



Active Societies

- Greater support for communities and individuals
- Engagement
- Collaborate
- Being advocates
- Understand our communities
- Support!
- Promotion/campaigns
- Awareness
- Challenge our leisure provider and/to deliver more outreach work
- Parkrun

Active People

- **Joined up services** and partnerships that reach all groups across socio-economics, addressing inequalities and working alongside individuals to be more active
- Collaboration
- **Focus groups**
- Consistency of messages
- **Long term approach**
- **Role model**
- Outreach programme/service
- Sheltered housing
- **Active school programme**
- **Bespoke projects that are local and targeted**
- Build importance of PA in our retirement talks
- Integrate into regular daily activities (work/school)
- Understanding people- gaining insight

Active Places

- Green infrastructure> walking and cycling opps integrated and lined up
- Fix potholes for cyclists
- Access to school fields at weekends and evenings
- Partnership working
- Work with local planners to prioritise green space near new housing developments- wildlife rich, attractive walk routes
- Improve maintenance, promotion, opportunities of rights of way
- Create new opportunities and facilities that are accessible to local communities
- Educate people
- **Be role models for all!- "walk the walk"**
- Active green spaces
- Use of beaches
- Planning policy
- New leisure facility (M Rasen)
- Open up/promote public rights of way and walks
- Continue to improve parks and open spaces
- Schools- daily mile
- Communities- parkrun!!!- skegness, mablethorpe (rural lincs)

- Planning agenda
- Ensure our open spaces are clean and safe
- Promote our parks

Active Systems

- Ensure GP practices are talking about and influencing patients regarding physical activity- NHS diabetes lead
- **Understanding inactivity (so what?)**
- Collaborate- share data and ideas
- Easy!
- Accessible and sustainable (not one off pilots)
- Popular
- Fun
- Co-production
- DO IT!
- Consider exec task force membership – health/ccgs/hospitals
- Develop within the 10 neighbourhoods by engaging with the 10 neighbourhood leads for integrated work
- “Parkrun practice”- GP practices
- **Active workplaces**- reduce desk bound, cycle under desk, raised desks etc
- Champion how easy it is to cycle to work in workplaces

