



Active Communities Team

South Oxfordshire and Vale of White Horse District Councils



“Physical activity has a huge potential to enhance our wellbeing.

Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problem.”

(Mental Health Foundation)



Active Communities Strategy

**Our vision is for all of our residents to
'be active, be healthy and be happy.'**

The Strategy sets out how the Councils' plan to improve the health and wellbeing of our residents and the key role we play in providing high quality active opportunities for our communities, to contribute to tackling inactivity and addressing the inequalities that challenge our society.

We know we have some areas that need more help than others where deprivation is a real issue, where unless we act, the gap between the least and the most deprived will widen so we are targeting certain geographic areas.

Everyone deserves the opportunities to be active, we want to support those with long term health conditions, including mental health issues, disabled people and those for whom cost is an issue. Everyone deserves the opportunities to be active.



The strategy has six themes:

1. enabling everyone to be active – ensure sustainable, inclusive, local interventions to support residents to keep healthy.
2. create healthier communities through walking and cycling - increase opportunities to walk and cycle safely using local infrastructure footpaths and cycleways across our district.
3. maximise the potential of our natural environment - use natural infrastructure to provide a place for physical activity, relaxation, social interaction, and community events.
4. building the skills base of our communities - working with the local workforce to make it sustainable. Our coaches, instructors and volunteers will be recruited, developed, and supported along their desired pathway.
5. effective communication, promotion and consultation - engage with our communities to get a true picture of what active opportunity is available locally.
6. collaborative partnerships and funding advice – making resources go further and sharing best practice.



How the holiday programme links to the strategy themes

A range of activities including cricket, football, table tennis, dance, yoga, skateboarding, walks and more enables everyone to be active

Our nature walks, Nordic walking and evening walks throughout the districts promote the benefits of walking

Nature fundays run at Manor Preparatory School and Kingsgrove helped to educate and inform families about the natural world around them

To support our programme of activities we employ casual coaches who gain new skills and confidence, supporting their professional development

Our holiday activities are promoted through a variety of methods including newsletters and social media as well as directly contacting all YouMove card holders

The programme is funded by YouMove, Didcot Garden Party and the Community Safety team. A number of partnerships with local organisations enable us to offer a wide variety of activities for the community to get involved with



YOU MOVE



South

“I just want to say a huge thank you for making these activities available to families such as mine. It has truly made a tremendous difference to our lives. Please keep up your amazing work”

Vale

“I can’t tell you how wonderful it is to be able to do something immediately that is certain to have a positive impact for our more challenged families. THANKYOU!!” - Grove Primary SENCo

1263 individuals are signed up to the pathway in South Oxfordshire

1228 individuals are signed up to the pathway in Vale of White Horse

Data as of 25 August 2023





As part of the Didcot Garden Party the Active Communities team provided a range of free activities in Didcot and the surrounding villages of Blewbury, Hagbourne and Sutton Courtenay.

These activities were part of a summer holiday programme across both districts which attracted over 1500 participants

We took part in the Nourish and Flourish Programme across nine Didcot schools for children in year five. Sports sessions that we ran included more unusual sports such as Quidditch.



Skateboarding sessions



Faringdon skate event with 80 participants

Active Communities have teamed up with ATB Skate and Scoot to offer skating and scooting games and competitions, and with Team Rubicon for beginners skateboarding sessions for all ages.

These activities were run in partnership with our Community Safety Team and were very well attended



XPLORER

Xplorer is a family-friendly fun navigation challenge that is educational and gives children a sense of adventure as they explore the park to find the markers.

It involves a healthy mix of physical activity and decision-making that the whole family can enjoy together. At each marker, children need to identify what is pictured and enjoy learning a fun fact to tell their friends.



‘It is so great to get my children out in the fresh air doing a fun activity and to get a certificate and sticker at the end of it’ - parent from Watlington





Real Play supports families playing and learning together.

Fun games and story telling provide a captivating programme which enables families to be active and learn together through the power of play

Throughout July and August we ran eight sessions at a range of indoor and outdoor venues.



41 children enjoying Real Play at Folly Park in Faringdon

‘it was so lovely to see my two children enjoy this session, and for me as a parent to join in too’ - family in Faringdon





The Active Communities team have installed 21 tables across the two districts since March 2021 and we have four more due to go in later this year.

At each site we offer a launch event to encourage community use through games and mini competitions, and hand out free bats and balls to encourage use.



Other activities



- We partnered with the Fitness and Wellbeing Hub in Didcot to provide family fitness classes at weekends throughout the summer
- Our team delivered Boxfit sessions for teenagers at TRAIN (Didcot) and Sweatbox (Wantage)
- Active Totz ran sessions in village locations such as Steventon and Wootton
- We linked with libraries in Abingdon and Didcot to support their activity themed reading challenge
- Arts project to paint a mural on the Ride Revolution storage containers



Ride Revolution

Ride Revolution takes bikes donated by the community and restores them so that they can be given to children and families who may not have access to a bike to help them get more active.

As well as helping residents to keep active the project also gives them the knowledge and confidence to ride safely and keep their bike in good working order.



Working with Arts development and local youngsters we were able to give our bike storage containers a much needed face lift.



[Click on the image to watch the video](#)




Nature Trails

Nature trails are being created in Abingdon and Didcot to encourage residents to get active outside while taking in the beauty of the area they live in.



Duck Walk

The total Duck walk is 2.2 miles (3.6km) which includes the shorter Duckling loop which is just 0.7 miles (1.1km) and takes in the Marina Park. This route takes you right to the edge of the River Thames and includes a picnic area, chatty bench and quiet space to relax and reflect.



Ducks are a type of swimming bird with a short neck and legs. They have webbed feet to help them swim and broad and flat bills, which they use to feed. They can live in freshwater or seawater and their feathers are waterproof. Male and female ducks often have very different appearances. Ducks are roughly divided into 'surface feeders', which rarely dive, and 'diving ducks', which dive under for food.

Abbey Sailing Club & Abingdon Rowing Club

Abingdon Marina

Site of nature reserve

THAMES PATH

WEST QUAY

SOUTH QUAY

Southern Town Park

Wisham Rd

Gainsborough Green

Ruskin Ave

Cotman Close

The Midget Pub

Preston Rd

Woodcote Way

Kensington Close

Look out for:

Dragonflies	<input type="checkbox"/>	Ladybirds	<input type="checkbox"/>
Kingfishers	<input type="checkbox"/>	Rabbits	<input type="checkbox"/>
Swans	<input type="checkbox"/>	Deer	<input type="checkbox"/>
Butterflies	<input type="checkbox"/>	Squirrels	<input type="checkbox"/>
Cats	<input type="checkbox"/>	Otters	<input type="checkbox"/>
Marehens	<input type="checkbox"/>	Red Kites	<input type="checkbox"/>
Ducks	<input type="checkbox"/>	Wildflowers	<input type="checkbox"/>
Herons	<input type="checkbox"/>		

Supporting our communities

We provide multiple grant funding to enable our local communities to offer activities, and to extend and develop their local sports facilities.

We provide support to charitable organisations by offering advice and a network to work with others.

We work in partnership with organisations to provide opportunities for keeping active and healthy and supporting the most vulnerable.



We are committed to working in partnership to deliver high quality, sustainable facilities, services, and activities for all, ensuring that residents can enjoy healthy lifestyles in an enabling and local environment. This strategy presents our vision for everyone to - **Be Active, Be Healthy, Be Happy**



Thank you for listening

Any questions?

