

team BEDS&LUTON Insight Newsletter



March 2022

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

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

- The Government has unveiled the Levelling Up White Paper that will transform the UK and focus resources to the Nation's forgotten communities through the 2020s.
- Sported has released their latest 'Community Facilities' report, which reveals that groups not having access to facilities has a negative impact on delivery, resilience and funding.
- Department for Education has published its third annual State of the Nation report, which has seen improvements in children and young people's well-being.
- Crime data for Bedfordshire.
- StreetGames has launched its new 10-year strategy.
- Sported and British Cycling have published research into the motivations, opportunities and capabilities of young people from lower socio-economic groups and diverse ethnic communities to take part in cycling activities.
- Youth Sport Trust have published a series of blogs surrounding mental health and cognitive function in sport and physical activity.
- #EqualPlay: Every Child's Right to Everyday Play Report shows inequalities children face to access play.
- Department for Health and Social Care release new guidelines to support disabled children to be more active.
- Office for Health Improvement and Disparities release guidance on adult obesity as part of 'All Our Health' resource.



Department for Education



Department of Health & Social Care

Sported 'Community Facilities' Report

The latest 'Community Facilities' report from Sported found that there are inequalities between groups that have their own facilities and groups without secured facilities or the ability to book long-term, and these inequalities worsen due to the lack of access.

The report states that 24% of Sported's network struggle to find and secure facilities, as they do not have their own and 68% of groups are finding it harder to access facilities than before the pandemic. Smaller organisations with smaller budgets are affected the most, raising concerns over this affects participants from areas of higher deprivation.

Increasing levels of outsourced management of facilities and rising costs have outpriced smaller groups from using school facilities, which has long been seen as a solution to this problem.

Sported is calling on funders to be flexible in ensuring that funding doesn't continue going to the same groups.

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

Levelling Up White Paper

The Government has curated 12 ambitious missions to 'level up' the UK, introducing radical new policies to close the gap between in social and health inequalities across the Nation. Key points of the White Paper include:

- Launch of the National Youth Guarantee, so that every young person can have regular access to out-of-school activities, adventures away from home and volunteering opportunities, by 2025.
- The Community Ownership Fund is to be reviewed to allow fans to take control over local assets such as football club grounds.
- £230 million is to be invested in grassroots football, with funding this year expected to deliver 850 football pitches in England alone. Scotland, Wales, and Northern Ireland are to benefit from this investment too.
- £44 million from the Dormant Assets Scheme will be unlocked to support social enterprises, charities, and vulnerable individuals. Later this year, there will be a consultation on the best causes for a further £880 million investment, which will include a community wealth fund, youth and social investment.

[Levelling Up White Paper](#) [Sport England Response](#) [SfDC Response](#) [ukactive Response](#)

State of the Nation Report

The third annual State of the Nation report has been published. This report gives an in-depth picture of the experiences that children and young people between the ages of 5 and 24 during the 2020/21 academic year.

The report shows that the well-being of children and young people is gradually improving, despite the challenges that remain, and highlights the link between regular attendance at school and college and positive well-being.

However, in this report, there are signs that obesity rates have substantially increased between 2019/20 and 2020/21, which has accelerated a trend that has continued for over a decade. Although obesity rates look bleak, the report does state that rates of physical activity have remained relatively consistent, with the rate of children and young people engaging in 60+ minutes of physical activity per day at similar levels in 2020/21 to 2017/18.

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

For more information..

Please contact our Insight and Impact Officer, Sophie Warrener.

e: sophie@teambedsandluton.co.uk

m: 07710611974

Crime in Bedfordshire

Bedfordshire is the **27th safest county** in the England, Wales and Northern Ireland. In 2021, the crime rate was 70 crimes per 1,000 people, with the most common crime being reported as 'violence' and 'sexual assault'.

Bedford is **26% more dangerous** than the Bedfordshire rate, followed by Kempston at **23% more dangerous** and Luton at **15% more dangerous**. Ampthill is currently recorded as the safest population in Bedfordshire, sitting at **150% safer** than the Bedfordshire rate. Stotfold sits at **144% safer** and Brickhill is currently **63% safer** than the Bedfordshire rate.

The current trends show that anti-social behaviour, burglary, criminal damage and arson, and vehicle crime are **safer**. However, crimes surrounding drugs, possession of weapons, and public order are **getting worse**.

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

StreetGames 'Active for Today and Tomorrow' 10-Year Strategy

StreetGames have released its new 10-year strategy, titled: 'Active for Today and Tomorrow'. The strategy puts Doorstep Sport firmly at the centre of StreetGames' work, which is proven to successfully provide young people with an inclusive place to be active and equips them with the tools they need to find a positive pathway.

The strategy assesses the impact of the COVID-19 pandemic on sport and physical activity as well as the wider communities that StreetGames support. Central to the strategy are four commitments in the way that StreetGames will work, collaborate and support the 1,500+ community sports organisations that comprise the open StreetGames Network:

- We are the people beside the people who change lives and communities.
- Collaboration is in our DNA - we will play our part in the movement.
- StreetGames is committed to growing the reach and impact of Doorstep Sport in more places, with more young people.
- We are frontline first - Locally Trusted Organisations and young people are at the heart of all we do.

The strategy also identifies four key objectives that StreetGames will strive towards over this next ten-year period:

- All young people from low-income, underserved communities can engage in life-enhancing Doorstep Sport.
- There is a year-round, multisport offer available in every low-income, underserved community.
- All young people from low-income, underserved communities can access a pathway to become volunteers and future community leaders.
- All mainstream sports providers change their practice to meet the needs of young people from low-income, underserved communities.

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

Sported and British Cycling Research into Young People and Cycling

Sported and British Cycling have collaborated on research to investigate the motivations, opportunities and capabilities of young people from lower socio-economic groups and diverse ethnic communities taking part in cycling activities.

The findings will play a key role in shaping British Cycling's work to engage the next generation, as part of the seven priority areas of its new 'Lead our Sport, Inspire our Communities' strategy.

Key findings include:

- **Cost of and access to bikes and concerns about road safety are key barriers to participation.**
- **There is a lack of diverse role models in cycling, particularly for Muslim communities.**
- **Young people are more likely to engage when cycling is offered as part of a range of activities by groups.**
- **Greater access to funding or equipment is needed to support groups to start delivering activity.**

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

Youth Sport Trust - Mental Health and Cognitive Function Blogs

Youth Sport Trust have released a series of blogs relating to mental health and cognitive function.

Dr Simon Cooper from Nottingham Trent University summarises key findings from study into the relationship between physical activity and cognitive function in young people [here](#).

Jimmy McGinn from Liverpool School Sports Partnerships has collaborated with partners to pioneer a new approach, giving boys strategies to support their wellbeing for life. Read his blog [here](#).

Department for Health and Social Care - New Guidelines to Support More Disabled Children to be Active

The UK's Chief Medical Officer has published guidelines on physical activity for disabled children and young people for the first time. The new guidelines support children and young people with disabilities to be more active and also supports wider work to tackle health disparities across the UK, helping everyone lead healthier and happier lives.

The guidance recommends that children and young people should:

- Undertake 120 - 180 minutes of aerobic physical activity per week at a moderate to vigorous intensity through activities such as walking or cycling. This can be achieved in different ways, e.g., 20 minutes per day or 40 minutes three times a week).
- Complete challenging, but manageable, strength and balance activities three times a week, which are particularly beneficial for muscle strength and motor skills, e.g., indoor wall climbing, yoga, and modified sports such as basketball or football.
- When first starting to exercise, build up slowly to avoid injury.
- Break down their exercise into bite-size chunks of physical activity throughout the day to make it more manageable.

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

#EqualPlay: Every Child's Right to Everyday Play Report

Many children in Britain live in built-up, urban areas. 1 in 8 households in the UK do not have a garden and this figure rises to 1 in 5 in London. Children growing up in these homes rely on public play areas and community playgrounds are often their only chance to be active.

This report reveals a 'postcode lottery' that families face, with some areas being well-served and others seriously deprived of community play facilities:

- **Children in London have access to almost five times fewer playgrounds than children in Scotland.**
- **The West Midlands has the worst play provision in the UK, with 929 children per playground. The West Midlands also have the worst childhood obesity rates (Year 6) in England.**
- **London has the second worst play provision in the UK, with 866 children per playground.**
- **Every playground in the North East and the North West serves over 600 children, compared to just 196 in Scotland**
- **Welsh children enjoy access to over twice the number of playgrounds than children in London.**

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

Office for Health Improvement and Disparities - Adult Obesity Guidance

The Office for Health Improvement and Disparities have released guidance for health professionals as part of the 'All Our Health' resource.

The guidance will help front-line health and care staff use their trusted relationships with patients, families, and communities to promote the benefits of achieving and maintaining a healthy weight.

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

For more information..

Please contact our Insight and Impact Officer, Sophie Warrener.
e: sophie@teambedsandluton.co.uk
m: 07710611974

Upcoming Events

Community Conversation (Sustainability)
Tuesday 22nd March
10am-11am
Teams

Community Conversation (Sustainability)
Thursday 24th March
6pm-7pm
Teams

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.

e: sophie@teambedsandluton.co.uk
m: 07710611974

Important Dates

1st March
Office for Health Improvement and Disparities
Child Health Profiles release

TBC March
CIMSPA/Workplace Mental Health
State of Mind Survey Data release

29th March 9:30am-1pm
Public Policy Exchange
Tackling Childhood Obesity in the UK & EU: Developing
Practical Solutions and Promoting Healthy Lifestyles webinar
[Click here to sign up](#)

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](#)

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](#)

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

Coming soon in May...

'NETWALKING'

A chance to connect with other organisations, catch up with familiar contacts and share learning and skills with like-minded people.

Gentle, outdoor exercise while networking with other organisations and members of team BEDS&LUTON.

Is this something you would be interested in taking part in?

[Click here](#) to let us know your time and date preferences by 8pm 1st April.