

Oxfordshire

ON THE

MOVE

How well is Oxfordshire on the Move working with partners across Oxfordshire to help our most vulnerable residents move more?

Survey Report

1: Introduction

This report covers partner engagement levels and tracks changes taking place across the system as a result of Oxfordshire on the Move (OOTM) in its first year. This includes analysis of the feedback received from OOTM partners on or after the recent partnership event on 1st November 2023.

OOTM journey so far:

2022: The partnerships created through the COVID-19 response provided the foundations to collectively address inactivity. During 2022 we consulted with 70 organisations and 130+ individuals to develop the principles and ambitions of Oxfordshire on the Move

October 2022: 75 delegates were brought together for a unique event at the Story Museum to further develop the four ambitions and strengthen connections between organisations

January 2023: Ambition workshops were held to shape and develop the priorities for each ambition. Oxfordshire on the Move launched countywide in February 2023 with 110 partners across 12 different sectors

April-July 2023: The ambition groups decided which of their priorities to focus on first. Workshops were held during the summer to progress actions against these priorities. OOTM Guiding Group was established.

November 2023: Celebrating 1 Year of Oxfordshire on the Move. The progress against each ambition was shared, along with news about a whole system approach to physical activity in Oxfordshire. The Community Outreach Active Travel Fund was also launched at the event.

The event on 1st November 2023 was aimed at continuing the momentum of OOTM, providing opportunity for new and existing partners from across Oxfordshire to hear about the progress of OOTM over the last six months and to engage in workshops focused on priorities for OOTM.

2: Oxfordshire on the Move – partner engagement

175 people were invited to attend the event with 73 attending on the day. Attendees represented 43 organisations.

Connect Health Oxford City Council Style Acre Active Oxfordshire StreetGames
Thames Valley Violence Reduction Unit Asylum Welcome Achieve Oxfordshire
Oxfordshire County Council Buckinghamshire, Oxfordshire and Berkshire West ICB
North Oxfordshire Schools Sports Partnership Cherwell District Council
Oxford City Primary Care Services Oxford Brookes University- Brookes Sport
Oxford Health NHS Foundation Trust Body Politic Makespace Oxford British Cycling
AFiUK CIC Ignite Sport Oxford City Sport in the Community Age UK Oxfordshire
OCVA The Project PT Donnington Health Centre and the Leys Health Centre
South Oxfordshire District Council The Manor Surgery Oxfordshire Play Association
GILL- Better Leisure CIMPSA Oxford Hub Volunteer Link Up- Good Neighbour Scheme
West Oxfordshire District Council RVS Aspire Substance
NHS Falls Prevention Service Healthier Oxford City PCN Cherwell District Council
Oxfordshire Community Foundation Coalition for Healthy Streets and Active Travel
Ignite Sport Banbury Mosque My Vision Oxfordshire

3: Findings from Survey Results

In total 45 responses were received from the 73 attendees, with a response rate of 59%.

3.1: How well are we engaging with partners?

- 69% of those who attended the 1st November event had attended at least 1 previous OOTM event or workshop, with 40% having attended several events.
- For just over 30% this was their first OOTM event which represents the fact that OOTM is now reaching new audiences.
- Amongst those attending for the first time were representatives from Oxfordshire County Council, District Councils, GP practices and charities. Notably representatives from transport, planning and infrastructure teams attended this event to help make the link between physical activity and built environments.

Partners' experience of the November OOTM event and overall progress of OOTM:

“Really good mix of people, topics, and formats. Well facilitated in a great venue. Meeting new people and face to face chats with people I mainly see online.”

“It was useful to be able to reconvene and discuss progress being made and how we can continue to develop this progress. It was also good to see other organisations and speakers involved in the facilitation of the workshops as this helps to reflect the true collaboration taking place.”

“Great to hear about progress and make useful connections with partners on what we can do together beyond just ‘Oxfordshire on the Move’.”

A number of people made comments about the workshops provided and how useful they found these:

“Good range of interesting topics for talks. Physical literacy talk was really interesting and engaging and good to learn more about barriers for swimming for different groups.”

“I learnt a total new approach to contracts/grant giving through the Social Impact Bond, lots to think about and share internally with colleagues in my organisation.”

Some people mentioned the impact OOTM was having on their mindset:

“Informative, positive, and useful in making me look at barriers to people accessing movement differently. A good opportunity to network.”

“It was fun, thought-provoking, and interactive. Great to meet people from a variety of different organisations and consider how we could work together to meet ambitions.”



Whilst the overall experience was positive, some participants had suggestions for improvements we could make for future events:

“Really good energy and buzz in the room, felt positive but need to focus on actions and pledges that come out of the day to keep momentum going. Good to see it was more led by communities and residents but with a range of partners and seniority in the room too.”

“It would be nice to see more specifics around people with learning disabilities - it can sometimes be difficult to know which workshops are most appropriate and where the people we support at Style Acre 'fit' - long-term health conditions seems most appropriate but many of the challenges and barriers are quite different.”

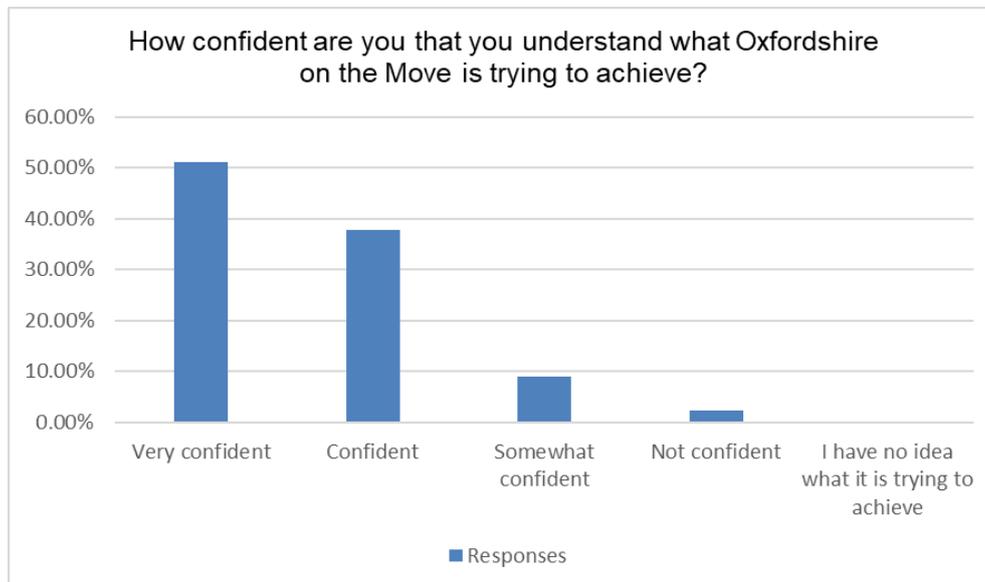
Other areas suggested in terms of improvement were:

- Being hosted at venues outside of Oxford city
- Importance of facilitation to ensure that no one voice dominates in a session
- Printed out timetables for the day, which include detail of breaks
- Better descriptions of workshop content to allow informed decisions of which to attend
- More opportunities for less formal discussion and networking and activity breaks/ walks
- Ensuring the voice of residents/ young people is included in the events.

3.2: System engagement with OOTM

Do partners and staff understand what OOTM is trying to achieve?

89% were confident or very confident they understood what OOTM was trying to achieve.



82% of respondents feel engaged or very engaged with OOTM, with a further 15% stating they felt somewhat engaged. Only 1 respondent did not feel engaged with OOTM.

3.3: Changes organisations have made as a result of OOTM:

100% of responders confirmed they have made changes in how they support people to get active as a result of OOTM

We asked survey respondents if their organization has made any changes in how they support people to get active as a result of OOTM. **29 people provided a response to this survey question all stating that their organization had made changes, with examples below:**

"I am working with our social prescriber to run a course looking at lifestyle change and physical activity is one of those factors - being run at The Leys Leisure Centre."

"OOTM has helped us to shape the delivery of the Move Together PA pathway and collectively target specific audiences in need, e.g., Falls prevention / Stay Strong & Steady. Whilst also making the pathway work better based on feedback from those involved."

"OOTM has enabled more connections with partners and more collaboration. I have joined a falls prevention campaign working group which are meeting face-to-face later this month."

"Ideas around how to get community groups to engage with active neighbourhood scans and the potential link with access sport. Funding for the boys swimming was the right thing to do but we need to support more women from ethnically diverse communities to feel more confident too."

As a result of OOTM, have you worked with any other organisations to encourage people to become more active?

78% of responders told us that as a result of OOTM they were now working with other organisations to encourage people to become more active.

"We are now considering how we can work with planning and infrastructure. There is a real shift in terms of the breadth or teams we consider to have a role in supporting physical activity."

"Yes, as a direct result I have been able to speak to other groups and organisations about the work we are doing in our area with the plan to work with other groups as a result of this."

"We've worked with a wide range of organisations, most notably increasing our work with health and VCS organisations to promote the role of PA."

"We linked with Better to provide discounted access to centres and they offer us use of the facilities for classes we would like to run."

We asked, as a result of OOTM have you made any changes or connections which are helping encourage people to become more active? 19 people responded to tell us that they are making changes or connections.

"I am constantly looking out for new groups and organisations to use for our patients."

"I have made more contacts within other charities and met with Active Ambassadors."

"I joined a walking group in my local neighbourhood!"

"We seem to have created a healthy fire in people's bellies around swimming with some partners calling others out, but in a constructive way."

Have you made any connections at this event with people or organisations that you intend to follow up?

31 participants responded to this question with most stating they had made new connections:

"Yes, I have made connections with groups such as Oxford Hub, Cyclability, OCC"

"I've made connections with new health stakeholders and specifically condition specific leads in Oxfordshire Health and mental health nurses."

"Yes. I want to reconnect with quite a few people I have met today!!"

"Local GP practice with an interest in lifestyle medicine Banbury Mosque as a possible space for community exercise and education groups."

Next steps for 2024:

- Strengthen ambition groups and establish working groups to take forward specific actions
- Create easy mechanisms for partners to regularly connect with one another
- Encourage distributed leadership with actions taken forwards by organisations across the collective
- Continue to track progress against ambitions and progress against systemic embedding of OOTM across the county