

Leicester Place Expansion

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Leicester
City Council



Too many people in Leicester suffer because of inactivity

- **All our health:** Physical inactivity is associated with 1 in 6 deaths in the UK and is estimated to cost the UK £7.4 billion annually (including £0.9 billion to the NHS alone). Our population is around 20% less active than in the 1960s. If current trends continue, it will be 35% less active by 2030.
- **Life expectancy gap** has widened post COVID: Leicester males and females in the least deprived areas have an additional 9 years of life expectancy compared to those in the most deprived areas.
- Leicester citizens can also expect **more years 'not in good health'**



Stocking Farm /
Mowmacre

Thurnby Lodge

North Evington /
Rowletts Hill /
Northfields /
Merrydale

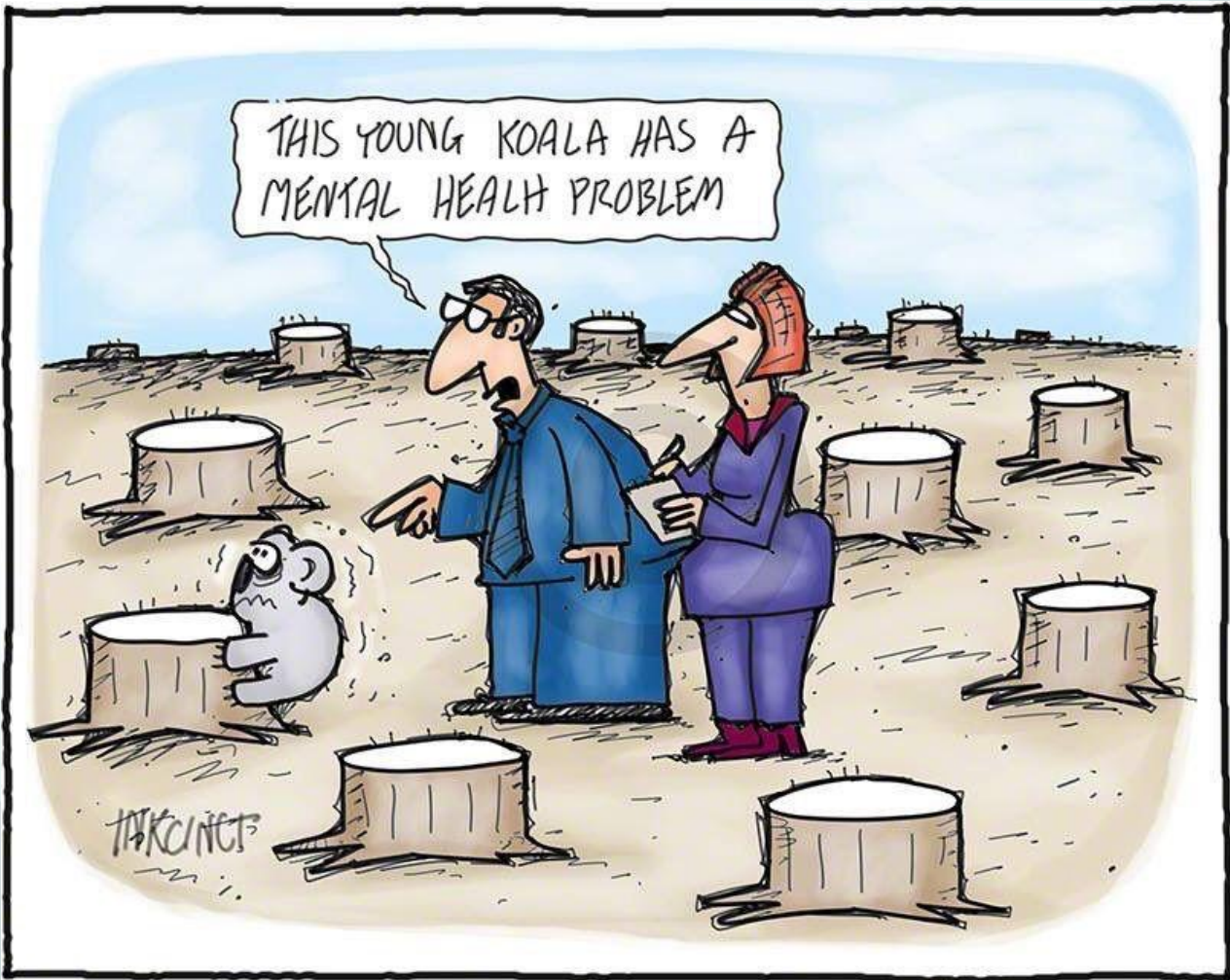
Saffron / Eyres



The Change we want: “This is for Us”

We aim to create a Leicester where:

- **The Active Choice is the easy choice:** residents in the most deprived neighbourhoods live actively and enjoy their neighbourhood.
- **Trust and belonging are embedded:** Provide space, community power, and infrastructure.
- **Equity of access:** Everyone can walk, wheel, cycle, and play safely.



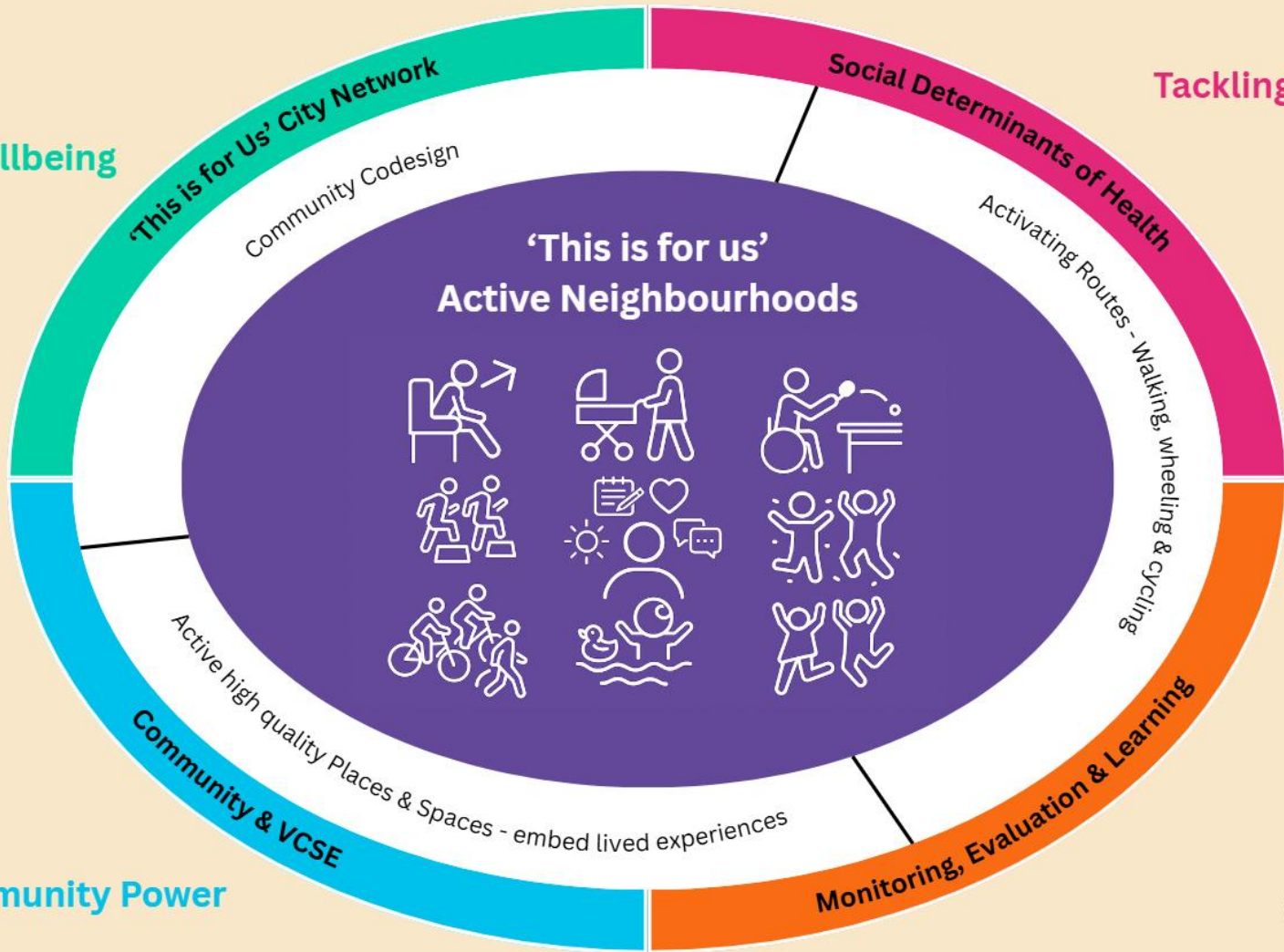
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Active Wellbeing

Tackling inequalities

Voices of our least active residents

Voices of our least active residents



This is for Us' City Network

Social Determinants of Health

'This is for us'
Active Neighbourhoods

Activating Routes - Walking, wheeling & cycling

Community & VCSE

Monitoring, Evaluation & Learning

Community Codesign

Active high quality Places & Spaces - embed lived experiences

Community Power



Our two-year plan:

- **Create a single vision** for walking, cycling, wheeling & play
- **Amplify voices** of the least active & highlight need for action
- **Power shift to communities**
- **Extend the reach beyond Public Health**
- Create a **Guide to participation**
- **Launch a Community of Change Practitioners** – to explore leading in complex times and how practically we can collaborate to reduce inactivity.

“This is for Us”



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