

LINCOLNSHIRE WALKING FOR HEALTH – THE FUTURE

DRAFT REPORT

12TH January 2016

Prepared by:

The Mid/South Lincolnshire and Rutland Local Access Forums Disability Sub Group

SUMMARY OF RECOMMENDATIONS

- It is strongly recommend the County Council continue to fund Walking for Health and the dementia friendly strolls/walks, well into the future.
- It is recommended that the County Council find sponsorship for the continuance of the service.
- It is recommended that if the County Council cannot continue to provide the management of this service for Lincolnshire, they should discuss this issue with the districts and Magna Vitae to identify which organisation is prepared to undertake this role.
- It is recommended that if a district cannot continue to provide the service, other districts and Magna Vitae should be asked if they could undertake that district's service.
- It is recommended that if all districts feel they cannot continue to provide the service, Magna Vitae or a similar organisation which has experience of coordinating health walks, should be asked if they would be interested in delivering the complete Walking for Health service including dementia friendly strolls/walks, for the County Council.
- It is recommended that the Council gather all the correct information to ensure they make the right decision to enable them not to increase costs, through making the wrong decision.
- It is recommended that the Lincolnshire County Council investigates whether funding should be increased to promote health walks and dementia friendly strolls/walks, to enable them to make an even greater saving in finances for the Council.
- It is recommended that Lincolnshire County Council investigate the opportunity of a research grant for a university, to enable the Council to discover the true value of health walks and dementia friendly strolls/walks in Lincolnshire.

1. INTRODUCTION

1.1. The Local Access Forums (LAFs) are independent statutory bodies created by the Countryside Right of Way Act 2000 (CROW). LAFs act as advisors to section 94 bodies which include local authorities. The Mid Lincolnshire LAF and South Lincolnshire and Rutland LAF have created a joint disability sub group, which focuses on access to the countryside for the disabled. The sub group have been working over a number of years and have completed a number of successful projects for the people of Lincolnshire. The sub group have also worked closely with Lincolnshire County Council Public Health and the Walking for Health co-ordinators to implement dementia friendly strolls/walks County wide. It is understood that Walking for Health and dementia friendly strolls/walks may lose funding in the future. Whilst the sub group **strongly recommend the County Council continue to fund Walking for Health and the dementia friendly strolls/walks well into the future**, the sub group felt it necessary to provide the advice contained in this report. This report examines how the service provided by the walk co-ordinators could continue to operate without Lincolnshire County Council funding.

1.2. The report is aimed at investigating options which may enable the current health walks and dementia friendly strolls/walks to be delivered by the existing walk co-ordinators. Some of the readers of this report may not be aware of what we are trying to achieve with dementia friendly strolls/walks. Examples of what others are achieving can be seen at the following web addresses: <http://www.john-duncan.co.uk/wordpress/video-production-woodland-trust-dementia-adventure/> and <https://www.youtube.com/watch?v=k2U3aahx5nE> This report examines why the health walks and dementia friendly strolls/walks should continue to grow and benefit the people of Lincolnshire. We believe currently there are two options the LCC may take to end the funding for this service. These being to give one month's notice or 12 months notice. It is felt that if only one month's notice is given this will not allow plans to be put in place to ensure continuance of the voluntary groups and all the good work achieved will be lost. The report is written on the basis that the Lincolnshire County Council will make the decision that if funding has to cease, nothing less than 12 months notice will be given.

2. COUNTY COUNCIL COSTS

2.1. It is believed the County Council is looking for savings and feels that money can be saved by not funding the Walking for Health programme. It is important for the County Council to understand the programme saves the Council money by assisting to help keep people from entering into the care home system. The Council have to fund those in care who do not have the money to fund their own care. For people with dementia this cost the council £???? Per annum. For people with other issues it costs the council £???? Per annum. *Awaiting info via FOI Linc's CC*

2.2. There is substantial clear evidence from Natural England that walking and dementia friendly walks improve peoples health (see appendix A). The Ramblers and Macmillan Cancer Support provides further evidence that Walking for Health works as can be seen in appendix B. It is clear that

the work the walk coordinators carry out helps keep people out of care homes for longer. It also helps the family carers to keep healthy, as they suffer from stress and strains as evidenced from the RCGP displays in appendix C. The Lincolnshire County Council's Needs Evidence Based Review for the Lincolnshire Strategy for People with Dementia (Appendix D) shows the scale of the problem of the number of number people within the County with dementia and the projections. The information was produced in 2014. Since that date the media have stated that numbers are greater than those reported due to lack of diagnosis.

3. FUTURE FUNDING

3.1. It is thought that whilst some districts may be prepared to fund their walk co-ordinators posts, they may find in the not too distant future, because of money pressures the service has to be terminated. What is needed is a solution which provides the current number of walk co-ordinators, for the Lincolnshire County Council geographical area. If a year's notice is given by LCC it provides the best option to obtain funding through sponsorship deals. Appendix E, provides examples of where sponsorship could come from. Sponsors would need to know what benefit they would get from the deal. A new logo for the walks could be something like "improving the health of Lincolnshire people". If the sponsor had their name against that logo it may help generate more sales for them, e.g. "Company X improving the health of Lincolnshire people". The funding required for stability would be a minimum of 12 months but preferably three years. The annual sponsorship required may be around £???????? (Awaiting FOI) Hence the need to go to reasonable sized organisations for this money.

3.2. To find a suitable sponsor/s takes time and money. To ensure the County Council keeps their care home costs at reasonable levels they need to invest in finding a sponsor. If the County Council feel they do not have the expertise to obtain sponsorship they should employ a suitable company to undertake this role.

It is recommended that the County Council find sponsorship for the continuance of the service.

4. THE FACTS

4.1. It is a fact that as we age we become more at risk of illness such as heart disease, diabetes and strokes. It is important to undertake the right level of exercise. It is a fact that walking in the countryside is good for peoples general health and well being.

4.2. An article by Sarah Hanson and Andy Jones in The British Journal of Sports Medicine, collated 42 studies involving 1843 participants (<http://bjsm.bmj.com/content/early/2014/12/19/bjsports-2014-094157.full>). The findings from this research were:

Outdoor walking groups have wide-ranging health benefits including reducing blood pressure, body fat, total cholesterol and risk of depression.

Outdoor walking groups appear to be an acceptable intervention to participants, with high levels of adherence and virtually no adverse effects.

The article concluded that it provided clinicians with evidence of a further effective option to recommend to those patients who would benefit from increasing moderate physical activity. If we do not have Walking for Health co-ordinators or a Walking for Health schemes, GPs are not going to be able to make referrals.

4.3. When examining the Office of National Statistics age profile for Lincolnshire those aged 50 and above are going to increase by 43,400 in 2026. In 2036 the increase from 2016 will be 71,500 (see appendix F).

4.4. With final salary pension schemes ending and the changes to pension rules, it may be the case that where the County Council are able to use the person's pension to contribute towards care home costs will be smaller, making the County Council's bill larger.

4.5. The 2011 census analysis on unpaid care showed East Lindsey as the second highest ranking across England in terms of unpaid care above 1 hour per week. It also shows East Lindsey as the highest ranking across England in terms of the most individuals providing 50 hours or more unpaid care (<http://www.ons.gov.uk/ons/rel/census/2011-census-analysis/provision-of-unpaid-care-in-england-and-wales--2011/art-provision-of-unpaid-care.html#tab-English-Local-Authority-Comparisons---Total-unpaid-care-in-2011-and-comparison-with-2001>).

4.6. The Royal College of General Practitioners stated 2% of patients registered with GPs are carers who suffer from stress. This obviously also effects the people they are caring for.

4.7. The 2014/15 Lincolnshire Health Walk Annual Report stated "**Public Health within Lincolnshire County Council supports Lincolnshire's Health Walks with a total investment of £210,731 in 2014/15.** Health Walks are delivered by all seven district councils as well as subcontractors across Lincolnshire, and the programme is coordinated by Lincolnshire Sport. The Health Walks are supported and delivered by a team of enthusiastic and dedicated group of 290 volunteers, including 74 New Walk Leaders in 2014/15" The introduction to this report reads "Walking for Health, commissioned by Public Health within Lincolnshire County Council has been in operation for 6 years, and continues to deliver strong outcomes in terms of impact and value for money. The activity is a well established national model and gives support to individuals to become more active on a regular basis, supported by peers in a social environment. National Institute for Health and Care Excellence states: "Walking is the most likely way all adults can achieve the recommended levels of physical activity." The evidence to support the use of physical activity for disease prevention, treatment, and

prolonged independence in later life is widespread. Walking Works Report of June 2014 produced by the Ramblers and MacMillan Cancer Support clearly outlines that 'Walking Works', being the 'nearest activity to perfect exercise.' When examining the graph in the report the increase in walkers has significantly grown across all seven districts over the 6 years. 2014/15 had 1304 new participants, 190 weekly walks available and 51,604 attendees on the walks.

4.8. The training for dementia friendly strolls/walks was undertaken in March 2015. So on top of item 4.7. above, a wide programme of dementia friendly strolls/walks is also now being delivered by the coordinators and volunteer walk leaders through these districts and subcontractors.

4.9. It is reasonable to expect if funding is stopped and the County Council then find there is a need to reintroduce Walking For Health (Cost of **£210,731 in 2014/15**) it will take 7 years to get to the current levels of Walking For Health and dementia friendly strolls/walks participants.

4.9. The Walking for Health coordinators also provide walks for the visually impaired and other disabled groups

4.10. Looking at direct costs alone.....

Awaiting FOI:

Cost of care home place where if total council funded place is £500 per week?

If Council only contribute £200 per week this equals £10,400 per annum

If the programme saves 21 people from going into care for one year there is no cost to the Council

It must be remembered those 21 people may live another 5 years in care and for each year a further 21 would avoid going into care saving £218,400 year 2, £436,800 year 3, £655,200 year 4 and £873,600 year 5.

The problem is that there is no factual data which the Council has available to indicate how large a bill it is going to ramp up through scrapping Walking For Health and dementia friendly strolls/walks. It is important that the Council obtains all the facts before scrapping a service which will save them money.

It is recommended that the Council gather all the correct information to ensure they make the right decision to enable them not to increase costs, through making the wrong decision.

5. FUTURE MANAGEMENT OF HEALTH WALKS

5.1. If the County Council is interested in improving peoples health and reducing care home costs, but feel they do not have the manpower to liaise with the districts and Magna Vitae to deliver the service, other options should be considered.

5.2. Either districts work closer together or an organisation takes on the role the County Council currently perform. This could be done by an individual district or Magna Vitae.

It is recommended that if the County Council cannot continue to provide the management of this service for Lincolnshire, they should discuss this issue with the districts and Magna Vitae to identify which organisation is prepared to undertake this role.

5.3. In some cases individual districts may feel they cannot continue with Walking for Health. If a district feels they cannot continue to deliver the service other districts and Magna Vitae should be asked if they could undertake that district's service.

It is recommended that if a district cannot continue to provide the service, other districts and Magna Vitae should be asked if they could undertake that district's service.

5.4. It may be the case due to the uncertainty of the future of the provision of Walking for Health all districts may feel they cannot continue to provide the service. In this case Magna Vitae or a similar organisation should be asked if they would be interested in delivering the complete service for the County Council. If this is accepted, then it would be in the County Council's interest to provide support to ensure its success.

It is recommended that if all districts feel they cannot continue to provide the service, Magna Vitae or a similar organisation which has experience of coordinating health walks, should be asked if they would be interested in delivering the complete Walking for Health service including dementia friendly strolls/walks for the County Council.

6.SUMMARY

The Council appear to have looked at the money they believe they will save, rather than looking at the cost they will incur if they do not fund Walking for Health and dementia friendly strolls/walks. They also appear to not look at the wider consequences of not funding these projects. Such as increase cost to the NHS and sickness levels which effect the bottom line of businesses. Whilst these are not direct costs to Lincolnshire County Council it does make a difference to Lincolnshire people. The Lincolnshire County Council Budget Consultation document which has been sent out only explains high level issues rather than detail. This is understandable to some extent. However if the public were asked:

“Do you want the LCC to abolish funding of health walks and dementia friendly walks which cost £210731 (2015/16)”

Stating the consequences of this being the probability of:

Increased care home costs for the Council, probably greater than the savings made

Increased costs to the NHS

Greater risk of depression for family carers

Greater risk of cancer

Greater risk of diabetes

Greater risk of more incidents of heart attacks

Greater risks of strokes

If people were given the information above and on the previous page we are sure most people would support the continual funding. It also may be the case that if Lincolnshire County Council provided more funding to promote the service they would achieve a greater saving. It is felt that the County Council should examine all the facts to ensure they come to the correct decision. Removal of funding may cost money rather creating a saving. Where the facts are not clear, such as how the dementia friendly strolls/walks enable people to live in the community for longer, the Lincolnshire County Council could get a research grant for a university to make studies into this issue. This would enable the Lincolnshire County Council to make decisions based on facts and not assumptions. It seems a lot of effort is being placed in removing a small amount of funding which makes a big difference to so many and improves the quality of life for vulnerable people in Lincolnshire without examining the full implications.

It is recommended that the Lincolnshire County Council investigates whether funding should be increased to promote health walks and dementia friendly strolls/walks, to enable them to make an even greater saving in finances for the Council.

It is recommended that Lincolnshire County Council investigate the opportunity of a research grant for a university, to enable the Council to discover the true value of health walks and dementia friendly strolls/walks in Lincolnshire.

Natural England's Greening Dementia project identified the following outcomes from people with dementia experiencing the natural environment:

- *Improved emotional state: reduced stress, agitation, anger, apathy and depression*
- *Improved physical health: skin health, fitness, sleeping patterns, eating patterns*
- *Improved verbal expression*
- *Improved memory and attention*
- *Improved awareness: multi-sensory engagement and joy*
- *Improved sense of well-being, independence, self-esteem and control*
- *Improved social interaction and a sense of belonging*

This report below has been produced by the Ramblers and Macmillan Cancer Support and is captured from their web site:

Inspires people who don't exercise to move more. Almost half of our walkers used to do less than half an hour of activity three days a week until they started walking. ³¹

Has staying power. People that walk with us take at least five walks every four months.³²

Helps people stay active. Not everyone can exercise as much as they used to. Walking lets everyone step down without giving up exercise altogether.^{33, 34}

Is popular with women and the over-55s. Nearly three-quarters (72%) of our walkers are over 55, the same amount are women. Both these groups usually have lower than average levels of physical activity.³⁵

Is highly cost effective – particularly when compared to the costs of treating diseases caused by inactivity.³⁶

Bringing people together

Walking for Health is about more than just improving people's health – getting involved improves their lives too.

We've seen how Walking for Health brings people together to make new friends. In fact, meeting new friends is a big reason for taking part and helps make everyone feel good and stay positive.

Many people say that not having a friend to exercise with is a major barrier to staying active. Walking for Health offers a great way to meet a whole group of people who've made a commitment to changing their lives for the better.³⁷

Small numbers indicate reference to articles

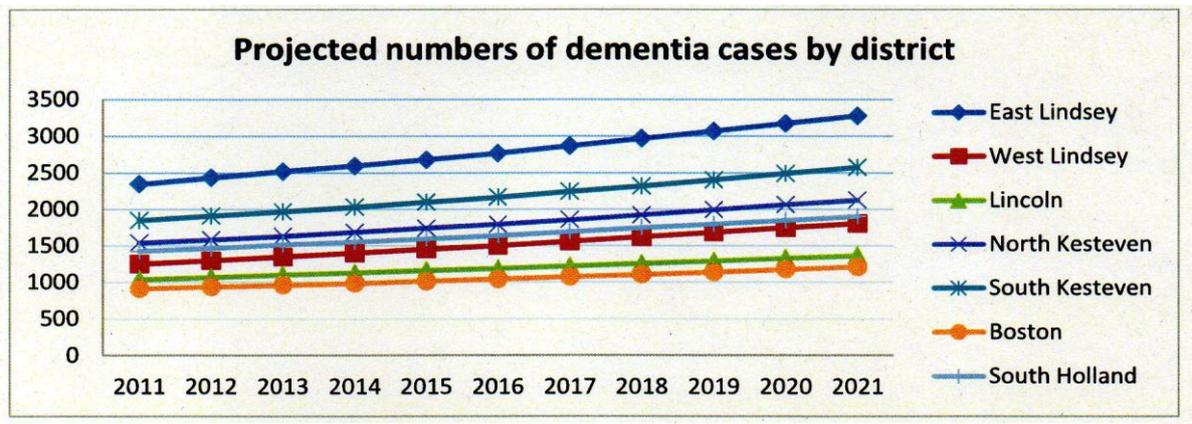
Doctor Clare Gerada, when she was the RCGP Chairwoman stated that it is estimated one in every 20 patients registered with a GP practice is providing unpaid care. It is also estimated that approximately 40% of carers are thought to be at risk of depression or stress because of their caring role. Further details and the interview with Doctor Clare Gerada can be found at <http://www.bbc.co.uk/news/health-22478706>

Extract from the Needs Evidence Based Review for the Lincolnshire Strategy for People with Dementia

.....We have applied the above rates to the total population in each of the age/gender groups. Using this estimate, the number of dementia cases across Lincolnshire in 2011 was over 10,300 people. An estimated 200 people in Lincolnshire are affected by dementia before reaching their 65th birthday.

We have also applied the NDPR to the ONS population projections in order to project future prevalence of dementia in the county. The number of dementia cases is expected to increase in all districts. The numbers of people affected by dementia will remain highest in East Lindsey.

Fig. 4



In Lincolnshire, 3,900 more people are expected to suffer from dementia in 2021 than in 2011, which gives an increase of nearly 38% in 10 years.

The estimated number of dementia cases is expected to grow most rapidly in West Lindsey. It is estimated that the number of cases will increase from around 1250 in 2011 to 1800 in 2021; a 45% increase in 10 years.

POSSIBLE SPONSORS

Appendix E

Banks

Pension companies

Insurance companies

Car dealerships

Car manufacturers

Tractor etc. Dealerships/manufacturers – Caterpillar etc.

Train companies

Haulage companies

Holiday companies

Mobile phone companies

Large retail organisations

**LINCOLNSHIRE POPULATION AGE
PROJECTION**

Appendix F

Figures in thousands (to one decimal place)

AGE GROUP	2016	2026	Increase from 2016 to 2026	2036	Increase from 2016 to 2036
50-54	54.6	45.3	-9.3	47.9	-6.7
55-59	49.8	54.2	4.4	46.0	-3.8
60-64	46.6	58	11.4	49.2	2.6
65-69	52.7	52.5	-0.2	58.0	5.3
70-74	43.3	45.6	2.3	57.6	14.3
75-79	31.3	45.6	14.3	46.8	15.5
80-84	22.5	32.6	10.1	35.9	13.4
85-89	14.2	19.2	5	29.9	15.7
90+	8.1	13.5	5.4	23.3	15.2
50-90+	323.1	366.5	43.4	394.6	71.5
All ages	738.4	788.9	50.5	827.9	89.5

Extract from the National Office of Statistics:

2012-based Subnational Population Projections

Table 2: Local authorities and higher administrative areas within England

Increase from 2016 to 2026/36 calculated