

**RIBBLE VALLEY BOROUGH COUNCIL  
REPORT TO COMMUNITY SERVICES COMMITTEE**

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Agenda Item No.

meeting date: 24 MAY 2011  
title: HEALTHY LIFESTYLE SERVICES  
submitted by: JOHN C HEAP, DIRECTOR OF COMMUNITY SERVICES  
principal author: TRACY BALKO, HEALTH & FITNESS DEVELOPMENT OFFICER

**1 PURPOSE**

- 1.1 To update members about RVBC Healthy Lifestyle services.
- 1.2 Relevance to the Council’s ambitions and priorities;
  - Council Ambitions – To make people’s lives safer and healthier

**2 BACKGROUND**

2.1 RVBC have been coordinating and delivering Healthy Lifestyle services for over 12 years. These services support the Ribble valley population to make improved lifestyle choices that will benefit their health. Services are mainly commissioned by NHS East Lancashire. Our initial service was the ‘Fitness for Life’ GP referral programme but with the governments increasing emphasis on lifestyle and primary prevention, we are now commissioned to manage 4 core programmes. NHS funding has increased from £11,000 to £91,000.

2.2 Our core programmes and attached funding are highlighted below;

**Fitness for Life Exercise Referral** – 12 week programme targeting inactive adults with at least one CHD risk factor or another co-morbidity/health issue. Aims to help people reduce their risk factor profile or to manage their health problems by becoming habitually more active. Clients are supported through 12 weeks on the programme with exit strategies in place to help support them in the longer term

**Weigh-2-Go Weight management programme** – 12 Week programme of education and support for people who are overweight or obese. This programme runs alongside exercise referral to help individuals manage their weight and any related health issues through sensible, healthy eating and safe physical activity. Currently only available by referral but a new care pathway is currently being developed that will encompass a specialist weight management service and will include self referrals

**Heartwatch Phase 4 Cardiac Rehabilitation** – Initially a 12-week programme for clients who have suffered a coronary event. Heartwatch forms the community-based phase of their rehabilitation programme. The programme is accessed through referral from GPs and Practice Nurses and from the Cardiac Rehabilitation Teams based in Blackburn and Preston. Instructors are trained in the use of AEDs (defibrillators) and are qualified through the British Association of Cardiac Rehabilitation. Clients are supported through 12 weeks on the programme with exit strategies in place to help support them in the longer term

**Stepping Out Health Walks** – This is an open access programme aiming to encourage more people to enjoy the physical and mental benefits of walking, particularly those who may not otherwise be active. We offer a wide range of circular walks to suit different abilities. The walks are route assessed and led by a full time coordinator and by fully trained volunteers.

<b>Project</b>	<b>£</b>
Weight Management	29,864
Exercise Referral	13,872
Walking Project	10,664
Health Outdoors (linked to walking programme)	10,000
Phase IV cardiac rehabilitation	22,193
Longridge Activities	4,577
<b>Total</b>	<b>91,170</b>

- 2.3 This funding supports 4 full time officers and 1 part time to deliver and manage the programmes. RVBC have had notification that funding is to continue until April 2013.
- 2.4 NHS funding is subject to a service specification that supports the delivery of these services. This is reviewed on an annual basis. The specification is agreed by both partners before being signed

### 3 ISSUES

- 3.1 Although funding is secure until April 2013, there are some redesigns to our service and we are currently working closely with our commissioners to ensure this is agreeable to both parties and that it will enhance the services we offer to our residents. Some of the main changes are:
- ♥ The shift to a self-referral programme for weight management, patients who fit the criteria for weight management will be able to self refer rather than going through their GP practice. There will be one single point of access across East Lancashire – patients will be then referred onto the appropriate locality programme;
  - ♥ The introduction of an East Lancashire specialist weight management programme – this will be a collaborative between physical activity and dietetics with some psychological input, all working towards the same agreed outcomes;
  - ♥ Healthy weight in pregnancy – a physical activity session for pregnant women referred by their nurse or midwife. NHS East Lancashire have provided funding for training;
  - ♥ The addition of cycling to our existing walking programme;
  - ♥ The restructure of the whole cardiac rehabilitation service across East Lancashire means that we will see an increase in patients being referred at an earlier stage in their recovery and closer working with the clinical team.
- 3.2 These changes are to be incorporated into our existing services with no additional funding so it is very important that targets are manageable and realistic before they are agreed.

3.3 In 2013 commissioning arrangements will change due to the NHS reforms, our current commissioning source is to be disbanded and as yet it is not fully known whether it will pass over to GP commissioning or to public health. NHS East Lancashire recognise the value of our services and with this change in mind, are ensuring that the variations to our service specification will strengthen the case for continuation of funding after 2013.

3.4 This means a great deal of work from both parties to ensure contracts and reporting mechanisms are watertight and secure the future of Healthy Lifestyle services

#### 4 **RISK ASSESSMENT**

The approval of this report may have the following implications

- **Resources** – the Council's contribution to Healthy Lifestyles is £30,780 in the current year, so the PCT funding represents a significant proportion of the overall budget.
- **Technical, Environmental and Legal** - none
- **Political** - none
- **Reputational** – the project has demonstrated real changes in the lifestyles of people in the Ribble Valley, which is reflected in the high satisfaction/retention rates.

#### 5 **RECOMMENDED THAT COMMITTEE**

Notes the contents of the report.

JOHN C HEAP  
DIRECTOR OF COMMUNITY SERVICES

For further information please contact Tracy Balko: 01200 4144 84