

# ACTIVE TO THRIVE UPDATE

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## CONTEXT AND BACKGROUND

**Active to Thrive** is Plymouth's collaborative Physical Activity, Sport and Leisure plan. The plan was developed following a number of conversations with Plymouth City Council staff, Councillors and community partners in 2021 and early 2022. The action plan and theory of change was presented to CMT in February 2022 and the plan was adopted in April 2022.

Active to Thrive is underpinned by a Theory of Change which aims to capture the actions and long term change desired from a committed focus in increasing activity levels in Plymouth.

The long-term vision is for '**Plymouth to be the most physically active coastal city in England by 2034**'. The following themes arose from the conversations in 2021:-



**Active for Health:** Is where we use Physical activity, sport and leisure as an evidenced means to help prevent and manage chronic disease and long-term conditions enabling the people of Plymouth to live a full life whilst relieving the pressure on health and social care services.

**Active Communities:** Is where people are empowered to access social and physical activity, sport & leisure. Communities at the heart of the decision-making process, so that anything planned, implemented or delivered is based on their needs and that they are part of sustaining activities and interventions.

**Active Environments:** Places where people can be active easier and which are more appealing for everyone, whether that's in how they choose to move around their local neighbourhood or a dedicated space for physical activity & sport.

**Active Facilities:** Is where buildings are designed and utilised to enable, empower and encourage people to move in a way that meets their needs and wants, where they feel like they belong and can move in a safe and inclusive way

**Active Travel:** Is about travelling actively for everyday journeys people make from place to place, rather than solely for leisure or fitness. Examples may include walking or scooting to school or cycling to work – active travel can offer a convenient, accessible and affordable way to move more

**Active Children and Young People:** Is where young people receive positive and fun experiences in physical activity, sport & leisure, where they are heard and their needs are paramount. It provides a good start to their life and enhances their lives now and into adulthood.

The Theory of change captured the key change programmes/projects or interventions and stakeholders that are needed to produce these outcomes.

## THEORY OF CHANGE

The current Theory of Change (included as Appendix A) sets out the 'inputs' that already exist in the Plymouth system that are contributors to this work and include Plymouth City Council (PCC) departments, Plymouth Active Leisure Ltd (PAL), Active Devon as the local Active Partnerships, variety of local delivers and partners in the Voluntary and community sector (VCSE) and the natural blue, green and build assets in Plymouth.

Short term outcomes have been captured that are intended to be achieved within the first 1-2 years of Active to Thrive with the intention that there is a continuous learning loop in place to learn, adapt and change to ensure that the short term outcomes lead to the medium term outcomes and onwards to meet the end goal. In addition to the vision statement that Plymouth is the most physically active coastal city, the end goal is also articulated as 'increasing physical activity to support tackling the health inequalities across Plymouth'. There is a specific focus on the 8 most deprived neighbourhoods in Plymouth to ensure that projects and programmes are supporting those that will benefit most.

Also articulated in the theory of change are the areas of policy alignment with wider strategic initiatives in the City.

### Progress against Theory of Change

Since April 2022 2 workshops have been held to support action planning against the theory of change and capture progress against the short term outcomes. During these sessions emerging work that contributes to overall outcomes has been captured and these now appear in the latest Theory of Change.

The additions typically reflect additional investment into the City, such as the Walking, wheeling & cycling Social Prescribing Pilot, The Outdoor Partnership pilot and new funding for multisports facilities. The 'Active to Thrive' network is key to ensure that existing and new opportunities are aligned and are being delivered in a joined up way.

An additional theme of '**Active for All**' has also been added to further strengthen the commitment to inclusion and ensure this is embedded throughout the other 6 strategic themes. This theme is designed to be cross cutting in nature but may also involve specific project delivery and funding.

Outlined below in brief is the progress against the short-term outcomes. It's important to note that these outcomes are expected to deliver over the next 1-2 years, so not all areas have progress to report at this stage. As an example, the Health & Wellbeing Hubs are pivotal in linking the community to activity providers and are intended to provide support for physical activity outcomes. Whilst the Hubs continue to connect their communities with physical activity providers, their current focus is on meeting the various needs that are emerging from their communities during this cost of living crisis. As such, further development of the physical activity agenda will be deferred to early 2023, which will also align efforts with upcoming physical activity programmes in the city.

Strategic Theme	Short term outcomes (1-2 years)	Progress in 2022
<b>Active for Health</b>	<p>Health &amp; Wellbeing Hubs are playing a pivotal role in using movement to meet relevant community needs</p> <p>Walking, wheeling &amp; cycling social prescribing pilot delivering across the City.</p> <p>Ramblers Wellbeing walks in place across city.</p>	<p>Ongoing activity mapping to aid in connecting hubs with activities.</p> <p>Walking, wheeling &amp; Cycling social prescribing project has been secured by PCC and will be introduced at the November Active to Thrive meeting.</p> <p>Ramblers wellbeing walks are in place across the City and are coordinated by Livewell.</p> <p>Livewell Plymouth and Active Devon are in partnership to deliver Falls prevention work in Plymouth, training several new PSIs (Postural Stability Instructors) to deliver evidence based strength and balance classes on referral.</p>
<b>Active Communities</b>	<p>A network of physical activity providers, with a particular emphasis on the 8 most deprived neighbourhoods, is established, ensuring improved collaboration and connectivity</p> <p>Place based work underway in Devonport.</p> <p>Active through Football delivering to high priority communities.</p>	<p>Mapping has taken place in relation to 2 of the deprived neighbourhoods to understand the activity providers operating in that location and understand gaps. Newly appointed Community Builders will also support with this work.</p> <p>Additional resources have been committed to Devonport to support the redevelopment of Brickfields.</p> <p>Active through Football project is targeted and focused delivery by Argyle Community Trust to high priority communities.</p>
<b>Active Environments</b>	<p>The National Marine Park is pivotal in testing new ways to engage diverse communities with becoming active.</p> <p>Connecting Actively to Nature (CAN) and Naturally Healthy delivering in Plymouth.</p>	<p>The National Marine Park delivered 12 weeks of summer campaign with a variety of offers for physical activity targeting those that may be new to activities.</p> <p>Focus for the coming few months as funding in place for more CAN project in Plymouth. Walking group meeting regularly at Central Park in a partnership between South West Coast Path Association and Eldertree. CAN opportunities being explore with Improving Lives Plymouth, Age UK Plymouth, National Marine Park and wellbeing hubs.</p> <p>Naturally Healthy along with the Devon Local Nature Partnership are involved in planning for the Devon Nature recovery strategy and are incorporating elements that connect communities to nature for leisure and health and wellbeing as well as nature recovery.</p> <p>New investment - The Outdoor Partnership pilot has been secured by PCC which is a focus on supporting people to be active in the natural environment. They will be joining the November meeting to ensure that activities are aligned with</p>

		those already underway by existing programmes.
<b>Active Facilities</b>	<p>Plymouth Active Leisure Ltd is established and effectively responding to the needs and wants of the local communities they serve, to be Active to Thrive</p> <p>Community facilities and activities mapped across City.</p>	<p>Plymouth Active Leisure Ltd opened its doors in April 22 and key focus is on ensuring that it's viable and delivering. PAL have been part of the community conversations in Devonport to support the offer for Brickfields. In a difficult operating environment, intention is to ensure PAL is viable and then ensuring new initiatives can be trialled to bring in users who may be less familiar with the facilities on offer from built facilities.</p> <p>Mapping is underway and will be further supported by the Community Builders.</p>
<b>Active Travel</b>	<p>Active to Thrive themes are implemented into E bike and green mind implementation, with particular focus on key communities</p>	<p>Green Mind is successfully connecting communities to the parks and green spaces via initiatives such as the Love Parks Week.</p> <p>New investment – The Department of Transport is piloting active travel through social prescriptions, walking, wheeling and cycling, will be offered by GP's as part of a new trial to improve mental and physical health between 2022-25.</p>
<b>Active Children</b>	<p>The Sport England funded Plymouth Pathfinder is pivotal in testing new ways to engage and support children and young people with trauma and SEND, improving their resilience and wellbeing to make better life choices into adulthood.</p> <p>Implement Active Schools in identified schools.</p> <p>Children &amp; Young People Healthy weight plan.</p>	<p>This project is covered under section (4) providing a detailed update on the project.</p> <p>Via Active Devon two primary schools are being supported to adopt the Active Schools framework and conversations are underway with headteachers in relation to supporting Secondary Schools. Funding in place to support two secondary schools in Plymouth.</p> <p>The C&amp;YP healthy weight plan (PCC Public Health) aligns with relevant physical activity outcomes within the Active to thrive plan.</p>
<b>Active for All</b>	<p>Underpinning strategic theme which cuts across all activities and desired outcomes. Supporting a relentless focus on inclusion and increasing diversity across all strategic themes.</p>	<p>Together Fund project in place for Devon &amp; Cornwall refugee service.</p>

Bringing the network together is leading to some tangible actions as a result of sharing news, funding opportunities and upcoming projects. To illustrate this point, following the network meeting in September 2022, £20,262 of funding has been identified and secured resulting in a variety of projects to support physical activity outcomes.

Active Devon is creating a new partnership with YMCA Plymouth. This will see the re-commissioning of their indoor climbing wall along with the appointment of a new operating partner who are keen to take on the promotion and delivery of a range of climbing sessions, making the facility accessible to all

including disabled and para climbers and targeting populations who have not felt that climbing is for them. As a result the YMCA intends to set up a regular activity based youth club, encouraging young people from St. Budeaux and surrounding areas to use the facilities, with free mini-bus travel being arranged in order to reduce any barriers to participation.

A focus on young people with SEN has resulted in internal investment to Routeways to create 'Mark the Park'. This will provide useful information about parks in the local area including a number of key areas such as accessibility, facilities and safety. Routeway's service users will carry out the mapping which also act as a resource for staff who would be able to factor in these ratings in their planning. Essentially, Mark the Park would be a mechanism to produce Risk Assessments for the parks often used by Routeways and subsequently families of children with special needs.

Following an opportunity to engage through POP+ with other partners interested in supporting residents with mental health needs, a partnership is developing between Friends and Families, Colebrook S.W. and Active Devon to support men aged 35-54 in the west of the city. Public Health insight identified this area and demographic as being at most risk of suicide. Staff at William Sutton Hall will work alongside staff at Friends and Families to deliver a range of activities from gardening to table tennis in a welcoming environment with refreshments and further support if needed.

### **PATHFINDER PROJECT 'DEEP DIVE'**

The Pathfinder project within the Active to Thrive Theory of Change is a Sport England funded project with an initial delivery period of 2 years. This project commenced delivery in 2021 and aims to deliver better outcomes for 2 groups of vulnerable young people in Plymouth:

- those who have experienced childhood trauma
- or (and) who have special educational needs

Through the Pathfinder Theories of Change (Appendix B) there has been an exploration of two ways in which the work might support better outcomes for young people. The first focuses on physical activity as a mediator to wellbeing for these young people. It is about the direct impact of activity and movement on young people's resilience and their ability to achieve their potential. The second notes that wellbeing is an emergent property of the system around young people. This theory plots an indirect route to wellbeing, which involves bringing young people and partners in the system together to agree what good outcomes would look like, and to make changes to ensure the whole system works towards these. In Pathfinder, the two approaches are mutually reinforcing, ie engaging in physical activity in order to generate stories to bring about system transformation.

The project has been delivering across 3 Secondary schools in Plymouth, exploring different approaches to delivery, namely:

- Weekly curricular sessions
- Bi-weekly curricular sessions
- A pastoral based and after-school club offer

Mapping across the 3 catchment areas has identified a varying degree of community based opportunities. Where these opportunities exist, young people are starting to be referred into activities and clubs they tell us they would like to participate in. Barriers to participation, such as transport, accessibility and cost, are being addressed if possible.

Where existing opportunities are limited, we are investigating different approaches to connect young people to opportunities for activity. For example, we have developed a partnership programme to provide martial arts skills to girls living in Keyham who attend Stoke Damerel Community College and were affected by last summer's shootings.

Using the Revaluation approach to real-time evaluation, sixteen storying sessions have been carried out so far, at different levels of the system. These include face-to-face storying workshops with staff in each school/community system. Similar messages have been heard across these sessions, including the following:

Participating young people's attitudes to physical activity are moving in a positive direction; they feel more confident and friendship groups are growing.

Relationships are being developed with positive adult role models (youth workers, Argyle Community Trust staff or community deliverers). This is a key element in the individuals' development and ability to make positive informed decisions relating to their lives.

Meanwhile there is emerging evidence from these schools that young people who take part in Pathfinder can achieve better educational outcomes than they otherwise would. Initial feedback from staff at Marine Academy Plymouth has shown that young people's behaviour has improved during the programme, with fewer referrals to the Compass unit (23% fewer during Pathfinder compared to before, for the same group of young people). There are also positive effects in relation to young people's attendance. Further analysis is underway to explore these effects across the whole cohort.

Story sessions have also been held with the Council and related agency staff members across a range of functions including education, public health, children's services and Police. These sessions have revealed consistent views across the system among those working to support vulnerable young people, including:

- There is a deep commitment across the Council and related agencies to place based working and to providing integrated support for vulnerable young people.
- Pathfinder is working with others to embody and model a trauma-informed approach to working with young people across Plymouth.
- The support system for vulnerable young people in Plymouth is suffering an acute lack of capacity: in terms of youth workers, youth centres, foster placements. Joining the system together better will also require plugging gaps.
- Opportunities for activity are very unevenly distributed across the city; opportunities of all sorts for young people in the North of the city are few, and they also suffer a lack of mobility.
- Time is scarce across all sectors and settings; this particularly restricts time for supervision, learning and CPD opportunities
- Transitions from primary to secondary school, and then from education to adult life (NEET or not) are moments of high risk for vulnerable young people; support services should plan ahead and share information better to ensure best possible outcomes, and prevent young people falling out of the system.
- Parents are critical to young people's outcomes; they often carry their own trauma, and can become further traumatized through their interactions with the system. Parenting support may be beneficial, especially if provided early.

All three schools committed to take part in Pathfinder in 2022/23, and we are looking to provide sessions for new year groups, as well as continuing to be there for young people who have already been a part of Pathfinder in 2021/22.

After one year in three secondary schools in Plymouth, Plymouth Pathfinder has delivered much-needed fun, and physical activity opportunities, to 90 vulnerable young people (and has brought funding to local organisations supporting those VYPs). Triggered transformations in the lives of a few of these vulnerable young people (i.e. delivered on Theory of Change 1) Not yet delivered on its aspirations for cross-system transformation (i.e. Theory of Change 2) but has gathered a lot of learning and stories on how to create value for vulnerable young people

The focus for Pathfinder in 22/23 is to:-

- Deliver revised in-school and after-school activities, building connections to other support providers wherever possible, while focusing more on sharing stories and building a learning loop in the top system
- Consider the best ways to build on and extend the value from Plymouth Pathfinder beyond this school year. In view of the value created by the programme to date, this is likely not to involve replication and roll out of the current model. Current thinking is around transforming the in-school role from youth worker to social prescriber, and piloting this role (whether through Plymouth Pathfinder or not). In parallel, Plymouth Pathfinder's role in convening the system around accounts of value for vulnerable young people could continue, in the person of the Plymouth Pathfinder lead manager.

## **NEXT STEPS**

The next 'Active to Thrive' meeting is taking place on the 17 November 22. The Outdoor Partnership will be updating attendees on the project and undertaking a gap analysis of existing work taking place in Plymouth. In addition further progress against the theory of change will be captured and funding opportunities will be shared to continue to maximise value for Plymouth residents.

Conversations will also take place with Sport England with regards to the Pathfinder project and understanding plans for any continuation of this work or similar work in Plymouth. Maximise value from the last phase of the project and continue to innovate.

## APPENDIX A

### Theory of Change – Active to Thrive

Inputs	Short term Outcomes	Medium Term outcomes	Long Term Outcomes	End Goal	Plymouth Plan Strategic Outcomes and Policy Links
<p>PCC Departments (staff)</p> <p>Plymouth Active Leisure Ltd</p> <p>Blue, Green and Built Assets</p>	<p>Short term outcomes (1-2 years)</p> <p>Health &amp; Wellbeing Hubs are playing a pivotal role in using movement to meet relevant community needs</p> <p>Walking, wheeling &amp; cycling social prescribing pilot delivering across the City.</p> <p>Ramblers Wellbeing walks in place across city.</p> <p>A network of physical activity providers, with a particular emphasis on the 8 most deprived neighbourhoods, is established, ensuring improved collaboration and connectivity</p> <p>Place based work underway in Devonport.</p> <p>Active through Football delivering to high priority communities.</p>	<p>Inclusion and trauma informed training is mandatory for delivery partners working with adults with disabilities and long-term health conditions in order to access PCC facilities and funding</p> <p>Communities at the heart of the decision-making process, so that anything planned,</p> <p>implemented or delivered is based on their needs and that they are part of sustaining activities and interventions. S106 planning decisions encompass the Active to Thrive themes to support great easy of being physically active for the most underserved communities</p>	<p>Physical activity, sport and leisure is used to prevent and manage chronic disease and long-term conditions enabling the people of Plymouth to live a full life whilst relieving the pressure on health and social care services.</p> <p>The people Plymouth are empowered to access social and physical activity, sport &amp; leisure.</p> <p>More people are indicating they are finding being physically active easier</p>	<p>Increasing physical activity to support tackling the health inequalities across Plymouth</p> <p><i>Plymouth to be the most physically active coastal city in England by 2034</i></p>	<p><b>Healthy City</b></p> <p>People in Plymouth live in happy, healthy, safe and aspiring communities, where social, economic and environmental conditions and services enable choices that add quality years to life and reduce the gap in health and wellbeing between communities.</p> <p><b>Policy HEA1</b></p> <p>Addressing health inequalities, improving health literacy.</p> <p><b>Policy HEA3</b></p> <p>Supporting adults with health and social care needs.</p> <p><b>Policy HEA9</b></p> <p>Delivering accessible health services and clinical excellence.</p> <p><b>Policy HEA4</b></p> <p>Playing an active role in the community.</p> <p><b>Policy HEA5</b></p> <p>Delivering strong and safe communities and good quality neighbourhoods.</p> <p><b>Policy INT8</b></p> <p>Celebrating diverse communities.</p>



	<p>The National Marine Park is pivotal in testing new ways to engage diverse communities with becoming active.</p> <p>Connecting Actively to Nature (CAN) and Naturally Healthy delivering in Plymouth.</p> <p>Plymouth Active Leisure Ltd is established and effectively responding to the needs and wants of the local communities they serve, to be Active to Thrive</p> <p>Community facilities and activities mapped across City.</p>	<p>A minimum of 5 community groups in key identified wards are enabled to directly manage or influence the management of their facility</p> <p>Communication channels are in place to promote active travel options across the city with physical activity &amp; movement offers</p> <p>There is a focus on activities that enable social connection rather than competition</p>	<p>More underserved communities are indicating that the feel like they belong and can move in a safe and inclusive way in the city's facilities</p> <p>More people are demonstrating they are walking to school, cycling to work or everyday journeys people make – rather</p>		<p><b>Policy HEA7</b> Optimising the health and wellbeing benefits of the natural environment.</p> <p><b>Policy GRO6</b> Delivering Plymouth's natural network.</p> <p><b>Policy INT5</b> Celebrating Plymouth's sporting excellence.</p> <p>Policy GRO1 Creating the conditions for economic growth.</p> <p>Policy GRO5 Enhancing Plymouth's sporting facilities.</p> <p>Policy HEA6 Delivering a safe, efficient, accessible, sustainable and health-enabling transport system.</p> <p>Policy GRO4 Using transport investment to drive growth.</p> <p>Policy INT6 Enhancing Plymouth's 'green city' credentials.</p> <p>Policy HEA2 Delivering the best outcomes for children, young people and families.</p>
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	<p>Active to Thrive themes are implemented into E bike and green mind implementation, with particular focus on key communities</p>		<p>than solely for leisure or fitness</p> <p>Increase in positive experience of physical activity in children &amp; young people to ensure a lifelong habit.</p>		
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**Pathfinder - Theory of Change I**

<b>Problem or Issue</b>	<b>Enablers and Conditions</b>	<b>Activities</b>	<b>Outputs</b>	<b>Intermediate Outcomes</b>	<b>Long Term Outcomes</b>	<b>Aim/End Goal</b>
<p><b>Not all children are ‘ready for school’, resilient or robust.</b></p> <p><b>Some children are not leaving school with the optimum skills they need to set them up in the best way for adulthood and for becoming parents themselves</b></p> <p><b>If children and young people have good levels of wellbeing they are more likely to be successful in life</b></p>	<p>All partners must commit to a systems-based, multi-agency approach and have a clear ethos</p>	<p>We will work with up to 3 school systems, starting with secondary school age pupils but look down the life course towards primary schools, nurseries etc.</p>	<p><i>More children and young people experiencing the activities on offer</i></p>	<p>More access to participation in sport/physical activity</p>	<p>Young people making positive choices. They are constructively engaged and future oriented</p>	<p><b>To help a cohort of children and young people in Plymouth to maximise their potential, to develop coping strategies and tools to support them into adulthood and to support the next generation of families</b></p> <p><b>To support children and young people to have increased wellness so they become more resilient</b></p>
	<p>All partners must take a Trauma Informed Approach at all times</p>	<p>We will identify other services that cohort might be having, e.g. Police, ASB teams, social care and youth teams</p>	<p><i>A long-term increased participation in clubs and groups</i></p>	<p>A better understanding of the benefits of this access</p>	<p>Young people benefit from increased wellbeing, enabling them to be more resilient to the challenges they face and more likely to enable them to make healthier choices.</p>	
	<p>Our approach must be attractive and rewarding</p>	<p>We will work with deliverers to develop opportunities where children and young people can connect with others</p>	<p>Observed change in participants’ ability to connect with others and improve their coping mechanisms and resilience</p>	<p>Positive changes resulting from taking part (e.g. increased knowledge, skills, improved attitudes and behaviour)</p>	<p>Through the evaluation we will create a transitional system to capture the learning from this.</p>	
	<p>Interventions must be fit for purpose and sustainable</p>	<p>We will identify opportunities for young people to develop through volunteering</p>	<p>Children achieving their best in GCSEs and in choosing and meeting requirements for their next steps</p>	<p>Reduced exclusions from school</p>	<p>Improvements in behaviour including exclusions from lessons and improved anger management</p>	
	<p>Interventions must be right for the participants</p>	<p>We will ensure an element of mentoring from an appropriately trained adult</p>	<p>Reductions in NEETs as they leave school</p>	<p>Improvements in mental wellbeing</p>	<p>Teachers reporting improvements in their classes (and their wellbeing)</p>	
	<p>Activities must be led by the right staff, be in the right place and delivered at the right time</p>	<p>We will focus on young people who are showing signs of disengaging from education and/or are developing or exhibiting higher risk behaviours either as a result of their environment or their disability</p>	<p>Reductions in high-risk behaviours and any specific issues identified.</p>	<p>Reduced exclusions from school</p>	<p>Teachers reporting improvements in their classes (and their wellbeing)</p>	
		<p>We will look to the environment to make use of green and blue spaces as well as the built environment</p>				

## Pathfinder - Theory of Change 2

Problem or Issue	Enablers and Conditions	Activities	Outputs	Outcomes	Aim/End Goal
<p><b>The local system isn't sufficiently connected to deliver to its maximum potential for vulnerable young people</b></p> <p><b>Not all children and young people in Plymouth will have the opportunity to reach their potential</b></p> <p><b>Some children are not leaving school with the optimum skills they need to set them up in the best way for adulthood and for becoming parents themselves</b></p>	<p>All partners must commit to a systems-based, multi-agency approach and have a clear ethos</p> <p>All partners should take a Trauma Informed Approach across their work</p> <p>Our approach must be attractive and rewarding</p> <p>Interventions must be fit for purpose and sustainable</p> <p>Interventions must be right for the participants</p>	<p>We will undertake storying to learn from partners about their experiences of working with these groups of young people</p> <p>We will gather the learning from this in a number of ways</p> <p>We will map the opportunities available across the 3 catchment areas</p> <p>We will offer support to community based organisations willing to support these young people</p> <p>We will identify and engage with key partners to better understand the current landscape in Plymouth</p> <p>Through a Revaluation approach we will measure, in real time, the value of our work in a complex system.</p>	<p>Local authority service leads work together to minimise duplication or gaps in provision</p> <p>Partners, stakeholders, staff and volunteers are developed and trained</p> <p>Partners collaborate to ensure that young people with SEN and those who have experienced childhood trauma know how and where to access sustainable, high quality physical activity opportunities</p>	<p>Stakeholders, partners and policy makers are influenced at a local level</p> <p>Issues are raised &amp; understood and lessons shared across Plymouth</p> <p>Young people and their families have less interactions with system partners</p> <p>Education partners report positive changes (e.g. increased knowledge, skills, improved attitudes, wellbeing and behaviour) and reduced exclusions from school</p>	<p><b>The creation of a transitional system that has captured the learning from Plymouth Pathfinder.</b></p> <p><b>A Plymouth wide system that works to help young people with SEN and those who have experienced childhood trauma to maximise their potential, to develop coping strategies and tools to support them into adulthood and to support the next generation of families</b></p>