

Responses to Scrutiny Review Recommendations

Report to Overview Committee

Title of the review: **Obesity Scrutiny Working Group**

Date review completed: June 2016

Date Presented to Cabinet: 4 August 2016

Portfolio Holder: Councillor: H Wheeler

Chair of the review group: Councillor Viv McCrossen

Officer supporting the review: Helen Lee

Response due to the Overview Committee (28 days): 21 November 2016

6 month progress report to the Overview Committee: 8 May 2016

Further update request September 2018

Guidance

The final report and recommendations from the above review have been considered by Cabinet and a written response to the recommendations from the responsible Cabinet Member to the Overview Committee is required within twenty eight days of the date the review was presented to Cabinet. A further six month report on the progress of accepted or partially accepted recommendations will also be required.

If you need any further assistance in completing this response please contact the Officer that supported the review

Recommendation 3

Resources are made available for obesity prevention education, with a particular emphasis on families, children and young people, outlining the risks that poor diet and lack of exercise will have on health in later life.

The Portfolio Holder accepts this recommendation.

Changepoint's "Jump Avenue" free family healthy lifestyle programme is delivered from Arnold Hill Community Centre. The adult programme is delivered from

Westdale Lane Community Centre. The Council is also working with Changepoint to deliver a family healthy lifestyle project in Bestwood Village. An update on provision delivered within Gedling Primary Schools to be requested from Gedling Sports Partnership.

Six month progress report

Changepoint lifestyle programmes continue to run from GBC community centres.

Initial plans to deliver healthy lifestyle project with Changepoint at Hawthorne School in Bestwood Village unsuccessful due to lack of engagement from families. Plans to be revisited in 2017.

Gedling Borough Council has submitted an expression of interest to become a Sport England Local Delivery Pilot. If successful this programme will adopt a “whole systems” approach to getting those people who are currently inactive active. This approach will promote better collaboration between statutory partners and the community and voluntary sector to support families to become active.

In May the Council will be leading a Sugar Awareness Campaign that will highlight the range of choices available to families in terms of sugar in their diet. Resources will include a promotional video involving the Director of Health and Wellbeing and Dr Ian Campbell, an expert on Obesity prevention, as well as a social media campaign and an engagement event with the community in Arnold Town Centre on 19 May. Partners will include Changepoint, Gedling’s Leisure Centres, NHS Oral Health Promotion Team, National Ice Centre and Gedling Sports Partnership.

Gedling Sports Partnership are running Change4Life programmes in schools locally and were approached in March by the Department of Education and Department of Culture, Media and Sport to do some further national pilot work.

Update September 2018

Changepoint Healthy Lifestyle programmes continue to be delivered across the borough, with an introduction of an Alive and Kicking family school holiday programme delivered at Carlton Forum LC over the summer of 2018.

Change4Life campaigns promoted through GBC social media and the Community Health and Wellbeing e-newsletter. Campaigns include the new Star wars - Train like a Jedi campaign.

Continued support from the NCC Schools Health Hub Co-ordinators to promote healthy lifestyles including diet and physical activity in schools

across the Borough.

Support provided to the new School Games Organiser (SGO) to re-establish change4life clubs and festivals for primary schools across the Borough.

Recommendation 5

Improve and promote the self-referral route for Changepoint Weight Management Services.

The Portfolio Holder accepts this recommendation.

The Council has been promoting the Changepoint Weight Management programme by:

- signposting any referrals we have received for the de-commissioned Positive Moves scheme on to Changepoint.
- signposting DNA Health participants to Changepoint if they have an interest in weight loss
- regular meetings with the local Changepoint Health coach to explore joint working opportunities
- circulating Changepoint updates to all community partners so they are aware of sessions available in Gedling
- inviting Changepoint representatives to local steering groups in Killisick, Netherfield and Newstead
- informing Council staff of the service through our workplace health initiative and annual staff health fair

Response received from Public Health – Nottinghamshire:

Call to action cards are available and self-referral only requires a phone call or email T:03330050092 or E: changepointnotts@everyonehealth.co.uk

Six month progress report

GBC continue to promote the Changepoint service. As part of the May Sugar Awareness Campaign it is proposed a joint letter from Changepoint and GBC is sent to schools promoting the service. Changepoint will be a key partner in the campaign promoting their service and offering wider nutrition advice to residents.

Update September 2018

GBC promotes Changepoint in its regular the Community Health and Wellbeing e-newsletter.

Recommendation 6

Rigorous monitoring of the effectiveness of the Changepoint Weight Management Service is undertaken.

The Portfolio Holder accepts this recommendation.

The Council receives monitoring information through its membership on the Nottinghamshire Tackling Excess Weight Steering Group. Monitoring information to be discussed at the Gedling Health and Wellbeing Delivery Group.

Response received from Public Health – Nottinghamshire:

Rigorous monitoring is being undertaken. The nature of the service is for long term (12 month) behaviour change and so by the end of year 2 of the contract we will see what impact there has been. Please find attached a copy of the 2015/16 annual report.

Six month progress report

Monitoring continues to be undertaken by Nottinghamshire County Council's Public Health Team that has commissioned the programme. Changepoint are invited to report local progress to partners at the Gedling Health and Wellbeing Delivery Group, chaired by the Director for Health and Wellbeing.

Update September 2018

The Service Manager Community Relations has requested the latest monitoring information for Gedling from the Changepoint Service Manager. This will be presented at the next Gedling Health and Wellbeing Delivery Group by Changepoint.

Recommendation 7

That there is a monthly article, in the Contacts magazine, promoting healthy lifestyles, sports activities, including walking and cycling, fitness classes and take-up of the allotment scheme. This could include nutritional advice and the inclusion of a healthy nutritious recipe.

The Portfolio Holder partially accepts this recommendation.

The Portfolio Holder accepts that regular promotion be undertaken and that the most appropriate method be considered.

Contacts magazine is published only three times a year and not monthly. There have already been the following articles in Contacts during 2016:

- Mental Health Challenge
- Gedling parkrun
- Parklife – enjoy the great outdoors (
- Summer Carnival of Sport – children’s summer activities
- DNA Health Case study
- Smoking Cessation Service
- Changepoint promotion
- Sign up to local health forum
- DNA Nutrition and Leisure Centre Promotion
- Girls Make it happen
- Talking therapies

Regular communication regarding healthy lifestyles is also happening through the Leisure Keep Me Posted e-marketing. A Health and Wellbeing Keep Me Posted category is also being developed to further promote healthy lifestyles. Opportunities will also be promoted on social media.

The Leisure Centres have also launched DNA Nutrition an on-line tool that helps to design a healthy and nutritious diet for individuals. This will become free to all DNA members from January.

Six month progress report

A Community Health and Wellbeing Keep Me Posted category has been launched in February 2017 and will be circulated every two month. It now has 600+ subscribers to date and has covered topics such as Change Point Obesity and Weight Management Service, Health for Teens website, Walking in Gedling, talking therapies and Macmillan support.

The Spring 2017 Contacts magazine included the following articles:

- New play area and trim trail in Netherfield
- Skate Jam programme for young people in the Borough
- GBC Leisure Centres' DNA health and DNA membership schemes and swimming lessons
- The local obesity and weight management service
- Talking therapies
- A newly commissioned COPD social and gentle exercise group
- The Diabetes Prevention Programme
- Promotion of GBC allotment schemes

Update September 2018

GBC Communications team are continuing to work with Community Relations on the Health and Wellbeing E-newsletter and health related Contacts articles. The e-newsletter now has 2705 subscribers and continues to cover a range of health and wellbeing topics with examples of local services and activities.

Recommendation 8

Promotion of a healthy lifestyle, including healthy eating, physical activity and available obesity prevention services are displayed on the side of refuse lorries.

The Portfolio Holder accepts this recommendation but the current budget challenges need to be understood. There is currently no specific health and wellbeing promotional budget held by the Council. The cost of an advert is free for GBC services, but there will be design costs. The opportunity for commissioned partners to advertise on lorries can be offered, however they will need to pay for this service.

Promotion to date on the side of refuse lorries has included leisure centre swimming, DNA health and Get Going In Gedling walking scheme.

Six month progress report

No update.

Update September 2018

Consideration of this will now need to follow the Council's new Marketing and Sponsorship policy. The offer of refuse lorry promotion to commissioned health services will be made again; the cost per lorry to these services will be £900.

Recommendation 9

Members, through their work, as school governors, should encourage schools to consider adopting the 'daily mile' scheme.

The Portfolio Holder accepts this recommendation and will write a letter to all Members. The Council will also discuss with Gedling Sports Partnership their role in encouraging schools in the adoption of the daily mile.

Response received from Public Health – Nottinghamshire.

Support for the 'daily mile' is available from ChangePoint as part of the T1 commitment.

Six month progress report

The Portfolio Holder for Housing, Health and Wellbeing has written to all Members. A discussion with Gedling Sports Partnership on the daily mile is planned for 3 May 2017.

Update September 2018

Gedling Sports Partnerships has dissolved its operations.

However, a new School Games Organiser (SGO) post for Gedling has now been appointed working by The Carlton Academy using Sport England funding. There is therefore an opportunity to re-explore this recommendation in September for the 2018-19 academic year.

Recommendation 11

The provision of outdoor gymnasiums made available in all Gedling Borough Council parks and recreation areas, but particularly, that one is sited at Arnot Hill Park.

The Portfolio Holder partially accepts this recommendation.

This must be driven by budget availability in terms of installation and on-going maintenance. There are currently outdoor gyms located at the following sites:

- Killisick Rec
- King George V Rec, Arnold
- Burton Road Jubilee Park
- Honeywood Gardens

There is also outdoor gym equipment at Papplewick managed by the Parish Council. The Council is supporting the development of a community funding application for equipment in Bestwood Village.

The Council is also considering equipment at Arnot Hill Park, although recent consultation preferred the option of a refurbished play area as a priority. An outdoor gym will also compliment the Bootcamp in Arnot Hill Park. There are no plans for other parks to have outdoor gym equipment particularly as no funding is specifically available.

Research on the impact outdoor gyms have on health and wellbeing to be identified as a means to aid decision making.

Six month progress report

Following consultation proposals for new play provision is being considered for Arnot Hill Park.

GBC is working with Warren Action Group to plan a new outdoor gym on Muirfield Rec – this will be dependent on available budget.

Update September 2018

Funding secured for outdoor gym at Muirfield Rec. £10k from Local Improvement Scheme and £6k from Parish Council and Nottingham City Council. Project expected to be completed Oct/Nov 2018.

Recommendation 12

The introduction of instructor supervised sessions to inform people how to properly use the outdoor gym equipment.

The Portfolio Holder partially accepts this recommendation.

The Council cannot employ instructors direct to perform such a role so this would rely on the availability of volunteers, interested community organisations, charities or existing private providers. There is no funding available for this so provision would need to be demand driven in order for it to be sustainable. We currently have no evidence whether this demand exists.

Parks and Street Care encourage Bootcamp classes in our parks, but currently only Arnot Hill Park is used.

Six month progress report

No further update.

Update September 2018

Bootcamp is running at Thackereys Lane Rec Ground. 6 month licence from March until September 2018 with an option to renew if business requires this.

Recommendation 13

Consideration of the feasibility of providing table tennis tables in all Gedling Borough parks and recreation areas.

The Portfolio Holder partially accepts this recommendation.

This must be driven by budget availability in terms of installation and on-going maintenance. There are currently no plans to roll them out as no funding is currently available. Bats and balls could also be an issue unless users brought their own.

Carlton-le-Willows Academy has opened a new table tennis centre called the Nottingham Sycamore Table Tennis Academy. Community access includes coaching, competitions, a family night, a Talent Development Centre, school holiday camps and open play for members of the public.

Six month progress report

No further update.

Update September 2018

Two table tennis tables are proposed to be included at Haywood Road Park development. Project completion planned for May/June 2019.

Recommendation 14

The siting of a “trim trail” at Gedling Country Park and other suitable locations.

The Portfolio Holder partially accepts this recommendation.

Funding has been obtained for a new trim trail to be located at Ley Street in Netherfield.

The Council’s plans for other locations must be driven by budget availability in terms of installation and on-going maintenance. There are currently no trim trails in any of the parks at present, as no budget is available.

Six month progress report

The trim trail at Ley Street in Netherfield was opened in March 2017 alongside a new play area – external funding was obtained from NCC’s Supporting Local Communities and WREN.

Update September 2018

No progress at GCP and no proposed future provision

Recommendation 15

Healthy option vending machines are installed in leisure centres.

The Portfolio Holder partially accepts this recommendation, subject to consideration of the current contractual obligations the leisure centres have with regard to vending machines. Minimum requirements of the current contract is 10% of options available must be healthy.

Six month progress report

No further update.

Update September 2018

GBC is currently in a contract with a local vending company that runs until 1st December 2019. The current contract:

- **Ensures a minimum of 10% healthier alternative products in the machines at all time including low salt, low calories, gluten free, low sugar, high protein and 'baked not fried'**
- **Uses QR codes to give customers easy access to free nutritional information prior to purchase**
- **Makes identification of healthier snacks in the machines easy by using a 'green dot' next to the price**

When it is time to put a tender out for a new supplier, healthy options will be included in the tender document

Recommendation 16

The sale of fresh fruit in leisure centre receptions is trialled.

The Portfolio Holder partially accepts this recommendation, subject to consultation with leisure centre users.

Consultation to be undertaken through the Keep Me Posted Leisure database and other formats, to assess demand for fresh fruit. The findings will be used to inform future decisions.

Six month progress report

No further update.

Update September 2018

GBC Leisure has previously looked at this but it is not possible to provide fruit that is competitively priced (versus supermarkets) and there is also the issue of storage at reception. The leisure centres are happy to hand out free fruit at

events and promotions.

Recommendation 17

Improve the shower facilities at the Civic Centre, to encourage staff to cycle to work and be more active at lunchtime.

The Portfolio Holder partially accepts this recommendation.

The new shower facilities in the depot are to be made available to Civic Centre staff. Consideration is also being given to secure cycle storage at the depot and Civic Centre, subject to available funding. If this is a possibility it is proposed a launch event is arranged to which Dr Bike will be invited so that staff can access some free bike maintenance. Consideration is also being made to a new cycle lease scheme for staff.

All staff who attended the recent Staff Conference were given a Gedling Cycle Map.

Six month progress report

New shower facilities are now available at the depot site.

Staff shower facility next to Arnot Hill House has been refurbished and a new gate with key code installed to access the courtyard adjacent to the House which offers secure cycle storage.

Update September 2018

Work continues in an attempt to “nudge” staff who might want to consider making a cycle commute and who can realistically make such a journey; in August Dr Bike (mainly organised through Fiona Hextall in Community Relations and Johann Polak in Leisure) visited the Council and a repair service is to be made available predominantly to depot and civic centre- based staff.

Our intern on 10-week placement has been working on a number of projects including a reworking of the Cycle Scheme information pages on the Intranet to make the scheme more accessible and understandable.

Since the last report our first Mayor’s charity fun run has taken place. The event was well received and not only brought in charity funds but also encouraged staff of all running abilities to participate.

The weekly lunchtime Pilates sessions continue to run through the “Our Gedling” programme of events as do the fortnightly mindfulness sessions in the Council chamber.

The Employee Conference taking place in October this year will again include sessions to encourage activity; this year taster sessions in orienteering and hula-hooping will be delivered.

Johann’s “boot camp” still takes place each week on Mondays.

The shower facilities that the Council has will continue to help encourage activity at lunchtimes and be a useful facility to those who do cycle in to work. Should there be any further development of the Civic Centre offices in the future, consideration may be given to how these facilities can be further improved, subject to there being budgetary provision.