



DARLINGTON

Borough Council

Cabinet Agenda

5.00 pm

Tuesday, 10 June 2025

Council Chamber, Town Hall, Darlington, DL1 5QT

Members and Members of the Public are welcome to attend this Meeting.

1. Introductions/Attendance at Meeting.
2. Declarations of Interest.
3. To hear relevant representation (from Members and the General Public) on items on this Cabinet agenda.
4. To approve the Minutes of the Meeting of this Cabinet held on 6th May 2025 (Pages 5 - 10)
5. Matters Referred to Cabinet –
There are no matters referred back for reconsideration to this meeting
6. Issues Arising from Scrutiny Committee –
There are no issues referred back from the Scrutiny Committees to this Meeting, other than where they have been specifically consulted on an issue and their comments are included in the contents of the relevant report on this agenda.
7. Key Decisions:-
 - (a) Renewal of The Town Centre Public Space Protection Order and Introduction of a Borough Wide Public Space Protection Order –
Report of the Executive Director of Environment, Highways and Community Services (Pages 11 - 90)

- (b) Representation On Other Bodies 2025/26 –
Report of the Executive Director of Resources and Governance
(Pages 91 - 96)
- 8. Physical Activity Strategy –
Report of the Executive Director of Environment, Highways and Community Services
(Pages 97 - 130)
- 9. Membership Changes - To consider any Membership Changes to Other Bodies to which
Cabinet appoints.
- 10. SUPPLEMENTARY ITEM(S) (if any) which in the opinion of the Chair of this Committee are
of an urgent nature and can be discussed at this meeting.
- 11. Questions.

EXCLUSION OF THE PUBLIC AND PRESS

- 12. To consider the exclusion of the Public and Press :- –
RESOLVED - That, pursuant to Sections 100A(4) and (5) of the Local Government Act
1972, the public be excluded from the meeting during the consideration of the ensuing
items on the grounds that they involve the likely disclosure of exempt information as
defined in exclusion paragraph 3 of Part I of Schedule 12A of the Act.

PART III NOT FOR PUBLICATION

- 13. SUPPLEMENTARY ITEM(S) (if any) which in the opinion of the Chair of this Committee are
of an urgent nature and can be discussed at this meeting.
- 14. Questions.



Amy Wennington
Assistant Director Law and Governance

Monday, 2 June 2025

Town Hall

Darlington.

Membership

Councillors Curry, Garner, Harker, McCollom, McEwan, Porter, Roche and Wallis

If you need this information in a different language or format or you have any other queries on this agenda please contact Olivia Hugill, Democratic Officer, Resources and Governance, during normal office hours 8.30 a.m. to 4.45 p.m. Mondays to Thursdays and 8.30 a.m. to 4.15 p.m. Fridays (e-mail olivia.hugill@darlington.gov.uk or telephone 01325 405363).

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**DECISIONS SHOULD NOT BE IMPLEMENTED BEFORE
MONDAY, 19 MAY 2025**

CABINET

Tuesday, 6 May 2025

PRESENT – Councillors Harker (Chair), Curry, Garner, McCollom, McEwan, Porter, Roche and Wallis

INVITEES – Councillors Snedker

C142 DECLARATIONS OF INTEREST.

There were no declarations of interest reported at the meeting.

C143 TO HEAR RELEVANT REPRESENTATION (FROM MEMBERS AND THE GENERAL PUBLIC) ON ITEMS ON THIS CABINET AGENDA.

No representations were made by Members or members of the public in attendance at the meeting.

C144 TO APPROVE THE MINUTES OF THE MEETING OF THIS CABINET HELD ON 8TH APRIL 2025

Submitted - The Minutes (previously circulated) of the meeting of this Cabinet held on 8 April 2025.

RESOLVED – That the Minutes be confirmed as a correct record.

REASON – They represent an accurate record of the meeting.

C145 MATTERS REFERRED TO CABINET

There were no matters referred back for re-consideration to this meeting.

C146 ISSUES ARISING FROM SCRUTINY COMMITTEE

There were no issues arising from Scrutiny considered at this meeting.

C147 KEY DECISIONS:-

(1) HIGH STREET RENTAL AUCTIONS

The Cabinet Member with the Resources Portfolio introduced the report (previously circulated) of the Executive Director of Economy and Public Protection which requested approval to begin community engagement relating to the designation of a High Street Rental Auction (HSRA) area, to delegate powers to designate the HSRA area and to delegate power to implement individual rental auctions to the Director of Economy and Public Protection.

The submitted report explained that the High Street Rental Auctions provided local authorities with a new power to which require landlords to rent out persistently vacant commercial properties to new tenants. The Council is an early adopter of the HRSA Programme, HRSA can be used where attempts to work proactively and engage with landlords in bringing vacant premises back into use when they have not been successful. It was explained that not all properties or circumstances will be eligible and new burdens payments are available to fund some aspects of the process.

RESOLVED - (a) That Cabinet authorises undertaking a community engagement exercise on the draft High Street Rental Auction (HSRA) designated area, detail attached at Appendix 1 and 2.

(b) The draft HSRA designation and community engagement information is publicised via the Council's website, social media, local newspaper and direct mail to landlords of currently vacant properties within the draft area.

(c) The engagement period remains open for a period of 28 days to allow members of local communities and other stakeholders sufficient time to submit comments

d) The draft HSRA designation is amended and finalised in the light of comments received during the community engagement period.

(e) Approval of the final HSRA designation and any future variations to the HSRA designation is delegated to the Executive Director of Economy and Public Protection, in consultation with the Deputy Leader and Economy Portfolio Holder and Cabinet Member for Resources.

(f) Approval to implement each specific High Street Rental Auction is delegated to the Executive Director of Economy and Public Protection in consultation with the Deputy Leader and Economy Portfolio Holder and Cabinet Member for Resources.

(g) Approval to undertake future community engagement exercises pursuant to a variation of the HSRA designation is delegated to the Executive Director of Economy and Public Protection, in consultation with the Deputy Leader and Economy Portfolio Holder and Cabinet Member for Resources.

(h) Approval to draw down and administer New Burdens Payment.

REASONS – The recommendations are supported by the following reasons:

(a) Whilst Darlington's vacancy rates are low compared to the North East average, there are several long-term vacant properties within the proposed HSRA area which could become occupied as a result of this new power.

(b) Reducing high street vacancies aligns with Darlington Borough Council's Town Centre Strategy and will contribute to the overall vitality and sustainability of the town centre.

(c) HSRA is a last resort which applies to eligible properties which have been unoccupied for

12 months or at least 366 days within a 24-month period and that occupation of the premises would be beneficial to the local economy, society, or environment.

(d) It is a legislative requirement the council must publish any proposed high street designation and should invite comments from the local community and any other stakeholders who may be affected via email and post and for no less than a period of 28 days. The recommended use of a variety of publication methods aims to reach as many of the affected parties as possible.

(e) Delegation of powers to approve each auction and the final HSRA designation area following the community engagement exercise will enable the council to begin implementation at pace. It is envisaged that community engagement comments will be geographical in nature and any subsequent amendment to the draft HSRA designation boundary at Appendix 1 will not be materially significant to finalisation of the HSRA area and implementation.

C148 SEND STRATEGY 2025-2029

The Cabinet Member with Children and Young People Portfolio introduced the report (previously circulated) of the Executive Director of People which provided members with an introduction to the SEND Strategy 2025-2029 for Darlington Local Area SEND partnership, which comprised a comprehensive plan to enhance the provision of services for children and young people with Special Educational Needs and Disabilities (SEND).

It was explained that the Strategy reflected the outcomes of the extensive engagement with stakeholders, including parents, carers, educators, health and social care professionals and young people themselves. It was explained that the Strategy supports Darlington's Council Plan by promoting social inclusion, enhancing educational outcomes, building a skilled workforce, strengthening community health and ensuring sustainable development.

The report stated that the Strategy aligns with key legislation, including the Children and Families Act 2014, SEND Code of Practice 2015 and Equality Act 2010, which ensured compliance with statutory duties. The report noted that the SEND Strategy 2025-2029 is an ambitious plan designed to improve the lives of children and young people with SEND in Darlington.

RESOLVED – (a) That Cabinet Adopt the SEND Strategy 2025-2029 on behalf of Darlington Borough Council attached at Appendix 1.

(b) That Cabinet Agree the Year 1 action plan to implement the aims of the strategy attached at Appendix 2.

REASONS - (a) The strategy is produced in the context of the statutory requirements set out in the Children and Families Act 2014 together with the guidance in the SEN Code of Practice that was issued alongside the 2014 Act. These provisions include the duty to keep under review the educational provision, training provision and social care provision made in its area for children and young people who have special educational needs or a disability and made

outside its area for children and young people for whom it is responsible who have special educational needs or who have a disability (section 27 of the 2014 Act).

(b) The strategy is produced in the context of the statutory requirements set out in the Children and Families Act 2014 together with the guidance in the SEN Code of Practice that was issued alongside the 2014 Act. These provisions include the duty to keep under review the educational provision, training provision and social care provision made in its area for children and young people who have special educational needs or a disability and made outside its area for children and young people for whom it is responsible who have special educational needs or who have a disability (section 27 of the 2014 Act).

C149 DESIGNATION OF NEW MIDDLETON ST GEORGE CONSERVATION AREA AND ADOPTION OF FINALISED APPRAISAL

The Cabinet Member with the Economy Portfolio introduced the report (previously circulated) of the Executive Director of Economy and Public Protection to seek Councillor's approval to designate a new conservation area at Middleton St George and to adopt the corresponding appraisal.

It was explained that the report provided justification for the designation of a new conservation area at Middleton St George and adopting the corresponding appraisal. The draft version of the appraisal had been subject to a six-week public consultation period and amendments had been made in light of the comments received.

The report also stated that following the adoption of the finalised appraisal, the text currently marked in yellow would be amended to reflect the adopted status of the appraisal and no other changes would be made. The adopted appraisal will be named the Stockton and Darlington Railway: Middleton St George (Fighting Cocks) Conservation Area Appraisal Adopted Document May 2025.

RESOLVED - (a) That Cabinet recommends that Council adopts the new conservation area boundary at Middleton St George (see chapter 6.0 of the finalised appraisal).

(b) That Cabinet recommends that Council adopts the new conservation area's name: Stockton & Darlington Railway: Middleton St George (Fighting Cocks) Conservation Area.

(c) That Cabinet recommends that Council adopts the finalised appraisal for the new Middleton St George Conservation Area.

(d) That Cabinet recommends that Council authorises the amendment of finalised appraisal with regards to the text marked in yellow, to reflect the adopted status of the document. The adopted appraisal will be named: Stockton & Darlington Railway: Middleton St George (Fighting Cocks) Conservation Area Appraisal. Adopted document. May 2025.

REASONS - (a) Fighting Cocks was an original stopping point (station) along the Stockton & Darlington Railway (S&DR) of 1825. The presence of the railway led to the establishment of the Middleton Iron Works in 1864, which sparked the development of the village of Middleton St George.

(b) The bicentennial of the S&DR is this year. There will be many events along the former route to celebrate the birth of the modern railway. Darlington Borough Council (DBC) has been making significant S&DR-related investments, and Middleton St George Parish Council is also preparing for its celebration within the village. Over the past few years, heritage assets at Fighting Cocks have been promoted through the Middleton St George Neighbourhood Plan, S&DR Heritage Action Zone and Fighting Cocks Heritage Hub.

(c) The appraisal demonstrates in detail that sufficient special interest survives at Middleton St George which is associated with the S&DR and the industrial development of the village justifying the designation of a conservation area. It picks up the 'unfinished' work by Durham County Council who proposed a (different) conservation area boundary for Middleton St George in 2022.

(d) The draft conservation area boundary proposed by DBC has generally been welcomed by residents who took part in the public consultation. It is also supported by the Friends of the S&DR and Middleton St George Parish Council. Amendments have been made following feedback received, including concerns raised by Historic England.

(e) Once the conservation area boundary has been adopted, the appraisal will provide an evidence base for managing change in the area and form a material consideration in the Planning process. Conservation area designation can also assist if funding is sought for larger regeneration or conservation schemes within the boundary.

(f) The appraisal also includes suggestions to improve the condition of the area. These are in line with the aims of the Middleton St George Neighbourhood Plan and the Fighting Cocks Heritage Hub.

C150 RELEASE OF HIGH NEEDS CAPITAL - BEAUMONT HILL ACADEMY

The Cabinet Member with the Children and Young People Portfolio introduced the report (previously circulated) of the Executive Director of People to seek Members agreement to release an additional £375,000 of High Needs Capital Funding for the refurbishment of Haughton's Children's Centre and Block 3 Beaumont Hill Academy.

The report explained that to date Cabinet had released £466,000 of High Needs Capital Funding and this amount was based on a initial estimate costs from an outline feasibility study done by Eddisons Building and Project Consultancy in 2023. A further detailed survey has now been completed by the RLB Group which has identified some significant costs that were not included in the original estimate, largely in relation to the Beaumont Hill remodelling. The report also stated that because of the time lapse since the original survey in 2024 and Cabinet approved the funding in March 2024 there had since been some inflationary costs of materials.

Reference was made to the initial estimate costs from a study completed previously, but noted that the true costs had not been reflected.

RESOLVED – That Cabinet recommends that members agree to formally release £375,000 of High Needs Capital Funding for the provision of additional special education needs places at Beaumont Hill academy in line with the new SEND strategy.

REASONS - (a) Release of the High Needs Capital funding will allow Beaumont Hill academy to refurbish Haughton Children's Centre to provide a sixth form centre for up to 30 pupils.

(b) Remodelling the space vacated by the sixth form pupils will create an addition 30-40 high needs places for secondary age pupils with special educational needs and reduce reliance on expensive out of borough placements.

C151 MEMBERSHIP CHANGES - TO CONSIDER ANY MEMBERSHIP CHANGES TO OTHER BODIES TO WHICH CABINET APPOINTS.

There were no membership changes reported at the meeting.

C152 TO CONSIDER THE EXCLUSION OF THE PUBLIC AND PRESS :-

**DECISIONS DATED –
FRIDAY, 9 MAY 2025**

CABINET
10 JUNE 2025

**RENEWAL OF THE TOWN CENTRE PUBLIC SPACE PROTECTION ORDER AND
INTRODUCTION OF A BOROUGH WIDE PUBLIC SPACE PROTECTION ORDER**

**Responsible Cabinet Member –
Councillor Jim Garner, Stronger Communities Portfolio**

**Responsible Director – Dave Winstanley,
Executive Director - Environment Highways & Community Services**

SUMMARY REPORT

Purpose of the Report

1. The purpose of this report is to seek approval to renew a revised Town Centre Public Space Protection Order (PSPO) and implement a Boroughwide PSPO following a public consultation exercise.

Summary

Public Space Protection Orders

2. Local partners have a range of tools and powers at their disposal to respond and manage concerns about anti-social behaviour (ASB), from measures aimed at tackling the causes of ASB, awareness-raising, signposting for support, through to enforcement. PSPOs when used proportionately and only in the right circumstances allow local areas to try and counter unreasonable and persistent behaviour that affects the quality of life of its residents and business. A PSPO allows Fixed Penalty Notices (FPN) to be issued, these will only generally be considered when other means of addressing behaviour have not been successful and only after an instruction to cease carrying out an activity has been ignored by the individual.
3. The town centre PSPO has been in place since 2019, and it was last renewed in 2022. The order lasts for three years, and a review must be undertaken if it is to be renewed. The order has been reviewed and Cabinet previously approved a period of statutory consultation on the renewal of the town centre PSPO and implementation of a new boroughwide PSPO.
4. As part of the renewal process the defined area that the town centre PSPO covers and some of the wording of the existing powers are proposed to be amended to improve the effectiveness of the order and these changes are explained in more detail in the main report, but in summary the new powers that could be included in the order relate

to feeding of wild birds in the town centre that has created multiple issues for users of the town centre and businesses; and the anti-social use of bicycles, scooters, skates and skateboards that can cause issues for the public and businesses.

5. The proposed new Boroughwide PSPO, which is evidence based, has also been consulted upon. The additional powers proposed relate to begging, the management of side waste and the increasing issues associated with stray dogs as this is where evidence identifies additional powers may assist manage the issues. The proposed orders are included as **Appendix 1 & 2**.
6. The evidence and the legal tests that are required to make the Orders have been considered and there is sufficient evidence to support the orders. More detail is included in the main report and **Appendix 3 & 4**
7. Consultation was undertaken from 6 March 2025 to 16 April 2025. Further details of the responses to the consultations are included in the main report and **Appendix 5 & 6**. In summary, the responses demonstrate broad support for both orders.
8. Equality Impact Assessments have been carried out on both PSPOs, and members are asked to consider these as part of the decision making process. More detail is included in the main report with the assessments at **Appendix 7 and 8**.
9. Comprehensive training will be provided to Council staff and partners who will use the powers, and an application and guidance note has been developed to assist with the proportionate and consistent use of the powers. This is included at **Appendix 9**.

Recommendations

10. It is recommended that Members:
 - (a) Approve the renewal of a revised Town Centre PSPO as outlined in this report.
 - (b) Approve the introduction of a Boroughwide PSPO as outline in this report.

Reasons

11. The recommendations are supported by the following reasons:
 - (a) To provide powers to officers, including Police, PCSOs and Civic Enforcement Officers, to manage various types of anti-social behaviour.
 - (b) To improve the quality of life of persons visiting and working in the area covered by the PSPO.

Dave Winstanley
Executive Director – Environment, Highways & Community Services

Background Papers

The Town Centre PSPO was last considered by Cabinet on 22 June 2022.

Scott Richardson: Extension 6753

Council Plan	The additional powers that a PSPO provides can have a positive influence on multiple priorities in the Council Plan and help deliver the ambition and vision.
Addressing inequalities	There are potential negative impacts as a result of this report. These are referenced in the equality impact assessments which have been undertaken and steps to mitigate any negative impacts have been taken.
Tackling Climate Change	The additional powers associated with dealing with side waste across the Borough could have a positive impact on the amount of waste collected and encourage more recycling.
Efficient and effective use of resources	The additional powers could have a positive impact on the demand for Council resources if behaviour is changed in a positive way.
Health and Wellbeing	Anti-social behaviour within the town centre and other locations around the Borough can impact negatively on the health and wellbeing of individuals.
S17 Crime and Disorder	There will be a positive impact on crime and disorder in the town centre and the borough if the PSPOs are approved following consultation.
Wards Affected	All
Groups Affected	No particular group will be impacted differently as a result of this report.
Budget and Policy Framework	No impact on the Budget or Policy Framework.
Key Decision	Yes
Urgent Decision	No
Impact on Looked After Children and Care Leavers	This report has no impact on Looked After Children or Care Leavers.

MAIN REPORT

Information and Analysis

12. PSPO's were introduced in the Anti-social Behaviour, Crime and Policing Act 2014 which was enacted in October 2014.
13. They are intended to allow Council's to limit and restrict defined activities which have or have the potential to have a negative effect on the quality of life of the community. They are designed to allow the public to enjoy open spaces free from nuisance and anti-social behaviour.

14. Prior to making the Order, the Council must be satisfied, on reasonable grounds, that activities carried out in the specified public space have had or are likely to have a detrimental effect on the quality of life of those in the locality and that the effect or likely effect of the activities
 - (a) Is or is likely to be persistent and continuing,
 - (b) Is or is likely to be such as to make the activities unreasonable; and,
 - (c) Justified the restrictions imposed.
15. The draft order for the renewal of the Town Centre PSPO is attached at Appendix 1 and the draft order for the implementation of a Boroughwide PSPO is attached at Appendix 2.
16. Before making an Order, the Council must carry out consultation including consultation with Durham Constabulary and the Durham Police and Crime Commissioner. The Council must also publish the draft PSPO in accordance with Statutory Regulations.
17. Where a PSPO is in place, a Police Officer, Police Community Support Officer or an authorised Council Officer who witnesses the behaviour which breaches the prohibitions within a PSPO can challenge the individual(s) and require them to comply. An offence is committed only if the individual(s) do not comply with the instruction to stop.
18. The offence is punishable by a fine of up to £1000 (£500 in the case of consumption of alcohol) at Court or by a fixed penalty notice (FPN) of up to £100. Any failure to comply with the instruction to stop the prohibited activity would generally, in the first instance, lead to a FPN being issued rather than a summons to Court.

Town Centre PSPO

19. The draft order for the renewal of the Town Centre PSPO is attached at Appendix 1. In summary the following prohibitions are included:
 - (a) Persons who continue to drink alcohol in public places, which are not licensed premises, after they have been asked to stop.
 - (b) Persons who fail to surrender any alcohol in their possession in public places, which are not licensed premises, when asked to do so.
 - (c) Continuing to feed birds/pigeons after they have been asked to stop.
 - (d) Anti-social use of a skateboard, scooter, skates, bicycle, e-bike or e-scooter causing damage to property and/or nuisance or annoyance to other persons.
 - (e) Threatening behaviour.
 - (f) Begging.

Boroughwide PSPO

20. The draft order the new Boroughwide PSPO is attached at Appendix 2. The following prohibitions are included:
- (a) Begging
 - (b) Household Waste Presentation
 - (c) Allowing a dog to stray

Evidence in relation to Town Centre PSPO

21. Figures relating to anti-social behaviour for the last three financial years are shown in Appendix 3. Table 1 within the document shows that while the PSPO is in place anti-social behaviour is still prevalent in the Town Centre, with a significant increase of youth related incidents reported to the Police of 125% occurred when comparing the financial years 2023/24 to 2024/25. Reports made to the Council's Civic Enforcement Team also show an increase when comparing the same period but to a lesser extent of 76%.

Begging

22. Begging within the Town Centre occurs daily, with the PSPO being seen as a critical tool to be able to deal with the issue. As partners continue to work collaboratively to effectively deal with those begging in the Town Centre, a displacement of the issue into areas of Darlington which are not covered by the PSPO has occurred. While the empathy, engagement and education sections of the four-tiered approach to dealing with begging continues in these areas, the fourth element, enforcement is reliant on the limited powers available in the Vagrancy Act of 1824. Figures for the number of fixed penalty notices (FPN) issued to beggars is available in Appendix 3 which show an increase in the amount of FPN's issued year on year. Fines are only issued to those beggars who habitually ignore requests from officers to cease and move away from the location.
23. There is a significant amount of support is in place for those individuals who find themselves homeless and in need of support. Officers will routinely make referrals or signpost these individuals into these services. The powers within the PSPO will allow the Police and authorised officers from the Council to deal with those individuals who beg for financial gain.

Feeding of wild birds/pigeons

24. A substantial wild bird population exists within the Town Centre and various approaches have been taken over time to manage the situation. However, the ongoing feeding of these birds by a section of the community contributes to multiple issues that the Council, residents and businesses are required to manage.

Anti-social use of a skateboard, scooter, skates, bicycle, e-bike or e-scooter

25. The anti-social use of bicycles, e-bikes, scooters, e-scooters and skateboards are witnessed by officers daily. Individuals, predominantly young persons, are seen to deliberately ride towards members of the public before veering off at the last moment, causing fear of injury and distress to the members of the public. Persons are also witnessed performing stunts and riding in a reckless manner on roads and in pedestrian areas within the Town Centre. Feedback during the consultation period was received from Durham Constabulary, who requested that the text of the Order be amended to include e-bikes and e-scooters specifically.
26. Different arrangements will apply to those under the age of 18 who commit offences. These arrangements will be:
- (a) 10 – 13 year olds
 - (i) FPN's will not be issued to persons under the age of 14 where an offence is witnessed but they should still be instructed to stop the activity. Both the juvenile and their parent/guardian will be sent a formal warning so that the parent/guardian is aware of the situation.
 - (b) 14 and 15 year olds
 - (i) If an offence is committed by a person who is 14 or 15, in the first instance they would be instructed to stop the activity. If the request is complied with, a formal warning would be given, verbally at the time and followed up in writing to both the juvenile and their parent/guardian.
 - (ii) If the activity is not stopped then consultation will take place with the Youth Justice and Engagement Service prior to a FPN being issued to ascertain if this an appropriate course of action. FPN's will only be issued if absolutely necessary, with other actions to prevent the behaviour being the preferred course of action.
 - (c) 16 and 17 year olds
 - (i) If an offence is committed by a person who is 16 or 17, the individual will be issued with a FP and the parent/guardian informed. Consultation will take place with the Youth Justice and Engagement Service prior to a FPN being issued to ascertain if this an appropriate course of action.
 - (ii) On every occasion where a FPN is issued to a person under the age of 18, consideration will be given to reparation, such as a supervised litter pick as an alternative to payment of the FPN. This option will be communicated to the young person who received the FPN and their parent/guardian when the FPN is issued to them.

Threatening behaviour

27. Table 3 within Appendix 3 details data obtained from Durham Constabulary for Violence Against the Person crimes and Public Order offences. While figures for Violence Against the Person show a reduction from 489 crimes in financial year 2021/22, they remain at a high level and support the inclusion of the prohibition against Threatening and Intimidating Behaviour. Public Order offences are showing a year-on-year reduction, with the most prevalent areas for both offences being around Tubwell Row, High Row and Skinnergate.

Alcohol related incidents

28. While the number of alcohol related incidents outside of licenced premises reduced in the last financial year, as set out in table 4 of Appendix 4, they still account for 60% of all reported incidents. The amended wording within the PSPO will allow officers to deal proactively with the individuals involved before it becomes a problem for the wider community.

Extension of the PSPO area

29. A mapping exercise of incidents in the Victoria Road corridor between Feethams and Darlington Railway Station has been carried out and is detailed in Appendix 3. The area has been identified as a key gateway into the Town Centre and suffers from incidents of anti-social behaviour which is detailed in this report, it is anticipated that the extension of the PSPO will allow officers to take effective action.

Evidence in relation to Boroughwide PSPO

Household waste presentation

30. Household waste should always be presented for collection in the appropriate receptacle. Unfortunately, during the financial year 2023/24 125 reports of waste being incorrectly presented were received by the civic enforcement, as detailed in Appendix 4. These reports ranged from one or two additional bags of refuse being placed next to a bin for collection to more than 30 bags of waste left on the highway.
31. The inclusion of a prohibition boroughwide within the PSPO would give officers an additional tool to effectively deal with those individuals who continue to present waste incorrectly. The potential benefits of the inclusion of the prohibition would not be limited to improving the aesthetics of our communities but also a reduction in the number of secondary fires, reduce the potential for vermin to feed on the refuse and encourage recycling.

Straying dogs

32. Table 1 within Appendix 4 details the number of straying dogs which the Council have been required to deal with over the last three financial years. Unfortunately, charities and centres who rehome these dogs are facing increasing business costs and as a result

have changed their business models to reflect this. The result of these changes has resulted in additional costs being passed onto local authorities.

33. The inclusion of the prohibition on straying dogs within the PSPO will give officers an additional option to manage the service and encourage responsible dog ownership. The Council would only consider the use of a FPN if engagement and warnings to the dog owner did not work.

Financial Implications

34. There are no direct financial implications as a result of making the Orders. The additional powers will mean existing resources are utilised to monitoring and enforcing the Orders. There could be financial and resource savings if the PSPO secures reduced demand on Council and partner resources required to deal with the matters covered by the orders.

Legal Implications

35. All of the required statutory processes, including a thorough consultation exercise, have been followed to allow Members to consider approving these Orders. If the Orders are made, relevant Council Officers and Police Community Support Officers will be appropriately authorised to enable them to enforce them alongside Police Constables.

Consultation

36. Darlington is a family friendly market town and both the Town Centre and Boroughwide PSPO will help to preserve this and encourage development. The Town Centre PSPO has been in place for six years and has contributed to making Darlington a safer and more attractive place to live, work and visit. Responses received in the recent consultation on the Council Plan 2024-2027 showed that 69% of respondents agreed with the statement that “supporting communities to remain safe and resilient by working with key agencies to address anti-social behaviour and crime issues in the community”. Responses received as part of the consultation on the making of the Orders were strongly supportive, the details of which are shown in Appendix 5 and 6.
37. A six-week consultation exercise took place from 6 March 2025 to 16 April 2025. Consultation was undertaken as follows:
 - (a) Council web pages
 - (b) Town Centre business consultation
 - (c) Social media
 - (d) Durham Constabulary
 - (e) Durham Police and Crime Commissioner
 - (f) 700 club
 - (g) Begging group

38. Durham Constabulary are in full support of the Orders but made a request that the wording of the anti-social use of bicycles be amended to include the use of e-bike and e-scooters. The wording of this prohibition has been amended to include this request. The 700 club and the Begging Group are also in full support of the orders.
39. Communities and Local Services Scrutiny considered the report on the making of the PSPO's on 10 April 2025. Members of the committee resolved that:
 - (a) Cabinet to be advised that the Communities and Local Services Scrutiny Committee support the renewal of the Town Centre PSPO and the making of a Boroughwide PSPO.
40. Consultation on the Town Centre PSPO received 90 responses from members of the community and businesses. The responses received show that the majority supported all of the prohibitions within the PSPO and the extension of the order to include Victoria Road. Details of the responses received are shown in Appendix 5.
41. Consultation on the Boroughwide PSPO received eight responses from members of the public. The responses received supported all of the prohibitions within the PSPO. Details of the responses received are shown in Appendix 6.

Equalities

42. The making of the PSPO's could potentially have negative impacts on certain groups with protected characteristics. Consideration has been given to understand the potential impacts and the appropriate steps needed to mitigate these to ensure that the PSPO's will be used proportionately, reasonably and fairly. Members are asked to read the Equality Impact Assessments undertaken at Appendix 7 and 8 before making a decision.

Guidance & Application of the PSPO powers

43. The use of a PSPO and FPNS is an additional tool of the Civic Enforcement Officers who will try and secure compliance by encouragement before enforcement. A guidance and application document is included at Appendix 9 to ensure a consistent and transparent approach to the use of the PSPO.

**DARLINGTON BOROUGH COUNCIL
ANTI SOCIAL BEHAVIOUR, CRIME AND POLICING ACT 2014
PUBLIC SPACE PROTECTION ORDER – DARLINGTON TOWN CENTRE
Number 1 of 2025**

Notice is hereby given that Darlington Borough Council (“the Council”) in exercise of its powers under sections 59, 63, & 72 of the Anti-Social Behaviour, Crime and Policing Act 2014 (“the Act”) being satisfied that the conditions set out in section 59 of the Act have been met, make the following order:-

Preliminary

1. The Order applies to the land described by the map attached at Schedule 1 and shown edged red, being land in the area of the Council, to which the Anti-Social Behaviour, Crime & Policing Act 2014 applies.
2. The order may be cited as the Darlington Borough Council Public Spaces Protection Order – Darlington Town Centre and shall come into force on 1 July 2025 for the duration of three years. At any point before the expiry of this three-year period the Council can extend the Order by up to three years if they are satisfied on reasonable grounds that this is necessary to prevent the activities identified in the Order from occurring or recurring or to prevent an increase in the frequency or seriousness of those activities after that time.
3. The activities identified in paragraph 7 below have been carried out in public places within the Council’s area and have had a detrimental effect to the quality of life of those living in the locality.
4. The Council is satisfied that the conditions set out in sections 59, 63 & 72 of the Act have been met and that it is, in all the circumstances, expedient to make this Order in order to seek to reduce the detrimental effect on the quality of life of those in the locality caused by the activities listed in paragraph 7 below.
5. The effect or likely effect of these activities is, or is likely to be, of a persistent or continuing nature, such as to make these activities unreasonable, and therefore justifies the restrictions imposed by this Order.
6. The Council has had particular regard to the rights and freedoms set out in Article 10 (right of freedom of expression) and Article 11 (right of freedom of assembly) of the European Convention on Human Rights and has concluded that the restrictions on such rights and freedoms imposed by this Order are lawful, necessary and proportionate.

The Activities

7. The Activities covered by this Order are: -

- (a) Persons who continue to drink alcohol in public places, which are not licensed premises, after they have been asked to stop.
 - (b) Persons who fail to surrender any alcohol in their possession in public places, which are not licenced premises, when asked to do so.
 - (c) Continuing to feed birds or pigeons after they have been asked to stop.
 - (d) Anti-social use of a skateboard, scooter, skates, bicycle, e-bike or e-scooter causing damage to property and/or nuisance or annoyance to other persons.
 - (e) Threatening behaviour.
8. The effect of this order is to impose the prohibitions on the use of the land as detailed below at all times.

The Prohibitions

Alcohol

9. Any person who continues drinking alcohol in a public place, which is not a licenced premises, when asked to stop by a constable or a person authorised by the Council for this purpose commits an offence.
10. Any person who fails to surrender any alcohol in his possession in a public place, which is not a licenced premises, when asked to do so by a constable or a person authorised by the Council for this commits an offence.

Birds/pigeons

11. No person at any time shall provide, or deposit food for the purpose of feeding or attracting birds/pigeons, within the Restricted Area save where the owner, occupier or other person, or authority having control of the land has consented (generally or specifically) to them doing so.

Anti-social use of skateboards, scooters, skates, bicycles, e-bikes or e-scooter

12. No person shall ride upon a skateboard, scooter, skates, bicycle, e-bike or e-scooter in a manner which could cause damage to property or nuisance or annoyance to one or more persons.

Threatening and intimidating behaviour

13. No person shall use threatening or intimidating behaviour towards any other person.

Effect Of Failing To Comply With This Order

- 14. It is an offence for a person without reasonable excuse to engage in an activity that is prohibited by this Order.
- 15. A person guilty of an offence under paragraph 9(a) or 9(b) above, in accordance with section 63 of the Act, is liable on summary conviction to a fine not exceeding level 2 on the standard scale (£500).
- 16. A person guilty of an offence under paragraphs 10, 11 or 12 above, in accordance with section 67 of the Act, is liable on summary conviction to a fine not exceeding level 3 on the standard scale (£1000).
- 17. The full text of sections 63 and 67 of the Act is set out in Schedule 2 to this Order.

Fixed Penalty Notices

- 18. A constable, or a person authorised by the Council for this purpose, may issue a fixed penalty notice to any person he or she believes has committed an offence under section 63 or 67 of the Act. The person will then have 14 days to pay a fixed penalty of £100. If payment is received within 14 days they will not be prosecuted.

Challenging This Order

- 19. Any challenge to this Order must be made in the High Court by an interested person within six weeks of it being made. There is further detail regarding this in Schedule 3 attached.

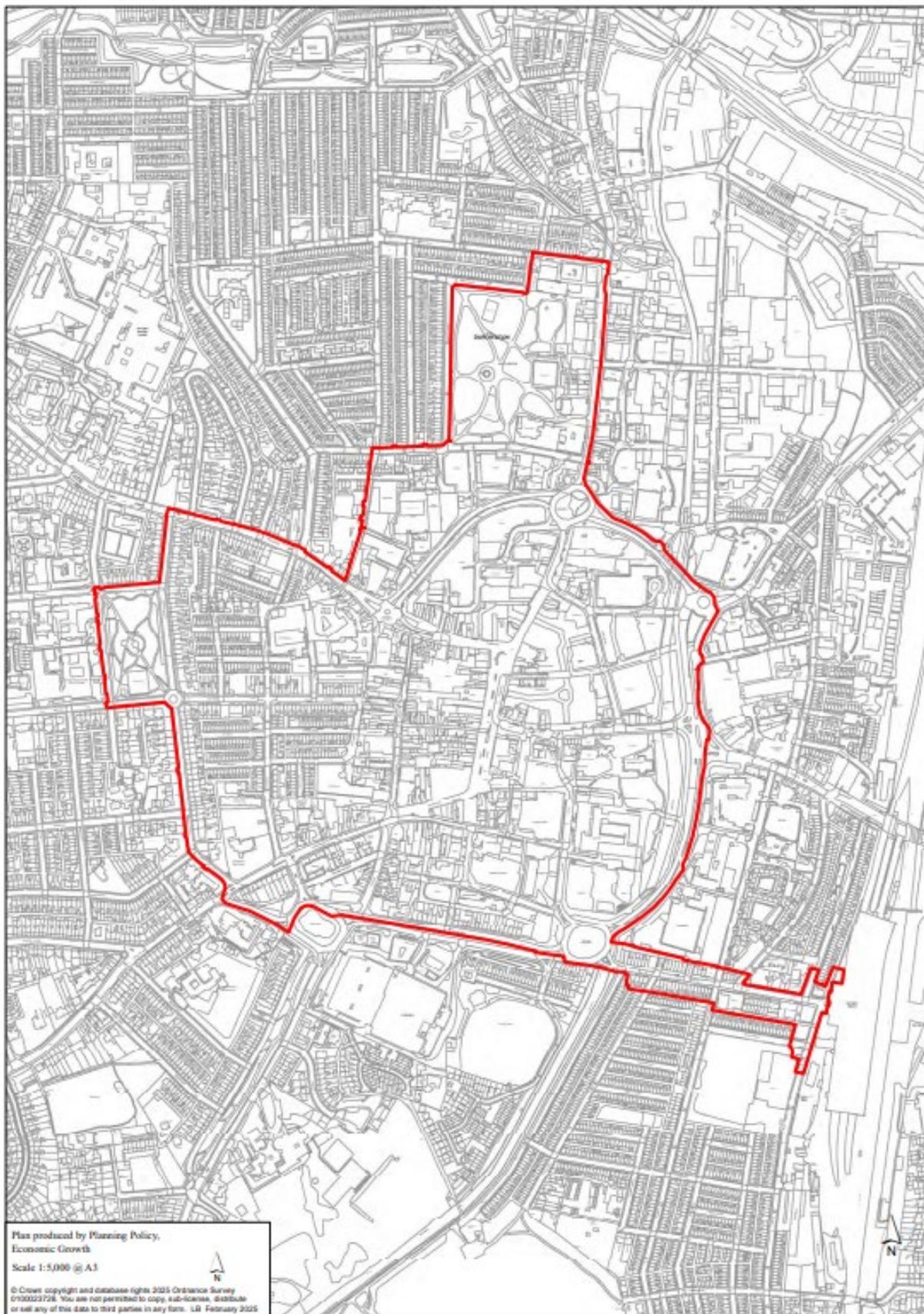
GIVEN under the common seal of The Council of the Borough of Darlington

On the

..... day of 2025

THE COMMON SEAL of the
Council of the Borough of Darlington
was hereunder affixed in the presence of :-

Schedule 1



Schedule 2

Text of section 63 of the Act

1. This section applies where a constable or an authorised person reasonably believes that a person (P) –
 - (a) Is or has been consuming alcohol in breach of a prohibition in a public spaces protection order, or
 - (b) Intends to consume alcohol in circumstances in which doing so would be a breach of such a prohibition.

In this section “authorised person” means a person authorised for the purposes of this section by the local authority that made the public spaces protection order (or authorised by virtue of section 69(1)).

2. The constable or authorised person may require P –
 - (a) Not to consume, in breach of the order, alcohol or anything which the constable or authorised person reasonably believes to be alcohol;
 - (b) To surrender anything in P’s possession which is, or which the constable or authorised person reasonably believes to be, alcohol or a container for alcohol.
3. A constable or an authorised person who imposes a requirement under subsection (2) must tell P that failing without reasonable excuse to comply with the requirement is an offence.
4. A requirement imposed by an authorised person under subsection (2) is not valid if the person –
 - (a) Is asked by P to show evidence of his or her authorisation, and
 - (b) Fails to do so.
5. A constable or an authorised person may dispose of anything surrendered under subsection (2)(b) in whatever way he or she thinks appropriate.
6. A person who fails without reasonable excuse to comply with a requirement imposed on him or her under subsection (2) commits an offence and is liable on summary conviction to a fine not exceeding level 2 on the standard scale.

Text of section 67 of the Act

1. It is an offence for a person without reasonable excuse –
 - (a) To do anything that the person is prohibited from doing by a public spaces protection order, or
 - (b) Fails to comply with a requirement to which the person is subject under a public spaces protection order.
2. A person guilty of an offence under this section is liable on summary conviction to a fine not exceeding level 3 on the standard scale.
3. A person does not commit an offence under this section by failing to comply with a prohibition or requirement that the local authority did not have the power to include in the public spaces protection order.
4. Consuming alcohol in breach of a public spaces protection order is not an offence under this section (but see section 63).

Schedule 3

Challenging this Order (Section 66 of the Act)

1. Any challenge to this Order must be made in the High Court by an interested person within six weeks of it being made. An interested person is someone who lives in, regularly works in, or visits the restricted area. The right to challenge also applies where this Order is varied by the Council.
2. Interested persons can challenge the validity of this Order on two grounds:
 - (a) That the Council did not have the power to make the Order, or to include particular prohibitions or requirements; or
 - (b) That one of the requirements of the legislation has not been complied with.
3. When an application is made the High Court can decide to suspend the operation of the Order pending the Court's decision, in part or totally. The High Court has the ability to uphold the Order, quash or vary it.

DARLINGTON BOROUGH COUNCIL
ANTI SOCIAL BEHAVIOUR, CRIME AND POLICING ACT 2014
PUBLIC SPACE PROTECTION ORDER – BOROUGHWIDE
Number 2 of 2025

Notice is hereby given that Darlington Borough Council (“the Council”) in exercise of its powers under sections 59, 63, & 72 of the Anti-Social Behaviour, Crime and Policing Act 2014 (“the Act”) being satisfied that the conditions set out in section 59 of the Act have been met, make the following order:-

Preliminary

1. The Order applies to the land being within the boundary of Darlington Borough Council, being land in the area of the Council, to which the Anti-Social Behaviour, Crime & Policing Act 2014 applies as set out in schedule 1 of this Order.
2. The order may be cited as the Darlington Borough Council Public Spaces Protection Order – Boroughwide and shall come into force on 1 July 2025 for the duration of three years. At any point before the expiry of this three-year period the Council can extend the Order by up to three years if they are satisfied on reasonable grounds that this is necessary to prevent the activities identified in the Order from occurring or recurring or to prevent an increase in the frequency or seriousness of those activities after that time.
3. The activities identified in paragraph 7 below have been carried out in public places within the Council’s area and have had a detrimental effect to the quality of life of those living in the locality.
4. The Council is satisfied that the conditions set out in sections 59, 63 & 72 of the Act have been met and that it is, in all the circumstances, expedient to make this Order in order to seek to reduce the detrimental effect on the quality of life of those in the locality caused by the activities listed in paragraph 7 below.
5. The effect or likely effect of these activities is, or is likely to be, of a persistent or continuing nature, such as to make these activities unreasonable, and therefore justifies the restrictions imposed by this Order.
6. The Council has had particular regard to the rights and freedoms set out in Article 10 (right of freedom of expression) and Article 11 (right of freedom of assembly) of the European Convention on Human Rights and has concluded that the restrictions on such rights and freedoms imposed by this Order are lawful, necessary and proportionate.

The Activities

7. The Activities covered by this Order are:-
 - (a) Begging.

- (b) Household waste presentation.
- (c) Allowing a dog to stray

8. The effect of this order is to impose the prohibitions on the use of the land as detailed below at all times.

The Prohibitions

Begging

9. No person shall sit or loiter in any place for the purpose of begging. No person shall ask members of the public for money whether by placing an item before them for the receipt of money or otherwise.

Household waste presentation

10. In relation to household waste presentation, each Relevant Person is required to ensure that all household waste presented, or to be presented for collection from Relevant Premises shall be contained in receptacles of such kind and number as may be specified in any notice served by the Council under Section 46 of the Environmental Protection Act 1990 and in accordance with any further requirements of such notice.

11. Each Relevant Person shall have an equal and separate responsibility in relation to the requirement above, whether physically present at the Relevant Property or not.

12. No person shall be in breach of these requirements if that person demonstrates that they have taken all reasonable steps available to that person to secure compliance, provided that proof of the same will lie with that person.

13. This applies to all persons (“the Relevant Person”) in a position to control residential premises located within the Restricted Area (“the Relevant Property”). For the purposes of this Order, Relevant Person means any person residing in, whether permanently, or temporarily, by legal right or simple occupation, any premises situated in the specified area and any owner or managing agent of any premises let on a periodic tenancy and situated within the Restricted Area.

Allowing a dog to stray

14. A person who is responsible for a dog must not permit, allow or fail to prevent the dog from being unaccompanied in the Restricted Area.

15. Where a person who is responsible for a dog wishes to rely upon an exemption set out in this Order, they must demonstrate that they satisfy the requirements of the exemption.

16. Shall not apply to a person who is on the Register as blind or partially sighted and is responsible for an assistance dog. For the purposes of this Order an “Assistance Dog” is

defined as:

- (a) A dog which has been trained to guide a blind or partially sighted person; or
- (b) A dog which has been trained to assist a deaf person; or
- (c) A dog which has been trained to assist a disabled person who has a disability that consists of epilepsy or otherwise affects the person’s mobility, manual dexterity, physical co-ordination or ability to lift, carry or otherwise move everyday objects.

Effect Of Failing To Comply With This Order

- 17. It is an offence for a person without reasonable excuse to engage in an activity that is prohibited by this Order.
- 18. A person guilty of an offence under paragraphs 9, 10 or 11 above, in accordance with section 67 of the Act, is liable on summary conviction to a fine not exceeding level 3 on the standard scale (£1000).
- 19. The full text of sections 63 and 67 of the Act is set out in Schedule 2 to this Order.

Fixed Penalty Notices

- 20. A constable, or a person authorised by the Council for this purpose, may issue a fixed penalty notice to any person he or she believes has committed an offence under section 63 or 67 of the Act. The person will then have 14 days to pay a fixed penalty of £100. If payment is received within 14 days they will not be prosecuted.

Challenging This Order

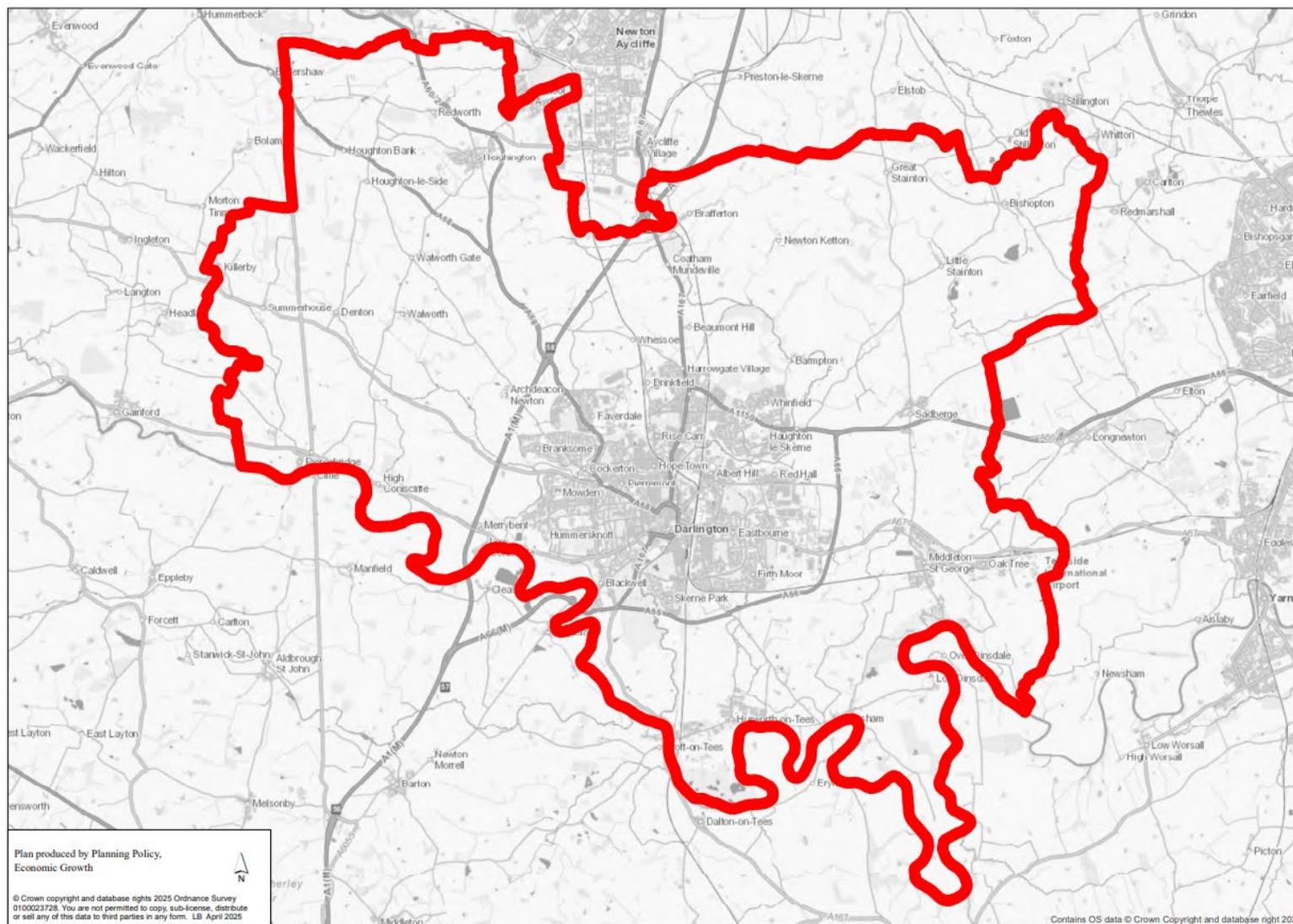
- 21. Any challenge to this Order must be made in the High Court by an interested person within six weeks of it being made. There is further detail regarding this in Schedule 3 attached.

GIVEN under the common seal of The Council of the Borough of Darlington

On the

..... day of 2025

THE COMMON SEAL of the
Council of the Borough of Darlington
was hereunder affixed in the presence of :-



Schedule 2

Text of section 63 of the Act

1. This section applies where a constable or an authorised person reasonably believes that a person (P) –
 - (a) Is or has been consuming alcohol in breach of a prohibition in a public spaces protection order, or
 - (b) Intends to consume alcohol in circumstances in which doing so would be a breach of such a prohibition.

In this section “authorised person” means a person authorised for the purposes of this section by the local authority that made the public spaces protection order (or authorised by virtue of section 69(1)).

2. The constable or authorised person may require P –
 - (a) Not to consume, in breach of the order, alcohol or anything which the constable or authorised person reasonably believes to be alcohol;
 - (b) To surrender anything in P’s possession which is, or which the constable or authorised person reasonably believes to be, alcohol or a container for alcohol.
3. A constable or an authorised person who imposes a requirement under subsection (2) must tell P that failing without reasonable excuse to comply with the requirement is an offence.
4. A requirement imposed by an authorised person under subsection (2) is not valid if the person –
 - (a) Is asked by P to show evidence of his or her authorisation, and
 - (b) Fails to do so.
5. A constable or an authorised person may dispose of anything surrendered under subsection (2)(b) in whatever way he or she thinks appropriate.
6. A person who fails without reasonable excuse to comply with a requirement imposed on him or her under subsection (2) commits an offence and is liable on summary conviction to a fine not exceeding level 2 on the standard scale.

Text of section 67 of the Act

1. It is an offence for a person without reasonable excuse –
 - (a) To do anything that the person is prohibited from doing by a public spaces protection order, or
 - (b) Fails to comply with a requirement to which the person is subject under a public spaces protection order.
2. A person guilty of an offence under this section is liable on summary conviction to a fine not exceeding level 3 on the standard scale.
3. A person does not commit an offence under this section by failing to comply with a prohibition or requirement that the local authority did not have the power to include in the public spaces protection order.
4. Consuming alcohol in breach of a public spaces protection order is not an offence under this section (but see section 63).

Schedule 3**Challenging this Order (Section 66 of the Act)**

1. Any challenge to this Order must be made in the High Court by an interested person within six weeks of it being made. An interested person is someone who lives in, regularly works in, or visits the restricted area. The right to challenge also applies where this Order is varied by the Council.
2. Interested persons can challenge the validity of this Order on two grounds
 - (a) That the Council did not have the power to make the Order, or to include particular prohibitions or requirements; or
 - (b) That one of the requirements of the legislation has not been complied with.
3. When an application is made the High Court can decide to suspend the operation of the Order pending the Court's decision, in part or totally. The High Court has the ability to uphold the Order, quash or vary it.

PSPO DATA April 2025

1. This report provides an update to all data requirements for the PSOP within the period of 1 April 2022 to 31 March 2025 for the Town Centre Beat area (JA1).
2. **Table 1** shows the number of ASB reports as recorded on the Police Systems:

Date	01/04/2022 – 31/03/2023	01/04/2023 – 31/03/2024	01/04/2024 – 31/03/2025
Youth Related ASB	72	55	124
Alcohol Related ASB	66	63	81
Total ASB	216	188	304

Colour Code: Red - above average, Amber – close to average, Green – less than average.

3. **Table 2** shows the number of reports made to the Civic Enforcement of ASB and Begging:

Date	01/04/2022 – 31/03/2023	01/04/2023 – 31/03/2024	01/04/2024 – 31/03/2025
Youth Related ASB	56	38	67
Total ASB	No data	356	280
Begging	190	389	346

Threatening and intimidating behaviour

4. **Table 3** shows the number of reports to the police for Violent related incidents and Public Order offences:

Date	01/04/2022 – 31/03/2023	01/04/2023 – 31/03/2024	01/04/2024 – 31/03/2025
Violence Against the Person	497	424	421
Public Order	244	163	143

5. Public order offences were largely due to suspects shouting, swearing and causing the victims to feel unsafe, distressed and alarmed in public areas in the Town Centre. Tubwell Row, High Row, Skinnergate, and Cornmill centre are hotspot for both offences. This is as a result of high number of licensed premises.

Alcohol related incidents

6. **Table 4** shows the number of reports to the police for alcohol related incidents:

Date	01/04/2022 – 31/03/2023	01/04/2023 – 31/03/2024	01/04/2024 – 31/03/2025
Alcohol related incidents	705	708	667
Alcohol related incidents linked to licensed premises	305	309	270

7. The table above shows that 42% of alcohol related incidents occurred on licensed premises, with Tubwell Row, Church Row, Skinnergate, and Bond Gate as hotspot areas.

FPN's Issued

8. Table 5 shows the number of fixed penalty notices issued over the period of January 2024 – 31 March 2025

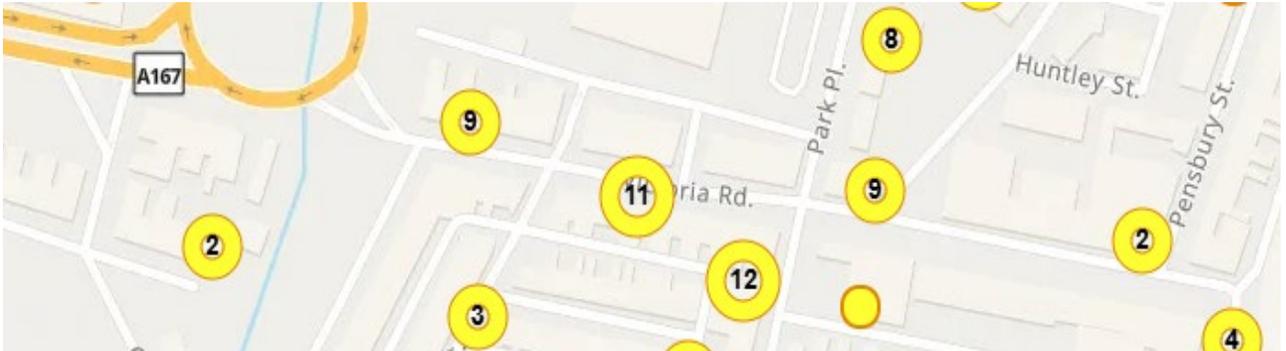
	01/07/2022 to 31/03/2023	01/04/2023 to 31/03/2024	01/04/2024 to 31/03/2025
Fly Tipping/ Depositing of Waste	10	10	11
PSPO Breach – Littering	1	0	0
Littering / Littering from a vehicle	3	2	3
PSPO – Dog Foul	1	3	2
PSPO – Dog Off Lead	1	1	1
CPN Breach ASB	1	2	1
PSPO Breach Begging	8	38	44
ASB Foul and Abusive Language	3	0	2

9. Available powers for enforcing PSPO:

- (a) For Begging the Police would be required to deal with the issue by using the Vagrancy Act of 1824.
- (b) For Anti-social Behaviour, Crime and Policing Act 2014 (the 2014 Act) will be used to tackle ASB.

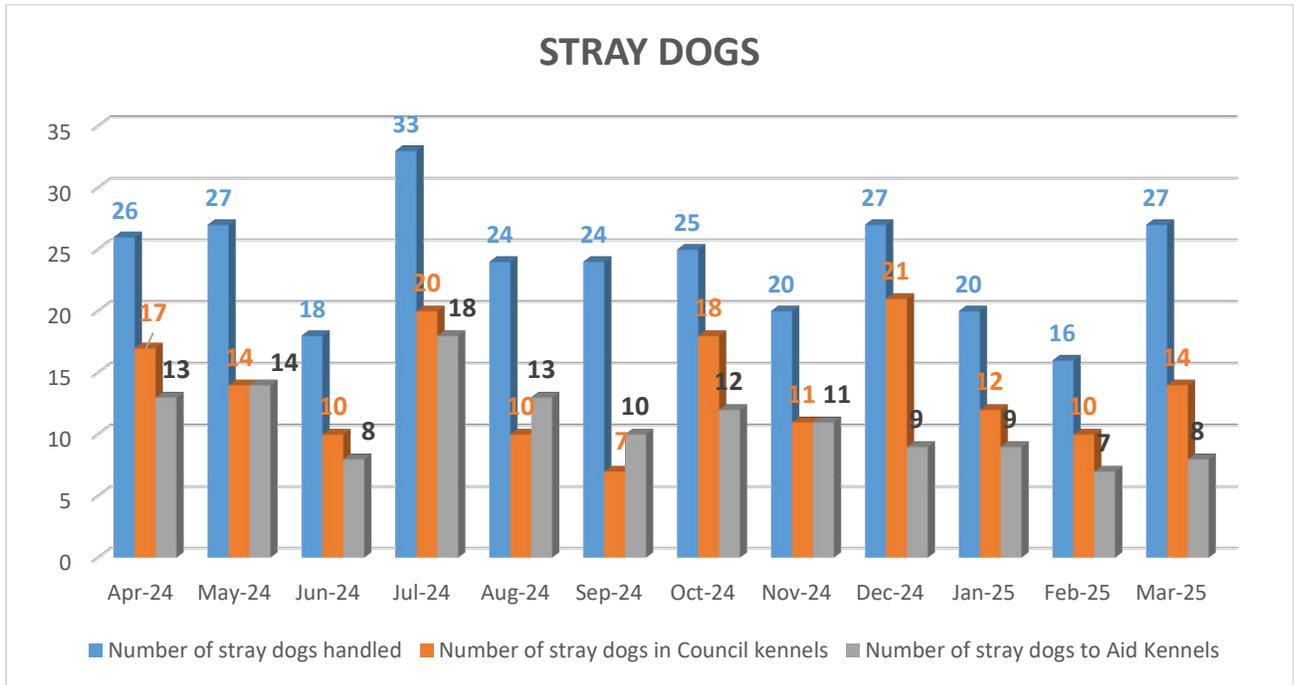
PSPO Extension (Victoria Road – from station down to ring road)

10. Below is a mapping of incidents around the Victoria Road axis, which has numerous reports ranging from ASB, Begging at Sainsbury, Criminal damages, theft etc.



Stray Dogs

1. This captures stray dogs handled between 01/04/2024 – 31/03/2025.

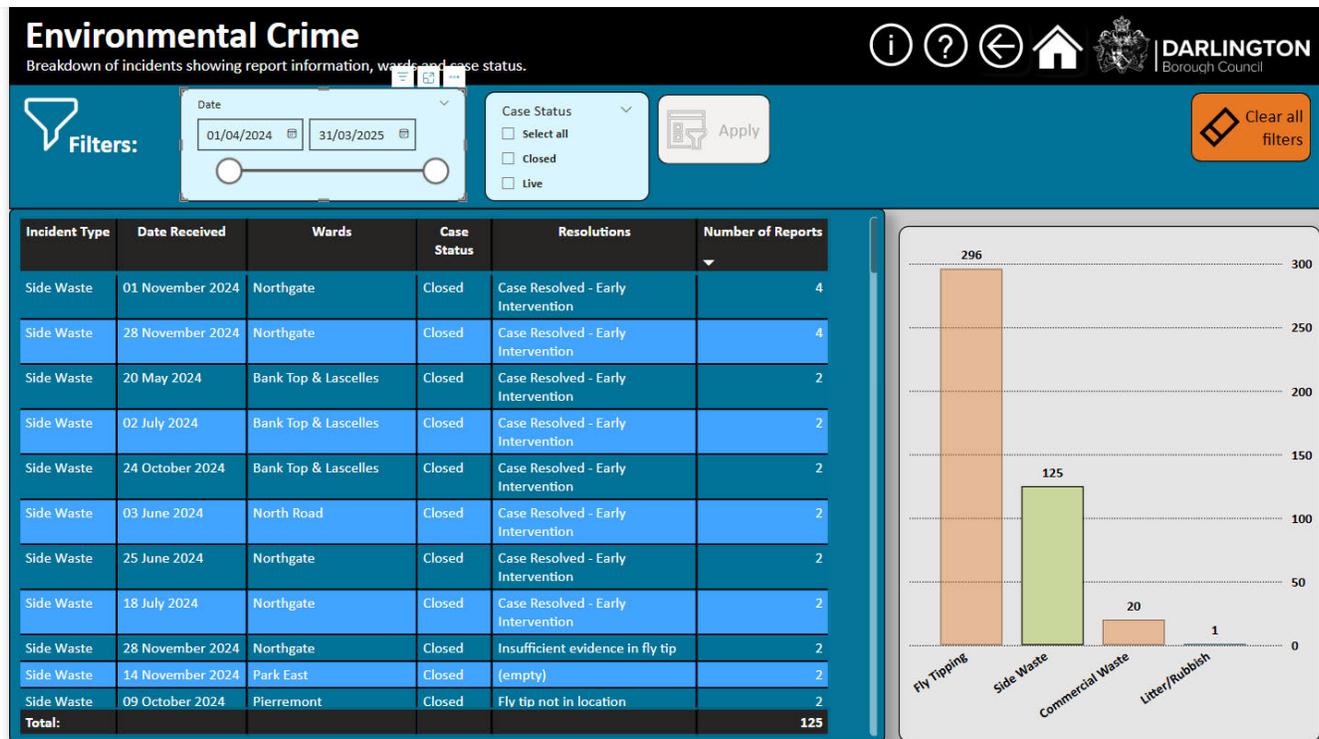
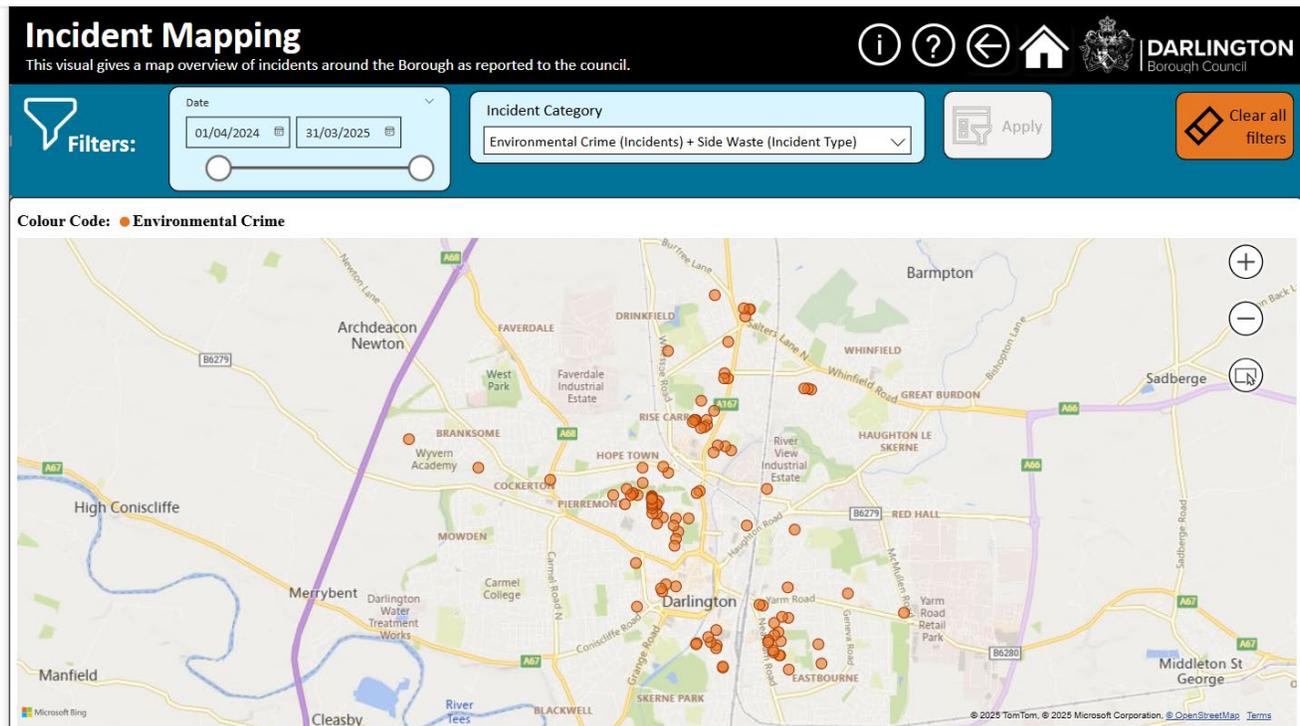


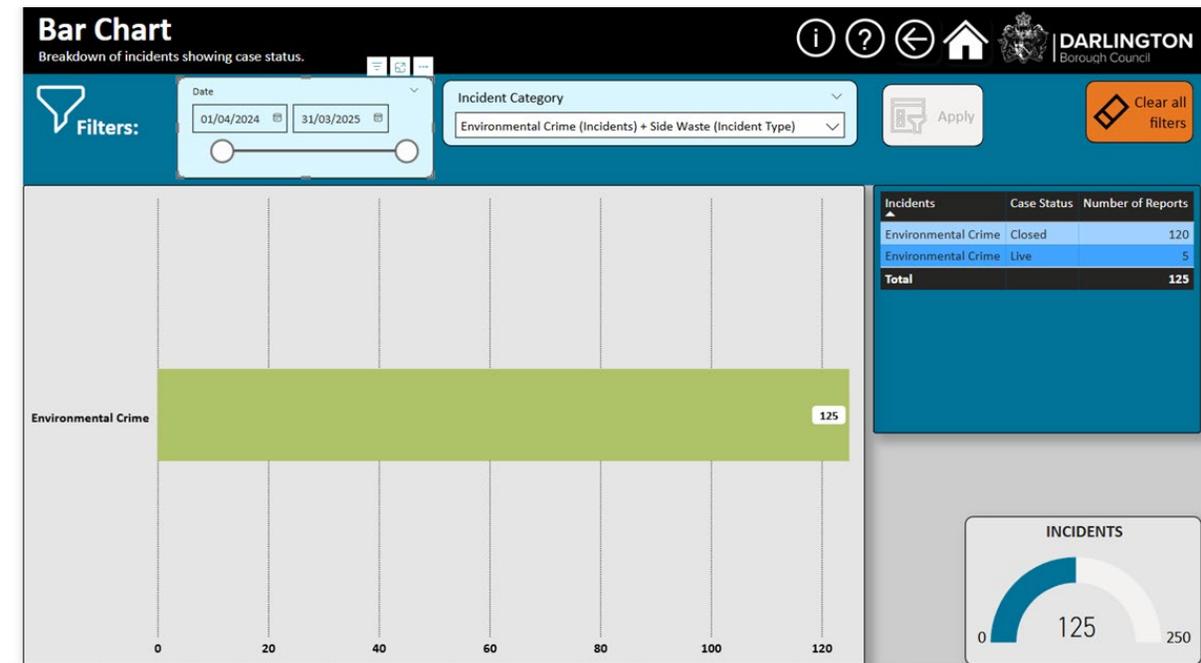
Begging Boroughwide

2. Reports of begging in certain retail centres include Sainsbury on Victoria Road/Duke Street, ASDA on Nesham Road, Cockerton, North Road Retail Park and ASDA Whinfield.

Side Waste Dashboard

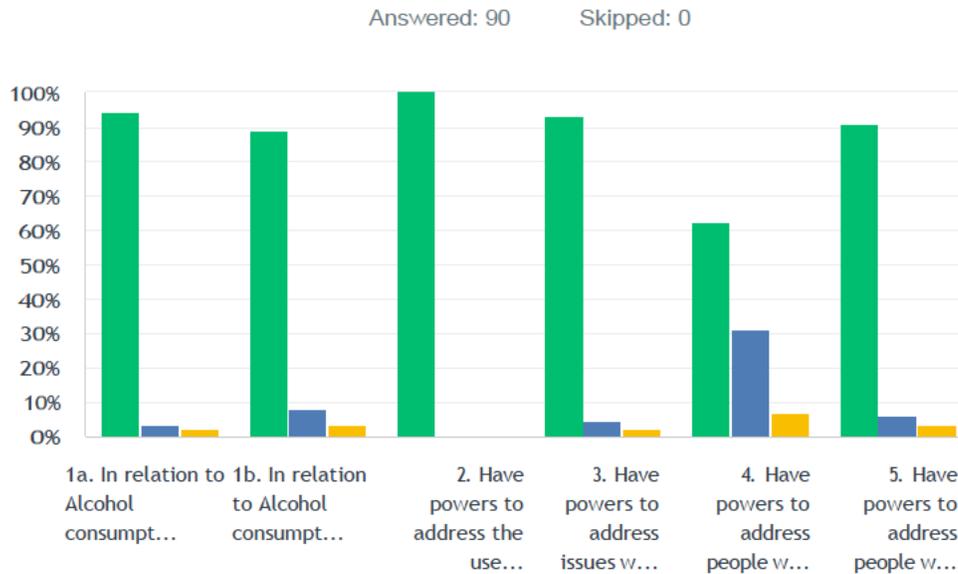
3. This following screen shots show side waste incidents between 01/04/2024 – 31/03/2025.





PSPO Public Consultation- Town Centre

Q1 We are consulting on the renewal and modifications to the town centre PSPO and we would like to understand your view on whether the Council and other relevant organisations should have powers to deal with the following matters within the PSPO area:



Yes ■ No ■ Don't know ■

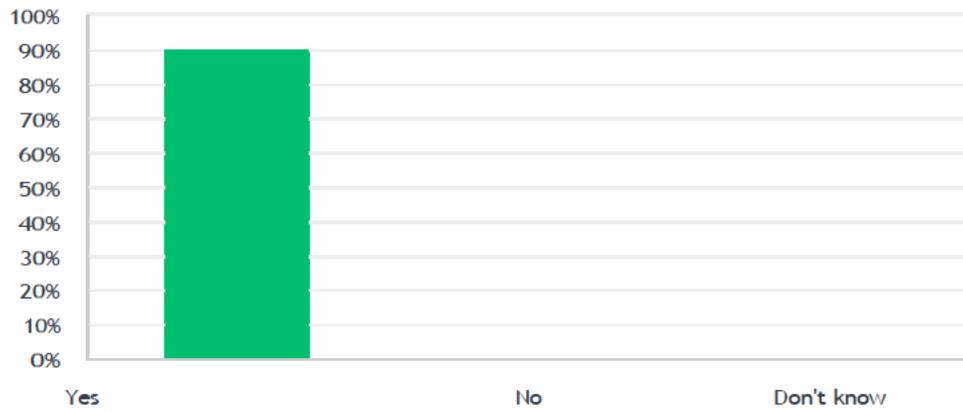
	YES	NO	DON'T KNOW	TOTAL	WEIGHTED AVERAGE
1a. In relation to Alcohol consumption in the town centre area to have powers to address the issues this causes if people continue to drink alcohol in public places, which are not licensed premises, after they have been asked to stop?	94.44% 85	3.33% 3	2.22% 2	90	1.08
1b. In relation to Alcohol consumption in the town centre area to have powers to address the issues if people fail to surrender any alcohol in their possession in public places, which are not licenced premises, when asked to do so?	88.89% 80	7.78% 7	3.33% 3	90	1.14
2. Have powers to address the use threatening or intimidating behaviour towards any other person?	100.00% 90	0.00% 0	0.00% 0	90	1.00
3. Have powers to address issues with people sitting and/or loitering in any place for the purpose of begging?	93.33% 84	4.44% 4	2.22% 2	90	1.09
4. Have powers to address people who continue to feed Birds/pigeons after they have been asked to stop?	62.22% 56	31.11% 28	6.67% 6	90	1.44

5. Have powers to address people who use of a skateboards, scooters, skates or bicycles causing damage to property and/or nuisance or annoyance to other persons?

91.11%	5.56%	3.33%
82	5	3
	90	
	1.12	

Q2 Do you support the extension of the area covered by the PSPO?

Answered: 90 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	92.22%	83
No	3.33%	3
Don't know	4.44%	4
TOTAL		90

Q3 Please add any comments that you would like to make about these proposals.

Answered: 33

Skipped: 57

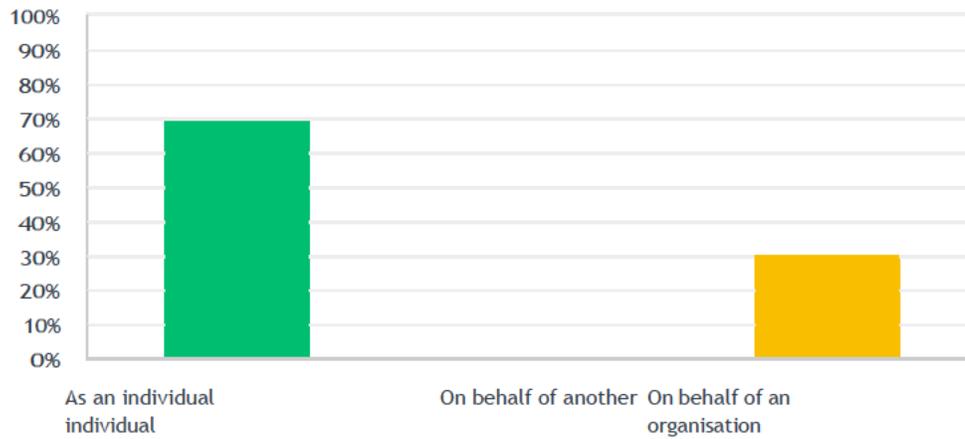
#	RESPONSES	DATE
1	Extend area to cover all of Gladstone Street	4/15/2025 9:05 PM
2	The sooner the better These measures are unfortunately greatly needed	4/15/2025 8:54 AM
3	I would also prefer other items to be added such as : Littering, youths misbehaving,deliberately damage of flowers in planters etc. I would also add that it is fine putting all these measures and restrictions in, but how will they be policed and implemented?	4/12/2025 9:01 AM
4	The only problem that I have when you report things nothing happens or it's the parking problems in vine street darlington or not another wardens	4/11/2025 3:01 PM
5	These are good proposals but you need to be careful that the problems don't just go to outside the zone.	4/7/2025 6:20 PM
6	Need to make it safer for females to walk and run alone without intimidation or getting shouted at	4/7/2025 4:22 PM
7	Pigeon feeding could easily have designated zones so that the birds are all over town. Stopping people feeding will mean more begging behaviour and birds will go into shops to look for food. Prosecution doesn't work.	4/7/2025 4:06 PM
8	Don't get all the hate to the pigeons , they are a part of the town centre and are just doing their best to survive	4/7/2025 2:58 PM
9	People feeding the pigeons isn't an issue. It's not exactly a crime	4/7/2025 2:16 PM
10	Birds have never been an issue and should not be included in this. Pigeons are the descendants of birds we bred and used. They were vital during the world wars. We domesticated them and we have a responsibility to continue to care for them. They are not the "pest" people believe them to be and they bring a sense of life to the town center. Without them, the streets will start to feel lifeless and cold. Please remove the signs and consider embracing our pigeon populationthey're ours and we should find ways to live in harmony with them. Please consider the following: https://www.audubon.org/news/the-origins-our-misguided-hatred-pigeons	4/7/2025 12:48 PM
11	You have enough 'Powers already	3/31/2025 7:07 PM
12	Area outside of Tesco's by the cash machine of particular concern with people loitering asking for change, this will eventually lead to cash point robberies in my opinion as people get more desperate. Face coverings should not be allowed in shops. The town centre generally has seen a huge increase in teenagers causing issues on weekends which needs addressing (proportionally) and more concerning the town centre at night appears to be becoming a more intimidating place to be which will effect footfall for businesses. A bigger police presence would help people feel safer. Thanks	3/29/2025 8:10 AM
13	Antisocial behaviour from youths is one of the biggest issues in our Town and needs addressing not just in the town centre , I am totaly apposed to the stopping of people feeding the pigeons these birds served us in the war and are descendent from domesticated bird it also gives people pleasure and helps mental health why can't there be designated areas to feed them where they could also roost lots of other towns do this Chester has a fantastic set up but flying hawks and trying to stop people feeding them won't work	3/27/2025 4:45 PM
14	Definitely need powers and more robust approach dealing with alcohol consuming people in not licensed areas, especially town center areas where vulnerable people around. Loitering, being loud and swearing is as bad as ASB.I, and also should be dealt robustly	3/24/2025 9:21 PM
15	I agree with all the proposals and we should address littering and kids causing mayhem in town	3/24/2025 9:18 PM

centre

16	Anti social behavior is on the rise in the town along with shoplifting this needs to be addressed	3/24/2025 3:32 PM
17	no	3/24/2025 2:32 PM
18	Asbo behaviour, [REDACTED] lack of respect for law, homeless, and underage drinking	3/24/2025 2:13 PM
19	It's imperative to the success of our high street in these difficult times that any barrier to people coming into the town is removed. Vagrants, alcoholics, and overly confident children are a huge problem, and seem to take over the streets in the absence of consumers	3/24/2025 12:17 PM
20	Didn't understand retention of alcoholic question. If its taking it off inebriated people then yes not a problem but otherwise no.	3/24/2025 12:02 PM
21	It would also help if Central Park was added to the area covered as we have lots of those anti social issues there	3/24/2025 11:29 AM
22	the PSPO is already in place and i feel after been in security for the past 10 years in the town it doesn't work the the enforcement and police have no control over the anti social behaviour begging and bird feeding is just as bad as before the last PSPO if not worse enforcement are nowhere to be seen when traveling community are parking all over Feethams to attend Nando's after church.	3/24/2025 10:31 AM
23	There should also be extended powers/action against those who urinate or defecate in public spaces, I feel this is a common issue that has very little reprisal.	3/24/2025 10:24 AM
24	We are a member of Darlington Shop Watch, we appreciate all the help and support this provides us along with the local PCSO's. As a local business will fully endorse all initiatives that keep our customers and shop team safe. Thanks	3/24/2025 10:23 AM
25	I preface this by saying I found the map difficult to see. However, it should be extended to embrace the vicinity of the new station on the St Johns side.	3/24/2025 10:21 AM
26	People need to see action and clamp down hard on antisocial behaviour. Suitors need to feel safe and a visible presence is vital. That's why our BID Rangers were so effective.	3/24/2025 10:20 AM
27	these small issues like feeding birds, and begging etc might seem small problems to you but are huge concerns to traders in the town so need to get these problems sorted	3/24/2025 10:12 AM
28	It would be good to have a few known points of reference on the map so people can establish the area in question and this boundary	3/24/2025 10:10 AM
29	I support all the proposals! The amount of gobby kids that linger on High Row on a Sunday Evening around 4pm is getting worse.	3/24/2025 10:07 AM
30	cover as much as you need - your doing a good job and this town is going downhill fast	3/24/2025 10:03 AM
31	Also stop religious speech via a mic and amplifier. Some of the speech I've heard is nasty and antagonising	3/19/2025 10:51 AM
32	This is needed across the town	3/7/2025 3:34 PM
33	I believe in years that unruly, abusive and threatening behaviour has increased in the town centre and generally in the borough. The lack of respect has increased. Younger children are causing mayhem in some areas without the fear of any consequences.	3/7/2025 3:23 PM

Q4 Are you responding to this consultation

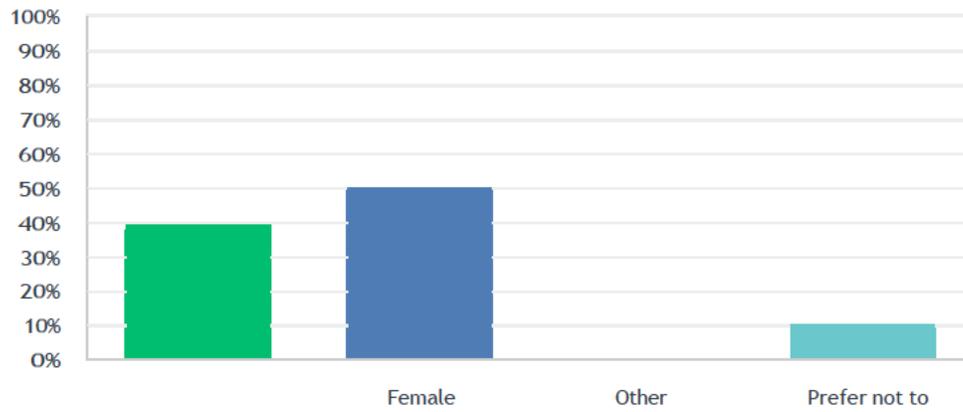
Answered: 82 Skipped: 8



ANSWER CHOICES	RESPONSES	
As an individual	68.29%	56
On behalf of another individual	1.22%	1
On behalf of an organisation	30.49%	25
TOTAL		82

Q7 What is your, or the person on whose behalf you are responding, sex?

Answered: 82 Skipped: 8

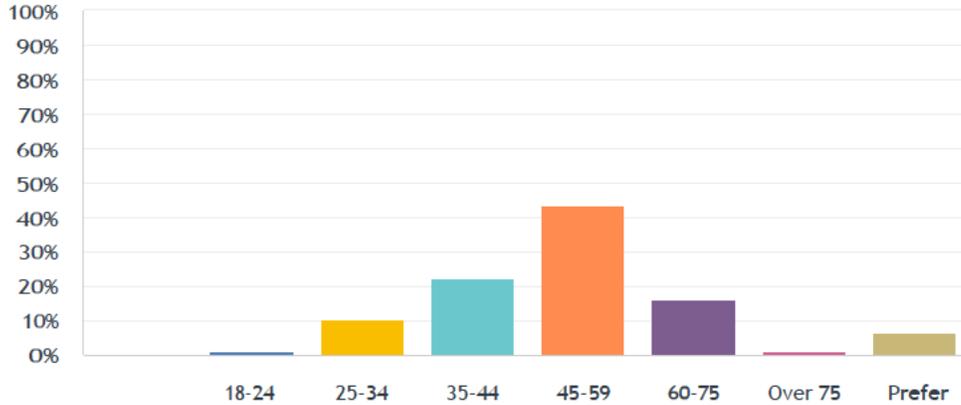


Male
say

ANSWER CHOICES	RESPONSES	
Male	37.80%	31
Female	51.22%	42
Other	0.00%	0
Prefer not to say	10.98%	9
TOTAL		82

Q8 What age group do you, or the person on whose behalf you are responding, fall into?

Answered: 81 Skipped: 9

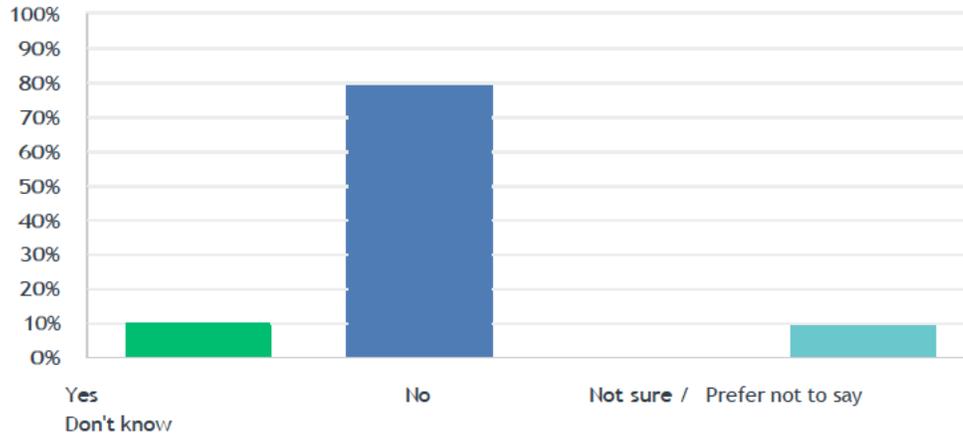


Under 18
not to say

ANSWER CHOICES	RESPONSES	
Under 18	0.00%	0
18-24	1.23%	1
25-34	9.88%	8
35-44	22.22%	18
45-59	43.21%	35
60-75	16.05%	13
Over 75	1.23%	1
Prefer not to say	6.17%	5
TOTAL		81

Q9 Do you, or the person on whose behalf you are responding, consider yourself / themselves to have a disability?

Answered: 81 Skipped: 9



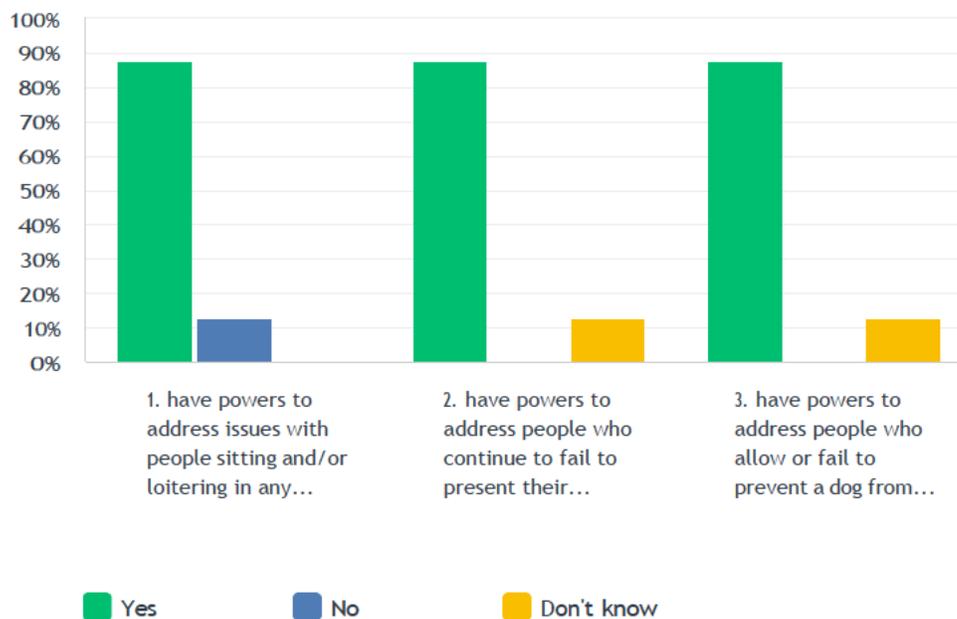
ANSWER CHOICES	RESPONSES	
Yes	11.11%	9
No	80.25%	65
Not sure / Don't know	0.00%	0
Prefer not to say	8.64%	7
TOTAL		81

PSPO Public Consultation – Borough Wide

Appendix 6

Q1 We are consulting on the introduction of a borough wide PSPO and we would like to understand your view on whether the Council and other relevant organisations should have powers to deal with the following matters across the borough.

Answered: 8 Skipped: 0



	YES	NO	DON'T KNOW	TOTAL	WEIGHTED AVERAGE
1. have powers to address issues with people sitting and/or loitering in any place for the purpose of begging?	87.50% 7	12.50% 1	0.00% 0	8	1.13
2. have powers to address people who continue to fail to present their household waste in the correct way?	87.50% 7	0.00% 0	12.50% 1	8	1.25
3. have powers to address people who allow or fail to prevent a dog from being unaccompanied in the PSPO area i.e. allowing a dog to stray?	87.50% 7	0.00% 0	12.50% 1	8	1.25

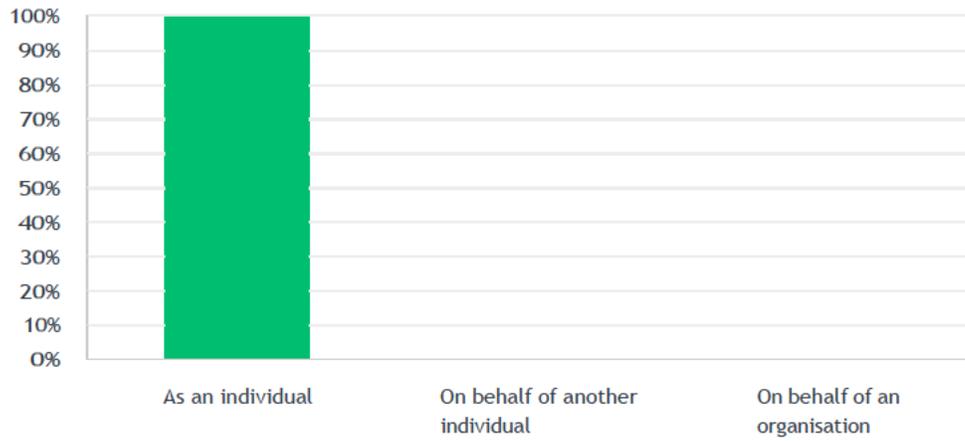
Q2 Please add any comments that you would like to make about these proposals.

Answered: 4 Skipped: 4

#	RESPONSES	DATE
1	If a PSPO is introduced, it would be essential to pair it with strategies focused on providing support and assistance to those who beg, rather than solely relying on enforcement. A compassionate approach, with clear outreach services, would likely be the most effective way of addressing this complex issue while ensuring the well-being of all borough residents.	3/13/2025 12:51 PM
2	Can you ensure that Parkside, from South Park entrance near to Grange Road up to Geneva and Nesham Road as the number of times I have been nearly knocked over on the pavement by people on motorised bike (electric and combustion engine) wearing balaclavas. They threaten you too	3/7/2025 5:00 PM
3	When problems are going on in the town and being dealt with, the problems then get dispersed to outer areas so a borough wide PSPO is needed.	3/7/2025 3:32 PM
4	I agree with all of the above proposals. Some areas are in a mess with discarded waste, run down buildings and unkept gardens.	3/7/2025 3:14 PM

Q3 Are you responding to this consultation

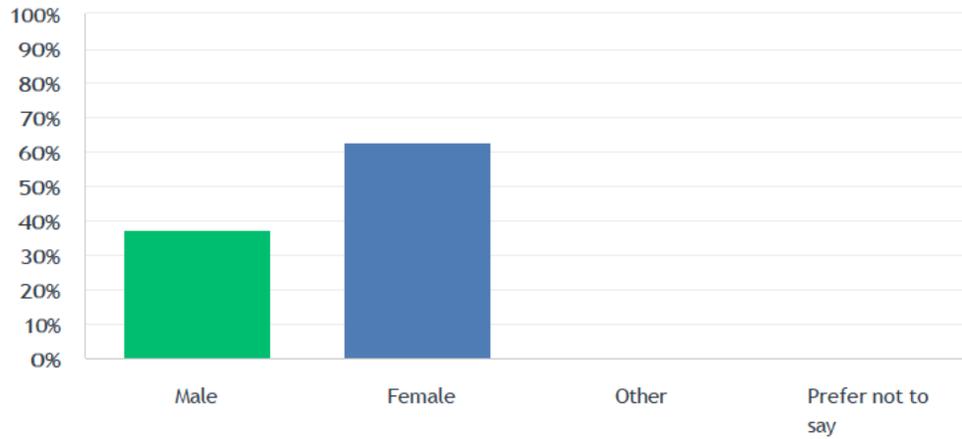
Answered: 8 Skipped: 0



ANSWER CHOICES	RESPONSES	
As an individual	100.00%	8
On behalf of another individual	0.00%	0
On behalf of an organisation	0.00%	0
TOTAL		8

Q6 What is your, or the person on whose behalf you are responding, sex?

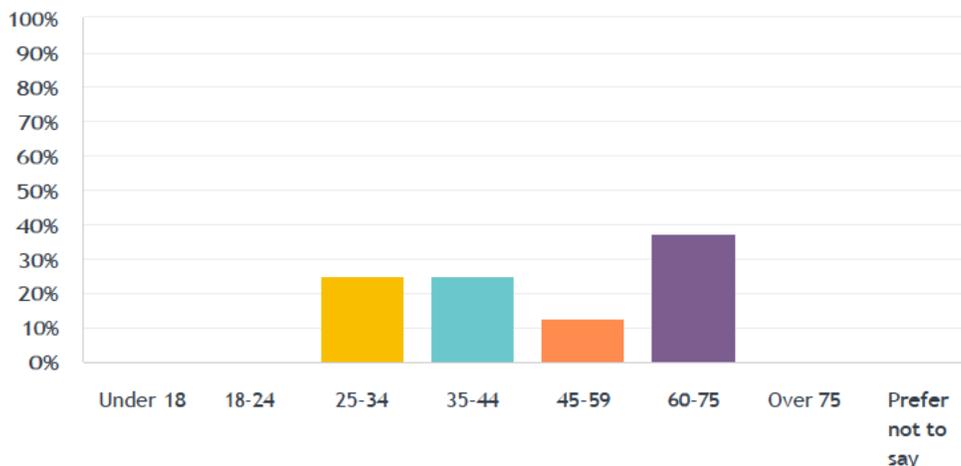
Answered: 8 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	37.50%	3
Female	62.50%	5
Other	0.00%	0
Prefer not to say	0.00%	0
TOTAL		8

Q7 What age group do you, or the person on whose behalf you are responding, fall into?

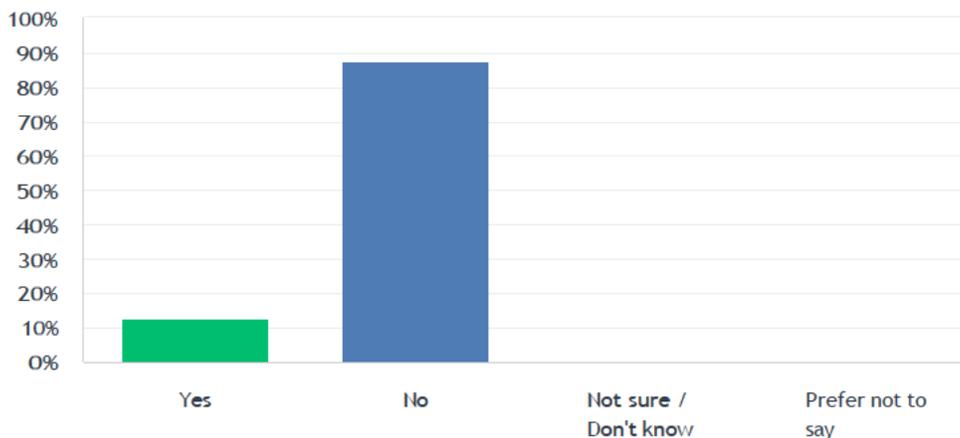
Answered: 8 Skipped: 0



ANSWER CHOICES	RESPONSES	
Under 18	0.00%	0
18-24	0.00%	0
25-34	25.00%	2
35-44	25.00%	2
45-59	12.50%	1
60-75	37.50%	3
Over 75	0.00%	0
Prefer not to say	0.00%	0
TOTAL		8

Q8 Do you, or the person on whose behalf you are responding, consider yourself / themselves to have a disability?

Answered: 8 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	12.50%	1
No	87.50%	7
Not sure / Don't know	0.00%	0
Prefer not to say	0.00%	0
TOTAL		8
0.00%		0



DARLINGTON
Borough Council

EIA Screening Form and Record Form

Initial equality impact assessment screening form

This form is an equality screening process to determine the relevance of equality to an activity, and a decision whether or not a full EIA would be appropriate or proportionate.

Directorate:	Environment, Highways & Community Services Group.
Service Area:	Community Safety.
Activity being screened:	Implementation of Town Centre Public Space Protection Order (PSPO).
Officer(s) carrying out the screening:	Scott Richardson
What are you proposing to do?	Amend and renew the existing Town Centre PSPO. The PSPO will equip officers including Police Officers, Police Community Support Officers, Civic Enforcement Officers and any other authorised Council officers, with powers to effectively deal with the prohibitions contained within the PSPO.
Why are you proposing this? What are the desired outcomes?	PSPO's are intended to limit and restrict specified activities which cause nuisance to our community. Legislation allows Councils to make an Order to restrict specified activities which have been judged to have a detrimental effect on the quality of life in a specified area.
Does the activity involve a significant commitment or removal of resources? Please give details	No

Is there likely to be an adverse impact on people with any of the following protected characteristics as defined by the Equality Act 2010, or any other socially excluded groups?

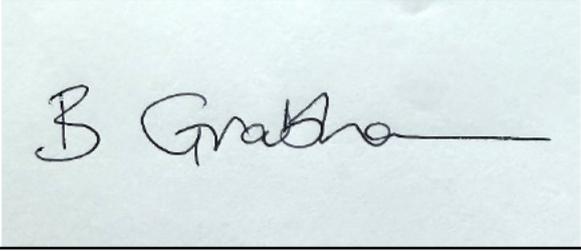
As part of this assessment, please consider the following questions:

- To what extent is this service used by particular groups of people with protected characteristics?

- Does the activity relate to functions that previous consultation has identified as important?
- Do different groups have different needs or experiences in the area the activity relates to?

If for any characteristic it is considered that there is likely to be a significant adverse impact or you have ticked 'Don't know/no info available', then a full EIA should be carried out where this is proportionate.

Protected characteristic	Yes	No	Don't know/ Info not available
Age	✓		
Disability	✓		
Sex (gender)	✓		
Race		✓	
Sexual Orientation		✓	
Religion or belief		✓	
Gender reassignment		✓	
Pregnancy or maternity		✓	
Marriage or civil partnership		✓	
Other			
Carer (unpaid family or friend)		✓	
Low Income	✓		
Rural Location		✓	
Care Leaver		✓	
Does the activity relate to an area where there are known inequalities/probable impacts (e.g. disabled people's access to public transport)? Please give details.	No		
Will the activity have a significant effect on how other organisations operate? (e.g. partners, funding criteria, etc.). Do any of these organisations support people with protected characteristics? Please explain why you have reached this conclusion.	No – ensuring compliance with the PSPO is part of the current day to day business of officers patrolling the Town Centre.		
Decision (Please tick one option)	EIA not relevant or proportionate:		Continue to full EIA: ✓
Reason for Decision	Sections of the community with a protected characteristic have been identified as potentially being more affected than others as a result of the implementation of the PSPO.		

Signed (Assistant Director)	
Date	20.03.2025



Equality Impact Assessment Record Form

This form is to be used for recording the Equality Impact Assessment (EIA) of Council activities. It should be used in conjunction with the guidance on carrying out EIA in **Annex 3** of the Equality Policy. The activities that may be subject to EIA are set out in the guidance.

EIA is particularly important in supporting the Council to make fair decisions. The Public Sector Equality Duty requires the Council to have regard to the need to eliminate discrimination, harassment and victimisation, advance equality of opportunity and foster good relations.

Using this form will help Council officers to carry out EIA in an effective and transparent way and provide decision-makers with full information on the potential impact of their decisions. EIAs are public documents, accompany reports going to Councillors for decisions and are published with committee papers on our website and are available in hard copy at the relevant meeting.

Title of activity:	Renewal of the Town Centre Public Space Protection Order (PSPO)	
Name of Directorate and Service Area:	Environment, Highways and Community Services Group	
Lead Officer and contact details	Scott Richardson Ext 6753	
Assistant Director accountable for this EIA	Ben Grabham	
Who else will be involved in carrying out the EIA:		
When did the EIA process start?	March 2025	

Section 2 – The Activity and Supporting Information

Details of the activity (describe briefly - including the main purpose and aims) (e.g. are you starting a new service, changing how you do something, stopping doing something?)

It is proposed that the Town Centre PSPO is amended and renewed. If implemented, prohibitions within the PSPO would include:

- a) Persons drinking alcohol in public places which are not licenced premises.
- b) Feeding of birds/pigeons after they have been asked to stop.
- c) Threatening Behaviour.
- d) Anti-social use of a skateboard, scooter, skates or bicycle.
- e) Begging.
- f) A proposed change to the boundary of the area covered by the PSPO.

While the PSPO is designed to prohibit certain activities, it is also designed to enable the public to feel that Darlington is a safe and welcoming place for all.

The responsibility for making an Order lies with the Council. The Council must, prior to making an Order, be satisfied on reasonable grounds, that the activities carried out in a public space have had or are likely to have a detrimental effect on the quality of life of those in the community and, that the effect or likely effect of the activities:

- a) Is or is likely to be persistent or continuing.
- b) Is or is likely to be such as to make the activities unreasonable; and
- c) Justifies the restrictions imposed.

Where a PSPO is in force, a Police Officer, Police Community Support Officer (PCSO) or an authorised Council Officer witnessing behaviour that breaches its conditions may challenge the individual(s) concerned and request them to comply. If the individual does not comply with the request an offence is committed.

An offence of failing to comply with the prohibitions contained within the PSPO is punishable by a fine of up-to £1000 (£500 if the prohibition relates to the consumption of alcohol) or by a fixed penalty of up-to £100.

An offence is only committed if a person refuses to stop carrying out a prohibited activity when asked to do so by a Police Officer, PCSO or an authorised Council Officer. If the person follows the instruction, no further action is required. Any failure to comply with an instruction to desist from carrying out the prohibited activity would generally on the first instance lead to a Fixed Penalty Notice being issued, rather than a prosecution at Court.

Why is this being proposed? What are the aims? What does the Council hope to achieve by it? (e.g. to save money, meet increased demand, do things more efficiently)

The PSPO aims to address certain types of behaviour which has a detrimental effect on our communities. Following a review of the alcohol control prohibitions within the existing PSPO, it is proposed to remove the wording “acting in an anti-social manner” in both prohibitions as this effectively allows drinking to

continue until an issue occurs. The removal of the wording will enable proactive approaches to be taken to address the issue before it becomes problematic for the community.

The introduction of the prohibition around feeding of birds and pigeons will provide additional powers to officers to deter the feeding of them. A number of initiatives have been implemented including physical deterrents and birds of prey being flown to try and manage the situation, however, the ongoing feeding of these is an issue which contributes to numerous issues for the Council, residents and businesses to manage.

The continuation of the Threatening Behaviour prohibition will allow officers to continue to support the community to remain safe and resilient, supporting the Council Plan.

It is proposed to add a prohibition within the Town Centre PSPO to prevent the anti-social use of bicycles, scooters, skateboards and skates. This is to enable action to be taken against those persons who act in such a manner putting members of the public and themselves at risk of injury and causing damage to street furniture.

Should the begging prohibition within the Boroughwide PSPO be enacted, it is proposed to include the prohibition within the Town Centre also.

It is further proposed to extend the area covered by the PSPO to include Victoria Road from the Railway Station entrance to Feethams. This is an important gateway to the Town Centre that has experienced issues of anti-social behaviour covered by the existing PSPO, and the proposed new prohibitions.

What will change? What will be different for service users/ customers and/ or staff?

The wording within the current PSPO has posed operational challenges with officers only being able to deal with groups of adults who congregate in various locations within the Town Centre from 8am after their behaviour becomes disruptive. The proposed rewording of the PSPO will allow officers to deal with these adults before any disruptive behaviour occurs.

The current process to deal with the feeding of birds and pigeons within the Town Centre relies on the use of section 87 of the Environment Act 1990 (littering offences). For a fixed penalty notice to be issued for littering, a person must be seen by an officer depositing waste onto the ground and leaving the area. No offence is committed if a person feeds birds and remains in the area until it is consumed. The Town Centre continues to have issues with the number of pigeons, which are attracted by persons feeding them daily. The new prohibition within the PSPO will allow officers to request the persons feeding the pigeons to stop the behaviour, with an offence occurring if the feeding continues after this.

The results of the Durham Police Call It Out Survey in 2021, which was carried out in relation to Violence against Women and Girls, suggest 61% of respondents did not feel safe outdoors after dark. It is hoped that the continuation of the prohibition relating to Threatening Behaviour will encourage females to feel safer in the Town Centre.

The introduction of a prohibition to prevent the anti-social use of bicycles, scooters, skateboards and skates is proposed to allow officers to take action against persons who carry these acts out. Currently persons are riding bicycles into shops, cycling in an aggressive manner towards pedestrians before veering away at the last moment and performing wheelies/stunts in pedestrian areas. The prohibitions if enacted would allow officers to take effective action against those who continue to behave in such a manner after being instructed to stop using referrals into the youth justice engagement service or by issuing fixed penalty notices where appropriate.

Should the begging prohibition be enacted in the Boroughwide PSPO, there will be no changes to the current process in dealing with beggars within the Town Centre.

Issues which the PSPO seek to address are also prevalent in other areas of Darlington. The proposed extension of the area covered by the PSPO will allow officers to deal with these issues in what is a key gateway into the Town Centre.

What data, research and other evidence or information is available which is relevant to the EIA?

Consultation findings from the 2024/27 Council Plan. The findings show that 69% of respondents agreed with the statement that “supporting communities to remain safe and resilient by working with key agencies to address anti-social behaviour and crime issues in the community”.

<https://democracy.darlington.gov.uk/documents/s22280/Appendix%20A.pdf>

2023 Crisis survey <https://www.crisis.org.uk/about-us/crisis-media-centre/it-would-take-your-soul-away-major-new-research-from-crisis-reveals-the-inhumanity-faced-by-people-sleeping-rough-in-england/>

Police data (refer to appendix ?? in the main report).

Engagement and consultation (What engagement and consultation has been done regarding the proposal and what are the results? What consultation will be needed and how will it be done?)

There is a requirement for a period of statutory consultation to be undertaken before a decision can be made to make an Order. It is imperative for the consultation to be accessible and engaging with those likely to be affected by the Order, both positively and negatively. The consultation in relation to this Order was open from 6 March 2025 to 16 April 2025.

Consultation was undertaken as follows:

- a) Social media.
- b) Council’s web pages – information and draft order.
- c) Durham Constabulary.
- d) Durham Police & Crime Commissioner.
- e) The 700 Club.
- f) Town Centre business consultation – link to consultation sent to all businesses via WhatsApp

There was a positive response to the consultation with a range of responses from local business and members of the community. Durham Police & Crime Commissioner, Durham Constabulary and the 700 Club are fully supportive of the PSPO.

Darlington’s operational response to begging is overseen by the multi-agency “begging group” whose membership includes:

- Durham Constabulary.
- 700 Club.
- Housing Services.
- DWP.
- Drug & Alcohol Services.
- Civic Enforcement.

- Regional Rough Sleeper Coordinator.

The group members are in support of the PSPO being extended to cover the whole of Darlington including the Town Centre PSPO area.

What impact will this activity have on the Council's budget? (e.g. cost neutral, increased costs or reduced costs? If so, by how much? Explain briefly why this is the case)

The implementation of the PSPO will be cost neutral to the Council.

Section 3: Assessment

How will the activity affect people with protected characteristics?	No Impact	Positive impact	Negative impact	Why will it have this effect? (refer to evidence from engagement, consultation and/or service user data or demographic information, etc.)
Age		✓	✓	<p>Statistics show that youth nuisance is prevalent in the Town Centre, therefore there is the likelihood that young people are more likely to be impacted by the implementation of the PSPO than older age groups.</p> <p>Conversely, older people have reported as more likely to feel unsafe in the Town Centre and therefore are likely to be positively impacted by the implementation of a PSPO.</p>
Disability (Mobility Impairment, Visual impairment, Hearing impairment, Learning Disability, Mental Health, Long Term Limiting Illness, Multiple Impairments, Other – Specify)		✓	✓	<p>There is a correlation between individuals engaging in anti-social behaviour and individuals with substance misuse problems. These individuals are more likely to suffer from mental health issues and/or learning impairments. Individuals with one or more of these disabilities have therefore been identified as more likely to be negatively affected by the introduction of a PSPO.</p> <p>Conversely, individuals with disabilities have reported as most likely to feel unsafe in the Town Centre and therefore are likely to be positively impacted by the introduction of a PSPO.</p>
Sex (Gender)		✓	✓	<p>There is a higher number of male beggars in the Town Centre, and it is therefore likely that these males are more likely to be negatively impacted by the PSPO than females.</p> <p>Conversely, 61% of females who responded to Durham Police Call It Out survey in 2021 did not feel safe outdoors</p>

				after dark. The implementation of the PSPO may have a positive impact on these females.
Race	✓			The is no anticipated impact on race as a protected characteristic group regarding this proposed activity.
Gender Reassignment	✓			The is no anticipated impact on gender reassignment as a protected characteristic group regarding this proposed activity.
Sexual Orientation	✓			The is no anticipated impact on sexual orientation as a protected characteristic group regarding this proposed activity.
Religion or belief	✓			The is no anticipated impact on religion or belief as a protected characteristic group regarding this proposed activity.
Pregnancy or maternity	✓			The is no anticipated impact on pregnancy or maternity as a protected characteristic group regarding this proposed activity.
Marriage or civil partnership	✓			The is no anticipated impact on marriage or civil partnership as a protected characteristic group regarding this proposed activity.
How will the activity affect people who:	No impact	Positive Impact	Negative Impact	Why will it have this effect? (Refer to evidence from engagement, consultation and/or service user data or demographic information, etc.)
Live in a rural location?	✓			The is no anticipated impact on rural locations regarding this proposed activity.
Are carers?	✓			The is no anticipated impact on carers regarding this proposed activity.

Are on a low income?			✓	<p>Committing offences prohibited by the PSPO could result in a fine which some individuals on a low income may struggle to pay. It is recognised that begging can have ties with poverty and social exclusion, with individuals engaging in begging due to insufficient access to financial services. Officers routinely direct individuals to local support services in their interactions with beggars.</p>
Are a Care Leaver?	✓			<p>There is no anticipated impact on care leavers regarding this proposed activity.</p>

Section 4: Cumulative Impacts

Cumulative Impacts – will the activity affect anyone more because of a combination of protected characteristics? (E.g. older women or young gay men – state what you think the effect might be and why, providing evidence from engagement, consultation and/or service user data or demographic information, etc.)

Are there any other activities of which you are aware which might also impact on the same protected characteristics?

Individuals affected by the PSPO are not anticipated to be more affected if they have more than one of the protected characteristics as:

- It would be their behaviour, rather than any one or a combination of protected characteristic(s) which would cause them to be adversely affected by the PSPO.
- Officers enforcing a PSPO are trained to identify any vulnerable circumstances while discharging their duties ensuring that these are considered and, where applicable, mitigated against e.g. by referring individuals with mental health issues to relevant local support services.

Officers are not aware of any other activities currently underway which are likely to impact on the same protected characteristic groups identified during this exercise.

Section 5: Analysis

A. How will the activity help to eliminate discrimination, harassment and victimisation?

Should the PSPO be implemented, authorised officers will be required to consider the needs of the individual and their personal circumstances to make an informed decision as to the appropriate action to take (support, words of advice, formal warning, fixed penalty or criminal justice approach). Any action taken will be required to be both proportionate and balanced against any risks posed either to the individual or the wider community. This will include but not be limited to, the seriousness of the offence, any history, the consequences of non-compliance and the likely effectiveness of the enforcement options.

A survey of homeless people by the charity Crisis in 2023 found that 9 out of 10 people sleeping rough have experienced violence or abuse. While the majority of beggars within Darlington are not “street homeless”, they are likely to be more vulnerable to both physical and verbal attacks. It is hoped that the introduction of the PSPO will assist in protecting them in relation to this.

B. How will the activity help to advance equality of opportunity?

A number of community services aiming to advance equality of opportunity are located within Darlington, including Libraries, the Dolphin Centre and Hopetown. By seeking to make Darlington safer for residents and visitors, the PSPO will encourage more families to visit these venues and others more regularly.

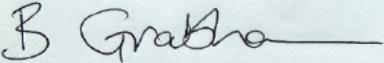
C. How will the activity help to foster good relations?

Consultation findings from the 2024/27 Council Plan show that 69% of respondents agreed with the statement that “supporting communities to remain safe and resilient by working with key agencies to address anti-social behaviour and crime issues in the community”. The PSPO used in conjunction with a wide range of other community safety actions will help foster good relations with the community and increase feelings of safety.

During the engagement/ consultation process were there any suggestions on how to avoid, minimise or mitigate any negative impacts? If so, please give details.

There were a number of suggestions made by respondents to the consultation which have been considered by officers.

Section 6 - Sign-off when assessment is completed

Officer Completing the Form:		
Signed 	Name:	Scott Richardson
	Date:	28.04.2025
	Job Title:	ASB & Civic Enforcement Operational Manager
Assistant Director:		
Signed 	Name:	Ben Grabham
	Date:	28.04.2025
	Service:	Assistant Director – Environmental Services and Community Safety

Section 7 – Reporting of Findings and Recommendations to Decision Makers

<p>Next Steps to address the anticipated impact (Select one of the following options and explain why this has been chosen – remember we have a duty to make reasonable adjustments so that disabled people can access services and work for us)</p>
<p>A. Negative impact identified – recommend continuing with the activity (Clearly specify the people affected and the impacts, and providing reasons and supporting evidence for the decision to continue. The EIA identifies potential problems or missed opportunities. Officers will advise to change the proposal to reduce or remove these adverse impacts, or the Council will achieve its aim in another way which will not make things worse for people. There must be compelling reasons for continuing with the proposal which will have the most adverse impacts.)</p>
<p>Explanation of why the option above has been chosen (Including any advice given by legal services)</p>
<p>The recommendation to continue with the activity has been chosen because:</p> <ul style="list-style-type: none"> • Those protected characteristic groups identified as being more likely to be affected by the PSPO will only be affected because of their actions rather than because of a particular characteristic. • Individuals affected will be dealt with effectively and fairly, before any enforcement of the prohibitions within the PSPO a warning must be given. • In enforcing the prohibitions within the PSPO officers will use their discretion when dealing with the issues and take enforcement action only when necessary and proportionate. The multi-tiered approach taken to deal with begging is embedded within the Council and partner agencies, ensuring individuals are offered all necessary support and assistance. • Authorised officers are trained in identifying and sensitively dealing with any vulnerabilities relating to protected characteristics to mitigate against any negative impacts.

<p>If the activity is to be implemented how will you find out how it is affecting people once it is in place? (How will you monitor and review the changes?)</p>
<p>If the Town Centre PSPO was renewed, a monitoring period would take place throughout the time the order was in force. Case management and reporting software is in place to enable the ease of monitoring.</p>

Section 8 – Action Plan and Performance Management

List any actions you need to take which have been identified in this EIA, including post implementation reviews to find out how the outcomes have been achieved in practice and what impacts there have actually been on people with protected characteristics.

What is the negative impact?	Actions required to reduce/eliminate the negative impact (if applicable)	Who will lead on action	Target completion date
Younger people more likely to be affected.	<p>Officers authorised are fully trained to ensure that where powers are used it is because of an individual’s behaviour rather than a protected characteristic.</p> <p>Should an individual be affected by a PSPO who feels unfairly targeted or particularly negatively affected due to a protected characteristic, they will be able to appeal by following a formal appeals process.</p> <p>Where a vulnerability is identified relating to a protected characteristic during enforcement of the PSPO, officers are trained to respond in a sensitive and proportionate way.</p>	<p>Scott Richardson, ASB & Civic Enforcement Operational Manager.</p> <p>Scott Richardson, ASB & Civic Enforcement Operational Manager.</p> <p>Scott Richardson, ASB & Civic Enforcement Operational Manager.</p>	<p>For the length of the Order.</p> <p>For the length of the Order.</p> <p>For the length of the Order.</p>
People with mental health issues potentially more likely to be affected.			
People with learning impairments potentially more likely to be affected.			
Males more likely to be affected.			

Performance Management	
Date of the next review of the EIA	12 months.
How often will the EIA action plan be reviewed?	Until officers are fully confident that all required mitigations and actions required have been identified and completed.
Who will carry out this review?	ASB & Civic Enforcement Operational Manager.



DARLINGTON
Borough Council

EIA Screening Form and Record Form

Initial equality impact assessment screening form

This form is an equality screening process to determine the relevance of equality to an activity, and a decision whether or not a full EIA would be appropriate or proportionate.

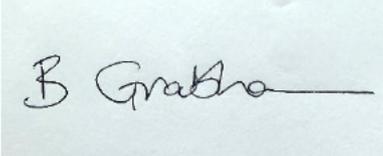
Directorate:	Environment, Highways & Community Services Group.
Service Area:	Community Safety.
Activity being screened:	Implementation of a Boroughwide Public Space Protection Order (PSPO).
Officer(s) carrying out the screening:	Scott Richardson
What are you proposing to do?	Implement a Boroughwide PSPO to equip officers (Police, Police Community Support Officers, Civic Enforcement Officers and any other authorised Council Officer) with powers to effectively deal with the prohibitions contained within the PSPO.
Why are you proposing this? What are the desired outcomes?	PSPO's are intended to limit and restrict specified activities which cause nuisance to our community. Legislation allows Councils to make an Order to restrict specified activities which have been judged to have a detrimental effect on the quality of life in a specified area.
Does the activity involve a significant commitment or removal of resources? Please give details	No.

Is there likely to be an adverse impact on people with any of the following protected characteristics as defined by the Equality Act 2010, or any other socially excluded groups?

As part of this assessment, please consider the following questions:

- To what extent is this service used by particular groups of people with protected characteristics?
- Does the activity relate to functions that previous consultation has identified as important?
- Do different groups have different needs or experiences in the area the activity relates to?

If for any characteristic it is considered that there is likely to be a significant adverse impact or you have ticked 'Don't know/no info available', then a full EIA should be carried out where this is proportionate.

Protected characteristic	Yes	No	Don't know/ Info not available
Age	✓		
Disability	✓		
Sex (gender)		✓	
Race		✓	
Sexual Orientation		✓	
Religion or belief		✓	
Gender reassignment		✓	
Pregnancy or maternity		✓	
Marriage or civil partnership		✓	
Other			
Carer (unpaid family or friend)		✓	
Low Income	✓		
Rural Location		✓	
Care Leaver		✓	
Does the activity relate to an area where there are known inequalities/probable impacts (e.g. disabled people's access to public transport)? Please give details.	No		
Will the activity have a significant effect on how other organisations operate? (e.g. partners, funding criteria, etc.). Do any of these organisations support people with protected characteristics? Please explain why you have reached this conclusion.	No - officers deal with the issues on a day-to-day basis currently when patrolling the Borough		
Decision (Please tick one option)	EIA not relevant or proportionate:		Continue to full EIA: ✓
Reason for Decision	Sections of the community with a protected characteristic have been identified as potentially being more affected than others as a result of the implementation of the PSPO.		
Signed (Assistant Director)			
Date	20.03.2025		



Equality Impact Assessment Record Form

This form is to be used for recording the Equality Impact Assessment (EIA) of Council activities. It should be used in conjunction with the guidance on carrying out EIA in **Annex 3** of the Equality Policy. The activities that may be subject to EIA are set out in the guidance.

EIA is particularly important in supporting the Council to make fair decisions. The Public Sector Equality Duty requires the Council to have regard to the need to eliminate discrimination, harassment and victimisation, advance equality of opportunity and foster good relations.

Using this form will help Council officers to carry out EIA in an effective and transparent way and provide decision-makers with full information on the potential impact of their decisions. EIAs are public documents, accompany reports going to Councillors for decisions and are published with committee papers on our website and are available in hard copy at the relevant meeting.

Title of activity:	Implementation of a Boroughwide Public Space Protection Order (PSPO)	
Name of Directorate and Service Area:	Environment, Highways & Community Services Group	
Lead Officer and contact details	Scott Richardson Ext 6753	
Assistant Director accountable for this EIA	Ben Grabham	
Who else will be involved in carrying out the EIA:		
When did the EIA process start?	March 2025	

Section 2 – The Activity and Supporting Information

Details of the activity (describe briefly - including the main purpose and aims) (e.g. are you starting a new service, changing how you do something, stopping doing something?)

It is proposed that a Boroughwide PSPO is implemented. If implemented, prohibitions within the PSPO would include:

- a) Begging
- b) Household Waste Presentation
- c) Allowing a dog to stray

While the PSPO is designed to prohibit certain activities, it is also designed to enable the public to feel that Darlington is a safe and welcoming place for all.

The responsibility for making an Order lies with the Council. The Council must, prior to making an Order, be satisfied on reasonable grounds, that the activities carried out in a public space have had or are likely to have a detrimental effect on the quality of life of those in the community and, that the effect or likely effect of the activities:

- a) Is or is likely to be persistent or continuing.
- b) Is or is likely to be such as to make the activities unreasonable; and
- c) Justifies the restrictions imposed.

Where a PSPO is in force, a Police Officer, Police Community Support Officer (PCSO) or an authorised Council Officer witnessing behaviour that breaches its conditions may challenge the individual(s) concerned and request them to comply. If the individual does not comply with the request an offence is committed.

An offence of failing to comply with the prohibitions contained within the PSPO is punishable by a fine of up-to £1000 (£500 if the prohibition relates to the consumption of alcohol) or by a fixed penalty of up-to £100.

An offence is only committed if a person refuses to stop carrying out a prohibited activity when asked to do so by a Police Officer, PCSO or an authorised Council Officer. If the person follows the instruction, no further action is required. Any failure to comply with an instruction to desist from carrying out the prohibited activity would generally on the first instance lead to a Fixed Penalty Notice being issued, rather than a prosecution at Court.

Why is this being proposed? What are the aims? What does the Council hope to achieve by it? (e.g. to save money, meet increased demand, do things more efficiently)

The PSPO aims to address certain types of behaviour which has a detrimental effect on our communities. The effective action which has been taken to address begging in Darlington Town Centre has led to displacement of the issue to other parts of the Borough. The prohibition relating to begging within the PSPO will allow the same 4-tiered approach to dealing with the issue which exists within the Town Centre to expand to cover the whole of the Borough.

The introduction of the prohibition around household waste presentation will provide officers with a more effective and efficient way to deter the issue from occurring. The existing process requires repeated warnings to be given before enforcement action can be taken. The prohibition within the PSPO will streamline the process while retaining the requirement for effective communication with customers to safeguard those with additional needs by ensuring a warning is given prior to any enforcement action being taken.

The number of straying dogs is increasing, which is placing financial pressures on the rehoming charities, which they in turn have passed onto the Council. In placing a prohibition on allowing a dog to stray, the Council is seeking to encourage more responsible dog ownership. As mentioned previously, the Council would only consider the use of enforcement by way of a fixed penalty notice or prosecution if initial engagement and warnings did not work. There are exemptions within the PSPO for registered assistance dogs which may be found to be straying.

What will change? What will be different for service users/ customers and/ or staff?

As a result of the action taken in the Town Centre to deal with the issue of begging, the issue is being displaced to other areas with Darlington. Reports from members of the public show that beggars now are active in areas such as Cockerton, Neasham Road retail park, North Road retail park and Whinfield. The extension of the prohibition would allow the enforcement element of our four-tier approach to deal with the issue into any area of Darlington where begging occurs.

The introduction of a prohibition relating to household waste being misrepresented would allow for a fixed penalty notice to be issued should a resident continue to mispresent waste after a notice under s46 of the Environment Act 1990 being served. This is potentially more effective and efficient than the current process which requires a Community Protection Warning and Notice to be issued after the service of a s46 notice, before any enforcement action can commence.

There is increasing demand on the service in both volume and costs in addition to the need to kennel dogs found straying. The introduction of the allowing a dog to stray prohibition would allow officers to encourage more responsible dog ownership and to issue fixed penalty notices to those persons who repeatedly allow their dog to stray. Exemptions are in place within the prohibition for assistance dogs.

What data, research and other evidence or information is available which is relevant to the EIA?

Consultation findings from the 2024/27 Council Plan. The findings show that 69% of respondents agreed with the statement that “supporting communities to remain safe and resilient by working with key agencies to address anti-social behaviour and crime issues in the community”.

<https://democracy.darlington.gov.uk/documents/s22280/Appendix%20A.pdf>

2023 Crisis survey <https://www.crisis.org.uk/about-us/crisis-media-centre/it-would-take-your-soul-away-major-new-research-from-crisis-reveals-the-inhumanity-faced-by-people-sleeping-rough-in-england/>

Engagement and consultation (What engagement and consultation has been done regarding the proposal and what are the results? What consultation will be needed and how will it be done?)

There is a requirement for a period of statutory consultation to be undertaken before a decision can be made to make an Order. It is imperative for the consultation to be accessible and engaging with those likely to be affected by the Order, both positively and negatively. The consultation in relation to this Order was open from 6 March 2025 to 16 April 2025.

Consultation was undertaken as follows:

- a) Social media.
- b) Council's web pages – information and draft order.
- c) Durham Constabulary.
- d) Durham Police & Crime Commissioner.
- e) The 700 Club.

There was a limited response to the consultation however, Durham Police & Crime Commissioner, Durham Constabulary and the 700 Club are fully supportive of the PSPO.

Darlington's operational response to begging is overseen by the multi-agency "begging group" whose membership includes:

- Durham Constabulary.
- 700 Club.
- Housing Services.
- DWP.
- Drug & Alcohol Services.
- Civic Enforcement.
- Regional Rough Sleeper Coordinator.

The group members are in support of the PSPO being extended to cover the whole of Darlington following the displacement of begging outside of the Town Centre PSPO area.

What impact will this activity have on the Council's budget? (e.g. cost neutral, increased costs or reduced costs? If so, by how much? Explain briefly why this is the case)

The implementation of the PSPO will be cost neutral to the Council.

Section 3: Assessment

How will the activity affect people with protected characteristics?	No Impact	Positive impact	Negative impact	Why will it have this effect? (refer to evidence from engagement, consultation and/or service user data or demographic information, etc.)
Age		✓	✓	<p>Older residents may have difficulties manoeuvring full waste bins from within the boundary of their properties into the specified location for collection. Where residents are identified, contact will be made with StreetScene to place the property onto the assisted bin collection register.</p> <p>Older residents have reported feeling unsafe when passing beggars and therefore are likely to be positively impacted by the introduction of the PSPO.</p>
Disability (Mobility Impairment, Visual impairment, Hearing impairment, Learning Disability, Mental Health, Long Term Limiting Illness, Multiple Impairments, Other – Specify)		✓	✓	<p>Persons with disabilities may have difficulties manoeuvring waste bins from within the boundary of their properties into the specified location for collection. Where residents are identified, contact will be made with StreetScene to place the property onto the assisted bin collection register.</p> <p>Persons with registered assistance dogs have exemptions within the PSPO should the dog be found straying.</p> <p>Persons with disabilities have reported feeling unsafe in locations where begging is prevalent and therefore are likely to be positively impacted by the introduction of the PSPO.</p>
Sex (Gender)	✓			<p>The is no anticipated impact on sex as a protected characteristic group regarding this proposed activity.</p>

Race	✓			The is no anticipated impact on race as a protected characteristic group regarding this proposed activity.
Gender Reassignment	✓			The is no anticipated impact on gender reassignment as a protected characteristic group regarding this proposed activity.
Sexual Orientation	✓			The is no anticipated impact on sexual orientation as a protected characteristic group regarding this proposed activity.
Religion or belief	✓			The is no anticipated impact on religion or belief as a protected characteristic group regarding this proposed activity.
Pregnancy or maternity	✓			The is no anticipated impact on pregnancy or maternity as a protected characteristic group regarding this proposed activity.
Marriage or civil partnership	✓			The is no anticipated impact on marriage or civil partnership as a protected characteristic group regarding this proposed activity.
How will the activity affect people who:	No impact	Positive Impact	Negative Impact	Why will it have this effect? (Refer to evidence from engagement, consultation and/or service user data or demographic information, etc.)
Live in a rural location?	✓			The is no anticipated impact on rural locations regarding this proposed activity.
Are carers?	✓			The is no anticipated impact on carers regarding this proposed activity.

<p>Are on a low income?</p>			<p>✓</p>	<p>Committing offences prohibited by the PSPO could result in a fine which some individuals on a low income may struggle to pay. It is recognised that begging can have ties with poverty and social exclusion, with individuals engaging in begging due to insufficient access to financial services. Officers routinely direct individuals to local support services in their interactions with beggars.</p>
<p>Are a Care Leaver?</p>	<p>✓</p>			<p>The is no anticipated impact on care leavers regarding this proposed activity.</p>

Section 4: Cumulative Impacts

Cumulative Impacts – will the activity affect anyone more because of a combination of protected characteristics? (E.g. older women or young gay men – state what you think the effect might be and why, providing evidence from engagement, consultation and/or service user data or demographic information, etc.)

Are there any other activities of which you are aware which might also impact on the same protected characteristics?

Individuals affected by the PSPO are not anticipated to be more affected if they have more than one of the protected characteristics as:

- It would be their behaviour, rather than any one or a combination of protected characteristic(s) which would cause them to be adversely affected by the PSPO.
- Officers enforcing a PSPO are trained to identify any vulnerable circumstances while discharging their duties ensuring that these are considered and, where applicable, mitigated against e.g. by referring individuals with mental health issues to relevant local support services.

Officers are not aware of any other activities currently underway which are likely to impact on the same protected characteristic groups identified during this exercise.

Section 5: Analysis

D. How will the activity help to eliminate discrimination, harassment and victimisation?

Should the PSPO be implemented, authorised officers will be required to consider the needs of the individual and their personal circumstances to make an informed decision as to the appropriate action to take (support, words of advice, formal warning, fixed penalty or criminal justice approach). Any action taken will be required to be both proportionate and balanced against any risks posed either to the individual or the wider community. This will include but not be limited to, the seriousness of the offence, any history, the consequences of non-compliance and the likely effectiveness of the enforcement options.

A survey of homeless people by the charity Crisis in 2023 found that 9 out of 10 people sleeping rough have experienced violence or abuse. While the majority of beggars within Darlington are not “street homeless”, they are likely to be more vulnerable to both physical and verbal attacks. It is hoped that the introduction of the PSPO will assist in protecting them in relation to this.

E. How will the activity help to advance equality of opportunity?

A number of community services aiming to advance equality of opportunity are located within Darlington, including Libraries, the Dolphin Centre and Hopetown. By seeking to make Darlington safer for residents and visitors, the PSPO will encourage more families to visit these venues and others more regularly.

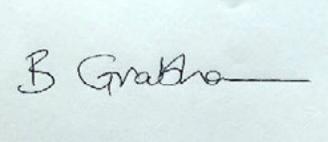
F. How will the activity help to foster good relations?

Consultation findings from the 2024/27 Council Plan show that 69% of respondents agreed with the statement that “supporting communities to remain safe and resilient by working with key agencies to address anti-social behaviour and crime issues in the community”. The PSPO used in conjunction with a wide range of other community safety actions will help foster good relations with the community and increase feelings of safety.

During the engagement/ consultation process were there any suggestions on how to avoid, minimise or mitigate any negative impacts? If so, please give details.

There were a number of suggestions made by respondents to the consultation which have been considered by officers.

Section 6 - Sign-off when assessment is completed

Officer Completing the Form:		
Signed 	Name:	Scott Richardson
	Date:	28.04.2025
	Job Title:	ASB & Civic Enforcement Operational Manager
Assistant Director:		
Signed 	Name:	Ben Grabham
	Date:	28.04.2025
	Service:	Environmental Services & Community Safety

Section 7 – Reporting of Findings and Recommendations to Decision Makers

<p>Next Steps to address the anticipated impact (Select one of the following options and explain why this has been chosen – remember we have a duty to make reasonable adjustments so that disabled people can access services and work for us)</p>
<p>B. Negative impact identified – recommend continuing with the activity (Clearly specify the people affected, the impacts and providing reasons and supporting evidence for the decision to continue. The EIA identifies potential problems or missed opportunities. Officers will advise to change the proposal to reduce or remove these adverse impacts, or the Council will achieve its aim in another way which will not make things worse for people. There must be compelling reasons for continuing with the proposal which will have the most adverse impacts.)</p>
<p>Explanation of why the option above has been chosen (Including any advice given by legal services)</p>
<p>The recommendation to continue with the activity has been chosen because:</p> <ul style="list-style-type: none"> • Those protected characteristic groups identified as being more likely to be affected by the PSPO will only be affected because of their actions rather than because of a particular characteristic. • Individuals affected will be dealt with effectively and fairly, before any enforcement of the prohibitions within the PSPO a warning must be given. • In enforcing the prohibitions within the PSPO officers will use their discretion when dealing with the issues and take enforcement action only when necessary and proportionate. The multi-tiered approach taken to deal with begging is embedded within the Council and partner agencies, ensuring individuals are offered all necessary support and assistance. • Authorised officers are trained in identifying and sensitively dealing with any vulnerabilities relating to protected characteristics to mitigate against any negative impacts.

If the activity is to be implemented how will you find out how it is affecting people once it is in place? (How will you monitor and review the changes?)

If the Boroughwide PSPO was made a monitoring period would take place throughout the time the order was in force. Case management and reporting software is in place to enable the ease of monitoring.

Section 8 – Action Plan and Performance Management

List any actions you need to take which have been identified in this EIA, including post implementation reviews to find out how the outcomes have been achieved in practice and what impacts there have actually been on people with protected characteristics.

What is the negative impact?	Actions required to reduce/eliminate the negative impact (if applicable)	Who will lead on action	Target completion date
Older people more likely to be affected.	Officers authorised are fully trained to ensure that where powers are used it is because of an individual’s behaviour rather than a protected characteristic.	Scott Richardson, ASB & Civic Enforcement Operational Manager.	For the length of the Order.
People with mental health issues potentially more likely to be affected.	Should an individual be affected by a PSPO who feels unfairly targeted or particularly negatively affected due to a protected characteristic, they will be able to appeal by following a formal appeals process.	Scott Richardson, ASB & Civic Enforcement Operational Manager.	For the length of the Order.
People with mobility issues potentially more likely to be affected.	Where a vulnerability is identified relating to a protected characteristic during enforcement of the PSPO, officers are trained to respond in a sensitive and proportionate way.	Scott Richardson, ASB & Civic Enforcement Operational Manager.	For the length of the Order.
People with learning impairments potentially more likely to be affected.			

Performance Management	
Date of the next review of the EIA	12 months.
How often will the EIA action plan be reviewed?	Until officers are fully confident that all required mitigations and actions required have been identified and completed.
Who will carry out this review?	ASB & Civic Enforcement Operational Manager.

Guidance and Application of PSPO powers

Town Centre PSPO

Prohibition	Use
Alcohol prohibitions	<p>In areas frequented by known “street drinkers” (e.g. St Peters Churchyard & Tubwell Row) officers will approach the individuals and advise them of the terms of the order and request that they either stop drinking and surrender any alcohol or move outside of the PSPO area. If persons do not comply with the instructions, their details will be obtained, and a fixed penalty notice (FPN) will be issued.</p> <p>The prohibition may also be used where events are taking place within the PSPO area and persons are becoming problematic but not committing public order offences.</p> <p>This will not be applied to responsible legal alcohol consumption. For example, a picnic or other event.</p>
Feeding wild birds	<p>Persons who are witnessed feeding wild birds in the PSPO area, where it is generating issues to others, to businesses and placing increased demand on Council and partner resources, will be approached and advised of the terms within the PSPO and requested to stop.</p> <p>Where these persons continue to feed the wild birds, their details will be taken, and a FPN will be issued.</p>
Anti-social use of cycles etc.	<p>Where persons are witnessed riding/skating in an anti-social manner, where it is generating issues to others, to businesses and placing increased demand on Council and partner resources or causing damage; and as outlined in the order they will be approached by officers and instructed to stop.</p> <p>If the person is identified as aged between 10 and 18 and carries out the instruction to stop, a verbal warning will be given, this being followed up in writing to both the young person and their parent/guardian. Where the behaviour continues despite this instruction the details will be taken and action taken as detailed below.</p> <p>Aged 18+ – A FPN will be issued</p>

	<p>Persons aged 16 & 17 – details will be taken, and consultation will take place with the Youth Justice & Engagement Service as to whether a FPN should be issued. If a FPN is issued, the parent/guardian will be informed. Where a FPN is not considered to be the appropriate action, a referral into the youth justice & engagement service will be made to work with the young person to prevent further offending.</p> <p>Persons aged 14 & 15 - details will be taken, and consultation will take place with the Youth Justice & Engagement Service as to whether a FPN should be issued. If a FPN is issued, the parent/guardian will be informed. Where a FPN is not considered to be the appropriate action, a referral into the youth justice & engagement service will be made to work with the young person to prevent further offending.</p> <p>Persons aged between 10 & 13 – a FPN will not be issued, a referral to the youth justice and engagement service will be made to work with the young person to prevent further offending.</p>
Threatening behaviour	<p>Persons engaging in threatening behaviour will initially be instructed to stop. If the behaviour continues, details will be obtained, and the appropriate action would be taken as detailed below;</p> <p>Aged 18+ – A FPN will be issued</p> <p>Persons aged 16 & 17 – details will be taken, and consultation will take place with the Youth Justice & Engagement Service as to whether a FPN should be issued. If a FPN is issued, the parent/guardian will be informed. Where a FPN is not considered to be the appropriate action, a referral into the youth justice & engagement service will be made to work with the young person to prevent further offending.</p> <p>Persons aged 14 & 15 - details will be taken, and consultation will take place with the Youth Justice & Engagement Service as to whether a FPN should be issued. If a FPN is issued, the parent/guardian will be informed. Where a FPN is not considered to be the appropriate action, a referral into the youth justice & engagement service will be made to work with the young person to prevent further offending.</p>

	Persons aged between 10 & 13 – a FPN will not be issued, a referral to the youth justice and engagement service will be made to work with the young person to prevent further offending.
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Boroughwide PSPO

Prohibition	Use
Begging	<p>The approach to dealing with those begging within the Town Centre will be continued boroughwide. Those persons who are found to be begging are offered support with finding accommodation, support to overcome any addictions they may have and encouraged to stop begging and move away from the location before any enforcement action is considered. Those persons found to be habitually begging are discussed at the bi-monthly multi-agency “Begging Group” with agreed targeted actions to support the individual to stop begging.</p> <p>Those individuals who continue to beg despite being offered all available support will be issued FPN’s. Further enforcement action to prevent the individual from carrying out the behaviour in the area will also be considered where the begging group consider it proportionate (e.g. injunctions or criminal behaviour orders).</p>
Household Waste Presentation	<p>Those individuals who are found to be presenting household waste incorrectly on the first instance will be issued with a warning letter and a notice under s46 of the Environment Act 1990 which specifies how waste must be presented in the future. Should any support needs be identified at this time, e.g. assisted bin collection, these will be actioned by the officer.</p> <p>Should an individual continue to present household waste incorrectly a FPN will be issued. Those individuals who habitually present waste incorrectly may be summonsed to Court for the offence.</p>
Allowing a dog to stray	<p>Where a dog is found straying for the first time a warning letter for breaching the PSPO will be issued to the owner stating that if the dog is found to be straying again then a FPN may be issued.</p> <p>A FPN could be issued for allowing dogs to stray and are non-microchipped or those with incorrect chip details. Where a dog is found straying on more than one occasion a FPN will be issued to the owner.</p>

	<p>Should an owner habitually allow their dog to stray, consideration will be given for a file to be presented to Court of prosecution. Assistance dogs are exempt from the PSPO.</p>
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**CABINET
10 JUNE 2025**

REPRESENTATION ON OTHER BODIES 2025/26

**Responsible Cabinet Member -
Councillor Stephen Harker, Leader and all Cabinet Members**

**Responsible Director -
Elizabeth Davison, Executive Director of Resources and Governance**

SUMMARY REPORT

Purpose of the Report

1. To consider this Council's representation on other bodies for the 2025/26 Municipal Year, to which Cabinet appoints.

Recommendation

2. It is recommended that the appointments to the other bodies, as detailed in paragraph 6 of the main report, for the 2025/26 Municipal Year, be approved.

Reasons

3. The recommendation is supported to comply with the nominations received from the Political Groups.

**Elizabeth Davison
Executive Director of Resources and Governance**

Background Papers

No background papers were used in the preparation of this report.

Paul Dalton: Extension 5805

Council Plan	The report contributes to the delivery of the objectives of the Council Plan in a number of ways through the involvement of local elected representatives on a range of key local and national bodies, and the development of policies and other decisions through those bodies.
Addressing Inequalities	The report contributes to addressing inequalities in a number of ways through the involvement of local elected representatives on a range of key local and national bodies, and the development of policies and other decisions through those bodies.
Tackling Climate Change	The appointment of local elected representatives to a range of key local and national bodies, will enable any climate change to be considered in the development of policies and other decisions through those bodies.
Efficient and Effective Use of Resources	There are no direct efficiencies to the Council from the information within the report, however, the appointment of Councillors to the various outside bodies will enable the efficient and effective use of resources to be identified in the work of those Committees.
Health and Well Being	The appointment of local elected representatives to various outside bodies will enable the health and well-being of the people of the Borough to be highlighted through the work, policies and decisions of those bodies.
S17 Crime and Disorder	The report contributes to the prevention of crime and disorder, in a number of ways, through the involvement of local elected representatives in a number of outside bodies.
Wards Affected	This report does not immediately affect any wards within the Borough.
Groups Affected	This report does not have any affect on any particular parts of the community.
Budget and Policy Framework	This report does not recommend a change to the Council's budget or policy framework.
Key Decision	This is an Executive decision.
Urgent Decision	This is not an urgent decision.
Impact on Looked After Children and Care Leavers	This report has no impact on Looked After Children or Care Leavers

MAIN REPORT

Information and Analysis

4. Listed below are details of nominations made to other bodies which have, for ease of reference, been listed in alphabetical order.
5. In accordance with this Council’s Constitution, a number of appointments have been made by Annual Council, and listed below are those appointments to be made by Cabinet.
6. The details show nominations received from the Labour, Conservative, Green and Liberal Democrat Groups for the 2025/26 Municipal Year.

Name of Body or Organisation	Nominations
Association of Rail North Partnership Authorities	
Rail North Ltd.	Councillor Harker (Leader of the Council) (as named substitute for the TVCAM)
Rail North Committee	Councillor Harker (Leader of the Council)
East Coast Mainline Authorities Group	Councillor Harker (Leader of the Council)
County Durham and Darlington Foundation Trust – Board of Governors	Councillor Kane
Creative Darlington	Councillor McCollom (Cabinet Member with Local Services Portfolio) (Chair of Communities and Local Services Scrutiny Committee as named substitute)
Crown Street Library Trustee Board	Councillor Harker (Leader of the Council)
Darlington Cares	Councillor Garner (Cabinet Member with Stronger Communities Portfolio)
Darlington Railway Museum Trust	Councillor McCollom (Cabinet Member with Local Services Portfolio)
Darlington Safeguarding Partnership	Councillor Wallis (Cabinet Member with Children and Young People Portfolio) and Councillor Curry (Cabinet Member with Adults Portfolio)
Darlington Town Centre Deal Board	Councillor Harker (Leader of the Council) and Councillor Garner (Cabinet Member with Stronger Communities Portfolio)

Darlington Young People's Engagement and Justice Service Board	Councillor Wallis (Cabinet Member with Children and Young People Portfolio) (Councillor Kane as named substitute)
Durham County Pension Fund Committee	Councillor Porter (Cabinet Member with Resources Portfolio and Chair of Economy and Resources Scrutiny Committee)
Family Help Organisation	Councillors Ali, Kane and Ray
Fostering Panel	Councillor Ali
Integrated Care Partnership Tees Valley	Councillor Roche (Chair of Health and Well Being Board) (Councillor Layton as named substitute)
Maidendale Nature and Fishing Reserve (Associate Member)	Councillor Dillon (Ward Member)
North East Ambulance Service	Councillor Roche (Chair of Health and Well Being Board)
North East Child Poverty Commission	Councillor Wallis (Cabinet Member with Children and Young People Portfolio)
North East Regional Employers Organisation	Councillor Porter (Cabinet Member with Resources Portfolio), Chair of Economy and Resources Scrutiny Committee and Vice Chair of Economy and Resources Scrutiny Committee
Executive Committee	Councillor Porter (Cabinet Member with Resources Portfolio)
North East Strategic Migration Partnership	Councillor Wallis (Cabinet Member with the Children and Young People Portfolio), (Councillor Harker, Leader of the Council, as named substitute)
Northern Housing Consortium	Councillor Roche (Cabinet Member with Health and Housing Portfolio)
Northumbrian Regional Flood and Coastal Committee	Councillor Snedker (Councillor Holroyd as named substitute)
Poor Moor Fund/Charity	Councillor McEwan (Cabinet Member with Economy Portfolio)
RELATE North East	Councillor McCollom and Councillor Mahmud

Stockton and Darlington Railway Heritage Board	Councillor McCollom (Cabinet Member with Local Services Portfolio)
Teesside International Airport Limited - Board	Councillor Garner (to be appointed as Director) (Councillor Haszeldine named substitute Director)
Teesside International Airport Limited - Consultative Committee	Councillor McCollom (Cabinet Member with Local Services Portfolio)
Tees Valley Local Access Forum	Chair of Communities and Local Services Scrutiny Committee (Chair of Health and Housing Committee as named substitute)

Outcome of Consultation

7. No consultation, other than with the political groups, was undertaken on the contents of this report.

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**CABINET
10 JUNE 2025**

PHYSICAL ACTIVITY STRATEGY

**Responsible Cabinet Member -
Councillor Matthew Roche, Health and Housing Portfolio**

**Responsible Director -
Dave Winstanley, Executive Director – Environment, Highways & Community Services**

SUMMARY REPORT

Purpose of the Report

1. To update members on the review of Darlington’s Physical Activity Strategy and seek approval of a renewed Strategy for the period 2025-2035.

Summary

2. The purpose of Darlington’s Physical Activity Strategy is to improve participation and engagement in sport and physical activity.
3. It is one of the key delivery strategies to support the Council Plan and has been reviewed to align the objectives with the Council’s priorities.
4. Consultation and engagement has been undertaken to develop the Darlington Physical Activity Strategy 2025-2035, which was approved by the Health and Wellbeing Board on 5 December 2024 and is attached at **Appendix 1**.
5. Reviews of the strategy will be scheduled with reviews of the Council Plan and any other significant legislative changes to adjust and realign the content of the strategy, if required.

Recommendation

6. It is recommended that Members approve the renewed strategy for 2025-2035.

Reasons

7. The recommendations are supported by the following reason; to ensure the strategy aligns with the Council Plan and provide strategic direction to improve participation and engagement in sports and physical activity.

**Executive Director - Environment, Highways & Community Services
Dave Winstanley**

Background Papers

- (i) Darlington Physical Activity Strategy 2025-2035
- (ii) Eight Investments That Work for Physical Activity (International Society for Physical Activity and Health)
- (iii) Uniting the Movement Strategy (Sport England)

Lisa Soderman: Extension 6985
Joanne Hennessey: Extension 6205

Council Plan	This report supports the Council Plan priorities of Living Well and Tackling Climate Change.
Addressing inequalities	The strategy provides a detailed action plan.
Tackling Climate Change	There is an action plan around transport, and sustainable travel.
Efficient and effective use of resources	In the development and delivery of the strategy and action plan, the efficient and effective use of resources is key to ensure maximum benefits are achieved.
Health and Wellbeing	This proposed collaborative project will provide improvements for health and wellbeing of residents with prevention and management of a multitude of health conditions.
S17 Crime and Disorder	Consideration to public safety to be reflected within the implementation of relevant action plans.
Wards Affected	All.
Groups Affected	All.
Budget and Policy Framework	There is no impact on the Council's Budget and Policy Framework.
Key Decision	No.
Urgent Decision	No.
Impact on Looked After Children and Care Leavers	Looked After Children and Care Leavers receive free access to the Council's leisure services. Consideration to active learning and general accessibility to be given to Looked After Children within the implementation of relevant action plans.

MAIN REPORT

Information and Analysis

8. National data shows that every year leading an active lifestyle prevents 900,000 cases of diabetes and 93,000 cases of dementia (the leading cause of death in the UK) – a combined saving of £7.1 billion to the UK economy. Around one in three men and one in two women are not achieving recommended levels of activity for good health.
9. The most recent Darlington data (November 22/23) shows that in Darlington we have 19.7% of adults who are being active for more than 150 minutes per week, with higher participation rates than our regional neighbours and national benchmarks. However, we also have 18.1% of our population who are inactive; not doing any physical activity at all. This is lower than our regional neighbours but higher than the national average. As per the UK Chief Medical Officer's guidelines, adults should be aiming for 150 minutes of moderate activity per week.
10. Public Health and Leisure Services agreed a collaborative review of the Physical Activity Strategy to respond to changes in environments and behaviours which has been amplified following the pandemic.
11. The benefits of physical activity are significant, and these are outlined in more detail in the strategy.

12. The strategy at Appendix 1 sets out the vision, mission and aims that the Council and partners are seeking to achieve. At the highest level, the vision is that: “We want all residents in the borough of Darlington, and those visiting and working here to have access to appropriate physical activity opportunities that positively supports their health and wellbeing.” The mission is clear that “We want to ensure that being active is a right and not a privilege, for those living, working and visiting the borough of Darlington to experience the associated benefits to their physical and mental health. We particularly want to make sure there are opportunities for physical activity for those facing disadvantage and inequality.”
13. The strategy has been developed using our current evidence base, our population information, assets data and best practice. The strategy has been developed utilising Sport England’s ‘Uniting the Movement Strategy’ that identified the five big issues that have the greatest potential for preventing and tackling inequalities in engagement with sport and physical activity. The strategy and delivery plan has also been developed using a self-assessment-based approach using the ‘Eight Investments That Work for Physical Activity’ produced by the International Society for Physical Activity and Health. The Eight themes used to complete the self-assessment are:
 - (a) Whole of School Programmes
 - (b) Community Wide Programmes
 - (c) Workplaces
 - (d) Active Travel
 - (e) Sport and Recreation for All
 - (f) Active Urban Design
 - (g) Healthcare
 - (h) Public Education and Mass Media
14. The strategy is designed to align with the new Council Plan and the objectives of the Health and Wellbeing Strategy. This will be reviewed periodically as the Council Plan or any other significant policies change.
15. The delivery plan within the strategy has been developed around the eight investment areas that work for physical activity that are listed above. Over the initial year of the strategy the governance will be put in place to develop the actions identified and a measurement framework will be put in place to monitor progress.

Financial Implications

16. The action plan and any updates will need to be delivered with the financial resources available. Officers will look for any external opportunities to increase the resources available to deliver this strategy, in partnership with others.

Carbon Impact and Climate Change

17. Darlington Physical Activity Strategy 2025-2035 includes an action plan focussed on active travel, which features as a running theme through other action plans contained within the strategy, including workplace health, public education and mass media.

18. The draft action plans are comprised of high-level actions. Steering groups will develop these into detailed plans and will be encouraged to consider climate considerations as an ongoing agenda item.

Consultation

19. A roadshow of consultation workshops covering these themes took place in 2023/2024 with over 100 stakeholders invited alongside public consultation that generated feedback from 332 residents. In collaboration with an assigned Public Health Consultant, the outcomes of the workshops have been translated into an action plan for Darlington, which details actions ranging from short, medium and long-term.
20. Health and Housing Scrutiny Committee considered the Physical Activity Strategy at their meeting on 26 February and members resolved:
 - (a) Members to provide further comments on the Physical Activity Strategy 2025-2035 by 5 March 2025.
 - (b) That Members request that consideration be given to the inclusion of 'Physical Activity Strategy' in all reports.

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Darlington
Physical Activity Strategy
2025 - 2035

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Foreword

Physical activity is critical for promoting good health. It improves wellbeing and the number of years that people can live healthily. Our Darlington Physical Activity strategy 2025 - 2035 sets out our ambitions for those who live, work and visit Darlington to have access and support to engage in appropriate physical activity that promotes better health and wellbeing. I would like to thank everyone that took part in the consultation and helped develop it.

The strategy has been put together after 10 plus years during which inequalities across our communities have worsened. The inequality in life expectancy between the best and worst areas across Darlington is 10.6 years for women and 13 years for men. This strategy will support the Council and other organisations in addressing rising inequalities in our communities at a time of financial challenge. It is important that this strategy acknowledges this.

So, there is no quick fix but with the right values and commitment we will help more people across our communities to access physical activity, give them the freedom to get moving and the opportunity to stay healthy for longer.

Cllr Matthew Roche

Darlington Borough Council Cabinet Portfolio Holder for Health and Housing



In September 2022, the Association of Directors of Public Health North East approved the sponsorship of a regional programme of Sector Led Improvement (SLI) for physical activity. With the support of national funding from the Office of Health Improvement and Disparities (OHID) the regional programme included the development of a self-assessment tool, based upon the 'Eight Investments That Work for Physical Activity' developed by the International Society for Physical Activity and Health.

The 8 themes within the self-assessment tool are set out below:

Workplaces	Healthcare
Sport and Recreation for All	Community Wide Physical Activity
Schools	Active Travel
Urban Design	Public Education and Mass Media



Darlington engaged with the SLI programme, carrying out a large-scale consultation across sectors. The outputs of the consultation have been used to inform the development of this Physical Activity Strategy, utilising the framework of the Eight Investments. More information on this process can be found in appendix 2.

I welcome the development of this Physical Activity Strategy, as we know being physically active has huge benefits for people. This of course includes the many physical benefits gained from becoming more active, including preventing and managing long term health conditions, whilst also supporting people to age well and maintain their independence for longer. Physical activity also has benefits for a person's mental health and wellbeing including socialising and meeting new people, managing stress, improving mood, helping with sleep and connecting with nature and the outdoors.

Encouraging and providing opportunities for everyone in Darlington to be more active, whether that is through day-to-day activities, promoting active travel or taking part in formal sessions or a sport they enjoy, will make a big difference in supporting good health and wellbeing for all.

Lorraine Hughes

Darlington Borough Council Director of Public Health

Our Plan for Darlington

Darlington is a vibrant town, with thriving communities and a lively town centre. It is a great place to live, work, learn and have fun.

We believe physical activity has a big role to play in improving the physical and mental health of our town, supporting the economy, reconnecting communities and rebuilding a stronger society for all.

The Council Plan illustrated below outlines the councils long-term ambitions for Darlington and its priorities over the next three years (2024-2027). It gives strategic direction to the council and council services making clear what we will do and how we will do it. Darlington Physical Activity Strategy describes our approach to help meet the ambitions and priorities for health and wellbeing.

Core Principles

Addressing inequalities

Efficient and effective use of resources

Tackling climate change

Vision for the Borough

Darlington is one of the best places to live, learn, work and invest in the UK, with a strong and sustainable economy, healthy thriving communities and opportunities for all

Our Ambitions

Inclusive and sustainable economy

Living well and staying healthy

Thriving places and connected communities

Our Priorities

Economy A strong sustainable economy and highly skilled workforce with opportunities for all	Homes Affordable and secure homes that meet the current and future needs of residents	Living Well A healthier and better quality of life for longer, supporting those who need it most	Children and Young People The best start in life, realising potential and raising aspirations	Communities Safer, healthier, and more engaged communities	Local Environment A well-connected, clean and sustainable borough
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Our Approach

Collaborate and work in partnership

Data driven and intelligence led

Embed core principles in decision-making

Deliver through key strategies and plans

Model our core values in our work and behaviours

Share key challenges and celebrate success



What are the benefits of physical activity

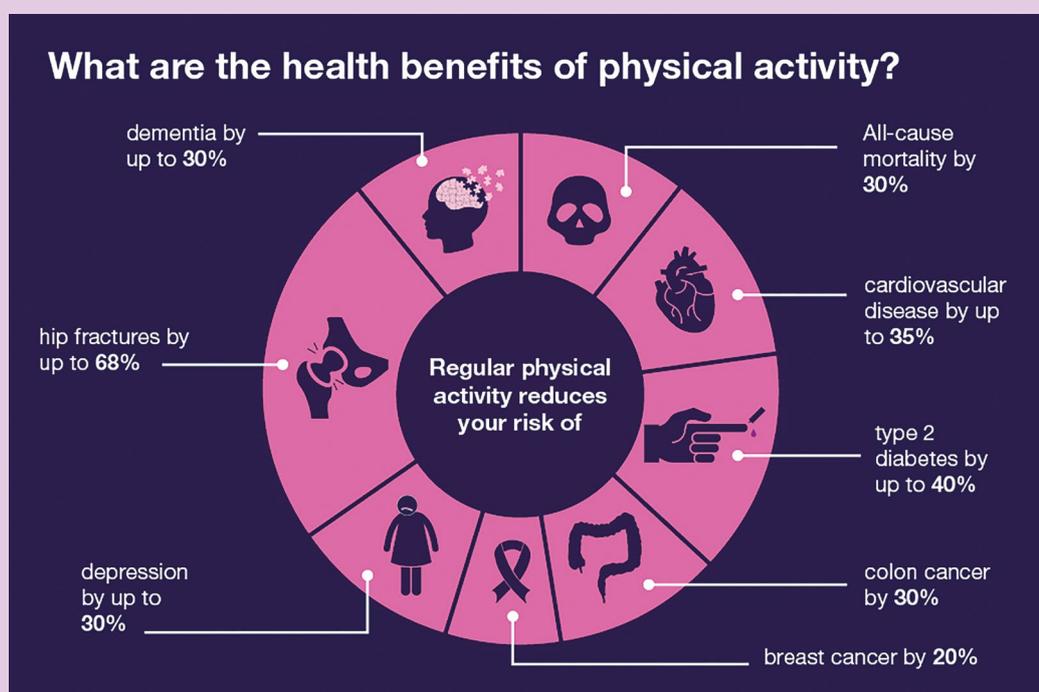
The World Health Organisation defines physical activity as:

“Any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person’s work or domestic activities.”

Movement has astonishing benefits for our physical health (Sport England 2023)

When we’re young, being active helps our bodies develop properly, with a strong heart, healthy bones, muscles and brain development.

As we get older, regular exercise reduces our risk of illness - from heart disease, stroke, colon and breast cancer to obesity and osteoporosis, among other conditions. Every year, leading an active lifestyle prevents 900,000 cases of diabetes and 93,000 cases of dementia (the leading cause of death in the UK) – a combined saving of £7.1 billion to the UK economy.



Movement makes us happier (Sport England 2023)

The evidence shows that people who get active have greater levels of happiness, life satisfaction and feeling worthwhile. They’re also less likely to feel anxious. For many of us, this is thanks to the social interaction involved in sport and activity – as we meet and make new friends and share uplifting moments together, whether playing a game in a park, or being part of a team in a local league – while for others it’s about discovering a greater sense of self-worth and resilience, or a combination of these and other positive factors.

When researchers at Sheffield Hallam University valued the role of sport and physical activity to the nation’s wellbeing, they calculated it as £42bn per year – more than three times the total NHS spending on mental health in England.

Guidance on physical activity levels is captured in the images below (as of Autumn 2024). Full information can be found in Appendix 3.

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- IMPROVES SLEEP
- MAINTAINS HEALTH & WEIGHT
- DEVELOPS MUSCLES & BONES
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 180 Minutes per day for children 1-5 years

Under-1s at least 30 minutes across the day

- PLAYGROUND
- JUMP
- CLIMB
- MESSY PLAY
- THROW/CATCH
- SKIP
- OBJECT PLAY
- DANCE
- GAMES
- PLAY
- TUMMY TIME
- SWIM
- WALK
- SCOOT
- BIKE

Get Strong. Move More. Break up inactivity

Physical activity for children and young people (5 – 18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MAINTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least 60 minutes per day across week

All activities should make you breathe faster & feel warmer

- PLAY
- RUN/WALK
- BIKE
- ACTIVE TRAVEL
- SWIM
- SKATE
- SPORT
- PE
- SKIP
- CLIMB
- WORKOUT
- DANCE

Get strong **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Reduces your chance of:

- Type II Diabetes -40%
- Cardiovascular disease -35%
- Falls, depression etc. -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

Some is good, more is better | Make a start today: it's never too late | Every minute counts

Be active

at least **150** minutes moderate intensity per week (increased breathing, able to talk) **OR** at least **75** minutes vigorous intensity per week (breathing fast, difficulty talking)

Build strength to keep muscles, bones and joints strong

on at least **2** days a week

Minimise sedentary time Break up periods of inactivity

Improve balance For older adults, to reduce the chance of frailty and falls **2** days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

Physical Activity for Disabled Adults

Make it a daily habit

Disabled adults

- Improves mental health and quality of life
- Makes maintaining a healthy weight easier
- Makes daily tasks easier and increases independence
- Strengthens muscles and bones
- Improves fitness
- Improves mobility and balance
- Helps to prevent chronic disease
- Creates opportunities to meet new people and feel part of the community
- Physical activity makes you feel good
- Being inactive is harmful to health
- Don't be still for too long
- Even a little movement is better than nothing

Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:

- Can talk, but not sing = moderate intensity activity
- Difficulty talking without pausing = vigorous intensity activity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Vision

We want all residents in the borough of Darlington, and those visiting and working here to have access to appropriate physical activity opportunities that positively supports their health and wellbeing.

Mission

We want to ensure that being active is a right and not a privilege, for those living, working and visiting the borough of Darlington to experience the associated benefits to their physical and mental health. We particularly want to make sure there are opportunities for physical activity for those facing disadvantage and inequality.

In keeping with the Chief Medical Officer's messaging on physical activity, 'Some is good, more is better', we will work together using a whole systems approach to ensure opportunities to be physically active are embedded into our systems. Physical activity will be used as a tool in prevention of poor health as well as treatment pathways.

Aims

- To support wider strategies addressing inequalities, efficient and effective use of resources and tackling climate change.
- To particularly focus on providing more opportunities for physical activity for people and communities facing disadvantage and inequality.
- Embed physical activity into health care pathways as a means of prevention and treatment of ill health. Equip health care professionals to direct clients to appropriate physical activity opportunities.
- Increase public awareness and knowledge of the benefits of physical activity and how to embrace local opportunities to be more active.
- Enable incidental and purposeful physical activity as part of everyday life through best practice in workplaces and sympathetic urban policy and design.
- Celebrate and support the organisations and clubs in Darlington that already make provision for physical activity either through structured sport or recreational programmes.
- Ensure our education system gives young people an active learning experience to establish lifelong healthy habits.
- Host a variety of events that celebrate participation and success in sport and physical activity.
- We will prioritise areas of deprivation and high need with funding opportunities made available, such as the recently released Sport England place expansion funding.
- Darlington Borough Council are facing significant financial challenges. We will commit to making the most of opportunities presented through external funding and partnership working to deliver our action plan.

Our aims are led by local insight, evidence and multi-agency consultation. They will seek to impact most significantly on areas of social deprivation which currently experience some of the lowest levels of physical activity.

Current position

Figure 1 shows the most recent (November 22/23) comparison of adult levels of physical activity across Darlington, the North East and England. The graphs show that we do have a good percentage of adults who are being active for more than 150 minutes per week, with higher participation rates than our regional neighbours and national benchmarks. However, we also have 25.9% of our population who are inactive, doing less than 30 mins of activity per week. This is lower than our regional neighbours but higher than the national average. As recommended by the Chief Medical Officer, adults should be aiming for 150 minutes of moderate activity per week.

Figure 1: **Levels of activity per week** (November 22-23)

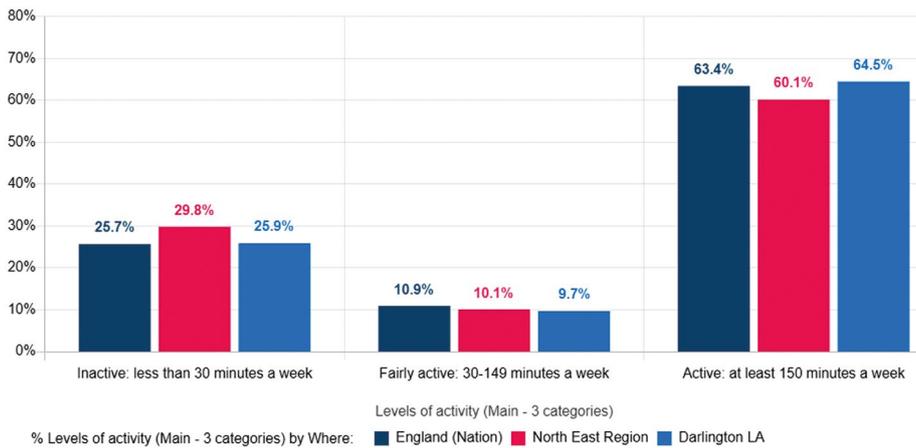


Figure 2: **Active by indoor and outdoor location** (November 22-23)

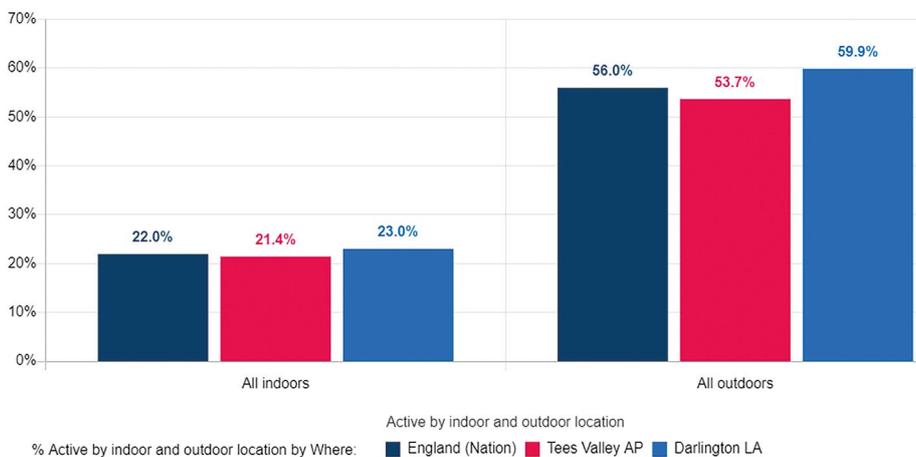


Figure 2 shows the most recent (November 22/23) comparison of the activity levels for indoor and outdoor locations across Darlington, the Tees Valley and England. Our results reflect the other areas in showing more people are active outdoors than indoors.

Figure 3: **Levels of local activity based on gender** (November 22-23)

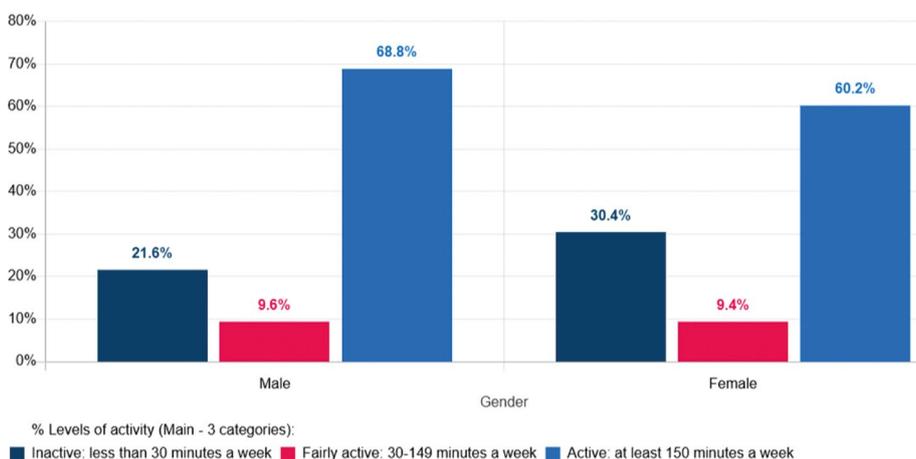
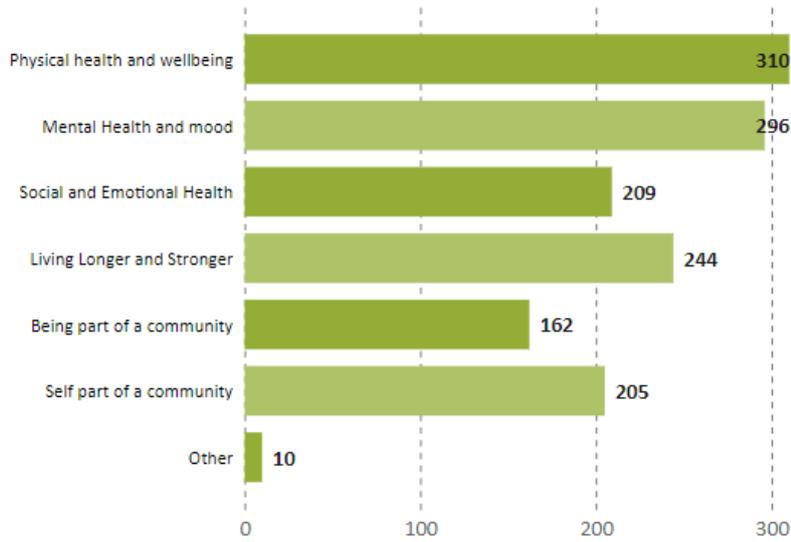


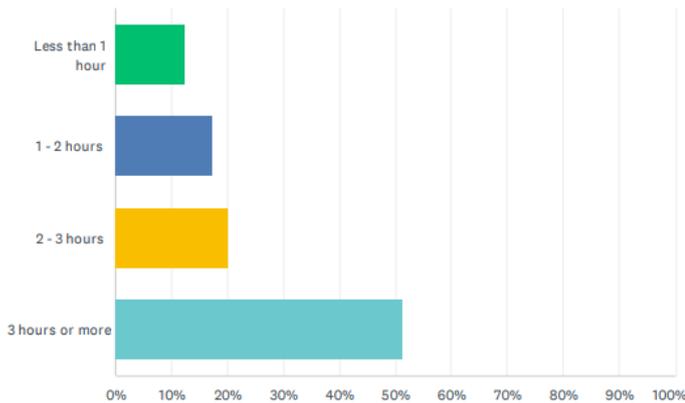
Figure 3 shows the gender split in participation rates as well as a split in the amount of activity per week. The data shows that more males are doing the recommended 150 minutes of activity per week, and that a higher number of females are inactive in Darlington.

In Autumn 2023 we surveyed our residents via our communication channels to ask how active they are, why they are active and what they enjoy doing. We had 332 responses, for which we are grateful. The below images highlight and celebrate the responses.

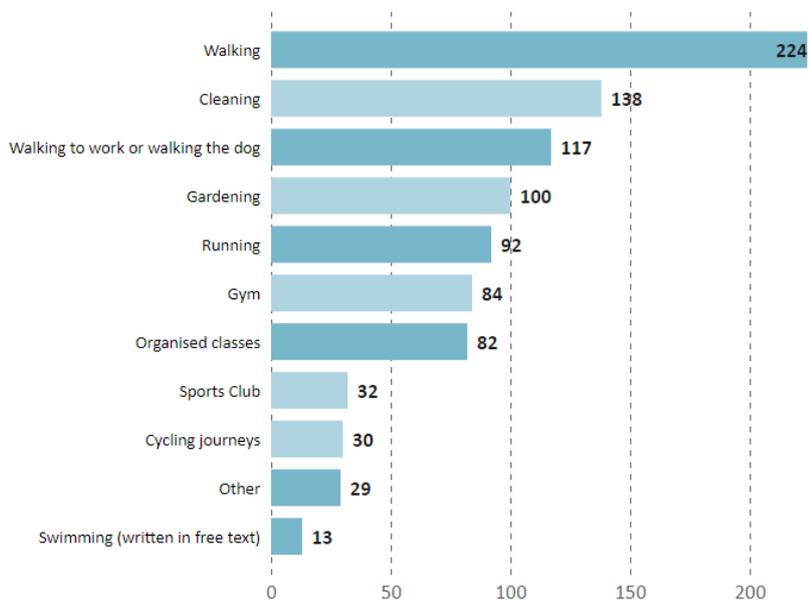
Which of the following do you think physical activity helps with?



How much physical activity do you do per week in hours?

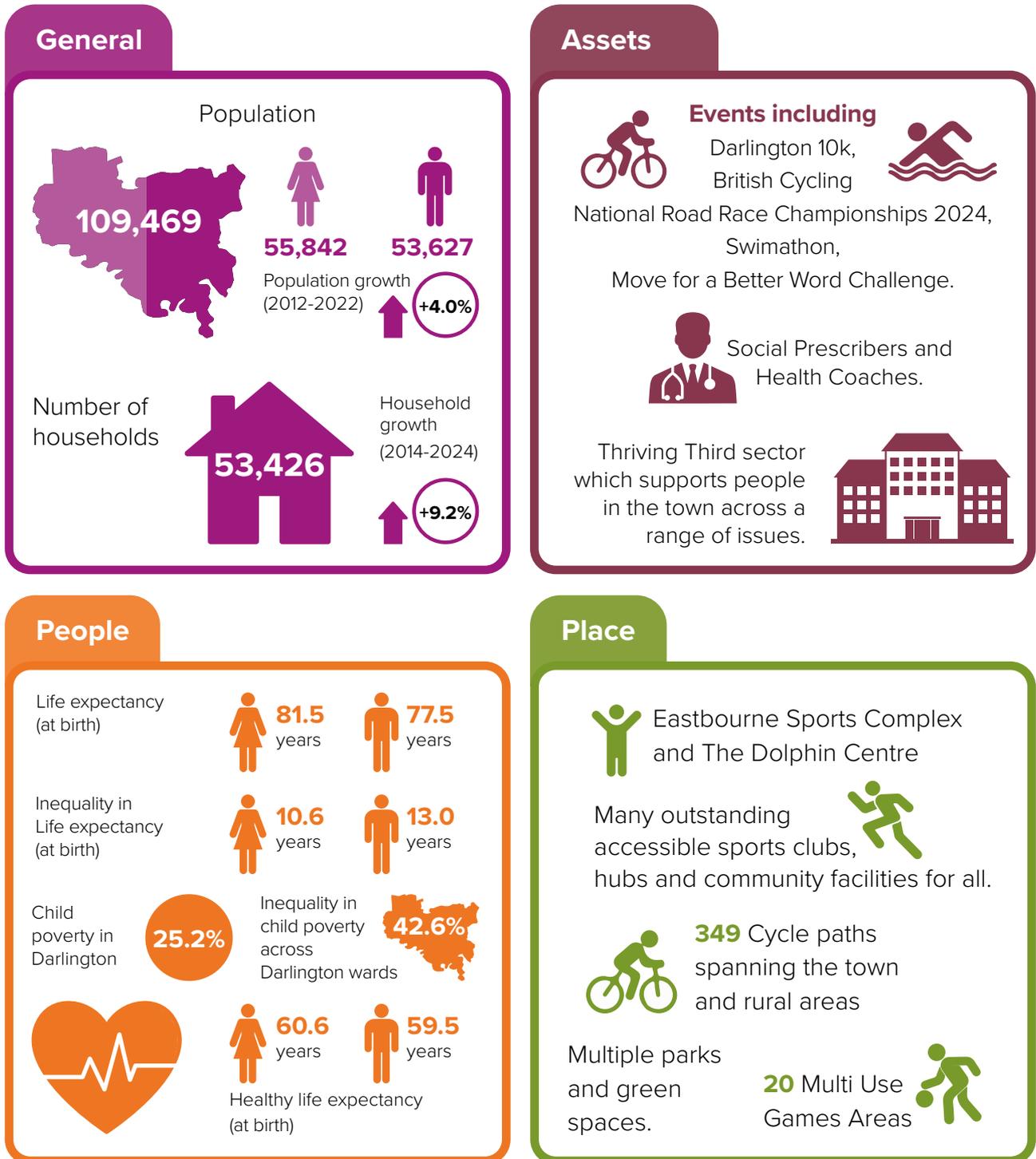


What physical activity do you do?



Our population and assets

In Darlington we are lucky to boast an extensive number of assets that enable us to be active. The following image captures some of these. More information on this can be found on the council Move More web pages.



What we will do

Extensive research has been carried out by Sport England online, in communities and in the Houses of Parliament to identify issues that have the greatest potential for preventing and tackling inequalities in engagement with sport and physical activities. The Five Big Issues are listed below and have influenced our delivery plan.

Recover and reinvent

Recover from the damage of covid-19 and reinvent as a vibrant network of organisations providing sport and physical activity opportunities that meet the needs of different people.

Connecting communities

Focusing on sport and physical activity's ability to make better places to live and bring people together.

Positive experiences for children and young people

An unrelenting focus on positive experiences for all children and young people as the foundations for a long and healthy life.

Connecting health and wellbeing

Strengthening the connections between sport, physical activity, health and wellbeing so more people can feel the benefits of, and advocate for an active life.

Active environments

Creating and protecting the places and spaces that make it easier for people to be active.

Delivery Plan

Our delivery plan is broken down into the sections from the “Eight Investments That Work for Physical Activity” (Appendix 2) as advised by the International Society for Physical Activity and Health. This is the summary of our delivery plan in the eight key areas.

Healthcare

Working with health and social care professionals to develop their confidence in physical activity as a tool in prevention and treatment. We will do this by offering opportunities to increase their knowledge, training opportunities and ensure they are up to date with the local signposting options.

Active Travel

Working in partnership with key stakeholders to encourage making cycling and walking the natural choice for travel. Raising awareness of opportunities within community, workplace and residential settings to encourage access, increase awareness and confidence on active travel.

Urban Design

Our policies and plans will support equitable access to parks, local amenities and good walking and cycling infrastructure. Making being active more accessible and appealing.

Workplaces

Provide workplaces in Darlington with advice, guidance, and examples of best practice that they can use to develop and promote an active workplace including active travel to the workplace and homeworking.

Public Education and Mass Media

Make marketing and media a priority theme within this strategy to promote and celebrate physical activity opportunities in Darlington. Signpost clubs, community groups and voluntary groups to the resources available to them to help promote their physical activity offer.

Sport and Recreation for all

Provide and support equitable access for the residents of Darlington to formal and informal sporting opportunities, and recreational activities within the community across the lifespan of the strategy.

Schools

Work with all education providers and partners in Darlington to support a wide range of physical activity opportunities within and beyond the curriculum.

Community Wide Physical Activity

Offer a multi-faceted approach to engage the residents of Darlington in physical activity. We will work with a wide range of stakeholders ensuring a whole systems approach in promoting and providing community wide physical activity opportunities.





How we will measure impact

We will be able to measure our success by use of data and insight, and measures against our action plan. Utilising Sport England Active Lives survey data to inform a Darlington physical activity insight tool. We will engage with the residents via our annual survey using the Darlington Borough Council communications channels. This will measure attitudes, participation and types of physical activity that our residents are doing. This will be benchmarked against our first survey in 2023.

We will continue to monitor responses to our schools Healthy Lifestyles survey where we will analyse responses from pupils in years 5, 6, 7 and 8 across Darlington, capturing their attitudes towards physical activity and their own activity levels.

We will form a Physical Activity steering group to ensure a whole systems approach is being used to implement the action plan. This will ensure we continue to focus on increasing physical activity across the eight sectors involved in the design and delivery of this strategy. The action plan can be seen at Appendix 1.

We will commit to sharing key challenges and celebrating success. We will be open in our communication with residents, businesses and stakeholders to help everyone stay informed.

A timeline of the process is outlined below

Delivery Phases

Year 1

- Establish structures
- Undertake system mapping
- Produce delivery plans
- Design measurement framework

Years 2-4

- Short term actions delivered - Review action plan alongside Council Plan review

Years 4-6

- Medium term actions delivered

Years 6-9

- Long term action and delivery

Year 9-10

- Evaluation
- Consultation on next strategy

Appendix 1 - Action Plan

SHORT	MEDIUM	LONG
2 - 4 YEARS	4 - 6 YEARS	6 - 9 YEARS

Healthcare

TERM	ACTION	LEAD BODY
S	Review existing physical activity training packages and programmes for health care professionals. Consolidate and standardise the training offer to support standardisation of learning. Increase the availability of online formats so that healthcare professionals can access more flexibly. (Training offer to consider - GPCC, MECC, MI, Stroke Rehabilitation, PACC.)	Darlington Primary Care Network (PCN) and Darlington Borough Council Public Health Team.
S	Move away from over emphasis of the medical model and clinical language and terminology, better equipping healthcare professionals to relay information to clients and patients.	Darlington PCN
S	Physical activity training should highlight and sign post locally provided opportunities and case studies. Imagery should be representative of the wider Darlington community.	Darlington PCN and Darlington Borough Council Public Health Team.
S	Improve the signposting of local physical activity provision to the personalised healthcare offer made by Social Prescribers, Health Coaches and Care Co-ordinators. These links should be established and validated by the PCN.	Darlington PCN
S	Increased physical activity and reduction of inactivity to be considered as an intervention for most presenting clients either as a main or secondary support mechanism.	Darlington PCN
M	Promote the good practice currently taking place with specific health related groups such as Exercise on Referral, Cancer Prehabilitation/Rehabilitation and Exercise. After Stroke. Capture the participant experience and journey through video (to be used as a promotional tool but also as a guide to new participants - i.e. what will it be like, what do I need to bring with me, who will be leading the class etc.)	Darlington Borough Council Communications, Move More and Public Health teams.
M	Create case studies of local people to capture best practise and impact of physical activity on health care. Support a shift away from cure, towards prevention and early intervention. To be utilised on service websites and via social media channels.	Darlington Borough Council Public Health and Communications team. Primary Healthcare Darlington (PHD).
M	Review the pathways into existing physical activity interventions to identify opportunities to make these services more inclusive, accessible and consistently signposted.	Darlington PCN
M	Encourage the development of 'Active GP Practices' across Darlington. Establish a pilot with one practice to share findings.	Darlington Public Health and Tees Valley Sport.
L	Work with health and social care to establish the most impactful approach to promoting the local physical activity offer.	Darlington Public Health and Tees Valley Sport.
L	Optimise the use of available technology both in terms of promotion of opportunity and enabling self service where appropriate. Increase awareness of physical activity apps and programmes (such as Couch to 5k and We are undefeatable)	Darlington PCN

Public education and mass media

TERM	ACTION	LEAD BODY
S	Create a marketing and media plan to promote physical activity benefits and opportunities to be active in Darlington. Link with national campaigns and resources.	Darlington Borough Council Move More and Communications teams.
S	Through Darlington Borough Council facilities, website and the marketing and media plan, encourage families to utilise local and national guidance and support with getting and staying active. Local examples include the Growing Healthy Darlington app. National examples include the NHS Better Health campaign resources.	Darlington Borough Council Move More and communications teams.
S	Recognise and celebrate high level performers and the clubs and organisations that support their progression to elite level through Darlington Sports Winners Awards and Future Champions scheme.	Darlington Borough Council Move More and Communications teams.
M	Encourage physical activity providers and community groups to sign up to Sport Englands Digital Hub which provides access to a series of resources aimed at improving the digital marketing skills of the sport and physical activity sector.	Darlington Borough Council Move More and Communications teams.
M	Offer a digital marketing support service to physical activity providers in Darlington. This may include support in designing media content, signposting services and hosting guides on the Move More website.	Darlington Borough Council Move More and Communications teams.
M	Build on the success of Darlington's existing events and supplement these with broader physical activity offers to encourage higher levels of sustained participation associated with the main event - e.g. spin off events for the Darlington 10k, Move More Days and Active Parks. Active travel to be promoted as a way of attending.	Darlington Borough Council Move More and Events Team
L	Create a digital guide to physical activity opportunities in Darlington that can be promoted via the marketing and media plan. This can also be downloaded by developers to include in welcome packs for new homeowners and developments.	Darlington Borough Council Move More and Communications teams.



Workplace health

TERM	ACTION	LEAD BODY
S	Signpost organisations to work with Sustrans to introduce active travel into the workplace and understand any funding opportunities available to them.	Darlington Borough Council Communications Team, Sustrans.
M	Develop the Darlington Borough Council Employee Wellbeing Programme. This should include referral to physical activity opportunities as well as corporate discounts. Prepare this as a template of 'good practice' to share with local businesses.	Darlington Borough Council Human Resources and Move More Teams.
M	Produce a secure cycle storage, shower and changing facilities map for Darlington to encourage active travel to the workplace and leisure activities.	Sustrans and Darlington Borough Council Communications Team
M	Prepare guidance on opportunities to be active at work including walking meetings, standing desks, lunch time walks and active commuting as part of the wellbeing offer. This should be representative of sectors with lower paid jobs, part time jobs, and shift work and take account of all safety considerations.	Darlington Borough Council Human Resources and Public Health Teams.
M	Make guidance available on being active whilst working from home as part of the wellbeing offer.	Darlington Borough Council Human Resources and Public Health Teams.
L	Explore a workplace health & wellbeing award for Darlington. Recognise and celebrate best practice through Darlington Sports Awards or the Stronger Communities Awards.	Darlington Borough Council Human Resources, Public Health and Move More Teams.



Active travel

TERM	ACTION	LEAD BODY
S	Darlington Transport Strategy 2022 - 2030. Objective 1. Reduce Transport's impact on the environment and support Health and Wellbeing. Our aim is to support these proposals and work to maximise positive impact of the local plan in terms of reducing physical inactivity. (sections 1.8.1 and 5.3.1).	Darlington Borough Council Transport team
S	Include active travel campaigns within the physical activity marketing and media plan e.g. promote cycling and walking as greener, healthier and less costly ways to travel for shorter journeys or the benefits of active travel using climate change & sustainability as alternative motivations.	Darlington Borough Council Transport team
M	Darlington Active Travel Hub 2024 - 2027 (subject to funding) will provide a variety of opportunities within community, workplace and residential settings to increase access, awareness and confidence on active travel. We will support this work through the physical activity marketing and media plan and within Council venues.	Sustrans and Darlington Borough Council Communications Team.
M	To explore the School Streets initiative. A scheme that restricts traffic outside schools during pick up and drop off times, reducing congestion, boosting safety and enabling more pupils to walk, wheel or cycle.	Darlington Borough Council Transport, Public Health and Highway teams.
L	Develop the existing Joint Strategic Needs Assessment (JSNA) to incorporate insight on active travel rates in Darlington.	Darlington Borough Council Public Health team
L	Consider integrating active travel into holiday activity programmes. This would include teaching children in Darlington how to independently travel to the town centre to access leisure facilities such as the Dolphin Centre and other physical activity assets.	Darlington Borough Council Move More Team



Sport and recreation for all

TERM	ACTION	LEAD BODY
M	Survey sports clubs on capacity and access to facilities. This will establish opportunities for growth and demand on facilities. We will continue to work with education facility providers to encourage ease and consistent access to school sports facilities for local clubs and communities. Extend this to private providers as well as local authority and voluntary sports clubs. This should inform the imminent sports facility and playing pitch strategy refresh.	Darlington Borough Council Move More Team
M	Explore the Play Streets initiative which involves neighbour led short road closures to enable safe spaces to play.	Darlington Borough Council Public Health and Highways Teams. And PSAG.
M	Produce a swim development plan linked with the Dolphin Centre and wider community pools. Looking to increase engagement and access.	Dolphin Centre and School Academy Trusts.
M	Seek to attract high profile sports events to the town and sub region, to raise awareness, provide role models and encourage participation. A recent example being British Cycling National Championships 2024.	Darlington Borough Council Events team
M	Continue to recognise and celebrate high level performers and the clubs and organisations that support their progression to elite level. Provide local role models to inspire people of Darlington.	Darlington Borough Council Move More and Communications teams.
M	Create a network to support the promotion and provision of active ageing. To support people to live longer and stronger. Linking with provider services to support opportunities and provide guidance.	Darlington Borough Council Public Health Team, Tees Valley Sport and NHS.
L	Continue to invest in key assets such as the Dolphin Centre and Eastbourne Sports Complex to widen participation in recreation and leisure facilities.	Darlington Borough Council Leisure services
L	Consider developing more place based activities that focus on deprived areas. Working with families and priority groups in those areas to co-design the physical activity offer using the Houghton Matters project as an example of good practice. We will target funding from Sport England to target placed based work in our deprived wards in Darlington.	Darlington Borough Council Move More and Public Health Teams.

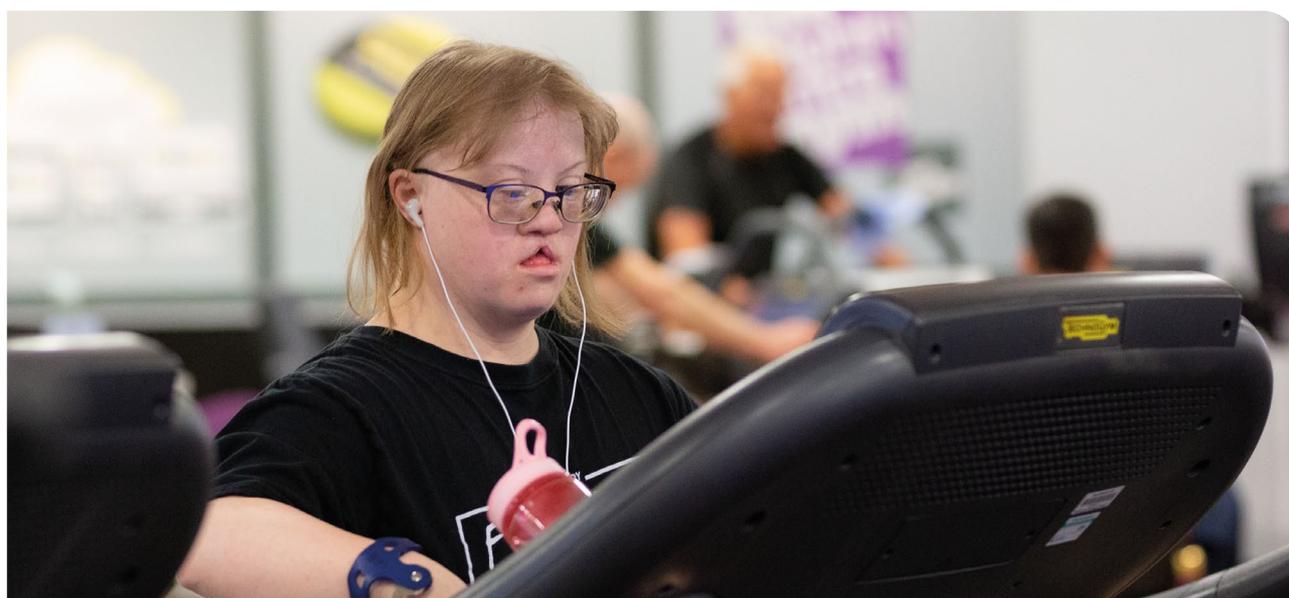
Community wide physical activity

TERM	ACTION	LEAD BODY
S	Identify real and perceived gaps in physical activity provision (activities wise and geographically). Capture this information on the annual public survey and any additional data collection required. Use the information to shape future provision and marketing.	Darlington Borough Council Move More and Public Health Teams.
S	Provide an advisory service for good practice on club and community group governance, community based delivery and facility management through the Darlington Move More Team.	Darlington Borough Council Move More team
M	Explore developing a network or forum that brings together voluntary community organisations, sports clubs and other stakeholders to share good practice and promote the integration of physical activity into broader wellbeing interventions. This could be web based, online, email or in person.	Darlington Borough Council Move More team
M	Support a volunteer pathway for clubs, community groups and events to increase capacity for delivery. We will work alongside National Governing Bodies, Active Partnerships, School Games and wider national voluntary networks to implement.	Darlington Borough Council Move More team
M	Publish a website page dedicated to providing up to date funding opportunities available to community groups to enable local physical activity opportunities and programmes to be delivered for example Haughton matters.	Darlington Borough Council Move More team
L	Identify opportunities to expand community outreach programmes in priority areas of the town, subject to funding opportunities and requirements.	Darlington Borough Council Move More team



Active urban design

TERM	ACTION	LEAD BODY
S	Continued commitment in Darlington Local Plan 2016-2036 to consider the impact urban design has on health and wellbeing. Darlington Public Health will provide advice and recommendations on the best ways to impact health and wellbeing through urban design (WHO guidance). See 1.8.1 and 5.3.1 of the local plan.	Darlington Borough Council Planning Teams.
M	Create a digital guide to physical activity opportunities in Darlington. This can then be downloaded by developers to include in welcome packs for new homeowners and developments. This could be made available to all residents moving into all properties.	Darlington Borough Council Move More and Communications Teams.
M	Work with the planning team to understand what statutory and non statutory processes are in place in relation to consultation in the local plan and in relation to planning applications.	Darlington Borough Council Public Health and Planning Teams.
M	Explore funding and partnership opportunities to enable initiatives such as Play Streets and Park Play. These primarily target areas of high deprivation or where there is limited green space. Examples include the Sport England place based fund.	Darlington Borough Council
M	Ensuring Health Impact Assessments (HIA's) are produced and submitted by the developer for relevant new developments in Darlington. Working collaboratively we will maximise the opportunities for healthy design and physical activity. Considering approaches such as 20 minute neighbourhoods and the healthy streets approach.	Darlington Borough Council - Public Health and Planning teams.
M	We will link urban design into the Darlington Playing Pitch and Facilities strategy action plan refresh. This will maximise opportunities on any new or existing sport and physical activity capital projects.	Darlington Borough Council - Move More team



Schools

TERM	ACTION	LEAD BODY
S	Schools to adopt a whole school approach to physical activity before, within and beyond the curriculum, offering a broad range of activities and opportunities including high quality physical education and develop pathways to community providers which are inclusive for all.	Schools
S	Work with the School Games Organiser to offer leadership opportunities from primary through to secondary and beyond.	Schools and School Game Organiser.
S	Work with the School Games Organiser on the Darlington School Games, offer targeting specific groups who would most benefit from taking part. Consider the different motivations for young people to take part in physical activity and sport e.g. social, mental, emotional as well as physical.	Schools and School Game Organiser.
S	Widen access to eligible children to the Holiday Activities and Food programme which focuses on health, wellbeing and raising aspirations.	Schools and Darlington Borough Council Move More Team.
S	Make the Healthy Early Years award (which includes physical activity criteria) available to all pre school provider settings. The awards offers advice on active settings and opportunities for activity throughout the day.	Darlington Borough Council Education and Public Health Team.
M	Active School examples, good practice and case studies to be shared across Darlington schools through network opportunities.	Tees Valley Sport, Darlington Public Health Team and Schools.
M	Engage with initiatives to support and encourage active travel, such as WOW (Living Streets) and the Sustrans Big Walk and Wheel and promote active classrooms across all schools for opportunities to be active throughout the day.	Schools
M	Encourage the opening of school facilities for community use, to meet the needs of local community.	Schools
M	Promote participation in positive activities. Building on the strong links made with local colleges, where students are facilitating consultation and engagement on our service's behalf with young people as part of their curricular activity. Implement student champions as the voice of Darlington Borough Council leisure services.	Schools, Dolphin Centre.
L	Use pupil voice as a mechanism to understand the barriers to young people being physically active. Involve them in the co - creation and design of activities and plans.	Schools and Darlington Borough Council Education Team.
L	Consider the use of a range of PE schemes and resources to support the delivery of high quality PE, such as Teach Active, Complete PE , Real PE and the PE Hub.	Schools
L	Raise Key Stage 2 swimming attainment levels in Darlington schools through ongoing delivery, monitoring and engagement in swimming.	Schools, Dolphin Centre.
L	Explore opportunities to link the water education journey of young people in Darlington with career pathways into leisure.	Schools, Dolphin Centre.
L	Ensure that all pre - school and school aged actions are adapted and shared with those who are educated outside of a school setting. This will encourage access and develop an understanding of the benefits of physical activity.	Darlington Borough Council Education Team.

Appendix 2 - Sector Led Improvement approach

Regional Physical Activity Collaboration in the North East using a Sector Led Improvement (SLI) Approach

We want all Darlington residents and those visiting and working here to have access to appropriate physical activity that positively supports their health and wellbeing.

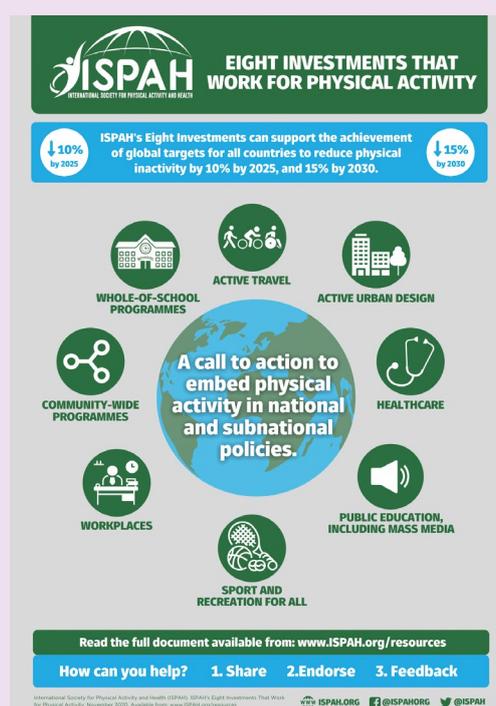
- Sector-led improvement (SLI) is the approach to put improvements in place by local authorities and is a framework set out by the Local Government Association since 2011
- SLI takes the view that the responsibility and regulation of improvement in local government should stay with councils and is underpinned by the following key principles:
 - Councils are responsible for their own performance and improvement
 - Councils are primarily accountable to local communities
 - Councils have a collective responsibility for the performance of the sector as a whole
 - Coordinate across the local system.

Outline line of decision-making process:

- Scoping meetings between Chair of NE Association of Directors of Public Health (ADPH) Healthy Weight and Physical Activity (PA) Network and regional Office of Health Improvement and Disparities.
- Established a regional leadership group with representation from Office of Health Improvement and Disparities, Active Partnerships, Sport England and local authorities.
- Agreed a Sector Led Improvement (SLI) approach using International Society for Physical Activity & Health - Eight Investments That Work for Physical Activity
- NE ADPH network – approval and sponsorship for PA SLI regional programme secured in September 2022.
- National funding secured in November 2022 to help develop the SLI physical activity self assessment tool

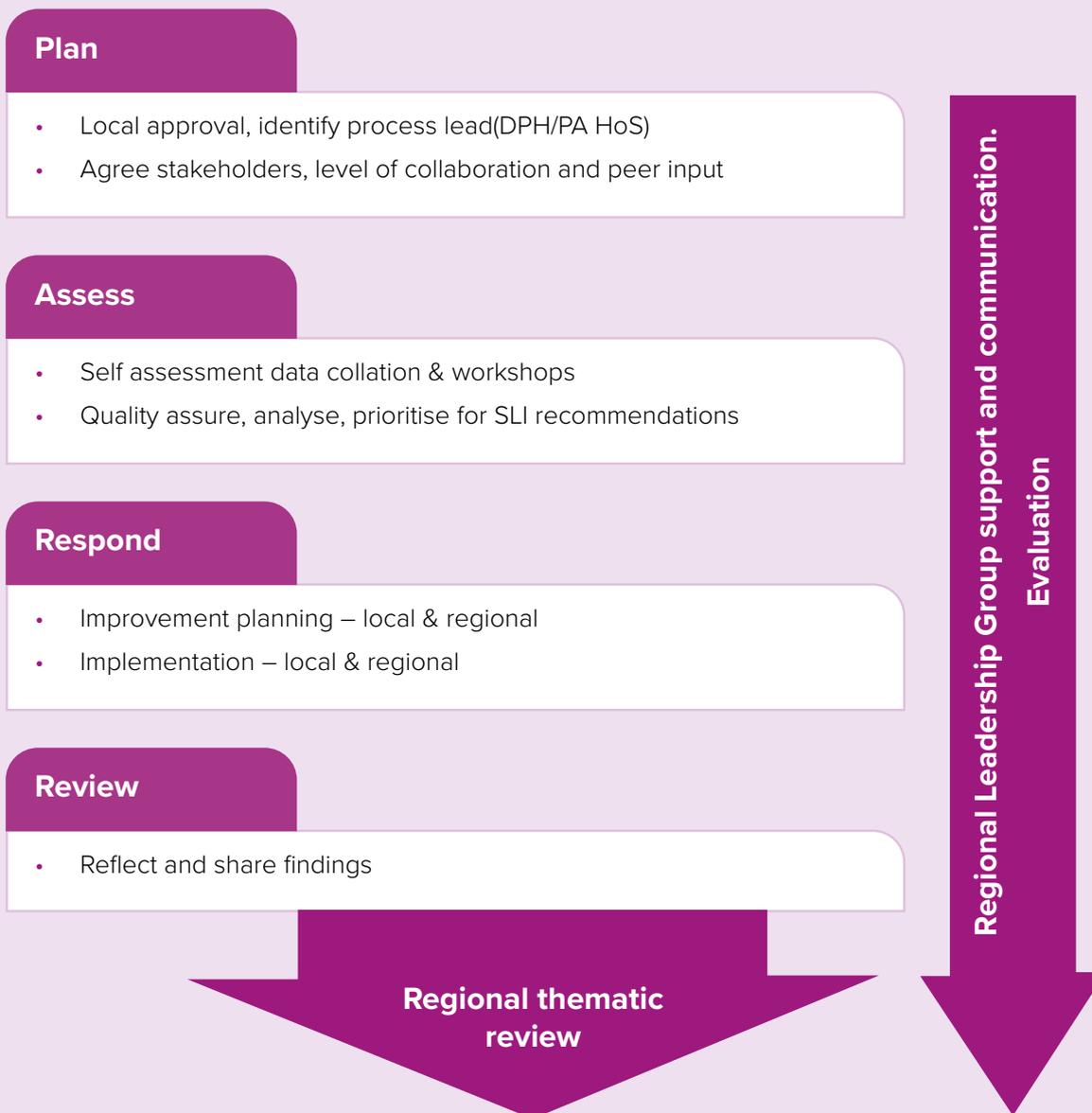
The SLI physical activity tool:

- Is based on the ISPAH Eight Investments that Work for Physical Activity which will help us better understand what is going on across the local and regional physical activity system
- Looks at all activities through an inequalities lens to determine how inequalities are being tackled
- Incorporates other evidence (National Institute for Health and Care Excellence, Sport England etc) to provide evidence-based questions
- Looks to capture evidence of impact; local priorities & evidence and opportunities to do more at local or regional level



- Is at pilot stage so there are opportunities to inform its future development and use
- Success of the approach very much depends on an open and honest appraisal of current activities and approaches
- There are likely to be variations in the activities that local authorities are undertaking owing to local priorities and available resources
- The approach should be viewed to take a snapshot of where we are and to help identify opportunities.

Example SLI process



Appendix 3 - UK Chief Medical Officer recommendations on physical activity (Autumn 2024)

Inequalities in health arise because of inequalities in society. The conditions in which people are born, grow, live, work, and age. Over the last few decades physical activity levels have gradually declined in daily life and the impact of this has been felt disproportionately by certain disadvantaged groups

The coronavirus (Covid-19) pandemic and cost of living crises have further exacerbated inequalities in physical activity levels and has been most acute with women; young people aged 16-34; over 75s; disabled people and people with long-term health conditions; those from Black, Asian and other minority ethnic backgrounds; and those living in deprived areas.

It is widely acknowledged that being physically active can help in the prevention and management of a range of health conditions, including: some cancers; obesity; type 2 diabetes; cardiovascular diseases (CVD) including coronary heart disease and stroke; hypertension; osteoarthritis; mental health conditions including depression and anxiety; and many other conditions

In addition to supporting good physical and mental health and functioning, regular physical activity also contributes to a range of wider social, environmental and economic benefits for individuals, communities and wider society.

Summary of Guidelines by age group

Under-5s Infants (less than 1 year)

Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling. For infants not yet mobile, this includes at least

30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better. NB: Tummy time may be unfamiliar to babies at first, but can be increased gradually, starting from a minute or two at a time, as the baby becomes used to it. Babies should not sleep on their tummies.

Toddlers (1-2 years)

Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.

Pre-schoolers (3-4 years)

Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.

Children and Young People (5 to 18 years)

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports. Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength. Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

Adults (19 to 64 years)

For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still. Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none. Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity. Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

Older Adults (65 years and over)

Older adults should participate in daily physical activity to gain health benefits, including maintenance of good physical and mental health, wellbeing, and social functioning. Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary, while more daily physical activity provides greater health and social benefits. Older adults should maintain or improve their physical function by undertaking activities aimed at improving or maintaining muscle strength, balance and flexibility on at least two days a week. These could be combined with sessions involving moderate aerobic activity or could be additional sessions aimed specifically at these components of fitness. Each week older adults should aim to accumulate 150 minutes (two and a half hours)

of moderate intensity aerobic activity, building up gradually from current levels. Those who are already regularly active can achieve these benefits through 75 minutes of vigorous intensity activity, or a combination of moderate and vigorous activity, to achieve greater benefits. Weight-bearing activities which create an impact through the body help to maintain bone health. Older adults should break up prolonged periods of being sedentary with light activity when physically possible, or at least with standing, as this has distinct health benefits for older people.

Despite the widely reported benefits of physical activity, most adults and many children across the UK are insufficiently active to meet the full set of recommendations. We want this report to act as a catalyst for a change in our attitudes to physical activity. These guidelines present a UK-wide consensus on the amount and type of physical activity that is needed to benefit health across the life course. The guidelines have been updated using the best available evidence and reflect what we know now about the relationship between physical activity and health. The guidelines apply across the population, irrespective of gender, age or socio-economic status. We know there are clear health inequalities in relation to physical inactivity and therefore interventions to promote physical activity must consider this. We want as many people as possible to make use of these guidelines to work towards and achieve the recommended activity levels. With that in mind, we have developed the updated infographics included in this report to help bring the guidelines to life and make them easy for everyone to use. We hope these guidelines help all individuals to become more active. The good news is that even small changes can make a big difference over time. As we say in these guidelines: some is good, more is better.



DARLINGTON
Borough Council

