

## Bicester Strategic Delivery Board

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| <b>Date of meeting: 16 January 2020</b>   | <b>AGENDA ITEM<br/>NO:<br/><br/>7</b> |
| <b>Report title: Healthy Bicester Programme Report</b>  |                                       |
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### 1. Purpose of report

- 1.1 To provide the Bicester Strategic Delivery Board (SDB) with a progress report on the Healthy Bicester Programme.

### 2. Programme Delivery November -December 2019

#### 2.1 Go Active for Diabetes

59 people registered with Bicester Health Centre event attended a diabetes education evening on 14 November 2019

Additional diabetes education events have now been confirmed as follows:

- An event for the Alchester Medical Group's patients is scheduled for 15 January 2020
- An event in May for "hard to reach" diabetic patients from all three practices in the Bicester Primary Care Network.

The diabetes education events act to refer people into the Go Active Get Healthy for Diabetes motivational programme to encourage people to take up regular exercise. This service is provided by CDC's Sports and Leisure Team. County wide analysis of the impact of this programme shows that it results in improved quality of life and activity levels:

Increase in proportion of diabetic patients doing 150 minutes or more of moderate or vigorous physical activity

Baseline: 28.5%

3month: 40.9%

Significant increase in perceived health related quality of life

Baseline: mean 57 +/- 21

3 month: mean 63 +/- 21

These improvements at 3 months are found to be sustained at 6 months.

#### 2.2 Activities for Bicester's Teenagers

A scoping review which established the case for the need to improve provision of free activities for teenagers was reported at the October SDB meeting. The evidence from this review was used by two community groups – OYAP and Kingsmere Community Association in their bids to secure funding from Oxfordshire County Council's Youth Opportunity Fund. Decisions regarding funding will be announced on 28 January 2020.

### 2.3 **Thrive at Work**

An introductory workshop was held in November to inform interested businesses in The Thrive at Work Wellbeing Award and Accreditation Scheme which is being piloted in Bicester. The scheme 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 to promote themselves as employers that are committed to employee health and wellbeing. The following organisations have signed up to participate in the pilot: Cherwell District Council, Whitley Stimpson, Arch and WebMart, and a further six have expressed interest in being involved. If the pilot is successful we will look to spread the programme across Cherwell and the rest of Oxfordshire.

In addition a simpler support package is being developed for micro businesses in conjunction with the business networks in Bicester.

### 2.4 **Primary School Outdoor Learning**

Training is being 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. A further training session is being planned for the 10/11 and 14 February which is open to primary schools in Bicester and Kidlington.

### 2.5 **Secondary Schools**

On 6 and 7 November Dr Toby Quartley from the Alchester Medical Practice gave two talks at Assemblies for Year 10 and Lower Sixth students at the Cooper School on how to access NHS services. Students were introduced to the NHS App as a means for accessing sensible online advice and also for booking appointments at their local surgery. Both presentations were well received and similar assemblies are planned for the Bicester and Studio School in January 2020.

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

3.1 A total of 26 presentations have been given about the learnings from healthy place shaping in Bicester during 2020. The following presentations have been given in November - December 2019:

- Presentation to Oxfordshire Care Providers (Care Homes and Domiciliary Care)
- Presentation to the Kings Fund National Conference
- Presentation to Homes UK Conference
- Presentation to the Environment Agency

3.2 In addition, a joint OCC/CDC masterclass in healthy place shaping was held on 29 November 2019 attended by 80 officers to increase their understanding of how they can better embed healthy place shaping principles into their operational activity. This is the first of a series of district/county workshops being organized under the auspices of the Growth Board.

## 4. **Upcoming Activities**

- Voluntary Organisation Forum – meeting planned for Wednesday 5 February
- Volunteer Fayre for Bicester Sixth Formers scheduled for 14 February 2020

- Launch of the FAST (Families Active Sporting Together) programme in Bicester and Kidlington schools – January 2020
- Procurement of consultant support to evaluate the impact of healthy place shaping
- Bicester training in MECC (Making Every Contact Count) – March 2020
- Annual Healthy Bicester Partner Workshop 12 March 2020

## **5. Conclusions**

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