

# Joint Strategic Needs Assessment



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## Do you want to know more about Community access to sports and leisure in the London Borough of Richmond upon Thames?

*Read on for more information about work to improve access to preventative assets that promote health and wellbeing through physical activity.*

Welcome to the twenty-first issue of the JSNA Newsletter - a rolling publication produced by Public Health that describes the local picture of community access to sports and leisure in Richmond upon Thames.

The joint council and CCG Prevention Framework has a vision to empower people in Richmond to take responsibility for their own health and wellbeing in a safe and supportive environment, achieve their full potential and live their lives with confidence and resilience. The framework identifies effective solutions at the place, community and individual level.

In its first year, the framework helped to build up the 'place level' offer for prevention. The next phase will link in with the village-planning infrastructure to establish a joined up place and community approach, to help people access existing activities and assets, such as natural open spaces. 'Assets' includes community groups and clubs as well as local services. This will build on the Dementia Friendly Villages initiative which established a framework for linking health and social care with the village-planning infrastructure.

Residents are telling us that they want GPs, social workers and other frontline staff to develop pathways that tap into the assets in the community to find solutions. Residents will be involved in co-developing this offer with village planning and other community involvement groups. Through the pathways, the two sectors will support the '5 elements of wellbeing' including: doing things for others, being active, being present, spending time with others, and learning. This approach will also have a concurrent effect in tackling loneliness and isolation, a priority of the Health and Wellbeing Board.

If you would like to contribute to future editions of this JSNA newsletter please get in touch with us at [jsna@richmond.gov.uk](mailto:jsna@richmond.gov.uk). We will gladly receive and consider your feedback, data, information and intelligence for future newsletter publications.

**Houda Al-Sharifi**

Director of Public Health

London Borough of Richmond upon Thames

## Local Strategies

*The CAS will contribute towards a number of strategic objectives of the council, including:*

- *Prevention Framework 2015-18*
- *Joint Health and Wellbeing Strategy 2016-21*
- *'A healthy borough' – Richmond Corporate Plan 2015/16*
- *Key themes of the Annual Public Health Report 2016*
- *CCG: Sustainability Transformation Plan (STP)*
- *CCG: Primary care strategy*
- *Enabling communities – Community Links*
- *Cultural Partnership Strategy 2015-19*

## Community Access Strategy: Sports and Leisure

The Sports and Leisure Needs Assessment reviewed the current national guidance around physical activity and the associated health benefits of staying active, against the current levels of physical activity both nationally and locally for Richmond in order to understand the need for sports and leisure provision in the borough.

A comprehensive review of the current provision of the sports and leisure assets in the borough has been undertaken and was compared to population need for services which enable them to be physically active.

The findings form the basis of the argument for ongoing need for investment in sports and leisure assets with the aim of increasing physical activity and will play a pivotal role in the redesign of CCG referral pathways. This needs assessment will also inform the implementation of Phase 1 of the Community Access Strategy pilot programme.

This is likely to bring substantial health benefits as physical activity can reduce the risk of many chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity and musculoskeletal conditions as well as its benefits for emotional and mental wellbeing.

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## Snapshots

### Population

- National data highlights that Richmond is one of the best performing boroughs in terms of sports participation and physical activity; **71.2% of adults, for example, are considered physically active** compared to 57.8% in London, and a higher proportion of journeys are completed through modes of active travel.
- However, **65.9% of adults (16+) want to do more sport**, which is similar to the London percentage of 65.2%.
- Whilst overall participation is high, analysis shows that **not all population groups engage equally in sport and physical activity**.
- Women, older adults, people with disabilities and mental health difficulties, and those from areas of relative deprivation are some of the groups which demonstrate lower levels of participation.

### Inequalities

- However, there are inequalities and potential opportunities for improvements in supporting increased access for all residents at a local level. E.g. fitness centres and swimming pools report frequently operating at full capacity at peak times, and **children's swimming clubs, particularly, are oversubscribed**, demonstrating potential demand for expansion.
- Furthermore, there are also **limitations on access** to sport facilities based at school sites and colleges during term time, and demands for additional activities in parks and open spaces.
- There are **a higher proportion of men aged between 30-50 who are overweight** compared to women. There is an estimated 3,400 men overweight aged 35-39 compared to 2,000 women in the same age group.
- **Financial barriers** are also reported, with many fitness clubs and swimming pools requiring individual membership.
- Work needs to be done to ensure **improved access for all**. Some village areas clearly demonstrate a greater number and variety of assets for sports and leisure than others.

### Local assets

- **Large number of privately and council-run sports facilities** available in the borough (4<sup>th</sup> highest number in London), providing for a wide variety of sports and fitness activities.
- The borough also possesses **large amounts of green space**, totalling over 500 hectares, with organised sports and physical activity in the parks proving popular.
- The **River Thames** is a key feature throughout the borough and as such provides a venue for a wide range of water sports.

### Reframing Physical Activity

- There is need for greater focus on the **cultural, social and mental wellbeing element** and minimising the focus on the health benefits of physical activity.
- This approach encompasses the **5 ways to wellbeing**:
- **Connect**: talk & listen, be there and feel connected
- **Be active**: do what you can, enjoy what you do and move your mood
- **Take notice**: remember the simple things that give you joy
- **Keep learning**: embrace new experiences, see opportunities and surprise yourself
- **Give**: your time, your words and your presence
- An example of this would be the combination of volunteering initiatives with sporting activities, e.g. **Good Gym & Green Gym**.
- Typically these sorts of activities include an exercise session e.g. **a run, followed by a period of time spent volunteering** in the local community.

## What next?

### *Future needs assessments*

Throughout the year short topic-based reports are published on the Local Authority's website, enabling key messages to be shared with local partners. Topics that are planned for future JSNA reports and newsletters include:

- *Child sexual exploitation*
- *Health visiting*
- *The Richmond Story 2017-18*

Look out for our newsletters and have a look at some of the resources we have highlighted below. All health needs assessments and quarterly newsletters are available via: [www.richmond.gov.uk/jsna](http://www.richmond.gov.uk/jsna).

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## Further resources

- *Promoting Wellbeing and Independence – a Framework for Prevention*  
[www.richmond.gov.uk/home/services/adult\\_social\\_care/adult\\_social\\_care\\_policy/adult\\_strategy/framework\\_for\\_prevention.htm](http://www.richmond.gov.uk/home/services/adult_social_care/adult_social_care_policy/adult_strategy/framework_for_prevention.htm)
- *The Annual Report of the Director of Public Health 2016*  
[www.richmond.gov.uk/annual\\_public\\_health\\_report](http://www.richmond.gov.uk/annual_public_health_report)
- *Joint Health and Wellbeing Strategy 2016-21*  
[www.richmond.gov.uk/joint\\_health\\_and\\_wellbeing\\_strategy](http://www.richmond.gov.uk/joint_health_and_wellbeing_strategy)
- *Obesity Health Needs Assessment*  
[www.datarich.info/jsna/staying-healthy/obesity/obesity-adults](http://www.datarich.info/jsna/staying-healthy/obesity/obesity-adults)
- *Healthy Lifestyle – Health Needs Assessment*  
[www.datarich.info/jsna/staying-healthy/healthy-lifestyle](http://www.datarich.info/jsna/staying-healthy/healthy-lifestyle)

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## Contact us

If you have any topics or issues you think the JSNA team could analyse, or if you would like to get involved in any of the work currently underway, please email us at: [\*\*jsna@richmond.gov.uk\*\*](mailto:jsna@richmond.gov.uk)