Somerset Coastal Place Partnership Theory of Change

Vision: reducing inequalities in physical activity across our coastal place

Where are we now?
Places: Many have high levels of community engagement and love their natural surroundings. Challenges include community safety, rural inequality & lack of access.
System: System has high levels of collaboration but struggles with community-led and policies & organisational structures that enable place-based working

What does the future look like?
Everyone able to be active across our Coastal Place.
System is better equipped to do place based systemic working

Inputs

Partner orgs

- SASP
- Schools
- Somerset Council
- Somerset Community Foundation
- Thrive
- Spark
- Nelsons Trust
- Somerset Wildlife Trust
- LTOs
- PCNs
- HDRC
- Housing
- Somerset Foundation Trust
- LCNs
- Town councils

Places

- West Somerset
- Bridgwater
- North Sedgemoor

Resources

- Funding
- Paid and voluntary workforce
- Training
- Strategic Place Manager

Themes

- Low activity levels
- Rural inequality
- Community safety
- Lack of alignment of funding
- Ageing population
- Low awareness of opportunities
- Lack of places to be active
- Health prevention
- CYP
- Economically inactive in North Sedgemoor
- Active Travel
- Families of low affluence in Bridgwater

Priorities

- Community-Led Physical Activity, Safety and Nature-Based Provision
- Health and Care Integration
- Community Engagement, Insight and Integrated Family Support
- Monitoring, Evaluation and Learning (MEL)
- Local Infrastructure, Capital Influence and Digital Enablement
- Programme Development, Place Leadership and Governance
- System and Community Leadership Development

Activities

Place

Work with local communities to help more people get moving in our hyper local communities

- Invest in Locally Trusted Organisations
  - Locally trusted organisations to share learning, gather insight and embed physical activity into their organisations
- Neighbourhood working
  - Community hospitals
  - Health prevention (testing work with PCN, intermediate care falls work)
  - Training for behaviour change
  - Economic inactivity in North Sedgemoor
  - Active Place Team
- Community-led
  - Community safety in Highbridge
  - Community-led projects - community facilities
  - Nature activity and active travel

Governance

- Governance structure that is appropriate for place-based systemic working

Embedded evaluation

- Systems maturity matrix
- understanding change
- understanding impact

Learning

- Miova
- Test & Learn

Marketing and comms

- Campaigns specific to particular communities
- accessible & inclusive campaigns
- brand & website

System

challenge system thinking and create system change

- Influencing & system change
  - Convene partners - oversight group, stakeholder group
  - Miova - learning partner
- Changing Organisational policies, processes, and structures to enable place-based working
  - Active Travel - Embed active design principles into policies
  - community facilities - changing processes to make it easier for community to access facilities (e.g. village halls)
- Develop system leadership
  - Deliver systems leadership course to 40+ leaders in Somerset
  - Miova Learning Partner - investing in leadership
- Align funds and resources
  - Active Places: Built facilities
  - Align funding across Pride in Place, HPC, Football foundation
  - Public transport

Short term outcomes

- LTOs share learning from their communities
- LTOs develop understanding of place-based systemic working
- Capacity and capability of LTOs is strengthened
- Professionals and community members understand the reduction in risk of falling around improved strength and balance
- Professionals and community members more confident discussing PA
- More people understand the role of community prevention and self management
- Community feel heard
- Deeper understanding of the barriers and enablers to activity for families
- More people understand the opps presented by blue and green spaces
- Place-based evaluation approaches are beginning to be used to evaluate the Coastal Place
- Processes for capturing and valuing local partners and local people's experience are put in place
- Learning processes are set up across the Place partners
- More people see "people like me"
- More inclusive language, imagery and stories across the system
- Stakeholders begin to develop trusted relationships and connected local networks
- System leaders begin to understand how to tackle physical activity inequalities using place-based systemic approaches
- Greater understanding of the role PA can play in the system
- Funders and commissioners start to collaborate on funding streams

Medium term outcomes

- LTOs are better able to advocate for their communities
- LTOs embed PA into their organisation and community
- More members of the community understand the importance of being PA
- Increase in community prevention and self management
- Communities' voices are included in decision-making
- Communities feel safer to be active
- There will be more places that are safer for CYP and adults to be active
- Evidence and learning about local partners and local people's experience about how things are working/changing is captured regularly
- system begin to use evidence to make decisions on what, where and who to prioritise
- learning informs decisions and continuous improvement
- Improved perceptions and attitudes towards physical activity
- Increased understanding of the benefits of being physically active
- More people are aware of the activities available to them
- Partners will begin to move to collaborative practice, shared decision-making and shared purpose as a way to tackle systemic barriers
  - 4. Collaboration
- Partners will collaborate, advocate and share opportunities that can us to accelerate conditions of ge in the Coastal ce Partnership.
- active design principles are embedded in policy
- More places designed physical ity in mind
  - 8. Built and natural environments that enable physical activity
- Leadership capacity is strengthened and distributed, to help facilitate change across systems, that can address inequality in activity
  - 5. Leadership
- New funding processes are introduced to build long term sustainable capacity
  - 2. Organisational policies, processes, and structures enable place-based working

Long term outcomes

- **Communities equipped and empowered to reduce inactivity**
  - 6. Community-led action
  - Opportunities to be active will be aligned with community wants and needs
  - more people are aware of the activities available to them
- **Residents feel being active is their norm**
  - 7. Cultures and practices for physical activity
- **Better built and natural environments that enable physical activit**
  - 8. Built and natural environments that enable physical activity
  - more use of blue and green spaces
  - increase in active travel
- **Embedded evaluation and learning**
  - 9. Cycles of learning and action
  - **Greater understanding of what has worked, and what hasn't, to enable similar approaches to be tried in the future across more places**
- **Physical activity is valued across the place, including for those who are more inactive**
  - 7. Cultures and practices for physical activity
- **system partner mind & narrative shift**
  - 4. Collaboration
  - shared narrative around PA
  - people at all levels of system understand the role of PA in achieving system outcomes
- **policy & governance system changes**
  - 2. Organisational policies, processes, and structures enable place-based working
  - Redesigned commissioning and funding processes build sustainable long-term capacity d collaborative ays of working
  - Physical activity is embedded in policies and strategies across the system
- **Greater distributed leadership across the system**
  - 5. Leadership
  - shared vision and accountability among system leaders
  - More leaders, across all parts of the system, are able to advocate for place-based systemic change

Impact

- increased activity
- Decreased inactivity
- Positive experiences for CYP
- Tackling inequalities
- Reducing rural inequalities

KEY
conditions of change that are linked to these outcomes