

Eden District Council

Executive

25 February 2020

Fit 4 All Outreach Activity Scheme: Request for Funding

Portfolio:	Communities
Report from:	Assistant Director Community Services
Wards:	All Wards
OPEN PUBLIC ITEM	

1 Purpose

- 1.1 To include revenue funding of £20K within the Medium Term Financial Plan to enable the continued operation of the Fit 4 All Outreach Activity Scheme in Appleby, Kirkoswald and Shap and expand to Alston, Kirkby Stephen and Penrith in 2020/21. Funding to be in place as a minimum through to 2023 in order to reflect the current Council Plan.

2 Recommendation

- 2.1 It is recommended that members include £20K funding within the Medium Term Financial Plan in order to allow the Fit 4 All Outreach Activity Scheme to operate in the locations identified above during 2020/21 in order to achieve the action "Support activities programmes such as Fit 4 All for older residents" under the Healthy, Safe and Secure priority in the Corporate Plan 2019-2023.

3 Report Details

3.1 Background

- 3.1.1 The Council has been operating the Fit 4 All Outreach Activity Scheme on a "pilot" basis since February 2018. The pilot was introduced as the 50+ activities at Penrith Leisure Centre were proving to be so beneficial to those attending, it was decided that it would be good to provide a level of activity for those perhaps unable to access Penrith Leisure Centre. Following a consultation exercise with interested local communities and parishes, supported by Action with Communities in Cumbria (ACT), the locations of Dufton and Shap were chosen in which to set up weekly Fit 4 All pilot sessions.
- 3.1.2 The Dufton session ran up until the end of September 2019 when it was moved to the Hub at Appleby at the request of participants. In June 2019, a need was identified and a further Fit 4 All session was started in Kirkoswald. A Fit 4 All session is due to start in early 2020 in Alston and it is also hoped to extend the scheme to include Kirkby Stephen and Penrith in 2020.
- 3.1.3 The Fit 4 All scheme has the aim of encouraging people in their older years to become more active in a friendly, sociable setting in their own community, especially where people do not have access to transport or may never want to access a Leisure Centre. The supervised two hour weekly sessions offer a

range of activities including movement and gentle exercise, sports and games.

- 3.1.4 The social element of the sessions is as important as the exercise element and the Fit 4 All sessions are helping to reduce social and rural isolation as well as improving the physical and mental health and wellbeing of the participants. The following quotes from participants help to demonstrate this:

‘At 85 years of age, this is keeping me alive!....When I started I couldn’t get out of the chair, so I did the exercises from the chair, now I can do them standing.’

‘When I suffer ill health I can feel trapped in the home.... I suffer from depression in the winter months – these sessions’ help.’

‘The best part of this is that I can bring my husband (who has dementia) and he can do the activities alongside me. The social aspect is as important as the physical aspect.’

- 3.1.5 The Fit 4 All sessions are staffed by qualified and experienced activators employed through the Council’s Leisure contractor, GLL. Currently there are 25 people registered with the Shap scheme, 15 with the Appleby Scheme and 14 with the Kirkoswald scheme and these numbers are continuing to grow. In terms of average weekly attendance figures the numbers are as follows:

- Appleby 10
- Kirkoswald 9
- Shap 16

- 3.1.6 The Fit 4 All scheme has been funded from existing Council Leisure and Communities budgets supplemented by a £10,000 grant from Sport England’s LACEUP fund. However this was a one off fund and it is not sustainable to continue to fund or develop/extend the scheme from internal budgets. The operating costs for the Fit 4 All Scheme in 2020/21 are shown in Appendix 1. This shows the weekly costs of running the scheme, but excludes refreshment costs (often provided by participants), one off equipment costs or promotional flyer production costs.

- 3.1.7 In September 2019, the Council was approached by the Advanced Practitioner and Community Team Clinical Lead (Physiotherapy) from the Eden Integrated Care Community (ICC) to look at joint working possibilities between the Council’s Fit 4 All Programme and their Falls Prevention programme which had been recently renamed Forever Fit. The ICC team felt that their programme was very narrow and prescribed and that the Fit4 all programme included many of the same desired outcomes.

Following several meetings, it has been agreed that the ICC programme will be incorporated into the existing Fit 4 All Sessions in 2020. In addition, there is a joint wish to establish a Fit 4 All session in Kirkby Stephen during 2020.

- 3.1.8 Operationally, this partnership working between the Council and the ICC means that members of ICC Staff (rehabilitation assistants, physiotherapists and occupational therapists) will help to staff the Fit 4 All sessions, not only helping to make the staffing more resilient but also providing specialist expert

advice and links into other specialist areas, for example, diabetes for existing Fit 4 All participants. The core values of Fit 4 All as a sociable community exercise programme and the name will be retained as the ICC also want to retain the “Community” feel of the programme - therefore it will not be rebranded as an NHS programme.

However the programme will incorporate the ICC’s six week referral programme for people who are or would be accessing the Falls Prevention Programme. It is hoped that the bringing together of the two programmes will have reciprocal benefits. Existing and new Fit 4 All participants will get access to specialist medical help with links to a range of specialist areas if needed and at the end of the six week Falls Prevention referral scheme, those participants will be encouraged to transfer to the regular Fit 4 All sessions as an ongoing source of support for keeping fit and well. Links have also been made with Health and Wellbeing and Living Well Coaches who are now referring people to the Fit 4 All scheme as part of social prescribing.

The six week referral scheme will be free of charge to those referred, after this period they will become part of the Community Fit 4 all programme which is currently charged at £3.00 per person per session, rising to £3.50 on 1 April 2020.

3.1.9 It is hoped that by working in partnership with the ICC, widening the offer and allowing more people to exercise and socialise that it may also increase the opportunities for attracting external funding in order to make the programme more sustainable.

3.1.10 Now that the Fit 4 All Scheme is established, it will be regularly reviewed both in operational terms and to make staffing arrangements more formal.

4 Policy Framework

4.1 The Council has four corporate priorities which are:

- Sustainable;
- Healthy, safe and secure;
- Connected; and
- Creative

4.2 This report meets the Healthy, Safe and Secure corporate priority.

5 Consultation

5.1 Local communities and parishes who expressed an interest were consulted when choosing and setting up the Fit 4 All locations. The Communities Portfolio Holder has been involved in discussions and meetings regarding the development of the scheme and the joint working with the Eden ICC.

6 Implications

6.1 Financial and Resources

6.1.1 Any decision to reduce or increase resources or alternatively increase income must be made within the context of the Council's stated priorities, as set out in its Council Plan 2019-2023 as agreed at Council on 7 November 2019.

6.1.2 The current cost of operating the programme has been met from existing budgets from within Leisure and Communities and an additional one off grant support as outlined in 3.1.6 above.

6.1.3 In order to maintain and expand the programme as outlined above in year 20/21 and subsequent years a revenue figure of £20K per year will need to be included within the Medium Term Financial Plan. The balance of the funding can be provided from fees and charges generated and existing budgets within Leisure & Communities service.

6.2 Legal

6.2.1 There are no legal considerations arising from this report.

6.3 Human Resources

6.3.1 There are no human resources considerations arising from this report.

6.4 Statutory Considerations

Consideration:	Details of any implications and proposed measures to address:
Equality and Diversity	The Fit 4 All scheme is an accessible scheme and is open to all even though it is aimed primarily at older residents. All venues are checked to ensure they are fully accessible.
Health, Social Environmental and Economic Impact	The Fit 4 All scheme has proven health and social benefits for those taking part. Travel is reduced by offering sessions locally.
Crime and Disorder	There are no crime and disorder considerations arising from this report.
Children and Safeguarding	Activators are trained in safeguarding issues.

6.5 Risk Management

Risk	Consequence	Controls Required
Risk of injury to participants (slips, trips, falls) at venue	Participants could suffer trips, slips or falls at the venue	Risk assessments are in place at each venue
Participants could suffer a health episode	Participants could fall ill during the session	Activators have First Aid Training and there are defibrillators within the vicinity of each venue. A Health Check/registration form is completed by each participant which details health conditions. Exercises are tailored to the group's abilities by

Risk	Consequence	Controls Required
		experienced activators.
Reputational risk to the Council	There could be negative publicity for the Council should the Fit 4 All Sessions cease to operate, especially as this activity is an action in the Corporate Plan.	The Council agrees to continue funding of the Fit 4 All programme.

7 Other Options Considered

7.1 No other options have been considered.

8 Reasons for the Decision/Recommendation

8.1 It is recommended that members include annual funding of £20K within the Medium Term Financial Plan to allow the Fit 4 All Outreach Activity Scheme to operate in the locations identified above during 2020/21 in order to achieve the action "Support activities programmes such as Fit 4 All for older residents" under the Healthy, Safe and Secure priority in the Corporate Plan 2019-2023.

Tracking Information

Governance Check	Date Considered
Chief Finance Officer (or Deputy)	5 February 2020
Monitoring Officer (or Deputy)	
Relevant Director	12 February 2020

Background Papers: None

Appendix 1: Fit 4 All Operating Costs 2020/21

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Appendix 1: Fit 4 All: Operating Costs 1 April 2020 – 31 March 2021

Shap (Memorial Hall) : 1 April 2020 - 31 March 2021 (50 weeks excluding 2 weeks for Christmas Break)			
Hall Hire	£18 per week x 50 weeks		£900
Staffing*			
Activator 1	3.25 hrs @ £17.58 per hour	£57.14 per week x 50 wks	£2,857
Activator 2	3.25 hrs @ £10.91 per hour	£35.46 per week x 50 wks	£1,773
Mileage			
Activator 1	20 miles @ 0.45p mile	£9.00 per week x 50	£450
Activator 2	20 miles @ 0.45p mile	£9.00 per week x 50	£450
TOTAL			£6,430

Appleby (Hub) : 1 April 2020 – 31 March 2021 (50 weeks excluding 2 week Christmas Break)			
Room Hire	£30 per week x 50 weeks		£1,500
Staffing*			
Activator 1	3.25 hrs @ £17.58 per hour	£57.14 per week x 50 wks	£2,857
Activator 2	3.25 hrs @ £10.91 per hour	£35.46 per week x 50 wks	£1,773
Mileage			
Activator 1	30 miles @ 0.45p mile	£13.50 per week x 50 wks	£675
Activator 2	30 miles @ 0.45p mile	£13.50 per week x 50 wks	£675
TOTAL			£7,480

Kirkoswald (Church Institute) : 1 April 2020 – 31 March 2021 (50 weeks excluding 2 weeks for Christmas Break)			
Hall Hire	£24 per week x 50 weeks		£1,200
Staffing*			
Activator 1	3.25 hrs @ £17.58 per hour	£57.14 per week x 50 wks	£2,857
Activator 2	3.25 hrs @ £10.91 per hour	£35.46 per week x 50 wks	£1,773
Mileage			
Activator 1	10 miles @ 0.45p mile	£4.50 per week x 50	£225
Activator 2	10 miles @ 0.45p mile	£4.50 per week x 50	£225
TOTAL			£6,280

Alston (Masonic Hall) : 1 April 2020 – 31 March 2021 (50 weeks excluding 2 weeks for Christmas Break)			
Hall Hire	£16 per week x 50 weeks		£800
Staffing*			
Activator 1	3.25 hrs @ £17.58 per hour	£57.14 per week x 50 wks	£2,857
Activator 2	3.25 hrs @ £10.91 per hour	£35.46 per week x 50 wks	£1,773
Mileage			
Activator 1	20 miles @ 0.45p mile	£9.00 per week x 50	£450
Activator 2	20 miles @ 0.45p mile	£9.00 per week x 50	£450
TOTAL			£6,330

Kirkby Stephen (Venue TBC) : 1 April 2020 – 31 March 2021 (50 weeks excluding 2 weeks for Christmas Break)			
Hall Hire**	£24 per week x 50 weeks		£1,200
Staffing*			
Activator 1	3.25 hrs @ £17.58 per hour	£57.14 per week x 50 wks	£2,857
Activator 2	3.25 hrs @ £10.91 per hour	£35.46 per week x 50 wks	£1,773
Mileage***			
Activator 1	52 miles @ 0.45p mile	£23.40 per week x 50	£1,170
Activator 2	52 miles @ 0.45p mile	£23.40 per week x 50	£1,170
TOTAL			£8,170

Penrith (Leisure Centre) : 1 April 2020 – 31 March 2021 (50 weeks excluding 2 weeks for Christmas Break)			
Hall Hire	No significant additional operating costs incurred for operating Fit 4 All at Penrith Leisure Centre		
Staffing			
Activator 1 Activator 2			
Mileage (zero as PLC is place of work)			
Activator 1 Activator 2			£0.00
TOTAL			

***Staffing Costs NB Hourly rates include an additional 12.07% holiday pay**

**** Estimated costs based on other venue hire costs**

***** Estimated mileage costs**

Total Expenditure April 2020 – March 2021	£34,690
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NB Figures above exclude any future equipment purchase costs or promotional flyer costs as these are not weekly recurring costs. Activators/participants currently sort out refreshments so these costs are not included.

Fit 4 All Projected Income from participants 1 April 2020 – 31 March (based on average number attending sessions in 2019/20)

Venue	Average number of attendees per week	Number of weeks	Income based on £3.50 per person per session
Shap	16	50	£2,800
Appleby	10	50	£1,750
Kirkoswald	9	50	£1,575
Alston	12	50	£2,100
Kirkby Stephen	12	50	£2,100
Total	59		£6,125