

## **Councillor Lees – Portfolio Holder for Housing and Health**

### **Council – 8 October 2020**

#### **Projects;**

- **Uttlesford Health Heroes**

The Uttlesford Health Heroes pilot will work with up to 10 of the district's schools helping to develop projects that encourage a whole school approach to health improvement. The schools have been identified in partnership with the Healthy Schools Team at the Essex Child & Family Wellbeing service. Schools had begun to apply prior to covid lockdown and will be given the opportunity to modify their initial applications in light of new restrictions and new emerging health improvement themes. (This will be circulated to schools week commencing 21st September.

Each school can apply for up to £1000- match funding is encouraged but not essential – Each school will also need to complete the entry level Healthy Schools Criteria.

- **West Essex Falls Prevention – Strength and Balance Classes**

In partnership with Epping & Harlow we have secured funding from the CCG to deliver a strength and balance service in the district.

The programme will consist of 12 weekly sessions. Primarily these will be delivered at the districts leisure centres at Saffron Walden. Great Dunmow & Stansted with the plan to expand to more rural settings in line with demand and when more suitable covid safe facilities become available.

We have already had 20 residents express an interest to take part with the first classes due to start week commencing the 28<sup>th</sup> September.

- **Health & Wellbeing Board Grants**

Health & Wellbeing Board Grants have been launched for 2020/21 – Initially we invited declarations of interest and project outlines in July at the peak of the pandemic so that any immediate and emerging issues could be addressed. The response was not conclusive so the date for applications has been pushed back until the 25<sup>th</sup> September –

Each HWB priority theme will be able to apply for funding up to £5k.

#### **Uttlesford Health & Wellbeing Board Priorities**

- Combatting loneliness and social isolation
- Supporting people to age well in Uttlesford
- Enabling people to eat well and be active
- Alleviating winter pressures and fuel poverty
- Planning for healthy communities-

**Improving Mental Health is not a stand-alone priority but something that overarches all health and wellbeing board priorities and subsequent projects and programmes.**

- **Holiday Hunger Provision summer of 2020 and plans for future support.**

The Essex Boys and Girls Clubs delivered a summer Holiday Hunger programme funded by DEFRA and the Big Lottery.

The Takeley sessions had 88 attendances reaching 41 different young people. There were also 88 family food activity packs given out.

The programme for Newport, Thaxted, and Great Sampford had 624 attendances reaching 192 different young people.

Between both the programmes engagement with 222 different young people from across Uttlesford was achieved. Each young person spent time outdoors and received a healthy lunch at each session.

In partnership with the Boys and Girls Club we have applied for an additional 5k from ECC (DEFRA) to enable us to deliver a similar program in October and February half-term.

- **COVID19**

We're in the process of producing a covid support guide (title TBC) for residents, as discussed at the recent H&W board.

It will be a concise but informative guide, directing people to different support services, informing people on relevant winter health messages (i.e. flu jabs etc.) and most importantly, promoting the Uttlesford covid response hub phone number and email address. The guide will be posted out to households as a standalone, trusted source of info for people across the district.

Info from the above will also be disseminated via online platforms/social media channels through the UDC Comms team and we will ask our partners to do the same, where appropriate.

Funding has been received from DEFRA to help support vulnerable residents to access food and essential supplies. Due to the tight timescale for the allocation of the funding the monies will be used in partnership with the CAB and the Essex Child and Welfare service (children's centres) in the form of vouchers which can then be used for emergency food or heating costs in the recovery stages of the pandemic.

Micro grants will also be available to support the local volunteer groups and organisations that have been supporting residents across the District through out this pandemic. The grants will be available to those groups that need to continue to help those residents access food and essential supplies throughout the recovery and ending of the furlough period.