

## HEALTH & WELLBEING BOARD

**Subject Heading:**

Sport and Physical Activity Strategy 2026–2029 (DRAFT)

**Board Lead:**

Mark Ansell - Director of Public Health, Insights, Policy & Strategy

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**The subject matter of this report deals with the following themes of the Health and Wellbeing Strategy**

<input type="checkbox"/> The wider determinants of health <ul style="list-style-type: none"><li>• Increase employment of people with health problems or disabilities</li><li>• Develop the Council and NHS Trusts as anchor institutions that consciously seek to maximise the health and wellbeing benefit to residents of everything they do.</li><li>• Prevent homelessness and minimise the harm caused to those affected, particularly rough sleepers and consequent impacts on the health and social care system.</li></ul>
<input type="checkbox"/> Lifestyles and behaviours <ul style="list-style-type: none"><li>• The prevention of obesity</li><li>• Further reduce the prevalence of smoking across the borough and particularly in disadvantaged communities and by vulnerable groups</li><li>• Strengthen early years providers, schools and colleges as health improving settings</li></ul>
<input type="checkbox"/> The communities and places we live in <ul style="list-style-type: none"><li>• Realising the benefits of regeneration for the health of local residents and the health and social care services available to them</li><li>• Targeted multidisciplinary working with people who, because of their life experiences, currently make frequent contact with a range of statutory services that are unable to fully resolve their underlying problem.</li></ul>
<input type="checkbox"/> Local health and social care services <ul style="list-style-type: none"><li>• Development of integrated health, housing and social care services at locality level.</li></ul>
<input type="checkbox"/> BHR Integrated Care Partnership Board Transformation Board <ul style="list-style-type: none"><li>• Older people and frailty and end of life</li><li>• Long term conditions</li><li>• Children and young people</li><li>• Mental health</li><li>• Planned Care</li><li>• Cancer</li><li>• Primary Care</li><li>• Accident and Emergency Delivery Board</li><li>• Transforming Care Programme Board</li></ul>

## SUMMARY

This report presents the Sport and Physical Activity Strategy 2026–2029: Creating an Active Havering, which provides the strategic framework for increasing physical activity levels across the borough and reducing health inequalities associated with inactivity.

Physical inactivity is a key contributor to poor physical and mental health outcomes in Havering, particularly among older people, people with long-term conditions, disabled residents and those living in more deprived communities. The strategy adopts a whole-systems, partnership-based approach that embeds physical activity into everyday life, places and services, supporting prevention, early intervention and improved wellbeing.

The strategy aligns with the Health and Wellbeing Strategy, Integrated Care priorities and wider Council strategies, recognising physical activity as a fundamental component of population health, mental wellbeing and community resilience.

## RECOMMENDATIONS

- Recognise physical activity as a key contributor to prevention, mental wellbeing and the reduction of health inequalities.
- Support partnership delivery of the strategy across health, social care, education, planning, leisure and the voluntary sector.

## REPORT DETAIL

The strategy responds to evidence that Havering has lower-than-average activity levels and significant inequalities in participation. It sets out a clear vision to enable residents to be more active through inclusive, accessible and sustainable opportunities across the life course.

Key priorities include targeting inactive residents, embedding physical activity into health and care pathways, improving access to community and green spaces, supporting children and young people to develop lifelong active habits, and using physical activity to improve mental health and reduce social isolation.

Delivery will be coordinated through partnership working, aligned action plans and ongoing monitoring, ensuring physical activity contributes effectively to Health and Wellbeing Board priorities and system-wide outcomes.

## IMPLICATIONS AND RISKS

### Health and Wellbeing Implications:

The strategy supports improved physical and mental health, prevention of long-term conditions, reduced loneliness and improved quality of life for residents.

### Equality Implications:

A strong focus on reducing inequalities in physical activity participation. Risk of unequal impact will be mitigated through targeted, inclusive approaches and community-based delivery.

### Financial Implications:

Delivery will primarily use existing resources and external funding opportunities. There are no immediate additional financial commitments arising from this report.

### Delivery Risks:

Risks include limited partner capacity, funding uncertainty and challenges engaging inactive groups. These will be mitigated through strong governance, integrated delivery and continuous evaluation.

## BACKGROUND PAPERS



## Sport and Physical Activity Strategy 2026–2029: Creating an Active Havering (DRAFT)