



A Physical Activity Strategy for Angus



Consultation Draft





PHYSICAL ACTIVITY
STRATEGY
for
ANGUS

Consultation Document 2006



Foreword

This Physical Activity strategy is based on the *Best Value Review on Physical Activity Across Tayside* that was undertaken by a group of officers representing Angus Council, Dundee City Council, Perth & Kinross Council and NHS Tayside and completed in November 2005. The group was chaired by Sandy Watson OBE, formerly Chief Executive, Angus Council.

Essentially, the approach taken was to use the main age stages identified in the national documents, *“Improving Health in Scotland – The Challenge”* and *“Let’s Make Scotland More Active: A Strategy for Physical Activity”* as a way of ensuring that officers from different authorities tackled the review in a systematic way. In addition the team took into account the targets set in *‘Sport 21 2003 –2007 The National Strategy for Sport’*.

Using a matrix based on the main age stages, the most fundamental part of the exercise was to undertake an audit of the physical activity provision made by the public sector within the Angus area. The outcome of the audit allowed gaps in provision to be identified, and the team’s discussions thereafter focused on what recommendations might be brought forward for consideration at (1) national level (2) regional level, and (3) Angus area level.

It is of the essence that the recommendations in this strategy are not looked upon in isolation. Rather they should be construed as part of an overall approach taken by the council and other partner agencies to improve the health and well being of those who live and work in the Angus area. This must be done in conjunction with other organisations, taking cognisance of other national and regional strategies already in place and of those still being developed. It should be regarded as the key stone for future development in building a dynamic place to live – Angus.

I would like to take this opportunity to thank all those who have been involved in compiling this strategy document. Their efforts have been much appreciated.

John R. Zimny
Director
Leisure Services

CHAPTER ONE INTRODUCTION

1.1 Membership of the Team

Review Team Leader

John Zimny, Director Leisure Services, Angus Council.

Members of Team

Ron Johnston, Sports & Development Services Manager, Angus Council

Ken McKay, Education Development Officer (PE & Sport), Angus Council

Alan Johnston, Financial Services, Angus Council

Bill Edwards, Senior Health Promotion Officer, NHS Tayside

Other Departments

At the onset of the review, the team met with representatives from Social Work and Health, Planning and Transport, Roads, Finance and Housing . At each stage of the review an update was circulated to departments who were involved in initial discussions.

1.2 Genesis of the Strategy

1.2.1 In view of the direction provided by the 'Improving Health in Scotland – The Challenge', the three Chief Executives of the Angus, Dundee City and Perth & Kinross councils together with the Chief Executive of NHS Tayside met to consider areas to be improved under the joint Health Improvement agenda. It was agreed the following areas would be reviewed on a Tayside wide basis :

- Smoking
- Drugs and Alcohol
- Nutrition
- Physical Activity

With regard to physical activity a Review Team comprising officers from the three local authorities and NHS Tayside agreed on how the review would fit with the local authority Best Value Review framework. The team first met on 6 September 2004 and agreed a target date of June 2005 for completion of the report.. It was envisaged that this exercise would also provide the bulk of the information required to develop an Angus physical activity strategy.

1.2.2 The Local Government in Scotland Act 2003 places a duty on local authorities to lead and facilitate the process of Community Planning. It places a duty on NHS Boards and other key partners to engage in that process. There are 2 main parts to Community Planning:

- Public Sector Organisations can work together to deliver effective services
- The Community can engage at an early stage and at an appropriate level in the planning arrangements

1.2.3 The Act also places a Duty of Best Value on Local Authorities and provides the basis for extending the Duty of Best Value across the Public Sector. The Scottish Executive expects public agencies to ensure the best possible quality and value for money in the delivery of services.

1.2.4 The Act also gives discretionary power to Angus, in partnership with others, to encourage and develop 'Well-Being'. It is recognised that the promotion of 'well-being' in the Angus area will benefit from the development of good physical, social and mental

health. There is no doubt that physical activity can make a significant contribution towards these health attributes.

1.2.5 The basic legal framework for education in Scotland consists of a series of Education (Scotland) Acts. The current Education Act is the Education (Scotland) Act 1980, as amended in 1981. A number of other Scottish Acts dealing with education are also in force. These include:

- The Education (Scotland) Act 1996
- The Teaching Council (Scotland) Act 1965
- The Education (Mentally Handicapped Children) (Scotland) Act 1974
- The School Boards (Scotland) Act 1988
- The Self-Governing Schools etc (Scotland) Act 1989

Further and Higher Education are the subject of a separate Act, the Further and Higher Education (Scotland) Act 1992. Community education is governed by the Education (Scotland) Act 1980 as amended by the Further and Higher (Scotland) Act 1992.

1.2.6 Additionally, the Standards in Scotland Schools etc Act 2000 places a duty on education authorities to provide an education aimed at developing the personality, talents, mental and physical abilities of the individual to their fullest potential.

1.2.7 Although not strictly speaking legislation, the national priorities laid out by SEED are regarded as fairly accurate barometers of Government thinking and reflect their priorities for implementation and development.

National Priority 5 – Learning for Life

“To equip pupils with the foundation skills, attitudes and expectations necessary to prosper in a changing society and to encourage creativity and ambition.”

The performance measure related to physical activity is 5.1.E –

“Primary – Range of Activities offered to pupils (P1 to P7) that encourage health related levels of physical activity” and “Secondary - Range of Activities offered to pupils (S1 to S6) that encourage health related levels of physical activity”

1.2.8 In the light of the Local Government in Scotland Act 2003, it is recognised by the Chief Executive and NHS Tayside that we need to ensure the physical activity opportunities we provide properly meet the needs of the people of Angus and provide value for money.

1.2.9 Account must also be made of the Angus Local Plan Review which relates various strategies and policies to the development of sustainable communities. Reference is made to sport and recreation facilities, open space protection/provision, access rights and transport and communication.

CHAPTER TWO SETTING THE SCENE

GEOGRAPHY RURALITY DEMOGRAPHICS BACKGROUND LINKS WITH OTHER STRATEGIES & POLICIES COMMUNITY PLANNING

2.1 Angus is a diverse, attractive part of Scotland, characterised by a network of interrelated communities including seven towns, a large number of villages and smaller settlements set in a varied rural landscape. Geographically, the area is made up of the coastal plain, the lowland of Strathmore and the Glens and upland area that form part of the Grampian mountains, each of which make a vital contribution to the overall character and distinctiveness of Angus. Each town and village has its own identity although there are clear and strong inter-relationships between them.

2.2 Rurality is a major issue within Scotland as a whole and impacts on life in Angus. The (Scottish) Executive is committed to :-

“...supporting rural life, rural communities and the rural economy. To do so it has 'mainstreamed' the needs of rural Scotland within all of its policies.

In this way, rather than setting rural Scotland aside as something different or a special case, it has encouraged all policy makers to take the needs of rural areas seriously and to adapt their policies to meet local needs and circumstances wherever possible.

A number of bodies and mechanisms exist to oversee and co-ordinate the Executive's approach to rural development. These ensure that all of the Executive's policies are sensitive to the needs and circumstances of rural communities. They also keep policy makers in touch with the views of the communities they serve...”

Scottish Executive Rural Development

2.2.1 Furthermore addition, the Scottish Executive's focus is on four key areas of importance to rural areas:

- A strong and diverse rural economy, harnessing traditional strengths and with an appetite for change;
- A rural Scotland where everyone can enjoy a decent quality of life, where the young are not forced to leave their communities to get on and where the vulnerable are no longer excluded;
- A rural Scotland where people enjoy public services that are accessible, of the highest possible quality and with the greatest possible choice;
- A rural Scotland whose natural and cultural heritage flourishes in all its diversity.

It is essential to recognise that bullet points 2 and 3 above play a major, major part in the development of a physical activity strategy for Angus.

2.2.2 Further “...rural Scotland is defined as **settlements with a population of less than 3000**. We further understand the differences between remote and more accessible rural areas by classifying settlements as:

- **remote rural** - those with a greater than 30-minute drive time to the nearest settlement with a population of greater than 10,000;
- **accessible rural** - those with a 30-minute or less drive time to the nearest settlement with a population of greater than 10,000. ...”

The map as shown in appendix A indicates how Angus is rated in the Scottish Executives Urban Rural Classification.

2.3

2.3.1 Demographic information can be obtained on many aspects of life which can influence the outcomes of a physical activity strategy. For this particular strategy the following information has been obtained from the 2001 census and will be helpful in determining strategy outcomes.

- Appendix B - The residential population distribution
- Appendix C - The age structure of the Angus population
- Appendix D - Small settlement populations in Angus

2.3.2 2004-BASED POPULATION PROJECTION – ANGUS

The population of Angus is predicted to rise by 1,200 from 108,560 in 2004 to 109,745 at 2008, then decline steadily to 104,158 at 2024. This represents an overall fall of 4.05% compared with a national increase of 0.8%. The projection suggests that the annual fall in Angus’s population will become increasingly greater over time from 2008.

Age Groups

In Angus the 0-15 age group will decline by some 22.6% compared to a national average of 12%. The working age groups in Angus will decline by 15.5% compared to 1% throughout Scotland and over 65 ages in Angus will increase by 51.7% against a national increase of some 19%. As with the national projection therefore, the 0-15 age group and the working age groups will decline whilst the over 65 age groups will increase but in Angus these changes will be more pronounced. (Women’s state pension changes take place between 2010 and 2020, tables that include pensionable in this document include this change)

The results of these changes are demonstrated in the age group distribution at 2004 and 2024.

At 2004, the 0 to 15 age groups represent 18.6% of the population. At 2024 this will be 15%.

The working age groups represent 62.9% at 2004 and 55.7% at 2024 and over 65 age groups will represent 18.6% at 2004 and 29.5% at 2024.

Migration

Factors that have contributed to these projections include assumptions by GRO on migration and on natural change. The GRO encountered an unexpected increase in the 2004 mid-year estimated population of some 20,000 in Scotland. This was reflected by an increase of 1000 in Angus in the same estimate. Their assumption was that this high level of increase was unlikely to be maintained, although diminishing increases were predicted over the projection period. In Angus, their migration assumption was based on +1000 at 2004/05, +650 at 2005/2006, +400 at 2006/07 and +150 per year from 2007 onwards.

Natural Change

In terms of natural change, the GRO revealed 1098 births in Angus at 2004/05. This was projected to diminish steadily to 765 at 2023/24, a reduction of some 30% compared to a reduction in Scotland of 8.4%. The other component of natural change is mortality. The GRO assumed mortality rates per 100,000 for Scotland for males and females, for each year of the projection and for age. A scaling factor was applied to the national rates to make representative assumptions for council areas. Whilst the scaling factor for Scotland was 1.000, the factor for males in Angus was 0.872 meaning relatively less male mortality and 1.005 for females meaning a marginally higher mortality rate than the national average.

Conclusion

It is unlikely that there is any one reason for the decline of over 4000 to Angus' population. This will not be wholly through migration as this is positive throughout the projection period. In addition it is unlikely that mortality *rates* contribute singly to the decline as male and female rates, taken together, are better than the national average. It would seem that the number of births are falling but over the period there is a reduction of only some 300. It is more likely that the positive contributors ie migration together with the number of births are not positive enough to compensate for mortality *numbers*.

This results in significantly reduced school age and pre-school age groups, a reduced working age group and a significant increase in the over 65 age group.

- 2.4.1** National research shows that physical activity levels in Scotland are the lowest in Britain. "For centuries, people in Scotland lived active lives – but not any more. As a nation, Scotland is inactive, unfit and increasingly overweight (obese). The health of two-thirds of the Scottish adult population is now at risk from physical inactivity, making it the most common risk factor for coronary heart disease in Scotland today. Perhaps most worryingly, this trend starts before young people have left school. Tackling this is now crucial.

The health effects of an inactive life are serious. Inactivity accounts for over a third of deaths from heart disease and threatens the progress made in this area over many years. Added to this is the disease, disability and poor mental health that come from growing levels of obesity and lack of physical strength. Physical inactivity has been called the 'silent killer of our time'."

(‘Let’s Make Scotland More Active: A strategy for physical activity’)

- 2.4.2** The living and working environment has changed dramatically over the last 40 years to such an extent that it has impacted considerably on activity levels. Some of the factors which have contributed to this include young people undertaking more inactive social activities and hobbies, less safe neighbourhoods for children to play in, less walking due to the marked increase in the number of family cars on the road and an increase in the number of inactive careers for adults matched by a decrease in physically active jobs.

Subsequently, it is recognised that it will take a considerable period of time to achieve enough change to people's lifestyles to create a more positive picture of levels of physical activity in Scotland. The targets recently set by the Physical Activity Task Force have been given a target date of 2022 for achievement, reflecting the length of time envisaged for this change to occur.

- 2.4.3** Angus Council, NHS Tayside and other partners are committed to making sure that residents and visitors to the area are aware of the positive contribution that physical activity can make to their well-being and lifestyle and are able to access as wide a range of physical activities as possible.

- 2.4.4** It was agreed that priorities identified through a number of national documents should guide the direction of the strategy. Primarily these were :-
“Improving Health in Scotland: The Challenge” * ;
“let’s make Scotland more active: A strategy for physical activity” *;
“**Sport 21** 2003 –2007 The National Strategy for Sport”.

The thrust of the strategy will follow the main age stages through life identified within the first two documents* and will cover all physical activity services delivered by Community Planning partner organisations across Angus.

- 2.4.5** Everybody is designed to be active, but the social, environmental and lifestyle changes that have occurred over the past century make it hard for us to be active enough. This is having a serious effect on our health. As a nation we have a high incidence of obesity, heart disease, cancer and diabetes. The risk of contracting these diseases can be greatly reduced by increased physical activity.

- 2.4.6** Any physical activity is better than doing nothing and more is better than doing a little. The recommended amount of moderate physical activity (the equivalent of brisk walking) that adults and children should do is:

- 30 minutes accumulated on most days of the week for adults
- 60 minutes accumulated on most days of the week for children

These amounts do not have to be done all at once. Health benefits are achieved when the amount of activity is accumulated over the day. For example:

- | | |
|---|--------------------------|
| • Parking the car further away from work then walking | 5 minutes |
| • Taking the stairs instead of the lift | 5 minutes |
| • Walking to the shop | 10 minutes |
| • Washing the car by hand | 10 minutes |
| Total | <u>30 minutes</u> |

The key is that:

- Physical activity is good for everyone.
- Physical activity is accessible to everyone.
- Physical activity is easy and it is never too late to start.

- 2.4.7** Even more health benefits are achieved if everyone does more and also if they manage to incorporate some vigorous activity two to three times per week. As well as helping reduce the possibility of contracting the above diseases, this type of activity will also help to improve physical fitness.

Creating a strategy to combat the effect of inactivity needs to focus on creating supportive environments and lifestyles that promote participation and physical activity. This will lead to the prevention and reduction of the conditions that impact on Angus’ current and future burden of disease.

2.5 RELATIONSHIP WITH NATIONAL STRATEGIES AND POLICIES

The Angus Physical Activity strategy should be seen in the context of the following national strategy documents:

2.5.1 Improving Health in Scotland: The Challenge

Physical Activity Action 26 states:

- Every child accumulates at least 1 hour of quality physical activity per day
- Every child has quality physical education and the opportunity to be active
- Every adult accumulates 30 minutes of moderate physical activity (the equivalent of brisk walking) most days of the week
- In addition, each person over the age of 55 has a programme of strength and balance training that continues for the rest of their lives

2.5.2 Let's make Scotland More Active – A Strategy for Physical Activity

How much physical activity is enough ?

Physical activity does not need to be strenuous to have significant effect on people's health, general well-being and productivity. Reviews have led to two well accepted health messages:

- Adults should accumulate (build up) at least 30 minutes of moderate activity* on most days of the week.
 - Children should accumulate (build up) at least 1 hour of moderate activity* on most days of the week.
- * Moderate activity is using about 5 – 7 calories a Minute/the equivalent of brisk walking.

A recent International physical activity conference (Whistler 2001) decided that in order of priority the emphasis should be on:

- Being active most days
- Moderate activities are good for you

Be active for at least 30 minutes in total or 1 hour if you are a child or a young person.

There is strong evidence that the greatest health benefits happen when the least active people become moderately active. In a twenty year study of men and women in the United States, Professor Steven Blair and his colleagues at the Cooper Institute for Aerobic Research in Dallas found that the risk of dying (at any age) as someone with low fitness was at least twice that of someone of moderate fitness.

Who is Inactive ?

72% of women and 50% of men are not active enough for health and 27% of boys and 40% of girls are not active enough to meet the guidelines.

Activity levels vary by age, stage of life and sex. For women activity drops sharply at 12 – 13 years, levels off from 14 – 35 years and then goes down throughout later life. For men there is a more gradual decline in activity starting at the age of 10 – 12 years and continuing for life.

2.5.3 Sport 21 2003 – 2007

Sport 21 seeks to help “ ..shape a better Scotland ..” for “.. every single person in the country...” through using sport and physical activity as a vehicle to promote and sustain physical health and fitness, mental well-being and social inclusion.

How ?

Introduce and develop policies and strategies that incorporate the 11 Targets as highlighted in Sport 21 with particular emphasis being focused on developing programmes that concentrate on Targets 1, 3, 4, 5, 6 and 11.

This will help to develop basic physical literacy skills, improve health, establish a positive approach to having an active lifestyle throughout one's life and to create positive attitudes and behaviour that will be taken from the home to school to the workplace and beyond.

2.6 RELATIONSHIP WITH THE JOINT HEALTH IMPROVEMENT PLAN (JHIP) AND COMMUNITY PLANNING

2.6.1 Angus Council Context

The Angus commitment to national priorities relating to physical activity opportunities for young people and the elderly, are included within the local JHIP. They are developed by the Joint Management and Commissioning Groups for Community Care and for Children's Services.

Included in the 2004-06 JHIP are initiatives that aim to have a direct impact on physical activity levels at every life stage and in a wide range of settings. There will be particular emphasis on young people, older people and marginalized groups. The local Physical Activity Steering Group will provide strategic guidance, though it is acknowledged that Angus Council Leisure Services Department will have a key role in terms of delivery of programmes.

The lead community planning group within Angus for physical activity is the Health Improvement and Community Safety (HICS) Group. It retains an overview of the following objectives as identified within the Angus JHIP 2004/06 and is responsible for the collation of information on behalf of the Angus Community Planning Partnership as a whole :-

- The increased take-up of physical activity across Angus.
- The Development of an environment that promotes physical and recreational activity.
- An increase in sustained physical activity leading to involvement within organised clubs.
- The promotion of physical activity for the elderly in Angus in a range of settings
- Support for people with learning difficulties within mainstream leisure and recreational facilities
- An improvement in health by participation in exercise referral and long term exercise for patients with coronary disease programmes.
- The availability of opportunities through programmes promoted by a variety of facilitators including Sports Development, Active Schools, Leisure Facilities and Parks Services

2.6.2 The NHS Tayside Context

NHS Tayside works in partnership with Angus Council and their respective planning structures to ensure that physical activity has the level of priority specified in the Challenge and related documents. Though smaller in terms of its mainstream contribution to funding, access to other sources including the Health Improvement Fund, NOF, Quality of Life, Paths to Health etc, a significant contribution 'in kind' and a firm commitment to joint working, has successfully bridged the gap between strategy, planning and delivery of programmes on the ground.

Recent initiatives have included

- the joint development of exercise referral and cardiac rehabilitation groups.
- a small grants programme in the context of Health Promoting Schools.
- involvement in the Angus Healthy Living Initiative.
- the establishment of a Walking Co-ordinator for the Angus area.

The NHS is also a joint author of the Joint Health Improvement plans, provides significant research and evaluation support to programmes, offers design and printing services for publicity purposes and has considerable involvement in training.

CHAPTER 3 POSITION STATEMENT

PERCEIVED BENEFITS - WHO SERVICES TO BE REVIEWED AIMS & OBJECTIVES OF THE STRATEGY

- 3.1 The greatest benefits to the health of the residents of Angus will be gained by focusing on:
- People who are inactive
 - Older people
 - Children and adolescents
 - Pregnant women and women with children
 - Those at risk of, or suffering, chronic conditions and disease

This reflects the target areas of 'Improving Health in Scotland: The Challenge' as shown in section 2.2.1 of this report.

Once active, people need to be encouraged to remain active through supportive environments and reinforcing messages. Being physically active should become part of the individual's normal everyday lifestyle.

In addition it should be recognised that participating in physical activity (sport) will 'Improve the quality of life of individuals and communities, promote social inclusion, improve health, help to raise individual esteem and confidence and widen peoples horizons '
Sport 21 2003 -2007

- 3.2 The main activities reviewed were all leisure, play and recreational activities that can be construed as having an impact on the physical, mental and emotional well being of the individual.

The service departments and partnership agencies that have a stake in the strategy are listed below:

- Leisure Services – Sports Development, Leisure Facilities, Parks, Cultural Services.
- Social Work and Health
- Education – Primary, Secondary, Tertiary sectors e.g. Schools, Active Schools' Co-ordinators (Primary and Secondary), Community Learning & Development Service.
- Economic Development
- Roads
- Scotland's Health at Work (S.H.A.W)
- Planning and Transport
- Housing
- Angus College.
- **sportscotland**
- NHS Tayside

- 3.3 The main aims and objectives of the strategy are : –

Aims

- To consider whether current provision of physical activity services in Angus meets local and national strategic objectives
- To promote all forms of physical activity as a means of improving well-being and lifestyle

- To increase the number of people taking part in some form of physical activity and doing so on a regular basis
- To create a mindset that looks upon physical activity as being a natural part of an individual's way of life.

Objectives

- Provide an audit of current situations/arrangements
- Identify current spend levels/costs within the review area
- Identify possibilities and options for change
- Identify opportunities for partnership working with both internal and external agencies .
- Assess the quality of physical activity services including meeting the needs and preferences of service users and potential users.
- Deliver a service which best meets the needs of the people of Angus utilising the resources available.

3.3.1 To achieve these aims and objectives, there is a need to consider the areas of focus and targets contained in the national strategies 'Improving Health in Scotland – The Challenge', 'Let's Make Scotland More Active: A strategy for physical activity' and 'Sport 21 2003 –2007 The National Strategy for Sport'.

3.3.2 A strategic approach recognises that there are different agencies within Angus each delivering opportunities and support for the delivery of a physical activity programme. It is through close working relationships within the partnership that resources can be utilised positively and effectively to achieve success.

It was agreed that an audit of physical activity provision in Angus was required. A common approach was taken by Angus Council and NHS Tayside in carrying out this audit and this is included in Section 5. It outlines activity areas and the partners involved in delivering the service. In keeping with the format used in national documents, the audit looks at age groups in terms of pre-primary school, primary/secondary school, adults of working age and adults in 'later life'. The lead agency for each initiative in the audit has been identified and the contribution of other partners defined.

The quality of life for all Angus residents will be improved through physical activity. Funding combined with efficient and effective monitoring and evaluation will ensure that the Angus area enjoys a culture that encourages physical activity and improved health.

Through undertaking the audit a number of examples of best practice were identified relating to provision in urban and rural areas and opportunities available within the Scotland's Health at Work (SHAW) programme. These are reported on more fully in section 5.

3.3.2 The audits were then analysed and information inserted into a matrix that categorised activities in light of the guidance of the Physical Activity Task Force report. The matrix followed the model shown in table 1 on the next page.

TABLE 1

	Pre-Primary School	Primary/Sec. School	Adults of Working Age	Adults in Later Life
Schools				
Homes				
Communities				
Workplaces				

A copy of the completed matrix is included in section 5.

3.3.4 Gaps in Provision

Through completing the agreed matrix the officers were then able to identify gaps in provision. The filling of these gaps will become the basis of future action plans for the council and NHS Tayside. A list of identified gaps is included in Chapter 7.

CHAPTER 4 RESOURCES

INTRODUCTION FINANCE INVESTING IN PEOPLE FACILITIES

- 4.0** In recent years concerns have arisen about the health of the nation in general and the impact of current lifestyles on the health of individuals.

There has always been a commitment to physical activity within the local authority structure. Primarily, provision is made in schools for physical education and sport (The Standard in Scotland's Schools Act 2000) and from the 1960's onwards, Leisure/Recreation departments catered for physical recreation and sport outwith the formal school structure by providing indoor and outdoor sport/leisure/play facilities. From the 80's onwards specialist development teams encouraged further involvement in sport and recreation.

Such a commitment was and is being made in Angus.

In recognising this commitment, it is important to note that the promotion and development of physical activity in whatever shape or form is dependent on the provision of adequate resources.

The following paragraphs give an indication of the resources currently available to develop the areas' needs with regard to physical activity in its widest sense. The information gives an understanding of the dynamics involved in developing a strategy such as this one and highlights the complexity of issues surrounding the need for a variety of resources to be available.

4.1 Expenditure On Physical Activity 2004/05

- 4.1.1** At present the council and NHS Tayside provide substantial sums to cater for services that in some way or another contribute to the development of physical activity. In many respects this is obvious e.g. PE in schools, provision of leisure facilities, sports development programmes and recuperative programmes such as GP referral schemes.

However, there are '*other facilities*' where the contribution to physical activity is not always so obvious. eg the provision and maintenance of cycle ways, pathways, park land, etc.

Because of the range and diversity of issues that may have an impact on physical activity, it is very difficult to stipulate the exact costs. e.g. what percentage of money in maintaining and developing cycle ways equates to promoting physical activity?

Table 3 on page 20 gives an indication of the spend incurred in the promotion and development of physical activity and is extracted from the various departmental revenue budgets for 2004/2005. It does not include capital expenditure on facility provision.

- 4.1.2** Whilst it is essential that the contribution from these '*other facilities*' is recognised, the following information has concentrated on
- (a) areas where specific costs can be ascertained and located in 'core' areas of provision. The finance for this core provision is contained within service area budgets.

(b) additional budgets, to support the development of short or medium termed initiatives, mainly coming from external funding sources. Much of this funding is ring-fenced and time limited. This can lead to problems the most obvious of which is sustainability beyond funding periods.

4.1.3 To seek out new streams of funding and to apply for such funding requires a great deal of time and effort on staff already heavily committed to other matters. This can be exacerbated if the application is successful as there is a knock-on effect with staff having to undertake strict monitoring and evaluation programmes that the funder requires as part of the application. Informal funding partnership groups are now operating and external funding officers and have been appointed to support and develop such applications.

4.1.4 On a number of occasions sums of money have been released by the Executive to provide 'one-off' very short-term results. Whilst this money is very welcomed, its impact is questionable. To ensure that the message of 'being active' is put across and people participate in regular physical activity, there needs to be a sustained effort to ensure that funding streams are dovetailed and not done on what appears to be an ad hoc approach.

4.2 Human Resources

4.2.1 Table 2 below gives a breakdown of staff employed to provide physical activity programmes in the core areas directly to participants. i.e does not include administrative support staff.

TABLE 2 Staff information 2004

DEPARTMENT	AREA	Nos. STAFF			
		PERM FTE	TEMP/CONT	SUPPLY	
EDUCATION	PE	36.6			
	Outdoor Ed	1	12		-
	Active Schools	-	10.6		-
LEISURE	Sports Facilities	61.25*	-		-
	Sports Development	4	5		-
	Coaches	-	32		
	Country Parks	14	6		
SOCIAL WORK & HEALTH					
NHS TAYSIDE					
	TOTALS				

* some staff employed as leisure attendants in sports facilities also undertake coaching sessions at times outwith their normal work.

Within nurseries and primary and secondary schools there are a number of staff other than PE staff who assist with curricular and extra curricular activities related to physical activity. These members of staff have not been included in the above.

Demands on permanent staff are ever increasing with changes in local government on job specifications, widening job outlines and the introduction of new initiatives. To support new initiatives, under the physical activity banner, short term posts have been created with funding from **sportscotland** (Active Schools and the Big Lottery (NOPES) see 4.2.3 and 4.2.5.

- 4.2.2 A number of national initiatives have or are being driven via funding obtained from the Scottish Executive and/or through other various funding streams. The most notable of these are the Active Schools and the New Opportunities in Physical Education and Sport (NOPES) programmes. The funding for the former is carried out through **sportscotland** and the latter through the Big Lottery Fund.
- 4.2.3 Both funding streams in 4.2.2 are for specific time periods. Whilst the Active Schools programme is likely to be extended, the NOPES one will finish in November 2006. The difficulty involved with developing such programmes is the question of sustainability after funding comes to an end.
- 4.2.4 Sustaining programmes that are *successful* can prove to be very difficult, particularly when departmental budgets have been reduced since local government reorganisation in 1996 and will continue to do so over the next few years. Seeking alternative funding is difficult and time consuming. Re-targeting of existing departmental budgets that have already been reduced is also difficult. This is even more so if existing programmes are funded through partnerships where the partners may have different priorities and may wish to target their funding stream(s) into other areas.

Both Angus Council and NHS Tayside are flexible in their approach to targeting resources and to assess existing projects. This is achieved through effective monitoring and evaluation programmes that ensure resources are being spent effectively in line with agreed objectives.

- 4.2.5 In providing an efficient and effective service, an organisation is dependent on its workforce. In this day and age where a work force is potentially made up of a mixture permanent, contracted and supply staff, it is important that adequate support is given to personal and professional development.
- 4.2.6 To maintain the public's interest and enthusiasm for participating in physical activity programmes, it is essential that a commitment is given to providing a high standard of instruction. This can only be achieved through good quality training and support for staff. With regard to short term, contracted staff and supply staff in particular, this could be crucial. An effective training and development programme will also help in maintaining and retaining an effective work force.

Angus Council and NHS Tayside encourage staff development. A financial commitment is made to personal and professional development training programmes to ensure that services are provided to a high standard.

- 4.2.7 It is recognised that targeting volunteers needs to ' *..link to national and local policies such as Active Communities, Community Planning, equity strategies, Social Inclusion and Active Citizenship.*' **Sport 21 2003 – 2007**

People in the voluntary sector give a substantial amount of time, expertise and experience in encouraging others to participate in physical activity. This is done primarily through sporting activities, involvement in youth organisations and other leisure and health related activities. There is a need to increase emphasis on recruiting, retaining and developing volunteers through a systematic framework of support.

It is recognised that those helping in the voluntary sector tend to be older people who have undertaken the voluntary work for a number of years. Encouragement must be given to younger people becoming involved and finding ways of sustaining their interest.

Angus Council provides support for the development of club based activities by supporting the need to meet the requirements of legislation e.g. child protection. Staff are also working in conjunction with Angus Sports Council and the voluntary sector to help clubs with the introduction of child protection policies and coach/helper education.

4.3 Facilities

In developing a proactive approach to physical activity it is recognised that an increase in the numbers participating in physical activity will result in greater pressure on existing facilities. To deal with this demand, one needs to look at all resources available and to make sure that an integrated management structure for using and maintaining these facilities is in place. This will ensure that maximum use is made of facilities taking into account differing priorities, suitability for particular uses, effective use of budgets and the requirements of the local community.

In planning new facilities there needs to be an understanding that design and location must take community use into account thereby making maximum use of resources. Practical examples of this in Angus include the development of new leisure facilities in Arbroath in conjunction with Angus College, existing dual use (community/ education) facilities at Arbroath, Kirriemuir and Montrose and the building of new primary schools in the Carnoustie and Forfar areas.

It is worthwhile noting that Angus Council's Education Department and Leisure Services operate service level agreements that allow for community use of 3 Secondary Schools during the holiday periods and at the weekends. During term time, Education operate a letting policy that allows for community use in the evenings. As mentioned above, in three other areas, dual use accommodation has been built incorporating school/ community facilities.

It should be acknowledged that 'facilities' not only includes the easily recognised ones - active recreation can take place in a wide range of other environments that are taken for granted such as at home, pathways, walkways, cycleways, public park areas, country parks, etc.. This is illustrated by the work of Planning, Roads and Leisure in the development of the Footpath and Cycling Network around the towns, the coastal footpath/cycleway and the Angus Walking Festival.

Finally, the importance of Outdoor Play is recognised by the development of the Seafronts at Monifieth and Montrose and in recent years, the playground safety improvement programme, the proposed redevelopment of Carnoustie seafront and the partnership with communities of the development of wheeled sports.

Table 4

Area	Facility	Nos	Comments
Education	Secondary Schools	8	LSAs in operation with 6 Secondary schools. School Letting policy in place
	Primary Schools	57	
Leisure	Sports/Leisure Facilities	9	5 dry leisure centres, community centre, 2 swimming pools, 2 wet and dry centres, 3 weekend and holiday pools, outdoor/ rural areas
	Country Parks	3	
	National Park	1	
	Formal Play areas	106	
	Community Halls	6	
Other	Parkland		650 hectares
	Cycle ways/Pathways		

TABLE 3 Expenditure April 2004- March 2005

Partner	Department	Area	Core	NET COST £'000	INCOME £'000	EXPENDITURE £'000
Angus Council	Leisure	Sports Development	✓	596	56	540
		Leisure Facilities	✓	6,544	1,980	4,564
		NOF Programmes	✓	200	200	0
		Public Parks and Recreation	✓	1,518	769	2,287
		Country Parks/Ranger Service	✓	701	185	516
		Sports Promotion	✓	48.2		
		Cultural/creative programmes	✓	98		
		Hall Lets	✓	76	18	58
	Education	PE in schools	✓	1,237	0	1,237
		Active Schools	✓	280	217(grant sportscotland)	63
		Resource Services		102	0	102
	Social Work	Community Resources	✓	215	0	215
NHS Tayside	Health Promotion	GP Referral		12		
		Cardiac Rehabilitation				
		Health Promoting Schools				
		Paths to Health				

4.2 NHS Tayside Resources

Funding for Physical Activity promotion from the NHS perspective is on nothing like the scale of Local Authority spending. However, there are significant programmes which have an NHS contribution. This is most frequently in 'kind' rather than 'cash'.

Sources of funding:

Mainstream budgets
Health Improvement Fund
NOF
Quality of life
Regeneration monies
Paths to Health etc

Direct health-funded initiatives:

Exercise Referral – £12k per annum per locality
Small Grants Programme – Health Promoting Schools (£25k per annum, commencing Jan 2004 and initially for one year)
Cardiac Rehabilitation – Phase 4 – funded through the acute sector

Partnership programmes/ initiatives – joint-funded:

All current JHIP initiatives which have the involvement of NHS Tayside, Primary Care (including the LHCC's) or the Acute Sector (TUHT)
Angus S2 dance project
Angus Community Health Project – Strathmore
Active Schools Initiative
The Class Moves

Considerable contributions in kind:

Partnership projects
Graphic design services
SHPO/Development Worker support – advice, meetings, training events etc – in respect of specific programmes and initiatives
Research and evaluation – Public Health
Joint author of the JHIP's
Publicity materials – posters, leaflets etc
Teaching resources – videos, packs etc
Employee support – management, supervision, accommodation etc

CHAPTER FIVE AUDIT OF PROVISION

REVIEW OF AGE GROUPS SPECIFIC IMPROVEMENT PROJECTS EXAMPLES OF GOOD PRACTICE AUDIT MATRIX

This chapter is divided into a number of parts. The first part makes comment on the current state of affairs and information is viewed under age groups. The second part provides information on specific projects currently in operation that show good practice. A matrix showing an audit of provision is enclosed at the end of the chapter.

5.1 0 - 5 YEARS: PRE SCHOOL

Many children are unable to access pre-school physical activity provision due to issues including transport, cost, parental support and parental self-esteem.

Inequalities exist in the development, provision of and access to structured pre-school physical activity, in localised community settings throughout Angus. This is particularly an issue with regard to children from rural and socially excluded groups.

Within the national context, the government is clearly concerned about our children's health and well being. Lack of exercise, general inactivity and eating pre-prepared foods are contributing to a lifestyle which is less than healthy. The pre-school sector, working with both children and parents, is uniquely placed to promote initiatives within this area.

Physical development and movement is one of the five key aspects of learning and development outlined in the curriculum framework for children 3-5. Learning outcomes identify the need to ensure children have a broad and balanced range of opportunities for regular physical energetic activities.

Along with its own established nurseries Angus Council is presently in partnership with 37 private and voluntary centres providing pre-school education to some 610 children. Every attempt should be made to find ways to include these centres within initiatives designed to increase awareness and participation in physical activity.

Active Schools (Primary) Co-ordinators will provide support to nurseries and pre-school centres to develop physical activity programmes. This will include developing a Daily Physical Activity programme and introducing the Top Start programme from the Top Play initiative. Pre-school staff will receive appropriate training to deliver these initiatives.

In partnership with parents, nurseries and pre-school centres staff will work towards establishing an Active Travel to School plan to encourage as many children as possible to walk to nursery.

As part of the Leisure Services programme, regular pre-school age sessions will continue to be organised in a number of coaching/tuition classes such as swimming, gymnastics and football. Further, school holiday programmes should offer more opportunities to participate in sporting and non-sporting physical activity programmes.

Parks and playgrounds, that are well located, allow good opportunities for safe supervised formal and informal play. This environment helps with coordination skills and in larger play areas, social interaction for toddlers. It is also accessible to all.

In addition the schools/nurseries/centres promote health and well being through the establishment of a link between physical activity and healthy eating.

- *'the vital role that parent can play in encouraging young people to be active has been acknowledged by a number of prominent organisations..... The family and social environment are important in the development of physical fitness habits in children..... The family has shown to be a more important determinant of participation than peers or school, and within the family, parents are thought to be more influential than siblings.'*

*Health Education Authority,
Young People and Physical Activity: A Literature Review (1997)*

Physical activity is of prime importance to the overall development of children from 0-5 and is proven to be a key factor in physical emotional, social and intellectual development, all of which contribute to an approach to establishing lifelong habits of regular exercise.

- *Children who possess inadequate motor skills are often relegated to a life of exclusion from organised and free play experiences of their peers, and subsequently, to a lifetime of inactivity because of their frustrations in early movement behaviour"*

Seefeldt et al (1979)

There are a large number of other early years services providers throughout the county who require support to develop the physical activity programmes they offer to pre-school children. The staff within these groups need support to develop their knowledge, skills and resources to provide comprehensive, structured programmes. Furthermore, support for all parents of pre-school children needs to be developed, as they play a key role in ensuring an active lifestyle for their child.

Child and Family centres in Angus, run by the Social Work department, support children and families in need, including children who have additional support needs. Social Work in conjunction with Leisure Services and Education promote active play designed to get children involved in physical activity from an early age.

5.1.1 5 – 14 YEARS: CHILDREN

Nationally there is a general decrease in the level of participation within the 5-14 years age group, particularly in girls, young people with a disability and those on the point of exclusion from full time education.

The Physical Activity Taskforce highlights from the age of 4, girls are less active than boys, and by age 15 only 35% of girls are active.

Research has indicated that one factor contributing to this decline is that the type and range of physical activities on offer is often not appealing to girls.

There is a need to assess the resources currently available to develop the provision of physical activity for the 5-14 years age group and to ascertain whether more resources are required and/or existing resources need to be reorganised to obtain maximum benefit.

The provision for the 5–14 age group is an area of focus with the local authority, **sportscotland** and, **SportTayside** and other agencies all contributing to a co-ordinated approach. Recent developments include the promotion and development of physical literacy priorities with the sports of swimming, gymnastics and athletics being specifically targeted.

Current projects include the Health Promoting Schools Strategy, the Active Schools Primary and Secondary School Programmes(see section 2.20), Top Play/Top Sport programmes, the Daily Physical Activity programme and the Big Lottery funded Active Steps and Out of School Hours initiatives. In addition the local authority and its partners provide a wide range of regular physical activity and sports classes and festivals specifically targeted at this age group.

The 106 playgrounds, 3 country Parks, 15 major parks and the 89 minor parks all provide important areas where children can participate in formal and informal play in a safe stimulating environment. Out door play is particularly important to this age group and there is the ongoing playground safety improvement programme to help promote this opportunity. There is a requirement for an overall play strategy which looks at all aspects of play in Angus with a view to ensuring that all children have the best opportunity to participate in play and secure further investment if that is required.

Activities have become increasingly more diverse - outwith school based activities, there is a commitment to promoting activities in leisure facilities and community centres offering different forms of activity not just sports related.

Work within these areas can often involve the deliberate promotion of physical activities with both young people and adults. For those involved there are benefits in terms of team working, inter-personal skills, physical well-being and the enjoyment of a shared experience. It also supports initiatives targeted at diverting young people away from crime, encouraging them to become more involved in sport and physical activity.

Many open youth facilities provide high energy activities. In youth work there is a tradition of encouraging young people to try a range of physical activities on a one-off basis as a “taster”. If a young person shows a particular interest in or aptitude for an activity that person would be encouraged and supported to become more involved in that activity. These activities should be planned with appropriate resources and leaders identified to undertake the activities.

The Community Learning and Development Service is committed to supporting and further developing participation within the Duke of Edinburgh Award Scheme. Particular priority is given to involving the more excluded groups of young people.

The service is also active in supporting communities and community organisations to develop initiatives within sport and physical activity. This is done in response to local needs and in a way that increases the knowledge and skills of those involved. Examples of such focused activities are:

- 4 Real Dance Group in Monifieth where girls aged 12-17 are given support to choreograph and rehearse dance routines and plan and give performances
- Organising ‘walks for health’ within local communities

Whether or not children participate in physical activity and sport is also influenced by the attitudes and support of their parents and guardians and inequalities currently exist in the support children are given.

Children from socially excluded groups tend to receive less parental support, which ultimately impacts on the participation levels of these groups.

Examples of activities, which promote physical activity for parents and family include fitness sessions with crèche provision, community walks and combined physical activity sessions for adults and children. These types of activities should be encouraged within community locations to facilitate participation by local people.

The delivery of 2 hours of Physical Education in schools per week is a target set by the recent Physical Activity Task Force report supported by the Scottish Executive. The current 5-14 Expressive Arts guidelines state that 15% of the Primary curriculum should be spent on Expressive Art. Taking into consideration Music, Art Drama and PE the essential components of Expressive Arts, this effectively provides 55 minutes per week to each component and, although Head Teachers have a 20% time flexibility, the constraints on an already busy timetable are considerable and it is unusual for PE to be allocated for 2 hours per week.

This recommendation was further supported by the recent Scottish Executive report on the national review of Physical Education. Angus Council is presently considering ways of implementing the recommendations of the report.

The physical education programme in primary schools is well supported by a team of visiting PE specialists who assist schools in the provision of a quality programme.

Children with special educational needs (Disability) should be afforded the same opportunity to take part in all sport and physical activities.

Within the primary curriculum, children with additional support needs are integrated wherever and whenever possible into physical activity/PE classes. However, the provision for these children to participate in out of school hours sport and physical activity has a number of barriers including the following:

- Children can often require transport home from school and all buses leave the school premises at the same time every day.
- Due to the nature of the support need some children cannot be fully integrated into all classes.
- There are a number of classes that develop and foster integration. However, the attendance of children with additional support needs is low. This may be due to the above or parents feeling apprehensive about letting their child participate.

To promote and deliver a programme for those who need support, Angus Council provides support to education classes within the curriculum and also employ a development officer with a specific remit to cater for people who wish to participate in sport and leisure based activities outwith the school environment. The officer is ably supported by a commitment from internal and external agencies including council departments such as Education and Social Work and NHS Tayside. Voluntary organisations such as Scottish Disability Sport and Angus Disability Sport also play an important and active role. This proactive stance should be maintained and developed where feasible.

Angus participates in the Physical Activity in Scottish Schoolchildren (PASS) Project. Valuable information is obtained on a national basis through this programme and the data now being obtained reflects comments from young people in their early teens. This should be used as the basis for further work to be done with this age group. It is worth noting that recent information provided through the project indicates that 93% of primary 6 & 7 pupils in Angus achieve the recommended minimum of one hour of moderate physical activity per day.

5.1.2 14 – 18 YEARS: YOUNG PEOPLE

There is a decreasing level of participation within the 14-18 years age group, particularly in girls, young people with additional support needs and those on the point of exclusion from full time education.

The Physical Activity Taskforce highlighted that from the age of 4, girls are less active than boys. By age 15 only 35% of girls are active compared with 65% of boys.

The Physical Activity in Scottish Schoolchildren (PASS) Project - *(Inchley & Currie, Child and Adolescent Health Research Unit, Edinburgh University)* is a longitudinal research project aiming to investigate levels of activity in Scottish school children. The project is surveying pupils as they progress through school from Primary 7 to S2. The most recent survey information related to S1 pupils in 2004 and provided some worthwhile information on children’s attitudes towards physical activity. Given that two schools from Angus participated in the programme and that the information is being obtained from a wide-spread group of school children, it seems reasonable to take into account the psychological, social and environmental factors mentioned in the survey (see Appendix G) when delivering physical activity programmes.

Within schools core PE for many secondary pupils will stop at the end of fourth year with no further PE timetabled unless they follow a certificated course (standard grade/higher etc.). A large proportion of the senior school population will therefore have no curricular PE, recreational or otherwise, at all. This can be attributed to the enormous pressure on an already overcrowded timetable. However, it should be noted that the recent Physical Education Review recommended two hours per week for ALL pupils. This will act as a prompt to re- introduce core physical education for senior pupils in the future.

However, there are many positive programmes currently operating that are aimed at young people who fall into the above category. e.g.

- An extensive extra-curricular programme is available in all secondary schools through the Active Schools project (see section 5.2.21)
- From a community perspective leisure facilities offer a variety of options for 14-18 year olds to participate in casual, organised or club sport/physical activity programmes. Examples are shown in Table 5. The type and number of sessions vary from community to community and take into account feedback from groups and individuals.
- Active Steps and Out of School Hours programmes are operated in conjunction with Social work & Health (Youth Justice) and Education – see section 5.2.5

Table 5

By Whom	Activity
Organised by centre/sports development	Sport for people with a disability (various), football, rural recreation programmes, tuition programmes, fitness orientated classes (eg aquafit, exercisebox, aerobics, body pump) Yoga, Climbing,
Club Managed	Swimming, basketball, badminton, athletics, archery, cricket, volleyball, football, hockey, bowling, Martial arts,
Casual	Most indoor sports and aquatic activities, wheeled sports areas,

The opportunity of water sports at Monikie and outdoor activities, both in the countryside and at fixed locations e.g. High Ropes Course at Monikie (provided by Leisure Services and Community Learning Development) need to be reviewed, developed and linked into clubs to allow sustainability for participants. Whilst it is evident that there is a great deal going on for this particular age group, there is a need to assess the resources currently available to develop the provision of physical activity for the 14-18 years age group, particularly girls, and to ascertain whether more resources are required and/or existing resources need to be re-targeted to obtain maximum benefit.

5.1.3 18 - 25 YEARS: YOUNG ADULTS

Regular participation in physical activity has the potential to improve quality of life. In addition to decreasing the risk of hypo-kinetic disease, it can benefit psychological well-being and prevent the development of chronic back and neck pain.

These benefits of physical activity are crucial to helping the 18-25 year old age group to cope with the challenges they face in every day life. Employment issues, living away from home, low income and the demands of further and higher education can lead to high levels of stress for this age group. Physical activity can help reduce this stress and improve quality of life.

Recent research undertaken by **sportscotland** (2001) highlights that there is a drop in participation rates for young people leaving school from 99% - 84%.

Figures produced by HEBS (1997) shows that 62% of people within this age group do not achieve the minimum requirements of physical activity for health as outlined in the ACSM guidelines (1990).

The Scottish Health Survey (1998) demonstrated that this decline in participation continues with age and will bring a subsequent increase in the risk of developing hypo-kinetic disease.

To address the issue of declining participation rates is a priority and there is a need to identify and establish appropriate, progressive and sustainable pathways to encourage participation for this age group.

These pathways should build on the foundations established through the programmes for the under 18 age group. Young adults should be encouraged to take ownership of their own activity levels.

Lack of money is regularly identified as a major issue for people in this age group.

The kinds of activities where there has been an expressed interest e.g. dance, biking, 5 a side football etc. can often have prohibitive equipment and participation costs.

Recent figures show that 52% of this age group will enter further or higher education. Therefore, the Universities and Colleges have an important role to play in inspiring, developing and sustaining young peoples' interest in physical activity. The diverse range of health and fitness programmes in further and higher education establishments allows participants to take part in regular activity and extend their knowledge and understanding of health issues. There is a need to work in tandem with the tertiary education sector in Angus and further afield to meet the needs of the student population.

It should be noted however that for students in particular, whilst money is identified as a constraint on physical activity, the requirement for part-time employment to supplement income, is a further major restriction, limiting time available to take part in physical activity.

Establishing and sustaining health lifestyle habits is a priority for this age group. The contribution of physical activity to reducing hypo-kinetic disease, improving mental well-being, helping to alleviate stress and reducing the development of chronic back and neck pain will improve the quality of life for all 18-25 years olds.

5.1.4 25 - 55 YEARS: ADULT

The Scottish Health Survey 1998 confirmed that persons not meeting the recommended moderate or vigorous activity levels consisted of 65% of women at age 25 to 80% at age 55 and 39% of men at age 25 to 74% at age 55.

Research has confirmed that in later life this trend has continued and the result has been that a significant proportion of the population has become either overweight or obese and as a result there has been a significant increase in the number of people developing adult Type 2 diabetes and Coronary Heart Disease.

This group would generally be regarded as the main target group for health clubs and sports facilities as they relate to the highest proportion of the population with the highest level of disposable income.

This can be confirmed by analysis of activity programmes being provided by the local authority and the private sector facilities that offer all inclusive membership programmes.

Nevertheless, it is important that the strategy recognises that there are large numbers of people participating on a regular basis in programmes such as these and they should be encouraged to continue to do so. They may require to be provided with support to enable this to occur.

The immediate target group is likely to be people who have been excluded from participating in mainstream provision for a variety of reasons including financial, accessibility or purely social reasons.

The Angus Healthy Living Initiative has recently carried out local consultations on behalf of NHS Tayside relating to the Health Inequalities Strategy.

Physical activity was one of the priority areas identified and discussed by local people and more detailed information is available from the project relating to the factors affecting people's levels of physical activity and proposals for developments that people would like to see in their own communities.

The main benefits of increased activity for this group will be the opportunity for them to significantly improve and maintain their current and future health.

Immediate benefits will include improved psychological well-being through increased social interaction and improvements in their quality of life. Longer term benefits will include reductions in the risk of developing chronic disease including cardiovascular disease, type 2 diabetes and certain cancers. The potential long term effect on the NHS will be less expenditure required on the treatment of disease due to regular physical activity which will assist in the change of the focus to prevention rather than cure.

Given the competition for time from the demands of modern life it is essential that the opportunity for physical activity is provided at a local level through sports facilities, cycle paths, parks and play areas. These allow families to exercise conveniently together. Also resources are required to provide childcare facilities for adults to take part.

Equally the benefits of gardening and DIY provide opportunity for physical activity at home, and should be promoted.

In doing so however, recognition must be given that increased demands on services providing physical activity and sport opportunities will result in a need to review the resources made available to meet these demands.

5.1.5 55+ YEARS: ADULTS IN LATER LIFE

The Scottish Health Survey 1998 confirmed that persons not meeting the recommended moderate or vigorous activity levels comprised 80% of women at 55 to 92% at age 74 and 74% of men at age 55 to 86% at age 74.

As people are living longer there is an increasingly large proportion of the population who fall within this age range, but as a result of the low levels of physical activity allied to the other lifelong factors such as smoking and poor diet, they are often also the group of people who require greater care.

The provision of care is often required within either residential care settings or as in patients and as such place a greater financial responsibility on local authorities and the health service.

The main emphasis has been towards ensuring that people are achieving levels of physical activity, which can make a difference to their health either because they are managing chronic illness, recovering from some health trauma or at risk due to family history which will result in them having to amend their current lifestyle. The main benefits for this group will be the opportunity for them to achieve health improvements immediately and in the longer term they will help to reduce the risk from illnesses including CHD and adult diabetes.

The potential effect on the NHS will be less expenditure required on the treatment of disease due to impact of regular activity resulting in prevention rather than cure. Although chronic physical illnesses are of great concern, often it is the isolation and exclusion of some older people that leads to physical inactivity and poor mental health.

Angus' Social Work & Health and Leisure Services departments contribute at present to physical activity programmes. The former organise these for individuals and groups who are in residential care as well as others who attend sessions that take place in leisure facilities and church and community halls. Leisure Services offer activity sessions within leisure centre/swimming pool programmes specifically for this age group but they vary from one area to another.

In reviewing the work done in this area there is potential to assess the existing programmes and to consider a more co-ordinated approach utilising the combined resources of partner agencies to achieve maximum effect.

There is also an opportunity to promote the concept of the "Green Gym" not only at local level but in terms of the wider countryside. This links in to the new free travel pass to senior citizens and Angus with a range of countryside experience from coastal footpaths, the countryside of the Straths and the uplands provides major opportunities for physical activity.

5.2 SPECIFIC IMPROVEMENT PROJECTS

5.2.1 Introduction

In identifying issues in relation to age groups in Angus, it is clear that there are a number of existing successful approaches as well as a range of programmes which could be developed to better tackle the key issues. The priority projects are clearly identified and those requiring new or additional resources are highlighted.

Logically many of the project proposals can link together and could be coordinated centrally but involving all of the partner agencies in their development, provision and evaluation.

The action plans for the implementation of specific project proposals could be established with a series of performance indicators specific to each type of activity.

In addition all of the partner organisations can work together to ensure that the provision of physical activity, in community location, is not provided in a conflicting fashion and that quality is consistent across the programmes.

Links through existing strategies and plans* will also be beneficial in increasing the level of physical activity of those living in the Angus area.

* e.g. Community Plan, Children's Services Plan, Child Health Strategy, Health Promoting Schools, Sports Strategy, Education's Physical Activity Policy and Guidelines, the Community Care Plan, Health Inequalities Strategy and Joint Health Improvement Plan.

The implementation of the specific project proposals within the physical activity strategy will also be an opportunity for partner groups to share resources including staff, equipment and/or facilities where this is appropriate and to work toward the development of an Angus-wide physical activity strategy to :

- Increase lifelong participation in physical activity.
- Realise the social, health and economic benefits of participation.
- Develop quality infrastructure, opportunities and services to support participation.
- The future role of the existing Physical Activity Task Group could be to formalise the inter-sectoral approach between sport, recreation, and health, and to oversee monitoring by;
 - Establishing and reviewing the strategic direction
 - Developing, monitoring and evaluating an implementation plan
 - Securing local and central government and corporate resources
 - Ensuring adequate programme monitoring and evaluation processes are in place

5.2.2 Pre school and Play in the Homes

Angus Childcare Partnership are developing a programme of events aimed a 0 -3 's, 3 – 5's by encouraging the use of the Play@home programme developed to cover the first five years of a child's life. There is widespread acceptance that the first seven years of a child's life are the most influential for their overall development. This programme encourages recognition of the fact that all movement in babies can be exercise and health related.

Using the programme from birth starts the baby on a life of healthy exercise. It establishes daily health-related routines, develops body awareness with good patterns of movement and encourages the baby's enjoyment of physical activity.

The programme is delivered in conjunction with Health Staff throughout Angus, Toddler Development Worker, Crèche Workers, Play workers and pre-school groups.

5.2.3 Increasing Parental Involvement (Additional Resources Required)

Whether or not children participate in physical activity and sport is largely dependant on or affected by the attitudes and support of their parents and guardians. Within the existing programmes provided across Angus, extra resources need to be provided to

research, identify and develop a variety of support mechanisms, which will encourage parents to become more involved in their child's physical development.

Research would concentrate on parental involvement linking into the pre school, sport specific and to the 5 to 14 year old 'Physical Activities' programmes which are currently being provided and more fully developed. Future actions could then target a variety of issues including: -

- enhancing understanding of the benefits of participating in physical activity and sport amongst parents, guardians and carers.
- promoting parental involvement with children's sporting and physical development in out of school hours environments.
- creating opportunities, which encourage family participation in sport and physical activity.
- developing methods of community support for children unable to rely on direct parental support.
- providing support to parents to encourage involvement in their children's activities, for example coaching, officiating or organisation.

In developing methods to enhance parental involvement, a needs based approach would be used to take account of the various factors affecting both parents and children. These factors would include, for example, the age group of children involved and parental circumstances.

Previous experience shows that parents are more open to participating in physical activity with their children and/or encouraging participation by their children in physical activity when they have discovered the benefits themselves either through habits nurtured by their own parents or by becoming aware of the importance of physical activity in modern day living.

Offering physical activity for parents, raises awareness of the benefits and increases the importance of it within the family environment.

5.2.4 Angus Out of School Care Network Physical Activity Programme.

Angus Childcare Partnership manages strategy and development and also the implementation of Physical Activity programmes across *Out of School Care* clubs. This is done in conjunction with the Angus Out of School Care Network. Initiatives have been developed in a number of ways including:-

- Assisting clubs to obtain funding from a variety of sources
- Administering Big Lottery Grants already obtained to provide Physical Activities
- Research and assist with planning of programmes of events
- Use existing resources available within Angus Council
- Encourage clubs to use the "Daily Physical Activity" programme presently being used in primary

Programmes are delivered by:-

- Using resources available locally such as qualified instructors
- Training existing staff to take on role of instructor
- Developing programmes of events in consultation with young people
- Clubs will sign up to an agreed amount of hours per year of physical activity

5.2.5 Out of School Hours Activities (OSHA) Project (NOF funded)

This project commenced in November 2003 to provide additional opportunities for children from Primary 1 to Secondary 4. The project focuses on implementing 2 key programmes, *Out of School Hours Physical Activities and Active Steps* both of which are delivered within localised school cluster areas.

In essence the project is primarily targeted at a variety of groups :-

- Young people at risk of offending
- Young people at risk of being excluded from school
- Young people who truant
- Females
- People with a disability
- People living in areas of economic and social disadvantage
- People living in areas of rural deprivation

The programmes aim to :-

- To Increase levels of physical activity and motor skills.
- To develop self esteem, self confidence and life skills.
- To provide opportunities for children and young people to socialise out with school times.
- To develop young peoples interest in participation in sport and physical activity throughout life.
- To promote social inclusion.
- To develop an infrastructure that will enable the delivery of activity programmes beyond the funding period.
- Increase in non-sporting physical activities.
- Increase opportunities for children and young people to participate in sport and physical activity and in doing so, develop social, mental and physical attributes.
- Ensure that activities are accessible to as wide a range of participants as possible.
- Reach children and young people who do not currently involve themselves in sport and physical activity outwith school time and maintain their involvement over a period of time.
- Develop sustainable links between schools and a range of sports and community organisations that are involved in providing sports and physical activities.
- Develop local infrastructures for the delivery of sport and physical activities through sports leadership, coaching and club development work.

In addition the programmes will contribute to the Youth Justice and social inclusion agendas. For example by contributing to a reduction in anti-social incidents, youth crime and truancy.

5.2.5.1 The two key programmes

Out of School Hours Activities (OSHA)

OSHA programmes are led by two officers, (a Club Development Officer and a Physical Activities Officer), who work in close collaboration with colleagues in schools, other Local Authority departments, voluntary sector agencies, sports clubs and the wider community.

Limited programmes already exist in school cluster areas. However, they are limited. The introduction of the OSHA programme allows further developments to take place that offer a much wider range of activities and helps create sustainable links between local schools, clubs and organisations. Consultation has taken place with local children, young people and club members with a view to including activities that are attractive to children and young people, particularly with those who do not currently engage in any activity and are disinterested for whatever reasons.

The OSHA programme links in with a number of existing activities and strategies. These include :-

- School sports co-ordinators who are in place in all Angus schools and have identified links with primary schools and local clubs.
- TOP Play/TOP Sport – all primary schools have received training to deliver the curricular elements of these lottery-funded programmes. Similar work is being carried out in the community sector.
- Angus Council's Education Service has implemented a programme of daily physical activity in primary schools as a contribution to the Health Education Board for Scotland's recommendation that all young people should undertake one hour of physical activity each day.
- Sport 21 - Club development and physical activity are seen as important strands of Sport 21. Promoting work in these areas is helping to increase opportunities for young people to develop and maintain an interest in sport outwith school.

Active Steps

This is a multi-agency strategy introduced to address youth justice issues. The programme aims to reduce offending and substance misuse as well as welfare issues. Young people are provided with opportunities (mainly leisure and sport orientated) designed to improve the quality of their lives. This in turn will enable them to contribute positively to the local community.

An integrated sports and social education team consisting of three specialist workers has been set up to deliver programmes in collaboration with other partners and agencies.

These programmes aim to divert young people at risk from involvement in crime and risk behaviours, through participation in integrated sports and social education programmes. Either through group and/or one-to-one based programmes.

5.2.6 Alternative Activities for Age 5 -18 years

The Active Steps and OSHA programmes along with Active Schools target, support and work directly with people from the above age groups (8-18years) in the transition from primary school to secondary school and the transition from secondary school to further education or employment to ensure the physical activity levels are sustained and/or increase.

The project builds upon research relating to the issues this age group face regarding participation or not participation in physical activity and to develop methods that encourage people from this age group to participate on a more regular basis.

Further research would continue to identify what activities and structures are required to encourage people within these age groups to do this. Thereafter, an alternative

programme of activity such as dance, martial arts, fun fitness activity, etc would be developed.

It is essential that consideration be given on how to best provide for this age group, through the development of activities that appeal to, and meet the needs of the client groups involved.

Support is given by the appropriate officers to target and include young people with a disability and young people in the care of the local authority and those on the point of school exclusion, into this programme.

Partnership working with agencies such as Education, Leisure Services, Social Work & Health, Community Education, Tayside Police, Angus College, Dialogue Youth, The Web Project and a range of other providers including the voluntary sector will be the key, both in terms of delivery and in training of staff.

5.2.7 18 - 25 Developing Partnerships with Further and Higher Education (New Resources Required)

Recent research by the Department for Culture Media and Sport (2001) show that the average number of user visits per week to Higher Education sports centres to be 8,000. Within this number up to 50% were non-students. 91% of Scottish Higher Education Institutions providing 'pay as you go' sports opportunities to the local community.

There is a need to look at the opportunities available to work in tandem with Angus College and potentially with the higher education establishments in Dundee to develop and promote areas of mutual benefit in relation to sport and physical activity.

5.2.8 Lowering Barriers to Participation in Community Physical Activity (New Resources Required)

Many organisations are providing opportunities to participate in activity for this age group from public sector swimming pools and sports centres, universities and colleges, private sector health and fitness clubs and groups and voluntary sector sports and health and fitness groups.

These sectors, though, will provide an excellent range of activities for the proportion of the population who currently are carrying out the recommended level of physical activity.

To effectively target people who are not currently participating will take a significant amount of cooperation between service providers and will require creative application.

Offering activities in community locations including schools, community centres and village halls can overcome certain barriers e.g. transportation, as can providing or coinciding activities for adults and children in the same location at the same time or providing crèche facilities to overcome childcare issues.

In partnership with all of the existing service providers the setting up of focus groups or information events in community locations will enable consultation to be carried out with users and prospective users of facilities. This will be to determine the types of activities people would wish to participate in and remove the fitness or sports centre stigma.

Organising Come and Try Sessions can introduce the type of activities, which may be suitable to a given location. The key will be to offer a range of activity opportunities with a wide base so the dance, yoga, aquatic programmes, outdoor activities including walking are offered as well as the main fitness and sports based activities.

The result could be the development of activity programmes, following consultation, in a number of locations, which come under the control of the partnership organisations.

It is also imperative that adequate marketing and promotion of the various activities is targeted in such a way as to reach those that they are intended for. This should include the use of IT technology as well as the usual methods such as posters, leaflets, etc..

5.2.9 Angus Health Walks

Angus Council are addressing the promotion and development of Path Networks through their Countryside Access Strategy. In association with Scottish Natural Heritage (SNH), Paths for All, Angus Environmental Trust and Scottish Enterprise Tayside, the council is developing a network of paths in the countryside and in and around burgh towns. Where appropriate the paths are not only made available to walkers but also to cyclists and horse riders. Some paths are recognised for limited use and this is shown by appropriate symbols/signs. The programme is ongoing.

5.2.10 National Jogging Network (New Resources Required)

National Jog Network Initiative: This is a national initiative between, NHS Health (Scotland), Scottish Athletics and sportscotland. The aim is to establish a national jogging network throughout the country, whereby local people would be trained to become leaders and co-ordinators. The programme aims to target those currently inactive and use walking and jogging as a vehicle to introduce them to physical activity and give those that want to the opportunity to access more structured athletics programmes.

The Council has two qualified jogscotland coaches who lead organised sessions catering for runners, joggers and walkers over varying terrains.

Initial programme began in October 2004 solely for council staff but has now developed into a 'community' club with some participants coming from other work places/communities.

5.2.11 People "At Risk" Programmes (Reducing Health Inequalities)

(a) Exercise on Referral

Six out of ten men and seven in ten women are not active enough to benefit their health. The Referral programme will form an important element in the delivery of local action plans to increase the level of physical activity, reduce obesity and help tackle chronic disease. Together with services to reduce smoking and improve diet, these will make an important contribution to improving the nation's health

NQAF 2001

The following 4 categories are considered to be in the 'low risk' category and are being referred at present (agreed by the Steering Group):

- Obese patients BMI>30
- Glucose Intolerance/Type 2 Diabetes
- Depression
- The Young Obese 18 - 25 years

Why Exercise Referral.

- It addresses many well-known medical conditions with physical activity.
- It encourages patients to be more physically active.

- It involves a referral from any member of the practice team followed by a consultation with a Referral Programme Consultant (RPC) at the local leisure centre and a six-week, closely monitored, individually tailored exercise programme.
- It encourages physical activity as part of daily living.

Background funding & partnership set up

In 2001 funding was made available through the Health Improvement Fund and Angus Health for All to re-introduce an exercise referral programme that had been piloted in the late 90's.

Leisure Services operate the scheme in conjunction with colleagues from the local medical/health centres and the Health Promotion Service. A steering group involving representatives from all the participating agencies oversee the operation of the programme.

At present 12 leisure staff have been fully trained and they provide a local service in 6 of the leisure facilities. Regular contact is encouraged between RPCs and named person in the Medical Centres / Health Centres to encourage good communications.

Local Medical/Health Representatives regularly attend the above meetings working in partnership by utilising their training skills and knowledge to deliver training for example in dietetics, mental health issues, gentle keep fit exercise and lifestyle fitness testing.

The Exercise on Referral Programme has received 376 patients since 2003 up to November 2004. The programme is running from strength to strength. A Feedback Forum was held in April 2004 with all Health Representative, Leisure Managers, RPC staff invited. Several workshops were run as part of the day to enable patients that have been involved in the programme to give 'their story'.

Monitoring and Evaluation

The monitoring/evaluation exercise is imperative for all the patients going through the programme. A formal analysis is carried out at the end of the 12 sessions on all patients referred, a copy of this analysis is held on each patient (locked file) with a copy being sent to the named person (medical) that referred the patient. The feedback to medical staff is required to complete the loop. If a patient does not complete the 12 sessions the RPC will contact the patient to find out the reason for the non-return.

An analysis was carried out on the reasons given for the non-return and the development team will aim to address the issues raised by the patients. To ensure that the leisure facilities can provide a service for all patients that have completed the 12 session, all leisure facilities run 2 follow up classes per week to which the patients can attend.

Impact on Citizens

All referred patients are issued with a Routes to Leisure card which provide the customer with easy access to all nine leisure facilities within the Angus Area. The Routes to Leisure card also allows Leisure Management to monitor the use of all patients/customers.

Many patients that have never used a Leisure Facility before the referral scheme have become 'regular' users attending different leisure facilities and some have gone to the extent of joining the council's Direct Debit Membership scheme. The programme has changed the lifestyle of many patients some of whom would never have entered a leisure facility before, let alone use the facilities.

Patients Quote:

"...My self confidence has improved greatly. I can look in the mirror and accept what I see..."

Objectives Achieved ?

The aims and objectives of the partnership have been achieved. The confirmation is evident from the patient's attendance and feedback obtained from clients and staff involved in the project. Through a strong and successful partnership the 'Exercise Referral Programme' has broadened its aims and objectives

(b) Angus long-term exercise programme for people with coronary heart disease

The Angus long-term exercise programme for people with coronary heart disease (CHD) commenced in April 2004 as a result of a partnership between Angus Council Leisure Services, NHS Tayside and Angus Cardiac Group, a patient led support group.

The programme facilitates long-term exercise in people with established CHD by: -

- Enabling access to a supervised exercise class
- Encouraging continuous exercise as part of a healthy lifestyle
- Providing education and support

The National Quality Assurance Framework (2001) emphasises the concept of "...specifically directing a patient through the referral process to personnel and facilities where a tailored exercise programme can be devised and delivered to him or her."

This is based on two assumptions

- Exercise/physical activity is beneficial for a person's health
- Medical professionals can have an influence on a person's behaviour(positive lifestyle change)

Lack of physical activity is a known risk factor for CHD and the promotion of activity can reduce the risk of further cardiac events.

However, people with established disease can find it difficult to access exercise facilities. They may be unsure of what is available in terms of options for exercising. Leisure staff may also be unsure of what exercises are suitable for such clients, should they ask for advice.

In order to address this health inequality, two exercise instructors employed by the Council are now qualified in the British Association of Cardiac Rehabilitation (BACR) exercise qualification. Two further instructors are undergoing training at degree level 4, thus allowing them to lead and develop exercise sessions for people with CHD.

Exercise equipment has been purchased to establish circuit-based sessions at Lochside Leisure Centre, Forfar, Montrose Sports Centre and Saltire Leisure Centre, Arbroath. Defibrillators and validated blood pressure monitors have also been purchased for use at the involved sites and staff have been trained in the use of the new equipment.

A protocol, kept at each of the involved Centres, defines the project and explains the processes of referral, assessment and enrolment, as well as discussing issues related to quality and evaluation and accident and incident reporting.

Clients can be referred to the classes from a number of sources. They can be referred from, for example, hospital exercise sessions, GP Surgeries, any Health Practitioner or

they can refer themselves. Those clients who come from outwith hospital based exercise sessions undergo a comprehensive assessment carried out by a member of the cardiac rehabilitation team, which includes symptom review and a functional capacity test. This ensures an appropriate level of exercise prescription. GP's are notified of the person's intention to exercise (a negative response is deemed as a positive indicator to exercise) and clients are asked to sign a 'Participant's Charter' which notes their agreement to exercise appropriately.

Clients are then passed to the BACR instructor who invites them to attend the class. Classes are currently a circuit-based format but the instructor is qualified to prescribe gym or home based exercises, dependent on the client's requirements. Advice can also be offered on other activities such as aqua aerobics, 'Fit to Live' courses and on games such as badminton.

Clients can be 'tracked' via their 'Routes to Leisure' cards, which are issued at the time of their exercise enrolment. Tracking provides valuable information on the client's visit history indicating where, when and what he/she was participating in.

Almost 100 people are currently on the register of attendance over the three sites and up to 26 people attend each session. Relaxation is taught at the Forfar class and tea and coffee are offered after each session at the three centres. This allows clients to gain support from each other and to meet the health care team who access the class on a regular basis.

This programme thus provides a route into long-term exercising for people with established CHD previously unavailable, thus reducing health inequalities. The programme also ensures healthier, happier and less reliant patients, which reduces the call on NHS Services whilst increasing the use of local leisure facilities.

Many clients who attend the exercise classes have also opted to join the Angus Cardiac Group, who, as well as organising fund raising and social events, also help promote patient involvement via a regular newsletter and informative presentations. This also includes relevant items from Angus Council Leisure Services.

How has this made a difference?

Many participants of the exercise classes have never accessed a leisure centre previously. There are also clients with established CHD who did access, for example, the gym with little or no guidance as to suitable exercises.

In both instances, there are examples of how this project has benefited them. Following advice from the BACR instructor, one lady now accesses two classes per week – the BACR class and aqua aerobics – having never exercised in a leisure centre previously. One gentleman who was already accessing the gym now has the confidence to utilise other, previously unused equipment in a safe and secure environment.

Leisure Services and education staff in cooperation with Angus NHS organise Cardiac Rehabilitation Phase 4 classes with patients being referred from Local GPs. The sessions have become well subscribed and to be able to expand and offer more sessions would require additional staff training, facility access and equipments costs including the acquisition of defibrillators for all locations at which there are Phase 4 classes.

Four additional members of Leisure Centres Section staff have recently successfully completed their Phase 4 training. This increase in available instructors can facilitate an increase in provision of Phase 4 classes in community locations. This will provide the

resources to enable persons who have undergone cardiac trauma to complete their Phase 3 recovery under the direct supervision of cardiac rehabilitation physiotherapy team and have greater options to carry on their rehabilitation programme into Phase 4 and maintenance.

5.2.12 Programmes for Adults in Later Life .

Activities for older adults in community and sheltered housing locations are organised by social work in cooperation with a number of partner groups and organisations. Other established programmes are organised through individual leisure facilities/swimming pools e.g. vintage and classic clubs, aqua-fit sessions, tea dances and gentle exercise classes.

There is a need to re-assess the programmes offered for this particular group and to coordinate them in such a way as to offer the best opportunity for older people to access the type of activity that is appropriate for their needs.

The key to long term success should be through working towards mainstream services aimed at supporting structured and non-structured physical activity sessions across the age groups including the provision of training for staff in elderly, residential and day care units, leisure facilities and voluntary organisations. In addition more emphasis should be placed on monitoring and evaluating the work of such groups.

5.2.13 Provision of Open Play Areas

Angus Council is in the process of upgrading existing play areas throughout the district. Additionally, new interactive play areas such as those located at the seafronts at Montrose and Monifieth have been built. These provide safe and secure environments within local neighbourhoods for children to be physically active. In all there are 106 local equipped play areas (LEAPs). In addition there are numerous unequipped open play areas (LAPs) throughout the county. The play value of the individual play areas has increased from what was previously available allowing more social as well as physical interaction between children. The wide range of new innovative equipment also encourages children to develop loco-motor and coordination skills.

Leisure Services and Angus Child Care Partnership are looking at an all-embracing play strategy for Angus. This would form the basis for bidding into future partnership funding.

5.2.14 Scotland's Health at Work (SHAW)

Healthy workforce initiatives such as SHAW encourage employers to promote health schemes for their workforce. Promoting physical activity is a specific requirement at the silver and gold levels of SHAW. In reality many companies also demonstrate an interest in physical activity at Bronze level. A recent questionnaire to all SHAW companies indicated a strongly felt need for support in terms of developing physical activity and nutrition amongst the workforce.

The NHS Tayside family has been attempting to lead by example recently and has itself begun to gain SHAW awards: the acute sector now has six bronze, primary care has bronze and silver (the latter Royal Victoria Hospital in Dundee) and Tayside NHS Board has bronze and is currently working towards silver.

Angus council as the biggest employer in the area supports programmes catering for a more positive approach to exercise, diet and other forms of non-physical leisure pastimes. These have ranged from signposted stairs to encourage staff to use the stairs

in office accommodation, exercises to carry out at desks, walk or cycle to work initiatives and lifestyle assessments provided by Leisure Centre staff.

Educating staff about what will help them promote their own health will also give them information to use with their service users. The Council have achieved levels of SHAW accreditation (3 gold, 7 silver and 7 bronze) by providing information and practical sessions where appropriate to employees not only on physical activity but on diet and nutrition, alcohol consumption, smoking cessation, recognising and dealing with stress, etc.... either covering the full cost of use or paying a percentage contribution to the cost as a whole.

In addition there have been a number of initiatives involving other employee organisations where staff have been encouraged to access local leisure facilities by the employer and to participate in other activities. Table 5 shown in appendix E shows the number of companies in the Tayside area who have registered to participate in the SHAW scheme.

Specific initiatives which have been supported by SHAW companies have included:

- JogScotland training, to create jog and walk leaders to conduct walks for council and private business staff;
- 'Walking to Work Out' resource pack promoted;
- The promotion of local leisure facilities and the negotiation of membership schemes at reduced rates;
- The production of new stair banners by Health Scotland and a range of posters to promote stair use; these will be distributed to SHAW companies, selected by interest;
- Companies are encouraged to try lunchtime walks, stair challenges, jog routes, and sports/fun days, and also on-site classes such yoga and tai-chi;
- There is support through SHAW for the annual Angus Glens Walking Festival;
- Company participation in annual sponsored events is encouraged; Race for Life, Great Scottish Walk etc.

5.2.15 Physically Active Transport Plans

Transport plans offer considerable potential for health-enhancing physical activity. Cycling and walking can be of suitable intensity, and trips such as commuting to work or travel to school are regular, frequent and often of a suitable length. Travelling by foot has declined over the years but research has found that walking was the activity most likely to fulfil the criteria for a successful intervention, which can be enjoyable and fit easily into every day life leading to health improvement outcomes.

Schemes to promote walking to work and stair usage have been shown to be effective. Likewise the inclusion of proposals for "Green Gyms" can increase activity levels. Finally, school travel plans include improved footways and crossings, pedestrian and cycle training, escort schemes and 'walking buses'.

5.2.16 Sport - Young Peoples Units and Family Support

Leisure Services in conjunction with Social Work & Health operate a scheme whereby free access to local leisure facilities through the Routes to Leisure card scheme can be made available to groups or families. This encourages a proactive approach to the value of exercise in dealing with the likes of social, mental and familial issues.

5.2.17 Health Promoting School

The Scottish Executive has said all Scottish schools will become Health Promoting Schools by 2007. A Health Promoting Strategy was produced with all the relevant information to assist schools in the process. Angus has already made significant progress to ensure that it meets the Scottish executive's target.

At present Leisure Services link into the *Healthy Eating* programme in schools by offering prizes of free access to leisure facilities. Access is again managed through the council's Route to Leisure card system.

5.2.18 Review of Curricular PE Activity

The Scottish Local Authority Network of Physical Education (SLANOPE) will take a number of concerns regarding the provision of, and time spent on physical education, to the current review body. One of the main concerns centres around the lack of core PE for the vast majority of Scottish pupils after the age of 16.

The Report of the Review Group on Physical Education identified that the curriculum could be improved by taking the following steps.

- Developing a coherent 3-18 framework of provision for all
- Linking it with the wider health education agenda
- Supporting and encouraging the provision of a wider range of activities, extending from the traditional
- Developing skills for all children, taking account of individual starting points
- Providing routes for excellence
- Building on new knowledge gained since the current guidelines were developed
- Taking account of pupils' views on what should be made available to them.

From an Angus perspective, the Council is presently considering appropriate ways of implementing the recommendations of the national PE Review including two hours of physical education to all pupils.

5.2.19 Disability & Out of School Hours provision

Programmes that cater for the sporting needs and aspirations of people with a disability must be fundamentally integrated into all programming and delivery policy. Mechanisms need to be encouraged that allow clubs, sporting organisations and facility managers to plan for and support the provision of opportunities for and the aspirations of people with disabilities.

A development officer for recreation and sport for people with disabilities is employed by the council. In conjunction, with other internal and external partners, a wide and varied programme of activities is organised by the officer through Angus Disability Sport. To date the programme has

- Introduced people of all ages with a disability to a wide variety of sporting and recreational activities
- Developed a programme of events that satisfies the needs of local people and mirrors national and international initiatives
- Hosted major sporting events
- Promoted and developed a local volunteer base.

5.2.20 Activity Programmes

Leisure Services operates a number of sports specific development programmes that promote and develop a variety of sports. These cater for people of wide ranging abilities and ages and involve a number of partners including other council departments, national governing bodies, SportTayside, Tayside & Fife Institute of Sport (TFIS), local development groups and clubs.

The creation of sport specific development groups has enabled those involved locally to contribute and to take ownership of the work undertaken by the groups in their respective specialist areas. e.g swimming, cricket, tennis, gymnastics, golf

In a wider context development officers, active schools staff and centre based staff offer holiday and fun time activities and sports specific coaching sessions during the main school holiday periods. The development officers have also supported local clubs in the introduction and development of child protection and coach/volunteer awareness issues. This has included the introduction of **ACE**, the Angus Club Excellence award scheme, which is supported by Angus Sports Council (see appendix F).

5.2.21 Active Schools

Active Schools programmes within primary and secondary schools are managed by an Active Schools Lead Co-ordinator, full-time primary co-ordinators and part-time secondary co-ordinators.

Sport Scotland in partnership with Angus have introduced a jointly-funded position of Active Schools Co-ordinator. The main responsibility of this role is to manage, co-ordinate and implement the Active Schools concept throughout primary and secondary schools.

The main role of the primary co-ordinators is to maintain current, and develop new, methods to encourage children to participate in regular, fun and safe physical activity. These **daily** physical activities can include walking to school, play, dance classes, sports and games. Each co-ordinator is responsible for a group or 'cluster' of primary schools and associated pre-five establishments

Each of the Angus secondary schools has a co-ordinator whose role is to enhance the range and quality of extended curricular sporting provision for young people between 12-18 years within a school and community environment.

Both types of co-ordinator work closely with teaching staff, senior pupils, parents and facility and development staff from Leisure Services to identify the people and places capable of providing new opportunities for activity – from after-school sports to dance, play and active travel.

The intention is that the co-ordinators will play a key role in aligning national programmes such as the Youth Sport Trust TOP Play and TOP Sport programmes, the OSHL/SSC programme, Sporting Champions, the NHS Health Scotland Class Moves programme and SUSTRANS' Safe Routes to Schools programme into a comprehensive whole school approach to physical activity and sport with the aim of achieving the goal of having young people physically active for at least up to 1 hour per day.

5.3 PHYSICAL ACTIVITIES GROUP - EXAMPLES OF GOOD PRACTICE

5.3.1 Facility Provision

The promotion and development of physical activity and sport relies heavily on the availability of suitable indoor and outdoor facilities.

The council operates a number of service level agreements (SLAs) with other departments and other organisations to maintain and operate facilities for the benefit of sport and physical activity. At present

- School based facilities at seven out of the 8 secondary schools in the area are made available throughout the year for evening, weekend and school holiday use.
- Local sports clubs have agreements with the council to manage and operate sports facilities such as football pitches/changing rooms/bowling greens.

Similarly, there are SLAs with various organisations that are geared towards promoting and developing specific sports. For example

- SportTayside
- Arbroath United Cricket Club
- Arbroath Football Club

In addition the council has an SLA with Angus Sports Council.

This is an Angus wide organisation dedicated to promoting and supporting the interests of local sports people. Being an affiliated member of this organisation gives a variety of benefits including discounted rates for club use of leisure facilities and more recently the provision of support to clubs with regard to child protection issues.

5.3.2 Active Schools (sportscotland) and Out of School Hours (Big Lottery Fund) Programmes

A good working relationship has been built up between the officers involved in the management and delivery of the above two programmes. This ensures that the work undertaken is not duplicated and that the officers are aware of each other's plans.

Officers meet on a regular basis to discuss development plans as well as any issues that have arisen. Because the Physical Activity officer was in post prior to the start of the active schools programme part of his remit was to work with schools during the day. His remit has now changed to more of a community role and links have been made between local schools and the active school primary co-ordinators.

5.3.3 Club Development

Sports clubs are often referred to as the backbone of Scottish sport and are the main way that local people engage with sport, at whatever level. Clubs not only provide considerable opportunities for people to enjoy, participate and perform in sport but also provide a chance for children to develop and continue their skills into adulthood. The importance of clubs therefore in the promotion and development of sport and physical activity is in no doubt and is highlighted by the targets in **sportscotland's** strategy Sport 21, the most relevant being:

- TARGET 9 - To have over one million of the Scottish population playing sport in membership of clubs
- TARGET 10 - To sustain 150,000 volunteers in their contribution to the development and delivery of Scottish sport.

Part of the OSHA programme was the appointment of a club development officer whose remit was to encourage a co-ordinated approach to the development of Angus Sports

Clubs. This was to be achieved through a number of objectives one of which was the development of the **ACE** accreditation scheme - the Angus Club Excellence scheme - that assists clubs in providing a safe, secure, child friendly environment. The award scheme shown in appendix F takes into account the recent changes in council letting conditions and new child protection legislation, giving the club the support necessary to take up best practice.

5.3.3 Support for Athletes of a National Standard

National Athlete Support – Angus (NASA)

Recognising the value of local national athletes and the commitment required to reach the highest level in a chosen sport, Angus Council Leisure Services introduced the National Athlete Support Angus scheme (NASA).

This is an initiative designed to offer locally based assistance and recognition to high level athletes. The aim is to offer practical support to athletes who have achieved a national level in their chosen sport, to recognise their achievements and to provide a useful service to these valued members of the local community.

NASA offers free access to leisure facilities, grant aid, free visits to the sports medicine centre, appropriate training courses and assistance with the preparation of sponsorship portfolios.

NASA is organised and administered by the Development Officers in Leisure Services. It is supported by the elected members of Angus Council and by the Council's Leisure Services and Education departments.

5.3.4 Support for Coaches and Helpers

The Angus Coaches Complimentary Entry Support Scheme (ACCESS)

This is a scheme designed to offer locally based assistance and recognition to sport coaches and club helpers, and aims to provide support services for applicants who are committed to developing sport at a local level.

It enables the Council's Development Officers to

- a) maintain an up to date database of qualified, active coaches.
- b) assist in identifying coach education needs.
- c) develop, through time, more highly qualified and professional coaches.

It enables the Club Coaches to

- d) gain free access to Angus Council sports facilities operated by Leisure Services during their voluntary coaching activities
- e) obtain grant aid for coach education courses.
- f) access advice and information on relevant coaching topics.

All club helpers in sports recognised by the **sportscotland** will be eligible to enrol in the Angus Coaches Complimentary Entry Support Scheme (ACCESS).

5.3.6 Coaching Tayside

Is an integrated approach to developing a sports Education and Training programme in Tayside via the local regional partnership. The primary aim of the group is to develop an individual's coaching, officiating and/or administrative skills. The programme is supported by the **SportTayside** partnership involving **sportscotland**, Angus Council, Dundee City Council, Perth & Kinross Council and all the local sports councils.

5.3.7 SportTayside - Regional Sports Partnership

SportTayside, formally known as Tayside Sports Development Group (TSDG) was established in 1994 to accelerate the development of sport throughout Tayside. The partnership originally consisted of **sportscotland**, Angus Council, Dundee City Council, Perth and Kinross Council, their respective local sports councils and Perth and Kinross Leisure.

The aim of the organisation is to enhance the infrastructure of sport at local and regional level by integrating resources, raising the profile of sports development, sharing best practice and utilising the network of expertise available. This will ultimately contribute to delivering against key targets outlined in the national strategy for sport, Sport 21: 2003-2007.

SportTayside recognises the continued need to develop meaningful partnerships between national governing bodies of sport, **sportscotland**, local authorities, the Tayside and Fife Area Institute of Sport and other service providers such as colleges and Universities.

Building on the successes and lessons learnt from the past, the partnership conducted a review that resulted in a new strategic direction and name change with **SportTayside** being launched in January 2003. More recently (2005) saw the inclusion of Fife Council into the partnership and a reorganisation of the management and operational staffing structure to take it forward over the next few years.

5.3.8 Tayside & Fife Institute of Sport

There are six Area Institutes of Sport in Scotland, which form an integral part of the Scottish Institute of Sport network. Officially launched in November 2000, they were set up to offer Scotland's most promising young athletes access to essential support services, wherever they live, work or train. The network aims to provide selected athletes with individually tailored programmes designed to help to improve their performances, achieve selection to the Scottish Institute of Sport, and ultimately develop their potential to reach the top level in their chosen sport.

The Tayside & Fife Institute of Sport is the local one and is supported by **sportscotland**, Angus Council, Dundee City Council, Perth and Kinross Council, Dundee University and Fife Council.

5.4 MATRIX SHOWING CURRENT LEVEL OF PROVISION

DEPT/AREA	ACTIVITY	PARTNERS	DESCRIPTION
Pre-Primary School			
Education	Physical Activity.	All Schools with nursery provision. Private nurseries	All schools provide a physical activity programme that caters for a variety of activities.
Education	Active Schools programme	Active Schools Team, all schools, Leisure Services, Angus Health Board, Angus Police, Community groups, volunteer organisations, parents, local sports bodies, SportTayside	A network of Active Primary School Co-Ordinators established through school clusters (1 co-ordinator per cluster) support a programme of physical activities aimed at all pupils within school nurseries.
Education	Playground games	School and support staff – including parents and Active Schools Co-ordinators	Pupils encouraged to participate in a variety of traditional and new activities.
Education	Active Travel	Partners – schools, parents, School Travel Co-ordinator, Angus Police and Roads Department	Encourage pupils to walk (walking buses) or cycle to school. Safer Routes to School guidance in place School Travel Plans to be implemented by 2007
Primary / Secondary School			
Education	Physical Education in the curriculum.	All Schools	All schools provide a physical education programme that caters for a variety of activities that include indoor/outdoor sports, outdoor pursuits and individual and team activities, including dance. There is also provision for primary schools to access local sports centres and swimming pools to use/experience enhanced facilities.

DEPT/AREA	ACTIVITY	PARTNERS	DESCRIPTION
Education	Active Schools Programme – extra curricular activities	All schools, Leisure Services, Angus Health Board, Angus Police, Community groups, volunteer organisations, parents, local sports bodies, SportTayside	Programme of extra curricular activities (sporting/non sporting) aimed at all pupils. A network of active school co-ordinators established through school clusters 1 primary co-ordinator for each primary school cluster and 1 p/t co-ordinator (1 day/week) appointed to each secondary school.
Education	Daily Physical Activity Programme	Primary Schools	A programme designed to have children doing up to 20 minutes physical activity during each school day in primary schools.
Education	Top Play/Top Sport Programme - a joint Lottery Programme divided into School and Community based programmes.	Education, Leisure Services	Development Plan in operation to train both school staff and community volunteers to help develop after school sport/activity sessions. Primary school staff have had training on use of resources.
Education	Playground games	School and support staff – including parents and Active Schools Co-ordinators	Pupils encouraged to participate in a variety of traditional and new activities.
Education	Active Travel	Partners – schools, parents, School Travel Co-ordinator, Angus Police and Roads Department.	Encourage pupils to walk (walking buses) or cycle to school Safer Routes to School guidance in place School Travel Plans to be implemented by 2006.
Education	Exercise Referral - future development	Links with schools, parents health professionals, and Leisure Services	To develop schemes for pupils who have health risks which could be helped through participation in physical activity.
Education	Pupil Action Plans - Still to be developed Health Promoting School Plans	Schools, EDS	Participation in physical activity is an integral part of a Health Promoting School
Education	Out of School Care	Angus Child Care Partnership Angus Out of School Care Network.	The project delivers a range of innovative and exciting learning opportunities through <i>Out of School Clubs</i> . Activities will take place during term time and school holiday time - the majority on site at the <i>Out of School Clubs</i> . The activities will mainly be based

DEPT/AREA	ACTIVITY	PARTNERS	DESCRIPTION
Education			on three topics - arts and drama, sport & leisure and countryside; all with an educational twist. This will enable children to take part in new activities encouraging them to see that learning is fun, boosting personal and social development.
Education		Angus Out of School Care Network	Development of Play@ Home programme. Development of physical activity clubs and further use of Daily Physical Activity pack.
Education		Health Staff, Toddler Development Worker, Crèche workers, play workers and staff in pre-school age groups.	
Education	Duke of Edinburgh Award Scheme	Schools Community Groups	For individuals to improve existing & new skills, achieving personal goals , helping others
Education	Youth Club initiatives	Youth Clubs, Voluntary groups	Develop activity sessions incorporating dance, music, etc..
Education	Outdoor Education Service	Leisure Services Various activity centres	Provide an outdoor education programme for groups. Hire of equipment. Coach/instructor Education programmes
Adults Working Age			
Adults in Later Life			

HOMES

Pre-Primary School			
Education	Out of School Care	Angus Child Care Partnership	The project delivers a range of innovative and exciting learning opportunities through <i>Out of School Clubs</i> . Activities will take place during term time and school holiday time - the majority on site at the <i>Out of School Clubs</i> . The activities will mainly be based on three topics - arts and drama, sport & leisure and countryside;

				all with an educational twist. This will enable children to take part in new activities encouraging them to see that learning is fun, boosting personal and social development.
Education	Development of Play@ Home programme.	Angus Out of School Care Network		Development of activity clubs and further use of Daily Physical Activity pack.
Social Work & Health	Family Support services	Education Leisure Services		Easier access to leisure facilities where the activities form part of the overall support particularly for children who are looked after.
Primary / Secondary School				
Leisure Services	Active Steps programme	Social Work & Health, Education, Angus Police, Voluntary organisations,		Part of Angus Youth Justice Strategy. Sport and leisure activity based programmes 3 F/T development workers heavily involved in early intervention and diversionary work. Primary function is to support young people, helping them to integrate back in to the community and to prevent them from escalating on the offending spectrum. Officers work with other partnership agencies from the statutory and voluntary sectors to promote personal and social development on a one-to-one or group work basis.
Social Work & Health	Family Support services	Social Work & Health, Leisure Services		Easier access to leisure facilities where the activities form part of the overall support particularly for children who are looked after.
Adults Working Age				
Social Work & Health	Resource Centres and Residential Units Various sports and activities	Leisure Services Community Education Voluntary Sector		A wide range of physical activities provided as part of activity programmes designed to enable service users to become more independent within the communities in which they live, to provide positive family experiences and to provide well being.
Social Work & Health	Family Support services	Social Work & Health Leisure Services		Easier access to leisure facilities where the activities form part of the overall support given to families. Access provided for parents/guardians and children.
Adults in Later Life				
Social Work & Health	Family Support services	Social Work & Health, Leisure Services		Easier access to leisure facilities where the activities form part of the overall support given to families. Access provided for parents/guardians and children.

COMMUNITIES

Pre-Primary School			
Leisure Services Education	Operate programmes to promote and develop coaching and parent/young child classes.	Leisure Services National Governing Bodies	Facility based programmes that encourage promotion and development of facility based activities for recreational and instructional activities.
Leisure Services Education	Operate activity and coaching programmes during holiday periods	Leisure Services National Governing Bodies	Cater mainly for pre-school and school aged children during main school holiday periods
Sports Development	Sports Development programme that is operated by a group of officers who work in conjunction with a variety of clubs and other organisations at local, regional and national level. The programme caters for a wide range of age groups and abilities – a continuum dealing with mass participation at one level through to performing at the ‘excellence’ level.		
Leisure Services	TOPS Programme	Schools/nurseries Out of School Hours Clubs Activity Clubs in rural areas	Development Plan in operation to train community volunteers to help develop after school sport/activity sessions
Leisure Services	Promotion and development of play areas	Leisure Services	Development of new informal play areas in towns including skater facilities.
Leisure Services	Cycle Routes	Leisure Services	Measured cycle routes in Forfar, Carnoustie and Montrose areas. Leaflets available.
Leisure Services	Informal Play	Leisure Services Education	Improvements to existing and development of new play areas. Introduction of mobile playground and half pipe.
Leisure Services	Angus Walking Festival	Economic Development and Local businesses	4 day festival in May/June providing 21 lead walks in the Angus Glens.
Leisure Services	Countryside Ranger Services Events Programme and rangering duties	Scottish Natural Heritage	Provide a wide range of organised activity and water sports in the country parks and countryside. Provide support to users whilst rangering the Path network.
Planning & Transport	Paths For All Programme	Paths for All Partnership. Scottish Natural Heritage. Angus Environmental Trust. Scottish Enterprise Tayside. Aberdeenshire Council The European Regional Development Fund (ERDF)	A network of paths in the countryside around the Angus Burghs and the Angus Coastal Footpath. Where appropriate the paths are accessible to cyclists and horses as well as to walkers

Planning & Transport	Angus Coastal Path	Scottish Natural Heritage. Angus Environmental Trust. Scottish EnterpriseTayside.	The provision of a joint footway/cycleway along the length of the Angus coast, off-road for much of the way
Planning & Transport	Eastern Cairngorms Access Project	Angus Council Upper Deeside Access Trust Heritage Lottery Fund	Development of (a) Low ground community paths around Brechin and Kirriemuir. (b) High quality path networks within and between the glens.
Primary / Secondary School			
Leisure Services Education	Operate programmes to promote and develop casual and club sport. Includes OSHA programme	Leisure Services Active Schools' Team National Governing Bodies SportTayside	Facility based physical activity programmes that encourage casual use by pupils aged 5 –16 , promotion and development of club based activities for recreational and competitive sport and development of junior sections within existing clubs.
Leisure Services	Operate activity and coaching programmes during holiday periods	Leisure Services Active Schools' Team National Governing Bodies	Cater mainly for pre-school and school aged children during main school holiday periods
Leisure Services	Exercise Referral programme	Leisure Services NHS Tayside (Primary Health Care/Health Promotion) Education	A programme focusing on patients in specific categories – those showing a glucose intolerance (a precursor to Type II Diabetes), obese patients with a Body Mass Index greater than 30, those suffering from depression and the young obese.
Leisure Services	Sport and Recreation for People with Disabilities	Angus Disability Sport (ADS) Angus Special Olympics Scottish Disability Sport (SDS) Social Work & Health, Education, Various voluntary organisations....	Angus Disability Sport feeds into Angus wide group and then into the national level with Scottish Disability Sport At a local level weekly activity programmes feed into regional level and then into national groups. Cater for different ability groups
Leisure Services	Football	Leisure Services Education Dept. Scottish Football Association Local clubs.	Sports specific officer operates a development programme for the sport in Angus. Includes involvement in Angus schools, pre school and after school coaching groups,

Leisure Services	Active Steps programme	Leisure Services, Social Work & Health, Education, Angus Police, Voluntary organisations,	Development squads at different age groups and Coach Education programmes
Leisure Services	Mainstream sports (strand 1) basketball, women and girls football, athletics and hockey. Strand 2 sports – badminton, cricket, swimming, tennis and rugby.	SportTayside. consultation on a Angus-wide scale has taken place with Education, sport clubs, national governing bodies, sportscotland, TFIS.	Part of Angus Youth Justice Strategy. Sport and leisure activity based programmes 3 f/t development workers heavily involved in early intervention and diversionary work. Primary function is to support young people, helping them to integrate back in to the community and to prevent them from escalating on the offending spectrum. Officers work with other partnership agencies from the statutory and voluntary sectors to promote personal and social development on a one-to-one or group work basis.
Leisure Services	Swimming in Angus	Swimming Development Group including reps from Education, SASA, local clubs. Links into SportTayside and TFIS	3 year development plans have been put in place for strands one sports. A further 5 strand 2 sports. An audit of these sports is scheduled to take place in the next few months
Leisure Services	Gymnastics in Angus	Gymnastics Development Group including reps from education, SAGA, local clubs. Links into Taygym and...	Swimming development plan in operation Classed as a strand 2 sport with SportTayside.
Leisure Services	Cricket In Angus	Cricket Development Group including reps from education, cricketscotland, local clubs.	Gymnastics development plan in operation
Leisure Services	Tennis in Angus	Angus Development group Links into local clubs, the Midlands District and tennisscotland	Cricket development plan in operation. Classed as a strand 2 sport with SportTayside. Currently revising development plan. Classed as a strand 2 sport with SportTayside.

Physical Activity Strategy for Angus 2006

Leisure Services	Golf in Angus	Leisure Services linking into the Golf Foundation and local Golf Clubs. Education	Development Plan in operation - Focuses on Youth Development.
Leisure Services	TOPS Programme	Joint Lottery Programme divided into School and Community based programmes.	Development Plan in operation to train both school staff and community volunteers to help develop after school sport/activity sessions.
Leisure Services	Club Development	Leisure Services SportTayside	Work with clubs to introduce/develop youth sections . Introduce and develop the Angus Club Excellence Award.
Leisure Services	Cycle Routes Take up cycling	Leisure Services "Try Cycling Angus" (NOF programme) Roads Department	Measured cycle routes in Forfar, Carnoustie and Montrose areas. Leaflets available. Development programme in place. Signed on-and off-road tracks (eg North Sea Cycle Route). Provision of cycle racks, toucan crossings, cycle shelters at schools, etc..
Leisure Services	Operate activity and coaching programmes during holiday periods	Leisure Services National Governing Bodies SportTayside Angus Disability sport Scottish Disability Sport Angus Childcare Partnership	Cater mainly for school aged children during school holiday periods. Programme includes outreach programme in rural areas.
Leisure Services Education	Outdoor Activities	Country Park staff Community Education Schools	Water sports Environmental activities – guided walks, walking, orienteering, Holiday activities for children eg games, trails, raft building, conservation projects and exploration.
Leisure Services	Promotion and development of play areas	Leisure Services	Development of new informal play areas in towns including skater facilities.
Education	Duke of Edinburgh Award Scheme	Schools Community Groups	For individuals to improve existing & new skills, achieving personal goals , helping others
Education	Youth Club initiatives	Youth Clubs, Voluntary groups	Develop activity sessions incorporating dance, music, etc..

Education Leisure Services	Outdoor Education Service	Various activity centres	Provide an outdoor education programme for groups. Hire of equipment. Coach/instructor Education programmes
Planning & Transport	Paths For All Programme	Paths for All Partnership Scottish Natural Heritage Angus Environmental Trust Scottish Enterprise Angus	A network of paths in the countryside around the Angus Burghs. Where appropriate the paths are accessible to cyclists and horses as well as to walkers
Planning & Transport	Angus Coastal Path	Scottish Natural Heritage. Angus Environmental Trust. Scottish Enterprise Tayside.	The provision of a joint footway/cycleway along the length of the Angus coast, off-road for much of the way
Planning & Transport Roads	Eastern Cairngorms Access Project	Angus Council Upper Deeside Access Trust Heritage Lottery Fund	Development of (a) Low ground community paths around Brechin and Kirriemuir. (b) High quality path networks within and between the glens.
Leisure Services Education	Pricing Policy	Leisure Services Education	A unitary pricing policy that offers a variety of reductions that will help to encourage greater participation. Members of sports clubs who are affiliated to Angus Sports Council receive a discount on the costs of using the leisure facilities. Education operate a charging system that offers free use or concession rates to specific groups.
Adults Working Age			
Leisure Services	Operate programmes to promote and develop casual and club sport	Leisure Services Community Learning & Development service National Governing Bodies Sport Tayside	Facility based programmes that encourage (a) casual use by people of all ages and abilities and (b) promotion and development of club based activities for recreational and competitive sport
Education	Outdoor Education Service	Leisure Services, Community Education, Various Activity Centres	Provide an outdoor education programme for groups. Hire of equipment. Coach/instructor Education programmes
Leisure Services	Exercise Referral programme	Leisure Services NHS Tayside (Primary Health Care/Health Promotion) Education	A programme focusing on patients in specific categories – those showing a glucose intolerance (a precursor to Type II Diabetes), obese patients with a Body Mass Index greater than 30, those suffering from depression and the young obese.

Leisure Services	Cardiac Rehabilitation	NHS Tayside Angus Cardiac Group (voluntary organisation)	Provide opportunity for customers with coronary heart disease to participate in long term exercise plan.
Leisure Services	Sport and Recreation for People with Disabilities	Angus Disability Sport (ADS) Angus Special Olympics Scottish Disability Sport (SDS) Social Work & Health, Education, Various voluntary organisations....	Angus Disability Sport feeds into Angus wide group and then into the national level with Scottish Disability Sport At a local level weekly activity programmes feed into regional level and then into national groups. Cater for different ability groups
Leisure Services	Football	Leisure Services Education Dept. Scottish Football Association	Sports specific officer operates a development programme for the sport in Angus. Includes involvement in Angus schools, pre school and after school coaching groups, Development squads at different age groups and Coach Education programmes
Leisure Services	Mainstream sports (strand 1) basketball, women and girls football, athletics and hockey. Strand 2 sports – badminton, cricket, swimming, tennis and rugby.	SportTayside. consultation on a Angus-wide scale has taken place with Education, sport clubs, national governing bodies, sportscotland , TFIS.	3 year development plans have been put in place for strands one sports. A further 5 strand 2 sports. An audit of these sports is scheduled to take place in the next few months
Leisure Services	Swimming in Angus	Swimming Development Group including reps from Education, SASA, local clubs. Links into SportTayside and TFIS	Swimming development plan in operation Classed as a strand 2 sport with SportTayside.
Leisure Services	Gymnastics in Angus	Gymnastics Development Group including reps from education, SAGA, local clubs. Links into Taygym and...	Gymnastics development plan in operation
Leisure Services	Cricket In Angus	Cricket Development Group including reps from education, cricketscotland, local clubs.	Cricket development plan in operation. Classed as a strand 2 sport with SportTayside.

Leisure Services	Tennis in Angus	Angus Development group Links into local clubs, the Midlands District and tennisscotland	Currently revising development plan. Classed as a strand 2 sport with SportTayside.
Leisure Services	Coach Education Programme - Operate tuition programmes in a variety of sport and leisure activities	Leisure Services National Governing Bodies sportsotland SportTayside/Coaching Angus Dundee City Council Perth & Kinross Council Linked in with sportscoach UK	Support coaches and volunteers in their personal development and who wish to help in the promotion and development of sport and physical activity.
Leisure Services Roads Dept.	Cycle Routes	Leisure Services Roads Dept.	Measured cycle routes in Forfar, Carnoustie and Montrose areas. Leaflets available. Signed on-and off-road tracks (eg North Sea Cycle Route). Provision of cycle racks, toucan crossings, cycle shelters at schools, etc..
Leisure Services Education	Outdoor Activities	Country Park staff Community Learning & development Services Schools	Water sports Environmental activities – guided walks, walking, orienteering, Holiday activities for children eg games, trails, raft building, conservation projects and exploration.
Planning & Transport	Paths For All Programme	Paths for All Partnership Scottish Natural Heritage Angus Environmental Trust Scottish Enterprise Angus	A network of paths in the countryside around the Angus Burghs. Where appropriate the paths are accessible to cyclists and horses as well as to walkers
Planning & Transport	Angus Coastal Path	Scottish Natural Heritage. Angus Environmental Trust. Scottish EnterpriseTayside.	The provision of a joint footway/cycleway along the length of the Angus coast, off-road for much of the way
Planning & Transport	Eastern Cairngorms Access Project	Angus Council Upper Deeside Access Trust Heritage Lottery Fund	Development of :- low ground community paths around Brechin and Kirriemuir. High quality path networks within and between the glens.
Leisure Services	Pricing Policy	(1) Leisure Services (2) Education	(1) A unitary pricing policy that offers a variety of reductions that will help to encourage greater participation. Members of sports clubs who are affiliated to Angus Sports Council receive a discount on the costs of using the leisure facilities. (2) Education operate a charging system that offers free use or concession rates to specific groups.

Adults in Later Life			
Education	Outdoor Education Service	Leisure Services, Community Education, Various activity centres	Provide an outdoor education programme for groups. Hire of equipment. Coach/instructor Education programmes
Leisure Services	Operate programmes to promote and develop casual and club sport	Leisure Services National Governing Bodies SportTayside	Facility based programmes that encourage casual use by people of all ages and abilities and promotion and development of group based activities for recreational sport and fitness orientated sessions.
Leisure Services	Exercise Referral programme	Leisure Services NHS Tayside (Primary Health Care/Health Promotion) Education	A programme focusing on patients in specific categories – those showing a glucose intolerance (a precursor to Type II Diabetes), obese patients with a Body Mass Index greater than 30, those suffering from depression.
Leisure Services	Cardiac Rehabilitation	NHS Tayside Angus Cardiac Group (voluntary organisation)	Provide opportunity for customers with coronary heart disease to participate in long term exercise plan.
Leisure Services	Sport and Recreation for People with Disabilities	Angus Disability Sport (ADS) Angus Special Olympics Scottish Disability Sport (SDS) Social Work & Health, Education, various voluntary organisations....	Angus Disability Sport feeds into Angus wide group and then into the national level with Scottish Disability Sport At a local level weekly activity programmes feed into regional level and then into national groups. Cater for different ability groups
Leisure Services	Coach Education Programme - Operate tuition programmes in a variety of sport and leisure activities	Leisure Services National Governing Bodies, Sport scotland, SportTayside/Coaching Angus Dundee City Council Perth & Kinross Council Linked in with sportscoach UK	Support coaches and volunteers in their personal development and who wish to help in the promotion and development of sport and physical activity.
Leisure Services Roads Dept.	Cycle Routes and walking	Leisure Services Roads Dept	Measured cycle routes in Forfar, Carnoustie and Montrose areas. Leaflets available. Large network of footpaths and cycleways around the towns and along the coast and in the upland areas. Signed on-and off-road tracks (eg North Sea Cycle Route). Provision of cycle racks, toucan crossings, cycle shelters at schools, etc..
Leisure Services	Outdoor Activities	Country Park staff Community Education Schools	Water sports Environmental activities – guided walks, walking, orienteering, Holiday activities for children eg games, trails, raft building, conservation projects and exploration.

Leisure Services	Outdoor Education Service	Leisure Services Various activity centres	Provide an outdoor education programme for groups. Hire of equipment, Coach/instructor Education programmes
Planning & Transport	Paths For All Programme	Paths for All Partnership Scottish Natural Heritage Angus Environmental Trust Scottish Enterprise Angus	A network of paths in the countryside around the Angus Burghs. Where appropriate the paths are accessible to cyclists and horses as well as to walkers
Planning & Transport	Angus Coastal Path	Scottish Natural Heritage. Angus Environmental Trust. Scottish Enterprise Tayside.	The provision of a joint footway/cycleway along the length of the Angus coast, off-road for much of the way
Planning & Transport	Eastern Cairngorms Access Project	Angus Council Upper Dee-side Access Trust, Heritage Lottery Fund	Development of <ul style="list-style-type: none"> • low ground community paths around Brechin and Kirriemuir. • High quality path networks within and between the glens.
Leisure Services	Pricing Policy	Leisure Services Education	(1) A unitary pricing policy that offers a variety of reductions that will help to encourage greater participation. Members of sports clubs who are affiliated to Angus Sports Council receive a discount on the costs of using the leisure facilities. (2) Education operate a charging system that offers free use or concession rates to specific groups.

WORKPLACES

Adults Working Age			
Corporate	Scotland's Health at Work (SHAW)	Angus Health Promotion Council Departments	A national award scheme committed to improving the health and ultimately the performance of the workforce. The scheme brings benefits to employers as well as employees by helping create a healthier, more motivated workforce and reducing sickness absence.
Leisure Services	Corporate membership of leisure facilities	Leisure Services Private businesses NHS Tayside Angus Council	Businesses pay for staff to make use of leisure facilities. Part payment or full payment is made on behalf of the staff who make use of the facilities.
Adults in Later Life			

CHAPTER SIX RURAL AREAS

ISSUES BARRIERS DELIVERY METHODS – EXAMPLES FLEXIBILITY IN UTILISING RESOURCES

6. Issues

The main issues with regard to the promotion and development of physical activity for people living in rural areas primarily relate to equality of access, the range of choices available and the costs incurred when compared to others who live in urban areas.

6.1 Barriers that have been recognised in the Angus area

- **Transport**
 - the lack of an adequate public transport network, in some areas of Angus linking rural communities and the main urban centres.
 - travel time required to reach facilities and venues whether it be by public or private transport.
- **Costs**
 - Travel costs can significantly increase the cost of participating in an activity programme.
 - Participating costs - too high a cost and regular participation is unattainable. No cost and the programme or activity is not seen to have any value.
- **Availability of suitable rural facilities (village halls, schools, etc..)**
 - many existing facilities in rural areas, although accessible, are often limited by the physical constraints imposed by the design and age of the building. These factors dictate the number of and the diversity of activities that can take place.
 - Many facilities are old and do not contain suitable ancillary facilities that cater for today's user eg. changing and showering accommodation, adequate heating & ventilation, storage space, security, etc...
- **Development staff, coaches and volunteers in rural areas.**
 - Most activities that take place in rural areas are the result of a commitment made by one or more enthusiastic volunteers and/or of a wider initiative undertaken by the local authority or a volunteer organisation.
 - It is recognised that suitably qualified staff and an adequate pool of volunteers and helpers are needed in rural areas. However, there are implications with regard to availability, cost implications, support provision e.g. training needs, etc...
- **Safety and security and supervision**
 - Although it may be regarded as a relatively new phenomenon, there is a major concern surrounding the welfare of children under the care of individuals and the suitability of those individuals with regard to child protection. The Protection of Children (Scotland) Act 2003 aims to improve the safeguards for children by preventing unsuitable people from working with them. The Act allows Scottish Ministers to set up the Disqualified from Working with Children List which came into operation on 10 January 2005.

- The introduction of the Act and the 'Disclosure' process both have a bearing on the development of physical activity opportunities for children and vulnerable adults.
- Additional support facilities.
 - e.g. provision of facilities at a cost effective price such as crèches or equipment that would make it easier for people with disabilities to participate in sport*.
 - * not necessarily access issues.

6.2 Examples of a number of ways in which the sustainable delivery of physical activity within rural areas can be achieved

6.2.1 Facility Provision

The development of an infrastructure of geographically located focal points for service delivery with a supporting network or cluster of smaller community facilities provides a facility framework upon which local initiatives can be introduced and developed. These focal points will provide the standards of provision required to meet the needs of most sports and physical activities. However, they will be supported by schools and community facilities which will be targeted and invested in the future to provide local delivery points.

These local delivery points provide the facilities for a variety of local youth organisations, clubs for senior citizens, people with disabilities, mum & toddlers groups, etc...

In addition facilities can include items other than 'buildings' . e.g. footpaths, cycleways, adventure trails, etc.

- All of the burgh towns have indoor leisure facility provision located in leisure facilities and/or in the local secondary schools and act as the focal points. All have good access. Further new and refurbished school projects in Forfar and Carnoustie will increase the range of facilities available for use in 2007/08.
- There are a number of rural halls (local delivery points) that can be used for activity based programmes but these range in quality and size from those that have been recently built to others that have been refurbished and yet others that are needing upgraded.
- Over the next few years path networks will be created around each of the Angus burghs. The Forfar path network has been completed and the Arbroath path network will be signposted shortly. Work is now underway on the first phase of the Brechin path network and proposals are being developed for a network around Kirriemuir. The Brechin and Kirriemuir networks are being developed as part of the **Eastern Cairngorms Access Project**. Initial consultation on the Montrose path network is underway. Initial consultation on the Carnoustie and Monifieth networks will take place later this year.

6.2.2 Rural Summer Active Clubs

These 'clubs' Cater for children aged between 5-12 years during the school holiday period whereby children can participate in fun sports and activities in a number of rural venues across Angus.

6.2.3 NOF Physical Activity Programme

A Physical Activity Officer is employed to develop links between schools and local communities. A number of village facilities are being used to promote and develop a wide range of activity programmes.

6.2.4 TOP Play and TOP Sport

One of the main aims of TOP Play and TOP Sport is to support all school-age children in increasing their activity levels, skill levels and to encourage their involvement in sport. The programmes are structured at two levels:

TOP Play is designed to foster the natural desire of young children aged 4-9 years to be active and is an introduction to the core skills and fun element of sport.

TOP Sport focuses on introducing specific sports to children aged 7-12 years (currently working with basketball, cricket, hockey, netball, rugby and tennis). TOP Sport is complemented by resource packages for athletics, dance, fitness, outdoor activities, gymnastics and swimming. (Multi-sport cards and equipment are also available for Invasion Games and Net/Wall Games.)

Education and Leisure Services have implemented a Tops development initiative combining resources to operate both curricular and community programmes that attract primary schools teachers and parents. They become involved with the running of after school sports sessions, expanding the programme so that young people progress along a sporting pathway that will ultimately take them from the school environment to the club environment. All deliverers of the Tops Community Programme must possess the basic coaching award from the governing body of the sport they intend to deliver. Parents, carers and other volunteers may assist on programmes but before doing so must attend a local TOP programme training course and should be encouraged to work towards obtaining a recognised qualification e.g. CSLA, NGB Award.

6.2.5 Local Ownership

As the name suggests the objective in relation to a number of these activities is to engage, train and develop local, self-sufficient groups that will take forward particular activities that arise due to their topical, seasonal or subject led nature.

6.2.6 Volunteer Training

There is a general recognition that the current volunteer base is getting 'older' and demand outstrips supply for many organisations or groups needing volunteer support. Considerable difficulty is often experienced in seeking to recruit suitably qualified coaches, officials and administrators. There are a number of reasons for this but essentially there is a need to increase the number of volunteers, particularly more younger people, into the field. To do this a more co-ordinated approach must be taken to provide volunteers and potential volunteers with the support and necessary skills they need to continue to give their time, expertise and experience to the many clubs and groups that operate in rural areas.

Under this initiative the cost of participation on a course leading to a recognised award is funded directly in exchange for an agreed number of training hours once qualified.

- Angus currently operates the Angus Coaches Complimentary Entry Support Scheme (ACCESS) programme. This is available to coaches and club helpers living

in the Angus area. It offers existing coaches or those individuals interested in becoming coaches the opportunity to gain qualifications in sports. The council also offer people the opportunity to update their knowledge and skills by participating in nationally recognised courses. Grant assistance is available.

- The physical activity development programme in rural areas is also looking at options to help develop the volunteer base as is the work currently undertaken by the Club Development officer who is helping to develop club sport.

6.2.7 Transport

Angus has a local transport strategy that in part place emphasis on measures to enhance accessibility whilst also encouraging more use of walking, cycling and public transport.

Strategic aims include the promotion of walking and cycling as important healthy modes of travel throughout the council area and the need to encourage people to cycle more, particularly for journeys to work and school. In addition, in order to prioritise walking within an integrated transport system, the council is developing path for all networks and other initiatives such as "Safer Routes To School". The council is also pursuing public rights of way and work in partnership with other organisations and individuals to develop footpaths and secure access around cities, towns and villages, in coastal and in upland areas.

- Community Education minibuses can be used on a self drive basis by all voluntary groups who qualify for community education grant assistance. Leisure Services operate a minibus that can be used by community groups. Single sport or single activity organisations cannot access these buses.
- Angus Council actively publicise public transport services providing timetables at all local libraries, ACCESS Offices and Tourist Information Centres. Information is also available on-line, including a journey planning facility on the Angus Council website and specifically for younger people on the Young Scot portal.
- The Angus Council journey planner has on it all Angus Council sport centres with details of their nearest bus stops and walk links.
- Future versions of the Town Bus Maps for each of the Angus towns will show the locations of sport centres to improve the public knowledge of the availability of services to these facilities.
- Demand responsive services introduced recently in and around Kirriemuir on Tuesdays and Thursdays allow access to leisure facilities not previously accessible by public transport.
- The Taxicard Scheme allows people with permanent and severe mobility difficulties, who are unable to use public transport (i.e. a bus) and who have no other means of transport, to travel by taxi at reduced fares. The Taxicard which must be booked in advance, can be used at any time day or night, any day of the year. You can go anywhere in Angus with your Taxicard. Taxicard holders will pay 50% of the fare for every journey made under the scheme, as long as the total amount on the meter is no more than £10. For fares over £10, the Taxicard holder will pay £5 plus the amount on the meter over £10 and can take up to three friends one will travel free but any others will pay 50p each. They must travel to and from the same place as the card holder.
- **Parent Networks**
Performance sport has particular problems in bringing people together to participate in squad training. It is currently recognised that parent networks are often the only way of providing the necessary transport. This approach however can raise Child Protection issues. Consequently, there is a need for parents and clubs to be aware

of the current issues so that they can make reasoned decisions in the light of the information available.

- Leisure Services has introduced an accreditation award system for clubs that deal with child protection, club development and health & safety issues. In addition the service also works with Angus Sports Council to promote courses for coaches, parents, helpers, club officials, etc., that highlights these issues.
- **Mobile Provision**
There exist a number of notable developments whereby access to services is provided by means of specifically adapted mobile units. This approach is common in the health service and there are other examples in relation to mobile cinemas and more appropriately portable football courts.
- The council currently operates a 'tow about' – a mobile playground that can be used by communities where there is limited or no access to play equipment. A mobile half pipe for skaters has also recently been introduced and will be used in those areas that currently do not have a permanent skate park area. It is envisaged that both pieces of equipment will be used in both rural and burgh town areas. Access is also available to other 'mobile' equipment such as portable football courts and inflatables that can be used as part of a rural activities programme.

6.3 Flexibility

For those living in rural areas there is a need to create flexible provision that offers a wide range of opportunities similar to those that are provided for people who live in urban areas. Whilst there may be a number of ways in which this can be achieved, the most effective approach would appear to be to offer a service that allows people to utilise existing resources in the urban areas within Angus, yet at the same time, provide the wherewithal to create sustainable programmes in the rural areas.

The success of this approach is subject to :-

- Investment in the provision of new, or the upgrading of, existing physical resources (e.g footpaths, cycle ways,) and investment/ rationalisation of the village hall/school/ community facilities necessary to provide 'model' local delivery points
- The promotion and development of a skilled work force comprising people from the voluntary and paid sectors.
- Effective co-ordination of existing services and resources and combining them with opportunities that may arise as a result of new funding initiatives being made available.

CHAPTER SEVEN GAPS IN PROVISION

INTRODUCTION MATRIX of GAPS

The following information is based on the audit undertaken as part of the physical activity best value review exercise carried out in 2005. Consistency in approach has been ensured by following the same format as the original audit. It is anticipated that the information will be the corner stone of future development plan initiatives over the next five years.

7.1 Angus

ANGUS COUNCIL PHYSICAL ACTIVITY REVIEW GAPS IN PROVISION				
	Pre-Primary School Age Group 0-4	Primary/Secondary School Age Group 5-18	Adults of Working Age Group Up to 55	Adults in Later Life Age Group 55+
SCHOOLS				
Current Status GAPS	<p>Partial</p> <p>There is a lot of development work being undertaken within schools that have nursery provision.</p> <p>Still potential for future expansion of provision.</p>	<p>Full</p> <p>Good use of existing Active Schools/NOF resources.</p> <ul style="list-style-type: none"> Potential for further development in some catchment areas. Curriculum review will impact on amount of PE provision in schools. Short term funding of programmes is an issue. 	<p>Minimal</p> <ul style="list-style-type: none"> Improve access to facilities for organised groups or as individuals. 	<p>Minimal</p> <ul style="list-style-type: none"> Improve access to facilities and activities for organised groups or as individuals.
ACTIONS	<ul style="list-style-type: none"> Review needs in rural areas Work in conjunction with other providers outwith formal school network to involve them in developing initiatives in physical activity programmes. Continue to develop Top Start Programme 	<ul style="list-style-type: none"> Continue to develop partnership working with internal and external partners. Assess services for children with special needs/disabilities/health risks/Children on point of 	<ul style="list-style-type: none"> Review methods of managing and promoting use of school facilities outwith school hours. 	<ul style="list-style-type: none"> Review methods of managing and promoting use of school facilities outwith school hours.

ANGUS COUNCIL PHYSICAL ACTIVITY REVIEW				
GAPS IN PROVISION				
	Pre-Primary School Age Group 0-4	Primary/Secondary School Age Group 5-18	Adults of Working Age Group Up to 55	Adults in Later Life Age Group 55+
	<ul style="list-style-type: none"> Continue to develop links with partners to promote healthy eating and physical activity. Review service provision for children with special needs. Continue development of casual/informal play areas in rural and urban areas. Development of Angus Play Strategy. Develop School Travel Plans Develop and encourage parental/adult participation. 	<ul style="list-style-type: none"> exclusion from school. Development of an alternative programme of activities for youths, particularly girls in the 12-16 years of age bracket. Develop School Travel Plans Develop and encourage parental/adult participation. Further development of links between schools and clubs Development of rural/community 'clubs'. 		
HOMES				
Current Status GAPS	<p>Partial</p> <ul style="list-style-type: none"> Further opportunities exist for development of the 'Out of School Care' network in conjunction with parents and other partner organisations 	<p>Minimal</p> <ul style="list-style-type: none"> More development work can be done to encourage parental and family involvement. 	<p>None/Minimal</p> <ul style="list-style-type: none"> Coordination of existing resources 	<p>Partial</p> <ul style="list-style-type: none"> Work done mainly in Residential Care establishments. Need to look at other options
ACTIONS	<ul style="list-style-type: none"> Develop the use of the <u>Play at home</u> and other suitable initiatives via health staff, crèche workers play workers and pre-school groups programme. 	<ul style="list-style-type: none"> promote parental involvement in activity programmes. Promote family orientated activity sessions. Provide support to parents in developing skills that may help the promotion and parental involvement in physical activities e.g. coaching, officiating, 	<ul style="list-style-type: none"> Assess existing programmes in conjunction with other partners and user groups. Implement new coordinated programme and activities with user groups. Develop use of focus groups, etc..to improve baseline data. 	<ul style="list-style-type: none"> A review needs to be done in this area to ascertain whether existing resources can be better utilised. Develop use of focus groups, etc..to improve baseline data. Create activity groups under control of partners but all sharing

**ANGUS COUNCIL PHYSICAL ACTIVITY REVIEW
GAPS IN PROVISION**

	Pre-Primary School Age Group 0-4	Primary/Secondary School Age Group 5-18	Adults of Working Age Group Up to 55	Adults in Later Life Age Group 55+
		<ul style="list-style-type: none"> Develop educational initiatives relating physical activity to health and healthy eating. 	<ul style="list-style-type: none"> Create activity groups under control of partners but all sharing resources. Improve marketing of existing programmes/resources. 	<ul style="list-style-type: none"> Improve marketing of existing programmes/resources.
COMMUNITIES				
GAPS	<p>Partial-Full</p> <ul style="list-style-type: none"> Strong programme on the go. Need to look at the what happens in rural/semi rural areas. Potential to look at nurseries/play groups outwith the LA Education sector 	<p>Full</p> <ul style="list-style-type: none"> Further development of links between schools and clubs. after school – tea time slot activity programmes 	<p>Full</p> <ul style="list-style-type: none"> Facilities are all full at peak times. Review off-peak usage issues. 	<p>Partial</p> <ul style="list-style-type: none"> Programmes are being developed but issues of funding/accessibility limit expansion. Census indicates aging population – this needs to be taken into account for future facility/activity development
ACTIONS	<ul style="list-style-type: none"> Ensure programmes are monitored and evaluated on a regular basis. Review programmes in light of regional sports development programmes 	<ul style="list-style-type: none"> Ensure programmes are monitored and evaluated on a regular basis. Review programmes in light of regional sports development programmes Create 'hassle-free' access to programmes and activity sessions. Maintain an affordable pricing structure for all socio-economic groups based on the ability to pay. 	<ul style="list-style-type: none"> Too large an age range – break down into two age groups – to be decided. Continue to offer wide range of coaching and tuition courses. Review services offered to the student & non working population Work in tandem with the other partnership agencies to promote healthy diet and physical activity together. Create 'hassle-free' access to programmes 	<ul style="list-style-type: none"> Review current service provision What is appropriate for each persons needs Improve staff training in elderly, residential and day care units, leisure facilities and for voluntary organisations. Improve monitoring and evaluation of programmes and their benefits to individuals.

ANGUS COUNCIL PHYSICAL ACTIVITY REVIEW				
GAPS IN PROVISION				
	Pre-Primary School Age Group 0-4	Primary/Secondary School Age Group 5-18	Adults of Working Age Group Up to 55	Adults in Later Life Age Group 55+
			<ul style="list-style-type: none"> and activity sessions. Maintain an affordable pricing structure for all socio-economic groups based on the ability to pay. 	
WORKPLACES	N/A	N/A	Partial-Full. Council is strongly committed to SHAW.	None/Partial Similar to previous age group for those working.
GAPS	N/A	N/A	Review is currently taking place as to methods of delivery to workforce.	
ACTIONS	N/A	N/A	Await results of review and implement action plan	

CHAPTER EIGHT OUTCOMES RECOMMENDATIONS

- 8.0** Physical activity is an issue which, like smoking cessation, can have a significant positive effect on the health of the individual, and cumulatively, on the health of the nation. The major imperative is moving towards a more preventative approach to ensuring the health of the nation. Ensuring higher levels of physical activity across all generations is a major factor in preventing ill health and creating vibrant communities that are safer to live in and to bring up future generations

The main goal of this strategy therefore is to help improve the health and well-being of those who reside in Angus. This in turn will contribute to the Scottish Executive's commitment to create a healthier nation.

8.1 Outcomes

Benefits will include

- Behavioural change in peoples attitude towards physical activity and recognise its importance in maintaining a balanced and healthy lifestyle.
- A reduction in illnesses associated with obesity such as diabetes, coronary heart disease, respiratory difficulties, joint/back problems and mental health.
- offering an alternative or partial alternative to normal medicinal treatment(s). Thus helping to reduce existing pressures on local primary health care services and potentially, on hospital waiting lists.
- A reduction in crime and anti-social behaviour.
- The development of vibrant, local economies.
- Developing multi agency partnerships with other major organisations, local planning groups and community groups to reduce health inequalities.
- Giving empowerment to local communities.

8.2 Recommendations

To achieve our goal and to let the Angus community enjoy the benefits of their hard work , it is imperative to recognise the efforts that have to be put in over a sustained period of time. The following recommendations are seen as making a major contribution to improving the well being of our communities and the people who live, work and play in them.

8.2.1 Local Level

It is recommended that Angus Council and NHS Tayside together make a commitment to raising the profile of physical activity by:

Recommendation 1

- This report should be considered by appropriate Angus Council and NHS Tayside Committees with a view to supporting the ethos of the report and making a commitment to the recommendations therein.

Recommendation 2

- Creating a strategy group that will have a specific remit to produce a business plan and provide an annual progress report.

Recommendation 3

- taking the identified gaps highlighted in the strategy document into account in their planning of future provision.

Recommendation 4

- ensuring that an integrated approach be taken to ensure that the various local strategies are linked to one another thereby maximising use of resources.

Recommendation 5

- adopting a “spend to save” approach to this issue.
e.g. programme development, staffing arrangements, workforce development, physical infrastructure and voluntary sector training.

Recommendation 6

- Undertaking a public campaign, with incentives, to promote and develop participation levels in physical activity for people of all ages.

Recommendation 7

- Utilising the strategy in the process of making sound funding bids.

Recommendation 8

- Examining the possibility of Outcome Agreements being negotiated between the Scottish Executive and Council/Community Planning Partnership (CCP).
The CPP is in a position best to assess what is appropriate for their community in the context of the powerful messages in the “Challenge” document on this issue from the Scottish Executive. The CPP should be able to seek funding from a “spend to save” budget, in order to achieve specific outcomes which demonstrably contribute to the national vision.

Recommendation 9

- The report be submitted to the Community Planning Partnership in Angus for consideration in the context of the Joint Health Improvement Plan for the area;

Recommendation 10

- The Community Planning Partnership should be invited to formulate and cost an action plan based on the gaps identified in this report, bearing in mind the approach to Ministers about Outcome Agreements.

Recommendation 11

- Attention should be given to consulting people at local level on the recommendations of this report, and what they consider to be particular priorities in their communities.

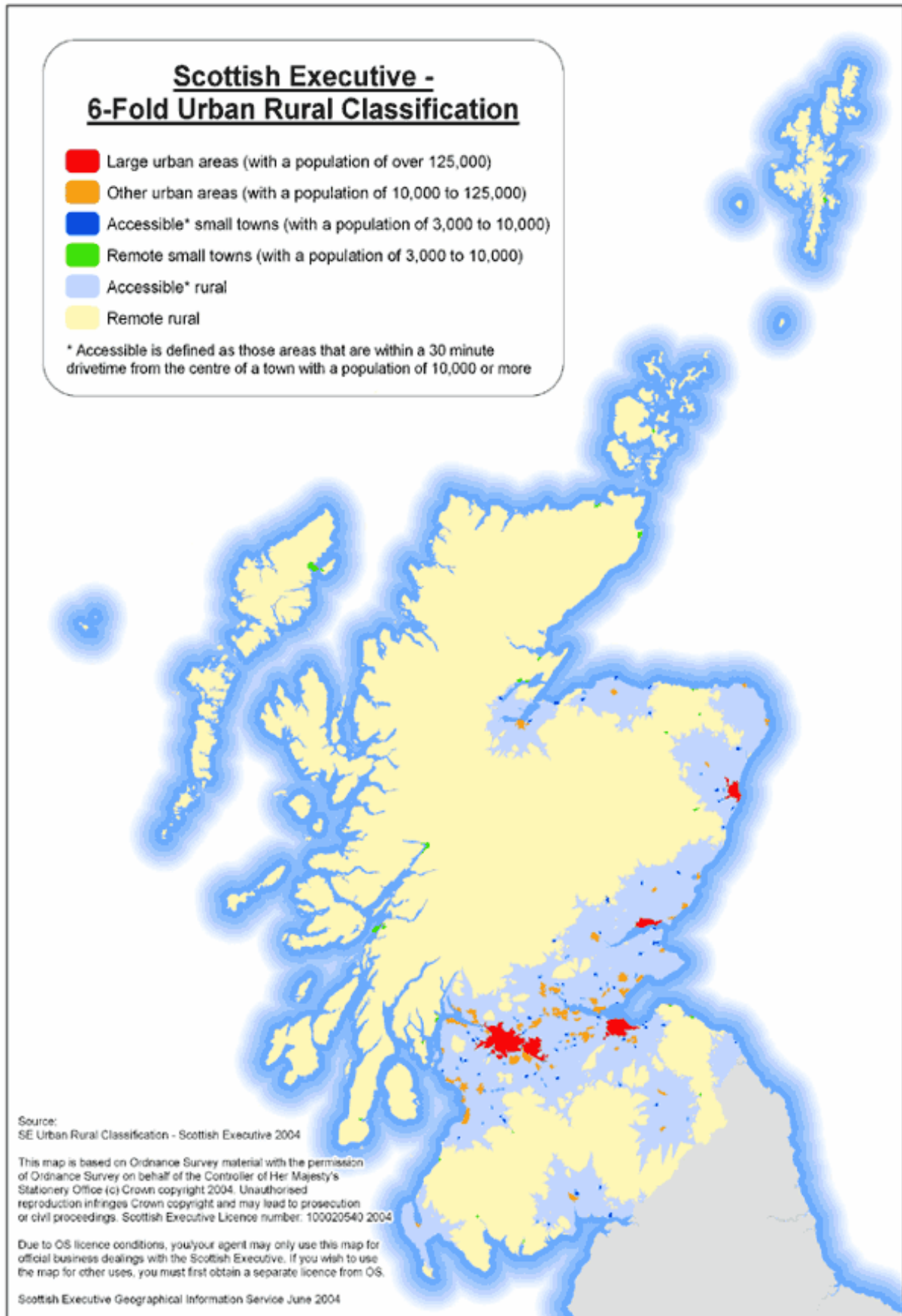
8.2.2. At a Tayside-wide Level

Recommendation 12

- The three Councils and NHS Tayside should continue to work closely together to ensure cross-boundary liaison/ learning from good practice.

Recommendation 13

- In this connection, the Best Value Review Team representing Angus Council and NHS Tayside in Angus should continue in existence as a Liaison Group, meeting as appropriate, to discuss progress and good practice.



Population Distribution by Locality

Settlement / Locality	All people	Percentage of people aged														Mean age ² of population in the area	Median age ² of population in the area		
		0-4	5-7	8-9	10-14	15	16-17	18-19	20-24	25-29	30-44	45-59	60-64	65-74	75-84			85-89	90 & over
a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t
Scotland	5,062,011	276892	179195	128069	322956	65300	126550	125538	314351	317388	1162744	976462	261706	445963	270311	59226	29360	38.97	38.00
Angus	108,400	5713	3794	2732	6742	1398	2829	2287	5268	5854	23328	22840	6049	10591	6515	1550	911	40.75	41.00
Arbroath	22,785	1294	852	633	1438	289	597	526	1283	1420	4842	4325	1228	2194	1344	326	191	39.71	39.00
Birkhill Muirhead	1,936	77	77	47	121	17	54	51	60	58	418	478	136	211	103	24	4	42.04	44.00
Brechin	7,199	361	270	178	442	113	160	137	311	394	1516	1416	399	798	513	117	74	41.83	41.00
Carnoustie	10,561	532	366	252	692	152	315	258	541	494	2201	2448	539	961	592	142	77	40.37	41.00
Edzell	783	30	27	12	40	10	22	15	11	25	137	152	56	102	100	32	12	48.19	50.00
Forfar	13,206	699	462	318	774	157	318	265	693	800	2760	2541	703	1395	956	234	132	41.48	41.00
Frickheim	820	42	40	23	57	10	19	14	27	42	181	168	48	82	52	8	7	40.56	41.00
Hillside	1,014	64	39	28	67	8	25	24	40	47	258	215	44	91	51	11	2	38.71	38.00
Kirriemuir	5,963	324	204	147	405	77	183	124	258	306	1275	1170	339	604	391	97	59	40.96	41.00
Letham	1,498	79	40	42	107	31	45	30	56	51	327	326	100	148	92	18	6	41.00	42.00
Montrose	11,774	571	359	295	673	151	326	242	679	777	2446	2349	573	1163	827	215	95	41.12	40.00
Ferryden	929	37	34	17	49	14	29	17	49	51	194	218	51	95	57	12	5	41.63	42.00
Montrose	10,845	535	326	279	626	138	298	224	632	729	2259	2136	524	1071	772	204	90	41.07	40.00
Newtyle	722	35	20	15	49	9	18	16	27	40	157	136	48	68	50	14	20	42.81	42.00
Wellbank	584	41	16	9	26	6	7	7	24	39	152	120	38	64	32	2	1	40.72	40.00
Dundee inc Monifieth	154,674	7749	4857	3558	9280	1933	3759	4826	13132	9512	32358	27733	8229	15096	9605	2057	1005	39.64	38.00
Monifieth	8098	373	257	196	493	80	180	143	322	340	1593	1810	487	957	596	164	106	42.87	46.00

Population Projections by Generalised Age Groups

Total Population

Area

Angus Council

Year	Age Groups							Total
	0 to 4	5 to 15	16 to 24	25 to 44	45 to 64	65 to 79	85+	
2004	5,596	14,531	10,166	27,787	30,269	15,033	5,178	108,560
	5.2%	13.4%	9.4%	25.6%	27.9%	13.8%	4.8%	100.0%
2005	5,678	14,552	10,345	27,348	30,792	15,324	5,305	109,344
	5.2%	13.3%	9.5%	25.0%	28.2%	14.0%	4.9%	100.0%
2006	5,699	14,495	10,411	26,990	31,237	15,427	5,499	109,758
	5.2%	13.2%	9.5%	24.6%	28.5%	14.1%	5.0%	100.0%
2007	5,724	14,270	10,509	26,368	31,709	15,675	5,639	109,894
	5.2%	13.0%	9.6%	24.0%	28.9%	14.3%	5.1%	100.0%
2008	5,629	14,110	10,595	25,645	31,991	15,960	5,816	109,746
	5.1%	12.9%	9.7%	23.4%	29.2%	14.5%	5.3%	100.0%
2009	5,481	14,041	10,548	24,936	32,301	16,300	5,964	109,571
	5.0%	12.8%	9.6%	22.8%	29.5%	14.9%	5.4%	100.0%
2010	5,338	13,947	10,457	24,317	32,561	16,625	6,136	109,381
	4.9%	12.8%	9.6%	22.2%	29.8%	15.2%	5.6%	100.0%
2011	5,204	13,869	10,382	23,754	32,729	16,873	6,359	109,170
	4.8%	12.7%	9.5%	21.8%	30.0%	15.5%	5.8%	100.0%
2012	5,089	13,755	10,279	23,200	32,404	17,661	6,544	108,932
	4.7%	12.6%	9.4%	21.3%	29.7%	16.2%	6.0%	100.0%
2013	4,982	13,550	10,292	22,702	32,175	18,329	6,651	108,681
	4.6%	12.5%	9.5%	20.9%	29.6%	16.9%	6.1%	100.0%
2014	4,876	13,379	10,303	22,122	32,044	18,846	6,819	108,389
	4.5%	12.3%	9.5%	20.4%	29.6%	17.4%	6.3%	100.0%
2015	4,783	13,258	10,191	21,723	31,857	19,248	7,015	108,075
	4.4%	12.3%	9.4%	20.1%	29.5%	17.8%	6.5%	100.0%
2016	4,693	13,127	9,973	21,314	31,810	19,573	7,245	107,735
	4.4%	12.2%	9.3%	19.8%	29.5%	18.2%	6.7%	100.0%
2017	4,610	12,957	9,800	20,906	31,817	19,787	7,496	107,373
	4.3%	12.1%	9.1%	19.5%	29.6%	18.4%	7.0%	100.0%
2018	4,532	12,825	9,627	20,529	31,615	20,147	7,720	106,995
	4.2%	12.0%	9.0%	19.2%	29.5%	18.8%	7.2%	100.0%
2019	4,458	12,606	9,527	20,308	31,304	20,460	7,919	106,582
	4.2%	11.8%	8.9%	19.1%	29.4%	19.2%	7.4%	100.0%
2020	4,385	12,338	9,507	20,131	30,985	20,603	8,193	106,142
	4.1%	11.6%	9.0%	19.0%	29.2%	19.4%	7.7%	100.0%
2021	4320	12084	9464	19966	30553	20908	8393	105,688
	4.1%	11.4%	9.0%	18.9%	28.9%	19.8%	7.9%	100.0%
2022	4256	11851	9326	19926	30073	21127	8651	105,210
	4.0%	11.3%	8.9%	18.9%	28.6%	20.1%	8.2%	100.0%
2023	4199	11636	9203	19802	29636	21268	8952	104,696
	4.0%	11.1%	8.8%	18.9%	28.3%	20.3%	8.6%	100.0%
2024	4141	11442	9124	19637	29141	21407	9266	104,158
	4.0%	11.0%	8.8%	18.9%	28.0%	20.6%	8.9%	100.0%

Summary of Population Projections by Age Groups

Total Population
Area

Angus Council

Year	Age Group							
	0 to 4	5 to 15	16 to 24	25 to 44	45 to 64	65 to 79	80+	Total
2004	5,596	14,531	10,166	27,787	30,269	15,033	5,178	108,560
	5.2%	13.4%	9.4%	25.6%	27.9%	13.8%	4.8%	100.0%
2009	5,481	14,041	10,548	24,936	32,301	16,300	5,964	109,571
	5.0%	12.8%	9.6%	22.8%	29.5%	14.9%	5.4%	100.0%
2014	4,876	13,379	10,303	22,122	32,044	18,846	6,819	108,389
	4.5%	12.3%	9.5%	20.4%	29.6%	17.4%	6.3%	100.0%
2019	4,458	12,606	9,527	20,308	31,304	20,460	7,919	106,582
	4.2%	11.8%	8.9%	19.1%	29.4%	19.2%	7.4%	100.0%
2024	4,141	11,442	9,124	19,637	29,141	21,407	9,266	104,158
	4.0%	11.0%	8.8%	18.9%	28.0%	20.6%	8.9%	100.0%

Per Annum Change

Period	Age Groups							
	0 to 4	5 to 15	16 to 24	25 to 44	45 to 64	65 to 79	80+	Total
2004 to 2009	-23	-98	76	-570	406	253	157	202
	-0.4%	-0.7%	0.8%	-2.1%	1.3%	1.7%	3.0%	0.2%
2009 to 2014	-121	-132	-49	-563	-51	509	171	-236
	-2.2%	-0.9%	-0.5%	-2.3%	-0.2%	3.1%	2.9%	-0.2%
2014 to 2019	-84	-155	-155	-363	-148	323	220	-361
	-1.7%	-1.2%	-1.5%	-1.6%	-0.5%	1.7%	3.2%	-0.3%
2019 to 2024	-63	-233	-81	-134	-433	189	269	-485
	-1.4%	-1.8%	-0.8%	-0.7%	-1.4%	0.9%	3.4%	-0.5%

Period	0 to 4	5 to 15	16 to 24	25 to 44	45 to 64	64 to 79	80+	Total
2004 to 2009	-0.4%	-0.7%	0.8%	-2.1%	1.3%	1.7%	3.0%	0.2%
2009 to 2014	-2.2%	-0.9%	-0.5%	-2.3%	-0.2%	3.1%	2.9%	-0.2%
2014 to 2019	-1.7%	-1.2%	-1.5%	-1.6%	-0.5%	1.7%	3.2%	-0.3%
2019 to 2024	-1.4%	-1.8%	-0.8%	-0.7%	-1.4%	0.9%	3.4%	-0.5%

2004	5,596	14,531	10,166	27,787	30,269	15,033	5,178
	5.2%	13.4%	9.4%	25.6%	27.9%	13.8%	4.8%
2009	5,481	14,041	10,548	24,936	32,301	16,300	5,964
	5.0%	12.8%	9.6%	22.8%	29.5%	14.9%	5.4%
2014	4,876	13,379	10,303	22,122	32,044	18,846	6,819
	4.5%	12.3%	9.5%	20.4%	29.6%	17.4%	6.3%
2019	4,458	12,606	9,527	20,308	31,304	20,460	7,919
	4.2%	11.8%	8.9%	19.1%	29.4%	19.2%	7.4%
2024	4,141	11,442	9,124	19,637	29,141	21,407	9,266
	4.0%	11.0%	8.8%	18.9%	28.0%	20.6%	8.9%

Per Annum Change

Period	Age Groups						
	0 to 4	5 to 15	16 to 24	25 to 44	45 to 64	65 to 79	80+
2004 to 2009	-23	-98	76	-570	406	253	157

SMALL AREA POPULATION ESTIMATES**RURAL SETTLEMENT UNITS**

		2001 population	2001 to 2002 change		2002 population	2002 to 2003 change		2003 population	2003 to 2004 change		2004 popul ation
<u>BRECHIN PLANNING AREA</u>											
A101B	Brechin Burgh	7199	-66	-0.91%	7133	-141	-1.98%	6992	-56	-0.80%	6936
A101L	Brechin Landward	617	-6	-0.98%	611	-8	-1.27%	603	-8	-1.32%	595
A102L	Edzell Landward	131	2	1.48%	133	2	1.59%	135	0	0.16%	136
A102S	Edzell Settlement	783	-8	-1.00%	775	-13	-1.74%	762	35	4.55%	796
A103R	Farnell	301	-3	-1.00%	298	-4	-1.29%	294	-3	-1.00%	291
A104R	Tarfside	147	0	0.09%	147	-11	-7.33%	136	0	0.14%	137
A105R	Lethnot	76	-1	-1.00%	75	-2	-2.00%	74	-1	-1.00%	73
A106R	Menmuir	285	-5	-1.78%	280	-3	-1.22%	277	-1	-0.22%	276
A107R	Careston	355	1	0.28%	356	-7	-2.00%	349	1	0.26%	350
A108R	Stracathro	166	0	-0.07%	166	-19	-11.16%	147	-3	-2.02%	144
A109R	Craigo	359	3	0.79%	362	-1	-0.26%	361	-2	-0.42%	359
	<i>Brechin Planning Area Landward</i>	3220	-16	-0.49%	3205	-72	-2.24%	3133	18	0.58%	3151
	<i>Brechin Planning Area</i>	10419	-82	-0.79%	10337	-213	-2.06%	10125	-40	-0.39%	10085
<u>MONTROSE PLANNING AREA</u>											
A201B	Montrose Burgh	10889	-53	-0.49%	10836	-7	-0.06%	10829	-11	-0.10%	10819
A202R	Hillside	1308	30	2.33%	1338	-3	-0.22%	1335	12	0.94%	1347
A203L	Ferryden Landward	648	-11	-1.70%	637	-22	-3.39%	615	38	6.17%	653
A203S	Ferryden Settlement	929	-32	-3.48%	897	1	0.13%	898	-7	-0.81%	891
A204R	Dun	552	-19	-3.40%	533	31	5.80%	564	-39	-6.93%	525
	<i>Montrose Planning Area Landward</i>	3437	-39	-1.12%	3398	5	0.13%	3403	5	0.15%	3408
	<i>Montrose Planning Area</i>	14326	-90	-0.62%	14236	-3	-0.02%	14233	-7	-0.05%	14227
<u>ARBROATH/CARNOUSTIE PLANNING AREA</u>											
A301B	Arbroath Burgh	22853	4	0.02%	22857	-452	-1.98%	22406	-149	-0.66%	22257
A302B	Carnoustie Burgh	10406	-110	-1.06%	10296	-164	-1.59%	10132	-33	-0.33%	10099
A303L	Friockheim Landward	644	24	3.66%	668	3	0.40%	670	5	0.68%	675
A303S	Froickheim Settlement	820	0	-0.02%	820	-7	-0.80%	813	21	2.58%	834
A304R	Inverkeilor	898	-13	-1.47%	885	-20	-2.23%	865	16	1.88%	881
A305R	Colliston	724	1	0.11%	725	59	8.14%	784	-5	-0.63%	779
A306R	Carmylie	604	12	2.03%	617	-18	-2.97%	598	14	2.30%	612
A307R	St. Vigeans	642	11	1.76%	653	99	15.11%	752	-14	-1.82%	738

Physical Activity Strategy for Angus 2006

A308R	Arbirlot	465	-17	-3.64%	448	-3	-0.66%	445	-4	-1.00%	440
A309L	Monikie Landward	273	-1	-0.23%	272	-5	-2.00%	267	-1	-0.23%	266
A309S	Monikie Settlement	416	-2	-0.42%	414	1	0.29%	415	5	1.26%	421
A310R	Newbigging	400	-41	-10.22%	359	-26	-7.37%	333	-25	-7.46%	308
A311R	Panbride	461	-3	-0.55%	458	-5	-1.11%	453	2	0.33%	455
A312R	Barry	362	24	6.56%	385	-8	-2.00%	378	18	4.75%	396
<i>Arbroath/Carnoustie Planning Area Landward</i>		6709	1	0.02%	6710	64	0.96%	6775	38	0.56%	6813
<i>Arbroath/Carnoustie Planning Area</i>		39968	-96	-0.24%	39872	-563	-1.41%	39309	-150	-0.38%	39158

		2001 population	2001 to 2002 change		2002 population	2002 to 2003 change		2003 population	2003 to 2004 change		2004 popul ation
FORFAR/KIRRIEMUIR PLANNING AREA											
A401B	Forfar Burgh	13234	-162	-1.22%	13072	-152	-1.16%	12920	-6	-0.05%	12914
A402B	Kirriemuir Burgh	5963	3	0.06%	5966	-57	-0.96%	5909	-44	-0.75%	5865
A401L	Forfar Landward	792	-27	-3.45%	765	-1	-0.13%	764	-19	-2.54%	744
A402L	Kirriemuir Landward	874	2	0.18%	876	3	0.30%	878	-9	-1.00%	869
A403L	Letham Landward	413	3	0.75%	416	11	2.53%	427	-2	-0.45%	425
A403S	Letham Settlement	1498	5	0.35%	1503	-12	-0.83%	1491	0	0.02%	1491
A404L	Newtyle Landward	238	38	16.16%	276	-2	-0.89%	274	-9	-3.22%	265
A404S	Newtyle Settlement	722	4	0.49%	726	-18	-2.48%	708	-3	-0.38%	705
A405R	Eassie	206	-4	-1.79%	202	-4	-1.98%	198	-2	-0.99%	196
A406L	Glamis Landward	562	10	1.72%	572	-11	-2.00%	560	2	0.33%	562
A406S	Glamis Settlement	233	-2	-1.00%	231	-5	-2.00%	226	-2	-1.00%	224
A407R	Inverarity	629	-26	-4.15%	603	-12	-2.00%	591	-4	-0.64%	587
A408R	Craichie	252	-10	-4.09%	242	0	0.11%	242	-2	-1.00%	240
A409R	Kingsmuir	446	5	1.01%	451	-5	-1.02%	446	-13	-2.95%	433
A410R	Pitkenney	249	-2	-1.00%	247	20	8.00%	266	-3	-1.00%	264
A411R	Aberlemno	224	-5	-2.06%	219	-4	-2.00%	215	0	0.08%	215
A412R	Cortachy	390	-7	-1.90%	382	3	0.71%	385	6	1.66%	391
A413R	Pandanaram	323	-6	-1.73%	317	1	0.18%	318	17	5.46%	335
A414R	Tannadice	825	5	0.59%	829	-12	-1.47%	817	-10	-1.16%	808
A415R	Airlie	284	4	1.45%	288	-15	-5.16%	273	2	0.65%	275
A416R	Lintrathen	208	-2	-1.00%	206	0	-0.17%	206	0	-0.09%	205
A417R	Ruthven	166	-17	-10.12%	149	14	9.36%	163	-18	-11.29%	145
A418R	Kilry	126	5	4.03%	131	6	4.32%	137	1	0.50%	137
A419R	Glenisla	228	-1	-0.28%	227	-3	-1.29%	224	-4	-1.71%	221
A420R	Glen Prosen	98	-3	-2.60%	95	4	4.49%	100	-1	-0.99%	99
A422R	Kingoldrum	120	-6	-4.88%	114	2	2.00%	116	-1	-1.00%	115
<i>Forfar/Kirriemuir Planning Area Landward</i>		10105	-52	-0.52%	10052	-44	-0.44%	10008	-70	-0.70%	9938
<i>Forfar/Kirriemuir Planning Area</i>		29302	-213	-0.73%	29089	-256	-0.88%	28833	-119	-0.41%	28714

Physical Activity Strategy for Angus 2006

MONIFIETH PLANNING AREA


COMM46	Monifieth Burgh	8164	-25	-0.30%	8139	65	0.80%	8205	204	2.49%	8409
SCD101	Muirhead/Birkhill	2196	55	2.51%	2251	28	1.25%	2279	-5	-0.20%	2275
SCD102	Mattocks	1159	-25	-2.17%	1134	-21	-1.87%	1113	1	0.10%	1114
SCD104	Liff	455	18	3.85%	473	8	1.66%	480	-3	-0.55%	478
SCD105	Fowlis Easter	213	62	29.08%	275	36	13.22%	311	28	8.98%	339
SCD106	Auchterhouse	572	12	2.07%	584	-12	-2.00%	572	20	3.47%	592
SCD107	Strathmartine	590	-10	-1.73%	580	6	1.00%	586	18	3.06%	603
SCD108	Tealing	589	-10	-1.76%	579	-9	-1.62%	569	-4	-0.62%	566
SCD109	Murroes	448	49	10.84%	497	9	1.77%	505	9	1.85%	515
	<i>Monifieth Planning Area Landward</i>	6222	147	2.36%	6369	40	0.63%	6409	62	0.97%	6471
	<i>Monifieth Planning Area</i>	14386	121	0.84%	14507	105	0.73%	14613	267	1.83%	14880
	<i>Angus Council</i>	108401	-349	-0.32%	108051	-893	-0.83%	107158	-49	-0.05%	107110
	GRO	108370	-240	-0.22%	108130	-610	-0.56%	107520	1040	0.97%	108560

SHAW Tayside Registrations (as at 21 April 2005)

• Total Number of Registrations	=	125
organisations		
• Total Number of Employees	=	27,488
• Breakdown by Type of Organisation:		
➤ Small-Medium Sized Enterprises (less than 250)	=	33
➤ Employers with over 250 employees	=	20
➤ Local Authority Sites/Departments	=	45
➤ NHS Sites	=	27
• Awards achieved:		
➤ Bronze	=	70
➤ Silver	=	14
➤ Gold	=	3
• Breakdown by Area:		
➤ Dundee – 16,827 employees		76 registered 21 SMEs, 9 (over 250), 21 LA sites 25 NHS sites
➤ Angus - 2,592 employees		29 registered 6 SMEs 2 (over 250) 20 LA sites 1 NHS site
➤ Perth & Kinross – 7,248 employees		17 registered 4 SMEs 8 (over 250) 4 LA sites 1 NHS site
➤ Organisations with sites/staff across Tayside (821 employees)		3 registered 2 SMEs 1 (over 250)

ACE AWARD CRITERIA

Black = essential criteria
Blue = desirable criteria

- ✓  Constitution
- ✓ Committee with regular meetings (at least quarterly)
- ✓ Annual General Meeting
- ✓ Club Bank Account & Records
- ✓ Affiliated to National Governing Body or local sports council
- ✓ Insured
- ✓ Contact details of members
- ✓ **Qualified first-aiders present at sessions**
- ✓ Club emergency procedures in place
- ✓ Child protection policy in place
- ✓ ACCESS registered coaches/club helpers

BENEFITS

- 1:1 help with disclosure Scotland forms
- 1 free place on CHILDREN'S 1st workshop on producing and implementing a child protection policy for clubs
- 1 free place on first aid course
- publicity in local press for clubs achievement



- ✓ All of above plus:
- ✓ A club identity (badge/logo/colours)
- ✓ Junior/ vulnerable adult section (or feeder club)
- ✓ Disclosure checked volunteers/coaches present at every youth/ vulnerable adult session
- ✓ codes of conduct
- ✓ Qualified coaches within player/coach ratio (see specific sports list)
- ✓ Records of any relevant medical conditions of its young members/ vulnerable adults and informs coaches on a need-knows basis.

BENEFITS

- 1 free place on SportsCoachUK child protection course
- 1 free place on the Running Sport 'Valuing Volunteers' workshop
- publicity in local press for clubs achievement



- ✓ All of above plus:
- ✓ A trained child protection club representative with all coaches having basic child protection awareness training
- ✓ **Active marketing/promotion of the club**
- ✓ Club policies:
 - equality
 - recruitment of volunteers procedure
 - disciplinary/ complaints procedure
 - health & safety policy (risk assessments)

BENEFITS

- club conforms to new child protection legislation and council letting policies.
- publicity in local press for clubs achievement



Introduction



ACE
Awards



INTRODUCTION TO THE ACE AWARDS

Welcome to the Angus Club Excellence Awards. This club accreditation scheme has been developed by Angus Council and is supported by Angus Sports Council, to allow clubs to improve their safety, effective and child friendly club environments. Recent changes in court setting conditions and new child protection legislation are covered by the scheme. Therefore if you join the scheme and are already working towards the highest level then your club will be continuing to the next changes.

The ACE award has three stages to allow the smaller clubs of Angus to work up through the levels with the aim of achieving the highest standard.

The process is very simple with support and resources being made available throughout from your club development officer and the sports services division. If your club has already passed a National Governing Body Accreditation, please provide evidence of this and the appropriate level of ACE Award will be presented.

... "What's in it for us?" I hear you say. Well by gaining each award the club will:

- provide developed a strong structure to support an established club
 - have members that can participate in a safe environment with first aid provision
 - conform to new joining conditions by having a child protection policy in place
 - get one FREE place on a first aid course
 - get one FREE place on CHILDREN'S "workshop on producing and implementing a child protection policy for clubs
 - get 1:1 help with disclosure Scotland forms
- as bronze plus:**
- have appropriate supervision levels and qualified coaches for all youth and/or vulnerable adult sessions, (national governing body ratios apply) in a safe environment
 - have disclosure checked coaches at all youth and/or vulnerable adult sessions.
 - have club rules (codes of conduct), making membership responsibilities clear.
 - get one FREE place on the Running Spar "Valuing Volunteers" workshop
 - get one FREE place on Sports Coach UK club protection course
- as bronze & silver plus:**
- conform to new legislation by having appropriate procedures for the recruitment of volunteers
 - protect club members by having up to date health & safety procedures and records.
 - maintain the clubs strength by actively promoting the clubs activities.
 - conform to new regulations by having a child protection policy in place and a trained child protection representative.

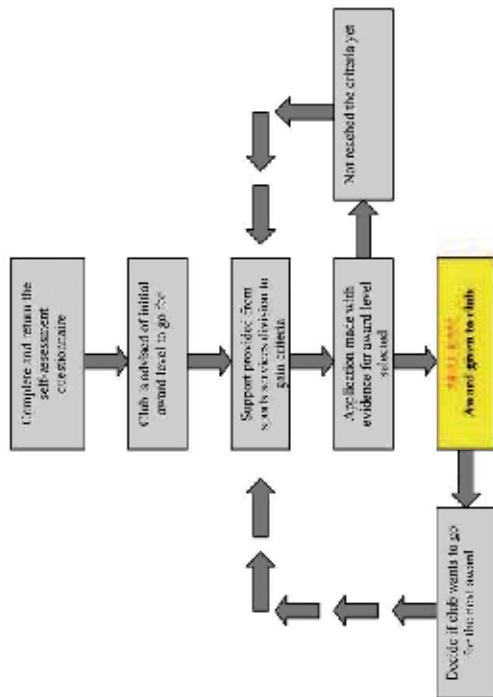


Achieving an ACE award allows the club to use the logo for all marketing purposes and will be displayed on the Angus Club Database. The achievement will also be recognised in the local press, boasting the club profile.



... "Where do we go from here?"

To apply for an award, all you have to do is fill out and return the self-assessment questionnaire, the process is as follows:



Once awarded the accreditation will last for one year, with the year-end being the 1st April. A declaration form will need to be completed to sustain the award.



Self-assessment questionnaires to be returned to:

ACE Awards
Angus Council
Leisure Services
County Buildings
Market Street
Forfar
DD8 3WB



Claire Robertson: 01307 475366
Email: Robertsonca@angus.gov.uk
Web: www.angus.gov.uk

The Physical Activity in Scottish Schoolchildren (PASS) Project

Psychological factors and physical activity

- Pupils with high self-esteem and physical self worth reported higher levels of moderate and vigorous physical activity.
- Physical activity was also positively associated with perceived competence and self-efficacy.
- There was a consistent gender difference across all psychological factors with boys reporting higher self-esteem, physical self worth, perceived competence and self-efficacy scores.

Social influences on physical activity

- More boys than girls reported high levels of support for being active from their friends.
- Pupils reporting high levels of peer support for being active were more likely to participate in moderate and vigorous physical activity.
- More boys than girls reported that their mother encourages them to be active, watches them do physical activity and provides transport for them *a lot*. Boys also reported higher levels of support from their fathers than girls did.
- Pupils reporting high levels of maternal and paternal support for being active were more likely to participate in moderate and vigorous physical activity.
- Pupils were more likely to receive encouragement to be active from their parents than their friends, but were more likely to do physical activity with their friends than their parents.

Environmental factors relevant to physical activity participation

- Most pupils reported having a park or playing field in the area where they live. Almost three-quarters have a sports centre nearby and about three-fifths have a local swimming pool. Fewer pupils have tennis courts or basketball courts locally.
- The majority of pupils perceived their neighbourhood as a safe place to be active, but more than one in twenty pupils felt that it was not safe for them to walk or cycle alone during the day in the area where they live.
- About one in five pupils agreed that aspects of the local environment such as poor pavements, heavy traffic and the presence of gangs make it difficult to be active locally.
- More boys than girls reported being allowed to play outside unsupervised whenever they want to.
- Between S1 and S2, there was an increase in the proportion of pupils reporting freedom to play outside supervised, particularly among girls.