

MINUTES OF THE HEALTHIER COMMUNITIES SELECT COMMITTEE

Wednesday, 14 December 2011 at 7.00 pm

PRESENT: Councillors Muldoon (Chair), Jeffrey (Vice-Chair), Beck, Bonavia, Handley, Harris, Ibitson and Maines

ALSO PRESENT: Val Fulcher (Lewisham LINK), Aileen Buckton, Sam Kirk, Salena Mulhere, Ms G. Nunney, Joni Blackwood (Fitness Instructor "Get Active" and "Check and Change" Programmes), Jenny Budd (Lewisham Healthcare NHS Trust), Dee Carlin, Kathy Dunbar (New Cross Peoples Library), Joy Ellery (Lewisham Healthcare NHS Trust), Mike Hellier (NHS Lewisham), Lucreta LaPierre (Healthy Walks Leader (volunteer)), Katrina McCormick (Public Health Lewisham), Robert Mellors, Sir Ian Mills (Age Exchange), Craig Muir (Age Exchange), Sara Nelson (South London Cardiac and Stroke Network), Antonio Rizzo, Annette Stead, Darren Taylor (Eco Computer Systems) and Lyn Wheeler (South London Cardiac and Stroke Network (Patient representative))

Apologies for absence were received from Councillor Joseph Folorunso and Phillippe Granger

1. Minutes 9 November 2011

The minutes were agreed as a true record.

2. Declarations of Interest

3. Response from Mayor and Cabinet: Implications of the Health and Social Care bill

RESOLVED: To receive and note the interim response, in anticipation of a full response when the Bill becomes law.

4. SLaM: Community Opportunities Service

The Chair declared a prejudicial interest and vacated the room. The Vice Chair took the Chair.

The Vice Chair advised the Committee that she had been advised by the Councils principal lawyer; as the Constitution provides for no discussion of information items as of right, in this case, due to the potential for litigation against the Council and the PCT, this report should be accepted as an information item only and there should be no statements or discussion allowed in connection with it.

The Vice Chair proposed that the Committee noted the report, the Committee agreed the proposal.

RESOLVED: To note the report.

5. Premature Mortality Review - Physical Activity Evidence Session

The Chair re-joined the meeting.

The Chair welcomed the expert witnesses to the Committee:

- Annette Stead – Head of Sport and Active Recreation, LBL
- Katrina McCormick – Joint Deputy Director of Public Health
- Sara Nelson, South London Cardiac and Stroke Network
- Lyn Wheeler, Patient Representative, South London Cardiac and Stroke Network
- Jenny Budd – Lewisham Healthy Walks Co-ordinator, Lewisham Healthcare NHS Trust
- Lucreta LaPierre – Healthy Walks Leader (volunteer)
- Sam Kirk, Strategic Waste and Environment Manager, LBL
- Joni Blackwood - Fitness Instructor - "Get Active" and "Check and Change" Programmes

The Chair invited Annette Stead and Katrina McCormick to give a brief introduction in to the topic of Physical Activity in Lewisham, and the role it plays in preventing premature mortality. They advised:

- Physical activity includes all activity, from everyday walking to get from A to B, work-related activity, active recreation, gardening and active sport.
- Duration, Intensity and Frequency are all important aspects of physical activity in relation to health
- "Start Active, Stay Active" is the Chief Medical Officer guidance on activity levels (April 2011), with guidance for all age groups, an emphasis on daily activity and a stringer recognition of the role of vigorous intensity activity
- In Lewisham only 10% of adults achieve the Chief Medical Officer targets of 30 minutes of moderate physical activity, five times per week
- An estimated 10,000 adults per year would need to get more active to reach the 2020 target of 70% doing 5 X 30 minutes of activity
- It is felt that the focus should be on getting the Inactive Active – helping people move from inactivity to low or moderate activity would produce the greatest benefit
- In Lewisham, males are more active than females, young people more active than older people, white people slightly more active than non-white people, affluent people more active than the less affluent
- In 2010 a sports plan for the borough was produced
- There are three levels of physical activity support on offer in Lewisham: Universal, Targeted and Specialist.
- A large number of activities are delivered by the third sector

In response to questions, Annette Stead and Katrina McCormick advised:

- The Lewisham plus card is a scheme to make activities available at a reduced price to people on low incomes, this scheme is currently being reviewed and some improvements to the scheme identified to increase uptake
- Between teenage years and early twenties female physical activity tends to decrease and males also become viewers rather than participants in sporting activities
- A years free gym membership to school leavers would have a large cost implication, swimming remains free for under 16s and over 60s

Sam Kirk was invited to tell the Committee about the Community Gardens project. She advised the Committee that the programme started in 2009 with a target of developing 60 food growing spaces in the borough by 2012. There are currently 64 spaces in the borough. A toolkit has been developed to help people set up a community garden, and a number are on Council owned land. The team are working closely with sheltered homes and schools to develop spaces. Forest Hill Boys school have been supported to develop a scheme where they produce food boxes for local elderly people. The team are currently looking to support the development of 6 local master gardeners to further support the development of community gardens.

Sara Nelson and Lynn Wheeler from the South London Cardiac and Stroke Network were invited to make a presentation to the Committee. The key points to note were:

- The network connects patients, carers commissioners and other healthcare professionals to advance cardiac and stroke care from prevention through acute care to rehabilitation
- Physical activity reduced premature death by 20-30% and reduces CVD risk by up to 50%
- Physical activity increases good cholesterol, lowers bad cholesterol, reduces high blood pressure and reduces risk of stroke
- Effective prevention activity includes the NHS Health check, which identifies new cases for hypertension and motivation to change sedentary and diet behaviour
- The rehabilitation programme provides exercise in a safe environment and supports confidence in increasing physical activity
- From a patient perspective, Lynn felt that activities at a suitable time of day for people (evening for working people daytime for older people), were important to encourage attendance - the heart smart exercise classes enable people with similar experiences and conditions to exercise together.
- Lynn also advised that a dedicated trainer to support nervous newcomers and make the activities welcoming and achievable was a key factor in encouraging attendance, and that the activities had to be made a social activity and fun to take part in to encourage people to want to continue to take part in physical activity
- A wide range of activities to suit all people was also felt to be important, from aqua fit, to aerobics to support in the gym
- Lynn also felt that subsidising the activities to make them affordable for people to take part in regularly was important in making them accessible

Joni Blackwood – an independent fitness instructor who delivers the “Get Active” and “Check and Change” Programmes was invited to tell the Committee about these programmes, and the impact they have on increasing physical activity and reducing premature mortality. The key points to note were:

- There are a number of programmes offered across the borough, some funded by the NHS and some by Sport England, providing the flexibility to offer a variety of services in a wide range of locations, including schools and community centres.
- There are a range of programmes, some 40 weeks long, some 10 weeks long, ranging from Pilates to Zumba, from walking to boxercise
- “Shape Up” is an 8 week programme over a period of 8 workshops that helps clients identify the behaviours that can stop them from achieving their health and weight loss goals, or have caused them to give up or fail in the past. The programme addresses topics like portion sizes, food labels and internal and external triggers. The aim of the programme is for clients to

leave with achievable goals and realistic lifestyle choices – the majority of clients have maintained their weight loss a year after the programme

- Three clients have provided detailed, anonymised, case studies of the positive impact the programmes have had on their lives, which were summarised and will be circulated to the Committee as background evidence

Jenny Budd and Lucreta LaPierre advised the Committee about the Healthy Walks Programme. The key points to note were:

- The scheme has been running for nearly 10 years, and Jenny has been the part time co-ordinator for all of that time.
- There are 12 regular walks a week across the borough, with the main aim of the programme being to get inactive people starting to be active
- The walks are led by local volunteers and approximately 160 people are currently regularly taking part in the programme. Between November 2010 and November 2011 there were 252 people registered with the programme who attended a total of 4906 sessions
- There are a total of 526 walks a years, 74% of participants are women, 26 men
- When the programme was first set up it specifically targeted the 50+ group
- The walks cover a range of length and difficulty, and are in a range of green spaces in the borough
- Lucreta leads the walks in Hornimans Gardens, one of which is early on a Sunday morning. Lucreta feels that the walks are an important part in developing friendships and fusing cultures, as well as getting people fitter and they become a social and community event each week as people join in and make friends and enjoy getting fit together
- When people first attend they are asked to fill in a questionnaire so that their participation can be risk assessed
- Jenny works in the Community Development for Health team at Lewisham Healthcare NHS Trust and they are also linked with the health check programme and are developing a programme of Nordic walking for those that would like to move onto more strenuous walking

In response to questions from the Committee, the expert witnesses advised:

- The Council currently provides grants of up to £750 to help groups setting up community garden projects
- Katrina McCormick advised that the total physical activity programme in Lewisham needed to be looked at to analyse uptake and identify if the total offer and timings of activities were suiting the populations needs as best as possible
- Lynn Wheeler advised that a routine health check identifying high blood pressure would have encouraged her to take up physical activity earlier- rather than this going undetected until she had an acute medical problem
- When some one contacts their GP, their level of physical activity should be discussed and they should be encouraged to be active to improve their general health- the GP Quality Outcome Framework may help in making this happen as standard
- The Health Check programme for 45-70 year olds is currently being rolled out and promoted across the borough, 5000 people have been seen since the programme started
- Encouraging people to be more active in daily life, such as walking to places, using the stairs, rather than just focusing on exercise classes can help more people see how to get more active in easier every day ways

RESOLVED: The Committee thanked the witnesses for their time, and noted the evidence given.

6. Library and Information Service

Aileen Buckton introduced the report. The key points to note were:

- The Community Libraries model is a key element of the future provision of library services in Lewisham.
- The Council library services offered from community libraries are not the same as those offered from the core Council library buildings: although the Council continues to manage and maintain a reduced book stock for library users, no Council staff are based at the community libraries
- Self-issue terminals will enable users to access the stock on-site, and a catalogue of more than five million books across the London Libraries Consortium
- Staff of the “anchor” organisation ensure that the building is open to the public at agreed times and may be able to assist with general enquiries regarding services available in the building. They also provide some of the activities that took place in the former Council libraries and actively promote reading, learning and library information to residents. The community library staff and volunteers also receive training to enable them to actively support users to manage their own library accounts
- Three buildings, Crofton Park, Grove Park and Sydenham were transferred to the social enterprise active in the area of computer recycling and training: Eco Computer Systems
- Blackheath library closed in May and the service has been relocated in the Reminiscence Centre run by Age Exchange. This is currently being redeveloped and will become a major community resource which will house the community library. The library is currently temporarily located in the Bakehouse until the new building is completed next October.
- The New Cross Peoples Library have been granted a “tenancy at will” by the Council on the premises in New Cross Road, currently until 2012. The organisation is not yet fully legally constituted and is receiving developmental support from Bold Vision, in whose name the tenancy has been issued
- Eco Computer systems are in the final stages of negotiation regarding the lease on their three buildings
- Age Exchange have signed a letter of acceptance of funding from the Council in relation to the development of their reminiscence Centre building
- Overall, Libraries performance has been disappointing over the last seven months, in part due to the extensive changes to the service. Issues and visits have been adversely affected by the service wide staffing restructure that took place simultaneously with the implementation of new technologies and working practices
- There are signs that performance is beginning to improve and staff and the anchor organisations are all fully committed to ensuring that it continues to do so.
- There are different expectations for outcomes and outputs for the 5 community libraries and the buildings that house them, and those expectations will be developed and negotiated with the anchor organisations over time

In response to questions, Aileen Buckton, Antonio Rizzo, Sir Ian Mills, Darren Taylor, Gill Hart and Kathy Dunbar advised:

- Four of the five community libraries will be utilising self service, Age Exchange have decided not to in Blackheath at this time as they are currently in a temporary building
- Self issue is the key to customers accessing the full catalogue of books at all sites, there is a 50p charge for any request from the London Libraries Consortium service and 75p charge for interlibrary loans, including the British library, officers are looking at ways to waive the cost if the request is for an item that is available in Lewisham stock
- There is currently a 2-7 day delivery turnaround for requests, the variation depends on when the order is placed and the route of the delivery van – the library with the stock sends the book to the central point where it is then shipped out to the location requested
- Work is being done on building back up, the usage of libraries by local schools – Gill Hart advised that there are three primary schools that use the New Cross Library regularly, with a number of classes from each coming in at different times, so they currently have 12 classes of school children coming in each week, and two local nurseries are also starting to come in regularly
- All the publicity about libraries being closed is thought by the Council and the anchor organisations to have had a negative impact on usage, with some people expressing surprise when they find the libraries still open for use.
- Age Exchange currently has 80 trained volunteers supporting the library service it is hosting in its temporary building, and the full range of services to be made available are currently being advertised locally. Local opponents of the change originally, are now working closely as volunteers with Age Exchange to develop the library and other services
- New Cross Peoples library advise that the usage figures are for the library usage alone and don't reflect the fact that they had 6000 people use the building in November, and they have a large number of volunteers supporting the library and promoting it to local people; they have a large number of groups using the library including: a knitting group, a baby bounce group, English classes, poetry workshops as well as a good relationship with Goldsmiths College meaning a large number of students use the services regularly
- Darren Taylor advised that there are a large range of services across the three libraries and that cafes have been, or are in the process of being installed at all three sites. There are over 120 volunteers across the three sites and over 200 people have received training on basic computer skills. All three sites host Councillors ward surgeries, supported the summer reading challenge by signing up over 400 children and were involved in Black History Month and support work experience for 14-16 year olds. Sydenham hosts: art and craft classes and maths and English classes for children, teenage weekly reading group, a homework club, CV writing and interview skills. Crofton Park hosts baby bounce and English lessons and work clubs and hosted a Christmas fair that attracted over 600 people.
- Eco Computer Systems will have repaired the roofs of all three buildings by the end of January
- There is project being developed as part of the London Library Consortium to launch an "app" that enables the whole catalogue on a mobile phone and a stock of e-books can be downloaded for free

The Committee discussed the evidence it had heard and noted the following:

- The Committee wishes to record its thanks to the anchor organisations, their staff and many volunteers for all the hard work they have put into developing, and providing, a wide range of resources and activities for local people. The Committee was impressed with the progress already made in engaging local people, delivering improvements in the buildings and in delivering a wide range of activities and support at each location.
- The Committee notes that the library and information service is still in transition after its recent restructure, and that the community libraries are still developing. The Committee also notes that the anchor organisations consider they would benefit from further developing the supportive working relationships they are building across the three organisations.
- The Committee urges the Mayor and Cabinet to continue to do all it can to keep all of the libraries operating fully, and to continue to support the close working relationships between the anchor organisations and the Council's library and information service.

RESOLVED: To refer the views noted to the Mayor and Cabinet

7. Revenue Budget Savings Proposals

The Chair proposed a motion to suspend standing orders to the conclusion of the agenda. The motion was carried.

Robert Mellors introduced the report and the detail of each savings proposal. The key points to note were:

- A number of the proposals are a continuation of the implementation of savings agreed last year

In response to questions, Aileen Buckton and Robert Mellors advised:

- Com03 is 250k of a 16 million pound budget
- Day care provision will be subject to further consultation and discussion, but it was included at an early stage to flag up that a saving will need to be made in the future
- Com08 is part two of the implementation of the saving agreed last year in relation to charging, it was agreed at the time that the implementation would be staggered

The Committee discussed the savings proposals and noted the following:

- COM03 - The Committee requests that officers ensure all relevant sections, of the savings proformas, are completed with sufficient key information. In this instance particularly, the Committee would have found it useful to know the total budget from which the saving is proposed to be taken, the percentage of the total budget the saving proposal represents, and the detail of any historical decisions that impact on the delivery of the savings proposal.
- COM06 - Whilst welcoming officers' focus on value for money when negotiating placement costs with providers, the Committee cautions that the stability of placement and level of service, for these service users with the highest levels of need, must remain an absolute priority in all contract negotiations.
- COM07 - The Committee is concerned that a savings figure has been projected with, as of yet, no real plan in place as to how the saving will be

achieved. Whilst understanding the imperative of implementing personal budgets, the Committee is concerned that an informed decision about this saving proposal cannot be made without consideration of further detail, specifically: the current service provision, the total budget from which the saving is to be made (and the percentage of the total this savings figure represents) and the potential practical impact of the resultant service reorganisation on service users.

RESOLVED: To refer the views noted to the Public Accounts Select Committee

8. Select Committee Work Programme

The scrutiny manager introduced the report.

Councillor Maines asked if all partners would contribute to the personalisation consultation item, Aileen Buckton advised that they would.

Councillor Harris asked that, as part of the personalisation consultation item, the report from the academic study that was considered by PAC as part of their adaptations review be appended to any report.

Councillor Maines asked if the outcome of a current judicial review will come back to the Committee. Georgina Nunney that, depending on the outcome, it could.

RESOLVED: to remove the libraries item from the next meeting as the matter had been concluded satisfactorily this evening.

9. Items to be referred to Mayor and Cabinet

There were none.

The meeting ended at 10.05pm.