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## Leisure and Active Lifestyles Service Delivery Plan

**2025 to 2026**

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### Overview of the service

Leisure and Active Lifestyles Services provides an important function of promoting physical activity and wellbeing to our residents. Raising the profile of the benefits of regular physical activity on both physical and mental health. Significant research shows that the most effective preventative measure for ill health and wellbeing is being active. Physical Activity and exercise are good not just for our physical health it is good for our mental wellbeing, connects and strengthens communities, and boosts the nation's (and local) economy.

The service has a specific focus on getting the less active more active and addressing health inequalities through targeted physical activity programmes. Working collaboratively with various individuals, community groups and leisure providers through the Healthy You contract to enable those who are currently inactive, to start their physical activity journey and enter the behaviour change model. This is often used by residents to enable them to become an active member of a leisure centre or community group.

The service has the responsibility for ownership of the Health and Wellbeing Strategy and to deliver against the action plan. Working collaboratively with partners such as the Integrated neighbourhood team, Primary Care Network, NHS, County Council Public Health and community providers. The plan has a targeted focus on key health prevention issues such as healthier weight and frailty.

The other core focus of the service is supporting the leisure providers across the district to ensure they are sustainable and delivering to their local communities.

The scope of the team's work is:

- Collaborating with partners to support physical activity levels across the district and deliver the outcomes of the Healthy You project
- Accountable for the delivery of the Council's [Health and Wellbeing Strategy and Action Plan](#) working towards the shared priorities

## Appendix 1 – Leisure and Active Lifestyles

- Working with the Leisure operator to optimise the outcomes of The Hive for the community, while also ensuring that the facility will remain financially viable over the long term
- Supporting, where required, the district's independent leisure centres to develop their financial sustainability and maximise their value to the community
- Active environments - creating the places and spaces for people to be more active.
- Raising the profile of health and wellbeing support and the benefits of physical activity to residents and communities.

### Cost of service

The cost of service for 2025/26 is £ £133,772

This does not include income or expenditure relating to the Hive, as that is treated as a self-contained project for budgetary purpose.

The core (staffing) cost of the Healthy You programme is externally funded until 30<sup>th</sup> September 2025 and therefore not included above, but programme costs are included.

Additional funding to support focused strength and balance programmes for older adults has been bolted on to the Healthy You contract until September 2025.

### Staffing Information

The Leisure and Active Lifestyles Services team comprises of three members of staff.

Leisure and Active Lifestyles Manager (full time)

Active Lifestyles Coordinator (full time, employed by the Authority, externally funded currently until September 2025)

Project Coordinator (Health & Wellbeing) (full time)

The service utilises leisure and physical activity professionals across the district to support programmes. Volunteers support programmes such as the Wellbeing Walks.

## Forward planning for Councillors

Proposed item	Proposed date of decision	Committee
Community Sports Facility Grant applications	As required	Operational Services
Half year report 2025 to 2026	November 2025	Operational Services
End of year report 2025 to 2026	March 2026	Operational Services
Service Delivery Plan 2026 to 2027	March 2026	Operational Services

## Leisure Services Service Delivery Plan 2025 to 2026

This Service Delivery Plan describes what Leisure Services will be doing to deliver continuous improvement (service objectives). Each performance measure relates to the Council's strategic outcomes and Corporate Plan 2023 to 2027

**Council's strategic outcome:** Safe, Vibrant and Inclusive Communities. Community Sustainability

**Leisure Services' strategic objective:** Support the district to create more places and spaces to be active.

**Link to Corporate Plan:** Sustainable Communities

Performance measure	Target and reporting timescale	Baseline/output from 2024 to 2025	Owner and co-owners
<b>Supporting the district leisure facilities with their delivery plans and facility developments</b>	Work with facilities that require support and advice up to March 2026.  Annual review, annually	<b>Completed - Target Met</b>  Partnership meeting held biannually in May and November. Burwell Community Sports centre provided support with ideas around new activities and funding. Anglian Leisure Bottisham underwent an environmental study as part of Sport England funding. Littleport Leisure received safeguarding support and training with other sites also offered support linked in with the Active Partnership.	Leisure and Active Lifestyles Manager
<b>Support Leisure facilities and partners through grant funding (ECDC and external)</b>	Work with partners to allocate remaining Community Sports Fund Grant by March 2026.  Where opportunity presents provide support on external grants available up to March 2026.  6-monthly review, annually	<b>On Going</b> Project ideas discussed but no applications submitted to date for Community Sports Facility Grant. Varying factors have impacted on this measure. Funding to be carried forward.  <b>Completed - Target Met</b> Anglian Leisure Bottisham boiler replacement and triple glazing works taken place with Sport England funding of £61.5k. Support provided to Fresh (Ely) and Soham Community Gym with funding for delivery programmes to engage with inactive residents.	Leisure and Active Lifestyles Manager
<b>Deliver the Council's Health and Wellbeing strategy and action plan 2024 – 27 and raise the profile of healthier lifestyles</b>	To complete the relevant actions within the strategy and plan required by March 2026.  Attend 20 events to raise the profile of healthier lifestyles by March 2026  6-monthly review, annually	<b>Completed - Target Met</b> Action plan on track including delivery of Health and Well fair event in September and Community Appointment Day in January. Parish Conference in February had a health theme to engage a bottom-up approach.  New health targeted sessions delivered and links with Princess of Wales (musculoskeletal) and Healthy You tier 2 (falls prevention) established to support pathways.  32 Council and partner staff trained in Measure Yourself Concerns and Wellbeing training.	Leisure and Active Lifestyles Manager Project Coordinator (Health & Wellbeing)

Performance measure	Target and reporting timescale	Baseline/output from 2024 to 2025	Owner and co-owners
		Updated Action Plan attached for further detail.	

**Council’s strategic outcome:** Customers at the heart of everything we do

**Leisure Services’ strategic objective:** Developing physical activity opportunities to address health inequalities and inactivity.

**Link to Corporate Plan:** Sustainable communities.

Performance measure	Target and reporting timescale	Baseline/output from 2024 to 2025	Owner and co-owners
<p><b>Continued implementation of Public Health funded Physical Activity (“Healthy You”) programme and explore options for future delivery/funding.</b></p>	<p>600 new residents to take part in Healthy You programmes and at least five new strength and balance sessions added across the district by March 2026</p> <p>Explore options to extend programme beyond September 2025.</p> <p>6-monthly review, annually</p>	<p><b>Completed - Target Met</b> 614 new residents taken part in Healthy You programmes up to 28<sup>th</sup> Feb 25.</p> <p>Wellbeing walks, lets run groups and walking sports sessions included as well as some new community classes in Stretham and Witchford.</p> <p>Seven new community strength and balance classes added in Fordham, Sutton, Soham and Ely.</p>	<p>Leisure and Active Lifestyles Manager Active Lifestyles Coordinator Project Coordinator (Health &amp; Wellbeing)</p>
<p><b>Development of programmes and services to support health inequalities through physical activity</b></p>	<p>Deliver four further Active for Health programmes and investigate implementing new health targeted classes such as Escape Pain and Cancer Rehab.</p> <p>6-monthly review, annually</p>	<p><b>Completed - Target Exceeded</b> Five Active for Health programmes delivered in Littleport, Bottisham and Ely. Three Aqua Aerobics for Health session delivered at the Hive. Supporting 135 residents.</p> <p>Two new community Active for Health Lite sessions in Ely and Witchford to commence in March.</p> <p>Cardiac phase IV class planned to commence by end of March at the Hive.</p>	<p>Leisure and Active Lifestyles Manager Active Lifestyles Coordinator Project Coordinator (Health &amp; Wellbeing)</p>

**Council’s strategic outcome:** Safe, vibrant and inclusive communities. Community sustainability.

**Leisure Services’ strategic objective:** Support the operation of the Hive to ensure that it meets the Council’s strategic objectives.

**Link to Corporate Plan:** Sound financial management.

Performance measure	Target and reporting timescale	Baseline/output from 2024 to 2025	Owner and co-owners
<p><b>Develop and implement operational arrangements and service plans in consultation with the appointed Operator GLL at The Hive; ensure continuing high performance and service standards compliance</b></p>	<p>Meet monthly with the operator and. Carry out a yearly full site inspection</p> <p>Monthly reviews</p>	<p><b>Completed - Target Met</b>                      Monthly meetings held to discuss ongoing performance and delivery.</p> <p>Quest review took place in August and the assessment score was rated as Good.</p> <p>Full site inspection took place in January 2025 alongside Council H&amp;S Officer.</p> <p>Facility supported with Healthier Weight funding to deliver Active for Health and Aqua Aerobics for Health courses.</p> <p>Wellbeing Walks course run for staff aswell as access to Measure Yourself Concerns and Wellbeing training.</p>	<p>Leisure and Active Lifestyles Manager</p>

**Council’s strategic outcome:** Be an excellent employer.

**Leisure Services’ strategic objective:** Ensure that the Council’s corporate risks are managed effectively and mitigations are put in place to reduce impact.

**Link to Corporate Plan:** Sound financial management.

Performance measure	Target and reporting timescale	Baseline/output from 2024 to 2025	Owner and co-owners
<p><b>Regularly review risks associated with Leisure Services, including:</b></p> <ul style="list-style-type: none"> <li>• loss of facilities or services of trust operated centres</li> <li>• regulatory breaches at Council or trust-operated facilities</li> </ul>	<p>Ongoing risk reviews of services, utilising monthly meetings with operator to manage.</p> <p>End of Healthy You contract in September 2025, opportunity to bid for new tender.</p> <p>Report annually</p>	<p><b>Completed - Target Met</b> Services reviewed and no issues</p>	<p>Leisure and Active Lifestyles Manager</p>

**Council’s strategic outcome:** A clean, green and attractive place.

**Leisure Services’ strategic objective:** Undertake activities which help to mitigate/adapt to climate change.

**Link to Corporate Plan:** Cleaner, greener East Cambridgeshire.

Performance measure	Target and reporting timescale	Baseline/output from 2024 to 2025	Owner and co-owners
<p><b>Monitor the net impact/improvement of fitting solar panels at The Hive during 2025/6</b></p>	<p>Review quarterly reports with GLL to assess the impact and measure energy and cost savings.</p> <p>Quarterly review</p>	<p><b>On Going</b> SGS Energy appointed as contractor in February with timeline of completion by end of April with forecast spend to be under budget.</p>	<p>Leisure and Active Lifestyles Manager</p>