

**Councillor Petrina Lees,**  
**Portfolio Holder for Housing and Health**  
**Full Council, 7 December 2021**

**Uttlesford - Health & Wellbeing (Communities Team) update**

**Summary**

Detailed below are the new developments/areas of work relating to Health and Wellbeing and the reduction of health inequalities in Uttlesford.

- Uttlesford Health & Wellbeing Board – HW Grants
- Covid related funding – Clinically Extremely Venerable Funding - The Contain Outbreak Management Fund- Health Inequalities working group
- Community Response Hub – Continuation/Review and planning
- Community responders
- Suicide prevention programme- Rural communities
- Falls prevention – Strength and balance remobilisation and expansion and funding confirmation
- Care home/Sheltered Housing West Essex Activity programme
- West Essex Inequalities Group
- Age well – Dementia
- Uttlesford Ramblers Wellbeing Walks
- Staff health and wellbeing

**Detailed update report**

Theme /project	Detail	Partners	Funding	Update
Health and wellbeing funding review and 2021/22 grants	At the HWB meeting in May it was discussed whether annual small grants were the most	All HWB	Uttlesford DC receive in the region of 20K per year to deliver health	Grants went live August 2020 closing date 20 <sup>th</sup> September.

	<p>suitable/effective approach in delivering projects to address health inequalities and deliver projects that impact HWB priorities.</p> <p>A task and finish group were established and discussed the process in depth. The decision was to continue with small grants up to 2K and try to communicate the opportunities more widely beyond HWB partners to try and encourage a wider variety of projects.</p>		<p>improvement projects from ECC. This has been distributed against the core priorities of the board.</p>	<p>15 grant applications were received and 11 projects were rewarded the grants.</p> <ol style="list-style-type: none"> <li>1. Dunmow Stroke Club- Physical Activity</li> <li>2. Touch Point Stansted- Bereavement Café &amp; Support</li> <li>3. Uttlesford Foodbank- Fresh food vouchers</li> <li>4. Great Chesterford Allotment Association</li> <li>5. Volunteer Uttlesford- Dementia Café</li> <li>6. Radwinter Recreation Ground Charity-walking project</li> <li>7. Touch Point – Community Singing Project</li> <li>8. Volunteer Uttlesford – Carers Group</li> <li>9. Stansted Mental Health Initiative CIC, working as 'Let's Talk, Stansted!- Men's Veg Sheds</li> <li>10. Community Callers – Befriending project</li> <li>11. Mind in West Essex - Suicide awareness friends</li> </ol> <p>Total grants awarded to date £14775 1 project is still outstanding (project 10) as budget needs clarifying.</p>
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Community Response Hub	Continued delivery of Hub. Funded by ECC Clinically Extremely Vulnerable funding	UDC, CVSU, Volunteers Uttlesford	Funded via CEV funding ECC	

				<ul style="list-style-type: none"> <li>• 458 request for support September/October</li> <li>• 191 supported to shield</li> <li>• 247 referred onto other support services</li> </ul>
Community Response Hub Community Responders	<p>Community Responders – The Community response hub has received funding from COMF/ECC to recruit 2 Community responders in the district for 1 year. Their primary role and function will be to directly respond and support residents in times of crisis who have been impacted by COVID 19.</p> <p>They will provide a visual, accessible and mobile service in addition to the existing HUB offer with an emphasis on supporting and informing the communities throughout the district as we continue to recover from the impacts of the COVID 19 pandemic.</p>	UDC, CVSU, Volunteers Uttlesford,ECC	Funded via CEV funding ECC Contain the Outbreak Management Fund	Both officers now in place.
Theme /project	Detail	Partners	Funding	Update
Suicide Prevention Programme	UDC in partnership with Farm Fit are developing a suicide	ECC, Farm Fit Little Canfield,	£3k to deliver a pilot project 2021/22	Farms FIT have been successful with their

	prevention and awareness programme for the rural/farming community.			application and will look to start engagement sessions in the new year –UDC will support this project and help with the evaluation.
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<p>Falls prevention- Strength and balance service.</p> <p><b>Social Active Strong</b></p>	UDC has been commissioned from West Essex CCG to develop and deliver a Falls Prevention Programme in the District. This is a partnership agreement with Epping, Harlow & Uttlesford.	West Essex CCG Harlow , Epping, Uttlesford DC, Active Essex , NHS Physio's	<p>Up to £30000- annual funding to deliver the core service.</p> <p>The programme is managed within UDC Communities Team and instructors are employed on a sessional basis.</p> <p>As the funding is reviewed annually we decided against employing an officer to deliver this programme however 2 of the communities' team have been trained</p>	<p>Update funding now guaranteed for 22/23. Total annual grant £29600- Programme is managed by UDC and delivered by sessional workers.</p> <p>Group 1 September 2020- May 2021 <b>16 participants</b> (COVID interrupted)</p> <p>Group 2 May 2021 –August 2021 <b>27 Participants</b></p> <p>Group 3 Started August 2021 – December <b>62 participants</b></p> <p><b>Group 4</b> starting December 42 registered so far (this includes some re admissions for those making slower progress).</p> <p><b>Monday Stansted Day Centre</b></p>

			to deliver sessions as required.	10:45 -11:45 <b>Monday Saffron Walden Cornell Court</b> 12:15 -13:15 13:20-14:20 <b>Thursday Newport</b> 11:30-12:30 <b>Thursday Thaxted</b> 13:00-14:00 <b>Thursday Great Dunmow</b> 13:30-14:30  <b>Additional transition sessions</b>  <b>Chair Pilates Wednesdays</b> Saffron Walden Cornell Court 10:30-11:30 11:30-12:30  Stansted Day Centre Wednesday 13:00-14:00  All sessions are free - You can self-refer or via GP or physio- Sessions are on Frontline
Theme /project	Detail	Partners	Funding	Update
Care home and sheltered Housing activity programme	ECC have funded a programme of activity across West Essex. The funding will provide both direct delivery for 20-25 weeks at between 8-10	Active Essex, Epping DC, Harlow Council	Active Essex COMF funding	Grant of 7K has been confirmed for delivery at 10 centres  1.Four Acres S/WALDEN

	locations and also training to try and recruit local instructors as there is currently a shortage.			2.The Broomfield's HATFIELD HEATH 3.Reynolds Court NEWPORT 4.Vicarage Mead THAXTED 5.Hatherley ct, S/WALDEN 6.JDP Court S/WALDEN 7.Walden Place, S/WALDEN 8.Norman Court, STANSTED 9.Priors Wood Court, TAKELEY 10.Alan Hasler House, DUNMOW
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Theme /project	Detail	Partners	Funding	Update
West Essex Health Inequalities working group	Contain Outbreak Management Fund	West Essex CCG – Lead Provider – CV's, District Councils,  Harlow, Epping & Uttlesford	£500k of funding in the CCG West Essex region.  Increasing the vaccination uptake Reducing Health Inequalities Reducing the spread.	<ul style="list-style-type: none"> <li>• Mobile Vaccination Deliveries</li> <li>• Wellbeing Connection and Enabling</li> <li>• Vaccination Trackers</li> <li>• Dementia Interpreter E-Learning Course</li> <li>• Let's Get Connected</li> <li>• Supported Volunteering</li> <li>• Community Hub Response</li> <li>• <b>Cook &amp; Eat Programme</b></li> <li>• Living Smart Homes</li> </ul>

				<ul style="list-style-type: none"> <li>• Multi-agency Community Hubs</li> <li>• Multi-agency Community Hub Harlow</li> <li>• Multi-agency Community Hub Epping Forest</li> <li>• Multi-agency Community Hub Uttlesford</li> <li>• Adult Inclusion Lifestyle Project</li> <li>• Parent to Parent Project</li> </ul> <p>NOTE- We are still waiting for an update re-funding for the healthy eating programme as UDC were leading on this and had been given 40K to deliver across West Essex</p>
Agewell – Dementia	Dementia Friends Information sessions were held for UDC Customer Service Staff, Community Policing team, and the public. These sessions are there to raise more awareness about dementia and to work towards becoming a dementia	Uttlesford Dementia Action Alliance		<ul style="list-style-type: none"> <li>• Staff from CSC, community policing team and members of the public have been to the Dementia Awareness sessions.</li> <li>• In the New Year we are looking at having volunteers, councillors,</li> </ul>

	friendly community and organisation			parish councillors, more UDC staff, museum staff and public Dementia Friends Sessions.
Agewell – Dementia	<p>After covid our aim as a group was to re-ignite group activities for people affected by dementia in Uttlesford.</p> <p>We have supported many groups to get going again after covid and also supported different groups with different ambitions i.e. moving the dementia friendly gardening group indoors for the winter months and finding them an affordable venue.</p>	Uttlesford Dementia Action Alliance		<ul style="list-style-type: none"> <li>• We now have 9 dementia groups which are up and running in the district currently. We are hoping to add to this in 2022.</li> <li>• In the New Year we are hoping to design a booklet, containing all the dementia groups in Uttlesford, to inform residents of what is taking place in the district.</li> </ul>
Agewell – Dementia	Dementia packs containing all dementia friendly groups which are taking place in the district currently, Herbert Protocol, Carers First information etc. These packs will be given out by the community police.	Uttlesford Dementia Action Alliance		<ul style="list-style-type: none"> <li>• The community police will be giving out these Dementia Packs from December 2021, once they have been filled.</li> </ul>
Walking for Health	The national scheme is changing from Walking for Health to Ramblers Wellbeing Walks. All current and new	UDC/Ramblers/ Volunteers	£750 from Active Uttlesford Network	<ul style="list-style-type: none"> <li>• The walks will continue to be free under the new Ramblers Wellbeing Walks</li> </ul>



	<p>volunteer walk leaders will need this training. The Health improvement officer within the Communities Team has become a cascade trainer so these walks can continue and be covered by insurance by the scheme.</p> <p>The walks will continue to be free to the walkers.</p>			<p>Scheme. We now have 729 walkers under the scheme in Uttlesford and we continue to encourage residents to join these weekly walks for many benefits.</p>
UDC Staff health and wellbeing	<p>We support staff with wellbeing messages through staff newsletters and offer staff to join the Active Essex weekly morning stretch and exercise class before they start work</p>	<p>Workplace champions /comms team</p>		<ul style="list-style-type: none"> <li>• New ways of supporting staff with working from home and dealing with the pandemic are being thought about, with different groups they could join virtually and sharing messages which could help staff during this more difficult time.</li> </ul>