

TRAFFORD MOVING

2025/2026 ANNUAL REPORT



Trafford Moving is Trafford's sport and physical activity strategy. Built on the vision to 'enable residents in Trafford to move more, every day'.

Foreword

As the Executive Member for Leisure, Arts, Culture and Heritage, I am proud to introduce the Trafford Moving Annual Report for 2025/2026. A reflection of our borough's continued commitment to enabling sport, physical activity and leisure. Over the past year, we have continued to deliver on the ambitions set out in the Trafford Moving Strategy, working in partnership across health, education, leisure, the voluntary sector and local communities to create more opportunities for residents to move more every day. This report highlights the collective impact of those efforts and the progress being made to improve health and wellbeing outcomes across Trafford.

At the heart of the strategy remains a simple but powerful belief: that moving more can transform lives. This year we have seen significant progress through investment in facilities and community spaces, the expansion of place-based partnerships, and targeted programmes that support our priority groups, including children and young people, women and girls, older adults, disabled residents and ethnically diverse communities. From the opening of move Altrincham and new outdoor activity spaces to the growth of community-led initiatives across

the borough, we continue to create environments that support active lifestyles and strengthen local communities.

Trafford Council's Corporate Plan continues to provide a strong foundation for this work. Our commitment to improving health and wellbeing, tackling inequalities and supporting resilient communities is reflected in the achievements highlighted throughout this report. While there is much to celebrate, we know that inactivity remains disproportionately high amongst some groups and communities. We remain committed to working alongside residents and partners to remove barriers and ensure that everyone can benefit from the physical, mental and social advantages that being active brings.

I would like to thank all our partners, community organisations, volunteers and local leaders for their dedication and commitment. It is through this shared ambition and collective effort that we can continue to make sport, physical activity and movement a cornerstone of life in Trafford.

Cllr Eve Parker
Executive Member for Leisure, Arts, Culture and Heritage



Introduction

Trafford Moving is Trafford’s sport and physical activity strategy. Built on the vision to ‘enable residents in Trafford to move more, every day’. Refreshed in 2023, the strategy focuses on addressing the disproportionately high levels of inactivity within certain populations across Trafford and aims to reduce health inequalities by working in partnership with local communities.

This report provides an update on the outcomes delivered between 1st April 2025 and 31st March

2026, highlighting the collective impact of the wide range of projects and organisations, working towards the shared objective of improving physical activity provision across Trafford. It reflects collaborative efforts across Trafford to increase participation in physical activity, reduce health inequalities, improve health and enable residents in Trafford to move more, every day. This report also looks forward to the coming year outlining key priorities and developments to strengthen the impact of the Trafford Moving Strategy.

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Physical Activity Levels in Trafford

Sport England’s Active Lives Survey is an annual survey that provides national and local data on physical activity levels and behaviours. The survey asks responders to answer questions about their lifestyles, active travel and engagement in leisure and sporting activities. This creates a picture of how much and what types of activities they are taking part in.

The key insights from the latest report tell us that 26% of adults in Trafford are currently inactive that means 49,000 people in the borough are not currently achieving 30 minutes of physical activity per week, this is unchanged from last year’s report.

In April we launched The Move More survey which is open to all Trafford residents and aims to complement and strengthen the data collected through Sport England’s Active Lives survey, offering a broader evidence base for understanding local activity levels. By engaging a wide range of organisations and communities across Trafford, the survey aims to generate a much larger and more diverse sample, providing us with a more robust dataset to analyse. The insights gathered will be invaluable for delivery partners across Trafford, helping them design and tailor physical activity opportunities that meet the needs of communities right across the borough.

Latest Sport England Active Lives Data

Adult Activity Rates

Active	Fairly Active	Inactive
62.9%	11.3%	25.8%
150 Minutes +	149 – 31 Minutes	Under 30 minutes

Activity levels are classed as moderate levels of activity - such as going for a walk with a friend, raising the heart rate but still being able to hold a conversation.



People: Enabling Active Lives for all Trafford Residents

We know from the data that the population of Trafford is growing, aging and becoming more diverse, this supports our priorities for the Trafford Moving Strategy with our key demographics being:

- Children and young people
- Ethnically diverse communities
- Older adults
- Residents with disabilities or long-term health conditions
- Women and girls
- Those from low social-economic groups



Children and Young People

Over half (53%) of our children and young people in Trafford are not active enough which equates to around 20,000 children and young people, this group also demonstrates the gender equality gap with girls more likely to be inactive than boys.

The Holiday Activity and Food Programme (HAF) plays an important role in supporting children and young people to be active. Working collaboratively with community groups and schools, HAF provides free access to a range of activities and nutritious meals for children eligible for free school meals, helping to reduce inequalities and enable healthier, more active holiday experiences.

2024/25 data	2025/26 data
4914 Attendances	5870 Attendances

HAF Holiday Club: Samson's Story

Altrincham FC. Community Sport's HAF Holiday Club provides accessible opportunities for children and families to be active, socialise and access nutritious meals. The programme supports children who may face financial barriers to participating in physical activity.

Samson has been coming to our HAF camps coming up to 2 years now. He's really changed from the shy, uncertain child that first came to someone who you can rely on to join in on the games we do and to get others involved. He particularly enjoys the range of activities and food offered at the club, which has provided additional support for his family.

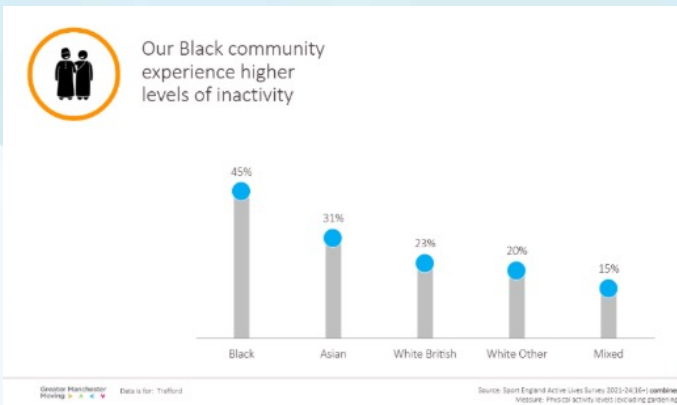
"I love the different choices we get and how I can pick what I want."

Samson's mum said "the camp is a great help, and my children really love going. We scooter down everyday and they can't wait to get there, often going ahead to get there before me". Samson has not only stepped up his confidence but has also stepped up as a brother getting his younger sister to be more confident as well by showing her it's possible. He's become protective but also a friend to her, helping guide her into making good and brave decisions.



Ethnically diverse communities

Trafford has a growing diversity of residents from ethnically diverse communities. Evidence suggests that residents from some ethnic groups are disproportionately more likely to be inactive. Through partnership work organisations in Trafford are creating more opportunities for these residents to be physically active.



MileShy Club: Couch to 5km

Rafa previously represented Eritrea as a national long-distance runner. At the end of 2025, he arrived in the UK by boat seeking asylum and was temporarily housed in the Cresta Court Hotel in Altrincham. Like many residents placed in contingency accommodation, Rafa arrived with very few possessions, no trainers, no access to structured activity and limited opportunities to connect with others. Residents in the hotel were largely inactive.

From January to March 2026, MileShyClub delivered weekly Couch to 5k sessions inside the hotel. Due to safety concerns and visible prejudice towards residents, most sessions were delivered indoors to protect both participants and coaches.

Rafa attended regularly. While he had previously been an elite runner, he shared that this programme was not about performance, it was about connection.

During the programme, Rafa was granted refugee status. This meant he had to leave the hotel and move on at short notice. While we do not know where he is currently based, he was signposted to local homeless support organisations and provided with information about parkrun and the Couch to 5k app to continue his activity journey.

In addition to the sessions, MileShyClub and Trafford Community Collective distributed 170 pairs of trainers and items of clothing to Cresta residents, supported by national charity Sol's Shoes and Trafford-based organisation The Little Green Sock Project.



Older adults

Data shows a significant increase in inactivity among older adults. While inactivity gradually rises with age, there is a sharper increase from 29% at 65-74 years old to 54% in those aged 75 and over. We are seeing an aging population which confirms the need for physical activity programmes that are age appropriate.



George Carnell Hub: Walking Cricket and Community Activity

The George Carnell Hub continues to provide a broad range of accessible activity opportunities, particularly for older adults and those living with long term health conditions. The Hub offers specialist exercise classes, walking formats of popular sports and access to NHS rehabilitation programmes as well as hosting a number of sports clubs.

Walking Cricket is a key example of its impact. Participants report increased confidence, improved wellbeing and a strong sense of belonging.

"I am sure it has been said by a least one political commentator, that you judge a nation by how it treats its elderly and ageing population. These days, quite rightly, we are concerned equally

about our mental well being as well as our physical condition. In this country we are blessed with a sector who care deeply about the quality of life afforded to our senior citizens and in this regard the world in which I inhabit, walking cricket fulfils this sense of community and belonging as well as giving me the exercise that keeps me relatively agile, fitter and hopefully healthy. Walking cricket has arisen the love and passion for playing the game that I have for so long been absent from" - Nigel.

The Hub's model combines accessible facilities, targeted programming and partnership delivery with community clubs and NHS teams. In a recent 12 month period, the centre recorded more than 120,000 visits, demonstrating high and growing levels of engagement.



Residents with disabilities or long-term health conditions

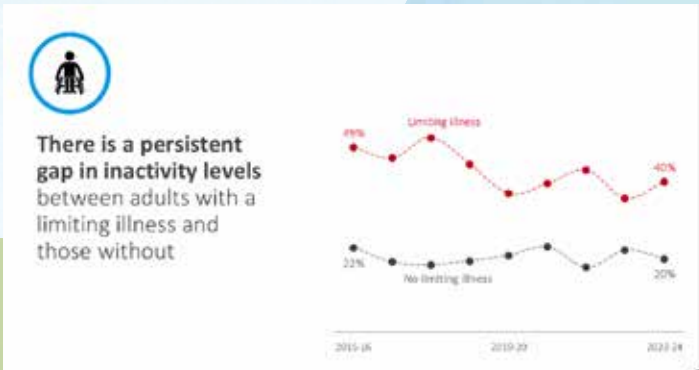
Adults with a limiting illness are twice as likely (40%) to be inactive when compared to those adults without a limiting illness (20%). Across the borough, organisations are working together to increase accessibility to sport and physical activity for residents with disabilities or long-term health conditions.

To support improvements in these outcomes, Trafford Leisure delivers the Physical Activity Referral Service to help those with long term health conditions access safe and effective physical activity. This includes targeted interventions such as falls prevention and Cardiac Rehabilitation alongside connecting VCSE (Voluntary Community and Social Enterprise) to support with long term adherence to physical activity.

2024/25 data	2025/26 data
595 completers	874 completers

Access Sport are another key partner undertaking work to help participants overcome barriers to physical activity and ensure that sport is inclusive for all. Working in partnership with local clubs and community organisations, they support the development of inclusive provision for disabled and disadvantaged young people through multi-sport activities, inclusive football, cycling opportunities and youth engagement programmes. They also play a vital role in building local capacity by upskilling coaches, volunteers and young leaders, helping to create sustainable and accessible opportunities across the borough. Access Sport are a key partner in activating the BMX pump track in Partington, offering accessible, beginner friendly cycle sessions.

2024/25 data	2025/26 data
2442 Attendances	1836 Attendances



Access Sport: Young Leadership and Inclusive Football in Partington

Access Sport has strengthened the local activity workforce through the development of young leaders who support inclusive sports provision. In partnership with Trafford Council and Partington Wellbeing and Community Centre, Access Sport established Partington Friday Night Football, a free weekly session that enables children with disabilities to participate in football.

Sixteen year old Young Leader, from Partington, Dylan Carey, has played a key role in the project. He completed both Young Leaders Training and Disability Inclusion Training. Through his involvement with Access Sport, Dylan has developed valuable skills such as communication, teamwork and confidence, while also gaining new opportunities and experiences. Being part of the programme has strengthened his connections within the local community in Partington, helping him to build a strong sense of belonging.

"Giving opportunities to disabled young people is a passion. I am so happy to have the opportunity from Access Sport to provide my brother and his friends a place to feel comfortable and safe whilst they play football together." - Dylan Carey.

Dylan has supported more than 35 children to take part in inclusive football and has since progressed into a career in youth work, supported by his involvement with Access Sport. This case study demonstrates the value of investing in residents to build sustainable community led activity.

Those from Low Socio-economic groups

In Trafford income disparities are continuing to widen, there has been an increase in resident's claiming universal credit, economic inactivity accounts for 18% of the adult population and there has been a growth in children living in relative low-income families now standing at 7000 children. These trends further highlight the need to address widening inequalities across the borough, with a continued focus on supporting residents from low-income backgrounds to access affordable and inclusive opportunities for sport and physical activity.

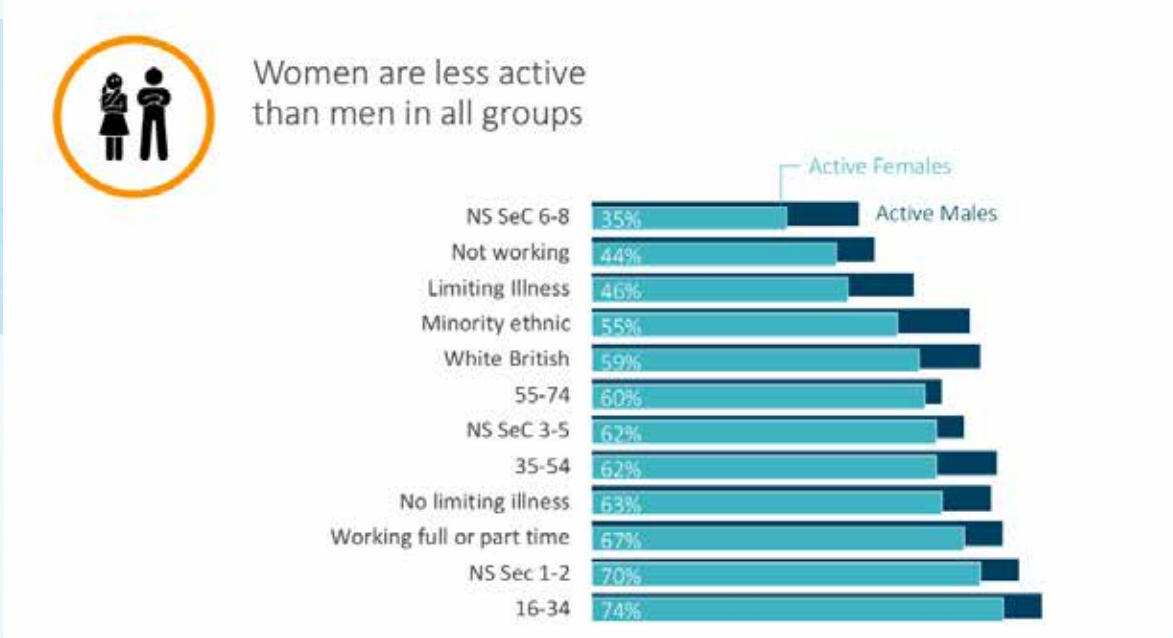
"Socio-economic inequalities, such as differences in income, employment, education, housing and access to resources, have a significant impact on health outcomes, leading to differences which are unfair and avoidable. These social determinants, or building blocks of health, mean that people living in more deprived communities are more likely to experience poorer physical and mental health, lower life expectancy, and greater barriers to healthy behaviours. Public Health therefore works strategically with leisure services because access to physical activity, sport, recreation and community facilities can help improve health and wellbeing, reduce social isolation, support mental health, and encourage healthier behaviours. By working together, councils can ensure leisure opportunities are accessible and targeted towards communities experiencing the greatest disadvantage, helping to reduce health inequalities and improve outcomes for the whole population."
Jane Hynes, Public Health Programme Manager.



Women and Girls

The gender equality gap has widened in recent years, with women more likely to be inactive across all demographics in the borough apart from ages 45-54. In response programmes across the borough are developing more opportunities for

women and girls to be active. The Empower Her Fund, launched in 2025, is an example of this; it offers small grants to organisations to support women and girls from underrepresented groups to increase participation and develop future leaders.



Our Goal: Eva at Stretford High

Supporting women and girls to be active remains a key priority of the Trafford Moving Strategy. Through a two-year partnership between Our Goal, Stretford High School and UA92, the Eva programme was designed to engage girls who were least likely to participate in physical activity and help them build confidence, social connections and positive relationships with movement.

The programme worked with 40 girls from Years 7 to 9, all identified by school staff as being physically inactive. A team of eight young women, recruited from Stretford High School and UA92, were trained and paid to act as mentors and role models, creating a supportive environment where girls could participate without fear of judgment or pressure.

As well as increasing opportunities for physical activity, the programme created employment opportunities locally, including a part-time position for a Trafford resident. Following its success at Stretford High, the programme has expanded to include a Trafford-wide Eva holiday camp, community-based provision for younger girls and a new primary school leadership programme.

The impact of the programme has been significant. By the end of the intervention:

- 85% of participants reported being more physically active.
- 69% recorded improved wellbeing scores, including increased confidence, improved mood and stronger connections with others.
- 8 young women received training and paid mentoring opportunities.
- 1 part-time role was created for a Trafford resident.

The voices of the girls themselves demonstrate the difference the programme has made:

- "I feel more confident than I was before." – Year 7
- "I'm kind of shy to work out in front of a whole class – this really helps me." – Year 8
- "They have changed the way I view PE. I can enjoy it now." – Year 9

The programme has also had a positive impact within the school community.

"The Our Goal initiative has been a truly transformative force in our school's physical education programme. Before its introduction, we observed a noticeable drop-off in participation and enthusiasm among some of our female students. Many felt self-conscious or uninterested in traditional competitive sports. By offering a diverse, inclusive, and non-judgmental range of activities, it successfully re-engaged these students. We highly recommend 'Our Goal' to any school looking to foster a positive, lifelong relationship with physical activity for their girls."

Alexander Tittcomb, Head of PE, Stretford High School: "The Eva programme demonstrates how targeted, community-led interventions can reduce barriers to participation, improve wellbeing and create lasting opportunities for girls and young women to lead active, healthy lives."



Trafford Moving Fund

The Trafford Moving Fund is a small grants fund generated by entries to the Manchester marathon and half-marathon. The fund aims to support community groups and sports clubs to promote physical activity to Trafford residents. It also provides support to Trafford athletes who compete at national and international level. We particularly encourage applications that support the priority groups and places outlined below:

Priority Groups
Women and Girls
Children and Young People (5-19 Years)
Disabled Residents
Residents with Long-Term Health Conditions
Residents from Ethnically Diverse Communities

Priority Place
Broomwood
Gorsehill
Partington & Carrington
Stretford
Sale West
Sale Moor

In 2025/2026 the Trafford Moving Fund provided £42,461 of funding to 15 organisations and 6 athletes to increase physical activity levels across the borough. Community groups have benefited from funding to deliver a wide range of programmes for a variety of participants, including exercise classes, community events, inclusive hockey sessions, and youth swimming sessions. This funding has also supported Trafford athletes to participate in the World Lacrosse Games in Korea, international American Football tournaments, and national wrestling competitions.



Build My Bid

This year we commissioned Build My Bid to support local delivery partners in securing funding for their projects. Build My Bid aims to simplify the funding application process through a step-by-step approach to enable organisations to feel confident in the process of applying and securing funding to run their projects. Due to the achievements demonstrated in the impact summary below, we have commissioned Build My Bid for a further 3 years to continue supporting partners to attain funding therefore continuing to support residents of Trafford to move more.

Impact Summary 2025/26	
Organisations Engaged	38
Bids Submitted	13
Successful Bids	7
Funding Secured	£118,000
Funding Pipeline	£270,000

Place: Creating environments that support active lives

Events

Trafford is known for its sporting heritage. With two major stadiums in the locality which welcome hundreds of thousands of spectators annually. There is an array of major sporting events that take place in the area, The Manchester Marathon which takes place annually is the 2nd largest in the UK and in the top 5 marathons in Europe with 42,000 runners on April 19th. The Manchester Half Marathon in May welcomed 24,000 participants in 2026.

The summer of 2025 brought more sporting success for England's national women's teams. The Lionesses retained the European Cup. The city then came together to support The Red Roses, England women's Rugby team who went on to win the Rugby World Cup. The event was hosted in venues across the country with games locally at Salford City Stadium. Major sporting events like these taking place in Trafford bring our communities together and inspire generations to be active.

Park Run

Park Run is a free, weekly, 5km running and walking event that takes place in various parks and open spaces across the country ran by volunteers. There is also a junior Park Run offering which is a 2km version. There are 2 Park Run's in Trafford and in July 2025 the Trafford Moving Partnership supported the NHS Park Run takeover day which saw over 800 attendees and many first time Park Runner's.

2024/25 data	2025/26 data
53,499 Run Finishers	56,484 Run Finishers



Trafford Leisure

Trafford Leisure CiC is a key operating partner in the Trafford Moving Strategy. They deliver leisure services on behalf of Trafford Council; they also deliver the boroughs Physical Activity Referral scheme (PARS) and play a key role in community outreach and engagement.

2025/26 data
12756 Facility users

In August 2025 move Altrincham opened its doors following a major refurbishment with investment of £20 million. It is now a state-of-the-art wellbeing centre; the facility aims to provide a long-term sustainable leisure offer for residents. The site has two swimming pools, a fully equipped fitness suite, a four-court sports hall, flexible studio spaces, a gymnastics hub and a wellbeing spa facility.

supports the Playing Pitch and Outdoor Sports Strategy. This strategy was updated in 2025 and provides a strategic framework to protect, enhance and invest in high quality outdoor sports facilities across the borough ensuring future capacity can meet the demands.

Sale Moor

The focus of this group has been the work of the Sale Moor Community Partnership and the Sale Moor Community Centre and how they form part of the physical activity offer for the area. The group have been exploring options with the Friends of Moor Nook Park for an outdoor gym and funding for this has been secured via the Local Authority Flexible Grant. Sale Sharks are also organising a weekly walk through their Mindset programme. Priorities around Children and Young People and Health Partnerships are within the development plan for the area.

Sale West

£12,419.00 of funding was secured from the Prosperity Fund for an outdoor gym in Sale West as part of a roll-out of free outdoor fitness facilities that are being activated by community organisations to help local people be more active in outdoor spaces. The priorities for the partnership in Sale West continue to focus on increasing opportunities for walking, wheeling and cycling and improving spaces for residents to be active.

Old Trafford

Old Trafford Sports Barn is currently in the process of community asset transfer. The redevelopment is being funded through partnerships facilitated

by Trafford Council, Sport England, UA92, the Football Foundation and support from community organisations with the aim of it becoming a sustainable community hub that has physical activity at the heart of it.

Broomwood

Broomwood Moving is focused on building partnerships to increase utilisation of spaces including the outdoor gym which now delivers a volunteer lead, free, group exercise class twice per week. £12,876.00 of funding was secured from the Prosperity Fund to fund and install the new outdoor gym in Broomwood Park. The focus over the coming year is expanding the cycle hire offer and ensuring there is a timetable of activity to suit all residents to move more.

Stretford & Gorse Hill

Longford Park in Stretford was awarded £3million from the National Lottery Heritage Fund to restore and enhance the park. Additionally, LTA funding has supported improvements in the tennis courts at Longford Park which offer free and low-cost activities helping to make tennis more accessible. The funding is also supporting the implementation of cricket facilities. Focus has also been on Stretford Leisure Centre and the Talbot Road site as activity hubs for the area, working with Trafford Leisure on this. In Gorse Hill Park £17,512.00 of funding from the Prosperity Fund was secured for a new Outdoor Gym.

Collectively the TM Partnership has engaged 24113 residents and brought in £111,876 of investment into Trafford delivering and ROI of £212,564.

Trafford Moving Partnership's

Following a successful pilot place-based approach in Partington the refreshed strategy uses this model to identify key areas to expand this approach. The 7 communities identified were:

- Partington
- Sale Moor
- Sale West
- Old Trafford
- Gorse Hill
- Broomwood
- Stretford

All 7 of these localities now have community-led working groups as part of the Trafford Moving Partnership. Across Trafford there are now several organisations proactively working together to enable residents to move more, every day.

Partington

With over £18m of investment secured from central government as part of the Local Regeneration Fund the new BMX track in Cross Lane Park in Partington opened in December. This free-to-use facility is being well used by residents and being activated by Access Sport who are delivering a wide variety of sessions encouraging regular use and coaching. This forms part of a wider programme of works for the scheme which includes refurbished changing rooms which opened in March as well as a major redevelopment of Partington Leisure Centre, with construction due to start this year. This investment in community spaces and partnership work across the area is supporting more local people to be active and improve their health.

Investment into the Partington Sports Village 3G pitch has significantly increased local capacity for year-round football, this targeted investment



Looking forward to 2026/27

As we look ahead to summer 2026, we hope to see further sporting success for our national women's cricket team as England prepares to host The T20 Women's Cricket World Cup in June. Emirates Old Trafford will host 4 matches, with a focus on enabling as many Trafford residents as possible to attend matches and inspire a legacy of increasing participation in cricket particularly in women and girls. In 2027 Trafford will once again host the adidas Manchester Marathon and Manchester Half Marathon with the marathon expected to be the biggest edition to date.

The continued investment in the Council's leisure centres will include a multi-million-pound refurbishment of Partington Leisure Centre which will begin in 2026, creating a modern hub for community activity. Development plans will progress for Sale and Stretford Leisure Centres, this will include feasibility, design and business case development. This work will be shaped by local need and partnership working, ensuring both centres support accessible opportunities to be active and contribute to reducing health inequalities across the borough.

Investment into the borough will continue to grow, with the largest Manchester Marathon to date creating further opportunities for the Trafford Moving Fund to support more local athletes and community organisations than ever before. In addition, the multisport fund investment from Sport England will support the expansion of sporting activity in Stretford, Partington and Old Trafford, with a particular focus on increasing participation among women and girls and improving pan-disability provision. We will invest £4100 in Our Goal CIC to support more women and girls to become active through the Eva programme, this is a school-based mentoring programme which combines physical activity and mentoring and aims to improve their physical and mental health. This funding will also provide support for the Mighty Move mentors programme aimed at Year 5 and Year 6 girls and educational workshops that will explore the barriers to activity and support them in overcoming these barriers to be more physically active.

Summary

This year's report clearly demonstrates the positive impact the Trafford Moving Strategy is having on reducing inactivity and addressing inequalities in the borough particularly where collaborative, place-based working is embedded. Although we are seeing progress the latest data still shows us there is more to be done especially with some gaps widening in our priority

groups. The continued investment in Trafford's parks, leisure facilities, community spaces and active travel projects will further strengthen communities and increase opportunities for residents to be active where they live. This will increase community cohesion and create vibrant, connected and active communities.

Let's keep Trafford moving.



Thank you for reading our report.

To find out more please **[click here](#)** or
email **traffordmoving@trafford.gov.uk**

