

Update on Recommendations from 2018/19 – Keeping Knowsley Active

Update

1. Create environments that encourage physical activity:

Planners and other partners to ensure new developments are designed to encourage active lifestyles.

Town centre regenerations are being designed to encourage active travel to and from, linking in with other routes and to facilitate easier use of public transport.

All new developments have active travel layouts – walkways and cycle routes. Outside areas are designed to be safe spaces and have green corridors connecting open spaces.

All new homes are developed with space for cycle storage.

At Whitakers Garden Centre site in Prescot, developer contributions are being used to improve accessibility and facilities at nearby park and playground.

2. Employers encourage physical activity in their workforce:

Knowsley workplaces will be encouraged and supported to take forward the Working Well programme and facilitate employees to be more physically active.

Support employers to create active travel opportunities for staff.

Grow the number of workplace champions to actively promote and encourage colleagues to be more active by cascading information and organising health and wellbeing themed events.

Workplaces are supported to improve health and wellbeing through the commissioned Working Well programme.

As businesses sign up to the programme they nominate a Working Well Champion. Working Well grants up to £500 have continued to be available during COVID-19.

A workplace physical activity challenge is planned for July 2021. Workplaces registered with Knowsley Chamber of Commerce will be encouraged to take part in the Knowsley Buddyboost challenge; 26 minutes of activity a day for 26 days to kick start staff wellbeing. This is being led by the Working Well Coordinator in collaboration with Public Health.

3. Schools encourage pupils and staff to be more physically active:

Continue the roll out of the Change It programme to all schools.

Support the widespread uptake of the Enhanced Healthy Lifestyle Programme in Schools.

Delivery of the Enhanced Healthy Lifestyle Programme has paused in schools during COVID-19, however, during this time a new online cooking offer has been developed which also promotes physical activities in and around the home. This new offer will be delivered once access to schools resumes in September 2021.

Public Health England's 10 minute shake-ups are starting back up in July partnering with Disney for 3-11 years. They will link into the Holiday Activity Fund initiative. Resources will be sent to schools.

4. The Health Service supports patients to be more active:

GP practices to be encouraged to adopt an Active Practice Charter which supports the promotion of physical activity to practice staff and patients.

Further Clinical Champions to be trained and supported to promote physical activity in clinical settings.

Discussions taking place with Volair for them to lead on the communications with practices to encourage sign-up to the Active Practice Charter. Will commence in 2022.

Public Health England Clinical Champions training has been promoted again with information sent to all practices on how to access e-learning.

5. Physical activity is promoted to all:

A widespread physical activity campaign will be developed in Knowsley.

This work has been paused due to the COVID-19 pandemic and capacity issues and will be picked-up again during 2021/22.

However, key messages to keep active in line with social distancing guidelines have been included in council communications during the pandemic and continue to be promoted.