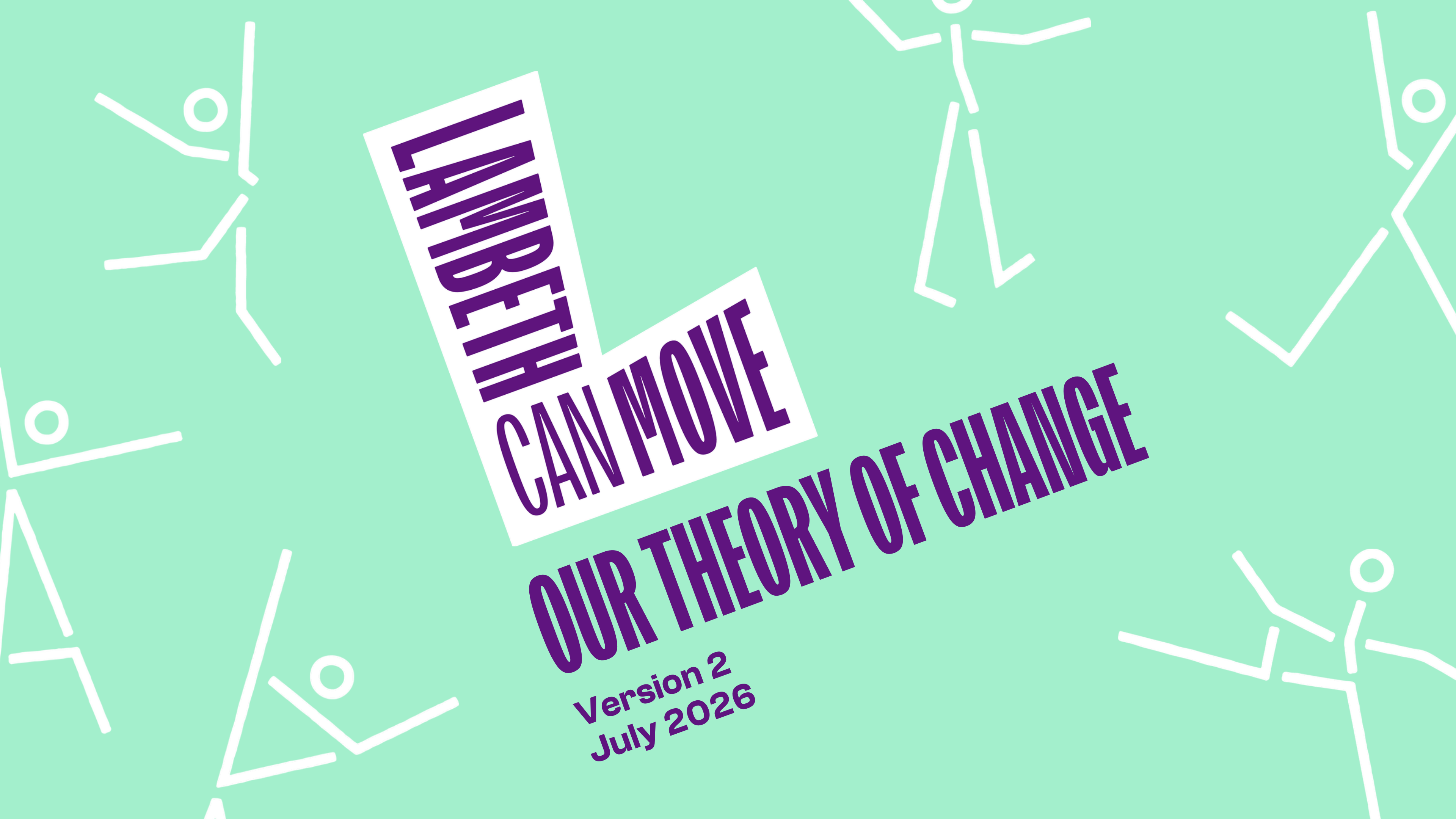




**LAMBETH
CAN MOVE**

OUR THEORY OF CHANGE

**Version 2
July 2026**

OUR THEORY OF CHANGE

What do we want to happen overall?



AT THE END OF 2026

A fully equipped collaborative partnership with a clear evidence-driven plan to address participation in Physical Activity

OUR LONG TERM VISION

A cultural shift in Lambeth so Physical Activity is widely valued, understood, and embedded into everyday professional, social and personal life

THE FOUR GOALS FOR CHANGE

Success of the project can be measured through these goals

1. Identifying the barriers and enablers of Physical Activity

Wide understanding of barriers and enablers to physical activity lead by the voices of local people and backed by compelling evidence.

2. Culture and practises for wellbeing and Physical Activity

Inclusive, low-cost movement becomes part of everyday life, ensuring people of all abilities and backgrounds have opportunities to be active.

3. Empowering Leadership at every level

Managers, coaches, community activators and other leaders value, plan, and inspire Physical Activity, creating opportunities, and welcoming people at all levels.

4. Capacity and capability across the volunteers, workforce and community

A capable, well-resourced sector that combines professional expertise and lived experience to deliver targeted, sustainable activity aligned to local needs.

1. IDENTIFYING THE BARRIERS AND ENABLERS OF PHYSICAL ACTIVITY

Goal: Wide understanding of barriers and enablers to physical activity lead by the voices of local people and backed by compelling evidence.

We have a good understanding of the barriers and enablers of those who want to participate in sports.

For example a need for:

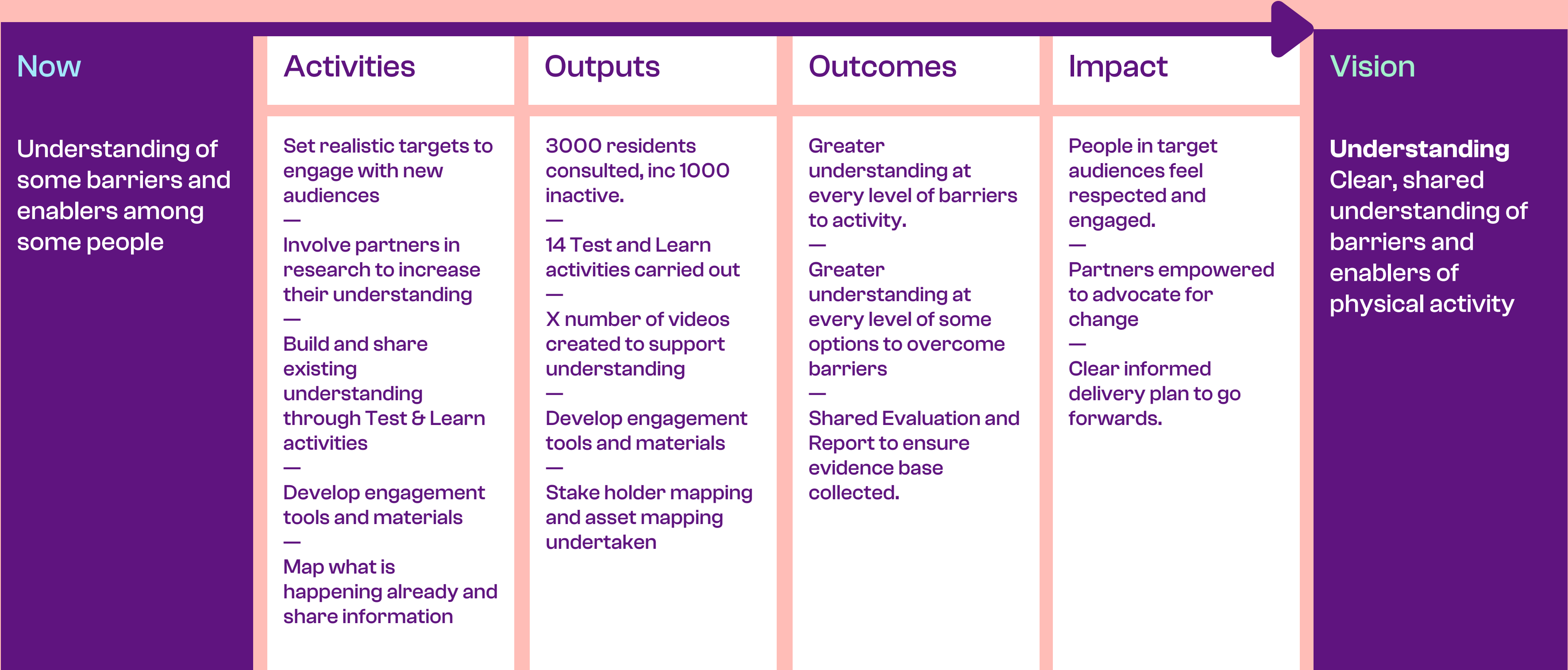
- classes and role models for girls
- safety outdoors
- free classes for active older people
- affordable children's holiday clubs
- intergenerational mother and child provision
- knowledge about current provision
- better trained coaches in mainstream classes.

At all levels we know peer support and accountability is of benefit.

Most of these ideas have not yet been tested.

We have very low understanding of the barriers and enablers around those who are not interested in physical activity or sport, particularly children and young people, those with disabilities, and some women and older people who do not have a habit of activity.

1. IDENTIFYING THE BARRIERS AND ENABLERS OF PHYSICAL ACTIVITY



2. CULTURE AND PRACTISES FOR WELLBEING AND PHYSICAL ACTIVITY

Goal: Inclusive, low-cost movement becomes part of everyday life, ensuring people of all abilities and backgrounds have opportunities to be active.

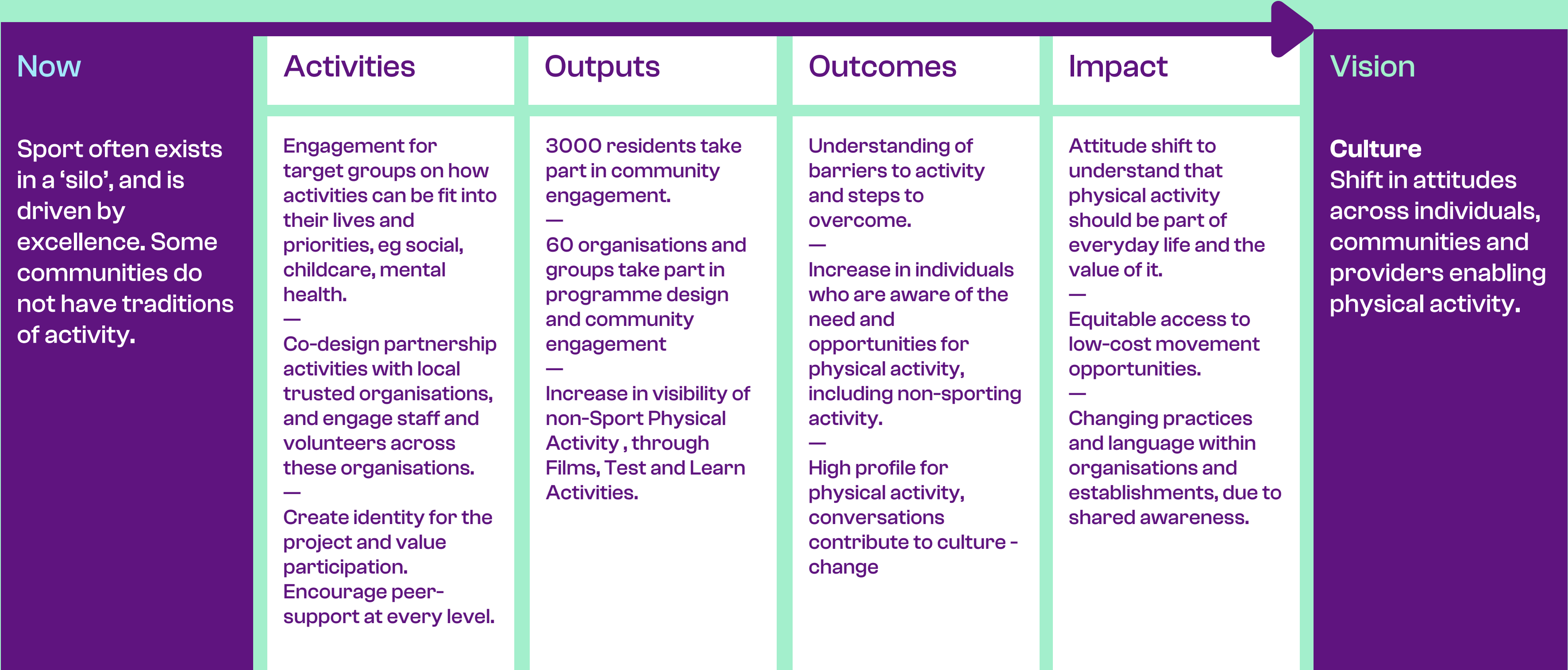
We know that many people do not have a culture of physical activity in their daily or weekly life, often passing this attitude onto their children.

Sport and physical activity are sometimes seen as a sector in their own right rather than an opportunity to mentor and encourage across all aspects of local delivery. eg among youth workers, teachers, service providers, group leaders, etc.

In some cases leaders and coaches are keen to encourage excellence in sport and demanding levels of activities such as aerobics, sometimes at the expense of inclusion and welcoming all.

There are some excellent examples of changing culture, eg This Girl Can, and locally around provision for older people.

2. CULTURE AND PRACTISES FOR WELLBEING AND PHYSICAL ACTIVITY



3. EMPOWERING LEADERSHIP AT EVERY LEVEL

Goal: Managers, coaches, community activators and other leaders value, plan, and inspire Physical Activity, creating opportunities, and welcoming people at all levels.

Strong local Anchor organisations rooted in local community networks. Health has a strong presence in some areas. However many groups and leaders are not yet engaged, partly due to capacity issues.

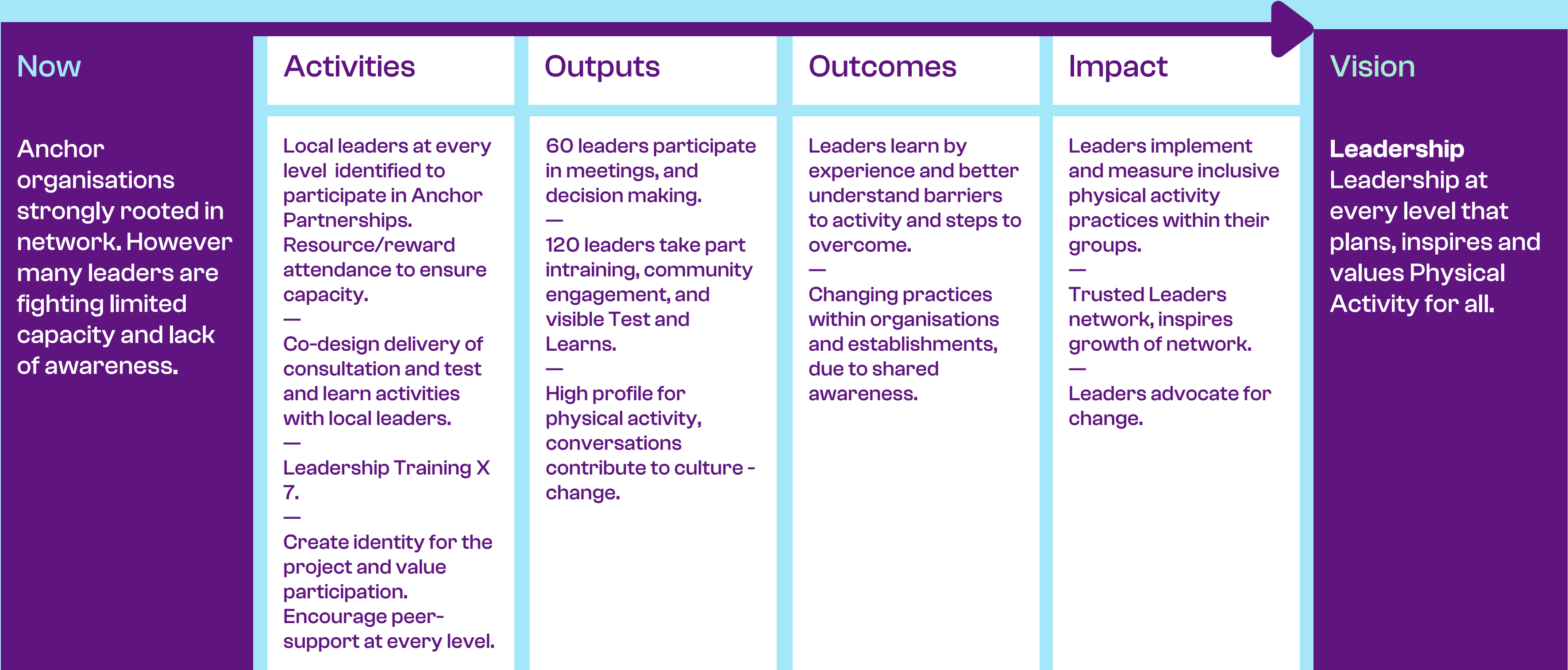
Groups may need training on leadership and inspiring behavioural change.

Membership of local community networks is sometimes held by one person in an organisation, rather than cascading across the organisation.

Leadership often includes either those who want to pass on love of a sport. Eg football coaches. Or those who don't like sport themselves, and hence don't see physical activity as important.

In a sector driven by collaborative decision-making, physical activity does not always appear important.

3. EMPOWERING LEADERSHIP AT EVERY LEVEL



4. CAPACITY & CAPABILITY ACROSS VOLUNTEERS, WORKFORCE & COMMUNITY

Goal: A capable, well-resourced sector that combines professional expertise and lived experience to deliver targeted, sustainable activity aligned to local needs.

Existing insight has highlighted barriers in the sport and physical activity sector such as safety, affordability, lack of trust in services, and cultural disconnects.

Feedback suggests many coaches and leaders do not address inclusion, welcoming, and encouragement to return.

With the cost of living crisis funding is often limited and many areas of local voluntary sector provision are under threat.

Staff, trustees, and volunteers across the system, including system partners are stretched and addressing much of their energies to sustain existing services.

4. CAPACITY & CAPABILITY ACROSS VOLUNTEERS, WORKFORCE & COMMUNITY

