

# Fit & Active Barnet Framework

(2022 – 2026)

“Creating a more active and healthy borough”



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## Foreword

There is a huge amount of evidence to support the importance of leading an active lifestyle. In fact, it is widely documented that if physical activity was a pill, it would be classed as a 'wonder drug' due to the numerous benefits it has on our health and wellbeing. It also helps to bring communities together, tackle crime and support a thriving economy.

Building on the success of the last Fit & Active Barnet Framework (2016–2021), I am delighted to endorse this new Framework, which provides a refreshed approach to create a more active and healthy borough over the next five years.

Whilst we have seen an improvement in physical activity levels across the borough since 2016, there continues to be lower participation levels in our more deprived areas, and among minority ethnic communities and disabled residents. We also continue to see stark health inequalities with 56.4% of Barnet adults and one in five children aged 4-5 overweight or obese.

The unprecedented COVID-19 pandemic has exacerbated the health inequalities in the borough, in addition to driving a national decline in physical activity levels. This has shone a light on the importance of physical activity as we recover from and learn to live through the pandemic.

Our ambition is clear, but we can only achieve our vision by working closely with our residents and partners across the sport, physical activity, health, education and voluntary, community and faith sectors to implement the changes that we need to make. The refreshed Framework emphasises the importance of working collaboratively within a whole systems approach to ensure that we are integrating physical activity at every given opportunity.

Achieving our vision will not be without its challenges, however I am confident that the passion and expertise of the Fit & Active Barnet Partnership will take the lead in implementing this Framework and maximise opportunities to deliver meaningful outcomes for everyone.

**Councillor Sachin Rajput**

Chairman, Adults and Safeguarding Committee

## Introduction

We care about the borough and want it to be a great place to live, work and visit. Listening to and working with residents and communities, we want everyone in Barnet to have the opportunity to live more active and healthier lives.

Physical activity is vital for health and wellbeing. Studies have shown that being physically active has a range of benefits, whether they are health or community focussed. This is increasingly important in our diverse and growing borough, and in the context of the COVID-19 pandemic.

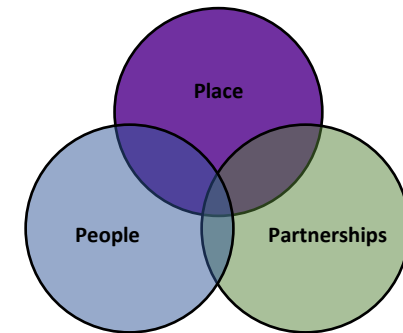
Traditionally, leading a physically active lifestyle has been associated with participating in formal team sports or visiting a leisure facility to swim or use the gym. In recent times it is acknowledged that all types of everyday activities that get people moving more and reduce sedentary behaviour (e.g., walking, cycling, dancing, active play, and gardening, in addition to formalised sports and leisure activities) all contribute to the definition of 'physical activity'.

This Framework builds on the success of our previous Fit & Active Barnet Framework (2016–2021). It sets out a whole-systems approach for physical activity in Barnet over the next five years by outlining our vision and aims in the context of People, Place and Partnerships.

Within each of these aims we have established a series of commitments that will steer our direction.

This Framework has been developed through collaboration among partners to define our vision and how it contributes to the achievement of wider priorities across the borough. The partnership includes the London Borough of Barnet, sport and physical activity providers, National Governing Bodies, the health sector, the education sector and the voluntary, community and faith sector.

To achieve our goals, we will continue to work together, so that everyone who lives, works, or studies in Barnet has the opportunity and support to become more physically active.



## Our Vision

Is to **'create a more active and healthy borough'**.

## Our Guiding Principles

To achieve our vision, we will apply the following principles:

- 1. Ensure physical activity is integrated at every given opportunity:**  
Making physical activity not just the business of typical 'sports' agencies, but is integrated within all relevant services that support residents
- 2. Promote equality and reduce inequality:**  
Make Barnet a place where everyone can lead more active and healthier lifestyles
- 3. Embed a whole systems approach:**  
Work collaboratively to co-produce and support delivery of sustainable interventions across a life course
- 4. Be driven by insight:**  
Invest time to understand and reduce barriers to participation by engaging with communities and using a robust evidence base to inform and guide decisions
- 5. Challenge the status quo:**  
Explore sustainable innovative approaches which may be less traditional, whilst attracting investment into the borough

## Our progress against the FAB Framework 2016-2021

This refreshed Framework builds on the success of the last Framework that covered a five-year period, 2016–2021. Over this time a diverse range of partners worked together to support residents to lead more active and healthier lifestyles.

Our achievements include:

- The number of adults aged 16 and over who are active for at least 150 minutes per week increased by 7.3% between Nov 15/16 to Nov 17/18 (measured by the Sport England Active Lives Survey). Activity levels then experienced a decrease, but have since increased to 61.6% (May 20/21)
- Delivery of a FAB campaign involving the development of a FAB Hub (digital platform) and creation of the FAB Card - incentivising residents to be active through offering physical activity discounts and benefits. At the time of writing there are 37,839 registered FAB Card holders
- Formation of a Disability Physical Activity Network which has supported collaborative working to deliver inclusive interventions such as wheelchair rugby, dementia swimming and multi-sports sessions
- Procurement of a 10-year leisure management contract with Better which includes operation of the boroughs five leisure facilities and the delivery of health and community-based physical activity interventions
- Delivery of two new leisure facilities at Barnet Copthall and New Barnet, supported by £44.9million Council investment and £2million from the Sport England Strategic Facilities Fund
- Circa. £2million investment from Better to enhance facilities at Burnt Oak, Finchley Lido, and Hendon Leisure Centres
- An estimated two million attendances across targeted physical activity interventions delivered within the borough e.g., Parkrun, London Youth Games, Health Walks and Rugby4Life
- More than 2.5 million visits to the boroughs five leisure centres operated by Better between 1 January 2018 to 31 March 2020 - an increase of 9% based on the same reporting period in 2016-2017.
- Delivery of the Barnet Playing Pitch Strategy and Indoor Sport and Recreation Study

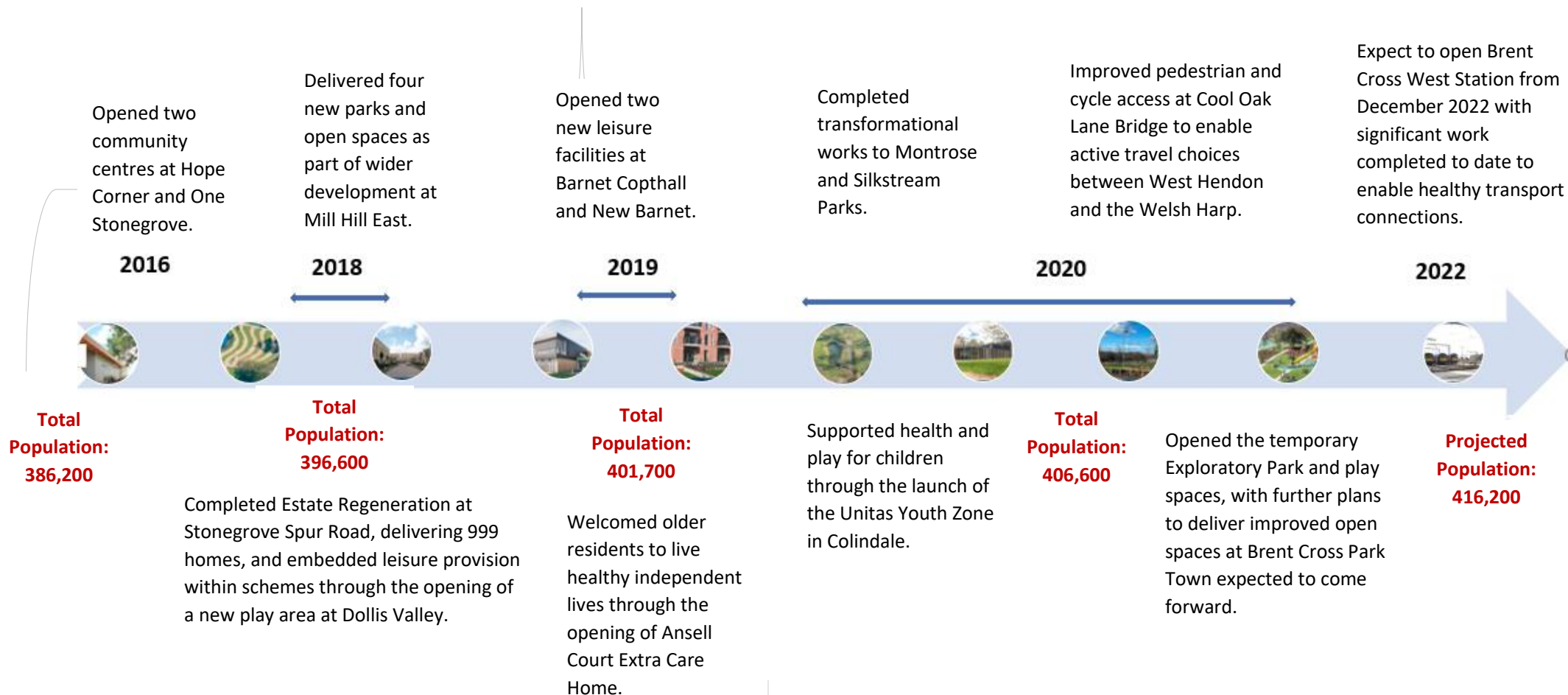
A full update report, submitted to Adults and Safeguarding Committee on 14 September 2021, can be read [here](#)

We are proud of our achievements, however there continues to be inequalities in physical activity levels across the borough. We acknowledge that we need to do better to tackle this issue and our refreshed Framework intends to support everyone in our growing and diverse borough to have the opportunity to be physically active.

## Why do we need a new Framework?

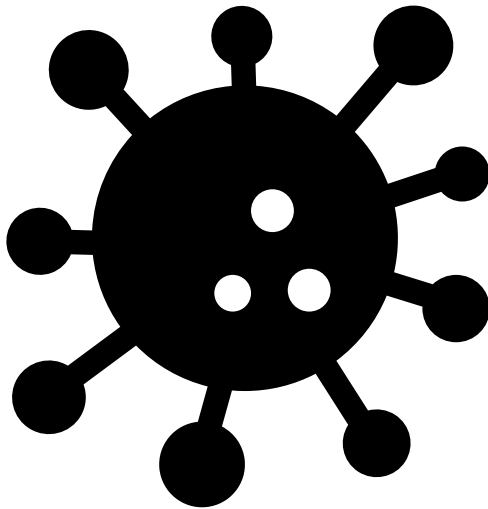
Policy relating to physical activity, such as Sport England’s strategy ‘Uniting the Movement’, now has a greater emphasis on everyday movement and reducing sedentary time. This shift, along with the environment and infrastructure being recognised as critical to encouraging participation, requires us to evolve our approach to achieving increased physical activity levels.

Barnet as a borough has changed significantly since the emergence of the first Fit & Active Barnet Framework in 2016.





The COVID-19 pandemic has led to major changes in physical activity. Nationally, there are 0.8 million fewer active adults (achieving at least 150 mins a week) and 1.4 million more inactive adults (achieving less than 30 mins a week) than before the pandemic<sup>1</sup>. At the same time, the pandemic has highlighted the importance of leading an active lifestyle to improve our health and wellbeing.



Physical inactivity is associated with a higher risk of severe COVID-19 outcomes

Women, young people aged 16-24, over 75's, disabled people and people with long-term health conditions, and those from Black, Asian, and minority ethnic backgrounds most negatively impacted.

Significant reductions in walking for travel, swimming, and team sports. Walking for leisure, running, and cycling for leisure all increased during the pandemic.

There has been an increase in digital participation via apps and streaming services

Post third lockdown,

- 87% of teachers believe children's physical fitness is worse
- 67% believe general wellbeing is worse
- 78% believe children returned to school with excessive weight

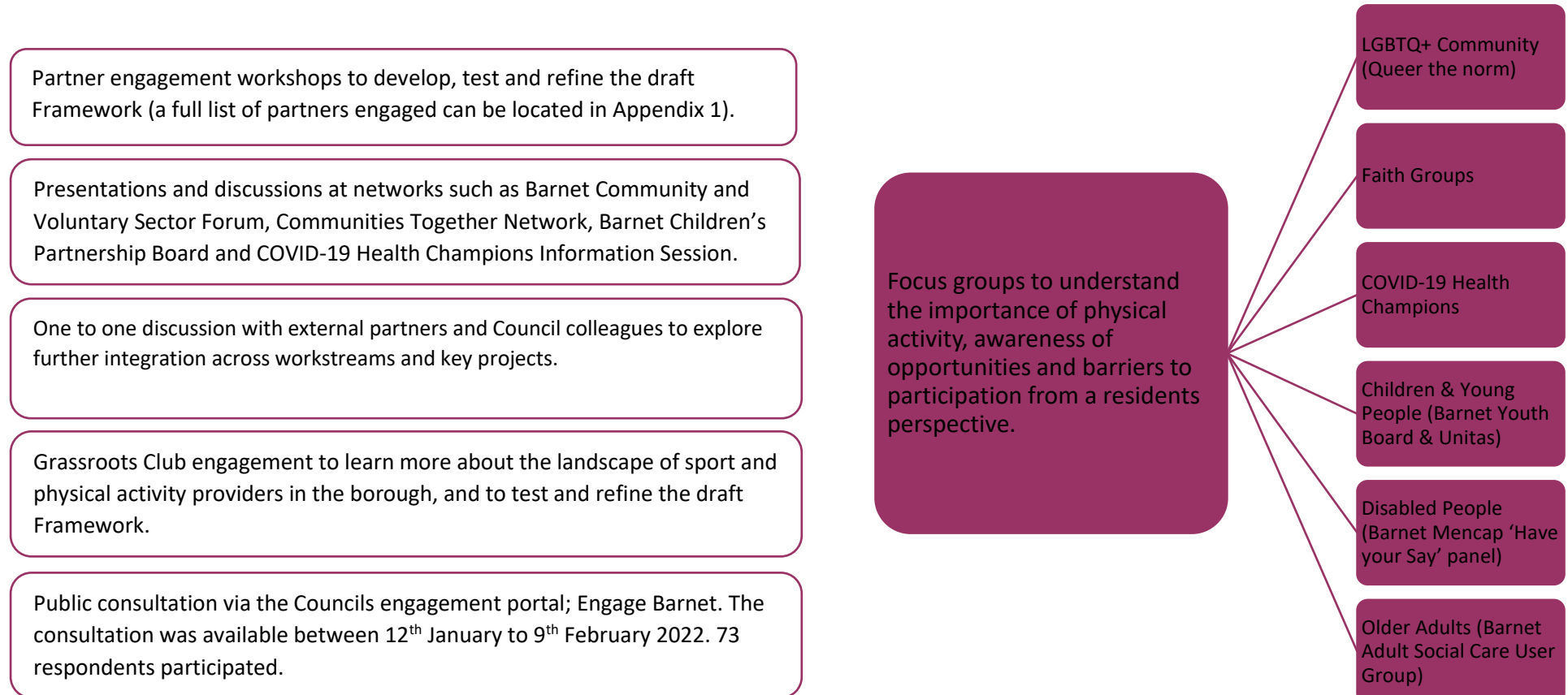
The new Framework focuses on how we can support people to become active again following the COVID-19 pandemic.

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<sup>1</sup> Active Lives Adult Survey May 2020 – 21 Report [PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](https://sportengland-production-files.s3.eu-west-2.amazonaws.com)

## How we developed this Framework

Development of the Framework was coordinated by the Sport and Physical Activity and Public Health teams at London Borough of Barnet. The Framework has been co-produced through engagement with representatives from different communities and a wide range of partners. For example.

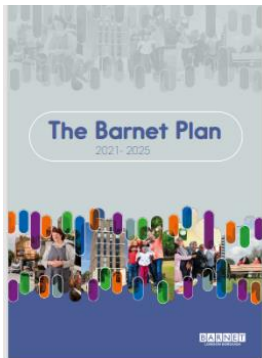


## Links to other strategies and plans

Recognising the wide-reaching impact of physical activity and our ambition for the Fit & Active Barnet Framework to provide a platform for partners to deliver their own priorities, it is important that our direction is guided by local and national policy.

### Local policy alignment (London Borough of Barnet)

#### The Barnet Plan (2021–2025):



The Barnet Plan sets out the four priorities for the borough.



The plan focuses on key outcomes that the Council is seeking to achieve and how we will work to achieve them.

The Fit & Active Barnet Framework falls primarily under the **Healthy** priority of the Barnet Plan, with a commitment to provide “Great facilities and opportunities to be physically active”. However, the Framework also links to the other three priorities set out in the Barnet Plan by supporting their workstreams through links to physical activity.

The Framework also intends to support the delivery of various other strategies, policies and plans in the borough. This will be achieved by optimising synergies across workstreams and providing expertise and support in delivering outcomes that contribute to achieving a ‘more active and healthy borough’.

A full reading list is available in Appendix 2.



## Local and national policy alignment

The Framework demonstrates synergy with local and national policy context to create an active and healthier population.



### **PHE Everybody Active, Every Day: framework for physical activity (updated January 2021)**

'Everybody Active, Every Day' is a national, evidence-based approach to support all sectors to embed physical activity into the fabric of daily life and make it an easy, cost-effective, and 'normal' choice in every community in England.

The framework focuses on four areas for action

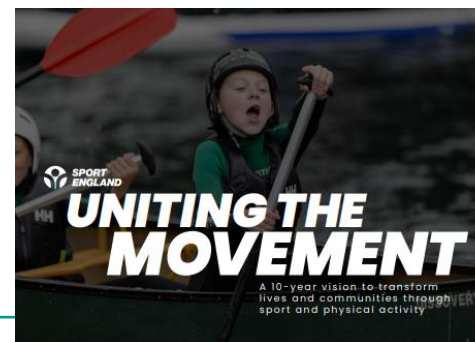
- Change the social 'norm' to make physical activity the expectation
- Develop expertise and leadership with professionals and volunteers
- Create environments to support active lives
- Identify and up-scale successful programmes nationwide



### **London Sport: LDN Moving (2021)**

With a mission to make London the most active city in the world, the London Sport Strategy is made up of six long term goals:

1. Achieving long term change
2. COVID-19 responding to crisis
3. Increase physical activity levels among less active adults, reducing inequalities and inactivity
4. Give young Londoners the best opportunity to form a positive physical activity for life
5. Improve policy, systems, and investment to support active lives
6. Use tech, data, and digital communications to support Londoners to get and stay active.



### **Sport England Strategy: Uniting the Movement (2021):**

Uniting the movement is Sport England's 10-year vision to transform lives and communities through sport and physical activity.

The strategy prioritises five big issues that have the greatest potential for preventing and tackling inequalities in sport and physical activity. Each 'issue' is a building block that on its own would make a difference, but together could make a profound change

- Recover and Reinvent
- Connecting Communities
- Positive Experiences for Children and Young People
- Connecting with Health and Wellbeing
- Active Environments

Appendix 3 provides all full reading list of other policies, strategies and plans that have been reviewed and have contributed to the development of the Framework.

## What do we mean by physical activity?

Physical Activity includes exercise as well as other activities which involve bodily **movement** and are done as part of playing, working, active transportation, house chores and recreational activity.”<sup>2</sup>

## How active should we be?

The Chief Medical Officer has set national guidelines on the recommended levels of physical activity at different stages of the life-course. People of all ages are encouraged to spend as little time as possible being sedentary<sup>3</sup>.



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<sup>2</sup> [World Health Organization Definition of Physical Activity - Public Health](#)

<sup>3</sup> [Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](#)

## What are the benefits of physical activity?

Physical Activity is one of the best preventative tools that can be used as a vehicle to improve a multitude of health, wellbeing, and social outcomes.

Improves physical and mental wellbeing, social and community cohesion, educational attainment, and economic prosperity

Lowers risk of:

- Coronary heart disease and stroke
- Type 2 diabetes
- Cancer e.g., breast and bowel
- Early death
- Premature osteoarthritis
- Falls (among older adults)
- Depression and anxiety
- Dementia

Reduces loneliness and isolation, and crime and anti-social behaviour



Functional limitations and falls in later life are attributable to insufficient movement.



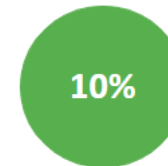
Every £1 spent on community sport and physical activity generates nearly £4 for the English economy.



Just 5 minutes of moderate exercise is enough to experience a mood-enhancement effect and improve sleep quality.



Regular activity in childhood is associated with improved learning and educational attainment.



Getting just 10% of UK residents to move more would increase workplace productivity and reduce absenteeism.

## What are the common influencing factors to physical activity?

Along with the wide-ranging benefits of physical activity, there are also numerous influencing factors which can act as facilitators and/or barriers to an individual's ability to access and engage in physical activity opportunities.



- Cost
- Ability (skill, health, disability)
- Suitability
- Caring responsibilities
- Cultural requirements
- Location
- Transport
- Time
- Education and work
- Lack of knowledge
- Low motivation and esteem
- Lack of social network (no encouragement or support)
- Weather

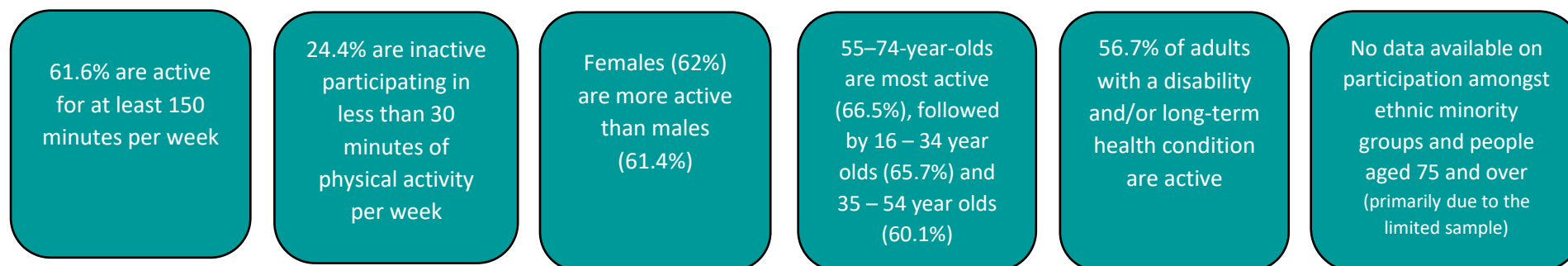
## How physically active is Barnet?

Sport England collects data via the national Active Lives Survey that measures participation amongst adults aged 16 and over and children and young people aged 5 – 16 years.

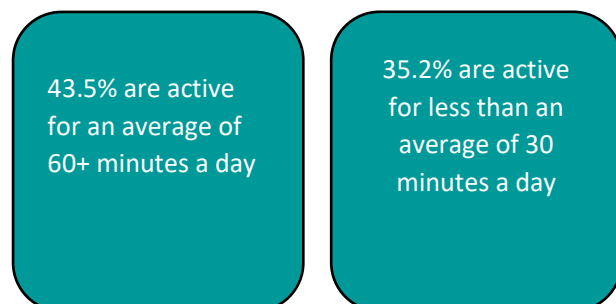
The Active Lives Survey (adults aged 16 and over), is conducted twice a year. The survey is sent out to a randomly selected sample of households across England, with a 500 sample per Local Authority area.

The Active Lives Children and Young People Survey is an annual survey that measures participation amongst 5–16-year-olds. The methodology uses a sample of schools drawn each year from the 'Get Information about Schools' database.

The most recent Active Lives Survey (May 20/21) tells us that for adults aged 16 and over in Barnet:



The last Active Lives Children and Young People Survey for Barnet (academic year 2018/19) tells us that for 5 – 16-year-olds:





To understand participation at a local level, we also have access to participation data from those visiting the boroughs leisure facilities operated by Better.



Note – the data collection period covers 1 January 2018 – 31 March 2020. Data from 1 April 2020 has not been provided due to COVID-19 restrictions and whilst the sector recovers.

### Disproportionality (understanding inequalities)

Understanding physical activity levels and motivations for leading a physically active lifestyle is complex and there are several contributing factors that determine how active an individual is. Reviewing physical activity levels on a borough wide basis unmask stark disproportionality in physical activity levels and access to opportunities between different demographic, and often vulnerable groups. This is notably prominent amongst

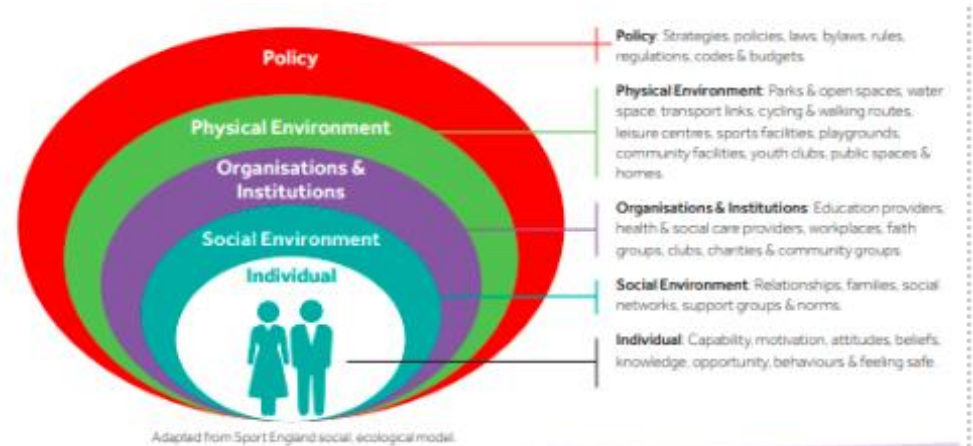


## Our Aims and Commitments

To achieve our vision, we need to continue to maximise engagement and work collectively towards a shared set of aims.



We will take a multi-agency approach to achieving these aims by focussing on a series of related commitments across a whole system to create a more active and healthy borough.



## People



**We aim to increase physical activity levels amongst everyone**

### **Our Commitments** 'we will do this by':

- Providing opportunities to be active, particularly where physical activity levels are lowest, and inequalities exist
- Understanding the barriers to participation and addressing gaps in provision, to ensure equal and fair access for everyone
- Changing behaviours and perceptions towards leading an active and healthy lifestyle
- Advocating for active lifestyles to be embedded within local policies, strategies and plans and ensure that this is central to decision making

### **What do we mean by 'increase physical activity levels amongst everyone'?**

We will aim to increase physical activity levels across the borough, irrespective of age or how individuals identify. However, we acknowledge that if we truly want to achieve this, we need to address the levels of disproportionality experienced by some demographic groups in relation to physical activity levels and access to opportunities. To accomplish this, we need to ensure that our work is appropriately targeted, insight driven and co-designed with residents to make physical activity an accessible and attractive choice.

## Barnet is a growing, thriving, and diverse borough

Barnet has **411,500 residents**  
By 2030, this is expected to grow to **449,000**

**40.3%** of residents are from backgrounds **other than White British**

There are an estimated **95,700** children and young people aged 0-17 in Barnet

Barnet is an ageing borough with **9,700 residents aged 85 and over**

**8th least deprived** out of 33 London boroughs (IMD 2019)

## The borough is generally healthy...

Average life expectancy is **82.4 years for males and 85.8 years for females**

**2<sup>nd</sup> lowest** mortality rate for cardiovascular diseases in London (51.1 per 100,000)



## ...however inequalities exist

Around **12,000 people** in Barnet live in the **20% most deprived** parts of England, primarily in the wards of Brunswick Park, Burnt Oak, Colindale, Golders Green and Underhill

Life expectancy in the **most deprived** areas is on average 7.8 years less for women and 7.4 years less for men

An estimated **4,434** people aged 65+ in Barnet are living with **dementia**

**22,229** people live with diagnosed diabetes

**1 in 5** children aged 4-5 years in Barnet are overweight or obese

**Just over a half** of Barnet adults (56.4%) are overweight or obese

**14.9%** of Barnet's population have a disability

## Place



We aim to provide environments that support active lifestyles

### **Our Commitments** ‘we will do this by’:

- Supporting the protection, revival, and creation of accessible active environments
- Optimise the use of active environments through the delivery of targeted physical activity interventions
- Creating a culture that optimises active travel in the borough
- Encouraging workplaces in the borough to embed physical activity and wellbeing within their business
- Advocating for active environments to be embedded within local policy, strategies and plans and that this is central to decision making

### **What do we mean by active environments?**

An active environment is any space that allows an individual or a group the opportunity to participate in physical activity. It is not limited to traditional spaces such as leisure centres and parks, it could include homes, community spaces such as the high-street, schools and community centres, commutes to work, the workplace and even the digital world.

## How will we create a culture of active travel?

Active travel is an important priority for the borough and a series of actions have been set out within the Long-Term Transport Strategy as to how Barnet are committed to support this agenda. The role of Fit & Active Barnet is to support delivery of the priorities set out in the strategy, particularly through the lens of increasing opportunities to be physically active in form of active travel e.g., delivery of walking and cycling interventions, and influencing behaviour change through promotional campaigns.

### Barnet is well served by a diverse mix of facilities and environments that support and encourage active lifestyles

28% of the borough is green with **over 200** parks and open spaces with **55** play areas

**172 Pitches**  
(Football, Rugby, Cricket,  
Baseball and Gaelic Football)

**13** Active Trails  
**16** Outdoor Gyms  
**2** Skate Parks

**205** Tennis Courts  
**25** Multi-Use Games Areas  
**13** Outdoor Table Tennis Tables

**55** Artificial Grass (3G) Pitches  
**9** Bowls Greens  
**4** Golf Courses

**27** Sports Halls  
**30** Swimming Pools  
**12** Squash Courts

Designated **Gymnastics and Athletics** Facilities

**150+** Sports Clubs  
**24,615** Businesses

All residents live within a **20-minute cycle trip** of a train or underground station

### ...we know that

**22%** of residents use outdoor spaces for exercise, slightly higher than the London average

More than 2.5 million visits were recorded at our Better Leisure Centre sites between Jan (2018)-Mar (2020)

**Just under half (49%)** of residents participating in the Barnet healthy weight survey (2018) felt that **making roads and parks safer** would **increase their likelihood of walking or cycling**

On average, travel time by walking, cycling or public transport is **14 minutes** to a secondary school and **8 minutes** to a supermarket (DfT 2017)

**66%** of travel journeys in Barnet are **less than five miles**.

## Partnerships



We aim to work together to embed physical activity at every opportunity

### Our Commitments 'we will do this by':

- Facilitating effective working between partners to deliver the Framework and maximise outcomes
- Enabling the partnership to advocate the value of physical activity, and its contribution to achieving a range of outcomes
- Optimise and secure resources among the partnership to support increased physical activity levels

Development and implementation of the Framework is owned and driven by the Fit & Active Barnet Partnership Board and local networks.

As public sector resource faces significant pressure, the importance of working collaboratively to maximise opportunities and ensure sustainability is vital.

Embracing the five guiding principles set out on page 6, the Fit & Active Barnet Partnership Board and its local networks intends to provide a foundation that supports maximum influence on deliberate and unintentional physical activity in the borough by

- Ensuring strategic alignment
- Optimising investment opportunities
- Avoiding duplication of services
- Identifying and addressing gaps
- Sharing skills, knowledge, and resources to maximise efficiencies
- Promoting the value and benefit of physical activity
- Ensuring sustainable delivery and engagement
- Advocating accessible and affordable opportunities



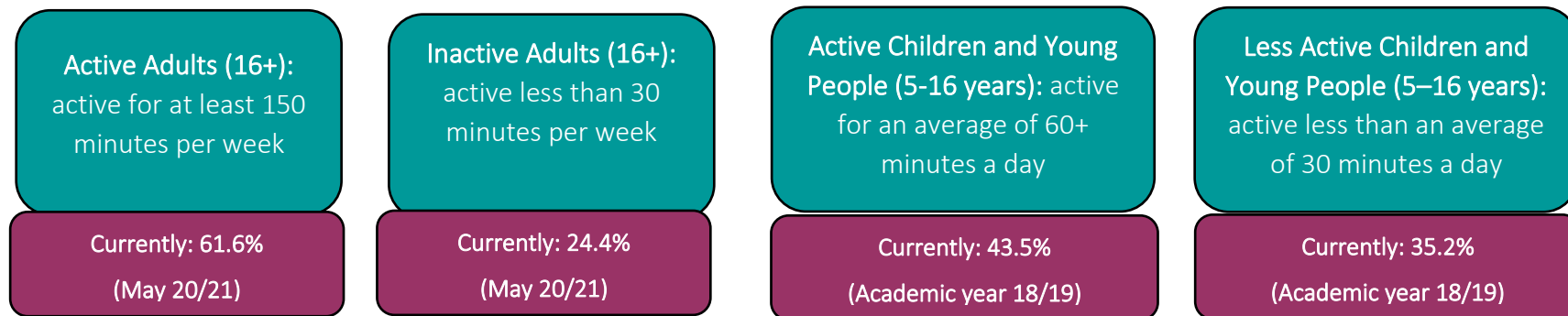
## Implementing the Framework

An implementation plan will be developed annually with members of the Fit & Active Barnet Partnership Board and local networks to achieve the aims and commitments set out within this Framework.

## Reviewing our progress

A quarterly progress review will be undertaken against the Framework aims and commitments, with an annual report presented to the Adults and Safeguarding Committee.

We will seek to achieve an improvement over the lifespan of the Framework in the following indicators measured by the Sport England Active Lives Survey.



To provide a comprehensive review and to better understand participation in the borough we will also analyse local data sets alongside the Active Lives Survey data. For example, leisure centre visits collected by the boroughs leisure operator (Better); results from the Resident Perception Survey and Young People Survey conducted by Barnet Council; and the Physical Education, School Sport and Physical Activity (PESSPA) survey conducted annually by the Barnet Partnership for School Sport. Reviewing these additional datasets will enable us to better understand participation in the borough and provide a proactive response to emerging needs and gaps in provision.



## References

Active Lives Adult Survey May 2020 – 21 Report [PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](https://sportengland-production-files.s3.eu-west-2.amazonaws.com)  
[Barnet Community Local Insight Tool](#)

Barnet Healthy Weight Survey: [Healthy weight | Barnet Council](#)

[Greater London Authority: Demographics](#)

[Health matters: getting every adult active every day - GOV.UK \(www.gov.uk\)](#)

[jhws\\_2021\\_to\\_2025.pdf \(barnet.gov.uk\)](#)

[Joint Strategic Needs Assessment – Barnet Open Data](#)

Local Government Association Research: The Impact of COVID-19 on culture, leisure, tourism, and sport (July 2020)

[London Borough of Barnet: Long Term Transport Strategy 2020 – 2041](#)

[PESSPA Survey Results April 2021 - About BPSS - Barnet Partnership For School Sport](#)

[PESSPA Survey Results April 2021 - About BPSS - Barnet Partnership for School Sport](#)

[Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](#)

[Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients \(bmj.com\)](#)

[Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients \(bmj.com\)](#)

[PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](#)

[Public Health England: Health matters: physical activity - prevention and management of long-term conditions](#)

[Public Health England: The link between pupil health and wellbeing and attainment](#)

[Report - LGA \(local.gov.uk\)](#)

[Sport England: Why investing in physical activity is great for our health – and our nation](#)

StreetGames. The experience of the coronavirus lockdown in low-income areas of England and Wales. Manchester: StreetGames; 2020

[Surge in appreciation of exercise and activity during lockdown | Sport England](#)

[Surge in appreciation of exercise and activity during lockdown | Sport England](#)

[World Health Organization Definition of Physical Activity - Public Health](#)

## Appendix 1: FAB Framework Engagement (list of partners)

Age UK Barnet	Herts Baseball Club
Argent Related – BXS Project Play	Inclusion Barnet
Arkley Cricket Club	London Borough of Barnet
Barnet Carers Centre	London Sport
Barnet Children’s Partnership Board	
Barnet, Enfield and Haringey Mental Health Trust	Meridian Wellbeing
Barnet Hive (FC) Foundation	Middlesex County Cricket Club
Barnet Homes	Middlesex University
Barnet Mencap	Mind Barnet
Barnet Multi Faith Forum	North Central London Clinical Commissioning Group
Barnet Partnership for School Sport	Phoenix Canoe Club
Barnet & Southgate College	Premier Tennis
Better	Re.
Brampton Lawn Tennis Club	Royal Free London
British Blind Sport	Rugby Football Union
Cannons Cricket Club	Saracens Foundation
Central London Community Healthcare NHS Trust	Sense
Colindale Community Trust	Sported
Community Barnet	UK Deaf Sport
COVID-19 Health Champions	Unitas
Elms Ravenscroft Lawn Tennis Club	Young Barnet Foundation
England Netball	
Groundwork	
Healthy Schools London	
London Sport	

## Appendix 2: Local Policy (London Borough of Barnet) Reading List

- Air Quality Action Plan (2017-2022)
- Barnet Carers and Young Carers Strategy (2015-2020)
- *Draft* Barnet Child Participation and Family Involvement Strategy (2022-2025)
- Brent Cross Town Masterplan
- Community Participation Strategy (Draft)
- Community Safety Strategy (2015-2020)
- Children & Young People Plan (2019-2023)
- Domestic Abuse and Violence Against Women and Girls Strategy (2021-2024)
- Equalities Diversity & Inclusion Policy (2020-2024)
- Growth Strategy (2020-2030)
- Indoor Sport & Recreation Study
- Joint Health & Wellbeing Strategy (2021-2025)
- Local Plan (Draft)
- Long Term Transport Strategy (2020-2041)
- Parks & Open Spaces Strategy (2016)
- Playing Pitch Strategy 2017 (review 2021)
- Sports Hub Masterplans; West Hendon, Copthall and Barnet Playing Fields
- Suicide Prevention Strategy (2021-2025)
- Sustainability Strategy Framework

### Appendix 3: Local and National Policy Reading List

- [Age UK; Our Purpose, Vision & Values](#)
- [Barnet Partnership for School Sport](#)
- [CMO: Physical Activity Guidelines](#)
- [Department for Levelling Up, Housing & Communities: Levelling Up White Paper \(2022\)](#)
- [HM Government: A Green Future: Our 25-year plan to improve the environment](#)
- [London Sport: LDN Moving](#)
- [NHS Long Term Plan](#)
- [NCL STP Prevention Plan](#)
- [PHE: Engaging NHS System leaders in whole systems approaches to physical activity](#)
- [PHE: Obesity Strategy](#)
- [PHE: Physical Activity-Prevention and Management of Long-Term Conditions](#)
- [PHE: Working Together to Promote Active Travel](#)
- [Saracens Sport Foundation](#)
- [TfL: Healthy Streets Indicators](#)