



Exeter City Council

To the Chair and Members of Exeter Health and Wellbeing Board

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AGENDA FOR
EXETER CITY COUNCIL
EXETER HEALTH AND WELLBEING BOARD

The **Exeter Health and Wellbeing Board** will meet on **TUESDAY 15 APRIL 2014**, commencing at **2.00 pm**, in the **Rennes Room, Civic Centre, Paris Street, Exeter**. If you have an enquiry regarding any items on this agenda, please contact Howard Bassett on **Exeter 265107**.

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| 8 | PHYSICAL ACTIVITY PRIORITY 1 - VERBAL UPDATE | |

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- scoping review;
- mapping exercise; and
- focus group survey.

9 **THE NEW HEALTH LANDSCAPE - OVERVIEW OF THE NEW STRUCTURE** 15 - 16

10 **DATES OF FUTURE MEETINGS**

Tuesday 8 July 2014
Wednesday 3 September 2014
Tuesday 11 November 2014
Tuesday 3 February 2015
Tuesday 14 April 2015
Tuesday 7 July 2015
Wednesday 2 September 2015

DATE OF NEXT MEETING

The next **Exeter Health and Wellbeing Board** will be held on Tuesday 8 July 2014 at 2.00 pm

Agenda Item 2

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 |
|------------|--------------|

1 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.

2 APOLOGIES

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

3 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.

4 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.

5 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.

8

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.

9

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.

10

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.

11

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.

12

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

Exeter Locality Community Services – Interim Report on survey results from November 2014

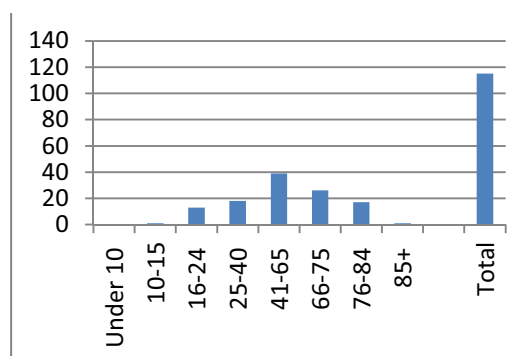
- There were 113 participants who took part in the survey, all living in the Exeter or surrounding areas. Participants age ranged between 16– 85
- 111 out of 113 of the participants have used a health service within the last 2 years, of which 40 of the participants have a long term condition.
- Services mostly used which were all a better than average experience for the patient included:
 - GP Surgeries
 - Pharmacy
 - Planned Hospital appointments
- Suggestions on ways to improve services mainly included;
 - Reduced waiting times
 - Extended Hours; evenings and weekends
 - Staffing increase (in particular practice nurses and midwives)
 - Better communication particularly upon discharge between acute and community teams
- More than 75% of the participants would support a move to care in the community rather than in the hospital.
- More than 60% supported the idea of health and well-being hubs.
- Participants felt many aspects would support successful home based care but the top priorities should be;
 - Access to a doctor out of hours
 - Access to community nursing
 - Access to community transport
- The majority participants felt positive about hubs, saying they are “a great idea” and would generally accept a hub in the local community providing;
 - Transport and access to the hubs for the elderly is available
 - They don't detriment other aspects of the health service
 - They provide services that the community require
 - They accommodate the needs for all service users i.e. out of hours
- The main services the participants would like to see in the hubs:
 - Podiatry /Physio / Sexual health / Diabetic care / 24hr doctors/nurses
 - Counselling /Mental health support
 - Information about other health and social care services / Health-related talks and events
 - Help with loneliness, keeping warm, well and educated
 - Exercise clubs / nutrition and cooking
 - Computer/Internet access facilities and courses/walking groups social facilities/ befriending, community cafe, volunteering opportunities/ being able to talk to someone
 - Early years/babies/toddler groups

Suggested venues for community hubs:

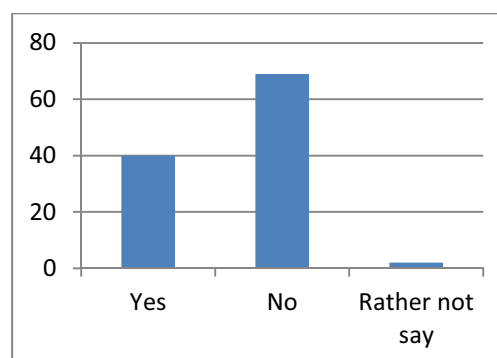
- Sheltered Housing / GP Surgeries / Sidwell centre / Newcourt community centre
- Beehive centre in Honiton / Exeter Community centre / Broadclyst victory centre
- Alphin Blouse, Alphington / Old Civil services club grounds/ Libraries

Breakdown of data to support summary:

Participant's age ranged between 16 -85



Number of participants with long term conditions:



About the services the participants used

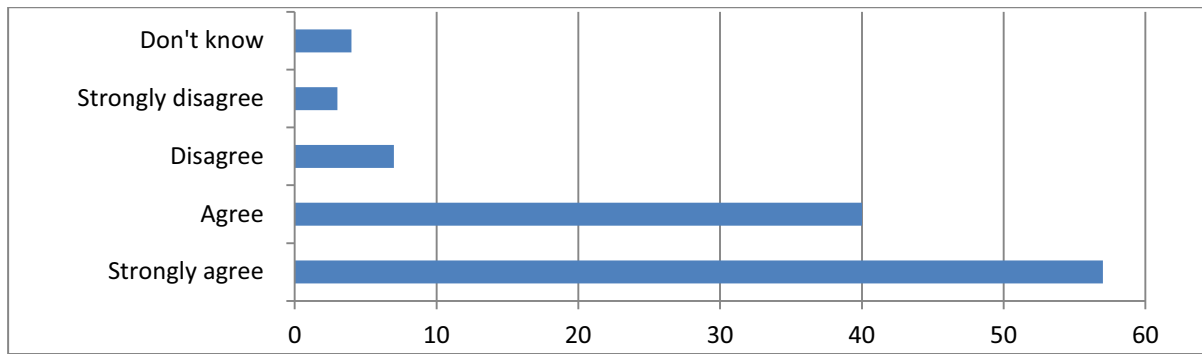
Breakdown of services used by the participants:

| | Excellent | Good | Average | Poor | Very poor | Total |
|--|-----------|-----------|-----------|----------|-----------|------------|
| Accident and Emergency (A&E) | 18 | 23 | 8 | 1 | 0 | 50 |
| Emergency admission to hospital | 12 | 15 | 6 | 1 | 0 | 34 |
| Planned hospital appointment | 34 | 26 | 9 | 4 | 0 | 73 |
| Community services e.g. walk in centres, community nursing | 21 | 18 | 2 | 1 | 0 | 42 |
| GP practice | 49 | 38 | 14 | 5 | 1 | 107 |
| Pharmacy | 37 | 28 | 14 | 2 | 0 | 81 |
| Out of hours doctor service | 12 | 10 | 6 | 3 | 1 | 32 |
| NHS 111 number | 6 | 3 | 1 | 1 | 0 | 11 |

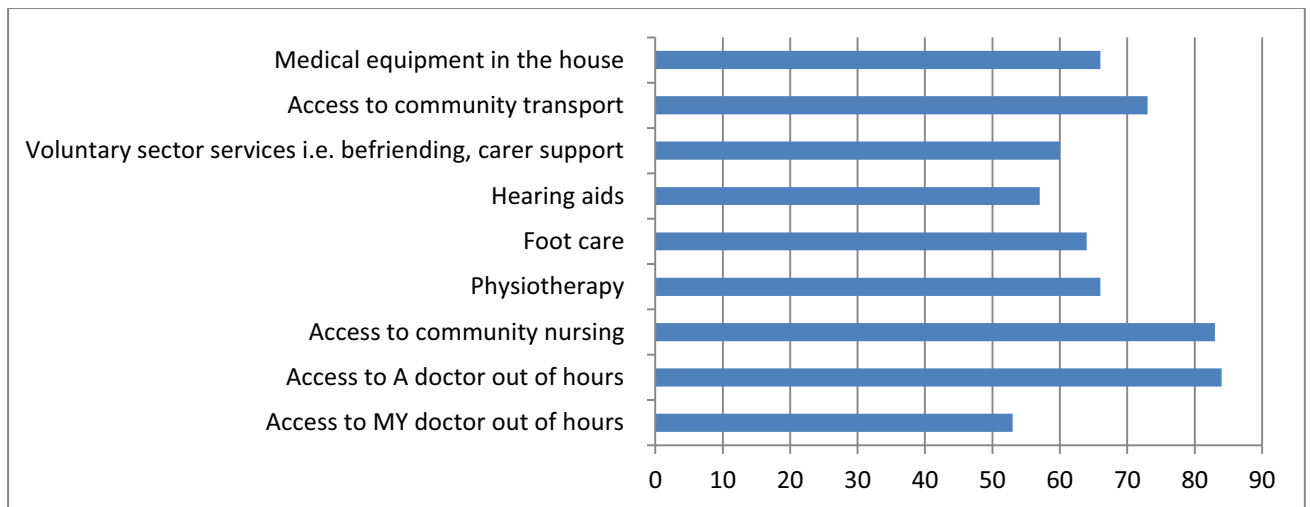
What is important to the participants in terms of maintaining their own health and well-being into old age:

| | Strongly agree | Agree | Disagree | Strongly disagree | Don't know | Total |
|---|----------------|-----------|----------|-------------------|------------|------------|
| Being independent and having a say in how I am cared for | 98 | 15 | 0 | 0 | 2 | 115 |
| Retaining a degree of control with regard to how I live my life | 95 | 16 | 0 | 0 | 1 | 112 |
| I want to avoid being in hospital | 79 | 28 | 2 | 1 | 3 | 113 |
| I want to be in my own home with friends/family around me | 77 | 23 | 4 | 1 | 4 | 109 |
| I would like expert help with medication and planning my care | 76 | 27 | 2 | 0 | 3 | 108 |
| I don't want to be reliant on family and neighbours | 58 | 42 | 7 | 2 | 4 | 113 |
| I want the reassurance that help is on hand if there is an emergency in the night | 87 | 22 | 0 | 0 | 2 | 111 |
| I don't want to have to worry about meals, bathing or housework | 47 | 44 | 7 | 2 | 5 | 105 |

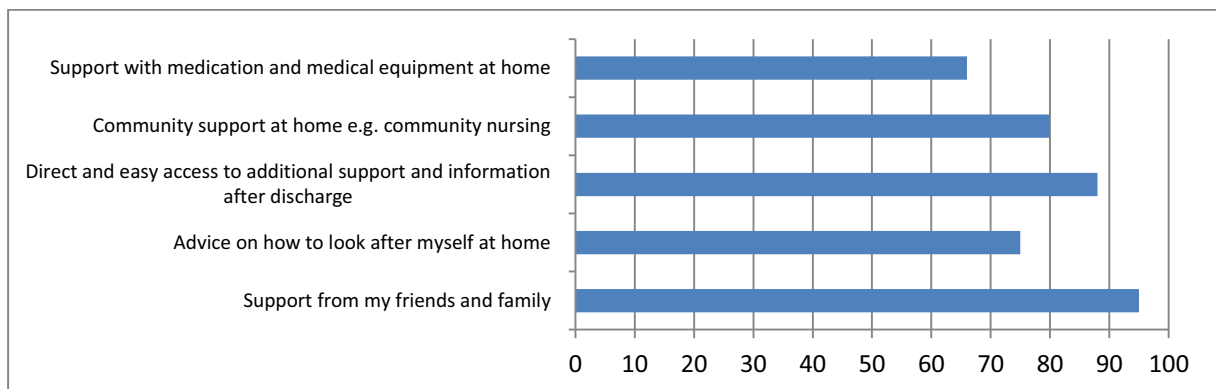
Would the participants support a move towards more care in the community, rather than in hospital?



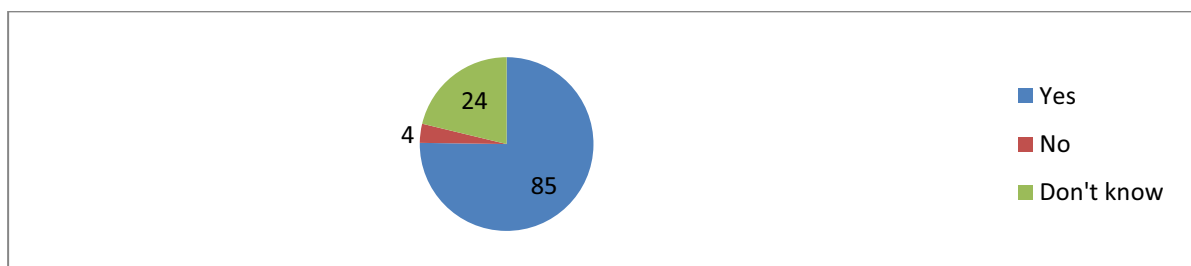
What would successful home-based care include in the Exeter area?



If you had to go in to hospital, what would you need to help you get back home quickly?



Do you support the idea of such health and well-being 'hubs'?



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Agenda Item 7

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| Meeting purpose: | Exeter Sports Development Group Meeting |
| Date: | Wednesday 5th February |
| Time: | 10:00 – 12:00 |
| Location: | Active Devon Offices (Training Room), Exeter Sports Park, Exeter University |
| Attendees: | Olivia Bickle, James Bogue, Jamie Vittles, Dan Pulsford, Michelle Murray, Hayley Harvey, Marc Dibble, Dawn Rivers, Patsy Temple, Robert Norley, Ruth Dale, Paul Moulard, Matt Evans |
| Apologies: | Steve Lyon, Catherine White, Rebecca Skinner, |
| Contact for additional agenda items: | Olivia Bickle- Olivia.bickle@devon.gov.uk |

Minutes

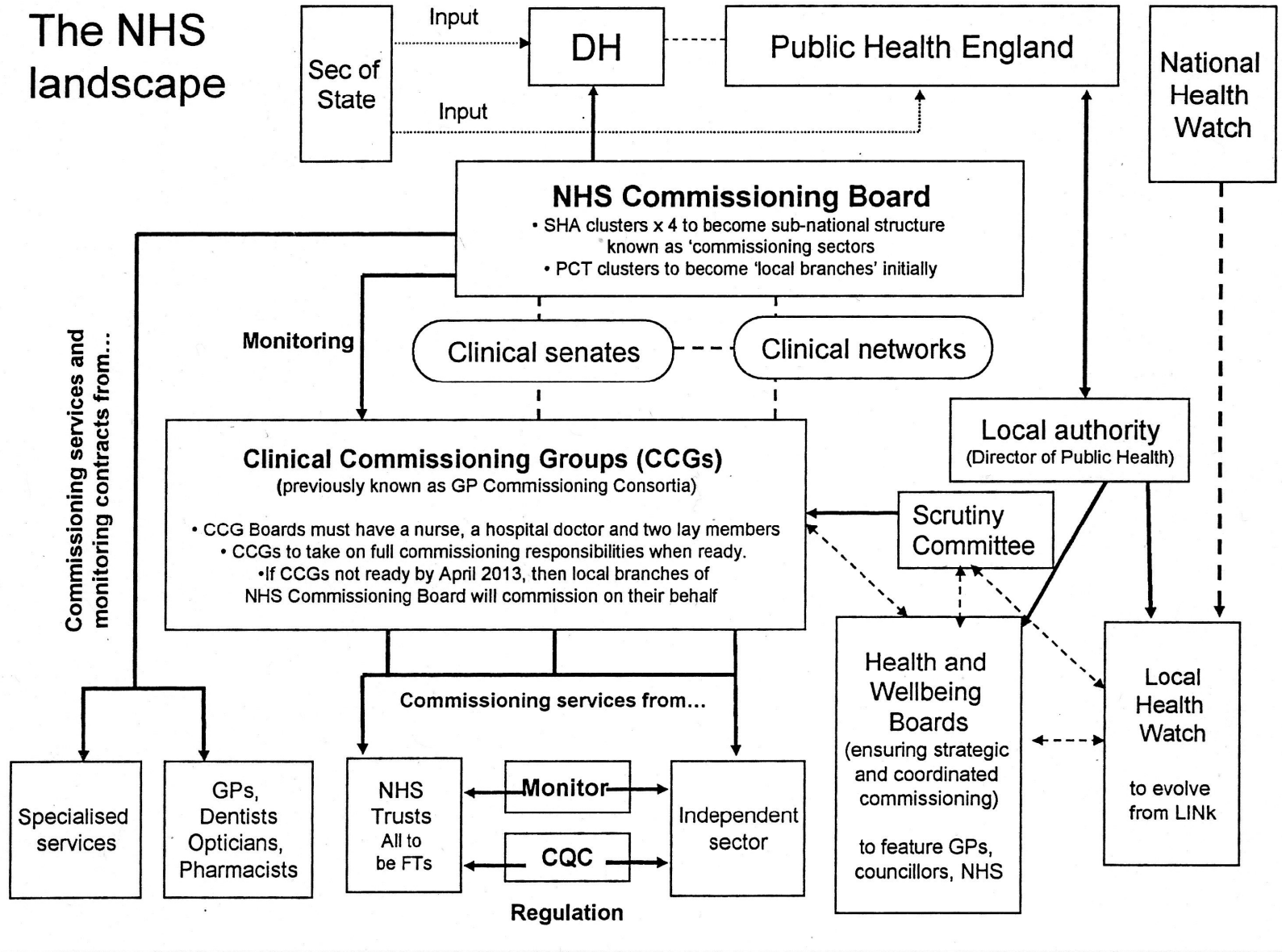
| Title | Notes | Actions |
|---|---|--|
| Introduction (JB) | The context for the meeting was set, bringing together existing members of the Exeter Sports Development Group and colleagues from the Exeter Health & Wellbeing Board. Councillors Owen & Westlake were welcomed. | |
| SW Bike Academy (Dave Walters) | <p>The role and current work of the SW Bike Academy was introduced by Dave Walters. Aims:</p> <ul style="list-style-type: none"> • To promote cycling • To provide a pathway in cycling from junior participation to high performance • To develop elite cyclists <p>Dave is currently developing a programme for Primary Schools in the city, piloting through the St Lukes Partnership. This will involve both theory (bike safety and awareness) and practical as well as providing key information for parents.</p> <p>Dave Walters – swbike@yahoo.com</p> | JB to invite DW to the summer meeting, and provide an update at the summer meeting regarding progress for this Academic year |
| Exeter Health & Wellbeing Board (Robert Norley) | <p>The Health & Wellbeing Board, a strategic group formed by Exeter City Council, aims to assess health needs in the city and provide a strategy to address health inequality through a broad range of interventions. Four key priorities have been identified:</p> <ol style="list-style-type: none"> 1) Increase physical activity 2) Reduce alcohol misuse 3) Reducing falls and cold homes 4) Improving health of the most disadvantaged <p>A meeting between Active Devon and Exeter City Council</p> | <p>ACTION – JB, DR, PT to meet and develop a Terms of Reference for the Group to be presented at the next meeting</p> <p>ACTION – DR to circulate details of the Exeter Parks & Open Spaces Consultation event</p> <p>ACTION – OB and DR to meet and develop a template to send to local</p> |

| | | |
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| | <p>identified the potential alignment of priority 1 with the existing membership and remit of the Exeter Sports Development Group</p> <p>It was proposed that the Exeter Sports Development Group and Exeter health and Wellbeing physical activity strand merge to form one group with a shared vision and action plan.</p> <p>AGREED – to form Active Exeter, a physical activity and sport project group to represent priority 1 of the Exeter Health & Wellbeing Board</p> <p>A key aim will be to work towards the aspiration of Exeter being “the most active city in the South West by 2018”.</p> <p>Patsy Temple & Ruth Dale introduced their initial scoping work to understand current motivations and barriers to taking part in physical activity, the social marketing approach would focus on the 30-40yr age group. This piece of work would be driven by the Public Health team on behalf of the group.</p> <p>Dawn Rivers would lead on the collation of current physical activity opportunities delivered in Exeter through voluntary, community and other organisations.</p> | <p>groups to collate information on current physical activity provision</p> |
| Active Communities | <p>Active Devon is delivering a countywide project to increase levels of sport & physical activity across all market towns in Devon. Exeter City Football in the Community and Parkwood Leisure.</p> <p>Jamie Vittles provided an update on the projects that have started, including a multi-sport clubs targeting young people in Exwick & St Loyes and netball sessions for young mums in Wonford. Consultation is currently underway with communities in Pinhoe, The Rydons and Topsham.</p> <p>The programme will be delivered over 3 years developing projects in 56 communities across Exeter</p> | |
| Exeter Business Games | <p>On Wednesday 29th January over 20 organisations attended the Business Games launch. A 6 week programme of activity is planned for the summer targeting workplace organisations to enter teams in a variety of sports and other activities. Active Devon and Exeter City Council are supporting Big Wave Media to deliver the event.</p> <p>Active Devon is looking to develop a year round programme and other weekly sessions to develop the physical and activity offer for local organisations</p> | <p>ALL – identify potential support and activity ideas for year round Active Workplace programme. E.g. Table Tennis at Exeter City FC in September.</p> |
| Rugby World Cup Legacy | <p>A Rugby World Cup Legacy group has been initiated by Cath White (Exeter City Council). Five key strands provide the focus with a multi-sport and physical activity strand being led by James Bogue. It is proposed that the group will act as a sounding board and delivery arm for this</p> | <p>All – promote RWC volunteering opportunities to networks</p> <p>http://www.rugbyworldcup.com/destinationengland/volunteers/index</p> |

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| | <p>strand. The action plan will be confirmed at the next meeting.</p> <p>The Rugby World Cup Volunteering Programme will be launched in February 2014, seeking approximately 300 volunteers for Exeter. Active Devon and Exeter City Council will ensure all recruited (and unsuccessful) volunteers are integrated into local opportunities. There will be an opportunity for the group to host a stand in the 'Try-Out' area to be held at Exeter University in July 2014.</p> | x.html |
| <p>NGB Updates</p> | <p><u>PING!</u></p> <p>An application has been submitted by Active Devon (on behalf of Exeter City Council) to ETTA for Exeter to host a Ping! City in 2014.</p> <p>Update: Application successful! One of 4 new cities nationally to host Ping! In 2014. (JB to circulate MoU and template delivery plan when received from Sing London)</p> <p><u>Tennis</u></p> <p>LTA have withdrawn their offer to invest in developing tennis courts in ECC parks after the intervention of 'Tennis for Free'. The organisation will support development of participation in Tennis at Heavitree Park</p> <p><u>Rounders</u></p> <p>Active Devon is currently working with Galvin Short (ECC parks) to identify pitch availability to host a Summer Rounders league in Exeter. Interest has grown amongst local organisations and Active Devon has secured delivery funding from Rounders England to develop the local league.</p> | <p>JB – Send details when decision is made regarding outcome of application.</p> <p>ALL – identify potential sites and community groups that would be interested to host a table and develop Ping!</p> <p>JB – co-ordinate meeting with 'Parklife' to discuss physical activity and sport development at Heavitree Park</p> |
| <p>AOB</p> | <p><u>Parkwood (Hayley Harvey)</u></p> <p>Northbrook Approach Golf Course will re-open in March, Parkwood is looking to recruit a golf coach to drive participation at the site.</p> <p><u>Exeter City Football in the Community (Jamie Vittles)</u></p> <p><u>Details confirmed for the Prostate Cancer Awareness charity football event to be hosted at St James Park on Sunday 27th April 2014. Various football competitions for all ages will be held throughout the day.</u></p> <p>There is an open offer to member groups to deliver other multi-sport activity/exhibition stand on the day</p> | <p>OB – send details of local golf development officers to Parkwood to aid recruitment</p> <p>ALL – please 'like' the Parkwood 'Exeter Sports Development' Page</p> <p>JV – Send details to members regarding information of the event for forwarding to local networks.</p> |

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| Next Meeting | Confirmed for Wednesday 2 nd April 2014, 10.00-12.00 at Exeter University Sports Centre | |
|--------------|--|--|

The NHS landscape



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