



IMPACT REPORT

2023/24



REFLECTIONS FROM 2023/24

At SASP, we are in the unique position of working across all levels of the system to reduce inequalities in physical activity across Somerset.

This gives us a unique insight in to the barriers and inequalities faced by our communities through our direct delivery; we understand our workforce and how we can strengthen their capacity, capability and reach to embed physical activity in their work; and we partner with, and influence, system leaders to advocate for physical activity.

Tackling inequalities has been the golden thread in 2023/24 for us across all of these levels. We have been **tackling inequalities directly with our communities through our programme delivery**, from School Games to Health Walks , and campaigns, including Sloppy Slippers and Stronger4Longer; we have been **tackling inequalities by developing our workforce** through our inclusion awareness and supporting those that face inequalities into the workforce; and we have been **tackling inequalities with our system leaders**, by developing strong leadership and building strategic partnerships to better advocate for addressing inequalities and removing barriers to physical activity.

Tackling inequalities



POSITIVE EXPERIENCES FOR CHILDREN AND YOUNG PEOPLE



Tackling inequalities at school

This year we have focused on embedding physical activity across school life, through convening PE leads at the **PE and Sport Conference**, maintaining school engagement in **School Games** and developing our future leaders through our **Young Leader** projects.



65 Schools engaged with School Games

328 Young Leaders trained

83 Attendees at PE and Sport conference

Tackling inequalities during school holidays

We have used **HAF** to provide holiday spaces to ensure our most vulnerable children, those on Free School Meals, gain positive experiences and food during the holiday time.



4,989
individual FSM children attended

33,770
Activity spaces

16%
SEND

Get Active Together has provided opportunities for **192** disabled children to be active with their siblings during the holidays.

Tackling inequalities faced by those most at risk

Jump start continues to use physical activity and sport as a tool for dealing with adverse childhood experiences. Our trauma informed approach is being recognised as an essential way of working with young people by many partners across the system.

275

children and young people accessing Jump Start



Tackling inequalities by creating, and diversifying, activities with people who find it hard to be active

INCREASING COMMUNITY ACTIVITY



Diversifying opportunities for our communities

Across Somerset, we deliver opportunities to ensure everyone can access opportunities to be physically active. We focus on supporting those who find it hard to be active, including those with long term health conditions, disabled people, women, and pregnant women and new mums.

1,805

people engaged with community activity



Diversifying opportunities for disabled people



Our Fit For Work programme piloted in Taunton, delivering physical activity sessions that aim to develop functional movement, physical stamina and soft skills for disabled adults which can be used in the workplace. The success of the pilot had led to funding for more courses across Somerset next year.



Communication
Confidence
Self-belief
Team work
Fitness levels

CONNECTING WITH HEALTH AND WELLBEING



Embedding physical activity into community, health and care systems

By showing the added value embedding physical activity gives, we move towards systems change where functional movement, and movement for mental health is built in, without SASP always having to advocate for it.

We do this through:

- Influencing the **Health and Wellbeing Board** and **ICB**
- Delivering **ProActive Physical Activity on Referral** and **Enhanced Access**
- Supporting health care professionals' **professional development**



Working across the social prescribing landscape to embed good practice through physical activity

We are working with the ICB to embed physical activity into social prescribing, through the employment of health coaches, integrating behaviour change into maternity services, free physical activity resources, and training of professionals.



residents supported by our Health Coaches



of residents supported in Bridgwater show a min of 30mins increased activity

We've also supported other sectors to embed physical activity through social prescribing. For example, we actively influence leisure centres to move towards becoming wellbeing community hubs.

Tackling inequalities by increasing the range of places to be active

DEVELOPING MORE ACTIVE ENVIRONMENTS



Increasing the range of places to be active through Opening School Facilities

This year we were awarded funding through the Opening School Facilities investment from the Department for Education to support schools to open their sporting facilities for local community and school users outside of the normal school day.

24

schools

14,284

young people

1,000

sessions

Projects have included an activity wall at St Michael's Academy in Yeovil, a top-up swimming project at Kingsmead in Wiveliscombe and Chilton Trinity who have worked with local sports clubs to provide after-school activities.



Increasing the range of places to be active through Somerset Health Walks



Our Health Walks across Somerset have continued to grow in 2023/24, with new walks across places such as Sedgemoor, West Camel and Glastonbury.

We've focussed on making our walks more **accessible** and **inclusive**, with more Beginner Level, Buggy and Family Walks across the county.



1,640

Unique walkers

1,661

Walks



Tackling inequalities by developing campaigns that challenge perceptions about who can be active and how

SUPPORTING AND MOTIVATING PEOPLE TO MOVE



Developing the Sloppy Slippers campaign

With Our Somerset and the NHS, this year we have developed and activated the Sloppy Slippers campaign, to reduce morbidity and hospital admissions associated with falls by working in primary and secondary prevention.



11 roadshows



450 people

We have developed more strategic relationships with communications leads across the system as a result of this joint campaign.

Embedding our campaigns across our work programmes

There is real value in embedding our campaigns alongside our work streams, to reach more of the people we would like to affect behaviour change.



We have seen the impact of this on our Health Walks, which was incorporated into Get Outside in Somerset.

Our Stronger4Longer and Sloppy Slippers campaigns were embedded into our work with care homes, who now see us as a trusted partner in falls prevention.



48 partners

DEVELOPING LEADERSHIP, THE WORKFORCE AND PARTNERSHIPS



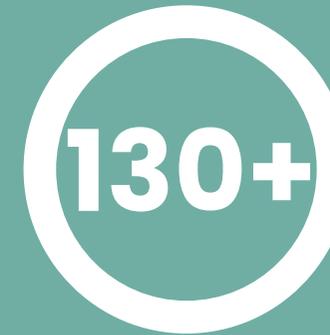
Embedding the power of physical activity and sport across the system

This year we have continued to strengthen the foundations that underpin our strategic aims, with a focus on tackling inequalities.

We have influenced across **all levels of the system**, from operational staff to system leaders, creating **strong leadership; more system leaders and partners advocating for active lives**; and a **skilled, supported and diverse workforce**.



Individuals trained and supported



Clubs, schools or organisations supported



Workshops, seminars, events, Boards delivered & engaged with



Attendees at engagement event



Our strategy engagement event in September 2023 was a pivotal point for Somerset Moves. The energy in the room showed how people across the system were shifting their thinking, and we learnt how inspirational speakers and change makers can really inspire people at all levels.



OUR PRIORITIES FOR 2024/25

This year tackling inequalities has been the golden thread through everything we do. Looking forward, we know there is still so much to do at both a strategic and granular level. Given this, we will prioritise:

Supporting active places



We will focus on our place-based work, understanding what place-based means to us in Somerset, how we can support our communities in a place-based way, and ensuring we embed physical activity across all aspects in a place for adults, children and young people.

Working collaboratively to embed physical activity and sport into health systems



We will seek to embed movement into community-led pathways to ensure everyone has equal access to services.

Campaigns which challenge perceptions on who can be active and how



We will develop a behaviour change campaign, and ensure behaviour change underpins all of our campaigns.

Developing system leadership



We will convene, collaborate and connect systems leaders across Somerset to embed physical activity in their work.





STAY IN TOUCH

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