

COUNTY COUNCIL MEETING – 19 DECEMBER 2014

**Statement from: Councillor Mrs S Woolley, Executive Councillor for
NHS Liaison, Community Engagement**

Lincolnshire Health and Wellbeing Board

In September, the Lincolnshire Health and Wellbeing Board received the first annual assurance report on the progress being made towards delivering the Joint Health and Wellbeing Strategy. The Board agreed the priorities in the strategy are still valid and, given that we are only in year two of a five year strategy, they are comfortable with the progress being made to address the health and wellbeing outcomes. The Board has also agreed to a full review of the Joint Strategic Needs Assessment during 2015/16. Full proposals on the process and timescales will be agreed by the Board in March 2015.

The Board has a duty to develop the Pharmaceutical Needs Assessment for Lincolnshire and the draft assessment has been out for consultation. As expected, the responses are in-depth and comprehensive. All the feedback is being considered and any necessary amendments will be reflected in the final PNA document which will be agreed by the Board on 24 March 2015.

The Board continues to make links with a range of partners and stakeholders; protocols have been agreed with both the Lincolnshire Safeguarding Children Board and Safeguarding Adults Board. An agreement detailing the working relationship between the Board, Healthwatch Lincolnshire and the Health Scrutiny Committee for Lincolnshire has been put in place. The Board has also held a workshop with the voluntary and community sector to gain a better understanding about the role of the sector and how it can contribute to improving health and wellbeing needs.

Better Care Fund (BCF)

The Council continues to work with health commissioners and providers to develop plans for the BCF in 2015/16. The ambitious plans to pool £197m of council and health funding in 2015/16 are progressing well with key discussions on governance, hosting arrangements, and risk management taking place. The scale of our joint ambitions led to an invitation to a meeting in Downing Street on 25 November attended by Cllr Bradwell, Glen Garrod and myself. Lincolnshire, along with four other council areas, was able to share our experiences and contribute to the national debate on health and social care integration.

In the current financial year, BCF funding of £15.4m has been provided by central government. This funding is helping to 'protect Adult Care services' with the larger investments being £4.4m supporting the Learning Disability budget, £3.4m for the Reablement service and additional social work support particularly at hospital sites, £1m for Wellbeing and £1.2m for LHAC.

For 2015/16 we have been able to increase this specific council investment to £20m, with an additional £4.25m for Adult Services demographic growth and £2m to assist with the introduction of the Care Act.

Together with health partners, we are reviewing the proposed total £197m pooled fund investment to ensure it provides effective service delivery and contributes to

both our own performance targets and also the national targets especially around the 3.5% planned reduction in emergency admissions.

We are also currently reworking the BCF plans which are due to be submitted to NHS England in January 2015 for approval. We expect these to be formally approved early in 2015 and will then be in a strong position to carry out the work required to ensure continuity between current BCF investments and the much more ambitious plans for 2015/16 onwards.

Health Trainer Programme

Background Information

The Lincolnshire Health Trainer programme is funded by Lincolnshire County Council Public Health to work with local communities and local people in areas of deprivation. Health Trainers use behaviour change techniques to empower people to set their own goals and manage their own changes. They help people to identify and address barriers to change and give clients the skills to recognise triggers that reinforce unhealthy behaviours. They work with clients on a one to one basis to develop Personal Health plans to address issues such as:

- Healthy Eating,
- Increased Physical Activity
- Quitting Smoking
- Brief Intervention re reducing alcohol consumption
- Improving sexual health awareness
- Stress and anxiety reduction, confidence building

Health Trainers also support people to attend other lifestyle services such as exercise on referral, health walks, Vitality and weight management programmes. They promote attendance for NHS Health checks.

Clients can be referred to Health Trainers by health professionals, the voluntary sector, through MECC, through the Wellbeing Service and by self-referral and referral from other lifestyle support services.

Developments

The Health Trainer Service in Boston has begun working with a group of patients referred by a local GP, who have been diagnosed with Impaired Glucose Tolerance (IGT) which is an indicator for the development of diabetes.

Health Trainers deliver information on the important impact of physical activity on the body in relation to the condition, relay healthy eating advice including portion size, food labelling and the Eatwell plate. The group are also shown statistical evidence on the prevention or delay of diabetes where lifestyle changes are made - and the implications if not. Clients are given food and activity diaries at the initial meeting for completion throughout the six weeks and these are assessed by the Health Trainer at each session to understand individual needs and current habits. The diaries also help to identify achievable goals for healthier eating and ways to increase physical activity.

The Health Trainer also engages key partners to deliver a practical healthy cooking session and information is provided on local exercise schemes, Health walks and the Vitality programme.

The Health Trainer database is being used to capture changes around weight, eating habits, physical activity, smoking, alcohol and goals achieved by participants. Follow up meetings are being booked for six weeks after the group sessions to enable changes to be recorded and goals to be reviewed. A further two maintenance calls are planned in for each person to assess longer term behaviour change. An evaluation report is being prepared by the Senior Health Trainer on completion of this initial pilot.

Further courses are planned subject to funding being available for suitable venues and to cover expenses where volunteer Health Champions are engaged to support the groups. East Lindsey CCG has also shown an interest in setting up a similar Health Trainer led programme in their area.

Smokefree Litter Pick

Volunteers from the University of Lincoln have been assisting Smokefree Lincs and Lincolnshire Trading Standards on their community litter picks. On the picks they have been collecting tobacco related litter in clear plastic bags which can be marked up with date, time and location collected. Trading Standards are grateful for the intelligence collected as it shows if any illicit litter is on the streets and it also highlights tobacco as the most common form of street litter.

The Councillor Big Society Fund

Allocations of grants for the Councillor Big Society Fund have continued to increase steadily following the summer break. At the time of writing this statement, Councillors have made 176 awards to a variety of community projects such as the installation of a swimming pool hoist, the purchase of flags for the World War 1 centenary, the purchase of picnic benches and tables for the local community and the provision of British Sign Language courses throughout the county.

We have received feedback from a number of Councillors advising us that they find the new system of being contacted to let them know when an award has been processed and how much of their allowance they have remaining, very useful.

Total budget - £154,000
Amount Allocated - £69,206.97
Amount remaining - £84,793.03

Lincolnshire Armed Forces Community Covenant – Partnership & Grant Funding

Three more local projects have been successful in gaining funding from the Armed Forces Community Covenant Grant Scheme during the most recent funding round in October. The grant scheme has now secured £624,650 of MoD funds for twenty eight community focused projects being delivered across Lincolnshire.

The three successful projects are

- the extension of facilities at The Venue, Navenby
- the Museum of RAF Firefighting at RAF Scampton
- Sutton Bridge Commemorative Community Wood (the first project in South Holland to receive funding from the Armed Forces Community Covenant Grant Scheme)

Together these projects have levered in a further £15,250 in match-funding, bringing the total amount of funding brought in to Lincolnshire to £1,040,250.

Income Maximisation

The Income Maximisation service, delivered through Citizen's Advice Bureaux, provides independent advice and home visits across the county of Lincolnshire with the aim of helping people to remain independent in their homes with an improved sense of health and wellbeing. The project offers home visits, one to one meetings at a Bureau and telephone assessment and discussion. Specialist caseworkers are available at all locations to deal with referrals. The total annual budget for the project across Lincolnshire equates to £370,200.

The objectives of the service are to:

- provide an accessible and impartial benefits advice service across Lincolnshire
- maximise income by ensuring that people claim all the benefits to which they are entitled.

Caseworkers advised 2,667 clients during 2013/14 and secured annualised benefit income in excess of £5.2m. This is well over the target of clients to be seen and shows that, for every £1 invested in the project, £14.20 of income is maximised for 2013/2014.

The above amount of over £5.2m is also added to by potential backdating of benefits. This would realistically increase the amount of income to be spent throughout the Lincolnshire economy to significantly more than the £5.2m.

Client feedback shows that they are very grateful to be able to access the services of experienced caseworkers to help them to maximise their income. In many cases, the service has enabled them to purchase services they could otherwise not afford. Of those accessing the service, 64% said that their health and sense of wellbeing had improved, 79% said that they were better off financially and 92% felt that the service helped them to continue to live independently.

Lincolnshire Sports Partnership (LSP)

Events

Lincolnshire Sport's Stakeholders Day & AGM took place on 25 September at Woodhall Spa Golf Club alongside the Lincolnshire Physical Activity Network attracting around 100 guests in total.

Two **Workplace Challenge** tournaments took place on 30 October at Yarborough Leisure Centre. The events attracted 205 participants.

Lincolnshire Sports Awards took place on 6 November at Lincolnshire Showground with 369 guests in attendance. Jade Etherington became the Lincolnshire Sports Personality for 2014.

Activities 4 All, an inclusive sports day at Deans Sport & Leisure, took place on 15 November attracting 150 participants.

Sport and Physical Activity

Coaching Bursary – throughout November and December 2014 members of the Lincolnshire Sport Coach and Instructor Network can apply for a Coaching Bursary from Lincolnshire Sport. Coaches can apply for up to 50% of the National Governing Body Coach Education course costs, with a maximum of £75 for Level 1, £150 for Level 2, and £200 for Level 3 upwards.

LEAP – the programme has 33 athletes joining this year. We have received 90+ applications for the 2015 year programme. Jade Etherington is the new Ambassador for the LEAP programme.

Service Level Agreements Athletics – following the huge success of the parkrun in Lincoln, a new parkrun is being developed in Gainsborough. It is due to start in January – February 2015. A disability club has started at Lincoln Wellington using the race chairs. The programme that was developed in conjunction with the Athletics Network called 'Couch to 5k' is running in Gainsborough, Louth, Birchwood, Bracebridge, Caistor, Spalding, and Witham St Hugh's. Through the 7 programmes there are 175 new runners taking part.

Bowls – a new SLA has been secured for January 2015 with the Bowls Alliance. The main aim of the programme will be to engage the 55+ age group and 16+ disabled participant.

Macmillan – Get Active, Feel Good – the partnership is now delivering the Macmillan Get Active, Feel Good programme. Details can be found on our website at www.lincolnshiresport.com/macmillan.

Workplace Challenge is building momentum ready for the 8 week challenge in January 2015. The goal is to reach new workplaces and generate more interest outside of Lincoln. We have set an ambitious target of 2,000 participants for 2015 of which 30%+ will be sedentary.

Future projects

Sport England has their **Get Healthy Get Active Fund** open, with a January deadline. The team is leading on scoping up a bid that could be as large as £500,000, as Sport England are looking for large, scalable projects that could be funded long term.