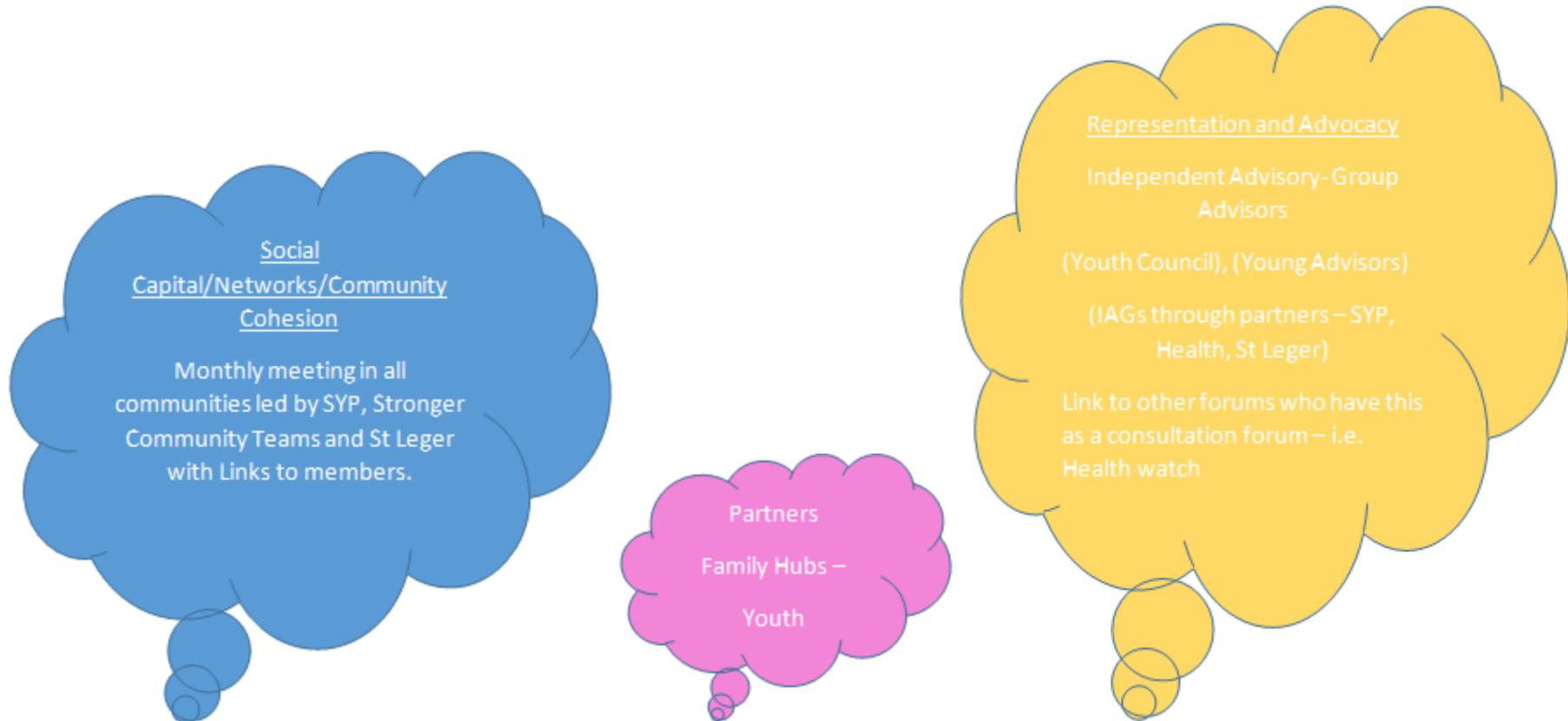
- How could we incentivise people?
- Staff need to know: what is the policy/what does this business offer to support me to be active? Who communicates this – internal comms, induction process
- Leadership – are leaders/managers flexible? Do they provide guidance and practice what they promote? Do leaders give permission? Can they change perceptions?
- Need workplace specific opportunities, also need to signpost and promote other opportunities to be active
- Needs to be visible and easy to be active at work - a culture change.

Parks

- Promoting parks and activities/events - Your Life Doncaster could be used as a promotional portal for activities and events in parks. A global events calendar might be helpful. Where are parks activities advertised? Noticeboards in parks for increasing visibility - DGSN Corporate Noticeboards? Interactive map of events? Community festival for activities available. Series of local events – bring all local groups together to be involved, show what's there invite local clubs (WI, Lions etc), Festival and roadshow type events.
- How to share the offer of what's happening on sites? I.e. to other groups
- Streamlining the events process from Doncaster Council website for smaller scale events eg have a different form type for major events compared to children's play days.
- Encourage parks usage. Activities on parks could include Forest school type activities like den building
- Schools engagement – good to have people going into schools to encourage wider participation in parks, pledges for students in secondary schools? Need a way in to schools – new GCSE curriculum – Natural History GCSE
- How do we reduce anti-social behaviour on our sites? Possibility for park wardens to reduce ASB and litter, Hi-Viz wearers on site – visual impact to mitigate ASB, Twilight events to reduce anti-social behaviour – visible presence on sites
- Introducing different groups to sites – facilities on offer, site profiles etc, Link in to “non-green” groups and organisations
- Cycling groups usage – Bylaw around not cycling in parks which is a barrier
- Rights of Way network
- Green social prescribing – develop relationships with doctors/GPs etc to build a closely integrated local scheme
- Reflection seats – benches to promote as a safe space

- Short, low level walks to encourage people to come out who have a low level of fitness

Community Centred Approaches



Social Capital/Networks/Community Cohesion

Link with Maternity Services

Community/Family Hubs

Community connector roles

Link with service user voice –

Maternity voices Partnership

Community assets available

Civic Engagement

CEM – Community
Engagement Meeting

(Previously PACT)

Representation and Advocacy

City Centre Stakeholder forum

Business reps) in development

Youth Boards – hyper local or
borough wide

Youth Ambassadors/Youth
Advocates

Trusted people in the community –
Community Diamonds

Community Leadership =
F.C.L

S.L.L.1

Pathway
New opportunities
volunteering

Active Travel

- Including school streets.

Community mobilisation

Community leadership

Changes in physical, social and economic environment.

Community resilience.

Consultation and Engagement

Stakeholder Map

Post implementation

Better

Communication

Relationships of trust.

Community

Public engagement

