

SCHEDULE 1 of 1 – PRIORITIES AND PERFORMANCE

ESSENTIAL REFERENCE PAPER ‘B’

Priority area for action by District Council	Desired deliverables	Desired Outcome	PHOF or JSNA section to be used to monitor progress	Funding Allocated	Frequency of monitoring	Notes and comments
1. Reducing smoking	<ul style="list-style-type: none"> Promote the Herts Healthy Homes concepts of Smokefree homes, Smokefree cars and use behaviour change approaches to support people to quit smoking, recognising the value of e-cigarette use in achieving this. 	<ul style="list-style-type: none"> Continued reduction in smoking levels and smoking related harm Acceptance of Smokefree living as usual way of life Increased number of people giving up smoking including young people 				
2. Promoting healthy eating and a healthy weight	<ul style="list-style-type: none"> Explore options for wider delivery and setup of up to 20 healthy eating courses (Meet and eat concept) across sheltered and private housing (using community venues) Explore options for set up and delivery 	<ul style="list-style-type: none"> More older people who are widowed cooking healthy meals for themselves Increased independence, building of support networks and reducing social isolation 				

	<p>of 20 family based cooking courses working alongside East Herts Children's Centres utilising "Baking Beanes model" and Meet and Eat/Funky Food approaches</p>	<ul style="list-style-type: none"> Families and young children eating more healthily, enabling a healthy sustained life across ages 				
<p>3. Increasing physical activity</p>	<p>Explore the following options for increasing physical activity uptake especially amongst those who are very inactive or only minimally active</p> <ul style="list-style-type: none"> Supporting Gardening community enterprises/organisations with such expertise to train young people and win contracts for grounds and garden maintenance, e.g. Herts Mind Network organisation and schemes such as Green Aiders Exploring the option for East Herts Parks and Private Parks to maximise the opportunity to increase physical activity levels 	<ul style="list-style-type: none"> Good health and wellbeing, physical activity and fitness alongside skills and job employment opportunities Increased physical activity levels and associated health benefits for individuals and communities 				

	<p>especially targeting those who are normally inactive and live in the immediate community</p> <ul style="list-style-type: none"> • Enable Health Walks support to be increased and expanded as a stepping stone to encourage inactive participants into an increased range of activities • Support the implementation of the CSAF, Community Sports Activation Fund to promote increased physical activity to the wider population with a key focus on the over 65's • Work with Active East Herts and local cycling groups to encourage increased cycling uptake, focusing on the inactive and utilising bike re-cycling and employment opportunities 	<ul style="list-style-type: none"> • Increased physical activity levels and associated health benefits for individuals and communities supporting sustained improvements in health outcomes • Increased physical activity levels and associated health benefits for individuals and communities supporting sustained improvements in health outcomes for targeted groups • Increase in cycling rates locally with a view to promoting sustainable travel, reducing congestion and improving air quality. 				
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<p>4. Awareness about alcohol and substance misuse</p>	<ul style="list-style-type: none"> • Work with HCC and other partners in provision of Drug and Alcohol Lifestyle intervention and support to clients 	<ul style="list-style-type: none"> • Increased healthy lifestyle independence and supporting long term recovery 				
<p>5. Promoting mental health and emotional wellbeing</p>	<ul style="list-style-type: none"> • In all projects seek to build social connections, reduce isolation, strengthen friendship and promote independent living • Look at building on Community health development through the use of time banking and other social empowerment models 	<ul style="list-style-type: none"> • Build community cohesion and resilience and improve health and wellbeing outcomes • Build community cohesion and resilience and improve health and wellbeing outcomes 				
<p>6. Learning about healthy living</p>	<ul style="list-style-type: none"> • Recognise the pollution health impact of poor air quality and devise behavioural and practical solutions to addressing congestion and encouraging sustainable travel (links to cycling and infrastructure aspects) • Seek to develop and 	<ul style="list-style-type: none"> • Improved environmental and health outcomes, small behaviour changes resulting in reduced congestion, healthier modes of transport 				

	<p>build upon Clinical Commissioning Group project approaches between the Council and likeminded partners to be innovative and address local population public health outcomes.</p>	<ul style="list-style-type: none"> Addressing the public health needs of local residents in improved and efficient ways with a preventative focus, reducing ill health burden and promoting longer, healthier lives. 				
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Commissioning Sports and Physical Activity

East Herts Council - August 2014

Activities Commissioned	Provider	Target Group
Five leisure centres – public swimming, gyms, fitness studies, classes etc..	Sport and Leisure Management Ltd (Everyone Active) - Note 1	All ages
Cardiac rehabilitation (NHS referral Scheme)	Sport and Leisure Management Ltd (Everyone Active)	50+
Exercise Referral Scheme	Sport and Leisure Management Ltd	All ages

	(Everyone Active)	
'Forever Fit' (group exercise classes)	Sport and Leisure Management Ltd (Everyone Active)	50+
Hertfordshire Health Walks	Countryside Management Service (Herts CC)	Any age but primarily older population
Boot Camps	Regimental Fitness Ltd	All ages
Mass Fitness / Race events	Regimental Fitness Ltd	All ages
Age specific fitness classes, hi/low impact	Sport and Leisure Management Ltd (Everyone Active)	50+
Development of Community Youth Football, boys and girls	Bury Rangers Community Youth Football Club	All ages but primarily young people
Support for European Move week 2014,	Active East Herts (Community Sports Network) supported by a number of clubs and organisations including the CVS	All ages
'Ageing Well' activities to promote health and fitness in older people (e.g. swimming)	East Herts Council / Sports and Leisure Management Ltd	Older people, particularly 65+
Sports Development Grant (£21,000) funds a range of activities primarily for children and young people including East Herts Youth Games and East Herts Primary Schools Sports Event.	East Herts Council / East Herts Community Sports Network / Herts Sports Partnership	All ages but primarily young people
Parks and Open Spaces (Note 2) events and activities including:		

- Get Park Active (National Love Parks Week) events to promote healthy activities in open spaces	East Herts Council	All ages
- Playgrounds and Multi-use Games Areas (Note 3)	East Herts Council	All ages – but particularly younger people to encourage fitness and as diversionary activities. The Council has recently been developing ‘fitness stations’ for adults and older people.
- Football pitch provision (charged)		All ages – but particularly younger people
- Trim trails, grass marked running tracks, orienteering courses, geocaching (free)	East Herts Council	All ages - but particularly adults and older people
- Walking routes and trails (promoted through web sites, leaflets, partners and through signs and information boards in public open spaces)	East Herts Council	All ages - but particularly adults and older people
- ‘Friends of the Park’ groups (three currently operating) – encourages community cohesion and healthy activities such as park maintenance, learning new skills, running community based events	East Herts Council / Countryside Management Team	All ages - but particularly adults and older people
- Provision of woodland and woodland trails	East Herts Council	All ages - but particularly adults and older people
The Anti-Social Behaviour Summer Activities programme which runs annually and involves a number of activities which support young people in increasing physical activity participation	East Herts Council / East Herts Community Safety Partnership	Young people
Other community/school events whereby the Environmental Health Promotion Officer has a range of physical activity	East Herts Council	All ages

equipment where the public and school children can participate and try out simple exercises.		
Arts and Theatre performance aspects such as Dance/Activity which supports young people and adults creative expression	East Herts Council (via Hertford Theatre and through local cultural groups and organisation)	All ages

Notes:

1. Sport and Leisure Management Ltd (Everyone Active) is East Herts Council's main leisure contractor.
2. Easts Herts Council owns more than 100 public open spaces and has over 40 main public parks.
3. Easts Herts Council provides 56 playgrounds and multi use games areas.