

CABINET MEMBER UPDATE		
Overview and Scrutiny Committee (Adult Social Care) – 18 October 2022		
Councillor	Portfolio	Period of Report
Ian Moncur	Health and Wellbeing	September 22

Public Health

Workforce Mental Health Support Update

The QWell service was commissioned by public health in 2020 to offer a digital option for the management of mental health and wellbeing to Council employees including those working in education and domiciliary care. This was implemented due to the pressures of the emerging pandemic at that time. In the 2 years since its implementation its usage has diminished considerably. NICE published guidance in March 2022 recommending the DWP digital offer comparable to the QWell service be signposted to employees. The contract will not be renewed post Dec 31st 2022 for QWell, with the alternative offer being promoted to staff in the next few months to aid a smooth transition.

Age Well Obesity Update

The report updated on the work of the Age Well Obesity group, which, alongside the Start Well and Live Well Groups has been developed as part of the Obesity Task Force to ensure progress is made on the whole systems approach to obesity.

The task and finish group consists of a number of stakeholders who provide health promotion support from a preventative perspective through multidisciplinary clinical interventions for patients with high levels of obesity. This includes Living Well Sefton and Active Sefton, Public Health, representation from the tier 3 specialist Weight Management Service from University Hospital Aintree and wider VCF support responsible for mental wellbeing, to ensure integration of work around this agenda. Cheshire and Merseyside ICB representatives will be joining the meetings in due course and have been contributing information that has shaped progress during 2022.

After being established a number of months ago, the group has gained momentum following the challenges and distractions of the pandemic and are now well established. A service mapping exercise has been established, which has been used to inform development of an adult obesity pathway, currently in draft format. Alongside this, information has been collated to create a directory of services, allowing the group not only to form an up-to-date position of the current support services, but also any gaps in provision (e.g. weight management Dietetic support), which have been fed back through the system.

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Running alongside the above pathway, which is available both as a written document and diagrammatical form, work is also underway on a guidance document for front line professionals in relation to general messaging around overweight / obesity and how to raise the conversation with adults.

An action plan has also been developed outlining short-, medium- and long-term priorities for the group, which captures themes such as insight and intelligence, performance management, communication, marketing, education and training, the role of digital, commissioning priorities and links to other services, and work continues to progress the link between healthy weight and the falls and frailty agenda. Alongside enabling effective joined-up strategic discussions and actions around a whole system approach to overweight and obesity, the group has also led to increased and improved operational linkages between different parts of the adult obesity pathway.

It is the intention of the group over future months to continue working through the action plan that has been developed and make further progress.

Leisure Update

The 6 Leisure Centres are now fully reopened with their usual swim, gym and fitness classes. Despite the cost-of-living crisis, memberships continue to grow month on month since opening after the pandemic and are now slightly below pre-pandemic levels.

Over the summer holidays, particularly because of the Be Active Summer holiday programme, the Leisure Centres have been incredibly busy with activity and visitors, with swimming remaining incredibly popular and pools often at capacity. Clubs and bookings are also increasing at the sites ready for the winter season of sport.

The Leisure Centres are undergoing a number of projects; 1 in partnership with ICT to look at ICT infrastructure and ensure it is fit for purpose, along with work on a number of maintenance issues being faced by the sites. The service is also busy preparing to reprocur the customer relations management system necessary to operate the facilities.

All sites are busy planning activity around National Fitness Day, which is taking place on 21st September.

The wider Leisure development offer continues to support the wider work of the Council. Park Nights has been delivered throughout the summer holidays, providing diversionary activities for young people in areas where there had been anti-social behaviour, and the Be Active Programme was expanded back to the pre-pandemic programme with hundreds of activities available throughout the borough.

Referrals through to all targeted health and wellbeing programmes delivered through the Active Lifestyles and Active Sports Teams has now surpassed pre-pandemic

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levels, with staff now at full capacity and working with clients to offer the services as quickly as possible. The services have been demonstrating really positive outcomes and received some incredible feedback from Service Users.

The Active Workforce offer remains varied and important offer for our staff with a range of activities promoting physical and mental well-being.