



FOR PUBLICATION

DERBYSHIRE COUNTY COUNCIL

CABINET

Thursday, 9 December 2021

Report of the Director - Public Health

**Physical Activity Programmes Grants for District and Borough and
SHIFT to March 2023**

(Cabinet Member for Health and Communities)

1. Divisions Affected

1.1 Countywide

2. Key Decision

2.1 This is a Key Decision

3. Purpose

3.1 The purpose of this report is to seek Cabinet approval to extend the physical activity grant funding for Exercise by Referral, Walk Derbyshire and Active Fostering services delivered by district and borough councils from 1 April 2022 to 31 March 2023 and to extend the grant funding for Jog Derbyshire, delivered by SHIFT for the same period.

4. Information and Analysis

4.1 Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease,

coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis, and colon/breast cancer and with improved mental health. In older adults, physical activity is associated with increased functional capacities.

- 4.2 Exercise by Referral is a 12-week programme for inactive adults with specific health conditions including those who have had a heart attack, who have chronic obstructive pulmonary disease (COPD) and diabetes. More recently cancer and Long Covid have been added to the criteria. The programme equips people with the knowledge, skills, confidence, and self-efficacy to be more active in their local leisure centre or through other community-based activity and to continue this longer term. During Covid-19 restrictions, face-to-face provision was paused and providers adapted the service, delivering online content, developing home based programmes, and providing 1:1 support via telephone and video.
- 4.3 Between December 2020 and September 2021, 1,310 people accessed the programme. Now face-to-face provision is back in place, numbers are steadily increasing, and a new pathway has been developed for individuals who have been diagnosed with Long Covid.
- 4.4 Walk Derbyshire is a network of walks that support people to lead more active lives within their local communities. From September 2018, funding has focussed on growing the network of supported walks for inactive people across Derbyshire, including developing more family-friendly organised walk opportunities, and supporting people with physical and mental health conditions to become more active through walking. In December 2019, there were 108 walking groups operating across Derbyshire, supporting those new to walking, as well as those wishing to progress to more strenuous walks. There are also groups that support people with physical and mental health conditions, people with dementia and their carers and buggy walks that enable new mothers to socialise and be active. Covid-19 caused disruption to the walking groups, but many people continued to walk on their own or with a friend or family member. Now Covid-19 restrictions have lifted, groups have been reinstated. These groups and walk coordinators will now link and work closely with the new Walk Derbyshire programme and Active Neighbourhoods Pilot, funded through the Public Health Investment Fund as part of the whole system approach to walking.
- 4.5 Active Fostering supports initiatives to engage Looked After Children and their families in physical activity, including leisure centre access which is now supplemented by new and diverse activity opportunities. This is a priority area given that physical activity is one of the ways to

support children to develop skills and confidence to allow them to achieve their full potential. Approximately 300 fostering households in Derbyshire have a leisure pass (over 85% of fostering households). Of these, 90 households say they access activities through the scheme on a weekly basis, and over 20 Children in Care have learnt to swim in the year to March 2020. In the annual fostering survey, over 90% of the respondents gave Active Fostering the highest possible rating.

- 4.6 Jog Derbyshire works with people in communities to support them to become more active through jogging. The groups cater for everyone, regardless of age or ability, and are all led by qualified jog leaders. As of September 2019, there were 51 Jog Derbyshire groups established across Derbyshire, including groups affiliated to GP practices and workplaces.
- 4.7 One of the impacts of Covid-19 has been a reduction in physical activity levels, disproportionately affecting those aged over 55 and those with a disability or long-term condition (LTC). The proportion of disabled people and adults with LTC's who were 'inactive' rose significantly across the pandemic, with overall activity levels falling at higher rates compared to those without a disability or health condition. Exercise by Referral is specifically for people who are inactive and have specific health conditions. Long Covid has now been accepted as a condition and a pathway has been developed to access the Exercise by Referral service.
- 4.8 These grant agreements will be replaced with a wider physical activity commissioning model that is currently being explored. The grants were extended in a Cabinet paper in July 2020 in the expectation that this model would be ready to commission to start in April 2022. Due to the complexity of pulling together the whole physical activity system with a comprehensive needs assessment to inform a collaborative commissioning approach, coupled with Covid-19 pressures this deadline cannot be achieved. Extending the funding for the current service provision, as outlined in this report, will enable continuation of services that support residents to become more physically active, while engaging with stakeholders to develop a future model.

5. Alternative Options Considered

- 5.1 Do not extend the current grant agreements - notice would need to be served and the service provision would cease, leaving a gap in services.

6. Implications

- 6.1 Appendix 1 sets out the relevant implications considered in the preparation of the report.

7. Background Papers

- 7.1 Physical Activity Cabinet paper – Investment in population nutrition and activity programme 09 July 2020

8. Appendices

- 8.1 Appendix 1 – Implications

9. Recommendation(s)

That Cabinet:

- a) Approve the extension of the existing physical activity grant funding for Exercise by Referral, Walk Derbyshire and Active Fostering services delivered by district and borough councils from 01 April 2022 to 31 March 2023 to the sum of £0.422m
- b) Approve the extension of the existing grant funding for Jog Derbyshire delivered by SHIFT from 01 April 2022 to 31 March 2023 to the sum of £0.050m

10. Reasons for Recommendation(s)

- 10.1 Exercise by Referral ensures inactive residents of Derbyshire with specific health conditions have the opportunity for safe, supported physical activity sessions to help improve their health and wellbeing. The programme equips people with the knowledge, skills, confidence, and self-efficacy to be more active in their local leisure centre or through other community-based activity and to continue this longer term.
- 10.2 Jog Derbyshire provides access for individuals and groups within Derbyshire communities to become more active through jogging, including beginners with a Couch to 5k session.
- 10.3 Extending both these grant funded programmes for a further year to March 2023 will ensure continuation of services whilst a new more

comprehensive physical activity commissioning model is developed and procured.

11. Is it necessary to waive the call in period?

11.1 *No*

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Implications**Financial**

- 1.1 The allocations from the Public Health Grant per district/borough council are as follows

Organisation	Allocation 01 April 2022 – 31 March 2023
	£
Amber Valley	0.064m
Bolsover	0.055m
Chesterfield	0.080m
Derbyshire Dales	0.028m
Erewash	0.066m
High Peak	0.044m
North East Derbyshire	0.045m
South Derbyshire	0.040m
Total EBR	0.422m
SHIFT Jog Derbyshire	0.050m
Total	0.472m

Legal

2.1

- 2.2 The Council's standard grant agreement will be used to set out the terms and conditions for which the grant is made and will include terms that provide for clawback of funding in certain circumstances and shall also exclude running costs and on-going staff costs. Furthermore, to comply with the Council's new grant policy should this paper gain Cabinet approval checks will be carried out to ensure that the grant funded organisations are complying with the Data Protection Act 2018 and the UK retained version of the General Data Protection Regulation (GDPR) and that they have in place the following:

- A safeguarding children policy.

- A safeguarding vulnerable adults' policy.
- An equity/equality policy.
- An incident and accident policy.
- Codes *of* conduct where *relevant*.
- Insurance policies where *relevant*.

Human Resources

- 3.1 The funding will enable local providers to deliver projects and services. Derbyshire County Council accepts no employment or future redundancy liability, with all employment and related matters to be managed by the providers.

Corporate objectives and priorities for change

- 4.1 Corporate objectives for change include:
- Increased physical activity improves both physical and mental well-being.
 - Prevention and early intervention: promoted by increasing physical activity.