



Research

The Leisure and Cultural Partnership Group is investing Neighbourhood Renewal Funding to help address the issues of concern to Enfield residents living in the most deprived wards of the Borough through developing leisure and cultural activities. In October 2003 **Vaga Associates** were commissioned to assist in this work with the remit to:

- Summarise available research which proves the positive contribution of leisure and cultural services
- Demonstrate how national research can be constructively used in Enfield
- Identify priorities for investment and areas of mutual interest with the other thematic groups of the Enfield Strategic Partnership.

Fact Sheets

Six facts sheets are available highlighting the findings of over 100 research studies:

- Improving health
- Reducing obesity
- Reducing crime and anti-social behaviour
- Raising attainment and employment
- Developing a better Enfield
- Investing in leisure and cultural activities.

Evidence

In 1999 the government's Policy Action Team 10 made recommendations on the role of sport and arts and social exclusion in deprived neighbourhoods. Since then the DCMS, the Local Government Association and the national leisure and cultural agencies have all invested in research studies to prove the value and importance of leisure and cultural services.

Our findings reveal:

- Hard evidence of health benefits
- Strongly held beliefs backed up by consistent anecdotal evidence of personal and communal social benefits
- Conditions needed to secure the benefits.

Further Information

Visit our websites for further information, contact details, copies of the presentation on each of the thematic areas and references to the research studies and reports: www.enfieldsp.gov.uk or www.vagaassociates.com

"It is our ambition to make Enfield one of the best places in which to live, work, study and do business. A place that enhances the prospects of all of its people and values their diversity; a place that is clean and safe; a place where people learn for life; a place where residents are involved in their communities; a place that is prosperous and healthy, enjoying good access to the best economic, educational and cultural opportunities; a place with high quality public services for everyone. This is our vision for Enfield's future for the next 10 years."

Enfield's Future, The Community Strategy 2003/2006

Personal Benefits

➤ Health

- Halves CHD risk ●●●● P,L, C
- Reduces blood pressure ●●●● P,L, C
- Controls body weight, diabetes ●●●● P,L, C
- Reduces risk of falls, back pain ●●●● P,L, C
- Reduces risk of colon cancer ●●●● P,L, C
- Reduces anxiety/depression ●●● P,L
- Enhances mood, self-esteem ●●●● P,L, C, A
- Promotes imagination & vision ●● A, C

➤ Socialisation, tolerance & team working A, C

➤ Social cohesion A, C

➤ Leadership & organising skills ● A,C

Key

- Strength of evidence
- P Population studies
- L Laboratory studies
- C Case studies
- A Anecdote

Communal/Social Benefits

- Increases family/local links ●● A, C
- Reduces NHS costs ●● A, C
- Reduces crime and disorder costs ●● A, C
- Community identity through history and culture ●● A, C
- Increases participation by poor, disabled, ethnic minorities ●●● P, A, C
- Increases social networks/active citizens ●●● P, A, C
- Creates jobs ●●● P, A, C
- Improves environment ●●● A, C

Conditions Needed to Secure Benefits

- High importance of sport & culture in people's lives
- Effective partnership working
- Effective organisational structure
- Sufficient resources (funding, people, facilities)
- High quality services and outcomes