

Appendix A: Webpage information and frequently asked questions

Physical activity programmes in Leicestershire

Have your say on proposed changes to physical activity delivery in Leicestershire

Leicestershire County Council has a duty to improve the health of people living in Leicestershire. Living an active life at all ages reduces the risk of and helps with the management of many common diseases, supports positive mental wellbeing and provides opportunities for social connections.

In Leicestershire, 1 in 4 adults (21-26%) do less than 30 minutes of physical activity per week (are inactive) and 1 in 3 residents do not meet the Chief Medical Officer guidelines for physical activity (150 minutes per week of moderate to vigorous physical activity).

About the proposals

However, we are facing financial challenges and need to make difficult decisions regarding the services we provide. A saving of £250,000 from the current physical activity budget of £693,000 is being proposed as part of our budget plans, which were consulted on in December 2022. This funding is not the only funding available to partners to deliver a physical activity programme and does not fund the whole physical activity offer across Leicestershire.

We're proposing Public Health funding will target those that are most likely to be inactive or have long term health conditions as this is our key priority. This will include:

- Physical activity programmes that target those experiencing the highest levels of ill health, including those aimed at preventing falls in older adults, improving recovery from cancer surgery and recovery from heart or lung conditions.
- Physical activity programmes targeted at adults with an existing health condition including helping people to lose weight, helping people with chronic pain and supervised activity programmes for people who are inactive but have a health condition.
- Physical activity programmes targeted at children to improve basic movement skills and support those with existing health conditions. Examples include physical activity for children that need support to lose weight and programmes that help children develop core skills such as catching a ball, skipping, hopping and core strength.
- Physical activity programmes to target and support the inactive population to become more active such as walking and running groups, and delivering marketing, campaigns and giving information and advice.

We're proposing Public Health funding will no longer continue to contribute towards:

- Physical activity programmes delivered in the community which are aimed at the general population who are already active and those without a health condition.
- Physical activity programmes already costed into existing contracts with providers.
- The physical activity graduate trainee programme, which provides graduates with training opportunities in the physical activity sector.
- Physical activity programmes that are delivered in schools that target children and young people who are already active.

However, it is important to reiterate that the public health funding allocation is not the only funding to support physical activity in Leicestershire, and therefore some of these programmes may continue.

Have your say.

A public consultation is taking place between Wednesday 20 September and Wednesday 1 November 2023.

The consultation is open to everyone. We are particularly keen to hear from:

- Leicestershire residents
- professionals who support physical activity development
- professionals who support the improvement of people's health

[Complete the online survey](#)

Frequently Asked Questions

Why does the council need to make financial savings?

We are the [lowest funded county council](#) under the Government's funding system so we will always be sensitive to financial shocks – such as high inflation - and our current financial challenge would put even the best funded local authorities under pressure.

As a council, we are facing significant financial challenges as service demand is growing, so we are required to make savings across all service areas and be adaptable in how we deliver these.

The council's latest Medium Term Financial Strategy (MTFS) has shown there will be a £90m gap in the budget by 2026. The council's physical activity offer is one of a number of areas which was identified for potential savings, as part of our budget plans, which were consulted on in December 2022.

As the financial pressure on councils across the country is rising, there has never been a more important time to get involved and shape future decisions by taking part in our consultations and engagement.

Why are Public Health proposing to fund activities for the inactive and those with current health conditions rather than the total population?

In Leicestershire, 1 in 4 adults (21-26%) do less than 30 minutes of physical activity per week (are inactive) and 1 in 3 residents do not meet the Chief Medical Officer guidelines for physical activity (150 minutes per week of moderate to vigorous physical activity). We know that inactivity contributes to poor health and so the public health funding will focus on those most likely to be inactive.

We need to support our communities who face the biggest barriers to physical activity, reducing health inequalities and those who's health could be improved by moving more.

Will this proposal affect my leisure centre?

Leisure centres in Leicestershire are managed by the district / borough councils rather than Leicestershire County Council. Leicestershire County Council funding may support some programmes that are delivered from the leisure centre but are not responsible for their operational management.

Will this proposal affect statutory school physical education (PE)?

No. Funding from Leicestershire County Council does not pay for school PE lessons and is therefore not part of this consultation.

Will this proposal affect the class I attend?

Many physical activity sessions in Leicestershire take place without funding from Leicestershire County Council. Some of the programmes we are proposing to stop funding may continue if they have additional funding sources. At this stage, we are unable to say specifically which sessions will be impacted.

Alternative formats

If you're able to, please complete the survey online.

For alternative formats of the survey, including paper copies:

Email: phconsultations@leics.gov.uk or call: [0116 305 0705](tel:01163050705).

The closing date to complete the survey is **midnight Wednesday 1 November**.

What happens next?

After the consultation closes in November, we'll analyse the results, and a report will be presented to the council's Cabinet in winter 2023.

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