

Appendix 1

**Physical Activity for Older People Project – Conclusions and recommendations of Overview and Scrutiny Committee, responses and updates to recommendations**

<b>Overall comments on the report</b>				
	The Council welcomes the attention being given to how we can address the low rates of physical activity among older people in the borough. Physical activity is one of the strongest positive influences on health and wellbeing over our lifetime – from our early years, to supporting healthy ageing – and key to reducing the demand for health and social care.			
	<b>Recommendation</b>	<b>Response (Agreed / Not agreed / Partially agreed)</b>	<b>Who and when</b>	<b>Update – Current Progress, March 2019</b>
<b>1</b>	That the findings/recommendations from the Physical Activity for Older People Scrutiny Review be considered in full as part of the 2017 refresh of Haringey’s Physical Activity and Sport Framework	Agreed	Andrea Keeble March 2019	<p>The Borough Plan’s People Priority has a vision of a Haringey where strong families, strong networks and strong communities nurture all residents to live well and achieve their potential. One of the objectives within this theme is that: All adults are able to live healthy and fulfilling lives, with dignity, staying active and connected in their communities</p> <p>Place Theme has a vision of ‘A place with strong, resilient &amp; connected communities where people can lead active and healthy lives in an environment that is safe, clean and green.’</p> <p>Outcome 10 ‘A Healthier, Active and Greener Place’ includes the Objective: ‘Increase the levels of physical activity across the borough’</p> <p>In the draft Physical Activity and Sport Strategy 2019 -2023 (due to be adopted at the June 2019 Cabinet) three of the Themes from the Borough Plan are developed as aims for the strategy: ‘Active People’, ‘Active Place’ and ‘Active Economy’.</p>

				<p>Objectives and goals for the 3 aims include specific items relevant to older people e.g. '<b>Care Pathways:</b> Physical activity is visible and pro-actively used in health and social care pathways to improve physical and mental health and wellbeing'.</p> <p>The draft Physical Activity and Sport Strategy also emphasises the Whole Systems Approach to increasing physical activity.</p>
2	That, in developing the design framework for Haringey's model for integrated health and care, the Assistant Director for Adult Social Services and the Director of Commissioning for Haringey CCG, be asked to ensure physical activity is included within all care pathways, with interventions available across the prevention pyramid (population, community, personal).	Agreed.	<p>Jon Everson / Marco Inzani</p> <p>June 2017 and ongoing</p>	<p>The Design Framework and associated Prevention Pyramid approach was agreed by Cabinet in May 2017. This now helps frame and inform service and commissioning developments across Adults Health and Care. To take the action forward - Next step discussions to inform developments related to Health and Care Closer to Home Networks will seek to reflect the Physical Activity agenda as a key prevention approach in local areas,</p> <p><b>2019 Update</b> - Integrated Care Networks have developed across Haringey and have focused on two key areas: Frailty and Diabetes. Within the Integrated Care Networks are care navigators who link patients into different community and statutory services to improve health and wellbeing. Care navigators have been able to work with patients and to link them to appropriate community-based services including physical activity.</p> <p>In addition, GP Gyms have been running in Central Haringey as a way of encouraging people who would not normally attend exercise classes to participate through facilitated engagement i.e. being brought to classes by a professional the patient already knows. The service has won an award for this project.</p>
3	That consideration be given to how the Fusion Annual Service Plan can be used to provide a wider range of activities	Agreed	<p>Fusion /Andrea Keeble</p> <p>Annually</p>	<p>In addition to a range of classes within the standard programmes at the centres suitable for older people, Annual Service Planning has identified additional opportunities. The Better with Age programme has been extended to Broadwater Farm and Park Road and several new classes targeted at older people have started at Broadwater</p>

	for older people within the current leisure centre programme, including at New River Sport and Fitness.			<p>Farm.</p> <p>Additionally, the Annual Service Plan has specific participation targets for older people. Every month in 2018, except December the 60+ numbers at the leisure centres increased compared to 2017. Overall attendance numbers in this cohort increased by 22,000 in 2018 compared to 2017.</p>
4	That in addition to the concession/free access already provided, should an opportunity arise to renegotiate parts of the Leisure Centre contract, consideration should be given to using the subsidy to encourage more residents aged 50+ through the door.	Agreed	<p>Stephen McDonnell/Andrea Keeble</p> <p>If an opportunity for renegotiation arises</p>	<p>Note any decision about contract renegotiation and the Council's negotiating position are subject to a separate decision making process which has not yet commenced.</p> <p>Currently officers are conducting a review of the leisure centre concession scheme and the associated pricing. This review will be complete by December 2019. Following from this a renegotiation of relevant sections of the contract with Fusion may be required.</p>
5	That the Better With Age programme (targeted at 50+) be provided: (i) more frequently at Tottenham Green Pools and Fitness and (ii) at other locations.	Agreed	<p>Fusion/Andrea Keeble</p> <p>Annually</p>	<p>See section 3. Additionally Active Communities/Adults and Fusion are regularly reviewing the programme and through this process more bespoke classes and other suitable sessions are set up for key groups in this cohort e.g. for people with dementia</p>
6	That Fusion be asked to sign up to the Haringey Dementia Action Alliance.	Agreed	<p>Fusion/Andrea Keeble</p> <p>Annually</p>	<p>Fusion have signed up to the Alliance and their action plan can be viewed:</p> <p><a href="https://www.dementiaaction.org.uk/members_and_action_plans/7159-fusion_lifestyle_haringey">https://www.dementiaaction.org.uk/members_and_action_plans/7159-fusion_lifestyle_haringey</a></p>
7	That consideration be given to how the Fusion	Agreed	Fusion/Andrea Keeble	Data has been analysed and targets for older people's use have been set for this year.

	Annual Service Plan can be used to facilitate inclusive activities, including those that support older people with learning and/or physical disabilities.		Annually	Note programme activity section 3 and 5
8	<p>That:</p> <p>(a) A major publicity campaign led by the Council, in partnership with Fusion, be delivered once a year to raise awareness of the concessionary access, leisure provision and activities that are available for older residents.</p> <p>(b) The Communities, Leisure and Partnerships Team review all Council communication material relating to activities for older people, including pages <a href="#">on the Council's website</a>, to ensure information is up to date and clearly describes the</p>	<p>A - Partially agreed</p> <p>B- Partially Agreed</p>	<p>Andrea Keeble, Council Communications Team &amp; Fusion</p> <p>Annual review</p>	<p>A) Fusion is committed to various Open Days to raise awareness and promote the service to older people and people with disabilities</p> <p>B) This is an ongoing piece of work</p> <p>The Council's website is regularly updated.</p> <p>A new leaflet has been developed outlining all the opportunities for physical activity and sport for older people in the borough. This booklet will be updated at least annually</p> <p>This can be viewed here: <a href="https://www.haringey.gov.uk/libraries-sport-and-leisure/sport-and-leisure/healthy-lifestyles">https://www.haringey.gov.uk/libraries-sport-and-leisure/sport-and-leisure/healthy-lifestyles</a></p>

	<p>activities available and where to go for further information.</p> <p>(c) Fusion be asked to review all their communication material relating to activities for older people, including pages <a href="#">on their website</a>, to ensure information is up to date and clearly describes the activities available and where to go for further information</p>	C - Agreed		<p>C) Note recent new publicity material for older people from Fusion. Note Dementia Alliance link – see 6</p> <p><u>General Comment</u> Wider than just advice there is a need to, where possible, activate other levers available to the Council and partners; strategic, policy, organisational etc to create a physical activity friendly environment</p> <p>Regeneration opportunities to be exploited to make being active the easy choice through taking a ‘Healthy Streets’ approach to design, developing green grids, cycle ways etc</p> <p>Behaviour change programmes utilised where funding is available to embed more positive attitudes towards being physically active</p> <p>This is detailed in the Physical Activity and Sport Strategy due to be adopted in June 2019</p>
9	<p>That the top line messages below be used by commissioners, policy makers and practitioners to ensure clear and simple advice is provided to older people (including frailer, older people) on physical activity:</p> <ul style="list-style-type: none"> <li>➤ Taking part in any amount of physical activity will provide some essential</li> </ul>	Agreed	<p>Andrea Keeble Will Maimaris &amp; partners</p> <p>Ongoing</p>	<p>The main leaflet material issued and updated regularly by Active Communities is distributed widely. This is called ‘Free &amp; Affordable Ways to be Active’. This leaflet is extremely popular and has this advice within it as well as details of ‘free and affordable physical activity’</p> <p><a href="https://www.haringey.gov.uk/sites/haringeygovuk/files/keep-fit-leaflet.pdf">https://www.haringey.gov.uk/sites/haringeygovuk/files/keep-fit-leaflet.pdf</a></p> <p>Other outreach opportunities to be exploited to get these messages out. An Outreach Plan/Calendar is developed annually to aid the promotion of these messages</p>

	<p>benefits to both physical and mental health</p> <ul style="list-style-type: none"> <li>➤ Some physical activity is better than none!</li> <li>➤ Everyone should limit and break up the amount of time spent being sedentary (sitting).</li> <li>➤ Physical activity should be built up gradually.</li> <li>➤ Physical activity should provide a sense of enjoyment and purpose.</li> <li>➤ Physical activity is everyone's business and everyone benefits.</li> </ul>			<p>One You Haringey are offering 6 and 12 week introductions to getting physically active. As part of the refresh of their services they have added specific activities to their schedule and in particular some are of a more gentle nature which are appealing to inactive residents and specific demographic groups e.g. older people.</p> <p>Relevant officers from Public Health, Parks and Active Communities are very engaged with the planning team and attempting to embed messages within the base building blocks of the planned regeneration schemes.</p> <p>Behaviour change programmes utilised, where funding is available, to embed more positive attitudes towards being physically active</p> <p>See section 1 regards Borough Plan and Physical Activity and Sport Strategy</p> <p>Note new booklet detailing all the physical activity opportunities available in the borough for older people</p>
10	<p>That consideration be given to how the Active for Life programme could be incorporated into the wider Fusion contract which ends in 2032, once the Public Health contract</p>	<p>Partially Agreed</p>	<p>Stephen McDonnell / Andrea Keeble / Will Maimaris/Diane Farmer</p>	<p>The Active for Life programme has been extended and will now need renewal or alternative action before the end of March 2020. Therefore for the next 12 months all AFL exercise on referral classes and the led walks scheme will continue.</p>

	for this provision, including GP Exercise Referral and borough wide Health Walks, ends in 2018.			
11	<p>That:</p> <p>(a) The Director of Commissioning for Haringey CCG be asked to ensure information about <a href="#">Haringey's Walking for Health Groups</a> is displayed at all Health Centres and GP Surgeries.</p> <p>(b) The Community and Customer Relations Director for Homes for Haringey be asked to display information about <a href="#">Haringey's Walking for Health Groups</a> on all Estate Notice Boards.</p> <p>(c) The Head of External Communications, Haringey Council, be asked to ensure information about <a href="#">Haringey's Walking for</a></p>	<p>Agreed.</p> <p>Agreed</p> <p>Agreed</p>	<p>CCG/Marco Inzani</p> <p>Chinyere Ugwu</p> <p>Communications</p>	<p>A, b, c, d and e</p> <p>Regular monitoring and reviews of communication material and its locations by Active Communities staff in liaison with Homes for Haringey, Communications, CCG, Fusion and Public Health</p> <p>Assessment of need for publicity material to be part of the monitoring regime</p> <p>Monitoring results to be reported back to the Haringey Active Network and to date show better compliance than previously</p> <p>March 2019 – All partners have agreed to display and distribute publicity material</p>

	<p><a href="#">Health Groups</a> is provided on notice boards across the borough, including at all libraries.</p> <p>(d) Fusion be asked to ensure information about <a href="#">Haringey's Walking for Health Groups</a> is displayed at all Leisure Centres across the borough.</p> <p>(e) The Director for Public Health be asked to work with Fusion to ensure information provided about Haringey's Walking for Health Groups, including online, is updated to include information on the duration, type and level (easy, medium, hard) of each walk.</p>	d & e - Agreed	Andrea Keeble & Fusion	
12	That the Council and CCG consider the use of small grants (rather than commissioned contracts) and establish a small grant fund (possibly with collaboration with the wards budgets, overseen	Partially Agreed – subject to funding	Andrea Keeble/CCG/Bridge Renewal  When funding becomes available	Source of such funding to be determined.  Meanwhile Active Communities in liaison with Bridge Renewal will assist relevant groups to draw down funds from sources not available to the Council  e.g. recently the Council and the Bridge Renewal Trust have been successful in engaging with the Mayor of London's Laureus Model

	by the Bridge Renewal Trust) to support small scale local activity sessions for older people.			<p>City. This is a bottom up approach to increasing physical activity and includes a grant programme. A local Steering Group has been set up and the group is currently agreeing the Vision, Outcomes and Success Measures. Where grant money goes cannot be predetermined, however it would be expected that embedding more opportunities for older people to be active will feature.</p> <p>The Council also committed a small amount of funding to the Oomph – Wellness Project. With a Sport England matched contribution, care workers at three sites, received training and equipment to deliver fun physical activity sessions to clients.</p> <p>The Wembley Stadium Trust fund provided funds for Walking Football and Netball sessions.</p> <p>Note Homes for Haringey projects in section 14</p>
13	That, subject to funding being identified, the Council should support (a) the continuation of Silverfit within Lordship Rec and (b) the provision of another session e.g. in the Northumberland Park area. This support should include working with Silverfit to promote sessions across the local community	Partially Agreed – subject to funding	<p>Andrea Keeble</p> <p>Ongoing at Lordship</p> <p>Seeking funding for another location</p>	<p>A wider discussion is required amongst partners around the value of Silverfit and similar older people’s programmes that utilise a combination of excellent social interaction and fun activities to improve physical activity and reduce social isolation</p> <p>If the good value is agreed, then ensuring that there is reliable source of funding for such programmes is important.</p> <p>There is ongoing discussion regards funding for budget year 19-20</p>
14	That the Council help to facilitate opportunities for Homes for Haringey to meet with commissioners and providers of activities so that underused spaces	Agreed	Jasper South	<p>We are continuing to further develop the range of activities and services at our eight Support and Well-Being Hubs. This has included many initiatives that promote physical activity. In addition to those previously reported, examples include –</p> <ul style="list-style-type: none"> <li>• Three gardening projects at Sophia House, Latimer House and Brookside which promote physical activity for older</li> </ul>

	<p>in sheltered housing and elsewhere, such as underused lounges and tenant's/community rooms in blocks, can be used productively for physical activities for older people.</p>			<p>people, looking specifically at residents who misuse substances and residents who are frail and have dementia, carried out in partnership with, and using funding secured by, Groundwork</p> <ul style="list-style-type: none"> <li>• We also have five new gardening/growing buddies projects starting at Coombes House, Bracknell Close, Lowry House, The Priory and Bedale House, which will look at developing a base of volunteers to become teachers and mentors to teach people how to grow fruit and vegetables, promote physical activity as well as cook the food and learn about healthy eating and nutrition</li> <li>• We have a woodwork workshop at Lowry House which promotes physical activity by learning building skills and creating furniture from recyclable materials</li> <li>• We have a dance and chair based exercise group which has been running at Palace Gates, now ended but due to start at Sophia House and Latimer House within the next 4 weeks</li> <li>• We have a new LGBT support and social group which will be running from Lowry House in April, which aside from promoting inclusion and creating a safe space will look at the physical and mental wellbeing of LGBT residents across the borough</li> <li>• We have a Silver Sports project (temporary name) which will look at physical health and wellbeing across the Tottenham area, incorporating different activities and methods of engaging older people in physical activity. This has been funded for two years by Comic Relief and will be led by Groundwork as well as Haringey and partner agencies, the aim is to work with 300 residents minimum over the two years to engage with fitness and activities</li> <li>• We have engaged the New NHS Alliance to work with us on development of health creation across our Support and Well-Being schemes. The aim is to create an environment of enabling and promoting healthier and happier lifestyles of the residents within our service and the wider community through</li> </ul>
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				<p>more focused work and partnership working with a range of different community resources.</p> <ul style="list-style-type: none"> <li>• A gardening group at the Lindales has been funded by Cllr Bevan to create a community garden and opportunities for children from the local school to become engaged and learn about planting and healthy eating. This will be run by residents.</li> <li>• The four Support and Well-Being Hubs in the East area have Wii Fits and we are developing a programme of low level game events to promote residents being more physically active as well as tackling social isolation</li> <li>• We have a small community group at Clement House called 'Friends of Hartington Park', a group of local residents who want to clean up the local area. We have agreed, in return for using our lounge as a space to meet they will help our residents maintain the communal garden and support the residents</li> </ul> <p>We have in principle agreement of funding to invest in improvements to the communal spaces in all eight of our Support and Well-Being Hubs. This will improve the usability of communal space, opening up currently unused rooms and creating a more welcoming, versatile environment for residents and visitors accessing activities at the scheme. We are just completing the gathering of baseline data which will enable release of funding and planning of works to begin.</p>
15	That the Council and Bridge Renewal Trust continue to work together to ensure information, concerning physical activity for older people obtained via the asset mapping exercise, is available, accessible and can be used by residents,	Agreed	Colin Bowen	<p>The ongoing Voluntary and Community Sector (VCS) Asset mapping includes recently updated information about over 1,000 local providers.</p> <p>The outward facing information is available publicly at <a href="http://bridges.force.com/directory/">http://bridges.force.com/directory/</a> and is searchable by locality, service type and beneficiary. The Social prescribing tab includes physical activity and exercise and can be selected with 'older people' to show activities currently listed.</p> <p>Asset mapping has continued and we are keen to incorporate more</p>

	carers, front line staff and care coordinators before the end of 2017			<p>physical activity for older people.</p> <p>The current Model City Haringey East programme will enable us to do more detailed mapping from traditional and non-traditional sports and physical activity providers.</p> <p>Local Area Co-ordinators, Care Navigators and many voluntary and community sector organisations are utilising the VCS Directory in order to connect residents up with local support, services and activities, including activities for older people, as well as advertising their current offer.</p>
16	<p>That the Director for Public Health be asked to establish a sub group of the Haringey Active Network – the local Community Sport and Physical Activity Network (CSPAN) – to focus on Physical Activity for Older People. The sub group should:</p> <ul style="list-style-type: none"> <li>- Have its own terms of reference and a membership representing the broad mix of organisations who are taking up the challenge of providing / commissioning physical activity for</li> </ul>	Agreed	<p>Andrea Keeble / Will Maimaris</p> <p>June 2017</p>	<p>Sub group set up and ongoing meetings. Report back to the Haringey Active Network (CSPAN) quarterly.</p> <p>Active Aging mapping completed. This will be updated annually.</p> <p><a href="https://www.haringey.gov.uk/libraries-sport-and-leisure/sport-and-leisure/healthy-lifestyles">https://www.haringey.gov.uk/libraries-sport-and-leisure/sport-and-leisure/healthy-lifestyles</a></p> <p>Website updates ongoing</p> <p>A booklet of local activities for Older People is available – see link above</p> <p>Networking/attending Day Opportunities Forum</p>

	<p>older adults across the borough.</p> <ul style="list-style-type: none"><li>- Share information and resources and create a distinctive learning community of “like-minded people”.</li><li>- Provide information on volunteer brokerage, including how to access funding, resources, and/or other opportunities.</li><li>- Give consideration to the format of meetings (e.g. World Cafe methodology) to ensure effective networking across a broad mix of organisations</li><li>- Report annually to the Haringey Health and Wellbeing Board via the Haringey</li></ul>			
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	Active Network. This should include an update on each of the bullet points above.			
17	<p>That the Director for Public Health and Assistant Director for Transformation and Resources work together to ensure:</p> <p>(a) All front line staff receive training on MECC as part of their induction to the Council. As a minimum, this should include asking new starters to go online to look at the e-learning tool.</p> <p>(b) Existing frontline workers have an opportunity to discuss training needs in relation to MECC as part of the ongoing "My Conversation" appraisal process. Steps should be put in place to ensure issues in relation to MECC</p>	Partially agreed (Focus efforts on health and social care front-line staff. The evidence is that MECC needs to be part of a meaningful conversation, so measuring all staff on their MECC use in 'my conversation' seemed too broad, we want to focus on the right staff and do it well)	<p>Will Maimaris</p> <p>September 2017</p> <p>November 2017</p> <p>Annual</p>	<p>Every day in Haringey frontline workers from across the public and voluntary sector have numerous interactions with older residents when dealing with a range of issues - MECC training is about learning how to use these engagements to:</p> <ul style="list-style-type: none"> <li>• raise the issue of healthy lifestyles</li> <li>• promote benefits of healthy living</li> <li>• signpost to further support</li> </ul> <p>The main topics discussed at MECC training are: alcohol, healthy eating, healthy weight, physical activity, smoking cessation, and emotional health and wellbeing. These behaviours are most closely linked to the development of long term conditions and/or contribute to the life expectancy gap in the borough. By learning early intervention methods our staff can gain the knowledge and confidence to help Haringey residents, colleagues, friends and family make healthier lifestyle choices, it is not extra work it should be part of what we do.</p> <p>Many workers across Council staff and the voluntary sector have already been trained being part of Council induction will embed the concept that it is everyone's responsibility to have MECC conversations.</p> <p>Embedding it in 'my conversation' process for key front line staff working with older people will advance workers skills in motivating change</p> <p>2019 update MECC face-to-face training is a half-day course available to anyone working in a frontline role in Haringey</p>

	<p>are discussed at least once a year.</p> <p>That (a) and (b) above be used to ensure feedback from staff is reviewed annually to ensure improvements can be made to Haringey's MECC training offer, including the e-learning tool, in view of experience</p>			<p>A more advanced Motivational Interviewing course is also available. At present these face to face courses may cease at the end of March 2019 but the online option will remain in place.</p>
18	<p>That the <a href="#">"Care...about physical activity" resource pack</a> be used by the Assistant Director of Commissioning to develop Haringey's Care Home Placement Agreement alongside the commissioning of services as part of the residential/nursing home contact, via DPS during 2017/18, to ensure:</p> <p>(a) Residents have physical activity choices documented in their care plans.</p> <p>(b) All staff understand the importance of daily physical activity and encourage residents at every</p>	Partially Agreed	<p>Charlotte Pomery</p> <p>Further discussions with the sector required</p>	<p>We are in the process of varying the specification and placement agreement in collaboration with providers and partners across North Central London. In the future, this will include explicit requirements with regard to physical activity.</p> <p>We are also revising our contract management framework and will ensure that evidence of take up of physical activity is included in the management information we require in order to monitor performance of the contract.</p> <p>Finally, our quality assurance functions are also being revised to incorporate a number of factors, including take-up of physical activity, which therefore will be picked up in service improvement and quality assurance responses.</p> <p><b>February 2019 update</b> The documentation mentioned above has now been updated.</p> <p>As the piece from Healthwatch Haringey below notes, there has been some progress with care homes in terms of the range of new initiatives promoting physical activity in Care Homes. This work links</p>

	<p>opportunity to be more active in a way that meets their needs and choices with a clear purpose.</p> <p>(c) Participation in physical activity is valued and is a commitment for everyone who is part of the care home community such as relatives, staff, friends and others.</p> <p>(d) Management provides leadership and support to promote physical activity.</p> <p>(e) The environment facilitates an active lifestyle to take place by being appropriate for the needs and choices of the residents, staff and those in the care home community.</p> <p>(f) Training is available for staff to raise awareness of the benefits of physical activity and ways to enable residents to be active.</p> <p>(g) Connections can be</p>			<p>to our DPS and how specific care homes are selected.</p> <p>We go in to care homes regularly and always assess the whole environment including access to outdoor space, use of communal indoor space for physical activity, level of encouragement to take part in activity, evidence that residents have been asked how they would like to participate in physical activity, participation by staff in the physical activity sessions provided, management and leadership within the home.</p> <p>Within our supported living settings, we have also seen evidence of a greater focus on physical activity, supporting residents to reach their potential.</p> <p>The Care Closer to Home Integrated Network in the West of the borough has also been focusing on working with care homes and again wider lifestyle and physical activity sessions have been part of this work.</p>
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	<p>made with accessible local services and organisations to provide specific advice, guidance and support to promote physical activity.</p> <p>(h) Care homes are aware of what local places and spaces are available to support people to be more active on a daily basis and makes use of the available opportunities.</p>			
19	<p>That Healthwatch Haringey explore using enter and view powers to identify levels of commitment to promote physical activity among care homes in Haringey. Working with commissioners, a base line assessment should be completed during 2017 with a full inspection planned for 2018 once <a href="#">tools outlined in the "Care...about physical activity" resource pack</a> have been introduced in Haringey.</p>	Agreed	Mike Wilson	<p>Healthwatch Haringey are preparing to carry out Enter and View visits to 15 Haringey care and nursing homes between now and April 2018. We are in the process of consulting with Haringey care home residents and their family members and friends to find out about their experiences of physical activity in the care homes where they live/visit. We will use what we find to help design our visits, as well as the 8 standards in the 'Care... about physical activity' self-assessment tool, to help establish a baseline against which improvements in the promotion of physical activity can be measured by commissioners.</p> <p>2019 Update Following some initial investigation we discovered that there are already new initiatives in Care Homes promoting physical activity and we thought that our proposal would be less useful as a result. In light of this we have decided to focus on "day opportunities" in adult social care as part of a wider piece of work to review the impact of the day centre closures on a sample of Carers and service users. This is a good fit with the Council's review of Adult Social Care services and in</p>

				particular the effectiveness of “day opportunities” and the possibility of re-opening two or three of the day centres.
20	That progress in relation to promoting physical activity in care homes be monitored via the Adults Quality Assurance board.	Agreed	Adults Quality Assurance Board Lead Head of Governance and Service improvement Helen Constantine  Quarterly to the ASS QAB	<p>A service action improvement plan is presented as a standing item to the Adults Quality Assurance Board (ASS QAB). There are also reports of provider monitoring from the Commissioning QA lead. Annual reviews are carried out for all recipients of Adult Social Care Promoting physical activity in care homes is incorporated in the action plan and reports from reviews and Commissioning can be monitored.</p> <p>2019 Update</p> <ul style="list-style-type: none"> <li>• A daily exercise programme which is adapted to meet each client’s needs, sitting, standing stretching etc.;</li> <li>• Skills based workshops also run on a regular basis to enable muscle memory and cognitive strength to remain such as: baking, cleaning, kitchen safety, hand washing and personal care;</li> <li>• All residents of Haringey with a diagnosis are enabled to use accessible bathrooms - showers, bath when required; and</li> <li>• Commissioners and Practitioners working closely with clinicians and the memory clinic to report on observations and any changes in physicality/mentality or cognitive ability; this enables the medical teams to adapt medications to suit the client’s needs.</li> <li>• Working with local voluntary and community sector organisations to train them to carry out over 5,000 blood pressure checks in community based locations over the next 2 years.</li> <li>• Also working with partners such as businesses and schools to make Haringey a healthier place to live, study and work, so that it is easier for people to be physically active and eat a healthy diet in order to help stay free from cardiovascular diseases like stroke.</li> <li>• For those people who have suffered a stroke we will continue to focus on providing high quality rehabilitation and support to</li> </ul>

				help them stay as independent as possible
21	The Cabinet Member for Finance and Health be asked to write to the Care Quality Commission to recommend that enabling access to appropriate physical activity is recognised as part of the inspection process, within either the question is the service effective or is the service responsive?	Agreed	Jeanelle DeGruchy	This action is completed
22	That the Director of Commissioning for Haringey CCG be asked to coordinate a meeting between NHS commissioners and the Homes from Hospital Team to ensure the following recommendations are taken forward:  (a) That, as part of the Homes from Hospital assessment form, clients are offered opportunities to join a local group (to provide physical and social support.) To consider the role of the Home from Hospital team	Agreed  Ongoing	Marco Inzani	A, b and c Home from Hospital are part of a wider network of services that support peoples discharge from hospital. This includes a range of social and community health care services, including the Reablement Team and the Locality Team. This network of services meets once a month as the Integrated Care (Adults) Group chaired by the Assistant Director of Commissioning. The next phase for the Integrated Care (Adults) Group is to include the developing CHINs so they are linked into the network of services and are supported and support by future developments. There is a commitment that a future meeting will have a dedicated slot regarding physical activity as this is a particular focus for the Central CHIN who are developing GP Gyms.  The two Local Area Coordinators have now linked up with the Locality Team and are working to link patients/clients with a range of local community activities including physical activity.

<p>in escorting clients to this group.</p> <p>(b) That, on completion of the Home from Hospital service, information on the group/activity attended by the client should be provided to the client's GP. If the client is felt to need support in order to continue to access the group / activity the Locality Team will be notified so that they are able to follow up with the client.</p> <p>(c) That the Discharge Coordination Team at acute Trusts and the Reablement Team and the Locality Team should be fully aware of the Home from Hospital service and should have a clear view of the different ways that they can work together to support clients.</p>			
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	<p>CHINs should work with an awareness of the local group activities that are available to people within their geography. This may involve close working with the local area coordinator. Over time, CHINs should build up intelligence based on regular feedback so raise awareness of any strengths or problems with activities / groups.</p> <p>(d)The Bridge Renewal Trust should ensure information gleaned from their asset mapping exercise is made available to their Home from Hospital team, so they can refer clients to the most appropriate activity. This information should also be shared with the CHIN team.</p>			<p>d)The asset mapping includes information on activities that older people may self-refer or be referred to by a practitioner as social prescribing.</p> <p>This searchable database is live and searchable by the Home from Hospital Team, who are trained to use the database to refer older people (over 80% of their service users) to local community services and activities.</p>
23	<p>That:</p> <p>(a) It be noted the Adults and Health Scrutiny Panel fully support the Council's application to Sport England for</p>	<p>Agreed – subject to funding</p>	<p>Andrea Keeble</p> <p>Haringey Active Network – Older People sub group</p>	<p>a &amp; b) Note that the Council was not successful in achieving this funding</p> <p>b – when a source of funding is achieved we will welcome the involvement of Scrutiny Panel in the development of the Project</p> <p>C - Alternative funding streams are being sought to progress the</p>

	<p>funding to help tackle inactivity in older people.</p> <p>(b) If the Council is successful in drawing down the Active Ageing funding, the Adults and Health Scrutiny Panel should be involved in the development of the project.</p> <p>(c) Given the importance of reducing older people's inactivity levels, even if the Council is not successful with its Expression of Interest it is recommended that aspects of Haringey's Active Aging Project be progressed, with alternative funding sought for delivery</p>		<p>B &amp; C – Exploring other funding sources for;</p> <ul style="list-style-type: none"> <li>- Silverfit funding</li> <li>- Progressing the exercise classes for GP patients</li> </ul>	<p>project.</p> <p>Note 1 Local GP surgeries utilising some CHINS project funding have developed a project following the Westbury model at 3 locations in the borough. See section 2</p> <p>Note 2 Groundwork London have collaborated with the Council and Homes for Haringey to draw funding from Comic Relief for a project called Silver Sports.</p> <p>The Programme works with local housing providers and establishes and launches Well Being and Physical Activity hubs across the Borough to act as focal points for activities which prepare and support participants for a healthy lifestyle in older age. It also aims to reduce social isolation and improve personal and community health and wellbeing and seeks to promote positive influences and the achievement of personal happiness.</p> <p>More details in section 14</p> <p>Other projects see section 12</p>
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