

RIBBLE VALLEY BOROUGH COUNCIL REPORT TO COMMUNITY SERVICES COMMITTEE

Agenda Item No. 6

meeting date: 12 MARCH 2019
title: UP AND ACTIVE PROGRAMME
submitted by: JOHN HEAP, DIRECTOR OF COMMUNITY SERVICES
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1 PURPOSE

- 1.1 To update members about the East Lancashire Up and Active programme and notify committee of a Lancashire County Council budget consultation.
- 1.2 Relevance to the Council's ambitions and priorities
 - Council Ambitions – To help make people lives safer and healthier
 - Community Objectives – To improve the health and well being of people living and working in our area. To improve the opportunity for young people to participate in recreational and sporting activity
 - Other Considerations - None

2 BACKGROUND

- 2.1 The Council was commissioned to manage the Fitness for Life exercise referral programme from 1998 until 2016. Fitness for Life was commissioned by Lancashire County Council, who decommissioned all lifestyle services across Lancashire in 2016 and issued a tender for a new service called Active Lives and Healthy Weight (HLHW). The service contract is divided into 5 lots, one of these being East Lancashire. To win this contract, RVBC worked in partnership with the leisure trusts in East Lancashire. The tender for the contract was successful and RVBC now work together with the leisure trusts to deliver the Up and Active Programme. The contract value is £832,825 fixed for the life of the contract. RVBC receive £111,000 to deliver the Up and Active programme in Ribble Valley. The emphasis on this programme is prevention and we operate a population approach to delivery.
- 2.2 The programme is very successful, we deliver a wide range of activities to all age groups. This includes:
 - A healthy schools programme across all primary schools
 - Weight management programmes and drop in sessions
 - Physical activity programmes
 - Cardiac Rehabilitation (funded by CCG but included in the contract – additional £11,000)
 - Continuation sessions
 - Workplace health programmes including MOTs and advice
 - Events and community activities
 - Up and Active is also web-based so individuals can sign up, get advice on classes and activities and also track their own progress. The website is also used for our own monitoring purposes
- 2.3 The Up and Active end of year report has just been published, which highlights our successes. Sessions and programmes continue to get more popular and we continue to engage with more people. In Ribble Valley, this includes community walks, exercise classes and school holiday programmes. We also have over 70% retention at our targeted weight management and physical activity programmes.

3 ISSUES

- 3.1 This contract was fixed term until the end of March 2019. RVBC employ 2 FT and 3 PT officers on fixed term contracts to deliver the programme. There is also one FT officer managing the programme and 1 PT community instructor on permanent contracts. The contract was extended by LCC until the end of March 2020.
- 3.2 We recently had written confirmation from Lancashire County Council that the ALHW contract is subject to a consultation process, though their proposal is to terminate the funding after the extension year. This would see the benefits of this scheme lost to the many people of the Borough which benefit from it, especially those who are unable to or unwilling to join already established activity classes at facilities in the Borough.
- 3.3 The County Council have commenced a consultation process and it is vital that the voice of the many people of Ribble Valley currently benefitting from the programme is heard. This can be achieved through both a formal response from the Council and also prompting the current participants to respond individually. Without these voices being heard it will be assumed that the service is not regarded as important or worthwhile, which is not the case at all.

4 RISK ASSESSMENT

The approval of this report may have the following implications

- Resources – The work is primarily funded externally via the County Council, if they withdraw the funding or change the way in which it is allocated across the County, the Borough Council will not be able to replace this service directly.
- Technical, Environmental and Legal – The Council is regarded as a sub-contractor for the purposes of the agreement. This enables us to work with the leisure trusts which form the rest of the East Lancashire partnership.
- Political – None at this stage.
- Reputation – Although an extension was welcome news for the residents and staff alike, the future beyond 2020 now looks very bleak. The consequences for the Borough are that it will leave a number of dissatisfied people who have had their opportunities to be both active and socially engaged, diminished or removed.
- Equality and Diversity – The programme is open to all, however given the geography of the Borough there can be issues in terms of people accessing some of the sessions. This is mitigated by taking the sessions to village halls where possible.

5 RECOMMENDED THAT COMMITTEE

- 5.1 Committee approve the Director of Community Services to provide a response to the LCC consultation which recommends a continuation of the scheme.

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