

HEALTH AND WELLBEING

Aligned to: Help me to Keep my Place Safe and Looking Good

Health And Physical Activity

Health Intervention

Bromsgrove shows a middle-high level of excess weight which is 0.8% higher than the national average; however levels of activity across the district are middle-high. The Active People’s Survey (2016) shows an increase in people exercising 3 x or more per week but a decrease in lower level activity such as 1 x week. Bromsgrove are retaining active people but not engaging as many inactive people as previous years.

Sports Development works to improve the health of the Bromsgrove Community through physical activity and mental health and wellbeing:

Activity Referral: A referral scheme where people can self-refer in to the scheme. This is currently run out of three centres across Bromsgrove, Bromsgrove Sport and Leisure Centre, Altered Images Gym and Rush Active in Wythall. Participants who have completed the programme have experienced reduced blood pressure, improved mental health, better weight management as well as improving strength, mobility and the ability to carry out everyday tasks



Healthy Horizons

Bromsgrove Sport & Leisure Centre, School Drive or Altered Images, 80 Worcester Rd, Bromsgrove

An individually tailored programme of physical activity for people experiencing:

- Stroke
- Chronic Heart Failure
- Depression
- ME
- Low Back Pain
- Heart Attack
- Diabetes
- COPD
- Chronic Fatigue Syndrome
- Cancer
- Arthritis
- Fibromyalgia
- Any long term health condition

To include:
A combination of lifestyle advice and gentle to moderate exercise in a gym environment. Sessions are led by qualified exercise and health professionals providing benefit is such as improving lifestyle, chances to socialise and creating pathways to continue participation after the programme.

For only \$17.00 you will receive a 6 week programme, full leisure centre membership, plus access to all of our community exercise sessions.

For more information about course dates and content, or a copy of the referral form contact:
Tel: 01527 548203
email: hayley.gwilliam@bromsgroveandredditch.gov.uk



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Mental Health and Wellbeing: Mental Health and wellbeing has become a high priority for Bromsgrove for all age groups. The significance of this has been highlighted in the Worcestershire Health and Wellbeing Strategy as it is one of the top 3 priorities. All of our instructors have been trained to help with mental health and wellbeing.

Strong and Steady (Falls Prevention Intervention): This is a national scheme which helps people who may be at risk of falling. People can self-refer into this scheme or be referred through a medical professional. This scheme is run in partnership with Public Health and the County Sports Partnership. The intervention helps to improve strength and mobility as well as improving confidence as many of the participants live alone so are socially isolated. We have committed to the provision of 5 rolling programmes across the borough.

Strong & Steady

Bromsgrove Methodist Centre
Wednesdays 2.30pm
Gilbert Court
Thursdays 1.30pm

£3.50 per session

Do you want to improve your balance and co-ordination?
Do you want to increase your strength, mobility and flexibility?
Do you want to improve your posture and stamina?

Then this class could be just right for you - helping to improve all of those things.

A light and enjoyable way to exercise and a great social group too!

Call the number below to book your place

Please contact the strength and balance co-ordinator at Bromsgrove District and Redditch Borough Councils on 01527 881404 or sd@bromsgroveandredditch.gov.uk




Rubery Social Club
Mondays 11.15am

Strong & Steady

£3.50 per session

Do you want to improve your balance and co-ordination?
Do you want to increase your strength, mobility and flexibility?
Do you want to improve your posture and stamina?

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A light and enjoyable way to exercise and a great social group too!

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Couch 2 5k: This scheme has been hugely successful in getting inactive residents engaged in physical activity. The programme encourages people to walk/run their way up to 5km over a 9 week period. It is all inclusive and the age range is vast. 33% of those taking part are inactive i.e. they do not meet the recommended weekly activity level of 1 x 30 minutes. Targeting this population will see the greatest health benefits in terms of reduction in NHS admissions/appointments, increased mental health and wellbeing and improved community cohesion.

Community Exercise Classes: Aimed at people over the age of 50, but welcomes all ages. These sessions are targeted to improve levels of physical activity in the older age group as well as provide social opportunities to improve mental health and wellbeing. Activities provided include yoga, pilates, tai chi, Zumba. Access to facilities and transport is important and can be a barrier to exercise.

Walking for Health: There are currently 5 free Walking for Health sessions across the Borough, with plans to set up more in the new year.

ESCAPE-pain: Education and exercise for people living with osteoarthritis of the hip/knee. 12 sessions over 6 weeks.

escape pain

Do you have knee or hip pain?

Join our ESCAPE-pain class, meet other people living with arthritis and learn: An education and exercise programme for people living with Osteoarthritis

CLASS DETAILS

Venue

Bromsgrove Sport & Leisure Centre

Day/Time

Tuesdays and Thursdays
10.30am to 11.30am

Starting

Tuesday 7th January 2020

Cost

£3.30 per 1 hr session



HOW DO I SIGN UP?

Contact Hayley Gwilliam - Bromsgrove District Council

Telephone 01527 881404

Email: hayley.gwilliam@bromsgroveandredditch.gov.uk



NEURO exercise – currently working with the neuro physios at POWCH and Images gym on the provision of an exercise class for people living with neuro conditions such as MS, Parkinson's disease, head injuries, and many more.

Health – SD are currently working with local GP's, physios and other providers to identify the gaps in provision for sessions targeted at specific health conditions.

Disability sessions: Disabled activities such as Sailing, Keep on Moving, Climbing and Boccia are run weekly as well as more targeted activities being offered through

partnerships with schools (Chadsgrove and Rigby), community groups (YMCA) and charities (Age UK, Alzheimer's Society).

Positive Activities: These sessions are being supported by West Mercia Police, Community Safety Partnership, YMCA. This promotes interaction and acts as a diversionary activity to reduce anti-social behaviour and improve community cohesion.

Active Kitchen

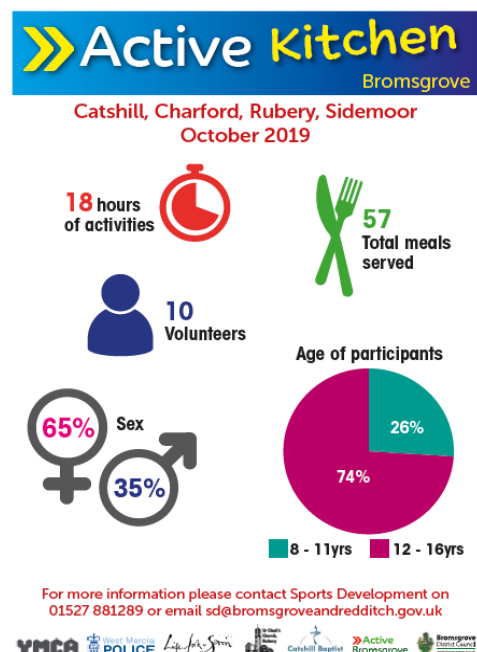
October Half term saw the first roll out of the Active Kitchen programme over the identified areas of need in the District. This saw 4 programmes run in Catshill, Charford, Rubery and Sidemoor, these sites were all staffed through our partnership with the YMCA Worcestershire and hot meals provided by Life, Fork & Spoon.

There was 18 hours of activity delivered and 57 meals served to young people aged 8-16. As this was the first holiday delivery in most of these areas and working with the targeted audience participation was at an expected lower level than sites where delivery has been ongoing for 12 months plus. New partnerships have been forged with Catshill Baptist Church and the foodbank there, St Chads Church in Rubery and the West Mercia Police Safer Neighbourhood teams in the 5 targeted wards. Due to staffing with the Youth Club at Woodrush Hub it was not possible to run the programme during this holiday, but plans are now already taking place to run the programme in February half term.

The participants were 65% female and 74% were aged 12-16 showing that the programme reached the key demographics that tend not to engage as much with youth provision and physical activity. As well as the impact for the young people in the communities, there was also 12 volunteers that engaged and helped with the delivery.

Linking to the Active Kitchen programme to an outreach and diversionary activity programme which has also started will create a consistency of activity in these areas producing a natural feed in to the February delivery of Active Kitchen.

There is an evaluation meeting planned on Nov 14th bringing all the delivery partners together to look at what went well and actions ahead of the February delivery to ensure this pilot scheme is as big a success as possible and producing the learning and outcomes needed for a sustainable model moving forward.



Development Services

The Bromsgrove Arts and Cultural Consortium (BACC), of which BDC is a core member, will soon launch its action plan for growing cultural engagement across Bromsgrove District. Produced as part of the Arts Council England-funded 'Tell Me What You Want' project, this plan is the result of 18 months of research and over 1000 individual engagements with Bromsgrove residents and organisations. The 'Tell Me What You Want' plan has wellbeing at its heart, providing a framework for ambitious partnership working in the field of arts and public health, including mental health. As such, we could signpost Mr Dean Smith to BACC via the Council's Arts Development service – who would be happy to explore how Mental Health Together might potentially become involved as partners in this project.

We are currently in dialogue with a number of organisations around approaches to the arts and social prescribing. We have committed a considerable amount of the capacity of a recently created, full-time Arts Development Officer post to building these kinds of relationships and associated projects.

'Tell Me What You Want' has provided us with a firm evidence base for our action in Bromsgrove over the next ten years. As a result of this work we can show that there is a need for more cultural engagement among, particularly: isolated elderly people, young people aged 15-20, young parents with older children and people from lower socio-economic backgrounds. We also have a well-developed, publicly-sourced programme of actions which will, we hope, enable us to turn Bromsgrove into a place where everyone's health and wellbeing is enhanced by cultural engagement.

COMMUNITY TRANSPORT

BURT (Bromsgrove Urban and Rural Transport)

I am pleased to update you in respect for our community transport scheme that is delivered by Bromsgrove and Redditch Network (BARN) in our District. Community Transport supports our residents to live their lives independently and enables them to access a wide range of services and activities ranging from trips to day centres, shopping and social groups. In doing this the services helps prevents loneliness and improves users physical and mental well-being.

BURT has 263 registered users and in the last quarter took on 26 new users, provided 1138 single passenger trips of which 178 where wheelchair passengers.

BROMSGROVE PARTNERSHIP

Background

The Bromsgrove Partnership is the Local Strategic Partnership (LSP) for the District. An LSP is a voluntary partnership which brings together different organisations from the public, private, voluntary and community sectors. Instead of each organisation working separately in isolation, the Bromsgrove Partnership provides a forum for local organisations to come together and address issues that are important to those living, working and visiting Bromsgrove District, in a more effective and cohesive way.

Bromsgrove Partnership's vision is: "We will make Bromsgrove District the place to live, do business and to visit."

Bromsgrove Partnership operates a Strategic Board with Theme and Sub Groups underneath. As the relevant Portfolio Holder, I sit on two Bromsgrove Partnership Groups: Community Wellbeing Theme Group and Ageing Well Sub Group.

Both groups are made up of representatives from a number of different local agencies, primarily within the public and voluntary and community sectors. As this is a new Portfolio, to increase my understanding of all the services and support provided by the different local agencies, I have been meeting with them on an individual basis. This has been invaluable and very positively received by those I have met so far.

Community Wellbeing Theme Group

This Theme Group covers: Health and Wellbeing; Children and Young People; and Ageing Well. The focus for this group is aligned with priorities within the Worcestershire Health and Wellbeing Strategy 2016-21 which are: improving mental wellbeing; increasing physical activity; and reducing harm from alcohol.

Although Bromsgrove District is considered overall relatively healthy, there is an understanding amongst partners that the statistics often mask pockets of deprivation and health inequalities. The latest Public Health England profile has recently been published and is likely to be discussed at the next meeting.

At recent meetings I have attended there has been a focus on children and young people including a presentation on Worcestershire Children First as well as discussions on Positive Activities and future partnership approaches to working with young people. This has been picked up and discussed further by the Children and Young People Provider Group which links to the Bromsgrove Partnership as well as the Community Safety Partnership.

Other items that have been discussed recently have been: Drug and Alcohol Needs Assessment; the work of the Sunrise Team (BDHT lead but was conceived at a

Bromsgrove Partnership meeting a few years ago to help support individuals/families with complex multiple needs); and the work of the Bromsgrove Arts, Culture and Heritage Consortium to identify and address barriers for people to engage with the arts locally.

At a County level, I provide the link between the Theme Group and the Worcestershire Health Improvement Group (HIG). This is a sub group of the Health and Wellbeing Board (HWBB), which oversees the system for local health commissioning in the County. I am the District Council representative on the HIG and the North Worcestershire District Council representative on the HWBB. At the last HIG meeting, items discussed included Child Poverty, Substance Misuse Needs Assessment and Early Help. At the last HWBB meeting, items discussed included: Safeguarding (both Adults and Children); Housing and Health Joint Strategic Needs Assessment (JSNA); JSNA Annual Summary; and Better Care Fund.

Ageing Well Sub Group

Due to the wide remit of the Community Wellbeing Theme Group, and given the demographic of the District, a sub group, specifically focusing the older population locally, was formed some time ago. It is chaired by the Chief Executive of Age UK Bromsgrove, Redditch and Wyre Forest (BRWF).

Earlier this year partners on this group decided to have themed meetings relating to Age Friendly Communities with the last meeting focussing on 'Enough money to live well'. This meeting included brief talks from Department of Work and Pensions (DWP), Citizens Advice, Age UK BRWF, Act on Energy as well as Bromsgrove District Council's Financial Independence Team. Through this Group, we have produced a Winter 2019 version of New Horizons, which is a leaflet for over 50s containing useful contacts loosely listed around the five ways to wellbeing, with extra information on keeping warm this winter. This is being distributed amongst partners, including the Bromsgrove Forum for Older People, together with the Warmer Worcestershire Thermocards and Warm Homes Fund leaflets.

The Group links with the Bromsgrove and Redditch Dementia Friendly Group which again is made up of different representatives. It is Chaired and supported by two volunteers who happen to be BDC officers (Helen Mole and Katie Sharp-Fisher) who kindly give up their own time to help run the group. The group supports the aim for Bromsgrove District to be dementia friendly by raising awareness locally. In turn it therefore contributes towards helping those affected to live well with dementia. Although this is separate to the Bromsgrove Partnership, I would like to highlight the new 'Live Well with Dementia' Guide that has been produced through that group, sponsored by one of the partner organisations, and free copies are available to local residents.

The next meeting of the Ageing Well Sub Group will be focussing on 'Keep safe at home' and will involve: West Mercia Police; Hereford & Worcester Fire and Rescue Service; Community Safety Team; Lifeline; and a variety of other local agencies.

Wellbeing in Partnership E-Newsletter

There is a 'Wellbeing in Partnership' E-Newsletter which is circulated monthly across Bromsgrove and Redditch partner organisations including BDC Councillors for information. The content comes from different organisations to help keep other organisations informed which ultimately helps ensure our local residents are appropriately signposted to services that might be of benefit to them, no matter which agency they initially contact. This has been picked up by the NHS Redditch and Bromsgrove Clinical Commissioning Group's Alliance Board which has it on every agenda as a standing item for information.

Report of the Portfolio Holder for Strategic Housing and Health and Well Being

STRATEGIC HOUSING

Aligned to all strategic purposes but in particular to “Help me to Find Somewhere to Live in my Locality” and “Help me to Run a Successful Business”

I am pleased to present an update report to the Council about the areas covered by my portfolio. Members will be aware that I am relatively new in post, so I would like to take this opportunity to cover some of the latest headlines from a local housing perspective.

Homelessness - homelessness is always a measure of the health or otherwise of a local housing market, and I am pleased to be able to report that homelessness remains relatively stable in Bromsgrove. It's certainly rare to see someone rough sleeping in Bromsgrove and we continue to fund a rapid-response service via Caring for Communities and People (CCP) who specialize in helping people at risk of homelessness avoid ending up on the streets.

BDHT also continue to do a good job of tackling homelessness and housing need across the district and they're certainly busy, conducting over 100 housing options interviews a quarter. With around 3000 households registered on our housing register there's no room for complacency because demand for affordable options remains high.

The council continues to use all MHCLG homelessness grants to prevent or respond to homelessness locally, with a particular focus on the needs of young people and ex-offenders.

Affordable Housing - as members will be aware, we regularly negotiate for up to 40% affordable housing provision in our Section 106 agreements with developers. Over the last five years these have delivered an average of 100 affordable homes a year and these homes go on to be owned by local Registered Providers, such as BDHT, who will be renting the properties to local residents. The pipeline of new homes coming on-line is healthy, and we have 15 housing providers operating in our area, but there's always a need to do more, and I am looking forward to examining what extra steps we might be able to take to increase the supply of affordable housing, especially for local residents struggling to purchase a home, given that property prices are high here.

The Immediate Future - for local residents living and working in Bromsgrove the housing situation is challenging, and we are trying to rebalance the market from this perspective. Preparations for the redevelopment of the site of our old headquarters at Burcot Lane to produce 61 new homes are continuing with Homes England and local people were very positive about plans for the area at a recent consultation event.

I would conclude my comments on housing by mentioning some new work that's being done by officers in the private sector housing team to protect overseas workers from exploitation and poor housing conditions locally. With the help of a central fund our officers are working closely with our partners including the police and fire service to ensure migrants aren't facing risk of harm. I will provide more detail on this new work in the future but in here and now I thought members across the chamber might like to hear that we are taking steps to protect a group who can be vulnerable without the necessary support on the housing front.