

## HAMPSHIRE COUNTY COUNCIL

### Report

<b>Committee:</b>	Hampshire Health and Wellbeing Board
<b>Date:</b>	1 October 2020
<b>Title:</b>	Update on the Impact of COVID-19 on Hampshire's physical activity plans, development, and actions
<b>Report From:</b>	Julie Amies, Board Member and Chief Executive, Energise Me

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#### **Purpose of this Report**

1. The purpose of this report is to raise awareness and highlight the risks of the impact of COVID-19 on:
  - physical activity levels across Hampshire with particular attention to inequalities
  - the physical activity sector

#### **Recommendation(s)**

2. Share relevant insight across partners to inform future actions and investments
3. Use the insight to inform recovery/restoration plans.
4. Encourage the schools that are selected, to take part in the Children and Young People Active Lives Survey to gather better data to inform future actions and investments.
5. Use physical activity as a resource to improve people's physical and mental wellbeing.
6. Embed physical activity in all care pathways
7. Support and engage in the development of the next physical activity strategy

## Executive Summary

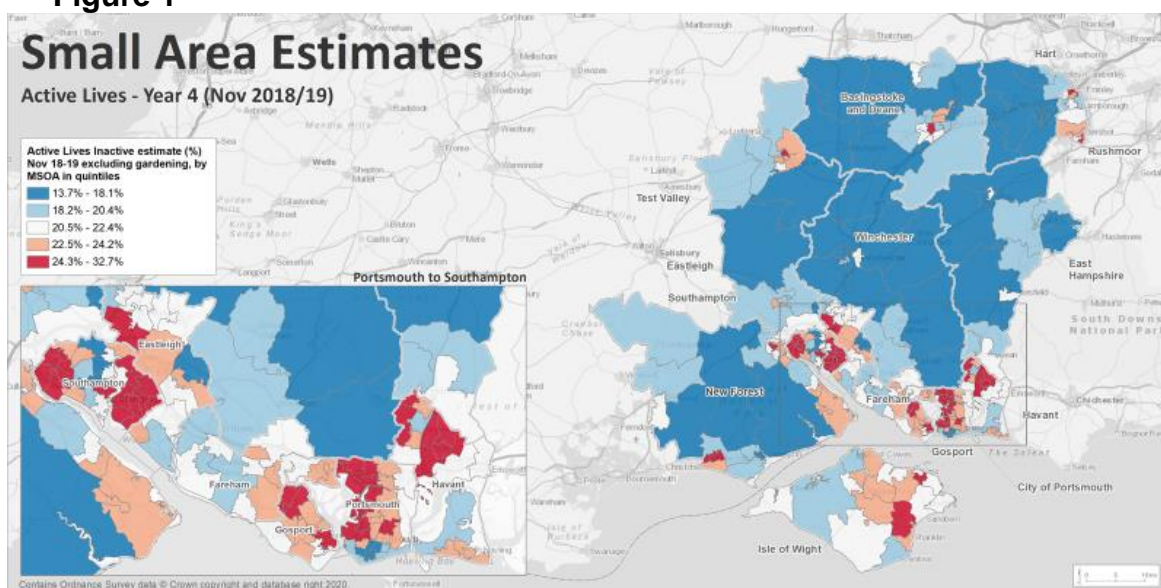
8. Chief Medical Officer, Chris Whitty said in a COVID-19 daily briefing, “there is no situation, there is no age and no condition where exercise is not a good thing”. Government messaging was strong during lockdown and people were allowed to leave their homes for one hour of exercise each day. Being active mattered to people and overall activity levels held up throughout lockdown. As clubs and facilities closed their doors, people tried new things and built new habits and experiences. Many people discovered walking, jogging and cycling and said that they wanted to continue these beyond lockdown. For example, more than 858,000 people downloaded the NHS-backed Couch to 5K app between March and the end of June, up 92% on the previous year. That said, it was apparent that a person’s gender, affluence, ethnicity, disability, and age all had a huge impact on their likelihood to be active. The demographic groups that are prioritised in the Hampshire and Isle of Wight Physical Activity [Strategy](#) and the audiences partners were focused on prior to the pandemic were still finding it harder to be active.
9. This report sets out the impact of COVID-19 especially on these priority groups and audiences across Hampshire. It draws upon national research conducted by Sport England, the Youth Sport Trust, and others.
10. The report looks at some of the actions that are being taken by the physical activity, voluntary and public sectors to address inequalities. Also, to maintain and build on the progress made over the last 4 years to reduce levels on inactivity in our population.
11. It also looks to the future and how, this board, and partners across Hampshire will need to play their part because no one organisation can achieve this on their own.

## Contextual Information

12. In 2017 the physical activity strategy that forms part of this Board’s Health and Wellbeing Strategy, recognised that physical activity is one of the leading risk factors for death worldwide. It provided a framework for all organisations involved in the development and co-ordination of physical activity and sport across Hampshire to:
  - accelerate the reduction of inactivity amongst adults
  - reverse the rising trend of inactivity amongst females
  - narrow the gap in levels of inactivity between those adults with (or at risk of) a long-term health condition and those without
  - improve levels of physical activity among children and young people

13. Prior to COVID-19, activity levels were on the rise across Hampshire. Using data from the [Active Lives Survey](#)<sup>1</sup> across Hampshire and Isle of Wight from November 15/16 to Nov 18/19 more people were active<sup>2</sup>. Amongst these adults, greater numbers of women, older people and those with a disability or long-term health condition were getting active. In fact, improvements in female inactivity levels had seen the gender inequality gap almost disappear. These are all areas where the sector has focused investment. This was positive progress against the ambitions set out in the physical activity strategy.
14. The results did however show inequalities linked to affluence and limiting illness. Those in lower socio-economic groups and those not in employment, such as looking after family and home, retired, long-term sick or disabled are more likely to be inactive. In addition, those with a limiting illness are less likely to be active. The results also showed some very big differences in inactivity in some local authority areas across Hampshire, figure 1. For example, our most inactive area in Hampshire is twice that of the most active area, 32% and 16.8% respectively. Results also show a drop in the activity levels of those aged 16-34 and appears to be driven by males.

**Figure 1**

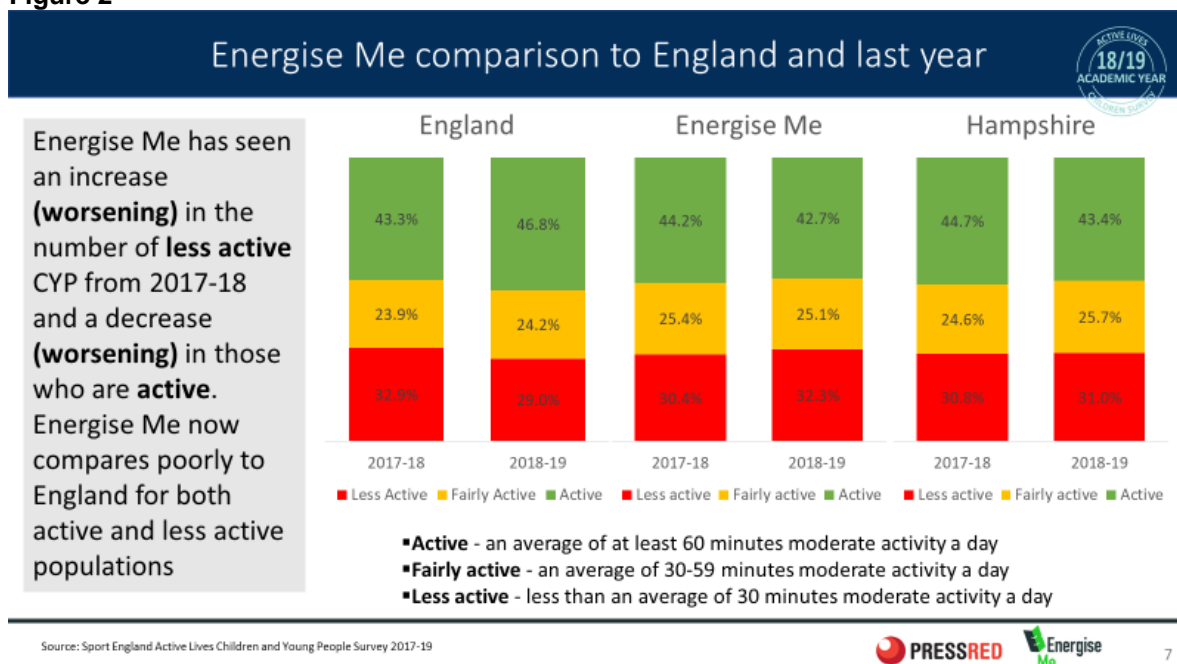


15. Active Lives data for children and young people (CYP) began in 2017. From the most recent Hampshire data, activity levels amongst CYP across Hampshire were getting worse between 2017-18 and 2018-19, figure 2.

<sup>1</sup> Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19, age 16+, excluding gardening

<sup>2</sup> Percentage of people aged 16+ doing at least 150 minutes of physical activity per week. Bouts of 10 minutes of moderate intensity, vigorous activity counts as double

Figure 2



## Impact of COVID-19 – what do we know?

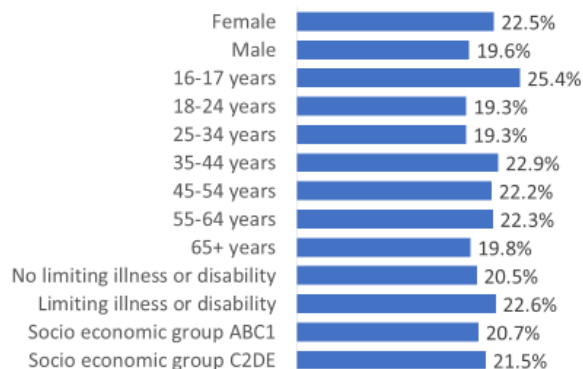
16. While the effects of the ongoing COVID-19 pandemic and the requirement for social distancing for some physical activity are not clear, there are risks that this period could slow or halt the increase in activity that we have seen since the start of our physical activity strategy. We could also see a worsening of inequalities.
17. We have been able to contextualise national findings in the Hampshire area through regular communications, written and virtual, with a range of partners across the voluntary and public sectors in Hampshire throughout COVID-19. Also through local research conducted by [Hampshire County Council's Public Health Intelligence Team](#)

### Adults

18. Sport England commissioned [Savanta ComRes](#) to survey the English public to assess their activity levels during lockdown. This took place each week for the first 8 weeks of the lockdown. Almost 20% of each demographic group reported doing “a lot less” physical activity compared to an average week before COVID-19 restrictions. Of concern would be the widening gap between male and female activity levels and lower activity levels amongst those 75+ years, those with a limiting illness, single occupancy households and children. Refer to appendix 1. We will not know the full extent of the impact of COVID-19 until Active Lives data is released in May 2021.

# Impact of COVID-19 on physical activity

## Those doing 'a lot less' physical activity or exercise compared to a typical week



Each week for the initial eight weeks of lockdown, Savanta ComRes surveyed the English public to assess their activity levels.

Almost 20% of each demographic group was doing 'a lot less' physical activity compared to an average week before Covid-19 restrictions.

This may have had a larger impact on those demographic groups with low 'active' levels and further exaggerated inequalities.

We will not know the full extent of the impact until future Active Lives data is released.



19. Sport England also conducted [local voices research](#) to give a voice to local communities and places reflecting their current experiences of living with Covid-19. Some of the findings that resonate across Hampshire include:

- widening inequalities was impacting on wellbeing. People are adversely affected by poor mental health, access to education, financial hardship and increased risk of experiencing domestic violence.
- access to a garden or local green space; housing type and access to information are contributing factors to people's ability to be active during this time.
- The agility of the voluntary sector as trusted partners with the right relationships has helped others to connect to communities. New relationships have opened up. This has been especially helpful to distribute investment to those in most need.
- The redeployment of staff contributed to the formation of new relationships and blurring of sectoral boundaries (page 11 of the report provides a quote from our experience in Hampshire).
- Hyper-local thinking is critical now and into the foreseeable future. People have been discovering what's on their doorstep and continuing to make best use of very local and accessible assets.
- The importance of feeling safe has reinforced some communities' need to stay local. This is particularly significant for vulnerable and poorer communities where existing health conditions are prevalent.

- People are valuing time spent with children and partners discovering new shared activities or responsibilities. This includes being active and often exercise has joined households together. Where families are active, children and young people are more likely to be active.
- There seems to be a lot more 'obvious' evidence of the linkages between physical activity and mental wellbeing.
- Some people are walking and cycling more, using their commute time differently as well as valuing the difference clean air and safe spaces bring.
- Digital poverty is a significant concern for places working with the vulnerable, disabled people and disadvantaged; yet it's also opened up new connections and enabled some places to reach new audiences.
- Councils are working hard to keep supporting leisure providers during the coronavirus crisis but the huge pressure on council funding has meant it's not easy to meet the needs of the leisure trusts.
- Councils and trusts want to explore what service redesign in addition to looking at how future operating models can be developed collaboratively.

### **Children and Young People**

20. An [evidence paper](#) was commissioned by The Youth Sport Trust (YST), a national children's charity for play and sport. It looked at the impact of COVID-19 restrictions on children and young people and found that there are “substantial and wide-ranging implications for young people’s mental health and wellbeing<sup>3</sup>. Cited in the report were feelings of loneliness, missing things during lockdown, older children worrying about life after lockdown, uncertainty about future employment, the impact of physical distancing and consequent social deprivation, and mental health issues – disproportionately reported amongst those of Black, Asian, and minority ethnic (BAME) origin<sup>4</sup>.
21. Sport England conducted research into [Children’s experience of physical activity in lockdown](#). Their lives have been massively disrupted with widespread closure of spaces and places e.g. playgrounds, leisure centres, pitches, courts etc. According to parents and carers, just 19% of children were doing an hour of physical activity (meeting CMO guidelines) on a typical day. Most worryingly perhaps of all, 7% of children aged 7 – 16 years said they were doing nothing at all to stay active in lockdown. Children from a less affluent or a Black and minority ethnic background are likely to be doing less

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<sup>3</sup> [Evidence Paper: The Impact of Covid-19 Restrictions on Children and Young People July 2020](#)

<sup>4</sup> It is recognised that the term BAME is inadequate for describing such a large and varied population. Alternatives can only be used where a research sample allows. This is why you will read different references throughout the report.



activity than their peers. The closure of schools (except for children of key workers) has made it harder for some children, especially teen girls, less affluent children and those from Black and Asian backgrounds, to stay active as they rely on at school provision to be active in their everyday lives.

### **The Physical Activity Sector**

22. Community Leisure UK, a members' association representing registered charities, societies or community interest companies (with a public benefit asset lock) delivering public leisure, sport and/or culture services for communities across the UK has produced an [impact report](#). Cited are the very real chance that contracts could be terminated early. In addition, over a third of trusts will be non-viable or insecure by the end the financial year (March 2021). Nationally, 4350 FTEs have already been made redundant or planned for redundancy. The age categories of 18-24 and 25-34 year olds are most affected. Only 56% of facilities reopened when they were allowed to and 108 facilities (across leisure and culture) are at risk of permanent closure / rationalisation. We do not have Hampshire specific data but colleagues at Districts, Boroughs and Unitary authorities have reported ongoing dialogue relating to these challenges.

### **Risks**

23. It has been widely reported that COVID-19 has disproportionately affected those people who were already facing challenges in their lives. The same is true for participation in physical activity. The groups and audiences most at risk include:

- Females
- Those 75+ years and especially those who have been shielding or those who have been caring or have needed to start caring for someone
- Those with a longstanding condition or illness and especially those who have been shielding
- People living alone
- People without children in the household
- People from some Black, Asian and minority ethnic backgrounds
- Children and young people
- People on low income
- People without access to private outdoor space

### **Action taken during the COVID-19 pandemic in the physical activity sector**

24. A timeline of events can be seen at appendix 2.

25. At the start of the pandemic, two very clear priorities were set out for the physical activity sector by the national lead body for the sector, Sport England:

- **Supporting the sector:** Action to ensure it comes through this period in as strong a position as possible; and
- **Keeping the nation moving:** Doing everything we can to encourage people to stay active, wherever possible.

26. To deliver on these priorities, Sport England:

- Set up a webpage for up to date information:  
<https://www.sportengland.org/news/coronavirus-information-sector>
- Launched **#StayInWorkOut** asking the sector to [Join the Movement](#), a consumer-focused campaign to inspire and encourage people to #StayInWorkOut while adhering to government guidelines
- Provided a [multi-million pound package of support](#) for organisations that help the nation stay active.

27. To support these clear priorities, Energise Me provided local support:

- Provided up to date webpages with news of what people can do to [stay active. This was also translated into a resource for social prescribers to use during welfare calls.](#)
- Sent weekly sector news to sector partners including coaches, volunteers, local authorities, and others working in the sector.
- Organised regular virtual calls with local authorities and joined many voluntary sector calls to understand needs and provide support.
- Sent monthly newsletters to individuals who were signed up and wanted support to get active.
- Provided regular updates via social media.
- Supported School Games Organisers to help keep children active [#HSGDailyChallenge](#)
- Worked with the voluntary sector to get funding to groups adversely affected by COVID-19 (see below for more information)

### **Investing in Communities**

28. Very early in the pandemic, Sport England committed up to £210 million to help the sport and physical activity sector through the pandemic.

29. To help reduce the negative impact of COVID-19 and the widening of inequalities in the nation's health and physical activity levels, Sport England partnered with Active Partnerships, and a few national partners, all of whom had established relationships with local organisations or the ability to connect to new local organisations. Energise Me has received £150k so far to distribute to organisations working with the identified priority groups; those with long-term health conditions, those from Black, Asian and minority ethnic groups and those from lower socio-economic backgrounds. Existing partners and new ones have benefited from this funding and those in receipt of funds so far can be seen at Appendix 3. We have benchmarked how Hampshire's



awards have been distributed in comparison to England by primary priority audiences

<b>Awards made</b>	<b>30. England</b>	<b>31. Hampshire &amp; IOW</b>
Long term health condition	32.18% <sup>5</sup>	33.19%
People with a disability	34.22%	35.40%
Black, Asian and Minority Ethnic	36.19%	37.10%
Lower socio-economic groups	38.41%	39.31%

30. This work has had benefits beyond the investment. New partner organisations and the role that they play have been discovered and new connections made. Training and development needs have been identified and will inform workforce development and 'influencing the sector' areas of work. Wider discussions and opportunities have opened including a working group in a borough, made of multiple partners, to address high levels of inactivity. Partners are looking at how physical activity can sit at the heart of local recovery planning.

- Analysing the award applications and reflecting on the conversations that have taken place, the following insight has been uncovered:
- Small charities struggling financially with fundraising events cancelled and grant funding sources paused.
- More people experiencing mental health challenges. Both those who had pre-existing conditions and those who didn't.
- People with long-term health conditions doing less activity. A result of reduced opportunities to be active coupled with loss of motivation and lack of confidence.
- Rising anxiety among people with long-term health conditions leaving their homes.
- Support networks, regular social interaction and opportunities to leave home having disappeared. This has left adults from priority groups feeling isolated and lonely. Also true of young people, particularly from disadvantaged backgrounds and vulnerable groups. For example, young carers and young people who identify as LGBTQ+.
- Lockdown restrictions placed significant pressure on families and on those with [caring responsibilities](#)

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<sup>5</sup> Percentage of total funds awarded by primary priority audience

- Publishes in [Carers Week](#) nationally, 4.5 million additional adults are caring for older, disabled or seriously ill relatives or friends since the Covid-19 pandemic
- Organisations have shown great resilience and agility to adapt, and at pace. Moving services and activities online gave a lifeline to the groups and individuals these organisations support. But with limited resources to operate these, the injection of Investing in Communities funding was timely.
- Organisations have seen delivery costs rise. This has been both for online provision and small group, social distanced activity.
- Lockdown restrictions may have eased. But there is still a strong call and need for continued online provision.
- Covid-19 has resulted in changes to circumstances and behaviours. People in the priority groups who were active have become less active/inactive. Households who weren't on low income have become so.
- Leisure providers re-opening facilities are under pressure to focus on profit-making activities. This limits their ability to provide activities needing a cross-subsidy e.g. Cardiac rehab, etc.

### **Summer Activities**

31. Romsey and Park Community (Havant) Schools organised a programme of summer activities and free childcare for families across Hampshire and the Isle of Wight in 56 venues. The programme was aimed at families whose children qualified for free school meals or those who were vulnerable or experiencing issues with transitioning out of lockdown. Twenty-eight venues hosted Family Fun Days with over 2794 families attending over the summer holiday period. Every family were given a two-course cooked lunch and took part in activities including; arts, cultural and physical, cooking, the Daily Mile and daily storytelling. Families on average were much bigger this year with family groups of 9+ regularly attending the venues, families average attendance this year was 8 visits, with many families coming more often. Links were also established with the Library service and the summer reading challenge was delivered from each site.

### **Moving Forward**

#### **Social Prescribing Application**

32. Looking ahead, Energise Me has submitted an application to work with Sport England and the National Academy for Social Prescribing (NASP) on a project to support local communities to create, extend and improve activities, for and alongside, those most impacted by COVID. The project will work with other sectors including Arts Council England, Natural England, NHS England, NHS Charities, NASP and Money and Pension Services.

### **Development of a New Physical Activity Strategy 2021**

33. Work has started on the next physical activity strategy for Hampshire and the Isle of Wight. All public health teams are sponsoring the project to develop the strategy. A different approach is being taken to develop the strategy, including a commissioned piece of online consultation and focus groups with target audiences; those with long-term health conditions (or at risk of), women, children and young people and targeted communities. We need the help of board members and their organisations and network of organisations to help mobilise colleagues across the system to engage in these online forums. Also, to encourage people from these target audiences to join the conversation.

34. A draft of this strategy will be brought to the board in the spring of 2021.

### **Conclusion**

35. The Board's strategy set out clearly where partners needed to direct their efforts. It is evident that where there were existing inequalities, these are likely to have been exacerbated by the pandemic and we need to maintain the focus on these groups and audiences. How partners respond collectively to the challenge can and will make a difference to activity levels and inequalities.

**REQUIRED CORPORATE AND LEGAL INFORMATION:**

**Links to the Strategic Plan**

<b>Hampshire maintains strong and sustainable economic growth and prosperity:</b>	No
<b>People in Hampshire live safe, healthy and independent lives:</b>	Yes
<b>People in Hampshire enjoy a rich and diverse environment:</b>	No
<b>People in Hampshire enjoy being part of strong, inclusive communities:</b>	Yes

**Other Significant Links**

<b>Links to previous Member decisions:</b>	
<u>Title</u> Previous Health and Wellbeing Board Meeting	<u>Date</u> 12 December 2019
<b>Direct links to specific legislation or Government Directives</b>	
<u>Title</u>	<u>Date</u>

<b>Section 100 D - Local Government Act 1972 - background documents</b>	
<p>The following documents discuss facts or matters on which this report, or an important part of it, is based and have been relied upon to a material extent in the preparation of this report. (NB: the list excludes published works and any documents which disclose exempt or confidential information as defined in the Act.)</p>	
<u>Document</u>	<u>Location</u>
None	

## **EQUALITIES IMPACT ASSESSMENT:**

### **1. Equality Duty**

The County Council has a duty under Section 149 of the Equality Act 2010 ('the Act') to have due regard in the exercise of its functions to the need to:

- Eliminate discrimination, harassment and victimisation and any other conduct prohibited by or under the Act with regard to the protected characteristics as set out in section 4 of the Act (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation);
- Advance equality of opportunity between persons who share a relevant protected characteristic within section 149(7) of the Act (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation) and those who do not share it;
- Foster good relations between persons who share a relevant protected characteristic within section 149(7) of the Act (see above) and persons who do not share it.

Due regard in this context involves having due regard in particular to:

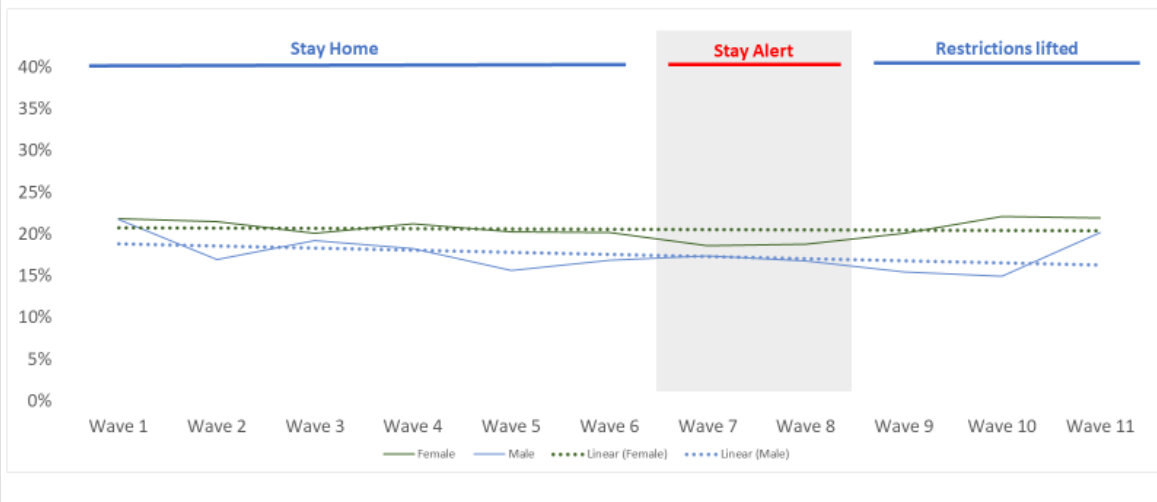
- The need to remove or minimise disadvantages suffered by persons sharing a relevant protected characteristic that are connected to that characteristic;
- Take steps to meet the needs of persons sharing a relevant protected characteristic that are different from the needs of persons who do not share it;
- Encourage persons sharing a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

### **2. Equalities Impact Assessment:**

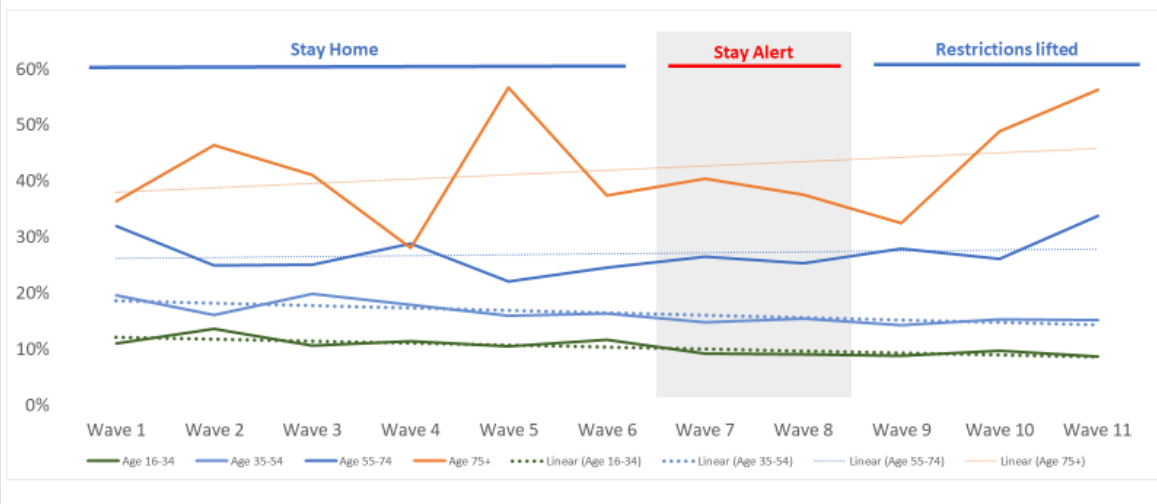
2.1 An equalities impact assessment has not been undertaken for this report as the purpose is to update the Board on progress made in regards to the Hampshire Physical Activity Strategy.

## Appendix 1

### Percentage of adults not doing at least 30 minutes Gender

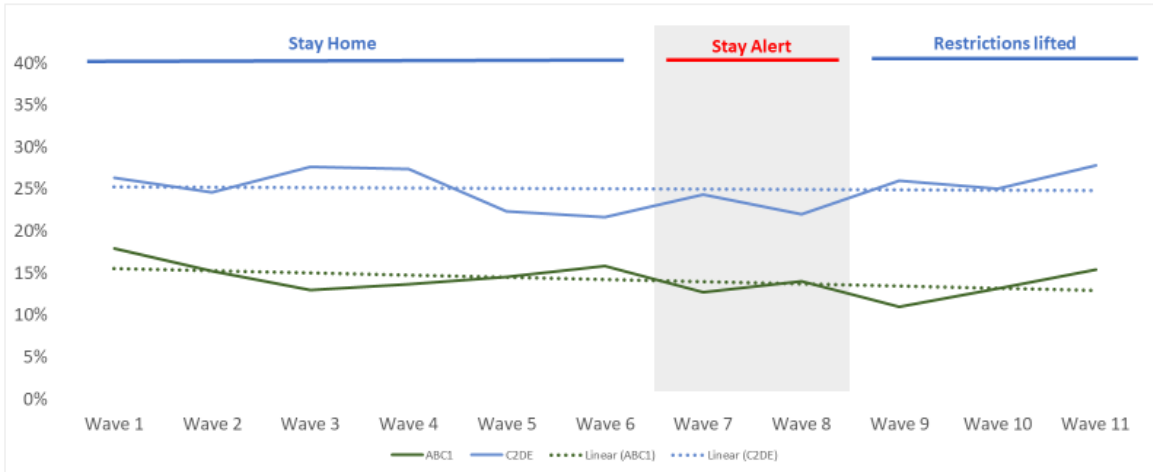


### Percentage of adults not doing at least 30 minutes Age





## Percentage of adults not doing at least 30 minutes Social Grade



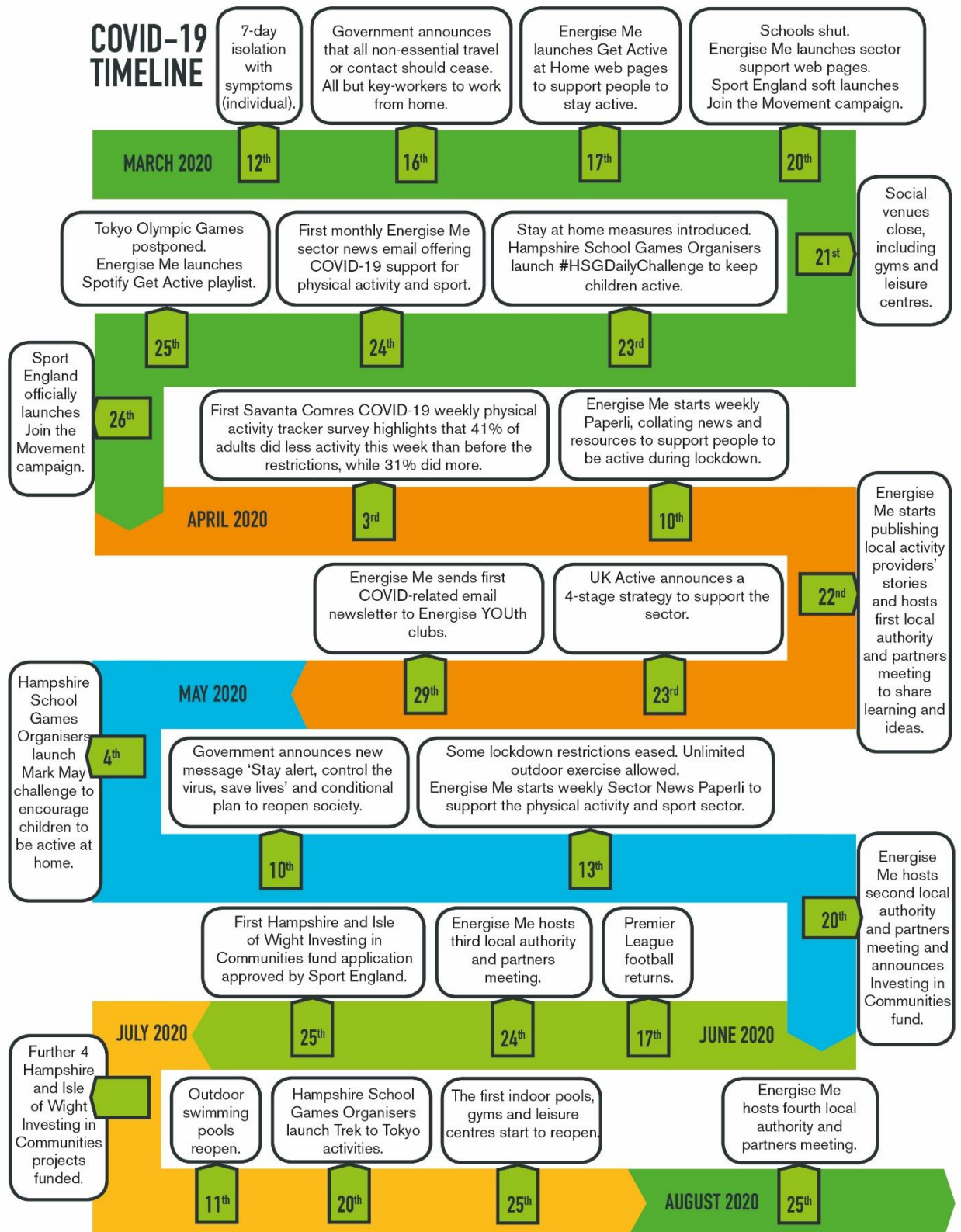
## Percentage of adults not doing at least 30 minutes Disability



# Percentage of adults not doing at least 30 minutes Children



## Appendix 2





### Appendix 3

Organisation	Organisation type	District	Audience	Project Description	Amount approved
Basingstoke & District Disability Forum (BDDF)	Registered Charity	Basingstoke & Deane	Lower Socio Economic Group, People with disabilities	BDDF support people with disabilities and promote disability awareness. They provide support groups and activities for people with disabilities and/or chronic pain and those with mental health issues. Funding needed to support resumption of their weekly/bi-weekly Chair Yoga and Wednesday Walking Club activities. Chair Yoga sessions to be videoed and streamed to enable those still shielding to continue to take part. Sessions to run weekly rather than bi-weekly to enable them to cater for demand but meet government guidelines in providing safe, socially distanced activity.	£3,750.00
BH Live	Social Enterprise	Portsmouth	Long term health conditions	Programme of guided and supported exercise classes for groups with long-term health conditions, e.g. Cardiac Rehab. Mix of online sessions and small group, socially distanced in-person sessions. Plus, telephone support from IT technicians to offer one to one troubleshooting and guidance to get people set up to participate in virtual classes.	£4,322.00
Breakout Youth	Registered Charity	Hampshire	Lower Socio Economic Group	Breakout Youth support LGBTQ+ young people across Hampshire; many of whom were experiencing increased isolation, anxiety, and reduced physical activity.	£4,000.00

				Funding provided for specific online sessions dedicated to creating physical activity ideas and 'activity packs' co-designed by the young people, purchase of items for the packs, and organisation of 'challenges' to encourage activity.	
Breathe Easy	Constituted voluntary organisation	IOW	Long term health conditions	Introduction of a new five-week summer programme, Keep Active Restart Exercise (KARE). Outdoor sessions delivered by a respiratory exercise specialist in local parks and seafronts. Small, socially distanced groups of up to 5 people for one hour a week (10 groups). Sessions designed to help participants re-engage with others following lockdown and provide support and encouragement from the instructor through motivation and behaviour change techniques. Opportunity to take part in various aerobic, resistance, flexibility, and balance exercises in preparation for the Keep Active classes resuming indoors later in the year. Exercising at home to be encouraged by providing every participant with a resistance band and a copy of the British Lung Foundation Exercise Handbook. Additional telephone support to be provided.	£2,625.00



Community First (Winchester social prescribing project)	Registered Charity	Winchester	Long term health conditions	10-week Yoga4Health course delivered online by a local instructor. Course supported by the College of Medicine and specifically designed to help patients improve their physical and psychological wellbeing. Available evidence has shown it to be beneficial for those suffering with anxiety, depression and social isolation. It is a course that can be run for those with no experience of yoga at all, be adapted for those who have done little exercise beforehand as well as being suitable for those who, due to health conditions such as fibromyalgia, may only be able to be able to do chair exercises. Socially distanced group session to be held at the start and end of the course to give attendees an opportunity to meet each other in person with a view to forming a peer led support group to help reduce feelings of isolation.	£1,550.00
Community First (New Forest Young Carers)	Registered Charity	New Forest	Lower socio- economic group, People with disabilities	Physical activity provision has long been part of the offer from NFYC, but COVID brought this all to a halt, with one project in particular (a dance project in association with CAMHS) being sorely missed by the young people. Funding enabled online and socially distanced activity for young carers and their families, as well as some staff support, and equipment to enable.	£3,725.00

Enham Trust	Registered Charity	Test Valley	People with disabilities	<p>Enham Trust support some of those most vulnerable – people with disabilities - who have often been forgotten as they are forced to shield behind closed doors for months and have experienced a huge decline in their activity levels. Many of the individuals they support normally take part in a wide variety of activities throughout the week as part of an active lifestyle. However, the pandemic put a stop to these activities. Funding enabled a range of activities that provide a vital source of physical activity to those being support and who are particularly vulnerable during the pandemic. This includes activities such as Boccia, skittles, parachute games, physiotherapy sessions, gardening activities and supported socially distanced walks.</p>	£8,750.00
FolkActive	Community Interest Company	Southampton	Long term health conditions	<p>FolkActive CIC are a social enterprise, using traditional music, songs and dances to: improve health and wellbeing; bring communities together; and educate young and old. Funding enabled livestreamed &amp; pre-recorded folk dance sessions for older people, and people living with dementia, facilitating activity, and creating a social 'space' to reduce loneliness.</p>	£7,112.60

Hampshire Cultural Trust/Recovery College	Registered Charity	Hart	Long term health conditions People with disabilities Lower socio economic group	The Recovery Colleges in Surrey and North East Hampshire provide learning opportunities to help support people with mental and physical health conditions through their recovery. Funding enabled Hampshire Cultural Trust to run three 12 week online physical activity courses for students enrolled at the Recovery College who are living with disabilities and/or long-term health conditions including mental health conditions. Online classes comprised Seated Yoga, Dance Fitness & Mindful Movement.	£1,950.00
Home-Start Hampshire	Registered Charity	Gosport & Fareham, Havant, Meon Valley, New Forest, Rushmoor & Hart, Weywater	Lower socio economic group	Many families face complex and multiple needs which can be led by or lead to poor physical health. These challenges have been exacerbated significantly by Covid-19 – children not attending school, reduced household income and loss of support networks that families rely on. Delivery of a new wellbeing programme through to October 2020 involving: <ul style="list-style-type: none"> <li>digital and telephone support to existing and newly referred families, offering advice and connecting them to a range of online resources around physical activity.</li> <li>a new 12-week online family wellbeing group to support adoption of physical activity habits (walking,</li> </ul>	£6,012.00

				<p>sports, children's games, fun engagement activities) within a supportive community structure.</p> <ul style="list-style-type: none"> <li>• loan of Sport Sacks to 100 families from deprived areas to offer practical ideas and equipment for engaging in physical activity and active family play. Resources to be pooled after initial use to form an equipment library for the charity to use.</li> </ul>	
Isle Access	Registered Charity	IOW	People with disabilities	<p>Prior to the pandemic Isle Access was providing a cycling programme using adapted bikes. Delivery was put on hold one week before lockdown and their aim is to re-start in September 2020. Isle Access will purchase a stock of cycling helmets to enable a safe resumption of their adapted cycling programme.</p>	£720.00
Luke Brown Dance/ThickSkin Theatre		Eastleigh	Lower socio economic group	<p>The pandemic led to many participants losing their income and initially being unable to continue attending dance classes. Funding supported delivery of 'donation based' online dance classes to enable participants on low and no income to keep active in the way that is familiar and enjoyable for them. Opportunity to introduce additional chair-based or gentle dance classes for older participants and outdoor classes for people with/recovering from mental health conditions.</p>	£3,452.00

Move Momentum	Registered Charity	Winchester	Lower socio economic group, People with disabilities	Move Momentum (MM) is a dance charity based in Winchester that provides classes that are accessible, inclusive, and affordable for everyone. Academies are primarily for young people from <b>low-income households</b> ; however, they also target young people that experience <b>mental health issues</b> . Liberate Dance classes are wheelchair-based dance exercises for youth and adults with <b>physical disabilities or long-term health conditions</b> . GEMS class is for <b>over 65s many of whom have long-term health conditions</b> . Funding enabled classes to continue online, after COVID severely impacted the charity's finances, and allowed the introduction of in-person classes for the Autumn term.	£7,465.00
Pavilion on the Park	Registered Charity	Eastleigh	People with disabilities, People with long term health conditions and lower socio-economic groups	This investment will provide essential funding for Pavilion on the Park to continue to operate and to support user groups of the facility. Funding will enable the re-start of adapted delivery of the Cycles4all and Sensory4all projects. For individuals with disabilities and long-term health conditions, it will help to keep the cost affordable. The funding will also support community organisations who are struggling to resume in the wake of COVID-19. Grants will allow groups to use the Pavilion free of charge	£10,000.00

				initially and at a heavily discounted rate for an extended period to meet social distancing guidelines and welcome their users back.	
Retro Rangers	Voluntary Group	Rushmoor	People with long term health conditions and lower socio-economic groups	Additional equipment is needed to facilitate play in small groups. Retro Rangers do not have enough footballs, bibs, training discs or goal-keeping gloves. Retro Rangers also needs to purchase some cleaning and medical supplies to minimise the risks of COVID-19 as much as possible and enable older members and those with underlying health conditions to return with confidence.	£300.00
Rushmoor Voluntary Services	Registered Charity	Rushmoor	BAME, People with LTHC, People with disabilities, LSEG	RVS has identified that elders within their Nepali community and people with mental health conditions have become isolated in the pandemic and, with rising anxiety and loss of confidence, are reluctant to take a step back into their community. Funding supports RVS to develop and deliver two separate support groups over a 6-month period to gently encourage people in priority groups to re-engage with the community and start to participate in activities for their health and wellbeing. Gardening is great gentle, physical exercise connecting with the outdoors, whilst safely connecting with others and establishing new supportive networks. It has proven benefits for mental health. Sessions will be user led and based in	£9,310.00



				community gardens and allotments and outdoor spaces.	
Solent Youth Action	Registered Charity	Southampton, Eastleigh, Havant	Lower socioeconomic groups	Youth charity supporting complex, vulnerable and disengaged young people aged 10 – 25 who have disabilities, mental health issues, are young carers, young offenders, those who display violence at home and NEETS. Funding enabled production of tailored activity videos featuring youth workers that the young people know and trust, delivered in a suitable tone and in an appropriate way. Activities to be ones that the young people ask for and that the charity typically delivers in a face to face setting that encourage physical activity, positive well-being, communication and independence e.g. boxing, yoga, mindfulness, fitness and strength conditioning.	£1,892.00
Stepping Stones DS	Registered Charity	Hart	People with disabilities	Local charity providing practical and emotional support to children with Down syndrome and their families. Funding enabled continuation of the online delivery of dance and movement classes, from April through to end July and then from early September to end October, including administration costs necessary to keep the schedule running smoothly. Physical activity sessions that help the children to develop gross motor skills and build	£2,000.00

				confidence. An opportunity to do regular, weekly exercise alongside lessening the effects of social isolation.	
The Handy Trust	Registered Charity	New Forest	Lower socio economic groups, People with long term health conditions	The Handy Trust work closely with people from lower income households, supporting those in poverty. Funding is enabling a mix of informal and structured activities (football, basketball, tennis, frisbee, cricket, rounders) that can be done as individuals, in pairs and in groups. The programme will be run from Sep 20 through to Mar 21. Sessions will be run indoors and outdoors in line with government guidelines.	£3,866.00
Winchester & District Young Carers	Charitable Incorporated Organisation	Winchester	Lower socio economic groups	Young carers are children and young people who care for a family member with a long-term illness or disability, including mental health conditions, or those who misuse alcohol or drugs. Young carers have reported feeling lonely, isolated, and unmotivated. Many were finding fewer opportunities to be active. Funding enabled purchase and loan of activity packs to young carers, allowing them to feel less isolated, and engage in more activities (alone and with family members).	£1,807.29
Winchester Go LD	Registered Charity	Winchester	People with disabilities	Winchester GoLD supports adults with learning disabilities, their families, dependants, and carers. Funding enabled extension a 3-week pilot of a new Walk & Talk service, which proved successful in giving service users the opportunity to take	£5,517.00

				part in one hour of safe, regular weekly exercise whilst accessing important face to face support on a one to one basis to help them in managing their mental health. Through building confidence and familiarity with the set walking routes the charity's aim is to equip and motivate their service users to go walking for exercise independently, with family members or in pairs (at a social distance), through this period and beyond.	
Yellow Brick Road Projects	Registered Charity	Test Valley	Lower socio economic groups	YBRP works with disadvantaged young people, with a vision to end youth homelessness. Funding enabled delivery of a weekly virtual support group for families, for 22 weeks. The programme involves Joe Wicks-style workouts as requested by the families. It also focuses on other health and wellbeing outcomes e.g. mindfulness, relaxation, heart health, nutrition/healthy eating and five to thrive as well as weaning, oral health and smoking cessation. Families are also encouraged and supported to explore free physical activities available online.	£4,359.00
				<b>Total</b>	<b>£94,484.89</b>

