

<b>Report on</b>	Health and Wellbeing Programmes
<b>Date of Meeting</b>	12th May 2022
<b>Reporting Officer</b>	Kieran Gordon, Assistant Director Health, Leisure & Wellbeing
<b>Contact Officer</b>	Anne Caldwell, Principal Environmental Health Officer Leigh Gilmore, Participation Manager

<b>Is this report restricted for confidential business?</b>  If 'Yes', confirm below the exempt information category relied upon	Yes	
	No	X

<b>1.0</b>	<b>Purpose of Report</b>
1.1	To provide an update to Members on the current programmes available to residents within our District through Council's Health, Leisure and Wellbeing service.
<b>2.0</b>	<b>Background</b>
2.1	There are a number of ongoing Health and Wellbeing programmes made available for residents in the District via the Council's Health, Leisure and Wellbeing service. In many cases, the programmes are directly linked to the ongoing funding and partnership working with key external agencies and many arrangements and associated targets/KPI's have successfully been delivered and continued onwards each year.
2.2	This report seeks to provide a brief summary of the key Health and Wellbeing programmes and further details for residents are included on the Council website via the following link: <a href="https://www.midulstercouncil.org/resident/health-wellbeing">https://www.midulstercouncil.org/resident/health-wellbeing</a>
<b>3.0</b>	<b>Main Report</b>
3.1	<p><b>Home Safety – supported with funding via the Public Health Agency</b> Free Home Safety checks are available to anyone within the District who is 65 or over, families with children under 5 and vulnerable adults/children. The Council's Health and Wellbeing Officers carry out informal visits to discuss areas of home safety and establish what equipment might be needed and also organise talks/ info stands/ press releases and events throughout the year to raise awareness of home accident prevention.</p> <p><i>Criteria</i> Home Safety equipment is free to anyone 65 or over. Households with children under 5 - equipment is only free if in receipt of certain qualifying benefits:</p> <ul style="list-style-type: none"> <li>• Income Support</li> <li>• Job seeker's allowance (income based)</li> <li>• Employment and Support Allowance (formally known as incapacity benefit)</li> <li>• Working Tax Credits</li> <li>• Housing Benefit</li> <li>• Free School Meals</li> </ul>

3.2	<p><b>Energy Efficiency Advisory Service – supported with funding via the Public Health Agency</b></p> <p>The Energy Efficiency Advice Service is a 1-1 personal approach to manage the energy efficiency of domestic properties. The Health and Wellbeing Officer assess energy consumption in a household and encourage energy saving behaviour. The programme targets vulnerable older people, those with underlying health conditions or the working poor. The Health and Wellbeing Officer will;</p> <ul style="list-style-type: none"> <li>• Signpost to other sources of fuel poverty/ poverty support such as oil clubs, fuel stamps schemes, Keep Warm packs or Power NI energy saving packs</li> <li>• Signpost clients to appropriate schemes e.g. Affordable Warmth, NISEP, boiler replacement etc.</li> <li>• Make links with other potential partners for referral and / or signposting purposes – e. g. health professionals, Housing Executive</li> </ul> <p><i>Criteria</i></p> <p>Anyone can seek Energy Efficiency advice.</p> <p>The criterion for the fuel poverty support schemes varies. A referral can be made to the Health and Wellbeing team who can then carry out an initial assessment, provide support and determine eligibility.</p>
3.3	<p><b>Affordable Warmth – supported with funding via the Department for Communities</b></p> <p>The Affordable Warmth Scheme targets low income households who experience the effects of fuel poverty and energy inefficiency.</p>
	<p>It is a targeted scheme aimed at those areas where levels of fuel poverty are highest. The scheme is available to home owners, those who have their day / life interest in the house and those who privately rent their home. It is not available for tenants living in the social (Housing Executive or housing association) sector. The Affordable Warmth Scheme provides grant aid to improve energy efficiency measures within the home. From 1 July 2021 the income threshold for the Affordable Warmth Scheme rose to £23,000 and at the same time Disability Living Allowance, Attendance Allowance, Personal Independence Payment and Carer’s Allowance was removed from the calculation of income.</p>
3.4	<p><b>Fuel Stamp Scheme</b></p> <p>The Environmental Health Service manage and administer the MUDC Fuel stamp scheme. The Energy efficiency advisors also promote the MUDC fuel stamp scheme</p> <p>Fuel stamps are available through local shops at £5 each. When card is full, residents will have saved £200 towards next order of fuel (partly completed cards can also be used towards the cost of paying)</p> <p>List of retailers and suppliers available on council website:</p> <p><a href="https://www.midulstercouncil.org/resident/health-wellbeing/fuel-stamp-saving-scheme">https://www.midulstercouncil.org/resident/health-wellbeing/fuel-stamp-saving-scheme</a></p>
3.5	<p><b>Make a Change – supported with funding via the Public Health Agency</b></p> <p>The Health and Wellbeing Officer can provide 1-1 support for individuals who are interested in changing their lifestyle to become more active or eat more healthily. Officers support individuals over a period of time to set goals and motivate them to achieve behavioural change. The officers can work on a 1-1 or group basis. The programme has included delivery of Cook It programmes, Food Values, talks/ presentations, weight loss programmes and facilitating exercise classes and is available for anyone aged 50 or over.</p>
3.6	<p><b>Age Friendly – supported with funding via the Public Health Agency</b></p> <p>Age Friendly is about helping improve the quality of life for older people living in the MUDC area. An Age Friendly Coordinator was appointed November 2020 and work is underway to develop a three year Age Friendly Strategy and Action Plan for Mid Ulster, which will aim to improve the health and wellbeing of older people and it is anticipated that this will</p>

be finalised during quarter 3 this year. As part of the new strategy and action plan development, research is planned to be carried out with stakeholders, support groups and service users locally between April and June 2022. People aged over 50 years old will be asked to get involved by completing a short survey to gather their views on what it's like to live in Mid Ulster. Responses from the survey will be used to help shape and inform the development of the strategy and action plan. The survey was launched in April and will be open until Thursday 30 June at 12 noon.

The Age Friendly co-ordinator continues to meet the PHA objectives by working alongside Mid Ulster Loneliness Network, Mid Ulster Disability Forum, Mid Ulster Seniors Network and Mid Ulster Age Well. "Chatty benches" have been placed in popular areas throughout the Mid Ulster District Council such as Ballysaggart Lough Dungannon, Iniscarn Forest Desertmartin, Portglenone Riverside Walk, Ballyronan Marina, The Roundlake, Fivemiletown and Dungannon Park. Eight additional chatty benches are to be installed later this year with locations to be considered and confirmed.

Council has successfully joined the UK Age Friendly network and has now submitted an application to join the World Health Organisation Age Friendly communities and is awaiting review.

**3.7 GOGA – supported with funding via Live Active NI**

Get Out Get Active (GOGA) is an exciting programme that supports disabled and non-disabled people to enjoy being active together and is delivered by 1 x co-ordinator for the Mid Ulster District Council area. Funded by Spirit of 2012, all partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities.

**3.8 Physical Activity Referral Scheme – supported with funding via the Public Health Agency**

Two full time coordinators are employed and work across the leisure centres in Cookstown, Dungannon, Greenvale and Maghera. Individuals can be referred via a GP or health care professional and each participant can avail of a 12 week structured activity programme and then are eligible for discounted leisure centre membership.

Selection Criteria -

Anyone aged 16 and over who currently has one or more of the following conditions:

- high blood pressure
- controlled diabetes or a strong family history of diabetes
- heart disease or risk factors associated with coronary heart disease
- anxiety, stress, depression and controlled mental health problems
- overweight or obese
- well-controlled lung problems such as asthma, bronchitis or chronic obstructive pulmonary disease
- mild to moderate joint problems such as osteoporosis
- another condition that does not prevent you taking part in physical activity

**3.9 Macmillan Move More – supported with funding via Macmillan**

Move More NI was previously funded 100% by Macmillan for a 3 year term but from August 2022 until March 2024, Council and Macmillan will partner on a 50/50 basis by working in partnership with other physical activity providers and health and social care trusts to provide the support that people living with cancer need to improve their fitness. Each participant can avail of a 12 week structured activity and wellbeing programme and then are eligible for discounted leisure centre membership.

3.10	<p><b>Agewell – supported with funding via multiple partners</b></p> <p>The service is funded by community planning partners including the Northern and Southern Trusts, the Public Health Agency, the Police and Community Safety Partnership, the NI Housing Executive and the Environmental Health department of Mid Ulster District Council. The main deliverables of the programme are Good Morning Calls and the Handy-van scheme.</p> <p>Key elements of the scheme include targets for a minimum of 450 Good Morning/ Afternoon calls per day engaging residents and allowing time for addressing individual needs. It is expected that there are a minimum of 1,200 maintenance visits per annum lasting on average of 1.5hrs/visit and these visits can include any low level maintenance requests around the home. This scheme also links in well as a key referral pathway with other programmes as mentioned above.</p>
4.0	<p><b>Other Considerations</b></p>
4.1	<p><b>Financial, Human Resources &amp; Risk Implications</b></p> <p>Financial:  Home Accident Prevention: £44,457 per annum via the PHA  Energy Efficiency: £31,584 per annum via the PHA  Affordable Warmth: Up to £56,370 max for April 22 – March 23 via DfC/NIHE  Make a Change: £41,510 per annum via the PHA  Age Friendly: £41,624 per annum via the PHA  Agewell: £55,000 (PHA), £43,750 (NHSCT), £26,250 (SHSCT), £17,500 (NIHE), £17,500 (PCSP) for period 01.04.21 – 31.12.22  Physical Activity Referral: £50,157 per annum via the PHA  Macmillan Move More: £33,333 for period Aug 2022 – March 2024</p> <p>Human:  Officer time to manage and monitor various contract management arrangements. Staff time to deliver projects and programmes.</p> <p>Risk Management: Considered in line with relevant policies and procedures. Additional staffing costs above and beyond the stipulated external funding is Council responsibility (and to include unexpected sickness or other absence). Currently Council are in receipt of rollover letters for all PHA contracts for the period April 22 – March 23 but final confirmation of budget has not been received. Risk to programme delivery with all stipulated programmes within this report if external funding is reduced and/or withdrawn at any stage in the future as Council may not be in a position to absorb budget pressure(s). Potential contractual staffing impacts.</p>
4.2	<p><b>Screening &amp; Impact Assessments</b></p> <p>Equality &amp; Good Relations Implications: N/A</p> <p>Rural Needs Implications: N/A</p>
5.0	<p><b>Recommendation(s)</b></p>
5.1	<p>Members note the content of this report.</p>

<b>6.0</b>	<b>Documents Attached &amp; References</b>
6.1	Appendix A – Supporting promotional literature