

# Winchester District SPAA

## Action Plan

April 2019 – March 2020

To drive sport & physical activity forward to 2023  
delivering actions across each of the themes

Community  
Participation

Events

Facilities

Tackling  
Inactivity

Club, Coach &  
Volunteer  
Development

Children & Young  
People

Inclusive Activity

Talent

# Theme 1

## Club, Coach & Volunteer Development

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 1.1 – To assist local clubs to access sport</b>				
To work with new and existing district clubs to help them reach new audiences by signing up to the Get Active Hampshire online activity finder	<b>Get Active Hampshire</b> No. of Clubs	March 2020	Energise Me/ WCC	<b>35 / 38 / TBC</b>
<b>Goal: 1.2 – To develop a diverse coaching and volunteering workforce</b>				
To provide opportunities for people to volunteer and increase the number of adults volunteering in sport to 22% (2018/ 19).	<b>Volunteering</b> No. of Volunteers (Active Lives Data)	March 2020	SPAA/ Sport England	<b>21.7% / 22% / TBC</b>
<b>Goal: 1.3 – To organise club engagement events</b>				
To deliver a club open evening through the SPAA to promote specific strands of engagement.	<b>Club Engagement Evening</b> No. of Clubs	March 2020	SPAA/ WCC	<b>23 / 25 / TBC</b>



# Theme 1

## Club, Coach & Volunteer Development

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 1.4 – To offer training that helps to build a more diverse workforce</b>				
To work with WCC, Energise Me and partners to develop a diverse coaching workforce and increase grass roots level 1 & 2 coaches.	<p><b>No. of Activators</b></p> <ul style="list-style-type: none"> <li>University of Winchester</li> <li>Peter Symonds College</li> <li>Sparsholt College</li> <li>River Park Leisure Centre</li> </ul> <p><b>No. of Level 1 Coaches</b></p> <ul style="list-style-type: none"> <li>University of Winchester</li> <li>Peter Symonds College</li> <li>Sparsholt College</li> <li>River Park Leisure Centre</li> </ul> <p><b>No. of Level 2 Coaches</b></p> <ul style="list-style-type: none"> <li>University of Winchester</li> <li>Peter Symonds College</li> <li>Sparsholt College</li> <li>River Park Leisure Centre</li> </ul>	March 2020	WCC/ UoW/ SC/ PSC/ PL/ Energise Me	<p>17 / TBC / TBC TBC / TBC / TBC TBC / TBC / TBC TBC / TBC / TBC</p> <p>30 / TBC / TBC TBC / TBC / TBC TBC / TBC / TBC TBC / TBC / TBC</p> <p>5 / TBC / TBC TBC / TBC / TBC TBC / TBC / TBC TBC / TBC / TBC</p>



# Theme 1

## Club, Coach & Volunteer Development

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 1.4 – To offer training that helps to build a more diverse workforce</b>				
To provide CPD opportunities for coaches within the district	<b>No. of CPD Courses</b> <ul style="list-style-type: none"> <li>University of Winchester</li> <li>Peter Symonds College</li> <li>Sparsholt College</li> <li>River Park Leisure Centre</li> </ul>	March 2020	WCC/ UoW/ SC/ PSC/ PL/ Energise Me	<b>TBC / TBC / TBC</b> <b>TBC / TBC / TBC</b> <b>TBC / TBC / TBC</b> <b>TBC / TBC / TBC</b>
To work with NGBs and associated organisations to develop and support the growth of leaders, volunteers and officials	<b>No. of young people and adults taking part in accredited courses and awards</b> or <b>No. of young people coaching/ instructing</b> <ul style="list-style-type: none"> <li>University of Winchester</li> <li>Peter Symonds College</li> <li>Sparsholt College</li> <li>River Park Leisure Centre</li> </ul>	March 2020	WCC/ UoW/ SC/ PSC/ PL/ Energise Me	<b>65 / TBC / TBC</b> <b>TBC / TBC / TBC</b> <b>TBC / TBC / TBC</b> <b>TBC / TBC / TBC</b>



# Theme 2

## Community Participation

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 2.1 - To support NGB's to effectively implement their priorities within the district</b>				
To work in partnership with the following NGBs to ensure regular participation within the respective sports; <ul style="list-style-type: none"> <li>• Badminton England</li> <li>• England Golf/ The Golf Foundation</li> <li>• Hampshire FA</li> <li>• British Gymnastics</li> <li>• England Athletics</li> <li>• England Netball</li> <li>• Swim England</li> <li>• British Cycling</li> </ul>	<b>Badminton England</b> To continue to promote and manage the badminton programme at RPLC  Total Throughput	March 2020	WCC/ PL/ BE	982 / TBC / TBC
	<b>England Golf/ The Golf Foundation</b> To continue to promote and manage the Tri-Golf Festival for local primary schools  Number of Schools Total Throughput	March 2020	WCC/ EG/ GF	TBC / TBC / TBC TBC / TBC / TBC



# Theme 2

## Community Participation

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 2.1 - To support NGB's to effectively implement their priorities within the district</b>				
To work in partnership with the following NGBs to ensure regular participation within the respective sports; <ul style="list-style-type: none"> <li>• Badminton England</li> <li>• England Golf/ The Golf Foundation</li> <li>• Hampshire FA</li> <li>• British Gymnastics</li> <li>• England Athletics</li> <li>• England Netball</li> <li>• Swim England</li> <li>• British Cycling</li> </ul>	<b>Hampshire FA</b> To continue to promote and manage the walking football programme at RPLC  Total Throughput	March 2020	WCC/ PL/ HFA	447 / TBC / TBC
	<b>British Gymnastics</b> To continue to promote and manage the gymnastics programme at RPLC  Number of Participants	March 2020	WCC/ PL/ BG	241 / TBC / TBC



# Theme 2

## Community Participation

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<b>Goal: 2.1 - To support NGB's to effectively implement their priorities within the district</b>				
To work in partnership with the following NGBs to ensure regular participation within the respective sports; <ul style="list-style-type: none"> <li>• Badminton England</li> <li>• England Golf/ The Golf Foundation</li> <li>• Hampshire FA</li> <li>• British Gymnastics</li> <li>• England Athletics</li> <li>• England Netball</li> <li>• Swim England</li> <li>• British Cycling</li> </ul>	<b>England Athletics</b> To continue to promote and manage the Couch 2 5k programme at RPLC  Total Throughput	March 2020	WCC/ PL/ EA	90 / TBC / TBC
	<b>England Netball</b> To continue to promote and manage the walking netball programme at RPLC  Total Throughput	March 202	WCC/ PL/ EN	485 / TBC / TBC



# Theme 2

## Community Participation

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 2.1 - To support NGB's to effectively implement their priorities within the district</b>				
To work in partnership with the following NGBs to ensure regular participation within the respective sports; <ul style="list-style-type: none"> <li>• Badminton England</li> <li>• England Golf/ The Golf Foundation</li> <li>• Hampshire FA</li> <li>• British Gymnastics</li> <li>• England Athletics</li> <li>• England Netball</li> <li>• Lawn Tennis Association</li> <li>• Swim England</li> <li>• British Cycling</li> </ul>	<b>Lawn Tennis Association</b> To continue to promote and manage the Love Tennis programme at RPLC  Number of Members	March 2020	WCC/ PL/ LTA	128 / TBC / TBC
	<b>British Cycling</b> To continue to promote and support the Winchester Breeze Rides  Total Throughput	March 2020	WCC/ PL/ BC	TBC / TBC / TBC





# Theme 2

## Community Participation

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 2.1 - To support NGB's to effectively implement their priorities within the district</b>				
To work in partnership with the following NGBs to ensure regular participation within the respective sports; <ul style="list-style-type: none"> <li>• Badminton England</li> <li>• England Golf/ The Golf Foundation</li> <li>• Hampshire FA</li> <li>• British Gymnastics</li> <li>• England Athletics</li> <li>• England Netball</li> <li>• Lawn Tennis Association</li> <li>• British Cycling</li> <li>• Swim England</li> </ul>	<b>Swim England</b> To continue to promote and manage the SwimTAG programme at RPLC  Number of Participants	March 2020	WCC/ PL/ SE	5,977 / TBC / TBC
	To continue to promote and manage the swimming programme at RPLC  Number of Participants			1,108 / TBC / TBC



# Theme 2

## Community Participation

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 2.2 – To create doorstep activities taking sport and physical activity to where inactive people live</b>				
To reduce the number of adults & children taking part in 0 x 30 minutes each week	<b>To support and actively promote Winchester and Whiteley parkrun</b> <ul style="list-style-type: none"> <li>Winchester adult parkrun</li> <li>Winchester junior parkrun</li> <li>Whiteley adult parkrun</li> <li>Whiteley junior parkrun</li> </ul>	March 2020	WCC/ parkrun	<b>14,285 / TBC / TBC</b> <b>2,795 / TBC / TBC</b> <b>9,313 / TBC / TBC</b> <b>1,094 / TBC / TBC</b>
	<b>No. of adults participating in sporting or physical activities per week (Active Lives Data)</b> <ul style="list-style-type: none"> <li>Inactive (less than 30 mins)</li> <li>Fairly active (30-149 mins)</li> <li>Active (150 mins)</li> </ul>	March 2020	WCC/ SPAA/ SE	<b>19% / TBC / TBC</b> <b>14.5% / TBC / TBC</b> <b>66.5% / TBC / TBC</b>



# Theme 2

## Community Participation

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 2.2 – To create doorstep activities taking sport and physical activity to where inactive people live</b>				
To reduce the number of adults & children taking part in 0 x 30 minutes each week	<b>Saver Card Membership</b> To continue to promote the Winchester Saver Card Membership to our target audience  Number of Members	March 2020	WCC/ PL	598 / TBC / TBC
	<b>Satellite/ Youth Clubs</b> To deliver a number of satellite and youth clubs within the Winchester District  Total Throughput	March 2020	WCC/ Energise Me	133 / TBC / TBC



# Theme 3

## Children & Young People

Action

Measurement

Timescales

Lead Partner

Baseline/ Target/ Actual

**Goal: 3.1 – To work with schools, colleges, universities and clubs to provide sports and activities for children & young people**

To ensure children are taking part in regular physical activity before and after school

### Walking to School

To continue to monitor pupils that walk to school

March 2020

WCC/ HCC

### Number of Participants

- All Saints
- Harestock
- Oliver's Battery
- St Bedes
- St Faith's
- St Peter's
- Stanmore
- Weeke
- Western
- Winnall
- South Wonston
- Newtown Soberton

160 / TBC / TBC

217 / TBC / TBC

120 / TBC / TBC

416 / TBC / TBC

124 / TBC / TBC

195 / TBC / TBC

261 / TBC / TBC

254 / TBC / TBC

336 / TBC / TBC

143 / TBC / TBC

146 / TBC / TBC

1 / TBC / TBC



# Theme 3

## Children & Young People

Action

Measurement

Timescales

Lead Partner

Baseline/ Target/ Actual

**Goal: 3.1 – To work with schools, colleges, universities and clubs to provide sports and activities for children & young people**

To ensure children are taking part in regular physical activity before and after school

- Bishops Waltham Infant
- Bishops Waltham Junior
- Denmead Infant
- Denmead Junior
- Colden Common
- Mitcheldever
- Cornerstone
- Cheriton
- Berewood
- Curdridge
- Droxford
- Hambledon
- Itchen Abbas
- Kings Worthy
- Durley
- Meonstoke
- Otterbourne

**147 / TBC / TBC**  
**95 / TBC / TBC**  
**154 / TBC / TBC**  
**134 / TBC / TBC**  
**283 / TBC / TBC**  
**34 / TBC / TBC**  
**37 / TBC / TBC**  
**39 / TBC / TBC**  
**22 / TBC / TBC**  
**17 / TBC / TBC**  
**18 / TBC / TBC**  
**46 / TBC / TBC**  
**14 / TBC / TBC**  
**232 / TBC / TBC**  
**36 / TBC / TBC**  
**13 / TBC / TBC**  
**64 / TBC / TBC**



# Theme 3

## Children & Young People

Action

Measurement

Timescales

Lead Partner

Baseline/ Target/ Actual

**Goal: 3.1 – To work with schools, colleges, universities and clubs to provide sports and activities for children & young people**

To ensure children are taking part in regular physical activity before and after school

- Sparsholt
- Twyford St Marys
- West Meon
- Wickham
- Compton All Saints
- John Keble
- Swanmore
- Upham
- Sun Hill
- Owslebury
- St John the Baptist

43 / TBC / TBC  
 108 / TBC / TBC  
 9 / TBC / TBC  
 80 / TBC / TBC  
 29 / TBC / TBC  
 46 / TBC / TBC  
 215 / TBC / TBC  
 10 / TBC / TBC  
 94 / TBC / TBC  
 23 / TBC / TBC  
 110 / TBC / TBC



# Theme 3

## Children & Young People

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 3.1 – To work with schools, colleges, universities and clubs to provide sports and activities for children &amp; young people</b>				
To ensure children are taking part in regular physical activity before and after school	<p><b>Extra Curriculum Activities</b> To continue to offer and deliver a wide range of activities within our <b>Sports Programme</b> to primary schools within the district</p> <p>Total Throughput</p>	Sep 2019 – June 2020	WCC	2,184 / TBC/ TBC
<b>Goal: 3.2 – To support the School Games Organisers to provide opportunities for competitive sport in schools</b>				
To support the School Games network; inspiring young people from the Winchester district to participate in competitive school sport	<p><b>School Games</b> To ensure Winchester schools are represented at all levels at the school games competition</p> <p>Number of Schools Number of Teams</p>	Sep 2019 – June 2020	WCC/ SGO	TBC / TBC / TBC TBC / TBC / TBC



# Theme 3

## Children & Young People

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 3.2 – To support the School Games Organisers to provide opportunities for competitive sport in schools</b>				
To support the delivery of the Youth Sport Trust initiative 30:30 (30 minutes of exercise within the curriculum and 30 minutes at home a day)	<p><b>30:30</b></p> <p>Ensure Winchester schools are signed up to this initiative</p> <p>Number of Schools</p>	Sep 2019 – June 2020	WCC/ SGOs	TBC / TBC / TBC
To ensure schools are working towards their sports mark accreditation	<p><b>Sports Mark</b></p> <ul style="list-style-type: none"> <li>• Bronze</li> <li>• Silver</li> <li>• Gold</li> <li>• Platinum</li> </ul>	Sep 2019 – June 2020	WCC/ SGOs	<p>TBC / TBC / TBC</p> <p>TBC / TBC / TBC</p> <p>TBC / TBC / TBC</p> <p>TBC / TBC / TBC</p>





# Theme 3

## Children & Young People

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 3.3 – Increase physical activity levels of inactive pupils across primary schools, colleges and universities</b>				
To encourage the UoW students to regularly engage in physical activity	<p><b>Get Active Scheme</b> To promote and support the UoW Get Active Scheme, providing students and staff the opportunity to take part in weekly sports activities</p> <p>Number of Participants</p>	Sep 2019 – June 2020	WCC/ UoW	1,104 / TBC / TBC
To ensure primary school pupils have the opportunity to take part in regular physical activity within a school setting	<p><b>The Daily Mile</b> To actively promote and support schools to deliver the Daily Mile initiative</p> <ul style="list-style-type: none"> <li>• No. of Schools</li> <li>• No. Pupils</li> <li>• No. Classes</li> <li>• Total Miles Walked</li> </ul>	March 2020	WCC	<p>25 / TBC / TBC</p> <p>2,500 / TBC / TBC</p> <p>120 / TBC / TBC</p> <p>40,000 / TBC / TBC</p>



# Theme 4

Events				
Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 4.1 – To deliver an annual celebration for local clubs to showcase their achievements</b>				
To organise and deliver the Winchester District Sports Awards	<b>Winchester District Sports Awards</b> <ul style="list-style-type: none"> <li>• Number of Nominations</li> <li>• Number of Attendees</li> <li>• Number of Sponsors</li> </ul>	Feb 2020	SPAA	55 / TBC / TBC TBC / TBC / TBC 8 / TBC / TBC
To organise and deliver the Winchester Criterium & CycleFest	<b>Winchester Criterium &amp; CycleFest</b> <ul style="list-style-type: none"> <li>• Number of Spectators</li> <li>• Criterium Entries</li> <li>• Family Cycle Ride</li> </ul>	June 2019	WCC	13,000 / TBC / TBC 310 / TBC / TBC 349 / TBC / TBC



# Theme 5

## Facilities

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 5.1 – To support the development of a new sport and leisure centre for the Winchester District</b>				
To build a new leisure facility in Winchester	<b>Leisure Centre</b> Complete all necessary business plans/ urban design framework and technical studies	2021	WCC/ UoW	N/A



# Theme 6

## Inclusive Activity

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 6.1 – To continue to deliver and develop new programmes to increase the number of disabled people taking part in sport</b>				
To organise and deliver our annual multi-sport disability event (Paralympic Personal Bests)	<b>Paralympic Personal Bests</b> Number of Participants	August 2019	WCC/ Winchester Go LD	<b>155 / TBC / TBC</b>
To continue to deliver the disability tennis sessions on a Thursday at RPLC	<b>Tennis Sessions</b> Number of Participants	March 2020	WCC	<b>368 / TBC / TBC</b>
To continue to deliver the multi-sport disability sessions on a Tuesday at RPLC	<b>Multi-Sports Sessions</b> Number of Participants	March 2020	WCC	<b>131 / TBC / TBC</b>



# Theme 6

Inclusive Activity				
Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 6.1 – To continue to deliver and develop new programmes to increase the number of disabled people taking part in sport</b>				
To ensure the Disability Sports Forum remains active, with quarterly meetings with external partners; providing those with additional needs the chance to access sport and physical activity on a regular basis	<b>Disability Sports Forum</b> 2019-2020 Action Plan/ Timetable of activities	March 2020	WCC/ WDDSF	N/A
<b>Goal: 6.2 – To offer a competitive disability sports structure via the Hampshire School Games</b>				
To monitor and support the Hampshire School Games	<b>Hampshire School Games</b> Number of Participants	June 2019	WCC/ Energise Me	TBC / TBC / TBC



# Theme 7

## Tackling Inactivity

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 7.1 – To reduce inactivity and increase the numbers of fairly active and active adults</b>				
To increase the amount of adults participating in at least 30 minutes of exercise each week	<b>Assisted Circuits</b> To deliver 1 class a week to encourage participants to take part in regular physical activity  Total Throughput	March 2020	WCC/ PL	<b>379 / TBC / TBC</b>
	<b>Otago</b> To deliver 3 classes at RPLC and 3 classes within the community helping to reduce falls within the district  Total Throughput	March 2020	WCC/ PL	<b>1,392 / TBC / TBC</b>



# Theme 7

## Tackling Inactivity

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 7.1 – To reduce inactivity and increase the numbers of fairly active and active adults</b>				
To increase the amount of adults participating in at least 30 minutes of exercise each week	<b>Nuero Fit</b> To deliver 2 classes that encourage participants with neurological conditions to take part in physical activity  Total Throughput	March 2020	WCC/ PL	405 / TBC / TBC
	<b>Chronic Obstructive Pulmonary Disease (COPD)</b> To deliver 1 class that helps those with COPD take part in physical activity  Total Throughput	March 2020	WCC/ PL	140 / TBC / TBC



# Theme 7

## Tackling Inactivity

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 7.1 – To reduce inactivity and increase the numbers of fairly active and active adults</b>				
To increase the amount of adults participating in at least 30 minutes of exercise each week	<b>Cancer Rehabilitation</b> To establish a clear route for exercise referrals  Total Throughput	March 2020	WCC/ PL	5 / TBC / TBC
	<b>Health Walks</b> To continue to offer and develop the Health Walk Scheme  Total Throughput	March 2020	WCC/ PL	4,636 / TBC / TBC





# Theme 7

## Tackling Inactivity

Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 7.1 – To reduce inactivity and increase the numbers of fairly active and active adults</b>				
To increase the amount of adults participating in at least 30 minutes of exercise each week	<b>Exercise Referrals</b> To continue to offer and develop the exercise referral scheme supporting those with long term health conditions  Number of Referrals	March 2020	WCC/ PL	197 / TBC / TBC
	<b>Escape-pain</b> To continue to offer Escape-pain sessions to those with chronic joint pain of the knees and/or hips  Total Throughput	March 2020	WCC/ PL	TBC / TBC / TBC



# Theme 8

Talent				
Action	Measurement	Timescales	Lead Partner	Baseline/ Target/ Actual
<b>Goal: 8.1 – To support the Hampshire Talented Athlete Scheme (HTAS) utilising the facilities at River Park Leisure Centre</b>				
To support the Hampshire Talented Athlete Scheme and encourage sign-ups from athletes in the Winchester district	<p><b>HTAS</b></p> <p>Number of Athletes</p> <ul style="list-style-type: none"> <li>• Peter Symonds College</li> <li>• Sparsholt College</li> <li>• UoW</li> <li>• Energise Me</li> <li>• River Park &amp; Meadowside Leisure Centre</li> </ul>	March 2020	WCC/ PSC/ SC/ UoW/ EM/ RPLC & MLC	<p><b>TBC / TBC / TBC</b></p> <p><b>TBC / TBC / TBC</b></p> <p><b>14 / TBC / TBC</b></p> <p><b>TBC / TBC / TBC</b></p> <p><b>37 / TBC / TBC</b></p>
<b>Goal: 8.2 – To involved the talented athletes in community initiatives to inspire people to participate in sport</b>				
To ensure HTAS athletes are signed up to a number of community initiatives throughout the year	<p><b>Community Initiatives</b></p> <p>Number of HTAS athletes</p>	March 2020	WCC/ PSC/ SC/ UoW/ EM/ RPLC & MLC	<b>2 / TBC / TBC</b>

