

## **DUNDEE CITY COUNCIL**

**REPORT TO:** Leisure and Arts Services Committee - 19 December 2005

**REPORT ON:** Best Value Review of Physical Activity in Tayside

**REPORT BY:** Director of Leisure and Communities

**REPORT NO:** 744-2005

### **1.0 PURPOSE OF REPORT**

- 1.1 To inform the Committee of the completion of the Best Value Review of Physical Activity in Tayside and to seek their approval for the implementation of its proposals.

### **2.0 RECOMMENDATIONS**

It is recommended that the Leisure and Arts Services Committee approves the following:

- 2.1 The contents of the Best Value Review of Physical Activity in Tayside.
- 2.2 That Dundee City Council in association with its Community Planning Partners formulate and cost an action plan based on the gaps identified in the Best Value Review.
- 2.3 That the Council takes into account in its planning of future provision the identified gaps.
- 2.4 That attention is given to consulting people at local levels on the recommendation of the Best Value Review and what they consider to be particular priorities in their Communities.
- 2.5 That consideration be given to extending the model used in this Best Value Review to other areas of mutual interest in the Tayside area for the three Councils and the National Health Service Tayside.
- 2.6 That the three Councils and the National Health Service Tayside should continue to work closely together to ensure cross boundary liaison and learning from good practice. That, in this connection, the review team continue in existence as a liaison group meeting twice yearly to review progress and good practice.

### **3.0 FINANCIAL IMPLICATIONS**

- 3.1 The Best Value Review identifies a range of opportunities which exist for increasing physical activity and enhancing opportunities for participating in physical activity. Further consideration would need to be given to the level of resources which could be made available to implement the Best Value Review's recommendations and this would be reported back to a future Committee.

### **4.0 SUSTAINABILITY IMPLICATIONS**

- 4.1 The Best Value Review of Physical Activity has implications for the health and wellbeing of the residents of Dundee. Its recommendations provide a basis for increasing physical activity throughout Tayside.

## **5.0 EQUAL OPPORTUNITIES IMPLICATIONS**

- 5.1 All the recommendations in the Best Value Review have been formulated with equal opportunity considerations incorporated.

## **6.0 BACKGROUND**

- 6.1 Physical activity levels in Scotland are the lowest in the UK. The Scottish Strategy for Physical Activity concluded that “for centuries people in Scotland lived active lives – but not any more. As a nation Scotland is inactive, unfit and increasingly overweight/obese. The health of two thirds of the Scottish adult population is now at risk from lack of physical activity, making it the most common risk factor for coronary heart disease in Scotland today. Perhaps most worryingly, this trend starts before young people have left school. Tackling this is now crucial. The health effects of an inactive life are serious. Inactivity accounts for over a third of deaths from heart disease and threatens the progress made in this area over many years. Added to this are the disease, disability and poor mental health that come from growing levels of obesity and lack of physical strength. Physical inactivity has been called the silent killer of our times.”
- 6.2 In the undertaking of the Best Value Review Tayside local authorities, National Health Service Tayside and other Partners have recognised their commitment to making sure that residents and visitors to the area are aware of the positive contribution that physical activity can make to their wellbeing and lifestyle and are able to access as wide a range of physical activity as possible. The review followed the four main stages through life identified in the Physical Activity Task Force Report. These being pre-primary school, primary/secondary school, adults of working age and adults in later life. This was then established as a matrix against the four major locations that physical activity is located in, being schools, homes, communities and workplaces. This matrix covered all physical activity services delivered by Community Planning Partner organisations across Tayside.
- 6.3 The most fundamental part of the Best Value Review was to undertake an audit of physical activity provision made by the public sector within each of the three council areas based on the matrix of age and location. The outcome of the three Council area audits allowed gaps in provision to be identified and the Best Value Review focussed on what recommendations might be brought forward for consideration at a national level, a Tayside level and individual Council level.
- 6.4 The aims of the review were to:
- Consider whether current provision of physical activity services in Tayside meets local and national strategic objectives.
  - Promote all forms of physical activity as a means of improving wellbeing and lifestyle.
  - Increase the number of people taking part in some form of physical activity and doing so on a regular basis.
  - Create a mindset that looks upon physical activity as being a natural part of an individual's way of life.
- 6.5 The objectives of the review were to:
- Provide an audit of current arrangements
  - Identify current spend levels/costs around this topic
  - Identify possibilities and options for change
  - Identify opportunities for management, service and financial benefits or improvements

- Assess the quality of physical activity services including the extent to which they meet the needs and preferences of service users and potential users.

It should be noted that the last two of these objectives were not included in the review and will require further investigation and development.

## **7.0 PROPOSALS**

The key recommendations of the review are:

### **7.1 At a national level**

That the Health Improvement Committee and the three councils in Tayside together raise the following points with the Minister for Health & Community Care and the Minister for Finance and Public Service Reform.

- The potential benefits of adopting a “spend to save” approach to this issue with regards to for example, staffing arrangements, workforce development, physical infrastructure and voluntary sector training.
- The necessity for a public campaign with incentives to development demands. The NHS Health Scotland is seen as having a substantial contribution to make in this regard.
- The possibility of outcome agreements being negotiated between the Scottish Executive and the Councils/Community Planning Partnerships to be examined. The Community Planning Partnerships are in a position best to assess what is appropriate for their community in the context of the powerful message in the various national strategic documents on this issue. It is recommended that the Community Planning Partnerships should be able to seek funding from a spend to save budget in order to achieve specific outcomes which demonstrably contribute to the national vision.
- Encouragement by the Scottish Executive of other areas to use the Tayside model of auditing current provision and identifying gaps with a view to assisting in the process of making sound funding bids.

### **7.2 At a Tayside level**

- That the three Councils and the NHS Tayside should continue to work closely together to ensure cross boundary liaison learning from good practice.
- In this connection that the Review Team should continue in existence as a liaison group meeting twice yearly to review progress and good practice.

### **7.3 At an individual Council area level**

- That each of the three Councils should have the Best Value Review considered by an appropriate council committee.
- The Best Value Review should be submitted to each of the three Community Planning Partnerships in Tayside for consideration in the context of a Joint Health Improvement Plan for the area.
- Each Community Planning Partnership should be invited to formulate and cost an action plan based on the gaps identified in the Best Value Review, bearing in mind the approach to Ministers about Outcome Agreements.
- Each of the three Councils should be urged to take the identified gaps into account in their planning of future provision.
- Attention should be given to consulting people at local level on the recommendations of the Best Value Review and what they consider to be particular priorities in their Communities.

- Consideration should be given to extending the model used in this exercise to other areas of mutual interest in the Tayside area.

## **8.0 BEST VALUE REVIEW**

- 8.1 The Best Value Review of Physical Activity in Tayside has been submitted to the Health Improvement Committee and a report is going to the Dundee Community Planning Partnership
- 8.2 Dundee City Council is in the process of finalising its own Best Value Review of Physical Activity and this will be reported to Committee by March 2006.
- 8.3 A copy of the full report which runs to over 101 pages is available in the Councillors' Lounge.
- 8.4 Core comparisons were formulated for Dundee, Angus and Perth & Kinross based on population and expenditure levels. This was done for sports development, leisure facilities, PE in schools, Active Schools, public parks and recreation. A copy of which is in Appendix 1
- 8.5 Also included in the Appendices is the areas identified by each authority that contributes towards the promotion and advancement of physical activity but are not included in the Core Comparator Areas.

## **9.0 CONSULTATION**

The Chief Executive, The Depute Chief Executive (Finance), Depute Chief Executive (Support Services) and Assistant Chief Executive (Community Planning) have all been consulted on this report and are in agreement.

## **10.0 BACKGROUND PAPERS**

The following Background Papers have been relied upon in the preparation of this report:  
Best Value Review of Physical Activity in Tayside.

**STEWART MURDOCH**  
**DIRECTOR OF LEISURE and COMMUNITIES**  
**6 DECEMBER 2005**

## APPENDIX 1

### CORE COMPARITOR AREAS (ALL FIGURES 2003/4)

	DUNDEE	ANGUS	PERTH & KINROSS
POPULATION	141,870	108,580	137,520

SPORTS DEVELOPMENT	£'000	£'000	£'000
NET COST	400	409	167
INCOME	412	75	27
EXPENDITURE	812	484	194

INCOME AS % OF EXPEND	50.7%	15.5%	13.9%
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LEISURE FACILITIES	£'000	£'000	£'000
NET COST	1860	4154	1287
INCOME	1747	1454	2242
EXPENDITURE	3607	5608	3529

INCOME AS % OF EXPEND	48.4%	25.9%	63.5%
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PE IN SCHOOLS	£'000	£'000	£'000
EXPENDITURE	2241	1275	1606

ACTIVE SCHOOLS	£'000	£'000	£'000
EXPENDITURE	196	160	269*

PUBLIC PRKS & RECREATION	£'000	£'000	£'000
NET COST	3808	1297	1982
INCOME	1055	282	258
EXPENDITURE	4863	1579	2240

INCOME AS % OF EXPEND	21.7%	17.9%	11.5%
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\* As a pilot authority for this project Perth and Kinross had a more advanced infrastructure in place hence higher expenditure in this area (03/04). Angus and Dundee were entering the project in this year with subsequent minimal expenditure.

Areas identified by each authority that contribute towards the promotion/advancement of physical activity but are not included in the “core” comparator areas.

DUNDEE	PERTH & KINROSS	ANGUS
<ul style="list-style-type: none"> <li>OTHER DIRECT STAFF COSTS ASSOCIATED WITH SPORTS PROMOTION £32,547</li> <li>NOF ACTIVITIES £71,946</li> <li>HALLS £561,000</li> <li>COUNTRYSIDE RANGERS £177,000</li> <li>OUTDOOR/COMMUNITY CENTRES £418,000</li> <li>TOPS PROGRAMME £3,000</li> </ul> <p><b>TOTAL = £1,263,493</b></p>	<ul style="list-style-type: none"> <li>NOF ACTIVITIES £177,000</li> <li>COMMUNITY HALLS £133,000</li> <li>COUNTRYSIDE RANGERS £359,000</li> <li>OUTDOOR/COMMUNITY CENTRES £ 97,000</li> <li>TOPS PROGRAMME £7,000</li> <li>GRANTS TO VOLUNTARY ORGANISATIONS £469,541</li> <li>GANNOCHY TRUST SUPPORTED PROGRAMMES £90,000</li> </ul> <p><b>TOTAL = £1,332,541</b></p>	<ul style="list-style-type: none"> <li>OTHER DIRECT STAFF COSTS ASSOCIATED WITH SPORTS PROMOTION £48,500</li> <li>NOF ACTIVITIES £200,000</li> <li>HALLS £ 70,000</li> <li>COUNTRY PARKS &amp; RANGERS £762,000</li> <li>EDUCATION RESOURCE SERVICES £109,000</li> <li>CULTURAL &amp; CREATIVE PROGRAMMES £98,000</li> <li>SOCIAL WORK PROGRAMMES £215,000</li> </ul> <p><b>TOTAL = £1,502,500</b></p>

The figures contained within each of the “selection” boxes are either not easily comparable, or are areas that may only be partially attributable to physical activity but the actual contribution may not be easily or accurately extrapolated.  
The total figure is indicative of other areas that each authority uses to contribute towards the physical activity “whole”.