

Health & Wellbeing Board Buckinghamshire

**Update for information to the Health and Wellbeing Board on the
Physical Activity Strategy and Active Bucks**

Dr Jane O'Grady, Director of Public Health

Physical Activity Strategy update

Outcome 1: An active start to life

1.1 Physical Literacy

- Developing fundamental movement skills for 3-7 year olds to increase confidence/competence to be active – based on Start Young, Stay Active, 2014: A Physical Literacy Framework
- Target to engage 50 settings over 2 academic years in training and mentoring
- To date 18 settings and 28 staff have been trained/received mentoring
- Second year of delivery starts in Oct/Nov15
- Focus on areas of higher deprivation and identifying and engaging KS1 and early years settings
- Parental resource to be developed
- Independent evaluation being undertaken by Ukactive

1.2 Engaging young women

- Based on lower levels of PA participation for young women (13-19)
- PHE undertaken evidence review and identification of 'what works'
- Pilot programme to be developed this year – linking with BCC youth/children's teams

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Outcome 2: Building activity into everyday life

2.1 Active Travel

- Increased support to Simply Walk programme (through guidance/direction – monitoring and evaluations)
- Review of existing and emerging evidence base
- Exploring possible school-based intervention to encourage walking to/from school - based on effective intervention in Swindon
- Closer links between health and planning

2.2 Green Space Means Health

- Focus on understanding and addressing barriers to accessing local green space (>0.25 hectares) in areas of higher deprivation
- 3 pilot areas identified (inc. Gomm's Wood Local Nature Reserve (LNR) and Highfield and Hangingcroft Woods)
- Green Flag assessment; stakeholder engagement; community consultation
- Action planning workshops delivered in late June to identify key areas to focus upon
- Action plans being developed to be implemented through multi-agency approach, and also provide insight for Active Bucks project

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Outcome 3: Adding active years to life and life to years

3.1 Care settings (primary falls prevention)

- 15 staff from care settings across Bucks attended CBE training in Oct 2014
- Exploring further Chair-based exercise in care homes through training of care home staff
- Explore postural stability programme in settings as progression route

3.2 Supporting Falls Service (secondary falls prevention)

- Coordination of Postural Stability Instructor (PSI) course in late 2015
- Targeting leisure operators (1 staff member from PfP contract)

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Outcome 4: Physical activity in health and social care

4.1 Primary care training and education pathway

- Providing primary care staff with knowledge and resources to provide basic-level PA information, or LTC-specific information, to patients (linked to MECC where appropriate). Particular focus on Diabetes care pathway

Active Bucks – Update October 2015:



- *Active Bucks* aims to support more Bucks residents to become more active, more often; and will look to utilise the role of Members and other community leaders to engage local communities.

Community Engagement

- The 4 month community engagement phase is now complete (May – August 2015)
- 2063 residents engaged
- Including 124 young people
- 1658 surveys completed
- 54 public events attended
- 74 stakeholders actively engaged

Local Area Breakdown:



LAF area	Number of residents engaged
Greater Aylesbury	535
High Wycombe	272
Amersham	141
Beeches	118
SW Chiltern	118
Wendover	111
Chesham	100
Buckingham	98
Wexham & Ivers	88
The Chalfonts	72
Beaconsfield	64
Great Missenden	54
Winslow	49
Great Brickhill, Wing & Ivinghoe	48
Haddenham & Long Crendon	45
Waddesdon	43
Chepping Wye Valley	42
NW Chilterns	35
Gerrards Cross	30



Recommendations for Local Physical Activity Provision

A recommendations document has been produced for each of the 19 local areas, including a menu of 3 options for local funding allocations

A countywide recommendations document has also been produced

The documents include:

- what physical activity each community says they want to engage in
- local and national statistics
- local assets
- Discussion with local key stakeholders
- Evidence and best practice

Top priorities from Community Engagement



All residents	Older residents (65+)
<ol style="list-style-type: none"> 1. Community group walks 2. Yoga/Pilates 3. Swimming 4. Activities in the park 5. Dance 	<ol style="list-style-type: none"> 1. Community group walks 2. Swimming 3. Yoga/Pilates 4. Gentle/chair based exercise 5. Community gardening/conservation
BME residents	Young residents
<ol style="list-style-type: none"> 1. Activities in the park 2. Yoga/Pilates 3. Community group walks 4. Swimming 5. Community gardening/conservation 	<ol style="list-style-type: none"> 1. Team sports 2. Activities in the park 3. Swimming 4. Martial arts/self defence 5. Running/jogging group session

Community Champions

- Enabling ongoing community development throughout the project
- Recruited from local communities – voice of local residents
- 20 expressions of interest
- 3 recruited
- Focus of the Active Bucks team for the rest of 2015 will be to increase recruitment of community champions.

www.buckscc.gov.uk/healthandwellbeingboard

Timescales



Stage	Outcome	Deadline
Presentation of Recommendations to LAFs	Recommendations (including menu of options and funding guidance) presented to each LAF	Sept – Oct 2015
LAF year 1 decision making	Deadline for LAF decision making for year 1 allocation	End of Oct 2015
Community Champion Recruitment	Identify and train a minimum of 2 volunteers in each local area	Ongoing
Procurement of year 1 physical activity provision	Open application process	Mid-Nov 2015
	Contract awarded and provision commences (or start date agreed – deadline for commencing provision - May 2016)	Early Feb 2016
	All activity monitoring reports received and summary presented to each LAF	End of Aug 2016
Procurement of Countywide Physical Activity Provision	Commences	Oct 2015
	Contract awarded	Feb 2016
	Provision commences	April 2016
Launch/public campaign	Campaign across Bucks, with launch events as part of other local planned events	April/May 2016
LAF competitive funding pot	Applications open	Nov 2015
	Contract awarded and activity commences	Feb 2016
HCP Fund	Expressions of Interest	Nov - Dec 2015
	Applications open	Jan – Feb 2016
	Decision made and activity commences	Feb/Mar 2016
LAF year 2 decision making	Deadline for LAF decision making for year 2 allocation	End of July 2016
Procurement of year 2 physical activity provision	Open application process	Sept 2016
	All activity monitoring reports received and summary presented to each LAF	Sept 2017