

RIBBLE VALLEY BOROUGH COUNCIL REPORT TO COMMUNITY SERVICES COMMITTEE

Agenda Item No.

meeting date: 30 OCTOBER 2018
 title: UP AND ACTIVE PROGRAMME
 submitted by: JOHN HEAP, DIRECTOR OF COMMUNITY SERVICES
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1 PURPOSE

1.1 To update members about the East Lancashire Up and Active programme and notify committee of an extension to the contract.

1.2 Relevance to the Council's ambitions and priorities

- Council Ambitions – To help make people lives safer and healthier
- Community Objectives – To improve the health and well being of people living and working in our area. To improve the opportunity for young people to participate in recreational and sporting activity
- Other Considerations - None

2 BACKGROUND

2.1 The Council was commissioned to manage the Fitness for Life exercise referral programme from 1998 until 2016. Fitness for Life was commissioned by Lancashire County Council, who decommissioned all lifestyle services across Lancashire in 2016 and issued a tender for a new service called Active Lives and Healthy Weight (HLHW). The service contract is divided into 5 lots, one of these being East Lancashire. To win this contract, RVBC worked in partnership with the leisure trusts in East Lancashire. The tender for the contract was successful and RVBC now work together with the leisure trusts to deliver the Up and Active Programme. The contract value is £832,825 fixed for the life of the contract. RVBC receive £111,000 to deliver the Up and Active programme in Ribble Valley. The emphasis on this programme is prevention and we operate a population approach to delivery.

2.2 The programme is very successful, we deliver a wide range of activities to all age groups. This includes:

- A healthy schools programme across all primary schools
- Weight management programmes and drop in sessions
- Physical activity programmes
- Cardiac Rehabilitation (funded by CCG but included in the contract – additional £11,000)
- Continuation sessions
- Workplace health programmes including MOTs and advice
- Events and community activities
- Up and Active is also web-based so individuals can sign up, get advice on classes and activities and also track their own progress. The website is also used for our own monitoring purposes

2.3 The Up and Active end of year report has just been published, which highlights our successes. Sessions and programmes continue to get more popular and we continue to engage with more people. In Ribble Valley, we had 4334 attendances to our community sessions during quarter 2 this year, this includes community walks,

exercise classes and school holiday programmes. We also had over 70% retention to our targeted weight management and physical activity programmes.

3 ISSUES

3.1 This contract is fixed term until April 2019. RVBC employ 2 FTE and 2 PTE officers on fixed term contracts to deliver the programme. There is also one FTE officer managing the programme and 1 PTE community instructor on permanent contracts

3.2 We recently had written confirmation from Lancashire County Council that the ALHW contract is to be extended for a further 12 months until April 2020. This means we have been able to extend staff contracts until this time. However uncertainty persists about the future direction the County will take with this very popular service, beyond the 12 month extension period.

4 RISK ASSESSMENT

4.1 The approval of this report may have the following implications

- Resources – The work is primarily funded externally via the County Council, if they withdraw the funding or change the way in which it is allocated across the County, the Borough Council will not be able to replace this service directly.
- Technical, Environmental and Legal – The Council is regarded as a sub-contractor for the purposes of the agreement. This enables us to work with the leisure trusts which form the rest of the East Lancashire partnership.
- Political – None at this stage.
- Reputation – Although an extension is welcome news for the residents and staff alike, the future beyond 2020 is very uncertain. The programme will inevitably change when or if it is recommissioned in early 2020. The consequences for the Borough if this leaves a number of dissatisfied people who have had their opportunities to be active diminished is unknown.
- Equality and Diversity – The programme is open to all, however given the geography of the Borough there can be issues in terms of people accessing some of the sessions. This is mitigated by taking the sessions to village halls where possible.

5 CONCLUSION

5.1 Note the contents of the report.

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