

Report for: Adults and Health Scrutiny Panel – 4th March 2019

Title: Physical Activity for Older People Scrutiny Project

Report authorised by : Charlotte Pomery, Assistant Director for Commissioning

Lead Officer: Andrea Keeble, Commissioning Manager for Active Communities
Tel 020 8489 5712 or email andrea.keeble@haringey.gov.uk

Ward(s) affected: All

**Report for Key/
Non Key Decision:** N/A

1. Describe the issue under consideration

- 1.1 In the summer and autumn of 2016, the Adults and Health Scrutiny Panel undertook an in-depth piece of work regarding Haringey's approach to increasing physical activity among older adults and a number of recommendations were made (as detailed in Appendix 1).
- 1.2 This report provides an update on actions that were agreed by Cabinet on 27 March 2017 (attached as Appendix 1) in response to implementing the Overview and Scrutiny Committee recommendations.

2. Introduction

- 2.1 The Council welcomes the attention that the Committee has 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. Our strategic commitment to prevention and maximising independence means that we need to focus on how to increase the physical activity of all our residents, including those who are older.
- 2.2 As the report illustrates, many Council and commissioned services have a role to play in encouraging and enabling physical activity. Our existing commitment to providing free access to leisure centres for those aged 65+ is a strong foundation, but Haringey – in line with the rest of London and England – continues to have low rates of physical activity amongst older people. As such, we welcome the contribution in this report to how our current offer and approach can be amplified even as we face severe financial challenges.
- 2.3 We are developing through our Design Framework for Integrated Health and Care a whole system approach to public health and care which is both broader and deeper than our traditional focus on providing social care. This incorporates our commitment to prevention with efforts of improving health and wellbeing

through all council services and policies. The detailed recommendations provided by the Committee will be aligned with this overall strategic approach.

3. Recommendations

- 3.1 The Adults & Health scrutiny panel is asked to note the progress made to date to achieve their recommendations (attached as Appendix 1).

4. Background information

- 4.1 Physically active older people have a lower risk of ill-health including dementia and have higher levels of physical and cognitive function, psychological wellbeing and independence than inactive older people.

- 4.2 The Adult & Health Scrutiny Panel's review of physical activity for older people was established:

(a) To understand the physical activity for older people's provision locally, particularly for the most vulnerable older people such as those residing in care homes;

(b) To consider local and national good practise and emerging evidence around the importance of physical activity and how to increase uptake of physical activity in general and specifically for older people;

(c) To reflect on the strategic picture nationally and locally including the drive to integrate action around physical activity in all policy and utilise levers to increase physical activity that are available to the Council and its partners;

(d) In light of the above, recommendations were made to the Council for interventions and changes that could be put in place to ensure being active is an easy and attractive choice for older people and thus increase the amount of physical activity older people do.

5. Update on recommendations

- 5.1 The current position regarding the Panel's recommendations are contained in full in Appendix 1. Since reporting back in March 2018 tremendous progress has been made, despite funding limitations. The following summarises these key actions:

- 5.2 Recommendations 1, 16, 17, 18, 19, 20 and 21 – These recommendations relate to the utilisation of all policy levers, training and governance to embed active lifestyles. For example, the new Borough Plan's Place Theme has a vision of *'A place with strong, resilient & connected communities where people can lead active and healthy lives in an environment that is safe, clean and green.'*

Outcome 10 'A Healthier, Active and Greener Place' includes the Objective: 'Increase the levels of physical activity across the borough'

- 5.3 Recommendations 2, 18, 14 and 22 – These recommendations focus on

commissioning activity. For example, the CCG and the Council's Adult Services have since 2017 developed approaches to integrate physical activity into care pathways. As part of this approach new initiatives such as GP Gyms have proved very successful. Homes for Haringey have a number of new projects in this area including partnering with Groundwork London to draw in Comic Relief funding for a 'Silver Sports' project.

- 5.4 Recommendations 8, 9, 11 and 15 – These recommendations deal with improving the communication and marketing of physical activity opportunities as well as mapping them. This has led to better and more extensive distribution of marketing materials, better sharing of information and the development of a leaflet, which focusses on the activities that are available and suitable for an older audience.
- 5.5 Recommendations 3, 4, 5, 6 and 10 – The operator of the Council's leisure facilities; Fusion, have a key role to play in increasing access and participation of older people and these recommendations relate to this. Fusion have for example signed up to the Dementia Alliance and now have a number of dementia friendly sessions at the centres. Year on year the number of over 60's attending the leisure centres is increasing, for example, 22,000 more over 60's attended in 2018 compared to 2017.
- 5.6 Recommendations 12 and 23 – These recommendations focus on seeking funding, particularly for an 'Active Ageing' Project. While large funding pots have not been drawn down, a number of smaller initiatives have received funding to progress the overall 'Active Ageing' Project. Successes include the early work with the Mayor of London's Laureus Model City project. Haringey is one of three London boroughs to be chosen for this bottom up collaborative project focussing resources in the east of the borough on physical activity projects that the community wants.

As noted in 7.3 Homes for Haringey and Groundwork London have received funding from Comic Relief for physical activity projects, with a view to engage 300 older Tottenham residents over 2 years.

6. Contribution to strategic outcomes

- 6.1 The recommendations and responses made will contribute to objectives within both the Place and People Themes of the new Borough Plan
- 6.2 Place Theme: *A place with strong, resilient & connected communities where people can lead active and healthy lives in an environment that is safe, clean and green.*
- 6.3 People Theme: *Our vision is a Haringey where strong families, strong networks and strong communities nurture all residents to live well and achieve their potential.*

7. Statutory Officers comments (Chief Finance Officer (including procurement), Assistant Director of Corporate Governance, Equalities)

- 7.1 Finance and Procurement

- 7.1.1 Recommendations and responses set out in Appendix 1 are cost neutral. There are financial implications but as detailed in the responses, these are subject to:
- External funding being achieved
 - Separate decision making processes e.g. any contract negotiation around the Leisure Management contract with Fusion

7.1.2 It is therefore expected that the majority of recommendations could be enacted with minimal financial impact to the Council.

7.1.3 There are no savings identified but it could be expected that savings would accrue over time if older residents were more active and healthy.

7.2 Legal

7.2.1 Under Section 9F of the Local Government Act 2000 ('LGA'), the Overview and Scrutiny Committee has the power to make reports or recommendations to Cabinet on matters which affect the Council's area or the inhabitants of its area.

7.2.2 Under Section 9FE of the LGA there is a duty on Cabinet to respond to the Report, indicating what (if any) action Cabinet proposes to take, within two months of receiving the Report and recommendations.

7.3 Equality

7.3.1 The Council has a public sector equality duty under the Equality Act (2010) to have due regard to:

- Tackle discrimination and victimisation of persons that share the characteristics protected under S4 of the Act. These include the characteristics of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex (formerly gender) and sexual orientation;
- advance equality of opportunity between people who share those protected characteristics and people who do not;
- foster good relations between people who share those characteristics and people who do not.

7.3.2 The recommendations of the Panel when fulfilled will contribute towards tackling the poor levels of physical activity amongst older people by advancing equality of opportunity between older people and the wider population.

7.3.3 As many older people are also disabled, the focus on offering more targeted activities for people with dementia and associated conditions is also positive.

7.3.4 Older people make up the largest cohort of the inactive in the borough. Inactivity contributes significantly to a wide range of conditions which inhibit an individual from enjoying life. Efforts to reduce this will improve social cohesion and advance the ability of older people to participate in civic life.

7.3.5 Inactivity in older people is worse for BAME and women in this group, thus a

more targeted approach to increase activity, as outlined in the recommendations, will reduce the inequality experienced by people from BAME communities and women.

8. Use of Appendices

8.1 Appendix 1 – Responses and updates to the Overview & Scrutiny Committee's report recommendations.