

## Bicester Strategic Delivery Board

<b>Date of meeting:</b> 21 March 2019	<b>AGENDA ITEM NO:</b>  <b>7</b>
<b>Report title:</b> Task & Finish Group: Bicester Healthy New Town Programme	
<b>Author:</b> Rosie Rowe, Bicester Healthy New Town Programme Director Tel: 01295 221929 Email: rosie.rowe@cherwell-dc.gov.uk	

### 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 Bicester's Healthy New Town (HNT) Programme.

### 2. Funding Update

- 2.1 At Cherwell District Council's meeting on 25 February 2019, the Council approved its budget for 2019/20 which included funding to sustain the healthy place shaping programme in Bicester and to scale it to other communities in Cherwell. Funding has been approved in principle for a further five years, subject to ongoing progress in delivery, and this sustained support is key to embedding changes in behavior and achieving long term improvements in health and wellbeing. Support from Healthy Bicester's partners, in terms of time, expertise, or funding, is also being sought to ensure that the programme retains its partnership approach.
- 2.2 On Friday 15 March CDC and OCC will host a visit to Bicester by two of Sport England's Executive Directors. The purpose of their visit is to learn about the healthy town programme and to discuss opportunities for Sport England to support this work in Bicester, Cherwell and across the county.

### 3. Programme Delivery January – March 2019

- 3.1 **A Celebration Event** was attended by 60 local stakeholders on 28 February 2019 to review the programme's progress and to enable local organisations to shape the programme going forward. There continues to be excellent support for the programme and the ideas and suggestions proposed at the event will feed into the delivery plan for the next phase of the programme. Key points to note from local feedback are as follows:
- Stakeholders agreed that reducing obesity and loneliness should be retained as the priority objectives for the programme but suggested that they be reframed more positively in terms of:
    - To improve physical health: Increase the number of residents enjoying a healthy weight
    - To improve mental wellbeing: Increase the number of residents who feel well connected
  - A third outcome was also strongly supported – To increase Community Cohesion as this was agreed to be a key outcome required if Bicester is to be a great place to live and work.

- There was also agreement that with the end of NHS England funding, the programme would now simply be known as *Healthy Bicester* (with no reference to the New Town) as this was more inclusive and reflected the whole town approach that has been adopted from 2016. It was noted that this could be more easily incorporated into a consolidated aspirational branding for the town.

### **3.2 Breathing Well Event**

On 6 February 2019 Montgomery House surgery tested a 'Breathing Well' evening event, inviting patients who displayed signs of having respiratory problems but no confirmed diagnosis of asthma or chronic breathing difficulties. Patients were provided with information on lung health – smoking, exercise, what COPD is, how diagnosed, inhalers, flu vaccines etc – and had their lung age identified. The event was attended by the community respiratory team, stop smoking services, and Cherwell District Council's services promoting their warm homes grants scheme and access to leisure services. Twenty three patients attended, six booked for further tests to diagnose lung problems, and one was referred directly to the respiratory team as they were very unwell. The surgery plans to hold a similar event for its patients already with a diagnosis of a respiratory condition

### **3.3 Diabetes Education Evenings**

Evening education events for people with diabetes have been arranged by CDC's Sports & Leisure Team working with local practices: the Alchester Group and Bicester Health Centre. The events are scheduled as follows:

Alchester Medical Group

- Littlebury Hotel, Bicester Thursday 21st March 5.45pm – 7.45pm Physical Activity
- Littlebury Hotel, Bicester Thursday 28th March 5.45pm – 7.45pm Diet

Bicester Health Centre

- Littlebury Hotel, Bicester Thursday 7th March 5.45pm – 7.45pm Physical Activity
- Littlebury Hotel, Bicester Thursday 14th March 5.45pm – 7.45pm Diet

230 people are currently signed up for these four events in March.

### **3.4 Social Prescribing**

Four practices, including Bicester Health Centre, are now acting as pilots for the new social prescribing service called Community Connect and are able to refer patients to the service that has been set up by Citizens Advice North Oxfordshire. The service is now actively engaging with voluntary organisations to ensure they are clear about the support that some of these patients may require. The other two practices in Bicester will join the scheme in Q2 of 2019/20.

### **3.5 Sixth Form Volunteers Fair**

On Friday 8 February, the second 6<sup>th</sup> Form Volunteers Fair was held at Bicester Leisure Centre. Lower Sixth students from both The Bicester School and The Cooper School came along to meet 16 local voluntary organisations who had volunteering opportunities for young people. This year the groups were encouraged to produce some volunteering role descriptions and a brochure was prepared and sent out in advance of the event. This worked very well as it focused the young people on the types of role they are interested in and gave them some indication of the time commitment required.

This year the Oxford CAMHS mental health service attended to promote mental wellbeing and signpost help for students experiencing anxiety. The Leisure Centre provided some

activities to promote opportunities to take more exercise and Activate Learning came along to inform students about choice of course and career pathways that is right for them. For the community groups attending, Charity Mentors Oxfordshire attended with valuable information and support.

Very positive feedback has been received from both sides, and we will follow up with the groups in a few months' time to see how this has translated into actual volunteering places.

### **3.6 'Dr Bike' sessions**

Dr Bike sessions have started and are scheduled to take place in Sheep Street on the last Saturday of every month throughout the year. These sessions have been organised in partnership with Bicester Green. Members of the public can bring their bikes to Bicester Green's cycle mechanic who will undertake checks and minor repairs free of charge. The initiative aims to continue to raise the profile of cycling in the town whilst giving the public an opportunity to get their bikes back into action.

## **4. Future Activities**

### **4.1 Cookery Course**

A cookery skills course will restart on Wednesday 20th March at St Edburg's Church Hall. run with the Food Bank and the support of Tesco's to provide Food Bank users with the skills to create healthy meals.

### **4.2 Bikeability Courses**

Bikeability sessions aimed at older children from school year six are being held again in the Easter holidays following their introduction in February half term. The training focuses on developing skills for cycling on road following the national standards within the Bikeability programme. They are based at The Cooper School with training funded through Oxfordshire's Bikeability grant with input from Cherwell District Council to get them established. Places on the courses can be booked on line. The initiative seeks to build Bicester's cycling culture by equipping young people with the skills and confidence to cycle on the road.

### **4.3 Digitisation of the Health Routes**

Signs are due to be erected to enable people to record their use of the blue Health Routes on their mobile phones. Residents who choose to download the app will also receive messages encouraging them to go for a walk or jog.

### **4.4 Community safety**

Following a presentation and discussion at Cherwell's Community Safety Partnership, it was agreed that healthy place shaping should be one of its strategic priorities. We anticipate that this will lead to specific activity addressing key issues in each of the District's major towns. Concerns have been raised about the lack of activities for young people in Bicester and we are proposing holding a workshop about this to seek input from all relevant partners as to how best to address this problem.

### **4.5 A detailed delivery plan based on feedback received from February's stakeholder meeting will be developed and reported to the next meeting of the SDB.**

**5. Sharing the Learnings from Bicester**

**5.1** The following presentations have been given in January – March 2019:

Presentation and visit from the Director of Public Health for Northamptonshire  
Webinar for Active Oxfordshire  
Presentation at Local Government Challenge  
Webinar for Active Buckinghamshire Conference

**6. Conclusions**

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