

## ESSENTIAL REFERENCE PAPER 'B'

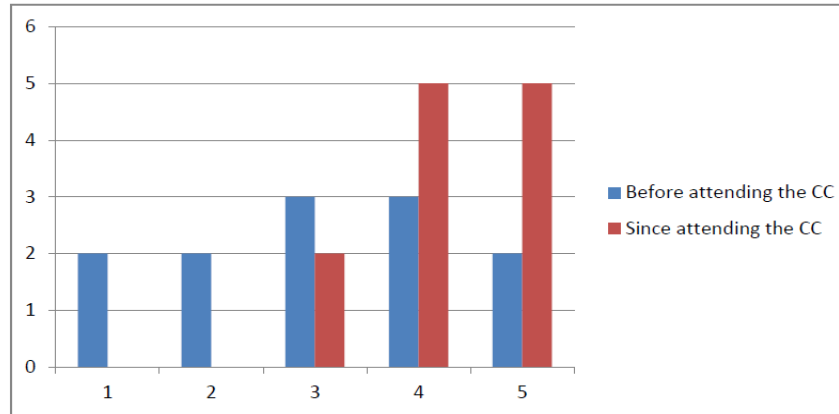
### East Herts Community Health and Wellbeing Fund Phase One Evaluation Table 2015/16

Project overview	Key outputs	Outcomes and Evaluation	Cost
<p><b>1. Meet and Eat</b> – eating healthily reducing social isolation and increasing social connections a) full course format; b) follow on course format and c) 10 minutes to change your life</p>	<p>- a+b) To improve dietary intake - a+b) To improve the impact of social connections and wellbeing. - c) To improve healthy lifestyle knowledge pre</p>	<ul style="list-style-type: none"> <li>• Two a) full course formats were delivered at Calton Court and Bircherley Court.</li> <li>• Three b) follow on course formats were delivered at Buntingford, Ferndale and Cornwall House supporting previously funded 7 week versions of the full course formats.</li> <li>• One course format c) 10 minutes to change your life was a pilot project, this did not go as well as expected but the concept and lessons learnt can be translated into other settings.</li> </ul> <p>The following outcomes were collated during the Bircherley Court course as part of the Meet and Eat Nutritionist work with an MSc Public Health and Nutrition colleague at North Herts District Council who used the project as her main research study.</p> <ul style="list-style-type: none"> <li>• Older people at the Bircherley Court project reported that they eat a healthier meal when they attend the Meet &amp; Eat project. This did not extend to their eating at home because the majority of residents lack the ability to cook substantially in their own homes due to poor health and/or physical impairment.</li> <li>• A significant majority of residents reported a substantial increase in the quantity of vegetables consumed on the day of Meet and Eat being delivered to them.</li> </ul>	<p>£10,000</p>

		<ul style="list-style-type: none"> <li>• There was no significant increase in overall life satisfaction for the Bircherley Court project. However, crucially, residents reported a significant increase in life satisfaction on the day of the project and the majority of residents reported that the presence of a lunch club (or other social opportunity to eat together) on a more regular basis would result in an increase in life satisfaction</li> <li>• The majority of residents also reported that a once a week intervention for seven weeks as insufficient to make a long term improvement in life satisfaction and requested interventions were sustained on a permanent basis.</li> </ul>	
<p><b>2. East Herts Children's Centres</b> – supporting healthy eating and nutrition for early years</p>	<p>- To allow children to taste new foods safely and build their confidence in cooking.  - To increase parents cooking confidence, knowledge of nutrition and enjoyment of food for their children.</p>	<ul style="list-style-type: none"> <li>• Beane Valley Children's Centre staff developed a training package to train 13 members of staff from other East Herts CCs to deliver Healthy Eating courses to parents and children in July and August, and also offered other centres in Hertfordshire who paid a training fee.</li> <li>• Overall in East Herts, 13 staff have been trained, 9 courses have been run, 81 parents and 81 children have taken part.</li> <li>• The courses have all been well received and the feedback from both parents and children have been very positive. Each parent completed a questionnaire at the beginning and end of the course. They were asked to score their knowledge and behaviour from 1 poor, to 5 excellent.</li> </ul> <p>Please see results in pictorial form below:</p>	£10,000

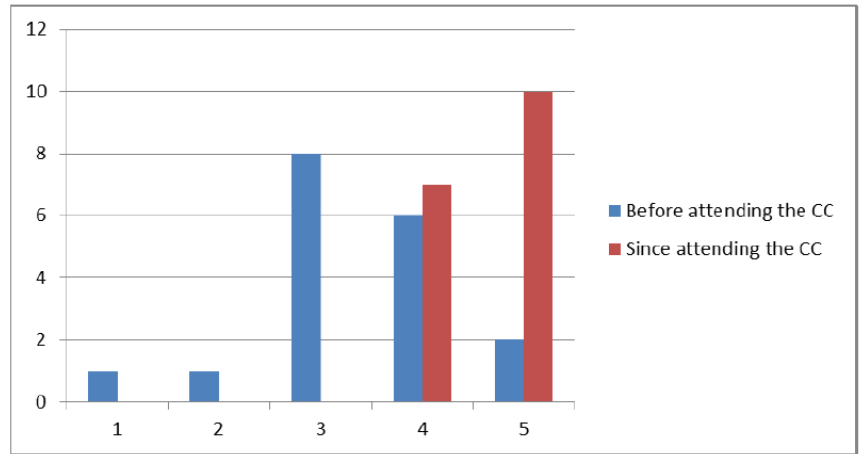
**My child enjoys trying new foods**

	Poor				Excellent
	1	2	3	4	5
Before attending the CC	2	2	3	3	2
Since attending the CC	0	0	2	5	5



**My child likes helping prepare food and doing cooking activities**

	Poor			Excellent	
	1	2	3	4	5
Before attending the CC	1	1	8	6	2
Since attending the CC	0	0	0	7	10



<p><b>3. Forever Active East Herts (CSAF)</b> –increasing physical activity levels for 50+ age group</p>	<p>- To increase number sedentary people aged 50 to 75 who participate at least once a week in sports and physical activity. - To increase participant confidence, reduce barriers and promote increase in trained volunteer coaches.</p>	<ul style="list-style-type: none"> <li>• Forever Active East Herts was launched in November 2015 with a Come and Try event at Wodson Park in Ware. The event attracted approximately 200 individuals, an excellent start to the project.</li> <li>• As the project is a concept that has been developed in partnership to obtain external funding from Sport England it has been quite different from supporting a pre-existing organisation. As a result there have been a number of administration and project management steps required. This has involved setting up the project to run efficiently, safely and sustainably, as well as identifying community delivery partners who are interested in hosting sports and physical activity classes.</li> <li>• There has been good progress in the last year and Sport England is satisfied with the figures submitted in July 2016.</li> <li>• A total of 648 individuals attended at least 1 class with a target of 854 by end of December 2016.</li> <li>• 4,105 overall attendances have occurred with a target of 8,656 by the end of December 2016.</li> <li>• Up until now, the project has worked with 20 community partners (including churches, sports clubs, and village halls) with more expressing interest each week.</li> <li>• Two Come and Try free taster events have been delivered with Buntingford attracting 59 individuals and Ware around 150 individuals.</li> <li>• It is recognised that it is challenging to reach sedentary individuals rather than those that are already active. The project coordinator and East Herts Council communications team have been working together on a targeted marketing campaign using behavioural change theory.</li> </ul>	<p>£10,000</p>
<p><b>4. Small grants allocation</b> promoting mental health or physical activity for</p>	<p>- 10 Awards given including school sensory garden, physical activity trail, fishing project, youth café volunteering etc.</p>	<p><b>Evaluation Feedback 1 - DanceBase Ware</b></p> <ul style="list-style-type: none"> <li>• A project that enables disabled people in the community to explore dance theatre in a fully accessible, supportive environment.</li> <li>• Participants build up many practical life skills such as time-keeping, health and fitness awareness, how to interact more socially and anger / behaviour management</li> </ul>	<p>£15,000</p>

<p>local organisations (£1500 per award)</p>	<p>To deliver minimum six week intervention, noting number of participants and sustainability. To deliver mental health or physical activity outcomes and promote three of Five Ways to Wellbeing outcomes.</p>	<ul style="list-style-type: none"> <li>In addition, the grant enabled disabled trainees to help run and support DanceBase Ware and add value to the existing programme of dance activities</li> </ul> <p><b>Evaluation Feedback 2 - Pinewood Playground equipment for nurture classes.</b></p> <ul style="list-style-type: none"> <li>The equipment is fitted next to 3 nurture classes. Small groups of students access the play area for planned movement breaks, which can help manage behaviour. The area is used both for structured play and free play. The equipment allows the adolescents to release energy and get physical sensory feedback in different forms; run, balance, wobble, bounce, balance, push and pull, as well as visual and audio feedback.</li> <li>This is important to SEN adolescents as expressing themselves and displaying their emotions are more difficult, and their feelings can develop into anger, aggression and possibly violence. Regular movement breaks addresses their physical and mental requests minimising or eliminating problematic scenarios in the classroom.</li> </ul> <p><b>Evaluation Feedback 3 - Thirst Youth Café Volunteering</b></p> <ul style="list-style-type: none"> <li>In our initial application we said that we would facilitate young people volunteering in the café and give them one to one mentoring alongside their volunteering. We expected that this would help the young volunteers develop self-esteem as they learnt new skills and learn to engage with other young people in a safe environment where they had time to process their experiences with a mentor.</li> <li>Our initial plan was to mentor each young person just 6 weeks; however the root of these problems was more complex than first thought. In order to make the most impact in their lives as possible the original batch of young people who volunteered with us were mentored throughout the year, in line with other mentoring programmes which work on a yearly basis.</li> </ul>	
<p><b>5. Hertford Cycling Hub</b> – increasing female cycling</p>	<p>- Outcomes around pre-post physical activity increase, number</p>	<ul style="list-style-type: none"> <li>This project has involved British Cycling Breeze Co-ordinators, Local Cycling Business input and a number of contributions from Leisure and Planning colleagues as well as project co-ordination by East Herts Health and Wellbeing.</li> </ul>	<p>£5,000.</p>

<p>uptake and supporting families, bike repair and training linking with Breeze Co-ordinators and local businesses</p>	<p>of families and children participating. The final project submission will be presented for internal approval by end of June 2016.</p>	<ul style="list-style-type: none"> <li>• As the project is a concept that has been developed from first principles and quite different from supporting a pre-existing organisation there are a number of steps and project management steps involved, as well as locating a building for the hub to be located in.</li> <li>• There has been good progress in the last year and the original intention was to launch the Hertford Cycling Hub in October 2016. It is recognised there are still a number of governance and administrative steps to implement and also on reflection a launch during the spring months of March 2017 would be more beneficial to the sustained growth and raising awareness of the project to the community.</li> </ul>	
<p><b>6. East Herts Dementia Homes Project</b> – adjusting the home environment through adaptation to promote increased health and wellbeing and independent living</p>	<p>- To improve the health and wellbeing of individuals with dementia and their families through adapted home measures. - To demonstrate the potential cost savings for these secondary prevention adaptations</p>	<p>Statistics:</p> <ul style="list-style-type: none"> <li>• Number of clients who had assessments 70</li> <li>• Clients who have benefited from the project (thorough advice, liaison with partner services but not assessed)-76</li> <li>• Client actions for year 1 – 145</li> <li>• Number of physical adaptations 82</li> <li>• Large scale Trusted Trader adaptations through the project - 6</li> <li>• Joint working opportunities – 93</li> </ul> <ul style="list-style-type: none"> <li>• Researched, created and trialled a working Audit for a Dementia Friendly Home.</li> <li>- Utilised a number of leading research resources to create and adapt an audit that created an ideal Dementia friendly home. Reviewed throughout the year to best suit the client’s needs.</li> <li>• Created referral network through links with local Alzheimer’s society, Early Memory Diagnosis and Support Services (EMDASS), Hertfordshire Independent Living Services and East Herts Council. Through this we: <ul style="list-style-type: none"> <li>- Identified and supported those diagnosed with Dementia, just starting their journey or who already had been living with Dementia.</li> <li>- Reviewed ideas from each of the supported services so we could advocate</li> </ul> </li> </ul>	<p>£29,000</p>

		<p>and provide better support for our clients.</p> <ul style="list-style-type: none"> <li>- Extended knowledge to provide a niche service that complimented the other services in the district and that did not overlap.</li> <li>- Visited Dementia cafes to engage with Dementia clients to adapt the service for their needs.</li> <li>• To evaluate the project we utilised the Warwick and Edinburgh Mental Well-Being Scale (WEMWBS) which measures the mental well-being of the person living with Dementia and the Carer.</li> <li>- This validated survey gave us measurable outcomes based on client's wellbeing.</li> <li>- We coupled this with a qualitative survey for the clients which gave us more detailed feedback on the benefits of the adaptations and the overall project.</li> <li>• We built up a toolkit of items that were funded to enable each client to benefit from these items free of charge to fully support them.</li> <li>- These items included a clock, whiteboard, signs and stronger light bulbs each of which supported the Dementia Friendly Homes audit. Each of these items were chosen specifically for the positive effects they could bring to the home and the person living with Dementia and were relatively low cost.</li> <li>• We are actively involved in the Ageing well group for East Herts to continue joint working between services and tailoring new services to best support people living with Dementia.</li> <li>• We gave many presentations on Dementia friendly environments, including one at Braughing Parish council for 50 people to broaden the outreach of the project to more rural areas.</li> </ul>	
<p><b>7. Green Aiders East Herts – garden clearance with physical</b></p>	<p>- 25 Garden visits completed – see featured project Highlight on next page for full outcome data.</p>	<ul style="list-style-type: none"> <li>• 25 garden visits delivered.</li> <li>• 34,380 calories were expended by the team of 68 volunteers over 72.5 hours for the 25 garden visits, which is an average of 505 calories expended per person. A finger pulse monitor to assess pulse (work intensity) was also used on some garden days but these results were difficult to record and estimate.</li> </ul>	<p>£10,000</p>



<p>activity and wellbeing benefits for homeowners and volunteers</p>		<ul style="list-style-type: none"> <li>• This was given verbally to the residents, advising on tasks that needed to be prioritised or how something could be done more easily, this advice was further backed up with a booklet created by Charity 'Thrive' on Helping older people with gardening.</li> <li>• Volunteers carrying out the gardening tasks were encouraged to talk about themselves, connecting with one another and the resident when possible. To be active in Garden tasks, to take notice in any interesting plants or insects/birds and learn new information about them.</li> <li>• From the 14 out of 25 residents that responded to the survey, 10 (71%) either 'Agreed' or 'Strongly Agreed' that they felt more motivated in general. Five residents (36%) said they felt their physical health had improved and nine (64%) saw improvements in their mental wellbeing. Finally, six (43%) said the visit increased their ability or desire to take exercise. In addition, 11 of the residents (79%) Agreed or strongly agreed that the Green Aiders visit reduced their risk of having a fall</li> </ul>	
<p><b>8. Herts Mind Network - Exercise to Wellbeing –</b> range of physical activity classes to support positive mental health recovery.</p>	<p>- To run two Nordic, Dance and Relaxation low impact exercise groups of six week duration each to improve physical activity among the key target audience. - To assist with staff training and volunteer buddying to support delivery of above courses.</p>	<ul style="list-style-type: none"> <li>• 4 x 6 week Nordic Walking courses. The two courses run in Bishop's Stortford were during the day and the 2 courses run in Ware were both in the evening due to client interest and availability. Nordic walking enhances the wellbeing benefits of normal walking, by using lightweight poles which increase the use of the upper body and also supports and propels the walker in their stride. So despite using more muscles and calories, the walking seems easier! Client's felt this was a very sociable way of exercising as they could chat as they walked.</li> <li>• 2 x 4 week Exercise to Dance courses one in Ware and one in Bishop's Stortford. These were run by a dance psychotherapist, off site at the Rhodes Centre, so they had a bigger space. Dance is a great way to have fun and keep fit, it can promote a sense of wellbeing and help raise low mood. The criteria for this course was for older people. Those who didn't feel able to do the dance class attended Yoga instead.</li> <li>• 4 x 6 week Relaxation courses across Ware and Bishop's Stortford. Clients learnt to develop their own relaxation skills and techniques to help them manage stress, anxiety and various other areas. The criteria for this</li> </ul>	<p>£8,000</p>

		<p>particular group was for working adults, so all courses took place in the evening at our wellbeing centres.</p> <ul style="list-style-type: none"> <li>• We provided 1-1 buddy support via our Peer Mentors for clients to access sports centres, groups and clubs depending on their level of wellbeing and fitness and what they felt able to achieve at that time.</li> </ul> <p>Our evaluation and measuring tools for the pilot project included:</p> <ul style="list-style-type: none"> <li>• Physical Activity Readiness questionnaire (PARQ) to measure their physical activity level and general health. This would tell us if the course was unsuitable for a particular client and also if any adjustments/further support was required.</li> <li>• Participant Progression and Achievement Record</li> <li>• Wellbeing Evaluation forms</li> </ul>	
<p><b>9. Future Living Hertford (FLH) -</b> psychological and psycho educational therapy for those recovering from lifestyle addictions</p>	<p>- For full details see featured project Highlight on next page for full outcome data.</p>	<ul style="list-style-type: none"> <li>• <b>Case Study Outputs &amp; Outcomes:</b> Female attendee, date started: 21.08.15 <b>Presenting Problem:</b> Alcohol Addiction; <b>Groups Attended:</b> 1. Main Addictions Group – feelings meetings and workshops, 2. Monica Group, 3. Individual Counselling - stopped after a period of non-attendance.</li> </ul> <p>This client has been involved in addiction recovery for a long time and has had input from a number of services over the years.</p> <p><b>Starting Point</b></p> <ul style="list-style-type: none"> <li>• The client reported that prior to joining FLH that life was not good. She complained of problems with friends and family and of falling into the trap of consistent people pleasing. In her words she felt that she was ‘always being taken advantage of’. She explained that coming to FLH has ‘been the making of me’ with her developing into a different person and addressing the challenges in her life differently.</li> </ul> <p><b>Issues Faced</b></p> <ul style="list-style-type: none"> <li>• ‘People pleasing’ led to engagement in some activities offered at FLH more</li> </ul>	<p>£10,000</p>

		<p>through a sense of obligation rather than a true desire; now though she talked of actively setting boundaries both at FLH and in her home life.</p> <p><b>Progress Made</b></p> <ul style="list-style-type: none"> <li>The client reported that she felt herself to have made huge strides in her recovery. Examples of this discussed included volunteering in the Café with the preparation of food and cooking, something which she talked of with real pleasure and a sense of achievement. She also explained that she is cooking more at home and really enjoying it. She reported more commitment to attending the group therapy programme on a regular basis.</li> </ul> <p><b>Client comments</b></p> <ul style="list-style-type: none"> <li>'I've learnt that I can stand back and that I can walk away from arguments', 'I know now what works for me'. She also talked of developing the ability to recognise and identify her emotions and to be able to evaluate where they were coming from.</li> </ul>	
<p>10. <b>Active East Herts – Moving Mums Project</b> - increasing women's participation in Sport and physical activity in East Herts</p>	<p>- To increase the number of participants, frequency and number of x 30 minute physical activity sessions by women aged 18+.</p> <p>- To support participants to complete coaching qualifications and volunteers who join local sports clubs.</p>	<ul style="list-style-type: none"> <li>Overall 17 Moving Mums groups were set up at 17 local primary schools or children centres in the East Herts district. There have been 228 participants taking part in the sessions across the different schools. Moving Mums provided physical activity at a convenient time and place for mums. The school gate activity has proved very popular with mums as it's a great time and location for them to get active.</li> <li>We have trained up 25 mums who all now hold a National Governing Body Accredited Qualification. Qualifying mums at the school hasn't just meant they carry on the sessions at their school, it has seen them become the instructors on other programmes too.</li> <li>Many of these mums are still delivering sessions at their local schools as these groups have continued after the funded period which is fantastic news. Enabling mums to gain increased confidence as it wouldn't have occurred to them to become a fully qualified instructor prior to the project.</li> <li>A celebration event for the mums who took place where 14 Moving Mums teams were funded to take part in the Relay Run in Hertford. 56 mums all signed up to take part in a 4k run which was a huge achievement for most</li> </ul>	<p>£5,000</p>

		<p>mums as they had never ran before. A special marquee helped the celebrations for the Moving Mums which they all loved and felt part of a huge community.</p> <ul style="list-style-type: none"> <li>• There has been an impact on the Mum’s families as well as the mums themselves. Many mums said that because they have regained their confidence and self-esteem they can enjoy more time outside, being active with their family. The celebration event saw mums and their children being active together</li> </ul>	
<p>11. <b>Hertfordshire Park App</b> - which can be used as an interactive map for the parks and open spaces in Hertfordshire</p>	<p>- To promote increased physical activity and leisure use of Hertfordshire parks. Hertsmere Borough Council is leading on this with support from other Herts Districts/Boroughs.</p>	<ul style="list-style-type: none"> <li>• This is a combined Hertfordshire District and Borough project which is being led by colleagues at Hertsmere Borough Council. There has been significant progress in recent months with a company securing the tender to design and implement the Park App.</li> <li>• Design samples have been presented and currently there is a survey being completed to develop the content database. All the Local Authorities have submitted data about the parks and open spaces they wish to feature.</li> <li>• As an overall project it has received £50, 000 from HCC Public Health and an additional £45, 000 joint contributions from the 9 supporting Districts and Boroughs. Further progress will be reported back to the HWSC at subsequent meetings.</li> </ul>	<p>£5,000</p>
<p>12. <b>Panshanger Park Run</b> – increasing physical activity of Hertford residents and capturing survey data on total participants</p>	<p>- To evaluate age, number, activity levels, distance run, participant location. - To use online survey developed with Herts County Council Public Health to collect user health data.</p>	<ul style="list-style-type: none"> <li>• The Panshanger Park Run project received support from East Herts Council as part of an agreement working alongside HCC Public Health data intelligence team to collect data on Park run participants. This data collection and analysis would lead to a published research report which would seek to inform and enable learning around the physical activity and wellbeing benefits benefitting park run participants and their families. There was a particular interest about engaging those who were more inactive or did not usually have the opportunity to so readily take part in organised activities.</li> <li>• The analysis is currently underway and results are expected soon.</li> </ul>	<p>£4,500</p>

<p><b>13. LSx Air Quality Leventhorpe School Yr. 8 Project</b> – enabling simpler rollout and revised toolkit for teachers and students</p>	<p>- To work with student groups to raise awareness of air quality and promote increased use of sustainable transport. - To observe student presentations on air quality and for LSx to revise original toolkit for wider school usage.</p>	<p>Following the success of Cleaner Air 4 Secondary Schools (CA4SS) pilot in Richard Hale School, and the Cleaner Air 4 Secondary Schools Toolkit, this project sought to bring Cleaner Air 4 Schools to a Year 8 Science Class at Leventhorpe School, Sawbridgeworth.</p> <ul style="list-style-type: none"> <li>• 29 Year 8 Science Class Students engaged with project activities including citizen science and campaigns development</li> <li>• Six student groups measured Nitrogen Dioxide using (NO2) Diffusion Tubes over a two-week exposure period</li> <li>• Student groups developed campaigns seeking to engage parents, teachers, peers and local primary schools around air quality issues. This included the creation of visual media by students including animations and posters</li> <li>• Redevelopment of the Cleaner Air 4 Secondary Schools Toolkit with ‘teacher-friendly’ resources, content and activities.</li> </ul> <p><b>Travel behaviour achievements:</b></p> <ul style="list-style-type: none"> <li>• The number of students wishing to travel to school by walking or cycling increased by 5%.</li> <li>• The number of students wishing to travel to school by car decreased by 22%.</li> <li>• Prior to the project, 67% (17) of students claimed to know how their actions affected pollution, compared to 92% (24) afterwards.</li> <li>• Prior to the project, 41% (12) of students claimed to be aware of the actions they can take to reduce their exposure to air pollution, compared to 85% (22) afterwards.</li> <li>• Prior to the project, 66% (19) of students claimed to be concerned about the health impact of air pollution, compared to 81% (21) afterwards.</li> </ul> <p><b>Project Delivery Achievements:</b></p> <ul style="list-style-type: none"> <li>• Created video story board titled #DrawMyJourney chronicling one boy’s journey where he discovers the impact of Air Pollution and his campaign for cleaner air.</li> </ul>	<p>£3,000</p>
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<p>14. <b>East Herts YMCA - Healthy eating course skills</b> for 18-25 young people</p>	<p>- To record food choices made by residents aged 18-25 and assess improvements in healthier eating. To assess participant motivation, enjoyment, interest in cooking and its impact on personal health and wellbeing.</p>	<p><b>Knowledge Acquisition - <i>Understanding of food assisting health and well-being</i></b></p> <ul style="list-style-type: none"> <li>• All of our residents understand that what you eat affects your health and well-being and have an appreciation for eating healthy foods. “[If] I don’t eat healthy,” one resident wrote, “I feel it in my fitness.” Another said, “If you eat sugary/fatty foods, you can end up with Type 2 Diabetes.</li> </ul> <p><b>Behavioural Changes - <i>Increase in time allocated by residents to prepare food</i></b></p> <ul style="list-style-type: none"> <li>• While we had hoped the cooking course would inspire residents to allocate more time to preparing food, we found this was not the case, with 67% stating that they did not spend more time cooking. Some residents stated that they “never have time to” cook. Providing a structured place and time, with ingredients supplied free of charge, may have allowed more flexibility to cook without impacting too greatly on their schedule or finances.</li> </ul> <p><i>Increased interest in cooking</i></p> <ul style="list-style-type: none"> <li>• Despite the above, 100% of the residents who attended the course reported being more interested in cooking afterwards. This implies that there are perhaps other barriers to cooking than knowledge and interest.</li> </ul> <p><i>Selection of healthy foods being eaten - less reliance on takeaway / ready meals</i></p> <ul style="list-style-type: none"> <li>• Those who attended the cooking course also reported eating more portions of fruits and vegetables per day and slightly less reliance on takeaway or other prepared foods. The majority of the residents said they often cook healthy foods for themselves, which shows that they have put their knowledge of how food assists health into practice.</li> </ul>	<p>£3,000</p>

		<p><b><i>Involvement and Community Spirit</i></b> <i>Residents gaining enough confidence to take an active role in the class</i></p> <ul style="list-style-type: none"><li>• When the project first began, the residents were unwilling and reluctant to be involved – at all. Many of the sessions found the teacher cooking by herself, and the residents only arrived once the food was ready to eat. During this time, the teacher was able to chat with them and start building a relationship with them.</li><li>• The next set of sessions saw one or two residents begin to venture in and participate a little in the actual cooking. A new worker also helped with Resident engagement with worker drawing further interest to the class.</li><li>• By the end of the second set of sessions, the Lounge was often very busy during the course with residents socialising, playing pool, and participating in the course. A handful of residents were particularly interested in the cooking and actively participated in that aspect every single session from start to finish, even suggesting meals they would like to learn to cook and sourcing cheap and healthful ingredients.</li><li>• Not only did the residents gain enough confidence to take an active role in the cooking class, being in the Lounge together socially once a week sparked in them a desire for more. This inspired the creation of a weekly “Art Club” that the residents also attended, the re-convening of the pool team, and more cooking-related activities. “It brought residents together,” was one comment we received regarding the cooking course.</li></ul>	
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	<b>Totals:</b>	Phase One and Two (projects not listed here as will be reviewed in December 2017) Expenditure to date:	£190, 000
		Spend against Members matched funding (derived from New Homes Bonus) to balance income and expenditure:	£20, 000
		Overall remaining balance for both funds:	£190, 000



## Visits to East Herts Community Health and Wellbeing Fund projects by members of the Health and Wellbeing Scrutiny Committee.

In order to add to the formally received evaluation members were encouraged to visit the projects in pairs.

The previous Chairman of the HWSC led on this and a meeting was arranged in September 2015 to plan the visits. The current Chairman of the HWSC has continued with scheduling of the remaining visits. The following objectives were arrived at:

- To ensure that the public health monies allocated to East Herts Council from Herts County Council Public Health were spent in a right and proper way.
- To include a light touch assessment of projects looking at how the projects were performing and exploring the sustainability of the projects in the future.

<b>Project Number and Title:</b>	<b>Feedback from HWSC members</b>
3. Forever Active East Herts	Two Councillors from the Committee visited Grange Paddocks one morning to witness the Learn to Swim session for the over 50s. Six residents attended for the half hour session. The Councillors joined with the Group for refreshments afterwards and learnt that all the attendees seemed to have benefitted from the first session and were looking forward to the next one. A successful session and very worthwhile doing. Another visit by the one of the Councillors in the paired team was planned to see a similar session at Hartham.
8. Herts Mind Network – Exercise to Wellbeing	Feedback from the two Councillors who visited Herts Mind Network (HMN) was as follows. It was a very gratifying experience. HMN were obviously doing a useful job filling in a gap in caring for residents and were making good progress in organising the walks. At this initial stage it was noted HMN were

	<p>experiencing some difficulty in having people referred to them and it was apparent that all contact avenues should be considered.</p> <p>A discussion between Councillors and HMN took place on how the referral process may be helped and it was suggested more direct contact with the GP surgeries through scheduled visits and links with wider health groups could be beneficial.</p>
<p>A variety of other projects listed above were visited by combined teams of Councillors on the Scrutiny Committee.</p>	<p>The overall feedback was that the Councillors enjoyed the experience of visiting the projects, learned a lot about the organisation and clients and were pleased to see the health and wellbeing benefits that the East Herts Community and Wellbeing Fund had enabled.</p>