

Democratic Services Officer: Carrie O'Connor (Ext. 37614)

23 August 2017

## **ENVIRONMENT & LEISURE WORKING GROUP**

A meeting of the Environment & Leisure Working Group will be held in Committee Room 1 (the Pink Room) at the Arun Civic Centre, Maltravers Road, Littlehampton on **Tuesday 29 August 2017 at 6.00 pm** and you are requested to attend.

Members: Councillors; Hitchins (Chairman), English (Vice-Chairman), Mrs Bence, Bicknell, Brooks, L. Brown, Buckland, Cates, Mrs Daniells, Dingemans, Maconachie, Mrs Maconachie, Mrs Neno, Northeast, Oliver-Redgate, Mrs Porter, Purchase, Reynolds, Dr Walsh, Warren, Wells and Wheel

## **A G E N D A**

1. APOLOGIES FOR ABSENCE
2. DECLARATIONS OF INTEREST

Members and Officers are reminded to make any declaration of personal and/or prejudicial/pecuniary interests that they may have in relation to items on this agenda.

You should declare your interest by stating:

- a) the item you have the interest in
- b) whether it is a personal interest and the nature of the interest
- c) whether it is also a prejudicial/pecuniary interest

You then need to re-declare your interest and the nature of the interest at the commencement of the item or when the interest becomes apparent.

3. MINUTES

To approve as a correct record the Minutes of the meeting held on 27 June 2017 (attached).

4. ITEMS NOT ON THE AGENDA THAT THE CHAIRMAN OF THE MEETING IS OF THE OPINION SHOULD BE CONSIDERED AS A MATTER OF URGENCY BY REASON OF SPECIAL CIRCUMSTANCES.

5. UPDATE ON LITTLEHAMPTON LEISURE CENTRE

This report provides an update on the current progress of the leisure centre project, including the commencement of works on site and contract award.

6. ARUN WELLBEING 2016/17

This report describes the activity and outcomes of the Arun Wellbeing Programme during 2016/17, discusses some successful initiatives by the team, includes a number of summary case studies, and explains ongoing and future cuts to funding.

Note: \*Indicates report is attached for Members of the Working Group only and the press (excluding exempt items). Copies of reports can be obtained on request from the Committee Manager or accessed via the website at [www.arun.gov.uk](http://www.arun.gov.uk).

Note: Members are reminded that if they have any detailed questions would they please inform the Chairman in advance of the meeting. This is to ensure that officers can provide the best possible advice to Members during the meeting.

‘Subject to Approval at the Next Working Group Meeting’

ENVIRONMENT & LEISURE WORKING GROUP

27 June 2017 at 6.00 p.m.

Present: - Councillors Hitchins (Chairman), Warren (Vice-Chairman), Ambler, Brooks, Buckland, Cates, Dingemans, Mrs Neno, Oliver-Redgate, Reynolds and Dr Walsh.

[Note: Councillor Dingemans was absent from the meeting during consideration of the matters detailed at Minutes 1 to 6 (part).]

1. APOLOGIES FOR ABSENCE

Apologies for absence had been received from Councillors Mrs Bence, Mrs Daniells, English, Maconachie and Purchase.

2. DECLARATIONS OF INTEREST

The Monitoring Officer has advised Members of interim arrangements to follow when making declarations of interest. They have been advised that for the reasons explained below, they should make their declarations on the same basis as the former Code of Conduct using the descriptions of Personal and Prejudicial Interests.

Reasons

- The Council has adopted the government’s example for a new local code of conduct, but new policies and procedures relating to the new local code are yet to be considered and adopted.
- Members have not yet been trained on the provisions of the new local code of conduct.
- The definition of Pecuniary Interests is narrower than the definition of Prejudicial Interests, so by declaring a matter as a Prejudicial Interest, that will cover the requirement to declare a Pecuniary Interest in the same matter.

Where a Member declares a “Prejudicial Interest” this will, in the interest of clarity for the public, be recorded in the Minutes as a Prejudicial and Pecuniary Interest.

Councillors Buckland and Dr Walsh declared a personal interest in any items on the agenda that related to Littlehampton as members of Littlehampton Town Council.

'Subject to Approval at the Next Working Group Meeting'

3. MINUTES

The Minutes of the meeting held on 14 March 2017 were approved and signed by the Chairman as a correct record.

4. LITTLEHAMPTON SIGNAGE

The Chairman agreed that this item could be dealt with as a matter of urgency as it was felt that action needed to be taken to resolve the issue.

A Member advised that he had received emails from local residents complaining that the East Bank walkway did not have adequate signage showing the way to the toilets and the Windmill complex and please could this be rectified. He also advised that a sub-contractor at the Windmill had confirmed that he would be willing to assist with the erection of any signs.

The matter was duly noted and passed to officers.

5. START TIMES

The Working Group

RESOLVED

That the start times of meetings for the remainder of 2017/18 be 6.00 p.m.

6. UPDATE ON LITTLEHAMPTON LEISURE CENTRE & ARUN LEISURE CENTRE

The Principal Landscape Officer presented this report which provided an update on the current progress of the new leisure centre project at Littlehampton and the refurbishment works at the Arun Leisure Centre.

Members were informed that:

- The Development Control Committee at its meeting on 21 June 2017 had discharged conditions 7 (surface water drainage), 8 (protection of public sewers) and 20 (level survey).
- The second application for the remaining conditions had been due to be considered at the July meeting of Development Control but that had been deferred to the meeting on 23 August due to consultation responses still being awaited.
- Work on the collapsed sewer had started.
- Demolition of the Sports Dome would be commencing in approximately two weeks.
- The tender process was now complete and Cabinet would be considering a report at its July meeting.

‘Subject to Approval at the Next Working Group Meeting’

- The “meet the buyer” event had been well attended and it was hoped that local businesses would be given the opportunity to be involved in the project
- An application for funding with Sport England had been submitted and the result of that would be announced in July.
- STEM (Science, Technology, Engineering & Mathematics) Sussex were pleased with their involvement in the project and nearly all secondary schools had been represented at the meeting in May. It was anticipated that there would be opportunities for work experience; site visits; etc.
- Links had been established with HM Ford Prison and a more detailed report would be presented at a future meeting.

The Principal Landscape Officer advised that she was unable to show Members video clips that she had prepared due to the internet connection not working and she confirmed that she would send a link to Members to enable them to view them.

The Principal Landscape Officer was thanked for her update and, in the course of discussion, it was agreed that if there was information that would be relevant to the Parishes, this could be passed on to the relevant Clerk for dissemination via newsletters, etc.

The opportunity was also taken to provide Members with a brief Arun Leisure Centre Project update.

The Working Group noted the report.

## 7. WORK PROGRAMME 2017/18

In considering the Work Programme for 2017/18, Members raised concerns that environmental issues were not included, such as bathing water quality and water quality and the environment around the District’s lakes, parks and open spaces e.g. Mewsbrook and Brookfield.

Comment was made that Tourism was important to the economy of the District and the fact that there was only one full-time member of staff employed to deal with all aspects of that was something that needed to be reviewed.

A request was made that an interim report should be presented to the Working Group with regard to Litter and Dog Fouling as the full review would not be considered until the meeting on 19 December 2017. Members wished to be made aware of what areas were causing particular issues and the action being taken by the enforcement team.

The Working Group noted the report.

(The meeting concluded at 6.50 pm)

ARUN DISTRICT COUNCIL

ENVIRONMENT & LEISURE WORKING GROUP – 29 AUGUST 2017

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Information Paper

Subject : Update on Littlehampton Leisure Centre

Report by : Rachel Alderson

Report date: August 2017

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EXECUTIVE SUMMARY

This report provides an update on the current progress of the leisure centre project, including the commencement of works on site and contract award.

1.0 INTRODUCTION

1.1 The Littlehampton leisure centre project is nearing the end of the pre-construction phase, a significant project milestone. Tenders have been sought for the construction phase and preparation works have commenced on site.

2.0 PLANNING APPLICATION AND BUILDING CONTROL

2.1 A planning application has been submitted; LU/177/17/DOC, to discharge conditions concerning foul and surface water disposal, landscape proposals, habitat mitigation, details of construction equipment, kitchen design and external lighting. The application will be considered by Development Control Committee on 23 August 2017.

3.0 SITE PREPARATION WORKS

3.1 The Enabling Works commenced at the end of June and are progressing well. All site hoarding and tree protection fencing is in place. The sports dome has been demolished and concrete base removed. The remaining works involve the installation of a piling mat in preparation for the main construction phase.

3.2 Southern Water is in the final stages of completing their repair work following the collapsed sewer pipes at the access to the swimming centre car park. Normal access arrangements will be resumed.

#### 4.0 TENDER PROCESS

4.1 The main tender process is complete and the final contract negotiations are being concluded. Costs are confirmed to exceed the original £16.0m budget and therefore funding to meet the full project costs will be subject to a supplementary estimate at Full Council, where the revised figure will be confirmed.

4.2 The project team has reviewed the design in line with costs throughout the pre-construction phase and worked to mitigate potential cost increases, while at the same time ensuring the approved facilities mix is not compromised. The additional costs identified are unique to this project and relate to ground conditions, utility services, provisional items (sauna and efficient power and technology, fittings, fixtures and equipment, sewer diversion, inflation and contingency.

4.3 At their meeting on 17 July 2017, Cabinet approved the award of the main construction contract to Willmott Dixon Construction Ltd, up to the value of the approved budget (C/007/170717)

4.4 The main construction works are on target to commence on site in early September 2017.

#### 5.0 SPORT ENGLAND APPLICATION

5.1 The Council's application for a £1m grant from Sport England has been successful, subject to the agreement of terms and conditions. Cabinet Decision (C/007/170717) approved that the Council enters into a funding agreement with Sport England.

#### 6.0 STAKEHOLDER ENGAGEMENT

6.1 Residents and other Stakeholders have been kept informed of works taking place on site, and will be updated further on the main construction phase.

6.2 Staff from Willmott Dixon Construction Ltd and Arun District Council met a group of year 12 students at St Philip Howard School, to promote careers in engineering and encourage interest in the leisure centre project. A programme of future activities with a range of schools is being prepared to engage young people with the STEM subjects of science, technology, engineering and maths.

## 7.0 PROJECT MILESTONES

7.1 The project programme identifies the following key milestones:

Enabling Works	June – August 2017	Demolition of sports dome Site preparation
Main Works	September 2017	Commencement of main construction contract
	Autumn 2017	Piling complete
	Spring 2018	Foundations complete
	Summer 2018	Frame complete Building watertight
	Autumn 2018	Fit out complete Testing and commissioning
	Spring 2019	Completion

### Background Papers:

[Leisure and Cultural Strategy 2013 - 28](#)

[Full Council 15 May 2013, Final Resolution, Minute 522, Strategy 1, Stage 2](#)

[Leisure, Tourism & Infrastructure Working Group \(30 June 2014\)](#)

[Cabinet Report \(21 July 2014\) – A New Leisure Centre for Littlehampton](#)

[Detailed Feasibility Study 2015](#)

[Cabinet Report \(16 November 2015\) - Capital Prioritisation Programme](#)

[Cabinet Report \(8 February 2016\) – A New Leisure Centre in Littlehampton](#)

[Environmental Services & Community Development Working Group \(28 June 2016\)](#)

[Environment & Leisure Working Group \(6 September 2016\)](#)

[Cabinet Report \(17 October 2016\) – Littlehampton Leisure Centre Project Update](#)

[Environment & Leisure Working Group \(1 November 2016\)](#)

[Environment & Leisure Working Group \(17 January 2017\)](#)

[Environment & Leisure Working Group \(14 March 2017\)](#)

[Cabinet Report \(10 April 2017\) – Littlehampton Leisure Centre](#)

[Environment & Leisure Working Group \(27 June 2017\)](#)

[Cabinet Report \(17 July 2017\) - Littlehampton Leisure Centre](#)

### Contact:

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ARUN DISTRICT COUNCIL

ENVIRONMENT AND LEISURE WORKING GROUP – 29 AUGUST 2017

Information Paper

Subject : Arun Wellbeing 2016/17

Report by : Hazel Flack, Partnership Manager, Community Wellbeing  
Report date: August 2017

EXECUTIVE SUMMARY

This report describes the activity and outcomes of the Arun Wellbeing Programme during 2016/17, discusses some successful initiatives by the team, includes a number of summary case studies, and explains ongoing and future cuts to funding.

1.0 INTRODUCTION

- 1.1 The West Sussex Wellbeing Programme is commissioned by West Sussex County Council, Department of Public Health. Each of the District and Borough Councils in West Sussex is contracted to deliver a local Wellbeing Programme under a three year Partnership Agreement from 1st April 2016 to 31st March 2019.
- 1.2 The Arun Wellbeing Programme supports the delivery of Arun District Council's corporate priority "Supporting those who need our help".
- 1.3 Each District/Borough Wellbeing programme has been allocated a core sum of £100,000 per annum plus funding for additional services based on local need, taking into account population size, deprivation indices and prevalence of health-related risk factors. Additional funding for the first year of the current partnership agreement (2016/17) was set at £262,367 for Arun Wellbeing, making a total of £362,367 including the core sum.
- 1.4 The purpose of the Arun Wellbeing programme is to:
  - 1.4.1 Prevent risk factors for cardiovascular disease (CVD), diabetes type 2, stroke and preventable cancers by supporting at-risk residents to change their behaviour in order to promote healthy lifestyles. This can

be through introducing residents to physical activity, providing healthy eating advice, reducing fuel poverty or providing one-to-one support through motivational interviewing techniques;

- 1.4.2 Deliver information and signposting to promote wellbeing and lifestyle changes via telephone, email, website and face-to-face at local and outreach venues;
  - 1.4.3 Work with partner organisations and other departments across Arun District Council to enable targeting of high risk/hard to reach families to promote the wellbeing of its residents;
  - 1.4.4 Develop and manage the delivery of a range of projects and activities to promote wellbeing and lifestyle changes. These may be coordinated in-house or commissioned through external organisations.
- 1.5 The latest Health Profile (2017) for the Arun district includes the following information:
- Life expectancy is 8.8 years lower for men and 7.4 years lower for women in the most deprived areas of Arun than in the least deprived areas.
  - 67% of adults are classified as overweight or obese. (In adults overweight is identified by a Body Mass Index (BMI) of 25 to 29.9 points; whilst obesity is a BMI of 30 or above. BMI is calculated by dividing a person's weight in kilograms by their height in metres squared, and is the standard NHS-approved method of identifying healthy and unhealthy weight. A healthy BMI is 18 to 24.9 points).
  - 19% of children in year 6 are classified as obese.
  - Recorded diabetes in adults is at 7.2% which is significantly higher than the England average.
  - 41% of adults do not achieve the recommended minimum of 150 minutes activity per week

## 2.0 BACKGROUND

2.1 Arun Wellbeing offered the following services during 2016/17:

- 2.1.1 Wellbeing Advisers: This is the core service of the programme. Wellbeing advisers provide one to one support for clients who wish to make ongoing lifestyle changes to improve their health and reduce their risks of preventable diseases including type 2 diabetes, stroke, cardiovascular disease and preventable cancers.
- 2.1.2 Pre-Diabetes Programme: This project supports individuals with non-diabetic hyperglycaemia and therefore at high risk of progression to type 2 diabetes. Clients attend a 3-hour workshop which provides

information about behavioural change (including nutrition and physical activity) designed to prevent the patient from progressing to type 2 diabetes. Clients can opt to have follow-up one-to-one support from a Wellbeing Adviser.

- 2.1.3 Wellbeing Active: This project is designed to support inactive and sedentary adults to increase their activity levels to above 30 minutes per week through taking part in free entry-level physical activity courses, for example: learn to run, beginners' fitness, learn to swim.
- 2.1.4 Falls Prevention: This comprises an early intervention falls prevention project (in the form of a 3 hour workshop followed by 8 weeks of tai chi) which supports older people, who have not yet fallen, to regain confidence in their balance and prevent falls. This is part of the referral pathway for falls prevention.
- 2.1.5 Wellbeing Coaches: This project is by Wellbeing Adviser referral only and provides one-to-one personal trainer-style support for individuals who are struggling to self-motivate to get active. Individuals may have up to six sessions with a Wellbeing Coach.
- 2.1.6 Wellbeing Workplace: This project works with local employers, arranging Wellbeing MOT sessions for their staff during working hours, and follows up with anonymised reports on significant and common issues for their employees, and tailor-made follow-on workshops for staff.
- 2.1.7 Wellbeing Home: The Home Energy Visitors support households in fuel poverty to reduce their fuel bills, keep their homes warmer and thereby improve their health, by a mix of free installable measures, guidance on tariff changes, and signposting to priority service register, boiler replacement schemes, warm home discount, grant funding and other financial support.
- 2.1.8 Family Wellbeing: This project provides tailor-made one-to-one support for families with a child who is obese or overweight, to support lifestyle change for both the children and their parents/carers. Many families have multiple additional issues of concern and the Family Wellbeing Keyworkers link closely with WSCC officers in the Integrated Prevention and Earliest Help service.
- 2.1.9 Weight Information Sensible Eating (WISE) is our weight management programme for people with a BMI of 25-40, who attend a 12 week course that includes healthy eating guidance and introduction to exercise.
- 2.1.10 Cook and Eat is a programme to support individuals who have no confidence in cooking for themselves or their families and comprises a

6 week course including budgeting, buying and cooking healthy food, and nutrition for a healthy lifestyle.

2.1.11 See Appendix A for a chart of the team members and projects.

### 3.0 REASONS FOR ACCESSING ARUN WELLBEING

3.1 The top six reasons people gave for accessing the programme, and the numbers identifying these reasons are listed below (many people identified more than one reason).

- Increasing activity - 992
- Weight management - 870
- Healthier eating – 856
- Signposting and advice – 821
- Reducing fuel poverty – 494
- Preventing diabetes - 264

### 4.0 STATISTICS AND EVALUATION FOR 2016/17

4.1 Over 3000 people made contact with Arun Wellbeing during 2016/17 (with some accessing more than one service). Included in the above:

4.1.1 1408 accessed the Wellbeing Adviser service, of which over 50% were accessed via the workplace project. Of those contacted three months after they finished the intervention with a Wellbeing Adviser, 85% reported that they had either made positive changes to their lifestyle, or achieved the personal goals set when they met with the Adviser.

4.1.2 222 took part in the Pre-Diabetes programme. Clients who opted not to take up the offer of follow-up one to one support with a Wellbeing Adviser were contacted three months after the course regarding the success of goals they had set at the course (these included losing weight, improving diet, or increasing activity). Clients reported that they had achieved success with 83% of these goals. Whilst not all clients will have seen their GP for another blood test as these are generally only carried out once a year, a number of clients do report reductions in their blood sugar levels to within the normal, non-pre-diabetic range.

4.1.3 194 took part in a Wellbeing Active course. Of those who were contacted during the year, three months after finishing a course, 56% said that they had increased the number of days per week that they had been active for 30 minutes or more. However, at least one of

those who had only been active on one day per week also mentioned that that was the day they did a 5k run.

- 4.1.4 35 people took part in a falls prevention course. When asked at the end of the courses to say whether their confidence in their balance had increased, 94% (33 individuals) either agreed or strongly agreed.
- 4.1.5 75 were supported by a Wellbeing Coach. Clients were encouraged to identify goals (which included improved fitness, exercise confidence, improved cardiac fitness, or increased flexibility), and of those who completed an evaluation, 89% reported that they had achieved their goals.
- 4.1.6 325 households (the majority of which included more than one resident; many with children) were supported by the Home Energy Visitors. Of those who completed an evaluation during the year, 54% described the advice or support received to have been very helpful. Over the course of a year the project brings actual financial benefits to the households it supports to a total of more than £150,000 (approximately a quarter of this in actual savings to residents' fuel bills, whilst the remainder is in value brought in, for example replacement boilers). This equates to an average of over £460 per household.
- 4.1.7 32 families (a minimum of one adult and one child) completed an intervention by the Family Wellbeing project during the year, with a mean average of 39 sessions per family (range 12-104). 100% reported improved nutrition scores, physical activity scores and emotional wellbeing scores. 81% of the children reduced their BMI.
- 4.1.8 75 people booked onto a WISE course during the year. 35 attended 75% or more of the 12-session course. 49 attendees lost weight, and 10 of these lost 5% or more of their starting weight.
- 4.1.9 72 people booked onto a Cook and Eat course. Of those who attended at least 75% of the course and completed an evaluation, 69% said their confidence to cook a meal had increased; 62% said their understanding of how to eat a healthy diet had increased; 62% said they had better understanding of food labelling, and 41% had increased the number of times per week they cooked a meal from scratch.
- 4.1.10 298 people were recorded on our Level 1 database which includes people provided with signposting advice, mainly over the telephone or by email.
- 4.1.11 523 people had brief interactions with the team, such as signposting and advice, at talks or events, and it is estimated that a further 1840 people attended these events.

## 5.0 REFERRAL SOURCES

- 5.1 The majority of Arun Wellbeing clients (95%) self-referred to our services during the year. Our largest cohort of self-referrals (over 50%) are via workplaces.
- 5.2 The highest numbers of formal referrals by a professional were from primary care including GPs, mental health providers and some voluntary sector providers.
- 5.3 For the Family Wellbeing project, referrals were principally from think family keyworkers and school nurses.
- 5.4 The majority of clients who self-referred to our Pre-Diabetes Programme (68%) told us they had been signposted to us by their GP Practice.

## 6.0 SOME RECENT SUCCESS STORIES

### 6.1 Pre-diabetes programme/Working with GP Practices

Demand for our pre-diabetes programme has continued to increase throughout the year, with an increasing number of GP practices taking a proactive role in sending targeted mailshots to their pre-diabetic patients and signposting them to us. GP practices who have suitable rooms to hold the courses provide these at no charge. We provide individualised flyers with each participating practice's name included for their mailshots, and gain each attendee's permission to notify their practices that they have attended, so that they can include the information on their patients' Read notes. Most courses (two or three per month; between 7-16 participants according to the size of the room provided) are now filled without us needing to do any additional publicity.

### 6.2 Falls Prevention

We have developed an earliest intervention falls prevention course for older people who have not yet fallen but have low confidence in their personal balance. The course involves a three hour workshop providing information and some simple techniques and practical exercises to improve balance and confidence, followed by an eight week tai chi course. All participants during the year attended 100% of the classes. People can self-refer on these courses which are the first tier on the falls prevention referral pathway – individuals who have already had a fall are referred via their GP or hospital to higher tier services.

### 6.3 Taxi drivers

This has been one of the hardest groups of workers to reach, in spite of the team delivering presentations at their annual meetings with licensing staff. Arun Wellbeing created a special leaflet on health and wellbeing which is provided to all taxi drivers when they first register and the licensing team now includes questions from this leaflet in the Knowledge Test that all taxi drivers have to pass in order to receive their licence (five random questions on health and wellbeing are provided out of a pool of 20 provided) which means that taxi drivers have to read and absorb the leaflet in order to be sure of getting their licence (there is a fee if they fail and have to retake the test).

### 6.4 Working with the Library Service

West Sussex Library service contacted Arun Wellbeing to ask if we would take part in their Wellbeing month by holding Wellbeing MOT sessions in each of the libraries in the Arun District and delivering a talk at Bognor Regis library. Each individual library handled all the pre-bookings for the Wellbeing MOTs and for the talk. 42 people attended a Wellbeing MOT session across six libraries and 9 additional clients signed up to see a Wellbeing Adviser following the talk at Bognor Regis Library. This initiative is a good example of positive partnership working and it will be repeated later in the year.

## 7.0 CASE STUDIES

7.1 As part of Arun Wellbeing's ongoing monitoring, West Sussex Public Health requires the team to provide regular case studies for each project. Please see Appendix B for a sample of recent case studies.

## 8.0 ARUN WELLBEING – CURRENT AND FUTURE DEVELOPMENTS

8.1 Due to the end of a countywide weight management service commissioned by Public Health, the number of referrals into Arun Wellbeing has increased significantly.

8.2 The amount of funding for Arun Wellbeing was reduced by approximately 5% for 2017/18 (total funding for the current year is £343,595) and is likely to reduce again for 2018/19 which is the final year of the current partnership agreement. The amount of reduction for 2018/19 is unlikely to be known before December 2017.

8.3 Different ways of working have enabled the programme to continue delivering the majority of services during 2017/18 in spite of the cut to the budget and the increase in referrals. This has included:

- Finding larger venues for Pre-Diabetes courses so that more clients can be accommodated at fewer sessions

- Offering group-based weight management classes to more clients so reducing the number of one-to-ones delivered.
- Clarifying referral arrangements with other providers, in particular the “Tier 3” weight management provider that supports clients with a BMI of 40 and above, and forwarding more of our client referrals onto this service.
- Bringing in-house the coordination of cook and eat classes, and wellbeing coaches sessions, to save on management fees charged by providers.
- Developing some graduate courses (with Freedom Leisure) as a bridge between Wellbeing courses and mainstream leisure provision. Clients pay a small contribution to the cost of these classes.
- Reducing the number of promotional events and talks delivered by Wellbeing Advisers.
- Improving some of our administrative and data collection systems.

8.4 It will not be possible to absorb fully a further 5% cut to budget so it is inevitable that there will be some reduction in service provision in 2018/19. A number of different scenarios are being worked up and will be discussed with the commissioners at Public Health before final decisions are made.

8.5 There is no indication at this stage whether the intention is to extend the Wellbeing programme beyond the current partnership agreement when it finishes in March 2019.

## 9.0 CONCLUSION

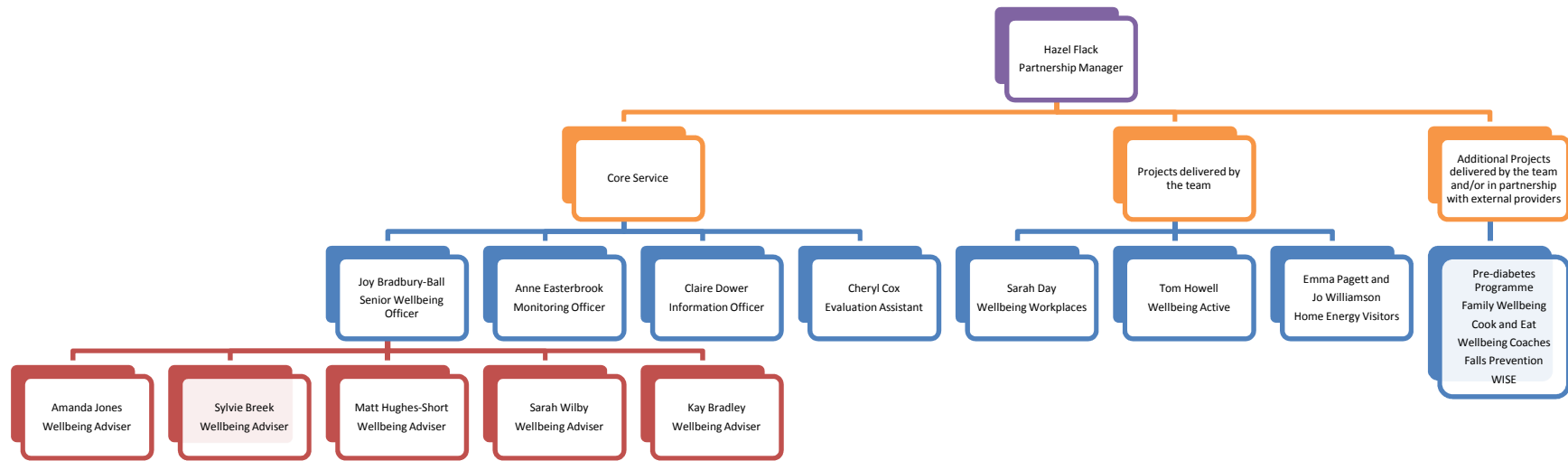
9.1 Since the Arun Wellbeing programme was first commissioned in April 2009 the programme has developed and matured considerably. The quality of service delivery is high and on target, due to a highly motivated and consistent staffing team and effective delivery partners. West Sussex Public Health who commission the programme continue to express their satisfaction at the quality of outcomes achieved by Arun Wellbeing as evidenced through quarterly monitoring meetings.

Background Papers: Report to Cabinet 14<sup>th</sup> September 2015: [Arun Wellbeing Programme 2016 onwards](#)

Contact: Hazel Flack, Partnership Manager, ext 37609



# Appendix A: Arun Wellbeing Team



## Appendix B

As part of the ongoing monitoring of the Arun Wellbeing programme, West Sussex Public Health requires the team to provide regular case studies for each project. This is a selection from the 2016/17 reports.

**1. Workplace Wellbeing**

Paul had a wellbeing MOT at his workplace. He was obese, had a sedentary job, did very little physical activity and his alcohol consumption was above the recommended levels. He was aware that he needed to change his lifestyle and was trying to do so but asked for one-to-one support with a wellbeing adviser to help him. By the time this meeting took place a month later he had already made significant changes to his diet and reductions to his alcohol consumption. He had also started walking in his lunch break and playing football with his friends at the weekends. He met with a wellbeing adviser two further times over the next couple of months and each time achieved and surpassed the goals he had set himself. He said that the wellbeing MOT was a wake-up call and set him on the road to self-motivation for change.

**2. Family Wellbeing**

15 year-old Josh was referred to Family Wellbeing by the Think Family team. He was overweight, withdrawn at school and angry at home, with a mother who had a range of mental health issues and was unwilling to engage with supporting her son, or even to speak to the Family Wellbeing Keyworker when she first visited the family in their home. The Keyworker took a slow and sensitive approach to engaging with both the son and the mother. Josh started to trust the Keyworker who encouraged him to do some walking and simple ball skills, and this increased his confidence to a level where he went out and got himself a paper round so that he kept up his walking. Meanwhile he had found his mother attempting to commit suicide, and the family was temporarily broken up, but Josh insisted on continuing his lifestyle changes. When the Mum returned to the family home she took an interest in the cooking sessions that the Keyworker was holding with Josh. By the end of the intervention (which lasted for several months) Josh was a member of a men's hockey club, helping to mentor younger members, and preparing healthy meals for himself, and his Mum had started communicating with the Keyworker by text.

**3. Wellbeing Coaches**

70 year-old Robert was referred by his Wellbeing Adviser to the Wellbeing Coach because he was inactive and had arthritis, and did not feel he had the equipment or motivation to take up exercise on his own. At the first session the coach went to his home and showed him some basic exercises that he could do on his own without equipment. At subsequent sessions the coach took him to the gym where he tried out the stationary bicycle. Robert enjoyed this so much and made such good progress with increasing his activity that he has now taken out membership at the gym and attends independently, whilst enjoying the interaction with people he has got to know there.

#### **4. Wellbeing Home**

Olive, who has diabetes, arthritis and has had a triple heart bypass, is a carer for her husband who has dementia. She was referred by Adult Services to the Arun Wellbeing team because their boiler was old and not working properly. The Arun Wellbeing Home Energy Visitor referred Olive to the Energy Company Obligation (ECO) boiler grant scheme and to the Priority Service Register. She was given guidance on energy and water tariffs, and the warm home discount scheme. During the visit a further issue was raised because Olive's husband was in hospital and is the named person on bills. The HEV was able to advise on power of attorney and the importance of having both husband and wife's names on energy bills, and Olive was able to get this arranged.

#### **5. Pre-Diabetes**

Annie attended a pre-diabetes class with us and requested a one to one. Her wellbeing MOT indicated that her bone mass was slightly low. The Wellbeing Adviser encouraged Annie to speak to her GP, and she was referred for a scan. She was diagnosed with osteopenia, which is the stage before progressing to osteoporosis. She later told the Wellbeing Adviser that although she was not "happy" having found out about another condition on top of her pre-diabetes, she was also looking at it positively as had she not attended the pre-diabetes class, she would not have found out about the osteopenia, and may have risked a broken leg or hip. She has been prescribed vitamin D and calcium and been advised to increase weight bearing activities, and she is confident that she is taking steps to prevent her condition worsening.

#### **6. Wellbeing Adviser**

Maureen had a one-to-one with a Wellbeing Adviser. During their conversation she disclosed that she ate high levels of salt (including salt sandwiches). Her physical activity was limited due to her size (her BMI was 46.5) and she mentioned that she had been having chest pains but had put this down to cramp or general discomfort. The Wellbeing Adviser signposted her on to a number of services but persuaded her to make an urgent appointment with her GP regarding her chest pains. She made the appointment and was diagnosed with acute angina and rushed immediately to hospital. Her husband said that her meeting with the wellbeing adviser may well have saved her life as she would not have opted to visit the doctor had it not been for his intervention.