

Public
Key Decision - No

HUNTINGDONSHIRE DISTRICT COUNCIL

Title/Subject Matter:	Lifelong Health Task and Finish Group – Part One Final Report
Meeting/Date:	Overview and Scrutiny Panel (Customers and Partnerships) – 12th September 2019
Executive Portfolio:	Executive Councillor for Partnerships and Well-Being, Councillor J M Palmer
Report by:	Members of the Lifelong Health Task and Finish Group
Wards affected:	All

Executive Summary:

The Lifelong Health Task and Finish Group was established to review the area of encouraging lifelong health because more residents are suffering with years of ill health and this generates additional cost to the Council through support needs.

In order to assist the Group with their work, a number of objective tests were set in which all output would be measured against. The Members of the Group also set aims which focused the work to a more specific area of study.

Members received written evidence, as well as conducted site visits to two Parish Councils with high levels of active residents. As a result of the findings from the evidence and site visits, the Group reached a number of conclusions which led onto the following four recommendations:

- 1) In order to encourage Parish Councils to install their own facilities a 'guide' (based on Little Paxton's experience) should be produced and distributed. It would also be helpful to have a discussion slot at the Parish Conference.
- 2) That the next Parish Conference has a section which highlights experiences of Little Paxton and Yaxley.
- 3) The Leisure and Health service should attend community events throughout the District in order to promote its health and well-being offer (One Leisure). In order to do this, the Leisure and Health service should continue to regularly liaise with Parish Councils and Community Groups, in order to establish what events are taking place.

- 4) As the Task and Finish Review only 'scratched the surface', then the Group should remain in place and work on the suggested forward programme as shown below.

Recommendations:

The Overview and Scrutiny Panel (Customers and Partnerships) is

RECOMMENDED

- 1) to support the recommendations of the Task and Finish Group and agree that the Cabinet act upon them.
- 2) to support the continuation of the Task and Finish Group.
- 3) to discuss and agree the Forward Work Programme and timetable contained in paragraph 6.3.

1. PURPOSE OF THE REPORT

- 1.1 The purpose of the report is to outline the work, findings, conclusions and recommendations of the Lifelong Health Task and Finish Group.

2. BACKGROUND

2.1 Objective Tests

The objective tests are tests that were agreed by Overview and Scrutiny to help steer activity of the Task and Finish Lifelong Health Group, given the risk of the range of potential options and the desire to make a demonstrable impact. The objective test for the findings and recommendations of the task and finish group was that they encourage lifelong health by:

- a) Reducing excess weight in adults
- b) Reducing associated health issues, such as:
 - Type two diabetes
 - Coronary heart disease
 - Some types of cancer, such as breast cancer and bowel cancer
 - Stroke
 - It can also affect your quality of life and lead to psychological problems, such as depression and self-esteem.

2.2 Aims

The agreed aims for the task and finish review, as outlined in the scoping document, are:

- Prevent ill health by encouraging residents to lead an active lifestyle.
- Identify why some Parishes have healthy and active residents and others do not.
- Identify ways to encourage communities to help themselves.
- Identify activity levels on a Parish by Parish basis, cross reference activities and share best practice.

3. A SUMMARY OF WHAT HAS BEEN DONE

3.1 Received Evidence

The Task and Finish Group has received the following evidence:

- Community based exercise and engagement programmes briefing note
- Sports Organisations in Huntingdonshire
- LGA Document 'Shaping Healthy Places'
- Friends of the Rec (Histon and Impington) Newsletter
- Suffolk Walking Festival Briefing Note
- Kettering Health and Well-Being Festival Briefing Note

- News Article 'Leeds becomes first UK city to lower its childhood obesity'.

3.2 The Task and Finish Group has reviewed the inequalities briefing and as a result of reviewing this, the Members decided to undertake a site visit to Little Paxton, as the Parish is a centre of long life.

3.3 The Task and Finish Group has conducted two site visits one to Little Paxton and the second to Yaxley. The reasoning for taking a site visit to Yaxley was that Members wanted to compare and contrast Little Paxton with another Parish and the case was made to undertake a site visit to Yaxley.

4. SUMMARY OF FINDINGS AND CONCLUSIONS

4.1.1 Little Paxton

The Parish Council has developed a hub of facilities which are well used. The two most important aspects of this has been; it has been built up over many years and the dedication and patience of the Parish Clerk and Chairman. The Parish have been pro-active in finding funding from various sources for the installation of facilities and consulting with residents which creates a sense of ownership.

4.1.2 It can be concluded that if any other Parish Council wants to follow the example of Little Paxton then they need to:

- a) assign a clear lead for the work at a senior level (Clerk/Chair) and recognise the amount of project work this will require.
- b) create a plan (establish existing provision, consult with the community on the need, design and delivery of the plan and specific projects).
- c) accept that the plan is long term (possibly 10-15 years).
- d) recognise the importance of good relationships with the community and organisations as a whole (e.g. church groups, sports clubs, brownies, scouts and GP's).

4.2.1 Yaxley

The village is larger than Little Paxton and unsurprisingly has more facilities. The Parish Council has a number of facilities which generate an income for them, e.g. Queens Park football pitches, the buildings owned by the Parish Council including the hall and the 3G football pitch. In addition to this, the Parish Council are willing to support voluntary organisations by offering their facilities to those groups for free. The cost of doing so is worth £25k. The Parish Council has also a food bank and community fridge which offers free, healthy food. In the future the Parish will look to provide healthy recipes as well. It was noted, by Parish Council representatives, that the Parish Council and voluntary groups could, occasionally, require assistance from the Council. It is anticipated that this assistance is in the form of providing knowledge and expertise in helping set up groups or activities.

4.2.2 It can be concluded that:

- a) by supporting voluntary organisations, the Parish Council is also supporting the 'well-being' aspect of health. For example: there is a community allotment for people with disabilities and learning disabilities; the Welcome Club for residents aged 60 and over and the Wellbeing Club which helps residents reduce ailments caused through inactivity.
- b) the Parish Council are dedicated to supporting the less fortunate through the food bank and community fridge.
- c) the Parish Council are committed to using their facilities for the benefit of the village, whether that is generating income or supporting the sustainability of voluntary organisations through free usage.

4.3.1 Task and Finish Review - In reviewing the objective tests and the aims of the Group, it is clear that the review has not looked into all of them.

4.3.2 Objective Tests

- *Encouraging lifelong health by a) reducing excess weight in adults:* The Task and Finish Group has looked into what the Parish Councils in Little Paxton and Yaxley are doing to help reduce excess weight in adults (e.g. the provision of exercise facilities). The Group has also looked into how those Parishes are helping to reduce excess weight in children (e.g. provision of play equipment and purchasing HDC Officer time in order to provide various activities).
- *b) reducing associated health issues (type two diabetes, heart disease, cancer, stroke, depression/self-esteem):* The Group has undertaken site visits which demonstrate communities who have been encouraged to undertake physical activity, this in turn which reduces the risk of type two diabetes, heart disease and cancer. Also through their site visits they have discovered that Yaxley Parish Council facilitate the running of voluntary groups who contribute to improving people's mental state and self-esteem (e.g. Welcome Club, Community Orchard and Wellbeing Club).

4.3.3 Aims

- *Prevent ill health by encouraging residents to lead an active lifestyle:* Whilst the Task and Finish Group have not themselves identified or discussed ways of encouraging residents to lead an active lifestyle, they have seen how Little Paxton and Yaxley have been encouraging their residents. In addition, the Group has received briefing notes on how other areas encourage their residents (e.g. Friends of the Rec Newsletter, Suffolk Walking Festival and Kettering Health and Well-Being Festival). It was also recognised that the Council, through One Leisure, has a part to play in encouraging residents to lead an active lifestyle.
- *Identify why some Parishes have healthy and active residents and others do not:* The Task and Finish Group has looked into what Little Paxton and Yaxley are doing to encourage healthy and

active residents but has not looked into those areas that are not. Although it can be surmised why some areas do not (e.g. lack of demand, lack of willing volunteers to run activities), the Group has not undertaken any evidence gathering to prove why.

- *Identify ways to encourage communities to help themselves:* The Group has gained sufficient knowledge to be able to identify ways to encourage communities to help themselves (e.g. have a long term plan, identify a dedicated volunteer/use the Parish Clerk to enact the plan). The case of Little Paxton suggests that if the facilities are built well then the community will use them.
- *Identify activity levels on a Parish by Parish basis, cross reference activities and share best practice:* The Group has only looked at Little Paxton and Yaxley but Members can identify the best practice from each and create a 'guide' to assist other Parishes/communities to help develop their facilities and activities.

5. RECOMMENDATIONS

5.1 Based on the work conducted by the Task and Finish Group and the conclusions reached, the following recommendations can be made:

- 1) In order to encourage Parish Councils to install their own facilities a 'guide' (based on Little Paxton's experience) should be produced and distributed. It would also be helpful to have a discussion slot at the Parish Conference.
- 2) That the next Parish Conference has a section which highlights experiences of Little Paxton and Yaxley.
- 3) The Leisure and Health service should attend community events throughout the District in order to promote its health and well-being offer (One Leisure). In order to do this, the Leisure and Health service should continue to regularly liaise with Parish Councils and Community Groups, in order to establish what events are taking place.
- 4) As the Task and Finish Review only 'scratched the surface', then the Group should remain in place and work on the suggested forward programme as shown below.

6. SUGGESTED TASK AND FINISH WORK PROGRAMME

6.1 The Task and Finish Group have created a good foundation to build a body of work on. Having undertaken site visits in Huntingdonshire, it would be worthwhile to triangulate that with an example or two from outside the District. It is therefore proposed to invite a representative of Friends of the Rec in to inform Members what they are doing. In addition to this it would be useful to review one of the 10 case studies contained within the LGA's 'Shaping Healthy Places' paper.

6.2 As the objective test focused on particular health outcomes (reducing excess weight in adults, reducing type two diabetes, reducing coronary heart disease, reducing cancer, reducing stroke and improving mental health) and the Clinical Commissioning Group has overspent this year, it is proposed to invite a CCG representative on how the District Council

can do to impact positively upon the health outcomes listed in the objective test. Following which, the Group can have workshops on the topics which the Council can make the biggest impact.

6.3 Suggested Timetable

- September 2019: Agenda setting. Invite Public Health to find out where they are going to concentrate their efforts.
- October 2019: Invite a representative from 'Friends of Rec' to inform the Group what they do and how successful they are.
- November 2019: Invite a representative from the Clinical Commissioning Group to inform Members on how we can work closer to improve resident's health particularly around the wider determinants of health and the prevention agenda.
- December 2019: Have a workshop on developing...(example: better type two diabetes outcomes).
- January 2020: Have a workshop on developing...(example: better Mental Health outcomes).
- February 2020: Take an in depth look at one of the LGA report case studies.
- March 2020: Review all the evidence gathered and produce some recommendations.
- April 2020: Present final report to O&S and Cabinet.

7. **LINK TO THE CORPORATE PLAN, STRATEGIC PRIORITIES AND/OR CORPORATE OBJECTIVES**

7.1 The work of the Task and Finish Group supports the strategic priority of 'support people to improve their health and well-being'. The Group seeks to do this by fulfilling its aims of:

- Prevent ill health by encouraging residents to lead an active lifestyle.
- Identify why some Parishes have healthy and active residents and others do not.
- Identify ways to encourage communities to help themselves.
- Identify activity levels on a Parish by Parish basis, cross reference activities and share best practice.

8. **CONSULTATION**

8.1 As part of the study process the Members conducted two site visits and discussed what assistance Parish Councils required. What was identified was that there are individuals in both areas willing to volunteer their time to provide facilities and activities for their area but they require knowledge and expertise in order to start things off.

9. **HEALTH IMPLICATIONS**

9.1 It is hoped that through the implementation of the recommendations, more Parishes will provide exercise equipment for their residents, therefore encouraging residents to become more active and improve their health.

9.2 In addition it is hoped that, by attending community events and promoting the Council's health and well-being offer, the health and well-being of residents is improved through additional visits to One Leisure.

10. ACKNOWLEDGEMENTS

10.1 The Chairman of the Overview and Scrutiny Panel (Customers and Partnerships) would like to thank participating Members and supporting Officers for the time and commitment to the study. In addition, special thanks goes to Little Paxton Parish Council and Yaxley Parish Council for hosting the Group and participating in the study.

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