

# Gloucester City Council

<b>Meeting:</b>	<b>Cabinet</b>	<b>Date:</b>	<b>2 April 2013</b>
<b>Subject:</b>	<b>Hearty Lives Gloucester Project - Schools Programme</b>		
<b>Report Of:</b>	<b>Cabinet Member for Housing, Health and Leisure</b>		
<b>Wards Affected:</b>	<b>Various Wards across the City</b>		
<b>Key Decision:</b>	<b>No</b>	<b>Budget/Policy Framework:</b>	<b>No</b>
<b>Contact Officer:</b>	<b>Gareth Hooper, Environmental Health Officer</b>		
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<b>Appendices:</b>	<b>1. Activities in schools</b>		

## 1.0 Purpose of Report

- 1.1 To introduce and outline a specific aspect of the Hearty Lives Project, namely the Schools Programme.

## 2.0 Recommendations

- 2.1 Cabinet is asked to **RESOLVE** to:

- (1) Note the contents of this report and the achievements of the programme to date.

## 3.0 Background and Key Issues

- 3.1 Gloucestershire County Council now lead on public health for Gloucestershire, following the transfer of the public health function from the NHS to local authorities in 2013. In 2011/12 a collaborative bid to deliver Hearty Lives Gloucester was made between Gloucester City Council and the former NHS Gloucestershire for which £100,000 was awarded for a 3 year project in the Podsmead area of the City. Gloucester is also a Heart City and there are shared goals between Gloucester City Council, Gloucestershire County Council and the British Heart Foundation (BHF) to reduce health inequalities.
- 3.2 Gloucester City Council have been commissioned to deliver Hearty Lives Podsmead by Gloucestershire County Council on behalf of BHF. Hearty Lives is a relatively new and novel concept for BHF that seeks to prevent the incidence of cardiovascular disease. BHF traditionally spend their funds on research and direct care for cardiac patients where as Hearty Lives Podsmead is primarily an intervention designed to educate people in care of their hearts to prevent treatment in later life.
- 3.3 The project has been targeted in Podsmead as this is one of the most health deprived areas both locally and nationally. Podsmead is an area with a high proportion of social housing and high levels of unemployment. Typically families

consist of several generations and the population is relatively settled, with little movement outside of the community and generally low aspiration and expectation.

3.4 Podsmead requires a more focused approach to tackling the health inequalities experienced by its residents. Gloucestershire Clinical Commissioning Group has experience of successful community development work in similar neighbourhoods in Gloucester, such as Matson, which should translate well to Podsmead. The project is asset based to ensure the community is engaged on what interventions *they* want to help them make better health choices.

3.5 The Hearty Lives Podsmead project has a number of strands which were identified through ideas from the community and based on recognised needs in the area, and include:

- Golden Oldies – identified by the community
- Dads – sports project to help estranged fathers
- Various cooking clubs
- Street games
- Schools

3.6 The schools strand of the project has recently started. It is seen as key to the success of the overall project as involving children will give it sustainability as they are likely to be the parents of future generations that live in Podsmead. Gloucester City Council has commissioned Gloucestershire Healthy Living and Learning (GHLL) to deliver the specific strand of the project to schools. The lead teacher for this is Kelly Green who works with all schools.

3.7 The schools strand of the project also links in with the council plan:

**Working with our communities** – Children are important citizens of Gloucester. By promoting healthy lifestyles as well self esteem and morale at schools we hope to support the next generation of Gloucester communities

**Creating pride in the city** – Podsmead enjoys a strong cohesive community and the Hearty Lives Project seeks to further enhance that in a way that the community wants through the asset-based model. The Schools Programme is using the Song Writing charity to write and perform songs. This will culminate in a multi-schools event in Gloucester Cathedral.

3.8 Gloucestershire Healthy Living and Learning are leading the project through six schools which are attended by children from Podsmead:

<b>Secondary Schools</b>	<b>Numbers attending from Podsmead (Year 2012/13)</b>
Beaufort	82

<b>Primary School</b>	<b>Numbers attending from Podsmead (Year 2012/13)</b>
Grange Primary	63
Linden Primary	39
Calton Primary	46
Harewood Junior	11
Harewood Infant	11

- 3.9 The schools programme seeks to provide a 'something for all' approach to appeal to the wide ranging interests and strengths that children have.
- 3.10 Asset Based Health Interventions must be wanted and enjoyed by the children. As children have a wide range of interests this was a challenge to ensure there was suitable breadth in the options available. Please refer to Appendix 1 for a table of interventions per school.
- 3.11 One of the most significant pieces of work is the Song Writing Charity. This organisation visits each school for one day and work with the school to discuss heart health and then to help them write their own song about what good health means to them. This is recorded, filmed and belongs to the school. This allows children who are more interested in the arts to access a health intervention.
- 3.12 To date, Harewood Junior School and Grange School have recorded their songs.

The exciting conclusion to this is a multi-schools event being planned at Gloucester Cathedral and seeing children perform songs they have written themselves is a significant exhibition of their strengths and pride in themselves as well as their parents and teachers.

### 3.13 **Overview of spend prediction**

- 3.14 The project spend for the Schools Programme is anticipated to be £20K over Year 2 and Year 3 of the project. This money will come from the BHF Hearty Lives grant referred to in paragraph 3.1. There was no spend on Schools in Year 1 of the project as this was the planning phase.

Year 2 - £10K

Year 3 - £10K

## Year 2 – 4K for Song Writing Charity

### **4.0 Alternative Options Considered**

- 4.1 The alternative options are for Gloucester City Council itself to deliver schools projects. This was not seen as a valid option because educating children and working with teachers is quite esoteric and requires a specific knowledge of how to fit within the National Curriculum and syllabus as well as knowing how children will respond to different interventions and what will and will not work.
- 4.2 The city council could do nothing in this area of work. This is not a viable option as input is needed to reduce health inequalities and instil pride in our communities. In addition unless the funding provided by the BHF is spent appropriately the money would be withdrawn and any funds received by the Council returned to the BHF.

### **5.0 Reasons for Recommendations**

- 5.1 The schools project focuses on a specific and important audience. By supporting healthy lifestyles through appropriate interventions it not only encourages physical and mental wellbeing it illustrates the key facets of strong communities: team work, good communication and enjoying activities which benefit themselves.

### **6.0 Future Work and Conclusions**

- 6.1 The project aims to continue offering similar interventions over the next year. To ensure these interventions are working they are being evaluated by Kelly Green as well as the University of Gloucestershire student employed to evaluate the interventions.
- 6.2 A multi-schools sports event is being planned for 2015. The event will again allow children who have an interest in the arts and cooking to play a part in this event. The event will centre around sporting challenges but show that the whole event is more powerful with a range of activities such as singing, dancing, home cooked food. It will illustrate how people in a community setting, working to their strengths, can benefit not only themselves but the wider community setting.

### **7.0 Financial Implications**

- 7.1 There will be an ongoing availability of small funds to help deliver future events. These have been accounted for within the financial plan and are not seen to exceed £5K, which is part of the funding provided by BHF.

(Financial Services have been consulted in the preparation this report.)

### **8.0 Legal Implications**

- 8.1 There are no legal implications.

(Legal Services have been consulted in the preparation this report.)

### **9.0 Risk & Opportunity Management Implications**

9.1 Business Continuity has been tested prior to the project start. The risk with the project is non-delivery. This has been counteracted by forming a team from within Environmental Health to deliver the project and working to established benchmarks to record progress. The City Council report to both British Heart Foundation as well as Gloucestershire County Council.

9.2 The opportunities are around increased health and wellbeing of the current population of Podsmead as well as future generations. The project aims to increase social capital through the asset-based approach. Knowledge, brand awareness and intention to change are measurable outcomes and, even if people decide not to change, the project allows it to be a success.

9.3 Opportunities this project presents are:

Potential further funding opportunities to deliver public health interventions and projects; To use ABCD as a case study; create a health legacy in a ward with significant existing health inequalities; enhance the reputation of Gloucester City Council through successful project delivery; develop new partnerships and strengthen existing ones; staff development; reduce burden on other services through better health of the population.

## **10.0 People Impact Assessment (PIA):**

10.1 The PIA Screening Stage was completed and did not identify any potential or actual negative impact, therefore a full PIA was not required.

## **11.0 Other Corporate Implications**

### Sustainability

11.1 The project aims to offer sustainable improvements to health when the funding is completed. This was a factor from the outset and any project considered as part of the wider Hearty Lives Gloucester project must have the potential to be sustainable beyond the life of the project. There is a large part of the project aimed at children and their behaviours which lead to a sustainable long-term change.

### Staffing & Trade Union

11.2 N/A

## Appendix 1

This Appendix highlights activities in the schools. The activities are collaborative ideas between teaching staff and Kelly Green from GHLL. They are initiatives that will work and that children are keen to participate in.

Some key lines in this table are:

Futsal – a brand of football developed in Portugal which is played indoors and is very quick. It is a hugely popular sport and continuing to grow in the UK

Ramp up the Red activities – Ramp up the Red is the national British heart Foundation fundraising venture. Schools integrated it into their day to raise awareness of the British Heart Foundation and the whole ethos of the project.

School	Actions	When	Staff & Year groups involved
<b>Beaufort Academy</b>	- Y7 intro to Healthy Hearts	- January 2014	Whole Year 7, Jane Mason (PSHE Lead)
	- BHF Assembly	- 6 <sup>th</sup> Feb	Sue Pritchard, Whole school, James King (Assistant Principal)
	- Ramp Up the Red activities	- 7 <sup>th</sup> Feb	Whole Year 7, Jane Mason (PSHE Lead)
	- Futsal taster	- 7 <sup>th</sup> Feb	Offered to all
	- Meeting with school council to discuss food pods	- Spring Term (4)	Reps from each year group James King Assistant Principal
	- Year 9 Healthy Hearts - diet	- Spring Term (4)	Whole Year 9, Jane Workman (Food Tech lead)
<b>Grange</b>	- BHF Assembly	- 13 <sup>th</sup> February	Whole school
	- Line Dancing Classes	- Spring Term	Offered to all, non participants being encouraged
	- Songwriting Charity Workshop	- Spring Term	
	- Skipping Challenge	- Summer term	Kate Crampton (PSHE Lead)
<b>Harewood Juniors</b>	- Songwriting Charity Workshop	- Spring Term	Andrea Fogg (Community Lead)
	- Skipping Challenge	- Summer term	Natalie O'Brian (PE Lead)
<b>Linden Primary</b>	- Healthy Lifestyles club	- Autumn Term 2013 - ongoing	Charlotte Scrivens (PSHE Lead)
	- Songwriting Charity Workshop	- Spring Term 2014	Alex Brown (Music Lead)
<b>Calton Primary</b>	- Healthy Eating survey	- November 2013	Whole school
	- Healthy Eating policy review	- December 2013	Chloe Broome (Healthy Schools Lead), Parent Forum.
	- Healthy Eating Week	- January 2014	Whole school
	- Songwriting Charity Workshop	- Spring Term	

