

AGENDA ITEM NO.

ARUN DISTRICT COUNCIL

**REPORT TO AND DECISION OF
Environment & Leisure Working Group
22nd January 2019**

PART A : REPORT

SUBJECT: Arun Wellbeing 2017/18

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EXTN: 37836

PORTFOLIO AREA: Services

EXECUTIVE SUMMARY:

This report describes the activity and outcomes of the Arun Wellbeing Programme during 2017/18 (2nd year of a 3 year contract), highlighting successful initiatives by the team and explains future proposals regarding the letting of a new contract.

RECOMMENDATIONS: That the working group note the contents of the report.

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 2 of Arun District Council's corporate priority's:

- Supporting those who need our help
- Serving our communities well by delivering the best services we can afford

It also help's support both priorities of the Arun Wellbeing and Health Partnership (AWHP):

- Getting People more active
- Tackling social isolation

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 2nd year of the current partnership agreement (2017/18) was set at £223,363 for Arun Wellbeing, making a total of £323,363 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 9.5 years lower for men and 8.2 years lower for women in the most deprived areas of Arun than in the least deprived areas.
- 61.3% 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).
- 19.8% 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 2017/18:

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 build up to the recommended 150 minutes per week in-keeping NICE guidelines. This is achieved through taking part in free entry-level physical activity courses, for example: learn to run, beginners' fitness, and learn to swim. These teach replicable skills that the participant can then do independently.
- 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 balance and co-ordination exercises). This supports older people, who have not yet fallen, to regain confidence in their balance and prevent falls. This is part of the County wide referral pathway for falls prevention.
- 2.1.5 Wellbeing Coaches: This project is accessed by Wellbeing Adviser referral only and provides one-to-one personal trainer-style support for individuals who have more complex physical and mental health conditions that would prevent them accessing mainstream services. 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 registers, 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.

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).

- Weight management – 911
- Increasing activity - 867
- Healthier eating – 655
- Reducing fuel poverty – 594
- Signposting and advice – 459
- Preventing diabetes - 349

4.0 STATISTICS AND EVALUATION FOR 2017/18

4.1 Over 3500 people made contact with Arun Wellbeing during 2017/18 (with some accessing more than one service). Included in the above:

4.1.1 1324 accessed the Wellbeing Adviser service, of which over 472 were accessed via the workplace project. Of those contacted three months after they finished the intervention with a Wellbeing Adviser, 87% reported that they had either made positive changes to their lifestyle, or achieved the personal goals set when they met with the Adviser.

4.1.2 334 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). 91% of those contacted wholly or partially achieved their goals

4.1.3 Over 100 took part in a Wellbeing Active course. Of those who were contacted during the year, three months after finishing a course, 68% said that they had maintained or increased the number of days per week that they had been active for 30 minutes or more.

4.1.4 57 people took part in a falls prevention course. When asked at the end of the end of course, 99% agreed that their confidence of preventing a fall had increased as a result of attending the programme

4.1.5 32 were supported by a Wellbeing Coach. Of those who completed at least five sessions within a 3-month period, 85% increased their amount of physical activity.

4.1.6 293 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, 84% said they were more confident about managing their energy bills & keeping their home warm. Over the course of a year the project brings actual financial benefits to the households it supports to a total of more than £116,000 (approximately 20% 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 £396 per household.

- 4.1.7 37 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 33 sessions per family. 100% reported improved activity levels, 95% improved their cardiovascular fitness and 83% of the children had no increase in their BMI (they grow into their weight).
- 4.1.8 98 people booked onto a WISE course during the year. 60 attended 75% or more of the 12-session course. 45 attendees lost weight, and 30 of these lost 3% or more of their starting weight.
- 4.1.9 110 people booked onto a Cook and Eat course. Of those who completed at least 65% said they increased their cooking skills and were now able to prepare quick and affordable meals and snacks from scratch with 62% saying they had better understanding of food labelling.
- 4.1.10 287 people were recorded on our Level 1 database which includes people provided with signposting advice, mainly over the telephone or by email.
- 4.1.11 473 people had brief interactions with the team, such as signposting and advice, at talks or events, and it is estimated that a further 830 people attended events that we were present at.

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 (70%) told us they had been signposted to us by their GP Practice.

6.0 SOME RECENT SUCCESS STORIES

6.1 Professional referrals – Freedom Leisure

The Wellbeing Team continued to forge better partnership working with Freedom Leisure to create a GP referral pathway for clients to ensure that they were able to access the appropriate support and services for their needs. Freedom Leisure agreed to substantially reduce membership fees for all clients who attend Wellbeing courses to actively encourage them to participate in activity and sustain a healthy lifestyle in the future.

6.2 Walking Football

In 2016 Wellbeing Active recognised that there was a noticeable trend of more women getting involved in our activity courses than men. To see if we could attract more men to engage in our services we decided to run a walking football group. To target rural villages and the majority of retired people that live there we decided to run this course at Arun Sports Arena in Ford as it has reasonable bus routes and ample free parking directly next to the venue. This course proved very successful

and after meeting with other community partners, Age UK, Freedom Leisure etc. we decided that we would all support this self-sustaining group and signpost to them directly to limit duplication of services.

Having developed a strong relationship with the community walking football group Arun Wellbeing was contacted again early in 2017. The group wanted to develop their fitness in an attempt to play more matches and have friendly community games with other walking groups across the district. Arun Wellbeing funded Freedom Leisure to facilitate some fitness sessions with the group as well as a community walking football coach to improve their technique and teach them some new skills. This is now a fully self-sustaining group which is financially stable and even allows concessions for participants who cannot afford weekly fees for teas/coffee/attendance etc.

6.3 Wellbeing Award Winners

The Arun Wellbeing team won the “Customer Care” award at the Arun Business Partnership awards ceremony which took place at Butlin’s on the 16th November 2017.

Our two Home Energy Visitors (Wellbeing Home) had one of the busiest years on record especially with the extreme weather we witnessed this winter with the so called “Beast from the East”. Jo and Emma were rewarded for their hard work by winning a Heat Heroes Award. This award recognises individuals who have gone ‘above and beyond’ to help people living in fuel poverty in their local community.

Caroline Daplyn and Chris West of START, who run Arun and Chichester’s Family Wellbeing project were the well-deserved winners of the 2017 Active Sussex Community Impact Award for their work with getting families and children more active.

7.0 ARUN WELLBEING – CURRENT AND FUTURE DEVELOPMENTS

7.1 Public Health funding for 2017/18 was confirmed at £323,363, a slight reduction on 16/17’s budget. A rationalisation of external contracts along with more efficient ways of working allowed the Wellbeing team to continue to deliver a full service despite the funding cuts.

7.2 The Wellbeing service continues to see a rise in complex cases, especially people with mental health issues or where individual health needs require specialist interventions. This does impact on resources but effective partnership working has enabled more sign posting to take place to ensure that client is dealt with by the appropriate specialist.

7.3 The team continues to work closely with Freedom Leisure to ensure that we are able to run services from Littlehampton Wave when the new centre opens. It is hoped that having a base at the centre will open up the pathway and access for clients to engage in regular activity.

7.4 The current 3 year partnership agreement with West Sussex Public Health comes to an end March 2019.

7.5 West Sussex County Council Cabinet Member for Adults and Health has approved that the West Sussex Wellbeing Programme will be funded for a further 3 years starting April 2019 to 2021. Confirmation of exact levels of funding will be agreed in

February but it is likely that funding levels will not reduce from last year.		
7.6	As funding has not been confirmed Arun's Wellbeing staff have been formally given notice of redundancy as they are all on fixed term contracts until March 2019.	
7.7	Public Health is currently developing the service specification and partnership agreements for the new contract and has indicated that health checks and smoking cessation maybe included.	
8.0	CONCLUSION	
8.1	Since the Arun Wellbeing programme was first commissioned in April 2009 the programme has developed and matured to suit the needs of the local community. The quality of service delivery remains high and effective, due to a well-motivated and highly skilled team along with effective signposting and working closer with partner organisations. 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.	
2. PROPOSAL(S): That the working group note the contents of the report.		
3. OPTIONS:		
4. CONSULTATION:		
Has consultation been undertaken with:	YES	NO
Relevant Town/Parish Council		X
Relevant District Ward Councillors		X
Other groups/persons (please specify)		
5. ARE THERE ANY IMPLICATIONS IN RELATION TO THE FOLLOWING COUNCIL POLICIES: (Explain in more detail at 6 below)	YES	NO
Financial		X
Legal		X
Human Rights/Equality Impact Assessment		X
Community Safety including Section 17 of Crime & Disorder Act		X
Sustainability		X
Asset Management/Property/Land		X
Technology		X
Other (please explain)		X
6. IMPLICATIONS:		

7. REASON FOR THE DECISION:

8. BACKGROUND PAPERS:

Report to Cabinet 14th September 2015:
<http://www1.arun.gov.uk/PublicViewer/Tempfiles/7a249e75f89a4e8.pdf>
Report to Environment and Leisure Working Group – 29th august 2017