

THE PLAYING FIELD

The newsletter of the Gloucestershire Playing Fields Association

Physical Literacy Consensus Statement for England

The statement, published in September 2023, should start to help us understand how our relationship with sport and physical activity changes over our lifetime, and is shaped by our experiences and our opportunities to be active.

The Statement is the culmination of 18 months' work by an expert group of researchers and professionals from over 50 organisations, led by Liverpool John Moores University, Coventry University, the University of Bradford the University of Gloucestershire and Sport England, with extensive consultation and input from those working and volunteering in the sport and activity sector.

Physical literacy
is our relationship
with movement
and physical activity
throughout life.

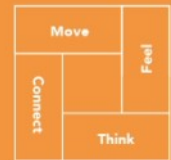
A personal relationship

Having a positive and meaningful association with movement and physical activity.



Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life

Influenced across the lifecourse by individual, social and environmental factors.



Graphic: Sport England

Why is physical literacy important?

Sport England's Active Lives surveys have shown that just 47% of children and 63% of adults are meeting the Chief Medical Officers' guidelines of an average of 60 minutes of activity a day, and 30% of children do less than 30 minutes a day. There are also significant inequalities, with a person's ethnicity, gender, socio-economic status and age all impacting how likely they are to be physically active, and this can have a lifelong impact on their overall health (see further details on the recent children's survey on Page 2 of this newsletter).

The quality of each person's relationship with movement and physical activity profoundly influences their decisions on how active they will be. Having a positive and meaningful relationship with movement and physical activity makes people more likely to be (and stay) active, benefiting their long-term health, well-being and quality of life.

The consensus statement highlights that everyone has a unique and complex relationship with sport and physical activity. It provides a framework as a starting point to facilitate a shared understanding of physical literacy for those working in the sport, education, physical activity, recreation, play, health and youth sectors. It is a first step to help promote positive experiences and lifelong participation for all children and young people, but particularly for those who face the greatest inequalities.

Further information, and a copy of the Statement can be found here:

www.sportengland.org/news-and-inspiration/physical-literacy-consensus-statement-england-published

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Promoting positive levels of physical activity for life - starting from childhood

In its strategy, **Get Active (Aug 2023)**, the previous government set a target of 2.5 million more adults and 1 million more children being classed as active in England by 2030 (compared to 2021-22). The aim is to help build a healthier nation by tackling high levels of inactivity, and by making sure that the sport and physical activity sector thrives for future generations.

Over the past 70 years, obesity rates have risen to record levels in the UK. It is estimated that obesity is costing the UK £98bn a year. Three quarters of people aged 45 to 74 in England are overweight or obese and the combined cost to the NHS, coupled with economic loss is £35bn.

Data shows that obesity currently costs the NHS £6 billion annually, set to rise to over £9.7 billion by 2050. Nearly one-third of children aged 2 to 15 are overweight or obese and the UK has the third-highest rate of adult obesity in Europe. Childhood obesity is a forerunner of future problems in adults.



In 2022, Sport England published the first Active Lives Survey, and the Active Lives Children and Young People Survey, to provide world-leading data and insight into activity levels and behaviours. The focus shifted to how many people are meeting the Chief Medical Officers' recommended levels of activity (150 mins per week for adults), rather than reporting on which sports were most popular.

The children and young people's survey charts the sport and physical activity behaviours of 5-16 year olds in England. The most recent survey (July 2023) identifies trends and changes since 2022.

The findings reinforce that participation in sport and physical activity varies greatly. Significant inequalities remain in activity levels, with Black and Asian children and young people, and those from the least affluent families, still less likely to play sport or be physically active than the average across all ethnicities and affluence groups. Girls are also less likely to be active than boys. Children's activity levels hold firm, but significant challenges remain.

There are some positive stories, including 68,000 more girls playing football since the Lionesses won Euro 2022, with 845,000 girls now playing the game in England, an increase of 4% in five years. There are also one million more children and young people walking, cycling or scootering to get places than there were five years ago, as increases in active travel during the pandemic have been maintained since society returned to normal.



Cost-of-living concerns have impacted children and young people's relationship with sport and physical activity and almost 1 in 5 parents/carers said they were using free activities for their children to socialise with friends instead of paid. Most worrying is that the number of children doing no activity at all has increased, meaning there are now more than 600,000 children in England doing no activity at all.

More information can be found here:

www.sportengland.org/research-and-data/data/active-lives

Recent grant awards

We provide funding support to our members, who continue to plan and implement excellent improvements to keep their facilities relevant, safe and up to date.



GPFA GRANT FUNDING HELPING COMMUNITIES

- **Cirencester RFC: £2,000 grant** towards pitch floodlighting. (Sept 2023)
- **Moreton in Marsh Croquet Club: £2,000 grant**, towards toilet facility in new pavilion. (Sept 2023)
- **Worrall Hill Recreation Ground: £1,700 grant**, towards replacement play equipment (Sept 2023)
- **Nailsworth Town Council: £500 grant**, towards a replacement wobble log play bridge. (Dec 2023)
- **Northway Parish Council: £2,000 grant**, towards a replacement concrete skate facility. (Dec 2023)
- **Fairford Town Council: £2,000 grant**, towards a replacement toddler play facility. (Mar 2024)
- **Whitminster Parish Council: £2,000 grant**, towards a replacement sports pavilion. (Mar 2024)
- **Bisley with Lypiatt Parish Council: £600 grant**, towards cricket boundary ballstop nets at Eastcombe and Bisley. (Mar 2024, subject to securing planning consent)
- **Hinton Parish Council: £2,000 grant**, towards skate ramp refurbishment at Sharpness. (May 2024)
- **Ashleworth Parish Council: £2,000 grant**, towards replacement play equipment. (May 2024)
- **Dursley Town Council: £2,000 grant**, towards new pavilion toilets and machinery store. (May 2024)



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Cylinder mowing



Verti-draining improves drainage, grass sward growth and relieves compaction.

New South West Sport Welfare Forum

Sport Welfare Officers from Active Partnerships across the South West are excited to announce their first-ever joint Sport Welfare Forum.

The forum will be a space to connect with physical activity colleagues in the region, learn something new and share knowledge and expertise. Anyone involved in sport and physical activity, whether a club welfare officer or not, is welcome to attend the online meeting (via Teams).

**Active
Gloucestershire**



South West Sport Welfare Forum



THU
3 October
18:30 - 20:00

Online

Each session will have a focus on learning and opportunities for open discussion.

For our first session, we want to hear your voice, challenges and success stories and how we can support your work.

The event is being organised by Active Gloucestershire and is scheduled for 3 October 2024.

For more information or any questions, feel free to reach out to Lisa Kankowski:

lisakankowski@
activegloucestershire.org

Or reserve your free spot by clicking the Eventbrite link below:

<https://www.eventbrite.co.uk/e/south-west-sport-welfare-forum-tickets-981798855807?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

National Position Statement on 3G Pitches

A joint statement, on the use of rubber crumb infill on 3G sports surfaces, was released at the end of 2023 by governing bodies, including Sport England, The Football Association, the Department of Culture, Media and Sport, The GMA, SAPCA, The Football Foundation, Rugby Football League and England Rugby.

The position statement sets out that artificial grass pitches (AGPs) provide high-quality surfaces, which are an integral part of modern community sport. Recognised as durable, safe, year-round playing surfaces, 3G pitches can withstand intensive use and



all kinds of weather. Sport England will work with all stakeholders, to explore viable alternatives to the rubber crumb infill used in some 3G AGPs, plus improved recycling opportunities and processes, given wider awareness of plastic pollution and waste.

The statement also acknowledges concerns about the environmental impact of 3G pitches, which have mostly been related to microplastics in the form of rubber infill getting into the ecosystem and the need for greater focus on the end-of-life recycling of pitches.

The statement refers to the European Commission's 2023 adoption of the EU Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH) restriction on the sale of intentionally added microplastics onto the European market, which includes rubber infill for 3G AGPs. The Commission has confirmed an 8-year transition period before the new restriction becomes effective (from Oct 2031), when rubber crumb will no longer be available to purchase within the EU. The ruling does not prevent the continued use of this material for AGPs, nor does it prevent the construction of new pitches with rubber crumb infill before 2031, but it may make it difficult to maintain these pitches after that time.

To see the full guide, use the SAPCA link below:

<https://sapca.org.uk/guide/position-statement-on-3g-pitches>

2023 AGM and Awards

We were delighted to hold the GPFA AGM and awards presentations at Churchdown Community Centre in November.

GPFA President Sybil Ruscoe chaired the meeting. After the AGM formalities were completed, we moved on to the award presentations.

The GPFA Community Achievement Award

(and a cheque for £200) was presented to **Jane Bolton**, from Saul Community Playing Field and Play Area.

As Fretherne and Saul's Play Champion, and creator of the delightful, inclusive and accessible children's playground and facilities at the Saul playing field, Jane's commitment to improving her local community has been immense, and made over a long period of time. Jane initially secured funding for the play area back in 2010, and in the intervening years, along with other village volunteers, has raised thousands of pounds, to continue the develop the playing field facilities, as well as numerous other community wellbeing events and activities for all ages.

Jane was also instrumental in setting up a number of initiatives to support local nature and wildlife, including the renovation of the allotment pond, where there are great crested newts. She worked with Fields in Trust to ensure that



Above: GPFA President Sybil Ruscoe presents Jane Bolton with the GPFA Community Achievement Award 2023



the playing field is protected from future development.

Jane is a midwife by profession and donated her £200 prize money to Forget-Me-Not, a local baby loss and miscarriage support group, run by bereaved parents.



(Awards continued on next page)

*Pictured:
Some of the community facilities at Saul playing field and play area.*



Pictured (L-R) with Andrew Tabor are:

The GPFA Honourable Company of Gloucestershire Awards for Young Sportspersons.

Andrew Tabor, Warden of the Honourable Company of Gloucestershire, presented the four young sportsperson awards and cheques for £250 to the winners, each of whom have already achieved an impressive list of regional, national and international successes in their chosen sports.



www.honcoglos.org

Chloe Sheppard, 17, from Pamington – Rowing

Finley Williamson, 16, from Longford – Bowls

Ivan Barritt, 17, from Gloucester – Flatwater Racing Kayaking

Caitlin Thompson, 15, from Cheltenham - Hockey

We wish the winners, and all those who were nominated, continued success in their future sporting endeavours, and we hope to work with the Honourable Company to run the awards again in 2025.

GREENFIELDS

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Completed projects

We have been pleased to support a number of excellent projects with GPFA grants.

A snapshot of some of the recently completed schemes are set out over the next two pages.

Ampney Crucis Parish Council replaced two 25-year-old damaged swing sets with a new, triple bay swing frame, including an inclusive basket seat. A GPFA grant of £1,750 was made towards the £12k cost.



New triple swing frame at Ampney Crucis.

As part of their centenary celebrations, **Angus Buchanan Recreation Ground** in Coleford replaced a long section of rotten timber play area fence with new, steel bow-top fencing and gates. A GPFA grant of £1,500 was used towards the £20k cost.



A section of the new play area fencing at the Angus Buchanan Recreation Ground.

Cirencester RFC installed a new set of match standard LED floodlights to their third pitch. A GPFA grant of £2,000 was made towards the £80k project.



New floodlights at Cirencester RFC.

Nailsworth Town Council installed a replacement wobble log bridge at Shortwood Green play area. A GPFA grant of £500 went towards the £2.5k cost.



Above: New log bridge at Shortwood Green play area.

Moreton in Marsh Croquet Club completed the construction of a new pavilion, including an accessible toilet. A GPFA grant of £2,000 was given towards the total project cost of over £50k.



Left: The new pavilion at Moreton in Marsh Croquet Club.

Thank you to the various clubs and councils for sharing the photos of their new facilities.

Completed projects (continued)

Fairford Town Council have completed the replacement of their toddler play area at Walnut Tree playing field. A GPFA grant of £2k was made towards the £48k project.



Can we help? The GPFA Secretary and Advice Officer, Kay Lillington, has over 25 years of local authority experience as a landscape architect, open space and play area designer. Please get in touch if you would like any advice or support for current or future projects.

Email secretary@glospfa.org.uk or call 07504 544413.

www.glospfa.org.uk

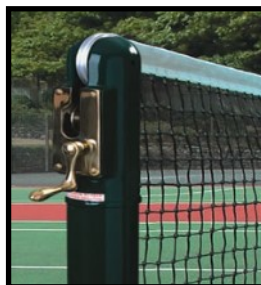


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Supporting Volunteers and Friends Groups

National Federation of Parks and Green Spaces

supporting grass roots

'Better Friends' - New Report

This report, produced by the National Federation of Parks and Green Spaces (NFPGS), details the activities, memberships, character, partnerships and influence of the movement of over 7,000 local Friends Groups across the UK.

Nearly 400 Friends Groups have so far made use of the free 'Better Friends' strength checker tool on the Parks Community website, launched in Sept 2020 (see link here: <https://parkscommunity.org.uk/>). Each group using the tool receives a detailed, tailored report providing advice and further links to useful guides. The submitted information is providing important data about what Friends groups achieve, their strengths, areas for improvement, and how they collaborate with their communities and parks management teams. The report shows how vital Friends and environmental volunteer groups are for our green spaces. View the report here: <https://natfedparks.org.uk/wp-content/uploads/2023/10/NFPGS-PCUK-Second-Report-2023.pdf>

Throughout the UK there are over 7,000 local greenspace Friends Groups, with many more being formed each year. These groups are run by passionate volunteers who organise events and activities, maintenance sessions, fundraising drives, promote their sites on social media, and help to ensure that communities get the very best out of these vital local spaces.

The National Federation of Parks and Green Spaces is a registered charity and is the democratic umbrella organisation of the Friends Group movement, with Parks Community UK (PCUK) as its platform, interacting with the local groups on the ground. Together these organisations are encouraging, supporting and promoting community involvement and empowerment in green spaces, and the sharing of good practice throughout the movement. It is estimated that Friends Groups generate well over £150m to the green spaces in added value, via volunteering and fundraising.

The work of Friends Groups and volunteers is absolutely vital to the future success of the UK's green spaces and the National Federation assists, as follows:

- supports and links up the greenspace Friends Groups across the UK
- promotes and share success stories and good practice
- ensures the voices of the grassroots are amplified and listened to at all levels, including by Government
- calls for proper funding and protection for all public greenspace

Further information can be found at <https://natfedparks.org.uk>

