Health & Wellbeing Project Update and Future Targets

Update: July 2023

1 Priority 1 beloing Children enter exit education prepared for the next stage of their lives

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Action:	Business as usual or Specific project?	Why we're doing it	Project Update/Future Targets	Delivery model	Cost	Owner	RAG
Home Start Grant Funding for new parents	Business as usual	A child's future is determined before they are born. The Home Start programme is targeted to parents with young children under the age of 4 living in the most disadvantaged areas of the District and supports the Countywide priority of giving children the best start in life.	Delivered through the Service Support Grant agreements 2023-2026. Ongoing delivery with annual reports submitted to SCDC's Grants Advisory Committee (GAC)	Funding provided for Home Start via the Service Support Grants.	£4,000 over 3 years	LMc	
Holiday Sports Camps	Business as usual	To provide opportunities for children from all backgrounds to participate in sport activity to build confidence, improve educational attainment (direct link between children who play sport and educational attainment), social and community cohesion. These events are supported by volunteers from the young leader programme via School Sports Partnership.	These courses continue to be popular and offer an affordable alternative to privately run holiday schemes which are self funding. Plans to continue to deliver throughout the course of this strategy.	Sport camps Disability school athletic sport.	Self funded	LMc / HS	
Mini Olympics for year 4 pupils	Business as usual	Promoting sport in schools. 44 schools across South Cambridgeshire attending with 1600 pupils introduced to a wide range of sports and involving 128 volunteers from the 8 secondary schools. Children who engage in sports early adopt healthy lifestyle habits which are more likely to continue into adulthood. There is a strong correlation between sporting activity and educational attainment.	Successfully delivered in 2023. Plans to continue to delivery throughout the course of this strategy.	South Cambs Schools Sports partnership (Total event cost £4300)	£500	LMc / HS	
Nature Based Programmes Including Wild Minds at Milton Country Park for young people aged 12-17 years	Specific project	Working in partnership with Milton Country Park and a psychological therapist to provide a series of 8 week courses for young people (aged 12-17) with poor mental health unable to access mental health services via primary care.	Inis scheme is under review. Whilst participants report positive outcomes, there is a continual challenge to fill the courses with many running under capacity in the past 2 years. A meeting has been requested with the Cambrideshire Peterborough Foundation Trust (an NHS organisation who lead on mental health provision across the County) to address referrals with the aim of embedding programmes into a routine referral process. A report will be brought to Cabinet by March 2024 to outline future options	Central Govt via County Council Covid Recovery Funding	£3226/per course	LMc / BT	
Forest school programme for Ukrainian refugees	Specific project	2 programmes have been delivered to young people from Ukrainian families settling in the District. 1 course was held at Wandlebury Country Park and another delivered by Milton Country Park	Demand to be assessed in October 2023 to review if and how many future programmes are to be provided.	Grant funding from Central Government to support Homes for Ukraine families	£3,740 (including translation fees)	ED/AP	
Breastfeeding friendly award (FreetoFeed)	Specific project now business as usual	A campaign to encourage and normalise breastfeeding in public. To help those who breastfeed and/or pump to feel relaxed and increase in confidence. Delivered in partnership with the Cambridgeshire & Peterborough Healthy Child Programme, working with Environmental Health Officers.	93 venues signed up in the first year and the project is ongoing. This has now moved beyond pilot and is being delivered as business as usual via the Environmental Health team. The scheme is now being adopted by East Cambs & P'boro.	Funded by PH through the Healthy Weight grant 2022/23	11000 in year 1. Ongoing cost approx £400 pa	LMC	
Nutritional Wellbeing in Schools	Specific project	New funding from Public Health providing access to schools to provide nutritional wellbeing together with measures such as Whole School Approach to Health and Wellbeing. Being delivered as part of the Healthy You programme.	Ongoing delivery in primary schools across the region by the physical activity coordinator delivered through the Healthy You contract funded by Public Health to 2025.	Healthy Lifestyles Contract Public Health (formerly LGM)	£External funding	LMc/BT	
Exercise4Fun family programme	Specific project	12-week free active lifestyles programme for young people aged 11-17 including free 12 week membership to leisure centre	The first programme is planned to be delivered as a pilot in Sawston in November 2023	Funded by PH Health Weight grant 2023/24	£3,000	LMc/BT	
2. Priority 2: Create environments to g	give people the opp	Oortunities to be as healthy as they can be Why we're doing it	Project Update/Future Targets	Delivery model	Cost	Owner	RAG
The Active Travel Toolkit	Specific project now business as usual	To guide planners, developers and officers in creating truly active environments in new communities to encourage residents to adopt more active, healthier lifestyle behaviours as soon as they move in. Encouraging more people to travel by cycle or on foot will not only create safe more sustainable environments in which children can play, it will improve population-based activity levels, increase community cohesion and improve air quality.			£Officer time	LMc /CS	
Health Impact Assessments (HIA)	Business as usual	Using the Health Impact Assessment tool to work with developers and planners to ensure new settlements promote health and wellbeing through good quality housing, equitable access to local amenities, open green space and play areas.	HIA continues to be used to raise awareness of impacts to health and wellbeing in new developments. Emerging national guidance from the Dept for Levelling Up states that from 2024 all Supplementary Planning Documents will be	Communities Team officers	£Officer time	LMc	
New community development. Learning from the issues relating to mental health in the early development of Cambourne and applying this learning to all new developments	Business as usual	To ensure all new communities offer early residents the opportunities to meet and connect with each other; employing community development workers to bring people together and ensuring that early infrastructure is provided through S106 funding.	superceded by Local Plans. An ongoing workstream: Policy WS/CF (Community, sports, and leisure facilities) in the Greater Cambridge Local Plan First Proposals includes the proposal that in large scale developments and new communities, community development strategies will be required, to explore how places will become communities, and how early residents will be supported	Officers	£Officer time	LMc	
Develop a Council owned exemplar scheme of age-exclusive apartments in Northstowe.	Specific project	To ensure that the Council is at the forefront of developing the next generation of affordable rented homes specifically targeted at older people, that promotes an active lifestyle and supporting residents to live safely and independently for as long as possible.	The Council stepped back from taking on the affordable homes within Phase 2A, of which the older people's apartments were a part. Subsequently the housing developer, House by Urban Splash went into receivership and Homes England will need to secure a new development partner to progress the scheme, which may be subject to adjustments	Council newbuild programme	£ TBA	CG	
Active and Healthy 4 Life (Exercise on referral)	Business as usual	Exercise Referral scheme for adults with a medical condition. Delivered at sports centres across the district. Continue to work with Primary Care Networks to improve and increase referral rates across the District.	from Central Gow/Sport England in March 2021 to help mitigate the financial impacts of Covid on the leisure industry. We successfully secured funding for 3 centres from this pot. An additional £50K central government funding for covid mitigation was secured as grant funding to help our dual use leisure facilities to upgrade their facilities and equipment and innovate new activity programmes to stimulate the return of exisiting and new participants as lockdown measures eased. Funds awarded in July 2021. Further funding via grants has been distributed to the leisure centres to improve facilities, increase activities and participation rates. Membership levels are now back to numbers seen pre-covid. Through various health meetings, the ExReferral programmes continue to be promoted as we integrated our prevention services better into the health agenda.	Local Sports Centres Sports co-ordinator contractor	£22,000	HS	
Exercise4Fun adult programme	Specific project	12-week free active lifestyles programme for inactive adults with a BMI >25 including free 12 week membership to leisure centre. Sawston, Linton & Melbourn initially. A programme will also be piloted for adults with disabilities from Sept 2023 at Sawston	Additional £9K funding has been allocated to continue to support programme development at Centres in 2023 Delivery began in August 2023 - Linton and Melbourn and Cambourne and latterly in Sawston. Delivery beyond 2023 will be dependent on future grant availability from Public Health.	Public Health funded	£50,000	LMc/BT	
Grants for specialist groups offering activity programmes for people living with Long Term Conditions	Specific project	A grant fund has been created for the voluntary sector and specialist groups to provide physical activity programmes to help support people living with specific long term health conditions, for examples parkinsons, chronic pain, dementia.	£13K has been set aside to support groups who offer physical activity programmes for people living with LTC's. The plan is to continue to offer grants to improve participation uptake for people living with specific conditions.	Physical activity budget	£13,000	HS/BT	
Healthy You Lifestyles Contract	Business as usual	A Public Health funded programme 'Healthy You' aimed at those most in need to encourage participation in physical activity. Participating in physical activity improves physical health, e.g. can help reduce obesity, reduce risk of developing diabetes, heart disease and other chronic illnesses and positively impacts mental wellbeing. This funding has been used to set up a series of Wellbeing Walks which continues to be expanded as well as community led initiatives such as Kurling and Walking Football.		Funded by Public Health and hosted by SCDC promoted by Project Officer post.	Funded in full by CCC	LMC/BT	
Active New Communities Network	Business as usual	Healthy New Town programme/Sport England funded 2-year programme to support physical activities in new communities including Northstowe and Hauxton.	The programme was extended to ensure the funding could be used to best effect, following the pause imposed by the pandemic. The programme has now concluded but the network continues, with a focus on supporting activity in new communities.	Coordinated by Living Sport, involving a partnership of local authorities	Funded by NHS HNT & Sport England	LMc/HS	
Community Hubs; meeting places across the District which will bring agencies together and provide outreach services to residents in rural communities, including digital connection to services where needed. This builds on the success of the Warm Hubs in Winter 2022/23.	Specific project	This is part of a series of activities to address the Cost of Living Crisis and address inequality, bringing financial and practical support for those in need. These Hubs also provide opportunities for people to connect socially and have been a real success in addressing isolation and loneliness.	A Cost of Living strategy has been created and signed off by Members. The work is funded to 2025, and we will be working with stakeholders throughout this time to ensure these hubs become sustainable local community assets.	Communities Team officers	£Officer time	LMc/CR	
Homes for Ukraine	Specific project	Supporting hosts and refugees to settle in the UK and move onto to other housing options	Delivery ongoing throughout 2023/24	Project officer	£officer time	BT/AP	
Asylum Seekers at Bar Hill	Specific project	Providing a range of support to asylum seekers to help settle and support whilst awaiting application processing	Physical activity programmes, wellbeing walks, games, clothes, places to worship	Project officer	£officer time	АР	
Community Safety Partnership	Business as usual	Supporting priority places and people, through stakeholder meetings and problem-solving groups, to reduce crime and antisocial behaviour and improve the lives of those living in South Cambs.	Delivery is ongoing for 2023-24 with current data-led priority areas being Cambourne, Orchard Park, Northstowe and, more recently, the ward of Milton and Waterbeach.	Partnership working through the CSP	Officer time (SCDC); officer time (OPCC funded)	КН	
Provide support to Parishes and Community Groups to develop local initiatives which benefit the wider community	Business as usual	Helping groups and parishes set up locally driven initiatives which support local people via the Communty Chest grant.	An ongoing project, Community Chest Grant has been set up to support any communities with officer support to facilitate.	SCDC Grant funding	£45,780 grants	ED	
Invest in community transport schemes and continue to produce the transport directory.	Business as usual	Lack of community transport negatively effects the most vulnerable people in our society including the elderly, and those on low incomes. Continued investment will enable independence and social connection to those that would otherwise not have the means to travel beyond their village and access healthcare and other necessary amenities	Grant agreements in place with local providers of Community Transport funded through the Service Support Grant Agreements to 2026.	Service Support Grant funding.	£7000 pa RDCT £5000 VN £5000 Dial a ride £7000 Care Network	LMc	
Promote the Community Rail Partnership	Business as usual	To encourage modal shift to more active travel by promoting cycling and walking routes and public transport options to and from stations, and promoting rail use as a key part of sustainable and healthy journeys.	Ongoing: work includes commenting on EWR, delivering 'try a train' trips, a volunteer gardening project at Shepreth The Greater Cambridge Local Plan First Proposals document includes policy WS/HD which proposes that	Project officer	£ Officer time	JC	
State clear health and wellbeing objectives in the Local Plan	Business as usual	To make clear to those seeking to develop and build, that only developments which address our criteria will meet planning approval.	Healthy New Town principles are embedded across the plan, HIAs are expanded to include Cambridge and the restriction of hot food premises is explored. Research and evidence gathering on the latter element is in progress and will be considered at Draft Plan stage.	Planning policy	£Officer time	LMc	

RAG	Officers
	LMc - Lesley McFarlane HS - Helen Stepney BT- Ben Truett HW - Heather Wood CS - Claire Spencer KL - Kevin Ledger JC - Jay Clarke LD - Liz Davy KS - Katherine Southwood KH - Kathryn Hawkes CC - Charles Clay RJ - Rachel Jackson TB-Tracey Brockman OG - Orla Gibbons
	Business as usual – This may relate to a statutory service or to a discretionary one that has come to be seen as BAU. This is not a guarantee of ongoing delivery where the service is not statutory but may instead denote an intention to continue, subject to the availability of resources e.g. grant funding.
	Project - This denotes a time-limited project to meet a specific need. Specific projects may develop into BAU where they demonstrate good outcomes and where ongoing funding allows.

Apply the 10 principles from the Healthy New Town Networ and the best innovations from our work at Northstow Healthy New Town and apply the learning to new plannin applications.	/e		The integration of the 10 principles has been proposed for inclusion in the Greater Cambridge Local Plan. More detail will be worked up for the Draft Plan Stage, working towards the adoption of these principles as policy in the next LP.	Planning policy	£Officer time	CG/LM
Update Health Impact Assessment SPD (2011)	Specific project	The existing Supplementary Planning Document (SPD) was published in 2011 and needs to be updated to reflect new Local Plan policy with up-to-date evidence.	The Dept for Levelling Up are proposing significant changes to the Planning process. SPD's are due to be replaced by Supplementary Plans. Once a new LPA has been adopted the old SPD will cease to have effect negating the need to undertake this particular activity. This change will take effect from 2024.	Planning policy	£Officer time	LMc
Secure from major developers S106 funding for the phasin arrangements for early delivery of community spaces suc as parks, greens spaces, orchards and allotments in ne communities.	Business as usual	To ensure that new developments promote health and wellbeing from the outset giving opportunities for the early residents to have access to quality open green space, parks to promote mental and physical wellbeing.	Ongoing. An internal document was produced to provide guidance for Development Officers commenting on	Planning policy	£Officer time	LMc
Working as Integrated Neighbourhood teams, to address the wider determinants of health in managing patient conditions taking an 'up-stream' approach in reducing demand of primary and secondary care services. This will involve looking a opportunities for activities for ill-health prevention based at a 'neighbourhood' level addressing local health	s, nn re Business as usual nn	independent living/delayed transfer of care into hospital or social care. This is a multi-agency approach working with health and social care partners and the voluntary sector.	Ongoing: We are working closely with the Integrated Neighbourhood teams in a more-joined up approach to how we address health priorities at a neighbourhood level. This work stream will continue to build over the term of this strategy.		£Officer time	
Develop a Health in All Policies Approach (HiAP)	Specific project	eventually become adopted at Districts level.	Once the pilot stage is complete, the toolkit will be adopted by the Districts to ensure consistency across the County. This is likely to happen in 2024.	Officers	£Officer time	LMc/IG
Support Mobile Warden Scheme delivery	Business as usual	To provide support at home for older people to retain independence and address social isolation and loneliness.	Workshop organised with elected members and stakeholders; funding from SCDC agreed for 1 year from April 2024 and further development work with schemes during the 2024-25 financial year, with a view to funding with public sector partners from 2025-28. Additional seed funding of £28,500 secured from the Care Together fund and distributed. A toolkit for how to set up a new scheme is live on the SCDC website.	Parish Councils, Age UK, Grant Funding	£100,000 for 2024-25	ED
Advice Services	Business as usual	To provide debt counselling and advice services such as Citizens Advice and Disability Cambridgeshire to families in need of additional support	Ongoing: annual update reports are received and submitted to Grants Advisory Committee. Increases have been reported in advice for debt and money - namely fuel poverty and council tax arrears; plus employment and welfare rights.	Funding provided for voluntary sector organisations via the Service Support Grants.	£100,000/pa CAB £8,739/pa DISH £5,000/pa Reach	ED
Work with the Falls Prevention teams	Business as usual	To identify and refer those at risk of falling to the falls teams at Cambridgeshire and Peterborough Foundation Trust and promote strength and balance classes and community based activities. Additional funding will be received from Public Health in 2024 to extend the number of strength and balance classes currently on offer across the District.	Ongoing: Housing Officers referring residents they feel are at higher risk of falls to the falls referral team at CPFT. Training for sheltered support housing officers in how to identify those at higher risk. This will be embedded as business as usual for housing officers and continue through the term of the Strategy. Additional Strength and Balance classes will be developed based on community need, and delivered for the period 2024-2026.	Housing officers	£Officer time	
Investment via service support grants to provide community based art-therapy groups	^{/-} Business as usual	Arts play an important role within mental health care supporting the positive mental health of individuals. Offering residents suffering with poor mental health alternative therapies to managing mood	Ongoing: Covid has impacted the number of referrals but the service have been working to strengthen links to the Primary Care Networks and are already beginning to see an increase in uptake of South Cambridgeshire residents. The work is funded by the Service Support Grants to 2026 and annual activity updates submitted to GAC.	Delivered by Arts & Minds Grant Funding	£4,000 pa	LMc
Creating a designated bathing site specifically for Sheep Green on the river Cam in the City	Specific project	I INIC IC TO ANCOUTAGE OUTGOOF CHIMMING ACTIVITY AND NEOVIGE FEACULTANCE TO NATIVES OF IMPLOYED WATER OUTSITY	Application made to Defra by Camb Valley forum and supported by SCDC	Delivered Camb Valley Forum	£9,000	OG
Invest in digital care within our new communities	Business as usual	Tech-enabled care together with services such as the Lifeline enable residents to be monitored to detect early signs of deterioration in health plus more immediate connectivity to carers, families and health professionals should something go wrong.	Ongoing: Older residents (tenure neutral) are actively being encouraged to consider the Lifeline service, especially users of Mobile Warden Schemes (see above). We are also working with the Tech Enable team at Cambridgeshire County Council (CCC) to explore adoption of tech to be integrated into new builds (this is being explored at Northstowe). CCC through their library service have linked with a number of community projects across the District to help improve access to IT throughout covid. A number of community based digital support projects have	Housing, new communities	£Officer time	LMc/CG
Manage 43 sheltered housing schemes in 30 village throughout South Cambridgeshire	Business as usual	scheme to encourage community activities.	nousing need and eligibility. This is ongoing.	Sheltered Housing	Funded through the Housing Revenue Account	МС
Provide a visiting support service to residents of Sout Cambridgeshire	Business as usual	To promote independent living in the community. The floating support service is available to residents aged over 65. This is a short term support service providing confidential, emotional, financial and practical support.	Business Plan objective to support 200 new clients during 2023/24 - as at 26/9/2023 the service has supported 136 clients this financial year. Signposting to local MWS where appropriate.	Housing	£officer time	Debbie G
6 free trees scheme	Specific project	An annual scheme for applications from parishes, to increase tree density in S Cambs villages	Ongoing delivery	C&E Team	£officer time	OG
			Ongoing delivery	C&E Team	£officer time	OG
Reducing Poverty through hou		nt & Skills				OG
		Why we're doing it Working in partnership with skills providers, Form the Future and & Growth Work Skills to host, support and promote events aimed at increasing exposure of young people to future careers and apprenticeship opportunities 1. Emergency food parcel delivery. Food aid delivered to anyone anywhere in the District in need of urgent supplies.	Project Update/Future Targets Ongoing: Event held Feb 2023 to coincide with National Apprenticeship week. Future events planned	C&E Team Delivery model Economic Development	£officer time Cost £Officer time + £600 school transport	
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As part of Cambridgeshire Energy Retrofit Partnership (CERP), deliver Home Upgrade Grant (HUG2) home retrofits in the District and facilitate ECO4 Flex scheme (Energy Company Obligations).	Specific project	CERP is working under the brand name Action on Energy to raise the profile of home retrofit in the District, increase uptake and build confidence by establishing a trusted avenue to retrofit, including Dept for Energy and Security Net Zero (DESNZ) grant-funded work. To reach our Net Zero by 2050 vision, improving energy efficiency in housing is essential, and grant-funded retrofit can help alleviate energy costs for households who don't have the resources to self-fund home improvements. The ECO4 Flex/Great British Insulation schemes also target those whose health is detrimentally affected by living in a cold home, as per NICE guidelines.		Climate and Environment Project Officer and Development Officer, partnership between 6 Cambridgeshire LAs.	Officer time, additional staff resource tbc with HUG2 funding.	OG/C&E Team	
Deliver the Council's Housing Asset Management Strategy relating to Council owned properties	Business as usual	To ensure our council properties remain fit for purpose and are energy efficient to meet the net zero carbon targets of 2050.	Housing Stock Condition Survey underway - to be completed by December 2023 which will then inform planned works.	Housing	Funded through the Housing Revenue Account	Housing Assets Team	
Increased scrutiny of health & safety and tenant satisfaction measures	Business as usual	Implemented through the Social Housing Regulation Act, increased regulatory role for the Social Housing Regulator, including publication of performance measures relating to health and safety as well as tenant satisfaction	In the process of setting up systems to collect the information for publication in 2024.	Housing	Funded through the Housing Revenue Account	Housing Assets Team	
Tenancy Information review	Business as usual	To review and update the information held on council tenants with a partcular focus on those with disabilities and to identify any special requirements	Review to commence in Q4 of 2023	Housing	Funded through the Housing Revenue Account	LB & PG	
Identifying homes in poor condition.	Specific project	A checklist for frontline workers has been produced, currently trialled in Cambridge City with the aim of identifying residents who live in cold/damp or mouldy homes to establish an appropriate referral mechanism to enable action to be taken through environmental health teams. Providing greater identification, support and protection for people in private homes or private rental sector.	Pilot stage. To be rolled out across the District and the rest of the County in 2024	Environmental Health	BAU	EHO	
Promote early intervention to imp	prove Mental H	lealth & Wellbeing					
What we're doing now		Why we're doing it		Delivery model	Cost	Owner	RAG
Support the publication of COPE (Cambridgeshire Older People's Entreprise), the newsletter aimed at keeping local older people connected and in touch with the outside world.	Business as usual	To keep older people connected. Many older house-bound people who do not have or want access to the internet rely on this form of newsletter as a source of information on what's going on locally.	COPE have also introduced a new telephone service called "Talking Together" which invites people with the same interests to join a group conversation. This has been very popular and helped older housebound people stay connected and interested throughout lockdown. Annual progress reports submitted to GAC. Funding to continue for the duration of the Service Support Grant agreement.	COPE	£ 2,000 pa	LMc	
Specialist advice for voluntary sector	Business as usual	To provide specialist advice for the voluntary sector in terms of access to various sources of grant funding, training and general support	Ongoing as part of the Service Support Grants. Annual progress reports submitted to GAC. Namely they are providing ongoing support to start up orgs, signposting to grant funding, guiding on governance etc	Delivered by CCVS (Cambridgeshire Council for Voluntary Service)	£11,400 pa	LMc	
Mental wellbeing practitioner (Housing and Environmental Health)	Specific project	The role was filled in January 2023 as a pilot to support tenants with complex needs to help sustain tenancies and link in with the wider health care system.	This post is already achieving excellent early outcomes, addressing inequalities and engaging with families and individuals that are typically "hard to reach", developing trust and supporting change at a pace that is very much dictated by the individuals who are in return receiving holistic support on a whole range of complex issues. The post was secured as a fixed term contract. Ongoing funding will be dependent on outcomes and budget beyond 2024	Housing and EH	Officer time	CG	
Mental Health Support for Businesses	Business as usual	Economic Development team provide information and signposting to support services to local businesses through the Newsletter and Social Media. Regular Webinars are hosted for businesses to find out about the support that is available to them and for their staff. Webinars funded by Public Health.	Ongoing	Economic Development	Officer time	ТВ	
Training for all front-line staff in MECC (Making Every Contact Count).	Specific project	To aid richer conversations with residents to help problem solve and signpost	continued indefinitely.	Everyone Health	£Officer time training	LMc	
	Specific project	To raise awareness of domestic abuse and signpost to support	Domestic Abuse Champions identified and trained. Further training arranged for September 2023.	-	Officer time	Heather Wood	
Future Plans		Why we're doing it	Project Update/Future Targets	Delivery model	Cost	Owner	RAG
Consider the development of a Heritage Arts & Culture strategy	Specific project	Arts and culture play an important role in placemaking and wellbeing and health. This is an area of activity to be strengthened to improve access to creative pass-times across the District and share our heritage more widely.	Elected Members to be surveyed and asked for their views on the scope of a Culture Strategy.	tbc	tbc	КН	
Mental health early intervention project at Northstowe using		Given the association between new housing developments and an increased incidence of low level anxiety and depression,		Commissioning (by Cambridgeshire Councy Council) to secure a VCSE (Voluntary	Officer time	CG	