Sport and Activity Strategy Meeting Report

The event was run by Mick Barry.

It was attended by 7 people, I was the only councilor, the others were from education or sports clubs.

The consultation period ends this weekend, there has been no strategy in place since 2021.  This has limited the amount of funding the council can apply for nationally.  Tendring has allocated £120,000 to the project this will include a salary for someone to run the project for 2 years.

Tendring has a very low uptake in exercise compared to the rest of the country and is well below the average. This despite having a good proportion of leisure centres to population. This may be due to the average age of the population.

The health benefits of exercise were discussed and working with the health department they are looking to set up a health and wellbeing centre in Clacton.

On planning the money received for community and social infrastructure (s106) may be incorporated into the builders' plans i.e a clear cycle track or walkways that lead to the nearest school.

There was a lot of conversation on how local village halls can be utilized to include more sport.  This was because it is accepted that the local transport system was not good enough to get people to the leisure centres.

On local playing fields they are looking to set up taster sessions where coaches would set up interactive sessions through the day to encourage people to join in, sign up and understand were the local clubs are.

Beat the street was something they are quite keen to start up. This is where a town is turned into a game.  You have to walk from area to area to scan qr codes to win prizes and earn points.

I made two key points

1. How are we going to collate all the groups that do activities?  In our village hall we have boot camp, yoga, Pilates, table tennis, walking football, baby ballet. Then how do we communicate what is available to people.  Taster sessions sound great but the communication of what is available appears difficult.

2. I asked how sport in schools helps with overall results, I was told there is no link.  I will follow this up this morning with Mick, as there is a clear link and if you are approaching schools to improve sports in school and there is no benefit to the school results, it won't happen.  It was stated that from 100 schools contacted only 6 replied.

Kevin