

<b>CABINET MEMBER UPDATE</b>		
<b>Overview and Scrutiny Committee (Adult Social Care and Health)</b>		
<b>25 February 2020</b>		
<b>Councillor</b>	<b>Portfolio</b>	<b>Period of Report</b>
Ian Moncur	Health and Wellbeing	Dec 19/Jan 20

### **Young People and Families Substance Use Service – Exercising Extension Options**

In July 2017 Addaction were awarded a contract to provide Young People and Family Substance Use Services with effect from 1st October 2017. The contract was awarded for two and half years with an option to extend for up to a further two years. Consideration is now required on exercising continuation options as the core contract is due to expire on the 31st March 2020

For the past two years Addaction have provided Young People and Family Substance Use Services that meet or exceed contractual and performance targets. Since going live in October 2017 the service has consistently increased the numbers of young people and families accessing treatment with an increase of 50% between October 2018 and September 2019. The service works well in collaboration with key partner agencies with the majority of referrals received from Children and Family Services and Social Care. Recent re-structuring of the Early Help assessment and referral process has enabled Addaction to become involved with ‘Early Help Front Door’ meetings improving access substance use treatment and support.

Recommendation:

- To authorise the Director of Public Health / Head of Health and Wellbeing to exercise the first one year contract extension option and award an extension to the current contract from 1st April 2020 to 31st March 2021 subject to finances being available within the Public Health and Early Help budgets.
- To authorise the Director of Public Health / Head of Health and Wellbeing to exercise the second one year contract extension option and award an extension to current contract from 1st April 2021 to 31st March 2022 subject to finances being available within the Public Health and Early Help budgets.

Recommendations approved Monday 9th December 2019.

### **Renewal of Dynamic Purchasing System (DPS)**

In October 2017 Sefton Council Public Health Commissioners established a Dynamic Purchasing System (DPS) for the commissioning of Substance Use Residential Rehabilitation Placements. The DPS replaced an outdated and problematic system of ‘Spot Purchasing’ and was established for a period of two and a half years from the 1st October 2017. The DPS is due to expire in March 2020 and consideration is now needed for its renewal or replacement.

A Dynamic Purchasing System (DPS), as provided for within the 2015 Public Contracts Regulations, enables Sefton Council to ensure that fair and transparent commissioning arrangements are in place while enabling an individually tailored programme appropriate to the individual's needs and requirements.

Recommendation:

Delegate authority to the Head of Health and Wellbeing / Director of Public Health to renew the DPS on its existing basis for a period of twelve months from 1st April 2020.

Recommendation approved Monday 9th December 2019.

### **Sefton In Mind**

Sefton in Mind is a mental health campaign that runs from 10<sup>th</sup> September to 11<sup>th</sup> October and has been running for the last 3 years.

Highlights this year included:

- The social media reach is 30 times what it was back in 2017, with content using the hashtag #SeftoninMind reaching 1.2 million people. The hashtag was used by more than 50 different accounts on Twitter.
- We worked with Merseyrail to offer a [free travel day](#) on Sunday 6 October, over 200 residents downloaded a free travel voucher.
- 560 people completed the Zero Suicide Alliance training, this was over five times higher than our original target.
- The campaign was also shortlisted for a national award in the category of Supporting Health and Wellbeing in Communications.

### **Health and Wellbeing Communications Update**

Communications around the Sefton Clean Air Zone (CAZ) has begun with a draft communication and engagement plan in development. As part of this plan, a press release has been issued to announce Sefton's plans to explore a CAZ with the news featuring on BBC North West Tonight, BBC Radio Merseyside, Air Quality News and the Liverpool Echo.

This year's flu campaign once again aimed to encourage high risk groups to get the vaccination. The digital campaign made use of digital channels to target pregnant women, people with long term health conditions and parents of children aged 2-3.

Green Sefton invited local people and businesses to submit their ideas on how the service can use land and buildings more commercially. This was promoted across social media and a press release was featured in the local media. Green Sefton also promoted a survey to find out more about what residents would like to see improved at Bootle Golf Course, this survey was promoted by professional golfer and Sky Sports broadcaster Nick Dougherty.

The communications team supported Leisure's entry for the iNetwork Awards by producing a video about Aspiring Instructors, the scheme went on to win the award. Active Lifestyle's Active Aging falls prevention classes were featured on ITV news as part of a feature about older people and mental health.

## Leisure Performance Update

### Early Intervention & Prevention

In the last quarter, a total of **118 leisure passes** have been issued through referrals from Children's Social Care – these consisted of **95 new passes, 19 renewals** and **4 leaving care passes**.

The partnership with Liverpool Football Club Foundation has continued to develop with the Friday night Kicks programme. Over 40 weeks has now been delivered at Netherton Activity Centre for 8-19 year olds, with an average of **20 participants** per session.

The Dame Kelly Holmes Trust are delivering a 'Get on Track' programme in Sefton as part of their Sport England funded project for 16-25 year olds, specifically targeting those not in education or training.

During October half term there were **50 sessions** and **119 coaching hours** delivered through Be Active for reception age to 12-year-old children, with **1142 participants** attending. Activities included LFC Foundation camps at Netherton Activity Centre with over **150 children** attending for 3 days, multi-sport sessions at Litherland Sports Park and Dunes, as well as wave rave pool parties. These sessions contributed to an increase of **+7% income** compared to October half term 2018.

A universal offering of community sessions continues to take place across the borough, which contribute towards the team income target of £81,000. A new loyalty card has been introduced offering 'Mini Members' discounted access to Active Buggies, Baby Boogie, Baby Ballet and Totz Splash sessions. This is in addition to other community sessions such as Couch to 5km, Jump into Gymnastics and Totz Gymnastics continuing.

The **121 programme** is a physical activity programme designed to improve the health and wellbeing of Sefton's young people (aged 11-19) who may need support. Referrals are being made currently for those who are on Early Help or Child in Need plans. In the last quarter, there were **16 new young people** who accessed the programme, and **4 still engaged** from the previous quarter. Since the programme has launched there has been a total of **49 young people** engaged or referred on to the programme.

As part of a commission funded through the Community Safety team, September saw the end of our Park Nights summer programme, delivering free activities in areas identified in partnership with Merseyside Police to target antisocial behaviour during the light nights. **81 sessions** were delivered over **13 weeks**, with **1758 participants** attending. Activities were also delivered over a three-week period as part of Operation Banger during our 'Treat or Treat' programme.

### Health & Wellbeing Delivery

MOVE IT received **28 referrals** within the quarter July – Sept 2019. 11 referrals were family referrals (with 5-10-year-old children) and 17 referrals are receiving one to one

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support (11-16 year olds). The main source of referrals were self-referral and School/Community Nurses.

Active Ageing received **19 referrals** within July – Sept 2019. Of those, **100%** improved their 'timed up and go' score, an assessment tool used to measure basic functional mobility and safety pre-and-post-programme. Improvements in the timed up and go score mean that the risk of falling is decreased.

The Exercise Referral programme received **1009 referrals** within the quarter July – Sept 2019. This is an **increase of 129 referrals** from the previous quarter.

Within this quarter the service has made **682 signposts** into partner organisations i.e. Living Well Sefton, who then work with link workers using a social prescribing approach. **245** of these signposts have continued with our services such as attending gym or other community-based activities.

This quarter has seen the team undergo changes to their roles due to the recent leisure review, which in the long term will see the merger of the functions of health and wellbeing with fitness. As of October, there has been a presence of an Active Lifestyles Officer within the Fitness Suite as part of the Fitness team and over time it is envisaged that there will be development of the Fitness Team to allow them to deliver other services, such as NHS Health Checks, as part of the Fitness offer, thereby improving what will become an all-encompassing, unique health membership.

The Active Lifestyles team have delivered **126 Health Checks** within the quarter July - Sept 2019. This quarter saw the first Magdalen House clinics take place for Sefton Employees, which were incredibly popular. Since then the team have delivered 20 Clinic's including Southport Town Hall, Netherton Family Wellbeing, Schools and continued regular monthly clinics held in Crosby Library, Meadows, Netherton Activity Centre and Dunes Splash World.

The new Active Lifestyles Weight Management Service (formally Diets Don't Work) has been re-branded as 'Weigh Forward'. The free 6-week programme is designed to help those needing weight management advice in a supportive and friendly group or individual setting. Within this quarter we have successfully delivered "Train the Trainer" courses for LWS partners, outlying the new 'weigh forward' course focusing on the new content but also the delivery of the new programme.

Almost 20% of our children are obese when they leave primary school at 11 years. (Sefton Children & Young People's Plan 2015 – 2020). Within the quarter of July – Sept we have engaged with **19 schools**. For every school who has engaged **18 (94%)** have taken up 2 or more options of the package. From those schools engaged 38% are from deprived wards.

Active Workforce introduced a new 5km event which took place in Princes Park following the route around the Marine Lake, giving them the opportunity to enjoy the views of Southport. With over **150** people taking part, Active Workforce are hoping to build on this in 2020 to make it as successful as the Crosby event. In addition to both 5K Challenges, Active Workforce also organised **4** Mountain Group Walks, **2** Duathlon's, a Mixed Football & Netball Tournament and a Wipeout Challenge on Crosby Marine Lake, engaging **916 staff** in all events. Plans are in place to increase

participation for the Event Programme next year and contribute to Sefton's Borough of Culture title.

In response to the results from the Stress Survey, Active Workforce have offered their services to the 'Workplace Wellbeing Champions' Programme being devised by Public Health for Sefton's workforce.

### Leisure Centres

Dunes Splashworld will close on 2 December 2019 to address some structural issues and is due to reopen in Summer 2020 following a full refurbishment. Leisure are in discussions with contractors with regards to carrying out the remedial work.

The hospitality element at Crosby Lakeside Activity Centre will close in April 2020 and reopen in April 2021 following refurbishment. The facility will continue to operate between now and then with the focus on the transition period post April 2020.

A recent change in the weekend operating model has taken place with a reduced winter offer. Lakeside Lodge will close on Saturday and Sunday evenings and no food will be available on Sundays.

The activities team has recently undertaken a consultation exercise through an end of season debrief. Although positive, this debrief did highlight some areas that instructors felt could be improved for future delivery. Because of this some improvement measures have already been implemented. The team are currently gearing up for 3 major inspections, the first of which is scheduled for 29<sup>th</sup> Nov 2019.

The lake is regularly tested throughout summer months to ensure it meets EU bathing water quality standards. Unfortunately, the sample taken at the end of September 19 did not meet these standards and as a precautionary measure all lake submersion activities ceased. The water quality has been retested and the results now show that the water quality has improved and is now well within industry standards.

Meadows Health & Fitness continues to hold Leisure's largest membership base. However there has been a drop of 47 members since June, with the majority citing the lack of parking spaces as the main reason. Options to provide an additional 75 car parking spaces at Maghull Town Hall are continuing to be explored.

At the last quarterly report Officers informed Cabinet Member of the issues with the synthetic turf pitch (STP) at Litherland Sports Park. Since the last report there has been progress at pace, with a report going to full Council on the 4th December 2019 to approve £250,000 to be spent on the refurbishment.

LSP has been identified within the playing pitch strategy as a site that will accommodate two new 3G pitches and will become Sefton's Football Academy. The £250,000 will cover the resurfacing of the pitch and upgrading it from a sand based surface to 3G and renew all existing lights to LED, and therefore the facility will remain operational and become more efficient.

Netherton Activity Centre continues to be a shining example of our community hub approach to locality working and continues to be very successful. The integration of the different teams within the facility are helping to support the community with

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different services on their doorstep. Bonfire night saw NAC host a successful firework display with between 10,000-15,000 people attending thanks to L30 millions for their continued support.

Bootle Leisure Centre is experiencing a range of building maintenance issues which are having an impact on bookings and the operational nature of the site. Work is being done by Centre staff to attempt to resolve these issues. There are also some IT issues which are replicated across all 6 Leisure sites and we are working closely with IT colleagues to address these.

### Aquatics

Schools are in full swing with the new 2019-2020 swimming less timetable. As a real positive the team have noticed a rise in schools putting more funding into swimming lessons and requesting additional swimming instructors to provide more support for their pupils. The total number of aquatics members across all 3 sites remains comfortably at around **2,000** with a further **1,000** on waiting lists. The team work daily on keeping the programme moving.

As most swimming services struggle with finding adequate staff the Aquatics Team have set up a volunteer programme. This year there has been **7 volunteers** gaining their qualifications through this programme and becoming fully fledged swimming instructors for Active Aquatics.

### Activate Fitness

Over the 6 Active Sefton sites there are currently **12,514** members (September 2019), generating **£310,054** per month. With the implementation of Virtual Group Fitness, there are **520** fitness classes available for our members to attend over the 6 facilities.

A breakdown of membership figures are as shown:

BLC	CLAC	DLC	LSP	MDW	NAC
2281	1842	2089	1133	4235	934

### Future Developments

As detailed in the report, there are some ongoing service improvements currently underway, particularly in relation to the maintenance of the Leisure Centres. Focus over forthcoming months will therefore be to rectify these areas where possible, which is essential before it is possible to continue driving operations forward. However, there are also service development areas highlighted throughout this report that will lead to improvements in both new and existing services, particularly through the increased partnership approach that has been established through Locality working and the Living Well Sefton partnership.