

RIBBLE VALLEY BOROUGH COUNCIL

REPORT TO COMMUNITY SERVICES COMMITTEE

Agenda Item No. 8

meeting date: 10th MARCH 2020
title: UP AND ACTIVE PROGRAMME AND OTHER HEALTH INITIATIVES
submitted by: JOHN HEAP, DIRECTOR OF COMMUNITY SERVICES
principal author: MARK BEVERIDGE, HEAD OF CULTURAL AND LEISURE SERVICES

1 PURPOSE

- 1.1 To update members about the East Lancashire Up and Active programme and notify committee of a new weight management programme, plus other health initiatives the Council is involved with.
- 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). RVBC in partnership with Pendle, Burnley, Hyndburn and Rossendale have operated what was branded the Up and Active Programme since that time. RVBC received £111,000 per year to deliver the Up and Active programme. The emphasis was on prevention and we operate a population approach to delivery.
- 2.2 The programme was very successful, delivering 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)
 - Workplace health programmes including MOTs and advice
 - Events and community activities
 - Up and Active was also web-based so individuals signed up, got advice on classes and activities and tracked their own progress. The website was also used for our own monitoring purposes
- 2.3 LCC terminated this contract following a decision to withdraw funding with effect from 31st March, 2020.
- 2.4 The CCG have agreed to continue with the cardiac rehabilitation funding worth around £11k per year.

- 2.5 This Council in a separate initiative to the U&A project is part of the Pennine Lancashire group which was chosen to be part of the Sport England Local delivery Pilot Programme, known locally as Together an Active Future (TaAF). This will see a number of discreet projects being delivered, initially as part of the Pathfinder phase and later if successful during that element, moving forward to the Accelerator phase.
- 2.6 Across England the Local Delivery Pilot scheme covers 12 areas chosen from the 127 which submitted bids for funding. The total available nationally is £100m. it is hoped to obtain several million of that in our region. A further report will be submitted to Committee in the future to outline the projects which this programme will focus on.

3 ISSUES

- 3.1 The U&A contract employs 2 F/T and 3 P/T officers on fixed term contracts to deliver the programme, these contracts cease on 31st March and the staff will be made redundant. There is also one F/T officer managing the programme and 1 P/T community instructor on permanent contracts with the Council, who will continue in post.
- 3.2 Local residents who benefited from their participation in the range of activities provided under the U&A programme will have to find alternative provision or be unable to access some of the activities at all. Where possible staff have suggested alternatives to people for other services. In the case of walking a number of volunteers have been established who will continue some of the walks the Council previously operated. A small amount of funding has been secured for 12 months, which will help to contribute to the travel expenses of the volunteers.
- 3.2 LCC have offered a three-year contract to all Districts to provide a healthy weight programme, this may be renewal able at the end of the period. For Ribble Valley this equates to just over £18.5k per year, allowing us to employ a member of staff for around 20 hours per week, to work with people with a body mass index (BMI) of between 30 and 40 to reduce weight and help to improve their health.

4 RISK ASSESSMENT

The approval of this report may have the following implications

- Resources – The work outlined is part funded via the County Council for weight management, Sport England are the funders for the TaAF and the CCG for cardiac rehabilitation. Ribble Valley employ 1.5 fte staff on permanent contracts to deliver health related activities.
- Technical, Environmental and Legal – The Council will have to enter into an agreement with LCC for their funding, that agreement has already been received. Plus, an agreement with BwD for the Sport England funding as we are regarded as a sub-contractor for the purposes of the agreement for TaAF, the terms of which have yet to be agreed. This would enable us to work with the leisure trusts and BwD which make up the rest of the East Lancashire partnership for TaAF.
- Political – None at this stage.
- Reputation – Although it is disappointing that the U&A funding has been withdrawn, the Council is still able to provide a limited range of alternatives to that programme albeit in different forms for our residents.
- Equality and Diversity – The programmes are open to all; however, given the geography of the Borough it will be difficult to provide something that is local to

all communities. This will be mitigated by taking sessions to village halls where possible.

5 RECOMMENDED THAT COMMITTEE

5.1 Note the contents of the report and agree to accept the LCC weight management contract.

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