

## POLICY & RESOURCES COMMITTEE - 4 SEPTEMBER 2018

### PART I DELEGATED

#### 10. ACTIVE HERTS PROJECT (CED)

##### 1 Summary

- 1.1 The Committee is asked to agree to allocate £15,000 from the 2018/19 Leisure & Community Grants budget towards Watford Football Trust's Active Herts Project.

##### 2 Details

- 2.1 The Council administers a Leisure and Community grant funding pot of £40,000 per annum and Capital grant funding pot of £20,000 per annum.
- 2.2 Officers have requested in a separate report that this Committee agree that the Grants budgets be used to commission health and wellbeing projects only.

##### Active Herts Project

- 2.3 The Active Herts Project is currently coordinated by the Herts Sports and Physical Activity Partnership and is funded by Sport England, Hertfordshire Clinical Commissioning Groups, Herts County Council Public Health and Broxbourne Council.
- 2.4 The project, which covers Stevenage, Broxbourne, Hertsmere and Watford/South Oxhey, lasts for 3 years and ends in December 2018. The project targets adults who are unmotivated to be physically active. Physical inactivity is defined as those achieving less than 30 minutes of physical activity per week.
- 2.5 Within the Watford/Three Rivers health locality a Get Active Specialist works in 4 local GP surgeries, one of which is in Carpenders Park, to engage with adults that are physically inactive and unmotivated to undertake exercise. This Get Active Specialist is employed by Watford Football Club's Community Sports & Education Trust (a registered charity).
- 2.6 The Get Active Specialist is trained to use motivational interviewing skills to motivate clients to start to undertake regular exercise. They are also trained to deliver physical activity sessions to clients.
- 2.7 Clients are referred to the Get Active Specialist by a range of agencies including any GP surgeries in the Watford and Three Rivers health locality. They can be seen face to face in the surgeries held in GP practice or contacted over the phone.
- 2.8 The Get Active Specialist uses motivational interviewing skills to identify appropriate referrals for clients into existing physical activity options including Health Walks, the Council's own Sports Development Programme and where appropriate the Physical Activity Referral Scheme.
- 2.9 The Get Active Specialist follows up with the client at 3, 6 and 12 months to check/monitor their progress and resolve any issues. In addition the Specialist provides activity sessions for those requiring additional motivational support before accessing mainstream physical activity sessions.

- 2.10 1,150 people have participated in the service in Watford and Three Rivers and they anticipate this will rise to 1,300 by the end of the project. Of these referrals 329 have been from Three Rivers spread across the whole of the district. This equates to approximately 433 people being reached per year across Watford and Three Rivers. In comparison the Physical Activity Referral Scheme (which targets adults with specific pre-existing health conditions) obtained 132 new starters in the last year across Watford and Three Rivers.
- 2.11 The benefit of the Get Active Specialist is the amount of time they can spend motivating someone into physical activity. This is of particular benefit for the GP practices where the Specialist provides surgeries, but of wider benefit across all referral points.
- 2.12 In order to continue the project for a further 3 years, Watford Football Club Community Sports & Education Trust, (henceforth referred to as 'the Trust') has submitted a bid to the Premier League to obtain £125,000 funding.
- 2.13 In order to secure the Premier League funding the Trust has to raise £50,000 match funding against a total project cost of £175,000.
- 2.14 Watford Borough Council has committed £15,000 and Herts Valleys Clinical Commissioning Group £20,000, leaving a £15,000 deficit. The Trust has requested that Three Rivers District Council provide this £15,000 on the basis of the following changes and targets being made to the project over the next three years.
- 2.14.1 To increase the number of referrals of Three Rivers residents to:
- Year 1 – 125
- Year 2 – 150
- Year 3 – 175
- A total of 450 referrals with an engagement target of 75-80%. The increase in annual targets is based on assumptions of time taken to establish new surgeries in Three Rivers and increase referrals within Three Rivers over the period of the project.
- 2.14.2 For the Specialist to provide weekly surgeries from 3 GP practices in Three Rivers, subject to their agreement. This would include targeting surgeries in Mill End (Colne Surgery), Abbots Langley (Vine House Surgery) as well as South Oxhey.
- 2.14.3 To deliver more activity sessions within Three Rivers for those requiring additional motivational support.
- 2.14.4 To provide quarterly performance monitoring reports back to the Council.
- 2.15 The Premier League will consider the application from the Trust in early September. By this time the Trust needs to have confirmation of the £50,000 match funding from partners.
- 2.16 The Council's Leisure and Community Grants Policy currently restricts revenue grants to a maximum of £3,000. The decision to allocate £15,000 to one project therefore requires a decision by Policy and Resources Committee.
- 2.17 If agreed, performance measures of the project can be provided to all members through the 6 monthly performance reports distributed through the Members'

### **3 Options and Reasons for Recommendations**

- 3.1 Officers consider that an equivalent £15,000 contribution for 3 years is good value for money on the basis that:
  - 3.1.1 It will bring in additional investment of £72,500 over three years from the Premier League and Herts Valleys Clinical Commissioning Group to Three Rivers residents;
  - 3.1.2 It equates to an investment by the Council of £32 per Three Rivers resident who is currently unmotivated to undertake physical activity;
  - 3.1.3 The project will expand to provide surgeries within 3 GP practices within the District and deliver activity sessions within the District.

### **4 Policy/Budget Reference and Implications**

- 4.1 The recommendations in this report are within the Council's agreed budget.
- 4.2 The recommendations in this report are not within the Council's agreed Policy for allocation of Leisure and Community Grants but are within the following agreed policy:
  - 4.2.1 The Strategic Plan 2018-2021
  - 4.2.2 Get Active – Three Rivers District Council Physical Activity Strategy 2018-2021 agreed on 11 July 2018.
- 4.3 The recommendations within this report relate to the achievement of the following aims, objectives and performance indicators from the Strategic Plan 2018-21:
  - 2.5 We will reduce health inequalities, promote healthy lifestyles, support learning and community organisations
  - 2.5.1 Improve and facilitate access to leisure and recreational activities for adults
  - LL31 – number of attendances by adults at leisure venues and activities
  - 2.5.2 Contribute to partnership working to reduce health inequalities
  - CP24 – number of adults achieving at least 30 minutes of physical activity per week.
  - 2.5.4 Work with the Community and Voluntary sector to meet the needs of local communities.
  - CP26 – funding to the Community and Voluntary sector through leverage, officer advice, match funding and external grants.
- 4.4 The recommendations within this report relate to the achievement of the following performance indicators within the Physical Activity Strategy 2018-21:

- KPI 1: Inactive adults aged 16 and over (less than 30 minutes of activity per week)
- KPI 2: Active adults aged 16 and over (150+ minutes of activity per week).
- KPI 3: To achieve a year on year increase in the number of adults who have taken part in sport and physical activity at least twice in the last 28 days.

4.5 The impact of the recommendations on these indicators is:

- LL31 – to increase attendance by adults at leisure venues and activities
- CP24 – to increase the number of adults achieving at least 30 minutes of physical activity per week.
- CP26 – to attract match funding of circa £72,500 into the district for the Community and Voluntary sector
- KPI 1 – to reduce the number of inactive adults in Three Rivers
- KPI 2 – to increase the number of adults achieving 150+ minutes of activity per week
- KPI 3 – to increase the number of adults who have taken part in sport and physical activity at least twice in the last 28 days.

## 5 Financial Implications

5.1 The revenue grants budget situation is as follows:

<b>LEISURE &amp; COMMUNITY GRANTS</b>	2018/19 £
Budget	40,000
Service Level Agreement Commitment	12,800
WW1 Commemorative Projects	2,500
Small Grants Awarded	920
Grants Online Service Commitment	500
Budget Remaining	23,280

5.2 If the committee agree to allocate £15,000 for the project the amount of funding remaining for 2018/19 would be £8,280.

## 6 Public Health Implications

There would be an increase in the numbers of Three Rivers' residents whose health and wellbeing would benefit from the project. There will be a reduction in costs associated with those residents' physical inactivity and ill health by the NHS and Social Care over the next 20-30 years. There will be an improvement in the wellbeing of Three Rivers residents engaged with the Project.

## 7 Legal, Staffing, Environmental, Community Safety, Customer Services Centre, Communications and Website Implications

7.1 None specific.

## 8 Equal Opportunities Implications

### 8.1 Relevance Test

Has a relevance test been completed for Equality Impact?	Yes
Did the relevance test conclude a full impact assessment was required? The Project will support the reduction of health inequalities, targeting those groups disproportionately affected by physical inactivity.	No

## 9 Risk Management and Health & Safety Implications

9.1 The Council has agreed its risk management strategy which can be found on the website at <http://www.threerivers.gov.uk>. In addition, the risks of the proposals in the report have also been assessed against the Council's duties under Health and Safety legislation relating to employees, visitors and persons affected by our operations. The risk management implications of this report are detailed below.

9.2 The subject of this report is covered by the Community Partnerships and Leisure and Landscape service plans. Any risks resulting from this report will be included in the risk register and, if necessary, managed within these plans.

9.3 The following table gives the risks if the recommendations are agreed, together with a scored assessment of their impact and likelihood:

	Description of Risk	Impact	Likelihood
1	The Project fails to deliver to the number of adults as laid out in the targets	II	D

9.4 The following table gives the risks that would exist if the recommendations are rejected, together with a scored assessment of their impact / likelihood:

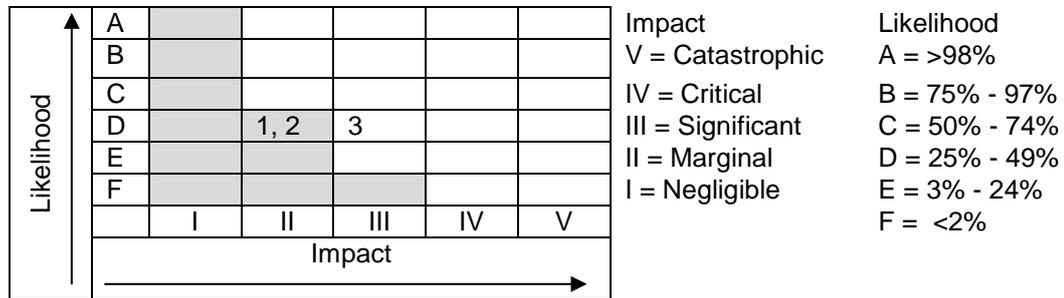
	Description of Risk	Impact	Likelihood
2	Sport, Health and Disability targets within the Physical Activity Strategy will not be achieved	II	D
3	Failure to achieve the priorities of the Community Strategy through the LSP	III	D

9.5 Of the risks detailed above the following is already managed within the Community Partnerships service plan.

	Description of Risk	Service Plan
3	Failure to achieve the priorities of the Community Strategy through the LSP	Community Partnerships

9.6 The above risks are plotted on the matrix below depending on the scored assessments of impact and likelihood, detailed definitions of which are included in the risk management strategy. The Council has determined its aversion to risk and

is prepared to tolerate risks where the combination of impact and likelihood are plotted in the shaded area of the matrix. The remaining risks require a treatment plan.



9.7 In the officers’ opinion none of the new risks above, were they to come about, would seriously prejudice the achievement of the Strategic Plan and are therefore operational risks. The effectiveness of all treatment plans are reviewed by the Audit Committee annually.

**10 Recommendation**

10.1 The committee agree to allocate £15,000 from the remaining 2018/19 Leisure & Community Grants budget towards Watford Football Club’s Community Sports and Education Trusts Active Herts Project 2019-2022 subject to match funding being secured from the Premier League grant application and the delivery of targets and outcomes as laid out in 2.14.

Report prepared by: Andy Stovold, Head of Community Partnerships

**Data Quality**

Data sources:

Performance data of Active Herts provided by Watford Community Sports and Education Trust.

Data checked by:

- Karl Stonebank, Head of Community Partnerships

Data rating:

1	Poor	
2	Sufficient	✓
3	High	