



COMMUNITY SELECT COMMITTEE

2 DECEMBER 2020

SUPPLEMENTARY AGENDA

PART I

3. HCC DIRECTOR OF PUBLIC HEALTH PRESENTATION

The list of questions to the HCC Director of Public Health submitted by Members in advance is attached.

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4. PROGRESSING STEVENAGE BOROUGH COUNCIL'S HEALTH AND WELLBEING STRATEGY DURING 2020

The following Briefing Notes published by the Communities & Neighbourhoods Team are attached:

- Active Local Briefing Note – November 2020
- So Active Project Briefing Note – November 2020
- Young People's Healthy Hub Briefing Note – November 2020

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Community Select Committee – Wednesday, 2 December 2020

Questions for the Director of Public Health

Cllr Claire Parris – (1) I would like to know how the data across the county is collated from our hospitals? (2) How is he working with the trusts regarding the message to the communities and how is this working?

Cllr Sarah Mead – (1) It was announced that Hertfordshire was getting walk in tests. What's happening there? When will this start?

(2) What advice would you give regarding Christmas?

(3) There are reports of various symptoms from Covid, so why are there only three symptoms listed as warranting a test? Why has a sore throat been removed from the symptoms list?

(4) It was reported in August that children were practically impervious to the virus and it they would not spread it. As it has transpired, children are catching and spreading the virus, as evident in the school environment. Whereas the spread is not as virulent as infecting entire 200+ member bubbles but infection is evident, how much was that a political statement verses a science based statement?

(5) What evidence is there that people have coronavirus for 14 days before displaying a symptom when typically symptoms appear within one week - how do you know when someone contracted the virus?

(6) Children could well pay a heavy cost as a result of the pandemic as their mental health suffered in lockdown, and is suffering as a result of not being able to distance at school and living with the uncertainty of isolating when their classmates contract the virus. Is it expected that children will suffer long term problems and if so, what is in place to help them?

(7) Given the heightened anxiety that people like teachers, shop workers, certain public and private sector workers are living through on a daily basis, how is Public Health preparing for the potential of a massive surge of mental health problems that may result? Is it expected that the problem will disappear in the near future following the vaccination programme?

(8) The public health campaign has had limited success in terms of their being increasing amounts of people evident in our town alone, that are not keeping distance neither wearing a mask, as well as people wearing a mask then not keeping distance. Why in your opinion, are people so confused and/or ignoring the advice? What could be done to improve public confidence in the advice?

(9) Thinking back to the start of the pandemic, when there was clear evidence from other countries as to what horror Covid was going to unleash, do you think that it would be wise to have introduce masks at the first sign of the virus in our country? Is this a lesson to learn for the future?

Cllr Margaret Notley - Is there a figure for the number of people in Hertfordshire not being able to access other medical treatments since the start of this pandemic?

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Active Local- Bedwell Briefing No.2

Background

From September 2020, the Herts Sports and Physical Activity Partnership (HSP) - based at the University of Hertfordshire – will, in line with the wishes of its principal funder, Sport England, be moving to place-based working across Hertfordshire.

Favouring an Asset Based Community Development (ABCD) approach, the Partnership is seeking to use sport and physical activity to address inactivity, social disadvantage and health inequalities within the most deprived community in each of Hertfordshire's 10 District and Borough Council areas including Bedwell in Stevenage.

Bedwell-Stevenage

The *Active Local* programme will see the Partnership deploy 10 of its core team in each of the respective areas for up to 2.5 days each week, with a view to them undertaking a comprehensive mapping of community assets – including places and people – and facilitating extensive consultation with the local community.

The main officers working on the Bedwell project are: Shelley Woods - Project Officer (Herts Sports Partnership) and Oonagh Sherlock - Community Development Officer (Stevenage Borough Council); Paul Batterbee (Neighbourhood Warden) and Ryan Ansell (Community Development Officer)

Active Local Sport and Physical Activity Network (ALSPAN)

In partnership with a newly formed local Active Local Sport and Physical Activity Network (ALSPAN) – a steering group consisting representatives of key local organisations which will become a sub-group to the Healthy Stevenage Partnership – each Project Officer will be responsible for creating and delivering a local Sport and Physical Activity Action Plan to best meet the needs of local people.

Funding

Each Active Local Project Officer will have access to programmes and funding to the value of circa. £50k to be utilised within their respective *Active Local* areas, over the next 12 months. Whilst there will be some restrictions around how some of this funding is used – particularly where this involves existing externally funded programmes, such as *Fit, Fed and Read* – it will be for the local community to determine how those resources are optimally deployed for the benefit of local residents.

Tackling Inequalities Fund

In May, Sport England allocated £80,000 from the Tackling Inequalities Fund to HSP to distribute within Active Local areas with the main aim of reducing the negative impact of COVID-19 on the widening inequalities in sport and physical activity. The main target audience for this fund to reach was: LSEG, BAME, Women and Girls and Disability.

HSP and Stevenage Borough Council hosted a webinar created to bring groups and organisations together from Bedwell to introduce the Active Local project and further highlight the funding opportunity. The following organisations were awarded funding to continue the delivery of services for Bedwell residents:

1. **Irish Network Stevenage:** Exercise and physical activity classes for older adults (INS members), **£1,929.00**
2. **Cycling UK Stevenage:** 25 volunteer-led cycle rides for Bedwell residents (including hire costs), **£950.00**
3. **Bedwell Community Association:** Exercise and physical activity classes for older adults (community centre customers), **£1,500.00**

4. **Sporting Inspirations:** Young homeless project, **£5,000.00**
5. **Breakaway Playschemes:** Equipment and instructor costs for summer holiday programme for CYP with disabilities, **£2,000.00**

There is now a further pot of Tackling Inequalities Funding available, with £6,000 nominally allocated to activities and initiatives in Bedwell. Conversations have begun with two applications already made (at 17.11.20). The second round of funding has similar criteria to the first and interested parties should contact Shelley Woods at the email address below. This second round must be allocated by 31 January 2021 and spent by the end of March 2021.

Community Sport Ambassadors

Each Active Local area will soon be supported by a University of Hertfordshire Community Sports Ambassador for 50 volunteer hours between January and December 2021. These individuals will be mentored and supported by the Active Local Officer, and will use the year to gain a rounded understanding and experience of all aspects of Sports Development.

Community Resilience

The impact of the current pandemic has been disproportionate for those communities with highest levels of socio-economic deprivation, leading to a widening of the inequality gap facing Hertfordshire's most vulnerable and disadvantaged residents.

Additionally, residents of those areas with higher levels of socio-economic deprivation, generally have greater levels of inactivity and this is particularly true for some BAME communities.

The Partnership firmly believes that involvement in sport and physical activity can increase community resilience and act as both a prevention and recovery tool around local health outcomes. The power of sport and physical activity as a cost-effective vehicle in helping to address some of the key social agendas - including social inclusion, community cohesion, educational attainment, crime and disorder/anti-social behaviour reduction and development of skills leading to employment and economic prosperity - is also well chronicled.

Whilst sport and physical activity cannot be the panacea for all of those problems, we believe that the design and delivery of appropriate programmes – which have at their heart a granular understanding of local people and places – can make a telling and lasting impact, in helping to address some of those issues.

Community Consultation

The Active Local Community Consultation has been open electronically since the start of October and aims to gather insight from local residents which will inform the development of the Sport and Physical Activity Action Plan. As of mid-November, the survey will also be made available in paper form, and delivered to Fred Millard court specifically, to try and gain additional insight from older residents. The aim is to have a minimum of fifty responses from Bedwell, as soon as possible and is also online: - https://hertsmarketing.eu.qualtrics.com/jfe/form/SV_eIHXRZOSL4TFLQV

Contacts

If you would like more information about Active Local, please contact:

Shelley Woods – Project Officer (Herts Sports Partnership) s.woods4@herts.ac.uk

Oonagh Sherlock – Community Development Officer (Stevenage Borough Council) oonagh.sherlock@stevenage.gov.uk

So Active Project: Briefing Note 2 – November 2020

1. Purpose

To update SBC colleagues, project partners and stakeholders on the progress of the So Active Project as part of beginning recovery in revitalising health and increasing community resilience.

2. Background

The aim of the So Active Project is to deliver a programme of physical activities online, outdoors and in community centres to help support the physical and mental health of residents targeting key workers, older people, children and young people, and adults. Further aligning with the new co-operative neighbourhood arrangements for neighbourhood areas and aligning engagement and further project development opportunities.

3. So Active

Reducing health inequalities and improving the health and wellbeing of Stevenage residents is central to the vision of the Healthy Stevenage Strategy 2018-2022, and highlighted in Housing for Older People in Stevenage (Draft), Stevenage Re-Imagined: A Ten-Year Arts and Heritage (Cultural) Strategy (2018-2028) and the Sports Facility Assessment and Strategy 2014 – 2031.

The objectives of the So Active project are:

- To encourage a renewed understanding of **safe spaces and safe places** across the town.
- To provide co-operative **digital literacy support** for 100 older residents.
- To increase **physical activity** levels of 100 older people.
- To support renewed **access to parks & open spaces** for all residents.
- To increase the **physical activity levels** of 100 adults.
- To provide an enhanced physical activity offer targeting 50 people from the **BAME community**.
- To support 100 Stevenage Borough Council staff to achieve good **physical and mental health**.
- To increase **physical activity levels** of 50 children and young people.

4. Progress to date (as at 13th November 2020)

The delivery of online fitness sessions targeting Stevenage Borough Council staff began on 24th July with a total of 15 weekly sessions being delivered with 32 registered staff and 214 views of the recorded live sessions via the private Facebook group. After collecting feedback from staff via a short survey, the project team agreed to change the day and time to Wednesday mornings at 8am offering increased access via zoom to encourage increased participation. The project is now part of the wider staff mental health and wellbeing campaign development working with other business units.

The online delivery of ChairFit targeting older residents began on 5th August with a total of 13 sessions being delivered in our independent living scheme with a throughput total of 63. After collecting case studies from participants 900 new So Active-Chair Fit flyers and Digital Literacy

booklets

have been ordered for inclusion into the distribution of activity packs. The activity packs are being distributed by Healthy Stevenage Partners – Stevenage Football Club Foundation and our Specialist Support Services team to older residents.

The Azonto Fitness sessions began on 7th August in St Nicolas Park and moved to Shephall Community Centre in the autumn with a total of 11 sessions being delivered to date with a throughput total of 76. The FitKidz session began on 20th August at Fairlands Valley Park and also moved to Shephall Community Centre in the autumn with a throughput of 125. Due to the second national lock down, both Azonto Fitness and FitKidz have been suspended and will be relaunched in the New Year.

The communications team have continued to publish project articles on the staff intranet to motivate colleagues to attend weekly sessions. Together with the fitness instructors, a total of 37 posts including a press release had been shared across social media with good level of engagement from the public.

After meeting with commercial manager to explore sponsorship and project sustainability a number of case studies were collected from participants. A small sample of testimonials quickly revealed the impact sessions have had during the pandemic;

“An increase in motivation and support. With the help from the class trainers. It’s good to see other people via Zoom also relieves the social isolation. It is early days but beginning to get more mobility again.” – Pauline Hill on **ChairFit**

“Teddie has met new children of similar age through socialising and has increased his activity levels again since lockdown. He is on inhalers for asthma and the physical activity he participates in helps him to improve his breathing and increase lung strength on top of improving his overall fitness and strength.” – Parent on **FitKidz**

“Nice that we have this to help us when working from home, would like wider variety. Great engaging ...plus the tunes are awesome.” – Staff on **SBC Fitness Sessions**

“My weight has reduced by some 4kg in the last 4 months, my initial breathlessness on exercising has greatly reduced. Following a check-up with my Cardiologist I have recently been able to stop taking beta-blockers as, despite my on-going heart disease, my physical condition is much improved.” – Roger Weston on **ChairFit**



5. Next Steps

- Project evaluation with support from University of Hertfordshire.
- New Year press release with new promotional materials.
- Continued dialogue with commercial manager on project advertising sponsorship.
- Update stakeholders periodically on development of project.
- Continued engagement activities with targeted groups in Stevenage.

Special thanks to:

Paula Mills (Business Support Team Leader), Ryan Ansell (Community Development Officer), Robbie Bratchell (Corporate Events Officer), Crystal Trusell (Communications & Marketing Officer), Kwaku Agyemang (Azonto Fitness), Kayleigh Holt (KayleighFit), Chris Bull (FitKidz) & Irene Gibson (Chair Fit)

For further information about So Active contact:

Stevenage Borough Council: Candice Bryan, Health & Sport Strategy Manager
Email: candice.bryan@stevenage.gov.uk

Stevenage Borough Council: Communities & Neighbourhoods, Sport & Leisure
Email: leisure@stevenage.gov.uk

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Young People's Healthy Hub: Briefing Note 3 – November 2020

1. Purpose

To update project partners and stakeholders on the current progress of the Young People's Healthy Hub (YPHH) including Covid19 response plans being implemented.

2. Background

The aim of the Young People's Healthy Hub is to set up and establish a central point of access and associated outreach intervention for young people aged 11 – 16 years old who need preventative support with their mental, emotional, and physical or lifestyle related health needs.

3. Healthy Hubs

Prevention and encouraging people to be more proactive about their health and wellbeing is central to the vision of the Healthy Stevenage Strategy 2018-2022, A Healthier Future: STP for Herts & West Essex (2016-2021) and the NHS Five Year Forward View. The Hertfordshire Healthy Hubs funded by the Public Health District Partnership aims to deliver a Healthy Hub in every District and Borough of Hertfordshire, including a Young People's Healthy Hub in Stevenage.

The original objectives of the Young People's Healthy Hub are:

- To engage and **improve the physical activity** levels of 100 young people.
- To **reduce the weight** of 100 young people.
- To engage and improve the **mental health** scores of 100 young people.
- To improve the ability and confidence of 100 young people relating to **cooking and healthy eating**.
- To **signpost or refer** 150 young people to appropriate services/advice, information or guidance.
- To engage 20 young people in gaining **leadership skills/qualification** in sports/play/health and wellbeing, including volunteering opportunities.
- To engage and improve the understanding of 40 young people in **Mental Health Training**
- To engage 100 children and families through **'Life Skills'** programmes.

As part of our community response to Covid-19 the following objectives have been added:

- To engage at least five young people to **co-design** a YP HH app for project sustainability
- To engage at least five young people from the **BAME community** to become hub ambassadors
- To attract a total no. of 50 **visits to the website** each month.

4. Progress to date

The healthy hub section on the new look Stevenage Borough Council **website** will have a soft launch with project partners during week of 23rd November 2020 with an official press release the following week. We are working to arrange a launch video with the Youth Mayor and have new social media plan which includes the use of instagram (@yp_hh_stevenage) to help us engage more effectively with our target audience.

We welcomed our new Young People's Healthy Hub **Coordinator** Emily Clark to the team on 3rd November after James Jeffrey was seconded to Hertsmere. We are really excited about her joining the team as she has an MSc in Health Psychology, has some experience in supporting vulnerable adults and a commitment to the health and wellbeing of young people. She is our new face of the hub with a welcoming disposition and know she will have a positive impact on all young people who access the YPHH especially with the second national lockdown in place.

We have continued engagement with **schools** and working on using videos to promote YPHH services to students and social media followers. It is still unclear as to whether we will be able to base the hub at Marriotts Sports Centre due to ongoing restrictions. Ambassador role descriptions have been created to recruit young people to champion the hub in their school, local community and family settings.

Our first online **Healthy Eating** programme starts on 8th December targeting 15 families from lower socio economic groups. This programme supports families to cook healthy meals using foods usually found in their homes will be delivered by local organisation Wise About Foods CIC. Additional Healthy Eating programmes to be delivered in 2021, Community Kitchen by Stevenage Football Club and Noma Creates, Master Chef finalist (2016).

Our **Emotional Wellbeing and Coping Strategies** course starts on 3rd December and will be delivered by Herts Mind Network. **Counselling** services will be delivered by Mind in mid Herts offering a mixture of face to face and online sessions, 3 evenings a week beginning in January 2021. **Active Lifestyles** is also scheduled to begin in January 2021 and will be delivered by FitKidz. However this programme is heavily dependent on gaining access to dependant Marriotts Sports centre.

Due to the **Covid-19** pandemic Public Health Hertfordshire have extended the timeline of the District Partnership Healthy Hub programme by six months up until the end of September 2020. This is to ensure that all districts have the best chance to deliver a successful Healthy Hub in light of any changes to previous plans. As we had moved to develop an online/virtual offer of support this has provided us additional time to mobilise these changes.

5. Next Steps

- Accelerated digital marketing focus.
- Continued updates of website section.
- Monthly referral partner meetings to take place from January onwards.
- Connect with other healthy hubs across the UK
- Continued to work on engagement activities with stakeholders and young people in Stevenage.
- Development of strategic plans for long term sustainability

For further information about Stevenage Young People's Healthy Hub contact:

Stevenage Borough Council: Candice Bryan, Health & Sport Strategy Manager
Email: candice.bryan@stevenage.gov.uk

Hertfordshire County Council: Joe Capon, Public Health Project Manager
Email: jolyon.capon@hertfordshire.gov.uk

Hertfordshire County Council: Fiona Cookland, Public Health Project Officer
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