Background/Introduction

Live Active Leisure was established in 1966 in Perth and Kinross (and is believed to be the one of the first such charitable organisations in Scotland that is today known as a ‘Trust’) and operates on an entirely ‘not-for-profit’ basis thus ensuring that 100% of any resources are re-invested for the advancement of sport, leisure and physical activity and the resultant myriad of associated benefits; not least health and wellbeing.

Live Active Leisure owns and operates a variety of activity venues, employs over 600 local people and works through partnership and contracts with many other key organisations, large and small, to generally enhance quality of life within our communities.

Like many such Trusts, Live Active Leisure is an effective, efficient, flexible and far-reaching ‘vehicle’ for providing opportunity for our communities to enjoy the benefits of living active lives and operates across the 2,000+ sq miles of Perth and Kinross; an area of urban and very rural mix that requires innovative means of delivering opportunity.

1. Do you consider that the Scottish Government’s health and sport budget for 2017-18 reflects its stated priorities (as set out in the National Performance Framework, the LDP standards and the National health and wellbeing outcomes)? If not, how could the budget be adjusted to better reflect priorities?

There is great evidence that Sport and Physical Activity can, does and must play a significant cross-cutting role in contributing to the achievement or delivery of a number of national priorities and outcomes, including for example:

Outcome 1 from the National Health and Wellbeing Outcomes: People are able to look after and improve their own health and wellbeing and live in good health for longer.

National Performance Framework

- We live longer, healthier lives
- We live in well-designed, sustainable places where we are able to access the amenities and services we need
- We value and enjoy our built and natural environment and protect it and enhance it for future generations
- Our people are able to maintain their independence as they get older and are able to access appropriate support when they need it.

There is a need for greater recognition of the cross-cutting nature of the health and sport/physical activity agendas and reflect the capacity of physical activity (in all
forms) to improve the physical and mental wellbeing of communities and in doing so, seek to reduce inequalities.

Scottish Government estimates that physical inactivity costs Scotland around £91 million per year.

This would justify a significant shift in resources towards the preventative agenda across partners and potential adjustments to budget distribution towards physical activity and sport. Aligned to this, the outcome should possibly be given greater prominence as an investment area and link with the development of longer-term funding models that would support more effective and efficient financial and service management and increased prospects of success.

2. For the health and sport budget for 2018-19 where do you suggest any additional resources could be most effectively deployed and where could any further savings be found? What evidence supports your views?

There should be an increased focus and commitment to preventative spend as a long-term approach to improving health outcomes for the population. There is now an opportunity to translate much discussion around the importance of prevention into a significant and material shift.

There is wholesale acceptance that physical activity has a vital contribution to make as an effective, accessible, flexible and sustainable (and importantly, enjoyable) preventative approach.

This message must be reflected in future commissioning of services. ‘Not-for profit’ Trusts and other third sector partners are well-placed to provide solutions that work both nationally (via the umbrella bodies such as Sporta Scotland) and at a local level as all too often, local issues don’t lend themselves to high level common solutions.

Leisure (and cultural) Trusts and partners are extremely well positioned to reflect the distinct needs of their communities and respond accordingly, effectively and efficiently; working collaboratively and importantly, with communities themselves to ensure the greatest prospect of positive impact, sustainability and ‘ownership’. This engagement is a critical element in ensuring the resource is effectively ‘targeted’ whilst not overlooking the importance of maintaining (or increasing) the activity levels of the wider sections of our communities who do enjoy some of the great many benefits of physical activity.

Specific additional resourcing to reflect the above would ensure the approach enabled local community needs to benefit from widespread shared ‘best practice’ and then be tailored to create bespoke solutions aligned to a shared vision that is considered likely to realise success locally on a sustainable basis.

This should reflect the increasingly challenging climate within public finance and assist the further development and support of local delivery models through partner the relationships ‘on the ground’ such as volunteer development, support etc. This would apply across many forms of physical activity and realise more of the potential for local multi-agency, multi-discipline and cross-generational engagement and
delivery of practical solutions such as community-wide programmes that mobilise and integrate community engagement and resources and also sport and general activity programming that focuses on opportunity for all for ‘whole life’ participation in activity.

3. Is sufficient information available to support scrutiny of the Scottish Government’s health and sport budget? If not, what additional information would help support budget scrutiny?

A detailed breakdown of the budget allocation and spending would enable scrutiny, consideration and more informed comment.

The greater detail to be made available that identifies the allocations across the many elements that contribute to physical activity and sport (and thus health and wellbeing and more), the greater the opportunity to ensure and exploit synergy and a more cohesive approach which more effectively reflects the myriad of ways that people enjoy the benefits of living more active lives – sport, active travel, gardening, adventure, social activity etc.

4. What impact has the integration of health and social care budgets had on ensuring resources are directed at achieving the Scottish Government’s desired outcomes?

The integration of health and social care budgets offers an opportunity for far greater collaboration across partners to deliver quality care.

There exists a shared understanding that people becoming more physically active leads to measurable and ‘real-life’ benefits and in doing so, carries the potential to reduce some of the pressures on health and social care services.