

## **OUTTURN REPORT SUMMARY APRIL 2025 – MARCH 2026**

### **Appendix III – Sports Development, Active Lifestyles & Inclusion**

#### **Community development**

The Sports and Active Lifestyles team continued to support community sports clubs across the district through advice on governance, funding and facility use, while also delivering grant programmes to strengthen club sustainability, coaching pathways and participation growth.

Clubs were helped to improve facilities, develop links between schools and community sport, and benefit from partnership working with Newark and Sherwood Sports Council, Newark Town Council and Newark Museum to widen local opportunities and engagement.

Support was also provided to maintain activity where access to facilities had been disrupted, helping to preserve opportunities for young people and community users. Despite this progress, ongoing challenges remain around access to some sites and the limited availability of highly competitive external funding needed to expand delivery further.

#### **Health and active lifestyles**

Health and active lifestyles activity remained strong throughout the year, led by continued success in the Exercise Referral Scheme, which supported high levels of participation and positive behaviour change, with many participants progressing into longer-term membership. The scheme was further strengthened through closer work with NHS and healthcare partners and by exploring more flexible delivery models, including home-based options, to improve accessibility. More detail is available in appendix III.

Wider health improvement works also continued through community-based wellbeing events, screening and preventative health initiatives delivered with external partners, alongside growing engagement with local workplaces through the corporate membership offer. Together, these activities helped raise awareness of physical activity opportunities, support healthier lifestyles and extend the reach of the service across the district.

#### **Inclusion**

Inclusion work continued to focus on increasing participation among underrepresented and priority groups through targeted and externally funded programmes. This included provision supported by the Office of the Police and Crime Commissioner, which engaged young people through structured sport and physical activity sessions and showed positive early take-up from targeted participants.

Following involvement during the year in the Women and Girls Working Party with Council colleagues and Members, A4T has developed a series of female targeted campaigns and promotions for the next 3 years and information will be shared in due course.

Additional inclusive delivery included boccia sessions developed with partners to support participants with additional needs, accessible holiday activities for children and families across leisure sites, and a review of provision for women and girls to improve future targeting, promotion and programme development as mentioned above. Together, these activities helped broaden access to physical activity opportunities and ensure services better reflected local need.

The volunteering scheme (VISPA) has been successful in the last year with development of community based opportunities, the full report is available at appendix IV.