

REPORT TO: SCRUTINY COMMITTEE

DATE: 13 MARCH 2018

TITLE: REVIEW OF SPORT IN HARLOW – FINAL REPORT

LEAD OFFICER: JANE GREER, HEAD OF COMMUNITY WELLBEING (01279) 446406

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RECOMMENDED that:

- A** The Committee notes the findings of the additional information on sport and physical activity participation rates.
- B** The Committee notes the findings of the sport and physical activity surveys as detailed within this report.
- C** The Committee recommends to Cabinet that the Action Plan, attached as Appendix A, is approved.
- D** The Committee recommends to Cabinet that the Council should adopt a target of 0.5 percent per year participation rate increase in sport and physical activity. Active Lives data should be used as the tool by which this is measured.

BACKGROUND

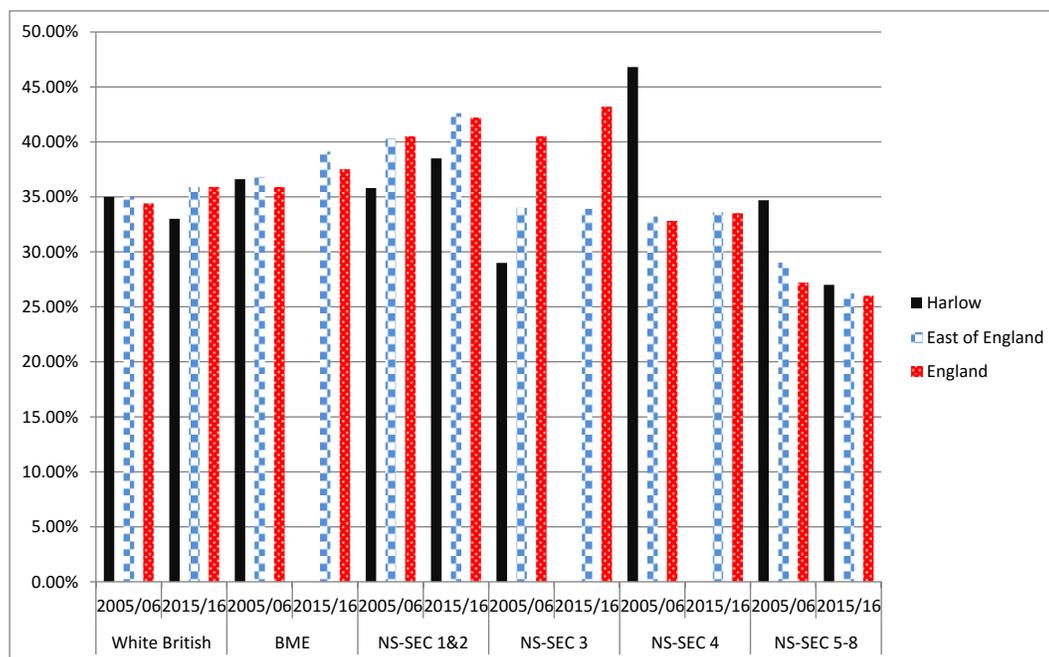
1. On 5 September 2017, the Scrutiny Committee agreed to conduct a review of sport in Harlow.
2. An interim report was presented to Scrutiny Committee on 6 February 2018. Progress to date was noted and the committee requested:
 - a) Information on Black and Minority Ethnic (BME) participation in sport and physical activity in Harlow.

- b) Information on socio-economic factors relating to participation in sport and physical activity.
3. The Council supports sport and physical activity by employing a Sports and Leisure Policy and Development Officer. This post administers Active Harlow, the Community Sport and Physical Activity Network and supports organisations delivering opportunities for people to be physically active in Harlow. The post also leads capital projects to develop facilities offering sports and leisure opportunities for residents and advocates the strategic case for sport and physical activity being a priority.
4. Physical activity is a priority of the Harlow Health and Wellbeing Partnership Board. However, there is a limited amount of funding available for sport and physical activity interventions from the Public Health Improvement Grant. The Council does not have a budget allocation specifically for sport and physical activity. All development work is externally funded. No additional resources are available at present. Opportunities to access external funding and adopt a partnership approach will be monitored.
5. In 2016 the Council undertook a piece of work with Sport England, the Chief Culture and Leisure Officers Association (CLOA) and Active Essex to improve the strategic position of Active Harlow. An outstanding item from the action plan the work produced was “Organise an event to build and develop relationships with Primary and Secondary Care”. This event was planned but cancelled due to lack of support from Primary and Secondary Care.
6. In 2014, the Council and other partners of Active Harlow developed a referral project to focus on the areas of Harlow that have the highest level of health inequality and low levels of female participation. The project was not delivered because local funding could not be secured to support a larger bid to Sport England.

FINDINGS

7. Active People Survey (APS) data demonstrates that between 2005/06 and 2015/2016 that adult (16+) participation (at least once a week) declined slightly in Harlow. In contrast to this, participation increased slightly across the East of England and England. However, adult (16+) participation in sport and active recreation (formerly NI8 and calculated 3 x 30 minutes per week) in Harlow increased at a greater rate than it did across the East of England and England. 2015/16 (APS9/10) demonstrates an increase of 1.4 percent in Harlow since APS1 in 2005/06. The Active People Survey was replaced by Active Lives in 2017. The next results will be available 22 March 2018.
8. The chart below uses Active People Survey data from the time period

2005/06 to 2015/16 to demonstrate participation trends relating to population groups that committee requested further information on at Scrutiny Committee held 6 February 2018:



9. The chart demonstrates that in 2005/2006 Black and Minority Ethnic (BME) participation at least once per week was 36.6 percent. This was higher than the White British participation rate of 35.0 percent in Harlow. Due to a smaller sample size there is no comparative figure available for BME participation in 2015/16. However, due to only small percentage decreases for the whole population within Harlow and small percentage increases across the East of England and England, it would be a fair assumption that there will have been no significant changes in participation amongst BME communities within Harlow.
10. In 2005/06 adult (16+) residents in socio-economic groups 1 and 2 had a participation rate of 35.8 percent. This increased to 38.5 percent in 2015/16. In contrast, adult residents in the lowest socio-economic groups 4 and 5 had a participation rate of 34.7 percent but this declined to 27 percent in 2015/16. Adult residents in socio-economic group 3 had a participation rate of 29.9 percent and residents in socio-economic group 4 had the highest participation rate at 46.8 percent. Due to smaller sample sizes there is no comparable data available from 2015/16.
11. In 2005/06 adult (16+) residents with a disability had a participation rate of 20.03 percent. This was higher than the rates for the East of England (15.9 percent) and England (15.3 percent). Whilst no comparable 2015/16 data is available due to sample sizes the trend for disabled participation across East of England and England was that of a slight increase so a similar situation

could be assumed in Harlow.

12. As residents get older they are less likely to participate in sport and physical activity. This is in line with regional and national trends.
13. A summary of the findings from the sport and physical survey of for Harlow residents is below:
 - a) 129 residents responded to the survey.
 - b) The survey was completed online using Survey Monkey. The survey was promoted by the Council via the website, press release, social media and Weekly Information Sheet. The survey was also promoted by the Active Harlow Twitter account, direct to the Active Harlow Network and the Health and Wellbeing Partnership Board and it's sub-groups amongst other networks.
 - c) 94.57 percent of residents stated that physical and mental wellbeing was either important or very important to them.
 - d) 84.5 percent of respondents stated sport and physical activity was either important or very important to them.
 - e) The top 3 reasons why respondents participate in sport and physical activity are health and wellbeing (72.09 percent), fitness (68.22 percent) and enjoyment (53.49 percent). Social reasons and to challenge myself were the next most popular responses.
 - f) Cost was the most common barrier with 66.67 percent of respondents citing it as a barrier to them being more active. Lack of time (52.71 percent) was the next most prevalent response followed by current fitness level (29.46 percent), not aware of what is available (22.48 percent), childcare (16.28 percent), nobody to go with (13.95 percent), I'm not confident enough when doing physical activity and I don't want to be more active than I currently am being the next most prevalent responses at 10.08 percent.
 - g) Low cost activities (64.8 percent) were reported to be the top factor that would encourage respondents to do more sport and physical activity. This was followed by free activities (42.4 percent), taster sessions/open days (38.4 percent), increased awareness (36 percent), activities that focus on health and wellbeing (35.2 percent) and Increased social opportunities (17.6 percent).
 - h) The most popular locations for respondents to exercise were sports centre or gym (67.44 percent), green spaces other than the Town Park

(41.09 percent), the Town Park (37.98 percent), neighbourhood community centre (32.56 percent), workplace (24.03 percent), educational facility (30.16 percent) and River Stort (17.83 percent).

- i) The most popular time for respondents to exercise was between 6pm and 10pm (45.74 percent) followed by 9am to 12 noon (27.13 percent). Wednesday was the most popular day of the week but there was no large difference between the days.
- j) The most preferable length of time respondents wanted to be active for per session was 30 minutes to 60 minutes (58.14 percent) followed by 60 minutes to 90 minutes (27.91 percent).
- k) The most common maximum amount people were willing to pay per session was reported to be £5 (28.84 percent). The next most common maximum amount per session was £3 (20.93 percent). 15.5 percent were willing to pay more than £5.
- l) Survey respondents were quite active. 35.66 percent met the recommended 150 minutes per week. Only 1.55 percent did less than 30 minutes per week (Chief Medical Officer's definition of being inactive).
- m) The most popular sports and activities amongst respondents included walking (66.67 percent), keep fit and gym (36.59 percent), exercise, movement and dance (21.14 percent), athletics (17.89 percent), swimming (15.45 percent) and cycling (13.01 percent).
- n) 78.29 percent of respondents reported wanting to do more activity with 31.01 percent of respondents want to be active three times per week and 50.39 percent wanted to achieve the recommended level of 150 minutes or more.
- o) The majority of respondents find information relating to opportunities to be physically active through word of mouth (52.71 percent). Facebook (44.19 percent) was the next most prevalent response followed by search engine (29.56 percent) and council website (20.93 percent).
- p) An open ended 'any other comments' question raised issues such as:
 - Some facilities are perceived to be too expensive.
 - Some sports clubs struggle to get sufficient access to facilities.
 - Some facilities are of good quality but others such as cycle tracks could be maintained better.
 - Some niche sports are not catered for in Harlow.
 - There is a perception that activities are not well promoted.
 - Interventions such as parkrun have attracted new people to

exercise.

- A demand for inclusive school holiday programmes.
- A demand for activities for older residents.
- Physical activity could be built into lifestyles where possible.
- More investment into local groups is desired.

14. A summary of the findings from the survey of sports clubs and organisations providing opportunities for residents to be physically active in Harlow is below:

- a) 61 clubs and organisations delivering opportunities for residents to be physically active responded.
- b) The survey was completed online using Survey Monkey. The survey was promoted by Harlow Council via the website, press release, social media and Weekly Information Sheet. The survey was also promoted by the Active Harlow Twitter account, direct to the Active Harlow Network and the Health and Wellbeing Partnership Board and it's sub-groups amongst other networks.
- c) The majority (59.02 percent) of responding organisations classified themselves as being a sports club. 59.02 percent of respondents were also affiliated to a National Governing Body of Sport. The most typical classification of the organisation responding was a 'non-profit members club with a constitution and committee, typically managed by volunteers of respondents (40.91 percent). Respondents delivered approximately 70 different activities or variants of the same activity.
- d) The majority of respondents (63.64 percent) reported that their organisation has been operating for 10 years or more. Fewer than 10 percent of respondents reported being operational for less than three years.
- e) The majority of respondents reported providing opportunities for a wide section of the community:
 - 95.45 percent of respondents reported providing opportunities for both males and females.
 - 84.09 percent of respondents reported providing opportunities children and adults.
 - 81.92 percent of respondents reported providing opportunities for both disabled and non-disabled people.
- f) The majority of respondents operate in venues that they hire (43.19 percent) with 22.73 percent providing opportunities in a leased venue and 20.45 percent providing opportunities in a venue that they own.

g) The majority of organisations fund their activities through fees to participants:

- Membership fees (75 percent)
- Weekly fees (36.6 percent)
- Match fees (27.27 percent)

Other ways that organisations are funding their activities are:

- Fundraising activities (43.18 percent)
- Grants (25 percent)
- Charitable donations (20.45 percent)

h) 50 percent responding organisation relied on more than 10 volunteers.

i) Word of mouth and their own website were the most common single response detailing how organisations promote their activities (both 90.02 percent). Facebook (84.09 percent) was the most common social media response. 22.73 percent of respondents use the Get Active Finder on the Active Essex Website.

j) Financial Resources are the most prevalent (65.91 percent) challenge faced by respondents over the next three years. This was followed by access to grant funding and loss of members (both 45.45 percent), access to facilities (36.36 percent), growth of organisation (31.82 percent), lack of volunteers (29.55 percent) and skills gap (18.18 percent).

k) The top priority for respondents over the next three years was to gain more members (56.82 percent). This was followed by access to grant funding for specific projects (43.18 percent), increase financial resources (40.91 percent), secure facilities (27.27 percent), workforce development, recruiting more volunteers, improved facilities (all at 25 percent) and offer more to current members (22.73 percent). 18.18 percent of respondents reported that to survive was a priority.

l) The majority (72.73 percent) of respondents reported sport specific coaching qualifications were the top training need to help them achieve their goals. A combination of club development workshops was next (47.73 percent) and 36.36 percent of respondents reporting safeguarding training is a need.

m) Respondents requested support in the form of funding (72.73 percent), networking opportunities and assistance to access facilities (both 38.64 percent), increased organisation profile (36.36 percent) and assistance to improve facilities (25 percent) would help them

achieve their goals. 11.36% reported needing advice.

- n) 35 organisations wanted to be included on a database that could be used to share information about opportunities relating to sports and physical activity development in Harlow.
- o) 41 organisations want to receive invitations to Active Harlow network meetings.
- p) A wide range of suggestions were provided as to the functions that Active Harlow could undertake in its role as Community Sports and Physical Activity Network.

CONCLUSION

- 13 This report has taken into account nationally collated data sets and information as well as local research. Based upon the data and findings an action plan has been developed and is available in Appendix A. A series of recommendations and reasons for the Committee to consider are included at the beginning of the report.

IMPLICATIONS

Place (includes Sustainability)

None specific.

Author: **Graeme Bloomer, Head of Place**

Finance (Includes ICT)

The delivery of the action plan will have no direct financial implications for the Council, any expenditure required will be contained within the approved 2018/19 budgets or will be financed through external grants and/or contributions.

Author: **Simon Freeman, Head of Finance**

Housing

None specific.

Author: **Andrew Murray, Head of Housing**

Community Wellbeing (includes Equalities and Social Inclusion)

The review of sport will help inform the work of the health and wellbeing board and its sub-groups. It has also highlighted some of the inequalities that could potentially be addressed.

Author: **Jane Greer, Head of Community Wellbeing**

Governance (includes HR)

The Council has no statutory duty to convene a Health and Wellbeing Board, however there is no statutory provision preventing the Council convening such a board or committee to outwardly scrutinise and suggest recommendations where it can to support the wider Public Health initiative.

The information gathered is purely statistical or factual in nature, I am aware that the survey forms had appropriate privacy notices to enable the data subject to be aware of their rights. Further that only statistical information will be retained, sharing of information with other organisations that does not contain personal information falls outside the current Data Protection legislation and the General Data Protection Regulation (GDPR) 2016/679.

In analysing the data and identifying where inequalities may lie the Council in looking to support the inclusion of those with protected characteristics will be giving due regard to the public sector equality duty under the Equalities Act 2010.

Author: **Amanda Julian, Legal Services Manager**

Appendices

Appendix A – Action Plan

Appendix B – Harlow Sport and Physical Activity Participation Survey 2018

Appendix C – Harlow Sport and Physical Activity Club and Organisation Survey 2018

Background Papers

UK Chief medical Officer physical activity benefits for adults and older adults

UK Chief medical Officer physical activity benefits for children and young people (5-18 years).

UK Chief medical Officer physical activity benefits for early years (birth to 5 years)

Active Essex Changing 1 Million Lives Strategy

The European Sports Charter

World Health Organisation Physical Activity Factsheet February 2017

Public Health England: Health matters, getting every adult active every day.

Department for Digital, Culture, Media & Sport, Sporting Future: A New Strategy for an Active Nation

HM Government, Sporting Future: First Annual Report

Harlow Council: Working Together for Harlow Corporate Plan 2017/18 - 2019/20

http://www.ukactive.com/downloads/managed/Physical_Activity_and_Health_-_Final_Version.pdf

Sport England: Partnering Local Government in Harlow.

Local Sport Profile for Harlow

Interim Review of Sport in Harlow report, Scrutiny Committee 6 February.
Active People Survey: time period 2005-2006 to 2015/2016
Sport and physical activity surveys

Glossary of terms/abbreviations used

SMART – Specific Measureable Achievable Realistic Target.

BME – Black Minority Ethnic Groups.

NS-SEC – National Statistics Socio-economic classification:

- 1 Higher managerial and professional occupations
- 2 Lower managerial and professional occupations
- 3 Intermediate occupations (clerical, sales, service)
- 4 Small employers and own account workers
- 5 Lower supervisory and technical occupations
- 6 Semi-routine occupations
- 7 Routine occupations
- 8 Never worked or long-term unemployed.

APPENDIX A

ACTION PLAN

	Action	Outcome	Responsibility	Timescale
1.	The Council develops an overarching statement of intent which helps to deliver the authority's aims and objectives within the Corporate Plan, encapsulates actions from this report, the emerging Playing Pitch Study and Built Facilities Study and Health and Well-being Strategy. The overarching document will support the Local Plan and Town Centre Area Action Plan.	This will provide evidence that can be used within the Local Plan. It will enable developed contributions to be sought that can have a positive impact on sport and physical activity provision. It will also provide strategic guidance, policy and operational direction and actions to the delivery of services that influence sport and physical activity provision.	Harlow Council	March 2019
2.	Commission a minimum of 1 sport and physical intervention annually per Health and Wellbeing Partnership Board sub-group that aims to address barriers to sport as identified in the Scrutiny Review of Sport Report.	Residents will find it easier to access opportunities for them to participate in sport and physical activity.	Health and Wellbeing Board Active Harlow	Annually.
3.	Open a Facebook account for Active Harlow and to promote opportunities for residents to be physically active.	Residents will have a greater understanding and awareness of the opportunities for them to be physically active within Harlow.	Harlow Council Active Harlow	Ongoing.
4.	Share statistical and facility specific findings from the sport and physical activity surveys with facility operators that they relate to. No personal or contact details will be shared.	Facility operators will have enhanced knowledge about how they are perceived by customers and potential customers.	Harlow Council	April 2018.
5.	Organise a programme of workshops	Organisations delivering opportunities for	Harlow Council	One workshop per

	<p>for clubs and organisations to address issues identified in the sports clubs and organisations survey:</p> <ul style="list-style-type: none"> Social media, funding, managing finances, club management, safeguarding etc. 	<p>residents to be physically active in Harlow will be better equipped to deliver quality environments for residents to be active in and potentially offer more opportunities for residents to be active.</p>	<p>Active Harlow</p>	<p>quarter to be delivered annually.</p>
6.	<p>Promote the Get Active Finder and Livewell tools and website as a means for organisations to raise their profile.</p>	<p>Residents will find it easier to find opportunities to be active and organisations delivering opportunities will have an enhanced profile.</p>	<p>Harlow Council</p>	<p>May 2018.</p>
7.	<p>Volunteer Centre Harlow to be invited to be a member of Active Harlow.</p> <p>Active Harlow to work in partnership with the Be Well, Work Well sub-group of the Health and Wellbeing Partnership Board to develop the time credits proposal that could be delivered in Harlow.</p>	<p>Sports clubs and organisations will have a better understanding as to how they can effectively recruit and retain volunteers.</p> <p>Sports clubs and organisations offering opportunities to be physically active will be able to offer activities in exchange for credits and will also benefit from an increase in volunteers to support their activities.</p>	<p>Active Harlow</p>	<p>May 2018.</p>
8.	<p>Produce a 'how to guide' on attracting residents into clubs, organisations and activities using information from the surveys and publically available insight from Sport England.</p>	<p>Organisations providing opportunities for residents to be physically active will have a better understanding as to how they can attract residents to their opportunities.</p>	<p>Harlow Council</p>	<p>March 2019.</p>
9.	<p>Advocate Harlow as a destination for National Governing Bodies of Sport (NGBs) and similar organisations to deliver sport specific coaching qualification opportunities.</p>	<p>NGBs offering opportunities in Harlow will result in more Harlow clubs and organisations undertaking sport specific coaching qualifications which will enhance the participant experience for residents.</p>	<p>Harlow Council Active Harlow</p>	<p>At least one course per quarter to be delivered annually from June 2018.</p>

10.	Share statistics and findings from the sport and physical activity surveys with Active Harlow. No personal or contact details will be shared.	This will enable the network to have a clear focus and function.	Harlow Council Active Harlow	May 2018.
11.	Develop Active Harlow to include a Sports Club Forum and events that celebrate the community such as Harlow Sports Awards.	This will provide networking opportunities for sports clubs and organisations within Harlow. It will also increase the profile of sport and physical activity within Harlow.	Active Harlow Harlow Council	At least 2 networking events to be held annually.
12.	Use the Health and Wellbeing Partnership Board to organise an event that champions the benefits of physical activity to Primary and Secondary care.	This will increase the knowledge and understanding of the benefits of physical activity amongst the Primary and Secondary Care sector in Harlow. It may also influence the commissioning of preventative and rehabilitative services in the future.	Harlow Health and Wellbeing Partnership Board	March 2019.
13.	Use the Health and Wellbeing Partnership Board to assess opportunities for a GP referral scheme to be developed and delivered that will target communities whose health could be improved by physical activity interventions. External funding will be required to deliver this work.	If successful it will enable funds to be sourced to deliver a GP referral scheme that can target specific communities in Harlow. This will improve the health and wellbeing of the beneficiaries and has the potential to be hosted by a partner organisation.	Harlow Health and Wellbeing Partnership Board	March 2019.
14.	The Council approach Public Health England to discuss the delivery of a campaign/project focusing on improving the health and wellbeing of Harlow residents through physical activity.	If partnership working is possible it will enable a high profile campaign/project to be delivered. A partnership between the Council and Public Health England would have sufficient credibility to encourage behaviour change.	Harlow Council	June 2018

15.	Adopt a target of 0.5% per year participation rate increase in sport and physical activity.	This will provide the Council with an aspirational yet achievable target by which to increase participation in sport and physical activity.	Harlow Council	Annually.

APPENDIX B: Harlow Sport and Physical Activity Participation Survey 2018

Introduction

Harlow Council would like to invite you to take part in the following survey. You are not obliged to complete the survey.

This an exercise to assist Harlow Council to gather data that will inform the work of the Harlow Health and Wellbeing Partnership Board and its subgroups along with Active Harlow who are the Community Sport and Physical Activity Network. This will help us in our joint commitment towards addressing health and wellbeing inequalities and increasing the number of residents who participate in sport or physical activity.

For the purpose of this survey and the Council's approach to sport and physical activity the definitions provided by the European Sports Charter and World Health Organisation will be used to give context.

The European Sports Charter defines 'Sport' as being all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.

The World Health Organisation (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure – including activities undertaken while working, playing, carrying out household chores, travelling, and engaging in recreational pursuits.

All completed surveys will be entered into a prize draw to win Decathlon gift vouchers. There is 1 x £50 and 2 x £25 gift cards courtesy of Decathlon and Harlow Council.

The deadline to complete surveys is 23.59 on 19 February 2018. Winners of the vouchers will be notified before 31 March 2018.

1. How important is physical and mental wellbeing to you?

- Not important at all Slightly important important
 Very important

2. How important is sport and physical activity to you?

- Not important at all
- Slightly important
- Important
- Very important

3. What are the top 3 reasons why you participate in sport or physical activity?

- Fitness
- Enjoyment
- Health and Wellbeing
- Social reasons
- To challenge myself
- To compete
- To develop new skills
- To look good
- I do not currently participate in sport or physical activity

Other (please specify)

4. What are the barriers preventing you from exercising or being more active than you currently are?

- | | |
|---|---|
| <input type="checkbox"/> Cost | <input type="checkbox"/> I don't need to |
| <input type="checkbox"/> Childcare | <input type="checkbox"/> I wouldn't enjoy it |
| <input type="checkbox"/> Not aware of what is available | <input type="checkbox"/> I'm not confident when doing physical activity |
| <input type="checkbox"/> Nobody to go with | <input type="checkbox"/> I'm not interested |
| <input type="checkbox"/> Current fitness level | <input type="checkbox"/> It's boring |
| <input type="checkbox"/> Lack of available time | <input type="checkbox"/> I do not want to be anymore active than I currently am |

Other (please specify)

5. In a typical week, how many minutes of physical activity (e.g. walking, team sports, swimming, dancing, gym, fitness classes, yoga, cycling) or sport do you do?

0 minutes

90 to 120 minutes

0 to 30 minutes

120 to 150 minutes

30 to 60 minutes

150 minutes or more

60 to 90 minutes

Other (please specify)

6. Please list (if any) what activity you currently participate in regularly? (Please select all that apply).

Walking

Cycling

Keep fit and gym

Golf

Exercise, movement and dance

Tennis

Football

Badminton

Swimming

Bowls

Athletics (including running and jogging)

Netball

Other (please specify)

7. Where do you go to find information about what opportunities there are to be physically active in Harlow?

- Facebook
- Instagram
- Twitter
- Youtube
- Harlow Council website
- Active Essex website (Get Active Finder)
- Harlow Star (newspaper)
- Harlow Star (website)
- Your Harlow
- Harlow Times (Council publication)
- Word of mouth
- Local Radio Search
- Engine Other
- (please state)

8. Would you like to exercise more often?

- Yes
- No
- Don't Know

9. What would encourage you to do more sport or physical activity/activities? (Please select all that apply).

- Nothing
- Low cost activities
- Free activities
- Activities focused on improving health and wellbeing
- Increased social opportunities
- Taster sessions/open days
- Increased awareness of opportunities in Harlow

Other (please state: including any activities you are interested in that are not currently provided in Harlow).

10. How often would you like to exercise per week?

- Zero times per week
- Once per week
- Twice per week
- Three times per week
- Four times per week
- Five times per week
- Six times per week
- Seven or more times per week

11. How many minutes would you like to be physically active for per week?

- 0 minutes
- 0 to 30 minutes
- 30 to 60 minutes
- 60 to 90 minutes
- 90 to 120 minutes
- 120 to 150 minutes
- 150 minutes or more

12. What would be the ideal location for you to exercise?

- Sports Centre or gym
- Town Park
- Workplace
- Educational facility
- Neighbourhood Community Centre
- Green space other than the Town Park
- River Stort

Other or specific location (please state)

13. What would be the most ideal time of day for you to take part in exercise sessions?

- | | |
|---|---|
| <input checked="" type="radio"/> 6am - 9am | <input checked="" type="radio"/> 3pm - 6pm |
| <input checked="" type="radio"/> 9am - 12noon | <input checked="" type="radio"/> 6pm - 10pm |
| <input checked="" type="radio"/> 12noon - 2pm | <input type="radio"/> 10pm - 6am |
| <input type="radio"/> 2pm - 3pm | |

14. Are there preferable days of the week for you to exercise?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

15. What is the optimum length of time you would like to be active for per session?

- | | |
|---|--|
| <input checked="" type="radio"/> 1 to 10 minutes | <input checked="" type="radio"/> 60 to 90 minutes |
| <input checked="" type="radio"/> 10 to 30 minutes | <input checked="" type="radio"/> 90 minutes to 120 minutes |
| <input type="radio"/> 30 to 60 minutes | <input type="radio"/> 120 minutes or more |

16. Is there a sport or physical activity you would like to participate in, that is not currently available in Harlow?

(1 answer per line)

17. What is the maximum you are willing to pay per physical activity or sports session?

- | | |
|-------------------------------------|---|
| <input checked="" type="radio"/> £1 | <input checked="" type="radio"/> £5 |
| <input checked="" type="radio"/> £2 | <input checked="" type="radio"/> £6 |
| <input checked="" type="radio"/> £3 | <input checked="" type="radio"/> £7 or more |
| <input type="radio"/> £4 | |

18. If you have any other comments relating to sport and physical activity that you have not had the opportunity to make clear in this survey then please state them here

19. Please provide a contact name, phone number and email address to be eligible to win one of the Decathlon Vouchers. Winners will be notified by 31 March 2018. All contact details will be deleted by 31 March 2018. You are not obliged to complete this question.

Contact name

Email Address

Phone Number

APPENDIX C: Harlow Sport and Physical Activity Club and Organisation Survey 2018

Introduction

Harlow Council would like to invite your organisation to take part in the following survey. Your organisation is not obliged to complete the survey.

This an exercise to assist Harlow Council to gather data that will inform the work of the Harlow Health and Wellbeing Partnership Board and its subgroups along with Active Harlow who are the Community Sport and Physical Activity Network. This will help us in our joint commitment towards addressing health and wellbeing inequalities and increasing the number of residents who lead physically active lifestyles.

All completed surveys will be entered into a prize draw to win Decathlon gift vouchers. There is 1 x £50 and 2 x £25 gift cards courtesy of Decathlon and Harlow Council.

The deadline to complete surveys is 23.59 on 19 February 2018. Winners of the vouchers will be notified before 31 March 2018.

1. What is the name of your organisation?

2. How would you classify your organisation?

Sports Club

Community Organisation

Gym/Fitness Centre/Sports Centre

Personal Trainer

Other (please specify)

3. What sport or physical activity opportunities does your organisation provide?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

4. Is your organisation affiliated to a National Governing Body of Sport?

- Yes (go to question 5)
- No (go to question 6)
- Don't know (go to question 6)

5. Please state the National Governing Body of Sport that your organisation is affiliated to?

--

6. Approximately, how many years has your organisation been operating?

- | | |
|---|---|
| <input type="checkbox"/> Less than 1 year | <input type="checkbox"/> 5 to 10 years |
| <input type="checkbox"/> 1 to 3 years | <input type="checkbox"/> 10 years or more |
| <input type="checkbox"/> 3 to 5 years | <input type="checkbox"/> Don't know |

7. What best describes your organisation? Please select 3 options

- We provide opportunities for males and females
- We provide opportunities for males only
- We provide opportunities for females only
- We provide opportunities for children and adults
- We provide opportunities for adults only
- We provide opportunities for children only
- We provide opportunities for both disabled and non-disabled people
- We provide opportunities specifically for people with disabilities
- We do not provide opportunities for people with a disability

8. Where do your organisation's activities mainly take place?

- In a facility we own
- In a facility we partially own
- In a facility we lease
- Other (please specify)
- In a hired facility
- In a public place

9. How does your organisation fund its activities? (Please select all that apply).

- Membership fees
- Weekly fees
- Match fees
- Grant fees
- Charitable donations
- Fundraising activities

Other (please specify)

10. Which of the following best describes your club?

- | | |
|--|--|
| <input type="checkbox"/> Non-profit members club with a constitution and committee, typically managed by volunteers | <input type="checkbox"/> Community Interest Company |
| <input type="checkbox"/> Non-profit members club that operates like a business with surplus funds being reinvested in the club | <input type="checkbox"/> Registered Charity |
| <input type="checkbox"/> Incorporated as a Limited Company (by shares) | <input type="checkbox"/> Registered Community Amateur Sports Club (CASC) |
| <input type="checkbox"/> Incorporated as a Limited Company (by guarantee) | <input type="checkbox"/> A group of people with a shared interest who meet regularly |
| <input type="checkbox"/> Other (please specify) | |

11. How many volunteers does your organisation rely on?

- zero
- 1 to 5
- 6 to 10
- More than 10

12. How do you currently market your organisation's opportunities to Harlow residents

- | | |
|---|--|
| <input type="checkbox"/> Website | <input type="checkbox"/> Active Essex (Get Active Finder) |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Local media paid advertising (please state the company) |
| <input type="checkbox"/> Twitter | <input type="checkbox"/> Local media editorial and press releases (please state the company) |
| <input type="checkbox"/> Instagram | <input type="checkbox"/> Posters/flyers |
| <input type="checkbox"/> Youtube | <input type="checkbox"/> Word of mouth |
| <input type="checkbox"/> Other (please specify) | |

13. What are the top 3 challenges facing your organisation over the next 3 years?

☐☐☐	Loss of members
☐☐☐	Access to facilities
☐☐☐	Financial resources
☐☐☐	Growth of organisation
☐☐☐	Lack of volunteers
☐☐☐	Skills gap in the workforce (including volunteers)
☐☐☐	Accessing grant funding

14. What are the top 3 priorities for your organisation over the next 12 months?

☐☐☐	To survive
☐☐☐	Gain more members
☐☐☐	Offer more activities to current members
☐☐☐	Improve facilities
☐☐☐	Secure facilities
☐☐☐	Increase financial resources
☐☐☐	Access grant funding for specific projects
☐☐☐	Workforce (including volunteer) development
☐☐☐	Recruit more volunteers

15. What are the top 3 priorities for your Organisation over a 5 year period?

<input type="checkbox"/>	<input type="text"/>	To survive
<input type="checkbox"/>	<input type="text"/>	Gain more members
<input type="checkbox"/>	<input type="text"/>	Offer more activities to current members
<input type="checkbox"/>	<input type="text"/>	Improve facilities
<input type="checkbox"/>	<input type="text"/>	Secure facilities
<input type="checkbox"/>	<input type="text"/>	Increase financial resources
<input type="checkbox"/>	<input type="text"/>	Access grant funding for specific projects
<input type="checkbox"/>	<input type="text"/>	Workforce (including volunteer) development
<input type="checkbox"/>	<input type="text"/>	Recruit more volunteers

16. What training does your organisation require to help achieve its goals? (Please select all that apply)

- None
- Sport specific coaching qualifications
- Club development workshops (finance, incorporation, volunteers, marketing, funding etc.)
- Safeguarding

Anything specific not listed (please state)

17. Does your organisation require any other support to help achieve its goals? (Please select all that apply)

- None
- Funding
- Advice
- Networking opportunities
- Increased organisation profile
- Assistance to improve facilities
- Assistance to secure access to facilities

Other (please specify)

18. Please list up to 5 functions that Active Harlow could undertake in its role as the Community Sport and Physical Activity Network for Harlow that would benefit your organisation and help increase participation in sport and physical activity levels of Harlow residents.

(1 answer per line)

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

19. If your organisation has any other comments relating to sport and physical activity that it has not had the opportunity to make clear in this survey then please state them here

20. Please provide a contact phone number and email address for your organisation to be eligible to win one of the Decathlon Vouchers. Your organisation is not obliged to answer this question.

Organisation's email address

Organisation's phone number

21. Would your organisation be interested in being part of Active Harlow's network meetings for organisations delivering opportunities for residents to lead healthy and physically active lifestyles?

Yes

No

22. Please complete the following section if your organisation wants the Council to include your organisation's contact details on a database that will be used to occasionally share information about opportunities relating to sports and physical activity development in Harlow. This may include but is not limited to training, networking, workshops and funding. The Council will keep your organisation's contact details on the database for a period up to 1 year from the date of receipt of the completed survey.

Your organisation does not have to complete this question.

Name

Company

Address

Address 2

City/Town

County

ZIP/Postal Code

Country

Email Address

Phone Number