

CABINET MEMBER UPDATE

Overview and Scrutiny Committee (Adult Social Care and Health)

3 September 2024

Councillor	Portfolio	Period of Report
Mhairi Doyle	Public Health and Wellbeing	June 24 – Aug 24

Public Health

Public Health Risk Register

The Director of Public Health shared the departmental risk register. Mechanisms are in place to mitigate against the key risks.

Harmful Gambling Charter Mark

Harmful gambling has become a national public health topic of concern, with the North West of England showing some of the highest levels of associated harms. Beacon Counselling Trust (BCT) are the regional lead organisation for supporting those affected by gambling related harms. BCT offer a kitemarking scheme for organisations who wish to support their staff for gambling related harms. The Cabinet Member for Public Health and Wellbeing was briefed on the process for Sefton Council to pursue this and gave their support.

Suicide Audit

I was presented with the Sefton suicide audit for the years 2020-2022. There were 70 deaths included in the analysis for this sample. All common trends in those who died by suicide in Sefton align with both regional and national data. The audit is an annual report with the next report covering the years 2021-2023 when the data is available and will continue to inform the suicide prevention and postvention activities coordinated by the Sefton suicide prevention board.

Leisure

Leisure Update

The report updated on activity and progress throughout April - May 2024.

As of 31st May 2024, there were a total of 14,306 members, which is an increase from the last report of 83 members.

Splash World will host our inclusive 'Quiet Night' sessions for another 12 months. All dates and times have been agreed with our Aiming High team. However, no funding has been provided this year to support these sessions and officers are liaising with

our Aiming High team to provide a long-term funding model for these invaluable sessions.

From April - May 24 there were 394 referrals onto the Exercise Referral Scheme and the team have delivered 98 full health checks, venues have included Active Sefton leisure centres. Out of these a total 32% were actioned back to their GP. There were also 64 people referred on to the Active Ageing programme, with 9 new referral groups delivered.

The NHS Health Checks Service is a statutory programme delivered locally by the Active Lifestyles team to eligible adults aged 40-74. It is designed to spot early signs of stroke, kidney disease, heart disease or type 2-diabetes and to help find ways for individuals to lower their risk. It is primarily offered to people in Sefton, who have a registered Sefton GP, without a pre-existing condition and who have not had a Health Check in 5 years.

During April - May 24, the team have delivered 98 full health checks, venues have included Active Sefton leisure centres. Out of these a total 32% were actioned back to their GP. 74% of those that were actioned were from North of the Borough, with 26% being actioned in the South.

During Easter holiday, Be Active took place at a number of sites across the borough, a total of 63 sessions and over 102 hours of activity were delivered, with approximately 300 participants taking part in a range of sessions.

The Move It children's weight management programme continues to be delivered in Active Sefton leisure centres across the borough, with the highest number of referrals coming from parents/guardians of the young people who can self-refer for their child.

Active Sefton continue to be a key partner and attend numerous meetings and steering groups, such as Thrive Network, Education and Mental Health Network, Team Around the School Operational Steering Group and Team Around the School cluster meetings.

Work is in the final stages of the G-Cloud procurement for the new CRM system. The contract is currently with our legal team, and this is due to be sign shortly. Once this is signed, we will be allocated a Project Management from Gladstone, and we will have a more detailed implementation plan for the next report.

Leisure Risk Register

The Leisure Risk Register had been reviewed and updated with the team. The top 3 risks are:

- 1) Lack of capital investment to keep up to date with the market and customer demands. Maintenance is performed on a as needed basis – which can result in non availability of the facilities and there is a business plan submitted for consideration of a £1.5million investment into replacing the fitness equipment

- 2) IR35 process – transferring the existing freelance instructors onto Sefton Payroll, this will result in an additional payroll cost of circa £100k for a full year and has the potential for some instructors not to come on board. Although at this stage we believe that approx. 95% of the current freelance instructors will accept the new contracts.
- 3) Bootle Pool closure in Nov / Dec 2024 for approximately 6 weeks to repair concrete and steel fabric issues.

All risks are reviewed quarterly with the team and managed as appropriate in order to mitigate the risk as much as is feasible.

Active Ageing – Falls Prevention

I received a report that provided an update with a summary of 10 years of the Active Ageing Falls prevention programme commissioned by Public Health and delivered by Active Sefton.

Established in June 2015, the Active Ageing programme is a free 12 week falls prevention programme for those aged 60 and over, who are at risk of a fall or who have suffered a fall in the last 12 months.

The programme follows simple Otago and PSI evidenced based strength and balance exercises, with the intention to improve balance and strengthen muscles to help reduce the likelihood of a further fall occurring, it also helps the individual to minimise any impact of injury in the event of a fall. The overall aim is to provide the tools to help encourage continued daily activities and help maintain independence.

The programme also incorporates an educational and social element, which focuses on the risks associated with falls, home safety and nutrition. The social element also plays a key role in mental wellbeing helping to reduce isolation and encourage motivation and sustainability beyond the 12 weeks.

Originally commissioned by South Sefton CCG to include one Falls Development Officer to cover residents in South Sefton, the programme has since expanded across both North and South of the borough, fully delivered by two Falls Development Officers commissioned by Public Health.

Between April 2023-March 2024, 453 people have been engaged in the programme and 37 twelve-week blocks have been delivered, compared with 129 individuals referred during the first 12 months between June 2016- May 2017.

Adding the second Falls Development Officer and expanding across the borough has enabled the team to not only extend their offer but allow further outreach work to take place through engagement and raising awareness of Falls.

Moving forward, the programme is developing further outreach work and engaging with those aged 50 and over through educational workshops to focus more on the

preventative measures that can be taken to reduce falls, or delay occurrence of a fall taking place.

Exit routes have also played a key part of the programme, focusing on the importance of sustainability beyond the 12 weeks. The team also will continue to contribute to the referral pathways, and wider system work around the Sefton Falls Strategy.