

EXETER COMMUNITY HEALTH AND WELLBEING BOARD

Tuesday 10 July 2018

Present:-

Councillors Bialyk, Edwards, Leadbetter and Morse

Also Present

Chris Broadbent, Gillian Champion, Matt Evans, Maggie Gordon, Dr Virginia Pearson, Julian Tagg, Martha Wilkinson, Simon Lane and James Bogue

APOLOGIES

These were received from:-

Cllr Sara Randall Johnson

Diana Moore

Adel Jones

Jo Yelland

APPOINTMENT OF CHAIR

RESOLVED that:-

- (1) **Councillor Bialyk of Exeter City Council** be appointed Chair of the Board for the next 12 months.

MINUTES OF THE MEETING HELD ON 26 FEBRUARY 2018

The minutes of the meeting held on 26 February 2018 were taken as read and correct.

In respect of the Terms of Reference it was agreed that Paragraph 2 under point (2) "Function", would require updating. The Active and Healthy People Programme Lead (ECC) would revise this paragraph and the amended Terms of Reference would be submitted for approval at the next meeting.

WELLBEING EXETER

The Chief Executive of the Devon Community Foundation provided an update on Wellbeing Exeter as follows:-

- The first quarter had been very busy with the project expanding. There were now 16 GP practices involved in addition to 12 Community Builders and 17 Community Connectors all working across Exeter – so there is a substantial team of people.

- 139 individual GP's have made referrals and that reflects 82% of the GP's in Exeter. This illustrates that the message is beginning to get across.
- Overall the scheme has developed very well providing an inclusive service with access to a wide range of people providing services ranging from emotional support to debt management.
- The core offer of the Scheme is the access to a number of contacts.
- Feedback is positive – for example, a 74 year old lady who is diabetic was not engaging with her GP Practice and it was subsequently discovered that the reason for this was because she couldn't afford a battery for her wheelchair. The Community Connector helped to sort this out and now the lady goes to the Practice regularly for checks.
- The best way of monitoring and valuing activity across the City is through a shared database.
- A concern is the rate of referral which appears to be dropping although more surgeries are in place. There is a need to encourage Practices to improve upon that and it doesn't have to be the GP's themselves who refer, it can be the Practice generally. GP Practices are the only route for referrals at present.
- A contributing factor is that referrals seem to be changing. Although there is no-one on the waiting list, people are presenting with a lot more complex issues. The focus also needs to adjust to how people exit and the time frame for that. Currently the working average is 70 days which is longer than was initially expected.
- The open referral target is 290 at any one time and currently the figure is 347 with 1747 referrals so far.
- The aspiration is to achieve a better outcome which will also save public money – it is an experimental journey.
- Strategic links with a wide range of stake holders and Sport England are essential with statutory and community sector partnerships becoming stronger with a shared vision and purpose.
- Evaluation is complex - attempts are being made to measure the benefit to the NHS. Information is being analysed on an anonymous basis with usage based on NHS numbers before, during and after for a period of 5 years. The Public Health Team is currently assisting and by Autumn 2018 there should be some results.
- The next phase will be to look at other aspects to improve and offer an integrated system and efforts are continuing to obtain further funding.

SPORT ENGLAND LOCAL DELIVERY PILOT

The Active and Healthy People Programme Lead (ECC) presented a powerpoint presentation (attached).

The salient points were as follows:-

- There has been significant progress and development since the February meeting.
- Out of 113 applications, 19 made it to Stage 2 and Exeter and Cranbrook was one of 12 that were successful.
- £100 million ring fenced funding has been provided over the 12 areas.
- Sport England have invested in a broad mix of places from cities, rural areas and coastal towns to ensure a wide range of learning across places with a mix of outcomes and audiences.
- Exeter and Cranbrook was the only successful bid in the South West and only place with healthy new town status. To put into context, the next pilot areas are located at Birmingham/London for instance.

- The aspirational target is to help 10,000 residents to become active with focussed outcomes on:-
 - Physical activity
 - Health
 - Congestion
 - An improved sense of community
 - Access to activities
 - An analytical approach
- Emerging programme themes are:-
 - Active communities
 - Active school communities
 - Activity ambassadors
 - Active workplaces
 - Active travel
- The LPD Programme Board draft governance was presented.
- Putting the Programme Delivery Team in place is a current priority with the appointment of senior officers to work streams covering digital strategy, communication and marketing, evaluation and learning from innovative examples.
- Development funding has been awarded which provides core capacity funding until March 2021 and two posts out of three have been successfully filled (Data Manager and Programme Administrator).
- The post of Programme Manager is open for recruitment.
- Areas of priority are continuing engagement, work with stakeholders and holding theme designed workshops together with developing people's understanding and insight to improve engagement through focus groups, community events, Community Builders and Community Connectors.
- The aimed timeframe for the next programme submission is by November/December 2018.

Questions were received from members including areas regarding:-

- National context
- When will we see practical delivery and action?
- Focus on people with LTHC.
- Links to WE and Community Builders.
- How well are we doing against the other 12 areas?

Responses to these questions are outlined below:-

- We were the first wave of pilots to access the development award.
- There is a national engagement hub – the indications are that some places are ahead of us in respect of community engagement but we can learn from them.
- Networking opportunities are being explored through the idea of a “South Hub” which would include Essex, Hackney and Southwark.
- There is an opportunity to align with Public Health, NHS and Department for Transport for instance.
- During the early part of 2019 we should see things practically in place with better signage in respect of parks and open spaces for instance (which is what communities say that they want).
- Partnership working is essential to ensure successful delivery of initiatives.

- It is envisaged that there will be lots of different projects and initiatives varying in size and scale with a blend of different approaches. Essential components will be changes in behaviour and securing a range of partners.
- There has to be a clear line of sight in terms of projects on the ground and how they fit in with the people we want to reach. This will be a work in progress over the next 6 to 9 months.
- The focus is on people with several long term conditions and those with frailties so there are two main strands:-
 - Health and Equality (frailty)
 - More people cycling and walking (aimed particularly at commuters for instance).
- Community builders ensure that feedback is obtained on a regular basis – it's important that people and communities feel part of the initiative.

It was agreed that the Sport England Local Delivery Pilot should be a standing item on the Agenda for this Group.

EXETER YOUTH VOICE

The Programme Manager Communities (ECC) provided an update as follows:-

- The project was launched earlier this year via the Exeter Strategic Board.
- The first stage of the Youth Strategy work was to produce a booklet around Exeter being a youth friendly City.
- A consultation took place and six themes have been established:-
 - Voice in the City
 - Places to go and things to do
 - Environmental issues
 - Parks and green spaces
 - Access to the City (public transport)
 - Bullying and violence
 - Mental health
 - Economy
- In connection with Young Devon the Exeter Youth Voice has been launched which is jointly funded between DCC and ECC.
- Youth workers are engaging with youngsters in schools, communities and at festivals and finding out how they want to engage.
- Social media seems to be the preference and #exeteryouthvoice allows us to find out the things that are important to youngsters.
- The Member Champion for Young People (ECC) is working with Young Devon.
- The aspiration is to create a Youth Forum which could hold presentations around health and wellbeing, mental health and the economy for instance. It is also an opportunity to get partners around the table to talk about how young people can impact on organisations.
- There is a distinction between this work and the SPACE work which focuses on St Thomas and the Cowick area. The 12 months' funding for this project will run out in the summer and feedback on achievements will be submitted to Exeter Strategic Board.
- It is imperative to further consider how the change from old style youth provision to new style is working but there will be no additional resource from DCC although it is important to carry out this piece of work.

- It was noted that the Devon Youth Games finals took place on Saturday 7th July in Dawlish and that 5 new girls' rugby clubs participated. The plan is that the finals will take place in Exeter next year.

ANY OTHER BUSINESS

Given the Social Care aspect, it was agreed that the following individuals should be invited to become members of the Group:-

- Maggie Gordon, Assistant Director of Health and Social Care (DCC)
- Stephen Spratling, Community Service Manager for Exeter (DCC & RD&E)

DATES OF FUTURE MEETINGS

11 September 2018
30 October 2018
29 January 2019

(The meeting commenced at 2.00 pm and closed at 3.30 pm)

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Sport England Local Delivery Pilot

EXETER & CRANBROOK

Exeter Community Health & Wellbeing Board

Sport England Local Delivery Pilots

**NEW APPROACH
TO DELIVERING
PHYSICAL ACTIVITY LOCALLY**



LOCATIONS:



COASTAL
COMMUNITIES



RURAL
PLACES



SMALL TOWNS



BIG CITIES

£100 MILLION
of National
Lottery money
across **12 local
pilots**

113 APPLICATIONS

19 PROPOSALS
SHORTLISTED

12 PLACES
SELECTED



REACHING:



PEOPLE FROM
SOME ETHNIC
MINORITIES



DISABLED
PEOPLE



OLDER
PEOPLE



WOMEN



PEOPLE ON
LOWER
INCOMES



FAMILIES

FOR HEALTHIER, happier communities
AND TO DISCOVER a blueprint for tackling inactivity locally

➡ sportengland.org/localpilots

Exeter & Cranbrook Outcomes

We will encourage 10,000 of our least active residents to lead regular active lifestyles

BY.....

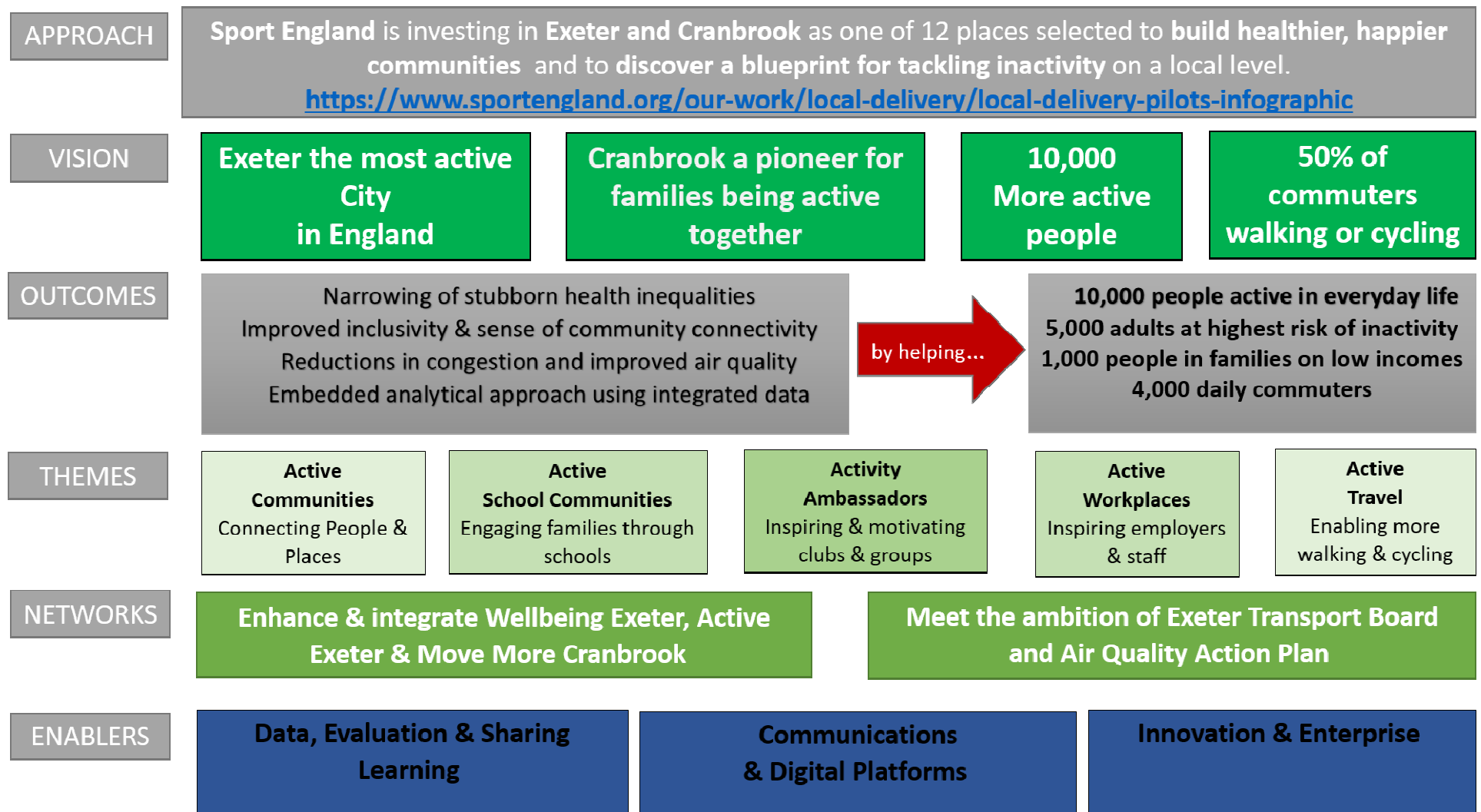
- Narrowing stubborn health inequality by encouraging those least likely to take part in activity to lead active lifestyles
- Improved inclusivity and sense of community connectivity and belonging,
- A reduction in congestion and improved air quality influenced by more people walking and cycling
- An embedded analytical approach, using integrated data to inform decisions and share learning.

10,000 more
active people

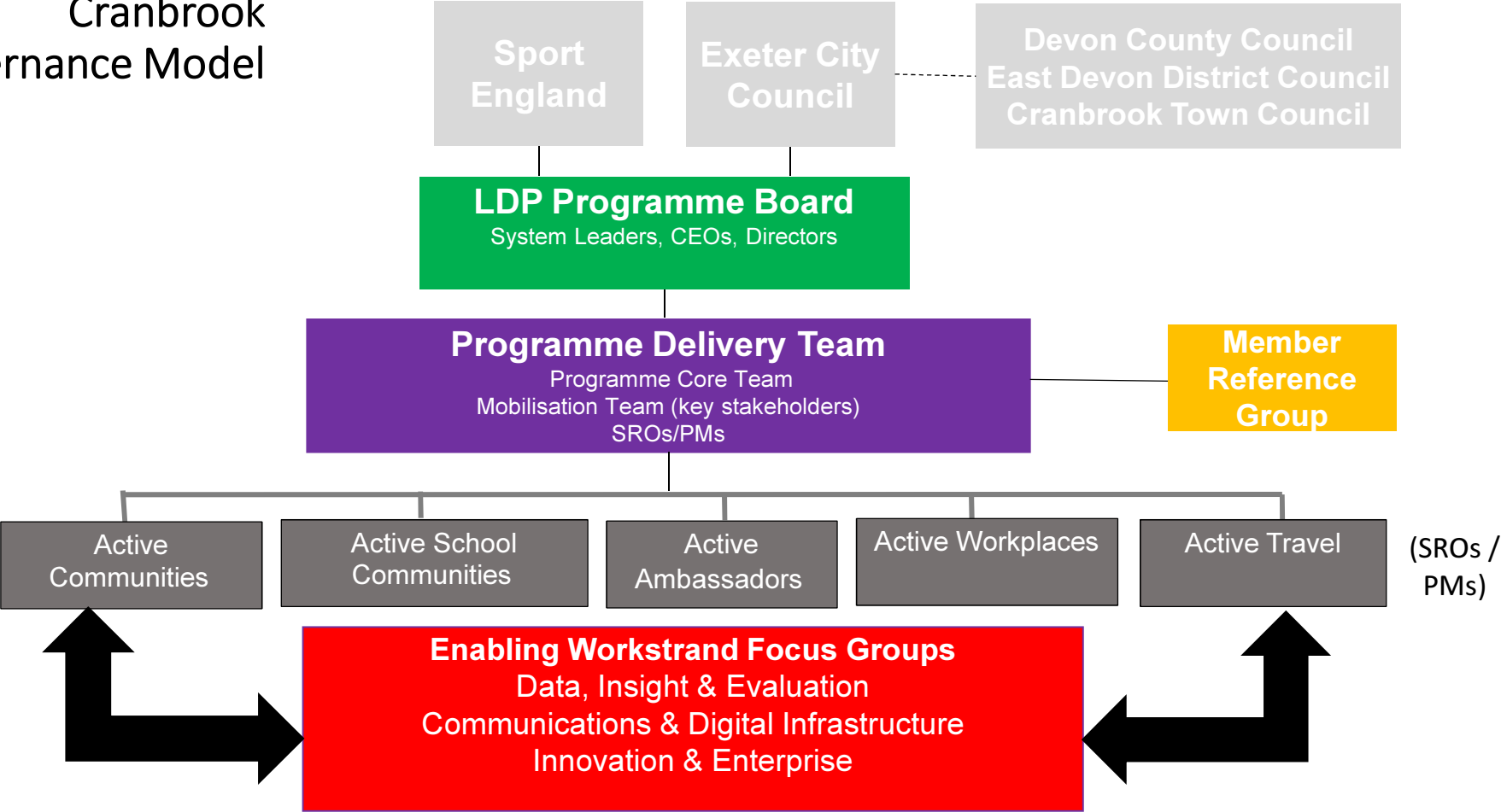
6,000 people
at highest risk
of inactivity
becoming
active

4,200 more
people
choosing
active travel
for work

Exeter & Cranbrook “Plan On A Page”



Exeter &
Cranbrook
Governance Model



DEVELOPMENTS in 2018

- Appointment of Programme Lead – James Bogue, formal permanent start July 2018
- Allocation of Sport England capacity:
 - Adam Rigarlsford - Strategic Lead
 - James Watmough – Pilot Manager
- Successful Development Award
 - C.£900k: core capacity (3 years), community engagement, programme & evaluation development
- Mobilisation group established
- Core Team Recruitment underway
 - Programme Administrator
 - Data, Insight & Evaluation Manager
 - Wellbeing Exeter Programme Development Manager

KEY DEVELOPMENT AWARD AREAS OF PRIORITY

Stakeholder Engagement

- Themed Design Workshops (September-October) including...
- ***Active Communities:*** Wellbeing Exeter, Active Exeter, Move More Cranbrook, ***Active Travel, Active Workplaces***

Monitoring & Evaluation

- Draft Evaluation Framework Development
- Establish Evaluation Steering group
- Evaluation Specification Development

Governance

- Draft ToR, Programme Board recruitment
- Inaugural meeting (September-October)

Community Engagement

- Ongoing stakeholder input for draft community engagement strategy
- Insight development through listening, focus groups, community events with target audiences (August-December)

Working towards a timeframe of November-December for full programme submission to Sport England

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