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About this Report

This report looks back at our past year's activities, providing a snapshot of impact aligned with our Strategic Plan and including **inspring videos**.



Readers seeking additional details and case studies can find more information by clicking through to the **Full Project Reports** in Section One.





Foreword

Welcome to the Annual Report of the Herts Sport & Physical Activity Partnership covering the 12-month period from April 2023.

The report highlights the Partnership's many successes over this period, but also flags some of those real challenges that we have encountered as we continue to embed our role

as System Partner to Sport England - in support of the delivery of Sport **England's Uniting** the Movement 10-Year Strategy.

That strategy has an emphasis on using sport and physical activity to help address inequality and

disadvantage; increasing activity levels - particularly amongst those living in our underserved communities; improving the health of our residents; and as a means of better connecting our communities.

As a Partnership, collaborative working is in our DNA and none of the successes outlined in this document would have been possible without

the support and co-operation of the myriad partners that we work with on a daily basis. Those partners come from the public, private and Voluntary Community Faith and Social

> Enterprise (VCFSE) sectors, and we are very fortunate to enjoy many highly productive relationships where distributed leadership, deep-rooted trust and mutually beneficial outcomes, are features of our combined efforts.

I would like to thank those partners and stakeholders, and all that make up the wider sport, physical

activity, and health workforce in Hertfordshire. A special thanks must go to Hertfordshire County Council and our 10 District and Borough Councils, who were the Partnership's founding members and continue to be real champions of our work.

We are very proud of our connection with the University of Hertfordshire - a wonderfully

supportive

host. The past year has seen a deepening of our relationship with various business and operational units from across the University and for that co-operation and assistance we are indebted.

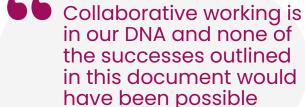
I would also like to thank the HSP Board for its unstinting, enthusiastic and highly valued support of the Partnership's work, and to commend our Chair and Vice Chair, Mervyn Morgan and Hester Hearn, and their Board colleagues, on coming through their recent external Board evaluation with flying colours.

Finally, I must thank the Partnership's staff team who work tirelessly to deliver on our commitments, whilst staying true to our values. We are very fortunate that the Partnership is served by such a collective of diverse and talented individuals, so passionate about the power of sport and physical activity to positively impact on community life in the county.

John D O'Callaghan

Partnership Director





without the support

that we work with."

and co-operation of

the myriad of partners

About HSP



The Herts Sports & Physical Activity Partnership (HSP) was established in 2003 and is one of 43 Active Partnerships across England, working closely with our core funder Sport England, as the strategic lead for sport and physical activity in Hertfordshire.

We work collaboratively with a wide range of stakeholders from across the county to create the conditions for sport and physical activity to thrive, and to use the power of sport and physical activity to transform lives. the Partnership has a dedicated **core team** of full and part-time professionals, and we are involved in a wide range of exciting **projects**, campaigns and strategic influencing work to deliver against our objectives. The Partnership also has a **voluntary board** that represents the various work areas we are involved in and provides strategic oversight and guidance.

Our full Strategic Plan 2022-27 can be found here

Herts Sports & Physical Activity Partnership – Strategic Plan 2022-27 Summary



Impact Summary

Facilitated over

£1.2 million

investment in our Active Local Areas Over TTTTTTT

2,500 pupils
from 337 different schools
took part in Herts
School Games events



75,850

attendances by children and young people at our HAPpy Holiday Camps





£358K

Opening School Facilities funding invested in 30 Schools



Physical Activity for Health and Wellbeing

Feature Project: Active Together

The Active Together programme aims to reduce the burden on the local care system by enhancing physical activity opportunities for older adults in Hertfordshire, particularly those with mild frailty and long-term health conditions.

Related Impact Projects

- Active Together
- Active Connections
- East of England MIND Physical Activity Network
- Moving More

Impact Summary

Live Longer Better in Hertfordshire:

The network grew to
1,254 members. Key
events included a
Celebration Day with
316 attendees and a
Champions Networking
Lunch to plan future activities.



in Hertfordshire

Securing Extra Funding to Support New Projects:

Working in partnership with Funding4Sport £232,422 has been raised to support 17 community based, inclusive active ageing projects e.g. culturally appropriate fitness sessions for women 55+ from ethnically diverse communities.

Upskill the Sector:

Training provided to 47 Everyone Active staff to support people with Parkinson's Disease received positive feedback and media attention. Other CPD initiatives, such as Dementia Friends and Sensory Inclusion Training, and enhanced support for participants with specific needs.

Strength and Balance Programme:

The programme achieved an 82% increase in class attendance, with 93% of participants reporting improved physical wellbeing and 87% noting enhanced mental wellbeing. Testimonials highlighted significant personal improvements, such as regaining independence in daily activities.

Before doing the class I couldn't lift my hand or feet due to my stroke and now I can. I have been housebound for about 8 months and now I am starting to go out again."

Moving More Activity Finder:

The re-launched website saw a substantial increase in usage, with 25% more

sessions listed than the previous year.



Covid Recovery

Feature Project: HAPpy Programme

The Department for Education (DfE) funded Holiday Activity and Food (HAF) programme is known in Hertfordshire as HAPpy. The HAPpy programme offers free holiday activities to children (reception to year 11) who are registered for Free School Meals (FSM) and are more likely to experience 'unhealthy holidays' in terms of nutrition and physical health and social isolation. We co-ordinate the programme on behalf of Hertfordshire County Council (HCC) and work with a large number of local providers to offer a broad range of camps during the Spring, Summer and Winter holiday periods.

Related **Impact Projects**

HAF Training

Long Covid

Impact Summary













of parents/ guardians indicated that their child enjoyed their overall experience at the HAPpy Camps.



of respondents indicated that HAPpy Camps helped their family with the cost of living, during the school holidays.

My 6-year-old had no confidence at the start and left full of confidence and made friends, and she's already asking when she can go back. The team were amazing and really looked after her and understood her needs. Thank you!."



Watch our HAPpy Video



Participants at an Easter 2024 multi-activity HAPpy Camp.

Sport for Social Change

Feature Project:Summer Parks Programme

The 'Herts Summer Parks' programme, was a pilot project, in collaboration with Hertfordshire County Council and local authorities, that aimed to plug the gap in provision for 12 to 16-year-olds eligible for, but not engaging with Hertfordshire's main HAPpy programme. Adopting a festival style, our pop-up events were held across five public parks in Hertfordshire in August 2023, and addressed the issue of physical and mental well-being, social isolation and community cohesion.

Related Impact Projects

- Summer Parks Programme
- Multiply
- Together Fund
- Early Years
- Crime Reduction through Sport
- ICF Canoe Slalom World Championship

Impact Summary

The programme featured an exciting range of sports, arts and crafts, and other enrichment activities and provided food vouchers redeemable at selected local outlets.

There were 1,091 attendances over the 4-week period and 25% of those attending were eligible for free school meals.



Daniella and her father live in a block of flats that overlook Meadow Park. Daniella has ADHD and very rarely leaves her home and struggles to socialise with peers. Out of all the Summer Holiday Provision, her dad advised that the Summer Parks Programme was the only one she showed any interest in.

After initially being accompanied each week, Daniella came along by herself on the 4th week and took part in all the activities and engaged with other children and staff.



The programme gave
Daniella opportunities she
would otherwise not have
had. It brought her out of
her shell and broadened her
horizons - something that
we are really proud of."

HSP Organiser



Stronger Communities

Feature Project: Active Local

The Active Local initiative aims to address physical inactivity, social disadvantage, and health inequalities in targeted communities across Hertfordshire.

One of our officers is based in each targeted community acting as a Community Connector - collaborating with communities, key partners and local authorities to leverage strengths and identify areas needing support.

See Active Local Full Impact Report

Impact Summary

- Significant investment was channelled into the Active Local areas including: £270,577 from the Opening School Facilities Fund, £443,933 for HAF Holiday Camps, and £44,250 for Strength & Balance classes.
- The Annual HSP Conference with a place-based theme attracted 106 delegates from 76 organisations, with 76 pledges of continued support. The High Sheriff of Hertfordshire announced a Year of Sport for Good to support Active Local initiatives.
- Active Local influenced system partners, including Primary Care Networks and Hertfordshire County Council (HCC), to align with strategic aims of reducing inequalities and promoting physical activity.



- Co-ordinating many successful community projects e.g. Waltham Cross Community Cycling Workforce: This was a response to local cycling provision gaps, resulting in a successful leadership course with 18 participants.
- Five Steering Groups are operational, facilitating improved project collaboration, with circa 30 attendees per established group.





£1,249,050 Invested Funding



228 NewRelationship
Meetings
created



288Projects
Supported



250Partnership
Meetings



107 Events Attended



587Days Spent in Active Local Areas

Active Environments

Feature Project: ParkPlay

ParkPlay is an initiative offering free, informal, and fun play sessions every Saturday from 10–12pm, playing a vital role in strengthening communities, and improving physical and mental wellbeing. This programme targets individuals of all ages, encouraging physical activity and community engagement through playful activities in parks, schools, or public areas. ParkPlay is especially designed for those who may not take part in conventional sports, providing an inclusive environment for active, social play and is a collaboration between Hertfordshire County Council, local authorities and HSP.

Related Impact Projects



Active
Environments
and Climate
Change

Impact Summary

To date, three ParkPlay initiatives have been successfully launched in:
Broxbourne – Cedar's Park, Letchworth – Jackmans Creamery and Borehamwood – Aycliffe Park, with hundreds of attendances from across the age spectrum. Eleven Play Leaders have been trained to ensure quality delivery of the programme, and plans are underway to launch a further 6 locations over the next 12 months.





Families enjoying fun activities at the launch of the Cedars Park ParkPlay in Broxbourne.



After a week of working I look forward to every Saturday morning attending ParkPlay with my granddaughter. We were made to feel so welcome by everyone and such a lovely activity to be part of! We get to see people from our town and love to share our Saturday mornings with them all."

Community Sport & Physical Activity

Feature Project: PE Conference

Our work with schools brings to life the Sport England Strategy Strand 'Positive Experiences for Young People'. The aim is to encourage a healthy lifestyle for young people by embedding engaging, inspiring, and safe sport and physical activity opportunities that enable young people to fulfil their potential. This work area focuses on inclusion and engaging less active children and using the power of sport and physical activity to tackle inequality and disadvantage. Our Primary Schools PE & Sport Conference forms part of the wider schools programme and is an annual event for PE leads, Headteachers and PE link governors. It aims to raise awareness of key challenges and opportunities, offer ideas that can be transferred into the school settings and provide a better understanding of the PE and School Sport agenda.

Impact Summary

The Annual Primary Schools PE & Sport Conference took place in January 2024 with 257 people in attendance.

The event consisted of a mix of keynote addresses, practical and theoretical sessions covering Physical Education, school sport, physical activity, physical literacy, mental health and wellbeing. Inspirational opening addresses from by Kylie Grimes MBE and Ali Oliver MBE gave an overview of the national picture for PE, school sport and physical activity for children. Max Whitlock OBE closed the day with an insightful Q & A session.

I was so impressed by the size, brilliant organisation, and breadth of your conference. Colleagues in my session were brilliantly engaged and respectful of each other's viewpoints."



Watch our
PE Conference Video

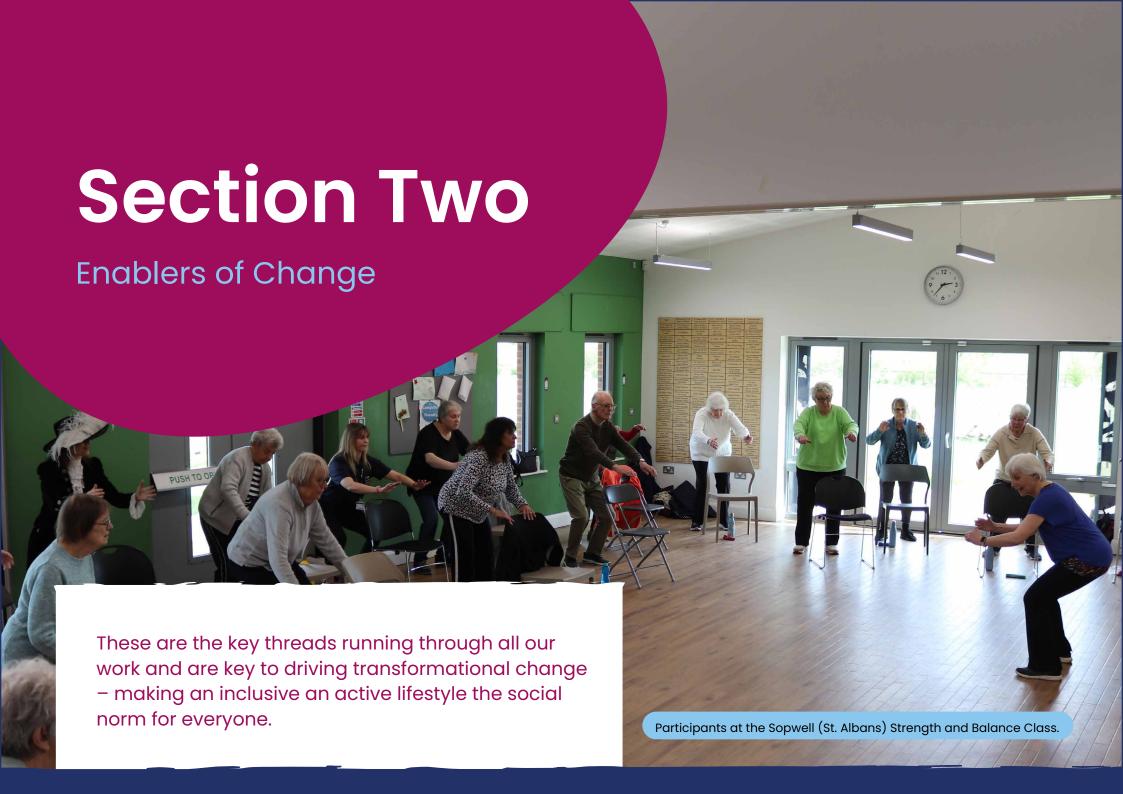


- School Sport
- ClubDevelopment
- CoachDevelopment
- Active Lives CYP Survey

- Junior parkrun
- Opening School Facilities Fund
- Sport Welfare
- Disability Sport



Keynote speech from Kylie Grimes MBE at the Hertfordshire PE Conference.



Workforce Development

The workforce is key to providing fun, safe and progressive activities that attract and retain individuals in sport and physical activity - HSP is committed to developing a diverse and welcoming workforce with the right skills and behaviours to be effective.

All of our projects include a workforce development strand, and examples include:

longstanding event in the Partnership's annual calendar which has established a strong reputation for providing an exciting blend of key CPD opportunities, based on need. The 2024 programme ran in February and saw courses ranging from Badminton Level 1 to Domestic Abuse Awareness. A total of 28 opportunities were delivered (online and in-person) and overall, 319 people attended.

A great offer from HSP and fantastic it was offered out to a wider audience - sessions delivered really well by presenters." **HAF Training** – forms part of the national Holiday, Activity and Food (HAF) programme, (known locally as 'HAPpy'), and aims to support the overall programme by providing a diverse, fit for purpose training programme for providers and delivery staff. Overall, 113 courses were offered in 2023 with 1644 attendances. Courses ranged from: first aid training, IHASCO online courses, safeguarding, special education support needs, nutritional advice, disability, accessibility and managing challenging behaviour. One of the outcomes was an increase in the confidence and competence of providers to deal with low-level behavioural needs making our mainstream offer more inclusive and the SEND offer more specific.

number of interventions have been used to build stronger connections between the health and physical activity sectors including: in partnership with MolyFit Ltd - 47 Everyone Active staff have been upskilled in supporting people living with Parkinson's Disease; 124 Live Longer Better in Hertfordshire Champions have been recruited and trained (including 17 master classes) to support inclusive active ageing in local communities; 89 activity providers have taken advantage of the Long Covid training.



regional networks across England, that aim to increase collaboration among local organisations to make sport and physical activity more inclusive for people experiencing mental health issues. HSP leads for the East Region and key development work included: the Mental Health in Sport and Physical Activity Conference engaging over 160 attendees – successfully raising awareness of Mind's physical activity toolkit; the delivery of our Mental Health Champions programme – developing a community of 29 volunteers that will continue to advocate for the importance of being physically active to support positive mental health.

The East of England Mind Regional Hub has been a valuable platform for learning, collaboration, and support in the field of mental health and wellbeing."

Supporting Skills Development across the Sector – Alongside the Chartered Institute for the Management of Sport & Physical Activity (CIMSPA), we have coordinated a Training Needs Analysis for the Hertfordshire sport and physical activity sector, to understand key skills gaps. The insight has been used as a catalyst to bring key partners together to form the Hertfordshire Sector Skills Board and to co-ordinate activity to address needs, and to advocate for more resources.

Supporting Climate Literacy & Action We held a Climate Fresk Workshop for 9
partners providing the fundamentals behind
climate change and an 'Environmental
Sustainability Funding Webinar' for sports
clubs in partnership with Funding4Sport, with
35 partners in attendance.

Learn & Share Networks – we use our leadership role to bring partners together at regular intervals to enable greater collaboration and shared learning including: Local Authority Sport & Health Officers; NGBs, Leisure Operators, as well as contributing to a number of other influential countywide groups. We organised over 60 Learn & Share events linked to our 6 Strategic Objectives with 750 attendances from a range of partners.

offer reaches a broad audience, several models are used to engage clubs including: Club Forums, Annual Clubs Conference, Sported Project and a project working with local Councils for Voluntary Services (CVS). The Clubs Conference took place in September in partnership with the national charity Sported, and included keynotes and workshops on topical issues, attended by over 100 representatives of local clubs.

"As a club wholly dependent on funding and volunteers, HSP have been so helpful to us to secure funding and recruit volunteers."



System Change

At HSP, we want to use our projects, insight and our leadership position to influence long-term change that hardwires an inclusive active lifestyle into the policy, practice and funding streams of the key organisations and systems we are working with.

A few examples where we are influencing system change includes:

The Partnership was

Serious Violence Duty

from the Home Office, to

develop a new approach

to using sport as a crime

awarded £130,000

prevention tool."

Through our advocacy, the Partnership benefits from physical activity within local strategy documents, including the Hertfordshire Health & Wellbeing strategy, This strategy provides the blueprint for commissioned services in Hertfordshire.

We are also involved in key strategic groups such as the ICB Health Creation & Prevention network and local VCFSE driven networks.

Delivery of the Public Health funded Active Connections workstream has

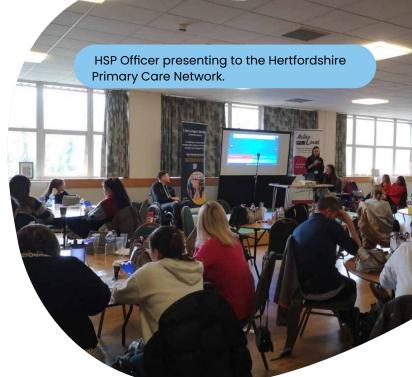
helped connect HSP to local health system.

The capacity funding has allowed us to employ an officer to focus on creating and attending connection opportunities between healthcare systems and community physical activity. Notable successes have included attendance at PCN Target events and protected learning time to inform local staff of opportunities relating to physical activity. These include the Active Practice Charter, Physical Activity Clinical Champion (PACC)

training and our Moving More Activity Finder.

It has also enabled us to offer the same connection opportunity to sector partners such as health walks, GP Exercise Referral programmes

and other local community delivery organisations. A success includes all GP surgeries within Hatfield PCN achieving Active Practice status leading to further actions including PCN-wide walking events, physical



activity resources being used in practice, and PCN staff being trained to deliver their own health walks.

The Partnership was awarded £130,000
Serious Violence Duty from the Home Office, to develop a new approach to using sport as a crime prevention tool. The funding has enabled the Partnership to work with StreetGames UK and the Hertfordshire Constabulary to undertake a community sport audit to understand the existing offer. The Partnership has also launched a Crime Reduction through Sport Board and is now a member of the Hertfordshire Criminal Justice Board, Prevention and Intervention sub group and Hertfordshire Youth Justice Board.

We have strengthened our relationships with local authority Town Planners, attending their Hertfordshire Planners' Group meeting and providing regular updates on active environments related areas. We also organise a regular 1-1 with each of our 10 local authority planning teams to discuss specific areas for collaboration, and have offered to support their key master planning schemes, at an early stage.

The Hertfordshire Growth Board's Vision & Missions document was launched in February, covering shared countywide goals to deliver sustainable, good growth, and we have emphasised the importance of inclusive, active and healthy lifestyles, as part of any subsequent action.

Our Annual Partner Celebration Event was held in June 2023 and we used the event to share key insight affecting the sector, and launch our new Story Map - a one stop shop for sport and physical activity insight. We are applying our insight to advocate for positive change and examples include: the detailed mapping and community needs work as part of our crime diversion project; the needs analysis with community clubs and partners linked to our new safeguarding and sport welfare role; and our community audit for our new early years

We have partnered with CIMSPA to produce the latest data pack of sport and physical activity workforce trends in Hertfordshire.

project.

The Sector Skills Board membership has been reviewed and key partners have been invited to join, including representatives of the county's 4 FE colleges, Local Enterprise Partnership and key employers in the sector. We will use the insight from the survey to drive our action plan and to secure greater visibility and resources for the sport and physical activity sector's workforce.

We have strengthened our relationships with local authority Town Planners, attending their Hertfordshire Planners' Group meeting and providing regular updates on active environments related areas."

Partners taking part in physical activity at the

HSP Annual Partner Celebration Event 2023.

Commitment to Learning & Improvement

At HSP, we are always striving to put learning into action to drive continuous improvement and impact. Over the course of the year, key improvement activity has included:

Tier 3 UK Code for Sports Governance **Compliance -** As a condition of Sport England funding, we are required to comply with Tier 3 of the UK Code for Sport Governance, - which sets the highest standard for good governance, and includes specific requirements for Equality, Diversity and Inclusion (EDI), Environmental Sustainability and financial health. Following the submission of a comprehensive portfolio of evidence we received confirmation that we are fully compliant. Additionally, an independent consultant undertook an external evaluation of the Partnership's Board, and governance polices and practice, with recommendations feeding into our Governance Improvement Plan.

New pages have been added to the **HSP Physical Activity Story Map** which provides a comprehensive onestop-shop for insight in Hertfordshire, supporting advocacy and programme design, and to bring it to life, we delivered a 'Key Trends in Physical

Activity' online workshop for partners.



We have designed and embedded a new Performance Management & **Learning System (PALS)** which helps us to effectively identify strengths and areas for improvement, across a range of key performance indicators.

We have improved and re-launched the HSP website and used it as a platform to launch a new brand identity designed to support our ethos as an inclusive, innovative and dynamic organisation.





- staff Welfare HSP is committed to supporting and developing its staff and uses the OfficeVibe and GoVox tools to monitor staff welfare. Our regular reporting shows that HSP is a great place to work and our NPS score compares very favourably to the industry average.
- constantly reviewing our approaches and utilising new technology to improve of efficiency and effectiveness including: workforce training, measuring marcomms effectiveness, measuring staff welfare, use of mapping / insight tools, internal communications, stakeholder mapping, booking systems and task management.
- We have **created internal**Improvement Groups that co-ordinate and drive action for cross cutting themes covering: Safeguarding, EDI, Technology, Workforce Development, Staff Welfare and Environmental Sustainability with representation from across the HSP Team.



We are always striving to put learning into action to drive continuous improvement and impact."

Partner Satisfaction Survey

The Annual Partner Survey provides valuable feedback to help us continually strengthen our approach and relationships.

Responses about working with HSP were overwhelmingly positive, with partners citing the following attributes:



Partners were asked to indicate how likely they would be to recommend HSP to a colleague - 88.5% of respondents selected a maximum score of 5 'extremely likely' which is significantly higher than the industry average.





Thank you for bringing everyone together and doing such fantastic partnership working. This in itself saves lives."

Financial Performance

The Board monitors the HSP finances via a financial report at every Board meeting. HSP finances are audited annually as part of the University of Hertfordshire (UH) Audit and a HSP financial statement is included in the UH Strategic Report & Financial Statement 2022-23 - see page 96. For August 2022 - July 2023 the Partnership's Income was £2,053,000 with expenditure at £2,135,000 – with a planned-for cost to reserves of £82,000.

Giving Back to the Herts Community

At HSP, our commitment to living our values is demonstrated through our active engagement and support of the Hertfordshire community. This year, we proudly hosted several impactful events and initiatives that reflect our dedication to giving back.

Goods for Good at the Fit Fed & Read (FFR) Celebration Day:

Through our partnership with Goods for Good (global sports charity), young people who attended the FFR Celebration Day received a fantastic goody bag including a book and branded clothing and footwear with a total value of over £30K.

Supporting the Isabel Hospice:

Our annual indoor Rowathon saw HSP staff and partners – including the University of Hertfordshire's Vice Chancellor – row tirelessly to raise over £1300 for Isabel Hospice, contributing to the hospice's efforts to provide critical care and support for patients and their families.

Grahame Bowles Memorial / HSP 21st Anniversary:

We honoured the memory of the late Grahame Bowles (our ex-Chair and President and long-standing supporter of the Partnership) with a lunch that celebrated his legacy. We also used the occasion to celebrate HSP's 21st birthday bringing together colleagues past and present to celebrate our achievements over the past 21 years.

Investing in Key Projects and Organisations:

HSP has allocated significant funds (circa. £100k) from our reserves to support key projects and organisations across Hertfordshire – including the Herts Disability Sports Foundation's Bikes without Barriers initiative, and seed funding for an exciting new social enterprise, Inclusive United, which uses sport as a pathway into education, training and employment for young adults with learning disabilities.

University of Hertfordshire (UH) Student Ambassadors and Graduate Programme:

Our partnership with the University of Hertfordshire (UH) continues to thrive with the addition of two Student Ambassadors who gained 50 hours of work experience with HSP as part of their studies. Additionally, we have recruited six individuals from the UH Graduate Programme on 12-month placements, providing essential experience and career development opportunities. providing essential experience and career development opportunities.



Thank you to all our partners for supporting our work and sharing our aspiration...

More People More Active More Often

www.sportinherts.org.uk

If you would like to discuss any aspect of this report, please get in touch by emailing **hspinfo@herts.ac.uk**Stay in touch by subscribing to our **e-newsletter**, visiting our website and joining our social media channels.