



ACTIVE HUMBER

0930 – Opening and arrangements for the conference

0935 – Welcome and purpose of the conference
(David Gent, Active Humber)

0940 - Responding to the pandemic –
What is Active Lives is telling us we need to do?
(Scott Hartley, Press Red and Sarah Tague, Active Humber)

1025 - Uniting the Movement – the importance for the Humber
(Joel Brookfield, Strategic Lead Local Delivery,
Sport England and David Gent, Active Humber)

1100 – Break

1110 – Active Withernsea - Learning to do things in a different way
(Emma Kelly and Esther Hall, Active Withernsea)

1225 - Climate change, our biggest threat, our biggest opportunity
(David Gent, Active Humber)

1255 – Closing remarks
(Nicola Massingham, Active Humber)

1300 - Lunch & networking



ACTIVE HUMBER

  @ActiveHumber

 ActiveHumber

#GetHumberActive

Don't forget to tag us in your photos, tweets etc.



ACTIVE HUMBER

David Gent CEO



Preparing For Our Future

What are our goals and objectives for the next 5 years?

#GetHumberActive

The Next Five Years

- Uniting the Movement – Sport England
- Everybody Active Every Day 2 - OHID
- Sporting Futures 2 - DCMS
- Active Travel England
- Humber & North Yorkshire HCP
- UN Sustainable Development Goals
- Each of the 4 areas local plans



UNITING THE MOVEMENT

The vision for

- ✓ The 4 areas of the Humber
 - ✓ The Humber
 - ✓ Active Humber
 - ✓ England

How the Sport England and Active Humber Vision Link On Inequalities

UTM Vision

A nation of more equal, inclusive and connected communities. A country where people live happier, healthier & more fulfilled lives

Tackling Inequalities

Active Humber Vision

We want the Humber to be a place where everyone is physically active, every day, for themselves, their communities and the planet

Vision, Mission and Role 2021-2025

- **Vision** - We want the Humber to be a place where everyone is physically active, every day, **for themselves, their communities and the planet**
- **Mission** - To get the most inactive, to be active, **for themselves, their communities and the planet**
- **Role** - Active Humber operates as the Humber's physical activity and sport partnership to increase physical activity rates and reduce inequalities. We act as a catalyst to create a sustainable future where in each of the 4 Local Authority areas of the Humber, the participation rates for inactive people and underrepresented groups improve year on year

Strategic Goals 2021-2025

- **Advocate** - For the importance of physical activity and sport in the lives of all people across the Humber, to maximise resources and investment into physical activity and sport
- **Inactivity** - Get more people to become physically active, especially those who are currently inactive
- **Inequality** - Encouraging greater inclusivity in physical activity and sport so that everyone can take part
- **Exemplary** - Ensure as an organisation we are fit for purpose organisation and working in partnership to deliver our aims and objectives successfully

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Strategic Goals 2021-2025

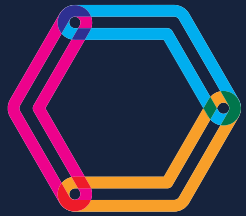
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Sport England

Project plan, vision, goals, actions and priorities



Sport England Alignment

Uniting The Movement;

- Vision
- Mission
- 5 big items
- Catalyst for change

The role for Active Partnerships;

1. Values, Purpose and Strategy
2. Understanding People and Communities
3. Partnerships and Collaboration
4. Leadership
5. Capability and Capacity
6. Learning and Continuous Improvement



Systemic Role



#GetHumberActive

Systematic Development Priorities

The 6 development priority areas are.

1. Values, Purpose and Strategy (7)
2. Understanding People and Communities (6)
3. Partnerships and Collaboration (6)
4. Leadership (5)
5. Capability and Capacity (7)
6. Learning and Continuous Improvement (6)

37 actions agreed with Sport England



Delivery Role

Delivery Role Vision (Long Term)

- Support children and young people identified as our most inactive, facing the most inequalities.
- Collaboration, partnership working, learning, and developing our insight into understanding.
- Most inactive Children and Young People and their communities are being supported to engage in physical activity opportunities that suit them and meet their needs.

Delivery Role Goals (Medium Term)

- Focus on the areas of greatest inequality
- A whole school and community focus
- Supporting the School Sports Partnership network
- Developing our CYP mapping tools and other insight resources
- A more diverse and inclusive School Games programme
- Focus on the recovery curriculum



The need for Active Humber to have an external facing organisational strategy

Active Humber Organisational Plan – 2022-24



2022 - 2024

- What Sport England expect us to do
- How we respond as an organisation to Uniting the Movement
- How we wish to work with partners to deliver Uniting the Movement
- What we want as a charity with local partners to achieve in addition to the above

at the bottom

Is it Working?

KPI









Unlocking
the learning
to make
better
decisions



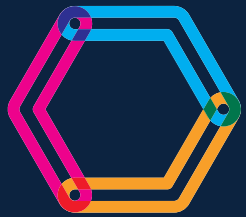


Measures

We want to understand if what we are doing together is making a difference and why.

- Did we shift the barriers and blockers? How do we know?
- Did our actions contribute? What else contributed?
- What happened that we maybe we were not expecting?

To do more of what helps and less of what doesn't...



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We want the Humber to be a place where everyone, every day, is physically active, for themselves, their community and the planet

[#GetHumberActive](#)





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Scott Hartley
Director (Press Red)

Responding to the pandemic

What is Active Lives telling us?

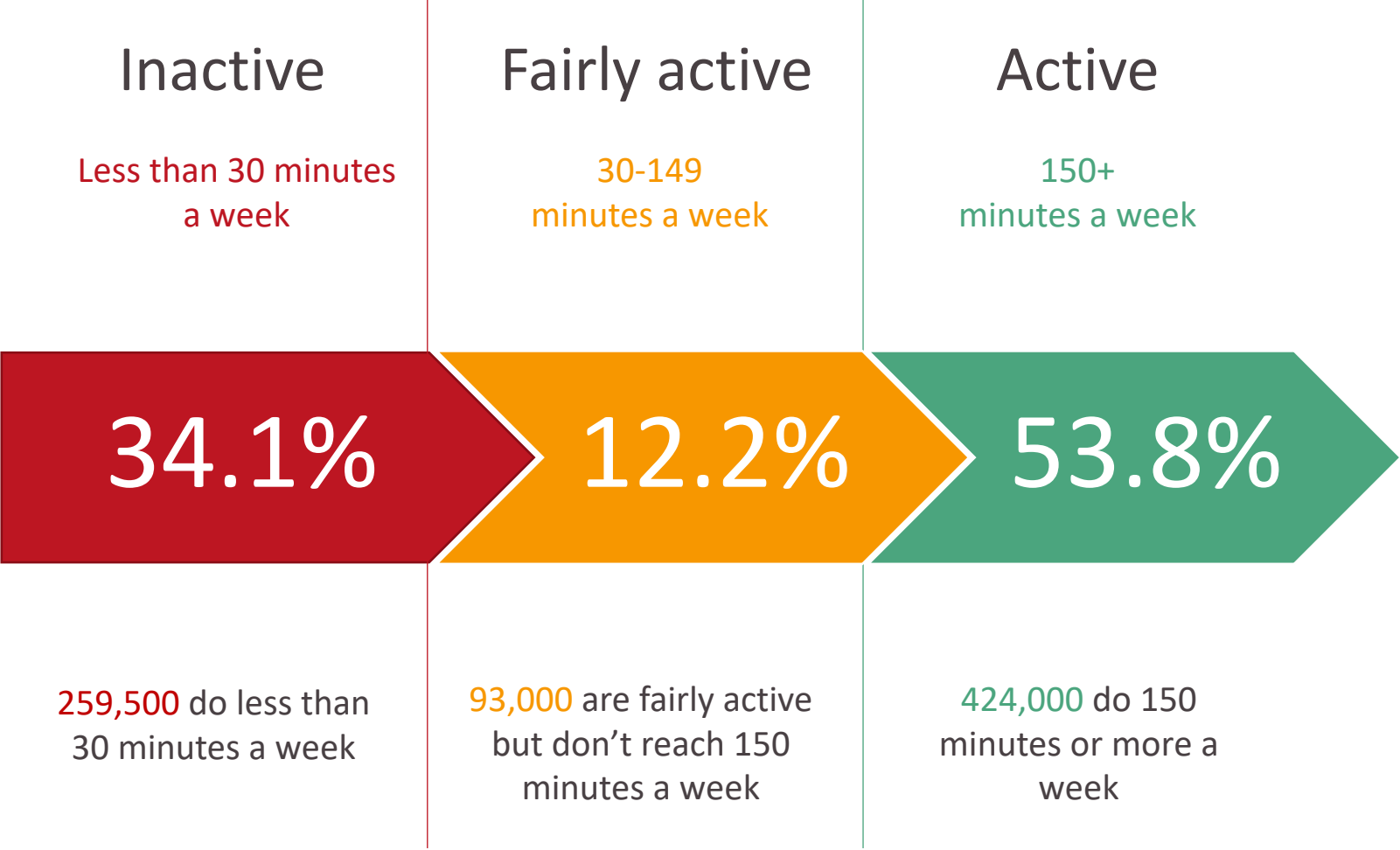


**ACTIVE
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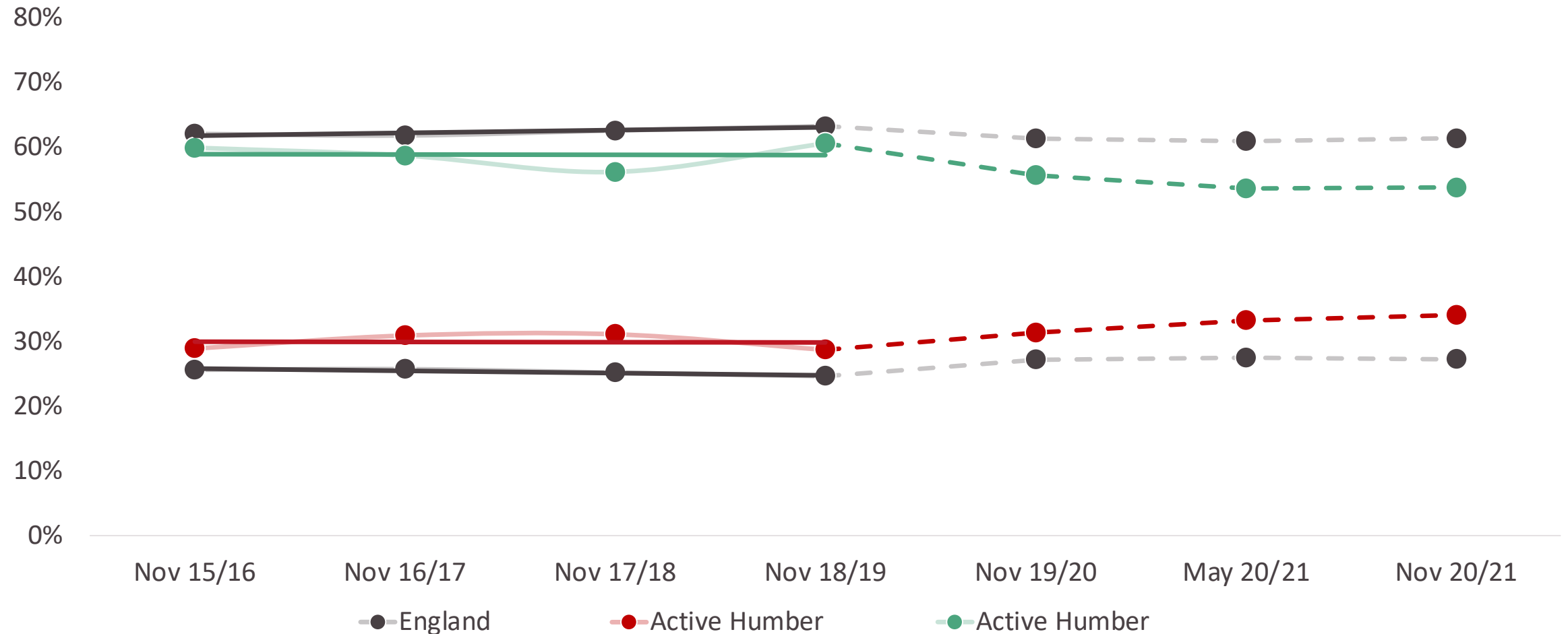
**Impact of the
pandemic on
activity levels of
our adult
population
(aged 16+)**



The pandemic has worsened activity levels

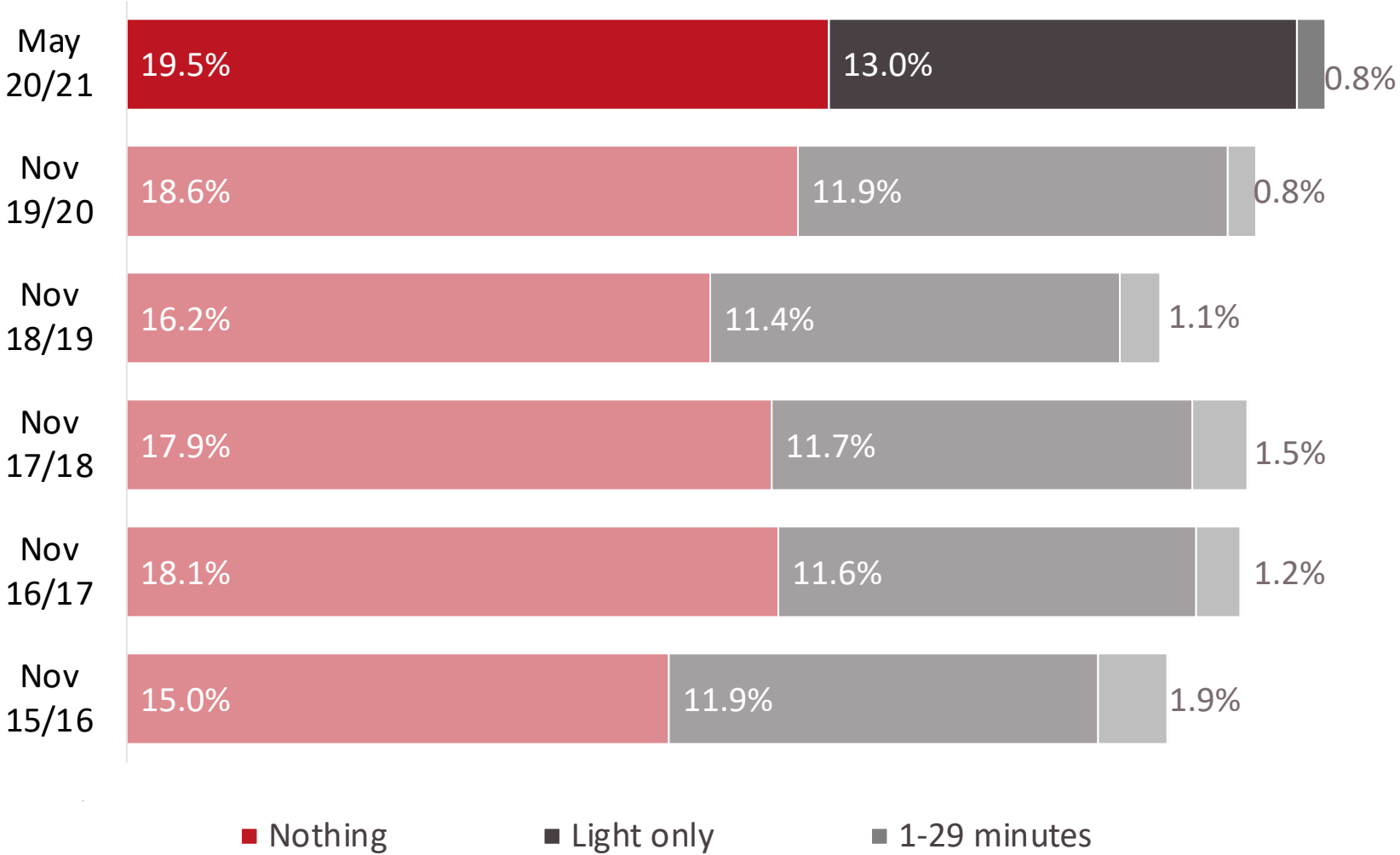


In the Humber, they continue to worsen



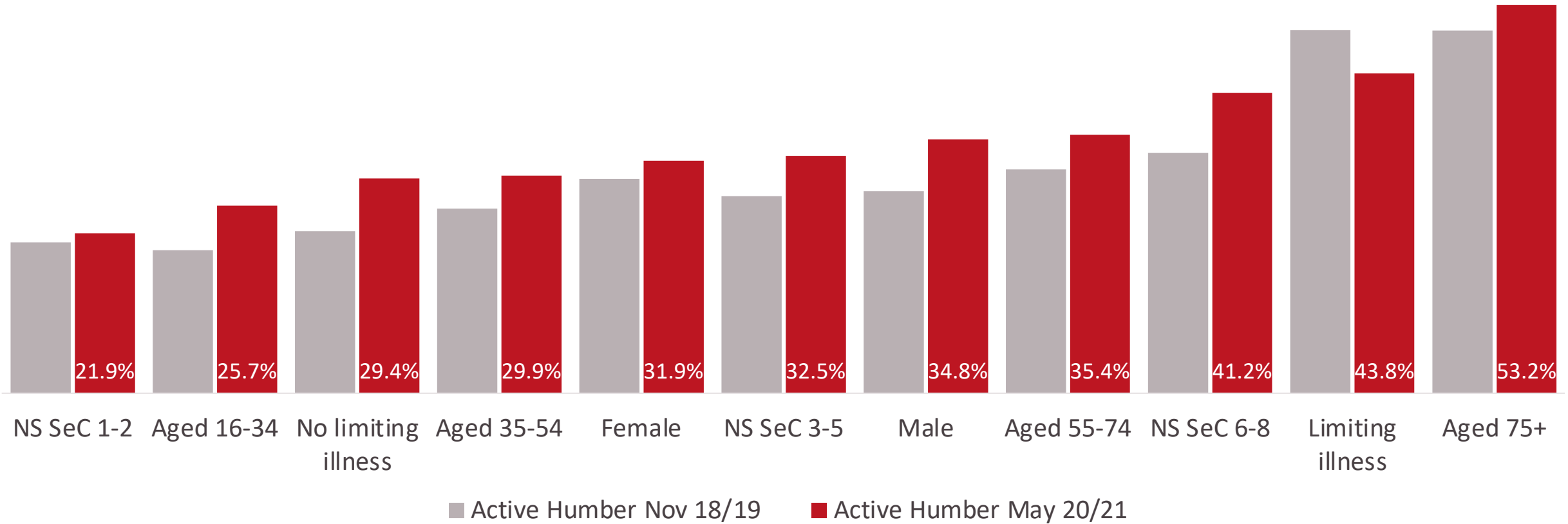
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 20/21, excluding gardening

Sedentary behaviour has increased but...



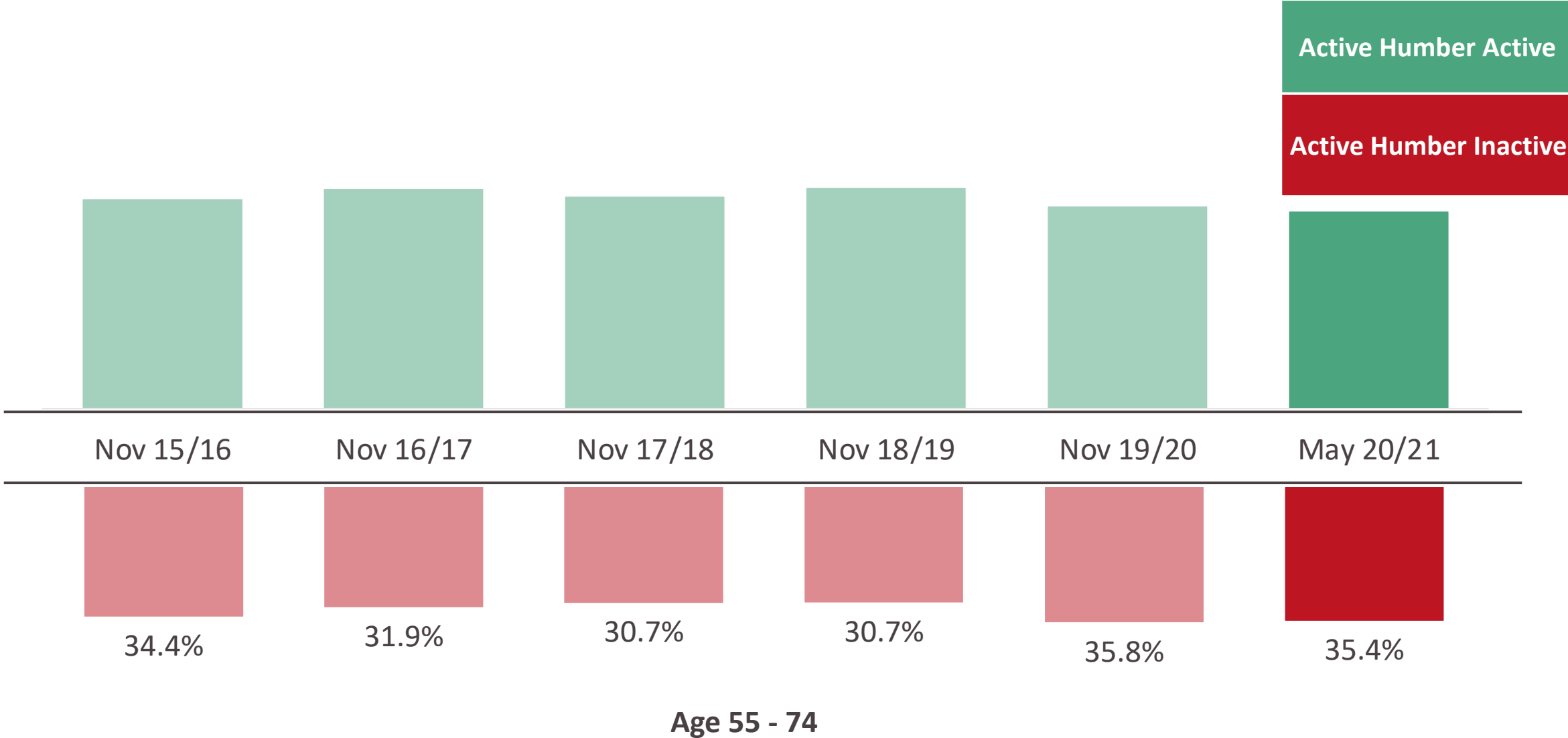
There are now over 100,000 adults doing something but not enough

The pandemic has impacted on inactivity across the community



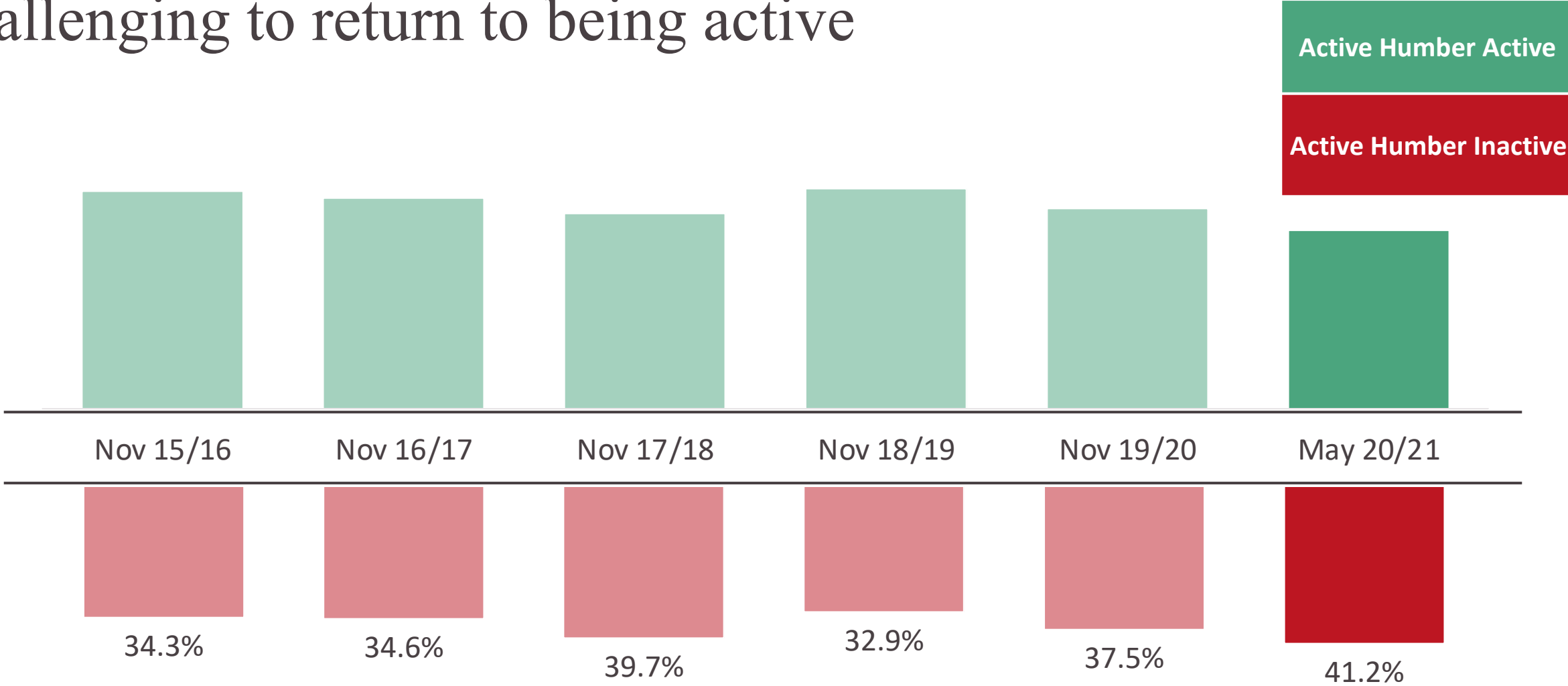
Source: Sport England, Active Lives Adults, Nov 18/19 to May 20/21, excluding gardening

Inactivity among those aged 55-74 had been reducing pre-pandemic



Source: Sport England, Active Lives Adults, Nov 15/16 to May 20/21, excluding gardening

Our less affluent communities may be finding it more challenging to return to being active

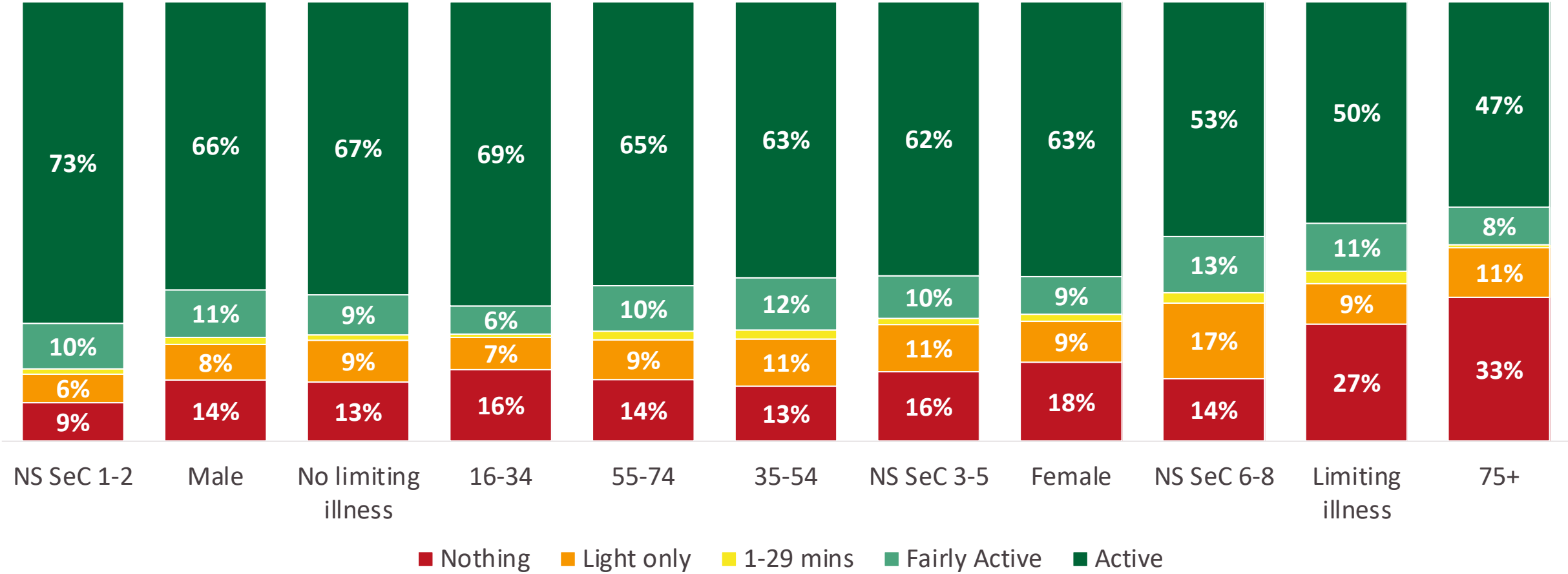


NS SeC 6-8



Source: Sport England, Active Lives Adults, Nov 15/16 to May 20/21, excluding gardening

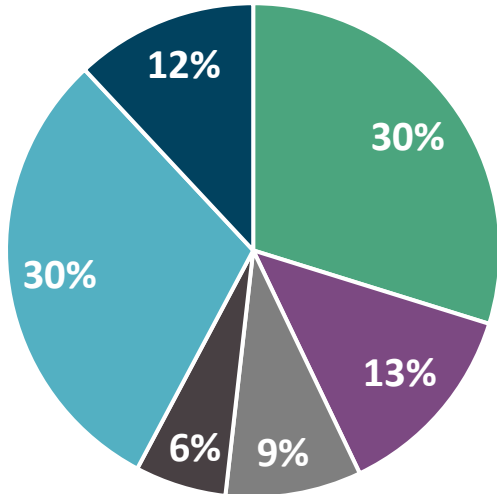
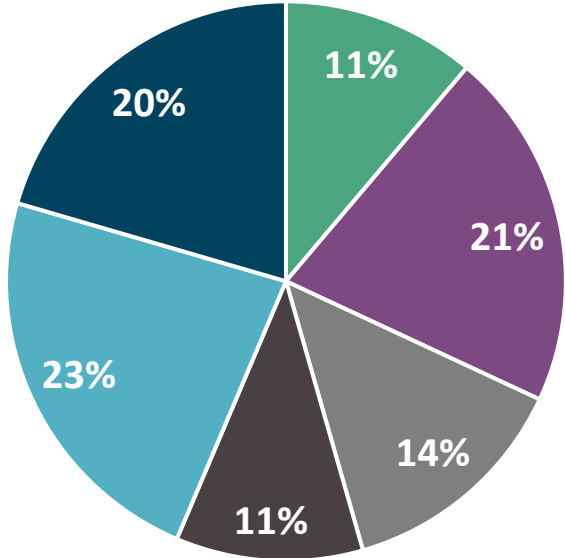
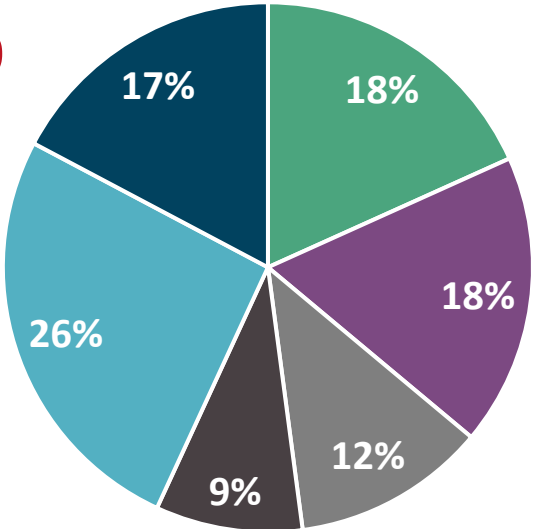
But there are also a lot of adults doing something but not enough across our communities



The pandemic is shifting the way we get our minutes – how will it bounce back?

2016-2019

Mid March to mid November



Walking for leisure
 Walking for travel
 Gardening
 Traditional sport
 Fitness activities
 Cycling

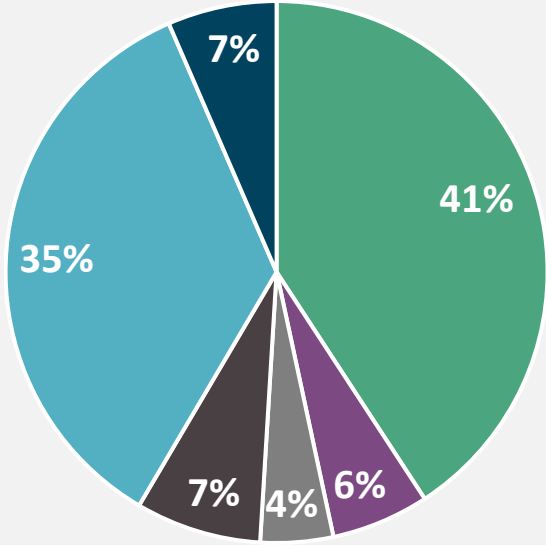
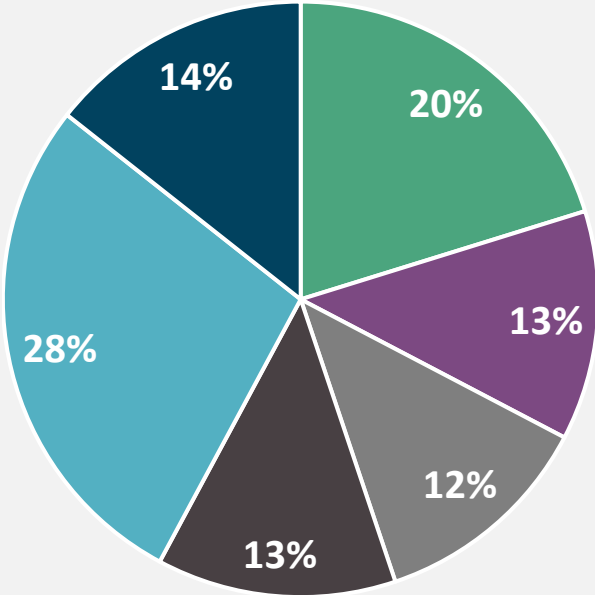
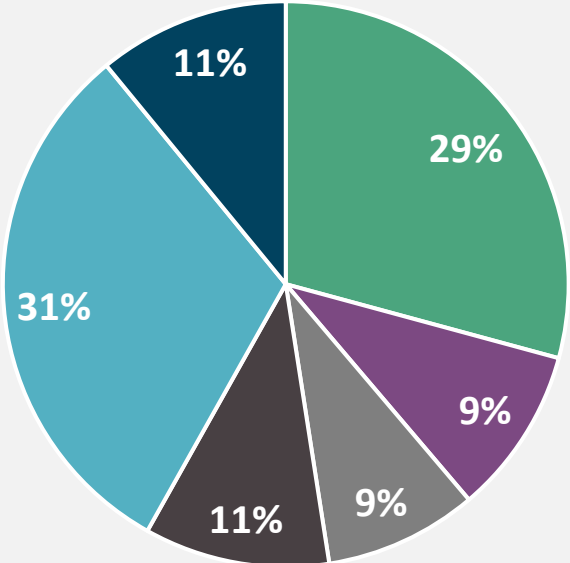
Whole population

Age 16-54

Age 55+

2020

Mid March to mid November

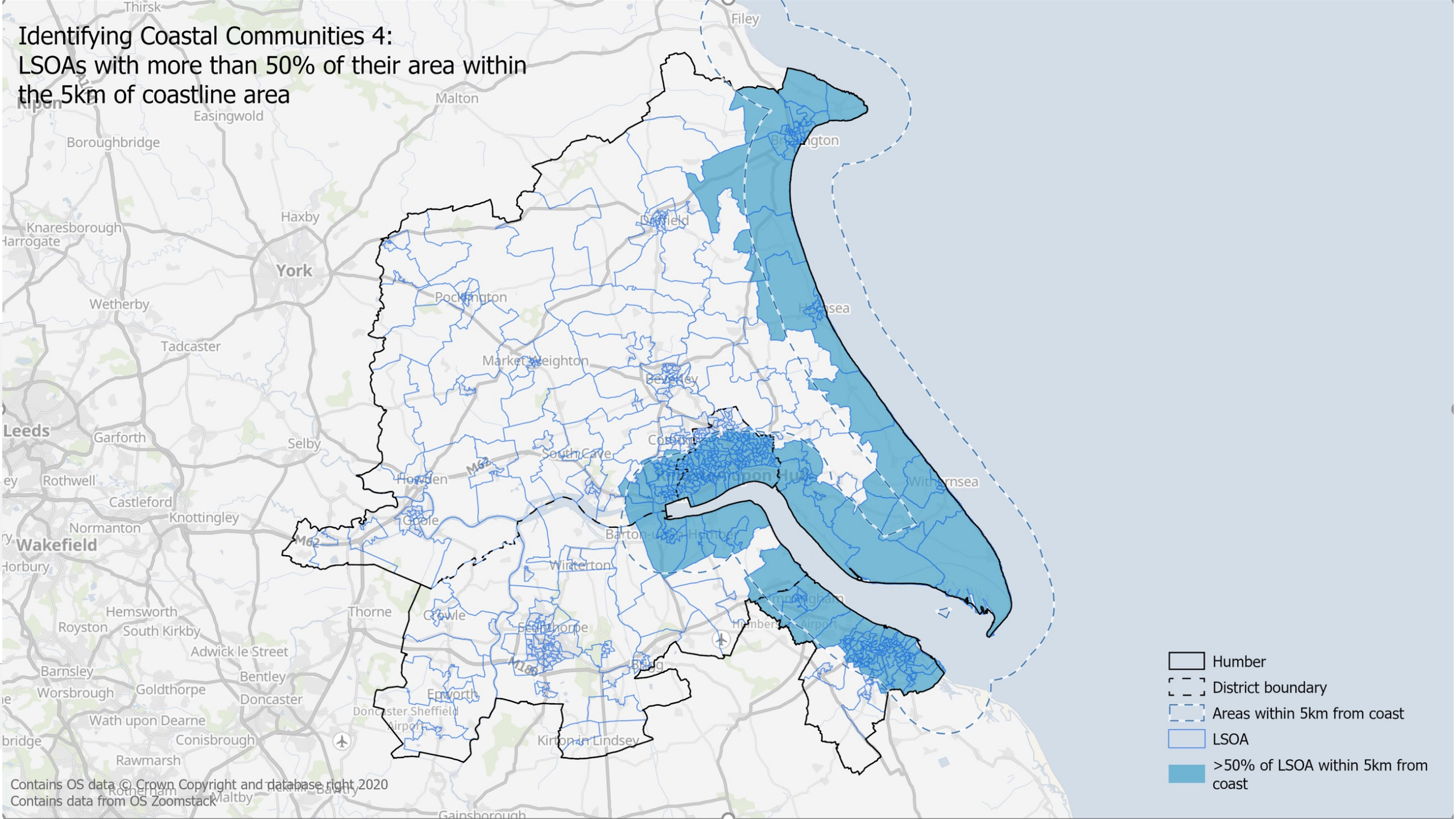


Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 19/20



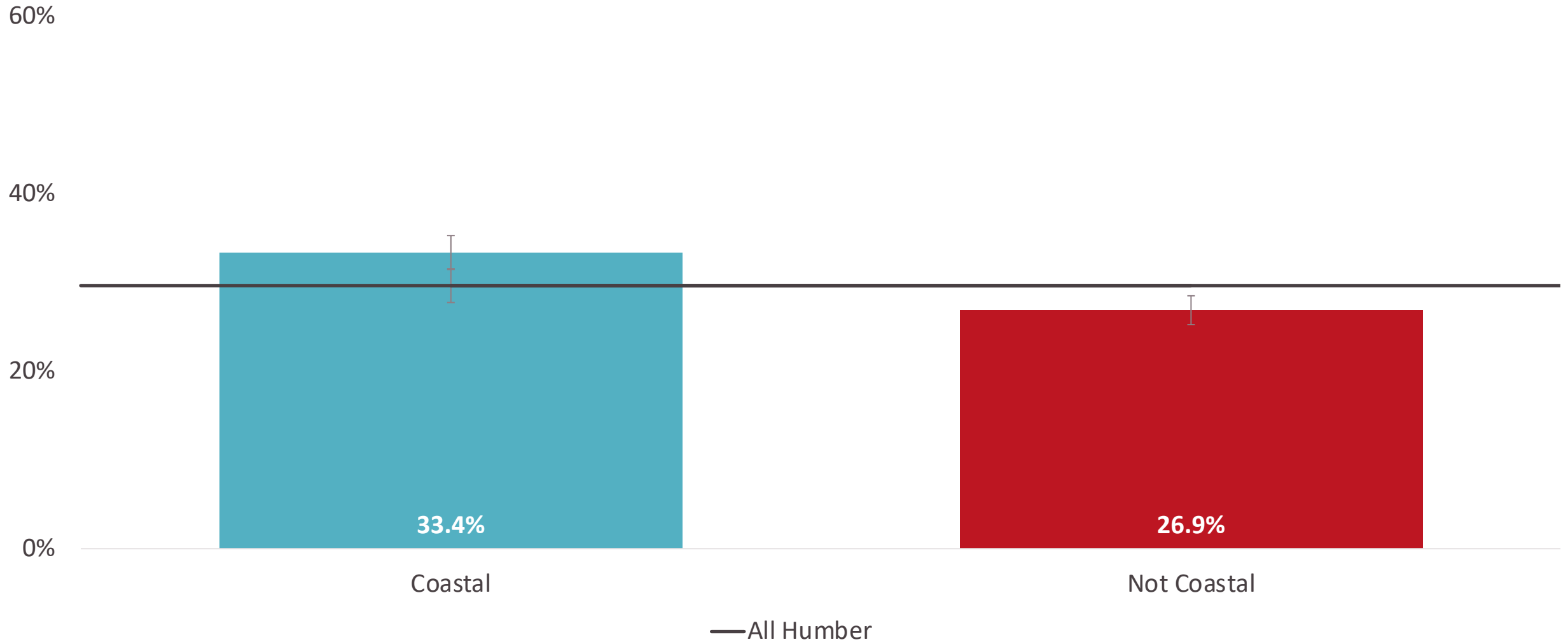
Our Places and Coastal Communities

Identifying Coastal Communities 4: LSOAs with more than 50% of their area within the 5km of coastline area



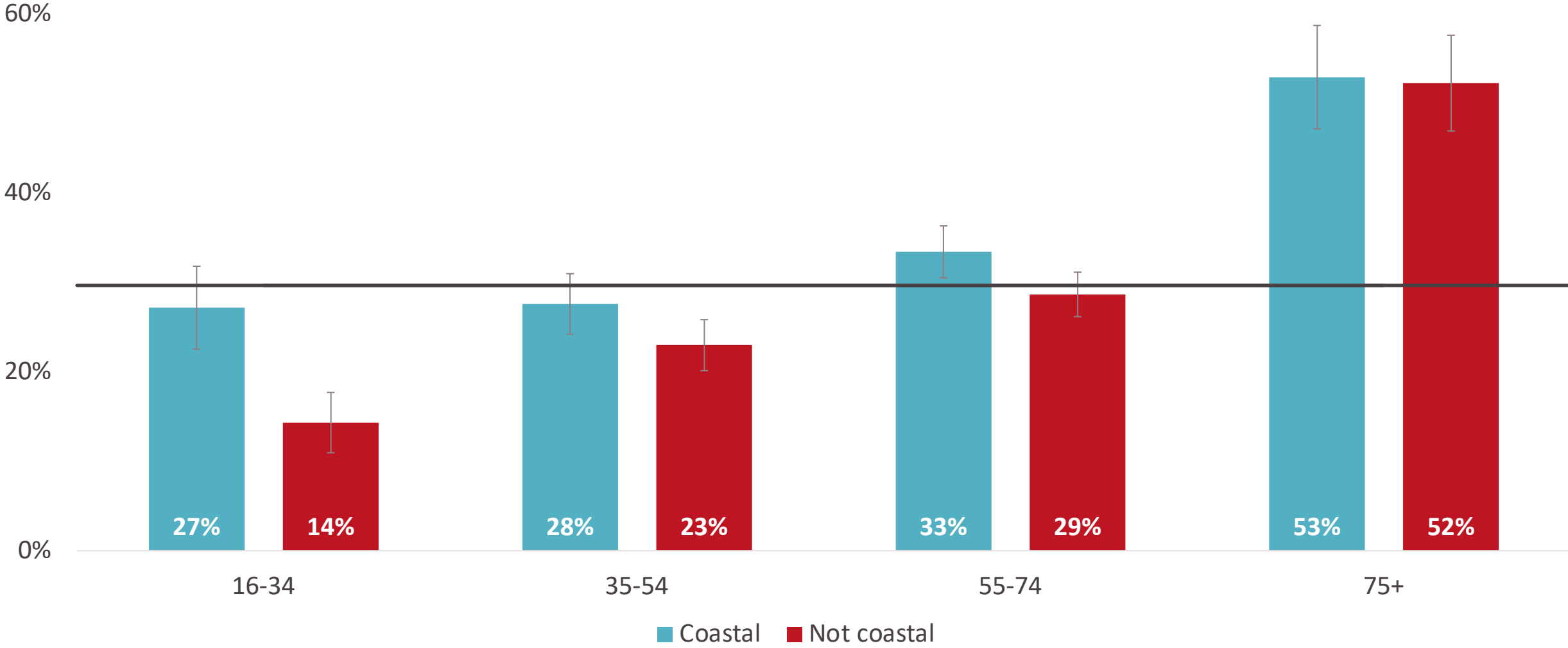
Contains OS data © Crown Copyright and database right 2020
Contains data from OS Zoomstack

Inactivity is higher in our coastal communities



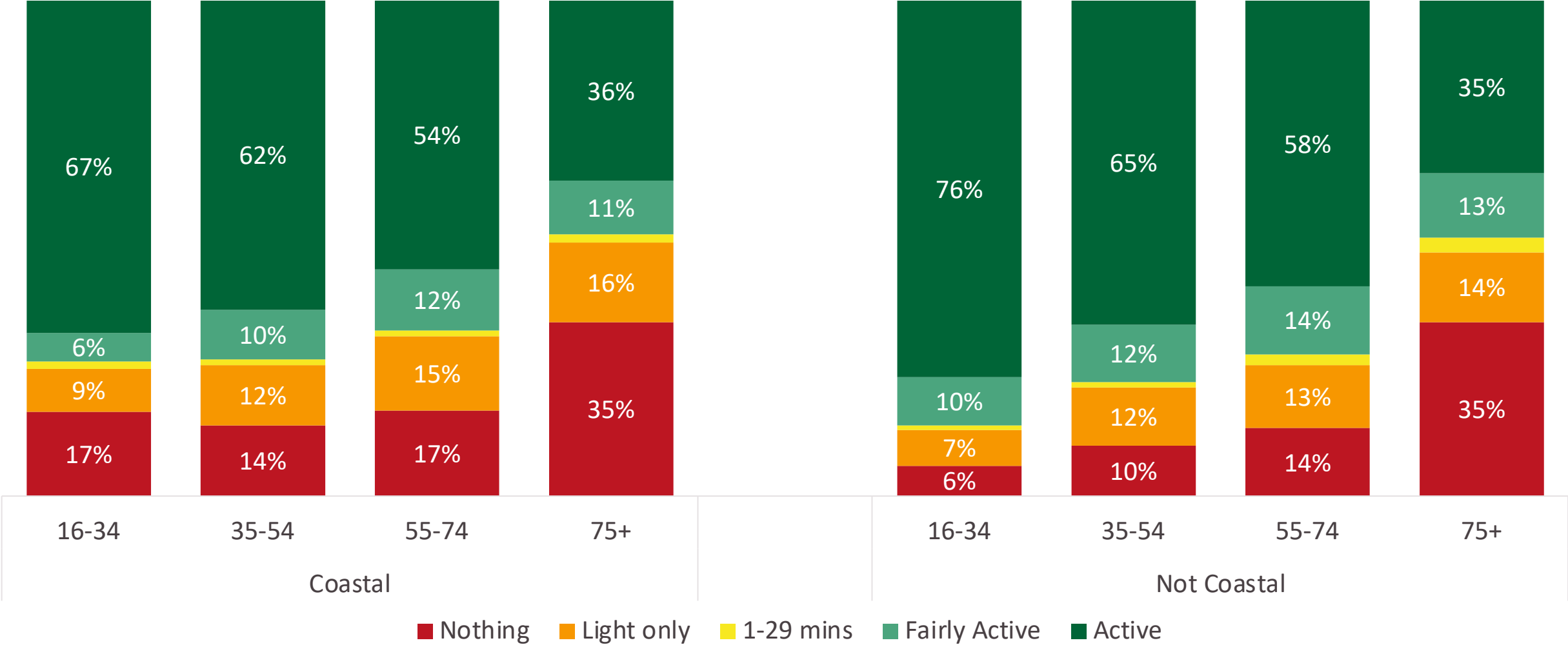
Source: Sport England Active Lives Nov 15/16, Nov 17/18, Nov 18/19, Nov 19/20 , excluding gardening combined

The difference in activity levels is larger among younger adults



Source: Sport England Active Lives Nov 15/16, Nov 17/18, Nov 18/19, Nov 19/20 excluding gardening combined

Again there are a lot of people doing something but not enough

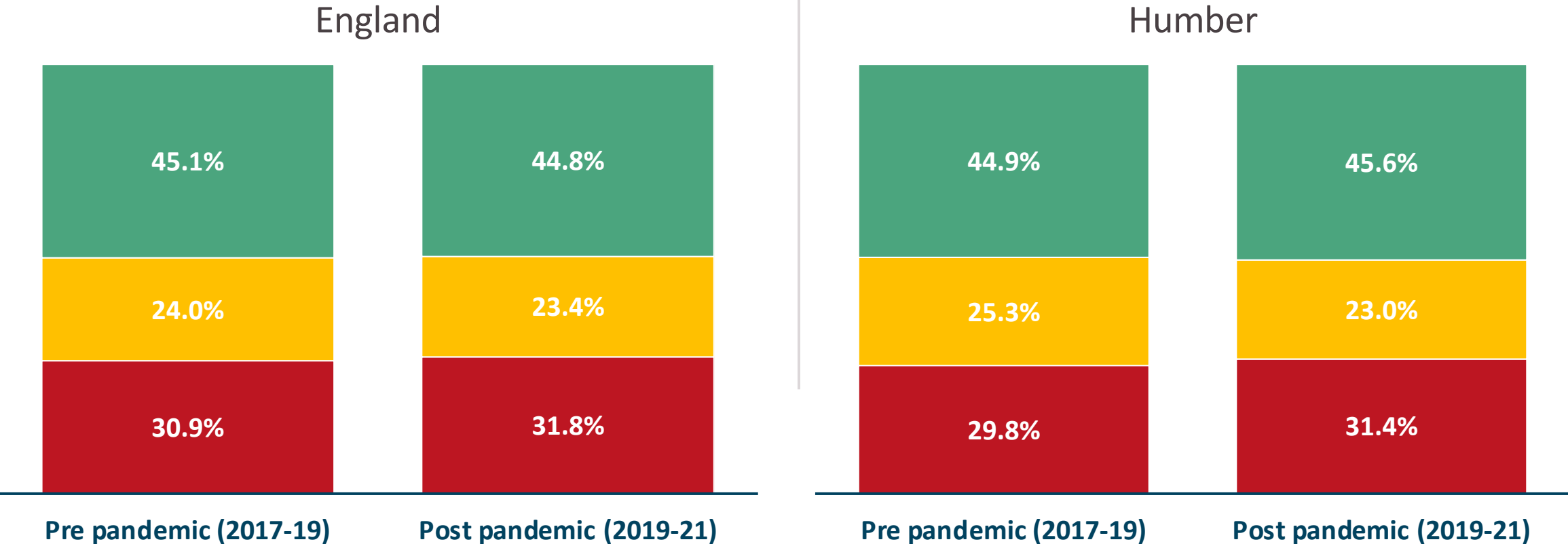


Impact of the pandemic on activity levels of our children and young people



Our CYP activity levels have been a bit more resilient than our adults

- Everywhere 
- At school 
- Outside school 



■ Less active ■ Fairly active ■ Active



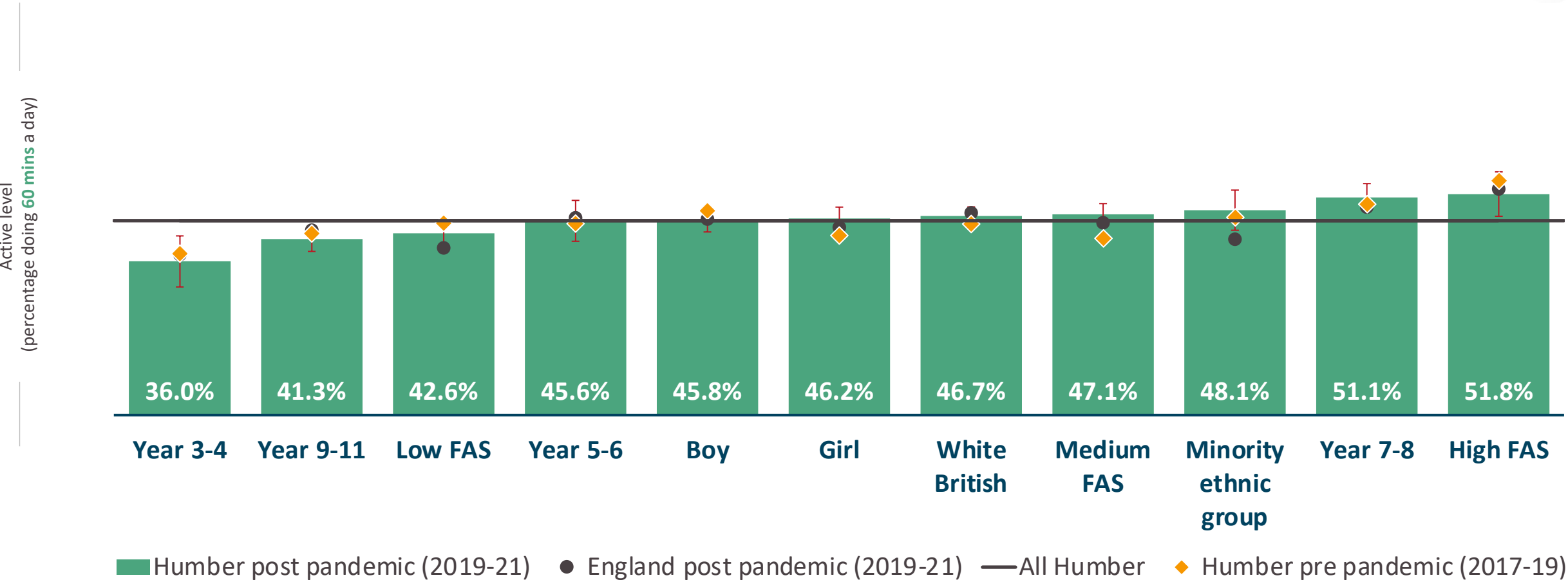
Source: Active Lives Children and Young People Survey 2017-21

Some CYP have found the pandemic beneficial

Everywhere

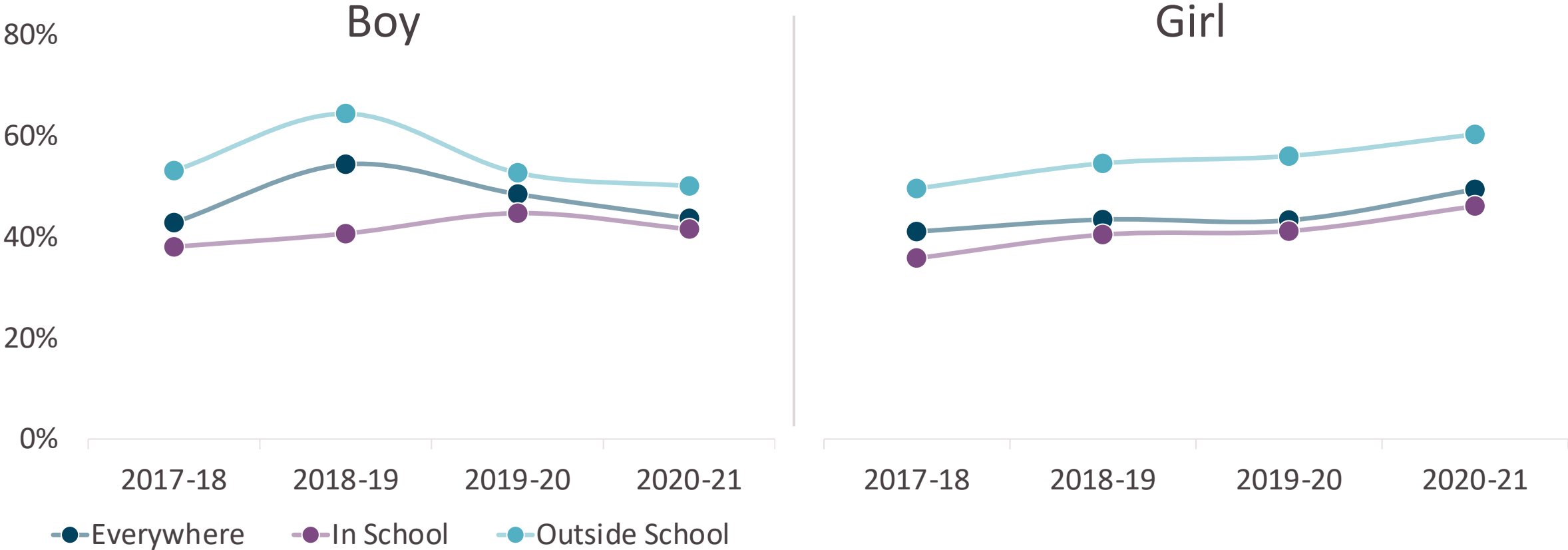
At school

Outside school



Source: Sport England Active Lives Children and Young People Survey 2017-21

Physical activity behaviour by gender



There are inequalities in activity levels, at school...

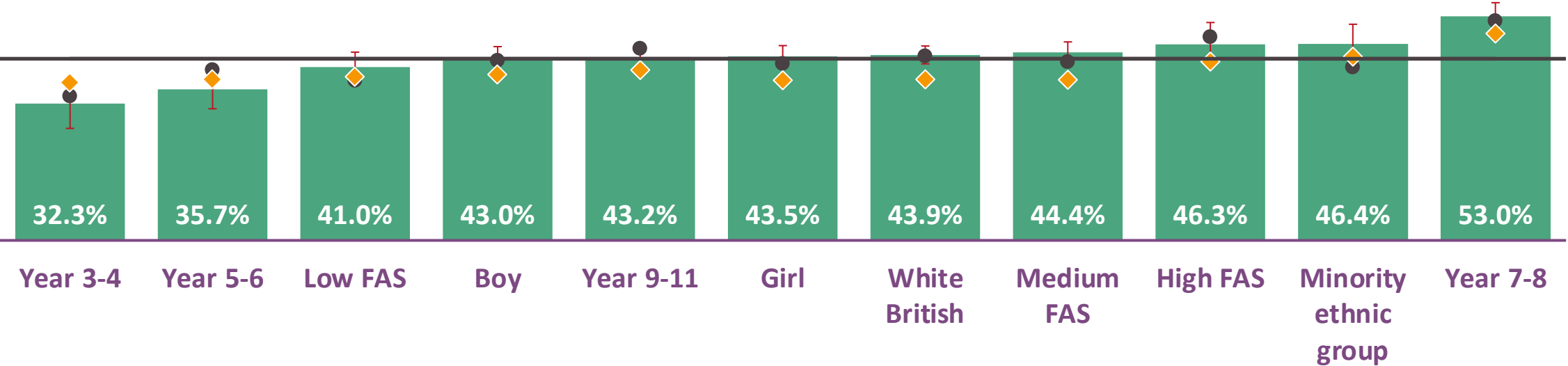
Everywhere

At school

Outside school



Active level
(percentage doing 30 mins a day)



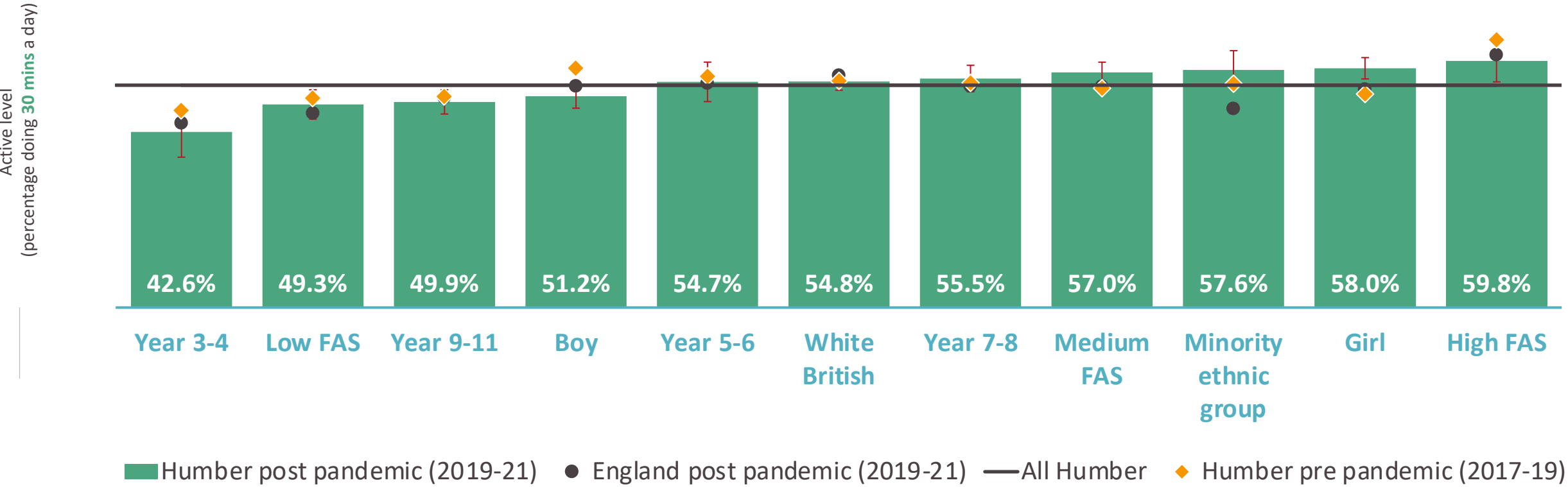
■ Humber post pandemic (2019-21)
 ● England post pandemic (2019-21)
 — All Humber
 ◆ Humber pre pandemic (2017-19)



Source: Sport England Active Lives Children and Young People Survey 2017-21

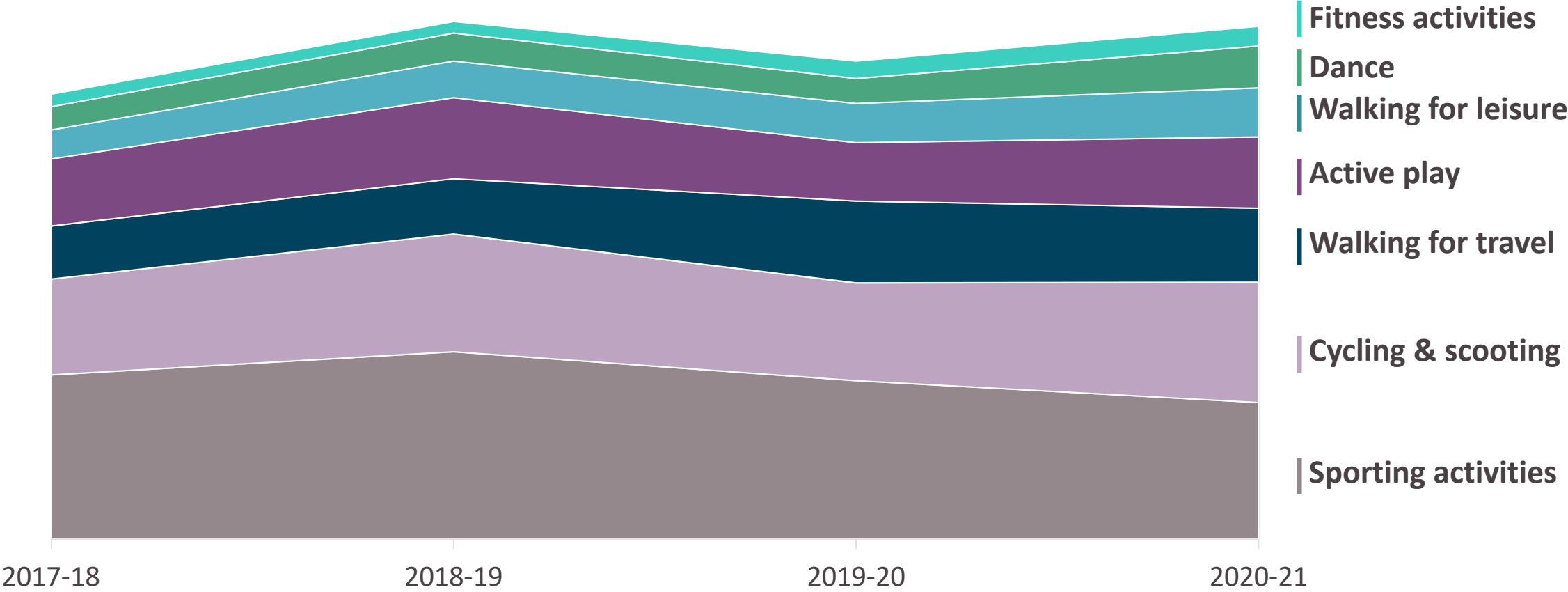
And outside of school

Everywhere 
 At school 
 Outside school 



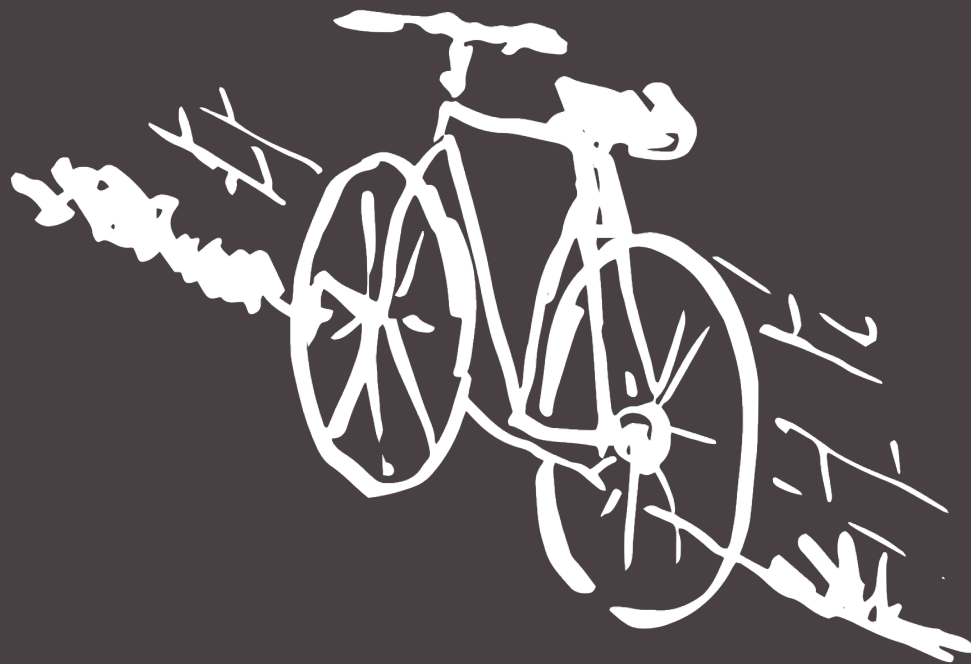
Source: Sport England Active Lives Children and Young People Survey 2017-21

The pandemic is shifting the way CYP get their minutes



Source: Sport England Active Lives Children and Young People Survey 2017-21

Summary



Summary

- ***The pandemic has significantly worsened activity levels for adults*** in the Humber and they continue to worsen
- Sedentary behaviour has increased. However, there are now ***over 100,000 inactive adults doing something but not enough***
- We have a ***growing societal challenge*** around inactivity as the pandemic has impacted on inactivity across the community
- There had been an improvement in activity levels for those aged 55-74 until the pandemic. Our less affluent communities (NS SeC 6-8) are finding it more challenging to return - ***both of these parts of our community need greater attention***
- The ***pandemic is shifting the way we get our minutes***
- Our ***places have been impacted differently*** by the pandemic, Hull and North Lincolnshire being impacted the most
- ***Inactivity is higher in our coastal communities.*** The difference in activity levels is larger among younger adults
- Our ***CYP activity levels have been a bit more resilient*** than for adults. Some CYP have found the pandemic beneficial (girls and medium FAS) compared to others (yrs 3-4 & 9-11, boys and low FAS)
- However, ***there are inequalities in activity levels at school and outside school*** that require greater attention



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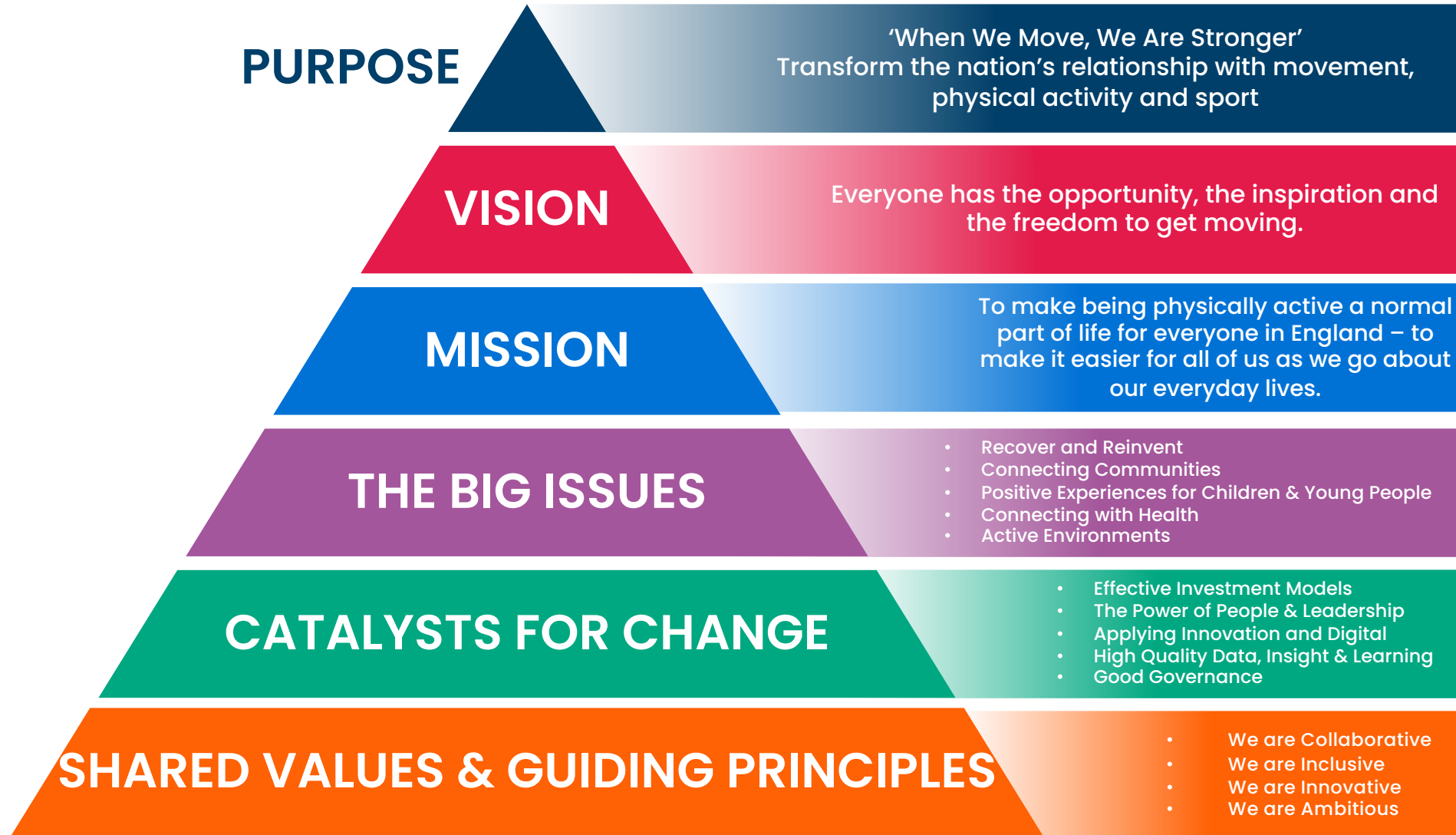
Sarah Tague
Development Manager
CYP & Community (AH)



ACTIVE HUMBER

Joel Brookfield
(Sport England)

Uniting the Movement 2021-31



Joining forces on the big issues

The background of the slide is a photograph of an indoor swimming pool. The pool is filled with blue water and has several lanes marked by red and white lane lines. Swimmers are visible in the water, and there are colorful triangular flags (blue, red, white) hanging from the pool deck. The pool is surrounded by a white tiled deck and a large, modern building structure in the background.

**Recover &
Reinvent**

**Connecting with
Health &
Wellbeing**

**Positive
Experiences for
Children & Young
People**

**Active
Environments**

**Connecting
Communities**

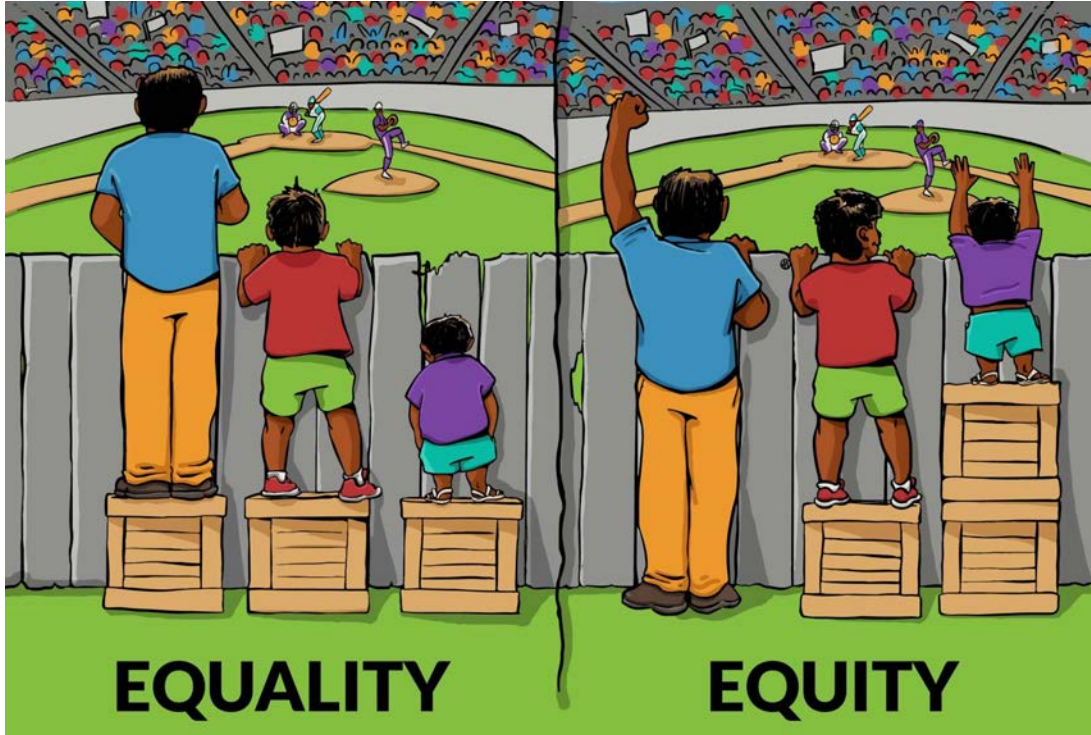
Addressing Inequalities

We have just heard loud and clear that inequalities are central to who is active and who isn't.

Things have just got a lot harder since 2020

Inequalities are central to Uniting the Movement.

- Some universal support is needed
- But some people and places need more intensive support
- And it's likely to be of a different nature – collective, systemic and more collaborative
- People and communities to the fore



Expanding Place Partnerships – 3 pillars

1. Expand the number of places we will target with a bespoke offer

2. Deepen the work and learning with LDPs and other significant places

3. Create a new universal offer

Targeted / Proportionate

Universal

Underpinning principles for HOW we do the work

learning from how change happens: shared purpose, trust and relationships



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Emma Kelly

Active Withernsea

Lead

Esther Hall

Public Health

Specialist

Systems and Strategic

Change

Active Withernsea Journey

Esther Hall – Public Health Specialist

Emma Kelly – Active Withernsea Lead

Sarah Smizz – Illustrative Artist



The rationale



Working together to create a happier, healthier, more Active Withernsea

Trialing an innovative approach that puts the community's voice at the heart of the agenda, with the big focus on local ideas and priorities. This way of thinking will help unlock exciting ways for everyone to enjoy a more active life, regardless of ability or background.



Key Components

Listening

Connections and sustainability

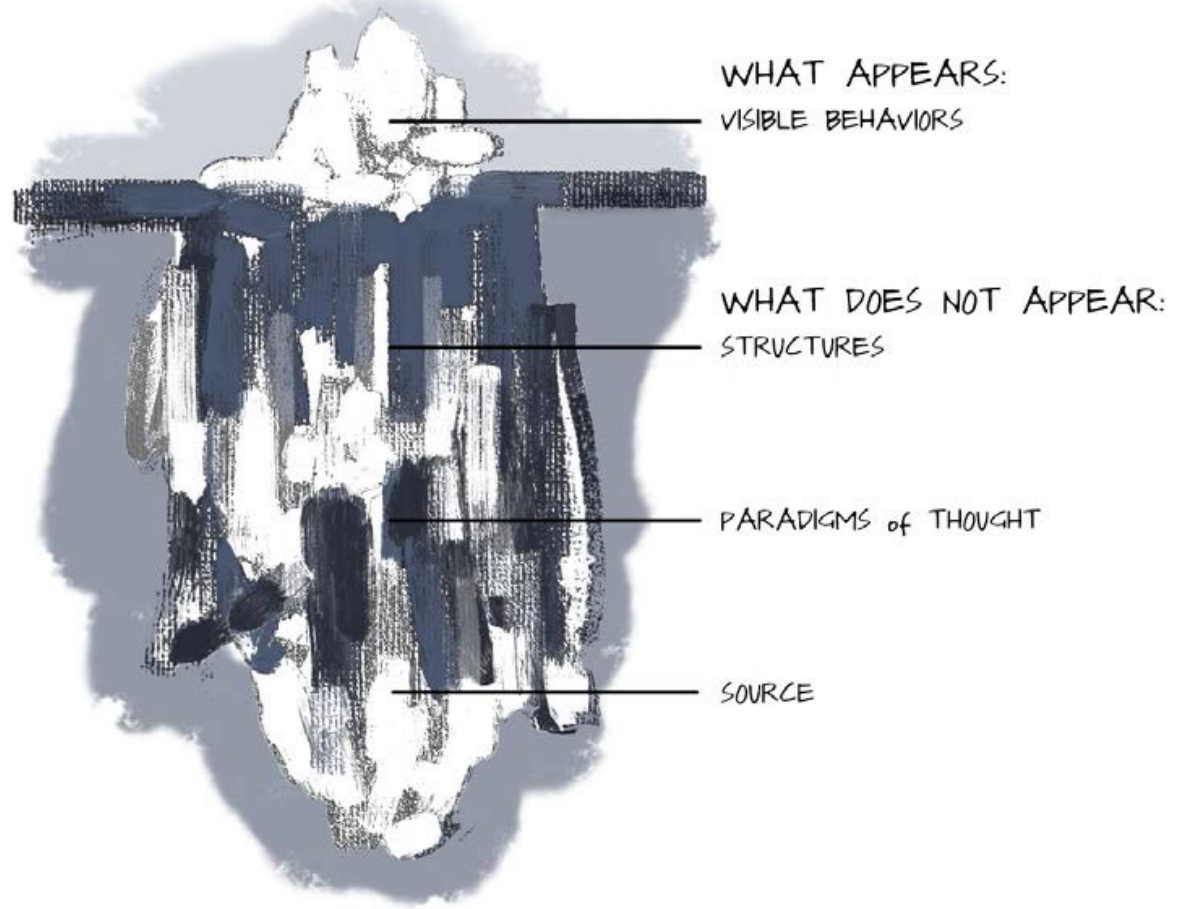
Adult Development and Systems
Thinking

Adaptive Evaluation



What's Different?

ICEBERG MODEL of CURRENT REALITY



What's Different?



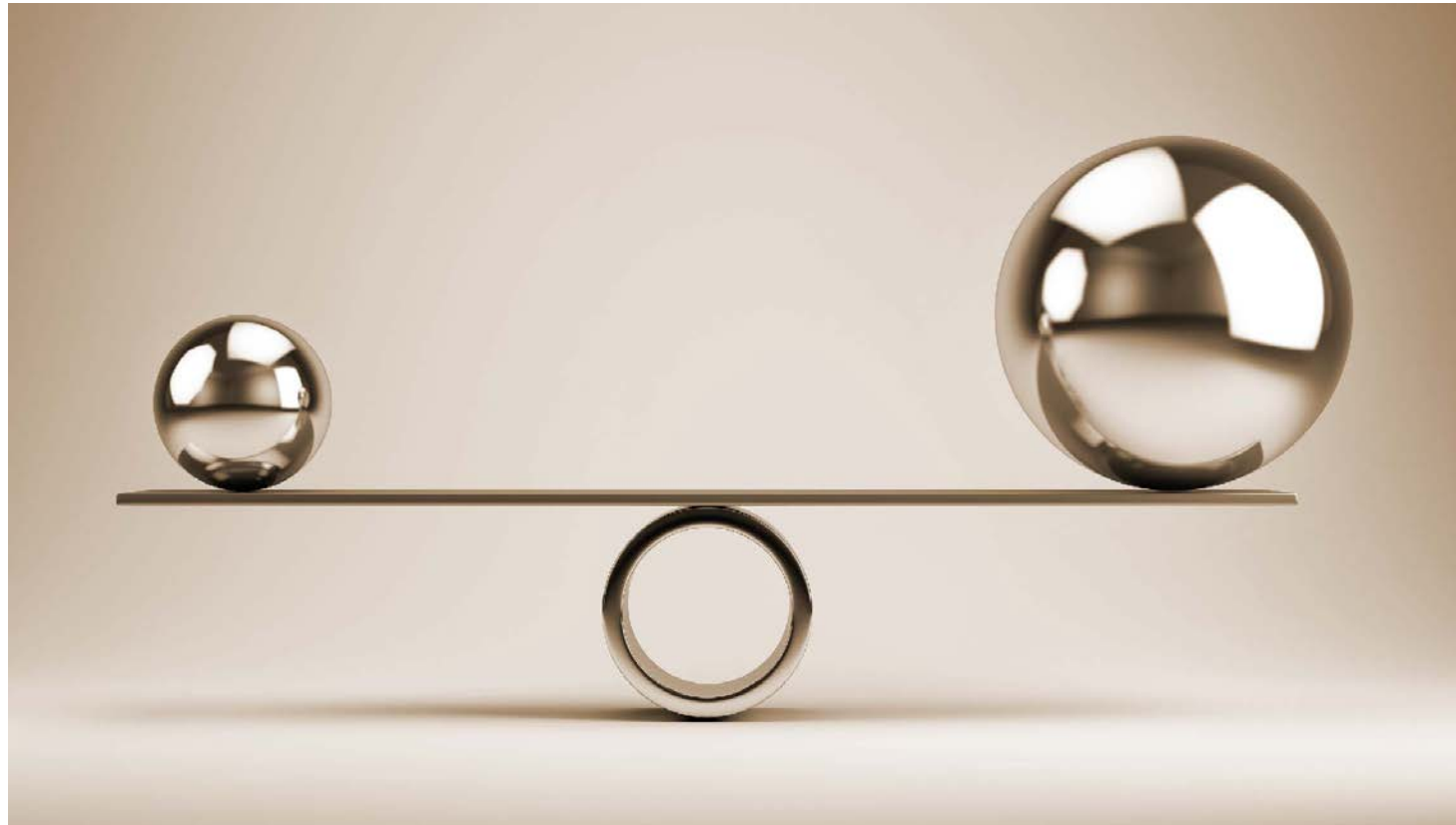
What's Different?

Things

Thinking
and feeling

Surface

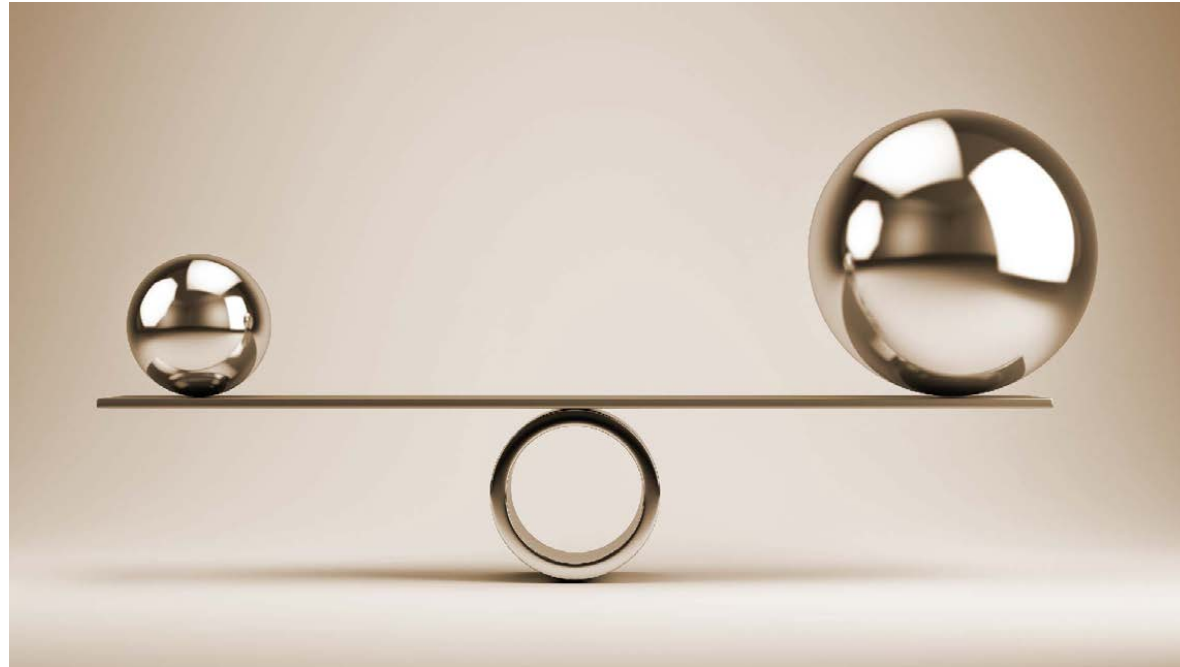
Deep



Learning Points

Surface level

McDonalds
Train
Market
Better looking
high st.
Mental health
What's on



Deeper level

Perception
Aspiration
Connection
Life Skills

Deep Themes

Perception – The different ways people think and see themselves, their world and others

Connection – how people hear about what is going on and increasing connections between different parts of the community

Aspiration – How can we build up people with the confidence to try things out

Life Skills – the ability to thrive in the day-to-day routine of our lives



Why people don't change...



Focus on things
(guessed at by
us)



No deep
engagement
or stories

- What's offered has no meaning
- What's offered is not important
- No time in their lives to give attention to this
- Anticipated discomfort/ no connection
- Not believing it will do anything
- Not believing they can do it
- Doesn't fit with their identity

Where we are now

- **Scaffolding** the development of new activities and community-led projects
- Get Going **grants**
- **Brokering** resources into the Town
- Examples of projects in development: Active Kirkfield, Withernsea walking booklet, adaptive bikes, skate park development, street play, sea sports, volunteering
- Examples of grants awarded: Free karate taster sessions leading to membership, feasibility testing for regenerated tennis courts, weekly delivery of boxing sessions

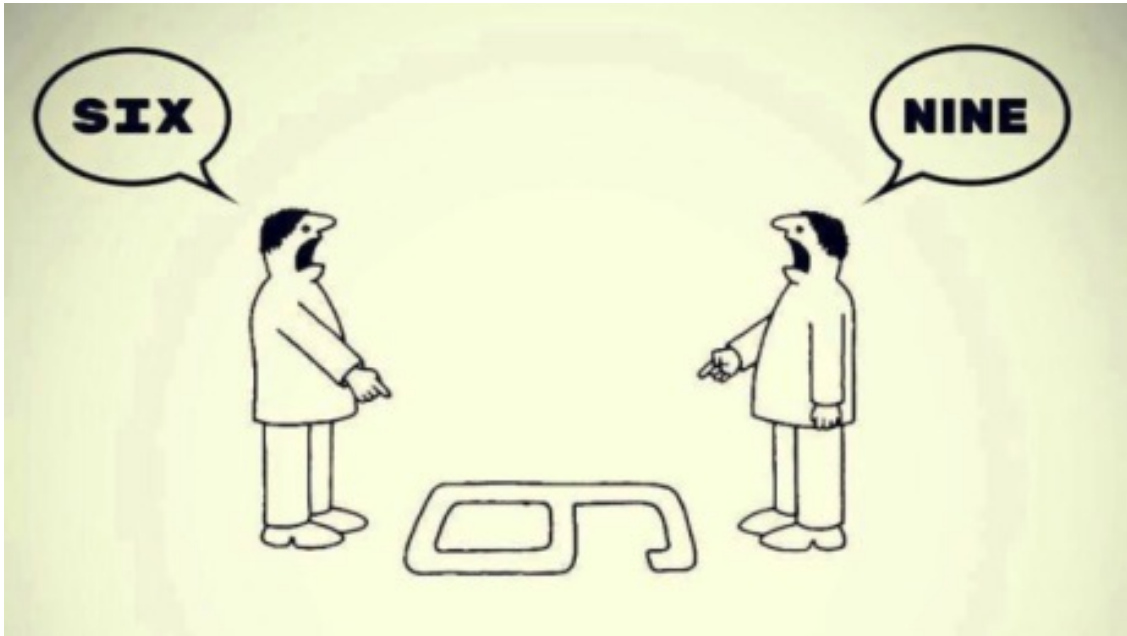


Principles of our approach



- Tuning in
- Community-led
- Increase activity/ participation
- Improve communication
- Give opportunity
- Facilitate only
- Sustainable
- Spread the learning
- Hearing every voice
- Time to reflect
- Practice what we preach
- Target the hard to reach
- Value for money

Systems Thinking



All people see the system differently to each other

Understanding what this means in depth will help the broader system align

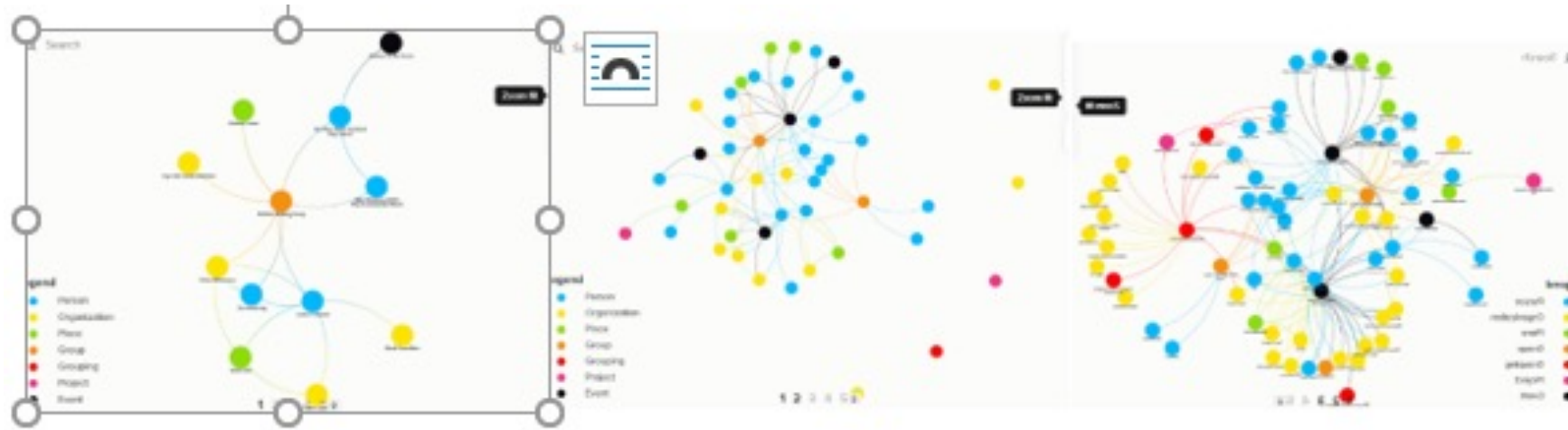


Learning Points

Systems is about relationship and connection

Bringing in quieter voices is helped by seeing more of the picture

Connections



Learning Points

Seeing connections visually on one page allows understanding of complex contexts

Noticing patterns of connection across projects tell us about sustainability

As easy as it looks?



UNIVERSITY OF
BIRMINGHAM

Aspects of Adult Development:

- Unconscious bias
- Understanding our minds
- Understanding our emotions
- Building capacity to notice our own biases
- Put our own ideas and agendas to one side
- Explore the perspectives of others without your own clouding the picture



Learning Points

Building these capacities in your team and community takes time and practice but is essential

Context allowing pause and safety to explore is most impactful



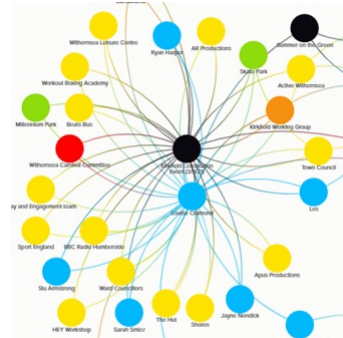
How are we evaluating and what are we learning?



Learning from the **processes**
(observations, interviews, reflection)



System changes
Interviews with staff and stakeholders to capture system changes



KUMU

Social network mapping.



Active Lives survey

In-person door to door survey currently being delivered in Withernsea

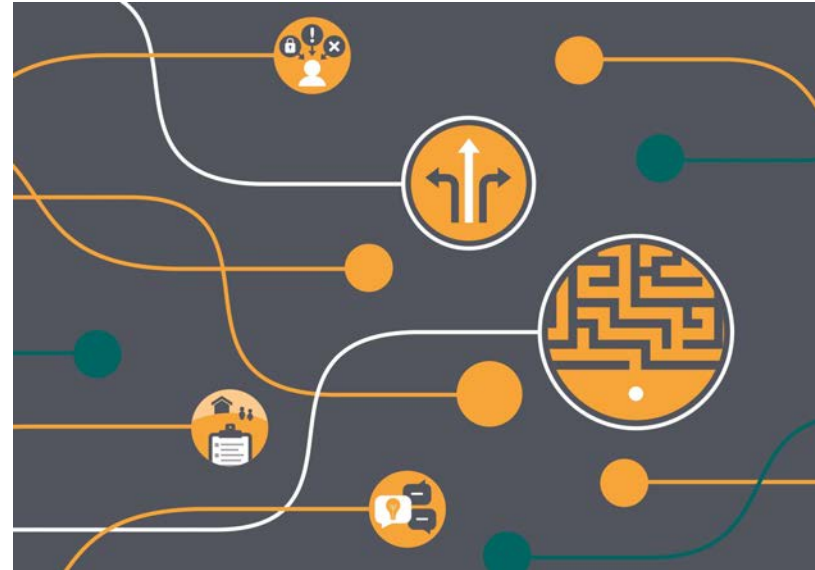


Key learning point

Ideas from Community and team work best

Adaptive evaluation

- Using all streams of data (qualitative and quantitative)
- Allowing for what we learn to inform what we do next
- Allowing for emergence

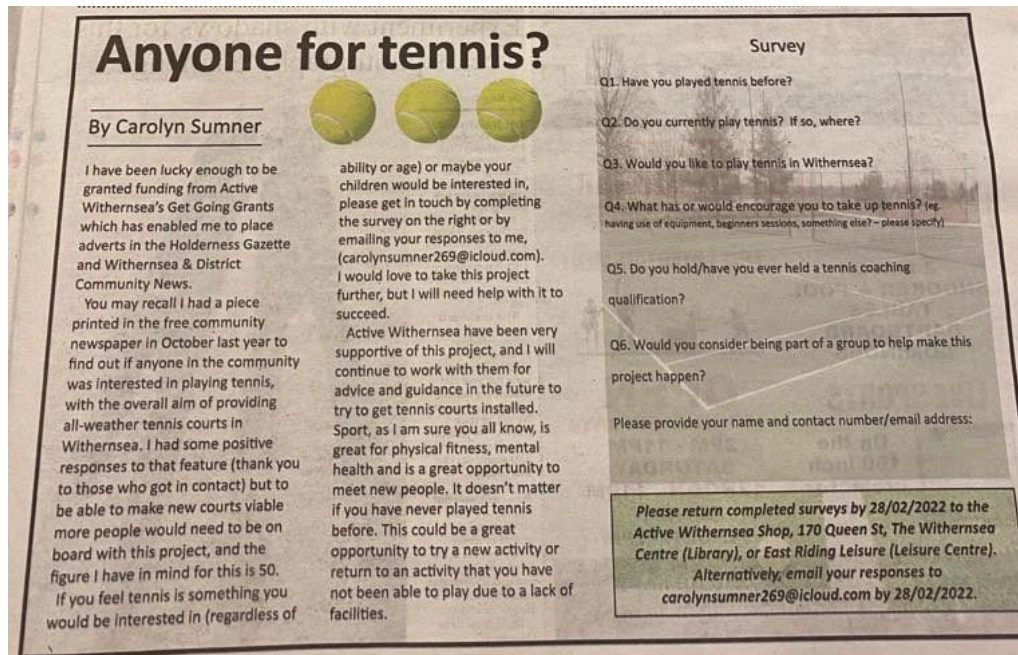


Learning Points

Flexibility of process to include shift in focus is important
Keeps evaluation relevant and embedded

What are we seeing change?

- Local people trying new activities and being active in a different way
- Local people developing their own projects
- Local groups accessing funding and support for the first time
- Improving relationships and collaborative working
- System changes both locally and regionally with more connections and better perspective taking, boundaries moving and parts of the system flexing to allow new people in.
- A new governance model for Active Withernsea



Anyone for tennis?

By Carolyn Sumner

I have been lucky enough to be granted funding from Active Withernsea's Get Going Grants which has enabled me to place adverts in the Holderness Gazette and Withernsea & District Community News.

You may recall I had a piece printed in the free community newspaper in October last year to find out if anyone in the community was interested in playing tennis, with the overall aim of providing all-weather tennis courts in Withernsea. I had some positive responses to that feature (thank you to those who got in contact) but to be able to make new courts viable more people would need to be on board with this project, and the figure I have in mind for this is 50.

If you feel tennis is something you would be interested in (regardless of ability or age) or maybe your children would be interested in, please get in touch by completing the survey on the right or by emailing your responses to me, (carolynsummer269@icloud.com). I would love to take this project further, but I will need help with it to succeed.

Active Withernsea have been very supportive of this project, and I will continue to work with them for advice and guidance in the future to try to get tennis courts installed. Sport, as I am sure you all know, is great for physical fitness, mental health and is a great opportunity to meet new people. It doesn't matter if you have never played tennis before. This could be a great opportunity to try a new activity or return to an activity that you have not been able to play due to a lack of facilities.

Survey

Q1. Have you played tennis before?

Q2. Do you currently play tennis? If so, where?

Q3. Would you like to play tennis in Withernsea?

Q4. What has or would encourage you to take up tennis? (eg. having use of equipment, beginners sessions, something else? - please specify)

Q5. Do you hold/have you ever held a tennis coaching qualification?

Q6. Would you consider being part of a group to help make this project happen?

Please provide your name and contact number/email address:

Please return completed surveys by 28/02/2022 to the Active Withernsea Shop, 170 Queen St, The Withernsea Centre (Library), or East Riding Leisure (Leisure Centre). Alternatively, email your responses to carolynsummer269@icloud.com by 28/02/2022.



System change story
Adaptive Bikes



Systems Change Adaptive Bikes

Behaviour:

- Building **trust** with Victoria Day Centre.
- Handing over the reins to others.
- **Listening to understand** other people's needs.
- Responding quickly when questions are asked or needs identified.
- Making quick progress by being **proactive and available**.
- **Scaffolding** – stepping back at the right time, but still being there if needed.
- Being **clear and open** about constraints – there is a time limit to Active Withernsea engagement.

System changes:

- Improved **connections** between Active Withernsea, Victoria Day Centre, Cascade and Bluedoors.
- Victoria Day Centre now are stepping up to lead the work.

Impact on Physical Activity:

These **improved relationships mean there are better opportunities** for the quicker sharing of ideas, resources, learning and for joint action to develop cycling in the future.





System change story

Governance



Systems Change Governance

Behaviour:

People's views were heard and **differences** were discussed.

People:

- moved to a **position of togetherness**, all focussed on physical activity.
- offered challenge, with openness to shifting positions when clarity about the purpose and direction emerged.

System changes:

- **Perspectives shifted and trust developed.**
- There was a **relaxation** of the need to account on operational matters.
- The risk was taken to disband Active Withernsea's board to move to an **emergent community leadership structure** – PACE network.

Impact on Physical Activity:

- The togetherness around physical activity enable staff to **prioritise work** better.
- There was a clearer basis around which to make small **grant funding**.
- Allowed for the development of thinking about **sustainability** beyond the life of the pilot.



Activity – Let's get creative!

The purpose of Active Withernsea's work is to facilitate system change to embed increased rates of sustainable, community-led physical activity

Chat with the people on your table about what you've heard from Active Withernsea and then draw or write your thoughts to these questions on the table:

Q1. What could be done in your area/team to help towards this purpose – what might you do beyond what is done already?

Q2. What would you want to do, from your individual perspective to progress this purpose?





ACTIVE HUMBER

David Gent CEO



**Tackling climate
change through
physical activity
and sport**

Agenda

Why this is important to the Humber?

Current policy development framework

The BE ACTIVE framework

Actions we can make to get to net zero



Ask a Climate Scientist



On a climate journey

Active Humber and partners responding to the climate change emergency





Our
greatest
challenge

Don't go
extinct



Defining Sustainability

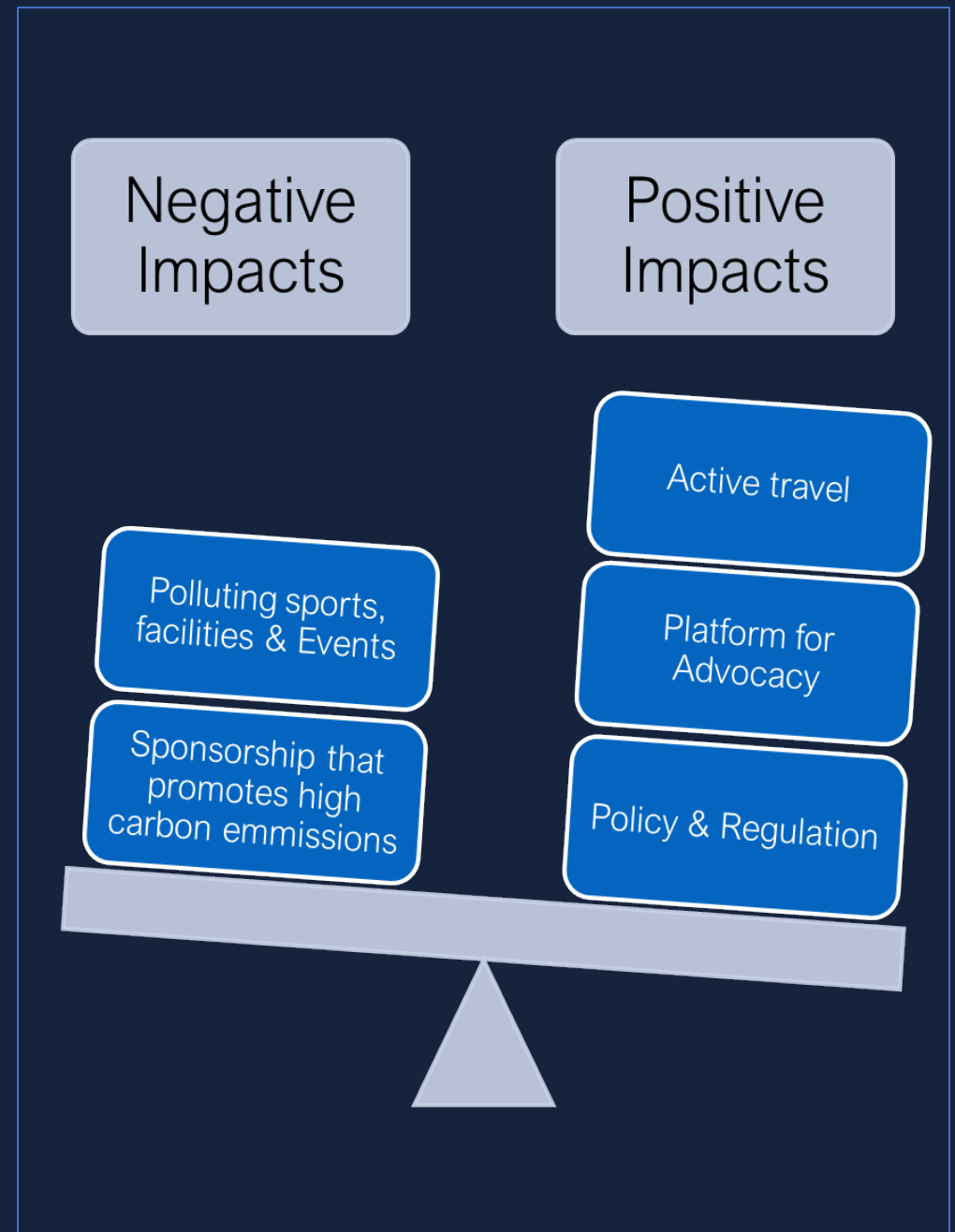
“Sport is sustainable when it meets the needs of today’s sporting community while contributing to the improvement of future sport opportunities for all and the improvement of the integrity of the natural and social environment on which it depends.”



Sport has a two-way relationship to the environment

“We need to find a position where sport can be enjoyed while minimising its impacts on the environment and maximising its social and economic benefits” (R. Seymour, BASIS)

Sport can also act as a trusted ambassador for messages about sustainability



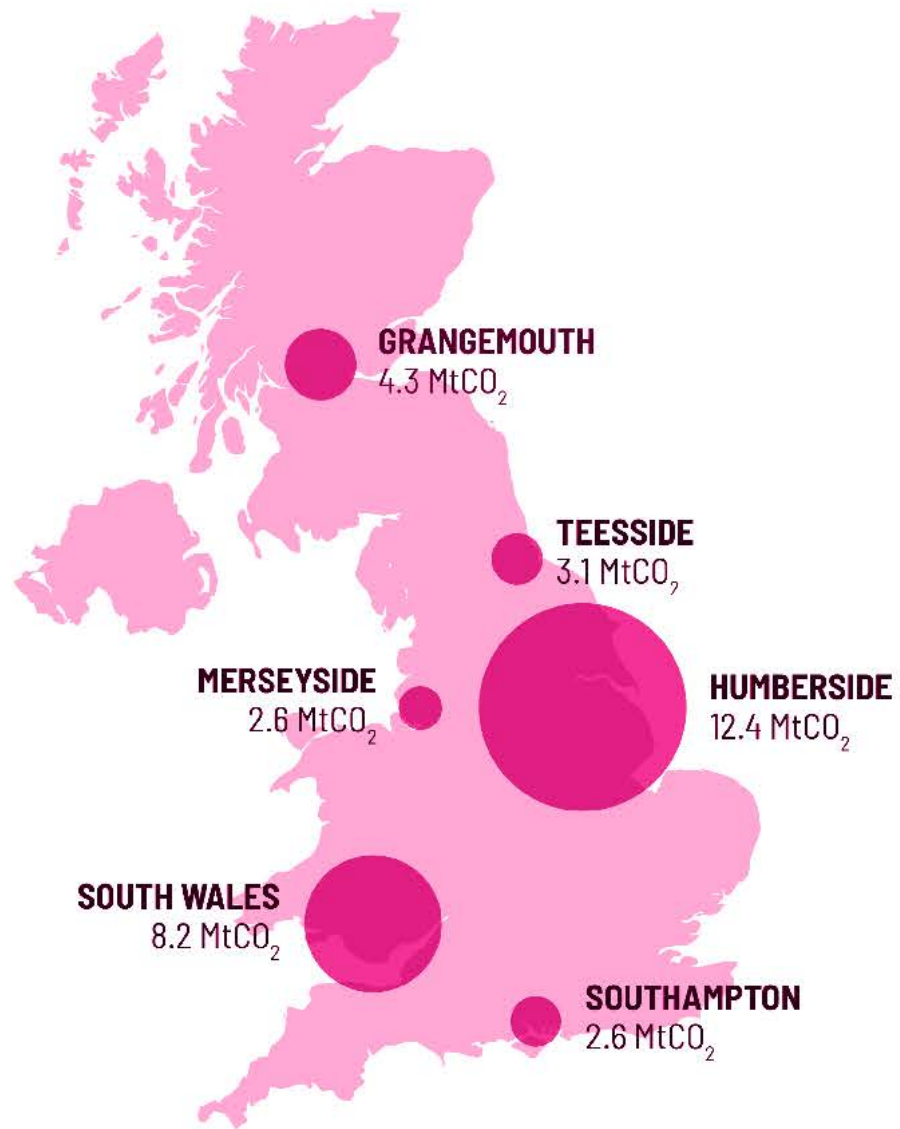
We are all surprisingly interconnected when it comes to the climate



THE UK'S LARGEST CLUSTERS BY INDUSTRIAL EMISSIONS ONLY

KEY

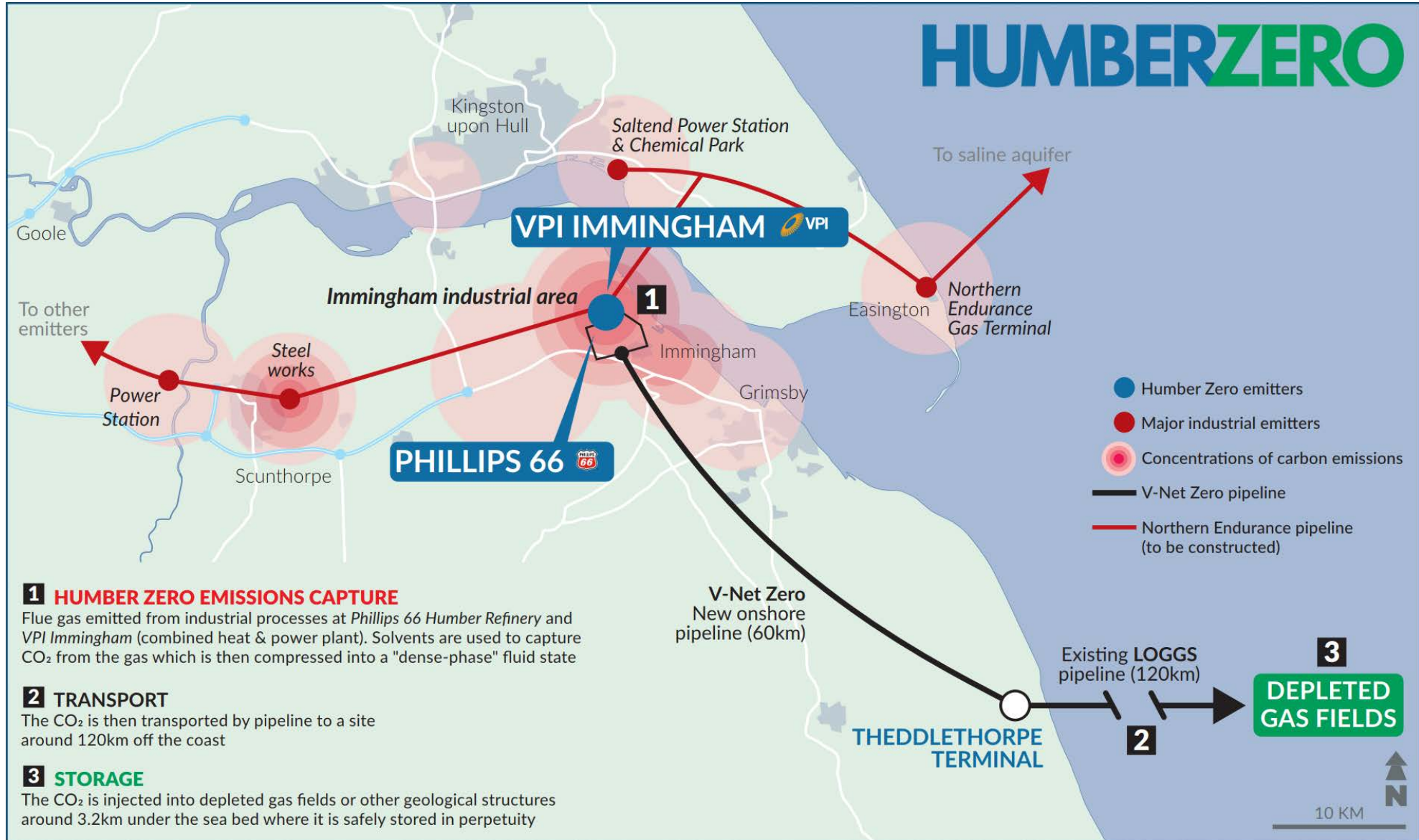
MtCO₂ = million tonnes
of carbon dioxide (CO₂)
emissions per year



A scenic view of a suspension bridge over water at sunset, with a pebbly beach in the foreground and a railing. The text "ZERO STARTS HERE" is overlaid in large black letters.

ZERO STARTS HERE

HUMBERZERO



**COMMUNITY
SPONSOR**



**ACTIVE
HUMBER**



**Monday 18th - Friday 22nd
October 2021**



**Hybrid:
online & in person**





United Nations
Climate Change



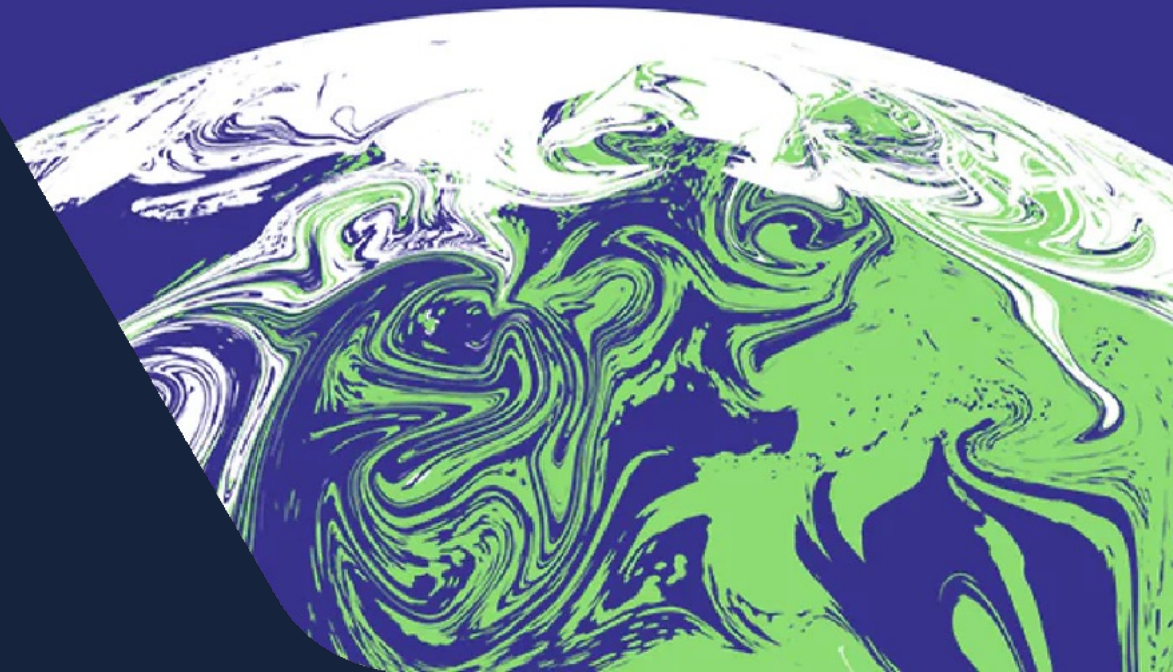
Few other sectors are as
visibly exposed
to the impacts
of climate change
as sports.

It is a World wide issue

The United Nations and International approach to climate change and sport

- UN Sustainable development goals
- Sports for Climate Action – 5 principles
- UN Climate Neutral pledge

**THE CLIMATE
HAS NO BORDERS**



Sport Environment and Climate Coalition (SECC)



What might we do
as Active Humber
and partners?



BE ACTIVE

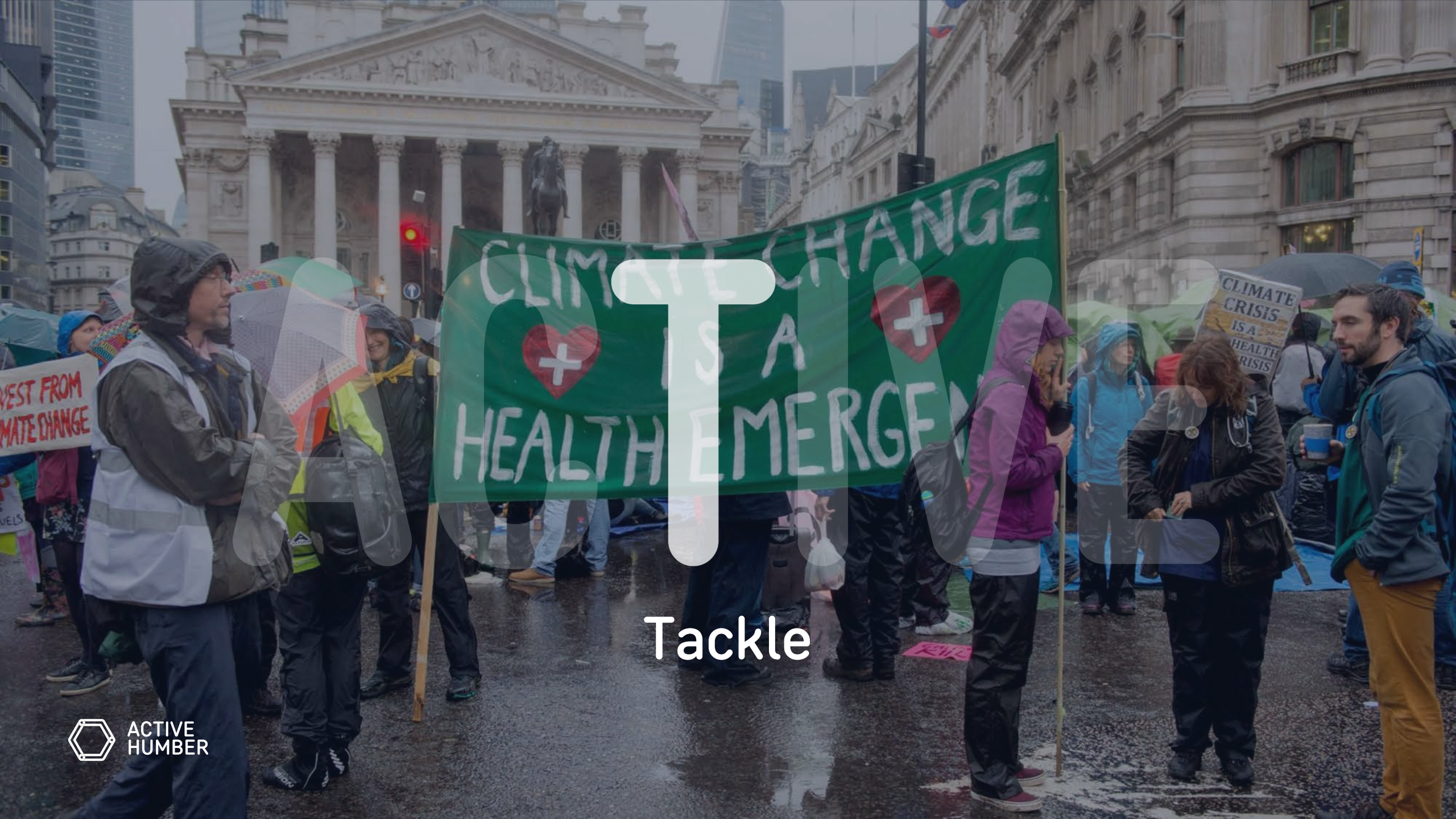
ACTIVE



Acknowledge

ACTIVE

Change



Tackle

Tackle

ACTIVE

A group of people, including men, women, and children, are wading through deep floodwaters in a rural area. The water is murky and reaches up to the people's chests. In the background, there are several tall palm trees and other lush vegetation. Some people are carrying large, colorful bundles or mats on their heads, suggesting they are carrying their belongings. The scene is set during the day under a clear sky.

Inequalities



ACTIVE

Inequalities

ACTIVE

WORLD
DAY

Visible

CLIMATE CHANGE — THE FACTS

ACTIVE



BBC Sign in News Sport Weather iPlayer TV R

NEWS

27 September 2013 Last updated at 09:18

Home World UK England N.Ireland Scotland Wales Business Politics Health Education Sci/En
Video & Audio Magazine Editors' Blog In Pictures Also in the News Have Your Say Special Report

LATEST: Pound jumps against dollar after Bank of England governor Mark Carney said he was against raising rates

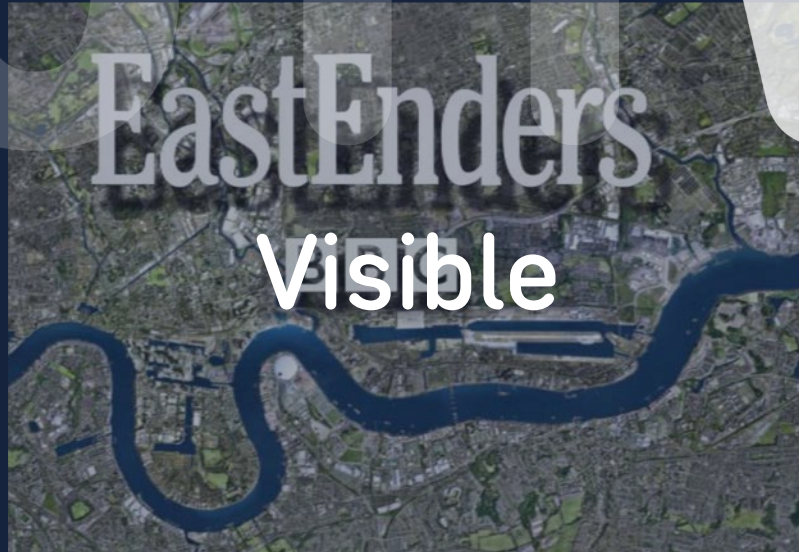
Global warming now 'unequivocal'

Global warming is now unequivocal, according to a key report by the UN's panel on climate change.

- LIVE IPCC climate report news briefing
- Q&A: Climate change
- Climate change report in 90 seconds
- Slowdown 'central' to climate report
- Climate change glossary

ACTIVE HUMBER

BREAKING NEWS



A person wearing a black t-shirt, purple leggings, and a white cap is jumping joyfully with arms raised in a vast, mountainous valley. The background features rolling green hills and a winding river, with some clouds in the distance. The word "ACTIVE" is overlaid in large, semi-transparent blue letters, and "IVE" is overlaid in large, solid white letters.

ACTIVE IVE

Enthusiasm

Acknowledge

Tackle

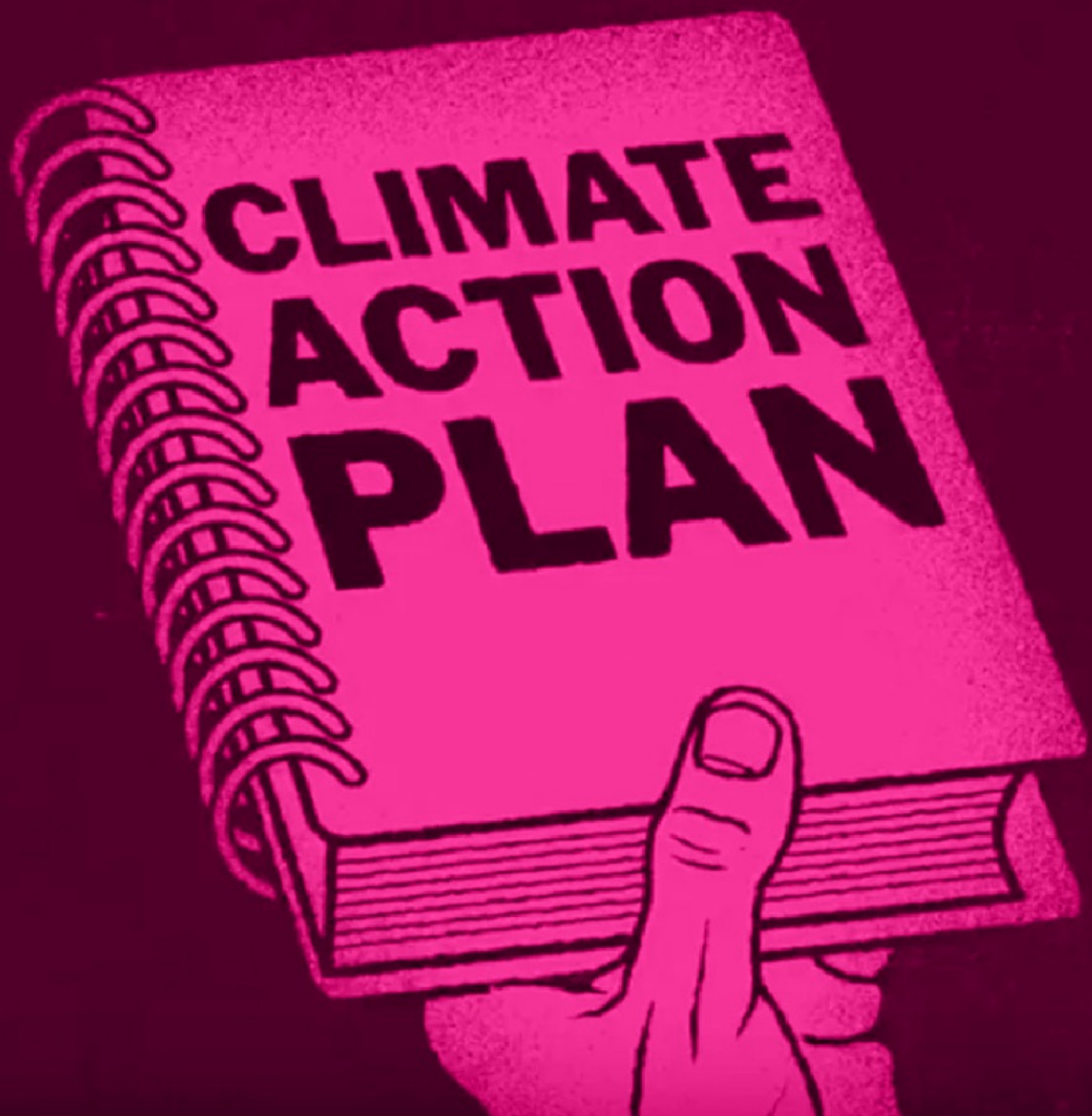
Visible

ACTIVE

Change

Inequalities

Enthusiasm





Sedentary Behaviour



Healthy Place Shaping supports Climate Action

healthy people and healthy communities = a healthy planet

➔ **Enabling active travel**
Improves physical and mental health – potential to reduce mortality rate by 11% and save UK health services £15 billion by 2030

➔ **Increasing access to nature and green space**
Could save the NHS £111 million/year due to its physical and mental health benefits and can protect and enhances natural biodiversity

➔ **Supporting new ways of delivering care**
Could help the NHS reduce its emissions (currently 4-5% of the country's greenhouse gas emissions are produced by the NHS)

➔ **Improving the energy efficiency of housing**
Could reduce fuel poverty and poor respiratory health, saving the NHS £1.4 billion/year

➔ **Improving air quality**
Switching to cleaner fuels could save UK health services £3.1 billion per year in reduced lung disease

➔ **Creating sustainable, local food systems and reducing meat and dairy consumption**
Could reduce dietary emissions by 19% and reduce premature deaths from heart disease and cancer by as much as 37,000 per year

➔ **Reducing health inequalities and securing climate justice**
Those most at risk of harm and stress caused by physical impacts of climate change also experience poorer health and wellbeing

Addressing the health of people and the planet will create a greener, healthier future for all.

Climate change is the biggest threat to our communities and the greatest health emergency of the 21st century.



Unequal access to greenspace

- 1 in 8 households has no access to a private or shared garden
- People on low incomes are less likely to live within a 5 minute walk of a green space
- Almost 40% of people from ethnic minority backgrounds live in the most greenspace deprived areas, compared to 14% of White people
- People with a long-term health condition or disability are much less likely to access public greenspace

Out of Bounds Equity in Access to Urban Nature

An overview of the evidence and what it means for the parks, green and blue spaces in our towns and cities

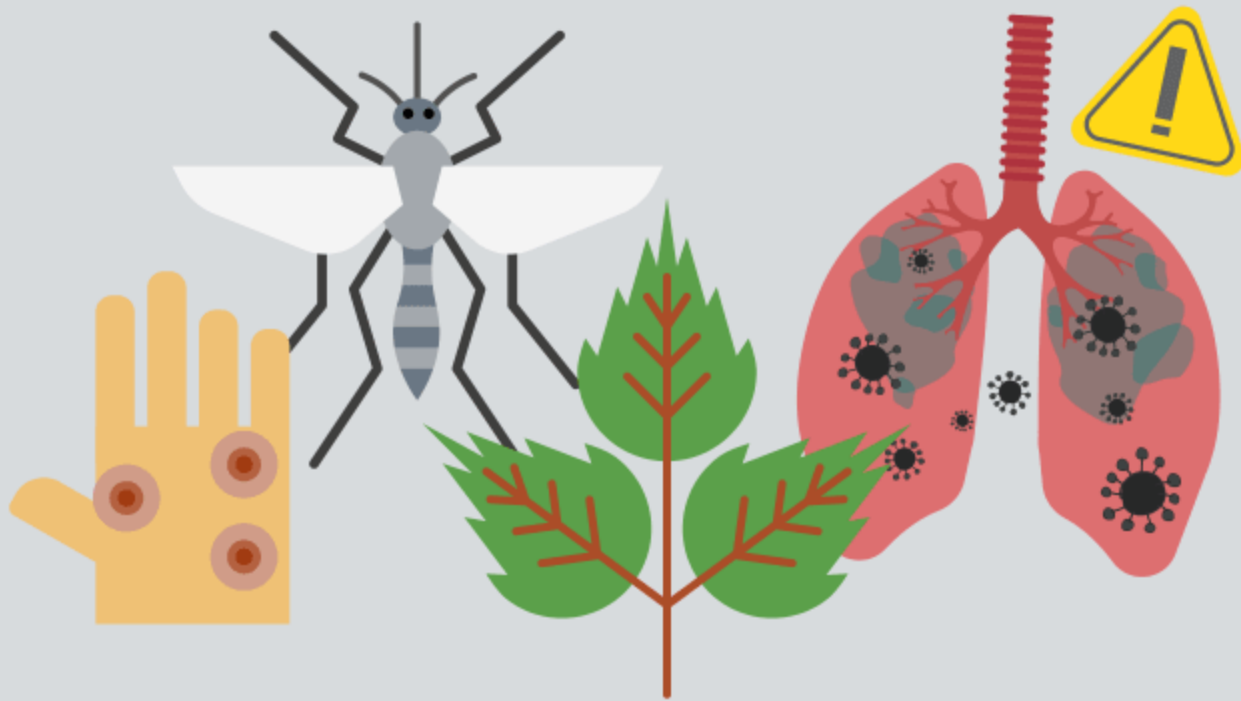


[The People and Nature Survey - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Out-of-Bounds-equity-in-access-to-urban-nature.pdf \(groundwork.org.uk\)](http://groundwork.org.uk/Out-of-Bounds-equity-in-access-to-urban-nature.pdf)

CLIMATE CHANGE

Is Hammering Your Health





GREEN Social Prescribing

Charity number: 1125856

WHAT IS ECO ANXIETY?

/aNG'zīədē/
noun

1. A chronic fear of ecological doom (APA, n.d.)
2. A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome (Google, n.d.)

This form of anxiety can lead to many other mental health related symptoms such as panic attacks, insomnia, hopelessness and ultimately anxiety and depression (Flanders, 2019).

WHAT IS ECO ACTION?

/akSH(ə)n/
verb

1. Any action or activity that is intended to have a positive impact on the environment (Google, n.d.)



Preventing plastic pollution



Promote active travel



Incorporate physical activity into everyday life, such as walking, cycling or combining with public transport instead of travelling by car



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**BUSINESS
AS USUAL**

**GREEN & FAIR
RECOVERY**



Children and Young people



4 in 5 young people say
the problem of climate change
is important to them

You'll die of
OLD AGE
We'll die of
CLIMATE CHANGE









Position Statement

- Sedentary behaviours are carbon intensive behaviours
- Investing in this sector is one of the best long-term investments that the government can make in terms of physical health, mental health, and social cohesion
- It is important to be proactive in reducing emissions from the leisure sector's higher carbon emitting areas

WHY CLIMATE JUSTICE

can't happen without **racial justice.**

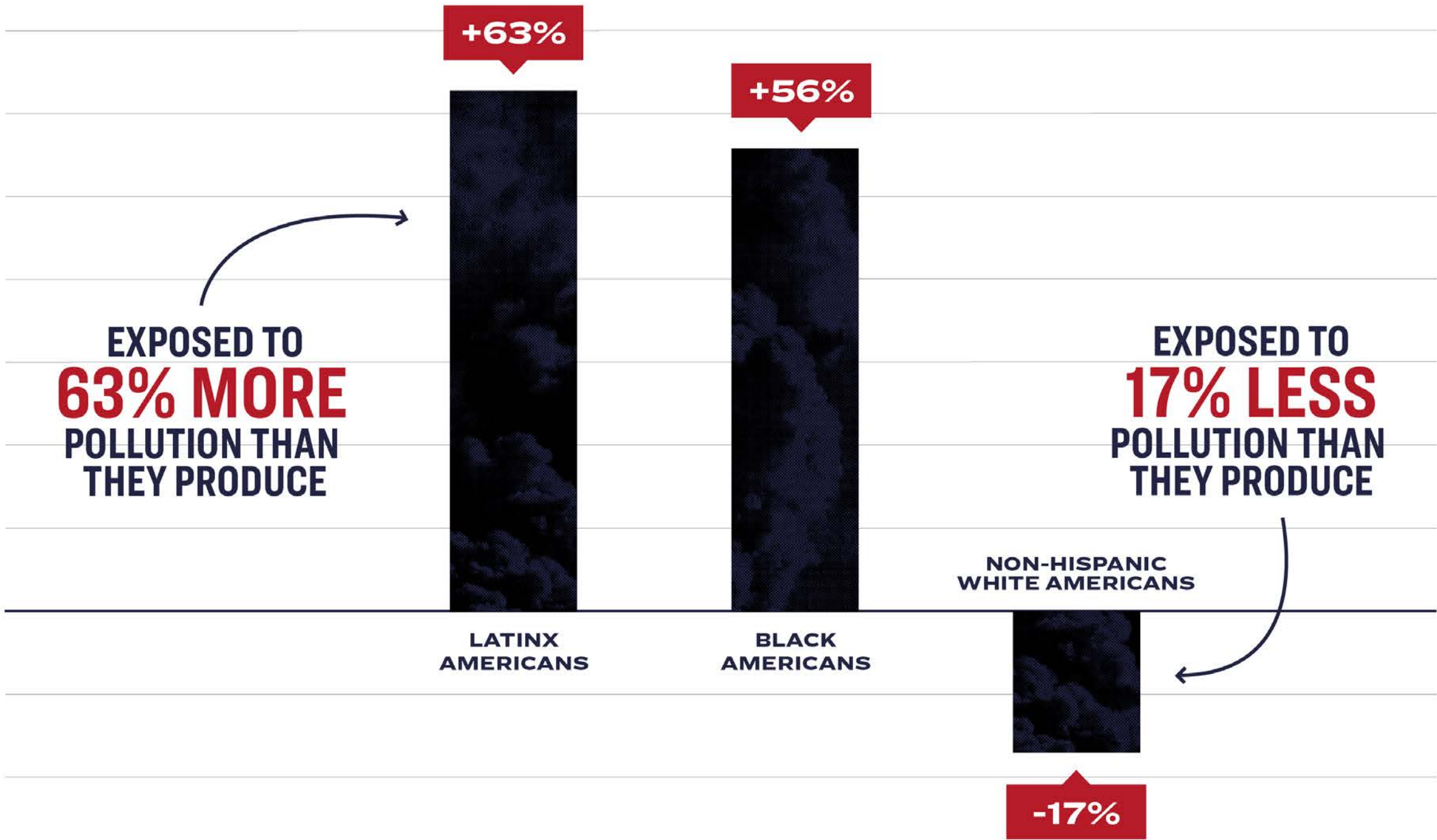
Climate justice can't happen
without racial justice | David
Lammy -

<https://youtu.be/EklpeO1r0NI>



a conversation with
Rt Hon David Lammy, MP





+63%

+56%

EXPOSED TO
63% MORE
POLLUTION THAN
THEY PRODUCE

EXPOSED TO
17% LESS
POLLUTION THAN
THEY PRODUCE

LATINX
AMERICANS

BLACK
AMERICANS

NON-HISPANIC
WHITE AMERICANS

-17%



A GREENER FUTURE



7 102 12 06 08

**'THE TIME WE HAVE
TO SAVE EARTH'**



Some things the Active Humber area might do?

- Build on all your current good actions
- Move from internal to external action
- Find your place in this issue
- How does this permeate all of your work?
- Sign a climate pledge
- Lead in this policy area
- Pick up the pace!





**STOP CLIMATE CHANGE
BEFORE IT CHANGES YOU.**



Thank you



ACTIVE
HUMBER

Thank You



**ACTIVE
HUMBER**