

## Main Grants 2017-18 report

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| <b>Name of organisation</b>             | <b>Wheels for Wellbeing</b>  |
| <b>Date of meeting</b>                  | <b>01/09/16</b>  |
| <b>Names and positions of attendees</b> | <b>Isabelle Clement</b> - Wheels for Wellbeing, Director<br><b>David Strong</b> – Wheels for Wellbeing, Treasurer<br><b>Petra Marshall</b> – Community Resources Manager, London Borough of Lewisham<br><b>Maya Onyett</b> - Volunteering and Cultural Participation Manager, London Borough of Lewisham |

| <b>Group Name:</b>                   | <b>Total</b>  | <b>Q1</b>  | <b>Q2</b>  | <b>Q3</b>  | <b>Q4</b>            |                   |                |            |            |                      |
|--------------------------------------|---|------------|------------|------------|----------------------|-------------------|----------------|------------|------------|----------------------|
| Total funding received 2015-16       | £25,600   | N/A        | £8,534     | £8,533     | £8,533               |                   |                |            |            |                      |
| Total funding to be received 2016-17 | <b>£34,133</b>  | £8,534     | £8,533     | £8,533     |                      |                   |                |            |            |                      |
| <b>Outcomes</b>                      | <b>Support</b>  |            |            |            |                      |                   |                |            |            |                      |
|                                      | Disabled adults in Lewisham show:   |            |            |            |                      |                   |                |            |            |                      |
|                                      | - Improved mental wellbeing   |            |            |            |                      |                   |                |            |            |                      |
|                                      | - Improved physical wellbeing   |            |            |            |                      |                   |                |            |            |                      |
|                                      | - Improved social inclusion   |            |            |            |                      |                   |                |            |            |                      |
|                                      | Public health service providers in Lewisham are aware of inclusive cycling provision and its benefits.      |            |            |            |                      |                   |                |            |            |                      |
|                                      | More disabled people take up cycling, whether for sport, health, leisure or transport.                      |            |            |            |                      |                   |                |            |            |                      |
|                                      | Disabled people are empowered to become more active – for work, within their local community, with friends. |            |            |            |                      |                   |                |            |            |                      |
| <b>Outputs:</b>                      | 2015-16 Target  | 2015-16 Q2 | 2015-16 Q3 | 2015-16 Q4 | <b>2015-16 Total</b> | <b>% Achieved</b> | 2016-17 Target | 2016-17 Q1 | 2016-17 Q2 | <b>% Achieved TD</b> |
| 36 weekly cycling sessions delivered | 36  | 13         | 11         | 12         | <b>36</b>            | <b>100</b>        | 48             | 12         |            | <b>25%</b>           |

|  |   |   |   |   |   |     |     |     |  |       |
|--|---|---|---|---|---|-----|-----|-----|--|-------|
| 4 x outreach cycle discovery sessions delivered                                  | 4 | 3 | 0 | 2 | 5 | 125 | 3   | 1   |  | 33.3% |
| WfW to make contact with Lewisham CCG.   | 1 | 0 | 1 | 0 | 1 | 100 | N/A | N/A |  | N/A   |
| Ensure >4 GP surgeries to contain information on inclusive cycling opportunities | 4 | 0 | 2 | 2 | 4 | 100 | 4   | 1   |  | 25%   |
| Deliver 4 inclusive family-friendly cycling sessions                             | 4 | 3 | 0 | 1 | 4 | 100 | 4   | 1   |  | 25%   |

## 1. Remove funding from under-performing groups/those performing least well

Have you achieved at least 90% of the agreed reporting outputs and outcomes in all quarters since the start of the programme?

Wheels for Wellbeing (W4W) have met or exceeded all five of their output targets. Since July 2015, they have delivered discovery (outreach) sessions to the following organisations:

- Lewisham Stroke Club
- Down's Friendship and Creativity Group
- South East London Vision
- Lewisham Mindcare
- Ackroyd Community Centre

Regular weekly Tuesday sessions – Ladywell Sports Hall - April – August 2016:

- 108 unique participants
- An average of 17 participants per session

Have you achieved all of the wider outcomes outlined in the initial grant application?

The organisation has achieved all of the wider outcomes. These are specifically that disabled adults in Lewisham show:

- Improved mental wellbeing
- Improved physical wellbeing
- Improved social inclusion

The organisation's weekly cycling sessions and outreach sessions have led to improvements in mental and physical wellbeing, as well as in social inclusion for participants. At the sessions participants get access to an inclusive form of physical activity, thus improving physical health. Physical activity has also been shown to improve mental health. The sessions also provide an opportunity for people to socialise with people across ages and impairment groups.

Leonard, one of the participants, says:

"I've been coming to the session around 10 months, my favourite is the green tricycle. I didn't do much exercise before. I use a few cycles in the same session- the tricycle and the handcycle. The handcycle gives my arms a bit of exercise. They don't normally get much. And the tricycle gives my legs a bit of exercise. It's made a difference to me because they're stuck in the mobility scooter the rest of the time. It gets them moving, gets them pumping. It's woken them up. When I stand up, it's easier to balance and they've got a bit of life back in them." (May 2016)

The discovery (outreach) sessions have enabled W4W to target support for particular groups (e.g. Stroke Club Lewisham) and reach some of the least active people in the borough.

Fred, a supporter for some of their participants, says:

"We bring four service users to the session. They enjoy it. Even if they can't communicate there and then, they do show that they enjoy when you are riding them around or they are

pedalling, and they get exercise. We think it's benefitting them, which is why we come every week. Fitness wise, those who can pedal, it gets their legs moving. And for others, it gives them fresh air. We sometimes go outside in the park. The ones with the ramp and the tricycles are especially popular. Their facial expressions show they enjoy the sessions. Although they do other things, they do not have other opportunities to be as involved and active." (May 2016)

Public health service providers in Lewisham are aware of inclusive cycling provision and its benefits. The organisation has also worked to promote the benefits of the sessions to local GPs. They recently had a stall in South Lewisham Group Practice. This enabled them to speak to local people and promote the benefits their session, and answer any questions first hand. They were also able to form relationships with surgery staff, and leave leaflets in the surgery.

If no to either of the above:

- what are the mitigating factors?
- what plans are in place for improving performance?
- what progress has been made against actions agreed with your Development Officer?

N/A

What local support/evidence of need can you identify for the work you are undertaking?

- 17% of disabled people aged 16 years and over played sport once a week (30 minutes, moderate intensity) compared to 36.1% for the general population over 16 years. (Sport England Active People Survey 10 April 2015 – March 2016)
- Individuals with impairments are least likely to cycle and more likely to experience further health problems (NICE, 2014). Through discovering and practicing cycling, individuals experience increased physical and mental wellbeing. They also gain a skill which improves access to local communities, opportunities for friendship and for greener living. Families with disabled members can also spend active leisure time together.
- 14% of the Lewisham's residents identify that they are limited in carrying out day to day activities. The borough has a population where the number of older adults is expected to grow which will increase likelihood of dementia, diabetes and similar illness. Lewisham also has a higher prevalence of mental health illness, circulatory disease and cancer compared to most London boroughs, as well as lower average life expectancy.

Lewisham's Health and Wellbeing Strategy (2013) highlights the following:

- Obesity levels of 33% in Lewisham adults and 40% in children (age 10-11 years)
- 19.8% of adults suffer mental health illness
- Diabetes diagnosis set to rise to 23%
- Chronic Obstructive Pulmonary Disease is the 3rd leading cause of death in Lewisham
- A current reduction in the 'enablement' of Lewisham residents

- Cycling is a non-weight bearing activity that can engage people of all ages (Health on Wheels, 2006).
- Regular cycling opportunities provide not only physical health benefits (reduced risk of cardio-vascular health problems - NICE, 2013) but also improved mental health by stimulating the brain through exercise (PHE, 2014).
- Young males with mental health issues or learning disability are at greater risk of poor physical health, unemployment, crime and isolation (Centre for Mental Health, 2010).
- Increased physical exercise (Mental Health Foundation, 2013) and 'meaningful daytime activity' (Royal College of Nursing, 2007) through regular cycling can make noticeable differences to people's mental health.

W4W activities in Lewisham help meet 4 of the main priority areas of Lewisham's Health and Wellbeing Strategy (2013).

1. Achieving a healthy weight
  2. Improving mental health and wellbeing
  3. Delaying and reducing the need for long term care and support
  4. Reducing the number of emergency admissions for people with long term conditions
- Locally, since 2013 the organisation has carried out a specific outreach and consultation programme to establish the need and demand for services such as theirs. This has been done through presentations and outreach sessions.
  - The organisation has engaged with day and care centres, the Down Syndrome Family Group, South London and Maudsley Hospital NHS Trust, Lewisham Stroke group, local schools and local residents. They have had particular success in engaging those with Dementia and long term disability, people who are least likely to be active, people regularly utilising statutory services and at risk of isolation. Their sessions have been able to provide activities and care to complement other services and allowed them to gather evidence to show those that believe they cannot be active that they can experience cycling themselves.
  - 101 individuals cycled with the organisation on 781 occasions at Ladywell Sports Hall 2015 – 2016 (received Lewisham funding July 2015). 108 individuals cycled with them at Ladywell Sports Hall April – August 2016.

Wheels for Wellbeing have also helped meet some of the short term priorities for action identified in the Lewisham Health and Wellbeing Strategy draft refresh (2015-2018) including:

**i. To shift the focus of action and resources to preventing ill health and promoting independence**

- Inactive people are 3 times more likely to be depressed or overweight. Activity can positively effect and prevent dementia and reduce risk of diabetes by 30-40%. (PHE, 2014)
- Independence - Sessions provide disabled participants with a mode of movement under one's own steam and a degree of independence that many might not otherwise have. Independence is further fostered by cycling as it provides disabled people with options for mobility aids and transport.

**ii. Supporting our communities and families to become healthier and more resilient, which will include addressing the wider determinants of health.**

- Thomas Gotschi et al concluded that benefits from cycling-related physical activity include improved life expectancy, cardiovascular fitness, healthy body weight and independent mobility, and are worth pursuing. Their inclusive cycling programme extend this to a wider audience than standard sport programmes.
- People of all ages attend their sessions, including non-disabled siblings and other family members. In this way the sessions are a chance for the whole family to get healthier and maximise their life chances.
- One of the most significant inequalities in physical activity is for people living with disabilities and long term health conditions (Public Health England, July 2016)

## 2. Negotiate reductions and seek alternative funding streams

Are there any proposals that you can put forward that will deliver significant saving against current expenditure? This can include capital investment to change your delivery/business model.

The organisation has not been able to identify any current opportunities but will continue to explore any ways that saving can be made.

What alternative funding streams are you already pursuing?

The top priority for the organisation is to secure alternative funding streams for these sessions including grants, corporate fundraising, events and community fundraising.

Wheels for Wellbeing have been in contact with Lewisham CCG to promote the health benefits of inclusive cycling. They also made contact with Eyvonne Brown, Project Manager at Lewisham Council, who works closely with the CCG in efforts to integrate health and social care. The council and CCG are currently looking at developing a new falls pathway in partnership. There is a potential role for Wheels for Wellbeing here, in supporting people to recover after they have had a fall, and also to build people's strength and prevent a fall. Eyvonne came to one of their sessions to meet with the Director Isabelle Clement. They look forward to working closely with both the council and the CCG on this piece of work

W4W have now secured Transport for London funding for 14 kids' sessions in Lewisham over the next two years. This will help grow their provision for disabled children in the borough. They are also starting to look for funding opportunities for the Lewisham session after the Council grant comes to an end.

Are there any other funding streams that you can identify that the council can support you to access?

W4W would welcome any advice Lewisham Council could provide around the following:

- Health funding from Lewisham Clinical Commissioning Group, Lewisham and Greenwich NHS Trust, Lewisham Healthcare NHS Trust
- Lewisham Local Assemblies Funding
- Short breaks for disabled children
- Exploring opportunities for clients on personal budgets (restructure their charging)

Officers are working with W4W to ensure these links are in place.

3. **Work with groups to consider mergers or asset sharing**

Are there any organisations doing similar work to you in the borough who you may consider sharing resources or merging with? Who have you considered/approached?

No other providers are currently doing similar work. Other sites (Greenwich / Dulwich are nearest) are too far for people to travel to. W4W feel they are good at collaborations but the services they provide are unique.

Are there other groups in the local area that you could share resources with even if they are delivering a different type of service? Again, who have you considered/approached?

Because of the nature of the organisation which is focussed on very specific activities it is difficult to see where resources could be shared

What support might you need to move these suggestions forward?

The organisation does not currently need any support around these issues but will approach the Council for support if this becomes necessary.

4. **Pro-rata reductions across all groups**

What would a 25% cut in your grants look like in service delivery terms? What are the wider impacts?

Sessions are based on unit cost and the organisation believes that there is no good way to reduce the programme but will have to adapt.

It is likely that a 25% cut to funding would mean a reduction in the number of sessions across the year (perhaps taking a longer break in the winter). This would affect people's health and fitness as W4W cycling is often their only opportunity to be physically active. The biggest impact will be on the clients of the Dementia Unit this would mean starting again from scratch as far as acclimatising to the idea of cycling, after a long break. Some may stop cycling altogether.

W4W would also no longer be able to deliver discovery (outreach) sessions, which are effective at engaging the hardest to reach groups who are less suited to their busier sessions. This would have a negative impact across all outcomes.

Have you modelled this cut and developed an action plan for its implementation?

The organisation has modelled the cut as follows:  
Reduce service levels (reduce winter sessions & run NO discovery sessions)  
Run 43 instead of 48 session saves £2,810  
Run NO discovery sessions saves £5,804  
Total: £8,614

## Conclusion

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| <b>Any other comments / areas discussed</b> |
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| <b>Conclusion and recommendation</b>   |
| <p>The organisation is performing well and achieving all outputs and outcomes. Alternative funding opportunities are being explored but will not replace Lewisham grant funding. There are no current opportunities to save money through increased partnership or mergers. <b>It is recommended that Wheels for Wellbeing receive a pro-rata cut.</b></p> |

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|---|---|--------------------------------|--|
| <b>Equalities groups disproportionately impacted by recommendations</b>   |   |                                |  |
|   |   |                                |  |
| Ethnicity:  |   | Pregnancy / Maternity:         |  |
| Gender:   |   | Marriage & Civil Partnerships: |  |
| Age:  |   | Sexual orientation:            |  |
| Disability:   | X | Gender reassignment:           |  |
| Religion / Belief:  |   |                                |  |
| <b>Commentary and potential mitigations:</b>  |   |                                |  |
| <p>The organisation provides services to disabled people and this group will therefore be disproportionately impacted by the recommendation. There are no clear ways to mitigate against the impact of the cuts but officers will work with the organisation to explore ways in which this might be done.</p> |   |                                |  |