

[These minutes are subject to confirmation at the next meeting of the Sub-Committee  
Scheduled to be held on the 21 September 2017]

## **Culture and Leisure Sub-Committee**

**25 July 2017**

Present: Councillor S Day (Chair)  
Councillors L Bell, J Cassidy, L Darke, D Drummond, N Huscroft,  
D McMeekan, A Newman, P Oliver and A Waggott-Fairley.

Also Present: Councillor E N Darke, Cabinet Member for Leisure, Culture  
and Tourism.

### **CL07/07/17 Apologies**

Apologies were received on behalf of Councillor K Osborne.

### **CL08/07/17 Substitute Members**

There were no substitute Members reported.

### **CL09/07/17 Declarations of Interest**

There were no declarations of interest reported.

### **CL10/07/17 Minutes**

**Resolved** that the minutes of the previous meeting held on 27 June 2017 be confirmed and signed by the Chair.

### **CL11/07/17 Active North Tyneside Annual Report 2016/17**

A report was received from Senior Manager, Sport and Leisure, introducing the Active North Tyneside Annual Report 2016/17, who was accompanied by the Group Manager, Indoor Sport and Leisure, and the Director of Public Health.

The primary purpose of Active North Tyneside was to improve the health and well being of residents and to impact on these health inequalities across the borough. Programmes were designed to increase levels of physical activity, increase levels of healthy weight in children and adults and support good mental health. The programme also aimed to enable North Tyneside residents and staff to support their friends, peers and families to make lifestyle changes which would have a positive impact on their health. The programme was funded by Public Health and delivered by the sport and leisure service, North Tyneside Council.

The Director of Public Health's recent Annual Report, 'Fit for our own futures' recommended the upscaling of preventative efforts across the population, not only linked to increasing physical activity and good diet and nutrition, but also to support changing other unhealthy lifestyle behaviours.

Active North Tyneside aimed to tackle health inequalities by specifically encouraging uptake in the 20% most deprived areas in the borough and also by directly targeting vulnerable

groups, for example, young men and women who were not in education, employment or training, Looked After Children and Troubled families. It was made up of a wide variety of different programmes, about 30 or so projects, some focussing on physical activity for all, some on targeted weight management intervention and some on recruiting volunteers to support and advise their own peers and communities to make healthier lifestyle choices. All programmes were FREE. Projects included, free swimming sessions, buggy boot camps, weight management programmes for children, teenagers and adults and also support volunteering, and Community Health Champions programme.

An overview of how Active North Tyneside had made an impact so far on the above priorities and some initial thoughts on proposals for future development was provided. Details of the key developments and outcomes during 2016/17 included:

- Change in focus and 'Healthy Conversations
- Headline figures and some general statistics
- Marketing, are we targeting the right people?
- Specific programme results and impact on behaviour change - any difficulties or challenges?
- Conclusions and recommendations

With reference to the many Active North Tyneside programmes in place, the following were highlighted to demonstrate where success had been achieved and where improvements were still needed:

- (i) Club 1 – targeted physical activity intervention for young men, 16-25ys olds who were NEET(not in education, employment or training);
- (ii) Weight Worries – weight management support; and
- (iii) Community Health Champions and Community Start-Up Fund – enabling communities and individuals.

A briefing note by the Active North Tyneside team to the Director of Public Health on the developments over the last 12 months and delivery plan key results was circulated at the meeting for information. Two short YouTube video clips were also shown to illustrate some of the positive impact of the programmes.

Following the presentation Members of the sub-committee asked questions of officers which were responded appropriately.

The Chair, on behalf of the sub-committee, thanked officers for attending the meeting and presenting the Active North Tyneside Annual Report 2016-17; and congratulated all teams involved for the way in which they helped to support people to change other lifestyle behaviours.

It was **Agreed** that the Active North Tyneside Annual Report 2016/17 be received and noted.