

# team BEDS&LUTON Insight Newsletter



## April 2022

Welcome to the April edition of the team BEDS&LUTON Insight Newsletter!

This newsletter will summarise key reports and recommendations that have been produced throughout March.



- Child Health Profiles for Bedfordshire from Office for Health Improvement and Disparities.
- StreetGames have developed a Monitoring and Evaluating Kitbag.
- British Equestrian launch new research into Britain's riding centres.
- Technogym, in partnership with BUCS, have produced a White Paper on physical activity within higher education.
- Spirit of 2012 has announced a grant for independent think tank British Future to conduct new research into the role of football clubs in creating community cohesion.
- New research from Women in Sport has found that over one million teenage girls who once considered themselves 'sporty' are disengaged from sport following primary school.
- Bikeability receives a record £20 million from Department for Transport to promote active travel and provide cycling training to half a million children and their families.
- World Health Organization states that 85% of adolescent girls do not do enough physical activity.
- The Black Swimming Association launches research project to identify, understand, and address barriers to participation in aquatic activities and sport.
- Take part in Activity Alliance's 'Inclusive Reopening' survey.
- Community Leisure UK states that Leisure and Culture services are on the financial brink.
- ukactive announces a new programme 'Fitness for Everyone'.

## Office for Health Improvement and Disparities - Child Health Profiles for Bedfordshire

The Office for Health Improvement and Disparities released child health profiles for each local authority area in England. The data covers a range of indicators including children in low-income families, obesity and school readiness. The data for Bedfordshire shows:

### Bedford:

69.1% of children achieve a good level of development at the end of reception. This value is **worse than the England value of 71.8%**, although the latest trend shows that the Bedford value is **increasing and getting better**.

17.1% of children are in relative low-income families, which is **better than the England value of 19.1%**, although the latest trend shows that the Bedford value is **increasing and getting worse**.

The prevalence of obesity in reception-aged children and Year 6 children are both **similar to the England value** (9.9% and 21% respectively), sitting at 8.9% and 21% respectively.

Click [here](#) for Bedford data

### Central Bedfordshire:

72.5% of children achieve a good level of development at the end of reception. This value is **similar to the England value of 71.8%** and the latest trend shows that the Central Bedfordshire value is **increasing and getting better**.

11.2% of children are in relative low-income families, which is **better than the England value of 19.1%**, although the latest trend shows that the Central Bedfordshire value is **increasing and getting worse**.

The prevalence of obesity in reception-aged children and Year 6 children are both **better than the England value** (9.9% and 21% respectively), sitting at 8.1% and 16.5% respectively.

Click [here](#) for Central Bedfordshire data

### Luton:

68.4% of children achieve a good level of development at the end of reception. This value is **worse than the England value of 71.8%**, although the latest trend shows that the Luton value is **increasing and getting better**.

29% of children are in relative low-income families, which is **worse than the England value of 19.1%**, and the latest trend shows that the Luton value is **increasing and getting worse**.

The prevalence of obesity in reception-aged children is **similar to the England value** (9.9%), sitting at 10.9%, although the prevalence of obesity in Year 6 children is **worse than the England value** (21%), sitting at 27%.

Click [here](#) for Luton data

## StreetGames Monitoring and Evaluating Kitbag

StreetGames have developed a Monitoring and Evaluating Kitbag to help the StreetGames network to demonstrate the impact of their work. The Kitbag includes:

- General information and guidance
- Access to StreetGames templates and resources
- Sign-posting to advice and tools from other organisations

Click [here](#) for the full item.

## British Equestrian: Ground-breaking Research into Britain's Riding Centres

British Equestrian has launched a first of its kind survey to build a picture of the sector in a bid to help safeguard the future viability of the businesses. The questions target areas such as capacity, facilities, staffing, as well as challenges such as viability and marketing.

Click [here](#) for more information.

## Technogym & BUCS - Physical Activity in Higher Education

Technogym and BUCS have produced a White Paper looking into the effects of COVID-19 in the higher education sector, campus life, the important roles sport and physical activity plays in the sector, and pinpointing areas of wellness opportunities. The White Paper closes with six key actions:

- Increase memberships
- New wellness opportunities
- Connect through digital
- Collaborative partnerships
- Community engagement
- Building solutions for staff

Click [here](#) for the full item.

## Department for Travel & Active Travel England - Bikeability receives £20 million Funding

Bikeability has received £20 million of government investment to improve access to cycle training and deliver its cycle training programme next year. The funding aims to promote active travel and provide cycle training to half a million children and their families.

This funding will ensure that more children and families can cycle confidently and safely, as well as building on the government's commitment to decarbonise the transport network and build back greener from COVID-19.

This funding aims to give half a million training places to children and their families, meaning more people will be supported to introduce active travel in their everyday lives.

Click [here](#) for more information.

## The Black Swimming Association: #OurSwimStory

The Black Swimming Association is working in conjunction with AKD Solutions to conduct research titled #OurSwimStory into why Black and Asian communities are put off from aquatic sports, with Sport England insight showing that 95% of Black adults and 80% of Black children do not swim, and 93% of Asian adults and 78% of Asian children do not swim.

The partnership are aiming to engage 1,400 respondents across England and Wales on a range of topics including:

- Socio-economy,
- Culture,
- Attitudes,
- Behaviours,
- Institutional barriers.

Click [here](#) for more information.

## Spirit of 2012 & British Future - The Role of Football Clubs in Creating Community Cohesion

Spirit of 2012 has announced a grant of £46,270 to the independent think tank, British Future to fund new research into how football clubs can harness their fan's feelings of pride and togetherness to promote integration across divides and build place-based identities.

The research will aim to map the cultural reach and resonance of football clubs across people of different backgrounds and explore what works in uniting these people around their love of a particular team.

The research began in February 2022 and will continue until September 2023, when a report will be published and presented to parliament.

Click [here](#) for the full item.

## Women in Sport Tackling Teenage Disengagement Research

Latest research from Women in Sport found that more than one million teenage girls who once considered themselves 'sporty', disengage from sport following primary school. Some of the reasons for disengagement include:

- A fear of feeling judged by others (68%),
- Lack of confidence (61%),
- Pressures of schoolwork (47%),
- Not feeling safe outside (43%)

The research surveyed 4,000 teenage girls and boys as part of their research work titled 'Reframing Sport for Teenage Girls', funded by Sport England. The survey found that 43% of teenage girls who once actively engaged with and enjoyed sport were being side-lined in their teenage years and made to feel not good enough, compared with just 24% of boys of the same age. Women in Sport have considered this group as 'The Missed Opportunity'.

Complex barriers and deep-rooted negative attitudes are affecting teenage girls' ability to enjoy sport, with body image and puberty being significant factors in the disengagement issue. 78% of girls say they avoid sport when they have their period and 73% of girls say they do not like others watching them take part in activity. Teenage girls are also experiencing an increase in mental health challenges, particularly relating to loneliness and anxiety, which has only been amplified by the COVID-19 pandemic.

Click [here](#) for more information.

## World Health Organization - Study into Adolescent Girls

A new study into the 'Barriers and Facilitators of Physical Activity Participation in Adolescent Girls', by the World Health Organization reveals that 85% of adolescent girls do not do enough physical activity.

WHO have published a factsheet that summarises the study findings and identifies areas for action. Barriers include:

- Lack of time
- Perceived lack of competence
- Discomfort during and after physical activity
- Increased social and family obligations
- Preference for other leisure activities.

Facilitators include:

- Weight management
- Perceived competence or skill level
- Health benefits
- Enjoyment

WHO suggests that whole-of-school approaches to link the school curriculum with the broader school environment and the local community can be applied to increase participation of adolescent girls.

Click [here](#) for more information.

## Activity Alliance: 'Inclusive Reopening' Survey

Activity Alliance are working with Britain Thinks to explore how people with disabilities and people with long-term health conditions can be included in physical activity as we move out of the pandemic. 'Inclusive Reopening' is taking a multi-phase approach to investigate how people with disabilities and people with long-term health conditions interact with physical activity as we recover from the pandemic.

If you are directly or indirectly involved in delivering organised activities to people with disabilities, the Activity Alliance wants to hear from you.

Click [here](#) for more information.

## Community Leisure UK: A Sector on the Financial Brink

Soaring energy costs are causing Leisure and Culture services to teeter on the financial brink.

A survey amongst Community Leisure UK members shows that the energy bills for leisure operators has increased by 113% from 2019 to 2022. It is predicted that costs will rise to £3.3 million in 2023.

Swimming is an area of particular pressure due to the high energy consumption rate of swimming pools.

Click [here](#) for more information.

## ukactive: 'Fitness for Everyone'

ukactive will launch a news-style digital programme named 'Fitness for Everyone' to encourage people to be more active through inspiring case studies that will promote physical activity amongst all ages.

The programme will launch on Wednesday 21st September to coincide with National Fitness Day and will showcase stories from people across the country who have used physical activity to transform their lives

Click [here](#) for more information.

## For more information..

Please contact our Insight and Impact Officer, Sophie Warrener.

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# Upcoming Events

Netwalking  
Thursday 19th May 10am-12pm  
TBC Location

Community Conversation (Use of Social Media)  
Tuesday 14th June  
10am-11am  
Teams

Community Conversation (Use of Social Media)  
Thursday 16th June  
6pm-7pm  
Teams

Community Conversation (Learning and Resources)  
Tuesday 13th September  
10am-11am  
Teams

Community Conversation (Learning and Resources)  
Thursday 15th September  
6pm-7pm  
Teams

Community Conversation (Developing the Workforce)  
Tuesday 13th December  
10am-11am  
Teams

Community Conversation (Developing the Workforce)  
Thursday 15th December  
6pm-7pm  
Teams

Please contact Sophie Warrener to book.

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m: 07710611974

# Important Dates

5th April 9:30am-1pm  
Public Policy Exchange  
Boosting Cycling Activity in the UK and EU: Transforming Infrastructure and Improving Road Safety webinar  
[Click here to sign up](#)

21st April  
National Council for Voluntary Organisations  
Funding Strategy and Diversification in the Current Climate online training  
[Click here to sign up](#)

28th April  
Sport England  
Adult Active Lives Survey Data release

5th May 5:30pm-6:30pm  
National Centre for Sport and Exercise Medicine  
Improving Physical Activity in Older Adults with Hearing Loss public lecture  
[Click here to sign up](#)

13th May 10am-3pm  
National Council for Voluntary Organisations  
Writing Successful Bids online training  
[Click here to sign up](#)

16th - 20th May  
Living Streets  
Walk to School Week

6th June  
Activity Alliance  
Annual Disability and Activity Survey 2021/22 due for release

8th - 9th June  
Local Government Association  
Childhood Obesity Trailblazer Programme  
[Click here to sign up](#)

10th June 10am-3pm  
National Council for Voluntary Organisations  
Funding Strategy and Diversification in the Current Climate online training  
[Click here to sign up](#)

18th - 24th June  
Youth Sport Trust  
National School Sports Week

27th June 10am-3pm  
National Council for Voluntary Organisations  
Writing Successful Bids online training  
[Click here to sign up](#)

TBC July  
Department for Transport  
Walking and Cycling in England 2021 statistics due for release

TBC July  
Department for Transport  
National Travel Survey

14th July 10am-3pm  
National Council for Voluntary Organisations  
Writing Successful Bids online training  
[Click here to sign up](#)