

CABINET

22 January 2013

Title: New Abbey Leisure Centre - Contract Award	
Report of the Leader of the Council	
Open report	For Decision
Wards Affected: Abbey and Gascoigne	Key Decision: Yes
Report Authors: Paul Hogan, Divisional Director of Culture and Sport Ian Saxby, Group Manager Corporate Client	Contact Details: Tel: 020 8227 3576 E-mail: paul.hogan@lbbd.gov.uk Tel: 020 8227 3496 E-mail: ian.saxby@lbbd.gov.uk
Accountable Divisional Director: Paul Hogan, Divisional Director of Culture and Sport	
Accountable Director: Anne Bristow, Corporate Director of Adult & Community Services	
Summary Members have previously agreed that a new leisure centre should be provided within Barking Town Centre. In August 2011 (23 August 2011, minute 28 refers) Members agreed to the further development of the project by the appointment of S&P Architects, from the Council's Professional Services Framework Agreement, to undertake the design (and appointment of sub consultants) and also for the appointment of a constructor to deliver the leisure centre via a single stage tender process through the Council's Construction Framework Agreement. Since that time a great deal of work has taken place to progress the scheme which has resulted in the following: a) Appointment of Design Team and Sub-Consultants; b) Presentation of the design proposals to officers and cabinet members; c) Planning approval obtained for the project; d) Building control application submitted; e) Design development up to RIBA Stage F1; f) Tender of the project and formulation of a contract sum; and g) Consultation with service users and local residents. The recommendations detailed in this report outline the decisions that are needed to progress the project to the next stage.	
Recommendation(s) Cabinet is recommended to agree: (i) to the placing of an order in the sum of £10,493,937 (excluding public realm works) with Willmott Dixon Construction Limited to construct a leisure centre as detailed in	

this report;

- (ii) to the placing of an order in the sum of £345,000 with Willmott Dixon Construction Limited to implement the public realm works surrounding the new leisure centre;
- (iii) that the total cost of preparing the site, building the leisure centre and equipping it (up to £12,980,000) will be funded as set out in section 5 of this report;
- (iv) to continue the appointment of the existing Design Team and Project Manager through to the completion of this project, as set out in section 2 of this report;
- (v) to the design and development parameters for the Leisure Centre as set out in section 2 of this report;
- (vi) to the naming of the new centre as Abbey Leisure Centre;
- (vii) that the costs associated with maintaining and securing the Goresbrook Leisure Centre site, from 1 January 2013 until its disposal will be met from the capital receipt from the sale of that site; and
- (viii) to authorise the Chief Executive to market the Abbey Sports Centre site with immediate effect with a view to completing the disposal on or around the opening of the new centre and, in consultation with the Head of Legal and Democratic Services, to agree terms regarding the disposal.

Reason(s)

To assist the Council in achieving its Policy House objective of 'Better Health and Wellbeing' through the provision of new and improved leisure facilities.

1. Introduction and Background

- 1.1 In August 2011 (23 August 2011, minute 28 refers) Cabinet agreed to close Goresbrook Leisure Centre and Abbey Sports Centre and to replace them with a new centre to be located in Barking town centre.
- 1.2 Cabinet enabled the further development of the project by agreeing to the appointment of S&P architects to undertake the design (and appointment of sub consultants) and also via the Council's Construction Framework Agreement a single stage tender process for the appointment of a contractor to deliver the new leisure centre, within the agreed budget of £12.980m.

2. Proposals and Issues

- 2.1 Since the time of the last Cabinet report in August 2011, a great deal of work has taken place, resulting in the following:

Site/contract enabling works

Tender of the project and formulation of a contract sum; and

- a) Appointment of Design Team and Sub-Consultants
A full design team has been appointed in order to progress the scheme to RIBA Stage F1.
- b) Presentation of the design proposals to officers, Cabinet and Ward members
Presentations have taken place in order to agree the scheme design with members and officers.
- c) Planning approval obtained
Formal planning approval was granted on 23 July 2012.
- d) Building control application submitted
Dialogue is well underway with the Council's Building Control service. Meetings have been held with the Fire Officer and his comments are being incorporated into the scheme.
- e) Design Development
The design has been developed to RIBA Stage F1 (Production of Detailed Information for Construction) by the Council's appointed design team. Each stage of the design has been approved and signed-off by the leisure client.
- f) Selection of main contractor
Following a competitive selection process through the use of the Borough's Construction Framework Agreement, the Council has selected a contractor, in order to construct the new leisure centre. Further details of the contractor and selection process are contained within the main body of this report.

Tender Process and Award of Contract

- 2.2 Tenders were sought through the Borough's Construction Framework Agreement. All seven contractors on the framework agreement were asked to provide expressions of interest. Following this stage of the tender process, four contractors were asked to tender for this project.
- 2.3 Tenders were sought for this project under a single stage tender Design and Build Contract JCT 2011 (without the novation of the design team). Following a tender selection process, Willmott Dixon Construction Limited has been selected as the preferred contractor for the project.
- 2.4 Willmott Dixon Construction Limited have been developing quality, high performing leisure and culture facilities for over 25 years. In the last 10 years, they have completed over 100 pools and 70 leisure facilities for private, public and educational sector clients. Table 1 below shows a small selection of projects that Willmott Dixon has delivered:

Table 1		
Elmbridge Excel Leisure Centre Complex	Value £15m	Completed 2006
Corby East Midlands International Pool	Value £18m	Completed 2009
Surry Sports Park	Value £35m	Completed 2010
Northolt Leisure Centre	Value £15m	Completed 2012
Blaydon Leisure Centre	Value £17m	Completed 2012

- 2.5 The order value that is to be placed with Willmott Dixon Construction Limited is in the amount of £10,493,937 (excluding public realm works).

Timescale for delivery

- 2.6 On appointment of the contractor for the main contract works, Willmott Dixon Construction Limited will complete any outstanding design work prior to commencing the main contract on site which will start on 18 March 2013. Completion of the leisure centre, ready for final fit-out, is scheduled for 14 March 2014 with the centre anticipated to open in early summer 2014.
- 2.7 It is proposed that the existing Abbey Sports Centre will remain operational until the week before the opening of the new centre; however, there will be some service disruption to enable staff to be released for training and to support the equipment fit out for the new centre.

Continuation of Current Design Team and Project Manager

- 2.8 This report recommends to Cabinet that to help ensure the project is delivered to the agreed specification, cost and timescale that the existing design team and project manager are maintained through to the completion of the scheme. The design team's initial appointment was via the Council's Professional Services Framework Agreement, as detailed in a previous report to Cabinet (23 August 2011; minute 28 refers). The terms of this appointment were that the design team would design the project up to detailed design stage (RIBA stage F1) and that they would remain with the Council through to the completion of the project.
- 2.9 The role of the Council's retained design team and project manager will be to review the contractor's design proposals to ensure compliance with the approved brief with on-going monitoring throughout the construction phase activities. They will also provide technical, contractual, programming and cost advice throughout this work stage.
- 2.10 Although the contractor will be responsible for the project's ongoing design, it is vital that the Council continue to robustly monitor and supervise the project in order to ensure that the Council's interests are protected.

Final Design Proposals

- 2.11 The design has progressed through to RIBA stage F1, which is the closing design stage. Only the detailed component packages remain to be designed by the contractor.

2.12 Facilities to be provided within the Abbey Leisure Centre are summarised in table 2 below.

Table 2 - Abbey Leisure Centre facility mix	
1.	25 metre x 6 lane swimming pool
2.	Learner pool
3.	120 station gym
4.	Three large studios (one of which can accommodate martial arts)
5.	Soft play facility for children
6.	Café (primarily to service the soft play facility)
7.	Health spa including steam, sauna, spa and treatment rooms
8.	Changing rooms to serve the health spa and gym
9.	'Village' style family friendly changing rooms to the pool including a Changing Places standard changing facility for disabled people.

2.13 Plans and elevations of the new leisure centre are attached at **Appendix A**.

2.14 It is considered that the new leisure centre provides the best possible facility mix within the space and financial resources available.

2.15 Currently 94% of visits to Abbey Sports Centre are for swimming, aerobics, gym or martial arts. The priority for the facility mix for the new centre has been to improve the quality, size and accessibility for these types of activity.

2.16 Experience from Becontree Heath Leisure Centre indicates that investment in these facilities will maximise the health benefits from the new centre by getting many more people to become and stay physically active as well as minimising running costs.

2.17 The soft play facility at Becontree Heath Leisure Centre, the Jolly Jungle, has proved to be hugely popular with families and is averaging about 1,000 visits each week. It is also proving to be a useful gateway to encourage children and adults to use other facilities in the centre. The soft play facility in the new centre will be similar in size but different in design to the one at Becontree Heath Leisure Centre.

2.18 The health spa and treatment rooms will be an important facility in the Borough and are expected to both generate an operating financial surplus as well as providing valuable health benefits, which are not otherwise available.

2.19 The main swimming pool has six lanes and is 25 metres long. The main focus for the new centre will be casual swimming, school swimming and learn to swim programmes with limited use for club training. There will be separate changing room provision for school swimming sessions,

2.20 The proposed learner pool is larger than the one at Becontree Heath Leisure Centre so it can accommodate more of the swimming lesson programme and parent and toddler sessions than is currently the case at that facility. This will enable more of the main pool time to be made available for casual swimming, which was one of the key recommendations that came out of the consultation process for the development of the Borough's Aquatics Strategy.

2.21 The facility mix does not include a sports hall or squash courts, which are currently provided at Abbey Sports Centre and were also available at the Goresbrook Leisure

Centre. This is a pragmatic decision based on the current use made of these facilities and the level of alternative provision that is nearby.

- 2.22 With the building of the SportHouse, which has a sports hall that is about 16 times the size of the one at Abbey Sports Centre, as well as local school leisure centres, Becontree Heath Leisure Centre and other facilities within easy reach of the new centre, like the SportsDock in Newham, it is considered that there is adequate provision of this type of facility available to local residents. Details of alternative squash courts and sports hall provision is set out at **Appendix B**.

3. Options Appraisal

- 3.1 Members had previously agreed (Cabinet - 23 August 2011, minute 28 refers) to replace Abbey Sports Centre and Goresbrook Leisure Centre with a new facility to be located in Barking town centre. As a result an options appraisal is not relevant for this report.

4. Consultation

- 4.1 A programme of consultation regarding the layout, facilities and programme for the new leisure centre is being implemented.
- 4.2 To date this has included meetings with clubs, staff, local residents, and other stakeholders. Public consultation events about the new centre were programmed at Abbey Sports Centre and Goresbrook Leisure Centre; however, nobody attended the event at Abbey Sports Centre.
- 4.3 As part of the planning application process, the proposal was publicised by way of a press advert in 'The News', a number of site notices were posted in the vicinity and neighbouring addresses were directly written to.
- 4.4 Ward Councilors and Cabinet Members have been consulted with over the proposed facility mix as well as the Children's Trust, the local residents planning advisory group and Sport England.
- 4.5 Overall the response to the proposals for the new centre have been overwhelmingly positive with only very limited adverse reaction from service users, which unsurprisingly has solely focused on the issue of sports hall and squash courts re-provision.
- 4.6 The issue of the loss of the sports hall was raised by a member of the Elderberries group, which provides physical activity programmes for the over 50s, and a member of the public spoke against the proposal on these grounds at the Development Control Board meeting, which gave planning approval for the scheme.
- 4.7 Members should note that the Council set up the Elderberries and continues to manage and subsidise activities in different locations across the Borough. Officers expect that the Elderberries will thrive at the new centre albeit with a different menu of activities being provided.
- 4.8 Specific consultation in relation to the traffic management arrangements will be required prior to the opening of the centre.

5. Financial implications

Implications verified by: Martin Henwood, Deputy Chief Financial Officer

- 5.1 At its meeting on 23 August 2011, the Cabinet agreed to the proposal to create the new Abbey Leisure Centre. A key part of this was to fund the development by earmarking the receipts from the existing sites at Goresbrook and the current Abbey Sports Centre. The current position is that the Goresbrook sale has been agreed in principle, but is not yet exchanged at the time of writing. It is recommended, as part of this report, that the process for disposing of the existing Abbey Sports Centre site is started immediately following this meeting with a view to a completion occurring by the time the existing centre is decommissioned.
- 5.2 It is recognised that capital receipts are normally identified for corporate use. In this case, the first call on the receipts from the sales will be to offset the costs of this new build. This will enable the Council to meet its strategic aims, delivering another site to complement the Becontree Heath Leisure Centre in Dagenham.
- 5.3 There is an opportunity cost for the Council in following this course of action. The capital receipts could be used to reduce the overall debt the Council holds. There are two elements to be considered: the revenue gain on the indicative receipts of c£13m for both sites, plus the cost of provision for capital that would need to be recovered over the life of the facility. This is summarised in table 3 below:

Table 3 - Abbey Leisure Centre – Capital – revenue opportunity cost	
Opportunity cost elements	£,000 per annum
Interest cost - £13m at 4% pool rate	520
Minimum revenue provision (over 50 years = 2%)	260
Total	780

- 5.4 The capital expenditure associated with the scheme is outlined in table 4 below.

Table 4 - Abbey Leisure Centre – Capital Budget	
Work element	£,000
Leisure Centre Building works	10,494
Demolition of Axe Street Drugs Project	60
Professional fees/investigation reports	1,396
Soft play facility and café furniture (provisional sum)	80
Planning and Building Control Fees	31
Community Infrastructure Levy (CIL)	84
Kitchen and other FF&E	85
Fitness Suite Equipment	250
Project Contingency (1.9%)	500
Estimated out turn project cost	12,980
Approved budget (requested)	12,980
Public Realm Works (Funded Separately through S106)	345

- 5.5 As identified at the bottom of table 4, there is an additional £345,000 which relates to works to the public realm outside of the envelope of the new leisure centre.

These works will ensure uniformity and compliance with the Barking Code, which has already been adopted in the rest of the town centre. These works are being funded outside of the main scheme budget via Section 106 funding, and can be undertaken as part of or separately to this scheme.

- 5.6 Budget savings agreed by Members for the leisure centres for 2012/13 and future years were predicated on the sale of the Goresbrook Leisure Centre site by end December 2012. As a result there will be revenue costs of c. £35,000 per month associated with business rates and site security for Goresbrook Leisure Centre, which are not budgeted for and could not be contained within existing revenue budgets. Actions are in hand to mitigate these costs. This report recommends that Members agree that from 1 January 2013 these costs should be met from the capital receipt for the sale of the site, which is expected to be completed during 2013.
- 5.7 The revenue costs associated with the operation of the existing and new facilities are set out in table 5 below.

Table 5 - Abbey Leisure Centre project – Revenue Budget			
	Original Budget £,000	2012/13 Budget £,000	New Budget £,000
	Goresbrook and Abbey SC	Abbey SC	Abbey LC
CONTROLLABLE BUDGET			
EXPENDITURE			
Employee expenses	1,125	410	1,504
Premises related expenses	767	197	257
Supplies and Services	188	46	180
Third party payments	41	0	0
Total Direct cost	2,121	653	1,941
INCOME			
Income from sales	(1,853)	(726)	(2,046)
Net Controllable Cost (a) (note 1)	268	(73)	(105)
UNCONTROLLABLE BUDGET			
EXPENDITURE			
Third party recharges	31	9	9
Recharges for support services (note 2)	288	130	130
Interest charged on debt (note 3)	0	0	0
Total Gross Expenditure	319	139	139
INCOME			
Lower income at Axe St Car park	n/a	n/a	100
NET COST (a+b)	587	66	134

Notes:

- (1) The 2012/13 budget column reflects all costs and income relating to the Abbey SC. This has been reduced by a net saving of £341,000 previously agreed by Members

(following the closure of Goresbrook Leisure Centre) and is reflected in the controllable costs.

- (2) The support service recharge is based on the original budget figure for 2012/13 for Abbey Sports Centre. However, this could go up or down in future years, which will have a corresponding impact on the net cost figure.
- (3) It has been assumed that there will be no borrowing required to fund the building of the new Leisure Centre.

5.8 A summary of the anticipated income streams in the first full year of operation of the centre are set out in table 6 below:

Table 6 - Abbey Leisure Centre - income streams in Year 1	
Description	Income (£,000)
Fitness memberships	653
Swimming Lessons	376
Casual swimming	250
Schools swimming	140
Soft play	140
Spa	281
Catering/Vending	161
Items for resale	50
Studio Hire	8
Aerobic Classes (1)	17
Total income	2,046

Notes:

(1) This income stream relates solely to casual 'pay and play' participation in aerobics classes. Aerobics classes are included in the Fitness membership.

5.9 The key income streams for the new centre will be swimming lessons (excluding school swimming) and health and fitness. The assumptions in terms of demand for these activities are as follows:

- Fitness memberships - Abbey Sports Centre number of members at closure = 1,200; Abbey Leisure Centre = 1,876 at end of year 1, rising to 3,000 at end of year 3.
- Swimming lessons - Abbey Sports Centre number of participants at closure = 1,000; Abbey Leisure Centre = 2,160 at end of year 1, rising to 3,060 at end of year 3.

5.10 An indicative whole life costing for the centre has been produced, based on a previous detailed exercise undertaken by Davis Langdon on the recently completed Becontree Leisure Centre. This will need to be incorporated into the Council's Capital and Asset Management Strategy. The result of this exercise indicates that the average annual expenditure, taking into account the replacement of items such as gym equipment will be in the order of £130,000 per annum. It is expected that anticipated growth in net income in future years will be used to meet the cyclical maintenance costs and the cost of purchasing/leasing new equipment.

5.11 It is intended that the completion of existing Abbey Sports Centre site sale will occur promptly after the new centre opens. This report therefore recommends approval to market the site with immediate effect. Experience with Goresbrook Leisure Centre

and Wood Lane Sports Centre suggest that this prompt sale may not be achieved, and there is a risk of an annual revenue cost of £110,000 to meet business rates (NNDR) and keeping the site safe and secure until it is sold. These costs will be met from the sales receipt.

- 5.12 Section 7 of this report identifies changes to travel and parking arrangements. The intended new car park at Axe Street is significantly smaller, and a proportionate income stream to current levels would lead to an ongoing reduction in income of £100,000 per annum. There is also potentially some further short term reduction in income due to disruption to the retained parking spaces during the leisure centre's construction period.
- 5.13 There are numerous other facilities within walking distance and income at those car parks could rise to mitigate some of the potential losses relating to the Axe Street car park, although this is not possible to quantify at this stage.
- 5.14 There will inevitably be some one-off implementation and transition costs during the first year of operation. It is difficult to put a figure on this, but it is unlikely this will be less than £75k or more than £125k.
- 5.15 The financial implications are summarised in table 7 below for 2014/15 to 2016/17 – the first three years of the new Abbey Leisure Centre:

Table Seven				
Abbey Leisure Centre - Summary MTFS implications				
		2014/15	2015/16	2016/17
	REVENUE	£,000's	£,000's	£,000's
Income	3	2,046	2,251	2,476
Controllable costs	4	1,941	2,087	2,243
Support services and third party charges		139	139	139
Axe St car park loss of income		100	100	100
Provision for equipment renewal	5	-	137	137
	subtotal	2,180	2,463	2,619
Forecast net cost to Council subtotal		134	212	143
less				
Current budget		66	66	66
	TOTAL ADDITIONAL REVENUE COST TO MTFS	6	68	146
	CAPITAL - revenue effects			
Opportunity cost - Minimum revenue provision (MRP)	7	260	260	260
Opportunity cost - interest still payable on £13m	8	520	520	520
	Additional capital opportunity cost - revenue effect	780	780	780
	TOTAL REVENUE OPPORTUNITY AND MTFS COST	848	926	857

Assumptions

1. Abbey LC complete and open 1 April 2014
2. Goresbrook LC and Abbey SC sold by 1 April 2014
3. Income increases by 10% each year
4. Controllable costs increase by 7.5% each year
5. Sinking fund started at end of 2nd year of operation
6. This amount currently not in the MTFS
7. MRP applied for a 50 year asset (2%)
8. Interest rate reflects LBBB pool rate 4%

- 5.16 Details are not included for 2013/14 as the costs will depend on timing of the sales and development. The current working assumption is that costs of holding and disposal of the existing sites will be offset against the capital receipts, up to a total of 4% of the receipt. There will be revenue transition/implementation costs during 2013/14 estimated to be between £75k and £125k, which will be met from the wider H&E budgets.

6. Legal Implications

Implications completed by: Eldred Taylor-Camara, Legal Group Manager
(Partnerships & Strategic Procurement)

- 6.1 The Council has power to enter into a works contract for the design and build of a new leisure centre under section 1 of the Local Government (Contracts) Act 1997 on the basis that such works are properly required for the discharge of the Council's duties.
- 6.2 It is anticipated that the estimated value of the works contract will be above £10,000,000, in excess of the threshold for application of the Public Contracts Regulations 2006 (the Regulations) of £4,348,350 and therefore subject to the full application of the Regulations.
- 6.3 The report recommends that the Council enters into contractual arrangements under an existing construction framework agreement established by the Council, negating the need for a full procurement exercise (i.e. OJEU tender notice and pre-qualification process).
- 6.4 Regulation 19.7(b) allows the selection of a contractor from a framework agreement by way of mini-competition. The report confirms that a mini-competition exercise has been instigated by the procuring Department, inviting the panel of contractors from the construction framework agreement to tender under a single stage tender process using a JCT 2011 Design and Build Contract (without novation of the design team).
- 6.5 The Council must comply with the principles of administrative law in deciding whether to award a contract, including taking into account all relevant considerations, the outcome of the valuation of each of the tenders and their financial implications. In particular in order to comply with the Council's fiduciary duty and duty to ensure Best Value, the Council must be satisfied that the tenders represent value for money for the Council

7. Other implications

Travel and Parking implications

- 7.1 These proposals will remove a large part of the available paid for parking at Axe Street. The final plan will leave nine disabled bays and the remainder will need to accommodate a number of red bays. Based on current run rates the impact has been judged by the parking section to be a net loss of approximately £100,000/annum, taking into account the smaller re-provision of car parking spaces as a result of this development. It should also be noted that during the construction period, there will also be a loss of the retained parking spaces and therefore the overall loss in income will be greater during this period. This will depend on how long these parking spaces are out of action; however it is estimated that this will have a further reduction in car parking revenue for the first year of approximately £25,000. In addition to this there will also be a loss of disabled and red permit spaces during this period.
- 7.2 The loss of income will be mitigated if users relocate to London Road, but actions in place and planned are already resulting in higher usage of London Road. At present the Axe Street car park seems to favour shorter stay parking as it is the Council's most expensive tariff for long stay.
- 7.3 The net impact is therefore not just a level of income but the loss of our premium short stay parking space. This will potentially impact on visiting behaviours for Barking and could lead to some displacement of parking and traffic to surrounding locations. Businesses could be affected including the market and those visiting the Barking Learning Centre and Town Hall will be inconvenienced to an extent. Over 300 new spaces will be provided as the ASDA development due to open in September 2015 but there could be some short term parking pressures as a result of this.
- 7.4 This lower general provision reflects that there are numerous other spaces available within a short walk of the new Abbey Leisure Centre. This is coupled with a travel plan which will encourage greater visibility and use of the streetcar scheme.

Risk Management

- 7.5 A Risk management matrix has been developed for the project to monitor financial, technical and high level construction risks. This matrix is regularly reviewed by the established Project Board to manage both risks and issues as they occur.
- 7.6 In addition monthly risk reports/ updates are made via the PMD and Mask form reporting formats and the project is also subject to CPMO Gateway reviews.

Customer Impact

- 7.7 It is expected that there will be a marked increase in the number and range of people who will be able to access sport and physical activity programmes at the new centre compared to the current Abbey Leisure Centre. The provision of a modern, fit for purpose facility should also realise improvements in customer satisfaction.

- 7.8 94% of services users visit the Abbey Sports Centre to use the gym, have a swim, go to a class or attend a martial arts session. The new leisure centre will have significantly improved facilities for these activities. As a result it is anticipated that many more people will become and stay physically active than is the case now.
- 7.9 The new centre will also have new facilities that are not currently available like a cafe, learner pool, soft play area for children and a health spa. The same high accessibility standards at Becontree Heath Leisure Centre will also be provided in the new centre.
- 7.10 Also learning from the first year's operation of Becontree Heath Leisure Centre as well as new industry developments have been incorporated, for example, newly available access pods will make it easier for disabled people to get into and out of the pool compared to the hoists that are currently provided at Becontree Heath Leisure Centre.
- 7.11 Following other consultation, steps have been taken to ensure that the facilities will be accessible to a wide range of people, including those with disabilities, parents with young children and mothers who may need to access breast feeding facilities. Part of this overall concept is the incorporation of a 'village' style family friendly changing area.
- 7.12 Consultation has also been undertaken with local clubs, employees and local residents and an Equality Impact Assessment has been completed, which have informed the facility mix to be provided.

Safeguarding Vulnerable Adults and Children

- 7.13 The new centre will replace the existing Abbey Sports Centre and Goresbrook Leisure Centre. It will provide a much improved service to children in particular through the health and fitness offer as well as healthy weight and learn to swim programmes.
- 7.14 The new centre will provide an extensive programme of positive and diversionary activities for young people.
- 7.15 Current safeguarding standards adopted across the Council's leisure centres will be implemented at the new centre.

Crime and Disorder

- 7.16 As part of the consultation and planning process, appropriate advice has been sought and will be implemented to minimise the likelihood and impact of vandalism, other types of crime and anti social behaviour both during and following the building of the centre.
- 7.17 The Council has a statutory duty to consider crime and disorder implications in all its decision making. In building this facility and providing a wide range of activities, the Council will be providing quality facilities which will provide positive activities for all residents. At the same time the proposed centre will also provide opportunities for families to enjoy their leisure time together.

Property/Assets

- 7.18 The new centre will replace a life expired and energy inefficient building. There have been regular failures of key plant and equipment that have caused and continue to cause service disruption, in particular with the operation of the swimming pool.
- 7.19 This report recommends that Cabinet agrees to the completed disposal of the existing Abbey Sports Centre prior to the opening of the new centre.

Health issues

The health benefits of physical activity

- 7.20 It is well known that a lack of physical activity is one of the main risk factors for heart disease and diabetes. But less well known is the fact that a lack of physical activity can increase risk factors in a range of other health areas, including mental health.
- 7.21 People of all ages benefit from physical activity:
- For the under 5s, floor based and water based play encourages infants to use their muscles and develop motor skills. It also provides valuable opportunities to build social and emotional bonds;
 - For children and young people, being active improves cardio vascular health, maintains a healthy weight, improves bone health, improves self confidence and helps develop new social skills;
 - For adults, physical activity reduces risk of a range of diseases e.g. coronary heart disease, stroke, and type two diabetes, helps maintain a healthy weight, helps maintain ability to perform everyday tasks with ease, improves self esteem, and reduces symptoms of stress and anxiety;.
 - And for older people, it can help to maintain cognitive function, reduce cardiovascular risk, helps maintain ability to carry out daily living activities, improves mood and self esteem, and perhaps most importantly it can reduce the risk of falls
- 7.22 Physical activity not only prevents illness but can also treat it. New evidence suggests that all patients newly diagnosed with cancer should become more, not less, active to prevent cancer recurrence and increase survival. Hypertension, diabetes and arthritis are amongst those diseases that can be also treated with physical activity.
- 7.23 NHS London has stated that: *'if physical activity was a drug it would be our greatest discovery in medicine, successfully preventing and treating the long term conditions we see every day , making people happier, yet with virtually no side effects'*.

The cost of physical inactivity

- 7.24 NHS London has estimated that if every GP in London managed to get two inactive patients active every month, the NHS would save £7.8 million each year. Using the Cabinet Office cost of inactivity, which includes social care and time off work, then the savings in London would increase to £60 million.

The local picture

- 7.25 The Borough Health profile for 2011 indicates that the percentage of physically active children is below the national average and that the Borough has one of the lowest levels of physically active adults in the country: 14.8% of adults in the Borough take part in sport and physical activity compared to the national average of 22%; also, 58% of adult residents do no sport or physical activity at all; however, on a more positive note, 60% of adult residents want to start playing sport or do a bit more.
- 7.26 According to Sport England's Active People survey, the most popular sporting related activities for adults in the Borough are swimming, going to the gym, football, athletics (primarily jogging), and aerobics. Three of these activities will be available at the new leisure centre.

Policy context

- 7.27 The provision of a modern, accessible and fit for purpose leisure centre will make a significant contribution to the achievement of several key policy objectives relating to health and well being for the Council and its partners.
- 7.28 The new centre will play a key role in achieving the priority targets in the Barking and Dagenham Joint Health and Well Being Strategy (2012 -15). These are set out in table 8 below.

Table Eight - Health and Well Being Strategy - physical activity priority outcomes	
Theme	Priority
Theme 1 Prevention	Priority 2 - To get more people participating in the recommended levels of physical activity for health. Priority 4 - To support more people to achieve and maintain a healthy weight.
Theme 3 Improvement	Priority 4 - To improve in general practice the early identification and management of patients with long term conditions (those with heart failure, asthma, diabetes, COPD, epilepsy, angina and hypertension).

- 7.29 The leisure centres are the sole or main provider of the Borough's GP exercise referral scheme, healthy weight programmes for children, young people and adults, as well cardio - rehabilitation and 60+ physical activity programmes.
- 7.30 Similarly the new centre will contribute to the achievement of several of the Council's priority outcomes:
- A borough where people's health and fitness are improving, with fewer smokers, with more people taking exercise and where people take better care of their diet.

- A borough with excellent leisure and health facilities, in which people can exercise, relax and play.
- A borough which meets the need of disabled children, young people and adults.
- A borough with a range of positive activities for young people.
- A borough with a thriving voluntary sector

7.31 As well as improvement targets set out in the Borough's Regeneration Strategy (2008 -13), Children and Young People's Plan (2011 – 16), the Older People's Strategy (2010 – 13), and the Borough's Sport and Physical Activity Strategy (2012 – 15)

Background Papers Used in the Preparation of the Report:

- Cabinet report 23 August 2011 (minute number 28)

List of appendices:

- **Appendix A** - Proposed design/layout of the Leisure Centre and design/layout of car parking and external works.
- **Appendix B** - Sports hall and squash court facilities within easy reach of Abbey Sports Centre.