

LONDON BOROUGH OF CAMDEN	WARDS: All Wards
REPORT TITLE: Sport & Physical Activity for Children and Young People (CYP)	
REPORT OF Director of Recreation, Supporting Communities	
FOR SUBMISSION TO Culture and Environment Scrutiny Committee	DATE 10 July 2023
<p>SUMMARY OF REPORT</p> <p>There is compelling evidence that being active at any age will improve wellbeing, physical health, concentration, and confidence, and specific developmental and learning benefits for children and young people.</p> <p>While substantial opportunities to be active exist in Camden and take up is significant and growing, inactivity remains a challenge for some Children and Young People (CYP).</p> <p>This report describes the current sport & physical activity offer open to CYP in the borough and current activity levels. Opportunities to increase access and participation by CYP and reduce inactivity are also discussed.</p> <p>Strategically, sport and physical activity is making a positive contribution to the We Make Camden ambitions and the lives of our CYP. This is especially the case when it comes to helping CYP to have the best start in life, community health and wellbeing, championing equality of access and responding to disproportionality, which are also discussed in this paper.</p> <p>Our challenging but exciting ambition is for all Camden CYP to have opportunities to be active and healthy and repeatedly experience the joy, happiness and excitement, and the physical and mental benefits, which go with sport and physical activity, especially underrepresented, inactive and barriered CYP.</p> <p>Our focus within this report is school age children and young people, from age 5- to 18-year-olds, including up to 25-year-olds for Special Education Needs and Disability (SEND) residents.</p> <p>Local Government Act 1972 – Access to Information</p> <p>The following documents have been used in the preparation of this report:</p> <ul style="list-style-type: none"> • Sport England - Active Lives data – Adults and CYP • UK Chief Medical Officers' Physical Activity Guidelines, 2019 • Building Back Stronger Strategy • Camden Youth Service Review, 2021/22 • Camden Physical Activity, Health and Well-being Discovery Exercise – October 2018 • Camden Health Related Behaviour Questionnaire Results - 2021/22 and 2017 • Camden - GLL Leisure Centre membership demographic data • Camden – Sport and Physical Activity Service user demographic data 	

- London Sport Cost-of-living and its impact on sport & physical activity, 2023

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RECOMMENDATIONS

The Culture & Environment Scrutiny Committee:

- i) Note and provide feedback on any aspect or issue raised in the report
- ii) Note the substantial, diverse, and inclusive opportunities for Camden CYP to be active and healthy
- iii) Note the future opportunities aimed at increasing access to sport and physical activity for CYP, and
- iv) Suggest ideas for ways in which Camden CYP could be encouraged to be more active, especially those who are inactive and need support with overcoming barriers



Signed:

Date: 27 June 2023

1. Purpose of Report

- 1.1. The purpose of this report is to fully describe the many ways Camden CYP can take part in sport and physical activity (SPA) and related factors, including:
- The benefits of SPA for CYP and challenges to participation
 - The current provision of sport and physical activity opportunities for children and young people in Camden and take-up
 - Communicating the SPA offer, and
 - Further opportunities for increasing access to SPA for Camden CYP

2. Background

- 2.1 Camden's resident population of children aged 5-18 years old was 29,705 in 2021, 14% of the Camden population. This compares with 28,679 in 2011.
- 2.2 There are a variety of ways and opportunities for Camden's children and young people to be physically active. These include:
- Schools and nursery provision
 - Leisure centres run by GLL and independent provision - London Central YMCA and Jubilee Hall Trust (Armoury Centre in Hampstead)
 - Sport development programmes and competitions provided by Camden's Sport and Physical Activity Service
 - Voluntary sports clubs and community centres
 - Youth Service inclusion activities, and
 - Camden's open spaces and places on housing estates
- 2.3. The above form the Camden physical activity system, a coalition of stakeholders committed to providing and increasing opportunities for Camden citizens (including children and young people). Camden's Sport and Physical Activity Service plays a key role in the system by bringing organisations together to connect them strategically and create awareness of the need, opportunities and barriers to sport and physical activity across the borough. This way we enable collaboration on service development and interventions that increase access to services for children and young people.
- 2.4. The hub for this strategic activity is Pro-Active Camden. Pro-Active Camden is the voluntary strategic partnership body for the development of opportunities for sport and physical activity in Camden, including children and young people.
- 2.5 Public Health is a key player on Pro-Active Camden and the wider physical activity system, including investment in research into the needs for sport and physical activity for adults and children and young people.
- 2.6 As a direct consequence of its research Public Health has invested in service and facility development including physical adventure play spaces in schools and outdoor gyms in open spaces, adapted for use by children and young people. The aim of this investment was opening up more accessible opportunities for more CYP to be active.

2.7 Pro-Active Camden had begun work on a new children's physical activity plan when Covid struck, and this had to be shelved. We feel now is the right time to revisit this workstream with input from key internal and external stakeholders, including relevant Cabinet members and advisors, for reasons explained below.

2.8 After years of steady increases in participation in sport & physical activity in Camden across most age categories, Covid 19 had a profound impact on levels of activity including by children, which fell significantly. The cost-of-living crisis is an additional barrier to sport and physical activity for some families and threatens to slow the re-growth of children and young people's participation.

London Sport -Cost-of-living and its impact on sport & physical activity

2.9 Below shows some of the impacts that Covid and the cost-of-living crisis have had on sport and physical activity, and the current picture.

- At a borough population level, the number of children who were active for at least 150 minutes per week has for many years been consistently above 70% of the population. This dropped to 64% during the Covid period and has now returned to 71%. The number of children who were inactive (less than 30min per week) rose from 18% of borough population pre-Covid to 24% during the covid period and dropped to 19% in the 21/22 survey. (Active Lives data - Appendix 1)
- Another data set, with a larger sample size tells us that the number of children who are active has reduced and the number who are inactive has increased compared with 2017 data. The same data shows that boys are more likely to take part in physical activity than girls, and that participation by certain ethnic groups including South Asian children are apparently less likely to be active than other ethnic groups. (Camden Health Related Behaviour Questionnaire - Appendix 2)
- Reduction in Camden child leisure centre memberships (8,283 in 2019 compared to 5,393 in 2022)
- Lower attendance for Camden's sport development programmes and competitions (for example our recreation gymnastics programme reduced from 970 weekly participants in 2019 to 835 in 2022)
- Voluntary and community sector sports clubs - reports of more families struggling to pay membership fees and needing more support, this is at a time when costs are going up for clubs e.g. facility hire and coaching costs
- Voluntary and community sector youth and community organisations have seen increased demand for activities which are free and low cost

2.10 On a positive note there has been an increase in the public use of our green spaces, Parliament Hill, and Hampstead Heath, which reflects their open and free access and healthier environments.

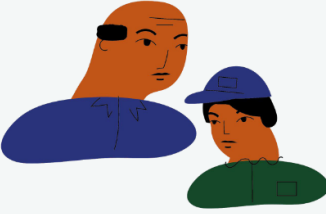
3. The benefits of Sport & Physical Activity for children and young people and challenges to participation

3.1 Some of the benefits of being regularly physically active include: feeling happier and energised, maintaining a healthy weight, guarding against the risk of future medical conditions, increased individual confidence and social skills, and reduction in anti-social behaviour. (Chief Medical Officer Physical Activity Guidelines 2019)

3.2 There are also societal and economic advantages for the borough derived from a vibrant health and leisure sector in line with the ambitions of We Make Camden.

3.3 However, our historic analyses of the need for sport and physical activity in Camden (2009, 2013, 2017, 2019, 2021/22) and the impact of Covid told us that not all children and young people were accessing these benefits due to barriers to participation. To get a better understanding of why this was our Discovery Exercise (2019) included over 150 face to face interviews with Camden citizens including young people and stakeholders. Here is a summary of the responses.

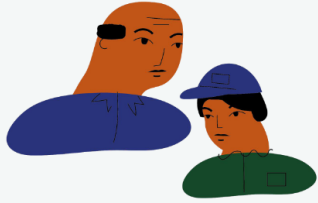
Personas based on the Discovery Exercise participants



David and Otis, a father, 43, and his teenage son, 15, who has autism.

“Not all disability is visible. Someone may come in a wheelchair and the [receptionist’s] response would be completely different to a person with autism.”

Camden resident, Green Gym



As a parent with an autistic child, I need staff and facilities to support my son’s learning disability, **so that** he feels safe and welcome when exercising.

As a young person with a learning disability, I need a friendly experience, **so that** I can feel confident starting and maintaining physical activity.

As a young person with a learning disability, I need my physical activity programmes to be regular and consistent **so that** I can form good habits.



Josh, 18, moving from A levels to work.

“The initial thought of having to do exercise is like... no. That’s not me”

Camden resident, The Winch Youth Centre



As a young person, I need to find my motivation, **so that** I can stay healthy.

As a young person, I need physical activity options that are close to me, **so that** it’s convenient for me.

As a resident, I need to know what physical activity is available, **so that** I can attend.

The table below shows examples of other barriers to participation and what we have done to try and address them.

Barrier/Challenge	Intervention
Affordability	Concessions for children and young people at our leisure centre and programmes offered by the Camden Sport & Physical Activity Service. Frozen for many years or minor annual increases of 1 or 2%, provide an average concession discount of 24% on junior leisure memberships and 30% on activities for cyp.
Affordability	The Holiday Activity Fund (HAF) Scheme is free and targeted at children and young people eligible for free school meals. HAF is run in all the main school holidays.
Accessibility	The young women and girls football programme is a targeted intervention aimed at meeting the need for football in a female focused environment.
Low awareness of the physical activity offer	Our Sport and Physical Activity Service’s communications is extensive and varied to reflect the diversity of the physical activity offer and the variety and complexity of physical activity needs in the community. A new comms plan is currently being prepared.
Inequality of access	Recent research and analysis showed specific ethnic groups are disproportionately underrepresented among leisure centre users, and participants in physically activity in schools and in other ways. (Health Related Behaviour Questionnaire - Appendix 2). The Sport and Physical Activity Service is investigating to find out why this might

	be and what can be done about it. The initial focus will be on the South Asian community.
Provision of sport and physical activity in line with the Chief Medical Officer's guidance	Camden Sport and Physical Activity traded services for Camden schools. Cost effective way for schools to provide specialist services including physical activity supervision and competitive sport

4. The current provision of sport and physical activity opportunities for children and young people in Camden

4.1 The table below shows the current range of provision for children and young people, and providers across the board in Camden.

Provider	Provision	Outcome
Camden Sport and Physical Activity Service	<p>Year round (including holiday schemes) range of supervised activities, competitions, and sports education programme (for 16+ NEET students), community outreach activities and targeted girls programmes.</p> <p>This includes the commercial arm of our business with concessions for financially disadvantaged.</p>	<p>Average 68 hours weekly 'commercial' activity provision term-time and 38 hours in school holidays.</p> <p>Average 12 hours 'community' weekly activities and 16 in school holidays.</p> <p>Total annual attendances by children and young people 94,630.</p> <p>41, 16–19-year-olds achieved numeracy and literacy standards and obtained sports and physical activity planning and delivery skills in 2021/22</p>
Greenwich Leisure Limited	<p>Year-round supervised activities including a range of sports and holiday schemes, swimming lessons for schools and public. Soft play and outdoor pitches. Concessions for financially disadvantaged</p>	<p>5,811 children and young people members, of these 2,140 (37%) are concessions – providing access to average 30% discount.</p> <p>GLL provide 427.5 service hours specifically for CYP across the leisure centres.</p> <p>GLL are contractually committed to up to 8 apprenticeship places and 4 supported internships per year of the new contract</p>
London Central YMCA	<p>Youth leisure membership consisting of after-school and holiday activities for 4-14 years old. Curricular and</p>	<p>Extensive programme of accessible and inclusive sport and physical activity, including</p>

	extra-curricular activities for schools. First Aid and Young Sports Leaders courses. Training, apprenticeship, and employment opportunities for school leavers, and currently leading a pilot with Sport England to engage Teen Girls.	targeted interventions for underrepresented children.
Primary Schools	Sport and physical activity before during and after the school day. Camden sport and physical activity service provides optional service packages through a traded services agreement with primary schools	37 (from 38) Primary schools have signed up to the Active Schools Traded Services 'Competition and Participation' programme for the second year running. Includes specialist coaching and competition including for children with physical and mental challenges. 6200 pupils took part in 2022/23.
Camden Learning Health and Wellbeing Team	Through schools participation in the Healthy School Programme, the HWBT support schools to meet the requirement for at least 2 hours physical education/activity per week in the curriculum for all key Stages 1 and 2 and a minimum of 90 minutes in the curriculum for all pupils (aiming for at least two hours) for key stages 3 and 4	27 schools have Healthy Schools recognition and 16 schools are working towards HS recognition.
Voluntary and Community Sector	The Sport & Physical Activity Service support many local VCS (Voluntary and Community Sector) sports clubs, community and youth organisations (e.g., Coram's Field, Queens Crescent Community Association) to provide an inclusive, quality, safe, fun experience.	For an idea of scale VCS delivery, in 2022, the Camden Community Centre Consortium (C4) delivered 55,000 SPA opportunities (CYP and adult). The Young Camden Foundation support over 157 Camden based youth orientated organisations, of which 38 specifically identified as offering sports opportunities.
Youth Service	Camden Sport and Physical Activity Service and the Youth Service co-design and deliver	When asked in the Youth Service Review (2021) young people identified sport and physical activity as one of the activities

	interventions and pathway vulnerable young people into youth inclusion and educational opportunities	they take part in and want to do more. Friday Night Project and Active Wednesday are successful example of services reaching out to vulnerable young people.
Green Spaces	There are 65 multi-use games areas (MUGA's) in our open spaces, housing estates and 3 at our leisure centres. They are informal, (majority) free to use assets used mainly by children and young people CYP. There are outdoor gyms in 13 open spaces that are accessible to children and young people and well used	Anecdotally these facilities are well used but there is an intention to upgrade MUGA's (potential for almost full external funding) that need to be made more appealing and inclusive by re-designing them for a broader range of sports and physical activity that more young people want to do.
Parliament Hill and Hampstead Heath (Owned and operated by The Corporation of London)	Pro-Active Camden is linked to the Hampstead Heath Health and Well-being Forum, which is made up of the numerous sports clubs and organisations operating on the Heath who provide sporting opportunity for Camden children, such as Highgate Harriers Athletics Club and Hampstead Rugby Club.	The Heath plays host to a number of competitive sports events for Camden children and young people such as the Camden Schools Cross-country event (over 1200 primary children previously attended) and come and try events such as the Give It A Go festival of sport and physical activity, as well as being openly accessible for informal and recreational physical activity for families
Library Service	The Council's Library Service of 9 libraries engage a great many children and young people.	There are currently 10,529 active members under the age of 18 (25% of under 18 Camden populations are active members). Opportunities to utilise library spaces for physical activity are in scope of the library service's ambition to diversify use for health and wellbeing outcomes
Regents Park	Regents Park offers Camden residents opportunities for recreational and informal physical activity and or facilities for a range of popular team sports. They run or facilitate targeted physical activity services aimed at barriered groups	The sports facilities are in great demand and oversubscribed. To increase capacity and accessibility, the Park is planning to install a new football pitch with a grant from the Football Foundation. Funding from this source guarantees prioritisation of achieving social value

	including disabled young people and teen girls	outcomes including increasing access by underrepresented and excluded groups
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Communicating the offer

5.1 The Sport and Physical Service is in the initial stages of developing a new communication plan for implementation later this year (date tbc). This will include proposals to reach out to Camden children and young people and raise their awareness and their influencers of the current substantial offer, the social and personal benefits of sport and physical activity PA and increase the amount of young people who are physically active, especially inactive and barriered children.

Communications Strategy

5.2 The implication for a sport and physical activity communication plan is messages, language, imagery, and channels that resonate with the general population, and target groups. The general population are more receptive calls to get active because they are likely to be motivated to be active, physical well and have fewer barriers.

5.3 This contrasts with citizens with protected characteristics (target groups) who may be faced with barriers that are harder to overcome. Conventional marketing and comms approaches for the general population include website, social media, outdoor media in prominent footfall sites, media ads, newsletters) while ‘softer’ approaches work better for harder to reach citizens (social prescribing, referral, targeted campaigns, and community networks).

5.4 An example of positive communication with young people is the Friday Night Project (FNP). Initially promoted through secondary schools using flyers and trusted colleagues, young people told us they use Instagram. FNP has been promoted to regular FNP attendee’s for over 5 years and is used to remind participants of dates, promote regular attendance, (it takes place on first Friday of the month) and to share with their friends. <https://www.instagram.com/fnp.camden>



Greenwich Leisure Limited (GLL)

5.5 The new contract is an opportunity to influence GLL’s brand development in ways which all residents identify with and that resonate with the many different Camden communities and neighbourhoods who have identities of their own.

5.6 The new contract and focus on investment by GLL in added social value outcomes in line with promises in their bid, is a great opportunity for Camden to shape service development to deliver the added social value outcomes and how this is

communicated to children and young people. The scope of the added social value outcomes also include employment, apprenticeships, and other training opportunities for young people.

6 Further opportunities for increasing access to SPA for Camden CYP

Talacre Sports Centre (TSC)

6.1 Capital funding of £7.7m has been secured from the Government's Levelling Up project, for a holistic package of interventions to create a healthy and connected neighbourhood across Gospel Oak, Haverstock, and Kentish Town South. Within the broader plan is a network of healthy streets and green mobility hubs. The remodelling of Talacre Sports Centre is the final element for which £3.2m of the grant is ring-fenced for. This will significantly increase the quality and capacity of the centre and increase opportunities for more children and young people to be physically active.

6.2 The headline outcomes for the bid are:

- 1,920 estimated additional weekly visits (mature year)
- New studio will yield 470 visits per week for fitness/yoga/other such activities
- There will be additional 920 visits per week to the term time gymnastics programme
- There will be additional 530 visits per week to holiday gymnastics courses/activities
- Increased visits to Talacre Town Green – from 60,000 visitors to 90,000 following improvements, and increase financial viability and long-term sustainability

6.3 The funding will be used to:

- Create a more attractive, accessible, and safer building
- Increased capacity – 80 to 100 sqm of new flexible higher quality activity and learning spaces
- Gymnastics Hall expansion, 100 sqm to 130 sqm extra space
- Better facilities to support talented elite CYP gymnast's progression
- More inspiring and modern classroom space for Not in Education, Employment or Training (NEET) young people on education programmes
- Greener building services, refurbished changing rooms and toilet facilities (including Changing Places provision), community café and social space
- New (co-designed) culturally specific movement and performance forms, Asian dance, classical ballet, contemporary dance,
- New play provision on Talacre Town Green and improvements to public realm between this area and TSC

6.4 The provisional timeline is for project commencement in June 2023, the construction project commences in June 2024 and construction works completion in January 2025.

Kings Cross Fitness (KCF)

6.5 Kings Cross Fitness is a brand-new sports centre scheduled to open in two phases from summer 2023. This will form the 6th centre for the service. Phase one will offer advanced fitness classes that deliver tailored, personalised interactive workout experiences at a competitive price in an environment usually only available in expensive private studios and complementing our existing offer at Pancras Square. This type of provision is the first of its kind to be located within a local authority leisure contract and is covering new ground. Phase two (late autumn 24) will see the addition of a four-court sports hall and functional gym to complement activities at the nearby Pancras Square Leisure. It will provide increased facility mix and capacity for more targeted programming.

6.6 The sports hall will provide much needed indoor activity space in the borough helping to offset the current deficit. The functional gym will include accessible equipment for inclusive programmes for disabled residents. The sports hall will provide more opportunities for children and young people by Greenwich Leisure Limited, Camden or external sports clubs and organisations.

Green Spaces – outdoor multi-use games areas

6.7 The Sport and Physical Activity Service and Green Spaces are developing an application to the Football Foundation's Playzones fund. 'Playzones' are safe, inclusive and accessible outdoor facilities that bring communities together through recreational forms of football and other sports which engage and inspire the least active residents through small-sided local facilities, with wrap-around community ownership and activation.

6.8 In Camden this is likely to take the form of improvements/adaptations to existing ball courts to diversify their use and benefit. The funding aims to tackle inequality, providing opportunity for underrepresented and inactive citizens including women and girls, people with disabilities, diverse ethnic communities and lower socio-economic groups. We are currently in the community engagement phase of the application and anticipate full submission by November 2023.

The Royal Parks – Regent's Park and Primrose Hill

6.9 The Royal Parks who operate Regents Park, have submitted a funding application to the Football Foundation to build a second 'hybrid' football pitch, alongside the existing pitch. Whilst 'hybrid' pitches are not usually funded by the Football Foundation, they recognise the unique position of Regents Park in reducing deficit of facilities in Central London. The priority user groups for the new pitch, if successful, will be women and girls, disabled citizens, lower socio-economic groups and diverse ethnic communities. Camden provided formal support for the application and hope to work closely with Royal Parks to engage Camden citizens in the future opportunities this provides. If successful, build will commence later his year.

- 6.10 The new playground at Gloucestershire Gate developed with funding from the London Marathon Charitable Trust, will re-open in late 2023¹. This will increase opportunities for Camden children to be active in an exciting and inspirational setting
- 6.11 Primrose Hill Playground has also undergone some improvements this year, again which will be of great benefit to young Camden residents.

Moving Forward Physical Activity Symposium – CYP – Teenage Girls

- 6.12 In September 2022 Camden and Islington Public Health, Camden Sport and Physical Activity Service and Pro-Active Camden hosted a symposium to re-connect and energise all components of Camden's physical activity system to address inactivity in Camden. Tackling the high drop in girls' activity levels between primary and secondary school was one of four key themes discussed.
- 6.13 We are investigating developing a working group, following interest from across the physical activity sector to collaborate, share best practice, increase opportunity and create pathways between physical activity opportunities for girls.

Under-representation of Ethnic Groups / Race Equality Plan

- 6.14 A thorough investigation (to include community engagement) is underway to understand whether the South Asian community's (children and young people and adults) apparent under representation in sport and physical activity services and facilities, reflects inactivity within the SA community, and if so, barriers which are preventing participation. We anticipate investigation completion by September this year, with findings and recommendations identified.

Disability

- 6.15 We are about to start a review of the adult and children and young people disability physical activity offer. We recognise that there is scope for improvement. Once a review has been undertaken later this year, a plan will be developed to make changes required. The Disability Oversight Panel will be consulted on the development of the investigation and help to shape recommendations that may emerge.

Library Service

- 6.16 One of the four strands of the Service's new Universal Library Offer includes delivering health and well-being outcomes. Speaking to this could involve introducing physical activity in library settings targeted at children and young people and families. We will carry out market testing need and demand (e.g. pilot schemes) engaging service users and non-users to shape the offer, with libraries offering something different in accordance with the cultural and demographic profile of their local neighbourhood. This is an area of development for London Sport (Regional development agency for physical activity provision) who are keen to test and learn from delivery in 'non-traditional' spaces.

¹ www.royalparks.org.uk/whats-on/latest-news/gloucester-gate-playground-scoops-prestigious-award

7 Conclusion / Next Steps

- 7.1 We know that regular sport and physical activity improves wellbeing, physical health, concentration, and confidence, and specific developmental and learning benefits for children and young people.
- 7.2 While substantial opportunities to be active exist in Camden and take up is significant and growing, inactivity remains a challenge for some Children and Young People (CYP).
- 7.3 Our challenging but exciting ambition is for all Camden CYP to have opportunities to be active and healthy and repeatedly experience the joy, happiness and excitement, and the physical and mental benefits, which go with sport and physical activity, especially underrepresented, inactive and barriered CYP.
- 7.4 The next steps table below illustrates our intentions to create even more opportunities for children and young people to be active and happy over the next few years, a greater contribution to the We Make Camden ambitions and added social value for Camden and our citizens.

Action	Indicative Timeline
Children and young people action plan – including ‘Moving Forward – Teen Girls’ workstream	First draft, October 2023
Sport & Physical Activity Communications plan	August 2023
Talacre Sports LUF - construction works completed and remodelled centre opens	January 2025
Kings Cross Fitness: <ul style="list-style-type: none"> • First phase (fitness facilities) • Second phase (new sports hall) 	Opens – September 2023 Open – September 2024
PlayZones <ul style="list-style-type: none"> • Funding Application submission • PlayZones build, if successful 	November 2023 September 2024
Race Equality Investigation	October 2023
CYP Disability Workstream – review of current provision	October 2023

8 Finance Comments of the Executive Director Corporate Services

This report fully describes the many ways Camden CYP can take part in sport and physical activity and related factors. At this time there are no financial implications to be reported.

9 Legal Comments of the Borough Solicitor

Legal Services have been consulted and have no specific comments

10 Environmental Implications

Decarbonisation Programme.

10.1 To address the dependency on the use of high levels of utilities in the Council's leisure and sports facilities, the Sustainability, Energy and Air Quality team are commissioning site specific decarbonisation plans. Leisure centres are among the highest carbon emitting services in the Council. The plans will identify how gas-based heating systems will be replaced with low carbon alternatives. The study will also be looking to identify measures that can improve energy efficiency and estimate project costs, emission savings and bill savings.

10.2 The sequencing of the Decarbonisation Plans has already been identified with the studies for Talacre Community Sports Centre and Cantelowes taking place in the Summer 2023 in readiness for funding applications for both sites being submitted to the Governments Public Sector Decarbonisation Scheme in mid-September 2023. The outcome of the application would be known in March 2024.

Kings Cross Sports Centre

10.3 In 2020/21, the Council through its SPS developed the Q2 building which will 'house' the new Kings Cross Sports Centre in partnership through a section 106 agreement with Argent LLP. The building is net zero carbon comprising of a cross laminated timber frame, heat source pumps, CHP (Combined Heat Pump) Unit and a special light weight accurate concrete mix due to the building being located over three active Network Rail Tunnels into National Kings Cross Station

General Decarbonisation Measures

10.4 Greenwich Leisure Limited (GLL) who are the Camden's leisure management partner, operating all of the Council Leisure facilities and Sports Centres have undertaken a number of steps to reduce energy consumption and operate more energy-efficiently, including sensible housekeeping measures such as a reduction in pool temperatures and space heating, an introduction of lighting matrices and programme amendments to closely manage energy-heavy facilities such as saunas. In addition, GLL have invested in a number of energy efficient facility improvements, including conversion of light fittings to LEDs, Installation of pool covers and changes to lighting in Sports Halls and pool halls to daylight-harvesting and/or lux-sensitive fittings.

11 Appendices

Appendix 1 – Sport England Active Lives Data

Appendix 2 - Health Related Behaviour Questionnaire Results (HRBQ)

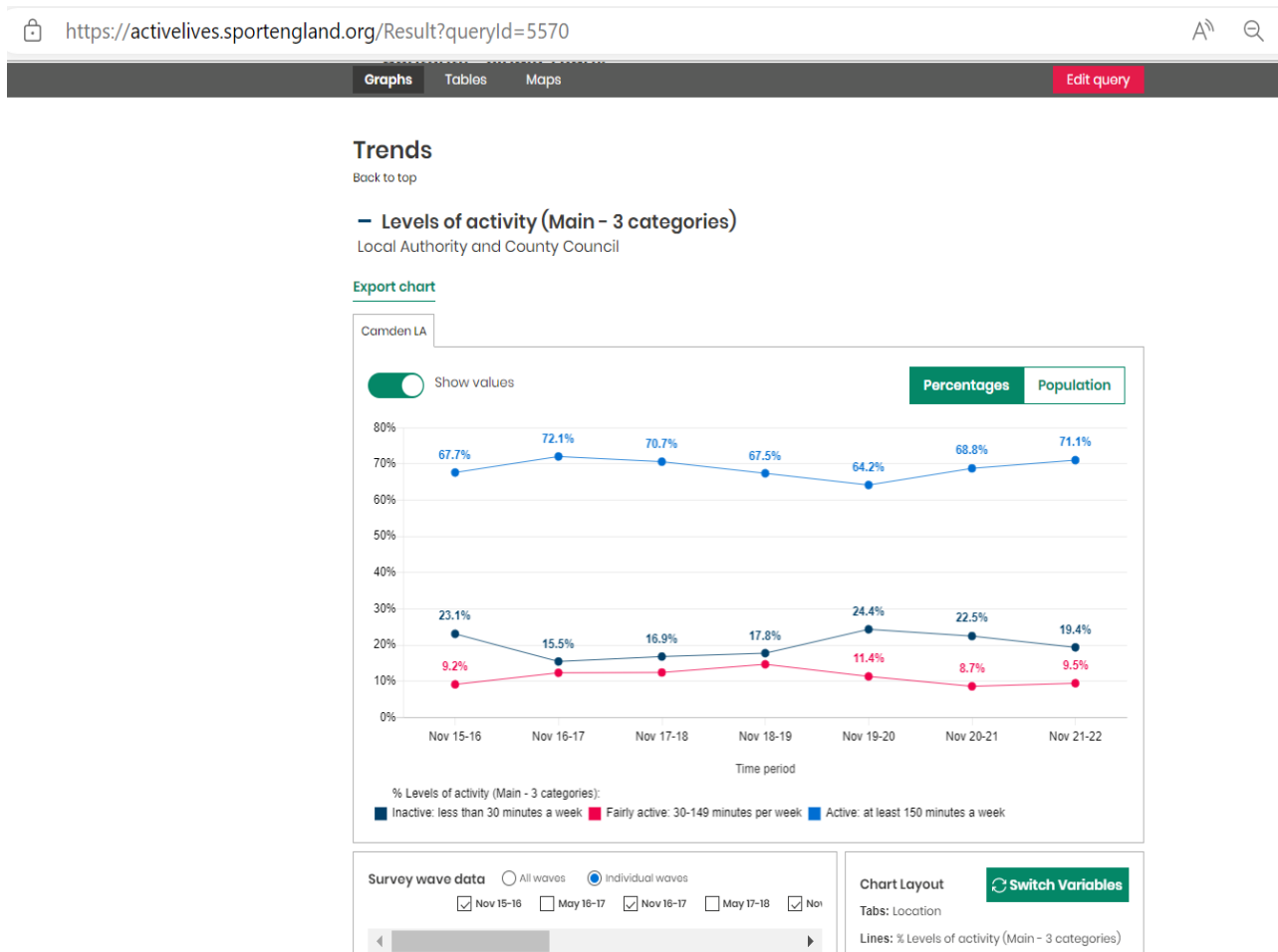
Appendix 1: Sport England Active Lives Data

11.1 The Active Lives Survey for Children and Young People measures young people's involvement in physical activity and sport across the whole country. This survey is

supported by Sport England, the Department of Health, the Department of Education and the Department of Digital, Media, Culture and Sport. It looks into the physical activity and sport behaviours of children and provides a world-leading approach to gathering data on how children engage with sport and physical activity. London Sport manage the roll out of this survey across schools in London, engaging with a minimum of 200 schools per school term.

11.2 Sport England’s Active Lives data shows that the number of children who are active for at least 150minutes per week is consistently above 70% of population. This dropped to 64% and 69% consecutively during Covid period and has now returned to 71%. The number of children who are active for less than 30minutes per week rose from 18% pre-Covid to 24% during covid and dropped to 19% in 2021/22.

Active Lives Data – Camden



Appendix 2: Health Related Behaviour Questionnaire Results (HRBQ)

11.3 In 2021/22, 1307 pupils from 23 (out of 39) primary schools and 1312 pupils from 7 (out of 10) secondary schools in Camden completed the HRBQ. The HRBQ is an established national survey developed by the Schools Health Education Unit completed by thousands of pupils each year.

11.4 Participation fell across all pupils surveyed between the 2017 and 2021/22 results for both primary and secondary pupils, when comparing the average number of days in a week, pupils reported participating in 60 minutes activity.

Average number of days in a week, pupils reported participating in 60 minutes physical activity		
School type	2017	2021/2022
Primary	2.9	2.5
Secondary	1.9	1.7

11.5 The reduction between 2017 and 2021/22 participation levels becomes further apparent by comparing the minimum and maximum number of days that pupils said that they were active in the previous week.

Number of days pupils in a week, pupils reported participating in 60 minutes of physical activity				
Number of days	Primary		Secondary	
	2017	2021/22	2017	2021/22
0 or 1 days (Defined as being inactive)	38%	41%	54%	59%
6 or 7 days (Defined as being active)	20%	13%	10%	7%

11.6 The demographic profile of the amount of physical activity undertaken across gender grouping shows that girls are undertaking less physical activity than their male counterparts.

Gender		
Average number of days in a week, pupils reported participating in 60 minutes physical activity		
Results 2021/2022		
School type	Male	Female
Primary	3.1	1.9
Secondary	2.4	1.3

11.7 The demographic profile of the amount of physical activity undertaken by different ethnic groups shows that South Asian CYP (girls in particular) do a disproportionately lower amount than other ethnic groups.

Ethnicity

Average number of days in a week, pupils reported participating in 60 minutes physical activity						
Results 2021/2022						
School type	White*	Mixed	Asian	Black	White other	Other
Primary	2.8	2.7	1.8	2.7	n/a	n/a
Secondary	2.0	2.1	1.3	1.6	1.9	1.6

*For Secondary results refers to White British pupils

11.8 Within the wider HRBQ survey results, it is encouraging that high percentages of both primary and secondary pupils reported both enjoying taking part in SPA and understanding why it is good for them. However, despite this awareness of the benefits, there is a considerable decline in enjoyment of Asian pupils in exercise and sport from primary to secondary.

ENDS