



Report to:	Cabinet	19 October 2021
Lead Cabinet Member:	Councillor Bill Handley, Lead Cabinet Member for Community Resilience, Health and Wellbeing	
Lead Officer:	Jeff Membery, Head of Transformation	

Health & Wellbeing Strategy Update

Executive Summary

1. Following Cabinet approval of the Health & Wellbeing Strategy in June 2020, this paper provides the second bi-annual update to Cabinet Members on the progress of activities to date.
2. The action plan was written largely prior to the Covid-19 pandemic and approved whilst the Country was in Lockdown 1. However, delivery of most actions has continued with only minor disruption to timescales.
3. Work has begun with communities to capitalise on the volunteer-led community support witnessed throughout the pandemic. There is a pilot underway to create a menu of support for parishes and groups that want to develop projects to strengthen their sense of community and their resilience post-Covid. This type of work is referred to by other organisations as Community-led Planning.
4. Additional funding opportunities have presented as a result of Covid-recovery/mitigation. These have been used to a) extend the 'Wild Minds' mental health programme for young people in the face of rising levels of reported depression and anxiety; and b) to provide much needed access to funding for our dual use leisure facilities to help mitigate the financial impacts of covid and to help refresh and upgrade interiors and equipment.
5. A summary of achievements can be found from point 10. A full list of actions can be found in Appendix A.

Key Decision

6. No. This report was requested by Cabinet and is for information only.

Recommendations

7. Cabinet is asked to note the contents of the report and the delivery of activities and services which promote physical and mental health and wellbeing, with

consideration for the impacts that the pandemic has had on delivery of some projects.

Reasons for Recommendations

It was agreed when the first 6 month update report was presented to Cabinet in January 2021 that a follow up should be presented later in the year. It will then be reviewed after 3 years unless requested otherwise.

Details

8. The Health & Wellbeing Strategy was written prior to the Covid-19 pandemic with a service delivery model based largely on social and group interaction without reference to social distancing measures. Throughout 2020 and the first 6 months of this year, Covid-19 has continued to impact delivery of some of our planned programmes but they are beginning to pick up as lockdown restrictions are loosened.
9. An action plan was developed with the strategy to track progress (see appendix A). Below provides a summary of what has been progressed/delayed in the 6 months since the last review.

Successes

10. **Covid recovery community support (Community-Led Planning)** - Plans are progressing apace to continue to capitalise on the volunteer-led community support witnessed throughout the pandemic. Development Officers are working with selected parish volunteer groups to identify local priorities and solutions, to support the development of community-led action plans. The aim of the project will be to further strengthen community resilience on a range of priorities at the heart of each community.
11. **Mobile Warden Schemes** - All existing schemes moved to 3-year funding contracts from April 2021. This will help to provide greater employment security for wardens (previously on annual contracts) and security to clients of continuity of service particularly during these uncertain times. Some of the new schemes which were implemented towards the end of 2020 have found it difficult to attract new clients. We believe this is because of increased volunteering and community support during lockdown. However, we anticipate this will slowly dissipate over the coming 12 months and the new schemes will be poised to pick up those clients that have been reliant on community support. Members of the Grants Advisory Committee (GAC) are being kept updated with progress.
12. **Wild Minds** - The pilot scheme "Wild Minds" initially launched in September 2020, delivering two 6-week programmes aimed at young people aged 14-17 showing early signs of mental health decline. Thanks to successfully securing £20,000 covid recovery funding from Central Government via the County Council, we have been able to continue the programme this year. Delivery of a further 5 programmes has been planned from March 2021. The courses have been very

well received and oversubscribed thus far. Using the expertise of the Psychotherapist we have also delivered a Wild Minds Webinar for people working in adolescent mental health (to raise awareness of the scheme) and have delivered a mental health first aider training course for youth workers. Outcome evaluation of the project will continue and Members will be updated as the courses progress.

- 13. Healthy You, Tier 1 Lifestyle Service** - The Council has worked closely with the other Districts to develop the new Healthy You, Tier 1 Lifestyle service which replaces Let's Get Moving. A number of locally delivered workstreams have begun including training volunteer walk leaders to set up locally-led community walks which GPs can refer into. We have also delivered the first in-school 'nutrition wellbeing' programmes to primary schools within Cambourne and Elsworth. We are supporting community-led programmes to start up again in a Covid-secure way. We are also working very closely with Meridien and Granta Primary Care Networks to offer support to patients to help maintain mental and physical health whilst waiting for delayed routine orthopaedic operations.
- 14. Exercise on Referral scheme** - This scheme had been 'on hold' in compliance with Government Guidelines. However, during this time officers have reviewed and adapted the scheme to extend its duration and to include opportunities for outdoor activity; the aim is to help build greater peer support and ongoing sustainability of behaviour change for participants. The new-look scheme is being piloted at Sawston with plans to widen to other centres as they begin to re-open. Not all schemes have opened yet as schools consider reopening against other educational priorities during a pandemic.
- 15. Grant funding for dual use facilities** - Two streams of funding were successfully secured to help support our dual use facilities and mitigate the financial impacts of covid restrictions. Firstly, we managed to secure around £200,000 funding from the National Leisure Recovery Fund (money from Sport England/central govt); 3 operators met the criteria for awards benefitting the following centres: Sawston & Linton, Cambourne and Histon & Impington.

A further £50K was allocated for health and wellbeing from Local Authority central government covid mitigation funds. This is being offered as grants of between £1,000 and £15,000 to help centres with which we have a dual use agreement to refresh their interior and update their equipment. Centres which have suffered lack of investment over the years have been prioritised. The aim is to encourage the return of existing members (participants of exercise on referral schemes with existing long-term conditions and long covid) and increase uptake of new members, offering a "keep-it-local" gym offer and building community resilience through improved fitness. Grants were awarded mid-July.
- 16. Holiday sports camps** - Together with the disability athletics events for schools, these were cancelled last year. However, the first holiday camps re-opened over June half term for the first time since October 2019 with 184 children attending. Further holiday camps are planned over the autumn half term.
- 17. Mini-Olympics camps** - A post covid virtual event took place earlier in June 2021 with approximately 60% of South Cambridgeshire primary schools attending.

18. **Temporary closure of community facilities** (e.g. village halls) - For community groups wishing to restart activities we are signposting to the environmental health 'Covid' team (or Cambridgeshire ACRE) for advice on how to re-open in a covid-secure way and operate facilities safely. These are slowly beginning to start up again, but we anticipate these will continue increase following the full lockdown restrictions being lifted on 19 July 2021.
19. Recipients of our **third sector grant funding** (service support grants) all reported increased demand for services (with the exception of the community transport schemes), particularly the advice services such as Citizens Advice Bureaux. However, all successfully adapted their services to increase capacity and meet demand. Following a Grants Advisory Committee discussion, the Lead Cabinet Member for Finance agreed a one-year extension to the current grant agreements. This will allow a 3-year Service Support Grant scheme to be developed for April 2023 onwards when existing organisations, and any new bidders, will be better placed following the additional demands of responding to the Coronavirus pandemic.
20. **Community Chest, covid grant funding** – approximately £35,000 was made available for parishes, voluntary and community organisations to apply for grants of up to £2,000. This funding was a result of unspent Community Chest funding throughout the period of lockdown where applications had temporarily ceased. Twenty-two applications were approved covering projects across the District ranging from safety enhancements in village halls; providing funding for start up projects such as a Sing-along café in Bar Hill; social get togethers to celebrate the ending of lock down, training for mental health first aiders and outdoor communal seating areas

Future Initiatives

21. Employment of an **in-house mental health worker** has been delayed due to the pandemic. There is a willingness to implement this project and models for employing a mental health worker are being explored.
22. **Local Plan project** - In anticipation of the next Local Plan, a number of existing policies need to be updated. These will be reviewed with the Planning Policy team at the appropriate stage of the development of the new Local Plan:
 - I. Policy SC/2 the Health Impact Assessment SPD (2011) (to be updated)
 - II. Policy SC/7 Outdoor play space, informal open space and new developments (to be updated)

Additional topics for consideration in relation to health and wellbeing might include:

- I. Integration of the 10 Healthy New Town Principles – this will require the health principles emerging from the work undertaken at Northstowe and other Healthy New Town demonstrator sites across England, to be applied to all new developments.

- II. Swimming pool strategy – this will inform the quantity of swimming pool provision across the Greater Cambridge Planning Authority reflecting the planned housing/population growth.
- III. The implementation of a new Active Travel Toolkit that will provide clarity for developers on our expectations for walking and cycling infrastructure.
- IV. Hot food takeaway – to prevent the over proliferation and clustering of hot food takeaway outlets close to secondary schools and on our developing high streets in new developments.

Lifeline Service - This service has seen a decline in users over the past 18 months. Membership has declined from 922 users in January 2020 to 840 users as of July 2021. Many potential new clients sign up following hospital discharge or following a bout of illness. However, several other organisations are emerging onto the market offering similar support at equally competitive prices, including the Technical Enabled Care team at Cambridgeshire County Council (CCC) and Age UK. We will explore options to work more closely with CCC lifeline service.

Implications

23. In the writing of this report, taking into account, legal, staffing, risk, equality and diversity, climate change, and any other key issues, the following implications have been considered:-

Financial

24. Funding for the Wild Minds project will expire in March 2022. These courses have proved very popular and the initial outcomes have been very positive. Options for continuing this project are being explored.

25. The package of Service Support Grants will be reviewed by the Grants Advisory Committee and Lead Cabinet Member for Finance to develop a scheme for April 2023.

Alignment with Council Priority Areas

B) Housing that is truly affordable for everyone to live in –

Under this priority area in the actions grid we commit as a council to focussing on the health and wellbeing of our communities through everything we do.

D) A modern and caring Council

We commit to expanding Mobile Warden Schemes and to providing grants to community and voluntary groups to help them carry out projects to benefit local people and the environment.

Appendices:

Appendix A: Health & Wellbeing Action Plan Update

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