Committee: Overview and Scrutiny Committee
Date of meeting: 24 October 2019

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<th>Subject:</th>
<th>Health and wellbeing update</th>
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<td>Lead Officer:</td>
<td>Head of Community Support Services, Head of Leisure and Cultural Services, Head of Environmental Services</td>
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<td>Portfolio Holder:</td>
<td>Social Affairs, Leisure and Culture, Environment</td>
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Executive Summary: Following on from the work of the Health and Wellbeing Task & Finish Group in 2018/19 this report seeks to update members with various Health and Wellbeing initiatives and how the work of the Borough aligns with and contributes to the new Surrey Health and Wellbeing Strategy.

Report:

1. Health and wellbeing in Elmbridge

2. Following on from the work of the Health and Wellbeing Task & Finish Group in 2018/19 this report seeks to update members with various Health and Wellbeing initiatives and how the work of the Borough aligns with and contributes to the new Surrey Health and Wellbeing Strategy.

3. During 2018/19, the Task and Finish Group undertook a review of health and wellbeing provision in Elmbridge and developed recommendations. An update on each of these recommendations and those raised at the May Overview and scrutiny workshop is outlined in following paragraphs.

4. An update on progress made in helping previously physically inactive people into physical activity e.g. This Girl Can, walking football/netball etc.

Update:

- Places Leisure introduced a women’s only swim on a Saturday night at Hurst Pool in February. It was initially a trial, however has continued due to demand.
- For Surrey Youth Games this year there were 334 registrations compared to 316 last year, all participants were non-club players. We did more targeted promotion to those who are inactive, and worked closely with housing associations, family services and surrey police for referrals.
- This Girl Can - The idea for the campaign was created as a response to the Sport England Active Lives survey, showing that 27.7% women in Elmbridge did less than 30 minutes activity a week, compared to 17.8% of men. A total of 251 women took up the promotion offer, 101 women took advantage of the various activities we had on offer with our local sports clubs and 150 women from Elmbridge attended the
Girl Power Fit Festival. We collected as many postcodes as we could to measure success and with 31.68% from Walton on Thames and 20.79% from Hersham this shows we managed to engage with our areas of highest inactivity. This was followed by 16.83% from Esher (including EBC staff members using the Civic Centre postcode), 14.85% from Molesley, 6.93% from Cobham 4.95% from Weybridge, 1.98% from Thames Ditton and 1.98% from Long Ditton. The top 5 most popular activities were Exercise/Dance classes, Walking Netball, Boxing, Rowing and Cardio Tennis. Other activities that had success were Karate, Running, Spinning and Yoga/Pilates.

- Active Ageing Week runs from 1st – 4th Oct. In partnership with Active Surrey we are promoting activities for the older age group. Active Surrey will be promoting via bus stops, GP surgeries, sponsored Facebook ads and directing people to the Get Active Activity Finder where we have listed various activities including healthy walks & cycles, Otago classes, Walking Netball and other exercise classes.
- Undefeatable is a Sport England initiative which was launched on 2nd September, to break down the barriers of participating in sport and encouraging people with disabilities and long-term health conditions to be more physically active. We have been supporting this by signposting residents to activities.
- National Fitness Day was held on 25th September. To celebrate, we held a walking challenge for staff to collectively complete the distance of Kilimanjaro (62km) which was achieved. The Sports Development Team delivered an afternoon of fun activities at Coronation Rec with a total of 19 children attending after school which was a huge success.
- Xcel ran their own activities for National Fitness Day which included free access to gym & swim all day on 25th and 28th September and free personal training throughout the day.
- We received Satellite Club funding from Active Surrey and Walton Charity to set up a Saturday Night Project at Xcel. The project provides a fun and safe environment for young people to socialise with friends, play a variety of sports. It costs just over £3 to attend, or free if referred by a professional organisation i.e. Surrey Police, School, Eikon Charity or PA Housing. There are 80 young people between 7 – 16 years registered, with 50 young people attending each week, along with 6 free referrals each week. Alongside this, there is a gym separate session for young people aged 16 – 19 years with approx. 10 attendees each week.
- Lower Green has recently received Satellite Club funding from Active Surrey. We will be aiming to engage with 12-19-year olds who do not usually engage with community sports clubs. It will be targeted at residents from the Lower Green Area and have chosen Dance & Basketball as these were the most popular based on feedback from community engagement.
• Surbiton Hockey Club launched a Back 2 Hockey programme on Tuesday evening 8:30pm – 9:30pm which was aimed at either people new to hockey or have not played in the last 30 years or so. So far it has been a huge success.
• In September, Places Leisure launched a series of track initiatives including Couch 2 5K, Buggy Fit, This Girl Can Run and Track Walking.
• We have been working closely with the Elmbridge Youth Interventions Officer at Surrey Police on a local scheme called Sporting Chance. The project is funded by Elmbridge Borough Council and Walton Charity, which helps subsidise sporting sessions for vulnerable young people who are referred by the Police, Children’s Services, Housing Associations and/or receiving 1-2-1 youth support on a regular basis.
• Get Active Activity Finder is a new online hub where people can explore drop in activities in their surrounding area e.g. dance classes, walks, cycle rides etc. The site allows the customer to book their place there and then to improve customer experience, which is similar to models such as Booking.com.
• Cobham Hive boxing is a project which launched in Sept in partnership with EBC and The Fitness Factory. At the launch we saw 12 young people aged 12 – 17 take part in Boxing activities in a warm and safe environment, and the club provided food and drink for the young people after. This was off the back of another successful boxing project at Walton Youth Club with approx. 9 young people aged 15 years attending each Friday evening.
• We are supporting a wide range of disability programmes including Wheelchair Karate, Walton Wombats (cricket) Surbiton Flyerz (hockey) and Boccia and have provided various taster open days. We will also be running activities on 3 December for International Day of Persons with Disabilities.
• Places Leisure offer free swimming for under 8’s at Hurst Pool and Xcel which is very popular.
• Fishing with Friends meet at Apps Court every Thursday from 10am-1pm for a chance to fish at a low-cost price as well as meeting new people. Approximately 4 people attend on a regular basis.
• Xcel have started weekly sensory classes for mums and babies to encourage children to be active from a young age as well a chance for mums to interact with other mums. It has been so successful that they have introduced a separate session for children with additional needs.
• Walking football at Xcel is one of the most successful football projects in Surrey. They have now introduced an extra session for those who are U50 on a Monday evening to cater for those who want to get back into football but not quite reached retirement age.
• The Sports Council funded a Mental Health Football project at the Sports Hub for young men aged 14+
• The Sports Development Team are working with local clubs and organisations including Brazilian Jujitsu, Tennis, Judo, 02 touch rugby
and taekwondo to celebrate International Men’s Day in November. There will also be a Table Tennis tournament to engage with staff who are less likely to take part in normal physical activity sessions and will be providing staff with free health checks.

5. An update on the first year of Social Prescribing

Update:

- Social Prescribing has seen a key rise in its profile, particularly the health partners including GPs over the last year. A full-time Social Prescribing Officer, funded through the Better Care Fund working full time, with 24 hours a week supporting residents/patients in the Surrey Downs area (Molesey, Dittons, Esher, Claygate, Hinchley Wood, Cobham and Oxshott) and 12 hours a week to support patients in the North West Surrey area (Walton, Weybridge and Hersham). We appointed to this post in September 2018 but the officer left us in this September and we have now offered the post to a new Social Prescribing Officer who is currently going through the recruitment process. We have a commitment for funding through the Better Care fund until March 2020 with further funding opportunities emerging detailed below. We have been supporting the concept of Social Prescribing since 2017 but this was the first funded Officer.

- Social Prescribing is focused on supporting residents/patients who see GP’s with social as opposed to a Health concern. The role of the Social Prescribing Officer is to help identify patient’s social needs and support them in finding local services, activities, appropriate links. So, the service can help with signposting to local services such as:
  - Physical and mental wellbeing
  - Financial support and information
  - Council services
  - Centres for the Community
  - Meals on Wheels Services
  - Memory loss and dementia support
  - Befriending services
  - Leisure services
  - Housing options, advice and adaptation

- Initially it was slow receiving referrals from GPs but following an initiative in East Elmbridge where the Social Prescribing Officer went into the Littleton GP surgery which was the key hub for the Primary Care Network consisting of 7 surgeries in the East Elmbridge area across Claygate, the Dittons, Molesey, Hinchley Wood and Esher we reached 62 open cases and we had to close referrals to allow time to action these referrals accordingly.

- These referrals have now been actioned accordingly and we have had to suspend referrals whilst we wait for a new Social Prescribing Officer to join us. However there have been expansions in Social Prescribing
through GP contracts being developed through the Primary Care Networks. In Elmbridge we have 4 Primary Care Networks which cover our borough area which are as follows:

- East Elmbridge locality covering Cobham, Claygate, Dittons, Molesey, Hinchley Wood etc
- Leatherhead locality covering Cobham and Oxshott
- Weybridge locality
- Walton locality covering Walton and Hersham

- We are working with Primary Care Networks to action a Social Prescribing Officer for East Elmbridge and one initially for North West Surrey with the expectation there would be 2 Officers in 2020. We are working with Central Surrey Voluntary Action (CSVA) in terms of supporting them in recruiting a full time Officer for Leatherhead who will have a percentage of their time allocated to Cobham and Oxshott, so we will be working very closely with the CSVA to ensure this Officer is fully aware of Council services.

- A new area to highlight is that Community Support Services has been selected for is the LGA Directory of Services pilot Project to supporting vulnerable residents. We are one of 3 pilot projects in the country funded through the Local Government Association working in partnership with the Department of Media, Culture and Sport (DMCS) looking at how we can develop open data with respect to Directory of Services. We have commenced a pilot which will conclude in March 2020 securing some funding to develop some software to ensure directories can be appropriately updated electronically and looking at a potential way of sourcing that information as the pilot develops.

- In terms of Media, Culture and Sport involvement this links very strongly to the loneliness and isolation agenda recognising that access to information can be a key determinant in reducing potential loneliness and isolation. In turn in Elmbridge we had just updated our Services Directory printing hard copies as we have done before as many people use them as their core information sources and we have widely distributed but this did mean we had an assured information source which could be used as a core base for the project.

- To be working with the GP’s to develop Social Prescribing is exciting and we are currently working with Health Partners and GP’s to determine the associated costs for delivering this service. However, we would hope to be recruiting for East and West Elmbridge post shortly and supporting Central Surrey Voluntary Action in terms of their recruitment process. GP contracts run for a 5-year period, so this is an opportunity to look at some longer term continuity with respect to this service area.
6. An update on the facilities for physical activity in our parks and green spaces, and the use of our parks and green spaces for physical activity

Update:

- There are currently over 5500 members with a Parks Tennis Pass, with 79% of those being activated.
- EBC Parks Tennis coaching started in June with 48 players taking part in the LTA Tennis for Kids programme (players who are new to tennis, aged 4 to 11) at Civic Centre and Molesey Hurst Rec. From the success of the Tennis for Kids programme, 5 days of summer holiday sessions were run in August with 72 bookings made by 44 individual players (38 of the total individuals were new to EBC Parks Tennis coaching). EBC coaching has continued with weekday term time coaching with a total of 22 players aged 4 to 13 years old at Esher Civic Centre and Molesey Hurst. By the end of October 2019, a total of 92 individuals (53 male & 39 females) aged 4 to 13 years will have taken part in the EBC parks Tennis coaching scheme, with them making 152 bookings since June 2019. The EBC Parks Tennis coaching scheme also includes a free adult Cardio Tennis session at lunch times on alternate Wednesdays, at Esher Civic Centre. 24 adults (8 male & 16 females) have made 67 bookings since June 2019 to 1st October 2019. 6 members of staff from Elmbridge Borough Council have booked onto the Cardio Tennis.
- Teddy Bears Picnic at Vauxmead in Hersham had approx. 420 attendees and PlayDay at Hurst Park had approx. 3500 attendees.
- Places Leisure have started sessions on Saturday mornings, free of charge to the community, using the outdoor gym at Molesey Recreation Ground.
- To celebrate National Fitness Day, the Sports Development Team ran a family friendly activity session at Coronation Recreation Ground on 25th September. Available activities included Xplorer orienteering, 1-mile running route, Tennis, Outdoor Gym & Multisports. There were 19 young people who took part in the activities.
- Ladies that Lift hosted a Girl Power Festival at Elm Grove Recreation Ground on 28th September with the aim to empower women and increase levels of physical activity within the Borough, which was in collaboration with our This Girl Can campaign. Tickets cost £10, and all proceeds went to Coppa Feel charity, and allowed women unlimited access to classes and professional advice from stallholders. 140 women from Elmbridge attended.
- During the Summer we ran an initiative called Elmbridge stones to encourage young people and their families to get outdoors and do something fun together. The idea was to decorate a pebble, write #EmbridgeStones on the back and upload it to the Shout! Facebook page. The pebble is then hidden in one of our recreation grounds for someone else to find and repeat the system.
- We have received Satellite club funding to deliver Basketball sessions for young people aged 14 – 19 years, using the Multi Use Games Area at Lower Green Recreation Ground.
- The Sports Development Team ran a free Buggy Run course throughout the Summer at Molesey Hurst Recreation Ground. Unfortunately, only a couple of people took up the opportunity, however we aim to start something up again with a different time and day based on feedback we have been given.
- The new Healthy walks and cycles programme for Oct – Dec 19 has just been launched. This Summer we introduced a buggy walk every Wednesday to invite parents to bring their children on a walk and stop for coffee afterwards.

7. A general update on health and wellbeing statistics in Elmbridge, and any other work relevant for Members
   - **Update**: the 2018 Elmbridge Health profile identifies:
     - Health generally better than the England average
     - Life expectancy 3.5yrs lower for men, 2.8 yrs lower for women in most deprived areas
     - Yr 6 8.8% children classed as obese
     - Estimated levels of adult excess weight and physical activity are better than the England average.
     - The rate of people killed and seriously injured on roads is worse than average.
     - Rates of violent crime, early deaths from cardiovascular diseases and early deaths from cancer are better than average.

The most recent stats from the Active Lives survey highlight the levels of activity within Elmbridge. This shows a reduction in those who report as inactive, and an increase in those reported as active.

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<td>May 17/18</td>
<td>22.9%</td>
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<td>Nov 17/18</td>
<td>20.3%</td>
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8. Explore the possibility of creating area-based Councillor Champions for health and wellbeing.
   - **Update**: Officers from leisure and cultural services and Community Support Services have met to discuss this opportunity and will be progressing this work. Initial thoughts that the champions could be used to
     - Promote and advocate for health and physical activity
     - Support delivery of outcomes from the surrey health and Wellbeing Strategy, Older Peoples Strategy and Physical activity strategy
9. Consider further opportunities for Councillors to learn about health and wellbeing through short themed sessions for Members.
   - **Update**: A member development session was organised and delivered for 7 members on the importance of Health and wellbeing on 25 September 2019. This was well attended and discussed in more detail the links and areas that the Council delivers against the Surrey Health and Wellbeing Strategy.

10. **Surrey Health and Wellbeing**

11. The Surrey Health and Wellbeing Board have developed a new [health and wellbeing strategy](#), which is the product of unprecedented collaboration between the NHS, Surrey County Council, district and borough councils and wider partners, including the voluntary and community sector and the police.

12. This new strategy signals an important shift to a more preventative approach, addressing the root causes of poor health and wellbeing – including things like poor housing and the environment – and not simply focusing on treating the symptoms.

13. The strategy sets out how different partners across Surrey can work together with local communities to transform services to achieve these aims, focused around three key priorities and five priority groups:

14. **Key Priority one**: Helping people in Surrey to lead healthy lives
   **Key Priority two**: Supporting the mental health and emotional wellbeing of people in Surrey
   **Key Priority three**: Supporting people in Surrey to fulfil their potential

15. **The Priority Groups are**:
   A. General population
   B. Children with SEND and Adults with Learning Disabilities and/or Autism
   C. Young and Adult Carers in Surrey
   D. People who need support to live with illness, live independently, or to die well.
   E. Deprived of Vulnerable people.

16. The strategy focuses specifically on the opportunities for working together as a partnership.

17. Delivering the strategy will play a crucial part in achieving Surrey’s ‘Community Vision for Surrey in 2030’ which was the result of significant engagement with the Surrey population last year. It will also support the delivery of local health and care plans, how partners respond to the recently published [NHS Long-Term Plan](#) as well as individual organisational strategies and plans.

18. Elmbridge has a range of Strategies and initiatives, which contribute to improving local health and wellbeing and the wider strategy. Health and Wellbeing priorities are also included in local Sustainability Transformation Partnership commissioning plans, with Surrey Heartlands working across Elmbridge.

19. Internally Elmbridge has trained over 60 mental health first aiders. The training they received will be beneficial to more than just the organisation and to the residents they interact with in work capacity. The skills and the lessons learnt will be useful to the individual beyond their work environment and will
help them contribute to promoting wellbeing in the wider community.

20. Moving forward we will seek to make these links and the Councils vital contribution to the Surrey health and wellbeing strategy clearer within future Council plans.

21. Metrics to measure progress and impact of action will be developed alongside the action plans for each priority area and will be monitored by the Surrey Health and Well being board.

**Financial implications:**
All of the services included in this report are provided within existing budgets. Where new projects are initiated, external funding will be sought where needed. Any external funding for additional social prescribing officers will need to cover the full costs and will require an exit strategy to be in place for when the funding is withdrawn.

**Environmental/Sustainability Implications:**
None for the purposes of this report

**Legal implications:**
None for the purposes of this report

**Equality Implications:**
None for the purposes of this report

**Risk Implications:**
None for the purposes of this report

**Community Safety Implications:**
None for the purposes of this report

**Principal Consultees:**
Head of Community Support Services
Head of Leisure and Cultural Services
Head of Organisational Development
Head of Planning Services
Head of Housing
Environmental Health and Licensing Manager

**Background papers:**
None

**Enclosures/Appendices:**
Appendix 1: Current work and identifying opportunities

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