



FOR PUBLICATION

DERBYSHIRE COUNTY COUNCIL

REPORT TO CABINET MEMBER FOR HEALTH AND COMMUNITIES

6 March 2023

Report of the Director - Public Health

Investment in Physical Activity Interventions
(Cabinet Member for Health and Communities)

1. Divisions Affected

1.1 Countywide

2. Key Decision

2.1 This is a key decision because it is likely to be significant in terms of its effect on communities living or working in an area comprising two or more electoral areas in the County.

3. Purpose

3.1 The purpose of this report is to seek the Cabinet Members for Health and Communities approval to:

- a) Extend the physical activity grant funding awarded to each District and Borough Council for the delivery of Exercise by Referral, Walk Derbyshire and Active Fostering services to the sum of £0.422m, noting the full breakdown of allocations outlined in 4.13 from 01 April 2023 to 31 March 2024.
- b) Extend the grant funding for the Jog Derbyshire programme delivered by Peak Running CIC to the sum of £0.070m from 01 April 2023 to 31 March 2024.

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 Physical activity provision in Derbyshire has historically been funded via grant agreements for the delivery of a number of physical activity programmes, including; Exercise by Referral, Walk Derbyshire, Active Fostering and Jog Derbyshire.
- 4.3 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.
- 4.4 Between 1 January 2022 and 31 September 2022, 3,234 people were referred onto the programme. Numbers participating in the programme has significantly increased due to face-to-face provision restarting following the ending of all Covid-19 restrictions. The latest data for Derbyshire suggests, 28% of those who started the Exercise by Referral go on to complete the 12-week programme.
- 4.5 Walk Derbyshire is a network of led 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. Data from December 2022 suggests there are 66 regular walking groups operating across Derbyshire, supporting those new to walking, as well as many themed groups, for example buggy walks or dementia friendly walks. The groups and walk coordinators have been working 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.
- 4.6 Active Fostering supports initiatives to engage Looked After Children and their families in physical activity, including free access to leisure

centres. There continues to be a good uptake of the leisure offer with 87% of all fostering households having leisure passes.

- 4.7 The Jog Derbyshire programme has been in operation since 2009 and provides a thriving network of volunteer led recreational jogging groups that are coordinated by qualified jog leaders.
- 4.8 Jog Derbyshire works with people in communities in Derbyshire and Derby City to support them to become more active through jogging. The groups cater for everyone, regardless of age or ability. The groups are social, friendly and supportive and provide opportunities for social interactions, a place to feel connected in the community, improve mental wellbeing, as well as increasing physical activity levels.
- 4.9 There are over 40 groups across the county, and many are long-standing with 27 groups over five years old and at least seven over 10 years old. There are new groups being developed continually and many are set up within targeted communities to improve both physical and mental wellbeing of the residents. Currently, 71 separate sessions are run each week by the volunteer led workforce across Derbyshire.
- 4.10 In January 2023 Peak Running CIC took over the programme coordination role for Jog Derbyshire due to the previous provider winding up as an organisation in December 2022.
- 4.11 The grants that have been provided for the funding for the programmes detailed have always been renewed on a regular basis. However, a number of drivers have led to the proposal to change the way that physical activity in Derbyshire is funded. Approval was given by Cabinet on 08 September 2022 to support the development of a Physical Activity Partnership Agreement that would bring together the district and borough councils, Peak Running and Active Partners Trust to develop a more integrated approach to physical activity across the county. This new approach will provide a long-term commissioning solution rather than being reliant on short-term grant funding.
- 4.12 Work on setting up the Physical Activity Partnership Agreement has begun and the Terms of Reference and Service Specification are now in development. Public Health are meeting regularly with Active Partners Trust, representatives from district and borough councils, Peak Running and the Looked After Children Team. The initial target commencement date for the Partnership Agreement to be in place was 01 April 2023 to coincide with the ending of the current grants agreements. However due to complexities in setting up the partnership agreements and capacity within the legal department we are seeking an extension of the current

grant agreements for a further 12 months. The extension will allow sufficient time to have all the relevant paperwork and mechanisms in place for the partnership agreements to exist and allowing time for the district and borough councils to seek approval from their relevant management teams. 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 allowing time for the finalisation of the Partnership Agreement.

- 4.13 The table below provides a breakdown on how the funding will be allocated to each organisation. There will be individual grant agreement set up for each organisation.

Organisation	Allocation 01 Apr 2023 – 31 March 2024	£
Amber Valley Borough Council		0.064m
Bolsover District Council		0.055m
Chesterfield Borough Council		0.080m
Derbyshire Dales District Council		0.028m
Erewash Borough Council		0.066m
High Peak Borough Council		0.044m
North-East Derbyshire District Council		0.045m
South Derbyshire District Council		0.040m
Total District and Borough Physical Activity Grant		0.422m
Peak Running – Jog Derbyshire		0.070m
Total for all grants		0.492m

5. Consultation

- 5.1 Engagement with the district and borough councils and Peak Running has taken place to inform them of the need to extend the grant funding and they are supportive of this approach.

6. Alternative Options Considered

- 6.1 Do nothing and allow the current grant agreements to expire without the Partnership Agreement in place. In this scenario allowing the current grants to expire without the Partnership Agreement in place would lead

to a gap in service as all current provision of programmes would cease without the current level of funding.

7. Implications

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

8. Background Papers

8.1 [Cabinet Paper – Investment in Physical Activity Programmes - 06 December 2021](#)

8.2 [Cabinet Paper - Development of a partnership approach to the commissioning of physical activity provision in Derbyshire – 08 September 2022](#)

9. Appendices

9.1 Appendix 1 – Implications

10. Recommendation(s)

10.1 That the Cabinet Members for Health and Communities approves the:

- a) Extension of the physical activity grant funding awarded to each District and Borough Council for the delivery of Exercise by Referral, Walk Derbyshire and Active Fostering services to the sum of £0.422m, noting the full breakdown of allocations outlined in 4.13 from 01 April 2023 to 31 March 2024.
- b) Extension of the grant funding for the Jog Derbyshire programme delivered by Peak Running CIC to the sum of £0.070m from 01 April 2023 to 31 March 2024.

11. Reasons for Recommendation(s)

11.1 Approval of the extension of the physical activity grant to the district and borough council's will allow the continued delivery of the following programmes: Exercise by Referral, Walk Derbyshire and Looked After Children and not leave a gap in service provision.

11.2 Approval of the extension of the Jog Derbyshire grant will allow the programme to have continued funding and support whilst it transitions into the Physical Activity Partnership Agreement. The Jog Derbyshire

network has over 40 jog groups, 800 volunteers and over 5000 participants who will continue to be supported.

- 11.3 Extending the grant funding to the district and borough councils and Peak Running for a further 12 months will ensure a continuation of services with no break in funding whilst the Physical Activity Partnership Agreement is put in place and fully functioning to allow for the partnership to then take over the management of these programmes.

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

12.1 No

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Implications**Financial**

- 1.1 Funding for the physical activity grants for the District and Boroughs and Peak Running CIC will come from the Public Health Grant.
- 1.2 The allocations per District and Borough Councils and Peak Running are as follows and will be paid to each organisation in four instalments during the grant period:

Organisation	Allocation 01 Apr 2023 – 31 March 2024
	£
Amber Valley Borough Council	0.064m
Bolsover District Council	0.055m
Chesterfield Borough Council	0.080m
Derbyshire Dales District Council	0.028m
Erewash Borough Council	0.066m
High Peak Borough Council	0.044m
North-East Derbyshire District Council	0.045m
South Derbyshire District Council	0.040m
Total District and Borough Physical Activity Grant	0.422m
Peak Running – Jog Derbyshire	0.070m
Total for all grants	0.492m

Legal

- 2.1 The Council's Financial Regulations state that grants below £0.100m require Cabinet Members authorisation.
- 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 state that the Council is not liable for any employment liabilities.
- 2.3 There will be individual grant agreement set up for each organisation.

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. This is also stipulated in the grant agreement documentation.

Information Technology

- 4.1 There are no IT related implications

Equalities Impact

- 5.1 There are no equalities related implications

Corporate objectives and priorities for change

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

Other (for example, Health and Safety, Environmental Sustainability, Property and Asset Management, Risk Management and Safeguarding)

- 7.1 There are no other implications