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<b>REPORT TO:</b>	<b>Housing and Community Service Committee</b>	<b>AGENDA ITEM: 9</b>
<b>DATE OF MEETING:</b>	<b>25<sup>th</sup> November 2010</b>	<b>CATEGORY: Delegated</b>
<b>REPORT FROM:</b>	<b>Mark Alflat Director of Community Services</b>	<b>OPEN:</b>
<b>MEMBERS' CONTACT POINT:</b>	<b>Vicky Smyth 01283 595776 vicky.smyth@south-derbys.gov.uk</b>	<b>DOC:</b>
<b>SUBJECT:</b>	<b>Derbyshire Healthy Lifestyle HUB Model Proposal</b>	<b>REF:</b>
<b>WARD(S) AFFECTED:</b>	<b>ALL</b>	<b>TERMS OF REFERENCE: HCS07</b>

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### **1.0 Recommendations**

1.1 Members approve the transfer of the 'New to Exercise' referral scheme in South Derbyshire into the new County wide 'Healthy Lifestyle HUB model'

### **2.0 Purpose of Report**

2.1 To inform members of the current 'New to Exercise' provision in district and to outline the new NHS Derbyshire County HUB model proposal

2.2 To approve the development of Healthy Lifestyle HUBs in South Derbyshire.

### **3.0 Detail**

3.1 The current 'New to Exercise' scheme in South Derbyshire is designed to encourage people living with/or at risk of a medical condition, to take part in physical activity on a more regular basis to improve their health and quality of life.

3.2 The 'New to Exercise' scheme supports the Derby and Derbyshire Obesity Strategy, Choosing Health priorities (obesity, mental health, inequalities) Local Area Agreement (LAA) targets, National Service Framework standards for health improvement and National Institute for Clinical Excellence (NICE) guidelines

3.3 Sessions are run out of Green Bank and Etwell Leisure Centres, with strategic support from SDDC's Sport and Health team. Currently there is a yearly target of 655 referrals across the district, with an additional target of 570 of them being converted into actual inductions. From that induction figure the target is to get 342 successful completers.

- 3.4 The current contract with the NHS covers 1<sup>st</sup> April 2010 until the 31<sup>st</sup> March 2011 and is worth £51,000 which pays for staffing undertaking the reviews.
- 3.5 NHS Derbyshire County (Formally the PCT) are seeking to agree a co-commissioning model for development of the 'Hub' proposal across Derbyshire to supersede the current 'New to Exercise' provision. NHS Derbyshire County feel that although there has been improvements over the past 3 years towards a more quality assured, standardised approach in line with national guidance, the current approach is not achieving best value or the expected results.
- 3.6 The new Healthy Lifestyle Hub approach is the coordination of local provision that will meet the needs and interests of local people to develop and maintain a healthier lifestyle focussed on physical activity, healthy weight and supporting related factors e.g. mental wellbeing.
- 3.7 Essentially the Hub model will widen existing provision offered through the scheme. Traditionally this was gym and swim but as this doesn't appeal to everyone therefore the minimum offer has been extended to include:
- **Self – help opportunity** (e.g. the use of pedometers and support at regular intervals by the HUB instructors)
  - **Wider range of physical activity opportunities to include 4 essentials of:**
    - Walking
    - Gym
    - Swim
    - Class / group exercise
    - Plus 2 other opportunities e.g. Nordic walking, Dance, Jogging, Tai Chi in the community etc

Thus a menu of at least 6 physical activity choices will be available for patients to select from.

- **WaistWise (Weight Management Tier 2) will also be intertwined into the HUB model** – delivered by the existing New to Exercise staff who will be upskilled to deliver a comprehensive weight management programme within the HUB setting (the majority of referrals (60% 2009/10) are obese patients whose primary clinical outcome is 5% weightloss).
  - **Cardiac Rehab Phase 4**
- 3.8 Healthy Lifestyle Hubs will provide greater co-ordination across local provision (e.g. Leisure Centres and Get Active in The Forest or Jog Derbyshire etc) to ensure physical activity opportunities are accessible, appropriate and affordable for local people.
- 3.9 A Central Admin Team (CAT) will support the smooth running of the HUB referral pathway. This is a new development for the scheme, with a CAT team being tasked with supporting the HUB initiative Derbyshire wide. They will receive and monitor referrals, book induction appointments, oversee the database, deal with general public queries, and support operational development of the scheme. This essential admin support will reduce the amount of admin our local instructors have to complete thus giving them more time to use their valuable skills for delivery. As a result they will be able to see more patients.

#### 4.0 Financial Implications

- 4.1 NHS Derbyshire County are striving to maintain the current funding allocation for New to Exercise and WaistWise. There is no uplift or new monies anticipated for 2011. However 4% cost savings will need to be found in the future.
- 4.2 The introduction of the CAT should free up delivery time of our instructors thus increasing local capacity for delivery. The CAT should ensure a service of quality and effectiveness for patients.
- 4.3 NHS Derbyshire County are investing significantly in workforce development for providers, at no extra cost to the local providers.
- 4.4 The Sport and Health team offer strategic support to the programme. There are no direct financial implications for the Council

## **5.0 Corporate Implications**

5.1 The HUB provision cuts across many corporate agenda's and these are shown below: -

- Sustainable growth and Opportunity
  - The project supports promotion of The National Forest and opportunities available in it e.g. Walking For Health
  - Sessions are offered at low cost to ensure good access for all
  - Sessions will be delivered in different Hub areas around the district.
- Lifestyle Choices
  - The Project promotes increased participation in physical activity and supports the development of a healthier lifestyle.
- Value for Money
  - Development of employees by up skilling the workforce

## **6.0 Community Implications**

6.1 The Hub proposal will have a significant impact on improving the health and wellbeing of South Derbyshire residents.

## **7.0 Conclusions**

7.1 The Hub proposal will build on the good work of the 'New to Exercise' scheme in the district. By working in collaboration across Derbyshire (with the initiation of the CAT) there will be added value to the scheme and increase physical activity participation levels across South Derbyshire

## **10.0 Background Papers**

Hub proposal papers