



Leisure and Recreation Strategy 2015 -2020

EXECUTIVE SUMMARY

The development of a new Leisure and Recreation Strategy will enable the Council to continue to develop its approach to Leisure and Recreation and address the needs of the Community over the next 5 years.

Involvement in sport and physical activity is often regarded as a matter of personal choice, however many people may be discouraged by a lack of opportunities or barriers to taking part. Tackling barriers, inequalities and opportunities creates a platform to increasing participation in sport and physical activity and improving health and well being for those who live or work in the Borough.

The Council faces a range of challenges and opportunities, from environmental and social factors to improving the health and wellbeing of our residents and at the same time contributing to safer communities, greater community cohesion and reduced social inequality. Additionally we continue to work in a challenging economic climate and against the backdrop of the national focus to cut public expenditure and obtain greater efficiencies.

The Strategy recognises these challenges. It recognises that there are a wide range of leisure and active recreation opportunities currently available and also that there are some gaps in current provision.

In addressing these issues the strategy considers the wider use of current partnerships, different service delivery options and the extension of network opportunities to share the scope and possibility for enhanced delivery across organisations.

Whilst the possibilities for providing leisure and recreation opportunities and for achieving positive outcomes for individuals and communities are limitless, the resources available for services are not.

Castle Point Borough Council has recently invested significantly in Leisure and Recreation facilities which the community are responding well to and satisfaction is high. This strategy focuses less on projects that may require more significant investment but more on the facilities that we currently have, how we will work to effectively maintain and improve those and how we can work more effectively with alternative providers, clubs, voluntary groups, health and educational partners to deliver the vision.

The impact of this strategy must seek to maximise the impact of resources by prioritising actions to those most in need and where the most significant benefits can be achieved.

It affords us an exciting opportunity to work with the community to change mindsets, to encourage and enable active and healthy lifestyles and to create life long active habits which will impact on future health and social issues.

EXECUTIVE SUMMARY

The general findings from the analysis of data, strategies and consultation are that there is significant evidence to suggest that Castle Point has an ageing population, that there is a high proportion of the population who are inactive and that there are issues with obesity, sedentary lifestyles and the associated health related problems that they can lead to. We know that these also impact on the barriers people have to participation as 'health, injury or disability' features highly as a key barrier, along with not enough time to participate or costs of admission preventing or limiting access. The accessibility of facilities can impact on time and transport barriers. Effective informal provision can create opportunities for people to engage in active recreational pursuits with no cost, in the area they live or work in.

Residents tell us that we need to improve communication and address the lack of effective promotion of opportunities that exist, particularly in the natural environment, which are free to access and which sit at the heart of communities and at varying locations throughout the Borough.

We know that we need to work to address the health issues and inequalities in the Borough. Facility development remains central to the provision matching need and the improvement of amenities will help to improve accessibility throughout the Borough. Affordable, low or zero cost opportunities need to exist to remove cost as a barrier to participation and ensure that the more deprived or under privileged members of the community can access the benefits that sport and active recreation can provide. Clubs also tell us that the cost of hire of facilities can be a barrier to their ability to provide the access to their club that they would like.

The 4 priorities:

- An active Borough
- A Healthy and Equal Borough
- A Borough which Aligns Provision to Need
- A Borough which Builds Networks and Partnerships

were developed from an analysis of the issues and to ensure that we had both short and medium term actions for delivery.

The actions identified against each priority will be implemented and aligned with the Council's Service Planning process and will inform annual or longer term service actions aligned with available resources.

There will be an annual review of the strategies objectives and action plan and performance will be measured against key targets. This will be reported annually to Cabinet.

INTRODUCTION

The importance of leisure and recreation as a means to achieve wider social health, economic and environmental outcomes for individuals and communities has been increasingly recognised over recent years.

Research and evidence has demonstrated that sport and active recreation has the potential to:

- **Provide health benefits to those who regularly participate in sport and active lifestyles and support a change in health and lifestyle choices of the local population thereby reducing the burden on the health service;**
- **Provide positive opportunities and diversionary activities to young people who may be otherwise disengaged;**
- **Develop Community cohesion; and**
- **Improve educational attainment providing an opportunity to contribute to a reduction in unemployment.**

Getting involved in sport or active recreation brings so many benefits and this strategy has been developed to assist the Council to encourage local people to get active, to raise the profile of sport and recreation and increase the variety of ways in which residents can take up a sport or recreational activity and help them to develop healthy lifestyles.

The strategy will consider a broad range of leisure and recreation facilities and will focus attention on those areas that most closely align to the Borough's responsibilities and priorities.

For Castle Point, leisure and recreation is not focussed solely on participation within formal indoor and outdoor sports facilities. The Borough's coastal location, woodland areas, mountain biking track, parks and open spaces all provide informal opportunities for local people of all ages to lead increasingly active lives.

The Council in recent years has made major investment in Leisure and recreation facilities, with two newly refurbished leisure centres, a full playground replacement programme, refurbishment of Runnymede Hall and The Paddocks and the Borough was host to the London 2012 Olympic Mountain biking event.



INTRODUCTION

We want to build on that investment, capitalise on the Olympic legacy and do more to ensure that Castle Point residents access the facilities available to them and build sport and active recreation into their daily lives.

The strategy articulates our vision to 'make Castle Point a **Borough with a diverse leisure and recreation provision which is accessible to all, encourages and promotes participation and healthy lifestyle choices, making a major contribution to a safe and healthy community.**'

As it is a strategy for Castle Point its success will be measured against the progress and improvements made within the Borough. However we cannot deliver the strategy and achieve our vision alone. The strategy offers the opportunity for us to work in partnership across borders to share resources and facilities where possible.

The local and regional active networks play a key role in helping us to deliver the vision. By working together with the networks and other partners and community providers we will encourage more individuals, families and community areas to participate in sport and active recreation for life. We will do this through genuine partnership working, the promotion of fun and innovative and wide ranging access to recreation, sport and active lifestyles.

The Council does however have a significant role to play in facilitating new and improved provision, such as through the coordination of developers contributions, supporting the voluntary sports sector to develop strong and successful clubs, attracting investment and providing leadership in bringing external funding opportunities and partners together.

The strategy focuses on the key issues affecting sport and active recreation and sets out objectives that all providers can own and contribute to.



AIM OF THE STRATEGY

The Council recognises that achieving the aims of the strategy in the current economic climate of financial uncertainty will require a structured approach to sports and recreation provision and enhanced partnership working.

The aim of the strategy is to assist the authority to deliver and facilitate good quality, sustainable, demand-led facilities and services and to increase participation in active lifestyle choices. To do this the strategy is founded on a strong evidence base, having consulted with the community, clubs and sport providers, assessed current facilities and services and estimated future demand. The strategy will outline the approach to sport and leisure provision in Castle Point. The strategy challenges the Council, partners and providers to look at new ways of working and encourage innovative solutions to issues. It will help guide strategic choices regarding provision in the Borough, aligning resources to priority areas, working to defined outcomes for creating and sustaining leisure and recreation opportunities in the community.

The Strategy provides a strategic framework and direction for sports provision in the borough to 2020. The aims of the strategy are to:

- Provide a clear strategic approach to deliver the Borough's vision for accessibility to sport;
- Provide a framework for retaining and maintaining existing sports facilities in the borough that are highly valued by the community and in response to current and future need;
- Consider provision in the Borough in response to future demand and in line with planning policy;
- Support sports providers when seeking funding for improvements to sports facilities by setting the strategic context;
- Promote the mental and physical health and social inclusion benefits of leisure and recreation and drive up participation;
- Maximise the benefits from London 2012 Olympic and Paralympic games, whilst building on this to provide a lasting legacy of sport and leisure within the Borough.



STRATEGIC AND POLICY CONTEXT

The context in which sport and active recreation operates continues to evolve. Leisure and recreation can have a positive impact on a wide range of priority agendas and partner groups.



The commonly identified priorities and outcomes from partner organisations which sport and active recreation can contribute towards include

- Making Castle Point a better place to live
- Improving Health and Wellbeing
- Increasing participation in sport and active recreation
- Tackling inequalities and improving access to services
- Getting and keeping people active
- Encouraging healthy and active lifestyles
- Building networks and partnerships to help plan and deliver leisure and recreation opportunities

STRATEGIC AND POLICY CONTEXT

Much of the information supporting the strategy and setting the policy context already exists in the form of the Council's Corporate Plan, The Sustainable Community Strategy, the Community Infrastructure Needs Assessments, Playing Pitch Assessment, Open Spaces Appraisal, Joint Strategic Needs Assessment Health Profile, Local and county active networks strategic documents, Sports England planning tools including Active Places Power, Facilities Planning model, Sports Facilities Calculator and The Local Sport Profile Tool amongst others. We also have a significant amount of data regarding the demographics of our population, projected population growth, participation levels in sport, types of recreation most suited to the demographic groups and comparators with nearest neighbours.



NATIONAL CONTEXT

Sport

Sport means all forms of physical activity which through casual or organised participation aim to use, maintain or improve physical fitness and mental well being, form social relationships, provide enjoyment and entertainment for participants and in some cases spectators.

Sport England is a non departmental public body under the Department for Culture Media and Sports . Its role is to build the foundations of a community sport system by working with national governing bodies of sport, and other funded partners, to grow the number of people doing sport; sustain participation levels; and help more talented people from all diverse backgrounds excel by identifying them early, nurturing them, and helping them move up to the elite level. Sport England is focused on helping people and communities across the country create a sporting habit for life.

They have pledged to invest over £1 billion of National Lottery and Exchequer funding between 2012 and 2017 in organisations and projects that will

- Help more people have a sporting habit for life
- Create more opportunities for young people to play sport
- Nurture and develop talent
- Provide the right facilities in the right places

Sport England's overall ambition for 2012 - 2017 is to increase the number of people who play sport regularly, to increase the percentage of 14-25 year-olds playing sport once a week and reduce the proportion of young people dropping out of sport.

Additionally they aim to increase the number of disabled people playing sport regularly, making sport a viable option for more disabled people.

Sport England is also responsible for grassroots sport in England, working with national and local partners including national governing bodies of sport, local authorities, charities and other sporting organisations.

The Community Infrastructure Needs Assessment utilised the Sport England facility calculator which enables assessment of provision in local areas.



NATIONAL CONTEXT

Health

Nationally the growing burden of health issues such as type 2 diabetes is directly linked to obesity, sedentary lifestyles, dietary trends and an ageing population. However, lifestyle interventions targeting these risk factors have reduced its incidence by about 50% among high risk individuals.

The Government's 'Healthy Lives, Healthy People a call to action on obesity in England (2011)' sets out plans to reduce obesity, charges individuals with the responsibility to change their own behaviour and states that a range of partners including government have a responsibility to help people lose weight. The Government policy on reducing obesity and diet identifies that local councils are responsible for working with other organisations to improve the health of people living in their area. This includes making sure the right services are in place. It specifically references the role of health and wellbeing boards that bring together local organisations to create an environment in which people can make healthier choices.

There is an emerging national issue around the increasing number of dementia sufferers and the associated cost of dementia care. The Government's 'Improving Care For People with Dementia Policy' promotes raising of awareness and working with a range of organisations to create dementia friendly communities and reduce the associated stigma.

The Office for Disability Issues estimates that there are 11.6 million disabled people in Great Britain, of whom 5.7 million are adults of working age, 5.1 million are over state pension age and 0.8 million are children.(2011/12)



NATIONAL CONTEXT

Parks and open Spaces

Creating Sustainable Communities Greening the Gateway sets out the Government's vision for the Thames Gateway as a model of sustainable development. This plan sets out the delivery framework, and clarifies how Government, its agencies and its funding will support the delivery of green space. It also broadly outlines the strategic roles envisaged for other delivery agents in the region and how these contribute to the overall framework.

The report promotes green space infrastructure planning in the Thames Gateway, and the central role of accessible green space in securing sustainable social and economic regeneration

Whilst the provision of parks and open spaces is not a statutory function the Local Government Act 1999, provides local authorities with the powers to promote the economic, social and environmental well being of their communities. The provision of good quality parks and open spaces can make a huge contribution to all aspects of well being. The National Planning Policy Framework states that planning policies should aim to achieve places which promote opportunities for people within the community to meet each other through the creation of inclusive and active environments, also to plan positively for the creation protection, enhancement and management of networks of green infrastructure encompassing formal and informal open spaces used for sport and recreation purposes

There is also a general legislative duty on all public bodies to take reasonable steps, consistent with the proper exercise of their functions, to further the conservation and enhancement of the special features on Sites of Specific Scientific Interest (SSSIs)



REGIONAL CONTEXT

Active Essex is the lead strategic body for sport and physical activity in Greater Essex. Active Essex is part of the national network of County Sports Partnerships and works directly to support partners across the 14 local authority area of greater Essex.

The Active Essex Strategic Plan “Building an Active Essex” A Strategic Plan for Sport and Physical Activity in Greater Essex 2012 – 2017

Active Essex Priority Aims are to:

1. Deliver a London 2012 Games Legacy
2. Increase Participation in Sport and Physical Activity
3. Encourage Healthy and Active Lifestyles
4. Develop Sporting Pathways
5. Encourage Lifelong Learning and Skills Development
6. Building Networks and Partnerships for Sport,

The Essex County Wide Joint Strategic Needs Assessment (JSNA) shows that amongst Essex authorities Castle Point has an above average rate of death from diabetes, also higher than the national average.. Almost 90% of diabetes is preventable and the condition has a significant impact on life expectancy. Tackling health inequalities has been on the countywide agenda for some time but much remains to be done including rolling out more evidence based interventions.

The Essex JSNA suggests ensuring physical activity is embedded in policy making with a need to protect green space for formal and informal active recreation. Additionally it promotes sustainable and tailored support for the individual and families through intervention. Better identification and referral of people at risk of being overweight is required at primary care level and in schools with more effective community based prevention and support programmes.

REGIONAL CONTEXT

The *Essex Adult Social Care Market position statement 2012* indicates that there are currently 6750 older people with care needs in Castle Point. Projected to increase to 11,230 by 2030, social isolation is a key determinant in people requiring social care support. The development of community services which encourage social activity and community cohesion play an important role in reducing dependency on social care.

Thames Gateway Green Grid Strategy in response to *Creating Sustainable Communities Greening the Gateway* proposes that every resident will link with fine townscapes and river scapes in the area from doorstep to countryside and estuary by foot, by bicycle, by road and rail and via a sequence of amongst other things parks, gardens, green corridors, outdoor sports areas, children's play areas, country parks, marshes, creeks and estuaries.



LOCAL CONTEXT

The Borough's *Sustainable Community Strategy* recognises 'Having Fun' and 'Becoming Healthier' as key ambitions for the Community.

The Council's vision as set out in the *Castle Point Borough Council Corporate Plan 'Turning Opportunity into Reality'* is to reduce social inequality, improve the health of our communities and develop a prosperous economy through targeted regeneration of the Borough. We want to improve the wellbeing of our community with clean streets, pleasant open spaces and good quality housing. We will nurture community resilience and work closely with our partners to help the community help itself and to enable greater participation in decision making. We want to achieve this through the following four aims:

- Public Health and Wellbeing
- Environment
- Transforming our Community
- Efficient and Effective Customer Focused Services'

The Public Health and Wellbeing aims relating to Leisure and Recreation state that we will seek to secure the wellbeing of our community and will work closely with our partners to achieve outcomes that have an impact on people's lives. We will work to improve the wellbeing and health of our community by improving our leisure and recreational facilities and by working with our partners to promote healthy living. We will engage more closely with our community and develop services in partnership with other public sector organisations to improve the quality of people's lives and assist with dealing with the needs of an ageing population as well as provide for needs of younger people through sport, recreation and play facilities.

Environment aims state that the environment is consistently a high priority for residents, who want to see well maintained parks and open spaces, and streets that are clean and free from litter, refuse, graffiti and fly posters. We want to improve and maximise any positive impacts on the environmental quality of the Borough with high quality parks and open spaces. To deliver this we need to develop and enhance our leisure/ recreational facilities and community halls in order to encourage a more diverse usage of our facilities.

The Council has set an annual objective to Improve the Health & Wellbeing of Castle Point residents through the provision of value for money Leisure and Recreation Services that increase the percentage of adults aged 16 or over participating in sport at least once a week.

LOCAL CONTEXT

Local Plan and Community infrastructure needs assessment

As part of the work on the New Local Plan an assessment of the need for community sports facilities in Castle Point has been undertaken having regard to the Sport England Sport Facility Calculator. This identifies the need for the following sports facilities in Castle Point to address existing deficits and to support the needs of a growing and ageing population:

- Outdoor bowls provision on Canvey Island.
- An indoor bowling centre within the borough.
- A community sports hall within the Benfleet, Hadleigh or Thundersley area.
- Additional football pitch provision, with a focus on 3G pitches.
- Improvements to public tennis court provision on Canvey Island and in Thundersley.
- The provision of Multi Use Game Areas in Benfleet and in Thundersley.

Open spaces appraisal identifies 1219ha of open space within the Borough. The Open Spaces Appraisal identified that all open spaces including allotment gardens and playing fields should be preserved and where possible increased. Additionally the appraisal considers that the quality of some open spaces could be improved through the provision of amenities such as benches and maps signposting people. Disabled access to open spaces is identified as in need of improvement.

The Playing Pitch Assessment considered sports pitch provision and concluded that it could be improved through the provision of changing facilities.



LOCAL CONTEXT

Castle Point and Rochford Clinical Commissioning Group (CCG)

Castle Point and Rochford CCG is a Clinical Commissioning Group in south Essex. A CCG is a group of GPs and clinicians who will, commission health services for their local communities. Castle Point and Rochford CCG covers a population of about 177,000. The CCG is committed to ensuring the delivery of local, high quality services that meet the specific needs of our population.

Castle Point Local Authority Portrait

Produced by Essex Public Health Intelligence the local authority portrait is a product of the Essex JSNA. The portrait provides details regarding the health, education, employment equality, transport and housing provision in the Borough.

Castle Point has a low rate of people doing enough physical activity to improve their health, a high rate of obesity, an ageing population and a high and rising number of residents with dementia.

Key overall messages for Castle Point that are identified in the Portrait are that when setting local priorities consideration is given to better engagement with local communities to improve the quality of life with effective strategies to promote healthier lifestyles (high obesity rates) to reduce the health and social care impact of people living with long term conditions and to improve access to local services for people who do not have access to their own means of transport. Also that agencies should ensure integration of work around health and well being promotion.

Active Castle Point

Active Castle Point engages voluntary, private and public sector bodies through one network. It works towards the achievement of a coordinated approach in order to create, develop, and promote opportunities for the whole community to take part in sport, physical activity and volunteering and lead a healthy lifestyle.

Active Castle Point works in partnership with Active Rochford as a joint group and Castle Point Leisure is one of the lead members of the local network that helps promote physical activity throughout the respected areas. The local network includes representatives from the local authorities, community groups, school partnerships and local sport clubs. These networks access funding from the county sport partnership "Active Essex" and through funding streams from Essex County Council and Sport England to name a few. These funded projects range from health walks, NGB Get Into Sport programmes, come and try sessions and sport festivals.

CURRENT PROVISION

Indoor facilities

There are two sport and leisure centres managed by Castle Point in the Borough, used for casual pay and play and by clubs, with a wide range of sports and physical activities incorporated. There are also a significant number of sport/leisure facilities provided by schools, offering a range of sport and physical activities, and privately owned sport and leisure centres.

Castle Point Leisure (CPL) operates Waterside Farm Leisure Centre on Canvey Island and Runnymede Swimming Pool in Benfleet and provides physical and recreational facilities within the borough of Castle Point. Waterside Farm Leisure Centre the largest facility is equipped with fitness studios, sport courts, meeting and corporate facilities, sauna and steam room and a fitness suite. The fitness suite includes Inclusive Fitness Initiative (IFI) accredited fitness equipment enabling both disabled and non-disabled people to benefit from a full body, cardiovascular and resistance-based workouts.

The leisure services also deliver a comprehensive activity programme which includes the Legacy peak, Legacy off peak membership packages with over seventy Group Exercise Classes per week. The Group Exercise Programme includes lower impact classes, in particular the Active Life initiative.



In addition to these formal sport and leisure centres there are many types and size of local facility delivering a variety of physical activities to their local community. Such facilities, including five local authority run community centres, offer anything from gym stations to dance and yoga classes to badminton. The number and accessibility of these facilities mean they deliver a significant amount of physical activity opportunities to Castle Point residents. Community use agreements are in place at Cornelius Vermuyden School, Castle View School and Canvey skills campus to open the facilities up for the wider community benefit

The Council recognises the benefit of prestigious awards to promote the quality of facilities and encourage use. Both Council run pools in the Borough at Waterside Farm and Runnymede Pool have been awarded the Chartered Institute for the Management of Sport and Active Recreation (CIMPSA) Pool Water Quality Award. These are the first pools ever in the UK to receive the award after meeting all the exacting criteria.

CURRENT PROVISION

Outdoor sports facilities

There is an extensive network of outdoor sporting facilities, which are owned and operated either by the Castle Point Council or by schools and clubs. These facilities provide a range of playing pitches for football, rugby, cricket, together with bowling greens, croquet, tennis courts, outdoor gyms, skate park also the new mountain biking track, running track and cycle and walking trails. A range of clubs and organisations such as running clubs, football teams, cricket and bowls clubs, bootcamps and horse clubs use the open spaces on offer in the Borough. Castle Point Golf Course is situated on Canvey Island. It is owned by Castle Point Council but leased by Glendale Golf. A number of sites also have ancillary facilities such as changing rooms or refreshment areas. A wide range of these facilities are available free of charge for the user.



Open space and recreation, and children's play facilities

The Borough has a wide range and number of open spaces and sites which are owned and operated by Castle Point Borough Council and local countryside organisations.

The quality and distribution of sites varies greatly and the Council has worked over recent years to improve the quality of formal parks, provision of play equipment for children and young people, access for people with disabilities, the quality of spaces and the provision of park furniture, and the connectivity between open spaces. All playground equipment has been replaced over the last ten years and the sites offer opportunities for active recreation for a wide age range from toddler to adult. Maintaining quality facilities remains a priority and Woodside Park has achieved the prestigious Green Flag status. The Green Flag Award is the benchmark of a quality park or green space. Not only does a Green Flag flying overhead guarantee a public space is welcoming, clean, well-maintained, safe and secure, it also ensures it is managed sustainably and pays attention to the conservation of the natural and built environment.

The wide variety of open spaces ranges from Sites of Specific Scientific Interest (SSSI's), marshland, woods, flower meadows to more formal parks.

CURRENT PROVISION

Countryside access

There is a network of countryside sites across Castle Point which include country parks, cycle ways, green corridors, beaches and which provide a range of habitats and environments and play host to a range of physical activity opportunities. Sites are variously owned and managed by Castle Point Borough Council, private landowners, countryside organisations and trusts.

Where possible we work in partnership with groups such as Castle Point Wildlife Group who manage a number of sites throughout the Borough on behalf of the Council. The group have been successful in obtaining funding to increase the land available for recreational use, carry out required works and obtain equipment. Also Canvey Island Wildfowling and Conservation Association who monitor the saltmarshes on the North of Canvey Island and undertake an annual litter pick and the RSPB at the wonderful wetland reserve at West Canvey Marsh.

The range of facilities available illustrates the infrastructure that exists within Castle Point to provide its residents with a choice of sport and physical activity opportunities. The cost of delivering leisure and recreation facilities, parks, open spaces, foreshore, golf course, driving range, allotments, halls, countryside recreation and management and leisure centres in the Borough is £1,444,987 annually. Delivering favourable health outcomes is one of our priorities we will work to co-ordinate existing and new services to deliver an integrated range of activities designed to meet the health and wellbeing aims of the Borough.



INSIGHT – WHAT YOU TOLD US

The vision and priorities identified in this strategy were influenced, not just through the wider strategic context of partner organisations but also by consulting with our residents. The response to the consultation was limited and whilst it provides some useful insights it is not sufficiently representative nor does it support the nationally identified need and data sets.

Facilities you use the most

Swimming pool
Beach
Health and fitness suites (Gym)
Parks
Trails, walkways and woodlands

Open spaces, fields trails and walkways have high levels of usage amongst residents with Leisure Centres, particularly swimming and gym usage close behind. These areas are used by the whole range of the community and are accessed by young and old alike.

Least used facilities

Bowling Green
Squash Courts
Athletics track
Martial Arts

Some areas in the Borough are less well used by residents. Additionally residents want to see cycle paths, walking groups, fitness classes on the mainland, more club provision and better advertising and promotion of outdoor areas available for use and recreation

What's important to you

Quality of a facility
Maintaining the facility
The location
The cost
Cleanliness

Residents generally want high quality facilities which are well maintained and accessible. 95 % of respondents to the annual Leisure Survey are happy or very happy with the swimming pools and 97% are happy or very happy overall with the leisure facilities.

Most important benefit

Health and well being
Social interaction

Overwhelmingly residents recognise the health and well being benefits of sport and active recreation. Community spirit and social interaction come out highly for residents as well but the recognised health benefits are the driver for most.

INSIGHT – WHAT WE KNOW ABOUT YOU

In addition to health data we are able to analyse our population utilising the Sports England Market Segmentation tool to assess our population and analyse their motivations and barriers to sport and active recreation. This is what we know about the highest population segments

Early Retirement Couples: 13.7% of pop.

- Mainly aged 56—65
- Married
- Full time employment or retired

Top sports:

- Swimming, Keep fit, Gym, Cycling, Golf

Motivations:

- Enjoyment and keeping fit

Barriers:

- over 50% say health , injury or disability

What would encourage them:

- More time available, cheaper admission, people to go with

Comfortable mid life males: 10.7% of pop.

- Mainly aged 46—55
- Married with children
- Full time employment and owner occupier

Top sports:

- Cycling, Swimming, Keep fit, Gym, Football, Golf

Motivations:

- Enjoyment , keeping fit , socialising

Barriers:

- Work commitments, health or injury

What would encourage them:

- Less busy, need more time, cheaper admission, people to go with

Retirement home singles: 10.4% of pop.

- Mainly aged 66+
- Widowed
- Retired

Top sports:

- Keep fit, Gym, Swimming, Bowls, Golf

Motivations:

- Enjoyment , keeping fit , socialising

Barriers:

- 83% say health, injury or disability

What would encourage them:

- Less busy, people to go with, cheaper admission, improved transport

Empty Nest Career Ladies: 7.5% of pop.

- Mainly aged 46—55
- Married
- Fulltime employment and owner occupier

Top Sports

- Keep fit/gym, swimming , cycling

Motivations

- Enjoyment, keeping fit, weight loss, looking good

Barriers

- Health, injury, disability, work commitments

What would encourage them

- Less busy, cheaper admission, someone to go with

Settling Down Males: 10.3% of pop.

- Mainly aged 26—45
- Married or single
- May have children
- Professional

Top Sports

- Cycling, Keep fit/gym, swimming , football, athletics

Motivations

- Enjoyment, keeping fit, socialising, to take children

Barriers

- Work commitments, lack of time

What would encourage them

- Less busy, cheaper admission

WORKING WITH LOCAL CLUBS AND SPORTS PROVIDERS

Our consultation told us that residents access sport and recreation through various means and access into sport and active recreation can be facilitated through various providers and at varying locations.

Clubs offer a diverse range of activities and are able to cater for a diverse range of ages and abilities. There are 24 Clubmark clubs across the Borough offering sporting opportunities in athletics, boxing, cricket, football, golf, gymnastics, netball, Rugby, Swimming and triathlon. Clubmark is the nationally acknowledged cross sport accreditation scheme for community sports clubs.

Additionally there are a range of other clubs in the Borough who have not attained clubmark accreditation but offer a wide range of sports for the community including trampolining, bowling, dance classes, martial arts, badminton, wildfowling and shooting and much more.

The Active Sports Club Forum was created from funding received via Active Essex awarded to the Castle Point, Rochford and Southend Active Networks. The Active Sports Club forum works across the Borough and with Rochford and Southend offering the member organisations the opportunity to benefit from networking, providing them with opportunities to meet key partners including Local Authorities, Active networks, School sports partnerships and the Association of Voluntary Services. There is also a range of access to additional support, guidance, funding streams and advice.

What clubs tell us they struggle with is accessing funding, promoting and marketing their organisations and the cost and condition of facilities that they use. Whilst access to most clubs is through pay and play or membership fees, 50% of the clubs surveyed offer concessionary rates, introductory concessions or free sessions to encourage take up and participation rates.

What we also know is that clubs want to work in partnership with us as 80 % of those clubs surveyed expressed an interest in being involved in the development of leisure and recreation in the Borough.

57% of clubs have provision for disabled users,
44% have provision for the over 60's
64 % provide activities for children under 11
87% can offer access to young people between 11 and 18.



HOW ACTIVE SHOULD WE BE?

The guidance on how much activity we should do varies by age (Source Physical activity guidelines –Live Well NHS Choices)



Under 5's

Children who can walk on their own should be physically active for at least **180 minutes** (3 hours) each day, spread throughout the day

Activities should range from light less energetic play to energetic activities such as dancing, swimming, riding a bike.



5-18 year olds

Should engage in at least **60 minutes** (1 hour) of physical activity every day.

Activities should range between moderate intensity activities such as cycling, fast running, tennis, skateboarding and playground activities to more vigorous intensity activities such as playing chase, gymnastics, football and swimming.

Vigorous activities should ideally incorporate those that strengthen muscle and tone at least 3 days a week.



19-64 year olds

Should try to be active daily and should try to do at least **150 minutes** (2.5 hours) of moderate intensity aerobic activity such as cycling or fast walking every week or **75 minutes** (1.25 hours) of vigorous intensity aerobic activity such as running or tennis. Ideally adults would also undertake physical activity to improve muscle strength on at least 2 days a week.



65+ year olds

Older adults should aim to be active daily. Activity should total at least **150 minutes** (2.5 hours) of moderate intensity aerobic activity such as cycling, water aerobics, ballroom dancing or fast walking every week. Older people could also benefit from **75 minutes** (1.25 hours) of more vigorous intensity activity such as running, martial arts, riding a bike or tennis and ideally muscle strengthening would be included.

For older adults at risk of falls activities exercise to improve balance and coordination such as yoga, tai chi or dancing would be a benefit.

For people of all ages it is important to minimise the amount of time being sedentary, particularly for extended periods.

HOW ACTIVE IS CASTLE POINT

The following statistics offer a snapshot of current demographics and sport and active recreation rates across Castle Point. We will try to use some of these statistics as a baseline against which we will measure our success. **Reference:** Active People Survey 7 and Sport England Local Sports Profile

89,700 population – expected to grow to 91,600 by 2017 and 103,000 by 2035

50% of our population are aged 50 or over

72.8% of adults are overweight (National figure is 63.8%) Castle Point has the highest obesity rate in Essex

20.4% of children are overweight (National figure 19.2%)

Life expectancy: 79.8 for both men and women

Health costs of physical inactivity per annum: (Cancer lower GI eg. Bowel cancer , breast cancer, Diabetes, Coronary heart disease & Cerebrovascular disease eg. Stroke)
£2,700,765. £2,616,565 of that relating to Diabetes, heart disease and cerebrovascular disease.

People over 65 with dementia 1,345 expected to rise to 2,666 by 2030

Physically inactive adults 24.2% (doing less than 30 mins per week)

19.7% adult participation in sport - 120 mins or more a week.

32.2 of adults participating in at least one session a week

24% of adults take part in physical activity as part of a club membership

19% of secondary pupils and 33% of primary pupils say they have exercised 5 times or more in the last week. This is the lowest in Essex for secondary pupils and third lowest for primary pupils

7th most obese Borough nationally

53.7% of adults want to start doing more sport. On average sports participation rates have fallen however residents wanting to do more has increased. On average females wish to do more sport and lose weight.



CASTLE POINT – KEY FEATURES AND CHALLENGES

The Borough faces a variety of challenges and opportunities that arise from its unique identity. This includes a range of environmental and social factors as well as some new national challenges which have emerged over the last few years predominantly the challenging economic climate and the national focus to cut public expenditure and obtain greater efficiencies.

CHALLENGES

Increasing and ageing population. Number of residents in Borough over 65 is expected to increase from 21.5% of the Borough in 2011 to a third of residents by 2031

Correlation between areas of deprivation and low levels of participation

Varying health outcomes across borough

High cost of treating illness in Castle Point

Fewer than 1 in 5 people do enough physical activity to benefit their health

15.2% of the adult population have no qualifications. This is higher than the national average. The risk of not being in paid work or lower rates of pay is high

In 2010/11 the unemployment rate in over 16 year olds in Castle Point was estimated to be 7%, an 84% increase since 2006/07 but lower than the England average of 7.5%.

ASPIRATIONS

Provision is planned to ensure sufficient activities and services to cope with increased levels of demand

The demographics of the local area are understood so that the needs of local people can be met

Ensure that those most in need have opportunities to be active and benefit from healthy lifestyles

Use sport and active recreation to help reduce health inequalities

Increase the number of people regularly participating in sports and active recreation to reduce the cost of treating diseases linked to inactivity

Cost does not prevent regular participation in sport and active recreation

People from deprived areas and low income families enjoy the same opportunities as more affluent people

Effective promotion and signposting of Leisure and Recreation facilities

ACHIEVING THE VISION— PRIORITIES / OBJECTIVES/ OUTCOMES / ACTIONS

To achieve our vision we will work collaboratively across our 4 priorities to create:

An Active Borough

A Borough where it is easy for everyone to regularly participate in and engage with leisure and active recreation through diverse and appealing opportunities

A Healthy and Equal Borough

A Borough that works to ensure those most in need have the opportunity to benefit from sport and recreation and tackles health inequalities

A Borough which Aligns Provision to Need

A Borough which maintains and provides a variety of facilities and services across the Borough meeting current and future needs

A Borough which Builds Networks and Partnerships.

A Borough that works to develop pathways into leisure and recreation working with a wide range of organisations and partners



AN ACTIVE BOROUGH

A Borough where it is easy for everyone to regularly participate in and engage with leisure and active recreation through diverse and appealing opportunities

Sport and active recreation have a positive impact on people's lives. Everybody should be able to participate in sport and active recreation and be able to enjoy the numerous benefits that being active brings. Whether it is improved health, sporting success, bringing people together, increasing people's sense of pride in their local area, regular participation can have a lasting and positive impact on the lives of people in Castle Point.

We want sport and active recreation to be key elements of everyday life in Castle Point and be part of what makes this a great Borough to live and work in. We know that our participation rates are below the national average, and that we have above average obesity rates. However 53.7% of adults indicated that they would like to do more sport so we therefore need to focus on ensuring there are a range of affordable, accessible and engaging participation opportunities that respond to local need in order to drive up and sustain participation rates.

We recognise that there is also work to be done to make people more aware of the wide range of participation opportunities that are available across Castle Point, and we must do more to promote and sell the multiple benefits of an active lifestyle.



AN ACTIVE BOROUGH

Objectives

- Increase regular and sustained participation in active lifestyles
- Provide a range of varied and high quality opportunities to participate in sport and active recreation which are equally available to and accessible to all
- Make it easier for people to build activity into their daily lives by ensuring opportunities exist across the whole of the Borough.
- Increase awareness of the opportunities on offer and work with clubs / organisations to improve signposting into a variety of activities and opportunities.
- Maintain existing facilities and provide a variety of new sports and activities in the Borough through work with partners and national governing bodies
- Improve accessibility to sport and active recreation

Outcomes

- **Increase in the % of adults participating in sport**
- **Increased use of assets i.e parks and open spaces**
- **Increase in the number of National Governing Bodies who identify Castle Point as an area in which to develop their sport / activity and who actively work to do so.**
- **Increase take up / introduce non traditional sport and physical activities**
- **High levels of customer satisfaction with leisure facilities, parks and open spaces**

AN ACTIVE BOROUGH—ACTIONS

Action	Timeframe	Performance measure
Provide affordable, targeted opportunities to take part in sport and active recreation	TBC	Increase in the number of adults participating in sport
Extend the range and promotion of low cost activity options, particularly in open spaces	TBC	Increased use of parks and open spaces
Work with National Governing Bodies and Clubs to introduce additional opportunities in the Borough	TBC	increase in club provision in the Borough
Effective marketing of sport and active recreation opportunities with the Development and production of a Leisure and Recreation events programme of activities	TBC	
Enhance the Leisure services marketing plan to incorporate parks and open spaces	TBC	
Undertake an enhanced annual leisure satisfaction survey incorporating park, open spaces and the natural environment	TBC	Increased satisfaction with Leisure Services and high levels of satisfaction with parks and open spaces
Refresh and update the 'Woodlands Walk' leaflets	TBC	Increase in the take up of informal recreation

A HEALTHY AND EQUAL BOROUGH

A Borough that works to ensure those most in need have the opportunity to benefit from sport and recreation and tackles health inequalities

We know that regular participation in sport and active recreation is good for people's general health and wellbeing. The Borough faces a number of health issues, Just under 3 out of 10 adults are obese and 18% of the Borough's ten and eleven year old children are obese. Over a third of residents over 16 are estimated to suffer from high blood pressure. 15% of Castle Point adults smoke and there are increasing hospital admissions with alcohol related conditions. We have an ageing population and the proportion of people over the age of 65 is expected to increase by to 34% by 2031. There is an increasing population of people with Dementia, estimated to reach 2666 by 2030 Source JSNA Aug 2012. The population in Castle Point is not particularly diverse with 95% of the population regarding themselves as white British. We know that residents in deprived areas do not have the same opportunities and life chances as those in more affluent areas and Castle Point has small pockets of deprivation particularly on Canvey island.

These issues can all be positively impacted on by participation in sport and active recreation however fewer than one in 5 of the Borough's adults are doing enough activity to benefit their health, 8.2% of the Borough rate their general health as bad or very bad and we are amongst the highest percentage in Essex of residents in the Borough who would not know where to go for information on staying healthy.



A HEALTHY AND EQUAL BOROUGH

Objectives

- To reduce the levels of inactivity and increase participation rates amongst priority groups
- Embed sport and active recreation as central components of health promotion
- Actively market and promote the facilities on offer and target promotions to those most in need
- Work with the Health service to introduce leisure and active recreation health and wellbeing initiatives targeting particularly high risk groups
- Use sport and active recreation to positively change the lives of those living in areas of deprivation.
- Raise the profile of disability sports

Outcomes

- **Increase in the number of active people in priority groups**
- **Increased users numbers at Council run Leisure Centres in the Borough by priority groups**
- **Introduction and delivery of health based activity programmes**
- **Increase in quality assured clubs and activities that support disability sport**

A HEALTHY AND EQUAL BOROUGH - ACTIONS

Action	Timeframe	Performance measure
Design and deliver a health based activity programme aimed at priority groups	TBC	Successful delivery of 1 health and wellbeing initiative
Undertake accessibility audits of Council owned parks and open spaces and increase access to open spaces for elderly and Disabled users	TBC	Increase in users from priority groups
Increase disabled usage at Leisure Centres	TBC	Increased disabled usage
Deliver a sport or active recreation initiative in an identified high priority location	TBC	1 x Community based activity delivered
Introduce Run England Markers at key locations throughout the Borough	TBC	Markers in place at 2 locations
Work with clubs to increase the number that can support and provide access to disability sport	TBC	Increase in clubs that support disability sport

A BOROUGH WHICH ALIGNS PROVISION TO NEED

A Borough which maintains and provides a variety of facilities and services across the Borough meeting current and future needs

We know that to create sustainable communities we need to have a network of high quality places and spaces that are attractive to residents and that encourage use. Castle Point has a range of sport and recreation provision and has benefitted from recent significant investment in the Boroughs swimming pools, leisure centre's and playgrounds. Additionally, capitalising on the London 2012 Olympic legacy the Borough is seeing enhanced and new provision with the mountain biking track and open spaces. We know that satisfaction with Leisure Centres is high. We also know that there are also quality facilities at educational establishments across the Borough and we work closely with these establishments delivering the Community Use Agreements that exist to increase community access to leisure and recreation at a variety of locations in the Borough.

In order to continue to meet planning needs in the area and create the communities we need we have to ensure that we protect our existing facilities and work to secure new facilities. Parts of the Borough are within flood risks areas and such risk also has implications for the provision, improvement and sustainability of outdoor sports facilities.

The development of the Local Plan and the clear understanding of growth and infrastructure requirements enable the authority to effectively utilise S106 and Community Infrastructure Levy contributions. The Local Plan is the key strategic document which includes assessments of the infrastructure needs for which the levy may be collected and is key to securing contributions to enable the delivery of relevant infrastructure to support the development of the area.



A BOROUGH WHICH ALIGNS PROVISION TO NEED

Objectives

- Provide a good range of strategically planned, high quality welcoming and accessible places and spaces, making it easy for people to participate in sport and active recreation
- Ensure land use for sport and recreation is encouraged, protected, recognised in planning policies and benefits from development contributions
- Provide a range of well maintained recreation choices which encourage people to incorporate activity into their daily lives and in their locality
- Provide a robust base for the justification of resource allocation for facilities and services

Outcomes

- **Increased funding for sport and active recreation facilities through the Community Infrastructure Levy and other planning gains**
- **Enable identified facility development alongside appropriate development proposals**
- **Maintain existing facilities and effectively and strategically plan for renewal programmes**
- **Increase the number of nationally recognised quality accreditations for facilities to raise the profile and encourage use.**

A BOROUGH WHICH ALIGNS PROVISION TO NEED—ACTIONS

Action	Timeframe	Performance measure
Prioritise the existing identified needs for facilities in the Borough and develop a funding and delivery plan proposal	TBC	
Develop informal provision in parks and open spaces e.g walking, cycling tracks	TBC	New provision in the Borough
Undertake condition surveys of all leisure facilities, community halls, open spaces and recreational land and develop site specific management and improvement plans	TBC	
Prepare a prioritisation programme for improvement works following the premises condition surveys	TBC	
Increase the promotion of the importance of neighbourhood facilities in providing participation opportunities and social benefits without the need to travel long distances	TBC	
Improve provision of amenities such as benches and maps sign-posting people in open spaces	TBC	
Pursue further prestigious awards for facilities i.e Green Flag,	TBC	An increase in facilities with recognised awards or accreditations
Maintenance and replacement programmes and plans in place and effectively budgeted for	TBC	

A BOROUGH WHICH BUILDS NETWORKS AND PARTNERSHIPS.

A Borough that works to develop pathways into leisure and recreation working with a wide range of organisations and partners

Sport and active recreation have an important role to play in making Castle Point a thriving and attractive Borough. We will engage with a wide range of partners to ensure that the positive impact of sport and active recreation is universally understood and championed across Castle Point and embedded in local strategies and policies. To effectively deliver a diverse range of activities and leisure and recreation opportunities we need to work effectively with partners, clubs and other providers. We need to be clear about what we expect from relationships with partner agencies and what added value can be achieved through working in partnership with the wider sector.

Some of our work will be cross boundaries making use of facilities in neighbouring Boroughs and in turn promoting our facilities to a wider audience.

We are home to a number of sporting clubs and we will work with existing and new clubs to encourage and support them, raise their profile and to positively inspire people of all ages to engage with them. We recognise the essential role schools play in the development of a sporting habits for life and we want to develop effective pathways from school into community sports.

We will continue to work with the Active Networks, wildlife groups, clubs, environment groups etc that exist in the Borough and we will actively seek out new partnership opportunities. We will additionally continue to maximise opportunities for funding streams to deliver a range of activities in a range of varying locations.



A BOROUGH WHICH BUILDS NETWORKS AND PARTNERSHIPS

Objectives

- Enable effective partnership working to maximise impact, save resources and prevent duplication
- Sport and active recreation are embedded strategically across organisations
- Establish strong links between clubs, activity providers, schools to increase participation in sport inside and outside of the education system
- Work with health care professionals to understand the motivations of priority groups and develop programmes that build on these to overcome barriers to participation
- Maximise funding opportunities to deliver cross borough initiatives
- Explore alternative service delivery options which can produce enhanced services or a reduction in service costs

Outcomes

- **Sport and active recreation have representation at wider partnership meetings**
- **Support and encourage successful sports clubs. Work with clubs to help promote and market their organisations**
- **Increase the number of taster events and open days to enable more people to try a range of sports.**
- **Delivery of a health and wellbeing initiative in Council Run facilities in conjunction with the local Clinical Commissioning group**

A BOROUGH WHICH BUILDS NETWORKS AND PARTNERSHIPS—ACTIONS

Action	Timeframe	Performance measure
Ensure Sport and recreation is appropriately represented at the Health and Wellbeing Board	TBC	
Promote applications for external funding, particularly from those organisations that have not previously benefitted from investment	TBC	
Provide Support for Community and voluntary groups and increase membership of the Active Sports Club Forum	TBC	Increased membership
Work with voluntary and charitable organisations to protect and maintain open spaces i.e explore Fields in Trust status	TBC	
Deliver more taster sessions and open days at a variety of locations and for a variety of formal and informal recreation	TBC	
Maintain SSSI sites in accordance with Natural England requirements	TBC	Retain SSSI status

STAKEHOLDER INVOLVEMENT

To effectively deliver the objectives and aims in this strategy involves working with a range of stakeholders. Stakeholders wanting to get involved and contribute to the delivery could:

- * Get involved - Sign up e.g to the Active Networks, local volunteer groups, Wildlife groups**
- * Ensure that priorities for leisure and recreation are reflected in your strategies and policies and that the wider impact of active lifestyles is emphasised.**
- * Promote sport and active recreation events that are being hosted in Castle Point**
- * Promote positive messages early in life so that regular participation in sport and activity becomes a lifelong habit**
- * Offer taster sessions and open days**
- * Consider subsidised activities where possible where cost is known to be a barrier to participation**
- * Create new working relationships with non traditional partners who may have access to priority groups**
- * Signpost people to suitable opportunities for participation in the Borough**
- * Work with Castle Point Council Sports Development Officer to further develop your activity in the Borough**
- * Introduce outreach activities and informal sessions at venues in the heart of the community and in areas of greatest need**
- * Develop ways of measuring participation and measuring the impact your intervention has on wider social outcomes**
- * Work in partnership to develop funding applications for sport and active recreation projects and facilities that contribute to the vision in the Borough**
- * Establish links with partner groups, Schools, colleges, health service, national governing bodies etc to widen access to community facilities for sport and recreation**
- * Make effective use of social media and marketing to promote your service / organisation to as wide a range of residents as possible**

MEASURING IMPACT AND OUR SUCCESS

We are committed to measuring the success of this strategy on an ongoing basis. We will produce an annual action plan to accompany this strategic document which will set out how we will work to achieve our priorities and their associated objectives.

The action plan will set out the actions required to achieve our outcomes, Smart performance indicators, and the resources required to achieve each action. These will align with the Council's Corporate Service Planning process. We will use national, regional and local data sets where available to help evidence our impact.

The action plan and objectives will be reviewed annually to ensure we can meet our medium term targets and reported annually to Cabinet.

To ensure the success of the strategy we will need to work collaboratively with partners and we will continue to engage in network events to share information, evidence, good practice and to make full use of alternative facilities and delivery mechanisms.

We will celebrate successes, identify areas for further improvement and respond to the latest information highlighting areas of greatest need. All of this will enable us to fulfil our vision to make Castle Point a Borough with a diverse leisure and recreation provision which is accessible to all, encourages and promotes participation and healthy lifestyle choices, making a major contribution to a safe and healthy community



Appendix A: Council Owned Leisure and Recreation facilities

Arthur Stevens Open Space, Boulderwood Rd SS7 5UA.

Beveland Open Space, Beveland Rd SS8 7QU.

Canvey FC, Park Lane SS8 7PX.

Canvey Heights Country Park (ECC owned, CPBC managed) Creek Rd

Canvey Lake (CITC Managed) Denham Rd SS8 9HA.

Castle Point Golf Course (Glendale managed) Somnes Ave SS8 9QB.

Concord Rovers pitch, Thames Rd SS8 OHP.

Coombe Wood, Coombe Wood Drive SS7 3EA.

Daws Heath Allotment, Daws Heath Rd SS7 2NH.

Dutch Cottage Garden, Canvey Road SS8 0QD.

Fane Wood, Fane Rd SS7 3NH.

Great Wood Nature Reserve (EWT Managed via Southend BC) Poors Lane North SS7 2XF

Hadleigh Castle Country Park (In ECC management) Chapel Lane SS7 2PP.

John H Burrows Recreation Ground, Rectory Rd SS7 2NQ.

King George V Pavilion Hall -Blackthorn Road, Canvey Island, Essex, SS8 7BJ

King George V Playing Fields (Canvey) Blackthorn Rd SS8 7BJ.

King George V Recreation Ground, Shipwrights Drive SS7 1RF.

Kismet Park, Weel Rd SS8 7NW.

Labworth Park, Furtherwick Rd SS8 7DP.

Larup Play Area, Larup Ave SS8 8AJ.

Leigh Beck Recreation Ground, Park Lane SS8 7PX.

Little Common, Great Burches Rd SS7 3LX.

Memorial Ground, London Rd SS7 2PP.

North Benfleet Hall Wood, The Birches SS7 4NT

Pound Wood, Bramble Rd SS7 2NU.

Runnymede Hall. Rear of Council Offices, Kiln Road, Benfleet, SS71TF
Runnymede Paddocks, Kiln Rd SS7 1TF.

Runnymede Swimming Pool Kiln Road, Benfleet, SS7 1TF
Shipwrights Wood, Shipwrights Drive SS7 1RF.

Smallgains Allotment,(Not Council owned) Smallgains Rd SS8 8NB.
Smallgains Recreation Ground, Mitchels Ave SS8 8JB.

South Benfleet Cemetery, Jotmans Lane SS7 5BN.

South Benfleet Playing Fields, Brook Rd SS7

Starvelarks Wood Daws Heath Rd SS7 2NH.

Swans Green Hall Hart Rd, Thundersley, Benfleet, Essex, SS7 3QS

Swans Green Recreation Ground, The Rundles SS7 3QN.

Tarpots Recreation Ground, Overton Way SS7 4DR.

Tewkes Creek Recreation Ground, Dovervelt Rd SS88EA.

The Crescent Recreation Ground, The Crescent SS7 2HF.

The Glen, Mount Rd SS7 1AD.

The Gun Site Recreation Ground, West Crescent SS8 9HU.

The Paddocks Long Road, Canvey Island, Essex, SS0JA

The Paddocks enclosed play area (Under private management) Long Rd SS8 0HJ.

Thorney Bay Play Area, Thorney Bay Rd SS8 0DB.

Thundersley Great Common, Kingsley Lane SS7 3TU.

Tile Wood, Bramble Rd SS7 2UU.

Villa Road Recreation Ground, Villa Rd SS7 5QL.

Waterside Farm Allotment, Canvey Road SS8 0QU.

Waterside Farm Recreation Ground, Somnes Ave SS8 9QB.

Woodside Hall Manor Rd, Thundersley, Benfleet, Essex, SS7 4PH

Waterside Farm Leisure Centre Somnes Ave, SS8 9RA

Waterside Farm Skate Ramp, Somnes Ave SS8 9QB.

Watlington Allotment, Watlington Rd SS7 5DT.

West Wood, Rayleigh Rd SS7 3TN.

Woodside Park, Manor Rd SS7 4PA.

Healthy Lives healthy people. Our Strategy for Public Health in England. Gov.UK

Government policies: Improving care for people with Dementia

Government policies: Getting more people playing sport

Creating Sustainable Communities—Greening the Gateway

Essex insight

Essex County wide Joint Strategic Needs Assessment

Castle Point Joint Strategic Needs Assessment

Community Infrastructure Needs Assessment

Sport England planning tools—Active Places Power / Facilities Planning Model

Active Essex Strategic plan—Building an Active Essex

Sport England Active People Survey

Essex Adult Social Care Market Position statement

Thames Gateway Green Grid Strategy

NHS UK: Livewell

Castle Point Sustainable Community Strategy

Castle Point Council Corporate Plan

Castle Point draft New Local Plan

Open Spaces Appraisal

Sport England Creating Safer Communities English Federation of Disability Sport Inclusive fitness benefits of physical activity

Castle Point Local Authority Portrait

Sport England Market Segmentation

Sport England Sport Profiles

Government policies: Reducing obesity and improving diet

Castle Point and Rochford Clinical Commissioning Group Strategic Documents

Active Essex Active Alliances Castle Point

NICE clinical Guidance PH38

