WE ARE ALL incredibly proud that during a difficult year for all that was involved in what was OxSPA – now Active Oxfordshire – we have still achieved a significant amount.

It is a tribute to our dedicated staff team that we have been able to achieve so much while embarking on a major change process with the agreement of our host agency, Oxford City Council, and our main funder, Sport England.

Active Oxfordshire’s work with schools is highly regarded. We not only run great events that reach children and young people across the county, but we have introduced some really innovative development projects to engage new audiences and those most at risk of missing out on the benefits that sport and physical activity can bring.

We have great partnerships with the Public Health team in the County Council and with the CCG in Oxfordshire. These partnerships put us in a good position to develop more of a focus on the promotion of physical activity to address health inequalities. Our GO Active, Get Healthy scheme is a great example of working together to reach people with diabetes to help them live active lifestyles.

Active Oxfordshire is working hard to help disabled people across the county. We have worked closely with MIND over three years through Active Body, Healthy Mind. This is continuing without external funding because of its success and importance.

We work across the county with six local authorities, three main leisure operators and a wide variety of voluntary and community organisations, to widen access to sport and physical activity and promote inclusion. Our work with OxFoward is an example of an innovative project that links the promotion of employment opportunities and wellbeing for disabled people in an integrated and targeted way.

The Active Oxfordshire team is proud of the work it is doing, but we know we need to do more and engage more effectively. I would like to thank our previous MD, Chris Freeman, for all his hard work and dedication, but 2018 marks a new chapter. We look forward to the future and our collaborative work with partners. We want to make a real difference to people’s lives in Oxfordshire.
Paul Brivio
Chief Executive

I WOULD LIKE to thank our trustees for the huge amount of work they have done in support of OxSPA, now Active Oxfordshire.

As you will see from this report Active Oxfordshire has great levels of work and goodwill to build upon, but I am conscious that we have to be seen to add value and make a clear contribution to tackling inactivity in Oxfordshire and widening our circle of influence and support.

We are now an established and critical part of the Sport England supply chain and are indebted to them for their financial support to fund our core team and the programmes referenced in the Annual Report.

To know where you are going you have to know where you have been, and where you are now. Looking back through the lens of the Annual Report it is clear to me that we live and work in a very “active Oxfordshire”.

It is also clear to me that we have to be part of a wider movement that promotes physical activity generally and intervenes more precisely to change behaviours and effect real change in places and communities that need it most.

Let’s do more of what works best! Let’s be innovative. Let’s work together!
Megan Horwood from leisure provider GLL (Better) coaches a participant at the Annual Have a Go Festival for people with a learning disability, held in June 2018. More than 150 people took part during the day.

Accounts

2017-18 financial figures are provided through Oxford City Council, as the Host Agency, and can be summarised as follows:

<table>
<thead>
<tr>
<th>Expenditure 2017-2018</th>
<th>£</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport England (SE) Core Funding</td>
<td>221,593</td>
</tr>
<tr>
<td>Sport England programmes</td>
<td>251,208</td>
</tr>
<tr>
<td>Sport England competitive funds</td>
<td>134,151</td>
</tr>
<tr>
<td>OxSPA projects</td>
<td>65,278</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>672,230</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Income</th>
<th>£</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport England - Core Funding</td>
<td>(208,240)</td>
</tr>
<tr>
<td>Sport England programmes</td>
<td>(200,027)</td>
</tr>
<tr>
<td>SE competitive funds</td>
<td>(205,142)</td>
</tr>
<tr>
<td>OxSPA projects</td>
<td>(119,721)</td>
</tr>
<tr>
<td><strong>TOTAL INCOME</strong></td>
<td><strong>(733,131)</strong></td>
</tr>
<tr>
<td><strong>BALANCE</strong></td>
<td><strong>(60,900)</strong></td>
</tr>
</tbody>
</table>

Sport England core funding goes to each County Sports Partnership (CSPs) to achieve core requirements including governance, NGB support, marketing & communications and safeguarding. This also pays for the hosting contribution to Oxford City Council.

Sport England programme funding includes Sportivate, School Games, and Satellite Clubs which operate nationally across all CSPs. Sport England competitive funds are those OxSPA has applied for and been successful most notably Active Body Healthy Mind which attracted additional funding this year because of its success.

There are some OxSPA projects that do not have funding from Sport England. These include the Sports Awards and In the Zone, our support for coaches and volunteers.

The Advisory Board approves the annual budget each year and then monitors this by receiving management accounts each quarter. The Finance and Risk Committee meets before each board meeting to review the accounts in more detail and a report is prepared for the board. OxSPA operates to Oxford City Council’s financial regulations and standing orders and OxSPA’s accounts are audited as part of the City Council accounts.
OxSPA to Active Oxfordshire

Success during a year of transformation

Sport England requires six monthly reconciliations for each of their funding streams before funding for the following six months is released. Targets have been agreed with Sport England for a percentage spend on administration each year as well as diversification to reduce the dependence of a CSP on Sport England funding.

OxSPA undertook a review of its operating procedures to ensure compliance with Tier 3 Sports Governance Code requirements before it transferred to a CIO.

Our work on increasing physical activity

Active Oxfordshire’s key remit is to decrease physical inactivity levels in Oxfordshire. By working with a range of partners and across a number of projects we continued this work throughout 2017/18. During this period we once again saw a decrease in the number of people who are inactive (see data below). However, despite the trends there is still a significant portion of the adult population that remain inactive.

<table>
<thead>
<tr>
<th></th>
<th>Activity - Mid 2017</th>
<th>Activity - End 2017</th>
<th>Activity – Mid 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Inactive</td>
<td>Insufficiently active</td>
<td>Active</td>
</tr>
<tr>
<td>Cherwell</td>
<td>24.8%</td>
<td>15.1%</td>
<td>60.1%</td>
</tr>
<tr>
<td>Oxford</td>
<td>18.8%</td>
<td>8.3%</td>
<td>73.0%</td>
</tr>
<tr>
<td>South Ox</td>
<td>25.2%</td>
<td>11.3%</td>
<td>63.5%</td>
</tr>
<tr>
<td>Vale of White Horse</td>
<td>19.0%</td>
<td>11.2%</td>
<td>69.9%</td>
</tr>
<tr>
<td>West Ox</td>
<td>24.9%</td>
<td>10.0%</td>
<td>65.1%</td>
</tr>
<tr>
<td>Oxon</td>
<td>22.3%</td>
<td>11.1%</td>
<td>66.6%</td>
</tr>
<tr>
<td>South East</td>
<td>23.4%</td>
<td>12.2%</td>
<td>64.4%</td>
</tr>
<tr>
<td>England</td>
<td>25.6%</td>
<td>12.4%</td>
<td>62.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Change 2015 - 2018</th>
<th>Inactive</th>
<th>Insufficiently active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherwell</td>
<td>-2.8%</td>
<td>+0.5%</td>
<td>+2.4%</td>
</tr>
<tr>
<td>Oxford</td>
<td>-3.1%</td>
<td>-8.4%</td>
<td>+11.6%</td>
</tr>
<tr>
<td>South Oxfordshire</td>
<td>-6.3%</td>
<td>-3.3%</td>
<td>+9.6%</td>
</tr>
</tbody>
</table>
OxSPA to Active Oxfordshire

Success during a year of transformation

<table>
<thead>
<tr>
<th>Area</th>
<th>Change 1</th>
<th>Change 2</th>
<th>Change 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vale of White Horse</td>
<td>-5.6%</td>
<td>+1.2%</td>
<td>+4.4%</td>
</tr>
<tr>
<td>West Oxfordshire</td>
<td>-4.1%</td>
<td>-3.4%</td>
<td>+7.5</td>
</tr>
<tr>
<td>Oxfordshire</td>
<td>-4.3%</td>
<td>-2.9%</td>
<td>+7.3%</td>
</tr>
<tr>
<td>South East</td>
<td>-2.8%</td>
<td>-2.2%</td>
<td>+5%</td>
</tr>
<tr>
<td>England</td>
<td>-3.5%</td>
<td>-1.8%</td>
<td>+5.3%</td>
</tr>
</tbody>
</table>

The positive trends can and should be recognised. These have been down to the hard work and efforts of partners in creating great indoor and outdoor facilities, delivering vital core services and in creating effective interventions. This is in addition to successful joint campaigns including [GO Active](#) and [This Girl Can](#).

Active Oxfordshire has taken a lead in promoting good practice; developing insight and useable data to inform strategy and programmes; and brokering and influencing relationships with, and between, partners. This work has been possible in 2017/18 thanks to the support of Oxfordshire County Council’s Public Health Team.

Principal among our work have been programmes we have delivered that target specific audiences and groups. More information about two of these projects [GO Active Get Healthy](#) and [Active Body Healthy Mind](#) can be found on the following pages.

**Children & Young People**

We aim to reach every young person in the county through our school games, our major events programme and our funded programmes like Sportivate and Satellite Clubs.

**Mental Health projects**

Active Oxfordshire funded three mental health focussed projects with SOFEA, Oxfordshire MIND and Sport in MIND totalling £15,600.

As an indicator of the demand to provide physical activity as an intervention for young people with mental health issues, Active Oxfordshire received bids for this funding totalling £100,000 with only £15,600 available.

**Safeguarding**

Active Oxfordshire received a Green rating for Safeguarding from the Child Protection in Sport Unit (CPSU) for the 2017/2018 reporting period.
OxSPA to Active Oxfordshire

Success during a year of transformation

Active Oxfordshire supports clubs and deliverers to ensure that participants are safe whilst taking part in sport & physical activity by advising on policies and procedures, signposting to relevant opportunities and running a significant number of open and closed Safeguarding courses throughout the year.

Over the next eight pages we spell out in some detail the work that we are doing and the impact that we have seen to date.
Oxfordshire School Games 2017 - 2018

37,363
Total number of Oxfordshire School Games competition opportunities taken up

4,160
Oxfordshire County Final School Games participants

543
to the County Finals

301
Young Leaders volunteered and officiated at County Finals

84
competitions

23
different sports

85% of participants enjoyed the Oxfordshire School Games Summer Festivals

"A very positive and enjoyable event"

"Thank you to everyone especially the fantastic leaders who do a great job on the day"

% of schools entering competitions
Primary Schools
Secondary Schools

55% of the County Final participants were female

5 Inclusive competitions

Level 3 feedback
2017-18 IN REVIEW

Satellite clubs

197 young people aged 14-19 took part in one of 10 new satellite clubs funded by Active Oxfordshire.

"A focus of this delivery was to engage females who are typically less active than their male counterparts. As such, 163 of the 197 participants were female."

PE Premium

In February, Active Oxfordshire hosted the Oxfordshire Primary PE Conference.

120 delegates
90 PE leads
30 headteachers or governors

86% of schools are using funding to develop their extra-curricular offer which is leading to a broad and more inclusive offer for pupils.

86% of schools are choosing to use the investment to upskill their staff. These staff are delivering both curriculum sessions and extra-curricular activities.

46% of schools are spending investment on health enhancing activities, up from 34% last academic year, while 23% spend it on inclusion.
Youth Pilot Project Report
Boxing For Wellbeing

Active Oxfordshire worked in partnership with Oxfordshire MIND to deliver Wellbeing courses at secondary schools in the county. Each session involved students working on coping strategies and skills to include a boxing session of 45 minutes. Students were identified by the school nurse team and their wellbeing throughout each session was monitored using the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).

84 participants

Before the course

- "Annoyed"
- "I haven't been getting much sleep. I feel a little stressed out"
- "Sad"

After

- "I'
- "I have released some anger and anxiety issues. I now feel more welcome"
- "Having the talks helps with how I'm feeling, and gives me ways to stay happy"

87% of the participants want to do another course in the future.

Active Oxfordshire

LOTTERY FUNDED
**Case study: How Active Oxfordshire and SOFEA are helping young people improve their job prospects through physical activity**

SOFEA (the South Oxfordshire Food & Education Alliance) is based in Didcot and works with young people to improve their employability. In January 2018 SOFEA was awarded funding to develop physical activity sessions with the young people they work with.

Through this, it launched two incredibly popular sessions: table tennis and fitness. Active Oxfordshire’s initial funding acted as a catalyst towards building a wider physical activity initiative at SOFEA; something resembling that of an amateur sports club. The first step towards realising this ambition was the entering of a SOFEA team in the Didcot & District Table Tennis league for 2018/19.

The fitness sessions have also grown in popularity and SOFEA are now working in partnership with The Park Club, Milton, who have designated a fitness class per week for young people at SOFEA.

Here, young people talk about how the SOFEA sessions have helped them:

**Hayden Gilding, 18**

“Taking part in table tennis sessions has made me feel more confident. I used to have a lot of self-confidence issues and now I play in front of people in the league.

“I’m learning new skills from volunteer coaches Bill and Paul. Normally I never used to start a conversation and now I can. My teamwork has improved through playing doubles with different people in the league. It’s also helped my reflexes.”

**Jamie Williams, 20**

“The fitness sessions help me take my anger out with my adrenaline, so it is helping me with my anger management. It makes me feel good inside about myself because I’m not just sat around doing nothing.

“I really want it to carry on because I want to get fitter and I really enjoy it. Exercising helps with other parts of my life because it helps a lot with my anger and anger is a big part of my life. I used to go around kicking and punching things but now I do this to a punching bag.”

**Josh Hunter, 17**

“Taking part in fitness sessions with SOFEA has helped with confidence. I have really bad anxiety and it has helped with that – when I first would go to the gym I would be really anxious and think everyone is staring at me but you quickly see no one cares and that has helped with my general anxiety and because I feel good from the confidence this also helps.”
“Exercise is really good for me especially because I have really bad sleeping patterns but exercise wears me out so can help me sleep.”
OxSPA to Active Oxfordshire
Success during a year of transformation

Active Body, Healthy
Improving our mental wellbeing through sport

Oxfordshire Sport and Physical Activity have led the Sport England funded Healthy Mind. With the support and contribution from partners the project has supported sport and physical activity sessions to people experiencing mental health issues in Oxfordshire. The project ran from 2014 - 2018.

- 50% Female
- 50% Male

2179 Participants attending
13,697 sessions

566 Leisure passes made available to participants

30 different activities on offer including:
Archery, Aerobics, Angling, Athletics, Badminton, Basketball, Boccia, Bootcamp, Boxercise, Canoeing, Climbing, Cricket, Football, Gym, Horse Riding, Mountain Biking, Multi Sport, Pilates, Power Boating, Rambling, Road Cycling, Running, Table Tennis, Tennis, Tai Chi, Sailing, Swimming, Street Dance, Touch Rugby, Vi Box, Volleyball, Yoga, Zumba

56 different venues across Oxfordshire including:
22 Leisure Centres,
14 Mental Health Partner venues
20 Other sporting venues

653 referrals made directly through our website

54% Oxford City
19.6% Cherwell
9.6% South Oxfordshire
8.5% West Oxfordshire
8.3% Vale of White Horse

Thank you

Oxfordshire Sport and Physical Activity
Sport England
Aspire Oxford
Oxfordshire Mind
Restore
Coasters@Response
Cherwell District Council
South Oxfordshire District Council
West Oxfordshire District Council
Oxfordshire Sports and Physical Activity have led the GO Active Get Healthy (with Diabetes) in partnership with Cherwell, City, West, South and Vale District Councils. The project is funded through the Diabetes Transformation Fund from Oxfordshire Clinical Commissioning Group.

1069
Diabetes Physical Activity Brief Interventions

709
Patients attending one physical activity session

6
NEW Activities & Support Groups

5
Inclusive activities FREE to diabetes patients

4
Subsidised leisure swim passes in 4 districts

158
Other LLTHCs

415
LGM Pathway

82
Motivational Therapy

### referrals made directly through surgeries

6 Patient Partnership Events

Thank you

OXFORDSHIRE CLINICAL COMMISSIONING GROUP

National Centre of Behavior Change
NHS SCW Commissioning Support Unit
OCCDEM
Oxfordshire GP Practices
Bicester Healthy New Town
Achieve / Oxforward / Citizens Advice
Compiled by Active Oxfordshire
December 2018

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OxSPA to Active Oxfordshire
Success during a year of transformation

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