



CIVIC EXCHANGE NETWORK

Thursday 9 March 2023

Workshop discussions

How do we create healthy and active communities?

Workshop one

Q. How does your work contribute to the aims of the We Can Be Active strategy?

Q. What other actions could you take to support our residents to move more in a way that suits them?

- Provide more open access to facilities and focus on the bottom 50% of activity users.
- Encourage use of local community open spaces.
- Collaborative working with other providers and sharing activity space.
- Identifying and using non-traditional spaces for activities to connect with communities.
- All movement is good! Consider everything.
- Promotion of active travel to spaces (cycling, walking, jogging, scootering etc.).
- Creation of safe, fun, and welcoming spaces.
- Local resident representation on meetings where decisions on health and active provision is discussed.
- Active festivals across the year and city. Supporting social prescribing.
- Explore ways to bridge the gap from 0 activity to 150 minutes of activity per week.
- Change the narrative! How we talk about activity, encourage participation and analogue activity.
- Engage with universities to get involved at community engagement level.
- Focus on people. They are the key to encouraging participation.
- Timing of volunteering and engagement opportunities built around term times.
- Identifying specific barriers to engagement across communities.
- Providing opportunities to bring together agencies, education, and organisations (conferences, workshops).
- Breaking down barriers (finance, pre-conceptions, self-esteem, culture, accessibility, traditional sports).

- Low cost and sustainable activity.
- Focus on Primary Care access for residents (nutritionists/wellbeing).
- Utilising the Hampshire Healthy Schools Award (School nurses) and Hampshire Early Years Award across community organisations and educational establishments.
- Centralised website which provides a bank of activities, locations and offers across the city and resources which can be shared, and utilised by all.
- Working better together.
- Improving data collection on early years. Creation of questionnaire in association with Southampton City Council Early Years Team, Energise Me, and Southampton City Council PH.

Workshop two

Q. Do we effectively utilise our green spaces?

Considerations. What is currently available to local communities, and how are they utilised? How do we grow usage of green spaces? How and where is information centrally coordinated and communicated?

- Funding for Green Grid rangers.
- Implementation of 'Good Gym' in Southampton and utilising Universities to encourage students to become task members through voluntary roles.
- Central resource which allows residents, organisations, and groups to contribute to 'what is taking place' locally.
- Effective spaces: play parks, MUGA's, parks with fitness gyms, bowling greens, paddling pools, free tennis spaces, pitch & putt, skate parks, cricket/football pitches, cycle paths, sports centers, and dog parks.
- Link green spaces to other local organisations nearby to help create more sustained community activities.
- Support communities to feel they have the permission to access and maintain green spaces.
- How and where is information coordinated on what activity is currently taking place, and locations of green spaces across the city?
- Produce and provide for residents a city wide (or local SO area) green active and healthy map with details on where and how they can get involved and how they can travel actively to these (i.e., cycling and walking routes, with approx. time from central locations).
- Could activities in green spaces be linked to other seasonal events or activities throughout the city?

- Some of the barriers to accessing green spaces: attire, safety (or perceived safety) of spaces, rules and guidelines on access, lighting, and suitability of space for activities.
- Could we better utilise the Get Active Page on Southampton City Council website to share green and free activity?
- What social media platforms could be utilised to share information with residents. Do SO areas have a website and do these offer links to resources and information on local opportunities?
- Is there a way to provide accessible sport and activity equipment around green spaces to encourage social interaction through family activity?
- Could we use local families, schools and employers as role models utilising the green spaces across the city?
- How do we engage with local schools to share information on green spaces and activities that children and young people can get involved in?

Workshop three

Q How does free activity influence participation

Considerations. Does free access to health-related activities impact on people's perceptions of safe participation? How do you ensure free activity is equal and open to all? How could free activity be sustained?

- Perception of value.
- Providers have huge costs to deliver good quality and safe effective activity. Sustaining free activity is not feasible.
- Residents need to be engaged before they will invest.
- What are the pathways from free activity into more regular activity? (i.e., Couch to 5k)
- Needs to reflex the multi-cultural requirements of communities.
- Toddler groups are free/low cost. How can we support the workforce to deliver physical activity within these sessions?
- What 'Meet Up' groups currently exist in Southampton which offer free access to active and healthy sessions?
- Less about cost and more about lack of confidence to attend and no-one to go with.
- Community Sports Clubs – across city spaces/communities.

Resources

- [Energise Me - We Can Be Active strategy](#)
- [Solent University - Health for Her](#)
- [Southampton City Council - Get Active Website](#)

Contact Us

If you would like to speak to us regarding potential opportunities to work with our students on a [live brief](#), or if you have a project, activity or research area you would like to explore with Solent University. Please contact the Communities Development Team on engagement@solent.ac.uk.

Find further details on how Solent University is engaging with local business and communities by visiting our [website](#).