

# team BEDS&LUTON Insight Newsletter



## May 2022



More people  
More active  
More often

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

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

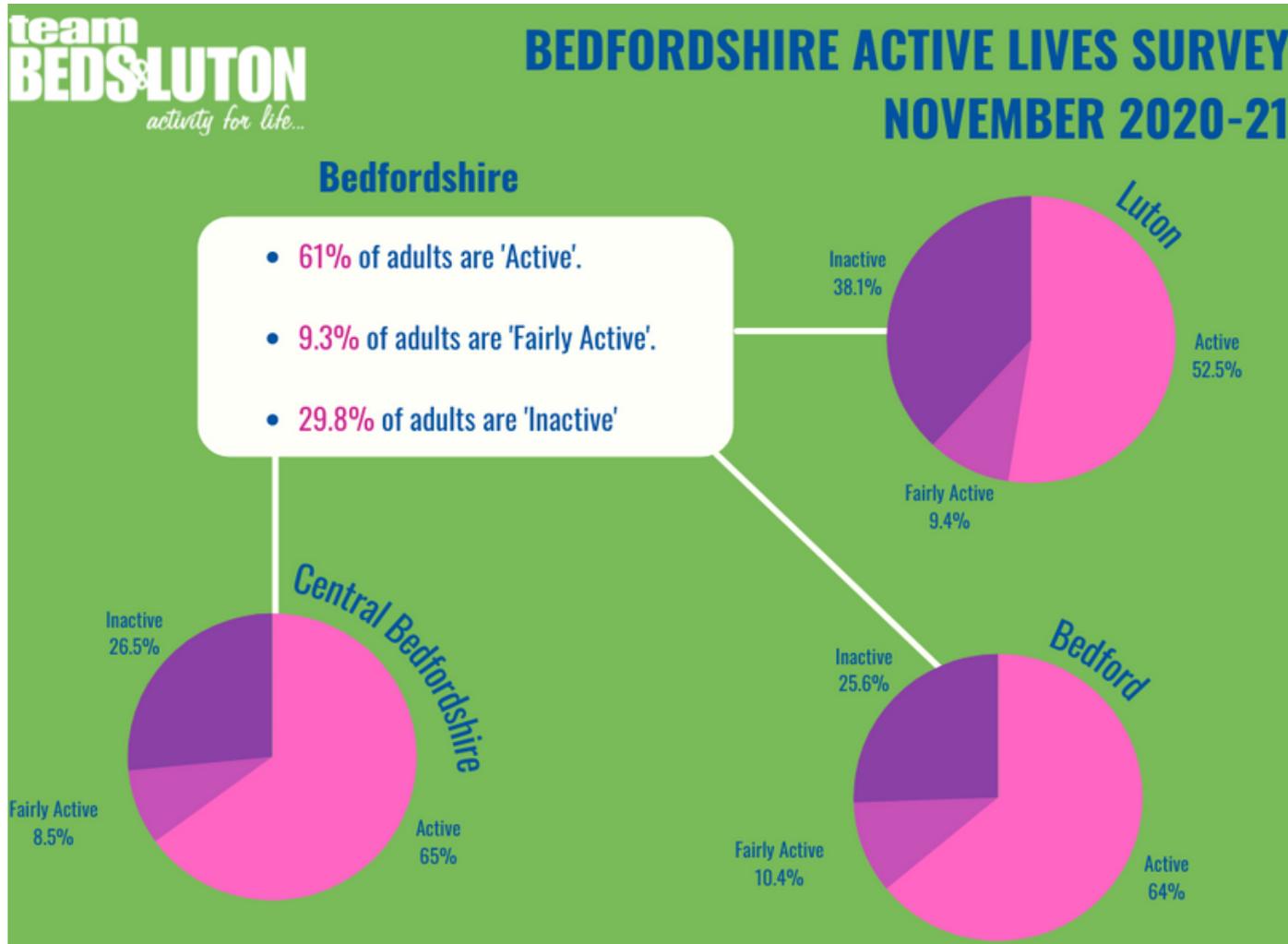
The  
Richmond  
Group  
of Charities



- Adults Active Lives Survey data for Bedfordshire.
- ukactive 'Safe and Essential' report reveals largest national COVID safety data set.
- ukactive: 'This Mum Moves' set to expand.
- The Richmond Group of Charities and Sport England have developed resource packs for the sport & physical activity sector and the health & care workforce to support people with long-term health conditions to be physically active.
- National Lottery Communities Fund: stark differences in how communities in the UK say they are faring.
- Sport England's Places and Spaces Fund goes nationwide.
- Natural England: The People and Nature Survey for England monthly indicators for February 2022.
- This Girl Can partners with Strava and Regatta Great Outdoors to inspire more women to get active on their own terms.
- Basketball England: #ProjectSwish campaign returns for 2022.

## Adults Active Lives Survey for Bedfordshire

Sport England has released the latest Active Lives Survey data for Adults:



## ukactive: Safe and Essential Report

The fitness and leisure sector in the UK has created the most comprehensive national report into COVID-19 safety figures for the industry in Europe. ukactive joined representatives from the arts, sports, heritage, and leisure sectors to support the upcoming UK COVID-19 public inquiry.

The report, titled 'Safe and Essential' reports extremely low rates of COVID-19 among people using fitness and leisure facilities throughout the different stages of the pandemic. The report was based on data aggregated from thousands of ukactive members across the UK. The report found that from 241,154,977 visits to facilities from 25th July 2020 to 27th February 2022, there were 2,605 reported cases of COVID-19 among those visitors, equating to an overall rate of just 1.08 cases per 100,000 visits.

Click [here](#) for more information.

## ukactive: This Mum Moves Set to Expand

More women across the nation are set to benefit from being physically active during and after pregnancy, as ukactive and Sport England announce the results of the This Mum Moves project and plans for its expansion.

The project was created to support women to continue enjoying and benefitting from an active lifestyle during pregnancy and after childbirth by enabling and upskilling healthcare professionals to promote and provide advice surrounding physical activity within routine pre- and post-natal care.

An independent evaluation by Canterbury Christ Church University showed that following This Mum Moves training:

- 85% of healthcare professionals were 'committed' or 'highly committed' to apply what they had learned into practice.
- 81% felt confident to start a conversation with women about physical activity during and after pregnancy.
- 76% of healthcare professionals 'often' or 'always' provided physical activity advice to women during and after pregnancy.
- 97% of healthcare professionals said they would recommend This Mum Moves training to a friend or colleague.

ukactive and Sport England have established a sustainable model for the project and the offer will be expanded to wider workforces to open doors to discussions across organisations.

Click [here](#) for more information.

## Richmond Group of Charities and Sport England: Resource Packs for Supporting People with Long-Term Health Conditions to be Physically Active

Sport England have partnered with the Richmond Group of Charities to publish a new resource pack aimed at helping those with long-term health conditions to get active.

The pack includes latest research into the barriers to activity for people with long-term health conditions, highlights key benefits of promoting physical activity to this group and provides examples of practical changes to support improved accessibility and inclusion.

The COVID-19 restrictions impacted everyone's ability to get active, but the effects of the pandemic on those with long-term health conditions have been drastic, with 60% of people with long-term health conditions still feeling safer being active at home and 30% say the pandemic has damaged their confidence to be active.

Upon seeing the packs, both Sport England and the Richmond Group of Charities encourage those working in the sport and physical activity sector to make changes within their sphere of practice that enable more people with long-term health conditions to be active.

Click [here](#) for more information.

## National Lottery Communities Fund: New Research Reveals Stark Differences in how Communities in the UK say they are Faring

New research from The National Lottery Communities Fund, the largest funder of community activity in the UK, shows stark differences in how communities across the UK think they are faring compared to others.

The findings come from The National Lottery Communities Fund's Community Research Index which is an annual survey of over 8,000 adults across the UK designed to investigate how people feel about, and their ambitions for, their communities.

- 72% of people in the UK think their local community is faring well for quality of life compared to other communities. This jumps to 78% of people in the South West of England, but dips to 67% for those in the North West and the North East, falling further to 62% for those living in the most deprived areas of the UK.
- 76% of those in higher social grades (ABC1) are more likely to say their community is faring well for life opportunities, than those from lower grades (67%).
- 56% of people who went to university say their communities are doing well for life opportunities, but this drops to 46% for those who did not graduate from higher education.

Click [here](#) for more information.

## This Girl Can Partner with Strava and Regatta Great Outdoors

This Girl Can is partnering with online activity tracker Strava and outdoor clothing company Regatta Great Outdoors to inspire more women to get active on their own terms.

The partnership will launch in May, with a toolkit of resources due to be published early on in the month.

This toolkit will support partners across the country to get involved, connect with women in their local areas and enable everyone to benefit from the support of the This Girl Can community on Strava.

Click [here](#) for more information.

## Natural England: The People and Nature Survey for England

The monthly indicators for February 2022 have been released by Natural England's The People and Nature Survey for England:

- 61% of adults in England said that they had spent time outside in green and natural spaces in the previous 14 days.
- 25% of adults had not spent any time in green and natural spaces in the previous 14 days.
- Households with an income of less than £15,000 were less likely to have visited a green and natural space in the last 14 days.
- 'Stayed at home to stop coronavirus spreading/Government restrictions' as a barrier to spending time outside decreased from 19% in January to 10% in February 2022.

Click [here](#) for more information.

## Basketball England: #ProjectSwish

Basketball England's #ProjectSwish campaign is back for 2022. The campaign enables basketball players across the country to invest in their local outdoor court through one of three ways:

- Requesting free nets for a local court.
- Renovating a court with the help of Basketball England's activation guide.
- Buying a #ProjectSwish ball, where proceeds go towards the cost of regenerating outdoor courts.

Click [here](#) for more information.

## For more information..

Please contact our Insight and Impact Officer, Sophie Warrener.

e: [sophie@teambedsandluton.co.uk](mailto:sophie@teambedsandluton.co.uk)

m: 07710611974

# Upcoming Events

Emergency First Aid Level 3 Award  
Monday 9th May/6pm-9pm  
Wootton Community Centre, MK43 9AU  
[Click here to sign up](#)

Places and Spaces Crowdfunding workshop  
Thursday 12th May/7pm-8:15pm  
Online  
[Click here to sign up](#)

Places and Spaces Crowdfunding workshop  
Monday 16th May/7pm-8:15pm  
Online  
[Click here to sign up](#)

Netwalking  
Thursday 19th May/10am-12pm  
The Forest Centre, MK43 OPR

Safeguarding & Protecting Children workshop  
Wednesday 25th May/6:30pm-9:30pm  
Flitwick Community Football Centre, MK45 1BA  
[Click here to sign up](#)

An Introduction to Unconscious Bias for Sport and Physical Activity workshop  
Tuesday 7th June/6pm-8pm  
Online  
[Click here to sign up](#)

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

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

Safeguarding & Protecting Children workshop  
Tuesday 21st June/6:30pm-9:30pm  
Flitwick Community Football Centre, MK45 1BA  
[Click here to sign up](#)

Emergency First Aid Level 3 Award  
Tuesday 5th July - Wednesday 6th July/6pm-9pm  
Bedford Blues Rugby Club, MK40 3NF  
[Click here to sign up](#)

Promoting Behaviour Change workshop  
Tuesday 19th July/6pm-8pm  
Online  
[Click here to sign up](#)

An Introduction to Unconscious Bias for Sport and Physical Activity workshop  
Tuesday 6th September/6pm-8pm  
Online  
[Click here to sign up](#)

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

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

An Introduction to Unconscious Bias for Sport and Physical Activity workshop  
Tuesday 15th November/6pm-8pm  
Online  
[Click here to sign up](#)

Safeguarding & Protecting Children workshop  
Wednesday 23rd November/6:30pm-9:30pm  
Flitwick Community Football Centre, MK45 1BA  
[Click here to sign up](#)

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 onto  
Netwalking and Community Conversations

e: [sophie@teambedsandluton.co.uk](mailto:sophie@teambedsandluton.co.uk)  
m: 07710611974

# Important Dates

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

7th June  
Club Matters/Sport England  
Volunteer Experience workshop  
[Click here to sign up](#)

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

9th June 12:30pm-2:30pm  
Club Matters/Sport England  
Introduction to Legal Structures workshop  
[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](#)

13th June 7-9pm  
Club Matters/Sport England  
Participant Experience workshop  
[Click here to sign up](#)

15th June 12:30-2:30pm  
Club Matters/Sport England  
Financial Sustainability workshop  
[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](#)

## FEEDBACK!

Please let us know how what you have found useful about this newsletter, what we can improve and what you would like to see featured!