

Meeting: Culture and Leisure Sub-Committee

Date: 19th January 2022

Title: Active North Tyneside – An overview

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Service: Environment, Housing and Leisure

Wards affected: All

1 Purpose of Report

To present Culture and Leisure Sub-Committee with an outline of the Active North Tyneside programme, how it attempts to address health inequalities across the Borough and plans for future delivery of the service.

2 Recommendations

The committee is invited to receive a presentation at the meeting of 19th January 2022, note the information included and offer comments and observations at the meeting

3 Details

- 3.1 The primary purpose of Active North Tyneside is to improve the health and well being of residents and to impact on these health inequalities across the borough. Programmes are designed to increase levels of physical activity, increase levels of healthy weight in children and adults and support good mental health. The programme also aims to enable residents and staff to support their friends, peers and families to make lifestyle changes which will have a positive impact on their health.
- 3.2 In the past two years, during the Covid pandemic, the full programmes of activities has not been able to be delivered. This however has provided space for a review in partnership with Public Health colleagues of what future priorities may be in advance of a new service level agreement from 1st April 2022.
- 3.3 The presentation provided on 19th January 2022 will give an overview of how Active North Tyneside has made an impact so far, what the proposals are for change, and seek comments from members of the committee on future plans.