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# Health and Wellbeing Committee

<b>Report for:</b>	Health and Wellbeing Committee
<b>Title of report:</b>	Place Based Health Inequalities and Healthy Hub Work Programme
<b>Date:</b>	28 <sup>th</sup> November 2024
<b>Report on behalf of:</b>	Councillor Adrian England, Leader & 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 Sport & Physical Activity Partnership

<p><b>Report Author / Responsible Officer</b></p> <p>Diane Southam – Assistant Director Place Communities and Enterprise</p> <p>✉ ☎</p>
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<b>Corporate Priorities</b>	<ul style="list-style-type: none"> <li>• Community engagement</li> <li>• Service improvement and delivery</li> <li>• Vibrant communities</li> <li>• Sustainable future</li> <li>• Clean, safe and green</li> <li>• Homes to be proud of</li> <li>• Proud and thriving borough</li> </ul>
<b>Wards affected</b>	All wards
<b>Purpose of the report:</b>	<ol style="list-style-type: none"> <li>1. To provide an update the activities of the Place Based Health Inequalities and Healthy Hub areas of work</li> </ol>

<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>	<b>N/A</b>

## 1. Introduction

- 1.1. This paper provides an update on the Placed Based Health Inequalities and Healthy Hub activities during 2024 to date.

## 2. Place Based Health Inequalities Projects

### 2.1 Bikes without Barriers (Scheme 2) – Delivered in Partnership Herts Disability Sports Foundation

Two schools, Lime Walk and Hobletts Manor, have had two visits, with data available from three out of four of those visits. So far, 65 children have been given instruction. In one school 75% of the non-riders could pedal independently after 2 sessions. In the other, which had low numbers and high number of SEND children, 5 out of 6 could pedal independently after 1 session. In addition, 9 bikes were repaired on site and 12 bikes and helmets were gifted. The third school is booked for 6<sup>th</sup> November and the dates for the two other schools are in progress and are likely to be in January.

### 2.2 Shape Up – Delivered in Partnership with Watford FC Community Sports and Education Trust (FCCSET)

Seven cohorts were commissioned, with an eighth-cohort negotiated due to lower numbers in the first cohort. Six out of the eight cohorts are complete and the remaining two are currently halfway through, progressing well with high numbers so far. The next monitoring meeting is in **early November**, where it will be discussed how the new structure of the course is working now it has been split into two halves. Figures to be provided at the end of cohorts 7 & 8 in the December report.

Watford FCCSET have applied for funding from Sports England to continue to provide Shape Up courses in Dacorum. Although they are under no obligation to work under the 'health inequalities umbrella', they have seen the massive benefits and wish to continue the work if they are successful with their application.

### 2.3 Adventure Playgrounds Cooking Sessions – focus on increasing attendance of South Asian children

DBC obtained NHS funding to commission Monir from the ADDA Club to run some South Asian cooking sessions. The ADDA Club is a St Albans-based charity focused on reducing blood sugar levels in the South Asian community. Both sessions have now been completed (15<sup>th</sup> Oct Chaulden & 22<sup>nd</sup> Oct Bennetts End) they were very successful with 10 and 12 young people taking part in each session. They were fun, interactive sessions where the young people learnt about the ingredients, healthy eating and diabetes as well as cooking skills. In addition, they gained a deeper appreciation of South Asian food.

The dishes that were cooked were low fat and low carb - they included Paprika Lamb Kebabs with Raita and Berry Mess with Chocolate. Recipe cards were given to the young people, so they are able to cook them at home. The chef also cooked Spiced Portobello Mushrooms and although many children did not like mushrooms 4 children (and 3 adults!) tried them – there were mixed reviews, but it was great that they tried something new.

#### **2.4 Adventure Playground (APG) - Mental Health Project**

Officers have been working with colleagues in the APG Team and this project is well under way – the counsellor is having some informal discussions with some of the young people which will hopefully lead to more 1:1 sessions. The mentor training date is in early November and will ensure there is a legacy with this scheme by training up existing staff.

The Girls' Empowerment Group sessions have proved to be popular with 137 slots booked and very positive feedback following the 3 sessions that have already taken place. This is a very welcome addition to the existing mental health services for young people and many organisations and other councils have requested further information about this project.

#### **2.5 South Asian recipe book**

The recipe book has continued to attract interest from many organisations and other local councils. Officers are currently working towards producing the book electronically to enable easier sharing. APEX 360, in conjunction with Community Action Dacorum, are delivering Wellness Stride – Diabetes Prevention and Management in Markyate. As part of the healthy eating workshops, they have decided to use some of the recipes from the book.

#### **2.6 Hypertension checks within the community**

Officers are working with the Dacorum Indian Society and the Hemel Tamil Association to gift blood pressure testing monitors to them and have an internal agreement to purchase more blood pressure monitors which will be given to other community groups, DENS, Liberty Tearooms, The Forum etc. The aim is that by placing monitors in settings where people feel relaxed and culturally comfortable, they may be more likely to take their blood pressure when empowered to do so. Alongside the gifting of the machines training and support will be given to group leaders to encourage people to use the machines.

#### **2.7 Moving More - culturally diverse exercise videos**

Officers have now heard from West Herts College who have confirmed that they cannot assist with this project. DBC are now exploring other routes for professional filming / editing / sound / lighting etc. Once the three South Asian videos are complete, officers will work on another set as Herts Sports and Physical Activity Partnership have agreed additional funding. The videos which will be led by members from each community with culturally appropriate clothing, movements and music from that culture.

#### **2.8 County-wide or multi-agency meetings since the last meeting of HWiD**

- Shape Up Monitoring Meeting
- Voluntary, Community, Faith and Social Enterprise Conference
- Healthy Hub 6-month Review meeting
- DBC, Community Action Dacorum & NHS bi-monthly meeting
- Place Based Health Inequalities (PNHI) - Evaluation Meeting
- The Black and Faith Experience Conference
- PBHI Steering Group
- DBC - EDI Working Group
- Leisure Strategy External Partners Workshop
- Monthly Health Inequalities Meeting – hosted by DBC

## 2.9 Future Placed Based Health Inequalities Projects funded by HCC

The current funding for the Placed Based Health Inequalities Lead Officer will end on 31 March 2025. HCC.

HCC are developing a new funding programme that will commence 1 April 2025. The new fund seeks to establish a Whole Systems Approach to the new priorities of (1) Healthy Aging and (2) Healthy Weight. The programme currently has a total value of £3.6m. Grants will be allocated through a range of grants totalling £1.2m per year. The programme covers the three-year period 2025/26, 2026/27, 2027/28.

Projects and services funded by the programme must:

- Be based on evidence where it exists.
- Demonstrate measurable impact.
- Demonstrate alignment with system strategic priorities.
- Demonstrate collaboration and integration between organisations and sectors, and between a broad range of programmes and services.

Applications to the fund will need to reflect support from a minimum of three strategic partners including local authority, an NHS organisation, and a voluntary sector organisation.

Applications will need to demonstrate how project and services will:

- Support the delivery of existing strategies.
- Align with a small number of evidence-based programmes/interventions/
- Achieve integration of services/programmes.
- Achieve demonstrable impact on health outcomes.

### Timeline for Applications

- Expressions of interest – December
- Support to develop expressions of interest – January 2025
- Applications and decisions – February
- Grant agreements – April
- Mobilisation of new project – June onwards

## 3.0 Health Hub Project – Funded by Herts County Council (HCC)

- Hertfordshire County Council have confirmed that funding for the Healthy Hub projects in Hertfordshire will be extended for another two years until March 2027. DBC await to hear further details of any changes required to the grant agreement and new delivery plan.
- Officers have continued to support residents physically and virtually with our 'Healthy Hub Dacorum Core Offer' on health and wellbeing. Quarterly reporting shows that between July-September 2024 there was a footfall of 1,043 residents at our hub sessions. The most common topics were foodbank use, digital skills support and employability support.
- DBC provided residents with the latest health and wellbeing updates through the October edition of the Healthy Hub Newsletter. DBC now send the newsletter to 371 people.
- Our new hub sessions at Berkhamsted Leisure Centre have had low numbers so other venues in Berkhamsted will be explored.
- Officers continue to provide fortnightly drop ins at the Hemel Hempstead Job Centre. These appointments are for job centre clients who have health and wellbeing issues which are impacting their ability to gain sustainable employment. Some clients will then have follow-on appointments at the Forum on an ad hoc basis.
- This month the Healthy Hub Officer, was trained in sexual health dual testing kits distribution through the Metro charity. In the coming months ahead, there will be a sexual health testing kit and condom wallet

distribution location in the Forum for residents to discretely collect a testing kit for free. Once the kits are delivered comms will be released to promote this.

### **3.1 Healthy Hub county-wide or multi-agency meetings**

- Healthy Hub 6 Monthly Review Meeting 7<sup>th</sup> October- To provide updates on project's progress with Public Health and to make amendments to the annual delivery plan.
- Dual Test & CDS Training 16<sup>th</sup> October- To complete the necessary training to become a distributor of sexual health testing kits.
- Employability and Wellbeing Hub Monthly Meeting 28<sup>th</sup> October- To discuss how the hub sessions at the South Hill Centre are going and to see if anything further needs to be supported going forward.
- New Leisure Strategy External Partners Workshop.

### **3.2 Healthy Hub - Latest News**

- The quarterly reporting for July-September was sent to the Public Health at Hertfordshire County Council. Since the Healthy Hub Dacorum project was launched in June 2020, we have supported 8,876 residents gain access to health and wellbeing support.