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# Health and Wellbeing Committee

<b>Report for:</b>	Health and Wellbeing Committee
<b>Title of report:</b>	Health Inequalities and Healthy Hub Work Programme
<b>Date:</b>	14 <sup>th</sup> March 2024
<b>Report on behalf of:</b>	Councillor Sheron Wilkie, Portfolio Holder for Place
<b>Part:</b>	I
<b>If Part II, reason:</b>	N/A
<b>Appendices:</b>	N/A
<b>Background papers:</b>	None
<b>Glossary of acronyms and any other abbreviations used in this report:</b>	HCC –Herts County Council HDSF – Herts Disability Sports Foundation HSP – Herts Sports Partnership

## Report Author / Responsible Officer

Diane Southam – Assistant Director Place Community and Enterprise



<b>Corporate Priorities</b>	A clean, safe and enjoyable environment Building strong and vibrant communities Ensuring economic growth and prosperity Ensuring efficient, effective and modern service delivery Climate and ecological emergency
<b>Wards affected</b>	All wards
<b>Purpose of the report:</b>	<b>1.</b> To provide an update the activities of the Health Inequalities and Healthy Hub areas of work
<b>Recommendation (s) to the decision maker (s):</b>	<b>1.</b> That Members note the report and identify any areas where they require additional information
<b>Period for post policy/project review:</b>	N/A

## 1. Introduction

- 1.1. This paper provides an update on the Health Inequalities and Healthy Hub activities during 2023/24 to date.

## 2. Health Inequalities

- 2.1. Funded by Herts County Council (HCC), the area of focus is obesity, which is disproportionately high in Dacorum among residents of South Asian origin living in the most deprived wards. There are 3 main projects which are in the HCC approved Place Based Health Inequalities Intervention Plan which runs until March 2024. They are:

### 2.2. To improve physical activity levels and reduce obesity in children aged 9-11 living in Bennett's End

- 2.2.1. In conjunction with Herts Sports Disability Foundation, providing reconditioned bikes and / or cycling lessons to children in 5 schools in Dacorum's most deprived area. The aims are to encourage increased physical activity and reduce obesity.

- 2.2.2. All work has now been completed and we are waiting for the final report which will include an event in the summer holidays. Statistics so far show;

- 270 young people took part in cycling lessons –there were varying degrees of help required (final stats will give more details)
- Most young people are now cycling independently with just 8 needing further support
- 26 bikes were repaired on site
- 58 bikes have been gifted to young people (final figure may be higher)
- 52.3% of young people needing intervention were from an ethnic minority background

### 2.3 To reduce the BMI of 175 obese residents in the most deprived wards, with a priority focus on residents from South Asian origin

- 2.3.1 Working with GP Surgeries in the most deprived areas and Watford FC Community and Engagement Trust to deliver Shape Up courses. There are 7 cohorts in total – 4 for men and 3 for women. The aims are to increase nutritional focus and exercise and to reduce obesity. The goal is to have a minimum of 30% of participants from ethnic minority backgrounds, particularly South Asian.

- 2.3.2 Good links have been established with GP Surgeries in Dacorum now, particularly in the most deprived areas. The first cohort has taken place and we are waiting for the report. There have been some staff shortages at Watford FC as well as some learning for them in preparation for the September cohort including making more personal contact and having a reserve list as some people did not attend or dropped out.

- 2.3.3 The second two cohorts, one for men and one for women, will be starting mid-September and there is a lot of interest from GP Surgeries so it is expected the places will be filled quickly.

### 2.4 To tweak the council's free physical activity programmes for children aged 8-16 to encourage more participants from South Asian communities in deprived areas to attend

- 2.4.1 Working with the Adventure Playgrounds to develop the service for different cultures, with a focus on South Asia, including the translation of flyers and provision of culturally-appropriate games, activities and food. The aim is to encourage physical activity and therefore reduce obesity among South Asian families.

2.4.2 The Adventure Playground collate data monthly and this shows that we are seeing a slight increase in ethnic minority engagement so whilst there is a lot more work to be done, across many communities, it is a real start.

2.5 Other areas which we are working on in addition to the Implementation Plan include;

2.5.1 **Bikes without Barriers – Herts Disability Sports Foundation (HDSF)**

HCC have funded £5k to further the original work, DBC have adapted the project to work with younger children and to provide some instruction to adults. HDSF are asking schools to contribute £500 from their PE & School Sports Premium and they have also secured some charitable funding for the project. There is funding for up to five schools in the borough, one is signed up already and HDSF are in talks with at least two others who officers worked with previously.

2.5.2 **Shape Up Programme - 7 cohorts of 12-week fitness and nutrition courses run by Watford Football Club's Community Sports and Education Trust, commissioned by DBC.**

Cohorts 4 and 5 are underway with good numbers signing up, the new venue are Grovehill Community Centre. We will be planning for cohorts 6 and 7 as well as the extra cohort Watford FC are funding as the 'mop up' session for reduced numbers in earlier cohorts. DBC are working with the trust to use some of the funding to provide an option to facilitate or encourage the groups to continue meeting up and exercising.

The Dacorum Activity Directory – a directory of physical activity options in Dacorum is complete and has been given to Watford FC to disseminate to all 'graduates' of the programme to encourage them to find something to continue their increased physical activity levels. It will also be given to applicants that were not offered a place so that they have lots of options to commence something independently. It will also be put on our website and shared with our partners.

2.5.3 **South Asian recipe book, health and wellbeing day and live cooking demonstrations**

NHS funding has been granted to work with the ADDA Club to adapt an existing recipe book which has been written to lower diabetes levels within the South Asian community. The book will be launched as part of an annual fun day that is run by Baytus Salaam (formerly the Dacorum Bangladeshi Welfare Association) at the end of the summer which attracts 300-400 people. The funding also covers some live cooking demonstrations, which will support the recipes in the book.

The plan is to have a clinician (NHS / HCC) taking blood pressure readings and giving advice as well as colleagues from Herts Sport & Physical Activity Partnership (HSP) running some physical activities with children and adults.

2.5.4 **Moving More culturally diverse exercise videos**

Officers are working with HSP and their Moving More platform to create some new exercise videos from members of the South Asian community. HSP have agreed funding for 3 videos and DBC are working with Herts Asian Women's Association (HAWA) who are producing some sample videos to show us what they can do. The three videos would reflect the various communities within South Asia; video 1 run in a very traditional style led by a personal trainer with a face covering and music from nature; video 2 in a more contemporary style with South Asian music and dance moves; video 3 Bollywood style.

The longer-term plan is to create a suite of videos from many different communities, for example Caribbean, Polish, Romanian and HSP have already agreed to fund some Moroccan videos. The videos

will be led by members from each community with culturally appropriate clothing, movements, and music from that culture.

#### **2.5.5 Health Inequalities and Health Hub - county wide meetings attended**

DBC officers work with a variety of voluntary, public, and commercial partners to promote the wider health and wellbeing agenda. This list below details the meetings that DBC is represented at.

- HOPP – Herts Obesity Prevention Partnership
- Place Based Health Inequalities Steering Group Quarterly Meeting
- Health Inequalities Community of Practice
- Community Resilience Empowerment and Diversity Project – (CRED, part of CDA Herts) Quarterly Engagement Meeting
- Dacorum Locality Delivery Provider Group Meeting
- Healthy Hub Dacorum Networking Meeting

#### **2.5.6 Everyone Active – Exercise Referral Programme: new desktop app**

Everyone Active who operate DBC leisure facilities are in the process of rolling out the 'Referral ALL' app onto the desktops of Herts GPs. This will allow GPs and other health professionals to refer patients into the leisure centres to access the social prescribing activity programmes available to residents with long term health conditions.

### **3. Healthy Hub**

#### **3.1 Overview of Healthy Hub Referrals**

Referrals come into the Healthy Hub from a number of sources including the Employability and Wellbeing Hub in the South Hill Centre, the Shape-Up project with Watford FC Community and Engagement Trust and the Generalist Adviser Service project with Citizens Advice Dacorum. In the past year there has been a total over 2,638 residents referred into the Healthy Hub Dacorum to gain access to health and wellbeing support. As a result, Dacorum are one of the highest in referral figures in Hertfordshire compared to other local healthy hubs. Whilst during the pandemic referrals were due to physical or mental health concerns, the majority of referrals at the present time are due to the rising cost of living which is affecting all parts of the community. Residents who have previously never asked for financial advice are coming forward for help on their bills and whether they are entitled to any benefits to support their household. Obviously the cost of living is primarily a financial concern, it has been seen to affect some resident's physical and mental health as a secondary impact as residents begin to cut spending on gyms, healthier but more expensive food and an increase in drinking alcohol.

#### **3.2 South Hill Centre - Employability and Wellbeing Hub**

The Healthy Hub Officer has attended the South Hill Centre hub as part of a partnership with the South Hill Centre under the Healthy Hub name for over two years now. The Healthy Hub has promoted and has a breakout room for services users to have confidential conversations about the support they need to improve their health and wellbeing. The Healthy Hub Officer continues to attend the physical hub on Tuesdays and Fridays to provide face to face drop-ins and appointments to clients wishing to use the project. The Healthy Hub Dacorum partners have expressed an interested in joining, with Herts Help and NHS health checks having a monthly physical presence. With the South Hill Centre, we have created a programme to promote monthly health and wellbeing topics, through workshops and promotional

materials in order to create awareness of support networks for residents. Due to the popularity of these health checks, we were given extra appointments on 26th January which were fully booked.

### **3.3 Hemel Hempstead Job Centre Support Sessions**

Officers have commenced fortnightly drop ins at Hemel Job Centre, the first took place on the 24th January and all six slots were taken. These appointments are for job centre clients who have health and wellbeing issues that are impacting their ability to gain sustainable employment. Those seen needed support with issues such as their mental health, housing concerns and benefits advice.

### **3.4 Generalist Adviser Service- Citizens Advice Dacorum Joint Project**

This year-long project has supported clients with welfare advice where people have lost their employment due to economic changes from the pandemic and the rising cost of living. Also the project has supported those who have issues relating to debt, benefits, housing and relationship issues. The Generalist Adviser has been working Tuesday in line with the Healthy Hub Dacorum drop in sessions at the South Hill Centre. The Generalist Support Adviser has also been required to support the Healthy Hub Dacorum with physical and telephone appointments. Full generalist advice at 4 appointments (45mins) per week, plus one dedicated disability form filling appointment (90mins) (PIP, AA, UC LCW or ESA).

### **3.5 Other Activity**

The project provided residents with the latest health and wellbeing updates through our January edition of the Healthy Hub Newsletter. This month we focused promoting our 'core offer', the new timetable for Beezee Bodies courses, the healthy start campaign, cost of living support, The Hertfordshire Mind Network's Nightlight service, and the Healthy Walks service. There are over 260 subscribers for our monthly newsletter, and we are thriving to increase this.

In January DBC promoted the 'We're With You This Winter' Campaign via our communication channels. The campaign focuses on raising awareness of how Healthy Hubs can support residents with issues such as quitting smoking, drinking alcohol less, getting more active and reaching a healthy weight.

## **4. 2024/25 Programme**

Herts CC have confirmed that funding will continue for 2024/25 for both the Health Inequalities programme and the Healthy Hub. Officers will work with colleagues in Public Health at HCC to agree the Intervention Plan and programme for 2024/25