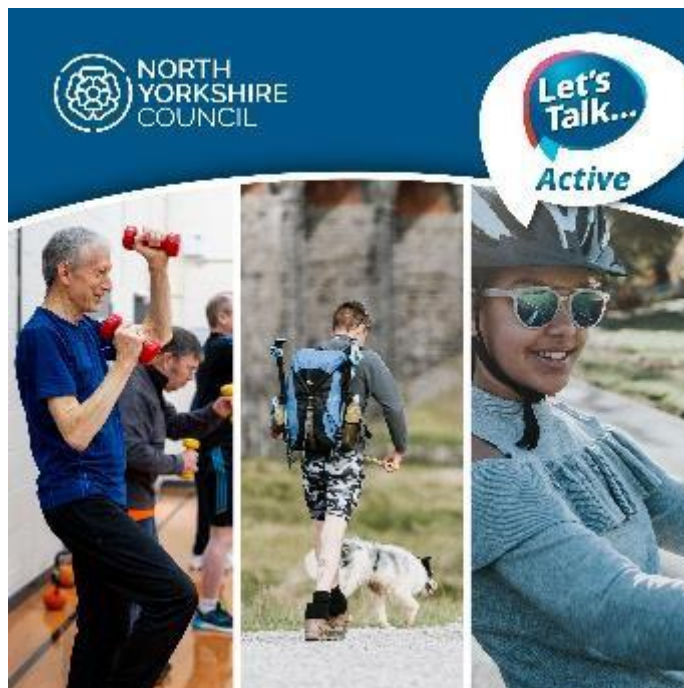


Let's Talk Active – 09.09.24 - 04.11.24.

Communications toolkit for the parish sector



Let's Talk Active is part of our series of Let's Talk conversations with you. The conversations are part of our continued commitment to listen to people who live and work in North Yorkshire. North Yorkshire Council wants to hear from you! Fill in the online survey at www.northyorks.gov.uk/LetsTalk

The council would like to know if you are physically active, what is important to you about being active, and any barriers you face. This will help them to develop council leisure facilities and community-based sport and leisure services now and in the future. Watch a short video about the survey here https://youtu.be/nBG5FRZGw_0

The council's new Active North Yorkshire service will have a stronger focus on health and wellbeing, supporting more people to be active, especially people who may need additional support and who don't currently use our services. If you are a leisure centre user, gathering information on how you perceive and experience your local leisure centre will help the

council to identify strengths as well as areas for improvement. Please also fill in the survey if you don't currently use council facilities - understanding why you don't use them is just as valuable.

Understanding what's important to you in terms of physical activity helps to develop facilities and plan programmes of activity. It helps the council to know what they currently do well, what they could do better and differently and where the gaps are.

As part of a wider approach to improving health and wellbeing, leisure centres could potentially offer a broader range of support, such as health checks, nutritional advice, or mental health services. The council is keen to explore your interest in these additional services and the benefits of a wider approach.

There are several ways you can take part in Let's Talk Active:

You can fill in an online survey here <https://www.northyorks.gov.uk/LetsTalk> – the survey is on Commonplace, which is a safe and easy-to-use online tool used to engage with communities, by over 250 organisations including neighbouring councils in Leeds and West Yorkshire.

If you would prefer, you can pick up a paper copy from your local library, leisure centre or [main local office](#) and return it in the envelope provided.

You can also email letstalk@northyorks.gov.uk or call **0300 131 2 131** (please say 'Let's Talk' when prompted) to request a survey.

You can write to:

Let's Talk
North Yorkshire Council
County Hall
Northallerton
DL7 8AD

Accessible formats of the survey are available on request. Please share your views with the council and encourage your colleagues, friends and family to do the same. The survey closes on 4 November 2024.

APPENDIX 1 – Press release issued 09.09.24.

09.09.24

News

Residents asked to help shape future leisure services

North Yorkshire residents are being asked to help shape the county's leisure and wellbeing services.

An eight week-long consultation exercise opens today (Monday, September 9) which aims to build a picture of physical activity across the county and understand what people take part in now, and what they would like to see available in the future.

The survey will help develop leisure facilities and community-based sport and leisure provision. North Yorkshire Council's new Active North Yorkshire (ANY) brand came into play at the start of this month when two of its leisure centres – in Selby and Tadcaster – were brought under the umbrella.

This new ANY service will take a stronger focus on health and wellbeing and aims to support more people to be active, especially those who may need more help and those who don't currently use the leisure service.

North Yorkshire Council's executive member for leisure, Cllr Simon Myers, said: "Through this survey we hope to find out how people keep active, what is important about being active and any barriers they face.

"We realise not everyone will use our centres to keep active so in order to build a full picture of physical activity in the community, it's also important to find out about individual or team sports or activities like walking or cycling.

"And for those who do use the centres we want to know about their experience there, the strengths and where they can improve. For those who don't use them we want to know why. This will help us to develop our services for the future."

He said that there could be more need for help for people with long-term health conditions and where more specialised equipment, tailored health and wellbeing programmes, or more accessible facilities are needed. Centres may also be able to offer a broader range of support such as health checks, nutritional advice, or mental health services.

Chairman of the Thirsk Hockey Club, James Laking, said it is important everyone finds a way that suits them best to keep fit. "We have nearly 400 members from the age of five to 75 playing hockey to keep them active, using the council's all-weather pitch at Thirsk several times a week.

"Sport is widely accessible in North Yorkshire - with the recent new facilities the council have supplied we have access to some amazing facilities. All clubs welcome new faces along to join them and I actively encourage everyone to find a sport and stay active."

North Yorkshire Sport's chief executive, David Watson, endorsed his view saying that changes can only be made if people say what they want.

"It is vital that everyone finds a way to keep active and by completing this survey they can help shape future services provided by the council as they bring the county's leisure operations in-house.

“Targeting locally-based activities and services will open up opportunities for more people of all ages and abilities, especially those in remote locations where travel to the larger hubs is an issue.”

Up until now the leisure centres have been managed by five different operators in the former district council areas. They will move to be part of Active North Yorkshire in phases, operated by North Yorkshire Council as active wellbeing hubs.

The facilities in the former Hambleton and Craven council areas will adopt the new Active North Yorkshire identity later this year. Services currently provided by Brimhams Active in the Harrogate area and Richmondshire Leisure Trust will move by spring 2025. The last phase, in 2027, will see the transfer of facilities and services currently provided by Everyone Active in the former Ryedale and Scarborough council areas.

To access the survey – which closes on November 4 - go to:

www.northyorks.gov.uk/LetsTalk

It is also possible to take part by:

- Picking up a paper copy from your local library, leisure centre or main local council office and return it in the envelope provided
- Contacting 0300 131 2 131 to request a survey - when prompted say ‘Let’s Talk’
- Emailing LetsTalk@northyorks.gov.uk

Accessible formats of the survey are available on request.

Officers will also be available to listen to views and answer questions in person at events across the county in September and October – a list of dates will be available on the website soon, go to www.northyorks.gov.uk/letstalk.

Appendix 2 – background information for parish and town councils

Let’s Talk Active is part of our series of Let’s Talk conversations with the public.

The conversations are part of our continued commitment to listen to people who live and work in North Yorkshire.

We want to ask residents about whether they are physically active, what is important to them about being active, and any barriers they face.

This will help us to develop our council leisure facilities and our community-based sport and leisure services now and in the future. Our new Active North Yorkshire service will have a stronger focus on health and wellbeing, supporting more people to be active, especially people who may need more support and who don’t currently use our services.

To build a full picture of physical activity in the community, it’s also important to find out about other ways that people keep active, whether through individual or team sports or activities like walking or cycling.

Gathering information from leisure centre users about how they perceive and experience their local leisure centre will help us to identify strengths and areas for improvement.

We are also keen to hear from people who don’t currently use our facilities - understanding why they don’t use them is just as valuable.

Understanding what's important to people in terms of physical activity helps us to develop our facilities and plan our programmes of activity. It helps us to know what we currently do well, what we could do better and differently and where the gaps are.

We want to hear the views of people with long-term health conditions, a disability or other needs which may require additional support to be active. We want this conversation to consider ways in which we can better meet their needs. This might include specialised equipment, tailored health and wellbeing programs, or more accessible facilities.

As part of a wider approach to improving health and wellbeing, leisure centres could potentially offer a broader range of support, such as health checks, nutritional advice, or mental health services. We are keen to explore interest in these additional services and the benefits of a wider approach.

Why should people join the Let's Talk Active conversation?

It's an opportunity to express what they need from their local leisure centre to help themselves to stay active. Whether it's more classes, better equipment, or different opening hours, feedback can influence future services.

Understanding the things that prevent people from being active can help us to address these issues and make physical activity more accessible for everyone.

Physical activity is a major part of preventing ill health. By participating in the survey, respondents contribute to the data that shapes public health policies aimed at increasing physical activity levels.

The survey can help highlight gaps in ways people can access places or groups to help them be active, such as those faced by disabled individuals or people living in rural areas. This information is crucial for creating inclusive programs that encourage everyone to be active.

What people tell us can influence where resources and efforts should be focused. This can lead to improved facilities and programs that better meet the community's needs.

By taking part in the survey, people are not just helping themselves; they're contributing to a larger effort to improve public health, reduce inequalities, and enhance the quality of life in their communities. Their input is valuable in shaping a more active and healthy society.

How to take part

Fill in the survey online at <https://www.northyorks.gov.uk/LetsTalk>

If you're short of time, don't worry - the survey is quick and easy to complete.

You can also take part by:

- Picking up a paper copy from your local library or main local office and return it in the envelope provided
- Contacting us to request a survey by calling 0300 131 2 131 - when prompted please say 'Let's Talk'
- Emailing LetsTalk@northyorks.gov.uk

Accessible formats of the survey are available on request.

We will also be available to listen to your views and answer your questions in person at events across the county in September and October – go to <https://www.northyorks.gov.uk/LetsTalk> to find out more.

Join the thousands of North Yorkshire residents who've taken part in Let's Talk so far - please give us your feedback and ask your colleagues, friends and family to do the same! Thank you.

Let's Talk Active launches on 9 September for 8 weeks (closes on 4 November).