

EXETER HEALTH AND WELLBEING BOARD

Wednesday 29 January 2014

Present:-

Gillian Champion (in the Chair)	Clinical Commissioning Group
Councillor Owen	Exeter City Council
Councillor Prowse	Exeter City Council
Councillor Westlake	Devon County Council
Dr Virginia Pearson	Public Health, Devon County Council
Ruth Dale	Public Health, Devon County Council
Patsy Temple	Public Health, Devon County Council
Julian Tagg	Exeter City Football Club
Martyn Rogers	Age UK Exeter
Simon Bowkett	Exeter CVS
Robert Norley	Exeter City Council
Dawn Rivers	Exeter City Council
Howard Bassett	Exeter City Council

Also Present

Matt Evans	Active Devon
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CHAIR

In the absence of Councillor Edwards, the meeting was chaired initially by Councillor Owen, until the arrival of Gillian Champion, who then chaired the remainder of the meeting.

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APOLOGIES

These were received from Councillors Edwards and Hannaford, Chief Superintendent Chris Eastwood and Sarah Ward.

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MINUTES OF THE MEETING HELD ON 12 NOVEMBER 2013

The minutes of the meeting held on 12 November 2013 were agreed as a correct record.

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SIGNING OF LOCAL GOVERNMENT DECLARATION ON TOBACCO CONTROL

The Assistant Director Environment reported the intention for the Declaration to be signed at the next Board meeting by Councillor Edwards, the Chair of the Board, Dr Virginia Pearson and Karime Hassan, Chief Executive of the City Council.

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EXETER HEALTH AND WELLBEING STRATEGY

The Public Health Specialist reported that minor suggestions had been made to the first draft Exeter Joint Health and Wellbeing Strategy during the consultation period and it had also been presented at the CCG Exeter Sub Locality Health Fair.

RESOLVED that the Exeter Health and Wellbeing Strategy be adopted and published on the Exeter City Council and Devon Public Health websites.

GETTING EXETER ACTIVE WORKING GROUP

The Assistant Director Environment updated the Board on the formation of the working group. It was proposed to join and expand on the Exeter Sports Development Group – led by Active Devon - to be renamed the Exeter Physical Activity Development Group (ExPADG), the next meeting to be held on 5 February 2014. At the same time, links would be strengthened with the Exeter Prevention and Self Care Group – led by the NEW Devon CCG Exeter. This would avoid duplication. CCG representation would be sought for the ExPADG.

The Public Health Specialist and the Council's Community Involvement Officer were representing the Board on the Exeter Prevention and Self Care steering group made up of Public Health, the CCG and other agencies providing services and activities that support peoples' health and wellbeing. This would optimise opportunities for collaboration.

The key role of ExPAD would be to promote physical activity initiatives that would include different segments of Exeter's citizens, in order to raise the general physical activity level. The work of the ExPADG and linkage with the Exeter Prevention and Self Care Group would be carried out within existing resources, together with development work to be funded from the £20,000 Public Health Fund given to the City Council from Public Health, Devon County Council for the period 1 April 2013 to 31 March 2014.

RESOLVED that the Board:-

- (1) note the progress made to date; and
- (2) endorse the proposals contained in the report.

SOCIAL MARKETING APPROACH TO GETTING EXETER ACTIVE

The Public Health Specialist outlined the Behaviour Change Scoping Review to determine who in Exeter was not active and why. Three population segments were proposed:-

- those who are not active;
- those who are active but not quite reaching 1 x 30 mins of physical activity a week; and
- those who are not quite reaching 3 x 30 mins of physical activity a week, the minimum recommended levels to reach physical and mental health benefits.

The following options for the focus of primary research were considered:-

- assess all three of the above within an identified geographic area of the City;
or
- focus on one segment of the population across the whole City.

The Board discussed focusing on the 30's and 40's age group across the whole city. This segment was identified as a group where many, due to pressures of work, childcare and elderly parents etc. found little time or motivation to exercise.

There was some support for the former but a majority felt that the latter segment across the whole city should be pursued. It was agreed that the company commissioned to carry out the primary research should be asked to try and include

a geographical area of deprivation to carry out some of the focus groups. They would also be asked to examine informal activities and the use of green spaces.

Exeter City Council had received £20,000 district public health grant from Public Health Devon in 2013-14 to spend addressing issues locally. Patsy Temple reported that primary research with Exeter residents could be commissioned at a cost of £5,000 (excluding VAT) which would provide four or five focus groups with the chosen population segment. She also reported that in order to demonstrate progress against the Board's objective of making Exeter the most active city in the South West, it was necessary to establish a base line of Exeter residents' levels of physical activity. It was proposed that approximately £5,000 (excluding VAT) to be taken from the above grant to cover evaluation of the primary research with Exeter Residents. It was proposed that the remainder of the grant be carried forward to 2014-15 to be spent against implementing activity to address the Getting Exeter Active priority, via ExPADG, with proposals for spend being approved by the Board.

RESOLVED that the Board approve:-

- (1) the social marketing scoping review project work as set out above; and
- (2) the focus on the 30's and 40's year old segment of the Exeter population for the primary research; and
- (3) use of the Exeter Public Health grant as set out in the circulated report.

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ACTIVE DEVON

Matt Evans, the Chief Executive of Active Devon, spoke on the work of this body which was one of 44 County Sports Partnerships being based at, but not part of the University. It was a not for profit organisation, lottery funded by Sports England and operating with a grass roots/community focus. Included in its key goals were increasing the number of sports participants with a growing emphasis on informal activity as opposed to groups/clubs. It worked principally within the 14-25 age range but not exclusively so and it worked closely with national governing bodies of sport - 50% of Sport England funding was distributed amongst the 46 national governing bodies.

He referred to the three "mission critical" elements of participants, deliverers and The Network and praising, the local, vibrant community sports clubs, highlighted the following on-going initiatives:-

- Devon Active Communities;
- National Governing Body Delivery - ping table tennis, beginner running;
- Disability and Inclusive Sport;
- Youth engagement and employability;
- Sportivate – 14-25 informal sport;
- Rugby World Cup 2015enda format.

Notwithstanding a vibrant local scene, local sports clubs possessed varying agendas and priorities and collaboration and targeted interventions were important. He circulated the Everyone in Devon Active For Life and Active Devon 2012-13 Review documents and invited Board Members to attend the Active Devon Open Day at St. James' park on 7 February 2014.

In response to Virginia Pearson, he confirmed that much of Active Devon work was with communities, further education etc. as well as schools and embraced a wide

range of activities including Dance (Exercise, Movement and Dance Partnership), Yoga and Tai Chi etc. The Active Village Programme worked with rural communities in village halls. Responding to Councillor Prowse and Julian Tagg, who referred to the new £8.5 million sports hall at the University, he advised that although, principally a student focussed facility, the hall was used by the wider community. The latter referred to the poor provision of all-weather facilities in Exeter.

RESOLVED that Matt Evans be appointed to the Board.

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RAMM - HEALTH INITIATIVES

Camilla Hampshire, the Museums Manager, addressed the Board on the work of the Museums Service, in particular how its resources were used positively in support of the Health and Wellbeing Board agenda. As well as being a common Civic space open to, and shared by, the whole community and a “home to a million thoughts” she referred to a number of museums projects providing direct health benefits:-

- Culture Café – work with the isolated elderly;
- Aftermath – for military personnel suffering from Post Traumatic Stress Disorder;
- Innovations in dementia – with Franklyn Hospital
- Cabinet of Community – “Essentially Me” - outreach to those in danger of offending jointly with Youth Inclusion Panels, Youth Offending Teams and the Police

Martyn Rogers referred to a readily available clientele through Age UK Exeter and of the importance of building and sustaining momentum once such groups were on board.

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UPDATE ON DEVON HEALTH AND WELLBEING OUTCOMES REPORTS WITH A FOCUS ON EXETER

Patsy Temple presented the Exeter Health and Wellbeing outcomes report which provided a detailed breakdown of outcomes under a wide ranging comprehensive list of public health categories. The geographic breakdown of Exeter, Devon, South West and England would be amended by excluding the South West and this would be a regular report to assess all indicators in relationship to the Exeter Health and Wellbeing Strategy.

RESOLVED that the report be considered in detail at the next Board meeting.

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THE NEW HEALTH LANDSCAPE - OVERVIEW OF THE NEW STRUCTURES

RESOLVED that both the NHS and new Devon CCG structures be considered in detail at the next Board meeting.

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DATES OF FUTURE MEETINGS

RESOLVED that the 18 March 2014 Board meeting be postponed until April (suggested dates are 15 or 29 April 2014.)

(The meeting commenced at 2.05 pm and closed at 4.25 pm)

Chair

