SPORT FOR CONFIDENCE

LEARNING ARENA
MOVEMENT IMPACT BELONGING

Learning Arena Evaluation Summary

A learning and development programme by Sport for Confidence, funded by Essex County Council's Public Health Accelerator Bid Programme.

ABOUT THE LEARNING ARENA

Empower
Support communities to take greater control of their health and wellbeing.

Enable
Increase confidence, capability and opportunities to support people to move more, stay well and live independently.

Embed
Integrate inclusive physical activity into everyday professional practice.

PROGRAMME REACH (to May 2026)

158 learners enrolled on the eLearning platform

1,488 individuals engaged with one or more of the 94 Learning Arena opportunities delivered

36% of survey respondents had little to no physical activity training prior to engaging with the programme.

EVALUATION

The evaluation (April 2025-May 2026) was conducted by the University of Essex and guided by the RE-AIM framework.

Reach | Effectiveness | Adoption | Implementation | Maintenance

METHOD

Engagement data | Focus groups | Surveys | Ripple-effects mapping

IMPACT: POSITIVE OUTCOMES ACROSS THE SYSTEM, WORKFORCE AND COMMUNITY

SYSTEM OUTCOMES

- Stronger cross-sector partnerships developed and strengthened
- Physical activity increasingly integrated within and across organisations
- Physical activity viewed as a core part of wellbeing and service delivery
- Contributes to a more joined-up, preventative, and inclusive system
- Emerging contribution to a more connected, preventative and inclusive system

WORKFORCE OUTCOMES

- 8%-17% increase in confidence across aspects of physical activity counselling
- Enhanced knowledge, skills and confidence
- Changes in practice and professional behaviours
- 7.3% increase in conversations about physical activity with service users in a typical week

COMMUNITY & SERVICE USER OUTCOMES

- More opportunities for inclusive physical activity
- Improved movement and wellbeing
- Greater independence and confidence
- Enhanced experience of services and support
- Increased connection and meaningful participation

THE LEARNING ARENA PATHWAY: HOW IMPACT IS ACHIEVED

1 DEVELOPING WORKFORCE CONFIDENCE & CAPACITY

- Accessible learning opportunities
- Lived experience and co-production
- Practical knowledge, tools and resources
- Reflective practice and peer learning

2 CHANGES IN PRACTICE

- More conversations about physical activity
- Better signposting and referrals
- Inclusive, person-centred approaches
- Increased confidence to act

3 ORGANISATIONAL CHANGE

- Workforce development prioritised
- Resources and time allocated
- Culture that supports activity and wellbeing

4 STRONGER PARTNERSHIPS

- Cross-sector collaboration
- Expanded referral pathways
- Knowledge and resource sharing

5 ENHANCED EXPERIENCES & SYSTEM OUTCOMES

- Better experiences for communities and service users
- Improved health, wellbeing and inclusion
- More active, resilient, and equitable system

Feedback loops and ongoing evaluation help the Learning Arena to adapt, improve and sustain impact.

> "You've started something very big amongst practitioners here in Essex."

WHAT ENABLES SUCCESS?

LIVED EXPERIENCE AND CO-PRODUCTION
Ensure relevance, inclusion and authenticity

HIGH-QUALITY, PRACTICAL RESOURCES
Adaptable tools that demystify physical activity

SUPPORTIVE PARTNERSHIPS
Trusted relationships that extend reach and impact

PARTICIPATION NOT PERFECTION
A strengths-based ethos that builds confidence and belonging

FLEXIBLE, RESPONSIVE APPROACH
Content and delivery adapted based on feedback and insight

RECOMMENDATIONS

1. Lived experience and co-production: Maintain the central role of lived experience, co-production, and the "participation not perfection" ethos.
2. Simple, practical tools: Continue to identify and provide simple, practical tools that support professionals across different sectors to transfer learning into practice
3. Enhance brand clarity: Strengthen communication and promotion to extend reach adoption and impact.
4. Business development approach: Explore the commercial and economic value of the content and resources to ensure sustainability and manage demand.
5. Scaling-up: Foster national partnerships to scale the Learning Arena and embed its principles across wider locations and systems.

SUSTAINING AND SCALING THE LEARNING ARENA

A growing range of high-quality digital and live online learning opportunities, alongside reusable resources, provides a strong foundation for sustainable delivery.

Continued investment and strategic partnerships are key to scaling regionally and nationally and meeting increasing demand.

The Learning Arena is well placed to drive long-term system change that improves health, wellbeing and inclusion.

Learning Arena is building a more active, inclusive and healthier future.