

**TITLE OF REPORT: Review of Capacity Building in Communities to Improve Health
– Six Monthly Progress Update**

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Environment**

Executive Summary

This report provides Corporate Resources Overview and Scrutiny Committee with an update on progress made on the actions identified in the Review of Capacity Building in Communities to Improve Health Action Plan within the last 6 months, as agreed at the Committee on 30th March 2015.

Background

1. In March 2015, Corporate Resources Overview and Scrutiny Committee received the final report for the Review of Capacity Building in Communities to Improve Health setting out the priorities and actions for the future. The following priorities emerged from the review:
 - Develop resilient communities through assets based approaches to increase capacity
 - Support the growth of local capacity building through Live Well Gateshead
 - Support ward councillors as community champions
2. Corporate Resources Overview and Scrutiny Committee:
 - Agreed the priority themes as a framework to shape the Council's ongoing approach to support capacity building for health
 - Agreed the action plan set out at Appendix 1
 - Agreed to receive regular progress reports on implementation of the findings from the Review

Update on Progress

3. The Action Plan in Appendix 1 sets out the actions and milestones associated with the three priorities, illustrating the progress that has been made during the period September 2015 to March 2016. Set out below, are some examples drawn from each priority in the Action Plan, that highlight some of the events and actions that are helping deliver the Review's priorities.

Priority 1: Develop resilient communities through assets based approaches to increase capacity

Action: Identify and network residents' skills and knowledge through effective volunteering

4. Gateshead Year of Walking 2015
This was a programme aimed at getting people active through walking and using Gateshead's public spaces. It highlighted key messages around the benefits of walking by promoting existing groups as well as developing new ones, and encouraged residents to consider how to incorporate walking into their daily routines.
5. The programme saw 69 people trained up as Health Walks Leaders and are now able to deliver their own Health Walks, with 38 of these having been trained since October 2015. The Capacity Building Year of Walking Fund supported 33 walking groups to develop, and to train their volunteers. As a celebration of all the hard work and commitment by volunteers and local organisations the Live Well Gateshead team, along with Public Health arranged an event at Saltwell Park to showcase their work.
6. The event was held on Sunday 25th October from 10 am until 2pm. It included walks around the Park led by the Friends of Saltwell Park and The Live Well team. There was also an opportunity for attendees to try out a variety of walking sports including Nordic Walking and Walking Football (which was delivered in partnership with Gateshead Football Club). Over 60 local people, who had engaged with the Year of Walking attended, along with 20 local organisations showcasing their work around health, wellbeing and physical activity.
7. Gateshead Shoe Box Appeal 2015
Gateshead Voluntary Organisations Council (GVOC) received funding to deliver a number of different shoe box appeals throughout Gateshead. Gateshead Council through the Neighbourhood Management & Volunteering Team and the Council's Leaving Care Team organised the main donation locations, coordinating the collection and organising the employee & registered council volunteers for the wrapping event (held in the Civic Centre on 14 December 2015). A total of 8 large crates of donations were collected enabling over 60 shoe boxes to be prepared for the young people. A further crate of donations was left over to handout throughout the rest of the year for those most in need.
8. Volunteers Month
Volunteers Month during June 2015 saw 56,000 volunteering hours recorded on the volunteer totaliser – a 68% rise from the same month in 2014. This equates to a £778,650 contribution to the Gateshead economy. Since June 2015 volunteer hours have continued to be collated, and as at March 2016, 79,519 volunteer hours are now estimated to take place every month within Gateshead. This equates to a £1,033,747 contribution to the Borough's economy
9. Planning is underway for Volunteers Month 2016. The aim is for a different theme each week in June, with possible themes including; environmental activities (litter picks etc.), sports events such as cycling, small charities and activities marking the Queen's Birthday. Volunteer's Month Grant (up to £300 per organisation) will be available again for groups to deliver events throughout June.
10. Volunteering examples
Set out below are 2 stories of volunteers, Megan and Dean, showing how the support process in place to broker volunteering opportunities is making a difference to the lives of volunteers, and the communities they are working in.
11. Megan is a young woman who submitted an Expression of Interest to volunteer in general to keep active within her community and give something back. After

meeting with Megan and suggesting that Gateshead Older People's Assembly may be the most suitable volunteer role for her, Megan has since met with the group and is an active volunteer with them. Megan says she is "*enjoying her volunteering*" and "*is thankful for the role being identified for her*".

12. Dean is a young man who is currently studying at Gateshead College. Through Dean's support worker (Looked after Children Team) Dean was informed about the possible volunteer roles and projects that are available to residents of Gateshead. After submitting an Expression of Interest and meeting with Dean to discuss his interests, officers were able to identify 2 suitable placements. One was at the Trinity Soup Kitchen in Blaydon, and the other a 4 month volunteer placement at Bill Quay Farm. Dean says:
"I am really pleased with the volunteer placement at Bill Quay Farm, it's fantastic. I am really happy with the help I received to get my placement. It has helped me a lot. I was hoping to take it further and study at college but I didn't know if I would like the subject area. However, after having been involved at the Farm I think it's great work and I can see myself doing this for a long time. Thank you for all the help I received"
Both groups stated that Dean is a valuable volunteer, and is a positive member of the group.

Action: helping develop strong and viable community groups

13. Capacity Building to Improve Health
The case studies in the OSC Review demonstrated that close working relationships between the Council, local charities and volunteers can help provide services that are linked into communities, delivering services and activities for vulnerable residents that improve their quality of life.
14. Over the last 6 months, the Live Well Gateshead staff from the Neighbourhood Management and Volunteering Team has continued to work with the portfolio of 95 groups and organisations previously reported, along with an additional 46 new organisations. The coverage continues to be across the whole of borough with some targeting in the neighbourhoods of greatest need.
15. Appendix 2 provides a list of the groups set out by the wards they are located in, and Appendix 3 shows the geographic coverage of the groups on a map of the Borough, which shows that almost full geographical coverage of the Borough has been achieved when considering each group to have a 1 mile radius of influence from where it is located. Work will continue to assess and increase their capacity and develop bespoke action plans to help them plan for the future.
16. The Team has also been involved in Gateshead's emerging discussions around "Achieving More Together" and "Social Prescribing" which will also help to embed the work already undertaken within any new approach, ensuring continuity and building on the good work done so far. Gateshead's approach to Social Prescribing has been reviewed through the Care, Health and Wellbeing OSC with the Committee due to consider the latest update on 19th April. An independent qualitative evaluation is currently underway until July 2016 by an embedded researcher within Public Health from Teesside University. Data collection and analysis is ongoing. A final report will be produced by June 2016.

Priority 2: Support the growth of local capacity building through Live Well Gateshead

Action: Collaborative, innovative working between the Council, its services and voluntary sector partners

17. Fill the Holiday Gap
As outlined in the last monitoring report, The Neighbourhood Management and Volunteering Team, along with other key partners and Council Services, delivered Gateshead's "Fill the Holiday Gap" programme. It offered daily hot meals during the school holidays to children who normally receive free school meals in some of the borough's most deprived communities.
18. Over fifty weekly events were held, with the help of volunteers, benefitting over 1500 children and 500 parents. In addition to providing a nutritious hot meal, each event included wellbeing demos and advice on healthy eating, exercise options and a range of social and educational taster activities. The summer programme culminated with a Celebration Event on Friday 21st August 2015 at Gateshead Leisure Centre with over 400 parents and children attending, 260 of whom enjoyed a hot meal with the Mayor and Lady Mayoress.
19. Sharon Hodgson MP and Roberta Blackman-Woods MP, Chair and Vice-Chair of the All-Party Parliamentary Group (APPG) for School Food attended the celebration event in recognition of what was being delivered in Gateshead. Their Group has recently recommended that LAs should support and resource such programmes as part of their duty to act on Child Poverty, using existing funding mechanisms more creatively.
20. In November 2015, the APPG's Holiday Hunger Task Group published their Filling the Holiday Gap Update Report, which featured the work in Gateshead. The APP intends to ultimately produce a Local Authority Guide, and enhance the current Filling The Holiday Gap website <http://fillingtheholidaygap.co.uk/>.
21. It is anticipated that Northumbria University will undertake an independent evaluation of the Fill the Holiday Gap programme in Gateshead. This will offer a robust assessment of the programme by one of the UK's leading research departments in this field, hopefully adding even more credibility to Gateshead's holiday hunger programme and helping to inform the National picture.
22. Live Well Gateshead @ Partnerships
These new neighbourhood-level partnerships focus on improving community engagement in the planning and delivery of wider health related activity, pursuing a people-centred approach in the priority wards in Gateshead. *Live Well Gateshead @ partnerships* will develop new ways of working by supporting the community infrastructure, building capacity and empowering local groups. The partnerships will enable public service partners to collaborate on new ideas and projects, ultimately in a development plan that will also set out new ways of local working through joined up service thinking and delivery in the ward. Membership of the partnerships comprises a range of local stakeholders and organisations from public services, voluntary sector and ward councillors.
23. The aims & objectives of the partnerships are:
 - Placing communities at the heart of the process
 - Creating a network of informal/formal information sharing
 - Working in partnership - joining up service delivery
 - Challenging established practices
 - Creating sustainable approaches and avoiding dependency

- Focusing on needs
- Committed in pursuing resources for successful projects.

Up to March 2016, the Neighbourhood Management and Volunteering team has now established four Live Well Gateshead@ groups:

- Live Well Gateshead @ Dunston & Teams
- Live Well Gateshead @ High Fell
- Live Well Gateshead @ Lobley Hill and Bensham
- Live Well Gateshead @ Pelaw and Heworth

Early scoping work is now underway to begin the development of a further Live Well@ partnership for the West of the borough.

24. Stoptober 2015

Throughout October the Neighbourhood Management and Volunteering Team along with the Council's Wellness Service delivered a range of Smoking Cessation projects at 12 separate community venues across Gateshead. The work was aligned to regular community activities to capitalise on footfall. Locations included, Children's Centres (baby weigh events), Community centres (lunch groups) and Churches (mother and toddler groups)

In addition a range of campaign materials were distributed to groups and organisations across Gateshead. One to one advice and support was also offered at GP practices, medical centres, chemists and young people's supported accommodation.

25. Movember 2015

In November 2015 the Neighbourhood Management and Volunteering Team assisted Teams Medical Practice Health and Wellbeing Action Group to deliver a specific health walk aimed at raising awareness about men's health.

The walk was linked to Movember which was aimed at raising awareness of the 3 main cancers associated with men (prostate, testicular and bowel). The walk took 40 minutes and finished at the Teams Life Centre where participants were rewarded with soup and refreshments.

26. Dry January 2016

Leading up to this year's Dry January campaign the Neighbourhood Management and Volunteering Team focused part of their efforts on engaging with Gateshead's taxi trade. Taxi driving is a mostly sedentary job. When combined with the long hours needed, the demands of the road and keeping to time, it can be very stressful. Taxi drivers, like many other working people, like to have a drink at the end of their shift to help wind down. However, over time, these drinks pile on the calories and put additional stress on the body.

There are 800 taxi drivers registered in Gateshead, of which 80% have email addresses on which they can be contacted. The Neighbourhood Management and Volunteering Team working alongside the Councils Licencing Team and arranged for Dry January to be promoted in the taxi driver's newsletter along with other Live Well Gateshead promotional information.

27. National No Smoking Day 2016

The Neighbourhood Management and Volunteering Team delivered a smoking awareness campaign at the Go-Ahead Gateshead Interchange Centre for staff and passengers. The event was an information sharing event to help the workforce prepare for No Smoking day on Wednesday 9th of March. Staff engaged with over 60 people.

Priority 3: Support ward councillors as community champions

Action: Implementation of the Gateshead Fund

28. The Capacity Building Fund continues to provide a key resource that supports the growth and development of community groups and organisations in Gateshead. During 2015/16, the Fund has supported 131 organisations with a total of £584,697. This includes 34 organisations supported through Volunteers Month, and 15 organisations supported via Health & Wellbeing small grants. In addition, 57 Sporting Grants to Individuals totalling £10,500 and 4 Talented Athlete awards totalling £1,500 were made.
29. Through the Local Community Fund, ward councillors have continued to support groups of residents to take part in activities to support their health and wellbeing. This has included assistance with the provision of community cafes and lunch clubs, and newsletters providing health and wellbeing advice.

Recommendation

30. Corporate Resources OSC is requested to:
 - (i) Note the progress achieved in the last six months
 - (ii) Comment on whether the Committee is satisfied with the level of progress to date
 - (iii) Consider the requirement for any further monitoring of the Review
 - (iv) Agree that future monitoring and evaluation of the capacity building for health and wellbeing approaches will be addressed following the evaluation of the Live Well Gateshead model.