



Active Lambeth Strategy
2021–26
Consultation Draft



Contents

Foreword	3
Introduction	4
Our Vision	5
Our Borough	6
Our Health	14
Our Objectives	16
Our Commitment	23
Our Partners	26

About this document

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Foreword



We have just experienced a summer where we have watched the EURO Football Championships and Tokyo

Olympics and Paralympics. These events and so many others illustrate that there are few forces in our society like sport, capable of engaging people, bringing them together, providing them with a sense of worth, vocation and identity and provoking a communal response. I want to harness the power of sport and activity for the good of Lambeth – not just for the inherent enjoyment it offers participants but to help us achieve our ambitions in public health, transport, the environment, education, employment and particularly the safety of our young people.

Even when watching global events it's possible to look at some of the competitors and identify

the importance that grassroots facilities like the ones we have in Lambeth are to their eventual development. Kye Whyte won a Silver in the Olympic BMX competition but began as a toddler at the track in Brockwell Park and Jaden Sancho sharpened his skills on the 5 a side pitches of Kennington. Most people won't reach these levels, but their experience of sport and activity might be just as valuable – meaning that they remain healthy, make friends, improve self-confidence, stay clear of negative influences, reduce loneliness or develop values and habits that serve them well in all aspects of life. For these and many other reasons it's important that Lambeth utilises the power of sport and physical activity as set out in this strategy. I want these benefits to be inclusive – available to all Lambeth's communities. If that requires us to work in different ways and in new venues, establish innovative partnerships, offer concessions or run targeted programmes –

that's exactly what we should do.

Over the next 5 years we will continue to maintain and improve our parks and sports facilities so that we make it easier and easier to embed the benefits of activity in the lives of Lambeth residents. We will be ambitious in seeking partnerships and investment from national and regional organisations that are finally recognising the value of working with diverse and talented populations. Finally, the ultimate success of this strategy will be dependent upon our relationship with the numerous sports and community organisations that offer opportunities to take part or get involved on a weekly basis. We look forward to working with you.

Cllr Donatus Anyanwu Cabinet Member for Voluntary Sector and Leisure

Introduction

The experience of living with the challenge of Covid since 2020 has illustrated the importance of sport and physical activity in the lives of individuals and community.

Whether this involves a swim at Brockwell Lido, hitting the bag at Brixton Rec, a stroll around Clapham Common or a game of 5 a side at Ferndale, it makes people healthier, happier; it connects generations and communities and can redirect people into more positive ways of living. For this reason, this strategy will look at how Lambeth and its many community clubs and organisations can use this powerful force so that sport and physical activity contributes to the benefit of health, education, inclusion, transport, employment, community cohesion and safety.

Lambeth is a diverse Borough both in terms of the communities that have made it their home and the differences in levels of wealth and deprivation. This strategy will seek to ensure that the benefits of sport and physical activity can be accessed by all our residents.

Why Lambeth wants its residents to be active

We want the people of Lambeth to be more physical active because of the benefits to be gained by the individual, the community, and the Borough. A fitter Lambeth is also happier, healthier and more productive.

For the individual it can contribute to improvements in strength, balance, movement and motor skills, and help in maintaining a healthy body weight. It can improve the quality of sleep, increase energy levels, promote healthy early years development, reduce unhealthy behaviours like smoking, reduce mortality, contribute to effective pain management and improve the quality of life as we age.

For the community, sport and exercise can provide a way of coming together, making friends and providing a way to interact and integrate by taking part, volunteering and spectating. It can also help reduce



anti-social behaviour in disaffected young people and engage them in a way that few other things can. For the Borough a fitter population is more likely to find and retain employment, live independently with less healthcare required and crime can be reduced. An active environment also makes the Borough a more attractive place to live, work and raise a family.

It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer
- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia.

Our Vision

To embed the benefits of physical activity and sport into the everyday lives of Lambeth residents.

We will measure our success in doing this by:

- Lambeth to be in the top four of the most physically active Boroughs in London *
- We support 260,000 of Lambeth's residents to be physically active each week (80% of Population – the current figure is 74%**)
- We will reduce by 5 % the number of Lambeth residents who engage in less than 30 minutes of physical activity every week (the current figure is 17%).

* As measured by Sport England's Active Lives Survey

**Active Lives Study May 19/20



Our Borough

Encouragingly the overall figure for Lambeth is that 74% of our adult residents are active (Active Lives Survey November 2020). However, although we have one of the most active adult population in London only 18% of Children are reaching the recommended levels of 60 minutes of activity every day.

These are general figures and there will be important variances based on gender, ethnicity, disability, and family affluence. These disparities need to be taken into consideration in the strategy, so opportunities are made available to people and communities that have traditionally been left behind.

Lambeth's facts and stats

Before working up this strategy we thought it important to understand more about the Borough, its people, and the challenges we face.

- The GLA estimate a continued growth of Lambeth's population from 334,724 to 346,279 in 2028 and has a young age profile – 51 percent of the population are aged 20-44. The average for England is 34%. Lambeth's ethnic composition is primarily white (57%). The proportion of the population

represented by the Black, Asian and Multi Ethnic community is 43%.

- We should be concerned at the health of our children. The Chief Medical Officer's guidelines for young people recommend doing an average of 60 minutes of activity a day. Nationally only 20 % of children and young people in school Years 1-11 achieve this level. For Lambeth this figure is 18%. This insufficient activity contributes to Lambeth's high levels of childhood obesity. By age 11, 26% of children are overweight or obese.
- We are rightly concerned at issues of community security and the safety of our young people. There were 7,000 incidents of Knife Crime between 2010-20 – London's third highest total.
- The Borough has a corporate parenting responsibility to 850 children in its care or leaving care
- Lambeth has the 7th highest population of the London Boroughs and some of the lowest numbers of

1m

drop in visits to Sports and Leisure Facilities as a consequence of Covid Pandemic

26%

of children are overweight or obese and only **18%** achieve recommended 60 minutes of activity a day

7th

London highest population and the **lowest** numbers of playing fields and sports facilities

playing fields and sports facilities. Clapham common provides the nearest open space for 46,000 people – 20 times the national average. This population density places significant strain on our green spaces

- Lambeth had over 2m visits to its Sports and Leisure Facilities in 2019 but the impact of Covid meant that this number dropped to 1m in 2020. 62% of users were white and 38 % Black, Asian and Multi Ethnic
- The Sport England Active Lives Survey that takes place twice a year, Lambeth has one of the most active populations in London – 74% of residents are active for at least 150 minutes per week consistently scoring 10% higher than the average for London.

Our Borough

“ Lambeth Voice

Doctor Raj Mitra is a GP at Lambeth Walk Group Practice

How important is physical activity in contributing to the overall health of Lambeth residents?

Keeping active is one of the most important ways the body keeps healthy. Exercise is like a magic medicine that sorts things out and helps prevent a lot of illness.

How can sport and physical activity make Lambeth a better place?

More people being active would help inspire others to also become active., the streets, parks and gyms would be hives of activity where people can meet each other and help each other keep well.

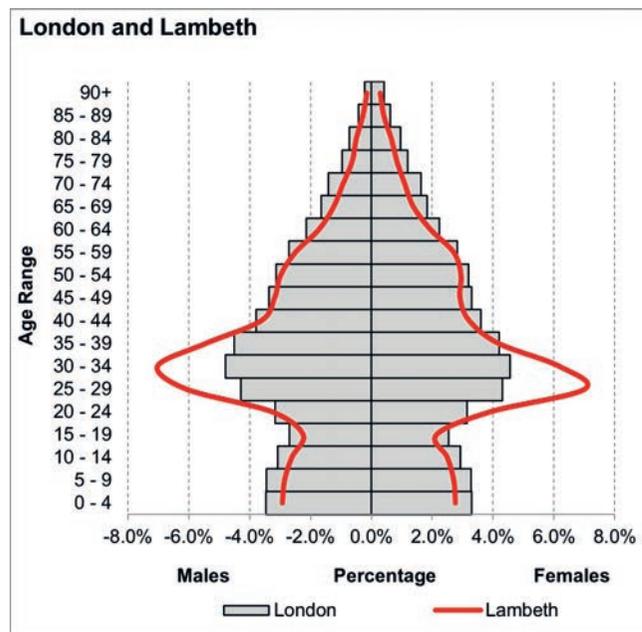
What needs to improve?

Help those 25% of people that are not active, talk to them, find out what is stopping them from joining in and then co-create activities that they want to do.

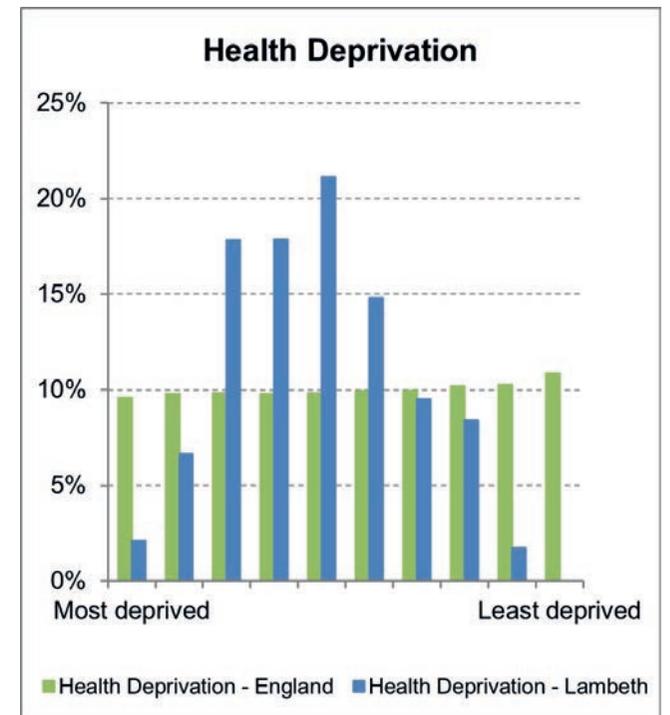
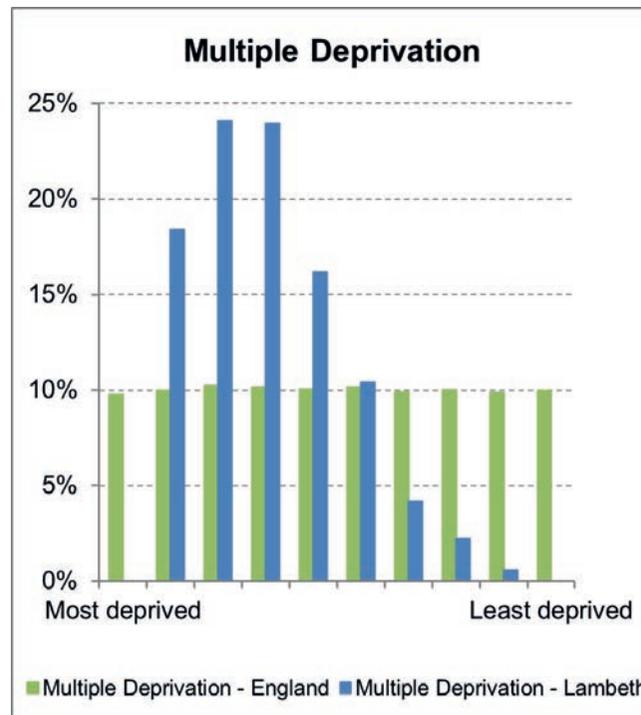


Our Borough

This chart illustrates the comparative differences in the age profiles for Lambeth and London. Lambeth has a slightly lower proportion of 0–19-year-olds, but a significantly higher proportion of young adults aged 25 to 39 years, reinforcing the attractiveness of the area to young professionals.

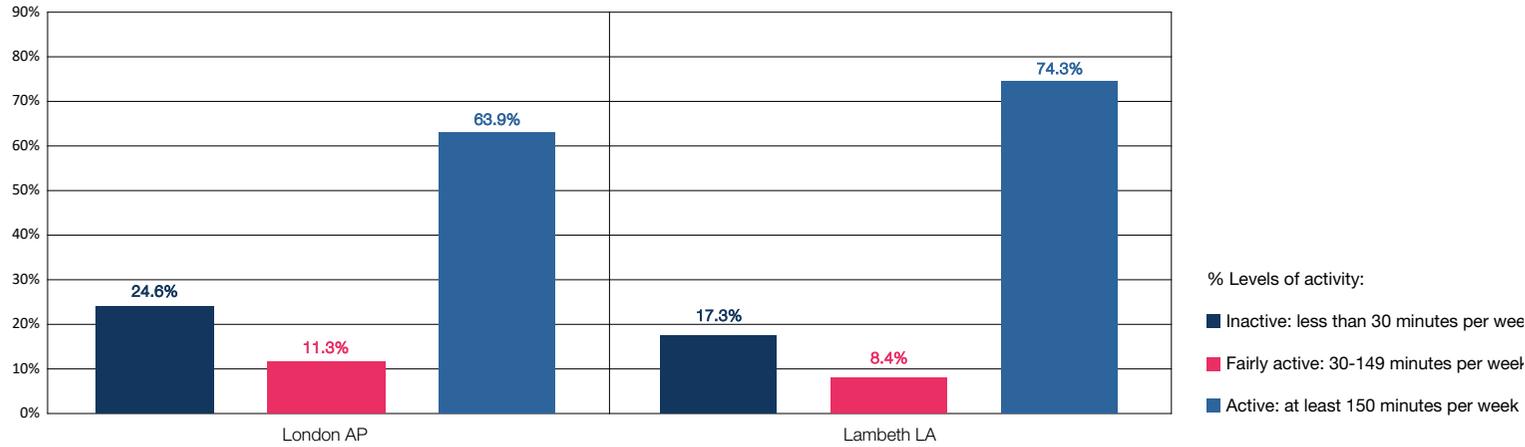


There are significant inequalities of wealth and health in the Borough. Just under 30% of Lambeth residents live in poverty after housing costs; worse than the London average of 27%. Currently 13,000 children are eligible for free school meals.



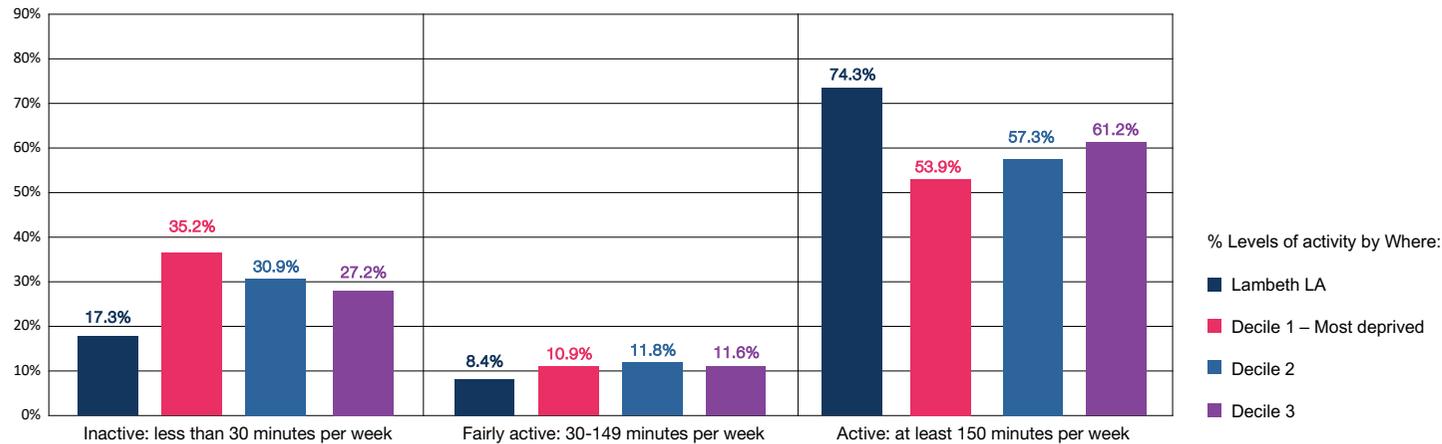
Our Borough

Levels of activity
May 19-20



However, within the Borough deprivation does have an impact on levels of activity with 35% of our most deprived citizens doing less than 30 minutes a week. The consequences of this will be seen in poor health outcomes.

Levels of activity
May 19-20



Our Borough



“ Lambeth Voice

Rodney Craig has been one of the Borough's Sports Development Officers for 23 years.

What is your impressions of Sport and Physical Activity in the Borough?

People across the borough tend to be extremely passionate and have a strong affection for Lambeth. Things have changed considerably over the years. There's significant demand for physical activity facilities and engagement, which has put pressure on our service.

If you've been involved in coaching or playing – as an individual or as part of a team what gives you greatest pleasure or is your proudest moment?

I've had the pleasure of watching various young people flourish within that chosen sport. I helped support Kace Bartley who is now a world ranked professional squash player.

How can sport and physical activity in Lambeth make it a better place?

Physical activity plays a crucial role, not only through the obvious platforms, but by offering avenues to support mental health and wellbeing, reduce isolation and loneliness.

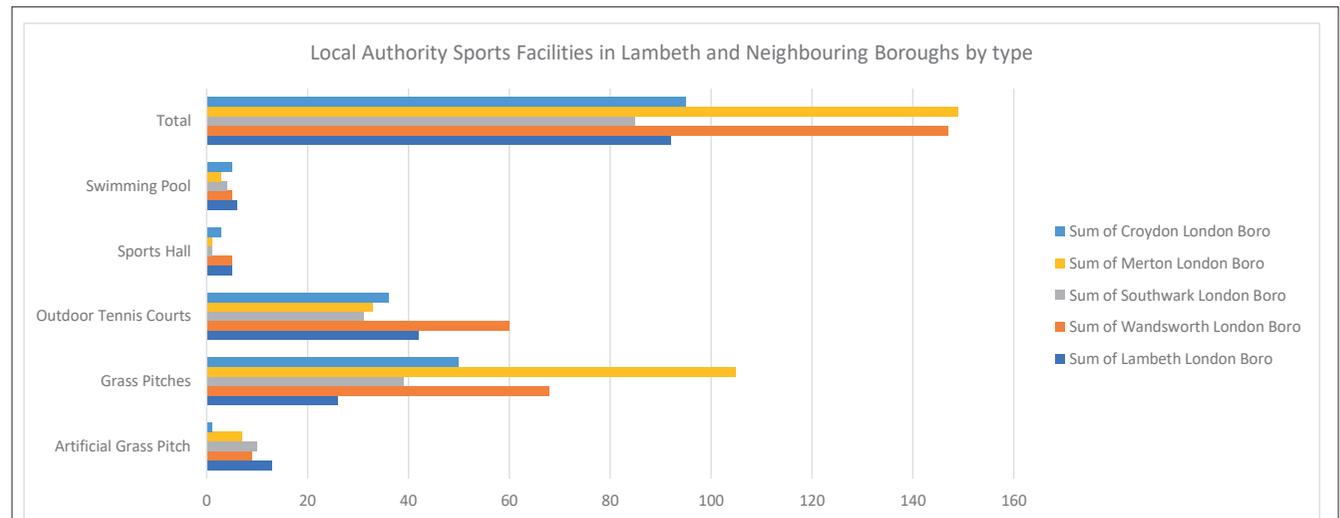
What needs to improve?

We require more football pitches to support the demand in playing facilities and more leisure space that will allow us to help create more community services.

Our Borough



Lambeth has the seventh largest population in London but some of the lowest numbers of playing pitches. This means that many of our green spaces are under intense pressure to cope with the demands upon them. For this reason areas such as Multi Use Games Areas and other informal spaces are of real significance in Lambeth and will be included in the Borough’s forthcoming ‘Outdoor Sports Plan’. The distribution of sports facilities across the borough is indicated on this map.



In comparison with neighbouring Boroughs Lambeth has slightly higher numbers of local authority operated sports halls and swimming pools an above average stock of Tennis Courts and a deficit of Grass Pitches which is only partly relieved by the provision of Artificial Grass Pitches.

Our Borough

Where are we now?

Lambeth has an advantage over many other London Boroughs in that we have a large population that is forecast to continue to grow from 334,724 to 346,279 by 2028 and our age profile is relatively young. Our residents are amongst the most active in London, many of them involved in an impressive network of sports clubs and organisations that reflect our diverse communities. To provide sufficient facilities for this active population in Inner London is a challenge but the Borough manages 90 parks and open spaces and 8 Leisure Centres, five of which were recently built.

Collectively these centres attracted 2m visits in 2019. Our parks and open spaces represent an invaluable and treasured resource and our protection and development of these will be aided by a new Outdoor Sports Plan for the Borough in 2021. Seventeen of our parks have now achieved national Green Flag accreditation and a 2020 Residents Survey identified that our green spaces are the third most important factor for our residents in making Lambeth a great place to live.

Good facilities are only possible with funding, regular maintenance and good management. There has been a £2.5m investment into sports facilities in our parks since 2014 and this has been matched by £2.2m over the same period into the modernisation and

refurbishment of sport centres and swimming pools. Access to these facilities by all sections of community is of key importance to us and for this reason concessions and discounts are offered to Carers, People with Disabilities and Children in Care.

The Borough also operates an Active Lambeth Fund which reinvests revenues from our centres into the work of community sports clubs and organisations. It also supports talented and gifted athletes – prior to the Covid pandemic 94 young people were offered free training passes and 44 financial support. Some of those assisted included Krista Awuan an Athletics u/20 World Bronze medallist and Eden Cheng a European Champion in Diving. Many of our talented athletes are involved in the teams that Lambeth enters each year for the multi-sport London Youth Games.

The challenge of obesity has been made worse for many young people by the inactivity imposed by lockdown. We have responded to this worrying development with programmes like ‘Ready, Steady, Go’ which seek to work with children and their parents on healthy eating and activity programmes. We will also seek to extend the use of sport as a means of engagement and diversion in Lambeth’s Public Health approach to tackling Serious Youth Violence, supporting holiday schemes and the ‘My Ends’ programme. The importance of sport and fitness has been reinforced by a 2021 survey of Young

People in Lambeth that identified it as the most popular activity they like to engage in. However only 48% have access to organised provision, indicating the significant opportunity that still exists to engage many more young people. Looking forward we have plans to introduce new facilities into Brixton Rec and with the financial assistance of the Football Foundation, new artificial pitches are proposed at Brockwell and Ruskin Parks and Clapham Common and reviewing our sports facilities at Kennington Park. A community housing development in Coin Street Waterloo will be accompanied by a new Leisure Centre.

The management of our sports facilities is currently contracted out but will be taken back in-house from April 2022. We will then be better able to make use of our facilities, staff and assets to directly support the delivery of this strategy and to reinvest income and investment arising from Section 106, Community Investment Fund or the Social Value Programme membership, entry and hire fees into extending and improving the service.

The greatest asset Lambeth has is the people that manage, coach and administer its network of community sports clubs and organisations. The introduction of a Lambeth Sports Partnership Board will provide a means of improving communication and enhancing partnerships with these inspirational organisations.

Our Borough

“ Lambeth Voice

Lee Deema is the founder and organiser of the St Matthew's Project in Tulse Hill

What are your first memories or initial impressions of taking part in Sport and Physical Activity in the Borough?

I grew up in Tulse Hill, and then Brixton so it would be playing football in the street in Tulse Hill.

What gives you greatest pleasure or is your proudest moment?

I've been running the St Matthew's Project in Tulse Hill and Brixton for 17 years so there are many special moments but probably the proudest ones are when a former participant brings their first child along to see you, although it does make you feel old.

How can sport and physical activity in Lambeth make it a better place?

With the right structure and role models in place, it can divert young people down a better and safer path at a crucial juncture in their lives.

What needs to improve?

Better regulation and due diligence in place around community organisations and more support for organisations to meet any due diligence. Some more facilities would be nice too!



Our Health

This strategy will be informed by the most up to date guidance from the Chief Medical Officer (CMO guidance), Public Health England (PHE) and local Public Health evidence.

It is well documented that being physically active is beneficial to health and well-being at all stages of life. This includes physical activity opportunities for:

- The under 5s
- Children and young people ages 5-18 years old
- Adults ages 19 to 64 years old
- Older adults 65 years and older.

It will also be important to address local barriers and opportunities to be physically active, and that may impact and exacerbate inequalities including access, affordability, and appropriateness of activities.

Some of these barriers in Lambeth are more likely in certain sections of the population. For example, in:

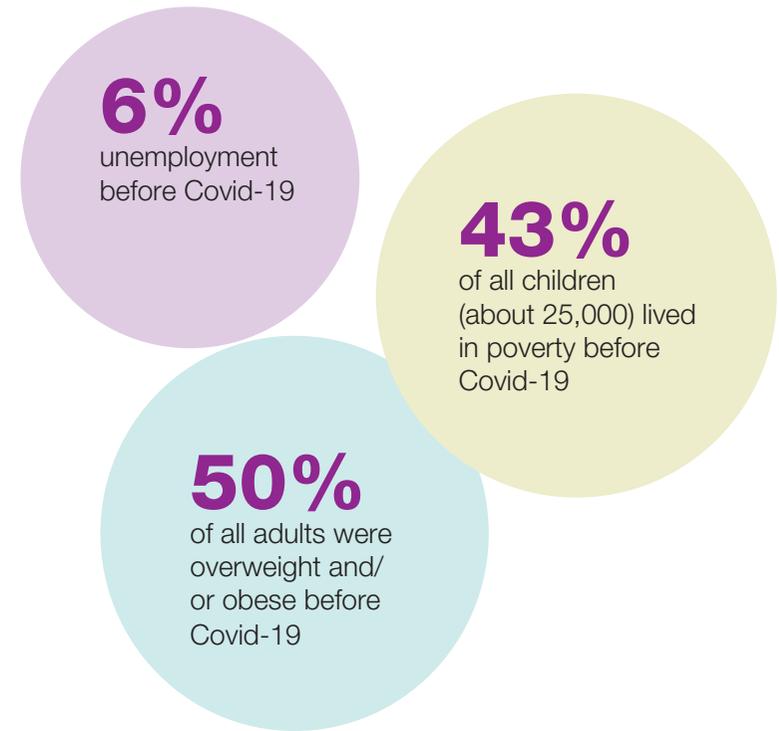
- Low-income households
- Lone parent families

- Black and minority ethnic groups
- People suffering from health issues
- Frail and poor older people
- People with disabilities.

In Lambeth, prior to the Covid-19 pandemic:

- About 43% of all children (about 25,000) lived in poverty
- Just under 30% of all residents lived in poverty
- 26% of children were obese in year 6, which places Lambeth among the highest 25% of local authorities
- 50% of all adults were overweight and/or obese
- 6% unemployment, which is worse than national average.

Emerging national and local evidence show that Covid-19 has dramatically widened inequalities



including newly vulnerable communities and individuals because of the adverse social and financial circumstances created by the pandemic. The groups highlighted are:

- Households with children
- Pre-existing inequalities experienced by people with health problems and disabilities have widened
- Clinically vulnerable people that may be living in isolation
- Adults from minority ethnic backgrounds.

Pockets of socio-economic deprivation can be found borough wide, however, the following wards are highlighted as having higher levels of deprivation: Prince's, Larkhall, Ferndale, Brixton Hill, Streatham Hill, Oval, Vassall, Coldharbour, Thornton, Tulse Hill, Streatham Hill.

Our Big Ideas



In the next 5 years...

- We will get 260,000 of our residents regularly active
- Our most disadvantaged residents have access to free or discounted access to facilities and opportunities
- We will work with public health on physical activity programmes in the 5 areas of the Borough where health inequalities are at their highest
- We will improve the experience of young people by supporting an increase in levels of sport being played in and between schools and involvement in the London Youth Games
- We will propose a capital programme funded by internal and external investment that maintains and develops the Borough's sport facilities and parks
- We will partner with a world class University to raise aspirations in the borough and to offer support to our talented athletes
- We will establish a Lambeth Sports Partnership Board to provide a voice for the Borough's sports clubs and community organisations
- We will improve the Borough's Football Facilities with 3 new artificial pitches at Brockwell and Ruskin Parks and Clapham Common
- We will renew Brixton Rec – increasing levels of attendance and income and its place at the heart of Lambeth
- We will establish a facility base that will allow club cricket and rugby to be played in the Borough – currently this isn't possible
- We will work with Surrey Cricket Foundation and the ACE Programme to increase diversity by building grassroots cricket provision and talent ID systems in black communities
- We will support the crucial work of 'Lambeth Made Safer' by employing both Council and Community assets and opportunities to engage the Borough's most at risk children in positive activity
- We will develop a specific programme of girl's and women's activity
- We will through our Sport, Leisure and Park Facilities create job and apprenticeship opportunities for Lambeth people
- We will increase our support to our young athletes and teams to enable Lambeth to be ranked in the top ten of Boroughs at the London Youth Games

Our Objectives

Using the research and insight collected on the Borough we developed some outline objectives and tested these at workshops involving some of our key internal and external partners.

Their comments and contributions helped us devise this draft of the strategy that we have made available for public consultation. Further revisions and improvements will be made based on the feedback we receive. The final strategy is scheduled to be considered by Lambeth Council in November 2021.

To help structure our strategy we've found it useful to employ the same headings as that used by Sport England's in their recent 10-year strategy 'Uniting the Movement'. There are 5 big issues identified to which we've added a sixth 'Promote Safer Communities' which reflects the Borough's concern to reduce serious youth crime and anti-social behaviour. The time frame of this strategy is December 2021 to December 2026.

1. Recover and Reinvent

2. Connect with Communities

3. Offer Positive Experiences for Young People

4. Connect with Health and Well Being

5. Provide and Manage Active Environments

6. Promote Safer Communities



In a Borough as diverse as Lambeth it's important to recognise and support the things that consistently bring people and communities together. In our modern lives, few things can get people out of their houses and interacting with others or the local environment as the prospect of playing sport or taking some exercise.

When we do this so many other benefits for the individual, for families for the community follow and contribute towards making Lambeth a great place to live and work. For these reasons I welcome this strategy and the ambitious targets that we've set ourselves. ”

Andrew Travers, Chief Executive, Lambeth Council

To keep the strategy relevant and responsive an implementation plan will be agreed each year with the Lambeth Sports Partnership Board to ensure progress towards our overall objectives.

Our Objectives

1. Recover and Reinvent

Increase the number of Lambeth Residents that are Physically Active to 80% and decrease those classified as inactive by 5% (19-20 baseline of 74.3% & 17.3%)

Recover and then increase usage rates of Lambeth facilities and parks (Achieve 2,250,000 annual visits to our sports and leisure centres)

We will...

Recover and then increase usage rates of Lambeth sports facilities (Lambeth had over 2m visits to its Facilities in 2019 but the impact of Covid meant that this number dropped to 1m in 2020. Currently there are 20,000 fewer monthly visits than in 2019)

Establish a baseline for the annual number of visitors to Lambeth Parks to allow us to set growth targets and ensure inclusive access

Increase participation by developing a digital marketing capacity that improves our ability to communicate with participants and potential participants

Devise a new Leisure Offer for the Borough that supports the delivery of this strategy when the current management arrangements come to an end



Our Objectives

2. Connect with Communities

Provide a voice for Lambeth’s volunteers by establishing the Lambeth Sports Partnership Board

Establish a mutually beneficial formal connection between the local authority and its outstanding community partners

Develop inclusive and innovative sports and activity programmes that engage those that are currently not involved

We will...

Establish a Lambeth Sports Partnership Board that brings together key internal and external stakeholders to advise on the development of sport, participation, and physical activity in the Borough

Introduce a ‘Club Mark’ for the Borough that recognises high quality provision and supports community sports & activity organisations that share our inclusive ethos

Undertake research that allows us to develop specific programmes that increase activity and participation rates for Girls and Young Women (61% of Women are active for 150 mins per week)

Support Lambeth’s volunteer workforce by providing them with training, support, recognition and improved opportunities to promote what they do



Our Objectives

3. Offer Positive Experiences for Young People

Support Lambeth's work to become a UNICEF Child Friendly Community by facilitating sport programmes that improve the mental and physical health of young people

Support our most disadvantaged young people and demonstrate our corporate parenting responsibilities by offering free or low cost access to sports facilities and programmes

Reduce inequalities by providing talented Lambeth Athletes with specialist support to fulfil their potential

We will...

Work with Schools, local GPs and Lambeth Public Health to offer the 'Ready, Set Go' programme to encourage exercise and healthy eating to young people and their families.

Agree a concessions policy for the new Leisure Contract that provides access for the most disadvantaged in Lambeth

Work with school networks and other supportive agencies to increase the number of children and young people that are active every day for 60 minutes in School Years 1-11 to 60% (currently 41%)

Help coordinate multiple school fixtures, tournaments, and festivals

Partner with Universities to offer specialist support to young talented Lambeth athletes

Achieve a top 10 ranking within the London Boroughs at the London Youth Games



Our Objectives

4. Connect with Health and Wellbeing

We will partner with Lambeth's public health agencies to use the Borough's assets to achieve health benefits for the vulnerable, inactive and people with disabilities

We will...

Map the clubs, organizations and facilities that are already effective in providing opportunities and seek to support and promote the work that they do

Research and co-develop programmes in Lambeth's most deprived neighbourhoods with Lambeth's public health agencies that target reductions in childhood obesity, cardiovascular disease, Isolation, mental health, and diabetes

Identify the opportunities provided by Lambeth's management of its Leisure Services to identify apprenticeship, training, and employment opportunities for residents

Identify how Lambeth can work with Public Health agencies to bring about investment into wellness programmes

Working with disability organisations ensure that there is a network of accessible activity opportunities for people with disabilities across the Borough



Our Objectives

5. Provide and Manage Active Environments

We will maintain and develop attractive parks, sport and recreational facilities. We will develop proposals for inclusion in the Borough's capital plans

We will secure £2m of external investment into Lambeth's Sports and Parks Facilities

Improve Lambeth's environment and the personal health of residents by increasing the levels of Active Travel, the use of Healthy Routes and physical activity in outdoor settings

We will...

Replace the artificial pitches at Kennington Park and Larkhall and develop projects with the Football Foundation for new artificial surfaces at Brockwell, Ruskin and Clapham Common

Undertake a review of sports facilities at Brockwell Park

Produce a new Outdoor Sports plan to help us match supply to demand and safeguard our open spaces

Undertake an options analysis of facilities at Brixton Rec to increase footfall and income

Support Lambeth's work in changing the physical environment so that walking and cycling become more attractive options. We will support safer routes to key sports and leisure facilities, bike storage and the take up of learn to cycle sessions for adults and children

Review the Borough's maintenance services of its sports facilities so that general repairs can be carried out quickly, minimizing downtime and closures



Our Objectives

6. Promote Safe Communities

In partnership with specialist agencies, we will support ‘Lambeth Made Safer’ to engage vulnerable young people resulting in declines in anti social behaviour and serious youth violence

Provide and support a range of opportunities that divert vulnerable young people into positive activity e.g. After School Sport Activity

We will...

Work with specialist agencies to identify how best council and community people, facilities and sports assets can be used to support ‘Lambeth Made Safer’ such as ‘My Ends’ programme, Holiday Schemes, Safe Spaces or after school sports activity.

We will work with Lambeth’s Children’s Services to increase the number of young people that have access to organized community sport provision



Our Commitment

How will we implement and review the Activity Strategy?

Strategies are easy to write but much more difficult to implement. To assist us to develop action plans, agree targets and review progress we will be establishing a Lambeth Sports Partnership Board. Lambeth will make better and more credible decisions as to its sport and physical activity programmes if provision is based upon evidenced community need and the engagement of internal and external stakeholders. The partnership board can provide a strategic steer, an oversight of progress, enhanced co-ordination and specialist knowledge and expertise. It will be able to hold the Council accountable for the delivery of this Activity Strategy over the next five years.

We will be seeking to recruit members of this Board and an associated Lambeth Sports Forum in autumn 2021.



Our Commitment

The Borough has set itself 20 Goals to achieve its objectives. The areas highlighted below are where we believe sport and physical activity can make a contribution.



Our Commitment

Here are some of the ways in which this strategy will contribute to the Borough's wider objectives.

Fair Jobs – Lambeth is assessing management models for its sports facilities from April 2022. This transition could provide opportunities for meaningful, fairly paid jobs, training and apprenticeships

Transport & Environmental Impact – Lambeth's aspirations to increase sustainable transport and become carbon neutral will be aided by increasing the number of residents that walk, run or cycle regularly. We believe by the active promotion of activity we are more likely to achieve Lambeth's target of 70% of residents reporting x2 10-minute periods of active transport for the previous day

Serious Youth Violence – Ensuring the safety of young people is vital for their future and that of the Borough. This strategy can play a part in making best use of the power of sport to engage young people at risk when other approaches may have proved to be ineffective. Sport working in conjunction with other services can play a role in reducing the number of first-time entrants into the criminal justice system and reoffending.

Vulnerable Children, Families and adults – The Borough rightfully seeks to support families and individuals that are struggling. This strategy will ensure

that concessions and discounts to opportunities and facilities will be made available to those that need them most. Sport and physical activity will be key components of the Holiday programmes that keep children engaged and fed.

Mental Health and Wellbeing – Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression, dementia and Alzheimer's disease. This strategy will improve Lambeth's mental health by getting more people of all ages active, more of the time.

Health and Support – This strategy will align with the Borough's public health objectives and can contribute to maintaining and improving the health of Lambeth residents specifically in relation to obesity, heart disease, stroke, diabetes and kidney disease.

Town Centres – Our facilities are key components and contributors to the health of Lambeth's Town Centres. Brixton Rec, Streatham and Clapham Sports Centres all play a role in making these areas more welcoming and providing a venue where differing communities mix and gain an experience of each other thus becoming more cohesive. We have exciting

plans to renew the facilities in the Rec and for the development of a new sports centre in Waterloo

Community Assets /Leisure and Cultural Facilities/ Parks and Green Spaces – Following the Pandemic we believe that we can resume and then exceed the number of visits to our sports centres, swimming pools and parks. For a Borough as densely populated as Lambeth its important that the Borough's investment programme ensures that access to high quality facilities is maintained and extended. Our Parks were graded to be the best in London in 2020, achieving 17 Green Flag Awards and played a vital role in Lockdown and in March 2021 90% of residents reported that they had visited a Lambeth park in the last month – these are standards that we wish to maintain.

Equality, Diversity and Inclusion – This strategy is informed by research that illustrates where deprivation and inequality exists in the borough. The responses as set out will target those communities that need greater support to access the benefits of being active. This approach will enhance diversity and inclusion.

Our Partners

We believe in its outlook, approach and objectives Lambeth’s Activity Strategy also aligns to the following plans and strategies. This alignment will provide opportunities to establish partnerships and make a case for investment.

Sport England’s 10 Year Plan ‘Uniting the Movement’ – The Lambeth Activity Strategy has adopted the same structure as Sport England’s strategy as we share the same vision.

Recover and Reinvent – Recovering from the biggest crisis in a generation and reinventing as a vibrant, relevant, and sustainable network of organisations providing sport and physical activity opportunities that meet the needs of different people.

Connecting Communities – Focusing on sport and physical activity’s ability to make better places to live and bring people together.

Positive Experiences for Children and Young People – An unrelenting focus on positive experiences for all children and young people as the foundations for a long and healthy life.

Connecting with Health and Wellbeing – Strengthening the connections between sport, physical activity, health and wellbeing, so more people can feel the benefits of, and advocate for, an active life.

Active Environments – Creating and protecting the places and spaces that make it easier for people to be active.

The new **London Sports Strategy** has the aspiration to make London the most active city in the world. It has two main outcomes: getting inactive and less active adults active and helping young Londoners to develop positive physical activity habits for life.

The Mayor of London plan – Sport Unites’ has a focus on community sport to improve social integration in London. MOPAC (Mayor’s Office Policing and Crime) produced a Police and Crime Plan 2017–21. This has a focus on ‘Keeping children and young people safe’ and undertaking preventative work of which sport and physical activity has a part to play in engaging and diverting some young people at risk.

The London Cycling Campaign ‘Healthy Streets Scorecard’ provides a useful indicator as to levels of Active Transport. Lambeth is rated 9th in terms of walking and fifth for cycling in comparison to other London Boroughs in 2021.

There are also clear alignments with the national strategies set out by the ECB, FA and RFU to engage and involve new or neglected communities in club sport and to make this possible with a prioritisation of facility development in areas of deprivation and need.

“ Lambeth Voice

Imran Azeez is an employee at Dwaynatics Boxing Club. The club was set up in response to a tragic knife crime and is designed to steer at-risk youth away from gang-culture, and violence, and see a positive future.

What are your first memories or initial impressions of taking part in Sport and Physical Activity in the Borough

Growing up there were limited opportunities to do so, which lessens the likelihood of developing young athletes or steering young people into sport and physical activity that are coming from disadvantaged backgrounds.

What gives you greatest pleasure or is your proudest moment?

I took part in Borough sports when I was in year 4 – doing tag rugby. It was an exciting experience having people cheer you on and supporting the team when we were beating our opponents. For a young person that’s a sensational feeling and had there been more opportunities to continue down that path I would have.

How can sport and physical activity in Lambeth make it a better place?

It engages young people in something outside of their usual environment or the confines of school, allowing them to interact with different types of people and developing their skill sets in the process.

What needs to improve?

More role models and session leaders are needed that the youth can identify with; as well as feel valued by. This means employing people that have a passion for what we are trying to achieve.





**Who has been involved/consulted in the planning
of this strategy
To be inserted following consultation
Contact information
Provision of contact for queries/further information**