

# THE HIGHLAND COUNCIL

## Education, Culture and Sport Committee

13 November 2008

Agenda Item	
Report No	

### Healthy Living Centres

#### Report by Director of Education, Culture and Sport Service

##### Summary

The report seeks to up-date Members on funding issues relating to Healthy Living Centres and, in light of the lack of funding sources, recommends the winding up of the work of the Janny's Hoose, Inverness and Healthways, Ross & Cromarty together with the resultant redeployment/redundancy of the staff involved.

#### 1. Background

- 1.1 In Highland two Healthy Living Centres (HLCs) received funding for five years from a one-off lottery programme for the development of HLCs in the UK – the Janny's Hoose and Healthways.
- 1.2 These projects contribute to the Programme of The Highland Council's theme of "What we will do for Communities and Older People" in relation to meeting their health and care needs and reducing inequalities in health.
- 1.3 Both HLCs have been award winning projects which have demonstrated how community health improvements can be achieved by using different models. The Janny's Hoose has concentrated on intensive work with a targeted group in Merkinch area of Inverness. Over 500 people have been involved with the project and the main lesson learned is that people facing multiple disadvantage can make significant progress towards healthier lifestyles by intensive one-to-one support.
- 1.4 Healthways has used a different model where communities identified their own health priorities. This has led to a range of health initiatives and programmes running across Ross & Cromarty – from parenting programmes in Easter Ross to healthy eating initiatives in Wester Ross. Healthways has attracted 75,000 participants demonstrating that a high proportion of people valued its work by their on-going engagement with the project. The main lesson learned is that there is a growing interest in healthier lifestyles through the promotion of community-wide events.
- 1.5 Although lottery funding came to an end in March 2008, the Scottish Government provided emergency interim funding to HLCs in Scotland via the National Health Service (NHS) until 31st March 2009. The purpose of the interim funding was to give HLCs more time to explore the options for longer term support with health boards and other funding partners.

1.6 Members will be aware from previous committee reports of the steps which have been taken to secure funding for HLCs. The most recent discussions at Resources Committee on 11th June 2008 highlighted the following points:-

- NHS Highland, while in strong support of the work of HLCs, was unable to make additional long-term financial commitments to them.
- The Highland Council was not able to commit any additional funding apart from the £100k already earmarked
- No other potential funding sources could be identified apart from the National Lottery. However, there was a problem in that the lottery is unable to provide continuation funding for projects which they supported initially.
- Members wished to see the Council's earmarked funding equally divided to support healthy living initiatives in each of the three council areas.

1.7 Given the lack of alternative sources of funding, Members agreed that a combined lottery application which sought to maintain existing core provision for the Janny's Hoose and Healthways and allowed for limited expansion in other parts of Highland should be submitted. However, in view of the degree of competition for these funds, Members also agreed that it would be prudent to commission an independent review to inform decisions should such a bid fail.

## 2. Current Situation and Financial Challenges

2.1 Unfortunately the application for lottery funding was not successful and NHS Highland has since confirmed that is not able to provide any more than the £10k per annum which it currently contributes to each HLC. The Scottish Government has given no indication that it is able to provide funding beyond the emergency fund already committed until 31<sup>st</sup> March 2009.

2.2 At best, therefore, the funding potentially available for healthy living initiatives is £120k p.a. This sum is insufficient to allow the existing HLCs to continue (The core annual costs of Janny's Hoose are £75k and £120k for Healthways and when both projects were operating at full capacity their aggregate budget was in excess of £250k p.a.). It also does not match the desire of Members to spread the funding for development of healthy living initiatives equally across the three council administrative areas.

2.3 The independent review of HLCs assumed the availability of the Council's £100k and highlighted five options of what it might be possible to achieve within the limited resources available given the failure of the lottery bid. These are summarised in **Appendix 1** and the full report is available in the Members' Lounge.

2.4 It is clear from the review, however, that each of the options would inevitably face significant financial challenges and that on-going sustainability would remain a critical issue.

2.5 In addition, the emerging serious budget situation for the Council adds a new dimension and it is questionable whether it would be prudent to embark on the development of new projects in these circumstances. At the same time it is important that the value of the lessons learned from existing HLCs should not be lost.

- 2.6 On balance and in light of the lack of funding sources, the winding up of the work of the Janny's Hoose in Inverness and Healthways in Ross & Cromarty is proposed together with the resultant redeployment/redundancy of staff involved.
- 2.7 It is further proposed that from the Council's earmarked £100k
- a sum of £20k should be retained for health promotion work
  - use of the remaining £80k should be considered as part of the budget preparations for financial year 2009/2010
- 2.8 Members are asked to note that this proposal means that both of the existing projects – the Janny's Hoose and Healthways – would cease on 31<sup>st</sup> March 2009.
- 2.9 The recommendation has no additional resource implications beyond the retention of £20k from the £100k earmarked for healthy living initiatives in Highland.

### **3. Recommendation**

It is recommended that:-

Members agree that from the Council's earmarked £100k for healthy living initiatives

- The work of the Janny's Hoose and Healthways Healthy Living Centres is wound up
- A sum of £20k should be retained for health promotion work
- Use of the remaining £80k should be considered as part of the budget preparations for financial year 2009/2010
- The future of the staff affected be considered in accordance with the Council's redeployment/redundancy policy.

Signature:

Designation: Director of Education, Culture and Sport

Date: 29 October 2008

Author: Ian Murray, Head of Community Learning & Leisure

Ref: IM/JG

#### Background Papers

ECS Committee Report 17<sup>th</sup> January 2008, ECS-06-08

ECS Committee Report 13<sup>th</sup> March 2008, ECS-13-08

Resources Committee Report 11<sup>th</sup> June 2008, Res-58-08

"Applying the lessons learned from Healthways and the Janny's Hoose: An Options Analysis October 2008"

### Applying the lessons learned from Healthways and the Janny's Hoose: An Options Analysis, October 2008

#### 1. Summary

1.1 The report identifies five options which were evaluated against a set of eight criteria to produce a ranked list of options.

#### 2. The Eight Criteria

2.1 The eight criteria were:-

- Enables all areas in Highland to apply the lessons learned from the Janny's Hoose and Healthways.
- Enhances current partnerships
- Creates a stable platform for further development - thus giving the potential for additional funds to be accessed from other sources.
- Acts as a conduit for knowledge about healthy lifestyle issues.
- Facilitates the understanding within local communities of their needs and assists them to identify priorities for creating healthier communities.
- Enables people living and working in local communities to develop the skills required to address these issues.
- Enables the delivery of projects and programmes that demonstrably bring lasting benefits to local communities.
- Contributes to a reduction in health inequalities.

#### 3. The Five Options

3.1 **Option 1:** Intensive Family Support Model - Healthy Living Coaching. This would involve intensive work with a small number of families (approx 105 p.a.) to help them choose healthier life styles. Provision of 3 full time healthy living coaches (1 in each council area)

3.2 **Option 2:** Promoting healthy living under a Healthways banner in all areas of Highland by providing resources and developing projects through either 29 Integrated Learning Communities (ILC) or 22 Wards. This would involve the provision of either £3k p.a. to each ILC or £4k p.a. to each Ward to allow local delivery of healthy living activities, projects, programmes. Within this option a sum would be earmarked for quality assurance, monitoring and evaluation, information sharing, annual seminar and report.

3.3 **Option 3:** Promoting healthy living under a Healthways banner via a small, dedicated staff team to work with all ILCs or Wards over a 3 year period. This could involve either the provision of 2 full time posts based at a central location in Highland or 3 0.8 FTE posts (1 in each council area). These staff would target their work each year, on a rotational basis, to one third of the ILCs or Wards within each council area. Within this option, a small budget would be available to support activities in the targeted work areas when it is their turn (in a range of £2k to £4.3k depending on whether ILCs or Wards are chosen as the appropriate delivery mechanism)

- 3.4 **Option 4:** Develop a brief for the promotion of healthy living in Highland for a 3 year period. Individual organisations or partnerships would be invited to tender for a 3 year contract with a dual aim of helping communities identify their own healthy living priorities and facilitating the communities to deliver projects/ programmes according to these priorities. Over the 3 year contact period a sum of £270k would be allocated to the successful bidder and a sum of £30k retained by the Highland Council to manage the contract.
- 3.5 **Option 5:** Hybrid Option: Allocate £33.3k p.a. to continue some aspects of Janny's Hoose work. Use £66.6k p.a. to extend some Healthways activities throughout the RCSL and CSER Highland Council areas. This option does not allow for the retention of the existing staff complement in either of the existing projects both of which would need to be reduced.