

REPORT:

# **SOUTH TYNESIDE EVALUATION AND LEARNING SUBMISSION – APRIL 2026**

AUTHORS:

Joe Barton – Research and Insight Manager (Place), Rise.

WITH THANKS TO:

Paul Biddle, Declan Mulholland, Joanne Porter, Samantha Hunter,  
Jade Scott, Michael Walsh, Mary Fairfield, Charlotte Harrison,  
Sadie Harrison, Alene Lee.

# **RISE.**

## CONTENTS

CONTENTS .....	2
BACKGROUND .....	3
CONTEXT STATEMENT .....	3
METHODS STATEMENT.....	3
PARTICIPANT ENGAGEMENT STATEMENT .....	4
OVERVIEW OF PROGRESS MADE.....	4
EXPLANATORY ACCOUNTS .....	5
Collaboration across sectors is deepening .....	5
Partners are developing a local learning culture.....	9
Partners are unsure as to the potential structural impact of the project .....	12
CONCLUSION .....	14
APPENDICES.....	15
1. South Tyneside Place Partnership draft governance structure. ....	15
3. Questions from the community insight gathering micro-commission.....	16



## BACKGROUND

### CONTEXT STATEMENT

This report evaluates the work undertaken towards the Sport England Place Expansion Development Award in the South Tyneside local authority area. Within South Tyneside, work towards the Award is focused within, but not limited to, the priority localities listed below. These localities correspond to specific Middle-layer Super Output Areas (MSOAs) which are indicated in parentheses:

- South Shields (South Tyneside 001, South Tyneside 002)
- Horsley Hill (South Tyneside 004)
- Hebburn (South Tyneside 009, South Tyneside 010, South Tyneside 015)
- Simonside (South Tyneside 012)
- Brockley Whins (South Tyneside 014)
- Biddick Hall (South Tyneside 016)

### METHODS STATEMENT

The data supporting this report is drawn from the following sources:

- Rise staff monthly reflection logs.
- Insights gathered from one-to-one meetings between the Rise Active Communities Engagement Lead (South Tyneside) and key representatives from a range of local organisations.
- Insights gathered at roundtable sessions with local partners.
- Ripple effects mapping carried out at the three-month catch-up meeting of the South Tyneside system leadership programme.
- Discussions at, and outputs of, system maturity and theory of change workshops.
- Interviews with place partners.

Interviews with place partners were specifically carried out to support this report. The remaining data sources are either compulsory Development Award evaluation and learning activities or components of the local evaluation and learning plan for Gateshead and South Tyneside. Some sources, such as the reflections log and ripple effects map, were chosen because they trace how learning has developed over the course of the last 12 months or offer snapshots of understanding at specific points. Other sources, such as the learning from the system maturity workshops, were selected because they are especially sensitive to evaluating complexity.

## PARTICIPANT ENGAGEMENT STATEMENT

This submission was prepared by the Rise Research and Insight Manager (Place) who, in consultation with the Rise Strategic Lead for Place and the Rise Active Communities Engagement Lead (South Tyneside), collected the supporting data and developed the explanatory accounts outlined below. The perspectives of place partners, key local organisations and residents are represented through direct quotations, reflections, and summaries of discussions. A range of place partners from across South Tyneside Council, other statutory sector organisations and the voluntary, community, faith and social enterprise (VCFSE) sector were invited to be interviewed for this report, but not all were able to do so due to time constraints. Given that the other data sources outlined above capture these partners' perspectives, however, these gaps should not be considered particularly significant.

## OVERVIEW OF PROGRESS MADE

Since the submission of the April 2025 Evaluation and Learning Report, Rise and its place partners have undertaken the following system activity:

Strengthening strategic partnerships and developing local relationships:

- Participating in the Leading the Movement place-based leadership programme and reflecting on its impact through catch-up meetings.
- Planning a South Tyneside community of practice group.
- Developing a formal governance structure for the place partnership (see Appendix 1).
- Co-producing a set of common purpose and principles for the partnership.
- Supporting cross-sector collaboration towards a pilot of active uniforms in two local primary schools.

Developing local relationships:

- Engaging with over 100 key partners from across the local authority, statutory, and VCFSE sectors through 1-2-1 meetings, presentations, and public events.
- Working with the cultural sector in South Tyneside Cultural Partnership to identify an arts-focused community group with which to co-produce a brand identity for the partnership and developing a brief for procuring an external agency to develop branded materials.

Deepening shared understanding of the local physical activity ecosystem:

- Holding regular internal Rise monitoring, learning, and evaluation sessions.
- Producing and sharing quarterly insight packs summarising key learning around physical activity barriers and enablers (the most recent pack, from February 2026, can be [accessed here](#)).
- Sharing and reflecting on feedback provided by the National Evaluation and Learning Partnership (NELP) on the April 2025 Gateshead and South Tyneside

evaluation and learning submission.

- Evaluating local system maturity through a place maturity capacity building and support project.
- Participating in the 2025 System Maturity Matrix Survey.
- Producing and sharing an interim evaluation and learning report for place partners in October 2025.
- Co-producing a theory of change with place partners (see Appendix 2).
- Publishing an [interactive map of physical activity assets](#) in South Tyneside.
- Participating in System Maturity Matrix Survey moderation session.
- Holding 'round table' physical activity discussion sessions with local partners on the topics of children and young people, accessibility and inclusion, the built and natural environment, and active travel and transport.
- Commissioning trusted local VCFSE organisations to gather insight from their members and/or service users.

For the sake of brevity, this report does not provide detailed individual updates on these activities but rather draws on aspects of them that are relevant to explanatory accounts.

## EXPLANATORY ACCOUNTS

### Collaboration across sectors is deepening

One change that has taken place in South Tyneside over the last 12 months is the deepening of cross-sector collaboration in ways that are informed by a place-based, whole systems approach. This is partly due to a culture of collaboration in South Tyneside that predates the work of the Development Award – a culture which partners discussed in depth in the system maturity workshops that took place over the summer of 2025. In reflecting on collaboration as a condition for change, partners evaluated the maturity of this aspect of the South Tyneside system as 'emerging in practice' but moving towards 'establishing in practice' and were able to cite a range of examples to support this assessment. One such example is that of the South Tyneside Healthy Homes service, which brings together South Tyneside Council, NHS partners, and organisations such as a local social prescribing community interest company to improve health outcomes by addressing poor housing conditions. This 'emerging-to-established' culture of place-based collaboration is also reflected in the observation made by the Rise Strategic Lead for Place that place partners from different sectors in South Tyneside typically think of themselves as working across a single overall 'place', rather than within distinct or disconnected localities.

Crucially, however, the Development Award has built on these existing strengths by providing partners with the time, space, and conceptual tools to reflect together critically and identify new opportunities to deepen collaboration. One local VCFSE organisation representative, for example, reflects on the "the energy in the room" in both the leadership programme sessions and system maturity evaluation workshops, as well as the "open [...] quite honest conversation around realistically where we at are

now and what could be improved". This atmosphere and structure led to unexpected collaboration across sectors:

***“ I met [a place partner] from the Integrated Care Board at the leadership programme and our conversation led to an introduction with Population Health at South Tyneside District Hospital. Now it's looking promising for developing a green hub site at the hospital, supporting patients and volunteers to access and improve the quality of the green space that surrounds it. ”***

Similarly, a representative from South Tyneside Council's public health team reflects how their participation in the place partnership has provided them with the means to progress their falls prevention plan:

***“ [The plan] wasn't really going anywhere. There was a little bit of non-recurrent funding but as a bit of a standalone thing. [The place expansion work has] allowed us to bring a core group of people together and now we're refreshing the Joint Strategic Needs Assessment. We've done some system mapping. [The place expansion work] has funded some micro-commissions just to do a little bit of specific insight. So that place-based attention to falls prevention has given me an umbrella to take that forward. ”***

The ripple effects mapping session (see Figs. 1 and 2) carried out at the three-month catch-up meeting of the South Tyneside leadership programme captures a range of other collaborative activities that participants attribute to their engagement with the programme and the system thinking and networking that it facilitated. Some of the ripple effects that partners mapped during this session include linking up the place expansion project to youth proficiency research and the South Tyneside Cultural Partnership. In addition, VCFSE organisations committed to evaluate their own system maturity to enhance cross-sector collaboration and improve their engagement with the North East and North Cumbria Integrated Care Board (NENC ICB). The full ripple effects map can be [accessed online](#).



For other partners, the change in their collaborative practice is more conceptual in character and sees them applying a whole systems 'lens' to their day-to-day working in ways that help them to understand how the current local system creates barriers to physical activity for specific groups. One representative from the VCFSE infrastructure organisation in South Tyneside reflects how:

**“ Being part of this work has made me approach conversations with new connections differently. We met a specialist nurse supporting children with heart conditions and because of the insight that we'd gained [through the Development Award] the conversation took us in a different direction about how the system is fearful because of concern about risk. [Professionals] are fearful of these groups of children doing stuff and so the children have less opportunity for physical activity, but also, they've become more othered. I don't think we would have reached that point in the conversation so quickly had it not been for our involvement in the [place] work. ”**

Partners recognise, however, that because it is their involvement in the Development Award at the strategic level that has driven these changes, it is possible that some smaller VCFSE organisations in South Tyneside who lack the capacity to engage to the same degree might not yet understand rationale for, and relevance of, a place-based, whole systems approach to their work. As such, it is probable that this shift towards deeper collaboration has not happened evenly across the system. Moreover, deepened collaboration with smaller organisations may need to look different than it does with steering group members. The community of practice group, then, whose membership is drawn from steering group members, leadership programme participants, and other relevant individuals, will likely be a key forum for exploring other forms of collaboration.



## Partners are developing a local learning culture

Another change that has taken place in South Tyneside is that place partners, led by Rise, are beginning to establish a local learning culture which engages community organisations and residents to develop a shared understanding of what supports and prevents people being physically active. Again, this change is partly due to the Development Award building on an existing willingness on the part of some organisations in South Tyneside to listen to, and learn from, local people. This was highlighted in discussions around co-production at the system maturity workshops, with participants pointing towards examples such as South Tyneside Council's leisure services commissioning local youth and disability organisations to develop an inclusive user's guide for accessing their facilities. When it came to reflecting on cycles of learning and action in South Tyneside more broadly, however, participants in the system maturity discussions were only able to identify isolated examples of organisations that have been asking questions and testing out initiatives. This reinforced the importance of using the Development Award to develop a local learning culture around physical activity enablers and barriers.

Interviews with partners suggest that a crucial factor for building this learning culture is relationships. One partner from a smaller VCFSE organisation, for example, identifies how the trust that the Rise Active Communities Engagement Lead has built across South Tyneside over the last 12 months has facilitated honest engagement in the processes that are required for developing effective cycles of learning action:

**“ I think Mahida's role has been critical. She's really good at non-threateningly going out to visit the different groups and being very open to hearing things and joining discussions and trying to connect all of that work together. ”**

The role that this gradual strengthening of trust through relationship building has played in facilitating the development of a local learning culture can also be seen in the monthly reflections of the Rise Strategic Lead for Place over the last 12 months. In July 2025, for example, the Strategic Lead reports on “difficult” conversations with and between partners which they hoped would eventually “lead to stronger relationships with partners/better ways of working”. By January 2026, in contrast, their logs record “positive responses” and “good connections”, suggesting these connections have been strengthened by sustained engagement.

Building on these strengthened relationships, the Strategic Lead for Place and Active Communities Engagement Lead have developed a ‘micro-commissioning’ process through which trusted local community organisations that have an existing relationship with the place partnership can receive a small sum to undertake their own insight gathering into the physical activity enablers and barriers as they are experienced by

their service users, members, and communities (see Appendix 3 for questions from the reporting form). When commissioning organisations to undertake their own research and developing a process and supporting resources to facilitate this, the Active Communities Engagement Lead emphasises the importance of appreciating VCFSE sector capacity and capability:

**“ It is crucial to ensure community accessibility is at the forefront of all our work, and managing academic approaches with caution, as it can result in people disengaging, and allowing community voice to influence our approach to this work. ”**

Again, this approach was informed by learning from the system maturity evaluation workshops of capacity and capability across volunteers and communities, which highlighted the difficulties that VCFSE organisations face when trying to engage in partnership working when survival is a key concern. As of writing, Rise has commissioned five organisations to undertake insight gathering and two have submitted their summary reports. One organisation reflects on the challenges of gathering insight in a community centre setting:

**“ We collected data by sitting with service users and volunteers’ of the centre and going through a questionnaire with them. We chose this method [...] as it is the only way we can get thorough data and ensure that the questions are adequately understood and explored. The only challenge to this is having the time to complete the questions themselves, both for the person answering the questions and our staff in order to get a satisfactory amount of respondents. ”**

The findings of community insight gathering commissions will be disseminated across the partnership via quarterly insight packs and will also be considered when the partnership comes to review its theory of change and refine its priority themes.

In addition to developing a process to gather insight from within communities in South Tyneside, Rise as lead applicant has also facilitated opportunities for a wide range of partners to develop a shared understanding of specific enablers and barriers across the local system, in the form of two 'Help Shape a More Active South Tyneside' round table events that took place in early 2026. These events focused on key themes such as children and young people, accessibility and inclusion, active travel and transport, and

green spaces. These themes were chosen because they had emerged over the course of the insight gathering carried out since April 2025 and as such were likely to resonate with partners living and working across South Tyneside. Participants were invited from the Steering Group, the Community of Practice Group and the Active Communities Engagement Lead wider networks, and represented a broad range of organisations, including relevant Council teams, VCFSE organisations, and transport providers.

After being provided some context for the session and its aims, participants worked in small groups to answer a series of questions that encouraged them to reflect in on the factors affecting physical activity in South Tyneside from their unique perspectives on the system. Feeding back on discussions provided opportunities for the attendees to learn together in real time; for example, a consensus emerged at the travel and green space event is that South Tyneside is generally well served in terms of public transport networks but that these do not always effectively connect up with active travel infrastructure, which proves a barrier to multimodal use by pedestrians and cyclists.



*Figure 3 - Roundtable events in South Tyneside.*

The Active Communities Engagement Lead is planning to facilitate similar roundtable sessions on the topics of falls and frailty and mental health, as well as a broader community voice session intended to capture insights into physical activity enablers and barriers as they are perceived by a diverse range of community organisations and residents. As with the community insight gathering micro-commissioning, the findings of these sessions will also be considered when the partnership comes to review its theory of change and refine its priority themes.

## Partners are unsure as to the potential structural impact of the project

One change that has not taken place is the emergence of a clear consensus among partners that the place expansion work will make a significant positive impact on structural inequalities around physical activity. This is despite South Tyneside's theory of change outlining the following desired impacts:

- Increased physical activity levels in areas where levels are low.
- Reduced physical activity inequalities.
- Local children get the best start in life and have improved physical literacy.
- Local people are supported to live longer, healthier, and more independent lives.
- Physical activity programmes are inclusive and accessible.
- Communities are empowered to self-advocate for their physical activity needs.
- Improved cohesion between communities, reduced community tensions, and reduced anti-social behaviour.
- Increased levels of economic activity for health-based reasons.
- The built and natural environment in South Tyneside encourages physical activity and active travel.

It could be argued that place partners' uncertainty at this stage in the expansion work around the prospect of making lasting structural impact is positive, in that it reflects how partners, through participation in the system maturity evaluation, have developed a deeper understanding of what is required to drive systemic change and are aware of further actions that are required to increase the likelihood of this happening. As one partner from the VCFSE puts it:

**“ It's not quick fix, this type of work. It takes a long-term investment in an area to make these changes and long-term investment in that partnership. So, I think if that's there and that's stable, that's a good start. ”**

One explanation for this lack of change is that collaboration and visible leadership are yet to be embedded comprehensively across the system. Indeed, visible leadership was a sub-condition that system maturity evaluation participants identified as requiring development, along with the related sub-conditions of distributed decision-making across sectors. This can be attributed in part to gaps in steering group membership; one partner South Tyneside Council, for example, observes that representatives from the Council's transport, planning, and housing teams have lacked the capacity to engage consistently at a strategic level thus far, with the result that there is less maturity in these parts of the system than in others.

Encouragingly, however, representatives of the transport team have now joined the steering group and reflection interviews have identified the possibility of engaging leaders from the planning and housing teams as their capacity increases going forward. Moreover, these insights have informed the theory of change for South Tyneside, which includes among its activities a stakeholder mapping exercise to identify and fill any remaining gaps in the steering group.

This uncertainty around system change can also be explained with reference to some of the current gaps in the theory of change for South Tyneside. For example, while the theory of change identifies reduced social isolation and loneliness as a desired long-term outcome, it does not outline the activities and outputs that might bring it about. Similarly, one of the key impacts highlighted in the theory of change is increased levels of economic activity for health-based reasons. The activity that the theory of change suggests will lead to this impact is linking the place expansion work to existing programmes aimed at tackling health-related economic inactivity (the North East Combined Authority's Economic Inactivity Trailblazer and Connect to Work programmes, as well as the NENC ICB Health and Growth Accelerator programme). The theory of change does not, however, explicitly outline what kinds of links should be made, how and why these links will lead to the desired economic impacts, or what some of the unintended consequences of this activity might be. With this in mind, supporting partners to review the theory of change and address some of its gaps might increase their confidence about the likelihood of achieving its stated desired structural impacts.

Moreover, this uncertainty can also be explained with reference to some of the challenges associated with working within the structure and timeframe of the Development Award itself. As outlined in the October 2025 [interim evaluation and learning report](#), the pace of the Development Award means that not all place partners are able to stay consistently engaged with its key learning and evaluation milestones and thus maintain a thorough understanding of the physical activity ecosystem in South Tyneside and the areas that require development in order to increase the likelihood of making change.

In their October 2025 reflection log, the Rise Strategic Lead for Place recognises the "intense and time consuming" nature of the "theoretical asks [of partners]", "how difficult system maturity is to navigate especially with the VCSE sector", and questions the extent to which partners can be expected to contribute to the ongoing co-production of a complex theory of change given their limited capacity. The observation about the specific challenges faced by the VCFSE sector is echoed by a VCFSE place partner who recognises the "struggle" that some participants from this sector experienced engaging with this strand of work. In response to these concerns, the Rise Research and Insight Manager (Place) has begun to incorporate key insights from the theory of change and system maturity into the place partnership's quarterly insight packs. The Research and Insight Manager (Place) and Active Communities Engagement Lead also plan to revise the theory of change in relation to the findings of the community insight gathering micro-commissions and roundtable sessions. Finally, the Research and Insight Manager (Place) will adapt the format of the system maturity evaluation cycle for 2026 to make it more accessible for a wider range of partners.

## CONCLUSION

The work carried out in South Tyneside over the last 12 months by Rise and place partners has led to deepened cross-sector collaboration and the beginnings of a local learning culture. Collaboration has deepened in South Tyneside because the Development Award has given participating partners the time, space, and tools to reflect and explore opportunities for working together in new ways. This change has not taken place evenly across the system in South Tyneside, however, and deepened collaboration with smaller VCFSE organisations may need to look different than it does with steering group members. The emerging local learning culture in South Tyneside is the result of the trust established by relationship building efforts and has been facilitated through a range of approaches to monitoring, learning, and evaluation. These approaches have been developed and adapted in relation to feedback from place partners and will continue to evolve along these lines.

What has not yet changed over the last 12 months is the level of confidence among partners that the place expansion work will significantly address the structural inequalities that impact on physical activity in South Tyneside. This reflects partners' mature understanding of the challenge of affecting change at this level, as well as the need to embed visible leadership and collaboration more compensatively across the system. Moreover, it reflects some of the challenges of establishing a place-based, whole systems approach within the structures and timeframe of the Development Award itself.

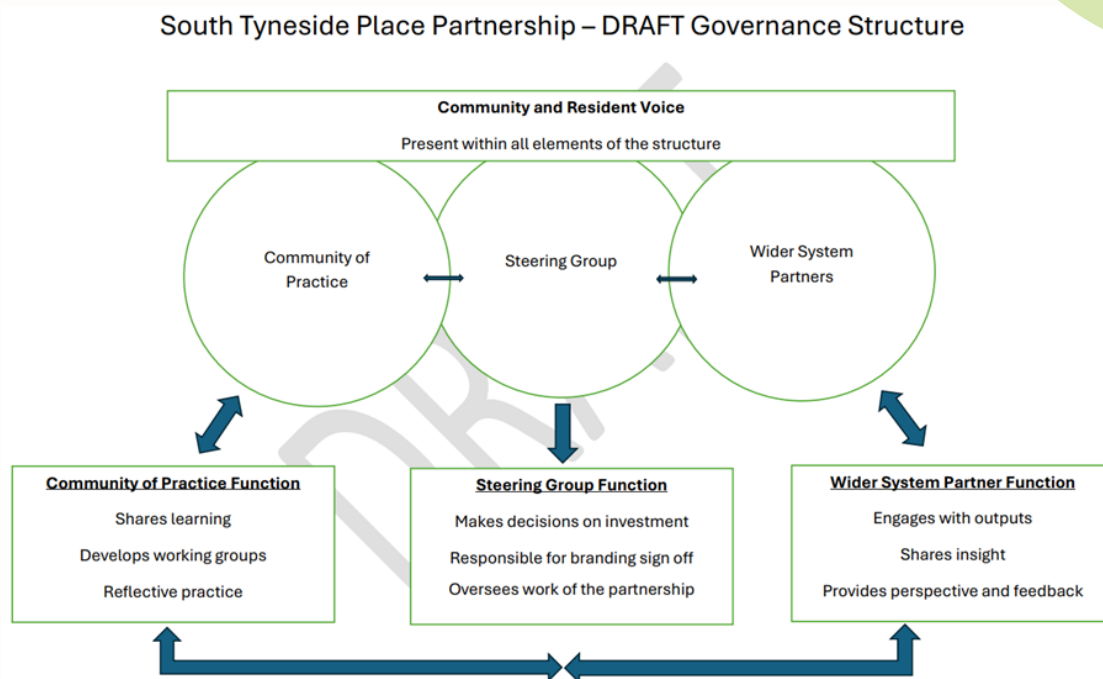
### *Next steps*

To build on the work of the last 12 months and address some of the challenges that have emerged, Rise as lead applicant will work with partners to:

- Develop the community of practice group.
- Explore opportunities to widen engagement with partners, including those from planning and housing.
- Revise the theory of change in relation to the findings of community insight gathering micro-commissions and roundtable sessions.
- Hold conversations with relevant partners around linking the place expansion work to existing programmes aimed at tackling health-related economic inactivity.
- Adapt the format of the system maturity evaluation to make it more accessible for a wider range of partners.

# APPENDICES

## 1. South Tyneside Place Partnership draft governance structure.



## 2. South Tyneside theory of change.

INPUTS	ACTIVITIES	OUTPUTS	OUTCOMES	IMPACTS
<ul style="list-style-type: none"> <li>Sport England investment.</li> <li>Other funding opportunities through collaboration.</li> <li>Place partnership steering group, leadership programme attendees, place partnership catch up group.</li> <li>Rise Strategic Lead for Place, Active Communities Engagement Lead, Research and Insight Manager, other Rise staff.</li> <li>System partners.</li> <li>Living Well Alliance.</li> <li>Pledge partnership South Tyneside.</li> <li>Residents.</li> <li>Grassroots organisations.</li> <li>Our target communities (e.g. CYP, families, people with disabilities).</li> </ul>	<ul style="list-style-type: none"> <li>Develop a branding/comms strategy.</li> <li>Developing a theory of change.</li> <li>Evaluating system maturity.</li> <li>Producing 6-monthly evaluation and learning reports.</li> <li>Compile quarterly insight packs.</li> <li>Micro commissioning project.</li> <li>Stakeholder mapping to develop/expand steering group.</li> <li>Barrier mapping.</li> <li>Women's physical activity audit.</li> <li>Mapping active travel for CYP.</li> <li>Use Healthy Schools Award annual review process to link up to place work.</li> <li>Frailty and falls mapping.</li> <li>Present Healthy Places Alliance with maturity ranking and theory of change.</li> <li>Identify 'hooks' for engaging departments/organisations who don't prioritise physical activity, such as planning.</li> <li>Create evidence base on what does/doesn't work well in current physical activity interventions.</li> <li>Link project to 3 programmes to tackle health-related economic inactivity.</li> </ul>	<ul style="list-style-type: none"> <li>Brand/comms strategy.</li> <li>Theory of change diagram and narrative.</li> <li>System maturity packs and rankings.</li> <li>6-monthly evaluation and learning reports.</li> <li>Quarterly insight packs.</li> <li>Micro commissioning process.</li> <li>Stakeholder map and list of who's missing from steering group.</li> <li>Regular opportunities for partners and community to come together.</li> <li>Shared resource for removing barriers.</li> <li>Asset map of accessible and appropriate venues and services for women (PA).</li> <li>'Hooks' for engaging other departments and organisations.</li> <li>Evidence base of what increases physical activity.</li> <li>Training needs assessment of current physical activity staff/provision.</li> </ul>	<p><b>SHORT-TERM</b></p> <ul style="list-style-type: none"> <li>More CYP actively travelling to school.</li> <li>Place partnership developed with strategic leaders, community members and wider partners all feeding in through network meeting and working groups.</li> </ul> <p><b>MEDIUM-TERM</b></p> <ul style="list-style-type: none"> <li>Senior buy-in for embedding PA in all policies.</li> <li>Working with employers to increase knowledge around benefits of physical activity and this supports workforce and employers.</li> <li>More schools taking part in active travel initiatives.</li> <li>Public parks to have more facilities and equipment for older children and young people.</li> </ul> <p><b>LONG-TERM</b></p> <ul style="list-style-type: none"> <li>PA embedded in planning and regeneration services/leadership.</li> <li>Decreasing trends around falls/frailty (midlife to reduce risk).</li> <li>An environment that makes active travel the norm and easiest option.</li> <li>Women and girls feel safe, secure and more confident to physical activity.</li> <li>Providers able to adapt provision for different population cohorts.</li> <li>Venues and provision providing physical activity opportunities to offer safe spaces for women to access.</li> <li>Residents feel connected to their neighbourhoods and assets.</li> <li>Increased connectivity in population via physical activity and reducing social isolation and loneliness.</li> </ul>	<p><b>HEALTH AND PHYSICAL ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Increased physical activity levels in areas where levels are low.</li> <li>Reduced physical activity inequalities.</li> <li>Local children get the best start in life and have improved physical literacy.</li> <li>Local people are supported to live longer, healthier, and more independent lives.</li> </ul> <p><b>CULTURAL/SOCIAL</b></p> <ul style="list-style-type: none"> <li>Physical activity programmes are inclusive and accessible.</li> <li>Communities are empowered to self-advocate for their physical activity needs.</li> <li>Improved cohesion between communities, reduced community tensions and reduced anti-social behaviour.</li> </ul> <p><b>ECONOMIC</b></p> <ul style="list-style-type: none"> <li>Increased levels of economic activity for health-based reasons.</li> </ul> <p><b>ENVIRONMENTAL</b></p> <ul style="list-style-type: none"> <li>The built and natural environment in South Tyneside encourages physical activity and active travel.</li> </ul>

### **3. Questions from the community insight gathering micro-commission.**

In a couple of sentences, please tell us how you gathered insight from your community and roughly how many people you heard from.

Did you face any challenges when gathering insight? If so, please tell us here.

Use this section to share the insight you gathered for the question '*What, if anything, makes it hard for you or your family to get active?*'. You can do this by listing of all the responses you received, or by giving a summary of the main issues and topics from people's responses.

Use this section to share the insight you gathered for the question '*What's great about where you live?*'. You can do this by listing of all the responses you received, or by giving a summary of the main issues and topics from people's responses.

Use this section to share the insight you gathered in relation to the question '*What would help you to move more or join in things locally?*'. You can do this by listing of all the responses you received, or by giving a summary of the main issues and topics from people's responses.

# RISE.

 Royal Quays Business Centre | Coble Dene | Royal Quays | North Shields | Tyne & Wear | NE29 6DE

 [RiseNorthEast.co.uk](http://RiseNorthEast.co.uk)

 07973 786 310

 [info@RiseNorthEast.co.uk](mailto:info@RiseNorthEast.co.uk)

   RiseCharityNE

Rise North East, registered charity in England and Wales (1135223).  
Registered company in England and Wales (07176549).

