

Scrutiny Review: Physical Activity and Sport

A Review by the Children and Young People’s Scrutiny Panel

2023/24

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CHAIR'S FOREWORD

Physical activity and sport have huge benefits for the health and well-being of children and young people and can help them to learn more effectively. Other priorities have overshadowed it in recent years though and many children and young people are not getting all of the opportunities to participate that they deserve.

There needs to be a commitment from the top to increase participation. It is not just the Council's responsibility as physical activity and sport is very much a partnership activity. Schools play a particularly important role in getting children and young people active and many do this extremely well but it is important that all children get the chance to participate in activities, irrespective of which school they attend.

The borough is lucky to have a large network of excellent grass roots community organisations that provide physical activity and sporting opportunities for young people. Many of these are provided at low or no cost, which is especially important during the current cost of living crisis. With additional support, community organisations have the potential to deliver more. Coaches are crucial for such organisations and work needs to be undertaken to ensure that there are enough.

Opportunities need to be available for all and concerns regarding personal safety may be deterring some young people from participating, particularly women and girls. Disability sport needs additional help to develop and thrive. Activities need to be attractive to all sections of the community. Swimming is very popular and an important life skill so it is a shame that the borough does not quite have the facilities that other boroughs have and it should aspire to at least match them.

The Panel wishes to thank all of those who assisted with the review and hopes that its recommendations can make a positive contribution to physical activity and sport in the borough.



Cllr Makbule Gunes
Chair

1. KEY FINDINGS AND RECOMMENDATIONS

- 1.1 The Panel heard from a wide range of individuals and organisations. We are nevertheless aware that although we heard from most, if not all, of the key stakeholders, those that gave evidence were just a sample of those involved in the issue locally. We were nevertheless able to draw a range of conclusions from the evidence that we received. We have interpreted physical activity and sport in its widest sense as we recognise that organised sport is not to everyone's taste. In addition, activities such as dance, horse riding and climbing can provide ways to involve those who might otherwise be inactive
- 1.2 There are very clear cognitive, physical and social benefits to physical activity and sport, especially for children and young people. It should be a key part of any strategy for addressing the obesity crisis. Amongst its many benefits, it is likely to enhance academic achievement rather than be a distraction from it and can also help divert those at risk from becoming involved in anti-social behaviour and crime. It is also clear that many children and young people are missing out in Haringey and especially ones from less affluent homes. The cost of living crisis is likely to exacerbate these inequalities further.

Health and Well Being Board

- 1.3 There needs to be a clear commitment from the Council and its partners to increase participation in physical activity and sport. This should be based on acknowledgement of its clear benefits and contribution to health and well-being. In particular, the Panel noted the budgetary impact that inactivity can have on NHS partners. The Health and Well Being Board should formally state its commitment and consider how it can work effectively with partners on the Haringey Active Network (HAN) to support its work and assist in the achievement of the aims of the new strategy.

Recommendation 1:

That the Health and Well Being Board formally state its commitment to increasing participation in physical activity and sport and consider how it can work effectively with partners on the HAN to support its work and assist in the achievement of the aims of the new strategy.

Partnership

- 1.4 Physical activity and sport involves a wide range of partners and stakeholders and the Council is only one of these, albeit a key one. The Panel were impressed by the partnership work that was undertaken in Barnet and, in particular the branding that had been developed by their leisure provider GLL, which emphasised the partnership aspect and that it was not just about the Council. The structure in Haringey is very similar but it is less obviously a partnership activity. We recommend that the strategy places a greater and more explicit emphasis on partnership working and is branded accordingly.

Recommendation 2:

That the new physical activity and sport strategy places a greater and more explicit emphasis on partnership working and is branded accordingly.

Schools

- 1.5 The involvement of schools is fundamental to increasing the activity levels of children and young people. The Panel heard how their involvement is variable and the fact that there were 17 schools not engaging with the school games programme is a particular concern. There is a need to get all schools fully engaged with programmes and ensure that they are using their PE and Sport Premium as intended. The fragmented schools structure can be a barrier to this and many schools are also currently facing financial challenges. HEP have some involvement in working with maintained schools but not with academies and are of the view that physical activity and sport are outside of their scope. There is currently also no direct involvement from schools on the HAN at the moment.
- 1.6 The Panel was impressed with the work undertaken by Barnet Partnership for School Sport. This is owned by schools and provides a wide range of services for those who are members. Amongst other things, it promotes and coordinates a wide range of physical and sporting activities with the aim of increasing participation. It also has a role in workforce development through provision of CPD and provides a link to local sporting clubs and organisations. The partnership does not only involve maintained schools and includes a range of academies amongst its membership.
- 1.7 There is a similar schools sport partnership in Haringey but fewer schools are involved. There also appears to be a low level of awareness of its existence. The Panel sought and received evidence on the role of schools from a wide range of relevant stakeholders but no mention was made of there being a schools sports partnership and it only came subsequently to light. We therefore recommend that the action be taken to reinvigorate and re-launch the schools sport partnership. In order for this to be successful, commitment from Headteachers will be required and we would also recommend that engagement takes place with them as part of this process.

Recommendation 3:

That the Haringey School Sports Partnership be reinvigorated and re-launched and that this process includes engagement with Headteachers to ensure their commitment to increasing levels of involvement from schools in the borough.

Grass Roots and Community Organisations

- 1.8 Grass roots community organisations provide a rich resource for the borough. We heard evidence that there is a need to use them more effectively though. There is a particular need to increase awareness of the opportunities that they offer and to generate greater engagement between providers. The Panel was made aware that there is a forum for providers that meets twice per year. This provides continuing professional development (CPD) and opportunities for networking. However, the organisations that we heard from did not appear to be aware of its existence so work needs to be done to promote it and increase its profile.

Recommendation 4:

That, in order to improve engagement between physical activity and sport providers and coordination of their programmes, specific action be undertaken to promote awareness and participation in the borough's forum for them.

- 1.9 The Tottenham Hotspur Foundation should play a key role in this process. The commitment of the new Chief Executive to partnership working and collaboration is very welcome and improved links between them and community providers could provide opportunities for joint working. A means of bringing what providers are able to offer to the attention of local residents, schools and other stakeholders, such as a fair, should also be developed.

Recommendation 5:

That an enhanced means of bringing what providers of physical activity and sporting opportunities are able to offer to the attention of local residents, schools and other stakeholders be developed as part of the new strategy.

Grants

- 1.10 A significant amount of provision provided by grass roots and community organisations is funded by external grants. These can enable them to provide some opportunities for children and young people at low cost or for free. Grant applications can be time consuming and difficult to complete, particularly if organisations are new and have no experience. Not all organisations may also be aware of the availability of grants. Other providers may be able to provide support but could also be competing for the same funds which might compromise their ability to assist. The Panel therefore recommends that, as the Council's voluntary sector strategic partner, the Bridge Renewal Trust be given a specific role in assisting physical activity and sports organisations within the borough in making grant applications.

Recommendation 6:

That, as the Council's voluntary sector strategic partner, the Bridge Renewal Trust be given a specific role in assisting physical activity and sports organisations within the borough in making grant applications.

Infrastructure

- 1.11 There is a need for a strong infrastructure to be in place to support the demand for physical activity and sporting opportunities. There is a particularly urgent need to invest in grass roots coaching, much of which is undertaken by volunteers. In particular, we heard how it has become more difficult to recruit and retain good coaches. Some dropped out after the Covid pandemic and others are now getting towards the latter stages of their coaching careers. We heard from several sources how the borough was lucky to have some exceptional coaches and their considerable knowledge and expertise needs to be passed on before they retire and a succession plan put in place. The new strategy for physical activity and sport should therefore address clearly how the Council and its partners will achieve this and make the issue a high priority.

Recommendation 7:

That the new strategy for physical activity and sport address clearly how the Council and its partners will develop the grass roots coaching infrastructure, including encouraging more people to volunteer.

Personal Safety

- 1.12 The Panel was made aware of the issue of personal safety and how this may deter young people from participation, especially girls and young women. This is especially true of the east of the borough, where the need to get more children and young people active is most acute. One option would be to involve the Council's community safety partners and investigate the possibility of providing a Police or other agency presence near facilities at appropriate times. However, this may not necessarily be effective even if it could be provided as such a presence can have the opposite effect and increase anxiety. There may be other and simpler actions that may be effective, such as ensuring that street lighting round venues is good. Having earlier start and finish times for sessions might also assist. The Panel recommends that, following consultation with community safety partners, this be addressed within the new strategy and implementation plan.

Recommendation 8:

That, following consultation with community safety partners, the issue of personal safety around venues used for physical activity and sport be addressed within the new strategy and implementation plan.

Swimming

- 1.13 There is a very clear need for more opportunities for children and young people to swim. There is evidence that too few are getting the chance and high proportion cannot swim competently. It was worrying to hear that the curriculum standard that children should be able to swim 25 metres by Year 6 is not being met by a significant percentage of children. It is a popular and enjoyable activity as well as a very important life skill. There is a specific need for another swimming pool in the borough. There have been serious issues with both the swimming pools currently within the borough though and there would be big financial challenges in building a new one. It therefore seems unlikely to be feasible in the short term. It should nevertheless be a clear aspiration within the new strategy. There are grants that could be used to contribute towards to cost of a new pool and may also be opportunities arising from regeneration schemes and the use of the Community Infrastructure Levy (CiL).

Recommendation 9:

That the establishment of a new swimming pool within the borough be set as an aspiration within the new strategy.

Data

- 1.14 The Panel was also impressed with the wealth of data that Barnet Council had at their disposal. There was access to detailed local information which meant that they could break down data by electoral ward and on key demographics, such as age, ethnicity, gender and disability. This enabled them to better target

campaigns to get people more active. This can also mean resources are used more effectively and progress can be monitored more accurately. From the evidence that the Panel received, it appears that the data available in Haringey does not currently appear to be at the same level. The Panel therefore recommends that action is undertaken to improve the data available and that this be addressed in the new strategy.

Recommendation 10:

That action be undertaken to improve the quality of data available to the HAN and that this be addressed in the new strategy.

Consultation and Engagement

- 1.15 The Panel was able to obtain some limited feedback from children and young people in undertaking this review. We also noted that some consultation has taken place as part of individual physical activity and sport programmes and indirectly through providers. However, there was no specific consultation with children and young people when the current strategy was developed. There is a lack of clear means of obtaining a collective view of children and young people in the borough at the moment, pending the re-establishment of the Youth Council. The Panel recommends that a consultation process be developed for the new strategy that includes engagement with children and young people so that its priorities reflect those of borough residents. It also requests that a report be submitted to the Children and Young People's Scrutiny Panel outlining proposals for the re-establishment of the Youth Council, including a timeline, and the development of other means of ensuring the voices of children and young people are heard in the development of policies and strategies that affect them.

Recommendation 11:

That a consultation process be developed for the new strategy, including engagement with children and young people, so that its priorities reflect those of borough residents.

Recommendation 12:

That a report be submitted to the Children and Young People's Scrutiny Panel outlining proposals for the re-establishment of the Youth Council, including a timeline, and the development of other means of ensuring the voices of children and young people are heard in the development of policies and strategies that affect them.

Disability

- 1.16 There is little reference in the current strategy to the development of disability sport and physical activity other than the aim and objective to ensure that provision is accessible. People with disabilities may well gain even more benefit from physical activity and sport than non-disabled people. Their ability to participate requires more than venues being accessible though. For example, it can require specialist equipment, such as special wheelchairs, which can be expensive and not readily available. In addition, providers may not have the contacts nor the confidence to provide for people with disabilities. There needs

to be a range of opportunities available for disabled people and providers need to be supported and encouraged to develop them, which may require some capacity building. We therefore recommend that the new strategy should contain a specific plan to increase participation in disability sport within the borough. This should be jointly developed with disability groups from within the borough.

Recommendation 13:

That a specific plan be jointly developed with relevant disability organisations in the borough to increase participation in disability sport for inclusion in the new physical activity and sport strategy.

2. BACKGROUND

- 2.1 The review was set up following the Scrutiny Café that took place in September 2022. Young people who attended stated that physical activity and sport was one of their key concerns.
- 2.2 The review looked at the role of the Council in both promoting and commissioning physical activity and sporting opportunities for children and young people in all parts of the borough and included:
- Progress against the specific priority for children and young people set in the Active Together Strategy 2019-2023;
 - How children and young people's views are taken into account in planning and whether current opportunities that are available reflect these;
 - Barriers to participation and how these might be addressed;
 - How the needs of marginalised groups are provided for;
 - The impact of Covid and the cost of living crisis; and
 - The role of the Council in increasing participation amongst children and young people and how it might use its influence most effectively.
- 2.3 It aimed to contribute to the development of the new Physical Activity and Sport strategy for the borough through the making of recommendations regarding:
- Strategic direction and priorities;
 - Any gaps and inequalities in provision; and
 - How participation may be enhanced.
- 2.4 The terms of reference of the review were as follows: "To consider and make recommendations to Cabinet on at how the Council promotes and commissions physical activity and sporting opportunities for children and young people in all parts of the borough for incorporation within the development of the new physical activity and sport strategy for the borough."
- 2.5 The Panel received evidence from the following:
- Andrea Keeble, Active Communities and Leisure Manager;
 - Simon Farrow, Head of Parks and Leisure;
 - Susan Otit, Assistant Director of Public Health;
 - Anita Yiannoullou (Sanjuro Training Systems);
 - Richard Allicock (Thru Life);
 - Mickela Hall-Ramsey (HR Sports Academy);
 - Hesketh Benoit (Haringey Basketball for All);
 - Natalia Cid Garcia (Jacksons Lane Community Centre);
 - Maria Kokotsis – Headteacher of Lea Valley Primary School and Chair of Haringey Primary, Early Years and Special Heads Association;
 - Jane Edwards – Assistant Director for Schools and Learning, Children's Services;
 - Michael Omojudi and Adem Ali – School Games Organisers;
 - Sophie Hawthorn - Healthy Schools Lead, Public Health; and
 - Linda Edward – Senior Commissioner, Public Health.
 - Kay Batkin, Network Director for the Youth Sport Trust;
 - Cassie Bridger, Assistant Director for Green Spaces and Leisure, Barnet Council;

- Codi Murray from Haringey 6th Form College;
- Lucy Matthews from the Selby Trust; and
- Marc Leckie from the Tottenham Hotspur Foundation.

2.6 It also undertook a short online survey with providers who were unable to meet with the Panel in person and met with a group of young people at the Rising Green Youth Centre in Wood Green.

2.7 The membership of the Panel was as follows:

2021/22:

Councillors: Makbule Gunes (Chair), Anna Abela, Lester Buxton, Lotte Collett, Sue Jameson and Mary Mason

Co-opted Members: Lourdes Keever (Church representative) and KanuPriya Jhunjhunwala (Parent Governor representative)

2022/23:

Councillors: Makbule Gunes (Chair), Anna Abela, Lester Buxton, Lotte Collett, Sue Jameson and Mary Mason

Co-opted Members: Yvonne Denny and Lourdes Keever (Church representatives) Venassa Holt (Parent Governor representative)

3. CURRENT ISSUES AND CHALLENGES

- 3.1 The Panel received an external perspective on the key issues impacting on participation by children and young people in physical activity and sport from Batkin, Network Director for the Youth Sport Trust.
- 3.2 Ms Batkin reported that 3.2 million children and young people did not meet the basic recommended minimum requirement of 60 minutes per day of physical activity. There was a need to increase awareness of this as many parents did not fully understand it. There were also high levels of loneliness amongst children and young people with 40% reporting such feelings, which was greater than levels amongst elderly people. Whilst academic achievement in the UK was good, levels of satisfaction with life were extremely low.
- 3.3 A large scale national consultation exercise had been undertaken by the Children's Commissioner for England with children and young people called the Big Ask. This had revealed that they wanted to be outside, wanted access to open spaces and wanted to play. The Youth Sport Trust was a charity and they sought solutions to these issues. Sport had excluded people in the past and the Trust wished to change it so that there was space for all. Their strategy was for 13 years, which was the total period covered by childhood.
- 3.4 They had identified three key areas:
- Urgent action. There was a need to build back healthier, happier and more resilient young people and level the playing field for the most disadvantaged. Covid had had a significant impact and there had been a huge decline in the fitness levels of young people. There were also challenges in schools relating to behaviour, attendance and motivation;
 - Generational shift. Young people felt that they were trapped in a digital labyrinth. This could not be ignored but balance needed to be created. Sport could provide a counterbalance to the digital world;
 - Societal change. This centred around taking the need for physical activity more seriously. Work was being undertaken with parents to get them to understand the need for activity and with educators to encourage them to incorporate physical activity within schools.
- 3.5 There were multiple benefits to physical activity and sport, including:
- Cognitive performance;
 - Physical development; and
 - Social and emotional development.
- 3.6 Young people now spent more time sitting than was the case for previous generations. This could affect their physical development in many ways. Balance was a particular example as there were fewer opportunities to test and develop it. There was less opportunity for free play outside of school and there had also been a reduction in PE in school.
- 3.7 The Trust aimed to help ensure that young people were physically literate. This was having the motivation, confidence and understanding to value and take responsibility for engagement in physical activities for life. Increased physical

activity led to improved physical, social and emotional well-being. This in turn led to increased achievement, school readiness and skills for life.

- 3.8 Their aim was to use the power of sport, physical education and physical activity to build life skills, connections and support networks. This would increase life chances through:
- Greater attainment and achievement;
 - Improved physical, social and emotional well-being; and
 - Healthier lifestyles.
- 3.9 The Trust had two areas of concern:
- Developing sport in schools so that young people had the opportunities to become sporty; and
 - Developing schools that were struggling with issues like attendance and behaviour to deliver transformational change through the unique power of sport.
- 3.10 There were three key areas of activity by the Trust:
- Sporting start – building the foundations for developing the whole child;
 - Sporting chance – ensuring that all sections of society had the opportunity to be more active; and
 - Sporting best – personal development and building skills for life.
- 3.11 The most recent Active Live survey did not have a big enough sample size from Haringey for any conclusions to be reached. Amongst other programmes, Haringey was involved in the School Games scheme which was a national, government funded programme to ensure that children had a positive experience of competition. It was particularly targeted at those young children who might not normally make school teams and children with SEND. There was also work to increase the participation of girls in football that had been set up with the Football Association. The Trust had undertaken specific projects with Haringey in the past but not for a few years.
- 3.12 The Trust worked with a number of different groups to address disadvantage and also focussed on what the issues were in local areas. Girls had been a strong focus of their work for some time and had been one of the most successful of their programmes. Boys were now a key focus as many were struggling with mental health issues. There was a lot of work being done in respect of children with SEND, such as the Inclusion 2030 project. There were also programmes to tackle economic disadvantage, including “Set for Success” which was funded by the Wimbledon Foundation and sought to raise aspirations.
- 3.13 Engagement with schools was generally on a national level. For example, 18,000 schools were involved in the School Games programme and there were 450 local organisers across the country. They had worked in schools for many years and had connections in most areas. Schools could also get in touch with them directly and there were a range of free resources on their website. SEND was a particular area of focus with a lot of work taking place with special schools, which included training teachers. In terms of programmes delivered in Haringey, they had worked on a project called Model City London as part of the Mayor’s Sport Unites scheme. They also supported work concerned with the Holiday Activities and

Food (HAF) programme in Haringey as well as using athlete mentors to work with young boys in the borough.

4. THE ROLE OF THE COUNCIL AND STRATEGIC ISSUES

- 4.1 Andrea Keeble, Active Communities and Leisure Manager, reported on the:
- Council's role in promoting and commissioning and physical activity and sport including provision for marginalised groups; and
 - Aims and objectives of "Active Together", the Council's current 4 year physical activity and sport strategy and progress against the targets within them.

Strategy

- 4.2 Ms. Keeble reported that the current strategy was coming to an end and it was therefore a good time to reflect on progress. The vision in the strategy was to "create and embed a culture of activity so that Haringey becomes one of the most physically active and healthy boroughs in London". The intention had been to use all the levers available to the Council to promote it.
- 4.3 It was not solely the Council that was involved in delivering this vision. A Haringey Active Network (HAN) had been established, chaired by Susan Otit, the Assistant Director of Public Health. There were a wide range of partners on it, including:
- Council Parks & Leisure;
 - Council Public Health;
 - Council Regeneration;
 - Council Housing;
 - Council Children and Young People's Service;
 - Council Adult Services;
 - Haringey Smarter Travel;
 - Tottenham Hotspur Foundation;
 - Haringey Giving;
 - The Bridge Renewal Trust;
 - Disability Action Haringey;
 - Haringey Sports Development Trust;
 - Access to Sport Project;
 - Active Haringey;
 - London Sport;
 - Thrulife;
 - Haringey Community Gold;
 - Haringey School Sports Coordinators;
 - Fusion (the Council's Leisure provider); and
 - NHS.
- 4.4 The role of the HAN was to lead, own, govern and implement the strategy. It had an implementation and commissioning plan. It also reviewed data from Sport England on activity.
- 4.5 The key objective for children and young people was that they should have at least 60 minutes of physical activity per day. A whole systems approach was followed with all levers available used. There were high levels of obesity in some electoral wards in the borough, with levels over 50% in Year 6. Food was the key factor but physical activity was also very important. Levels of obesity mirrored deprivation levels.

- 4.6 Whilst Sport England data was useful in showing overall trends in activity, there was no specific data for Haringey. It showed that only 45% of children and young people across London met the 60 minutes of activity standard. 32% were not even getting 30 minutes per day. There had been a dip in activity levels due to Covid but they were now recovering. A Public Health questionnaire had been sent round 30 to 40 schools in the borough in 2022 which showed activity levels in Haringey were even lower than those for London as a whole. Of particular note was the 7-8% of children who reported doing nothing at all.

Swimming

- 4.7 Swimming was an important life skill, increased levels of personal safety, was fun and kept children and young people fit. Current data showed that the percentage of children who could swim in the borough had declined since 2019/20. The curriculum standard was that children should be able to swim 25 metres by Year 6 and this was not being met by a significant percentage of children. Some children had never seen a pool before being taken to one by their school. London wide data showed a similar picture, including a dip related to Covid.

Council Role

- 4.8 The Council's role was to commission, promote and enable physical activity and sport. There were a wide range a means by which the Council sought to achieve this:
- The Council had two leisure centres with swimming pools. There was a need for an additional one in the middle of the borough. There was also another leisure centre – New River Sports and Fitness – but this did not have a pool;
 - The Holiday and Food (HAF) programme was aimed at promoting healthy school holidays for financially challenged families;
 - The Community Holiday Programme was universal and provided a range of activities;
 - There was a programme of activities promoted through the Mayor's Office for Policing and Crime (MOPAC) aimed at young people at risk of involvement with criminality;
 - Get Out, Get Active was a programme of activities that were aimed at encouraging inclusion by supporting disabled and non-disabled people to be active together;
 - A large proportion of activities were undertaken by sports clubs and support was provided to them;
 - The borough participated in the London Youth Games and had been very successful, winning in 2022 and 2023;
 - There was a key role for the Council in enabling and a good example of this was Junior Park Run, which had started in Priory Park. Another was planned to start in Lordship Recreation Ground;
 - Pedal Power – an inclusive cycling club – had been assisted with finance and enabled;
 - There were links with a range of sub-regional, regional and national bodies, such as London Sport and Sport England; and
 - The Council was responsible for the infrastructure for sport in parks e.g. ball courts, pitches, courts, playgrounds.

- 4.9 A large part of the Council's role was concerned with promotion and enabling. Direct Services were not the only department that had an influence though and a range of others were also important. For example, traffic management was of importance as children and young people were less likely to walk or cycle if the streets were not felt to be safe. Parks had a very important role and action was taking place to make them more inclusive.
- 4.10 In addition to the Physical Activity and Sport strategy, there were a number of other Council strategies and policies that were relevant, some of which were statutory. There was a specific one for football, as it was the country's most popular sport and there were also significant amounts of funding available. In terms of the future, it was intended to embrace the values and vision of the Haringey Deal. A key document was Sport England's recent "Uniting the Movement" 10 year strategy. There had been some recent issues regarding the borough's leisure centres and there was currently a review of them taking place.

Accessibility

- 4.11 In respect of accessibility, an audit of leisure centres had been commissioned from Disability Action Haringey. This had now been completed and a contractor was required to undertake the works required. The intention was to go further than legal requirements. Services were always trying to increase the range of activities available for people with disabilities with the money available and also sought external funding sources. There had been an impressive level of involvement of children and young people with SEND in the HAF and school holiday activity programme. Provision for young disabled people was prioritised and inroads were being made but it was nevertheless challenging.

Barriers

- 4.12 There were a number of barriers to physical activity and sport, which included:
- Family influence;
 - Facilities;
 - Infrastructure/Traffic etc;
 - Socio-economic;
 - Gender;
 - Cultural;
 - Provision of programmes;
 - Perceptions of safety; and
 - Unhelpful policy.
- 4.13 Gender was a factor with women and girls being less active than men and boys. Provision of programmes was of importance as there needed to be suitable activities available for people to participate in. Perceptions of safety had an influence as if people did not feel safe, they would be unlikely to participate.
- 4.14 Ms Keeble stated that schools had a massive influence but it could be a struggle to involve some. The Headteacher was key and it made a huge difference if they felt that physical activity and sport were important. There was a clear need for an additional swimming pool in the borough as the borough has one of the worst

pool water deficits for a local authority in the country. Socio-economic factors could be a barrier and children in the east of the borough tended to be less physically active than elsewhere.

5. BARNET COUNCIL

5.1 The Panel sought an example of effective work that was being undertaken in a similar London borough. At the suggestion of London Sport, Barnet Council were invited to give evidence of their work and Cassie Bridger, their Assistant Director for Green Spaces and Leisure, met with us.

5.2 Ms Bridger reported on the work that had been done in Barnet to build a healthier and more active borough. Physical activity and sport had its own logo to provide it with an identity and was described as Fit and Active in Barnet (FAB).

Framework

5.3 There was a framework for physical activity and sport rather than a strategy. The vision was to create a more healthy and active borough. This was guided by five principles:

1. Ensuring the physical activity was integrated at every given opportunity. This was concerned with it being integrated into all services and not just typical sports agencies;
2. Promoting equality and reducing inequality;
3. Embedding a whole systems approach. The framework recognised that the Council could not bring about change on its own and there was therefore a multi-agency approach that emphasised the need for collaboration;
4. Being driven by insight; and
5. Challenging the status quo.

5.4 The Framework had been developed following wide ranging engagement and was co-produced through a series of virtual workshops. There was a FAB network of over 50 organisations and this was integral to its success.

5.5 There were three pillars that they operated in across the network:

1. People;
2. Place; and
3. Partnerships.

5.6 In respect of People, they worked at a range of different levels. Some services were universal, some targeted and some were specialist interventions. In terms of Place, they recognised that there were a range of environments where people could participate or volunteer for activities. This also concerned strategic matters such as ensuring that regeneration schemes were designed in a way that encouraged people to be more active. In terms of Partnerships, it was recognised that nothing could be achieved in isolation. It was also about the use of influence. All of the Council's commitments had been endorsed by partners.

5.7 There were a number of specific target groups:

- Children and young people;
- Older people;
- People with a disability or long term condition;
- BAME communities; and
- Women and girls.

Communication and Engagement

- 5.8 One of their key successes had been their communication and engagement plan. There was a FAB hub that provided a one-stop shop for advice and guidance. Partners were also encouraged to upload information to it. The hub had been developed and was administered by their leisure provider, GLL. There was also a FAB card that provided concessionary and discounted rates to activities and included provision by partners, such as Saracens rugby club.
- 5.9 There were specific FAB campaigns. Key dates were picked out in the national calendar, such as Carers Week and International Women's Day, and activities and informal competitive opportunities arranged to fit in with them. In September, there had been a "Give it a Go" campaign that was aimed at getting people to try a new activity. They had a good understanding of electoral wards within the borough and participation rates and advertisements could be targeted. Just under 5,000 people took part in a new activity as part of the initiative. All of these provided under the scheme were free to participants. It would not have been possible without the involvement of partners.

Schools

- 5.10 There had been progress in a number of areas. There was a strong focus on school sports with the borough participating in the London Youth Games, involvement in School Games and strong links with the Barnet School Sports Partnership, who were on the FAB Network. There were now 43,000 FAB card holders in the borough and half of these were children or young people. There had been a strong focus on inclusion and this would include the construction of the first fully inclusive playground which had been funded from a number of sources, including the Community Infrastructure Levy (CIL).

Data

- 5.11 The Barnet Resident Perception Survey included questions relating to physical activity and these had included young people. There was also data from the Sport England Active Lives Survey, although the sample size from this was small. The local information that could be gathered from various activities and interventions was very important. They could break down data by ward and on key demographics, such as age, ethnicity, gender and disability. This could be used in their decision making and shape the opportunities that they provided.
- 5.12 In answer to a question, Ms Bridger stated that they were anxious that the framework reflected the principle that it was not about the Council doing things to residents. It was more about having a framework that invited, encouraged feedback and evolved. The implementation plan was revised every year and signed off by the network and providers.
- 5.13 In respect of targeting, she stated that this was based on understanding the evidence that they had and the insight that it provided. Specific needs were met by working with partners and pooling needs and/or resources. An example of this was the partnership with GLL, their leisure provider. They had a series of commitments for them to deliver. As part of the leisure procurement process, prospective bidders had been sent a method statement relating to children in

poverty and asked to make suggestions on what actions could be undertaken to address this. As a result of the response, swimming in the borough's pools was free for under 11s and only £1 for children over the age of 11. There was also an extended outreach programme that went into schools. There were also accessible, free to use hours that were made available to community clubs and organisations. For example, work was undertaken with Barnet Mencap and this also provided an additional benefit of helping to train and increase disability awareness amongst staff.

- 5.14 Having a logo gave their initiatives an identity and helped promote partnership working, as it could be used by partner organisations. They had also undertaken work with their Health and Well Being Board, GPs and North Central London partners. Procurement exercises could also have a social value element which could involve providers giving something back to the community and this could involve physical activity and sport. There was also the possibility of using neighbourhood Community Infrastructure Levy funding to deliver investment and this could include sports clubs.

6. SCHOOLS

- 6.1 Schools play a very important role that schools play in promoting and providing physical activity and sport for children and young people. Their active involvement is essential for improvements in levels of activity. The Panel received evidence regarding them from the Chair of the Haringey Primary, Early Years and Special Heads Association, the Children's Service and a range of individuals who worked with schools. It invited the Secondary Heads Association to attend but they were unable to be represented. It also invited Haringey Education Partnership to give evidence but they declined the invitation as they felt the issue was outside of their scope.

Role of Schools

- 6.2 Maria Kokotsis, Headteacher of Lea Valley Primary School and Chair of Haringey Primary, Early Years and Special Heads Association, reported that the role of schools was to provide:
- Leadership for PE;
 - Lunchtime and after school activities;
 - PE for two hours per week for all children and inter school competitions; and
 - Use the PE Pupil Premium appropriately.
- 6.3 Headteachers needed to ensure that there was a team available to make these happen. The primary headteachers' association often had PE on their agenda. There was support provided through lots of coaching Continuing Professional Development (CPD) that was available for teachers to ensure that they were able to deliver PE effectively in schools. They were aware that there were lots of activities going on during school holidays and her school also provided their own. However, the cost of living crisis meant that many of these were not accessible for parents, particularly if they had more than one child. It was also important that schools had outdoor facilities and playgrounds. Early years required particular attention as there were few activities offered at the moment due to the ongoing impact of lockdown.
- 6.4 She stated that the cost of out-of-school activities varied. Children on the Pupil Premium either did not pay or just paid a nominal amount. However, the challenge was often the need for childcare for siblings. The biggest challenge was often those just above the breadline, who were generally working parents.

Public Health

- 6.5 Linda Edward, from the Council's Public Health team, stated that physical activity was very important and complemented the Healthy Weight strategy, which sought to reduce unhealthy weight levels across the school population. Sophie Hawthorn, the Healthy Schools Lead in Public Health, reported that she was the lead person for the Healthy Schools programme. The aim of it was to have a whole school approach to health and well-being and it involved working with parents, carers, service providers, Council services and the wider school community. Physical activity was a key element and range of initiatives had been undertaken, including;

- The Daily Mile had been promoted in primary schools for many years. There had been varying levels of success with this but some schools had embraced it strongly;
- After the Covid lockdown, the Spring Stride competition was promoted with primary schools to encourage additional activity. This had worked well with the schools that had become involved but it was a challenge getting others to participate;
- The Healthy Schools Awards was a London wide scheme. Physical activity initiatives could be promoted as part of this, such as increasing the participation levels of girls in football.

6.6 In terms of gaps, communication was an issue and could be better joined up. There was a gap between participation levels of boys and girls and levels of enjoyment of physical activity. Funding was also an issue and her service did not have the resources to cover as many schools as they wished. Anecdotally, she had heard that some teachers lacked the confidence to deliver creative PE lessons or undertake physical activity sessions if they had not been trained or it was something that they did outside of school. One school had used the Tottenham Hotspur Foundation to train teachers in order to develop their confidence.

6.7 Jane Edwards, Assistant Director for Schools and Learning, stated that the local authority did not have the jurisdiction to review PE provision in schools but it was included in the Ofsted inspection framework. Ofsted also undertook more detailed examinations of particular parts of the curriculum and could focus on PE if it chose to. Primary schools received a ring fenced PE and Sports premium and there was a statutory duty for governors to report how the additional funding had been used. Haringey Education Partnership (HEP) undertook regular audits of the websites of all maintained schools and it included whether governors had done this. Governance reviews by HEP also checked this. HEP also provided early careers training for teachers on PE as well as links to the PE leads for Haringey and Enfield.

Schools Games

6.8 Mr Ali stated that he was one of the two school games organisers for the borough. He had no powers to force primary schools to publish how they had used the PE and Sport premium. Of the 60 primary schools in the borough, only approximately 10 had done this. He was concerned that some schools might not be using the money correctly. The intention was that the money would only be used to provide support for these activities and provide a legacy, such as upskilling teachers. Some schools had just passed all of the money over to private companies. Ms Hawthorn commented that it was part of the criteria for the Healthy Schools Bronze award to have details of how the PE and sport premium money was spent on their website. There were varying levels of participation between schools and efforts were made to track this. Efforts were also made to engage with headteachers of schools who were less involved and they were asked to appoint a Healthy Schools lead.

6.9 Mr Omojudi stated that he worked with Mr Ali to put on a range of different sporting competitions for schools in the borough and especially ones with schools

from other boroughs. They had worked closely with Burk Gravis of Haringey Sport Development Trust to put together a Haringey team for the London Youth Games as part of this and also delivered CPD for teachers. As part of their roles, they visited schools across the borough. He felt that the Daily Mile initiative had been particularly effective in getting children active. In addition, there had also been a school wide competition linked to the mini marathon that enabled children to raise £10 for their school by running a mile. He felt that more schools needed to get involved as some primary schools were doing very little and not engaging. However, a few were now becoming involved again.

- 6.10 Mr Ali reported that his team worked with 55 schools at the moment. There was a lack of engagement with 17 schools. Efforts had been made to involve them but little progress had been made. 3,320 children and young people had been involved in events, festivals etc. and CPD had been delivered to 172 teachers. The key to making progress would be to get the 17 schools that were not involved at the moment engaged. These came from across the borough. There was no reason why they should not be involving themselves as there was specific ring fenced funding for this.
- 6.11 Ms Edwards stated that the non-engagement of some schools could be a capacity issue. Many schools had tight budgets and had recruitment and retention issues. It would be interesting to see if the schools that were not engaging were smaller schools. If so, consideration could be given to how their capacity could be increased. Ms Kokotsis reported that her school had used its premium funding to provide a coach who worked to develop teachers. She welcomed the aspiration for all schools to be engaged.
- 6.12 Ms Edward reported that Public Health had feedback from 4,000 young people from the health related behaviour survey on their attitudes to physical activity and sport. Many young people preferred to engage with social media instead of undertaking activities and were very sedentary. Prevention was important and she felt that educating children from an early age on the benefits of being active would be beneficial. She felt that increased collaboration with schools would assist them in getting more children and young and people active and especially involving schools who were currently not engaging.
- 6.13 Ms Hawthorn reported that some young people lacked the confidence to take part in physical activity or sport. Others were deterred by being an unhealthy weight. Many young people had become very inactive during Covid. Schools were more effective in addressing inactivity tended to have a headteacher who was committed and an appointed Healthy Schools lead person. Education on the importance of health was important and the mandatory Relationships, Sex and Health Education (RSHE) helped with this. Better and clearer communication of messages by the Council and its partners would also help. There was often collaboration between services but there were a number of similar programmes running alongside each other and a more joined up approach might be more effective.
- 6.14 Ms Kokotsis stated that she agreed with what had been said by others, particularly in relation to social media and the impact of Covid. More youth provision and incentivising participation would also assist. There needed to be a lot more education regarding the benefits of physical activity and sport. In

addition, children and young people needed to be given the opportunity to try a range of different activities so that they could find the ones that they enjoyed and had a passion for. Within schools, there was a crisis of children who were an unhealthy weight. The children who needed to become more active were often those who it was most difficult to engage with. Schools needed to show leadership and be accountable for addressing the issue.

7. PROVIDERS

- 7.1 The Panel received evidence from a selection of providers that worked with the Council to deliver a wide range physical activity and sporting opportunities. There are a wide range of providers in the borough. Some are large but the majority are small, grass roots community organisations.

Tottenham Hotspur Foundation

- 7.2 The Tottenham Hotspur Foundation is probably the largest and most significant provider in the borough and the Panel met with its new Chief Executive, Marc Leckie. Although he could give an outline of what was being currently done, the reason why he had been brought in was to improve what the Foundation was able to offer. A key issue was how to reduce barriers for people to participate and he would be driving his workforce and the club to do the same.
- 7.3 He had worked at Charlton Athletic, which was a community club in outlook. They had successfully tendered to run the youth service in Greenwich and the work undertaken there had included young offenders, disability, addressing county lines issues and mental health. He had then moved onto Harlequins, where he helped set up their foundation.
- 7.4 The context that the club worked within was high levels of inactivity amongst adults and children, obesity and deprivation. A lot of work was already undertaken by the Foundation to address these but they had been poor in communicating and measuring this. A strategic approach was being developed and the current year would be used to ensure that it aligned with key strategies of stakeholders, including the Council, and the needs of the local community. The aim was to deliver programmes in the areas of the borough with the highest levels of need. Schools with high percentages of children on free school meals would be targeted and there would also be a focus on areas with a high incidence of anti-social behaviour (ASB) or crime. The Foundation wished to be a key part of the local community.
- 7.5 There were already a number of programmes running and awareness of these needed to be enhanced. The impact of the work of the Foundation also needed to be increased though but some capacity building would need to take place before this could happen. They would deliver whatever schools wanted them to do. The aim was to deliver programmes to the most vulnerable or marginalised groups in the community. Involvement up till now had tended to be restricted to school holidays but he felt that they should now be doing more.
- 7.6 The club's stadium should be a structure that inspired and raised aspirations. The challenge was how the club's assets could be maximised and memorable moments created for children and young people. He had started the successful "Kicks" programme whilst at Charlton, which used the power and appeal of football clubs to engage with young people who may otherwise be difficult to reach. This had now developed into a national scheme.
- 7.7 The Foundation used sport as a vehicle for social change. Some of their programmes were universal whilst others were targeted. During the last football

season, they had brought £1.4 million into the borough as investment. Their turnover was £2.1 million and current spend was £2.5 million. The majority of their money was spent in the borough. There were three main sources of money:

- £910,000 came from the Premier League;
- £600,000 came from the People's Postcode Lottery; and
- £500,000 from other pockets of funding.

- 7.8 A deficit budget had been run last year and was also forecast for this year as investment would be taking place. There had been 117 employees five years ago but this was now down to 49. There had been almost 5,500 attendances on programmes last year, which were delivered in a number of different schools and a range of community settings. All activities were free. The aim of activities was to use them as launch pads for other activities.
- 7.9 The Foundation would aim to be a catalyst for social change. Opening the stadium cost money but there were also opportunities to use assets smartly as well as access to other funding sources, such as the Football Foundation. Measuring social value was important so it could be seen that the intended outcomes had been achieved and that money was being spent in the optimal place.
- 7.10 Sport could be used to help young people develop essential skills, which could increase their employability. In particular, they could help them cope with setbacks and challenges. Eight of these had been identified and they were included in the club's coaching handbook. They were also proposing to undertake work with children not interested in football, including projects on STEM and for SEND children, and it was intended to diversify from football and offer a wider range of activities.
- 7.11 In answer to question from the Panel regarding funding, he stated that it was a very competitive landscape. Although they were a large organisation, they were currently in deficit. However, they had links to high wealth individuals and corporations who might be able to provide corporate support for projects. He felt that they should be acting collaboratively and he would also wish to work in partnership to bring in funding to the borough.
- 7.12 In answer to a question from the Panel on collaboration, he stated that he wished to see the involvement of the Foundation viewed as an opportunity by the Council and its partners. He needed an in depth understanding of who the key stakeholders were in Haringey and especially who the key ones were. The lack of a joined up approach by local authorities could be a source of frustration. The involvement of community organisations could provide a solution to addressing local needs.

The Selby Trust

- 7.13 The Panel met with Lucy Matthews from the Selby Trust. She had been brought in by the Trust to build up their on-site sports offer from scratch. There were lots of licensees already at the centre and a large sports hall, which had recently been refurbished. There had been a lot of community activity in the centre but very little sport up until now.

- 7.14 The Trust had been funded by the Council and DfE to deliver the HAF programme during school holidays. They had also received money from Sport England to deliver half term programmes for all children. There was a food hub on site which could provide for children on free school meals (FSMs). There were also a number of children who were just above the levels required to receive FSM and efforts have been made to provide free or subsidised food for them.
- 7.15 They had partnered with trusted grass roots community organisations and had also offered creative activities, such as music, for those not interested in sport. These could provide a gateway for physical activities. Their programme was for 5 to 16 year olds and there were 10 to 15 who were regular attenders. There was a music studio on site. The holiday programme in April had attracted around 60 young people per day. There was a range of ethnicities attending. There was engagement with local schools. Food came from a local provider.
- 7.16 They had found that there were a lot of children attending who had ADHD or autism. As a result of this, they were partnering with Disability Action Haringey to offer a pilot small sensory activity club. They had identified a need for more one-to-one support for these sessions. In addition, they had identified some games and activities that would be more pleasurable for children with autism or ADHD.
- 7.17 A boxing club for girls had been set up and this was now attracting 20 girls on a regular basis. They were often reluctant at first but very loyal after they had got over this. There was an issue with personal safety in respect of the site and options for how to address this were being considered as part of the development of the strategy. Dance was offered for both boys and girls with lots of different music and groups coming into the centre. The boxing club worked with the Youth Justice Service.
- 7.18 A sports strategy was being developed with very similar themes to those being used by the Tottenham Hotspur Foundation. Wide consultation had taken place regarding the new strategy, which was due to come out in a couple of months. Consultees included the Police, Haringey and Enfield Councils and parents.
- 7.19 There was a need to spread the word regarding the work that the Trust was doing and the Council could play a role in this. The Trust were already doing quite a bit of work around this, with a festival due to take place shortly. Sports provision was mainly growing through word of mouth at the moment. There was engagement locally but there was currently a disconnection with Tottenham Hotspur, who were only half a mile away. The Council could also play a part in bringing providers together to share information and engage with each other. She felt that there was probably a lot more that could be done through organisations collaborating.

Community and Grass Roots Organisations

- 7.20 The Panel also met with a group of community and grass roots providers:
- Anita Yiannoullou (Sanjuro Training Systems);
 - Richard Allicock (Thru Life);

- Mickela Hall-Ramsey (HR Sports Academy);
- Hesketh Benoit (Haringey Basketball for All); and
- Natalia Cid Garcia (Jacksons Lane Community Centre)

- 7.21 Ms Yiannoullou reported that she had been working within the Council's Active Communities team for the last 15 years. They provided martial arts based physical activity training. They were very inclusive and covered all groups within the community and ages. They had undertaken work in a range of areas of the borough, including Northumberland Park, Wood Green and Bruce Grove. They had also undertaken specific self-defence training at Hornsey School for Girls and worked with the Youth Service on their holiday programmes.
- 7.22 Sanjuro had sought to make their provision as accessible as possible. They did not charge participants for any of the sessions that they provided. They either sought grant funding or worked with funding partners. Martial arts were not team sports but were about individual development and were particularly attractive to people who were less confident. There were more girls than boys that currently participated.
- 7.23 Mr Benoit stated that his organisation provided basketball training across the borough. They also delivered a programme called Street Life that aimed to provide an awareness of issues such as Stop and Search and gangs, which ran alongside basketball training. Basketball training was delivered in a variety of settings, including secondary schools and playgrounds. Young people could obtain qualifications, including ones that would enable them to start working in the leisure and recreation sector. They engaged very closely with the Council and were involved in the school holiday activities programme. The activities provided reduced the chances of young people participating being involved in trouble.
- 7.24 Ms Garcia reported that Jacksons Lane provided opportunities for young people to learn circus and physical theatre skills. There was a youth programme, which had been running for twenty years and was delivered in a range of locations, including Tottenham and Wood Green. It was a social circus programme and was delivered after school. All sessions were free to attend. They had also been involved in the HAF programme during school holidays and the Council's Get Out and Get Active programme. In addition, they were involved in a small pilot project focussed on children's weight management.
- 7.25 Mr Allicock stated that he had been involved in delivering physical activity and sport projects in the borough for over twenty years. Thru Life, his current organisation, was involved in mentoring young people and used sport as a way of engaging with them. Their key focus was on the borough's housing estates. A holistic approach was followed that covered all areas of young people's lives. They also worked with looked after children alongside social workers. Educational workshops were provided by them. They brought in influential external speakers to these in order to inspire and engage with young people. They aimed to provide a safe and productive programme that helped to diminish the impact of postcode rivalries. The Deputy Prime Minister had recently attended the launch of one of their programmes in Ferry Lane. They worked very closely with the Council and its partners.

- 7.26 Ms Hall-Ramsey reported that she was the founder of HR Sports Academy, who worked extensively with children and young people. They provided sessions within schools and during school holidays. In addition, they also provided apprenticeships to develop young people as coaches. They aimed to use sport to create well-rounded young people with trusted and responsible role models.
- 7.27 Ms Yiannoullou stated that, although it could be fragmented, communication from the Council could be good. Additional support to enable providers to network and assist them in signposting and referring young people to each other would be welcome though.
- 7.28 The Panel noted that all of the providers present undertook a wide range of work but were small organisations and only had a finite amount of time. They worked closely with schools and delivered programmes as part of the curriculum, after school and in the evenings. Schools were complex organisations though and had a range of priorities. It could be difficult to communicate with them.
- 7.29 We heard that investment in grass roots coaching was essential required to assist with recruitment and retention of good coaches. In addition, their contribution needed to be recognised and rewarded. Coaches were dedicated individuals but needed to live. It was becoming progressively harder to recruit as there were a lack of routes for professional development. There also needed to be succession planning for the current cohort of exceptional coaches that worked in the borough.
- 7.30 Ms Hall-Ramsey stated that her experience as coach for other providers inspired her to want to set up her own business and continue to operate within the borough. Retention of coaches depended on what providers were able to offer them. Any support that the Council was able to provide to assist them in developing coaches would be very welcome. Mr Allicock stated that wrap around support was needed from the Council to support the development of the next generation of coaches.
- 7.31 Mr Benoit stated that it could be very difficult for community groups to engage with schools. Even those offering opportunities that were free found it hard to engage. They needed to be more open to community organisations who were offering opportunities. Schools could benefit greatly if given access to these, subject to the necessary checks being undertaken. Budgets were a huge issue as schools often did not have the necessary funds to offer physical activity and sporting opportunities.
- 7.32 Mr Allicock also felt that there needed to be better liaison with schools. In addition, there needed to be a platform for providers to present their offer to schools. Providers also tended to work in silos and they needed to collaborate more so that they were better able to signpost from one provider to another. Better support from the Council and its partners to providers would enable them to provide more. Incentivising physical activity and sport for young people could encourage them to do more. For example, his organisation invited influential guests to meet with young people, had a reward system and also organised trips.

- 7.33 Ms Yiannoullou reported that she was also a Chair of a school governing body and therefore had an understanding of differing perspectives and strategic roles. The key decision maker in schools was the Headteacher. Strategic thinking needed to be clear and direct and this needed to come from the top. The Health and Well Being Board needed to say that it wished to develop a culture of movement within the borough and work to make it happen. This would make it easier for provider organisations to get into schools so that they could work on provision within the curriculum, after school and at youth clubs. There needed to be commitment and a change in culture, which was led from the top.
- 7.34 Ms Garcia stated that there needed to be buy in from school leadership. One action that the Council could take would be to provide a space for providers to meet with schools to show them what they could offer. Haringey Creates provided this for the arts and this could be replicated for physical activity and sport. Funding was a big issue as they often did not have the capacity to respond to requests. Schools sometimes did not realise that they had to pay. However, staff needed to be paid and much of their work was undertaken by freelancers.
- 7.35 Ms Yiannoullou stated that there were already a number of forums which existed that could be used for promoting what community providers could offer to schools. For example, Haringey Education Partnership (HEP) sent a weekly e-newsletter to schools. Public Health also had regular healthy schools meetings. In addition, Headteachers met regularly. Small providers might not be aware of these mechanisms and they needed to be made more accessible. It was important to have a supporting network that were aware of what organisations did and could ensure that they were working with those that needed it the most.

8. CONSULTATION WITH CHILDREN AND YOUNG PEOPLE

8.1 The Panel met with a group of children and young people at the Rising Green Youth Hub as well as Codi Murray from Haringey 6th Form College, who fed back comments that had been made by her students. They provided the following feedback:

- Most of the young people present were from Heartlands High School. Heartlands did not have football pitches of their own nearby and they had to travel by minibus to New River to use the pitches there. This took up half the available time for football. They felt that there needed to be more football pitches and basketball courts available;
- The 6th Form College had considered booking New River Sports Centre for a track event but had found it to be too expensive;
- All of the young people enjoyed PE. Most wanted to be able to play more football;
- A wider range of activities offered in parks would be welcome, such as table tennis;
- The frequent rotation of activities that took place in school PE did not allow them to be learnt fully;
- Sometimes young people did not know where to go to undertake certain activities out of school. Whilst football and basketball were relatively easy to access, sports such as netball and swimming were less so;
- A number of the young people had only been able to go swimming whilst at primary school. We were concerned to hear that only around half of the young people could swim strongly. Five had had the opportunity to undertake lifesaving training;
- Trampolining was popular but the maintenance of equipment was very expensive. It was also necessary to have a suitably qualified person available to supervise all the time;
- Most of the young people had been ice skating at Alexandra Palace;
- A large number undertook regular football training outside of school. Some went to Crouch End whilst others were training on schemes provided by Tottenham Hotspur. Some football training could be expensive. One young person played volleyball;
- The vast majority of young people walked to school;
- There were dance clubs at Heartlands but only girls normally took part;
- Those who did not participate in physical activity or sport from the Sixth Form College included some who were studying sport. There were a number of

reasons for non-participation including not having the time, not having the motivation and lack of access to facilities. Homework could be very time consuming, with students expected to do 10 hours per week. There were gaps in access to netball, dance and girls' basketball. The College had a lack of input from outside as they were unable to pay external coaches;

- Sixth Form College students had visited the Stubbers Adventure Centre. This had been expensive but had been a valuable experience for the young people, most of whom had not done anything similar before. They had also visited the White Water Centre in Lee Valley, which had also been very successful. In particular, it had encouraged teamwork.

8.2 The Panel noted that, although there was not any specific engagement with young people the last time the Council's physical activity and sport strategy was developed, there was nevertheless some indirect consultation that took place through the various grass roots groups that were contacted and involved. There has also been some feedback collected through individual programmes, such as the Get Out, Get Active (GOGA).

8.3 The feedback from the GOGA project was undertaken by Haringey's Youth Advisory Board and, amongst other things, revealed the following:

- Most people find out about activities from social media and friends and family;
- Personal safety was a big issue;
- Most young people would be prepared to pay for sessions but the majority would not be willing to pay more than £2; and
- The most popular activity for young people was swimming.