

# Improving the Quality of Life for Local People


HDC Corporate Plan 2023 -28 | Priority 1



Q1 Report  
April – June 2024



Purpose and  
objectives of the  
session

1. Remind members of the overall approach to improving quality of life
  2. Update on progress of these activities and impact to date
  3. Seek your feedback on challenges you are seeing and your support to promote this work to residents
- 

## Priority 1: Improving quality of life for local people



### Improving the happiness and wellbeing of residents

We want the highest possible quality of life for the people of Huntingdonshire. It will be a place which attracts employers and visitors and somewhere residents are proud to call home. We will be evidence based, responsive and support the foundations of a good life. This includes personal independence, prosperity, social connection, community and good health.



### Keeping people out of crisis\*

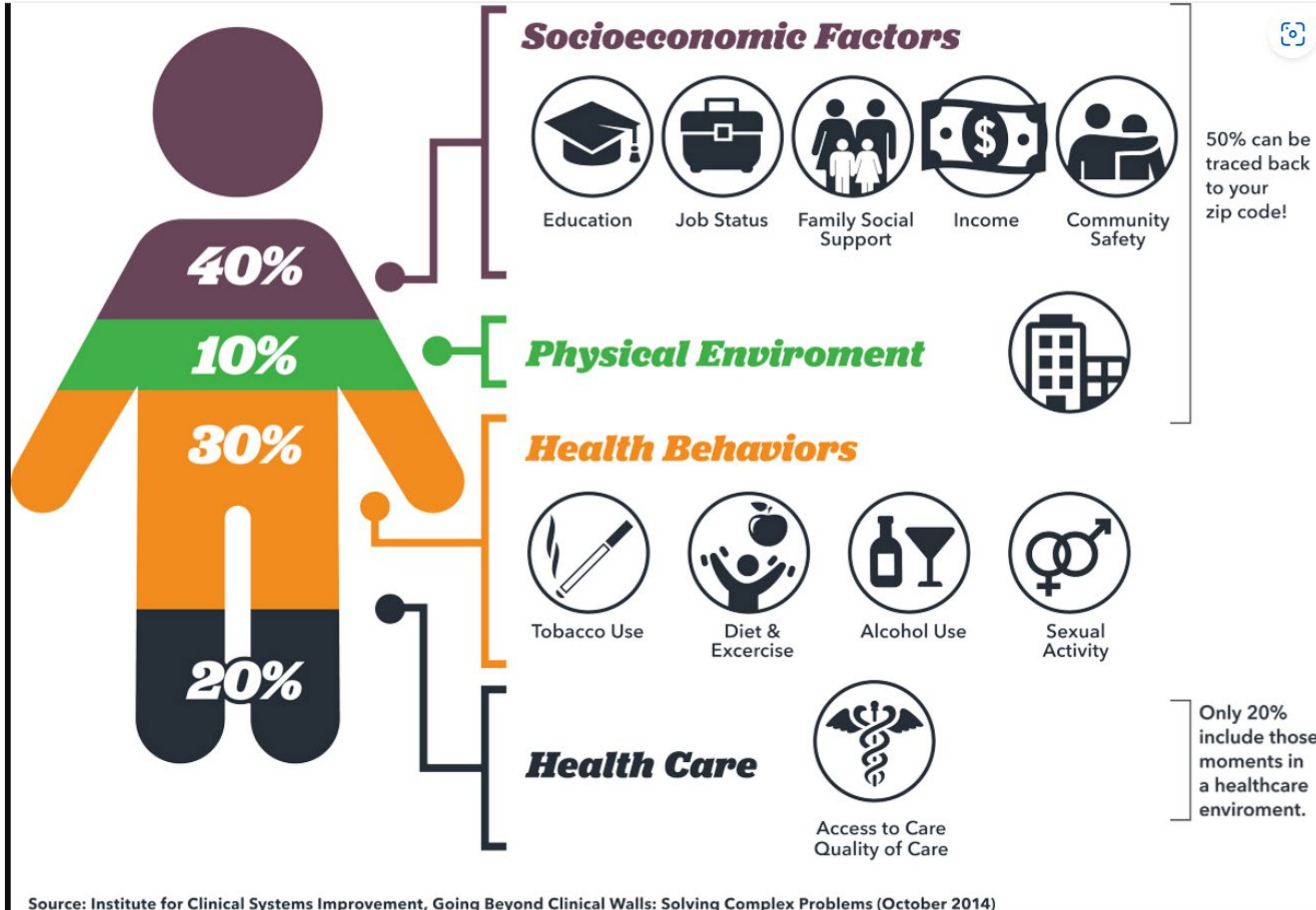
We will identify the root causes that lead people into crises and find ways to prevent them. We will do this through our own actions. We will also work in partnership with residents, businesses, community groups, charities and our public sector partners.



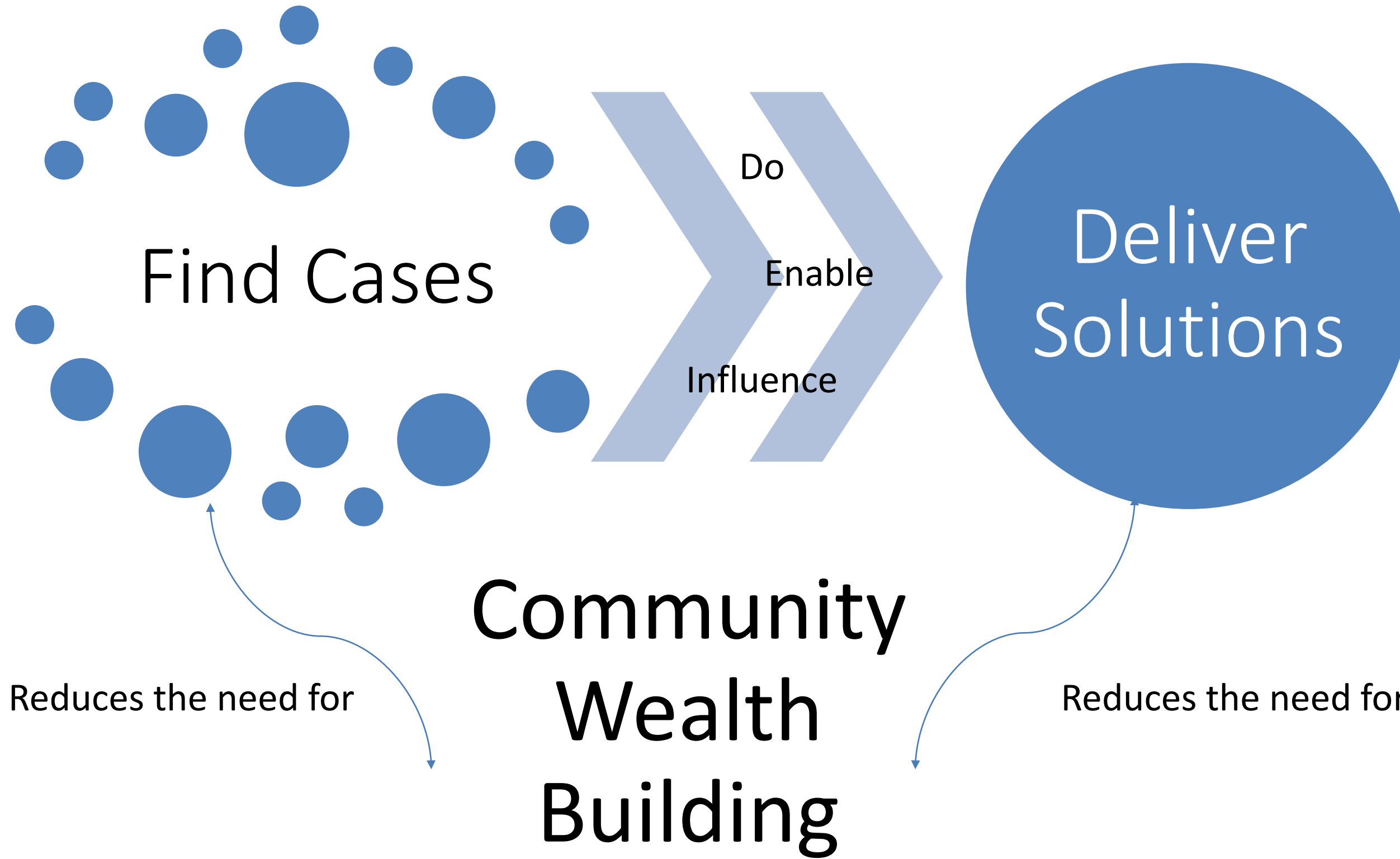
### Helping people in crisis\*

Where a crisis has already happened, we will work holistically to understand the issues, the cause of these issues and what opportunities exist to address them. We will seek to prevent multiple personal crises becoming entrenched and unmanageable by addressing root causes.

\* Crisis – A life changing event, or series of significant events within a short period of time, which can threaten or harm an individual's life experiences, often needing support to prevent further negative consequences.



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)



# Overview

A number of targeted initiatives have been implemented to work holistically to improve the quality of life for local people. This report details what has been achieved during Q1 and defines the quantifiable impact measurements for the forthcoming quarters.



Resident Advice & Information



Citizens' Advice



Assets of Community Value



Support to Refugees



Bundle of Offers



Food Support



Health Interventions (ICS)



Community Based Employment & Skills



Community Chest



Domestic Abuse



# Community Health Prevention Project



- The Community Health Prevention Project, known as ‘Keeping People Healthier & Stronger for Longer’, is a 3-year programme that consists of 4 pillars.
- The programme is funded by the NHS Integrated Care System and is non-recurrent funding.
- This is the second year of ICS funding and follows on from the Health Inequalities Project.

- 1 Cardiovascular Disease Prevention
- 2 Frailty Prevention
- 3 Place Based Pilot - Oxmoor
- 4 Health Inequalities Project Sustainability

# Delivery



- Active Lifestyles are offering additional courses/sessions specifically targeting CVD and frailty prevention.
- Seven delivery partners have been funded to address CVD and frailty prevention.
- We are working closely with a wide variety of partners from health and the community sector.
- Support is still available to the organisations who continue to deliver the activities initiated as part of the Health Inequalities Project.



# Active Lifestyles



## Overall progress - Frailty

3786

Attendances across our frailty activities!

55

**Maximum attendance**

Husband and wife have both attended Over 60's 55 times!

87

**Regular Participants** 

Have attended at least 12 times

450

**Individuals**

Have taken part in a frailty related activity

319

**Sessions delivered**

Over 60's, FitFuture, Staying Active, Golden Games

140

**Completers = 41%**

Out of 346 completers that were due 31st April 2024  
(Completer = at least 65% attendance)

## Overall progress - CVD

1299

Attendances across our CVD activities!

38

**Maximum attendance**

From 1 attendee who attends multiple sessions

21

**Regular Participants** 

Have attended at least 12 times

241

**Individuals**

Have taken part in a CVD related activity

210

**Sessions delivered**

Active for Life, Active for Health Xtra, None to Run, Library Walks, summer

67

**Completers = 50%**

Out of 134 completers that were due 31st April 2024 EXCLUDING SUMMER SEASON  
(Completer = at least 65% attendance)

*Active for Life, Active for Health Xtra, None to Run, Library Walks, Summer season*

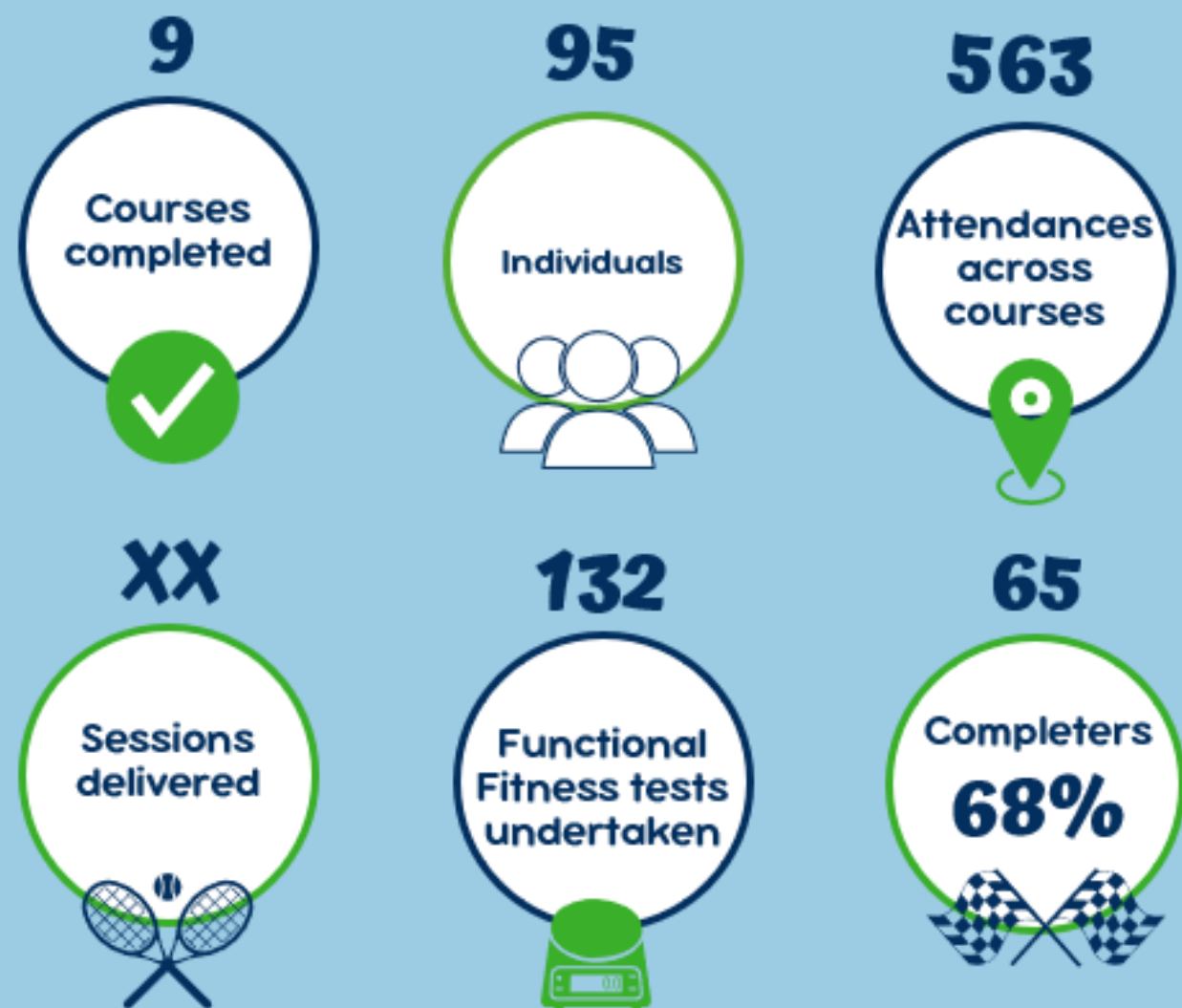
*Over 60's Club, Fit Future, Staying Active, Golden Games*

# Active Lifestyles



## Staying Active - 9 week course

## Active for Health Xtra - 12 week course



*Without the nudge from the doctor I don't think I would have thought about exercise at my age, but I know that each session I do I will gain more strength and feel more positive about my ability.*

### Active for Health Xtra end point improvements - Shuttle test

↑ 408 shuttles across 6 completed groups. Average increase of 10 shuttles per person (out of 41 people who have week 1 & week 12 scores)

# Functional Fitness MOT results - Staying Active

	An assessment of...	Indicator of...	Increase across completed courses	Average increase per person
<b>30 second chair rise</b>	Lower limb strength and power	Independent living, morbidity and mortality	<b>42 participants:</b> 139 stands	<b>42 participants:</b> 3.3 stands
<b>Single leg stance</b>	Balance	Risk of fall	<b>46 participants:</b> Left leg - 160seconds <b>47 participants</b> Right leg - 162 seconds	<b>46 participants:</b> Left leg - 3.5 seconds <b>47 participants</b> Right leg - 3.5 seconds
<b>Hand grip strength</b>	Wrist strength	Risk of fall	<b>30 participants:</b> 40.7kg (left hand) 49kg (right hand)	<b>30 participants:</b> 1kg (left hand) 1.6kg (right hand)
<b>Chair sit and reach</b>	Hamstring flexibility	Walking ability	<b>46 participants:</b> 147.1cm (left leg) <b>45 participants</b> 213.5cm (right leg)	<b>46 participants</b> 3.2cm (left leg) <b>45 participants</b> 4.7cm (right leg)
<b>Back scratch</b>	Shoulder flexibility	Everyday tasks	<b>52 participants:</b> 98.7cm (left arm) <b>45 participants:</b> 72.8cm (right arm)	<b>52 participants:</b> 1.9cm (left arm) <b>32 participants:</b> 1.6cm (right arm)

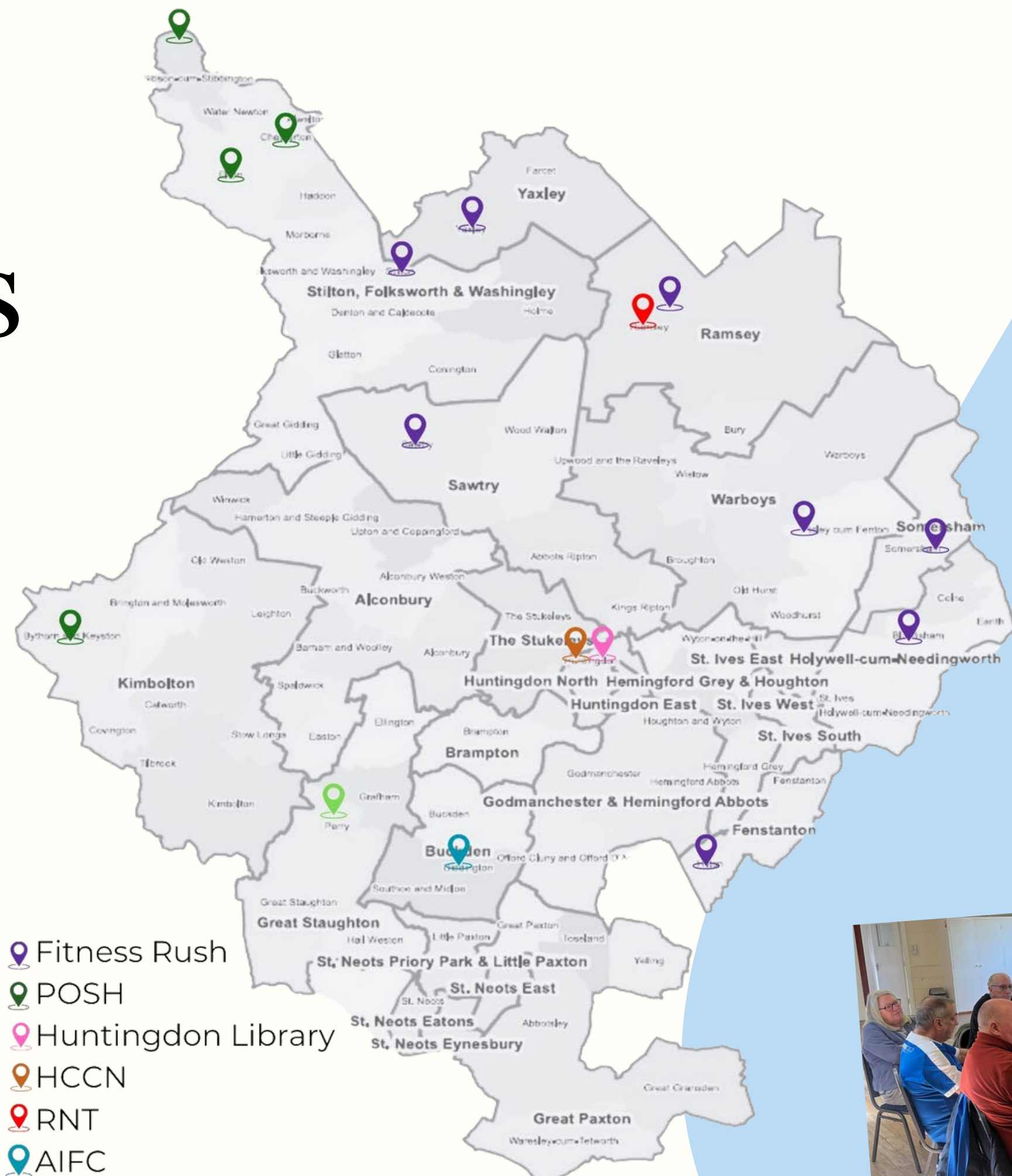
# Delivery Partners

15 Currently Planned Locations

63 Unique Users

2lb POSH - Average weekly weight loss

39 Sessions held so far



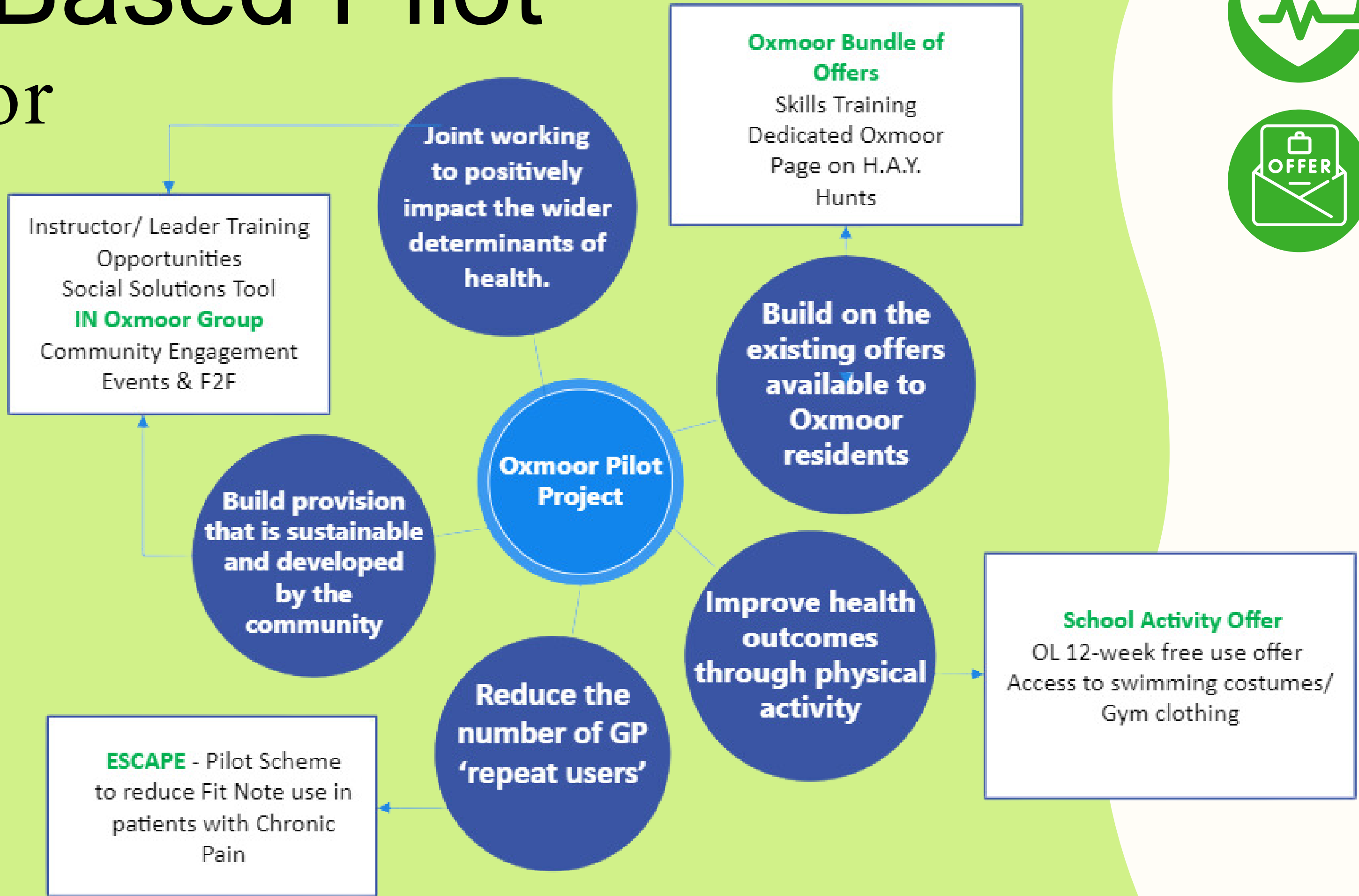
- Fitness Rush
- POSH
- Huntingdon Library
- HCCN
- RNT
- AIFC
- Grafham Water

I am not always a fan of these types of courses however thought I would give it a try and I am glad that I did. I really dislike been lectured at, but this course is not like that which I think has made me want to keep attending



# Place Based Pilot

## - Oxmoor



Instructor/ Leader Training Opportunities  
Social Solutions Tool  
**IN Oxmoor Group**  
Community Engagement Events & F2F

**Joint working to positively impact the wider determinants of health.**

**Oxmoor Bundle of Offers**  
Skills Training  
Dedicated Oxmoor Page on H.A.Y.  
Hunts

**Build on the existing offers available to Oxmoor residents**

**Improve health outcomes through physical activity**

**School Activity Offer**  
OL 12-week free use offer  
Access to swimming costumes/  
Gym clothing

**Reduce the number of GP 'repeat users'**

**ESCAPE** - Pilot Scheme to reduce Fit Note use in patients with Chronic Pain

**Build provision that is sustainable and developed by the community**



## St Johns Primary School - Oxmoor

29

### Children

Took part in the programme

8%

### Fitness Challenge

Pupils sustained their fitness challenge score.

195

### Attendances

From the 29 children that took part

92%

### Fitness Challenge

Pupils improved their fitness challenge score.

4

Healthy eating sessions delivered

11

Sessions delivered

### End point improvements - fitness test

↑ 51 shuttles across group. Average increase of 2 shuttles per person (out of 28 pupils who completed 2x fitness tests)

## ESCAPE Pain - Oxmoor

11

Individuals took part in the course

8

### Completers = 73%

Out of the 11 that started the course

97

### Attendances

From the 11 individuals that took part

Next course planned to start 2nd September 2024

200

### Attendances in June 2024

Across 4 Over 60's Clubs

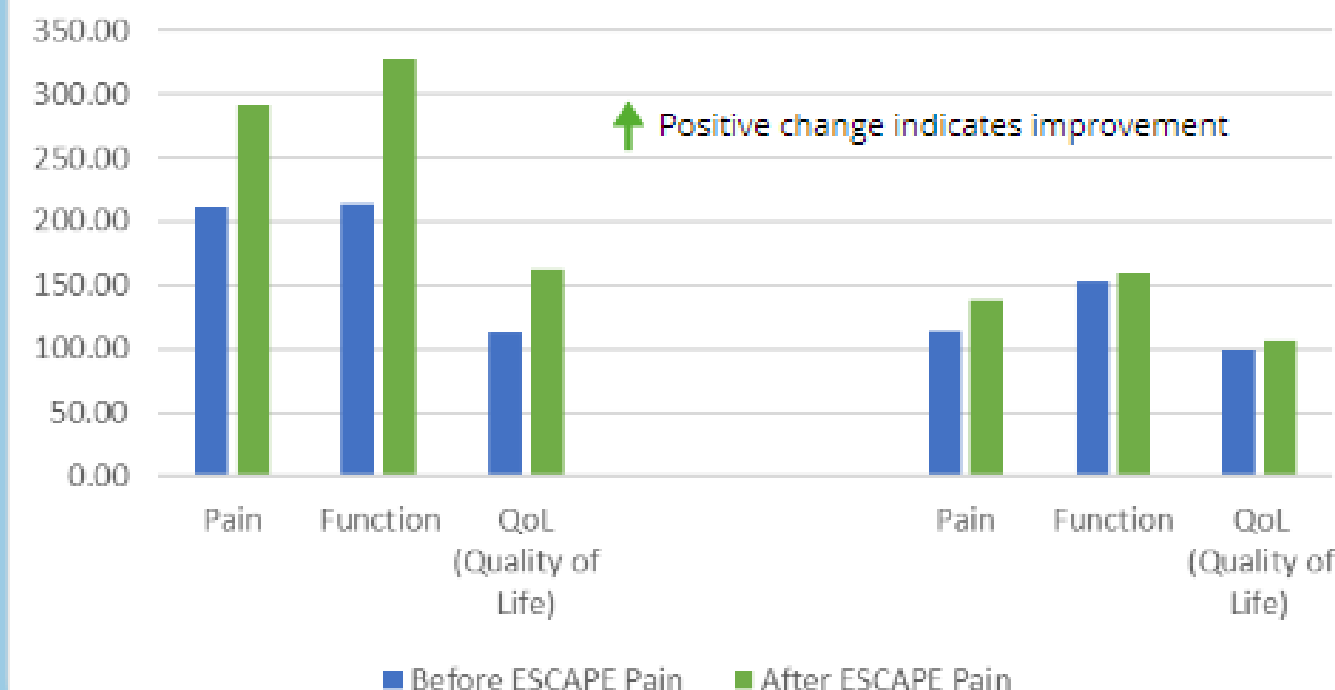
37

### Attendances in June 2024

Across 2 Active for Life Classes (new A4H courses just started so hopeful of increased numbers)

KOOS Scores - (Knee OA)

HOOS Scores - (Hip OA)



The graphs relay the pre intervention and post intervention outcome scores for the Knee OA Outcome Score (KOOS) and the Hip OA Outcome Score (HOOS). All three subscales (pain, function and quality of life) show an improvement.

# WE CAN HELP

We all need help sometimes, and it can be difficult to know where to turn.



Just scan the QR Code above or visit [www.huntingdonshire.gov.uk/wecanhelp](http://www.huntingdonshire.gov.uk/wecanhelp) to get access to a wide range of opportunities and support including an incredible offer at our One Leisure Centres.

**FREE**

## One Leisure 12 Week Pass for you & 1 other person from your household

The FREE offer includes anytime use of our pools, gyms and indoor cycling; off-peak One Leisure and Active Lifestyle classes and off-peak court use (excluding badminton).



FREE PHYSICAL ACTIVITIES



GET HEALTHY



MONEY ADVICE



SKILLS & EMPLOYMENT



VOLUNTEERING



MENTAL HEALTH & WELLBEING



SUPPORT IN YOUR LOCAL AREA



EMERGENCY FOOD

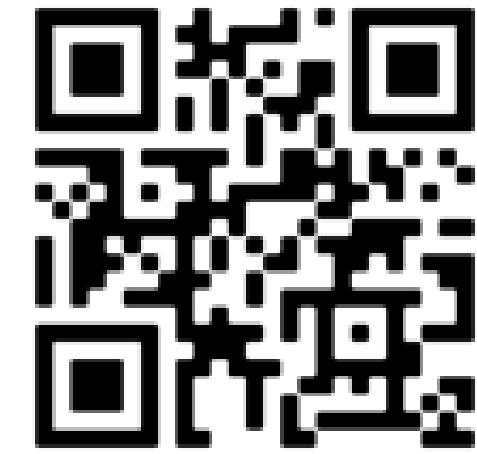


Huntingdonshire  
DISTRICT COUNCIL

WeareHuntingdonshire

Oneleisure  
ACTIVE LIFESTYLE

- **We Can Help – Oxmoor** is one of several bespoke bundles of offers.
- The **'Your Home in Hunts'** is due to launch in April, followed by the **'We Can Help - Council Tax Project'** and the **'We Can Help – Oxmoor'** offer.
- All follow the same format but are tailored to the specific needs of the audience.
- This QR code will take you to the **'Your Home in Hunts'** web page.



## Your Home in Hunts



FREE Physical Activity Offer



Money Advice



Skills and Employment



Get Healthy



Volunteering



Mental Health and Wellbeing



Support in Your Local Area



Emergency Food



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# 2022/23 Health Inequalities Project Sustainability



55+ New Activities

8993 Attendances

800+ Consultation Responses

987 Unique Users

100% Of activities are continuing in some form or other

8.25 When groups scored the success of their activities the average score was 8.25/10

1,500+ Different Organisational Interactions

100% Of activities are continuing in some form or other





# Work Well and Fit Note Project



- The HDC wider determinants of health approach has been developed to support a range of target groups and would be suitable for a pilot to reduce the number of people on fit notes.
- The need of this group aligns with the HDC corporate plan priorities of preventing crisis
- All of the offers in the diagram are available in the system with the exception of 'Escape Pain' which is not currently commissioned.
- What is missing is someone to identify those who may benefit from this approach.
- The case finding needs to be undertaken in primary care – in practice this will define a suitable employer for the post (i.e., not HDC)
- The outcomes for the pilot relate not just to providing an case management type support for those on fit notes but to the closer working of social prescribers and HDC support services

## TARGET COHORT

Repeat/Long Term Fit Notes  
(unemployed)



Repeat/Long Term Fit Notes  
(reduced hours)



Repeat/Long Term Fit Note  
(reasonable adjustment)



Identification of potential beneficiaries needs to be in primary care and so will determine employer

## MATCHING NEED TO PROVISION



Assessment and personalisation to be aligned with HDC wider determinants of health approach – post to be based in and managed through HDC RAI team

## BUNDLE OF INTERVENTIONS



- Skills MOT
- Funded Skills Courses
- Unfunded Vocational Courses (UKSPF)
- Personal Wellbeing
- Employability
- Personal & Social Skills

# Domestic Abuse



Action	Q1	Q2	Q3	Q4
Number of training sessions held for HDC staff.	3			
Number of HDC staff trained in DA.	11 DA Champions trained			
Number of actions completed to achieve DAHA accreditation.	12 out of 19 actions completed to date			
DAHA accreditation achieved.	Ongoing			

*'Thank you all so very much for this brilliant joint working! X has a fantastic team of caring and efficient professionals supporting her, thank you again'.*

*'First of all, I would like to thank you for your support you are giving to me — it is like a gust of fresh air'.*

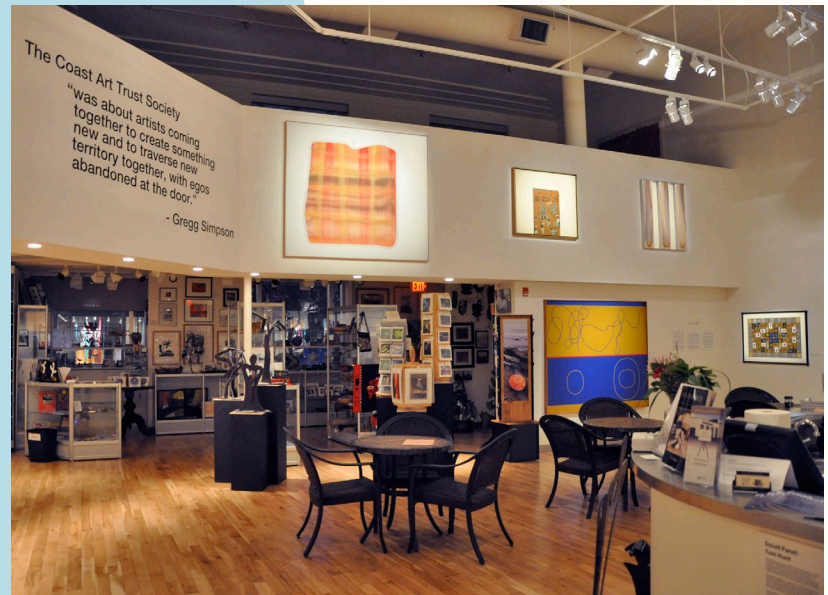
*'This has been the hardest thing I've ever gone through, and to escape domestic abuse and have the help and support waiting there to help us back on our feet has been incredible'.*

*'response in these cases from Huntingdonshire has been amazing, so thank you for that'.*

# Community Chest



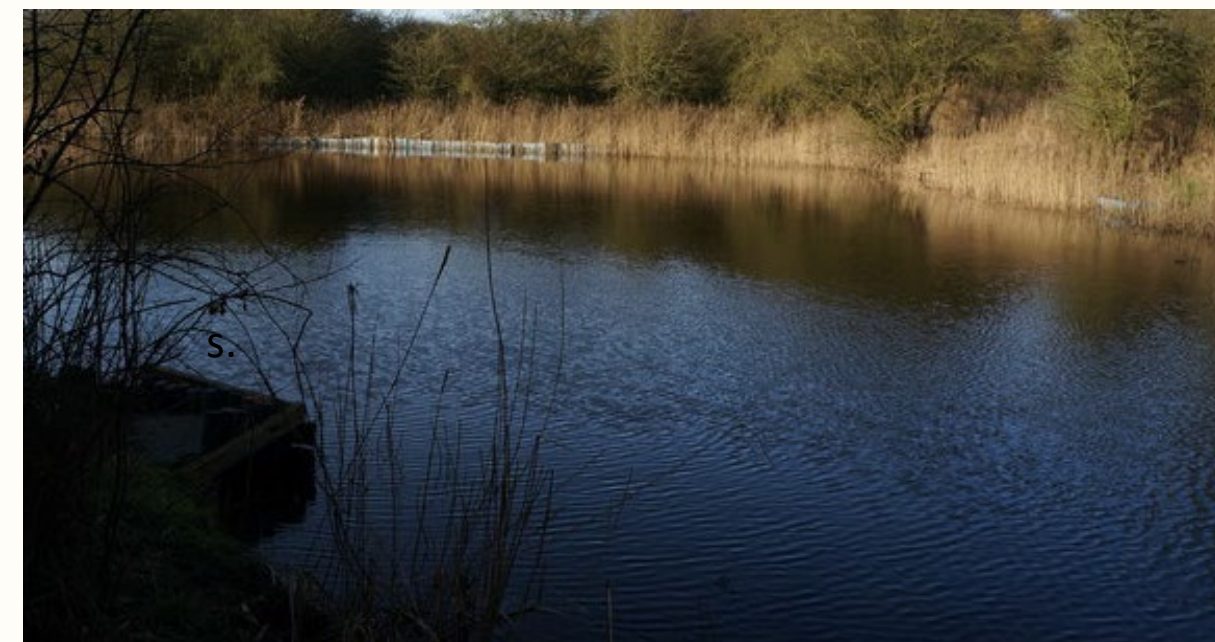
Action	Q1	Q2	Q3	Q4
Number of applications approved under the Community Chest Scheme.	10			
Amount of funding awarded via the Community Chest.	£12,250.00			
Number of initiatives that contribute to improving quality of life.	10			



# Assets of Community Value



Action	Q1	Q2	Q3	Q4
Number of applications considered by the Panel.	10			
Number of applications listed as ACVs.	4			



# Support to Refugees



Measure	Q1	Q2	Q3	Q4
Total number of guests in the Homes for Ukraine Scheme	428			
Number of current sponsors in excess of hosting for 6 months.	55			
Number of interventions to avoid the need for temporary accommodation or to prevent homelessness.	113			

Access to UKSPF Work Coach

Assistance with furniture, white goods and carpets

12 week English classes

Assistance with rent deposits

# Food Support - Oxmoor



Action	Q1	Q2	Q3	Q4
Number of meals distributed by F4N.	1,476			
Tonnes of food prevented from going to landfill.	792kg			
Number of families provided food support at Oxmoor Community Fridge.	246			

## A Recipe for Success!

We are delighted to share some fantastic news from the Oxmoor Community Fridge!

Two of the dedicated volunteers have recently secured employment, thanks in part to the valuable skills and experience they gained while helping others at our weekly sessions. This is a wonderful example of how our community fridge not only provides essential food but also supports individuals in reaching their full potential.

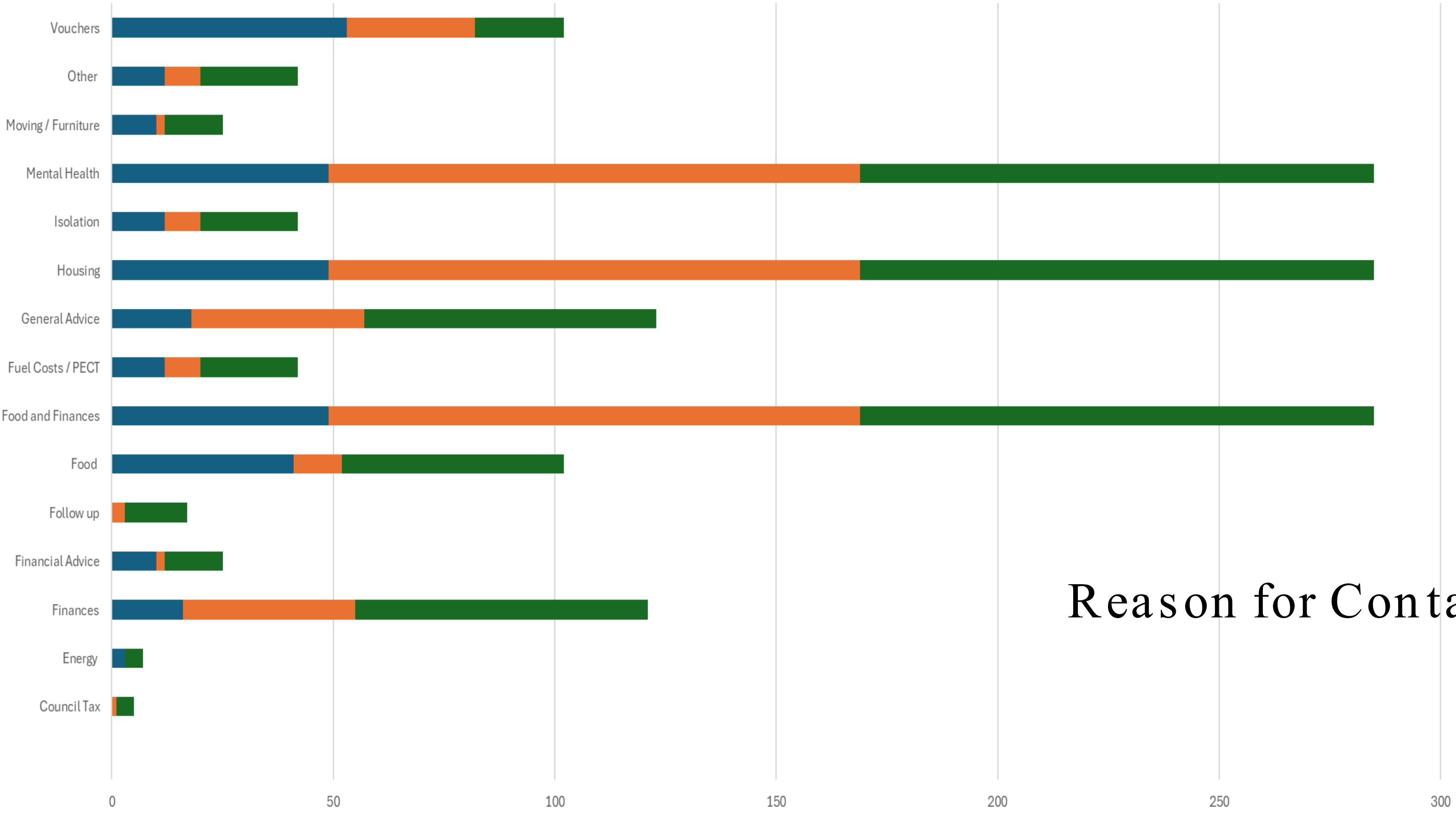
# Resident Advice & Information



Action	Q1	Q2	Q3	Q4
Number of service users	April - 260 May - 289 June - 389 Total - 938			
Number of cases closed	Not currently recorded			
Case Length	(Not currently recorded) Over 83 hours spent communicating with residents			
Referrals out	April - 123 May - 128 June - 121			
Where users from (source)	See pie chart for breakdown			
Main issue on presentation	See graph for breakdown			

- **The team are now based full time from Pathfinder House.**
- **Three new Resident Advisors appointed.**
- **Ability to be reactive and offer face to face appointments.**
- **Outreach alongside food banks and community drop ins has started.**
- **New CRM system commissioned.**
- **Service Design Officer role out for recruitment.**

Chart Title



Reason for Contact

45383 45413 45444 45474 45505 45536 45566 45597 45627 45658 45689 45717





## What Does this mean for Residents?

**Support with Debt** - *'I am so grateful for the support that I have been given, it's the first time that I feel listened to in a long time. I now have the strength to tackle my problems'.*

**At risk of homelessness with rent arrears and all savings spent. The team helped resolve the situation after he presented needing food.**

Fleeing domestic abuse, the victim was financially isolated due to not having a bank account and all benefit payments being made to her ex-partner. The team helped the victim obtain ID and attend the bank to open an account as well as meet with Revs and Bens to enable payments to be changed.

Family breakdown meaning strained relationship between this young person and his father. The team assisted with finding single person accommodation, securing benefits, food support and appointments with the UKSPF work coach.

# Citizen's Advice



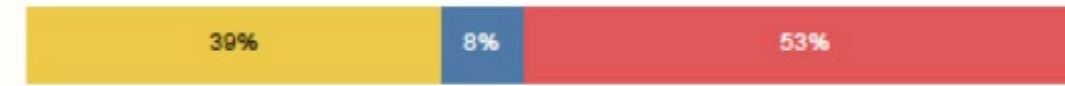
	Q1 - April to June (1) CORE service Data	Q1 - April to June (2) Project Data	Total Q1 April - June 2024
<b>Clients</b>	491	669	1,160
<b>Simple Queries</b>	163	217	380
<b>Issues</b>	1,957	5,103	7,060
<b>Activities</b>	954	3,183	4,137
<b>Financial Outcomes</b>			
<b>Income gain</b>	£153,986	£550,822	£704,808
<b>Re-imbursments, services, loans</b>	£528	£4,500	£5,028
<b>Debts written off</b>		£195,137	£195,137
<b>Repayments rescheduled</b>		£9,259	£9,259
<b>Other recorded outcomes</b>	£23,659	£74,764	£98,423
<b>Total outcomes</b>	<b>£178,173</b>	<b>£834,482</b>	<b>£1,012,655</b>

## Gender



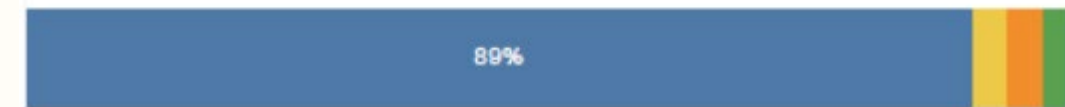
- Female
- Male

## Disability / Long-term health



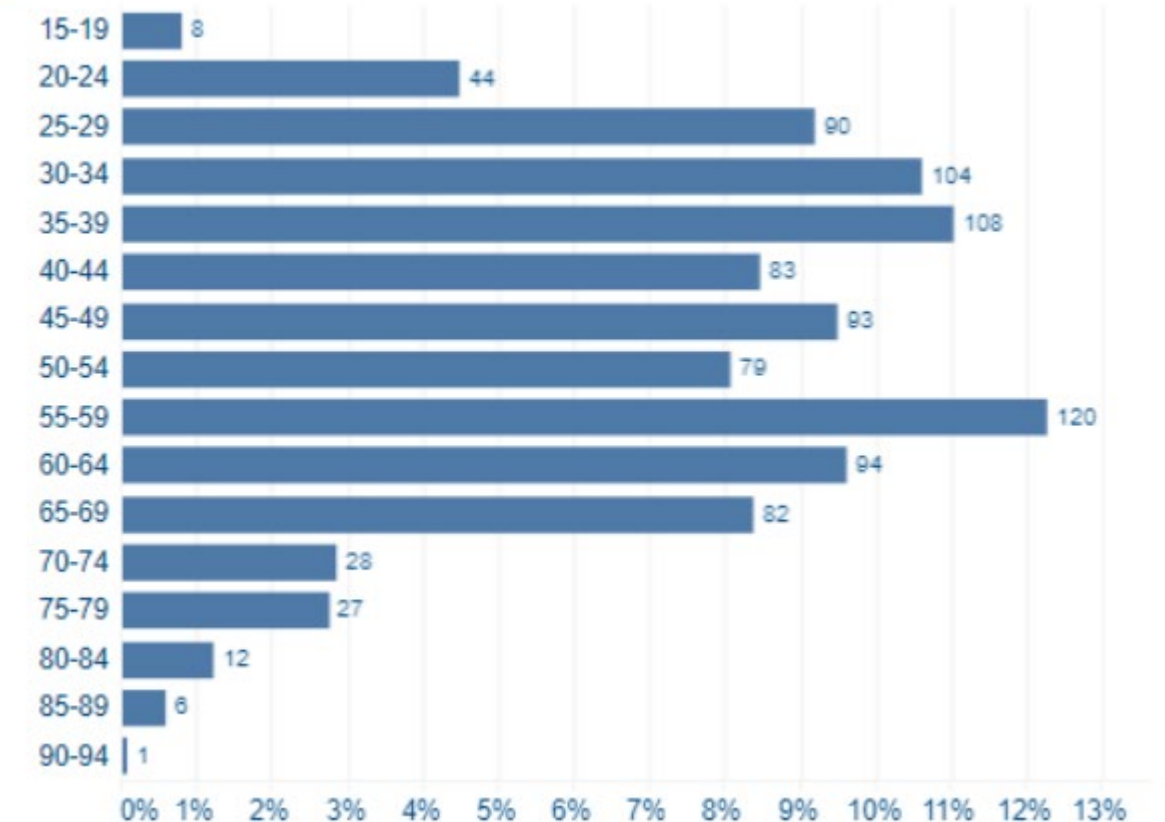
- Long-Term Health Condition
- Disabled
- Not disabled/no health problems

## Ethnicity



- White
- Black
- Asian
- Mixed
- Other

## Age



# Citizen's Advice



<b>Breakdown of issues</b>	<b>Q1 – April to June (1) CORE Issues data</b>	<b>Q1 – April to June (2) Project Issues data</b>	<b>Total Q1 April – June 2024</b>
<b>Benefits &amp; Universal Credit</b>	<b>652</b>	<b>1,913</b>	<b>2,565*</b>
<b>Consumer goods &amp; services</b>	<b>73</b>	<b>206</b>	<b>279</b>
<b>Debt</b>	<b>69</b>	<b>701</b>	<b>770*</b>
<b>Education</b>	<b>14</b>	<b>6</b>	<b>20</b>
<b>Emergency support</b>	<b>115</b>	<b>166</b>	<b>281</b>
<b>Employment</b>	<b>124</b>	<b>57</b>	<b>181</b>
<b>Financial capability</b>	<b>164</b>	<b>1,109</b>	<b>1,273*</b>
<b>GVA &amp; Hate Crime</b>	<b>14</b>	<b>16</b>	<b>30</b>
<b>Health &amp; community care</b>	<b>29</b>	<b>51</b>	<b>80</b>
<b>Housing</b>	<b>252</b>	<b>226</b>	<b>478*</b>
<b>Immigration &amp; asylum</b>	<b>42</b>	<b>16</b>	<b>58</b>
<b>Legal</b>	<b>118</b>	<b>42</b>	<b>160</b>
<b>Other</b>	<b>2</b>	<b>5</b>	<b>7</b>
<b>Relationships &amp; family</b>	<b>189</b>	<b>94</b>	<b>283</b>
<b>Tax</b>	<b>5</b>	<b>8</b>	<b>13</b>
<b>Travel &amp; transport</b>	<b>18</b>	<b>22</b>	<b>40</b>
<b>Utilities &amp; communications</b>	<b>77</b>	<b>465</b>	<b>542*</b>
<b>Total</b>	<b>1,957</b>	<b>5,103</b>	<b>7,060</b>

\*Top five issues

# What Next?

- CAB move to Pathfinder House
- Roll out of weekly CAB outreach sessions in Ramsey, St Neots, St Ives, Yaxley and Huntingdon
- Extension of CAB phone service opening hours
- Appointment of the Service Design Officer
- Roll out of the CT Project
- Manage the end of Household Support Fund

