

# GOOD PRACTICE

## Get Active



**City/Community**  
County of Durham

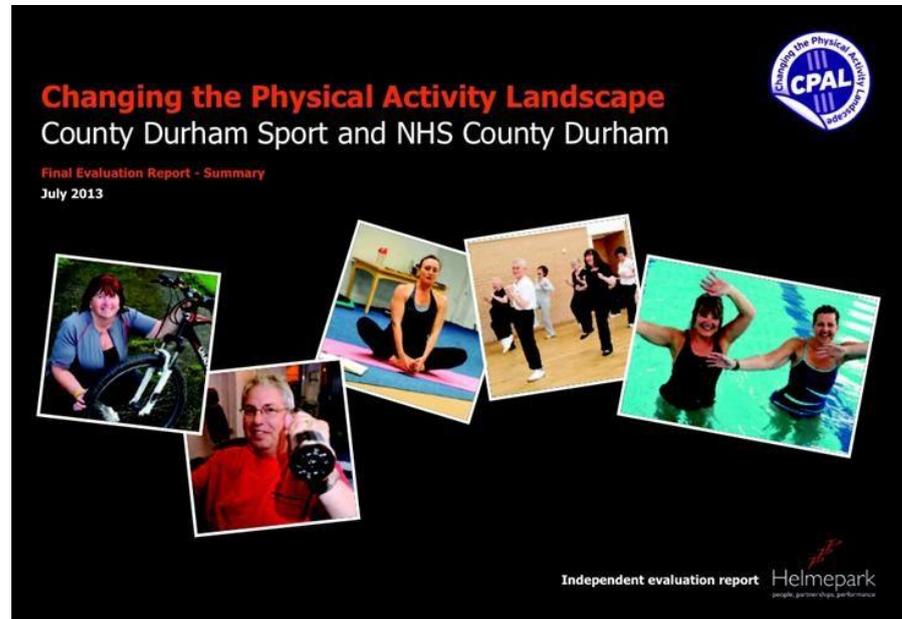
**Country**  
England

**Population**  
42.939

**Mission**  
To promote and help increase physical activity across the county of Durham

**Organization**  
County Durham Sport

**Target Group**  
Citizens of all ages



### Objectives

Ensure that sport and physical activity are developed in a coordinated and effective way across the county.

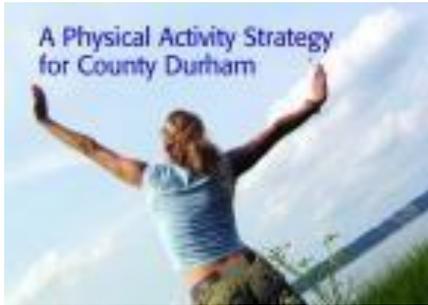
### Description

County Durham Sport (CDS) is one of 49 County Sports Partnerships nationwide responsible for the strategic coordination of sport and physical activity at a sub-regional level. The Partnership operates through an established delivery system of national, regional and local partners, providing an effective and efficient infrastructure for sport and physical activity based projects.

NHS County Durham (NHS CD) has commissioned CDS to develop, coordinate and manage the CPAL project a physical activity intervention project in support of the NHS Health Check Program.

Everyone is at risk of developing heart disease, stroke, type 2 diabetes or kidney disease. But these diseases can often be prevented, and NHS Health Check for adults in England between the ages of 40 and 74 can help the people by assessing their risk and giving personalized advice on how to reduce it.





## The Project

The project has a budget of £4.5m over a three year period, ending in September 2012 and has a management group made up of representatives from CDS and NHS CD, who have been engaged in a detailed process to develop the scope of the project, identifying the key outcomes based on existing national and regional evidence. The scope and long term outcome for the project was endorsed by the County Durham Health and Wellbeing Partnership in May 2009.

Sport England announced the national roll-out of its £36 million 'Sport Unlimited' initiative to get more children and young people taking part in sports that interest them most outside of school. Sport Unlimited offers young people 10-week taster sessions in sports which they have requested and aims to get 300,000 participants to join clubs and continue with sport when the 10 weeks are up.

**For more detail, please visit:**

<http://www.countydurhamsport.com>

