



REGENERATION AND ENVIRONMENT SCRUTINY COMMITTEE - FOR INFORMATION

SUBJECT: WELL-BEING OBJECTIVE 5 - 6 MONTH PROGRESS UPDATE

REPORT BY: INTERIM CORPORATE DIRECTOR - COMMUNITIES

1. PURPOSE OF REPORT

- 1.1 This report is for information only for members, which gives a progress update at the first six month stage against Wellbeing Objective 5 'Creating a county borough that supports a healthy lifestyle in accordance with the Sustainable Development Principle within the Well-being of Future Generations (Wales) Act 2015'.

2. SUMMARY

- 2.1 The Well-being Objectives are set for five years 2018-2023. This is the first 6 month progress update of the Well-being objective 5 'Creating a county borough that supports a healthy lifestyle in accordance with the Sustainable Development Principle within the Well-being of Future Generations (Wales) Act 2015'.
- 2.2 This Well-being Objective, has 2 outcomes which are noted in 4.1. Reviewing the outcomes at this stage of the 5-year plan the objective is judged to be progressing well with further details below.

3. LINKS TO STRATEGY

- 3.1 The Well-being Objective maximise our contribution towards the following Well-being Goals within the Well-being of Future Generations Act (Wales) 2016:
- A prosperous Wales – Research shows that young people who are healthy are more likely to perform better at school and are less likely to be unemployed, receive benefits or be involved in crime. Good health and reliance will support residents, of all ages, to be part of the labour market and help contribute towards a prosperous county borough. Our environment and green spaces can provide employment and other benefits such as inward investment and tourism.
 - A healthier Wales – Creating a supportive environment that enables our residents to manage their own physical, mental and well-being needs is an important part of ill health prevention. Communities with attractive public open spaces help residents to be more active and more engaged and support better mental and physical health.
 - A more equal Wales – At their core all sporting programmes are about 'tackling inequalities'. Lifestyle choices are a key cause of health inequalities and can have a major impact on healthy life expectancy. The need to reduce our health inequalities is unquestionable.

- A resilient Wales – Proposals to prevent fly tipping will contribute to a cleaner, safer environment. Regular participation in sport is associated with good mental health. A network of healthy, green, well-functioning, well-connected and sustainable communities can deliver multiple benefits for environmental, social, economic and cultural well-being.
- A Wales of Cohesive Communities - Supporting residents to have the best start in life will help reduce youth offending, anti-social behaviour and other crime levels leading to safer communities within the county borough. Attractive country parks and opportunities to walk and cycle and allow all to experience places to enjoy activities is very much a part of providing 'A Wales of Cohesive Communities'
- A Wales of Vibrant Culture creating a county borough where people can participate in sport and recreation and where they feel healthy and empowered to be engaged citizens, all supports a 'Wales of Vibrant Culture'.
- A globally responsible Wales – Enabling behaviour change towards a more preventative and sustainable approach will have a huge impact on the local and global environment. Positive early intervention and improving residents' health can prevent higher healthcare costs in adulthood. By encouraging residents to protect and look after their local environment and natural resources we strive towards our global obligations.

4. THE REPORT

4.1 Well-being Objective 5 two has 2 outcomes which are;

- Aim to reduce inequalities in health across the county borough
- Creating a place that supports a healthy lifestyle including:
 - Contributing towards the Welsh Government target to reduce smoking prevalence rates to 16% by 2020
 - Reducing the overweight and obesity rates in children
 - Understand and address what helps to encourage people to become more physically active

4.2 What has gone well to date –

The Council undertook a consultation on its 10 year Sport and Active Recreation Strategy and this has now been formally adopted. Officers are now developing specific actions to support comprehensive implementation. The Sport and Leisure Service was awarded the Disability InSport Development Bronze Award. The Sport Wales School Sport Survey 2018 for Caerphilly shows 60% of girls participate in any extracurricular activity with 41% participating 3 times a week or more. Positive futures has seen over 3900 participations across both Daytime referrals and community outreach sessions which have also supported a 51% reduction in Anti Social Behaviour. So far, over £108k of community chest funding has been allocated to support growth and quality of organisations in CCBC. Supported by over 49,000 attendances to Sport Caerphilly activities which have a direct link into the community. 18 individuals were registered with the Elite Caerphilly programme with one getting to world finals.

Flying Start continues to deliver the programme to reach families of more than 2500 children aged 0-3years old in the most disadvantaged communities. All Health Visitors are now in post and delivering the key public health messages around good nutrition, responsive feeding and supporting healthy behaviours. There has been a move away from the more formal HENRY programme and more focus on supporting responsive feeding (Families First and Flying Start) which supports parents on discharge from hospital and as needed in the following months, which has increased our breastfeeding rates.

Our Flying Start Baby Clubs have been re-established across the county borough accessible to all Flying Start areas and take up has been very positive with parents having more access to Health Visitors, nursery nurses, parenting and speech and language support in community based provision. Tiny Talkers groups have had increased attendance and engagement and

they are being delivered with the Health team from Sept 2018. They support family play activities including physical activity and healthy eating as well as portion size information, and aim to improve the home learning environment particularly for speech, language and communication.

During the period April to Oct 2018 3 settings have completed the whole Healthy and Sustainable Preschool Scheme (Hey Scheme), there have been 2 new starters and there are 6 on the waiting list ready to start in the Spring Term 2019. Totals settings on the scheme:

Phase 1 – 14
Phase 2 – 18
Phase 3 – 22
Eco – 9
Completed whole scheme – 12

The Healthy Hearts/Get Going around Caerphilly initiative is a partnership between the cardiac rehab department of ABUHB and the countryside service of CCBC with the aim of using green spaces for walking initiatives to improve the health and well-being of ABUHB patients and the public. During the period 1st April to 31st October 2018 the partnership resulted in 260 led walks being delivered, with 726 individual walkers amounting to 4115 walking episodes. In addition there were 512 entrants to the Caerphilly Challenge series with 50 volunteers involved with pre planning and delivery on the day totalling 440+ volunteer hours.

4.3 What has not gone well –

In Sport and Leisure the Elite Caerphilly programme has not been athlete centred and considered to be too rigid. This has now been rectified

Healthy and Sustainable Preschool Scheme Eco training had to be cancelled twice because of poor weather. This training will now be incorporated in a full day training event to be held in March 2019.

Lets Walk Cymru funding has stopped which limits further expansion of the scheme.

4.4 What impact is there (if any to date) on the citizens

The 'Insport' Development Award represents a significant step forward in how Sport and Leisure Services integrate disability sport into their culture and planning. The Service has supported a number of sports clubs across Caerphilly County Borough offering disabled people the chance to get involved including sports from swimming to wheelchair basketball.

The Healthy Early Years Scheme runs across all types of childcare settings including Flying Start settings and so is able to promote healthy messages across a wide range of family dynamics. The scheme continues to upskill childcare settings across the county borough in promoting a healthy lifestyle and the 10 Steps to a Healthy Weight messages. These messages are being promoted across 75 settings potentially reaching approximately 2250 children and their families. The scheme promotes physical activity both in the childcare setting and in the home and instils a healthy lifestyle attitude from a young age. We also work with the local health Board to promote increased take up of immunisations and the flu jabs.

The Healthy Hearts/Get Going around Caerphilly initiative has increased awareness of the benefits of exercise and increased the uptake of regular physical activity, through the delivery of a wide range of health promoting activities that enable specific groups to be more physically active and to participate in safe, effective exercise.

More generally we see continued increasing use of the county borough's green infrastructure. In terms of country parks initial figures are showing year on year growth. Parks facilities are being used not only on an ad hoc basis but also by organised groups such as Parkrun and are of course open to all.

5. WELL-BEING OF FUTURE GENERATIONS

- 5.1 This Objective contributes to the Well-being Goals as set out in Links to Strategy above. It is consistent with the five ways of working as defined within the sustainable development principle in the Act:

Involvement – This depends on the involvement of individuals to improve individual quality of life. We work with and involve a range of partners such as Public Health Wales, schools and parents (for initiatives like the Daily Mile initiative). The nature of preventing ill health requires the involvement of the individual to sustain initiatives as well as health services, GPs, Health Visitors, the voluntary sector and local groups such as walking groups. For example, the ‘Healthy Hearts’ Walking Initiative with the NHS, has 3000 participants in Caerphilly.

Long term – The objective is framed in the long term from a generational life course to deal with the long term implications of poor health which affects the quality of life and the wider economy if we do not improve on the current position. This objective starts from pre-pregnancy and 0-3 within the Flying Start programme through to healthy places for adults and children. Opportunities for health improvements with the development of the Valleys Landscape Park is a long term generational commitment and will probably run for the next 25 years.

Collaborate – As noted under involvement we must collaborate to improve this aspect, there are too many partners to list here but staff from the Aneurin Bevan University Health Board, Public Health Wales, Sport Wales all carry out activities in partnership. National Resources Wales (NRW) have a passion and willingness to allow the public use of their sites for outdoor recreation and the South Wales Countryside Officers group collaborate to ensure both local and region initiatives are developed and implemented that promote benefits to health, particularly through the Sustainable Management of Natural Resources.

Integration – Good Health underpins all the other Well-being objectives as without good health many other objectives such as maintaining sustainable employment, making the most of education and general quality of life opportunities is simply not possible. Success of this objective will meet the goals of the other organisations listed here seeking the same outcomes.

Prevention - This objective in its totality is about preventing poor health and building more resilience in our citizens over the life course to enable a better quality of life. At the heart of people’s ability to work, learn and enjoy a good quality of life, good health and well-being is the starting point for all other opportunities. Demand on already stretched services such as social care, primary and secondary health care, can be reduced by supporting residents to have a healthy and independent life for as long as possible.

6. EQUALITIES IMPLICATIONS

- 6.1 An EIA screening has been completed in accordance with the Council’s Strategic Equality Plan and supplementary guidance. No potential for unlawful discrimination and/or low level or minor negative impact has been identified; therefore a full EIA has not been carried out. The Well-being Objective however will benefit different groups of citizens if achieved will contribute to the national Wellbeing Goal of ‘A More Equal Wales’.

7. FINANCIAL IMPLICATIONS

- 7.1 There are no direct financial implications arising from this report.

8. PERSONNEL IMPLICATIONS

8.1 There are no direct personnel implications within this report.

9. CONSULTATIONS

9.1 All responses from consultations have been incorporated in the report.

10. RECOMMENDATIONS

10.1 Members are requested to consider the content of the report and to satisfy themselves that progress is being made at the 6 month stage of the 2018-2023 Well-being Objective assessment.

11. REASONS FOR THE RECOMMENDATIONS

11.1 That members are informed and have the opportunity to call the objective to the agenda in having assurance that the Council is working towards delivering the objectives within its Corporate Plan 2018-2023.

12. STATUTORY POWER

12.1 Well-being of Future Generations (Wales) Act 2015.

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Background Papers:

Corporate Plan 2018-2023	Approved Cabinet 11 April 2018 Endorsed by Council 17 th April 2018
WBO 5 – Creating a county borough that supports a healthy lifestyle in accordance with the Sustainable Development Principle within the Well-being of Future Generations (Wales) Act 2015	Page 55 of the Corporate Plan