

EAST HERTS COUNCIL

HEALTH AND WELLBEING SCRUTINY COMMITTEE – 16 FEBRUARY
2016

REPORT BY EXECUTIVE MEMBER FOR HEALTH AND WELLBEING

UPDATE ON PROGRESS OF COMMUNITY HEALTH AND
WELLBEING FUND 2015 (DISTRICT OFFER

WARD(S) AFFECTED: ALL

Purpose / Summary of Report

- To update Members on the progress of the East Herts Community Health and Wellbeing Fund 2015 supported projects; and
- To provide feedback on the scoping and research undertaken for potential projects being considered for support with the members matched funding amount

**RECOMMENDATION FOR HEALTH AND WELLBEING SCRUTINY
COMMITTEE:**

That

(A)	progress made on the Health and Wellbeing Community Fund Projects to date, be confirmed
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1.0 Background

1.1 In 2014, Councillor Teresa Heritage, Executive Member for Public Health and Localism at Hertfordshire County Council wrote to the Council offering funding towards public health initiatives for 2014/15 and 2015/16. The funding totalled £100,000 per annum. The same offer was made to the other District and Borough Councils in Hertfordshire and is known as the 'District Offer'.

1.2 The East Herts Health and Wellbeing Strategy workplan supports the Council's public health commitment and aligns with the

Hertfordshire Public Health Strategy principles. The District Offer supports delivery of mutually agreed public health outcomes reflecting the population need identified in the Joint Strategic Needs Assessment and local health profiles.

1.3 District Offer projects are likely to require greater financial support than smaller health and wellbeing projects and will therefore be subject to more detailed assessment. The Assessment panel involved officer representation and was chaired by the Executive Member for Health and Wellbeing.

2.0 Report

2.1 As part of the separate scrutiny process, the following Health and Wellbeing Community Fund Projects and their 6 month progress are detailed in the table following on from the fund priorities:

2.2 East Herts Health and Wellbeing Community Fund Priorities

2.3 Aim: To provide a way in which healthy lifestyle outcomes can be improved for East Herts communities targeting specific areas of inequality

2.4 By:

- Supporting internal and external partners to deliver healthy lifestyle intervention
- Enabling communities and individuals to take part in a range of existing provider activities or supporting tailored activities for those most in need
- Empowering communities and individuals to improve their health outcomes where inequality and lack of opportunity present barriers to living a healthy lifestyle.

2.5 This can be achieved through a holistic person centred approach whereby according to the particular health challenges an individual faces they can be supported in one or more areas of health and wellbeing improvement.

2.6 Areas of health and wellbeing focus:

- Reducing smoking
- Promoting healthy eating and a healthy weight
- Increasing physical activity
- Awareness about alcohol and substance misuse

- Promoting mental health and emotional wellbeing
- Learning about healthy living

2.7 Areas above are linked directly to the priorities and objectives contained in the East Herts Health and Wellbeing Strategy 2013-2018.

3.0 Members Matched funding for Health and Wellbeing projects

3.1 In October 2015, the newly appointed Public Health Projects Coordinator was tasked with identifying opportunities:

3.2 For East Herts Council to deliver, through a partnership approach, an additional health and wellbeing project (or projects) to extend and strengthen the existing Public Health offering from the local authority.

3.3 Between October 2015 and January 2016 a scoping exercise was conducted involving a wide range of stakeholders in East Herts and Hertfordshire including: the voluntary sector; the other nine district and borough councils in Hertfordshire as well as Herts County Council; East and North Herts CCG; Children Centres; Circle and Riversmead Housing Associations; the DWP. Examples of best practice were gathered from within the county and beyond, looking in particular at rural initiatives; projects based around promoting healthy lifestyle; joint working and connectivity.

3.4 Particular consideration was given to services and initiatives that are currently being commissioned or recommissioned by Hertfordshire County Council and East and North Herts CCG to avoid duplication.

3.5 A further meeting has been arranged with senior officers and members to discuss the Public Health Projects Coordinators findings before a formal project plan is produced.

4.0 Project Overview

Project Overview	Progress Status	Project Cost
<p>1. Meet and Eat – increasing wider benefit and sustaining social connectedness a) full course format; b) follow on course format and c) 10 minutes to change your life</p>	<ul style="list-style-type: none"> • First full course format begun at Calton Court, Riversmead Housing Association. Good positive engagement from participants. • Three follow on course formats to begin in 2nd and 3rd week of September and then monthly thereon. • 10 minutes to change life pilot, contacts and agreed delivery to be decided. 	<p>£10000</p>
<p>2. East Herts Children’s Centres – supporting healthy eating and nutrition for early years</p>	<ul style="list-style-type: none"> • Two courses already delivered • Three planned for post half term, five will run in total going during 2016. • Train the trainer days delivered with East Herts Children Centres practitioners attending. Equipment and evaluations and training resources provided. 	<p>£10000</p>
<p>3. Increasing participation in sport and physical activity among people aged 50+; match funding of 20K over 2 years to lever in £250K from Sport England.</p>	<ul style="list-style-type: none"> • East Herts successful bid support for CSAF project entitled Forever Active. • Plans beginning for delivery with Come and Try taster sessions and promotional brand materials being produced. • Planning stages with Project Management team and Forever Active co-ordinator taking place 	<p>£10000</p>
<p>4. Small grants allocation programme to local groups for health and wellbeing initiatives.</p>	<ul style="list-style-type: none"> • 1st round of Health and Wellbeing Grant funding - three successful recipients with, two projects focusing on mental health and wellbeing and one on physical activity. • 2nd round re-advertised to seek more successful submissions, closing date 23rd October 2015. • 2nd round of Health and Wellbeing grant funding nine bids supported. 	<p>£15000</p>

Project Overview	Progress Status	Project Cost
	<ul style="list-style-type: none"> • Variety of mental health and physical activity/sport combinations supporting local organisations and their residents. 	
5. Hertford Cycling Hub project with focus on increasing cycling amongst women and wider support.	<ul style="list-style-type: none"> • Some delay in this development has meant a review leading to a proposed smaller scale cycling hub project focused on Hertford area and involving building Breeze ride and Sky ride co-ordinators and enabling support of local bike shops. • Three planning meetings have occurred so far, another is planned and a revised proposal is being written with defined costs. 	£5000
6. East Herts Dementia Friendly Homes project supported home living (variety of partners to be involved)	<ul style="list-style-type: none"> • Project progressing well with measures identified to support Dementia Home adaptation for clients and Crossroads Care staff in place to oversee. • First referrals being received and evaluation aspects being undertaken as project progressing. • Guide for those with dementia and their families also being developed. • Additional part-time co-coordinator in post too. 	£29000
7. Green Aiders East Herts development – wider health and wellbeing connections	<ul style="list-style-type: none"> • More feedback received on volunteer involvement and the application and evaluation of health and wellbeing outcomes including physical activity. • Since September, project has been progressing very well, with 18/25 garden clearances completed. 	£10000
8. Herts Mind Network - Exercise to Wellbeing	<ul style="list-style-type: none"> • Courses started in September following wide advertising and targeting of client groups including those in employment. • Evaluation aspects in place to feedback on success of exercise and improvements in wellbeing. 	£8000
9. Future Living Hertford (FLH) - psychological and psycho educational therapy for those recovering from lifestyle addictions	<ul style="list-style-type: none"> • Received verbal report and visited FLH recently. • Former NHS clinical lead supporting data and management of clients along with CEO and other volunteers. • Core work of drug and alcohol recovery intervention continues as well as 	£10000

Project Overview	Progress Status	Project Cost
	seeking to expand range of healthy lifestyle support options supporting other targeted groups.	
10. Active East Herts - Increasing women's participation in Sport and physical activity in the district of East Herts	<ul style="list-style-type: none"> • Bid successful and project plans started for Moving Mums project with schools contacted and first activity sessions expected early October. 9 schools engaged, potential for 21 more to be involved • Using Sport England model for evaluation and capturing participant involvement. • More data and numbers involved will filter through in next 6 months. 	£5000
11. Development of an app which can be used as an interactive map for the parks and open spaces in Hertfordshire	<ul style="list-style-type: none"> • East Herts committed to taking part in partnership development of Park app and featuring East Herts parks and open spaces. • Procurement specification being prepared 	£5000
12. Panshanger Park Run contribution to initiative including targeting of Hertford residents	<ul style="list-style-type: none"> • HCC Public Health Intelligence team working on survey capture for Park run participants. Draft survey expected to be ready in early 2016 with joint working between HCC Public Health and Park Run colleagues. • As soon as survey approved, funds to be transferred before end of March 2016. 	£4500
13. Roll out and wider application of LSx Air Quality project for East Herts and Herts	<ul style="list-style-type: none"> • Meeting planned to engage Sawbridgeworth Secondary school in Air Quality Management Area February 2016 • From this plans can be made to deliver project with school commitment. 	£3000
14. East Herts YMCA - Healthy eating course skills for 18-25 young people	<ul style="list-style-type: none"> • Two out of three cooking skills projects occurred during 2015, 3rd projects planned for early 2016. • Evaluation being collated as project phases occur. 	£3000

5.0 Implications/Consultations

5.1 Information on any corporate issues and consultation associated with this report can be found within Essential Reference Paper 'A'.

Background Papers

- Appendix 1- Table on progress of East Herts Health and Wellbeing Community Fund 2015 projects
- East Herts Public Health Strategy (<http://ow.ly/XTcvf>)
- East Herts Health and Wellbeing Strategy 2013-2018 (<http://ow.ly/XTcz3>)
- District Offer Quarterly Reporting PHB Report Dec 15_EH update

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