

UPDATE TO THE COMMUNITIES SCRUTINY PANEL
MEETING ON 24th MARCH 2022

Status: *For discussion*
Title: *Update on Health and Wellbeing Team*
Originator: *Steve Taylor, Health & Wellbeing Manager*
Where from: *NA*
Where to next: *NA*

Objective: *To outline key achievements of the Health and Wellbeing Team in relation to the Sport and Physical Activity Commissioning Plan between April and September 2021.*

To set out the Sport and Physical Activity Commissioning Plan for 2022/23.

1. Outcome sought from Panel
 - 1.1 To note the update and ask any questions regarding this work.

- 2 Update on delivery between April and September 2021

Work Area	Progress Statement
Specialist Physical Activity Programmes (Level 4 e.g. Cardio Pulmonary, Pre-habilitation, Steady Steps)	During the last 18 months we have been establishing our instructor pool , and those who wish to continue post covid. This has involved undertaking an instructor audit for all of the associated condition specific areas. Gaps have been identified in areas such as Steady Steps and coverage across the whole of the district to cope with the demand effectively. This has proved to be the main challenge for this area of work during the last 6 months. We are now moving away from virtual based delivery to re-establish face to face led sessions across the district, for example, we have restarted our programmes for cardio-pulmonary (July) Cancer Prehab (ongoing) . The instructors for Steady Steps have provided us with the biggest challenge. Our former instructors are no longer available, however have a cohort of 2 new instructors currently undertaking the course, specifically for Market Harborough and Lutterworth. We have offered a venue for another postural stability course for Q4 to enable local instructors to participate in the next round of courses. We have recently

	<p>visited sessions based at Leicester General Hospital to better understand how the covid rehabilitation programme (and other similar condition specific programmes) are delivered within a clinical based setting, to help better replicate this for our own community provision.</p>
<p>Physical Activity Supported Programmes (Level 3 e.g. Exercise Referral, Steady Steps Plus)</p>	<p>Community class and leisure based provision recommenced throughout this summer, and we have been able to offer this to an increased number of participants as restrictions have lifted. We are currently offering 10 community based sessions, predominantly in Market Harborough and Kibworth due to demand and capacity, and are currently building capacity in Lutterworth. Our referral base has improved notably in the east side of the district due to increased effective links with our Primary Care Network (Health) and other referral agencies, which we hope to replicate across the whole district. Due to the demand for Steady Steps and current lack of instructor provision, we have identified that we need to provide an alternative option for helping with this demand by providing classes suitable for this demographic, however not structured as a prescribed Steady Steps 24 week programme. By making these classes available, we have been able to offer 'less at risk' participants a proactive interim measure to remain active. We are still trying to provide a variety of choices for referrals and the intervention provided, including walking, swimming, gym based, class based suitable for conditions that referrals are presenting with through Physical Activity programmes. We are working with neighbouring districts and the Rivers and Canal Trust to develop a 'Blue social prescribing' project which will link into level 3 and 2 interventions.</p>
<p>Targeted Interventions, Community / Setting Based Interventions (Level 2)</p>	<p>We have worked with the newly formed Broughton Astley Volunteer Group to re-establish our 2 curling groups, with the potential of a 3rd group by the end of March. We also have a boccia group there which we are supporting. We also supported the volunteer group to set up and establish a coffee morning, bringing in the local social prescribers and mini health network for the village. As mentioned previously we have been working with the Rural Coffee Connect Van to get into different parishes. We have supported Market Harborough Rugby club to develop a walking rugby offer and have facilitated Wheels For All sessions in the district. We have a seated exercise group back up and running in Lutterworth, and we have obtained some funding from the Primary Care Network to deliver a Green Prescribing Project at Market Harborough Leisure Centre. Referrals will be directed to the project which will provide an additional offer for our referrals cohort. Funding will be used to develop the outdoor space to renovate into a wellbeing garden where referrals will be involved in planting, growing and manual labour projects. We will help to establish a volunteer workforce which will bring wider benefits to the venue.</p>
<p>Population Interventions, Brief Advice, Signposting, Self Help (Level 1)</p>	<p>As the district has opened up to more face to face engagement, members of the team have visited a number of face to face events, including the Big Information Day in Lutterworth for older people, careers events at Welland Park Academy, Thomas Estley and Lutterworth College, and a Health event at Robert Smyth School. Other opportunities have arisen through links with the Rural Community Council and we have attended coffee mornings in Broughton Astley, Great Glen and Scraftoft, with more planned in for the next 6 months. We have utilised both the Healthy at Home and Healthy Harborough activity</p>

	bags for these events which have been well received.
Weight Management	Weight management is the highest referred condition onto our Exercise Referral scheme , which we manage on a bespoke basis. We have a representative sitting on the healthy weight strategy group at Leicestershire County Council, serving as a district rep. We have improved our strategy links with the Food plan and climate change links at Leicestershire County Council.
Physical Activity Messaging Narrative (Active Together)	We have been working behind the scenes on our Active Together narrative with our link officer and have an action plan to develop the branding and signposting opportunities in the district for the next 6 months. Actions include rebranding Active Harborough District to Active Harborough , updating our sports club and PA session directory to see how we can make this more user friendly and time effective and ensuring that our website is the focus for everything we do.
Foundations (Systems Working, Insight, Workforce, Marcomms, Well Led, Responsive Opportunities, Evaluation)	Physical Activity Officer attended the Systems leadership course through Sport England which has been useful to work with other district representatives to address and identify local priorities , e.g. cycling and walking networks. We are using the recent HDC residents survey in a number of different ways, including for the ongoing work into our health and wellbeing strategy. The work of the strategy is ongoing, with the consultation questions forming part of a wider council-wide consultation. We are currently looking at the Harborough Local Plan and involved in other emerging strategies being developed by the council such as Climate Change and the Young Persons Strategy. We have a new post within the wider communities team - a Young Persons Officer in addition to our Young Persons Activator, who will be looking at youth provision from a wider perspective. The HDC Health and Wellbeing Team are part of the leisure project group, making informed decisions and delivering on key actions surrounding the wider project.

3 3 Highlights and 3 Challenges between April and September 2021

Highlight 1	It is apparent that the appetite to return face to face for many of our sessions is there. Not for everybody, however with the work we have put in, numbers at sessions are slowly increasing.
Highlight 2	We feel that we are increasingly better understanding the behaviours and insight into activities and programmes we deliver, for example, due to covid, more people are interested in outdoor exercise . Factors such as this are now considered when planning.

Highlight 3	The post -lockdown era has enabled us to naturally cease programmes that came to a natural end or were struggling, with opportunities now for new, emergent programmes with new ideas.
Challenge 1	Instructors for Steady Steps has been an issue, with pre covid instructors not returning, therefore we have not been able to deliver some programmes.
Challenge 2	Many community venues we had been utilising pre lockdown are either not an option to us anymore due to their suitability, and most have different sets of rules. It has been an issue navigating all of the different venues, delaying the re-commencement of some of our programmes.
Challenge 3	The first 6 months of the commissioning year have been difficult due to staffing and capacity issues. We lost our Sports Development officer in early May, who delivered on our core offer and the majority of our digital offer.

4 Sport and Physical Commissioning Plan for 2022/23

<p>Walking PROGRAMME: Co-ordination of a guided walks programme, as part of the Leicestershire Walking Together scheme in partnership with Active Together (AT) and Local providers. AT co-ordinate this programme which is facilitated by the Outdoor Task & Finish group. DELIVERY AREA: Walking has shown to improve health outcomes, especially in inactive people and is one of the most accessible activities available. LOCAL OFFER: We will develop a walking action plan which will pull together all elements of walking areas, including led walks, Nordic Walking, referrals, training staff and volunteers, map and route development, links to health campaigns, accessibility and seek opportunities such as footpath development and active travel.</p>
<p>Running PROGRAMME: Co-ordination of a guided running programme in partnership with AT and Local running activators/clubs. DELIVERY AREA: Nationally running continues to be one of the fastest growing sports/physical activity interventions.</p>
<p>Cycling PROGRAMME: Co-ordination of a cycling programme in partnership with AT and Local cycling clubs/champions. Will work with AT to potentially access their Bikeability offer. DELIVERY AREA: Cycling and Active Travel can help to reduce air pollution, reduce road danger and improves mental/physical health.</p>
<p>Active Travel Programme Working in partnership with the LCC Sustainable Travel Team to deliver Active Travel campaigns Delivery Area Physical Activity Development Officers to promote to workplaces and community groups to embed active travel within their organisations. Supporting them to embed active travel through their organisations.</p>
<p>Integrated Lifestyle Service The Integrated Lifestyle Service is a central hub for county residents to access LCC Public Health</p>

services through First Contact Plus. **Each locality will provide a local contact for any residents** who would like more information on physical activity, ranging from brief advice through accessing level 4 interventions. The locality will utilise their Physical Activity Pathway to triage each referral to ensure the resident receives the most effective service for them. **Local Authority teams will allocate Physical Activity Development Officer support to respond appropriately to the roll out of this service.**

CORE ACTION: Workforce Development - School Staff

INTERVENTION: Supporting school staff to access appropriate professional development through but not limited to:

- Formal staff training linked to targeted programmes in the action plan
- Actively encouraging schools to engage with the Leicestershire Healthy School's CPD offer
- A minimum of 3 network meetings per year for Primary staff; consistent standing agenda items of Healthy Schools and Whole Schools Approach development – locally shaped based on need
- A minimum of 3 network meetings per year for secondary staff ensuring their offer builds on the work in primaries.
- Promotion of AT and Future Active CPD offers to all schools across the locality
- Advocating the importance of Physical activity as part of each school's recovery curriculum
- Summer School Sport and Physical Activity Network Health & Well-being conference that engages with Health, PE, PA and Sport partners to ensure it caters for all primary schools. Schools are involved in shaping the delivery at the conference through direct consultation throughout the year.
- New PE leader inductions when applicable

REPORTING: Number of individual staff members accessing professional development opportunities throughout the year.

CORE ACTION: Support all schools to deliver a **daily physical activity programme**

INTERVENTION: School Sport and Physical Activity Network (SSPAN)s will advocate the importance and benefits of all young people participating in daily physical activity. SSPANs will work with pre-identified schools who require support in establishing a programme to suit their needs. Working collaboratively with AT, SSPANs will co-design and promote the Daily Boost through the coordinated calendar of events being developed. SSPANs will promote opportunities through online platforms and via the school networks.

REPORTING: Number of schools delivering a daily physical activity programme across each locality.

CORE ACTION: Online/digital and self-care offer

INTERVENTION: SSPANs will work alongside Localities to ensure each project within the SPA plan, where appropriate, has a comprehensive online offer to support the mixed model approach for all Children & Young People. The online offer will be integrated with each LA Sport and physical activity plan to ensure a coordinated approach across all life stages.

REPORTING: Data and case studies linked to each project. Online analytics to demonstrate the growing impact and reach of the online offer

CORE ACTION: School and Community Transition based activity

INTERVENTION: SSPAN's will develop and deliver programmes/interventions/processes which support the **transition of pupils from school based activity into community based activity**. SSPAN's will promote sport clubs / community groups and their programmes via social media/newsletters/email, as well as LRS 'Club Finder' function on their own/Local Authority and/or Local Sport & Health Alliance website. SSPAN's will ensure there is a clear pathway to community sport embedded within their inactive girls and boys project. SSPAN's will aim to have 50% of their schools actively engaging with 3 community links. SSPAN's will actively promote leadership and

<p>volunteering opportunities within community based activity. SSPANS will work closely with the Youth Engagement Activators and Graduates based in the localities to create local pathways into community provision.</p> <p>REPORTING: The number of students participating within school-community link programmes developed within SSPAN led inactive girls and boys projects.</p>
<p>CORE ACTION: Workplace Health (Staff)</p> <p>INTERVENTION: Support LRS with the promotion of the Wellbeing @Work Pledge and Package to schools (including headteachers and Multi Academy Trust leads) and local organisations. Organisations to survey staff to identify their workplace health & wellbeing priorities and embed an action plan to improve the health and wellbeing of their workforce.</p> <p>REPORTING: Number of organisations signing up to Wellbeing @ Work Pledge and Package.</p>
<p>CORE ACTION: Active Travel</p> <p>Intervention: SSPANs to deliver a minimum of 2 Active Travel Months with the support of the LCC Sustainable Travel Officer. Promotions will be shared in the run-up to each Active Travel Month across social media platforms and school websites. SSPANs will advocate all schools taking part in the Active Travel Months as part of their ongoing commitment to securing ModeShift Stars accreditation and supporting the whole school approach to PE, School Sport and Physical Activity. Each Active travel month will run in conjunction with the Daily Boost and schools will be encouraged to engage with all modes of active travel. The Active Travel task and finish group will continue to develop resources and a social media schedule to share active travel information to schools and families, including local active travel incentives/programmes. SSPANs to promote LCC School Banner Competitions, LCC Active Travel Grants and National & Local campaigns. SSPANs will support schools in accessing additional Active Travel opportunities delivered through the LCC safe and sustainable travel team. REPORTING: The number of schools and active travels recorded during the campaign weeks. The total number of schools engaged with ModeShift stars.</p>
<p>CORE ACTION: Workforce Development - Young People</p> <p>INTERVENTION: Develop a network of young people able to support the ambition to make Leicestershire one of the most physically active places in the Country. Specifically targeting pupils during the school day in the ambition for all children to meet the Chief Medical Officer guidelines for physical activity.</p> <p>Primary & Secondary Schools – Coordinate and deliver ambassadors training. Up-skilling pupils to support the advocacy and delivery of physical activity programmes consistent with the Whole Schools Approach (WSA). SSPANs to work towards a coordinated pathway for pupils to develop in the role of ambassadors across each Key Stage linked to different areas of the WSA model. Co-ordinate and deliver well-being ambassadors training for students and a member of staff. The ambassadors will form an action plan to support positive mental health and internet safety.</p> <p>REPORTING – Number of young people attending central conferences/training and case studies demonstrating impact within schools.</p>

5. Points for discussion

5.1 To review performance from April – September 2021

5.2 To review and comment on the Sport and Physical Activity Commissioning Plan 2022/23

6 Impact on Communities

6.1 The Health and Wellbeing Team increases and improves health and wellbeing opportunities across the district including pathways and interventions to improve the health of the residents of Harborough through all life stages. There are around 20,000 attendances by residents on the projects and services set out above.

7 Legal Issues

7.1 The Sport and Physical Activity Commissioning Plan 2022/23 and funding set out in 8.1 has been approved by Public Health and Active Together Leicestershire (Previously Leicestershire and Rutland Sport).

8 Resource Issues

8.1 The Council has secured £65,839 from Public Health and Active Together to support delivery of the 2022/23 plan.

8.2 The 2022/23 plan will be delivered by the Health and Wellbeing Team through a combination of direct delivery, commissioning and partnership work.

9 Equality Analysis Implications/Outcomes

9.1 Projects and Services within the Sport and Physical Activity Commissioning Plan are assessed individually on equality and diversity.

9.2 The Equality Analysis for the Councils Physical Activity Strategy can be found here; https://www.harborough.gov.uk/downloads/file/6695/physical_activity_equality_analysis_2017

10 Risk Management Implications

10.1 The impact of poor health and inequality impacts individuals and families in terms of quality of life and is a significant cost to public sector.

10.2 Council has a key priority to promote health and wellbeing and encourage healthy life choices. Developing and implementing a Sport and Physical Activity Plan which covers the district, is developed in partnership with Public Health and is on top of the leisure centre offer ensures that the wider health needs of residents are supported.

Background papers:

Appendices: none