

Appendix 1

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

Overall comments on the report				
	The Council welcomes the attention been 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 our health and wellbeing over our lifetime – from our early years, to supporting healthy aging – and key to reducing the demand for health and social care			
	Recommendation	Response (Agreed / Not agreed / Partially agreed)	Who and when	Update – Current Progress, March 2018
1	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 2018	Both the Council’s developing ambition/cross cutting theme for an ‘Active and Healthy Haringey’ and the new strategic direction by the government and Sport England ensures that there must be a greater focus on getting the inactive active. There are multiple benefits of this approach. Older people are the largest and most significant inactive group in Haringey. ‘Active and Healthy Haringey’ are key objectives in the Place & People Theme of the emerging Borough Plan. The Physical Activity and Sport Framework refresh work is underpinning these objectives.
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	Agreed.	Jon Everson / Marco Inzani June 2017 and ongoing	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,

	Haringey CCG, be asked to ensure physical activity is included within all care pathways, with interventions available across the prevention pyramid (population, community, personal).			
3	That consideration be given to how the Fusion Annual Service Plan can be used to provide a wider range of activities for older people within the current leisure centre programme, including at New River Sport and Fitness.	Agreed	Fusion /Andrea Keeble Annually	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 Farm.
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	Stephen McDonnell/Andrea Keeble If an opportunity for renegotiation arises	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
5	That the Better With Age programme (targeted at 50+) be provided: (i) more frequently at Tottenham Green Pools and Fitness	Agreed	Fusion/Andrea Keeble Annually	See section 3. Additionally Active Communities/Adults and Fusion are in discussion regarding more bespoke classes e.g. for people with dementia

	and (ii) at other locations.			
6	That Fusion be asked to sign up to the Haringey Dementia Action Alliance.	Agreed	Fusion/Andrea Keeble June 2018	Fusion have signed up to the Alliance and their action plan can be viewed: https://www.dementiaaction.org.uk/members_and_action_plans/7159-fusion_lifestyle_haringey
7	That consideration be given to how the Fusion Annual Service Plan can be used to facilitate inclusive activities, including those that support older people with learning and/or physical disabilities.	Agreed	Fusion/Andrea Keeble Annually	Data has been analysed and targets for older people's use have been set for this year. Note programme activity section 3 and 5
8	That: (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. (b) The Communities, Leisure and	A - Partially agreed B- Partially Agreed	Andrea Keeble, Council Communications Team & Fusion Annual review	A) Fusion is committed to various Open Days to raise awareness and promote the service to older people and people with disabilities B) This is an ongoing piece of work for example in the last year there have been x 2 major billboard campaigns to encourage more 65+ to

	<p>Partnerships Team review all Council communication material relating to activities for older people, including pages on the Council's website, to ensure information is up to date and clearly describes the 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 on their website, to ensure information is up to date and clearly describes the activities available and where to go for further information</p>	C - Agreed		<p>join the leisure centres for free The Council's website is currently being updated and a new leaflet developed focussing on physical activity opportunities for older people.</p> <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>
9	That the top line messages below be used by commissioners, policy makers and practitioners to ensure clear and	Agreed	<p>Andrea Keeble Jeanelle de Gruchy & partners</p> <p>Ongoing</p>	<p>The main leaflet material issued and updated regularly by Active Communities is distributed widely. This is called 'Free & 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>simple advice is provided to older people (including frailer, older people) on physical activity:</p> <ul style="list-style-type: none"> ➤ Taking part in any amount of physical activity will provide some essential benefits to both physical and mental health ➤ Some physical activity is better than none! ➤ Everyone should limit and break up the amount of time spent being sedentary (sitting). ➤ Physical activity should be built up gradually. ➤ Physical activity should provide a sense of enjoyment and purpose. <p>Physical activity is everyone's business and</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>One You Haringey are offering 6 week introductions to getting physical active and as part of the refresh of their services Public Health have requested that they add some themed activities and in particular some which will appeal 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 inclusion of Active Haringey</p>
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	everyone benefits.			
1 0	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 for this provision, including GP Exercise Referral and borough wide Health Walks, ends in 2018.	Partially Agreed	Stephen McDonnell / Andrea Keeble / Jeanelle de Gruchy If an opportunity for renegotiation of the Leisure Contract arises	The Active for Life programme will be retendered in November with a view to achieve improved results Fusion will be grading the walks in the future and adding 8 additional walks 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
1 1	That: (a) The Director of Commissioning for Haringey CCG be asked to ensure information about Haringey's Walking for Health Groups is displayed at all Health Centres and GP Surgeries. (b) The Community and Customer Relations Director for Homes for Haringey be asked to display information about Haringey's Walking for Health Groups on all Estate	Agreed. Agreed Agreed	Ongoing CCG/Marco Inzani Chinyere Ugwu Communications	A, b, c, d and e 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 Assessment of need for publicity material to be part of the monitoring regime Monitoring results to be reported back to the Haringey Active Network and to date show better compliance than previously March 2018 – All partners have agreed to display and distribute publicity material

	<p>Notice Boards.</p> <p>(c) The Head of External Communications, Haringey Council, be asked to ensure information about Haringey's Walking for Health Groups is provided on notice boards across the borough, including at all libraries.</p> <p>(d) Fusion be asked to ensure information about Haringey's Walking for Health Groups 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>	<p>d & e - Agreed</p>	<p>Andrea Keeble & Fusion</p>	
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1 2	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 by the Bridge Renewal Trust) to support small scale local activity sessions for older people.	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 Bridge Renewal have been successful with the ‘Escape Pain’ contract. To get those with LTC/painful conditions to do exercise and monitor results closely
1 3	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	Andrea Keeble Ongoing at Lordship and target 2018 for Northumberland Park	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 If the good value is agreed, then ensuring that there is reliable source of funding for such programmes is important. There is ongoing discussion regards funding for budget year 18-19
1 4	That the Council help to facilitate opportunities for Homes for Haringey to meet with commissioners and providers of activities so that underused spaces in sheltered housing and elsewhere, such as underused lounges and tenant’s/community	Agreed	Jasper South March 2018	While work is still in progress to fully implement the hub model and deliver a full range of activities and services at our eight hub schemes, we have established a number of initiatives that promote physical activity. Examples include – <ul style="list-style-type: none"> • Dance and yoga sessions for LGBTQ community, working with Wise Thoughts • Working with Jacksons Lane, secured funding for 3 years for our Together Project that will enable participation in a range of arts activities • Broadway Brunch – fortnightly lunch, entertainment and

	rooms in blocks, can be used productively for physical activities for older people.			<p>physical activity workshops at different schemes</p> <ul style="list-style-type: none"> • Development of a community garden at Lowry House that would promote well-being through participation in growing and preparing food <p>We are developing a business case to access capital funding for investment at three of our hub schemes, which 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.</p>
1 5	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, carers, front line staff and care coordinators before the end of 2017	Agreed	Colin Bowen Ongoing	<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 http://bridges.force.com/directory/ and is searchable by locality, service type and beneficiary.</p> <p>Asset mapping, including street-by-street mapping will continue during 2018-19 and we are working with the Council to ensure that information on VCS sports clubs and groups providing physical activity is current and up-to-date.</p> <p>Bridge is continuing to work strategically with the lead officer and key staff around the Council's digital offer to ensure that the directory and data are complementary to the Haricare and Family Information Service database.</p> <p>Local Area Co-ordinators are utilising the VCS Directory in order to connect residents up with local support, services and activities, including activities for older people.</p>
1 6	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	Agreed	Andrea Keeble / Jeanelle de Gruchy June 2017	<p>Sub group set up and 1st meeting and TOR concluded. Report back to the Haringey Active Network (CSPAN) quarterly</p> <p>Active Aging mapping completed</p> <p>Website updates ongoing</p>

	<p>(CSPAN) – to focus on Physical Activity for Older People. The sub group should:</p> <ul style="list-style-type: none"> - 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 older adults across the borough. - Share information and resources and create a distinctive learning community of “like-minded people”. - Provide information on volunteer brokerage, including how to access funding, resources, and/or 			<p>A leaflet with Older People activities being developed</p> <p>Networking/attending Day Opportunities Forum</p>
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	<p>other opportunities.</p> <ul style="list-style-type: none"> - Give consideration to the format of meetings (e.g. World Cafe methodology) to ensure effective networking across a broad mix of organisations - Report annually to the Haringey Health and Wellbeing Board via the Haringey Active Network. This should include an update on each of the bullet points above. 			
<p>1 7</p>	<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</p>	<p>Partially agreed (Focus efforts on health and social care front-line staff. The evidence is that MECC needs to be</p>	<p>Susan Oti September 2017</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"> • raise the issue of healthy lifestyles • promote benefits of healthy living • signpost to further support <p>The main topics discussed at MECC training are: alcohol, healthy eating, healthy weight, physical activity, smoking cessation, and</p>

	<p>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 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>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>	<p>November 2017</p> <p>Annual</p>	<p>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>There are three MECC training programmes in Haringey, which can be done individually or together. MECC on line – consists of two sessions that last around 40 minutes each and can be done as an individual or a team. MECC face-to-face training is a half-day course available to anyone working in a frontline role in Haringey A more advanced Motivational Interviewing course is also available</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>1 8</p>	<p>That the “Care...about physical activity” resource pack be used by the Assistant Director of Commissioning to</p>	<p>Partially Agreed</p>	<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>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> <ul style="list-style-type: none"> (a) Residents have physical activity choices documented in their care plans. (b) All staff understand the importance of daily physical activity and encourage residents at every opportunity to be more active in a way that meets their needs and choices with a clear purpose. (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. (d) Management provides leadership and support to promote 			<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>
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	<p>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 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>			
1	That Healthwatch	Agreed	Mike Wilson	Healthwatch Haringey are preparing to carry out Enter and View

9	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 tools outlined in the "Care...about physical activity" resource pack have been introduced in Haringey.		Ongoing	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.
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	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 to this Board and to the Quality Assurance Sub-Group of the Safeguarding Adults Board Annual reviews are carried out for all recipients of Adult Social Care which can usefully pick up from a user perspective the extent of physical activity and the impact on an individual user's wellbeing. Promoting physical activity in care homes will be incorporated in the action plan and reports from reviews and Commissioning can be monitored.
21	The Cabinet Member for Finance and Health be asked to write to the Care Quality Commission to	Agreed	Jeanelle De Gruchy July 2017	A letter has been drafted to be sent.

	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?			
2 2	<p>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:</p> <p>(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 in escorting clients to this group.</p> <p>(b) That, on completion of the Home from</p>	<p>Agreed</p> <p>Ongoing</p>	<p>Marco Inzani</p> <p>Ongoing</p>	<p>A, b and c</p> <p>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.</p> <p>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>

	<p>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> <p>CHINs should work with an awareness of the local group activities that are available to people within their geography. This may</p>			
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	<p>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>Colin Bowen June 2017</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>
<p>2 3</p>	<p>That:</p> <p>(a) It be noted the Adults and Health Scrutiny Panel fully support the Council's application to Sport England for funding to help tackle inactivity in older people.</p> <p>(b) If the Council is</p>	<p>Agreed – subject to funding</p>	<p>Andrea Keeble Ongoing Haringey Active Network – Older People sub group</p> <p>B & C – Exploring other funding sources</p>	<p>a & b) Note that the Council was not successful in achieving this funding</p> <p>b –we welcome the involvement of Scrutiny Panel in the development of the Project</p> <p>We are progressing the project with the limited funds available</p> <p>c - Alternative funding streams are being sought to progress the project.</p> <p>Note</p>

	<p>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>for;</p> <ul style="list-style-type: none"> - Silverfit funding - Progressing the exercise classes for GP patients 	<p>Local GP surgeries utilising some CHINS project funding have developed a project following the Westbury model at 3 locations in the borough, branded GP Gyms. As well note the additional classes, mapping, marketing referenced above in 3, 12, 13 and 16.</p>
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