

Active Environments & Active Design

Gary Parsons
Planning Manager

Traditional focus



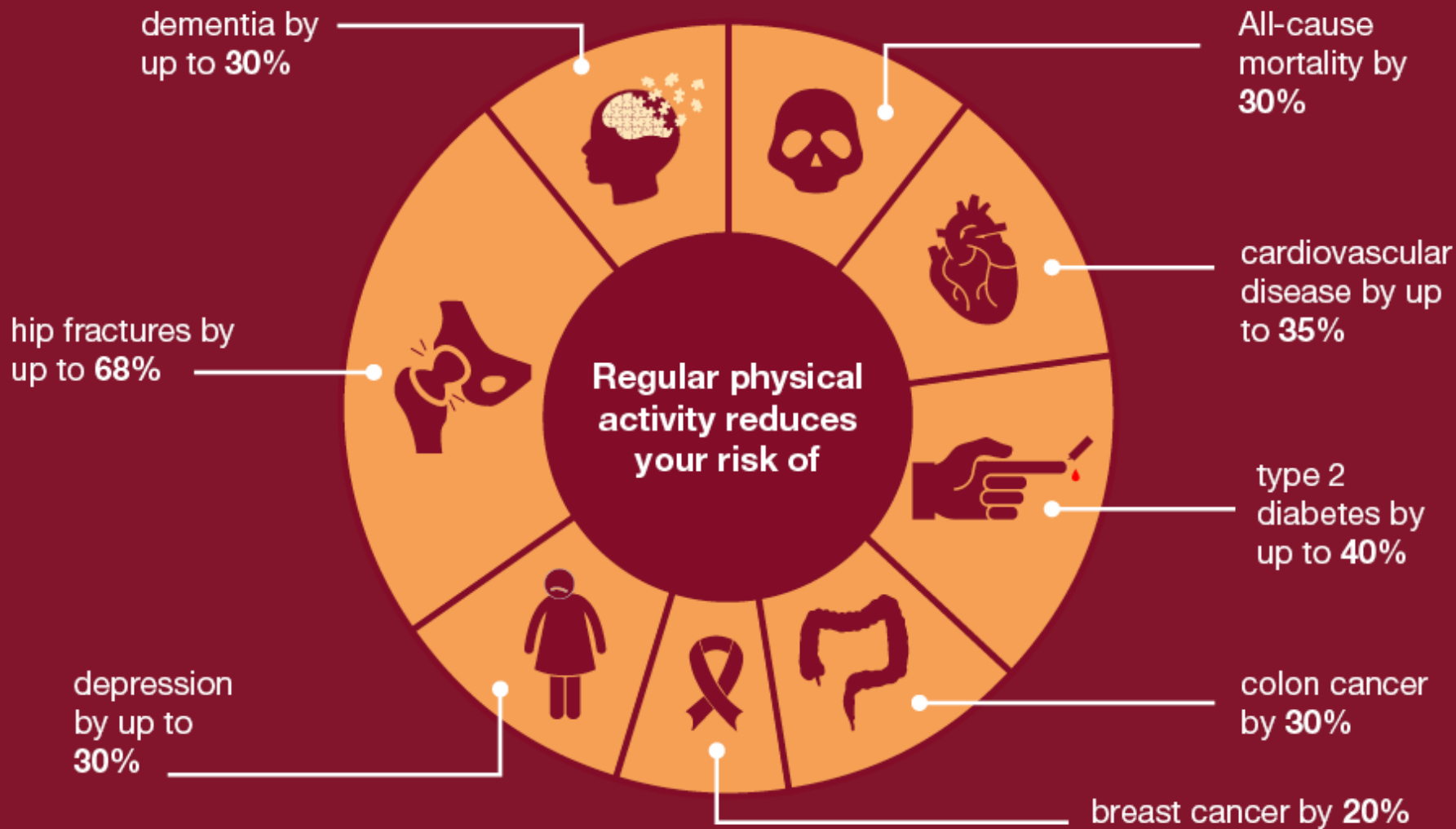
Current focus



If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.

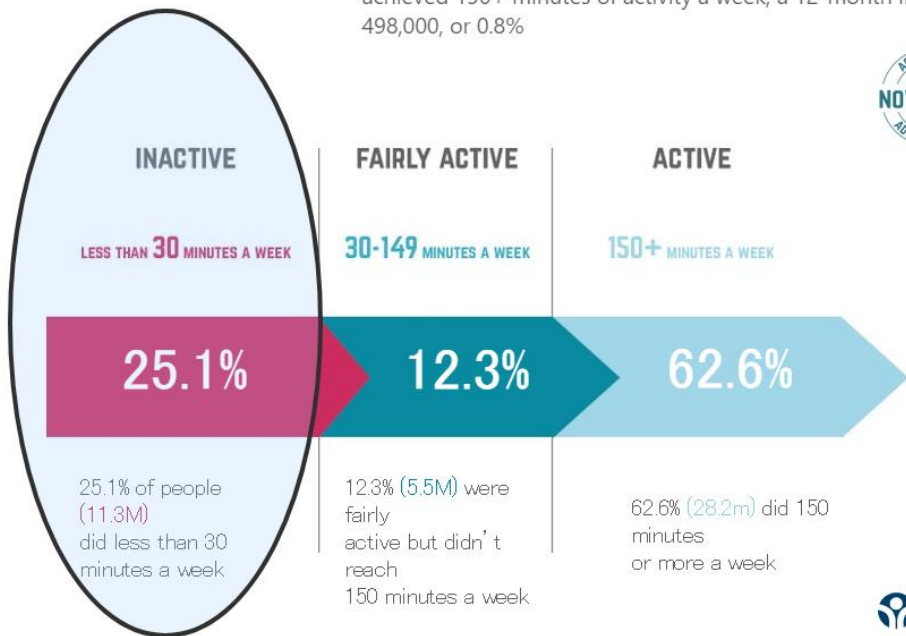
Chief Medical Officer

What are the health benefits of physical activity?

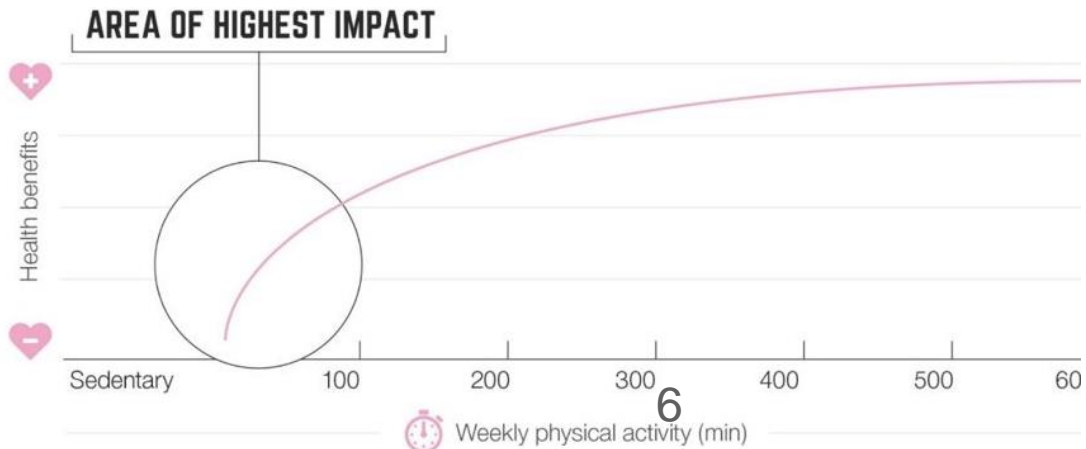


Levels of activity

Our data shows that in 2017/18, just over 6 in 10 adults (28.2m) achieved 150+ minutes of activity a week, a 12-month increase of 498,000, or 0.8%



Why focus on tackling inactivity?



Planning for Sport

PLANNING FOR SPORT: PROVIDING ACTIVE ENVIRONMENTS

The **many benefits of sport and physical activity**, including to people's physical and mental health, are widely recognised.

Our built and natural **environments are key** to helping people change their behaviours to **lead more active and healthier lifestyles**.

The **planning system plays a vital role** in shaping our environments.

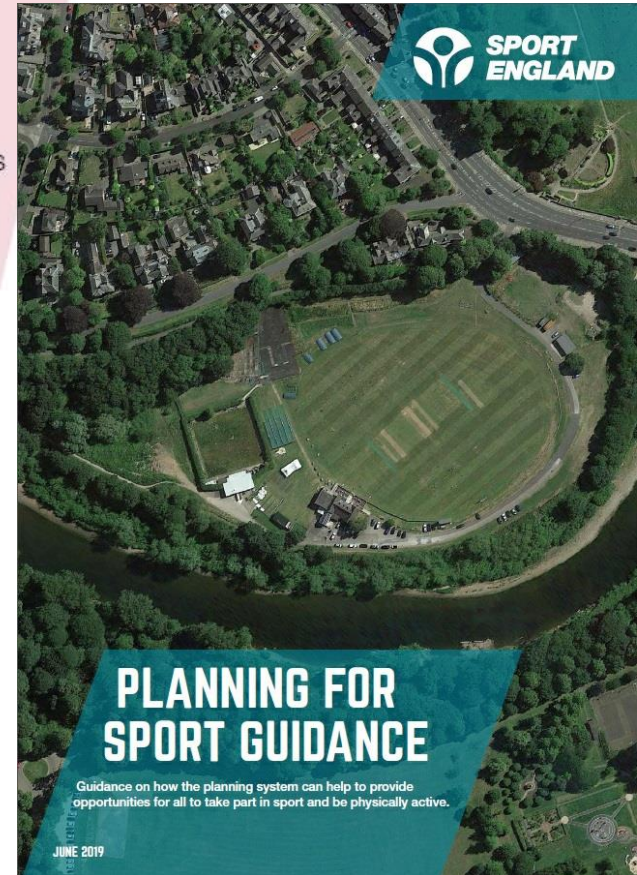
To help provide environments that protect, enhance and provide both formal and informal opportunities for all to take part in sport and be physically active, the planning system should **embrace 12 planning-for-sport principles**.

National Planning Policy Framework

Paragraph 91 Enable and support healthy lifestyles

Paragraph 92 Providing the social, recreational and cultural facilities and services the community needs

Paragraph 127 create places which promote health and well-being



PLANNING FOR SPORT GUIDANCE

Guidance on how the planning system can help to provide opportunities for all to take part in sport and be physically active.

JUNE 2019

OVERARCHING

RECOGNISE AND GIVE SIGNIFICANT WEIGHT TO THE BENEFITS OF SPORT AND PHYSICAL ACTIVITY.

UNDERTAKE, MAINTAIN AND APPLY ROBUST AND UP-TO-DATE ASSESSMENTS OF NEED AND STRATEGIES FOR SPORT AND PHYSICAL ACTIVITY PROVISION, AND BASE POLICIES, DECISIONS AND GUIDANCE UPON THEM.

PLAN, DESIGN AND MAINTAIN BUILDINGS, DEVELOPMENTS, FACILITIES, LAND AND ENVIRONMENTS THAT ENABLE PEOPLE TO LEAD ACTIVE LIFESTYLES.

PROTECT

PROTECT AND PROMOTE EXISTING SPORT AND PHYSICAL ACTIVITY PROVISION AND ENSURE NEW DEVELOPMENT DOES NOT PREJUDICE ITS USE.

ENSURE LONG-TERM VIABLE MANAGEMENT AND MAINTENANCE OF NEW AND EXISTING SPORT AND PHYSICAL ACTIVITY PROVISION.

ENHANCE

SUPPORT IMPROVEMENTS TO EXISTING SPORT AND PHYSICAL ACTIVITY PROVISION WHERE THEY ARE NEEDED.

ENCOURAGE AND SECURE WIDER COMMUNITY USE OF EXISTING AND NEW SPORT AND PHYSICAL ACTIVITY PROVISION.

PROVIDE

PROVIDE SPORT AND PHYSICAL ACTIVITY PROVISION WHICH IS FIT FOR PURPOSE AND WELL DESIGNED.

SUPPORT NEW PROVISION, INCLUDING ALLOCATING NEW SITES, FOR SPORT AND PHYSICAL ACTIVITY WHICH MEETS IDENTIFIED NEEDS.

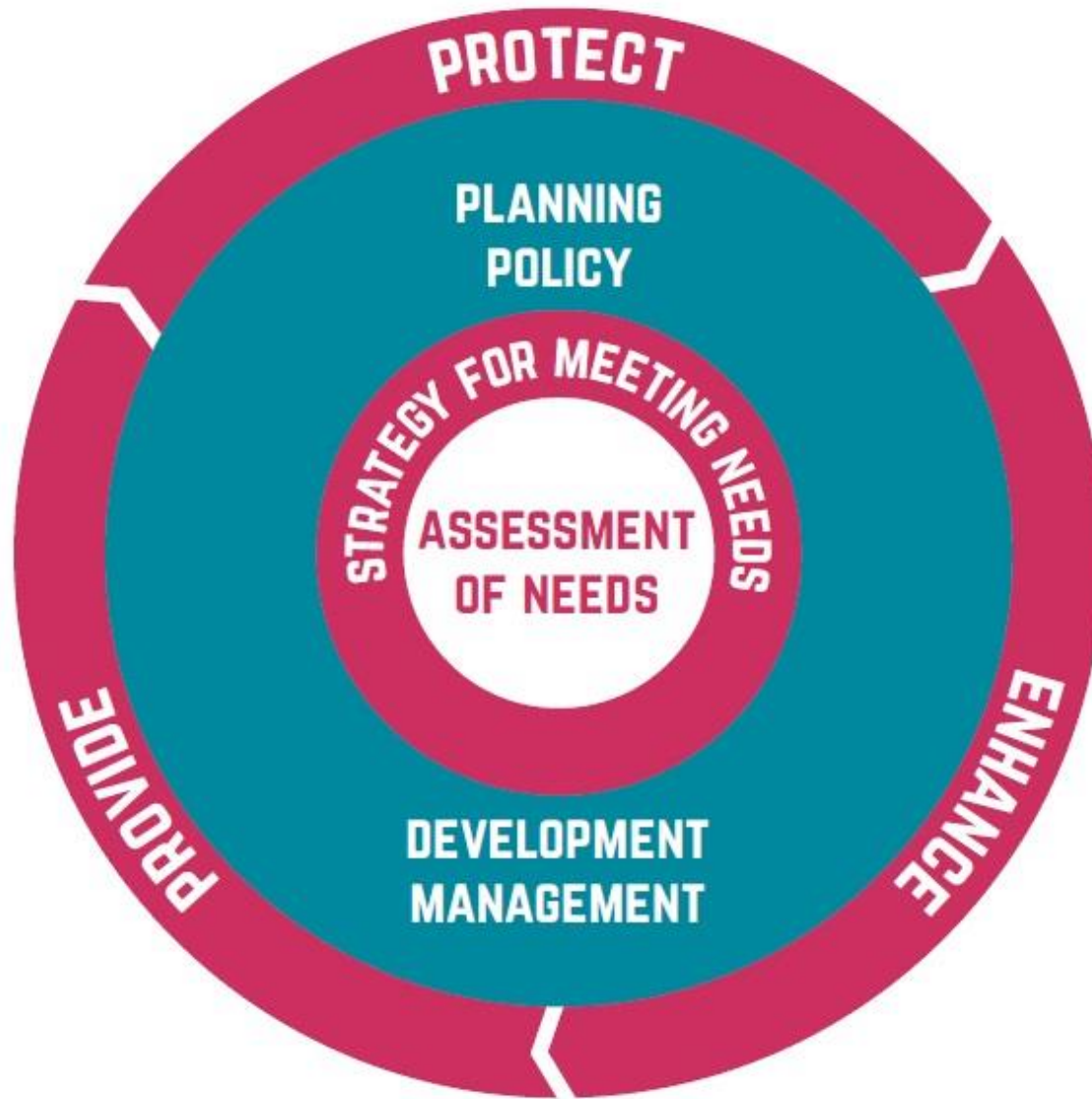
ENSURE A POSITIVE APPROACH TO MEETING THE NEEDS GENERATED BY NEW DEVELOPMENT FOR SPORT AND PHYSICAL ACTIVITY PROVISION.

PLAN POSITIVELY FOR SPORT AND PHYSICAL ACTIVITY PROVISION IN DESIGNATED LANDSCAPES AND THE GREEN BELT.

PROACTIVELY ADDRESS ANY AMENITY ISSUES ARISING FROM SPORT AND PHYSICAL ACTIVITY DEVELOPMENTS.

12 PLANNING-FOR-SPORT PRINCIPLES

PLANNING FOR SPORT



NPPF

Para 96 – Assessments of Need (Evidence)

Para 97 – Protect open space, sport & recreation including playing fields

CIL Regs (Sept 2019)

- Impact of new Regs?
- SE will update our advice note
- Planning Obligation tests
 - Necessary
 - Directly related
 - Fairly & reasonably related
- SE Overall approach
 - Positive strategic approaches and/or for individual developments
 - Four sequential questions in SE guide

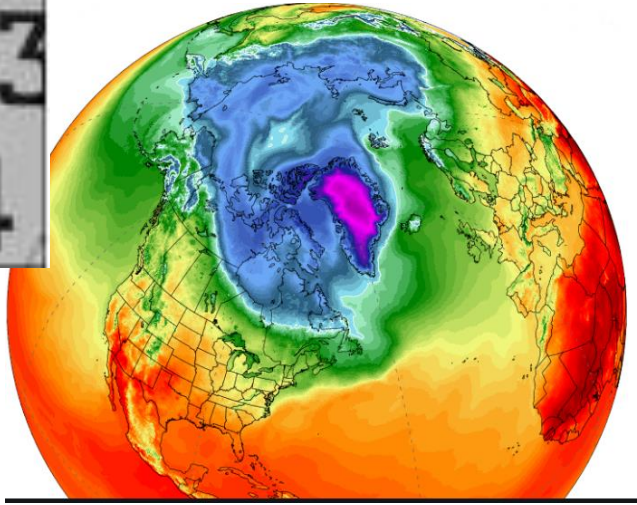
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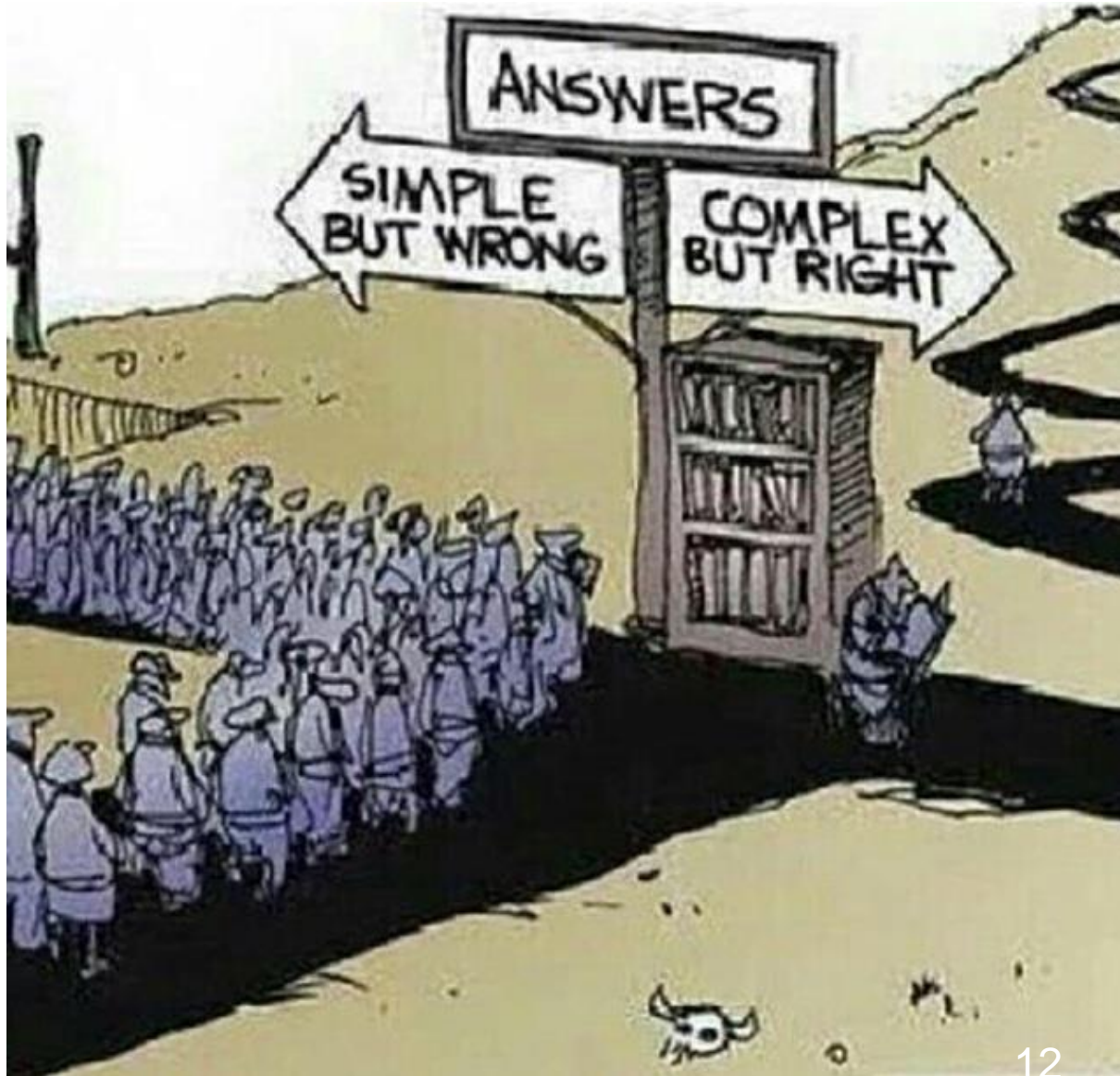
CIL & Planning Obligations Advice Note

Advice on meeting the needs for sport that may be generated from new development.

Challenges

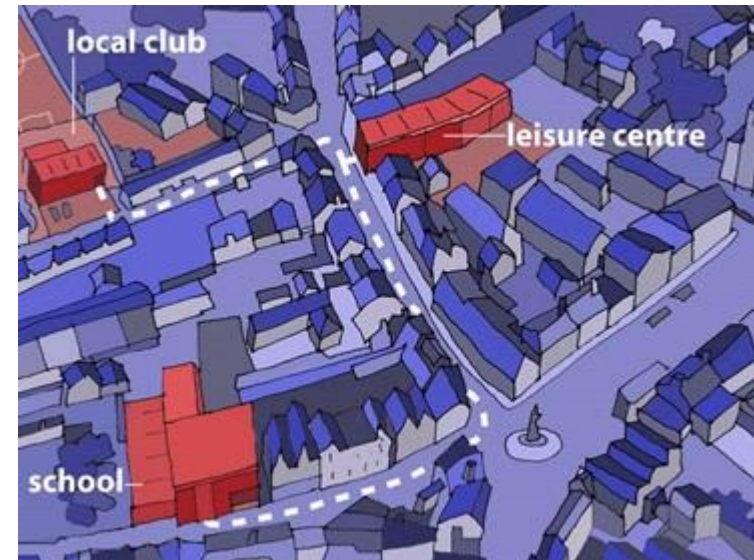


What is the answer?



4. Co-location of Community Facilities

- *Creating multiple reasons to visit a destination, minimising the number and length of trips and increasing the awareness and convenience of opportunities to participate in sport and physical activity.*



7. Appropriate Infrastructure

Providing and facilitating access to facilities and other infrastructure to enable all members of society to take part in sport and physical activity.



10. Activity Promotion & Local Champions

Physical measures need to be matched by community and stakeholder ambition, leadership and engagement.

Manchester Evening News NEWS ▾ MAN UTD MAN CITY WHAT'S ON ▾ IN YOUR AREA SPORT ▾ CELEBS BUSINESS LIVE PROPERTY SPECIAL FEATURES

Manchester residents encouraged to apply for temporary closures on local roads

Following on from World Car-Free Day, the Council are supporting resident-led groups who want to close their local street

SHARE      By [Maya Black](#)
09:00, 23 SEP 2019

IN YOUR AREA



ADVERTISEMENT

Exeter Road Closure



Cranbrook

PUTTING HEALTH INTO PLACE

EXECUTIVE SUMMARY

How to create healthier new communities; with lessons from NHS England's Healthy New Towns programme



TheKingsFund



Cranbrook, East Devon

The fastest growing town in the south west, Cranbrook looks to the future, prioritising physical activity, child health and community networks

Timeline

| 2012 | 2015 | 2017 | 2031 |
|----------------------|--------------------------|---|---------------------------|
| First homes occupied | Town council established | 1,800 homes occupied; planning permission for another 3,550 | 7,850 new homes completed |

2012 – 2014

2015 – 2031

2016
Becomes Healthy New Town

Cranbrook is a new town being built north east of Exeter. Its first homes and primary school were completed in 2012 so development was well under way by the time it became a Healthy New Towns demonstrator site in 2016.

Cranbrook is the fastest growing town in the south west of England, with an unusually young population. It has a high proportion of 25-34 year-olds and more than three times the national average of children aged 0-4 years. The town is also expected to continue to attract young families as it grows. It has a particularly low proportion of middle-aged residents and very few of retirement age.

Consequently, child health and wellbeing are a high priority, along with mental wellbeing for adults.

The young demographic offers scope to innovate in health care provision and wellbeing support through a holistic, community based approach to place-making. It includes:

- Working with schools to promote physical activity and wellbeing
- Working with the pharmacy and a proposed new GP facility to develop new care models
- Supporting and encouraging exercise, sports and active travel such as walking or cycling
- Helping families get more active, part of a Sport England pilot.

To pave the way, the Cranbrook Plan – which sets out proposals for how the town will be designed and developed – emphasises the importance of creating a connected town where walking and cycling are easier, with attractive green spaces and routes. A study into the interactions of urban design and health is being carried out with a view to develop evidence-based design guidance.

7,850
NEW HOMES BY 2031

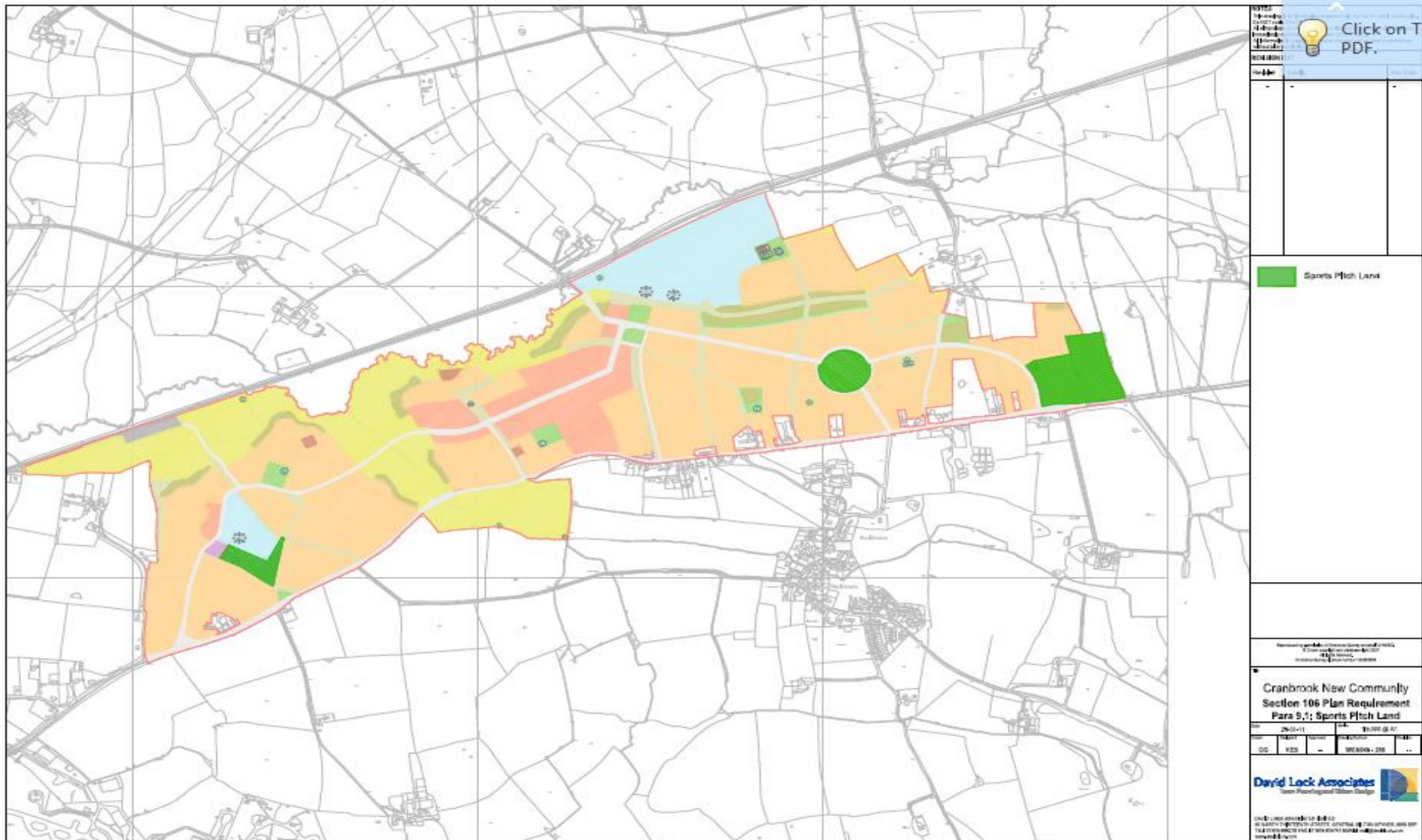
3x
THE NATIONAL AVERAGE OF
0-4 YEAR-OLDS

Key partners

- East Devon District Council
- East Devon New Community Partners (Developer Consortium): Hallam Land Management, Taylor Wimpey, Persimmon Homes
- Devon County Council
- Exeter and East Devon Growth Point Team
- Homes England
- Cranbrook Town Council



Cranbrook (phase 1)



New South Hub Pitch Site?



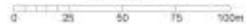
NOTES

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Scale: 1:1000 @ A1

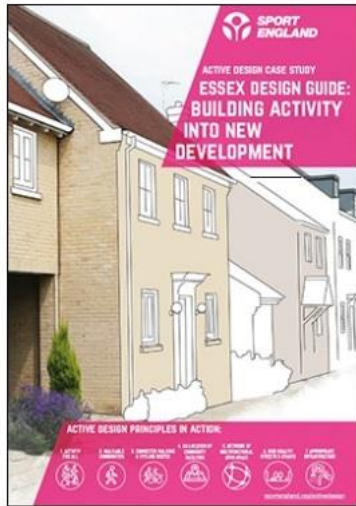
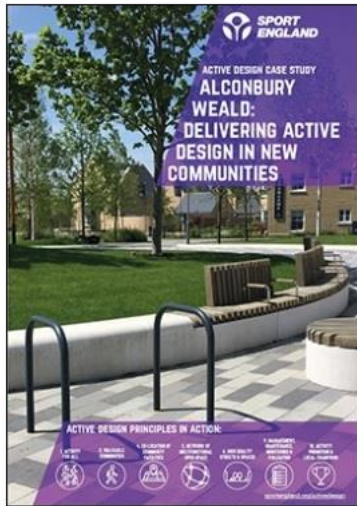


KEY

- Site Boundary
- Existing Vegetation with Root Protection Areas (RPA)
For details please refer to Tree Survey Data
- Existing and Proposed Contours (with height reference)
For details see engineering drawings
- Self-landing Gravel Path
- Proposed Meadow Grassland BS1 RE:10 Marginal Land
(on order approval) Subject to our normal status to be used for these areas, see Open Spaces Landscape Management

- Proposed Sports Pitch Grassland
For full sports pitch details see Sports Area Management Plan
- Indicative layout of sports hub land included in Application A
- Proposed Equipped Play Areas
Locations are indicative and to be confirmed
- Proposed Native Tree, Hedgerow & Woodland Planting

Active Design Case Studies



PLAN, DESIGN AND MAINTAIN BUILDINGS, DEVELOPMENTS, FACILITIES, LAND AND ENVIRONMENTS THAT ENABLE PEOPLE TO LEAD ACTIVE LIFESTYLES.

Essex Design Guide

The Essex Design Guide

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- Active Design Principles
- Ageing Population
- Health and Wellbeing
- Digital and Smart Technology
- Garden Communities

Welcome to The Essex Design Guide

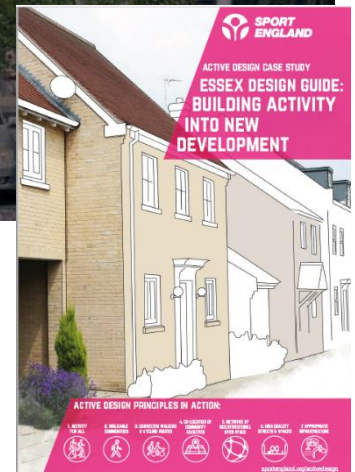
Explore the new and updated content, learn about the history of the Essex Design Guide and see how the guide relates to the National Planning Policy Framework (NPPF)

Find out more

Bright Horizons Day Nursery and Preschool



PLAN, DESIGN AND MAINTAIN BUILDINGS, DEVELOPMENTS, FACILITIES, LAND AND ENVIRONMENTS THAT ENABLE PEOPLE TO LEAD ACTIVE LIFESTYLES.



MHCLG Design Guides 2019

Movement

Accessible and easy to move around



Cycle and pedestrian movement that is well-overlooked and attractive. Packington Estate, Islington, London.

74 Patterns of **movement** for people are integral to well-designed places. They include walking and cycling, access to facilities, employment and servicing, parking and the convenience of public transport. They contribute to making high quality places for people to enjoy. They also form a crucial component of urban character. Their success is measured by how they contribute to the quality and character of the place, not only how well they function.

75 Successful development depends upon a movement network that makes connections to destinations, places and communities, both within the site and beyond its boundaries.

76 A well-designed movement network defines a clear pattern of streets that:

- is safe and accessible for all;
- functions efficiently to get everyone around, takes account of the diverse needs of all its potential users and provides a genuine choice of sustainable transport modes;
- limits the impacts of car use by prioritising and encouraging walking, cycling and public transport, mitigating impacts and identifying opportunities to improve air quality;
- promotes activity and social interaction, contributing to health, well-being, accessibility and inclusion; and
- incorporates green infrastructure, including street trees to soften the impact of car parking, help improve air quality and contribute to biodiversity.

Exeter – An Opportunity?



LDĀDESIGN

Design Guides – Active Environments

Sport, Play, Games and Physical Activity

Competitive Sport structured activity where the outcome is determined and recorded

Training for sport structured teaching and coaching to improve performance

Recreational Sport activity done for enjoyment

Games activity played according to rules

Play activity for enjoyment rather than a serious or practical purpose



New Active Design Guides



Quality is Essential

- Design driven and responding to identified needs
- Well considered operation and management
- Inclusive and universal
- Well Maintained

The Future?

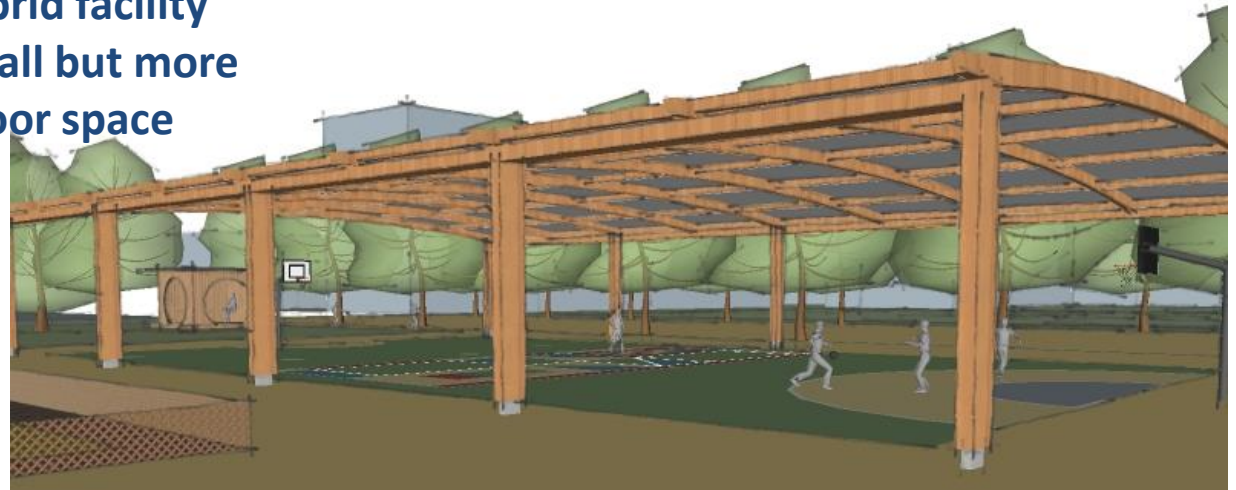


The Future



Part-enclosure and canopies

- potential to create a hybrid facility
- less cost than a sports hall but more effective use than outdoor space





**What can you do to deliver
Active Environments?**

Farewell, but not Goodbye

- www.sportengland.org/planningforsport
- www.sportengland.org/activedesign
- www.activeplacespower.com

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