



# **Pendle's Sport & Leisure 5 year Strategy 2018- 2023**

## **Pendle's Sport and Leisure Strategy 2018- 2023**

### **1. The Vision**

That all people in Pendle have the opportunity to participate in a range of sports and leisure activities to enable them to maintain and improve their own health and wellbeing and become more active, more often.

In the context of this Strategy leisure refers to formal and informal physical activities people take part in during their free time. This can include walking, dancing and other fitness activities. The cultural aspects of leisure such as the arts are addressed separately through Pendle's Cultural Strategy.

### **2. Making the case for Sport and Leisure**

**Overall, the health of our residents, along with average life expectancy, is below the national average.** This then has a knock on effect on community and economic wellbeing. As a Council, we are committed to encouraging and enabling people to take part in sport and leisure activities. We recognise the value these activities bring for individual, community and economic wellbeing:

#### **Health outcomes-**

**Physical activity is linked to reduced risk of over 20 illnesses, including cardiovascular disease and some cancers.**

**Physical activity can also improve mental wellbeing, increasing self-esteem and reducing stress and anxiety.**

**It is estimated that taking part in regular sport and physical activity can save between £1,750 and £6,900 in healthcare costs per person.**

#### **Cohesion**

Sport and leisure activities can help bring communities together.

It can also deter anti-social behaviour. And studies have also shown that sport programmes aimed at young people at risk of criminal behaviour can enhance self-esteem and reduce reoffending.

#### **Education**

The positive effects of sport and physical activity on education include improved attainment, lower absenteeism and drop-out, and increased progression to higher education.

The Pendle Challenge and Children's University offer opportunities for physical activity through school extra curriculum programmes, in recognition of the benefits these bring to attainment.

#### **Economic-**

Studies show that active people are more productive employees and are less likely to be absent from work. This means increasing productivity and better employee morale. The contribution of the leisure sector in Pendle's economy should not be overlooked. The total direct economic value of sport in Pendle is just over £20 million.

### **3. Purpose of Strategy**

**This Strategy is about improving the health and wellbeing of Pendle residents and making Pendle a place where all people can live active and healthy lifestyles.** Pendle's diverse leisure provision plays an important role in health improvement.

It helps to keep people fit and healthy and gets inactive people active, reducing future NHS treatment costs and increasing individual and community resilience.

Pendle's leisure offer has some great physical and community assets. These range from outdoor green spaces such as playgrounds, parks, playing pitches and our open countryside to health & fitness suites, sport halls and swimming pools. Some schools have sports provision and there are many sport clubs in Pendle. Activities are offered by a wide range of providers, including commercial, and voluntary and community groups as well as the Pendle Council and other public sector organisations.

**We need to ensure our collective offer is fit for purpose and meets the needs of Pendle's population - both now and in the future.**

**Our ambition is to ensure Pendle's sport and leisure opportunities are appealing, diverse, easily accessible to all, attractive and enjoyable.**

Through working together on a shared strategy and action plan we can, enable and encourage people to take action to improve their own health and wellbeing.

Our aspirations for leisure must be considered within the context of the current economic climate.

Pendle Council is faced with significant challenges, as our budgets continue to reduce. This affects our ability to support sport and leisure activities, so it is inevitable that the leisure offer will have to change over the course of this Strategy.

For example, some facilities and services may have to operate over different hours or in a different way. And some may have to transfer to local community groups.

Pendle Council funding to support some facilities and services may no longer be available.

**We will need to consider creative solutions to ensure our leisure offer remains strong, diverse and fit for purpose.**

**We must ensure our offer focusses on activities and facilities that will have the greatest impact on health outcomes with the aim of increasing participation in regular physical activity.**

To do so we need to understand Pendle's current offer from across *all* providers and identify potential gaps in provision.

This will help us direct our limited resources to supporting facilities and services which make the biggest impact on the health and wellbeing of our local population.

#### 4. Strategic links

This Leisure Strategy fits into Pendle Council's overarching Strategic Plan linking to three of our strategic objectives:

#### **STRONG SERVICES**

**Working with partners, the community and volunteers to sustain services of good value**

**STRONG COMMUNITIES: Helping to create and sustain resilient communities**

**STRONG ECONOMY: Helping to create and sustain jobs with strong economic and housing growth**

This Sport and Leisure Strategy also contributes to a range of Pendle strategies and policies, as highlighted below.

Strategic document	Links with the Sport and Leisure Strategy
The Draft Pennine Plan <b><i>Together a Healthier Future</i></b>	The blueprint to improve the health of people living in Pennine Lancashire, as well as improving health and care services in the area, embedding prevention across the new Models of Care. These Models of Care put people, their families and communities at the heart of everything, aiming to put them in control of their own health and wellbeing, so they can remain as healthy as possible for as long as possible. Physical activity is well positioned to deliver on the prevention agenda. Additionally, the approach to health and wellbeing (empowering and enabling people to take action for their own health and wellbeing) reflects that of the Sport and Leisure Strategy.
<b>Pendle Health &amp; Wellbeing Plan</b>	This Plan brings together health and wellbeing leaders to support local change required to address health inequalities and improve health outcomes. It has highlighted physical activity as a key means for delivering its 3 strategic Pendle health priorities: <b>Encourage healthy eating and lifestyles</b> <b>Improving mental health and wellbeing</b> <b>Improving health outcomes for children and young people</b>
<b>Pendle Development Plan Documents (DPD's)</b>  There are a number of planning documents which set out the local strategic approach to planning for open spaces, indoor sports,	

green infrastructure and for Town and Parish Councils developing their own Neighbourhood Plans.

### **Local Plan Part 1: Core Strategy**

The Core Strategy is the key Development Plan Document (DPD) that forms part of the Local Plan for Pendle.

It sets out the strategic planning policies the Council uses to help guide development to the most sustainable places over the 15 year period between 2011 and 2030. Specifically it establishes:

- A broad framework for the protection and enhancement of our natural and historic environments.

One of the 11 strategic objectives in the Local Plan Part 1 is to 'protect, enhance and improve....sport and recreation facilities, to improve health & well-being through the promotion of more active lifestyles'.

This is supported by a number of policies, most notably Policy SUP 1: Community Facilities and Policy and SUP 2: Health and Wellbeing.

### **Local Plan Part 2**

Part 2 of the Local Plan. The evidence base underpinning the policies and site allocations for open space, sport, recreation and green infrastructure has been updated with the publication of an update of the Open Space Audit (2008) and two new documents; an Indoor Sports Review and the Green Infrastructure Strategy.

### **Pendle Open Space Audit 2018**

This document provides information on the quantity, quality, distribution and accessibility of open space in the borough.

It helps to identify those areas most in need of new open space provision and those areas where existing open space sites would

Ensure actions and policies within this Strategy are in accordance with the Council's open space planning policy.

Section 106 and Community Infrastructure Levy agreements must be used as opportunities to create new and/or improve existing open space provision. Potential to use this contribution as match funding for sports/leisure schemes that will attract greater use from a larger catchment area.

Use evidence provided in the Open Space Audit, Indoor Sports Review and GI Strategy to develop strategic actions/recommendations on the delivery and provision of sport and leisure in Pendle, e.g. deficiencies and surpluses, where better quality facilities are needed, etc.

<p>benefit from improvement both in terms of quantity and quality.</p> <p><b>Pendle Indoor Sports Review 2017</b></p> <p>This document maps out the range of public, voluntary and commercial provision for swimming pools, gyms, dance and fitness studios, sports halls, squash courts and indoor bowls in Pendle and considers neighbouring indoor provision.</p> <p><b>Pendle Green Infrastructure (GI) Strategy 2018</b></p> <p>The strategy complements the Open Space Audit 2018 and primarily identifies opportunities across Pendle to protect and enhance GI, helping guide the investment and delivery of GI and its associated benefits.</p> <p><b>Neighbourhood Plans – Various</b></p> <p>There are four Town and Parish Councils in Pendle which are in the process of developing Neighbourhood Plans (NP's) for their respective areas.</p> <p>These plans allow communities to influence future change in their area by setting out policies to help guide development and the use of land, e.g. determining the location of shops and offices, homes or setting design standards for new development.</p> <p>Within Neighbourhood Plans, there are sections on policy around green spaces, landscape and natural environment and health.</p>	<p>This will help to facilitate the provision of more opportunities for people to incorporate sport and exercise into everyday life. Providing the opportunity for more people to take regular exercise will make a significant contribution to improving the overall health of Pendle residents and help to reduce health inequalities</p> <p>Impact of the new Leisure Box facility at Northlight will be taken in to consideration when developing actions around future indoor sports/leisure provision and delivery.</p> <p>Ensure open space including sports facilities, playing fields, parks, nature reserves and play areas are protected and enhanced for future generations to enjoy.</p> <p>Support and link in with the key opportunities and policy recommendations contained within the GI Strategy, specifically the 'Active travel, access and recreation' and 'Health and well-being' sections.</p> <p>Encourage Town and Parish Councils to develop Neighbourhood Plans in the hope that they influence positive change on open space provision within their respective areas.</p>
<p><b>Pendle Playing Pitch Strategy (PPS)</b></p> <p>The <u>Playing Pitch Strategy</u> for Pendle, Burnley and Rossendale was adopted in April 2016. The document provides details of the current outdoor pitch/court/green provision across Pendle and sets out a strategy for maintaining and improving outdoor pitches and facilities between 2016</p>	<p>Support the 3 main aims and associated recommendations put forward in the Strategic Recommendations section of the strategy.</p> <p>Aim 1 – To <b>protect</b> the existing supply of sports facilities where it is needed for meeting current or future needs.</p> <p>Aim 2 – To <b>enhance</b> outdoor sports facilities through improving quality and management of sites.</p> <p>Aim 3 – To <b>provide</b> new outdoor sports facilities</p>

and 2026.	<p>where there is current or future demand to do so.</p> <p>Opportunity to pursue an additional full size 3G pitch for Pendle due to the borough having a recognised deficiency of 1 x 3G pitch to cater for match and training demand from junior football clubs.</p>
<p><b>Pendle Cycling Strategy 2016 – 2021</b></p> <p>This strategy focuses on improving the physical infrastructure for cycling with the ultimate aim of increasing the number of cyclists for leisure, cycling to school, college and to the workplace.</p>	<p>Include policies and actions to ensure that cycling infrastructure improvement is promoted both within existing land uses and in any new proposed developments.</p> <p>Partnership working between cycling organisations to increase the number of cyclists via joint delivery initiatives and funding bids for infrastructure and facility improvements.</p> <p>Include actions that meet local needs whilst contributing to targets set out in regional (Lancashire Cycling and Walking Investment Strategy) and national strategies/documents.</p>

## 5. What the evidence is telling us

In order to develop a targeted, intelligence-led strategy, we've collated evidence to highlight emerging patterns and themes to help plan and shape Pendle's future leisure provision.

### ***Pendle Population & Projections***

Pendle's population is not evenly spread throughout the borough. Approximately two thirds of all residents live in the M65 Corridor, in Brierfield, Nelson, Barrowford and Colne.

The Pennine hills form a strong physical barrier to the east and transport connections are relatively poor. The vast majority of journeys outside Pendle are west along the M65 motorway towards the other East Lancashire districts.

Pendle's demographics are shifting.

Although Pendle currently has a higher proportion of children (21%) compared to the Lancashire and national average (18% and 19% respectively), the number of children and young people is falling, as is the proportion of working age residents aged 30 to 54.

Similar to national trajectories, Pendle's older population is on the rise, with 18% of our population aged 65 or over compared to 15% in 2001. Demands for appropriate leisure activities for this cohort are only likely to increase, as is the pressure on health and social care.

In order to help reduce demand on health services, investment needs to be redirected into prevention measures to enable older people to remain active and to prevent deterioration and dependence. **We need to ensure that commissioned leisure services encourage middle-aged to older people to keep active and engaged for as long as possible.**

The Pendle population largely comprises of white and Pakistani ethnic groups. .

In Pendle, 17.1% of the population is Pakistani compared to the North West average of 2.7%.

**Research shows that inactivity within the Asian population is more prevalent (31%) than in the White community (25%),**

**Provision that addresses social-cultural factors relating to inactivity is key if we are to close this gap.**

### ***Health profile***

**The link between economic deprivation and poor health outcomes is clear.**

Pendle is one of the 20% most deprived districts in England and about 16% (3,200) of children live in low income families.

Taken as a whole, Pendle residents suffer from lower than average life expectancy and poor health.

**And there are stark contrasts in Pendle, with the lowest levels of life expectancy in the inner urban wards of the M65 corridor.**

**On average, men live 9.3 years less and women 6 years less in these inner urban wards compared to those living in the most affluent areas.**

**Health outcomes in Pendle are poor, with 21% of the population having a long term health problem or disability compared to 18% of national average.**

Circulatory disease and cancer rates are significantly worse than the average for England.

Physical activity can keep adults healthier by preventing or delaying a number of health conditions, including heart disease. But levels of adult physical activity are worse than the average for England. A third of adults aged 16 and up - 33% - are inactive in Pendle, compared to the national average of 27.7% (Active Lives Survey 2016/17).

## **6. Insights and behaviours**

To help us decide which services we do provide we need to gather information and analyse relevant data. In Summer 2018 we carried out a sport and leisure consultation with local residents and users of facilities in Pendle.

This has helped us to understand people's leisure choices and preferences and to look at what are the motivators and barriers for keeping fit.

The main findings include:



- Walking for leisure appears to be the most common physical activity and is particularly popular with 55 to 64 year olds
- Gyms and fitness classes are most popular with 18-34 year olds
- Whereas 18 to 34 year olds and 45-54 year olds are most inclined to run on their own, 35 to 44 year olds are more likely to be involved in organised running
- In terms of physical activities that respondents are thinking of undertaking in the next 12 months, walking for leisure was the most commonly selected response
- The youngest age group (18 to 34 year olds) are least likely to consider walking for leisure

Instead this age group is more likely than any other age group to consider fitness activities in future

- Affordability and cost is a big priority for people, with some respondents commenting on the expense of local facilities and memberships
- The responses showed some willingness to travel for better quality facilities and activities, particularly among 18 to 34 year olds, with the oldest age group least likely to travel to access facilities and memberships
- Convenience means different things to different groups. Younger groups who took part in the survey wanted extended opening times that fit around their work and family life, older groups want facilities in close proximity to them
- Satisfaction is above 70% with access and availability of sports and leisure facilities in the area, as well as overall satisfaction with provision in their local area.
- Around one in five people who took part in the survey have used either parks or playing fields in the borough

**Suggestions for improvements include:**

- Promoting facilities more
- New classes and activities
- Rationalising facilities
- Improving the quality of sport and leisure provision
- Improving outdoor access in Pendle, such as cycle routes and bridleways.

**Motivations to being physically active include:**

- The 'feel-good' factor, enjoying activities
- Managing mental health
- Social benefits.

#### Barriers to participation

- Time is one of the main barriers, particularly the impact of work, childcare and family life.
- Affordability and low cost is by far the number one priority for people when accessing sport and leisure facilities.

**The Active People Survey found that Pendle's inactivity levels are higher than the national average. Less than half (48.6%) of Pendle adults (aged 16 and up) engage in 150 minutes of moderate intensity physical activity per week compared to the national average of 57.0%.**

And 29.6% of adults (14+) take part in sport at least once a week compared to the national average of 37.0%: (36.0% of men and 23.6% of women).

**Despite the low activity levels, 49.9% of inactive adults indicated that they want to take part in sport, demonstrating there is an opportunity to encourage and increase participation.**

**Future provision should also take account of the findings from the Pennine Lancashire Sport England pilot which aims to break down barriers that stop people getting active, such as poor transport, safety, cost and confidence.**

#### **7. Pendle's Current Leisure provision**

**Pendle is well served across the district for both indoor and outdoor leisure facilities.**

Pendle Council, Pendle Leisure Trust along with the commercial sector and voluntary sector organisations provide a wide range of universal leisure, available to everyone.

Pendle Leisure Trust is seen as the key leisure provider in Pendle. Employing approximately 220 staff across a range of services and activities, it has a turn-over of around £5.62 million. As well as managing nine leisure and cultural venues across Pendle, the Trust also provides a range of activities and services such as swimming lessons, children's holiday clubs, sports development and healthy schools programmes.

Burnley FC in the Community's new Leisure Box will enhance Pendle's indoor sports provision. Due to open in early 2019, this facility is part of a £32m transformation of an iconic former textile mill into Northlight, a major new destination for North West England. This new community leisure facility will include:

- An indoor 4G 5-a-side pitch

- A multi-use indoor sports hall for badminton (3 courts), netball (1 court) basketball (1 court), volleyball (1 court), cricket (2 nets) and a number of other sports
- A fully equipped gymnasium
- Dance and fitness studios
- A climbing wall with 17 Clip n Climb Challenges
- An outdoor 3G sports pitch (1 x 7-a-side pitch, over-marked with 2 x 5-a-side pitches)
- A soft play centre
- A community café
- Education suites.

Burnley FC in the Community is the official charity of Burnley Football Club.

With the backing of a private benefactor and grant funding, the charity has been able to secure £2.5 million to bring this project forward.

Half of all provision from the Leisure Box will be available free of charge to the community and will be a key element in the delivery of their mission to inspire, support and deliver change across Burnley, Pendle and Rossendale.

Other Burnley FC in the Community facilities and initiatives include:

- Whitehough Outdoor Centre, a community venue for outdoor and recreational pursuits.
- **Premier League Kicks**, an initiative which uses football and physical activity as an engagement tool to discourage anti-social behaviour in young people
- Premier League Primary Stars – a programme delivered in 15 Pendle Primary schools

**Football pitches and sports hall at Nelson and Colne College** which is available for community use during evenings, weekends and holiday periods

Evidence indicates that Pendle's leisure facilities fulfil the suggested quota for the population and will meet the needs of future generations, providing these facilities are well maintained and remain fit for purpose. We have more than adequate provision in terms of swimming pools, health and fitness suites and multi-use sports halls. (Appendix 1 outlines current offer for both indoor and outdoor provision) but provision will need to be considered within the wider context of Pendle's social- economic profile outlined above.

Our outdoor provision is extensive too, ranging from sports pitches, courts, bowling greens to playing fields, parks, green spaces and golf courses. Pendle also has running and cycling tracks for a wide variety of sports and leisure disciplines be it individual or team activities.

Pendle is blessed with an extensive natural environment, dominated by the infamous Pendle Hill. Hundreds of miles of footpaths provide a further haven for outdoor recreation and leisure pursuits.

Over time, capital investment will be required to maintain both the indoor and outdoor provision adequately and we will need to work with our partners to take advantage of investment opportunities.

When considering future provision and delivery options we need to look at the context of the wider leisure and sports provision to help maximise council resources and reduce potential duplication across a number of leisure providers.

Along with the physical leisure infrastructure, we must also recognise the community based activities such as Pendle Leisure Trust's Up and Active scheme which promotes and encourages engagement in grassroots physical activity opportunities.

In 2017/18, 74,214 customers attended community and early intervention Up & Active activities across Pendle!

**Our voluntary and community sports clubs make a tremendous contribution to Pendle's leisure offer** too and are a fantastic asset, mobilising communities to take action for their own wellbeing. The activities/ facilities and services provided by these organisations such as Parkruns, Thi Chai in the park and guided cycle rides are also an important part of the leisure/sports delivery mix. Such groups need to be nurtured and supported to ensure they are able to continue delivering health and wellbeing outcomes.

## **8. Sports Clubs**

Pendle has a strong sports heritage and as such there is an equally strong presence throughout the borough of teams, clubs, leagues, associations and organisations offering a wide variety of sports and leisure activities.

Although there are no professional clubs within Pendle (the closest is Burnley FC), there are a significant range of amateur sports clubs. Football and cricket clubs are the most prevalent, closely followed by bowling, running, athletics and cycling clubs

Sports clubs and their members have a wealth of knowledge and experience about their particular sport and the local and regional scene and can often be a vital link between Pendle Council, Pendle Leisure Trust and the commercial sector.

These clubs can provide a sounding board for any new developments and feedback on any issues relating to provision and facilities in the area. Good working relationships have been established with a wide variety of clubs across Pendle in a diverse range of sporting and leisure disciplines.

The case study below outlines how clubs can mobilise communities to improve community assets and improve health and wellbeing.

### Case Study 1: Pendle Pump Track

We recently worked with Cycle Sport Pendle (CSP), specifically its BMX section, on the development of phase 2 of the Steven Burke Sports Hub to build a BMX pump track. The site already held a bike trail but this had become run down and dangerous and was not fit for purpose. As a result, use and a sense of ownership of the facility was low. CSP raised the idea of upgrading the site to provide a BMX pump track for young people to complement the off road cycle track at the nearby Steven Burke Sports Hub.

The funding was secured over a two year period and involved a range of community events and activities to keep up the momentum. An opening event was organised primarily by CSP in May 2018. .

This project has been hugely successful with the track used by all ages and abilities and from all sections of the community both from within and beyond Pendle. There is respect and ownership from users and it is testament to CSP and the working group's determination to gauge a positive relationship with the biking fraternity and the local community that this facility has been, and continues to be, a great success.

### Case Study 2: Barrowford Celtic Floodlight Improvements

The club approached Pendle Council with concerns about old, ineffective lighting on their training field at Bullholme playing fields and requested our help in upgrading the 10 existing lamps to LED floodlighting units.

Due to the deterioration of the lights in recent years, the area of land they could use at Bullholme had reduced and this was affecting training and teams being accommodated at this site. Working with Pendle Council, a scheme was developed and costed for £3,900, of which the club contributed a third. The club got the rest of the funding from Barrowford and Western Parishes Committee and the work was completed successfully within six months of the initial site visit.

We are continuing to work with the club to install a further lighting column on the field boundary to increase the area of light even further.

**We want clubs/organisations to realise their ambitions.** Local sports clubs and organisations have an important part to play in promoting, developing and delivering activity in the future.

Pendle Council and the Pendle Leisure Trust need to do more to encourage clubs to become accredited within their own sports discipline, e.g. charter standard clubs.

Accredited clubs tend to be run more ethically and have to provide welfare officers, qualified coaches and the club must be seen to be proactive in tackling issues around equality and child protection.

**Case Study 3- Tai Chi in Victoria Park** Public health is an area where more initiatives are being run in our green spaces. A recent example of this was the Lighthouse Tai Chi in Victoria Park during August 2018. Four one hour sessions took place on the old bowling green area next to the café attracting approx. 100 people per session from all sections of the community. This was made available through funding from public health in addition to contributions from the Pendle Leisure Trust, Pendle Council and other sponsors.

**Case Study 4: 'A Bowl & a brew' Initiative** The Philip Wright Crown Green Bowling Association (PWCGBA) and Pendle Council worked in partnership to deliver the 'A bowl & a brew' initiative in 2017 to reduce social isolation amongst older people. The group secured Social Prescribing funding to deliver bowling sessions for care home residents who were still fairly active, providing them with an opportunity to get out of the home and visit their local park. Two specially adapted wheelchairs were made available to bowlers with mobility issues and new sets of lighter bowls were purchased. .

The sessions were really well received and gave the care home residents and carers the opportunity to undertake some gentle exercise, get some fresh air, learn new skills (or in some circumstances re-hone old skills!), relax and socialise/form new friendships.

Since these sessions, the PWCGBA have delivered other similar sessions with the Stroke Society and there are plans for a similar project in the future.

#### **Case Study 5: Trawden Athletics Club**

This popular running club welcomes runners of all abilities and offers an unrivalled network of support and activities. It delivers the increasingly popular Couch to 5K programme and Pendle Parkrun, held in Alkincoates Park every Saturday morning. The club has inspired and encouraged hundreds of people to start running. In early 2014 it established what has already become a blooming juniors section, with often over 40 children attending the weekly session.

### **9. The role of Pendle Council in providing leisure opportunities**

Our role in leisure goes beyond commissioning leisure services from the Pendle Leisure Trust. Pendle Council also has an important leadership role in facilitating and enabling an infrastructure conducive to physical activity through our planning policies.

There is strong evidence to support the introduction of cycle friendly facilities and routes around the area and for excellent pedestrian access to be maintained for all areas including workplaces and public facilities.

The Council can also require developers to make contributions towards the creation of community infrastructure such as playgrounds and greenspaces.

We are well placed to promote and share healthy lifestyle messages, ensuring that people have access to information about healthy lifestyle choices opportunities to be more active. This extends beyond the provision of sports and leisure facilities and parks to include access to informal places and opportunities for people to walk, cycle and enjoy the natural environment, such as Pendle's annual Walking Festival

The leisure facilities we commission from the Pendle Leisure Trust are available to all and the Trust is the main provider of leisure services in Pendle.

In the past, we have had more funding available to support the provision of leisure facilities and services. Funding for leisure is now the lowest it has ever been and Pendle Council is under

increasing pressure to deliver more with less. We will need to target limited resources far more effectively. A number of local organisations are dependent on funding or facilities from the Council to deliver their sports and leisure activities. **We will strive to build resilience into the community networks in Pendle; supporting local clubs, groups and partner organisations to become more sustainable in the future.**

#### 10. Considerations for the future of our current Pendle Leisure Services

A number of inter-related issues are likely to impact on the current leisure provision in and around Pendle in the years ahead. These include:

- **Reduced funding**

Pendle Council transferred its leisure portfolio to the Pendle Leisure Trust in 2000. **Budget constraints mean that continued financial support for the Pendle Leisure Trust will reduce significantly, or may cease altogether in the not too distant future.** This will impact on Pendle Leisure Trust facilities; the programmes they Trust runs and the bookings they are able to take. It may not be possible to retain some facilities in the long term without additional revenue support from another source.

- **Community Asset Transfer (CAT)**

For a number of years now, Pendle Council has been involved in asset transfers to help protect facilities and services. Our playgrounds have been transferred to a number of our Town & Parish Councils and we are currently in the process of transferring our parks. Although community use is expected to continue at these facilities, it will be for the new owners and operators to determine the amount and type of use and possible charges.

- **Aging facilities:**

Facilities approaching the end of their economic life span will face an uncertain future. Replacement or refurbishment can cost several million pounds for major facilities such as leisure centres, particularly those with swimming pools.

The Building Schools for the Future programme created a number of modern sports facilities in Pendle. However, funding was cut prematurely and most of the older sports facilities are still in use in many of our local schools.

- **Community use of school sites**

The effectiveness of a school as a dual or joint use facility providing for community sport depends on the design of the facility and its management outside core school hours. The use of school facilities by the community, including any other elements such as car parks, should be assured long term through legal agreements that are enforceable; these aspects have not always been adequately addressed at the outset in the development of new schools. As a consequence, community use has not always met community expectations.

#### 11. Priorities for Sport & Leisure

### ***Achieving health and wellbeing outcomes***

We will focus our resources on areas that will increase the health and wellbeing of our residents. Therefore those areas of activities that are most popular and have greatest impact on health will be prioritised.

We will do this by:

- Ensuring sport and leisure is embedded in the wider prevention agenda
- Ensuring Pendle's offer meets the needs of current and future population. The criteria for decisions on future sport and leisure provision will be based on the impact these services have on physical and mental health and wellbeing.
- Enabling and encouraging those who are currently inactive to participate in physical activity, building up their levels of participation.
- Addressing barriers to participation and improving access to all facilities and services, advice and information
- Ensuring facilities and services remain diverse and delivered by a range of providers across the public, private and voluntary sector.
- Encouraging a collaborative approach to service delivery across Pendle's key leisure providers
- Promoting the diverse range of sport and physical activity opportunities across Pendle.

### ***Engagement to Increase Activity Levels***

We will ensure that the facilities and services we operate and the wider leisure offer encourages people to use them, particularly among those who are inactive.

We will do this by:

- Ensuring the Pendle Leisure Trust facilities operate to target increasing activity in key groups, such as adults and children who are inactive, overweight and those with poor mental health.
- Supporting physical activity initiatives as a pathway to employment and to improve mental health and resilience
- Engaging with schools to maximise their physical activity offer to children and young people and the wider community
- Promoting sport and leisure as a diversionary activity for young people at risk of crime and anti-social behaviour
- Promoting active workplaces



- Developing and promoting more family focussed opportunities for physical activity
- Using our parks and green spaces for more sport and leisure opportunities
- Ensuring Pendle's infrastructure encourages healthy lifestyle choices such as cycling and walking

### ***Review of our Pendle Leisure Trust Facilities***

We will review the Pendle Leisure Trust facilities and ensure that the facilities operate in a way that delivers the greatest impact on health improvement.

We will do this by:

- Considering future options for operating Pendle Leisure Trust facilities
- Considering the mix of sport and leisure provision currently provided by Pendle Leisure Trust in each of its facilities
- Ensuring that Pendle Leisure Trust services operate in the most efficient way
- Assessing property conditions to ensure the facilities remain fit for purpose
- Considering the Pendle Leisure Trust facilities within the wider leisure offer to avoid potential service duplication and encourage collaborative working with other leisure providers

### ***Working with Local Clubs, Groups and the Third Sector***

We recognise the very significant contribution our local clubs and community groups make to Pendle's sport and leisure offer. Local clubs and groups can often engage with our residents in ways that public services cannot. We will work with our sport clubs and groups to encourage people to take up or continue physical activity opportunities.

We will do this by:

- Working with local groups, clubs and volunteers to see if more facilities and services can be provided by the voluntary sector
- Ensuring Pendle's network of high quality, sustainable and accessible sport clubs continues to grow and thrive
- Promoting our sport clubs through our leisure facilities and via NHS Primary Care
- Encouraging the uptake of accreditations amongst Pendle's sport clubs
- Celebrating the achievements of Pendle's sport clubs and their volunteers

DRAFT

## Appendix 1- Current Leisure Offer

### Indoor Sports Facilities

Pendle Leisure Trust is the main leisure and cultural provider in Pendle, directly managing a range of facilities on behalf of Pendle Council, those relating to this Strategy being:

Facility	Location	Visitor Numbers (2015/16)
Pendle Wavelengths	Nelson	247,849
Seedhill Athletics & Fitness Centre	Nelson	18,380
Pendle Leisure Centre	Colne	167,980
West Craven Sports Centre	Barnoldswick	113,769
Marsden Golf Course (in partnership with Reevolution)	Nelson	

Of the 479,600 customers shown above:

- 233,700 used the swimming pools for recreational swimming and lessons
- 115,743 attended gym and fitness classes
- 2,400 attended bespoke healthy Lifestyle activities

As well as Pendle Leisure Trust provision, there is a range of other indoor sports facilities on offer across Pendle and delivered by a range of providers, as indicated below:

Type and Ownership of Indoor Sports Facilities in Pendle (2016)						
Facility	COM	CTY	EDU	LA	OTH	TOTAL
Swimming Pools	1	0	0	5	0	6
Health & Fitness Suites	9	0	4	4	1	18
Studios	5	0	3	3	0	11
Sports Halls (Main)	0	0	6	2	0	8
Sports Halls (Activity)	1	1	2	0	1	5

### ***Swimming Pools***

In Pendle, there are six indoor swimming pools including learner pools within 4 separate facilities with all but one provided by Pendle Leisure Trust. Based on the Sport England's Sports Facility Calculator, Pendle's population requires an equivalent of 4.58 swimming pool. In addition, the public swimming pools in Burnley and Padiham are easily accessible by car and public transport.

In terms of demand, swimming is the second most popular sport in Pendle and is specified as the sport that adults want to participate in the most. However, the take-up rate in Pendle is just 7.9%, compared to the regional rate of 11.6% and national rate of 11.5%.

A 1997 Sport England survey found that 80% of all visits to swimming pools originated from within a catchment of five miles. The majority of visits (58%) involved a journey of 10 minutes or less and around 80% came from within a catchment of 20 minutes. Of those who walked to the pool, 64% of visits came from within a 10 minute walk of the facility and the average walking time was 11 minutes.

### ***Health & fitness suites (2016)***

In recent years, health and fitness suites have grown in popularity, with increased provision in both the public and private sectors. Gym sessions have risen to become the most popular form of indoor sport activity in Pendle accounting for 5,800 visits per month (8.0%) in 2015/16. However, this is lower than the comparable activity rates for the North West (12.2%) and England (11.2%).

Many leisure centres and swimming pools now include a fully equipped health and fitness suite and fitness studio space as part of their offer. In addition there has been a considerable increase in the commercial sector. There are currently 18 health & fitness suites and 11 fitness studios in Pendle.

All of the fitness studio facilities located in Pendle schools are available for community use, compared with 82.2% across the North West. And 66.7% of health and fitness studios are accessible to the public, compared to the regional figure of just 39.7%.

Pendle has an average of around 951 members per club, which is less than the national average for private fitness clubs which is 1,375 members. This suggests that there is capacity for further growth in use without the need for additional facilities.

### ***Sports Halls***

There are 8 main sports halls in Pendle, provided by Pendle Leisure Trust or schools, of which four are available for public use. It's estimated that Pendle's population requires the equivalent to 6.27 sports halls.

In addition, the St. Peter's Leisure Centre in Burnley is easily accessible from towns and in the M65 Corridor. There are also the five recognised activity halls providing additional opportunities for indoor sports.

## Outdoor Sports Facilities

### *Grass football pitches*

In Pendle, there are 73 grass football pitches, 65 of which are available for community use. The pitches are relatively evenly distributed, although Brierfield & Reedley has the least number of pitches.

Summary of grass football pitches by area committee

Area Committee	Adult	Youth 11v11	Youth 9v9	Mini 7v7	Mini 5v5	Totals
Barrowford & Western Parishes	4	-	1	4	1	10
Brierfield & Reedley	3	-	-	2	1	6
Colne & District	7	1	3	4	1	16
Nelson	8	-	5	3	1	17
West Craven	9	-	4	3	-	16
<b>Pendle</b>	<b>31</b>	<b>1</b>	<b>13</b>	<b>16</b>	<b>4</b>	<b>65</b>

With 138 football teams in Pendle, we have an adequate number of pitches for adults but not for the increasingly thriving junior teams.

### **3G Artificial grass pitches (AGP's)**

Pendle has two full size FA registered 3G AGP's, a shortfall of 1 based on demand from 138 teams.

New 3G pitches are due to be developed as part of the Burnley FC in the Community's Leisure Box development at Northlight. These will consist of 1 x 7-a-side outdoor 3G pitch and 1 x 5-a-side indoor 3G pitch. Although these will be valuable and welcome additions to the local area to aid training and accommodate mini games, there is still a shortfall of 1 full sized 3G pitch.

### **Cricket**

There are adequate turf wicket cricket pitches. Five of the 11 senior grass pitches are deemed good quality with the remaining six deemed standard quality.

Pendle Council provides four community pitches but use of Council managed pitches has fallen significantly in the past 10 years with the pitches now only used weekly by the Pendle District Cricket League (PDCL).

### **Rugby Union**

We have five senior grass Rugby Union pitches as well as one mini pitch in Pendle, with quality ranging from poor to good.

Some of our pitches suffer from poor drainage and this is not helped by overplay (the equivalent of three match sessions) and the fact that training also takes place on these pitches.

### ***Rugby League***

There are two senior grass Rugby League pitches in Pendle, both of which are in West Craven and both are of standard quality. .

### ***Hockey (AGP's)***

There are two full size artificial pitches in Pendle with both considered standard quality.

Supply is considered sufficient enough to meet current and future demand for both senior and junior hockey in Pendle. Focus needs to be placed on ensuring the quality of the AGP is sustained in the long term.

### ***Tennis***

Pendle has 16 tennis courts available for free community use, nine of which are considered good quality with five of standard quality. The remaining two courts at Marsden Park are classified as poor quality.

There are numerous courts in schools. However, no regular community use or demand has been recorded.

### ***Bowling greens***

There are 13 crown green bowling greens in Pendle, all but two of which are rated good. The Council provide nine community bowling greens all of which are free to use. Demand for greens has remained steady and there is no recognised need for any additional greens although it is paramount that support is offered to those clubs who want to improve their greens and facilities in the long term.

The maintenance costs associated with bowling greens is high, particularly compared to other sports such as football. Budget pressures have seen a decline in green quality and the Council is now considering alternative maintenance arrangements which could be replicated across other Council managed sites.

### ***Cycling***

Pendle's main cycling facility is the Steven Burke Sports Hub, a 1.1km off road circuit at Swinden playing fields in Nelson. This well-used and popular facility was opened in 2014 and is managed and maintained by Pendle Council. It is available to book for exclusive use by cycling clubs and organisations primarily, as well as non-cycling related groups and organisations such as triathlon and running clubs.

The hub is open for free public use at all other times when not specifically booked.

In addition to the main track, a new BMX pump track has recently been developed as phase 2 of the Steven Burke Sports Hub. The 400m pump track is free to use and open to all.

There is also a junior cycleway in Victory Park and a purpose-built BMX pump track at the Hope Technology grounds in Barnoldswick. This is mainly for private use by staff and invited riders and is not available for community use.

There is a large number of promoted cycleways throughout Pendle, with the Leeds & Liverpool Canal Towpath being one of the most popular cycle routes.

### ***Athletics and running***

Pendle has one purpose-built athletics track at Seedhill Athletics & Fitness Centre in Nelson.

The track and associated facilities which include a gym and changing rooms is managed and maintained by Pendle Leisure Trust. The track is mainly used by Pendle Athletics Club and open to the community in between. People can pay for the track as and when they want to or use it through the Pendle Leisure Trust's Activo membership.

There are no designated running tracks at Pendle Schools although these are usually temporarily marked out on grass, AGP's or 3G surfaces during the running season but there is no community use of these facilities though.

Running is a popular leisure pursuit across Pendle whether it be club affiliated running or Individuals going for a run. There are a number of high profile running clubs in the area, such as Trawden Athletics Club, that attract a lot of its membership from Pendle. Some residents also run for established clubs outside the borough such as the Clayton Harriers based in Hyndburn.

Pendle also has its own Parkrun which is a free 5km weekly timed run organised by volunteers every Saturday morning at 9am at Holt House Playing Fields and Alkincoats Park in Colne. This event is open to all and has proved very popular since its inception in May 2014. The average number of runners per week is currently 75.

### ***Golf***

Pendle has three golf courses, located in Colne, Nelson and Brierfield. Marsden Golf course in Nelson is run in partnership by Pendle Leisure Trust and Reevolution Golf, with the other two operating in the commercial sector.

### ***Croquet***

There is one Croquet Club - The Pendle and Craven Croquet Club in Earby which is a privately run club and has five courts and one lawn.

The Club has approximately 50 members and this has been constant in recent years. Matches are played throughout the week and at weekends. There is capacity at the club for additional members and the Club is keen to recruit younger players.

### ***American Football***

Burnley Tornadoes plays its home games at Colne & Nelson RUFC. It uses one of the rugby pitches due to their games being intermittent. The club currently has four teams; two under 17's and two adult teams.

The club is looking to expand, although the current use from American Football on the rugby pitches is likely to be impacting on pitch quality and capacity. If the club continues to grow there is likely to be demand in the future for additional pitch capacity for American Football.

### ***Green spaces – informal recreation***

Pendle has a wealth of green spaces including 11 parks, 10 playing fields, five nature reserves and numerous open spaces. These freely accessible green spaces provide ample opportunity for people to participate in formal and informal sports and leisure activity such as running and jogging, cycling, walking and informal team games.

These facilities are mainly Pendle Council owned, although a small number of sites have been transferred to Town and Parish Councils in recent years. The traditional parks games of bowling and tennis can be found in a variety of our Parks.

There are health walk trails at Victoria and Walverden Parks with the popular 1 mile Vicky Witch Trail at Victoria Park a being family themed wooden sculpture trail.

There is also outdoor gym equipment at Bullholme, Barrowford Park, Victoria Park and Hodge House. These were primarily installed for adults to exercise whilst watching their children in the adjacent play facilities, but are also well used by children and teenagers.

Pendle Leisure Trust use parks and playing fields to run Up & Active and Healthy Lifestyle activities including boot camp fitness classes and the Couch to 5k running scheme in partnership with Trawden Athletics Club at Holt House. In addition, the Council encourages other sports and leisure providers to use our green spaces for outdoor recreation. Recent activities have included Tai Chi at Victoria Park, Pilates in Alkincoats Park and Rounders at Bullholme and Holt House Playing Fields.

### ***Children & youth play facilities***

Play areas can provide positive emotional, psychological and developmental benefits for children and young people.

There are approximately 47 equipped play areas, 20 multi-use games areas (MUGA's) and two skate parks across the borough. Previously these were owned by Pendle Council but this has changed in the last three years. A significant number of these facilities have transferred to the local Town or Parish Council. All play facilities are free to use and are open 24 hours a day, seven days a week. Some of the MUGAs have floodlights, allowing older children and adults to use these facilities up to 10pm.