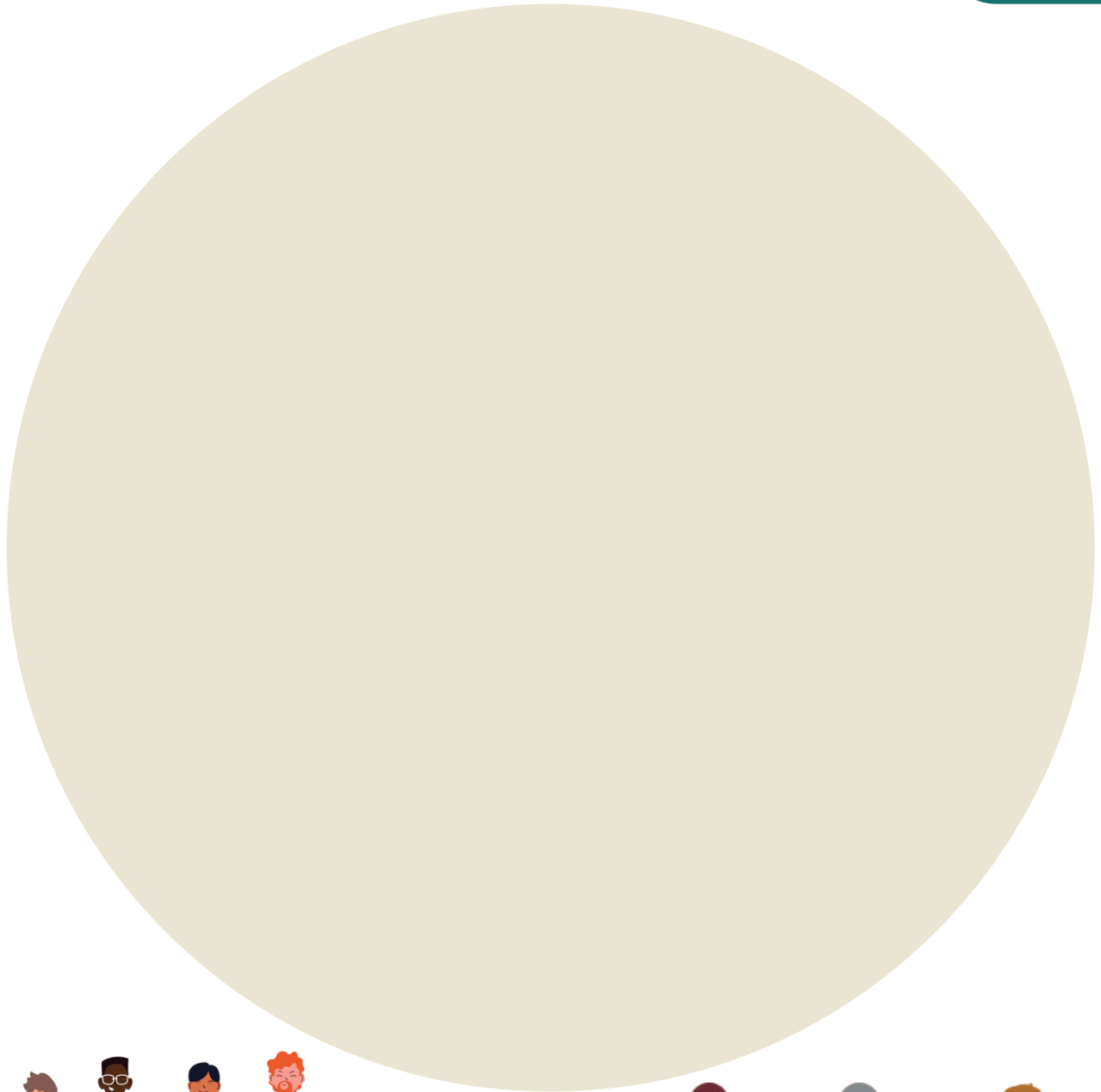




IMPROVING THE Quality of Life for Local People



● HDC CORPORATE PLAN 2023 - 28 |
PRIORITY 1



Purpose and objectives of the session

- Provide an update on progress of these activities during quarter 2.
- The plans for quarter 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.

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.



Community Health Prevention Project



- The Community Health Prevention Project, known as ‘Keeping People Healthier & Stronger for Longer’, is a 1yr 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

COMMUNITY HEALTH PREVENTION PROJECT - QUARTER 2 UPDATE 2024

Overall progress – Frailty (to date)

4894 Attendances across our frailty activities!

418 Sessions delivered
Over 60's, FitFuture, Staying Active, Golden Games

9 Staying Active courses completed with 68% completion rate

583 Individuals
Have taken part in a frailty related activity

Overall progress - Cardiovascular Disease (to date)

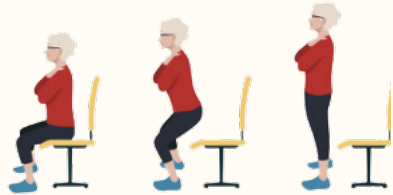




1621 Attendances across our CVD activities!

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

6 Active for Health Xtra courses completed with 69% completion rate

302 Individuals
Have taken part in a CVD related activity

Functional Fitness Test Results (Frailty Improvements)

30-Sec Chair Rise	Single Leg Stance	Hand Grip Strength	Chair Sit and Reach	Back Scratch
<p>How many times someone can stand and then return to sitting without using their arms within 30s</p>  <p>Assesses : lower limb strength and power. A positive change is an increase in number.</p> <p>Can indicate : risk of falls, ability to live independently morbidity. and morbidity.</p> <p>Sample size : 37 participants Average change : 26% more stands</p> <p>Most significant change : +10 stands Lowest week 1 : 3 to 8 (+40%)</p> <p>3 participants saw no change, 2 saw a reduction</p>	<p>How long someone can stand on one leg unaided, with both sides tested.</p>  <p>Assesses: Balance. A positive change is an increase in number.</p> <p>Can indicate : risk of falls, ability to live independently and morbidity.</p> <p>Sample size: 45 participants Average change: +5.5 seconds</p> <p>Most significant change: from 8 sec to 37 sec (+362%)</p> <p>38 patients saw an increase on L or R leg, 16 saw an increase in both</p>	<p>How much force is generated by the forearm muscles.</p>  <p>Assesses : Wrist strength. A positive change is an increase in number.</p> <p>Can indicate: future outcomes including length of hospital stay and mortality.</p> <p>Sample size: 30 participants Average change: +2kg</p> <p>Most significant change : Increase of 44% with left hand and 18% on the right.</p>	<p>How far can someone reach towards their toes whilst seated. Reaching the toe is a zero score.</p>  <p>Assesses : Lower body/hamstring flexibility. A positive change is an increase towards or past zero.</p> <p>Can indicate: Walking ability, posture, balance and risk of falls.</p> <p>Sample size : 45 participants Average change: +4cm</p> <p>Most significant change: week 1 from -27cm on each leg, increasing by 7cm on the left and 9cm on the right</p> <p>40 patients saw an increase on L or R leg, 32 saw an increase in both</p>	<p>How close the hands can be brought together behind the back</p>  <p>Assesses : Shoulder flexibility and range of motion. A positive change is an increase in number.</p> <p>Can indicate: posture, ability to perform every day tasks.</p> <p>Sample size: 65 participants Average change: +2cm</p> <p>Most significant change and lowest week 1: -40cm to -34cm (+6) with a +11cm increase on the other arm.</p> <p>35 patients saw an increase, 12 saw an improvement in both arms</p>

St Johns Primary School

- Oxmoor

<p>Children 29 Took part in the programme</p>	<p>Fitness Challenge 8% Pupils sustained their fitness challenge score.</p>
<p>Attendances 195 From the 29 children that took part</p>	<p>Fitness Challenge 92% Pupils improved their fitness challenge score.</p>

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)

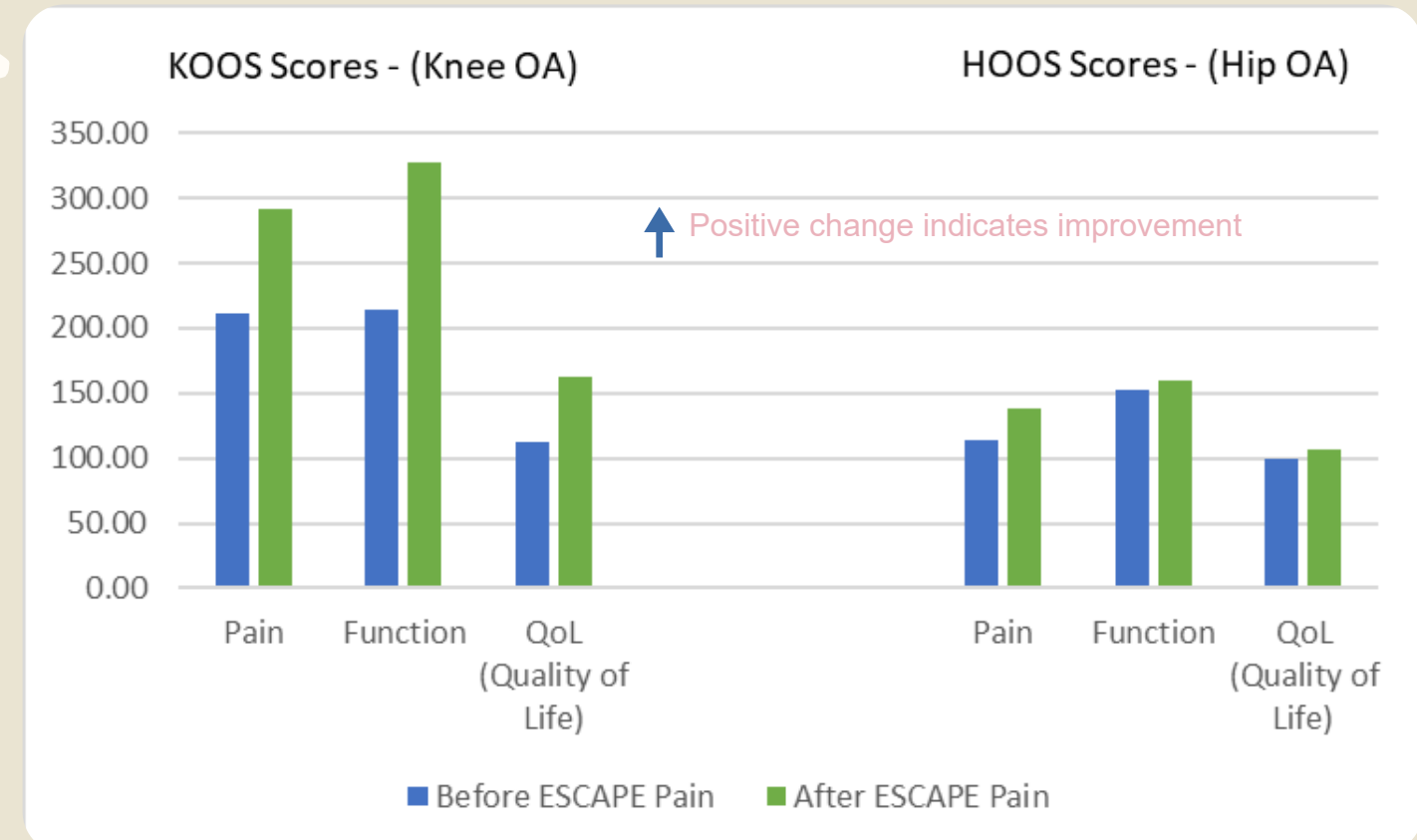
4 Healthy eating sessions delivered

11 Sessions delivered

ESCAPE Pain

- Oxmoor

<p>11 Individuals took part in the course</p>	<p>Completers = 73% 8 Out of the 11 that started the course</p>
<p>Attendances 97 From the 11 individuals that took part</p>	<p>2nd course course running 2nd Sept - 10th Oct</p>



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.

Typical Participant Journey through WorkWell Hub

How ?



1. Referral via Joy 2 days



2. Work and Health Assessment (What Matters to You Conversation) 5 days



3. Back to Work/ thrive at Work Plan 5-10 days

Social/ Relational

- Family/ dependents
- Financial
- Housing
- Community
- Lifestyle

Physical Health

- Issue
- History
- Previous treatment
- Options

Mental Health

- Issue
- History
- Previous treatment
- Options

Work

- Situation
- History
- Goals/ Aspirations
- Barriers
- Options



4. Referrals/ MDT Discussion

Example Partners/ Interventions

- Social Care
- Citizens Advice
- Food banks
- Housing advice
- Leisure

Example Partners/ Interventions

- Physiotherapy
- Health Checks
- Social Prescribers
- Advocacy

Example Partners/ Interventions

- MH Assessment
- Good Mood Café
- Talking therapy
- Wellness Walks
- Substance Misuse

Example Partners/ Interventions

- Employer Liaison
- Confidence building
- Careers advice
- Skills development
- Experience



MYCaW
Wellbeing Score



Satisfaction
Surveys



5. Review/ Check ins/ Completion 4-12 weeks

DOMESTIC ABUSE

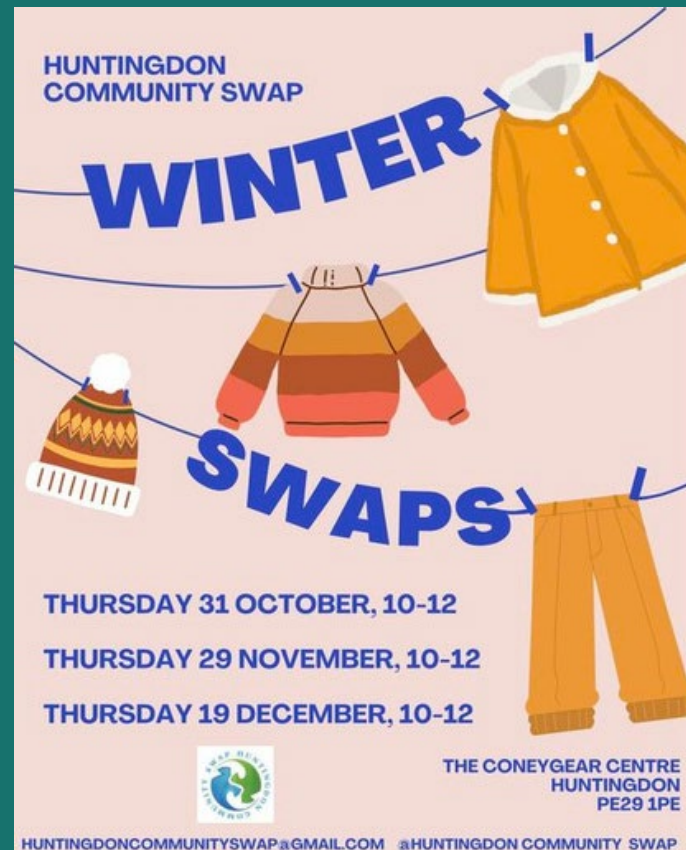


- **FULL REVIEW OF HUNTINGDONSHIRE DOMESTIC HOMICIDE REVIEWS (DHRS)**
 - 4 DHRs complete
 - 2 DHRs currently awaiting sign off from Home Office, 2 DHRs awaiting commencement of Criminal Justice process and 1 DHR panel to commence imminently .
 - Dedicated Member guidance on domestic abuse in the recent edition of the Town and Parish Councils newsletter .
 - Preparing for launch of 'Bags of Help'.

November 25th – 10th December – 16 Days of Action against Domestic Abuse and Sexual Violence

November 25th sees commencement of the 2.5 day stages 1 and 2 of the DAHA Accreditation

COMMUNITY CHEST



- Huntingdon Clothes Swap - £1,000
- Yaxley and Farcet Men's Shed and Hobby Hub – Workshop Upgrade - £1,800
- Great Paxton Parochial Church Council – The Great Paxton Community Christmas Tree Festival - £219.00
- Upwood and the Raveleys Allotment Association – Rainwater Harvesting and Carbon Saving - £2,500
- Cornerstone Care in Confidence – Wrap around support for mothers and babies - £450.00
- St Neots Lawn Tennis Club – Clubhouse Improvement and Refurbishment - £2,500

Action	Q1	Q2	Q3	Q4
Number of applications approved under the Community Chest Scheme.	10	6		
Amount of funding awarded via the Community Chest.	£12,250.00	£8,469.00		
Number of initiatives that contribute to improving quality of life.	10	6		





UKRAINIAN INDEPENDENCE DAY AUGUST 2024

SUPPORT TO REFUGEES



- 5 families into social housing
- 2 families into private rent
- 2 rematches
- 2 families assisted to move elsewhere

Other Support to Refugees

- 18 bed spaces in use across the community for asylum seekers
- LAF3 funding approved for 3 properties to accommodate Afghan families

Measure	Q1	Q2	Q3	Q4
Total number of guests in the Homes for Ukraine Scheme	428	428		
Number of current sponsors in excess of hosting for 6 months.	55	66		
Number of interventions to avoid the need for temporary accommodation or to prevent homelessness.	113	26		

FOOD SUPPORT- HUNTINGDONSHIRE

In quarter 1 we were only able to provide data that related to Oxmoor Community Fridge. For quarter 2, the table now includes data for food provided by Food 4 Nought via:

- Oxmoor Community Fridge
- Yaxley Community Fridge
- The Pantry by Diamond Hampers

FINDINGS FROM REVIEW OF THE HUNTINGDONSHIRE FOOD NETWORK

The data highlights a growing need for food assistance and emphasises the importance of addressing underlying economic and social issues to reduce food insecurity. Several key findings are:

- **Increasing Demand:** A growing demand for food assistance, with a significant spike during the COVID -19 pandemic and subsequent economic challenges.
- **Seasonal Fluctuations:** Seasonal patterns were observed, with higher demand during the winter months and lower demand during the summer months for families.



Action	Q1 – Oxmoor Only	Q2	Q3	Q4
Number of meals distributed by F4N.	1,476	16,306		
Tonnes of food prevented from going to landfill.	792kg	8153.5 kg		
Number of families provided food support at Oxmoor Community Fridge.	246	3599		

- **Individual Foodbank Trends:** While there were variations among individual food banks, the overall trend of increased usage was consistent across Huntingdonshire.
- **Package Types:** A higher proportion of single packages being distributed in recent years. St Neots does not include data on individual packages, potentially leading to an underestimation of the true demand for this cohort.
- **Community Fridge Usage:** Growing food assistance demand and the need for continued logistical support to ensure no one is turned away.

RESIDENT ADVICE & INFORMATION

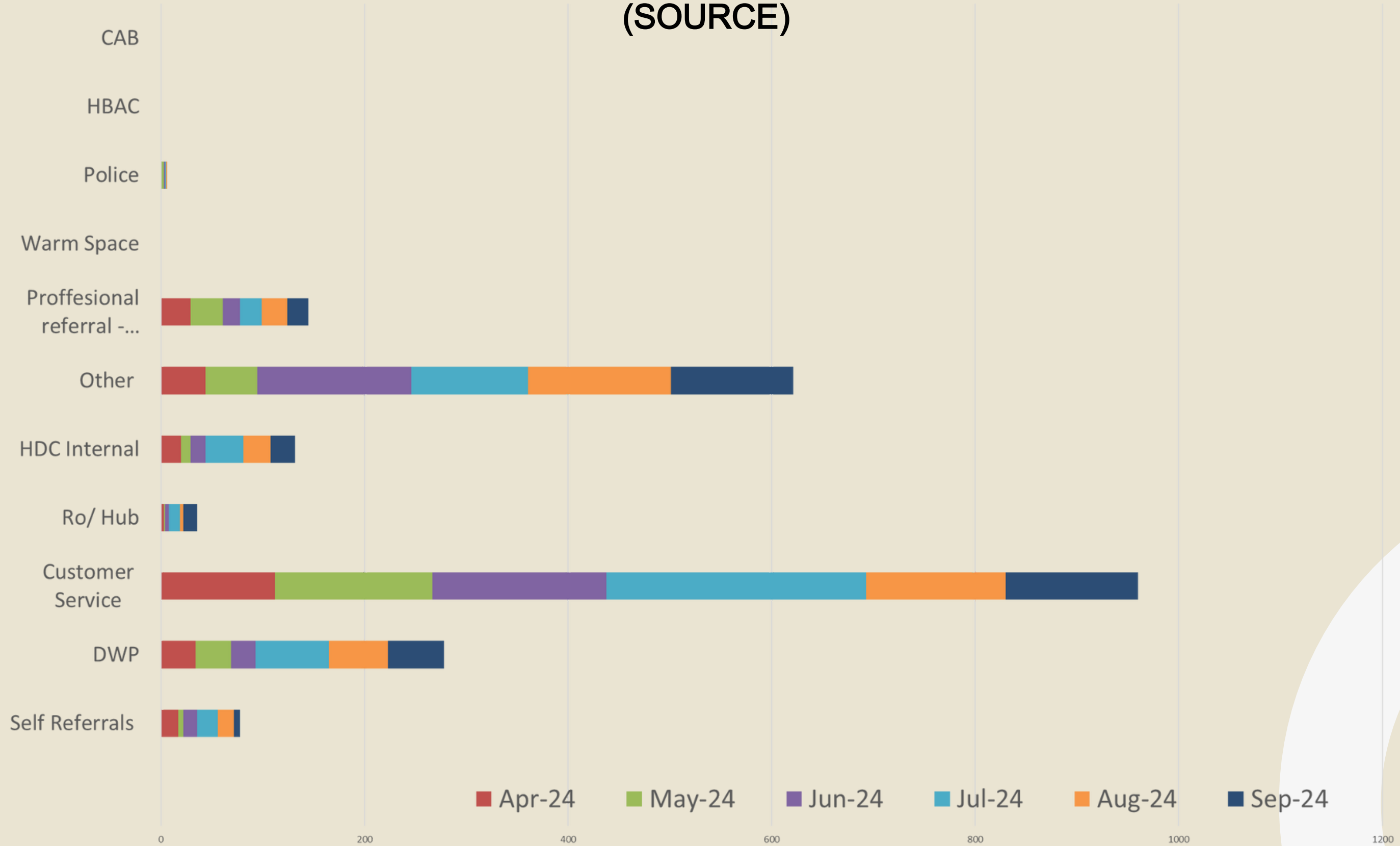


Action	Q1	Q2	Q3	Q4
Number of service users	April - 260 May - 289 June - 389 Total - 938	July - 702 August - 512 September - 496 Total - 1,710		
Number of cases closed	Not currently recorded			
Total time spent on calls	April - 25.18 May - 26.75 June - 45.15 Total - 97.08	July - 70.72 August - 43.9 September - 65.25 Total - 179.87		
Referrals out	April - 123 May - 128 June - 121	July - 145 August - 117 September - 97		
Where referrals come from (source)	See pie chart for breakdown			
Main issue on presentation	See graph for breakdown			

+58% increase in service users for Q2.

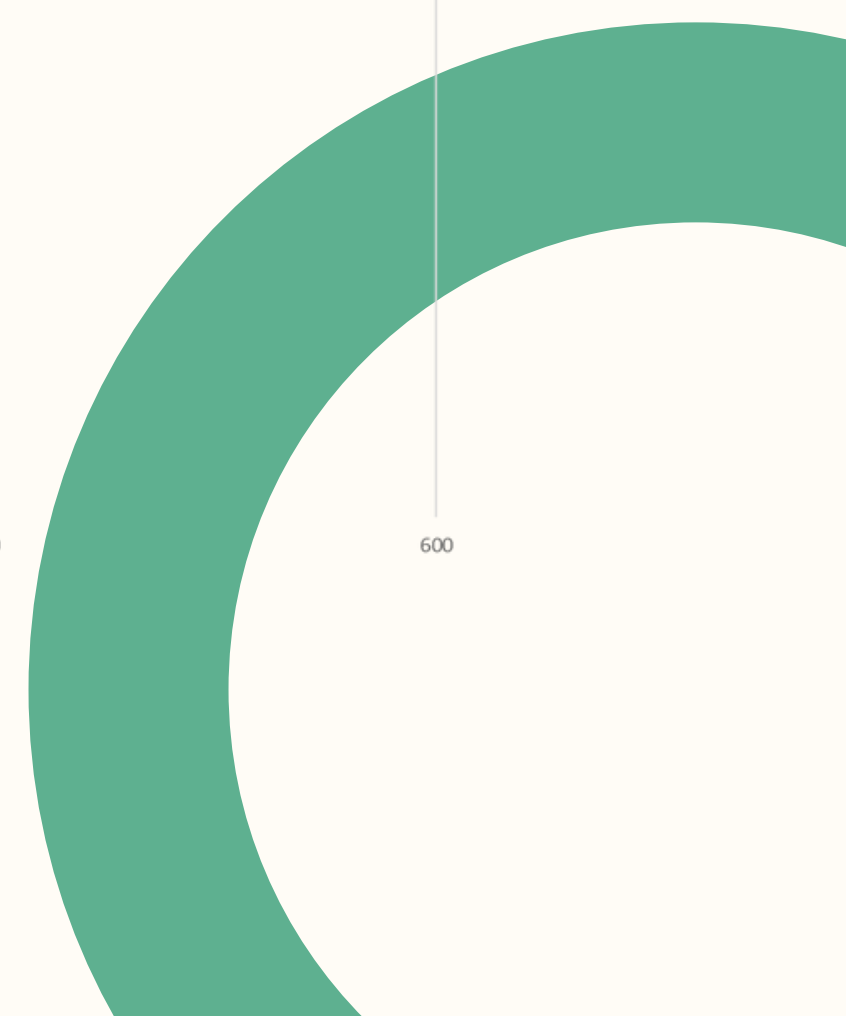
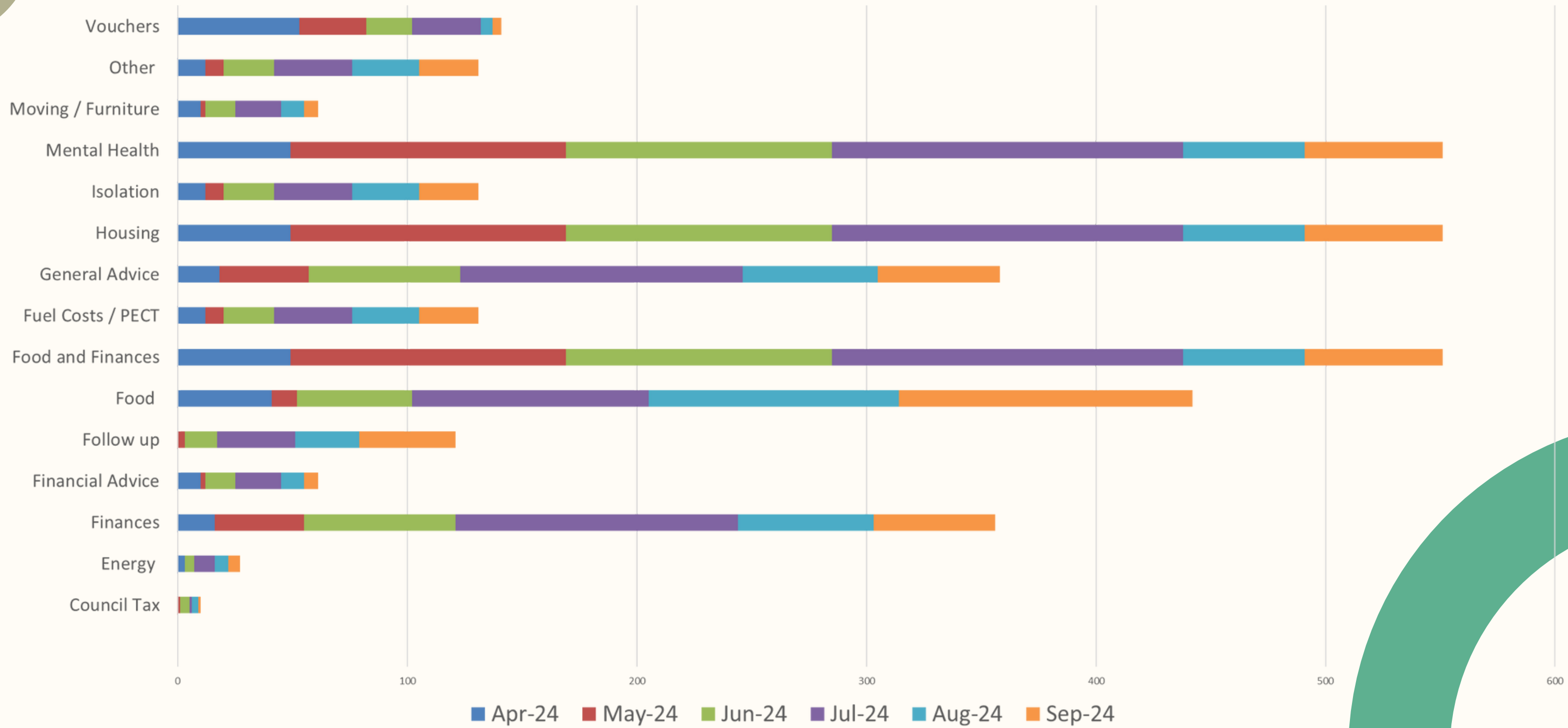


WHERE REFERRALS COME FROM (SOURCE)





Issue on Presentation



Case 1 | Jonson



I live with multiple disabilities and rely heavily on my electric mobility scooter to get around—it truly is my lifeline. Recently, I've been struggling to manage household bills, and I'm increasingly anxious about not being able to afford to charge my scooter.

Case 2 | Gabriel



After being made redundant from my previous role in marketing, I found a job delivering packages to make ends meet. Unfortunately, it pays far less than what I used to earn. I've considered pursuing an HGV (Heavy Goods Vehicle) license, as it could significantly increase my income, but the training is costly, and I simply can't afford it.

Case 3 | David



Due to recent flooding, my nurse—who usually visits for regular blood tests related to my cancer treatment—has been unable to come. I'm now concerned that this disruption will affect my scheduled blood transfusion appointment at the hospital.



CITIZEN'S ADVICE

2024 -25 (Quarter 2)

	(1) CORE service Data	(2) Project Data	Total
Clients	496	771	1,267
Simple Queries	128	179	307
Issues	1845	5,055	6,900
Activities	889	3,245	4,134
Financial Outcomes			
Income gain	£232,294	£821,413	£1,053,707
Re-imburements, services, loans	£191	£8,148	£8,339
Debts written off	£-	£270,631	£270,631
Repayments rescheduled	£-	£13,452	£13,452
Other recorded outcomes	£2,255	£77,420	£79,675
Total outcomes	£234,740	£1,191,064	£1,425,804



CITIZEN'S ADVICE

2024 -25 (Quarter 2)

BREAKDOWN OF ISSUES	1.CORE Issues data	1.Project Issues data	Total
Benefits & Universal Credit	626	2,095	2,721*
Consumer goods & services	100	202	302
Debt	38	649	687*
Education	10	3	13
Emergency support	78	185	263
Employment	207	65	272
Financial capability	127	997	1,124*
GVA & Hate Crime	13	16	29
Health & community care	41	48	89
Housing	191	255	446*
Immigration & asylum	43	18	61
Legal	122	41	163
Other	2	12	14
Relationships & family	197	96	293
Tax	12	15	27
Travel & transport	23	21	44
Utilities & communications	15	337	352*
Total	1,845	5,055	6,900

ADDITIONAL SERVICES

- THE RELOCATION FROM EASTFIELD HOUSE TO PATHFINDER HOUSE HAS RESULTED IN THE INTRODUCTION OF:
 - WEEKLY OUTREACH SESSION IN RAMSEY
 - CONTINUATION OF A WEEKLY OUTREACH SESSION IN ST NEOTS FOLLOWING THE LOSS OF FUNDING
 - ROLL OUT OF A MONTHLY OUTREACH SESSION ON OXMOOR.
 - WEEKLY OUTREACH SESSION IN ST IVES.

CITIZEN'S ADVICE

JENNY HAD BEEN WORKING CLOSELY WITH CHANGE GROW LIVE (CGL) WHO IN TURN REFERRED HER TO CITIZENS ADVICE RURAL CAMBS (CARC) FOR ADDITIONAL SUPPORT.

Her journey was challenging and managing her health while keeping up with her financial responsibilities only added to the pressure. She was already receiving means-tested benefits, but they barely covered her essential needs. With poor mental health, she applied for Personal Independence Payment (PIP). However, the application process was difficult and overwhelming, and she found herself in need of specialist help.

At home, she was struggling as her hot water heater had broken, and she had been without hot water for some time. She wanted to get it fixed but had heard too many stories of scams and wasn't sure who to trust. To make matters worse, her cooker wasn't working, which meant she couldn't prepare proper meals. With no means for cooking, she was feeling really low and didn't want to be at home.

Jenny discussed her concerns with CARC's CGL adviser, who firstly assisted her with claiming Limited Capability for Work (LCW) benefits, which would enhance her financial support. The additional disability benefits applied for were approved, giving Jenny an extra £90 per week, a much-needed boost to her income.

Our adviser also identified that Jenny was not claiming Council Tax reduction and supported her to claim this, which added an extra £20 per week to her budget.

An application was submitted by CARC through CLAS on Jenny's behalf and she received a new cooker worth £350. This allowed her to start preparing meals again, helping her feel better being at home. She was also provided with some fuel vouchers, as she was running low on electricity.

With the water heater still broken, our adviser referred her to our Energy team who are helping her with an application for a grant to replace the water heater, ensuring she would soon have hot water again, and also addressing her concerns about scams.

Since Jenny came to see our CGL adviser, her situation has improved significantly. She's receiving an extra £90 a week in disability benefits, has saved £20 a week on her council tax, and has a brand-new cooker and now able to make her own meals. The grant for the water heater is in progress, and she no longer worries about being taken advantage of.

While Jenny's journey with CGL continues, she is now in a far more stable position, both financially and personally, and is better equipped to focus on her recovery.

*Name changed to protect client identity

WHAT NEXT?

- Roll out of the WorkWell Programme
- First stage review from Service Design Officer
- National 16 Days of Action against DA and SV
 - Roll out of Oxmoor CAB outreach session
- Review of projects funded via Community Chest during Q1
- Feedback and development of 'We Can Help' pages

