

**Let's
get
moving...**
Brighton & Hove
Physical Activity
and Sport Strategy
2024-2034



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“There is no situation, no age, no condition, where exercise is not a good thing.”

Professor Chris Whitty,
Chief Medical Officer 2020



1. Foreword



Welcome to Let's Get Moving Brighton & Hove – a 10-year physical activity and sport strategy for Brighton & Hove.

In Brighton & Hove we are blessed with a unique opportunity to be active. A location that brings the sea and the South Downs to our doorsteps, a city where many people choose to walk, cycle and wheel actively around the city, and where a rich and diverse range of community sport, dance and leisure activities bring people together through movement. However for some people moving more can be challenging and some people told us that it can be difficult to identify and access opportunities within the City to be active.

Let's Get Moving Brighton & Hove started with a conversation with local people about leading an active lifestyle in the city. Drawing on what people told us; the Strategy sets out a framework for collective action by organisations and communities in the city to best support people in the city to enjoy the benefits of moving more.

It recognises how the experiences we have, the people around us, the activities and facilities in our communities, and the environments we live in, can all effect how active we are in our daily lives.

We want Brighton & Hove to be a place to live where everyone feels inspired, included and able to enjoy the benefits of moving more regardless of age, gender, race, ability, identity, background or circumstances and by doing so create a healthier, happier, and more sustainable future for our city.

By working together with our partners and communities in the city we want to make Brighton & Hove one of the most active cities in England – a place to live where people's lives are enriched through movement.

I look forward to working with you to make that happen.



Cllr Bruno De Oliveira - Chair of the Health & Wellbeing Board



There has never been a better time to be supporting people to enjoy the benefits of moving more. Being active is good for both our mental and physical health and reduces our risk of developing a number of health conditions.

People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease.

Physical inactivity is associated with 1 in 6 deaths in the UK and we want to change this for people in Brighton & Hove. A focus on prevention of ill-health and how to manage conditions well is at the heart of our work, and physical activity is fundamental to that, alongside smoking cessation, weight management and supporting mental wellbeing.

We will work with partners to support the health professionals across the city to promote the benefits of physical activity, to encourage people to become and stay active, and to support the ambitions set out in this strategy.

Working with our partners and local communities we can help people enjoy positive experiences of being active from an early age, ensure that people can easily find information and support in their community that will help them move more, and help people to improve their health and wellbeing together.



Lola Banjoko, - Executive Managing Director (Brighton & Hove), NHS Sussex

As a strategic partner we are excited and have enjoyed the opportunity to contribute and help to shape Brighton & Hove's 10-year Let's Get Moving Strategy alongside other stakeholders across the city.

It is a challenging climate for local authorities and for many people in our community. The power of partnership working during times like these, is instrumental in driving forward key agendas.

We know that moving more isn't just good for our health, it can help us to feel happier, to develop our skills and confidence, it can bring people together from different backgrounds, and help us enjoy spending time with family, friends, and people in our community.

These are all principles that Active Sussex support and fully aligns to our own Getting Sussex Moving Strategy and our goal to address inequality and empower everyone to be active in a way that works for them.

We look forward to supporting the Let's Get Moving Partnership and making this Strategy a reality!

Sadie Mason - Chief Executive, Active Sussex



2: Our vision

Our Vision is for Brighton & Hove to be a city where everyone has the opportunity, the encouragement, and the environment to move more, live well and be healthy.

To deliver our vision we want to make Brighton & Hove one of the nation's most active cities, with each of us having the chance to move more in a way that we enjoy.

Five key areas of focus have been identified which provide a framework for the journey to becoming a more active city.



1 Active Culture:

To ensure that moving more for healthy living is a central part of the culture of Brighton & Hove for everyone



2 Active People:

To develop opportunities that remove barriers and enable people to move more and remain active throughout their lives



3 Active Communities:

To empower local communities to influence and develop opportunities that enable more people to lead active lifestyles in the city



4 Active Environments:

To ensure facilities, parks, open spaces and built environments offer safe, accessible spaces that encourage people to be more active



5 Active System:

To improve knowledge, understanding and collaboration across the city to have the greatest impact on activity levels

How does physical activity make you feel?



Source: Most common words used to describe how physical activity made people feel (Let's Talk Active for Life Pop up Events - July 2022)

3: Why moving more matters

Adding even small amounts of extra physical activity into our daily lives can have huge benefits to our health and wellbeing and impact on the quality of life of people in the city. The greatest impact will come from identifying and addressing the barriers experienced by those who are least active and enabling them to move more each day.



Regular physical activity reduces your risk of:

- Diabetes by up to 40%
- All-cause mortality by 30%
- Hip fractures by up to 68%
- Breast cancer by 20%
- Cardiovascular disease by up to 35%
- Colon cancer by 30%
- Dementia by up to 30%
- Depression by up to 30%

Physical inactivity is associated with 1 in 6 deaths in the UK and is estimated to cost £7.4 billion annually (including £0.9 billion to the NHS)²

Being physically active helps many of the 19 million people in England living with long-term health conditions to manage their symptoms (Sport England)¹

Inactive workers lose more working days per year. They lose up to 4.5 more working days per year compared to those who are active.
The economic benefits of a more physically active population: An international analysis | RAND

Group sport & leisure activities bring us together to feel part of our community. They can help us develop social skills, increase self-esteem, reduce loneliness and provide job or volunteer opportunities.

Increasing cycling and walking for those able to do so can help improve air quality, combat climate change, improve health and well being, address inequalities and tackle congestion
(Active Travel England)

Sport and physical activity is estimated to add £444 million in value each year to Brighton & Hove, through its contribution to health, wellbeing, social and community benefits.³

Physical inactivity can have serious implications for people's health.

¹<https://www.sportengland.org/why-working-health-systems-key-uniting-movement>

² Physical activity: applying All Our Health - GOV.UK (www.gov.uk)

³https://www.sportengland.org/guidance-and-support/measuring-impact?section=social_and_economic_value_of_community_sport

4: How much activity is recommended?



The benefits of moving more can be enjoyed by everyone. When starting, build up slowly.

We can start gaining these benefits by building small amounts of physical activity into our daily lives.

It can be daunting for some people to have the confidence to move more, particularly if they are in pain or living with multiple long-term health conditions; however research tells us that the benefits of being active far outweigh the risks for those living with symptoms of most long-term health conditions.¹ Whatever your starting point, all movement counts.

Find out more about the Chief Medical Officer's physical activity guidelines at www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults

Activity in pregnancy



Throughout pregnancy and after childbirth, advice varies depending on how active you were before.

It's important to **start gradually and listen to your body**, eventually aiming for at least 150 mins of moderate intensity activity each week alongside muscle strengthening activities twice a week



¹ Physical activity benefits outweigh risks for people with long-term health conditions | Sport England

Some activity is good, more is better. Every minute counts

Early Years (birth to 5 years)	Children & Young People (6-18 years)	Adults (19+) & Older Adults
<p>180 minutes daily</p>	<p>60 minutes daily</p>	<p>150 minutes weekly</p>
<p>Aim for at least 180 minutes per day</p>	<p>Try to do at least 60 minutes of moderate to vigorous intensity activity every day</p>	<p>At least 150 minutes of moderate intensity activity a week, or 75 minutes of vigorous activity</p>
<p>Try to include activities that strengthen bones and muscles</p>	<p>Spread activity throughout the day</p>	<p>Try to include activities that improve muscle strength at least twice weekly</p>
<p>Under 1s should have at least 30 minutes of tummy time across the day</p>	<p>Include activities to develop movement skills, and muscle and bone strength across the week</p>	<p>Minimise sedentary time and break up periods of inactivity</p>
<p>Disabled children & young people should try to do at least 20 minutes of physical activity a day to benefit their health. It's also important to try some strength and balance activities 3 times a week</p>	<p>Disabled adults should also try to do at least 150 minutes a week of moderate intensity</p>	<p>Older adults should also try to include regular activities that improve balance and coordination</p>
<p>Get strong reduce inactivity, move more</p>		
<p>It's never too late to start enjoying the benefits of moving more.</p>		

5: How active are people in the city

7 out of 10 adults aged 19+ are **physically active**

Nearly 1 in 5 adults do less than 30 minutes of physical activity each week

Brighton & Hove ranks **17th** highest for physical activity amongst **adults** in England

Less than half of children under 16 in the city meet recommended activity guidelines each day



1 in 3 children do less than 30 minutes physical activity each day

Participation in the city is **higher** than the average in England in:

- Cycling for travel
- Swimming
- Dance
- Racket sports
- Adventure and watersports
- Walking for travel

The impact of COVID-19

Activity levels across England were significantly impacted by the COVID-19 pandemic, with fewer adults meeting the recommended levels of activity.

While activity levels are starting to return to pre-pandemic levels, recovery has been slower in some groups, leading to widening inequalities.

More details are available in Sport England's Active Lives reports.

Active Lives | Sport England

*Active Lives Survey – Adults Nov 21/22, Sport England

Inequalities

We know that some groups of people experience complex structural social and cultural barriers that make it harder for them to move more, these include:

- People on lower incomes
- People with additional access requirements due to their mobility, literacy, and language needs
- Disabled people and people living with long-term health conditions
- People who experience racism or other forms of discrimination because of their protected characteristics (eg age, gender, sexual orientation, or cultural background)
- People who have Caring responsibilities for others

There are also some areas of the city where more people face barriers to being active

In some communities on the outskirts of the city including **Hangleton & Knoll**, **East Brighton** and **North Portslade** it is estimated that around **1 in 4** people are **inactive**, compared to around **1 in 10** living in more central areas

Find out more about physical activity in Brighton & Hove:
<https://www.brighton-hove.gov.uk/physical-activity-brighton-hove-2022>

6: Our priorities

Five key areas of focus form the framework for the city's 10 year Physical Activity and Sport Strategy.



1 Active Culture:

To ensure that moving more for healthy living is a central part of the culture of Brighton & Hove for everyone



2 Active People:

To develop opportunities that remove barriers and enable people to move more and remain active throughout their lives



3 Active Communities:

To empower local communities to influence and develop opportunities that enable more people to lead active lifestyles in the city



4 Active Environments:

To ensure facilities, parks, open spaces and built environments offer safe, accessible spaces that encourage people to be more active



5 Active System:

To improve knowledge, understanding and collaboration across the city to have the greatest impact on activity levels

For each of these five areas we have identified actions to work on to increase activity levels in Brighton & Hove.

The areas of focus were drawn from community feedback during Let's Talk Active for Life consultation (2022), and informed by other relevant national, regional and local strategies (see Appendix A).



The Strategy draws on the stories, experiences and views of over 800 people living and working in the city.

You can view a summary of the consultation feedback at: www.brighton-hove.gov.uk/active-for-life

Thank you to all the local residents, sports clubs, and local organisations who have shared feedback helping to inform this strategy.





Active Culture

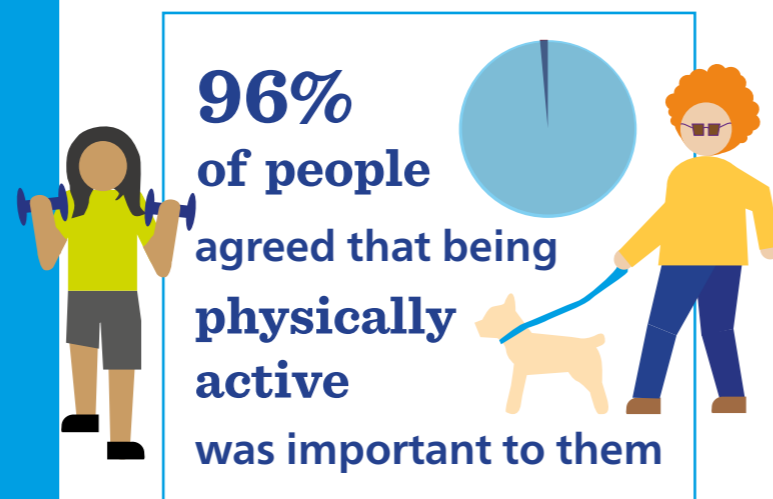
To ensure that moving more for healthy living is a central part of the culture of Brighton & Hove for everyone

We want Brighton & Hove to be a city where people are inspired and supported to be active. A place where staying active is a visible part of daily life for everyone, and where the benefits of taking part in sport and physical activity are recognised and celebrated.

Above all, we want to foster an inclusive culture of active living that reflects the diversity of our city with welcoming, inclusive opportunities bringing people and communities together.

People told us*:

- How sport and physical activity is promoted can sometimes make people feel excluded
- It can be hard to find information on local opportunities, particularly if someone needs extra support to take part
- Some communities feel less safe taking part in community activities



*Findings from Let's Talk Active for Life Consultation (2022).

“Promotion of sport and exercise sometimes does not feel inclusive of people with different abilities.”

Brighton & Hove hosted 46 sporting and wellbeing events between April 2022 and March 2023.

These included internationally recognised cycling and running events, UEFA Women's Euros 2022 events, and community festivals such as Dance Active, TAKEPART and Active Forever celebrating opportunities in the city.



We will:

1. Develop targeted campaigns and accessible information to promote active living and opportunities to be active.
2. Develop community and large-scale public events that offer fun and inclusive physical activity experiences.
3. Enable more professionals and volunteers to have supportive conversations about being physically active with the people they support.

What will success look like?

- More people feel they have the opportunity to be active in the city.
- Increased sport & physical activity campaigns delivered per annum.
- More people attending live sporting events and activities in the city.
- More professionals and volunteers trained in Making Every Contact Count and physical activity awareness training.
- More physical activity on prescription.



Active People

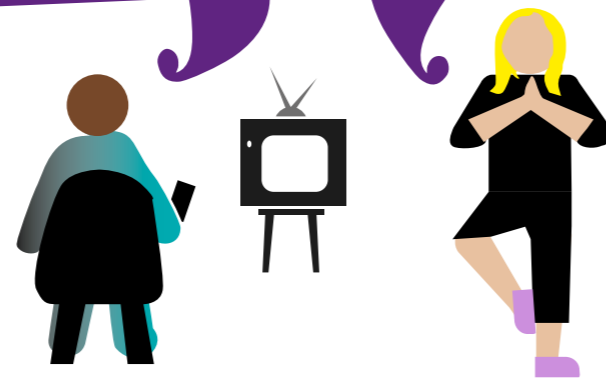
To develop opportunities that remove barriers and enable people to move more and remain active throughout their lives

We want to make sure everyone has the best opportunity to lead an active lifestyle. We know that there can be a wide range of factors that can make it difficult for some people to move more. By providing positive experiences at an early age, and ensuring the right support is available for those who find it harder to be active, we can empower people to enjoy the benefits of being active, for life.

“ I’d like to be more active but I can’t afford joining local gyms and classes. ”

People who were inactive told us what could help them to be more active*:

- More affordable activities
- Support to increase my motivation
- More opportunities that catered for my age, ability or health needs
- Knowing what was available in the city



Some groups felt less able to lead an active lifestyle in the city

These include:

- People living with a disability or long-term health condition,
- Older people (75+)
- Carers
- People from the LGBTQIA+ community



*Findings from Let’s Talk Active for Life Consultation (2022).



38 schools have achieved a national School Games Mark award in recognition of their commitment to provision of PE, school sport & physical activity (2022/23).

Young people we spoke to wanted to see:

- More choice in the opportunities they could enjoy at school or college
- Affordable and beginner friendly activities in their local community



We will:	What will success look like?
4. Make sure all children and young people can enjoy positive experiences of play, sport and exercise in education settings and the community.	A year-on-year increase in the percentage of children and young people who are active for an hour each day.
5. Encourage and support people to live better for longer by being active as they age.	A year-on-year increase in the number of adults in the city who are ‘Physically Active’.
6. Increase our understanding of the needs of people in the city who are inactive, and work with them to develop opportunities to enable them move more.	A year-on-year decrease in the number of adults in the city who are identified as ‘inactive’.
7. Develop supportive activity pathways to enable people of all abilities to take part in local opportunities.	Increased social prescribing into physical activity opportunities. Increased pathways between education and community sport providers. Physical activity pathways integrated with health and care support in the city.



Active Communities

To empower local communities to influence and develop opportunities that enable more people to lead active lifestyles in the city

We want sport & physical activity to be at the heart of creating strong communities in our city. We want to use its power to help people to feel more connected to the places, and the people, in their community.

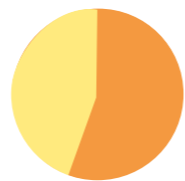
Hundreds of local sports clubs, and community activities in the city offer fun, social opportunities that help people to stay active and meet others. Supporting them to offer inclusive and sustainable sport and physical activities enables more people to take part and draw on the wider benefits which can help our residents and communities thrive.

People told us*:

- Affordability was a key issue for many, particularly around the increased cost of living
- They wanted to see more opportunities near to where they lived
- They felt the support offered by their workplace to help them to stay active was 'poor' in the city



57% of people agreed there were **lots of opportunities to be active in the city**



But only 47% of people agreed the opportunities were **easy to access**



*Findings from Let's Talk Active for Life Consultation (2022).

Sports clubs and activity providers told us:

- It can be hard to develop new opportunities due to cost, volunteer time and availability of local facilities



46 workplaces were supported around physical activity at work as part of Brighton & Hove's Workplace Health Charter in 2022/23.

We will:	What will success look like?
8. Listen to communities to find out what might help them to be active and work with them to create change where needed.	More people in Brighton & Hove who feel they have the opportunity to be physically active. People are actively involved in the development of opportunities to be active in their community.
9. Work with local communities to develop initiatives offering free or low cost, and accessible opportunities that help people to be active.	More low cost or no cost opportunities in local communities that help people to stay active.
10. Support sport, dance, and activity providers to offer inclusive, high quality and sustainable activities.	Strong and thriving sports clubs and community activities. Welcoming and inclusive opportunities that reflect the diversity of our city.
11. Encourage and support people from all backgrounds to volunteer helping others in their community to be active.	More people in Brighton & Hove volunteering in sport.
12. Help employers to provide workplaces where people are supported to move more.	Increased workplace physical activity opportunities across small, medium and large organisations.

“Most of the activities classes for older adults assume you are not working - I really wanted to try them but I work full time.”



Active Environments

To ensure facilities, parks, open spaces and built environments offer safe, accessible spaces that encourage people to be more active

By developing our city to best support people to walk, wheel and cycle, and ensuring there are modern, high-quality sports facilities in local communities, the places and spaces in the city will make being active an easy and attractive choice for everyone.

We need to widen access to opportunities to be active in our parks, the South Downs and on the seafront to harness the unique potential of our city's location and the benefits of being active outdoors and in nature.



Photo: The Living Coast, UNESCO Biosphere

“ I don't feel able to cycle into the town centre and leave my bike safely – I'm worried it will be stolen. ”

People told us* what could enable them to be more active in the city:

- Feeling safer travelling actively
- Better sport and leisure facilities, particularly swimming pools
- More opportunities and facilities in local parks and on the seafront that help people to exercise
- Good access to toilets and public transport when visiting parks and open spaces
- Changes to streets, parks and other public spaces to support people with additional access requirements



Investments in active travel infrastructure have created more than 40kms of cycle lanes and residents can rent secure on-street parking spaces in cycle hangars for up to 426 bikes.

*Findings from Let's Talk Active for Life Consultation (2022).

With 147 parks, 53 playgrounds, 3000 allotments 13000 acres of City, Downland Estate, 13km of seafront, as part of the Living Cost UNESCO World Biosphere region there are many opportunities to enjoy being outdoors, moving more and connecting with nature.

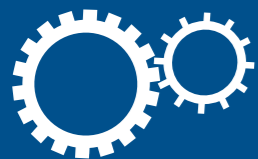


We will:

13. Develop the city so that it's a place where people can safely walk, cycle and travel actively as part of daily life.
14. Develop initiatives that increase the use of city parks and other natural and urban spaces for physical activity, and ensure these spaces feel safe, attractive, and accessible for everyone.
15. Provide high quality, energy efficient and sustainable sport and leisure facilities in the city that offer attractive and accessible spaces for all to enjoy physical activity.
16. Incorporate 'Active Design' principles in new developments so that everyone is encouraged to move more and travel actively.

What will success look like?

- A year-on-year increase in walking and cycling for travel and leisure.
- Increased programmes of activity delivered in green, blue and grey spaces across the city. More people using outdoor space for exercise or health reasons.
- Increase in high-quality sport and leisure facilities that support activity across the city. More people using our sport and leisure facilities each year.
- More planning, regeneration and development schemes incorporating Sport England's 10 'Active Design' principles that: promote active travel; provide active, high-quality places; create and maintain activity for all.



Active System

To improve knowledge, understanding and collaboration across the city to have the greatest impact on activity levels

What prevents us from being active can be complex and change throughout our lives. It can be through places we live and work, the people we meet or the experiences we have.

This means no single organisation, or initiative on its own will hold all the answers or enable everyone to be as active as they would like. To have the greatest reach and impact, we need to ensure people and organisations in the city work together as an active “system” to share experiences, develop skills and take action to best support people to move more.

“ I’d like more opportunities to collaborate and network with others in the city. ”

Stakeholders felt:

- There was a wide range of people and organisations working to support sport and active living

but they wanted to see:

- More opportunities to collaborate and work with others in the city
- More information and training on how best to support people who find it harder to be active

It would be
good to share
 what is
working well
 and **what is not**
 so we can all
learn
together



*Findings from Let’s Talk Active for Life Consultation (2022).

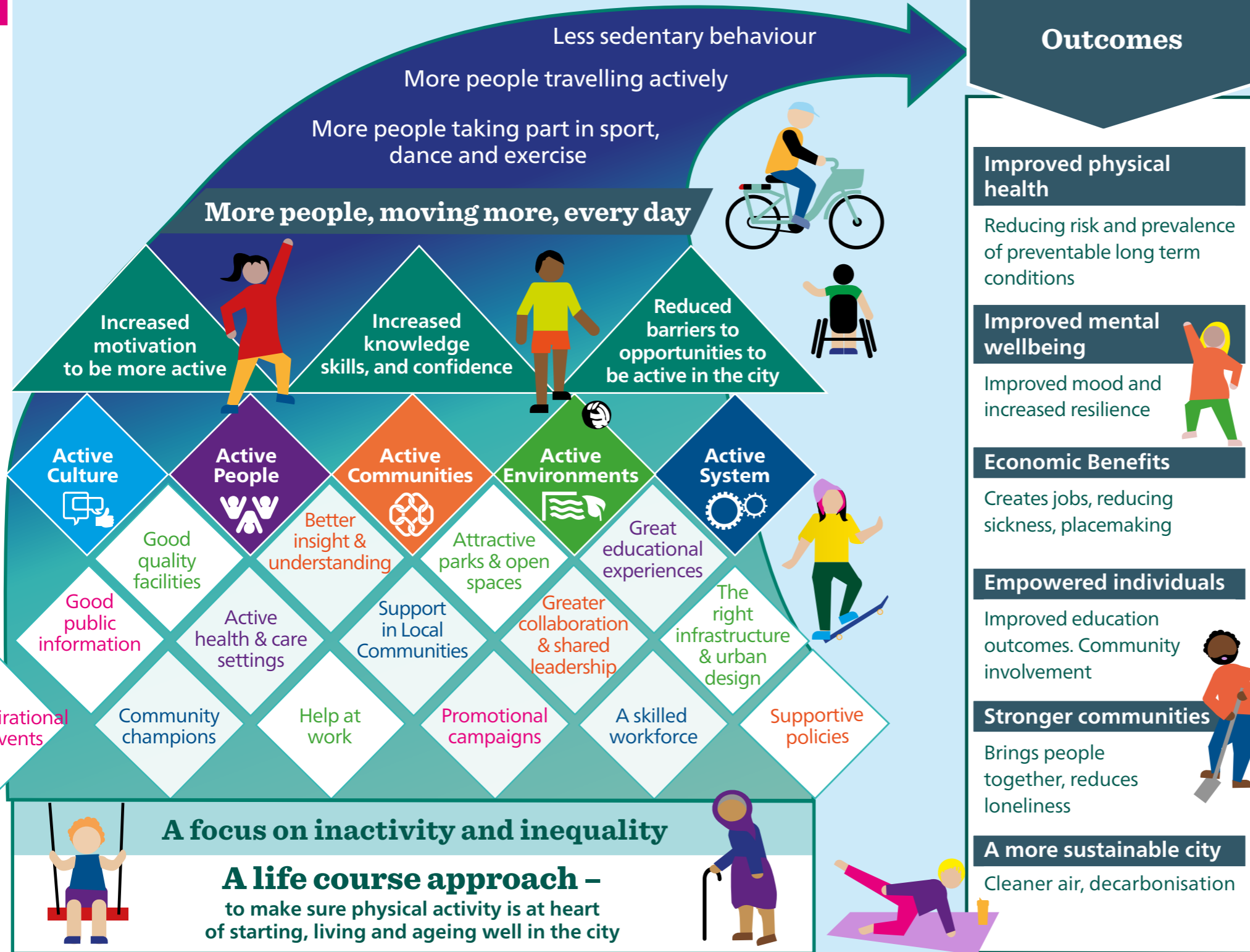
More than 50 city representatives from various organisations across the city came together at Brighton & Hove’s first Active Ageing Alliance event in September 2023 to discuss and plan how best to support people to live actively as they age.



We will:	What will success look like?
17. Develop and maintain partnerships, collaboration, and shared leadership that will enable people to be more active.	New collaborative groups and partners working together to increase physical activity.
18. Increase skills and knowledge of the city’s workforce and volunteers and offer culturally sensitive opportunities that enable people to move more.	More people reporting improved knowledge, confidence and skills supporting people to be more active.
19. Develop a shared understanding of the barriers experienced by less active people and how best to reduce inactivity.	Reduced inequalities in physical activity between different groups in the city.
20. Identify and encourage opportunities for local policies to support increased physical activity.	Policies reflecting and championing the positive impact of physical activity.

7: Our approach

How it fits together



The following principles will guide how we will work to best support people to move more in the city:

Working together

We will enable opportunities for people and organisations to work together to address the complex barriers that prevent people from moving more

A 'whole-system' approach

We will develop plans that reflect the important roles that education and learning, housing, employment, services, and our built and natural environments have in enabling people to move more

Empowering communities

We will strengthen the capacity of people in the city to play an active role in supporting people to move more

People focused

We will work with local people to develop plans and services, and ensure these are guided by their experiences

Championing equality, inclusion and diversity

Through the delivery of strategy we will champion equality, celebrate diversity, promote inclusion and encourage others to do the same

Driven by insight

We will use local data, feedback and evidence to understand impact and share what works

8: Next steps and how you can get involved



Let's Get Moving Brighton & Hove is a 10-year strategy that sets out our shared vision of a city where everyone has the opportunity, the encouragement, and the environment to move more, live well and be active for life.

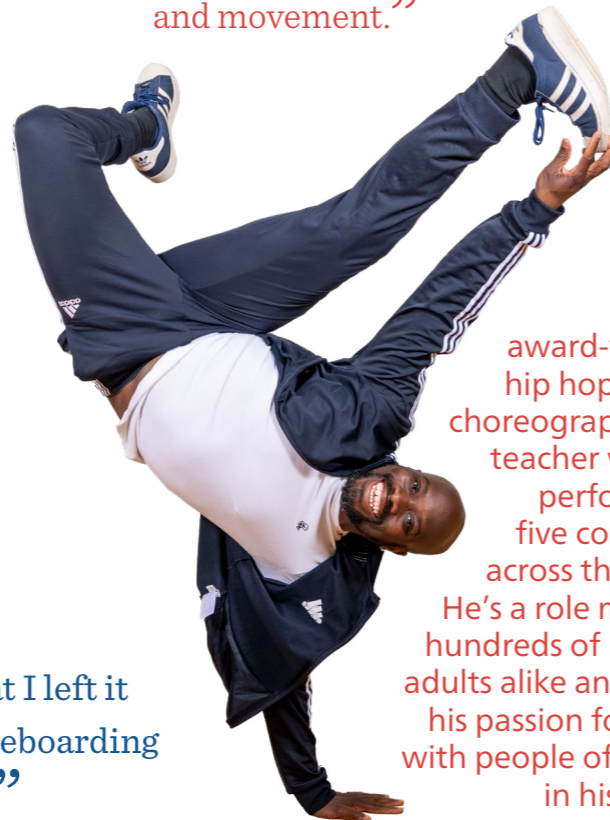
We are establishing a new partnership group, to include key local stakeholders, that will be responsible for leading the delivery of the strategy.

We recognise that the financial climate is challenging but our strategy is a call to action for us all to play our part in creating a more active city, to think about how we can build more activity into our daily lives and how we can make it easier for other people to move more too.

Paul plays visually impaired tennis and regularly joins the Park Run on Hove seafront. He makes sure he is active every day. Paul says people with disabilities can sometimes feel that being active is not for them, but he is proof that they can be.

Paul says “ Whatever your situation, go out and give it a go. ”

JP says “ It's about bringing people together and sharing dance, music, laughter and movement. ”



JP is an award-winning hip hop dancer, choreographer and teacher who has performed in five continents across the world. He's a role model to hundreds of kids and adults alike and shares his passion for dance with people of all ages in his classes.

Sarah took up skating after watching her son and decided it would be more fun to be involved. She now inspires women and girls to skate in the coaching sessions she leads. She passionately believes girls can skate too.

Sarah says “ I feel so frustrated that I left it so long to take up skateboarding - it isn't just for guys. ”





What can you do?

- 1 Be a champion for sport and physical activity in your workplace, organisation or community.
- 2 Think about the benefits of moving more that are important for you. Could you help other people to be more active too?
- 3 Find out about support available to keep active on our Active for Life webpages and share this with people you know.
- 4 Get in touch via our 'Let's Get Moving' webpages and let us know how you'd like to support sport and physical activity in the City by joining in with local events, networking groups and exploring training opportunities.
- 5 Share and discuss the strategy and the ideas behind it with others in your networks and on social media.
- 6 Tell us your stories of being active in our city, and what could make it easier.

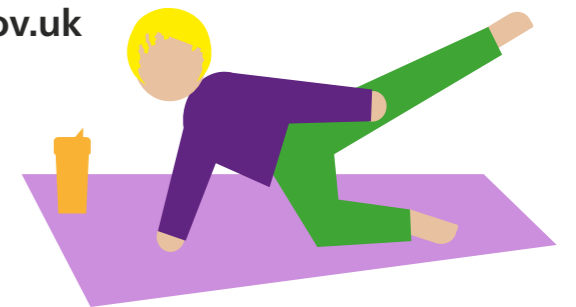
Contact us

Healthy Lifestyles Team, Brighton & Hove City Council
healthylifestyles@brighton-hove.gov.uk
01273 294589

Follow us on social media

 : @BHhealthylife
 : @BHhealthylife

Visit www.brighton-hove.gov.uk/letsgetmoving



Appendix:

The wider context of physical activity and the city

<p>Physical activity guidelines Chief Medical Officer</p>	<p>The Chief Medical Officer (CMO) recommends that everyone should move more often every day, emphasising the benefits for health and wellbeing for all age groups. Guidance for physical activity includes aerobic and strength-based recommendations for children and adults, as well as specifically for people who are pregnant and people living with disabilities.</p>
<p>Everybody Active, Every Day Public Health England, 2014</p>	<p>An evidence-based, national physical activity framework for England, setting a clear agenda for action to address physical inactivity. It highlighted the impacts of inactivity on people of all ages and the need to address influences leading to the disproportionate impact of inactivity on vulnerable groups.</p>
<p>Uniting the Movement Sport England, 2021</p>	<p>The strategy looks at how sport and physical activity can transform lives and communities. It focuses on five big issues: recovery and reinvention post covid pandemic, connecting communities through the power of sport and physical activity, positive experiences for children and young people, connecting sport and physical activity with health and wellbeing and creating and protecting places and spaces for people to be active.</p>
<p>Get Active – A Strategy for the future of sport and physical activity Department of Culture Media and Sport, 2023</p>	<p>The strategy has three core focus areas that recognise the reach of sport into local communities, and the opportunities to improve health, economic and social outcomes.</p> <ul style="list-style-type: none"> - Driving participation and tackling inactivity, with a focus on supporting children and young people and addressing inequality. - Strengthening the integrity of sport, by improving governance, safeguarding and tackling discrimination. - Making sport more sustainable, by increasing economic sustainability, using technology and working to reduce its environmental impact.
<p>Global action plan on physical activity: more active people for a healthier world World Health Organisation, 2018-2030</p>	<p>The action plan calls for a system approach to increasing physical activity, stating that there is no single policy solution. It highlights that investing in policies to promote walking, cycling, sport, active recreation and play can contribute directly to achieving many of the 2030 Sustainable Development Goals.</p>

<p>School Sport and Activity Action Plan Department of Education, 2023</p>	<p>Plan aims to support and encourage all schools to deliver a minimum of 2 hours' PE time during the school day every week, alongside equal access to sports opportunities for all pupils. It also seeks to widen the opportunities for children and young people to take part in extracurricular sports activities and to offer support schools to make best use of their facilities to support inactive pupils and the local community.</p>
<p>Brighton & Hove Joint Health and Wellbeing Strategy Brighton & Hove City Council, 2019-2030</p>	<p>Sets out a vision that: Everyone in Brighton & Hove will have the best opportunity to live a healthy, happy and fulfilling life. It includes a commitment to 'More people will travel actively, and walking and cycling will be prioritised, benefitting physical and mental health' to improve health and wellbeing in the city, and supports a focus on preventative action and addressing local health inequalities.</p>
<p>A Better Brighton & Hove for all Brighton & Hove City Council, 2023-2027</p>	<p>Brighton & Hove City Council's latest council plan commits to working with local partners to develop plans that help people to be physically active and maintain a healthy weight.</p>
<p>Carbon Neutral 2030 Programme Brighton & Hove City Council</p>	<p>Being physically active, particularly through active travel is a key contribution to achieving carbon neutral targets as highlighted through the Brighton & Hove Climate Assembly and to address the climate and biodiversity emergency.</p>
<p>Accessible City Strategy Brighton & Hove City Council</p>	<p>The aim of the strategy is to put accessibility at the heart of how we design and deliver all our services and make it easier for everyone, particularly the elderly and the disabled, to get the council services they need and to be able to enjoy the city.</p>
<p>Sports Facilities Investment Plan Brighton & Hove City Council, 2021-2031</p>	<p>Provides a strategic approach to investment and development of public sports facilities to create outstanding facilities which support year-round healthy lifestyles and inclusion for all.</p>
<p>City Plan Part 1 (2016) and City Plan 2 (2022) Brighton & Hove City Council</p>	<p>Reference the importance of a city that provides access to safe accessible and inclusive environments for walking and cycling, good access to public open space, and the need to safeguard and enhance access to sports facilities in the city.</p>

<p>Local Transport Plan Brighton & Hove City Council</p>	<p>Supports the integration of active and sustainable travel in everyday activities and movement, as well as longer distance journeys. One of the priority areas is to create safe and well-maintained streets and places that encourage and enable active travel.</p>
<p>Local Cycling and Walking Infrastructure Plan Brighton & Hove City Council</p>	<p>Sets out an ambition for improving routes and areas in Brighton & Hove to ensure active travel (walking, wheeling, cycling) is the first choice for getting from A to B, supported by high quality infrastructure which makes active travel accessible, easy, welcoming, enjoyable and safe.</p>
<p>City Downland Estate Plan Brighton & Hove City Council</p>	<p>Outlines a vision for the future of the 12800 acres of rural estate in the South Downs National Park. It highlights the important contribution this area has in promoting health and supporting active living, and the need to improve access to maximise its potential benefits.</p>
<p>Open Spaces Strategy Brighton & Hove City Council, 2017-2027</p>	<p>Highlights the importance of city parks and green spaces to support good health through active leisure, recreation, sport and play and connection with nature. The plan seeks to improve access to facilities supporting active recreation, and work with community sports clubs and groups to improve management of council-owned sports assets.</p>



Harry competes in international table tennis tournaments and is ranked at number 1 in the UK in his category. Playing table tennis helps him to be active, feel happy and he has made friends all over the world because of it. He also coaches others at his club.

Harry says

“ Table tennis is about giving respect. I respect you and you respect me as we’re playing. ”

Julie did a Couch to 5k course during lockdown and met lots of new friends who continue to support each other to keep active. Julie now volunteers to help motivate and encourage new recruits to the course!



Julie says

“ I can message the group asking if anyone is free to go for a jog and someone will say let’s go. ”

Noah and Joshua say

“ Being active is a great way to keep healthy and is fun as well. ”



Noah and Joshua

love being active and outdoors. They are often involved in activities, whether it’s karate and gymnastics at school, football training, sports clubs with friends or even playing on the trampoline at home.

Shula says

“ If I feel strong physically it helps me to face life and its challenges. ”

Shula has been weight training since she was 20 and is now over 70. It helps her stay ahead in life and manage her health condition. She says she feels stronger and gets better every year.



