

Appendix 1

1.0 PARKLIVES PROGRAMME 2017-2020

Further to the successful deliver of the 2015-17 ParkLives Programme a further Four year contract has been secured from the Significant Partner Coca-Cola ParkLives. The new contract is for a further four years and is estimated to cost £424,000 of which £394,400 will be funded by a grant from Coca-Cola and £29,600 from the existing Sports and Leisure revenue budgets over the next four financial years.

1.1 PARKLIVES PROGRAMME 2017-2020 DELIVERY

To Deliver the activation programme the programme manager will seek to enter into contracts with local sports coach providers and community organisations to build local ownership of the activation programmes.

1.2 PARKLIVES PROGRAMME 2017-2020

The ParkLives programme will continue to provide a wide range of Free to Attend Fun and Friendly Family Orientated Healthy Lifestyle regular sessions and events.

The Sessions will be themed around the following activities:-

- **Experience** – Open Water Swimming, Parkour, SUP Yoga, Slacklining, Canoeing, Kayaking, Climbing and Abseiling, Triathlon, Archery, Skateboarding, Sailing, Aquathlon and any other experiential session
- **Explore** – Walking, Bushcraft, Pond Dipping, Mud craft, bug hunts, orienteering, explorer, geocaching, Nordic walking, and any other nature and conservation session
- **Activate** – Community sports and group exercise sessions including themed days e.g. World Mental Health Day, Older Persons Day, National Fitness Day

1.3 PARKLIVES PROGRAMME 2017-2020 TIMETABLE

The programme will be delivered between May – September: Weekly activities taking place in all 8 primary parks with an intense focus on the summer holidays where weekly sessions will place at all 20 parks There will also be a summer family sports day taking place in July

Total number of sessions taking place:

Experience – 500

Explore – 500

Activate – 1000

Total number of sessions - 2000

1.4 PARKLIVES PROGRAMME 2017-2020 LOCATIONS

List of Parks included in the Programme at the date of the Agreement are as follows: The parks and open spaces were selected using Nottingham insight to cover the majority of wards in Nottingham city and target areas of High Indices of Multiple

Deprivation as well as using Nottingham's Green Flag parks and parks with a high footfall.

8 main primary parks will be used for the majority of sessions:

The Forest Recreation Ground

Clifton Playing Fields

Bulwell Hall Park

Southglade Sports Park

Colwick Country Park

Victoria Embankment Park

Wollaton Park

Highfields Park

secondary parks will be used with occasional activity taking place:

Radford Recreation Ground

The Arboretum

Colwick Woods SSSI Nature Reserve

Lenton Recreation Ground

King Edwards Park

Harvey Hadden/Bilborough Park

Broxtowe Country Park

St Ann's Allotments

X4 Housing Amenity Green Space

Bulwell Forest Park

Strelley Recreational Ground

Victoria Park

Queens Walk Recreation Ground

And any other park deemed appropriate by the ParkLives Programme Manager

1.5 PUBLIC HEALTH CONSIDERATIONS

From a public health perspective, utilising the green spaces in the City to promote and engage more people to become active and engage in enjoyable, sociable physical activities is likely to be beneficial to mental and physical health and community cohesion and wellbeing and particularly so if the measures employed were sustainable beyond the length of the project. The objectives in the programme link to the improvement of health and a number of action points included in the Health and Wellbeing strategy.