

## Bicester Strategic Delivery Board

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| <b>Date of meeting:</b> 31 October 2019  | <b>AGENDA ITEM<br/>NO:</b><br><br><b>7</b> |
| <b>Report title:</b> Task & Finish Group: Bicester Healthy New Town Programme  |  |
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### 1. Purpose of report

- 1.1 To provide the Bicester Strategic Delivery Board (SDB) with a progress report on the task and finish group related to the Healthy Bicester Programme.

### 2. Programme Delivery July-Oct 2019

#### 2.1 Go Active for Diabetes

Dates for diabetes education events have now been confirmed as follows:

- Montgomery House event: Wed 25 September 6pm to 7.30pm. Attended by 47 people
- Bicester Health Centre event is scheduled for 14 November 2019
- The Alchester Medical Group is scheduled for late January 2020

A short video of a patient at Montgomery House surgery who has put his diabetes into remission has been posted on the Healthy Bicester Facebook page and attracted 1200 views.

#### 2.2 Activities for Bicester's Teenagers

A scoping review has been completed to identify what activities are available for teenagers and to establish the gaps; over 500 students responded and the results are described in Appendix A. The key finding is that although broadly 50% of young people are happy with the opportunities in Bicester, approximately 50% are not and it is considered this is due to the fact that many activities are unaffordable to a proportion of families.

A workshop was held with partners involved in providing support to young people in the town, including the Town Council, social care, representatives from schools and third sector organisations including OYAP, to review the findings and agree opportunities to address the needs identified in the survey. The main conclusion was that the town needs a youth worker who can work with a range of organisations in the town to increase their capacity and capability to provide activities for young people and to connect with young people to signpost them to activities and support. A summary of this discussion is attached in Appendix B. We are now well placed to submit a partnership bid to Oxfordshire County Council's Youth Opportunities Fund for such funding.

#### 2.3 Healthy Bicester Facebook Page

Regular Facebook posts have seen the Healthy Bicester Facebook page reach more than 2,000 followers, with around 70 people joining each month.

Followers: 2,039 (up 242 from 1,797)

Page 'Likes': 1,882

Post reach: 71,000 in July; 34,500 in August; 44,700 in September; 42,000 October mid-point.

Average daily posts: 1.75 (includes at least 1 x weather and WHY NOT community push). We also follow and share posts from Bicester Green, Bicester Community Fridge and Bicester Community Garden.

Average post reach appx: 1,500 (This figure has doubled due to the increase in followers. In June, average post reach appx 700), best posts (over 6,000 reach).

The importance of having a dedicated communications officer who can post to the site on a daily basis is shown by the decrease in reach in August when the officer was on holiday for two weeks.

- 2.4 Regular press releases have been issued regarding Healthy Bicester activities and our links with NHS England resulted in national television coverage on the BBC Six o'clock news,

## 2.5 **Thrive at Work**

At Bicester Vision's September meeting we launched The Thrive at Work Wellbeing Award and Accreditation Scheme. It provides employers with a structured toolkit, resources and support to assess their progress in promoting health and wellbeing at work. It enables employers to be recognized and allow them to promote themselves as employers that are committed to employee health and wellbeing.

The scheme has been developed by the West Midlands Combined Authority (WMCA) and over 200 employers have tested it and support the scheme. that actively promotes workplace wellbeing. Local SMEs or large organisations in Bicester are being asked to take part in a pilot to see whether the scheme is helpful for them; application is free, as is access to the online toolkit resource, accreditation and award.

Evidence from the West Midlands suggests that organisations will see financial benefits from investing in employee health and wellbeing through reduced sickness absence, lower staff turnover, increased productivity and greater job satisfaction.

If the pilot is successful we will look to spread the programme across Cherwell and the rest of Oxfordshire.

## 2.6 **Primary School Outdoor Learning**

Training has been funded for primary school teachers to learn about how best to deliver the curriculum outdoors. Such outdoor learning is important in promoting mental wellbeing and physical activity. The training has been taken up by seven schools and its impact for teachers and children will be evaluated and reported in 2020.

## 2.7 **Workshop on Encouraging People with Learning Difficulties to be physically active**

A workshop has been held with agencies that fund and provide care for people with learning difficulties to identify opportunities to encourage them to be more active. People with learning difficulties are twice as inactive as people without behavioural problems. Participants considered some of the barriers to enabling people to be more active and identified the need to increase activity providers awareness of how best to support people with learning difficulties and make their sessions really accessible. The findings of this workshop will be taken forward in next year's delivery plan.

### **3. Sharing the Learnings from Bicester**

#### **3.1 The following presentations have been given in August - October 2019:**

Webinar for NHS England  
Presentation at the Town & Country Planning Association (TCPA) conference (London)  
Presentation at Oxfordshire's Health & Wellbeing Board  
Presentation to CDC's executive group  
Presentation and site visit for delegation from Singapore's Ministry of Health  
Presentation and site visit for group of academics from Japan  
Presentation to Health Inequalities conference (London)  
Presentation at a conference on systems working (London)  
Presentation to Langford Residents Association

#### **3.2 A summary of the findings of the Healthy New Town programme has now been published in national guidance issued by NHS England: Putting Health into Place: Bicester is included in a number of sections as a case study.**

<https://www.england.nhs.uk/ourwork/innovation/healthy-new-towns/>

#### **3.3 Bicester case study is also included in the Kings Fund publication Creating Healthy Places published September 2019.**

### **4. Future Activities**

- Voluntary Organisation Forum – need to confirm future meeting
- Launch of the FAST programme in Bicester and Kidlington schools – January 2020
- Assemblies on how to access NHS services to be delivered in secondary schools – scheduled for November (The Cooper School) and January (The Bicester School)
- Submission of bid for Youth Opportunities Fund

### **5. Conclusions**

#### **5.1 The Strategic Delivery Board is asked to note the progress the programme is making in terms of delivery.**

## **Appendix A: Findings of Young People's Survey (see pdf)**

## **Appendix B Workshop on Being Young in Bicester: report of discussion**

### **Healthy Bicester Young People Meeting 1 October 2019, 2-4pm**

Attended by: Capt John Bentley – St Edburges, Cheryl Huntbach – OCC, Ian Biscoe – Emmanuel Church, Helen Le Broq – OYAP, Jason Slaymaker – Bicester Town Council, Sam Shippen – Bicester Town Council, Ben Carter – Bicester School & Technology Studio, Anne Manwaring – Bicester Library, Perry Trafford – Oxfordshire MIND, Karen Spasic – CAMHS SIR, Louis Headley – CAMHS OX, Jo Lloyd – OCC, Simon Hill – Community Albums, Ruth Lock – Oxford Health, Jamie Douglas – CAMHS – MHST, Gemma Barrett – Nais House  
Apologies from: Bex Dalton – Salvation Army, Ben Threadgold – OCC, Georgia Geary – Mill Arts Centre

#### **Comments/Issues Raised by the Research and Stakeholders:**

It was noted that whilst for 50% of young people in Bicester the town and its community appear to have plenty to offer, for the remaining 50% who may not be able to afford activities or who may live in more vulnerable environments there is a need to do more. Many of their requests are very similar to what older people might ask for.

A clear 'ask' is for safe spaces which are moderated by adults but not structured e.g. somewhere safe to go and play pool and meet friends where they will not be intimidated by their peers. There is a clear need for a youth worker who can develop relationships with young people, moderate such a space, and connect them into other services and organisations which can offer support.

Organisations like the churches have volunteers and spaces to offer young people but in the past they have not felt sufficiently trained to deal with tricky situations – some training is available but again the skills of a youth worker/trained peers would be invaluable in such situations. The entrepreneurial spirit of many young people was noted and it was agreed that we needed to invest in young people to engage them in activities like peer mentoring and volunteering. Insurance restrictions often limit volunteering/employment for the under 16s but models do exist such as those led by Youth Ambition. Linking into College Students with an interest in psychology/social work, undertaking DBS checks and providing some training could increase capacity.

There is a need within schools for students who can act as 'a social co-ordinator' – a peer who knows what is going on and how to access support. This could be part of the Ambassador role being developed by the Cooper School and being considered by the Bicester and Studio Schools. Some students also need help with reading and it might be possible to link them to ARCH or Bookfeast who provide volunteers to encourage reading.

Organisations providing support to young people also need investment to continue. OYAP are offering a wider range of activities at St Edburges but the cost of providing more options and maintaining the space is significant. It was agreed that we needed to develop some project proposals with young people so that they are ready for submission when funding opportunities arise.

The library offers another central space that could be used for a wider range of activities – pop up music and film activities such as those provided by Community Music could be used to engage young people and connect them with OYAP's activities.

It was noted that Oxford Health working with secondary schools are offering talks to parents on reconnecting with your teenager, resilience etc. These courses could be provided in community centres if that would be more accessible. MIND are also running a fitness and wellbeing course in the Studio School and there is a need to link this into activities available at the leisure centre specifically for teens. There is going to be a new mental health support service available for teens in secondary schools and also potentially community settings offering 1:1 and group sessions. It will be important that this links into existing local support such as that provided by Nia's House, OYAP, Cherish etc.

The Town Council have agreed to develop a scope for a Youth Body for Bicester which could potentially take forward this work. The approach that has been developed at Carterton could act as a useful model. It would be helpful to have a session of the voluntary organisation forum that focussed on groups providing activities for teenagers.

**Agreed Next Steps:**

All attendees to:

- Please write a short summary of the activities your service is providing or which are planned and send to [jane.mcdonald@cherwell-dc.gov.uk](mailto:jane.mcdonald@cherwell-dc.gov.uk) to collate into an information briefing.
- Confirm whether you are happy for your contact details to be included on a contact list for circulation to the group
- Consider what you can do in light of the meeting to take any of these actions forward – either within their organisation – or to work with others to do so.

Rosie Rowe / Jane McDonald 2/1/19