

**Together
an Active
Future**



Pennine Lancashire Place Partner

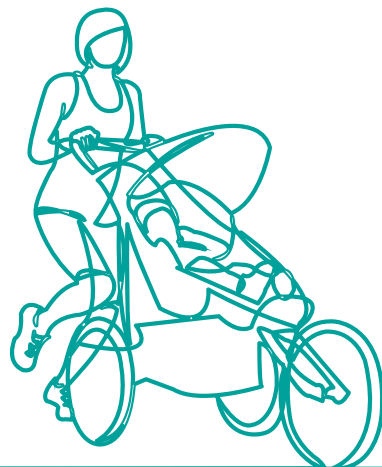
Process Evaluation Report

April – September 2023



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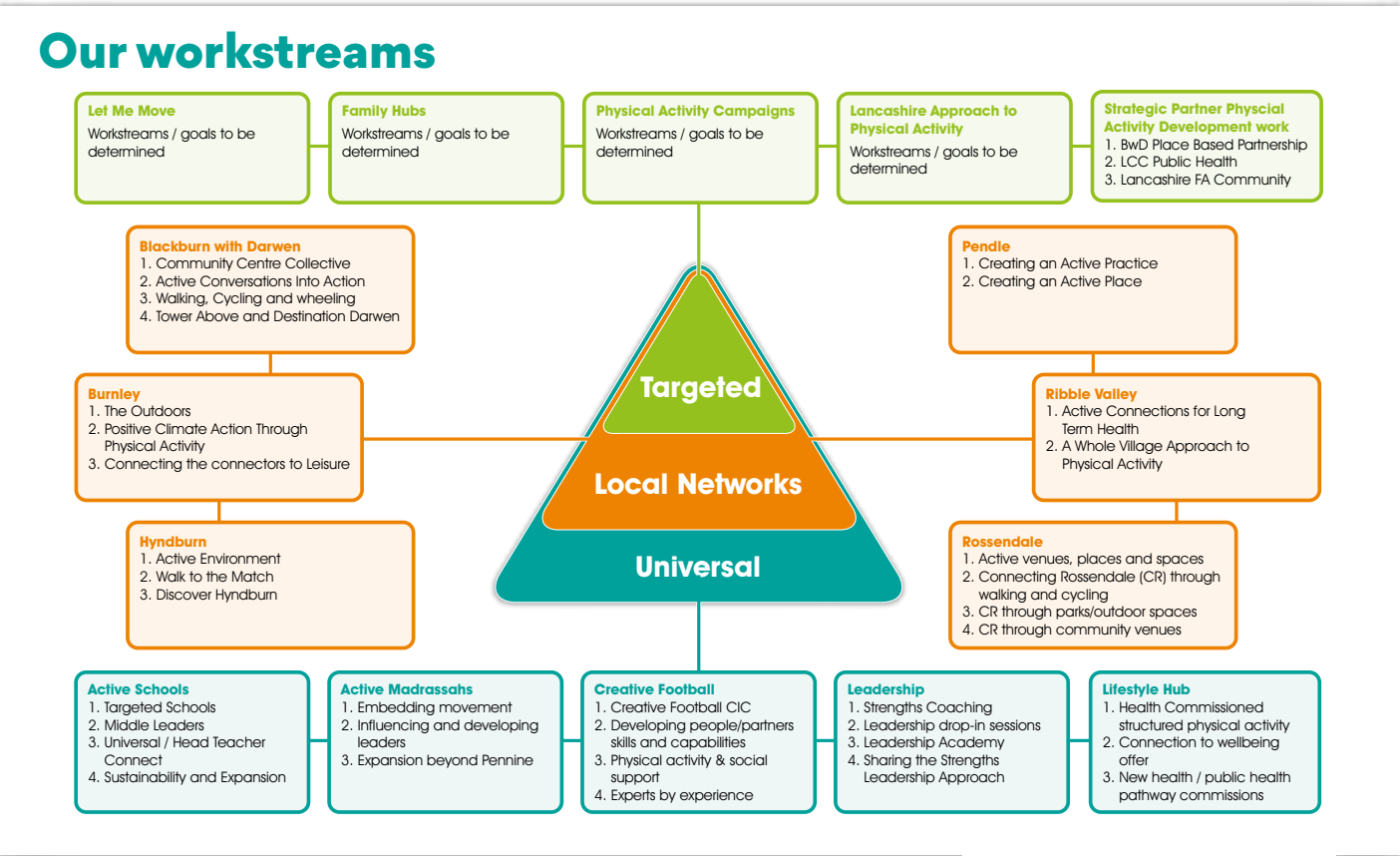
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Staying Curious

Introduction and Key Findings

TaAF workstreams are broad and evolving through natural connections within and beyond our six districts in Pennine Lancashire. They connect into health, education, councils, leisure services and community, voluntary and faith settings. In the last year, we have experienced a period of high activity in our workstreams, as well as an increased capacity in our co-ordination team through our Shared Role Model and recruitment.



Working across such breadth necessitates working with inherent unpredictability, sometimes with random effects, and dealing with the multiplicity of internal and external forces that effect and shape the journey. Our findings share varied uncertainties which we navigate regularly across our work. The learning from these ensure we remain persistent in the face of setbacks and give us the ability to work with and understand elements that come from different cultures affected by political environments.

We have identified five key **enablers** for approaches to addressing physical inactivity, evolving from the themes and enablers from our last report ([view here](#)):



All of our evaluation outputs are being synthesised and contribute towards our evolving enablers for place-based systems change. Through this report we have selected some examples of evidence that show a change, a success or an impact in a place, in a system or in behaviours of our people. They are categorised through the cross-cutting conditions for addressing physical inactivity inequalities as identified by Sport England's National Evaluation and Learning Partners (NELP, 2023).

10 conditions for place-based working

Our National Evaluation & Learning Partners have listened and learned from all Sport England Place Partners (previously known as Local Delivery Pilots) and developed 10 cross-cutting conditions for addressing physical inactivity.

We can map our TaAF work against these and see the emerging and established changes in our place. The following pages demonstrate the evidence against these conditions in order of where we have the most evidence to date.



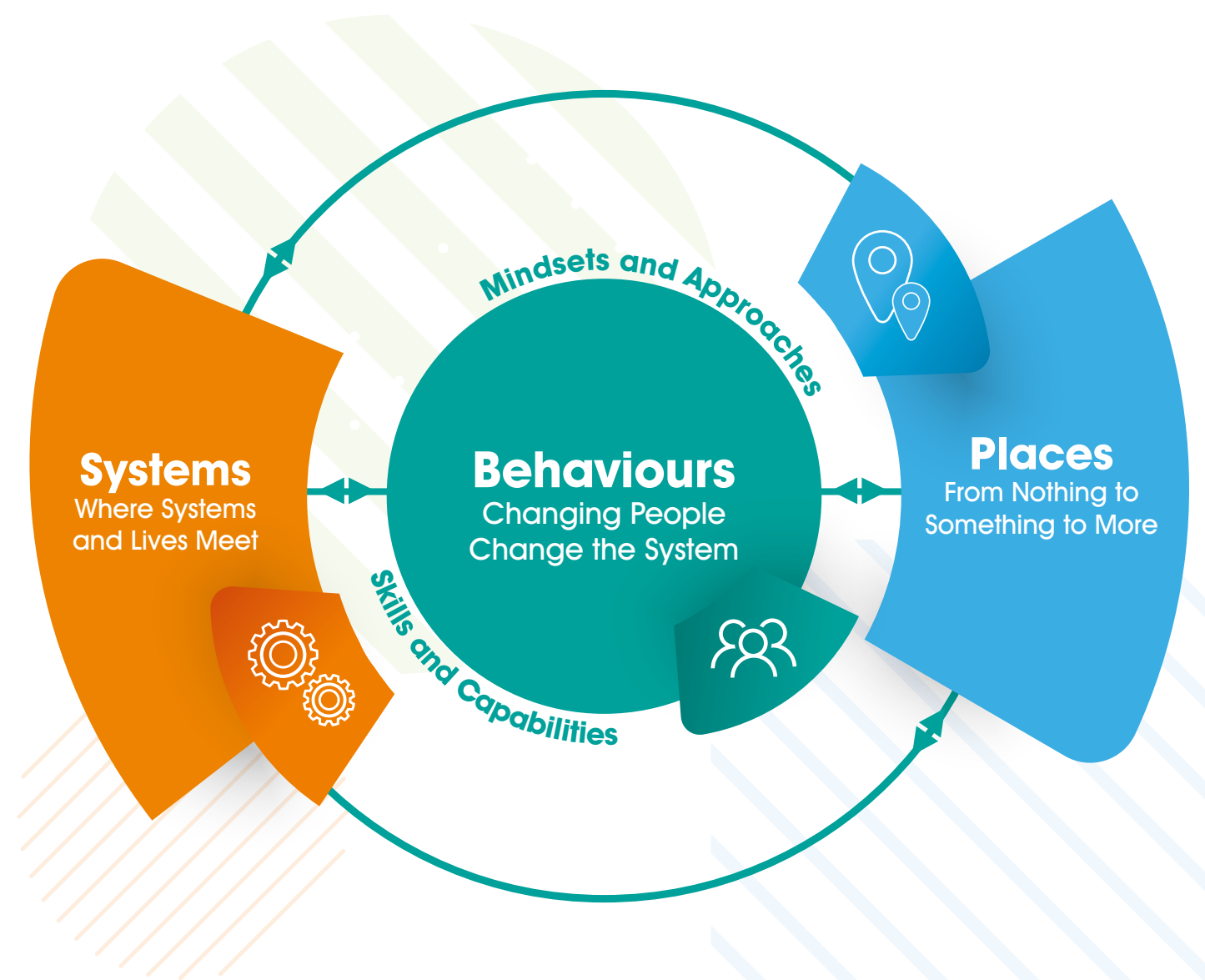
Cycles of learning and action

There are appropriate methods in place to elicit data and reflections, articulate and frame issues and improve the design of the systems affecting physical inactivity.

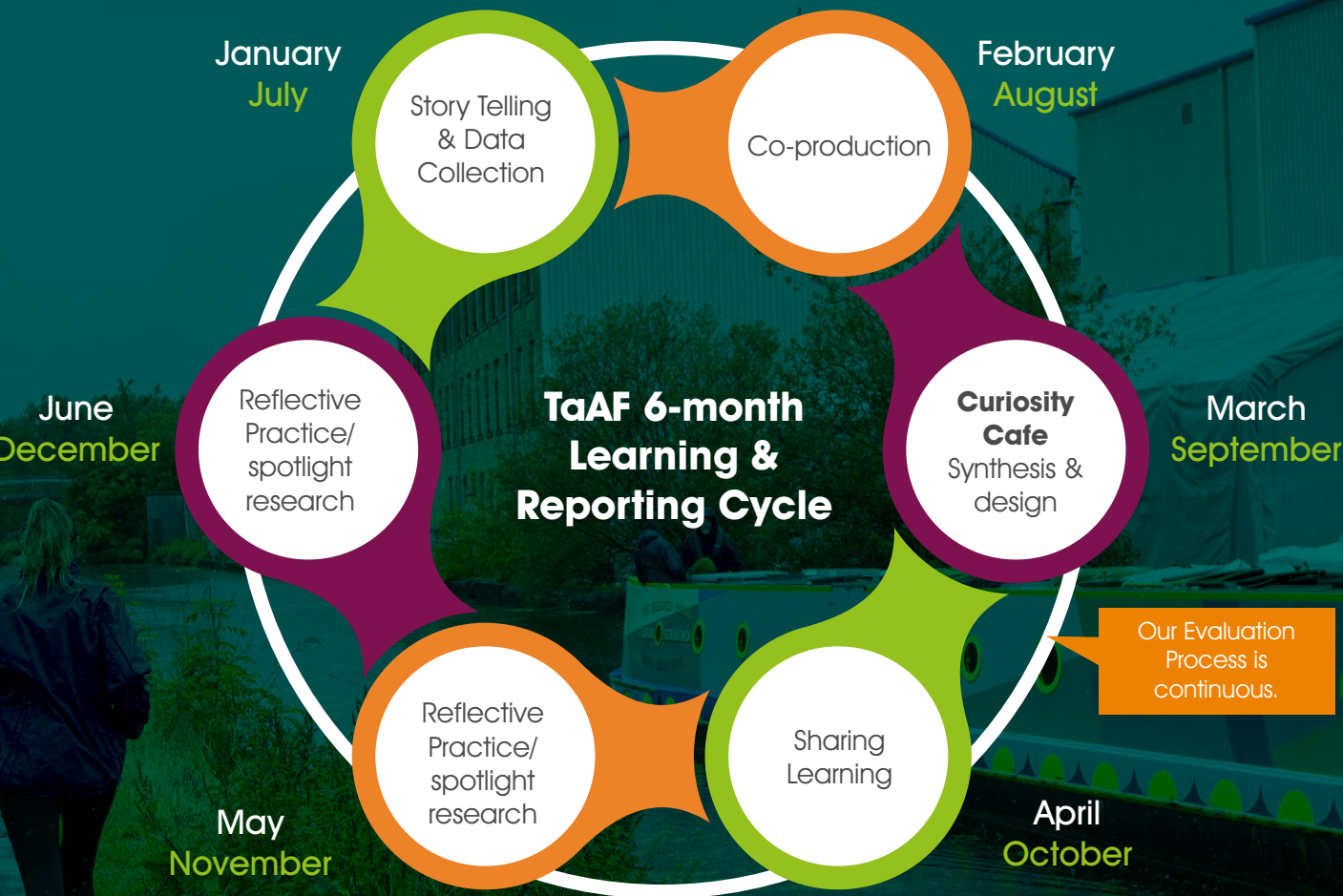
Refining our Process Evaluation Approach

Central to our model for change is the idea that people who are changing themselves (attitudes, behaviours, priorities) are the key to our systems and places changing for the better. This includes embedding evaluative thinking as a TaAF Approach. To better understand how, and if our approaches to systems change in our places are working, we have used Embedded Process Evaluation methods: Learning Pods, Participatory Workshops, Ripple Effect Mapping, Curiosity Café and stories of significant change. This process enables the group to take steps, get things wrong, share findings and add to evidence, whilst continuing to adjust until solutions that work are found. These evaluation methods have been co-produced to ensure they are developmental and have meaning to each workstream. This process has led to the re-design of our learning cycle and further development of our Evaluation Approach.

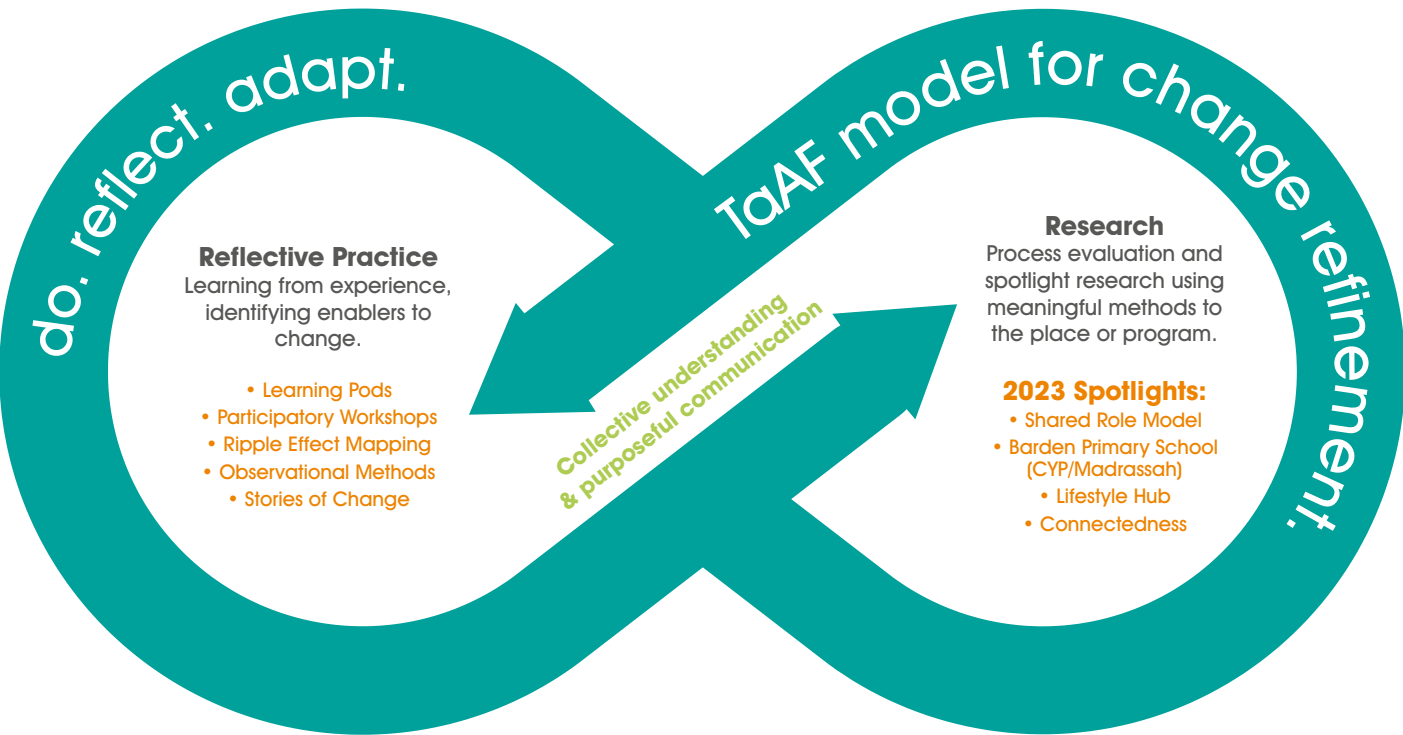
Model for Change



Learning Cycle



Evaluation Approach



Reflective Practice

Embedding an evaluation for learning approach requires workstreams to consciously explore a cultural shift based on a collaborative, systematic, long-term mindset that will enable a more fundamental change.

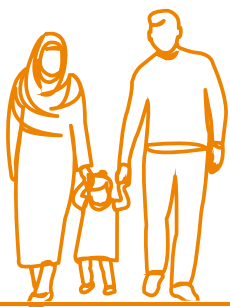
What are the enablers and uncertainties when working in whole systems, place-based approaches to physical activity behaviour change?

Workstream: All TaAF workstreams

Participants: All Team TaAF (Full-time, part-time, shared roles, some partners)

Methods: Stories of Significant Change/ Participatory Workshops

Findings: Across all workstreams, participants reported stories of change that were all very different in their narrative, but the enablers that led to change could be distributed into 5 key areas: Relationship Building, Investing in Strengths, Learn Together, Connect and Brave Leadership. All participants referred to using many of the TaAF approaches as common professional practice. These approaches include the Shared Role Model, Creative Engagement and Design Principles. It is evidenced that much of TaAF's locality work shows impact in strengthening community and individual capacities. Using identified enablers and TaAF approaches in higher doses, and combining these with increased time for planning and reflection, there is more robust evidence towards future proofing the place-based work. In some workstreams there is also evidence of good impact within hard-to-reach populations (Active Madrassah, Pendle, Blackburn with Darwen - Mill Hill Project, Ribble Valley, Hyndburn). Future evaluation seeks to examine evidence of tackling inequalities through more bespoke locality approaches.



Spotlight Research

Following our April 2023 Sharing the Learning report, we identified some areas to conduct spotlight research, either because these are themes that are attracting attention locally and nationally or because we wanted to probe a little deeper to support informed decision-making.

What is the uniqueness of the Lifestyle Hub?

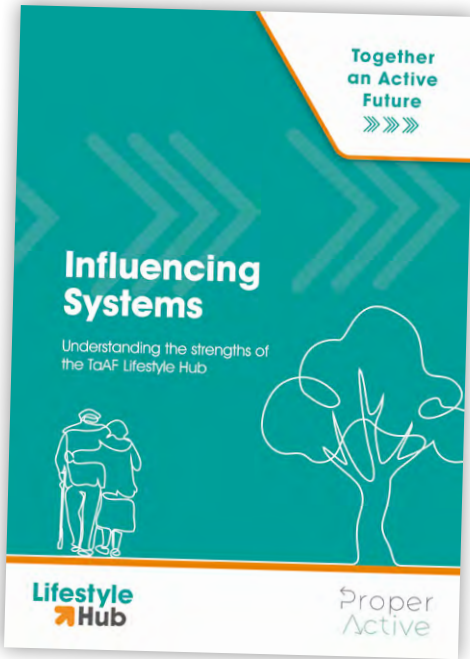
Workstream: Lifestyle Hub - a very simple entry point for health professionals and people to refer into leisure services in our 6 districts.

Participants: Lifestyle Hub stakeholders.

Method: Literature review and qualitative, semi-structured interviews.

Findings: The Lifestyle hub is unique in its simple referral processes, central data collection point and the opportunity it has to advance all Physical Activity Referral Schemes delivery and evaluation. Regional data suggests high levels of referral from more deprived areas further analysis is planned to understand short and long-term outcomes for those facing greatest inequalities.

Systems Where Systems and Lives Meet



Read the full report here

What are the enablers and disablers to our Shared Role Model?

Workstream: All TaAF

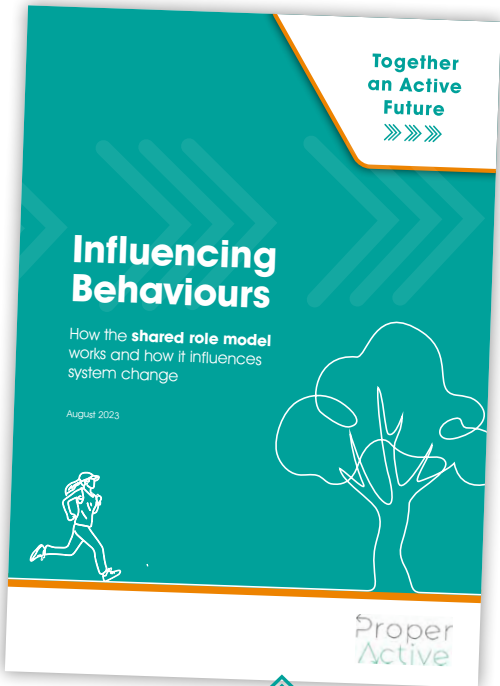
Participants: Shared roles within TaAF and host organisations from across Lancashire.

Methods: Qualitative, semi-structured interviews and participatory workshop.

Findings: Shared roles present a wide range of benefits and dis-benefits to individuals, TaAF, hosts, and the system. Notably, benefits tend to be more strategic or personal; dis-benefits tend to be more operational. Findings suggested where a role has more specific enablers - such as careful role and host set up, shared goals and visibility of the TaAF work and the impact of that role appears to be greater. This is particularly true regarding ripple effects within host organisations. It is therefore crucial to judge every shared role on its own merits, based on the context in which it is operating. The model has now been in operation for over 5 years and there has been considerable interest from other parties.

Behaviours Changing People, Change the System

Systems Where Systems and Lives Meet



Read the full report here

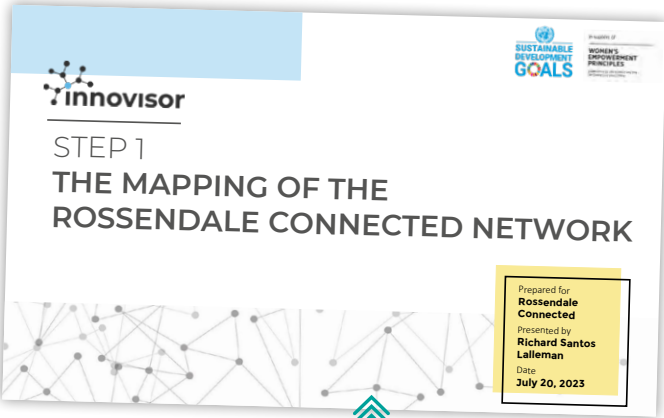
How connected is Rossendale Connected?

Workstream: Rossendale Locality Team

Participants: 130 residents or organisations engaged with Rossendale Connected Network.

Methods: Network mapping diagnostic.

Findings: Rossendale Connected Network is densely connected across a range of organisations inside and outside of Rossendale. Participants value the network and share information around the district's health and wellbeing priorities into their organisations, although it was found the least mentioned priority was Physical Activity and healthy weight. The ripple effect of Rossendale Connected is low (ripple effect of 100%) compared with other similar networks (ripple effect of 400%). It seems members on average only talk to one other person about what happens inside Rossendale Connected. Rossendale Connected is currently dependent on a few key individuals, justifying the need for funding shared roles or facilitators. Further enquiry should consider how to future proof the network and consider how the right conditions, routines and principles should be created to ignite the 'ripple effects' around physical health & wellbeing.



Read the full report here

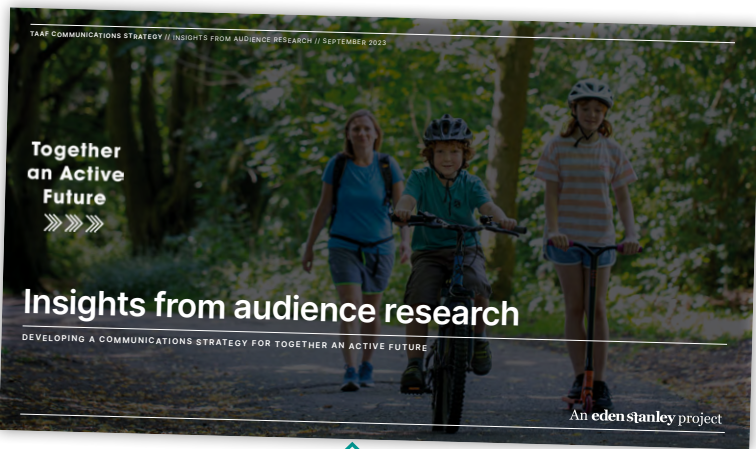
Systems Where Systems and Lives Meet

What are the perceptions of TaAF? How can we best serve Pennine Lancashire and beyond when working deeper?

Workstream: All TaAF Participants: Local stakeholders (local government, healthcare, leisure, voluntary and community organisations), national stakeholders (national charities linked to physical activity or leisure) and the public.

Methods: Qualitative interviews and case studies.

Findings: All local stakeholders knew of and had worked with TaAF. Many of their perceptions of TaAF were influenced by the leadership work, more so than place-based engagement. National stakeholders saw more value in components of TaAF's offer that would improve their processes and learning, and less value in concrete models and products. We found that members of the public placed most value on the positive effects of the initiatives on their mental health. Stakeholders were most interested in engaging with TaAF as a source of best practice and skills in combating physical inactivity through community engagement. Stakeholders generally find it hard to define or explain TaAF to themselves or others – so we are working with Eden Stanley to define a clear productised offer that is essential to accelerating our impact.



Read the full report here

Systems Where Systems and Lives Meet

Places From Nothing to Something to More

Behaviours Changing People, Change the System

Distributed and Collective Leadership

2

People are enabled to act, within their sphere of influence, to make decisions to create the conditions for people to be physically active. This occurs across multiple layers of society.

The last six months has seen a step change in TaAF's focus on strengths leadership. We host 26 shared roles in team TaAF, and these are successful where investment through strong local assets lead to co-creation and delivery of workstreams.

Having recognised that distributed and strengths-based leadership is at the heart of our success in our place, TaAF developed a leadership workstream to maximise impact. The workstream has seen all team TaAF and many partner organisations from within and external to Pennine Lancashire, participate in our adopted strength-based development tool - Clifton Strengths. Our leadership learning series and strengths coaching program is in direct response to evidence we now have that distributed and collective leadership is a key ingredient to having impact in a place. Its purpose is to ensure all leaders connected to TaAF work, at any level, continue to work with a common purpose and develop personally and professionally.

Behaviours Changing People, Change the System



Universal

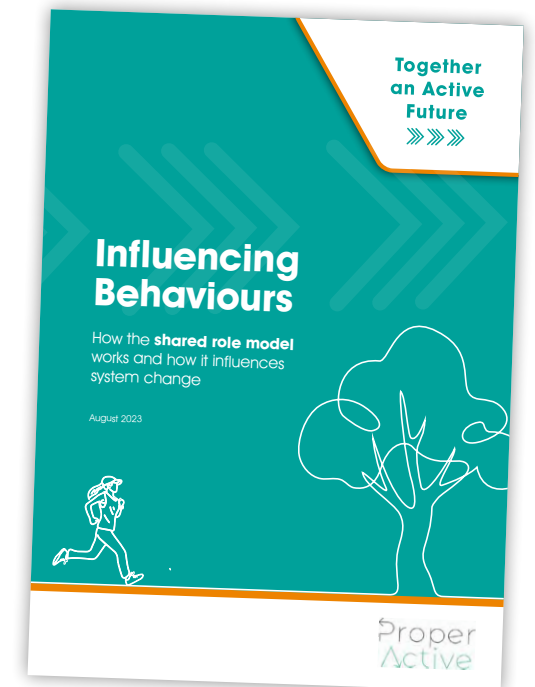
Our shared role model

Enablers: Investing in Strengths & Brave Leadership

Uncertainties: It is crucial to judge every shared role on its own merits, based on the context in which it is operating.

Take Away: Take the time to consider combined strengths or common goals of all parties.

Our shared role model continues to prove a key enabler to success. At the heart of our model is 'changing people to change the system' - we can show impact and ripple effects from each of these shared roles. In a TaAF shared role, a person works for TaAF for an agreed number of days per week, whilst in parallel working in their original post for their remaining contracted hours. Overlap between the two roles is expected and, in fact, desirable, with learning and collaboration opportunities from one feeding directly into the other. The initial duration of a shared role is agreed upfront, however, can be more flexible and more open to extension than a secondment.



Read the full Report: An explanatory account of the distinctive characteristics of the shared role model (August 2023)

Local Networks

Pendle - Creating an Active Practice

Enablers: Investing in Strengths & Relationship Building

Uncertainties: Communication pipelines: it's OK to nudge for information to be sent or re-sent and to do so in a variety of formats.

Take Away: Investing in local assets is to give real trust and autonomy to a local specialist. It is essential to walk alongside rather than lead.

The Creating an Active Practice workstream in our Pendle Locality, hosts a shared role, Kathryn. As a former practice manager within a Health Practice, she is influencing through role modelling to other practice managers as well as co-designing physical activity behaviour changes across one focus practice, Barrowford Surgery. By identifying a practice that had interest and energy with empowering practice leads, through timely relationship building, Barrowford Surgery staff report a 'massive change in their health'.



Read the full Story of Change:
Pendle Creating an Active Practice (September 2023)

Collaboration within and across organisations

3 There is productive partnership working around a common purpose.

TaAF demonstrates multiple examples of people working together to pool resources. This is most evident in our shared role approach and in particular with Active Lancashire. Collaborative approaches are the norm across all of our workstreams, considering what are the strengths of the locality initially and engaging in these opportunities first.

Systems Where Systems and Lives Meet



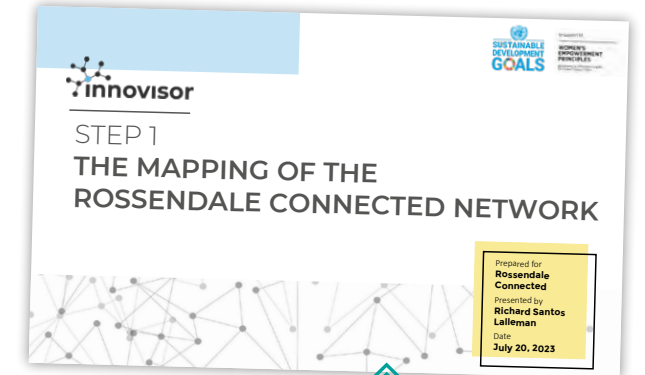
Mapping the connectedness in Rossendale

Enablers: Learn Together & Connect

Uncertainties: Mitigating the risk of relying on key individuals or organisations.

Take Aways: It is important to pause and test the current climate of a network and use this as an opportunity to re-connect over a common purpose.

Rossendale Connected is a dedicated group of 130+ individuals across different organisations, united by a common passion, Health & Wellbeing in Rossendale. We wanted to understand the impact of the Rossendale Connected Network on the network, and how they could improve to spark a true movement into Rossendale communities. We used a diagnostic tool designed by Innovisor Inc. to map how 'connected' Rossendale Connected is.



Read the full report:
Rossendale Connected July 2023

We already know the potent effect of social connections on mental, cognitive, and physical health outcomes. Our Rossendale Connected map indicates a density of connections to and from those who regularly attend meetings, occasional attendees and the information that is shared beyond the network. It also identifies some fragility and dependence of key individuals or organisations.

This data is informing decisions within the Borough Council to future proof this network and opening up new conversations with the Rossendale Connected Community. The team are exploring how the right conditions, routines and principles can be created to ignite the 'ripple effects' around physical health & wellbeing.



Burnley's identity as an #OutdoorTown

Enablers: Investing in Strengths, Connect, Relationship Building, Brave Leadership

Take Aways: There can be a shift when you consider behaviour change as identity change.

Through Burnley Together, we started when Burnley Leisure and Culture, Together an Active Future, the Canal & River Trust and Sport England brought Beat the Street to the town in 2021 (shared in previous reports). This acted as a catalyst for culture change. The Active Burnley Forum has been able to harness this and create unstoppable momentum. The partnership has grown exponentially as people and organisations wish to get involved. It has become a vibrant melting pot of ideas, with 'a can-do mentality'. Every time we come together so much positive action happens. We have created a ripple effect map that shows the sheer breadth and depth of the #OutdoorTown movement and how it is gathering pace. It shows the amazing community collaboration in areas of health, wellbeing, climate action and more.



Read the full report:
Burnley and #OutdoorTown (2023)

Capacity and capability across the workforce, volunteers and in communities

There are strategies to recruit, reward or build skills, attributes, values, mindsets, knowledge, networks, and capacity for responsive, place-based systemic, and collaborative working to enable physical activity.

4



In addition to the impact of our shared role model on our teams, their organisations and their places, we can demonstrate an established practice of skills development opportunities for leaders within their profession or as volunteers. This goes beyond training to immersion on place-based working and strengths coaching. There is an embedded culture across our partners for collaborative working, thoughtful capacity building and a collective ambition towards a shift of the dynamics of decision making.



Over 200 leaders in Lancashire are focusing on Strengths

Enablers: Connect & Learn Together

Take Aways: Our Leadership workstream enables partners to engage with Clifton Strengths and receive coaching. We have established a three-day strengths coaching program for partners from local councils, leisure trusts, governing bodies, active partnerships, community organisations and schools. Our shared role model has enabled us to bring in Active Lancashire colleagues to help deliver this exciting programme.

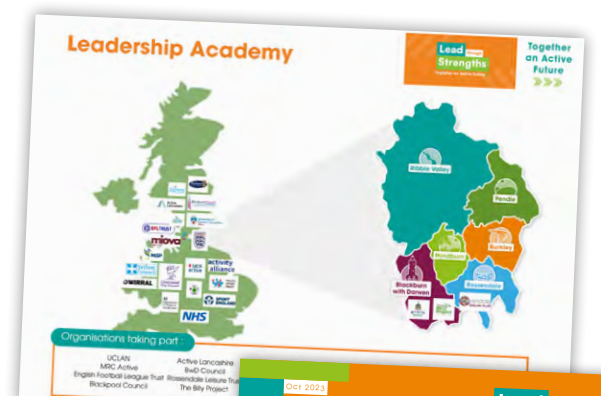
Following the first course we have seen several impacts:

Ripples into other TaAF workstreams include:

- Middle leader programme now incorporating strengths coaching.
- Madrasah workstream colleagues receiving strengths coaching.
- Locality networks using their strengths coaching in their teams and project work.

Ripples outside of TaAF core work:

- Active Lancashire developing a strength-based approach to team development.
- Youth Sport Trust rippling the work internally and in some of their external projects.



Read more:
Organisations engaging in our leadership offer

Read the full story:
Story of our first strengths based coaching program



Hyndburn Walk to the Match

Enablers: Connect & Relationship Building

Uncertainties: We're still working out how to monitor the campaigns effect on numbers of new fans walking to the match

Takeaways: Using active images from the community can be impactful.

Walk To The Match, in partnership with Accrington Stanley Football Club, is campaign is led by the supporter's club and the willingness to develop a collaborative approach to the campaign during the football season. It aims to reduce carbon footprint through increasing the number of people walking to the match and will also form part of Hyndburn's new Active Environment Strategy.

Read the full story:
Let's Walk to the Match



Physical environments that enable wellbeing and physical activity

5

There are natural and built environments that encourage activity which are appropriate, accessible, affordable, and safe.

Rossendale Walking maps, Hyndburn Park engagement events, Blackburn with Darwen Witton Park & Greenhouse Project, are some examples where the physical environment has been a stimulus for doing something different in a place across our 6 local authorities. The following two are examples that has demonstrated particular growth or impact in the last six months.

Places From Nothing to Something to More



Behaviours Changing People, Change the System



Burnley Outdoor Town impacts on National Sport England Partner

Enablers: Connect, Brave Leadership & Investing in Strengths

Uncertainties: The success in Burnley is attributed to many local factors, new areas engaging with Beat the Street should consider local factors too.

Takeaways: Burnley #OutdoorTown campaign has been gaining recognition nationally, with TaAF and Leisure Leads presenting at the Parliamentary reception of People and Places on World Environment Day. Intelligent Health have been great partners over the last two years, working alongside the Burnley TaAF team and the Burnley Active Forum to learn and share learning of how Burnley used 'Beat the Street' and accelerated the community's appetite for more outdoor activities and connection across wards.

Read the full report: Intelligent Health Sport England Summary

“ The exemplar is the Pennine Lancashire Together and Active Future pilot in Burnley. This is perhaps our most exciting project as not only is it making impact in the place but shows how we can shift to more systemic work whilst allowing real local ownership. ”



Ribble Valley Play Library & Whole Village Approach

Read the full story: Ribble Valley, taking a whole village approach story.

Enablers: Investing in Strengths & Relationship Building

Uncertainties: This is a small, hyper-local program, that is very bespoke to its people and place, scaling up will be challenging.

Takeaways: Ribble Valley is a large geographical area where we are exploring physical activity and rural isolation. We are currently working through local assets, schools, GP practices, field nurses, the parish council and the farming community to take a 'whole village approach' to physical activity. Investing in a local champion through our shared role model, the Ribble Valley team tested an alternative investment approach, using crowd funding to generate equipment for a play library in a local park as well as engage community members. Relationship with the parish council in particular, supported the success of the play library, which led to multi-generational increased physical activity in the park as well as community care activities such as litter picking. We found that having a local champion who is invested in physical activity generates an enthusiasm to be part of a physical activity movement.



6

Co-production, local people led initiatives

Physical activity
strategies are
anchored in
community priorities,
initiatives, and assets.

All of TaAF place based work is grounded in co-production and our 5 key enablers speak to this (Relationship Building, Investing in Strengths, Learn Together, Connect and Brave Leadership) through the use of TaAF approaches.

Places From Nothing to Something to More

Systems Where Systems and Lives Meet



Creative Football, a chain reaction of change within Mental Health Services in Lancashire

Enablers: Investing in Strengths & Brave Leadership

Uncertainties: How to maintain the quality and person-centred provision whilst growing the organisation to influence decision makers and their ways of commissioning services.

Take Aways: Always invite the people who make the decisions into your space, in person. This and other great changes have come from commissioners or leaders coming to football therapy sessions and participating first.

Creative Football removes as many barriers as possible to make participation in physical activity accessible to those who are not supported in formal mental health services. By creating a safe and positive environment, promoting peer support and unity, the team support participants to meet educational, employment and aspirational needs.

Lancashire & South Cumbria NHS Foundation Trust (LSCFT) commissioning team are investing in alternative approaches and engaging service users to consult on decision making at Guild Lodge, a medium secure psychiatric facility in Preston.

In the last year Creative Football have supported staff and patients through physical activity to benefit in-patients at Guild Lodge. Guild Lodge has enhanced their package of care and are building more links within the local and wider community. For Creative Football it has raised its profile and credibility as a provider of person-centred services.

In addition, the LSCFT commissioning team are changing ways of working that is leading to in-patients reporting better and more positive relationships.



Read the full story: [Creative Football Chain Reaction](#)

“ Whenever we have had visitors coming down to observe our sessions, we haven't changed anything. People take us as they find us and they know there is a reality and an authenticity in what we do and what we try to achieve. ”

Creative Football Team



7

Facilitative processes for agile, collaborative working and proportionate representative governance

There are administrative processes that support the flow of information, data and resources in ways that are equitable, proportionate, agile, and responsive.

Closely linked to collective leadership and co-production, some TaAF workstreams are showing impact into organisational structures and decision making. In most instances this is emerging in our practice through long term relationship building with key decision makers across Lancashire. Important connections are being strengthened with strategic partners through our targeted workstreams in Public Health and National Governing Bodies.

Places From Nothing to Something to More

Systems Where Systems and Lives Meet



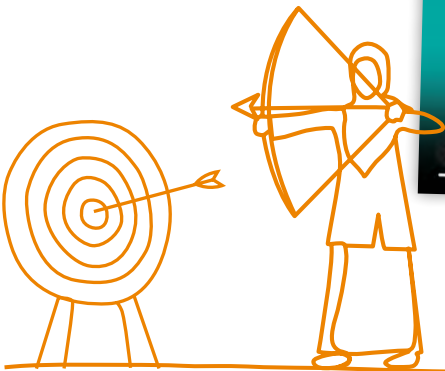
Active Madrassahs - Inside Out

Enablers: Relationship Building & Connect

Uncertainties: Both curriculum time and volunteer time is limited, so making every engagement valuable and meaningful is important. This at times has meant we have provided support for growing governance structures.

Take Aways: There is a real appetite to do more and focus on children's health in Madrassahs. Understanding what is meaningful to a faith setting is key. In this case Islamic teachings emphasise the importance of health and promote the Sunnah sports, enhancing the wellbeing of individuals.

Our Active Madrassah team is a collaboration between TaAF, Active Lancashire and Preston United. Multiple connections and collaborations are active in this work, bringing National Governing Bodies and faith organisations together to explore hyper-local approaches to increasing physical activity for South-Asian communities. Early work included the co-development of Active Madrassah building blocks (shown below) with Madrassah leaders. As of September 2023, we are working alongside 22 Madrassahs. Several Madrassahs have applied for funding to up-skill their staff and consider opportunities for more physical activity during Madrassah time with children. We have created new local partnerships with Archery GB, British Wrestling, The Pony Club, that represent some of the five Prophetic Sports in Islam (archery, running, swimming, grappling and horse-riding). We are also collaborating with Lancashire Cricket Foundation, Lancashire FA, the Muslim Sport Foundation, British Canoeing, and several local facilities.



Watch our video:
Active Madrassah roots and development journey



Addressing inequality and intersectionality

8

People develop, deliver, and evaluate policies and practices which consider and address the power dynamics and perceptions which disadvantage people with characteristics, identities and/or lived experiences.



Systems Where Systems and Lives Meet

Behaviours Changing People, Change the System

Universal

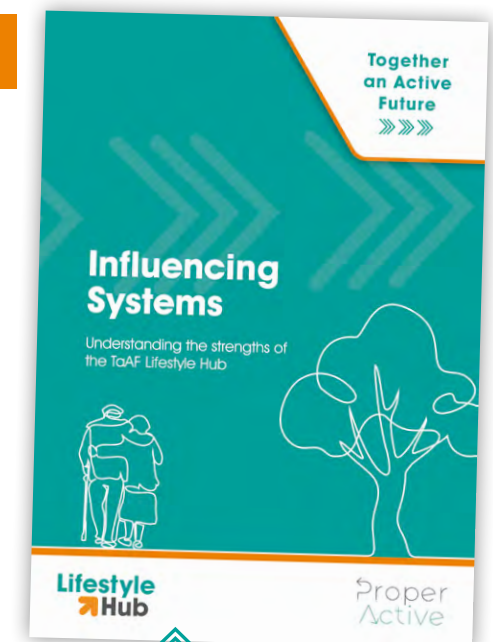
Lifestyle Hub

Enablers: Connect & Brave Leadership

Uncertainties: Physical Activity Referral Services (PARS) still feels like a messy topic with an evidence base in its infancy. Inconsistent political support, contradictory evidence, and a lack of central leadership in building the evidence base on best practice have all contributed to this circumstance, leaving a major gap in understanding, almost 10 years after it was called out by NICE (2014).

Takeaways: The Pennine Lancashire Lifestyle Hub is unique in England, through its work in pooling resources, connecting cross-district services and its accessible single point-entry system.

Against this backdrop, the Lifestyle Hub offers a unique opportunity. Firstly, for Pennine Lancashire, to grow this service into something special with demonstratable health and wellbeing benefits for the local health service and people. Secondly, it can make a major contribution to what works, for who, in what context, and set the direction for both future delivery and evaluation. We are collecting individual stories, along with standard measures on DCRS and WHO-DAS. There has been substantial training for Health Coaches to collect meaningful data that will allow us to demonstrate further evidence of the uniqueness of the Lifestyle Hub in the future.



Read the full report:
The Uniqueness of Pennine Lancashire Lifestyle Hub

Local Networks

Barden Primary School, Burnley.

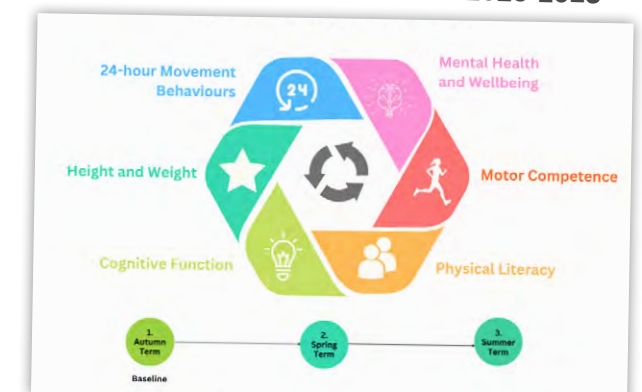
Enablers: Investing in Strengths, Relationship Building & Brave Leadership.

Uncertainties: We are working with this school to see to what extent the data and learning is used to inform school practices.

Takeaways: By working alongside insiders (a key member of staff & the School Games organiser) the researchers experienced a much higher response in return of consent and participation in the research (from 60% to 98%).

Our Active Schools work is growing fast. With a new research partnership with Edge Hill University, and the recruitment of a research associate to focus on our children and young people workstreams (Active Schools and Active Madrassahs), we had new research protocol in mind. In order to make the data collection meaningful to schools, we wanted to co-create the evaluation. Our approach was to conduct a series of child level data collection methods over the spring and summer terms at Barden Primary School, share back results in a variety of formats and conduct workshops with the schools' leadership team and with our school middle leaders. The links below provide the results from the spring/summer 2023 data collection.

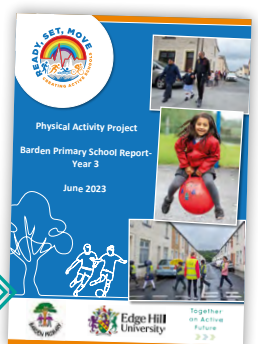
Active Schools Core Measures 2023-2025



Read the full infographic:
Barden Primary - 24 hour movement data infographic

Read the full story:
Barden Primary - Sleep Story

Read the full report:
Barden Primary - Physical Activity Project



Cultures and practices for well-being and physical activity

9

There is a culturally inclusive social environment for physical activity.

Policies and practices which promote physical activity and wellbeing for the paid and volunteer workforces are being implemented in a number of settings across Pennine Lancashire. There are some good exemplars of how these have been implemented through the practice of connecting organisations from across the area at regular events, with a focus on improving working lives. Our strongest evidence of organisational culture change is evidenced in schools. However, further data collection over the next year hopes to demonstrate this in other sectors and organisations across our place.

Systems Where Systems and Lives Meet

Behaviours Changing People, Change the System



Active Schools

Enablers: Investing in Strengths & Brave Leadership

Uncertainties: Embedding policy and practice takes time, with staffing changes we will need to ensure we remain connected to these schools.

Take Aways: Tasking our school middle leaders with the responsibility of creating their own ripple effect maps and stories of significant change was developmental for them, impactful on their senior leaders and useful evidence for us.

Our Active Schools work, across all 6 districts, has responded to individual organisation traditions and educational practices leading to whole school policy change. The work has allowed the school's middle leaders to receive support, training and have time to explore what works in their place and school community. Qualitative enquiry two years ago, to understand the values, normative beliefs, and assumptions of school leaders has been key to the whole school policy change that is evident in our Middle Leaders stories of significant change. Our cohort of middle leaders received training in Ripple Effect Mapping and coaching to complete stories of significant change. These stories demonstrate impact on professional development, classroom impact and on whole school policy and culture. The value of investing in child level data over the next 2 years will contribute to locality evidence profiles from April 2024 onwards.

Active Schools Timeline:

- January 2021** Big Rossendale School Connect Event for Head Teachers
- April 2021** Theory or Planned Behaviour Qualitative Interviews with Head Teachers
- May 2021** Headteachers co-produce Middle Leader Program
- June 2021** Creation of Ready Set Rossendale – local active schools workstream
- September 2021** First Middle Leaders Program starts.
- May 2022** Expansion of Active Schools from Local to Universal Workstream
Recruitment of Active Schools Workstream Lead
- September 2022** Second Middle Leader Program starts.
- January 2023** Research Pilot School with Barden Primary School partnership established.
Partnership with Edge Hill University to Conduct Child Level Data Collection
- May 2023** Middle Leaders Qualitative stores of significant change shared.
- July 2023** Research Pilot Data Shared with Schools and Middle Leaders
- September 2023** Co-design evaluation for Active Schools program

Active Schools Evaluation Levels

- 1) Universal Evaluation - conducted by Schools.
- 2) Middle Leader Stories of Significant Change - conducted by Middle Leaders, supported by research coach.
- 3) Child Level Data Collection, x 8 schools across Pennine Lancashire (2023-2025).



Read the full story: >>>
Active Schools,
stories of change

Identifying the barriers and enablers of physical activity in the local context

There is (shared) knowledge of what supports and/or prevents people being physically active, within the local context.

Processes for developing a deep understanding of what supports or prevents people being physically active with the community are routinely adopted by TaAF teams and partners. TaAF approaches, including engaging in our life course tools, have led to evidence in the work across the Universal programs. Examples include the Lifestyle Hub, Active Madrassahs, Active Schools and many of the locality workstreams. There are gaps in the processes, language used or access to different community groups across Pennine Lancashire, which we continue to use our enablers to address. TaAF teams consistently use engagement approaches through networks to evolve a common understandings of local physical activity challenges and priorities to address. This local insight is routinely used to shape the work of all system partners to co-produce and plan our work.



Pendle Women's Group Story

Enablers: Relationship Building & Connect

Uncertainties: This meaningful work is possible with small groups built up over time, we have the challenge to create this level of engagement at scale.

Takeaways: Identifying who are great listeners in your team and deploying them to build relationships can lead to informed decisions.

Pendle's ongoing relationship work over the last two years, listening to South Asian ladies and relaying this to a swimming provider, led to a popular and continuing program. A key part of understanding and changing the landscape for access to physical activity is to develop an understanding of people identification within that landscape. The focus on what barriers South Asian ladies experience with swimming has not only led to swimming programs and attendance, but a process of listening that other TaAF workstreams have learnt from. In Pendle, this work has led to new connections and more physical activity provision for South Asian Women's groups. These include, paddle boarding, walk leader training, cycling sessions and cycling leader qualifications.



Read the full story:
Making New Connections, Pendle



Lifestyle Hub – Up and Active case study

Enablers: Investing in Strengths & Learn Together

Uncertainties: We have yet to measure to what extent patients understand physical activity messaging.

Take Aways: Taking the time to pool resources (such as training days across districts instead of individual PCNs) can free up time.

With a continuing focus on where systems and lives meet, the Lifestyle Hub has invested in the strengths of local health coaches to engage and support referral patients to be more active in ways that suit them. Simplifying administrative systems, re-defining a common purpose and developmental time has allowed for health coaches to have more time with each patient. This has given them the opportunity to identify more clearly the barriers and enablers for each patient and across the PCN. Our Burnley locality has used the shared role model to ensure health coaches within a PCN have more time to create physical activity opportunities for their patients. Our Hyndburn health coaches, based out of a new community centre, have been able to create a range of provisions from singing groups, yoga classes and gardening to refer patients into.



Read the full story:
Finding the right support to make a change



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