

Report on	Health and Wellbeing Programmes
Date of Meeting	5 th July 2023
Reporting Officer	Kieran Gordon, Assistant Director Health, Leisure & Wellbeing
Contact Officer	Steven Mc Elhatton, Lead Health and Wellbeing Officer

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

1.0	Purpose of Report
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 and consideration given to proceeding to approve and sign the proposed MUDC/NIFRS Partnership Agreement in relation to the Home Safety Programme Referral pathway.
2.0	Background
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: https://www.midulstercouncil.org/resident/health-wellbeing
3.0	Main Report
3.1	Home Safety – supported with funding via the Public Health Agency Free Home Safety checks are available to anyone within the District who are 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. <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:

- Income Support
- Job seeker's allowance (income based)
- Employment and Support Allowance (formally known as incapacity benefit)
- Working Tax Credits
- Housing Benefit
- Free School Meals

The Home Safety Scheme Officers receive referrals from and send referrals to various external agencies. One of those agencies, NI Fire and Rescue Service wish to renew their partnership agreement with Mid Ulster District Council, signed previously in 2018. The agreement is between both parties to refer people to each organisation when completing home visits. Please see copy of Agreement for consideration enclosed within the appendix.

3.2 **Energy Efficiency Advisory Service – supported with funding via the Public Health Agency**

The Energy Efficiency Advice Service is a 1-2-1 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;

- 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
- Signpost clients to appropriate schemes e.g. Affordable Warmth, NISEP, boiler replacement etc.
- Make links with other potential partners for referral and / or signposting purposes – e. g. health professionals, Housing Executive

Criteria

Anyone can seek Energy Efficiency advice.

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.

3.3 **Fuel Stamp Scheme**

The Health, Leisure and Wellbeing department with Council manage and administer the MUDC Fuel stamp scheme. The Energy efficiency advisors also promote the MUDC fuel stamp scheme

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)

List of retailers and suppliers available on council website:

<https://www.midulstercouncil.org/resident/health-wellbeing/fuel-stamp-saving-scheme>

3.4 **Make a Change – supported with funding via the Public Health Agency**

The Health and Wellbeing Officer can provide 1-2-1 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 1-2-1 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.

3.5 Age Friendly – supported with funding via the Public Health Agency

Mid Ulster District Council have been engaging with residents over the age of 50 to find out how it feels to grow older in their communities and what their needs are for the future. Commissioned in February 2022 the engagement process started in April 2022 with a revised online survey and consultation period that ended on 15th December 2022.

The Mid Ulster Age Friendly strategy and action plan has identified key issues and priority actions for the next three years and has been informed by this comprehensive consultation study with residents and organisations in Mid Ulster looking at key action on the 8 Age Friendly themes: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic participation and Employment; Communication and Information; Community and Health Services.

An Age-friendly charter was developed to accompany the Age-friendly strategic plan outlining long-term Mid Ulster District Council commitments that will make Mid Ulster District an Age-friendly Community where older people are valued, engaged and supported to live healthy, active and fulfilling lives.

The Age friendly co-ordinator has been working with Mid Ulster Seniors Network over the past year to ensure better communication, support and develop older peoples' groups in the Mid-Ulster area, engaging with older people ensuring they have their voices heard. A new Age-friendly structure that aligns with Councils' Community plans has been agreed with the formation of an Age-friendly Alliance to deliver on the 3-year Age-friendly Strategy and Action Plan. The Age-friendly Co-ordinator will be responsible for engaging with the Older Persons forum and will report back to the Strategic Alliance on a continual basis to enable effective co-production and consultation with older people throughout all stages of the Age-friendly Strategy and Action plan and any other local issues. The 1st Age Friendly Alliance Meeting was held on 22nd March 2023.

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 to further develop a positive ageing community within Mid Ulster.

3.6 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.

	<p>Selection Criteria –</p> <p>Anyone aged 16 and over who currently has one or more of the following conditions:</p> <ul style="list-style-type: none"> • 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 <p>3.7 Macmillan Move More & Pre-Habilitation Programmes Move More NI was previously funded 100% by Macmillan but from August 2022 until March 2024, the Council and Macmillan (through funding received from the Department of Health Northern Ireland: Cancer Charities Support Fund) will partner on a 50/50 basis. Working in partnership with physical activity providers and the health and social care trusts these programmes provide the support that people diagnosed, recovering or living with cancer need to participate in health and fitness activities.</p> <p>Each participant can avail of a 12 week structured activity and wellbeing programme and then are eligible for discounted leisure centre membership.</p> <p>3.8 Agewell – supported with funding via multiple partners 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> <p>The current contract runs until 31st December 2023 and currently a tender process is ongoing with a report being brought back to a future Development Committee for Members consideration.</p>
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications

	<p>Financial: Home Accident Prevention: £49,359 per annum via the PHA Energy Efficiency: £32,828 per annum via the PHA Make a Change: £43,145 per annum via the PHA Age Friendly: £46,773 per annum via the PHA Agewell: Approx £150k funded via PHA, NHSCT, SHSCT, NIHE, PCSP and MUDC for the period 1st Jan 2023 – 31st Dec 2023. Physical Activity Referral: £57,271 per annum via the PHA Macmillan Move More: £33,333 for period Aug 2022 – March 2024 via Macmillan More More. Remaining 50% contribution from MUDC.</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 23 – March 24 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	Screening & Impact Assessments
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: N/A
5.0	Recommendation(s)
5.1	Members note the content of this report and approve the recommendation to approve the signing of the proposed Partnership Agreement between Mid Ulster District Council and the Northern Ireland Fire & Rescue Service in relation to the Home Safety Programme Referral pathway.
6.0	Documents Attached & References
6.1	Appendix A – Supporting promotional literature Appendix B – MUDC/NIFRS Partnership Agreement 2023