

**CLACKMANNANSHIRE COUNCIL**

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**Report to Clackmannanshire Council**

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**Date of Meeting: 21<sup>st</sup> March 2024**

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**Subject: Sport & Active Living Framework Refresh**

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**Report by: Senior Manager, Sport & Leisure**

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**1.0 Purpose**

- 1.1. The purpose of this report is to share a refreshed version of the Clackmannanshire Alliance Sport and Active Living Framework 2018/28 with Council and seek approval of the refreshed principles and priorities in order to develop and take forward implementation plans.

**2.0 Recommendations**

- 2.1. It is recommended that Council approves the Sport and Active Living Framework 2024/28 Refresh (Appendix 1).

**3.0 Considerations**

- 3.1. The Sport and Active Living Framework (SALF) was first developed in 2018 and agreed by Council in January 2019 (Appendix 2). The SALF set out an ambitious plan to create a culture where people of all ages enjoy sport and being physically active. The aim was to reduce barriers to participation and increase understanding of the benefits of being physically active. The SALF was developed to directly align and contribute to the Clackmannanshire Local Outcome Improvement Plan (LOIP) and to the six key outcomes of the national Active Scotland Outcomes Framework.
- 3.2. It was agreed at the halfway stage of the SALF to review the priorities to ensure it continues to be a fit for purpose framework to guide and shape the work of the sport and physical activity sector in Clackmannanshire. The review is now complete.
- 3.3. Our ambition and alignment to key local and national policy drivers remains unchanged, and good progress has been made to enhance current opportunities for people to be more physically active, as well as significant commitments made to invest in the future of sport and physical activity in the county. The development of a new state of the art Wellbeing Hub is an example of this commitment to ensure opportunities to live an active life in Clackmannanshire continue to grow.

- 3.4. During the past four years the context of significant economic and health inequalities across society has not changed, and in many cases worsened. The Covid 19 pandemic and the cost-of-living crises being the main contributing factors. Whilst these events have caused many challenges, for some, this period has also brought opportunity, with new ways to be more physically active locally, online and in new and more social ways.
- 3.5. Despite these new challenges and opportunities the overall focus of the original SALF continues to be as relevant now as it was in 2018 and the 2024/28 Refresh aims to build on the original SALF rather than replace it.
- 3.6. Early intervention and prevention is a key driver of the refreshed priorities and outcomes and forms an integral part of our overall Family Wellbeing Partnership approach. The Family Wellbeing Partnership (FWP) aims to improve wellbeing and develop the capabilities of families and young people in Clackmannanshire. Working with those who face inequality, the FWP places people at the heart of decision making and seeks to understand what matters most to them.
- 3.7. The FWP approach is not only focused on what needs to change, but on how change will be implemented and sustained. It is about creating the conditions to shift values, cultures and behaviours of the people who design and deliver services. Our refreshed SALF priorities and outcomes reflect this approach.
- 3.8. Through alignment with the FWP approach, wider partners have been engaged and new opportunities to use sport and physical activity as a tool to improve lives have evolved. Membership of the SALF steering group will be reviewed and refreshed to further align with this strategic approach to service redesign and ensure we deliver our shared outcomes.
- 3.9. To achieve further progress over the next four years the SALF steering group and the Alliance partners are committed to a way of working based on the following six principles:
  - Focused
  - Inclusive
  - Person-centred
  - Collaborative
  - Accountable
  - Champion
- 3.10. Following a period of stakeholder engagement and consultation, reflection and review of what has been achieved in the first five years of the SALF, and close consideration of the challenges and opportunities Clackmannanshire can expect during the next five years, the SALF Partners have identified five priorities for 2024 - 2028.
  - More people with the right skills working in paid and voluntary roles.

- More accessible and higher quality public and community facilities.
- More suitable and targeted programming for people with specific needs.
- More accessible and connected travel options.

3.11. These priorities will be developed by a committed and effective group of partners and delivered by a more visible and collaborative network of providers.

3.12. The next stage of the process is to develop detailed Implementation Plans which will require more detailed conversations with partners, targeted groups and directly with our communities.

#### **4.0 Sustainability Implications**

4.1. None

#### **5.0 Resource Implications**

5.1. None

#### **6.0 Exempt Reports**

6.1. Is this report exempt?

Yes  (please detail the reasons for exemption below) No

#### **7.0 Declarations**

7.1. The recommendations contained within this report support or implement our Corporate Priorities and Council Policies.

(1) **Our Priorities** (Please double click on the check box )

- |  |                                     |
|--|-------------------------------------|
| Clackmannanshire will be attractive to businesses & people and ensure fair opportunities for all | <input checked="" type="checkbox"/> |
| Our families; children and young people will have the best possible start in life                | <input checked="" type="checkbox"/> |
| Women and girls will be confident and aspirational, and achieve their full potential             | <input checked="" type="checkbox"/> |
| Our communities will be resilient and empowered so that they can thrive and flourish             | <input checked="" type="checkbox"/> |

(2) **Council Policies** (Please detail)

## 8.0 Equalities Impact

- 8.1 Have you undertaken the required equalities impact assessment to ensure that no groups are adversely affected by the recommendations?  
Yes  No

## 9.0 Legality

- 9.1 It has been confirmed that in adopting the recommendations contained in this report, the Council is acting within its legal powers. Yes  No

## 10.0 Appendices

- 10.1 Sport and Active Living Framework 2024/28 Refresh  
10.2 Sport and Active Living Framework 2018/28 (Original)


## 11.0 Background Papers

- 11.1 Have you used other documents to compile your report? (All documents must be kept available by the author for public inspection for four years from the date of meeting at which the report is considered)  
Yes  (please list the documents below) No

### Author(s)

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### Approved by

NAME	DESIGNATION	SIGNATURE
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# Clackmannanshire Sport and Active Living Framework 2018-2028

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## 2024 - 2028 Refresh

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# INTRODUCTION

Our Sport and Active Living Framework (SALF) was first developed in 2018 with an ambitious plan to create a culture where people of all ages enjoy sport and being physically active. Our aim was to reduce barriers to participation and increase understanding of the benefits of being physically active. We aimed to encourage families and communities to enjoy sport and being physically active together and for this to be a feature of their daily lives.

Our ambition has not changed, and good progress has been made to enhance the current opportunities for people to be more physically active, as well as significant commitments made to invest in the future of sport and physical activity in the county. The development of a new state of the art Wellbeing Hub is an example of this commitment to ensure opportunities to live an active life in Clackmannanshire continue to grow.

During the past four years the context of significant economic and health inequalities across society has not changed, in many cases has worsened. The Covid 19 pandemic and the cost-of-living crises being the main contributing factors. Whilst these events have caused many challenges, for some this period has also brought opportunity, with new ways to be active, live well locally and socialise. The increasing demand for public services as public spending is reduced has also had an impact on how we support our communities to be more active. The need to prioritise services and look at alternative approaches to meet demand through greater partnership working and a mixed model approach of public, private and community led activities has increased. Although challenging, this provides a great opportunity for sport and active living in Clackmannanshire to be shaped around the vision for the Scottish Approach to Service Design (SAAtSD) where people are supported and empowered to actively participate in the definition, design, and delivery of their public services.

Despite these new challenges the overall focus of the original SALF continues to be as relevant now as it was in 2018 and this refreshed version aims to build on the original SALF rather than replace it.

The refreshed SALF continues to contribute to the National Active Scotland outcomes, the long-term strategic outcomes for Clackmannanshire, and our Local Outcome Improvement Plan 2017/2027. Recognising that sport and active living can contribute to achieving our local strategic outcomes and help to address the long-term health inequalities in our communities. Early intervention and prevention are a key driver of the refreshed priorities and outcomes and forms an integral part of our overall Family Wellbeing Partnership approach. The Family Wellbeing Partnership (FWP) aims to improve wellbeing and develop the capabilities of families and young people in Clackmannanshire. Working with those who face inequality, the FWP places people at the heart of decision making and seeks to understand what matters to them. The FWP is not only focused on what needs to change, but on how change will be implemented and sustained. It is about creating the conditions to shift values, cultures and behaviours of the people who design and deliver services. Our refreshed SALF priorities and outcomes reflect this approach.



The SALF steering group, which reports into the Alliance, has been in place since 2018. Its members have been responsible for driving forward the SALF over the last 6 years, including during the pandemic, ensuring our communities were supported to be active during some of the most challenging times in a generation. The steering group is made up of the following partners:



**Clackmannanshire  
Council**

[www.clacks.gov.uk](http://www.clacks.gov.uk)

Comhairle Siorrachd  
Chlach Mhanann

Through alignment with the FWP approach, wider partners have been engaged and new opportunities to use sport and physical activity as a tool to improve lives have evolved. Membership of the SALF steering group will be reviewed and refreshed to further realign with this strategic approach to service redesign and ensure we deliver our shared outcomes.



# OUR PRINCIPLES



To achieve further progress over the next four years the SALF steering group and the Alliance partners are committed to a way of working based on the following six principles:



## Focused

Focus on fewer priorities where we can really make a difference in the next 5 years.



## Inclusive

Overcome the barriers people face so everyone can take part in sport and lead active lives.



## Person-centred

Listen to local people and involve them in designing solutions to meet their needs.



## Collaborative

Develop and strengthen ways of working with our partners to achieve collective aims.



## Accountable

Use data effectively to plan, measure and take responsibility for outcomes.



## Champion

Promote and champion local sport and active living opportunities and successes.

Our ambition for the refreshed SALF is that it is not limited to the partners currently involved in the steering group but will also be adopted and used as a key reference point for all partners across Clackmannanshire such as transport, planning, and relevant private and third sector organisations. However, the steering group will continue to oversee, monitor, and evaluate progress against the agreed outcomes.

Our commitment to work collaboratively to achieve the agreed outcomes and ensure accountability amongst the key stakeholders remains a key driver for the SALF. Whilst some partners are taking the lead in developing and implementing strategies to achieve specific outcomes of the SALF, our overall success relies on all partners fulfilling their commitment to all the outcomes.

**We are wee county with a big heart and big ambitions. The refreshed SALF reflects this.**



# SUCCESS SO FAR

Over the past 5 years the multi partner approach to service planning and delivery has enabled the vision and the ambition of the SALF to be implemented. Prior to the Covid-19 pandemic huge strides were made across the 4 priority areas with existing partnerships being strengthened and new ones formed - all of whom were striving to be innovative and creative as they supported the people of Clackmannanshire to be active. During Covid that collaborative working became even more important to ensure that we maximised resources and understood what the community needed as they re-emerged from the restrictions and lock-downs. Post Covid partners built on their learning, designing services and interventions based on informed need.

This section highlights a few of the key successes from 2018-2023, with more detailed case studies currently being developed.

## INNOVATIVE

In partnership with the Scottish FA and funding from Cashback for Communities two new pilot projects for young people in the Alloa Academy Cluster are in progress. **Football Champions** is a primary school project, taking place in all Alloa Academy cluster schools, delivered in partnership with Wasps Community Football club. The purpose of the 12 week programme is to deliver leadership sessions to P5-7 pupils, which they can then use to deliver football activities to their peers. A further project, **Football Leaders**, is a leadership programme delivered to S3-5 pupils in Alloa Academy. This is also a 12 week programme giving pupils the opportunity to obtain leadership skills and the opportunity to take part in a formal football qualification. The projects were designed in conjunction with the SFA, Active Schools, Wasps Community FC and Headteachers.



## CREATIVE

Funded by the Youth Sport Trust & the Wimbledon Foundation Alloa, Alva & Lornshill Academies are involved in the 'Set for Success' initiative. The programme aims to use the power of sport to make a fundamental difference to the lives of young people who are facing an identified range of challenges through the use of an athlete mentor. The programme provides opportunities for young people in S3 who are at risk of not reaching their full potential or at risk of becoming NEET (not in employment, education or training) to develop valuable life skills when pupils in S4 have been receiving. The funding is for a 4 year period and is supported by the employment of an Intern who is developing the initiative as part of the Sport & Leisure team



IN PARTNERSHIP



# SET FOR SUCCESS



## CONNECTIONS

The Active Travel network has continued to be enhanced with 3 major cycle paths being completed linking Sauchie to Lornhill Academy, Alva (south side) and Menstrie to Alva. This infrastructure investment has increased the accessible network of paths across Clackmannanshire which can be used for walking, cycling, horse riding and other forms of physical activity.

Annual grant funding from Cycling Scotland has continued the provision of cycling skills across all the primary schools in Clackmannanshire. Every academic year over 1000 pupils receive Bikeability training with Primary 5 pupils developing playground based Level 1 skills, whilst Primary 6 pupils move out onto the roads for Level 2. This has created a legacy of young people with the skills and confidence to cycle, greatly increasing the likelihood that they will choose active travel as a means of transport.

Since 2022, Clackmannanshire Council has been working in partnership with Forth Environment Link to deliver the Scottish Government's free bike scheme, through funding from Transport Scotland. The 'Bike Buddies' project has given away hundreds of bikes to pupils in Primary 7 across Clackmannanshire. The scheme has been designed to support those in SIMD 1 & 2, accessing Free School Meals or are Care Experienced. The project has ensured that there is no barrier to participating in cycling for children so that they can access the Bikeability training delivered by the Active Schools and can ride on the new cycle paths across the county. To date 364 bikes have been given out to pupils.

## INCLUSION

The Active Communities programme has a wide range of activities spread out across all the towns of Clackmannanshire designed to tackle health inequalities of our most excluded, vulnerable and inactive members of society. By delivering classes locally the barrier of transport is reduced allowing individuals on low income the chance to participate in an activity. Specific classes for adults with Additional Support Needs have on average 13 attendees which has been built up through working in partnership with local organisations and adult services. The Lower Limbs project is designed to help individuals specifically with knee and hip problems and can be used for people who are waiting on hip or knee replacements, have had a hip or knee replacement or just have hip or knee problems. Initially started in partnership with the NHS there are now 3 classes per week with an average of 20 people attending each class. Activities are suitable for people who have been inactive for a long period of time but want to become more active are also delivered with the aim of attendees progressing to more intense forms of exercise as their fitness improves.



# RECOGNITION

Funded by the National Lottery, the sportscotland School Sport Award is a national initiative designed to encourage schools to put young people at the heart of decision making, planning and implementation of extra-curricular school sport. It also encourages schools to self-reflect and continuously improve and recognise and celebrate successful school sport models. The award also encourages sporting links between schools and the communities around them, providing opportunities for young people to progress.

All primary and secondary schools across the Council embraced this award when it was introduced in 2014 and in 2018 Clackmannanshire became the first and only local authority to have every mainstream school achieve the GOLD status. This achievement brought national recognition with the then Minister for Sport, Aileen Campbell, attending a celebration event at Banchory PS. Paused in 2020, the initiative was re-launched in 2022 and to date 7 schools have already met the highest standard and once again been awarded GOLD status.



# THE OPPORTUNITY

**Clackmannanshire is in a strong position to build on its' sport and active living assets and encourage wider participation across its' communities.**



The natural setting between the Ochil Hills and the Forth River provides easy access to a wide range of outdoor activities. Alongside these natural assets, is an excellent network of indoor and outdoor facilities run by public, private and voluntary organisations. There is also a well-established paths network suitable for sport, physical activity, recreation, and active travel.

Clackmannanshire is unique in terms of the sport and active living opportunities available to children and young people from nursery through to secondary education. From quality physical education, school sport, cycling training, skiing, and much more, our education setting gives young people a great foundation from which they can build as they move into local clubs, community groups and beyond.

Clackmannanshire is the only local authority in Scotland where all Primary School aged children receive two hours of quality Physical Education delivered by specialist Physical Education Teachers. This is an example of our uniqueness and commitment to the health and wellbeing of our young people. Early intervention and prevention again being a core driver for this approach.

The alignment of our Active Schools team to the Government led Child Wellbeing Partnership wraparound childcare programme is also strengthening the synergy between sport, physical activity, and overall Family Wellbeing Partnership approach. Ensuring sport and physical activity plays a key role in improving the lives of families across the county.

Looking to the future, the Council has committed to investing in a state-of-art new Wellbeing Hub and Lochies school which will provide pools, gyms, and multi-purpose spaces where people can connect, relax, be active, play sport and access services. The new Hub will have a major role to play in strengthening and promoting the network of providers who are already offering sport, physical activity, and wellbeing opportunities across the region. It will also help bring together the different agencies who are working to improve local people's lives.



Wellbeing Hub and Lochies School

This investment in energy, resources, and time to prioritise the health and wellbeing of our communities at a time of significant financial pressures shows how committed all the partners are to addressing the health inequalities we continue to see across Clackmannanshire. This shared ambition and commitment to improve outcomes continues to strengthen and the refreshed SALF will help guide this approach.

It was agreed at the halfway stage of the SALF to review the priorities to ensure it continues to be a fit for purpose framework to guide and shape the work of the sport and physical activity sector in Clackmannanshire. Our ambition and vision remain unchanged, but our priorities have been sharpened and our guiding principles expanded.

# OUR AMBITION & VISION FOR CLACKMANNANSHIRE

## Ambition

The ambition remains unchanged to ensure sport and active living makes a significant contribution to achieving the Clackmannanshire Alliance vision of:

**“Working together for a better quality of life and equal opportunities for all.”**

## Vision

Our vision also remains unchanged but our commitment to achieve this vision is even greater. Through enhanced and more focused partnership working between professional bodies, third sector partners and our communities we will achieve our vision of:

**“An active Clackmannanshire which inspires more people to get out, get going and get active”.**

Our vision for sport and active living in Clackmannanshire is aligned with global and national ambitions to create more active nations while reducing levels of inactivity. To realise the vision, we will need to tackle the inequalities which prevent some people from living active lifestyles. To achieve our vision, we have reviewed and changed our priorities accordingly.

# PRIORITIES, OUTCOMES & ACTIONS

Having reflected on what has been achieved in the first five years of the SALF and considered the challenges and opportunities Clackmannanshire can expect during the next five years, the SALF Partners have identified four refreshed priorities for 2024- 2028. These priorities aim to build on the original SALF priorities rather than replace them, allowing officers and partners to prioritise their collective efforts to the areas we believe will make the biggest impact and change over the coming years.

**The refreshed priorities are as follows.**

## Workforce

More people with the right skills working in paid and voluntary roles.



## Facilities

More accessible and higher quality, sustainable and inclusive public and community facilities.



More suitable and targeted programming for people with specific needs, across school and community settings.



More accessible and connected travel options.



## Programmes

## Travel



# PRIORITIES, OUTCOMES & ACTIONS

These priorities will be developed by a committed and effective group of partners and delivered by a more visible and collaborative network of providers.

Sport and active living opportunities in Clackmannanshire are only made possible by a network of public, private and third sector organisations and groups. This network of providers is key to realising the ambitions of the SALF over the next five years. This will be achieved by mapping out the providers and their facilities and programmes, supporting them to collaborate more effectively, and securing their commitment to promoting the sport and active living offer to local people so they can get going, get out and get active more often.

Our ambitions, the current context, the agreed actions, and the expected outcomes for each priority are summarised below.



## Workforce

More people with the right skills working in paid and voluntary roles.

The provision of good quality sport and active living opportunities in Clackmannanshire is reliant on having a paid and voluntary workforce with the right skills. Across the region, there are good foundations for workforce development particularly in the education, sports club and third sector settings.

However, like the sport and active living sector generally, Clackmannanshire is facing challenges in attracting and retaining paid and voluntary workers.

### We Will:

Work collaboratively with key stakeholders to ensure there is a coordinated approach to workforce:

- Recruitment
- Training & Development
- Retention & Nurture

### Outcome:

**There is a highly skilled, energised, and resilient workforce deployed across the sector in Clackmannanshire.**

**There is a workforce created and developed to ready to be deployed in the new Wellbeing Hub.**



# Facilities

More accessible and higher quality, sustainable and inclusive public and community facilities.

Sport and active living opportunities in Clackmannanshire happen in a variety of indoor and outdoor facilities run by the council, community organisations and the private sector. While the education & community estate offers a good array of spaces, various challenges exist in relation to community access, increasing demand for synthetic pitches and the availability of swimming facilities.

## We Will:

Develop a state-of-the-art Wellbeing Hub that provides high quality swimming facilities alongside multi-purpose indoor and outdoor spaces where people can connect, relax, be active, play sport and access services that is the benchmark for all future sport and active living developments.

Maximise the out of school hours use of the sport and leisure facilities within the three Academies.

Support community sports clubs to enhance their facilities.

## Outcome:

**The Wellbeing Hub is built to the highest standards of inclusion, accessibility and sustainability and this approach is embedded in all future sport and active living facility developments. The Wellbeing Hub is part of a network of high-quality public, private and community run sport, leisure and recreation facilities across the county.**





# Programmes

More suitable and targeted programming for people with specific needs, across school and community environments.

There is already an excellent offer to Clackmannanshire schools and communities in terms of sport and active living. However, there are people who do not have the opportunity to access these opportunities for a variety of reasons. There must be an understanding of where gaps exist and what the barriers are to be able to provide targeted programmes for identified groups to ensure there are accessible sport and active living opportunities available to all.

## We Will:

Take a multi partner approach to better understanding the barriers people face to lead an active life. Review all available qualitative and quantitative stakeholder data and consult directly with local people to confirm the suitability of existing programmes and explore gaps that need to be addressed.

Establish a strategic partnership with cluster primary healthcare professionals to develop a suite of offerings for those facing long term health conditions (i.e. heart conditions, obesity, drug, alcohol conditions) to improve their health and wellbeing.

Ensure our Community Sport Hubs, clubs and community groups and Active Schools Programme are supported to expand their reach and offering to identified target groups / individuals facing inequalities or disadvantage.

## Outcome:

**People, including those who may not traditionally participate, are more able and confident to take part in sport or physical activity.**

**Children, teenagers, and families purposefully engage in positive and healthier behaviours and choices in school and community settings.**

**More people with long term health conditions have access to appropriate physical activity opportunities that improve their health and wellbeing.**

**More diverse and inclusive sport and physical activity opportunities are offered within clubs and community environments.**





# Travel

More accessible and connected travel options.

Clackmannanshire is a semi-rural area with good active travel routes, lots of car parking spaces but limited public and community transport infrastructure. The development & availability of suitable active travel options to reach sport and active living opportunities is key to growing participation and improving inclusion.

## We Will:

Develop new and improve existing active travel routes and schemes to support accessible access to and from the Wellbeing Hub & Lochies School (Alloa West).

## Outcome:

**A network of safe and connected Active Travel routes that support the communities of Clackmannanshire to access the Wellbeing Hub and the wider network of sport, leisure and recreation facilities and spaces by walking, wheeling and scooting.**



# STAKEHOLDER ENGAGEMENT

During the refresh process the revised summary document and priorities were shared with professional, third sector and community groups and organisations for feedback. This process including in person meetings, online surveys and presentations.

The following groups were part of the engagement process:



## Ambition

**Working together for a better quality of life and equal opportunities for all.**

## Vision

**An active Clackmannanshire which inspires more people to get out - get going - get active.**

## Priorities



### Workforce

More people with the right skills working in paid and voluntary roles.

### Facilities

More accessible and higher quality, sustainable and inclusive public and community facilities.

### Programmes


More suitable and targeted programming for people with specific needs, across school and community environments.

### Travel

More accessible and connected travel options.


## Principles

## Partners



We will expand the existing SALF steering group membership beyond the Council, Health & Social Care, Higher Education, Third Sector and Sport to support the delivery of the refreshed priorities.

## Governance



As an Outcome Improvement Group of the Alliance, the SALF Partners will:

- Continue to operate within the overarching Alliance memorandum of understanding.
- Further develop SALF measurement, risk management and reporting to the Alliance.



### Focused

Focus on fewer priorities where we can really make a difference in the next 5 years.



### Inclusive

Overcome the barriers people face so everyone can take part in sport and lead active lives.



### Person-centred

Listen to local people and involve them in designing solutions to meet their needs.



### Collaborative

Develop and strengthen ways of working with our partners to achieve collective aims.



### Accountable

Use data effectively to plan, measure and take responsibility for outcomes.



### Champion

Promote and champion local sport and active living opportunities and successes.



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# Clackmannanshire Sport and Active Living Framework 2018-2028



## **Contents:**

Introduction

National Policy Context

Clackmannanshire Policy Context

Our Vision, Ambition and Priorities

Clackmannanshire Sport and Active Living Delivery Framework

- Active Communities
- Infrastructure and Place
- Education and Schools
- Leadership and Governance

Partnerships and Collaboration



## Introduction

Our sport and active living framework is ambitious. Over the next 10 years partners will work together to create a culture where people of all ages enjoy sport and being physically active. We want to reduce barriers to participation and we want all people to understand the benefits of being physically active. We want to encourage families and communities to enjoy sport and being physically active together and for this to be a normal part of their daily lives.

We have a lot to be proud of in Clackmannanshire with a well established sporting heritage, strong clubs, dedicated people and an excellent natural and built infrastructure but also the potential to increase participation and harness a wider range of activities.

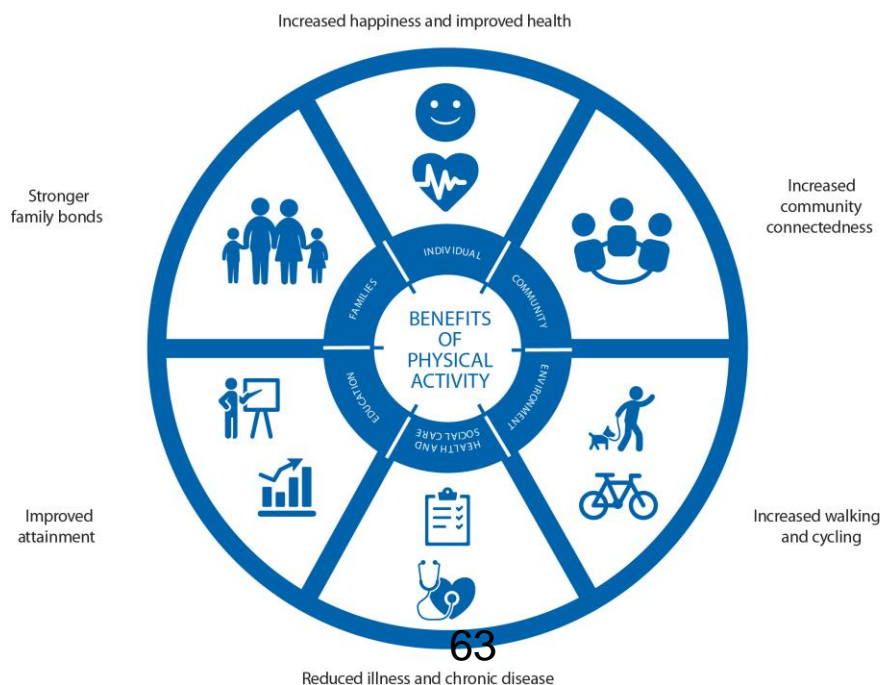
The benefits of sport and physical activity are well documented. We recognise that sport and physical activity has the ability to improve health and wellbeing increase energy levels and improve cognitive functioning. It can aid the development of resilience and community cohesion, and has been proven to have a positive effect on education and attainment. Sport and physical activity is critical for children and young people in increasing self esteem and confidence; reducing stress and anxiety; improving sleep and boosting brain power and teaching valuable life skills including team work, respect and fair play.

The framework takes a whole population approach to sport and active living, however, it aims to ensure it is accessible for all and particularly those who already face barriers through poverty, life circumstances or disability. We want Clackmannanshire to be a place where everyone can **get out, get going and get active** and enjoy the health and wellbeing benefits from being physically active.

This framework has been developed to align with our long term strategic outcomes for Clackmannanshire and our Local Outcome Improvement Plan 2017/2027, and recognises that sport and being physically active can contribute to achieving our local strategic outcomes and to address the long-term inequality in our communities in Clackmannanshire.

## The Benefits of Being Active

The benefits of sport and being physically active has the potential to improve long-term outcomes for people living in Clackmannanshire, now and in years to come.



## National Policy Context

The Sport and Active Living Framework will contribute to the 6 key outcomes as set out in the Scottish Governments Active Scotland Framework as detailed below:

### Vision: A More Active Scotland

Physical activity is about getting people moving. Daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal - it really doesn't matter how people get active, it just matters that we do.

Being physically active contributes to our personal, community and national wellbeing.

Our vision is of a Scotland where more people are more active, more often.

### National Outcomes

Business	Employment	Research and Innovation	Young People	Early Years	Healthier	Inequalities Tackled	Life Chances
Safe from Crime	Sustainable Places	Resilient Communities	Environment Valued	National Identity	Impact on Environment	Older People Supported	Public Services

### Active Scotland Outcomes

<b>We encourage and enable the inactive to be more active</b>	<b>We encourage and enable the active to stay active throughout life</b>	<b>We develop physical confidence and competence from the earliest age</b>
<b>We improve our active infrastructure – people and places</b>	<b>We support wellbeing and resilience in communities through physical activity and sport</b>	<b>We improve opportunities to participate, progress and achieve in sport</b>

### Equality: Our commitment to equality underpins everything we do

## The World Class Sporting System

sportscotland is the national agency for Sport in Scotland and its aim is to ‘to create a Scotland where sport is a way of life. The mission for sportscotland is to work with partners’ to build a world class sporting system for everyone in Scotland”

The World Class Sporting System is underpinned by a strong focus on and commitment to Equality and Inclusion, People Development, Collaboration and Impact.



## Clackmannanshire's Policy Context

Clackmannanshire has recently published its 10 year Local Outcome Improvement Plan 2017/27 which establishes 4 strategic priorities for community planning partners and aims to tackle poverty and inequality in Clackmannanshire. The four strategic priorities for Clackmannanshire, which are aligned with Scotland's National Outcomes are:

Clackmannanshire will be attractive to businesses and people and ensure fair opportunities for all.

Our families; children and young people will have the best possible start in life.

Women and girls will be confident and aspirational, and achieve their full potential.

Our communities will be resilient and empowered so that they can thrive and flourish.

Local Outcome Improvement Plan link:

<http://www.clacks.gov.uk/site/documents/communityplanning/localoutcomesimprovementplanloip20172027/>

### Local Outcome Improvement Plan Themes and Priority Groups

To achieve inclusion and equality there is a need to focus on those groups at greatest risk of physical inactivity. Groups vulnerable to inequality in Clackmannanshire have been identified through the LOIP and this framework will ensure a co-ordinated effort to focus on these groups who would benefit most from increased physical activity:

- Children and families
- Women and girls
- Families living in poverty
- Young people in and leaving the care system.
- People with a disability
- People with long term health conditions.
- People with caring responsibilities
- Refugee and asylum families.

The priorities identified in the Sport and Active Living Framework will significantly impact the development of the priorities groups identified in the Local Outcome Improvement Plan

The specific priorities identified in this framework are:

- Active Communities
- Infrastructure and Places
- Schools and Education
- Leadership and Governance

## Our Vision and Ambition for Clackmannanshire

### Our Ambition

Working together for a better quality of life and equal opportunities for all.<sup>1</sup>



### Our Vision

Clackmannanshire.... Inspiring people to **get out - get going - get active**

### Our Priorities

Our **priorities** have been identified through extensive engagement with partners and stakeholders and through research and analysis, we have established our baseline, against which we will monitor this framework.

Our priorities are:

- Active Communities
- Infrastructure and Places
- Schools and Education
- Leadership and Governance

### Our Principles and Values

We have identified a number of principles and values which describe the way that we will deliver this sport and active living framework and which are also aligned with those identified to those in the Local Outcomes Improvement Plan.

We will:

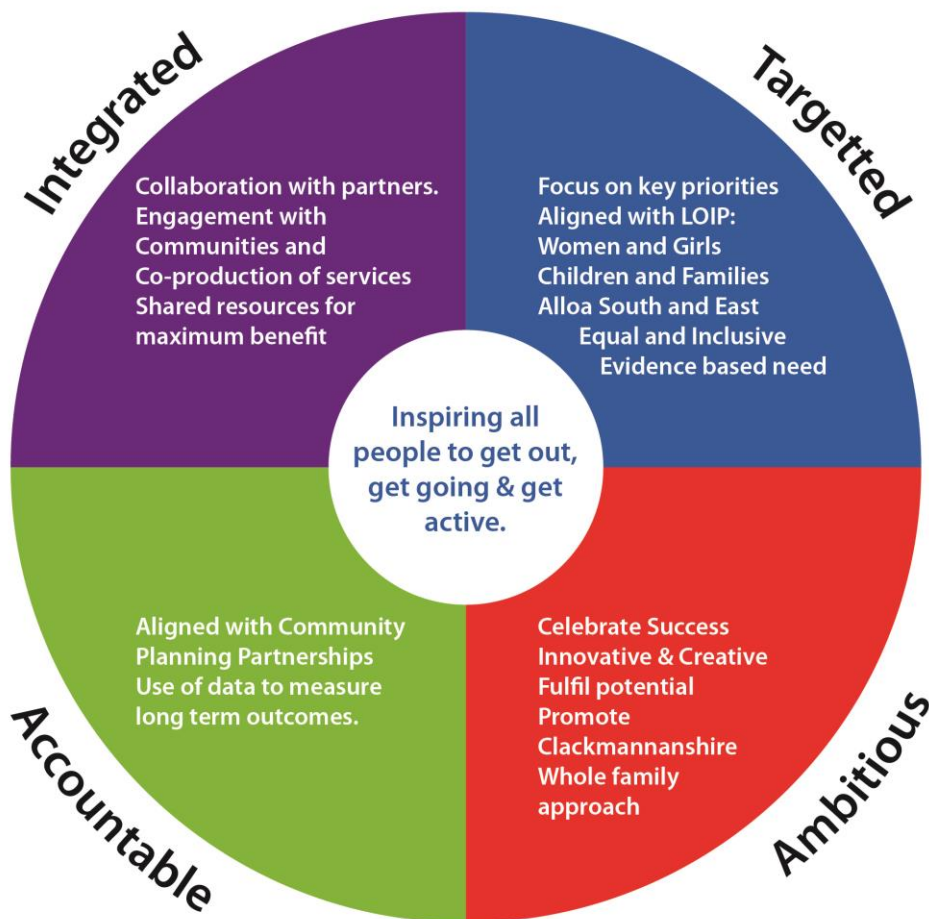
- Work collaboratively with our partners to ensure integrated and co-ordinated approaches to physical activity and sport.

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<sup>1</sup> <http://www.clacks.gov.uk/community/loip/>

- Focus on fewer key priorities where we can really make a difference and ensure that our collective resources are shared and maximised for the benefit of Clackmannanshire;
- Promote and champion what we do well and build on areas of good practice and celebrate success;
- Design services and interventions based on informed need and will use data effectively to measure our long term outcomes.
- Commit to meeting community needs through engagement and co-production to find local solutions.
- Strive to be innovative and creative in supporting and enabling all people in Clackmannanshire to be physically active.
- Strive for equality and to be inclusive whilst respecting diversity.

Further and more specifically we will focus on being:



# Clackmannanshire's Sport and Active Living Priorities

## Active Communities

**Mission Statement:** We are committed to a culture of change around participation in physical activity where everyone will understand the lasting benefits to health and wellbeing through lifelong participation.

**Priority 1: We will take a multi partner approach to create inclusive and accessible opportunities for all local people to participate in sport and physical activity across Clackmannanshire**

### We will

- Work with local and national partners to build the capacity of local sports clubs and ensure they are safe, welcoming and accessible to all sections of society.
- Take a multi partner approach to developing clear and simple pathways into informal sport and where appropriate on to formal sport through local sports clubs.
- Ensure local people will have a mechanism to feed into and influence local sport and physical activity.
- Join our resources to make sure opportunities are accessible to all.
- tackle health inequalities of our most excluded, vulnerable and inactive members of society, aligned with our Local Outcome Improvement Plan outcomes and support them into a healthier lifestyle with a particular focus on women and girls, children and families living in poverty and Alloa South and East community.

**Priority 2: We will take a multi partner approach to enable people who are inactive to become active and those who are active to remain active.**

### We will

- Engage with people to better understand the barriers to participation and target specific support to help them into sport and physical activity.
- Develop approaches aimed at improving participation in sport and physical activity among the groups we have identified in this framework as being at risk of exclusion.

- Look at joint campaigns and programmes to ensure a clear and consistent message as to why physical activity is important.
- Develop and promote a multi-agency resource for Clackmannanshire promoting active living and more healthy lifestyles for all.
- pilot opportunities for partnership social prescribing approaches in Clackmannanshire

**Priority 3: We will invest in our communities to ensure that we have the best environment and skills for everyone to lead healthy lifestyles.**

We will:

- Ensure better planning and sharing of skills and knowledge and deployment of expertise across community partners.
- Commission community engagement activity using the place standard approach to better understand the needs of local communities around sport and physical activity.
- Develop more local community champions for sport and physical activity, particularly in our most deprived communities.
- Deliver a comprehensive programme of training, mentoring and capacity building with local volunteers at our clubs and community organisations.
- Celebrate the success stories to inspire and retain leaders for the future.



## Infrastructure and Places

**Mission Statement:** We will have high performing sport and leisure facilities in Clackmannanshire; develop the active use of open spaces and the local environment and develop active transport and transport networks.

**Priority 1: Provide a network of high quality, accessible and affordable sport & leisure facilities.**

We will

- Conduct a strategic review of leisure and community facilities in Clackmannanshire.
- Develop a long term facilities strategy for public funded facilities in Clackmannanshire.
- Undertake an audit and mapping exercise of sport and physical activity facilities and infrastructure in Clackmannanshire.
- Implement pricing and programming policies to ensure that they are fit for purpose and reflect the strategic outcomes for Clackmannanshire.
- Develop a new Clackmannanshire Council leisure booking and payment system for booking and making payment of sports and activities across Clackmannanshire making best use of available technology and online services.
- Implement a pitches and pavilions strategy to provide the right number in the right places to meet community needs.

**Priority 2: Develop active use of paths, open spaces and the outdoors**

We will:

- Develop an accessible network of paths, where feasible, which can be used for walking, cycling, horse riding and which can be used for tourism and other legitimate uses.
- Produce a core paths plan and maintain a record of all public rights of way.
- Engage and support communities to take greater ownership of their local environments to encourage and promote outdoor physical activity.
- Actively promote responsible outdoor access through publicising the Scottish Outdoor Access Code.

### **Priority 3: Develop active transport and transport networks**

#### **We will:**

- Develop new, and promote existing active travel networks and schemes to link communities with local amenities.
- Promote and facilitate walking and cycling as efficient and convenient modes of travel for short journeys.
- Improve the quality of existing transport facilities and infrastructure to increase the uptake of active travel and connections with public transport opportunities.
- Work with developers to provide good quality accessible active travel routes, which are direct, safe and accessible by all. This will include speed reduction measures, secure cycle parking and pedestrian priority schemes through innovative layout design.
- Continue to improve safety for cyclists by promoting segregated cycle facilities and priority measures for cyclists on our active travel network.
- Explore opportunities to develop technology enabled cycle path networks in Clackmannanshire.
- Work with communities to explore options for maintaining active travel routes in Clackmannanshire.

## Schools and Education

**Mission Statement:** All pupils will have the opportunity to get involved and participate in Physical Education and Sport and stay involved throughout their lives whilst developing and achieving success.

**Priority 1: We will develop the multi-agency PEPASS group to ensure integrated, coordinated and planned approaches to implementation of inclusive sport and active living in schools and further education establishments.**

**We will:**

- Through PEPASS promote opportunities and pathways to participation, leadership, volunteering and officiating in sport in Clackmannanshire.
- Ensure that partner's resources are shared and maximised to deliver sport and active living in schools and further education establishments.
- Develop robust governance processes and implement the national framework for wellbeing and protection in sport.

**Priority 2: PE and School Sport will be embedded in all education establishments across Clackmannanshire through partnership working.**

**We will:**

- Work with our partners Clackmannanshire Council will effectively deliver its Active Schools and PE programmes.
- Continue to deliver a minimum of 2 hours of quality inclusive PE to all P1-P7 pupils and 2 periods to S1-S4 pupils in all schools in Clackmannanshire.
- Proactively work to ensure continuous improvement through the sportscotland School Sport Award programme.
- Offer a comprehensive programme of extra-curricular sport and physical activities including a targeted approach to support those who may have barriers to participation with a particular focus on girls.

- Ensure planning links and pathways from education into the wider sporting community are created for children and young people.
- Enhance our school sport competition programme and ensure that competitive sport is inclusive for all children and young people.
- Develop further opportunities for children and young people to take part in a variety of outdoor learning activities.
- Ensure that families in Clackmannanshire are aware of the benefits that PE and School Sport provide their children.
- Work with all partners to promote career aspiration and local academic and vocational progression opportunities within Sport, Fitness & Physical Activity.

**Priority 3: Clackmannanshire will develop a strong network of leaders, volunteers, teachers, coaches and officers to deliver inclusive PE and School Sport**

**We will:**

- Implement a programme of training and mentoring opportunities designed and delivered in partnership with other agencies.
- Ensure young people have access to, and are supported, in a range of leadership roles and opportunities, where their views are valued and heard.
- Provide opportunities within Clackmannanshire and across Forth Valley for sport and fitness through higher and further education.
- Develop and enhance partnerships with further and higher education establishments to develop further opportunities for students into volunteering, work experience, modern apprenticeships and employment.
- Raise awareness of safeguarding approaches among the workforce.

## Leadership and Governance

**Mission Statement:** We will establish clear, shared and robust planning and delivery mechanisms for sport and physical activity in Clackmannanshire under our existing community planning approaches. We will ensure partners commitment to consistently promote Clackmannanshire as a place to enjoy outdoor activities.

We will be clear about roles and responsibilities, performance, accountability and scrutiny and engaging with communities. We will also ensure that our collective workforce has the knowledge and skills to deliver our vision for inspiring people to get out – get going – get active.

**Priority 1: We will ensure that community planning partners in Clackmannanshire own the shared priorities and outcomes and are accountable for delivery of the framework and associated plans**

### **We will:**

- Establish clear partnership arrangements to deliver inclusive sport and physical activity in Clackmannanshire related to appropriate other partnerships and partnership strategies within the broad community planning context.
- Ensure that delivery of the sport and active living framework is aligned with other major partnership strategies and developments in Clackmannanshire to maximise impact and use of resources and reduce potential duplication.
- Take a multi-agency, co-ordinated and planned approach to promote sport and outdoor activities in Clackmannanshire with a focus on increasing tourism and visitors.
- Put in place co-ordinated and planned approaches to participation, engagement and communication for sport and physical activity in Clackmannanshire making best use of existing partnership approaches.
- Develop a performance management framework to ensure that sport and physical activity outcomes are measured can demonstrate impact and can be used to inform future planning and decision making. We will report our progress regularly to the Clackmannanshire Alliance and appropriate council committees.
- Establish mechanisms to engage with key stakeholders to ensure that they have opportunity to be involved with and influence decisions on sport and opportunities for physical activity in Clackmannanshire. This should include exploring the use of the Place Standard tool for engagement.

**Priority 2: We will ensure that co-ordinated and planned approaches are in place to establish a culture of equality, dignity and respect and safety among our collective workforce.**

**We will:**

- Undertake an overarching training needs analysis and learning and development plans to support the delivery of sport and physical activity in Clackmannanshire.
- Promote the values and principles underpinning this framework to our collective workforce delivering sport and physical activity in Clackmannanshire.
- Promote sport and physical activity in the workplace in Clackmannanshire through initiatives such as healthy working lives.

## Partnerships and Collaboration

This framework has been developed with a range of partners committed to ensuring a sustainable long term sport and active living approach in Clackmannanshire. For our ambitions for Clackmannanshire to be met a wide range of local and national partners and stakeholders will work collaboratively to plan, resource and deliver the priorities and outcomes set out in this framework

The Clackmannanshire Community Planning Partnership will oversee the delivery of this framework in partnership with a range of key partners, including the following:

Clackmannanshire Council	NHS Forth Valley	Police Scotland	Scottish Fire and Rescue
Scottish Enterprise	Clackmannanshire Third Sector Interface	Third Sector and Communities	sportscotland
Sports Clubs and Groups	Scottish Disability Sport	Scottish Governing Bodies	Sustrans

