



Agenda
Health & Wellbeing Partnership

Thursday, March 17th 2016
10:00 – 12:00
Committee Room, Kettering Borough Council

Item		Lead	Reference
10:00	1 Apologies for absence	TD	
	2 Minutes of the Previous Meeting (January 21 st 2016)	TD	KHWB-16-13
	3 Action Log (January 21 st 2016)	TD	KHWB-16-14
Items for Discussion / Approval			
10:20	4 Adult Safeguarding (For information)	TD	
	5 Kettering Health and Wellbeing Action Plan	RG/TA/TD	KHWB-16-15
10:30	6 Reducing Social Isolation: Good Neighbour Project	TBA	Verbal
11:00	7 Future Meetings		Verbal
11:30	8 Updates		Verbal
	8a Public Health Update	RG	Verbal
	8b CCG Update	TA	Verbal
	8c HWB Board Update	PL	Verbal
	8d KBC Update	JB	Verbal
11:50	9 Any other business	All	Verbal

Details of Next Meeting:

Thursday, May 19th 2016, 10:00 - 12.00
Committee Room, Kettering Borough Council,
Bowling Green Road, Kettering, NN15 7QX

Health and Wellbeing Partnership Board Committee Room, Kettering Borough Council Thursday, January 21st 2016, 10:00 – 12:00

Present:

Patricia Dewar (PD)	Chair: Groundwork / Kettering Voluntary Network
Tracey Angus (TA)	Nene CCG
Mike Berry (MB)	Northamptonshire Fire and Rescue
Clare Culpin (CC)	Kettering General Hospital
Debbie Egan (JE)	Citizens Advice Bureau
Jayne Evans (JE)	Northamptonshire Healthcare NHS Foundation Trust
Rajwinder Gangotra (RG)	Public Health
Cllr Eileen Hales (EH)	Councillor for Windmill
Peter Lynch (PL)	HWB Board
Jenna Parton (JP)	Kettering Borough Council
Jo Pettit (JoP)	Kettering Mind
Shirley Plenderleith (SP)	Kettering Borough Council
Charlotte Smith (CS)	Kettering Borough Council
Cllr Lesley Thurland (LT)	Councillor for All Saints
Cindy Wrighting (CW)	Youthworks (Community Interest Company)

In attendance

John Leivers (JWL)	Locality Administration Support (<i>Minutes</i>)
Katie Jones (KJ)	University of Northampton

1. Apologies for Absence

Louise Tarplee (LT)	Nene CCG
Cllr Bill Parker (Cllr BP)	Councillor for Clover Hill
Kate Holt (KH)	Healthwatch
Rachael Duthie (RD)	Hope UK
John Conway (JC)	Kettering Borough Council

The Chair confirmed that due notice of the meeting had been given in line with the Terms of Reference and that the meeting was quorate.

2. Minutes of previous meeting (15-10-2015)

Minutes were agreed as accurate.

3. Minutes Protocol (Terms of Reference)

TD reminded the attendees that all minutes and associated papers were loaded onto the partner websites, including NCC.

This is reflected in the terms of reference:

7.6 The agenda and records of meetings will be made publicly available via the Council's website, NHS Nene CCG website (Kettering section), and through NVCA networks.

4. Adult Safeguarding

PL advised the attendees that Safeguarding is a local issue and asked for it to be a standing agenda item, this would give attendees the option to bring thing safeguarding items to the board for information and discussion, although this is not obligatory.

5. Health and Wellbeing Strategy Consultation: Presentation

Katie Jones, Centre Manager for Health and Wellbeing Research, University of Northampton delivered a presentation on Northamptonshire County Council's Health and Wellbeing Strategy Consultation.

KJ advised that the Health and Wellbeing Strategy Consultation strategy is high level. It is not operational.

Katie Jones left at 10:43

6. Health and Wellbeing Strategy Consultation: Discussion

The attendees discussed the Health and Wellbeing Strategy Consultation. Key points included:

Funding:

- There were concerns around funding to support the strategy.
- It was felt it was naive to think that cuts to funding within organisations around the table would not impact the delivery of the strategy.
- The operational plans that will support this strategy will be wider than what Northamptonshire County Council (NCC) can provide. NCC must be willing to work alongside other organisations.
- If funding is to be pulled from Third Sector organisations, this will impact on how they deliver the services that support the strategy. Many organisations are looking at radical ways to deliver the same quality of service with limited budgets.
- What was the cost of producing the strategy / UoN's fees and could this have been better spent when funding was already tight.
- There is a lack of recognition that while people may volunteer their time, the voluntary organisations still have associated costs (Rent, utilities, insurance)

Other notes:

- Mental Health is missing from the strategy.
- No mention of targeted working (e.g. Working with hard to reach group)
- How will NCC be accountable for the strategy?
- What does 'rely on local forma' mean, will this create hub working?

Cindy Wrighting left at 10:57

RG asked the attendees to discuss the answers to the Facilitator Feedback Collection Form.

RG collated the comments made. It was agreed that all attendees would take the Facilitator Feedback Collection Form back to their organisations. The forms would be completed and sent back to **JWL** by Friday January 29th 2016 at 10:00.

RG and **TA** will meet to compile all of the results into one document. This will be submitted as the group response from this Health and Wellbeing fora.

ACTION: JWL to send out copies of the Facilitator Feedback Collection Form to attendees.

ACTION: All to return Facilitator Feedback Collection Form

A break was called at 11:35

Peter Lynch left at 11:35

Shirley Plenderleith left at 11:35

The meeting reconvened at 11:49

7. Kettering Health and Wellbeing Action Plan / Strategy

Copies of the Kettering Health and Wellbeing Action Plan / Strategy were distributed to the attendees.

TA explained feedback was needed from all organisations in order to have a comprehensive document.

Debbie advised she will send information when the budget has been set and they could be certain about what services would be operating in the new financial year (April 2016).

RJ felt that creating 3 task and finish groups (One for each section of the plan) would be a good way to keep the document up to date.

- These task and finish groups will have clear tasks and completion dates.
- Attendees could choose a section that is relevant to their organisations.
- Rooms for the meetings could include Francis Crick House, Fire Station, Oakwood at St Marys, Kettering Mind.

ACTION: JWL to email out to the attendees and ask which task and finish group they would like to join.

Clare Culpin left at 11:43.

8. Updates

8a. Public Health

RG gave a public health update.

- Update on the flu campaign.
- Health Inequalities for Kettering. **RG** to look at Health inequalities for Kettering for next meeting.
- Syrian Resettlement: NCC has taken the decision not to resettle any Syrian refugees. Currently Northamptonshire is 2nd in the country for placing unaccompanied asylum seeking children (UASC).
 - Some attendees did not feel this was the correct response by NCC.

RG was asked about the criteria for asking people to attend a health check at their local practice. **RG** explained GPs have their own way of inviting people for the checks, but the criteria was:

- Aged between 40-64
- No pre-existing conditions (E.g. Diabetes, hypertension etc.).

ACTION: RG to find more information about the criteria and feedback / distribute to group.

ACTION: JWL to invite First for Wellbeing to present at next meeting (via Peter).

8b. Nene CCG

TA gave a Nene CCG update.

- 111 and CC Team:
- Care homes:
TA advised that all Kettering Practices looking after residents in care homes have signed up to the care home scheme. The idea is that the GPs will visit care homes on a weekly basis to build up relationships with the patients. This has been running since October 2015.
- Dental practices:
TA was asked who looked after dental practice provision. **TA** advised NHS England is responsible for dentistry.

8c. Health and Wellbeing Board (HWB)

PD advised that PL had left the meeting at the break, but had emailed an update from the HWB.

ACTION: JWL to send the update out to the attendees via email.

8d. Kettering Borough Council (KBC)

Jenna Parton gave a KBC update.

- Legacy Leisure has appointed someone to do referrals for subsidised activities.
- Weetabix are running health awareness sessions. Including clinical testing and a diabetes education session in April.
- Healthwalks are continuing. The Healthy workplace charter has been sent out for to organisations for accreditation.
- Walking football has been a success
- Children's cooking classes are on-going
- Targeted weight management (Live and kicking) begins tonight (21.01.16).
- Northamptonshire Sport has begun change for life clubs. These target children who don't do sport (Encourage activity).

CS added that Kettering Borough Council are working with NHFT the national Housing for Health project. There was a workshop on December 9th that looked at potential projects and feasibility against impacts. From this workshop, five projects were identified.

ACTION: CS to send out a summary to the attendees via JWL.

JP advised that her surname had changed from Bartley to Parton. Could attendees amend their distribution lists to show Jenna Parton and the new email address of JennaParton@kettering.gov.uk.

ACTION: All to amend their distribution lists with Jenna's new name / email address.

9. Any other business

9a. Kettering Future Partnership

DE advised the attendees that the Kettering Future Partnership was launched in October 2015. It is an initiative for local organisations to work as efficiently as possible when making referrals. There is website for members and sign-up is easy.

The partnership encourage warm referrals (this will enable partners to refer customers to other services at the time a need is recognised)

ACTION: JWL to circulate website information to attendees.

Debbie Egan left the meeting at 12:04

9b. Reading for Role Models

MB advised that as the service are performing fewer home safety checks; they now have more scope for partnership working. Currently, the service is working with schools on the 'Reading for Role Models' programme (Aimed at 8-10 y/o boys).

9c. Website access in libraries

Cllr **EH** advised that access to inappropriate websites had been blocked in libraries across Northamptonshire (e.g. Gambling websites).

The meeting closed at 12:09

Date of next meeting:

Thursday, March 17th 2016 | 10:00 – 12.00

Committee Room, Kettering Borough Council,
Kettering, NN15 7QX

LOCALITY CHAIRS ACTION LOG

New / On-going Actions						
Action Log Number	Item / Paper Number		Action	Lead	Deadline	Status
2016 #01	6	HWB Strategy Consultation	JWL to send out copies of the Facilitator Feedback Collection Form to attendees.	JWL John Leivers	January 22 nd 2016	January 22 nd 2016
2016 #02	6	HWB Strategy Consultation	ALL to return Facilitator Feedback Collection Form.	ALL	January 29 th 2016	January 29 th 2016
2016 #03	7	Kettering HWB Action Plan / Strategy	JWL to email out to the attendees and ask which task and finish group they would like to join. ALL to reply.	JWL John Leivers	March 17 th 2016	February 4 th 2016
2016 #04	8a	Public Health Update	RG to find more information about the criteria and feedback / distribute to group.	RG Rajwinder Gangotra	March 17 th 2016	
2016 #05	8a	Public Health Update	JWL to invite First for Wellbeing to present at next meeting.	JWL John Leivers	March 17 th 2016	
2016 #06	8b	Nene CCG Update	JWL to send the Nene CCG update out to the attendees via email.	JWL John Leivers	February 5 th 2016	February 4 th 2016

	CONCERN/INABILITY TO COMPLETE ACTION	IN PROGRESS		ACTION COMPLETE
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LOCALITY CHAIRS ACTION LOG

2016 #07	8d	KBC Update	CS to send out a summary to the attendees via JWL .	JWL Charlotte Smith	February 5th 2016	February 4 th 2016
2016 #08	8d	KBC Update	ALL to amend their distribution lists with Jenna Parton's (Was Bartley) new name / email address. JennaParton@kettering.gov.uk	ALL	March 17 th 2016	
2016 #09	9a	AOB: KFP	JWL to circulate information re: Kettering Future Partnership (KFP) to attendees.	JWL John Leivers	February 5th 2016	February 4 th 2016
2016 #10	8c	HWB Board Update	JWL to send the Health and Wellbeing board update out to the attendees via email.	JWL John Leivers	February 5th 2016	February 4 th 2016

Completed Actions

Action Log Number	Item / Paper Number	Action	Lead	Deadline	Status

	CONCERN/INABILITY TO COMPLETE ACTION	IN PROGRESS		ACTION COMPLETE
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Kettering Health and Wellbeing Partnership

Overview of Locality Activities

Priorities:

1. [Improving Mental Wellbeing](#)
2. [Healthier Lifestyles](#)
3. [Reducing Social Isolation](#)

Improving Mental Wellbeing

Having good mental wellbeing underpins all aspects of living healthily. A positive mind-set can cope with the stresses of daily life, overcome times of difficulty, and help to manage and recover from illness. Emotional wellbeing and optimism have been shown to play a huge role in career success, marital satisfaction and length of life.

Whilst our mental wellbeing can change from day to day, there are several factors which commonly contribute to a prolonged experience of poor wellbeing, including:

- Work-related Stress
- Financial Difficulty
- Relationships and Social Interaction
- A Long-term Physical Health Condition
- Caring for a Family member or Friend

Kettering is a significant outlier for the percentage of people taking and number of days lost to sickness absence from work, as well as the number of households experiencing fuel poverty.

Helping people to cope with these difficulties and manage their mental wellbeing in a healthy way will therefore have a positive impact on the quality of life for the people of Kettering.

Healthier Lifestyles

The choices people make about how they live can have a significant effect on their health. Eating a healthy diet, doing regular exercise, not smoking and not drinking too much alcohol can help people stay well and enjoy a long life.

You're never too young or too old to switch to a healthier lifestyle. Children who learn healthy habits at a young age will benefit from them throughout their life. And giving up bad habits can improve your health at any age.

In Kettering we know the following areas are significantly worse than the England Average :-

“Excess weight in adults”

“alcohol related admissions (female)”

“Breastfeeding initiation”

“Excess weight in 4 -5 year olds”

“Cervical cancer screening”

“under 75 mortality rate from cancer considered preventable (males)”

“under 75 mortality rate from cancer (females)”

Therefore whatever the age, there's strong scientific evidence that shows doing the following will enable you to live a longer healthier life.

- Get active, feel fitter, live longer
- Enjoy eating well
- Stop smoking for good
- Rethink your drinking
- Improve your mental wellbeing

Social Isolation

Social isolation and loneliness can have an impact on health and wellbeing.

It is widely understood that participation in social networks such as friendships enhances cognitive abilities and reduces incidence of depression, many researchers believe that high levels of cognitive functioning are implicated in the prevention of dementia. Having friends and socialising with others is important for well-being, even simple conversations among social acquaintances require us to be attentive, maintain good memory of the topic being discussed and know when and what to reply.

Social isolation which results in loneliness also has a much wider public health impact too, as it is associated with a number of negative health outcomes including mortality, morbidity, suicide as well as health service use.

Social isolation and loneliness can significantly affect the quality of life for both old and young people. Factors that may lead to social isolation could be a life-changing event, such as moving to a new town, bereavement, the arrival of a new baby, and more lately the increased use of technology for gaming and social networking in the younger age group has been highlighted as a potential concern.

The lack of social interaction where people's circumstances often are unknown can impact on

- Safety within the home
- Confidence and employment
- Disease diagnosis and early intervention
- Financial wellbeing
- Dependency and substance misuse
- Physical activity and networking

Kettering is a significant outlier for the percentage of people dying prematurely from preventable cancer, emergency readmission to hospital within 30 days, alcohol related admissions for females, excess weight in adults, and fuel poverty.

Priorities Framework for projects

BEING HAPPY

Understanding and encouraging what makes people happy; being out and about, exercise, pampering, volunteering, sharing good news, etc. Making people aware of what social and other activities are available to support this

Helping to re-establish a social life and refresh the sense of purpose in the large number of older people experiencing social isolation. Supporting a real social life for young people, in favour of video games and social networks that may lead to issues of social anxiety, self-esteem, and depression

RReal relationships

Increasing physical activity in all age groups and demographics. Helping people find activities that they find fun, and increasing use of social prescribing for activity groups such as gardening, skills classes and sports groups

EVERYONE Active

Building a community that has an awareness of its needs, and knows its assets. Having a responsible society and working with specific communities on relevant issues

ATTENTIVE COMMUNITIES

Time for your mind. . .

A community that promotes a healthy work/life balance, recognising that it is not bad to take time for yourself, identify your 'me time' and let your mind relax. An environment that supports 'getting away from it all' with green spaces and countryside

Healthy Workplaces and Homes

Working with local families to increase awareness and implement changes in the household which enable a healthy development for children. Engaging with employers to instigate and be supportive to changes that improve employees' health awareness, physical health and wellbeing

Easy to Quit

Making it easier for those who want to stop bad habits, such as smoking, drug & alcohol misuse, and gambling. Improving the system for those who are ready and making services available to more people

Priority 1: Improving Mental Wellbeing					
Priority Measure	Data Source: Public Health Outcomes Framework – (http://www.phoutcomes.info/)	Kettering	RAG	England	Time Period
Sickness absence - The percentage of employees who had at least one day off in the previous week		4	Red	2.5	2010 - 2012
Sickness absence - The percentage of working days lost due to sickness absence		3.6	Red	1.6	2010 - 2012
Number of people experiencing Fuel Poverty (per 1,000)		9.5	Green	10.4	2013
Statutory Homelessness – Homelessness Acceptances (per 1,000)		1.3	Yellow	2.3	2013 - 2014
Locality Activities / Projects / Joint Working Initiatives				Involved Organisations	
Dauntless Project Housing advice & support, such as budgeting, debts, and welfare benefits advice. The service also offers introduction to landlords across all tenures, for all homeless and potentially homeless clients, and anyone with housing difficulties. Drop-In sessions are held Mon-Fri, 10am-1pm at KBC. Afternoon appointments are available at Accommodation Concern				Accommodation Concern, KBC, Northants Community Foundation	
Laura Project Tailored advice and support to people in need, enabling them to tackle debt, gain skills and qualifications, tackle health & lifestyle issues and access services. Support is through Drop in advice and follow up appointments, up to a maximum of 26 weeks.				Accommodation Concern	
The Ark, Rockingham Road Baptist Church Community café aimed at providing very affordable food to people in need of food, support and companionship. An Accommodation Concern Laura Project worker is available at every session for advice and support.				Accommodation Concern, Rockingham Road Baptist Church	
Accommodation Concern Supported Housing 3 units of Supported Housing for people in need of accommodation and support. Referrals are made internally through Accommodation Concern.				Accommodation Concern	

<p>Preventative Outreach Project Advice and support to reduce debts, encourage social and physical activities, prevent hospital admissions, tackle health and lifestyle issues, access training and employment. The Project employs 2 Full Time Holistic Advice and Resettlement Workers offering Drop in advice and support as well as follow up appointments</p>	<p>Accommodation Concern, NCC</p>
<p>Benefit checks for 450 older people From September 2015 to March 2016, Age UK Northamptonshire has received funding to carry out benefit checks for 450 older people living in Northampton, Kettering, Wellingborough and East Northants due to these areas having fuel poverty rates of between 11% and 11.9%.</p> <p>Further funding has been received to carry out 100 home energy checks and install practical measures for the following:</p> <ul style="list-style-type: none"> • Over 65 and on low income only (below £16,190pa, self- declared) • Over 65 and vulnerable only (i.e. with physical and/or mental disability; suffering from long-term conditions, such as cardiovascular and respiratory problems, arthritis, rheumatism or mobility issues, all self-declared; or living in hard to heat properties, i.e. those with solid walls, those with no loft space, high rise blocks, those not connected to (and that cannot be connected to) the gas grid 	<p>Age UK Northamptonshire</p>
<p>Workplace Health Schemes Kettering Borough Council works with local workplaces to support them to develop workplace health programmes and events to promote the health and wellbeing of their employees and their families.</p> <p>Weetabix 2016 Annual Health & Wellbeing programme will have 3 months dedicated to mental health and wellbeing led by Learn2B.</p>	<p>Kettering Borough Council Learn2B</p>
<p>Wellbeing sessions Kettering Borough Council work with Legacy Leisure to provide free venues for the Learn2B programme to be run in Kettering at the Cornmarket Hall. These are free sessions for the public to access for anyone experiencing any type of mental distress.</p>	<p>Kettering Borough Council Learn2B</p>
<p>Health Walks A programme of accredited walks part of the National ‘Walking For Health’ scheme throughout the Borough on different days. Jointly co-ordinated by Kettering Borough Council and Groundwork to develop a network of volunteers to run walks.</p>	<p>Kettering Borough Council Groundwork</p>

<p>Walking Football</p> <p>Sessions in Desborough and Kettering, aimed at those over 50 to stay engaged in physical activity to improve wellbeing and decrease isolation, particularly in males. Weekly sessions run focusing on low level activity; team building and confidence building, Attendees now meet socially outside of the sessions and won a regional tournament.</p>	<p>Kettering Borough Council</p> <p>Legacy Leisure Northants FA</p> <p>Desborough Town Football Club</p>
<p>Gaps</p>	

Priority 2: Healthier Lifestyles					
Priority Measure	Data Source: Public Health Outcomes Framework – (http://www.phoutcomes.info/)	Kettering	RAG	England	Time Period
Excess Weight in Adults and Children					
<ul style="list-style-type: none"> Excess Weight in Adults 4 – 5 year olds (%) 10 – 11 year olds (%) 		69.75		63.8	2012
		25		22.5	2013 – 2014
		31.5		33.5	2013 – 2014
Percentage of Physically Active Adults		53.2		57	2014
Breastfeeding Initiation (%)		65.3		71.9	2013 – 2014
Premature (<75) Mortality Rates for Major Causes of Death, considered preventable (per 100,000):					
<ul style="list-style-type: none"> Cardiovascular Disease Respiratory Disease Liver Disease Cancer 		48.3		50.9	2011 – 2013
		18.8		17.9	2011 – 2013
		11		15.7	2011 – 2013
		89.7		83.8	2011 – 2013
Smoking Prevalence (%)		14.5		18.4	2013
Alcohol Related Admissions (per 100,000)					
<ul style="list-style-type: none"> Male Female 		819		835	2012 – 2013
		489		475	2012 – 2013
Locality Activities / Projects / Joint Working Initiatives			Involved Organisations		
National Child Measurement Programme NCMP has two targets: The reduction of obesity amongst primary school age children in Reception Year and the reduction of obesity amongst primary school age children in Year 6. Parental consent is sought prior to weighing children and parents are informed of their child's height and weight readings. As appropriate, parents will be informed of local and national organisations which can support children and families in adopting and implementing a healthy lifestyle. This data is shared with Southfield school as the hub school for Kettering PE and school sport support (SSP) to make informed decisions on interventions.			School Nursing service, NHFT, NCC		

<p>NOTE: This data is shared with Southfield school as the hub school for Kettering PE and school sport support, [SSP] to make informed decisions on interventions. Currently the data is not shared with schools and the take up of parental support is low.</p>	
<p>Healthier Child Project</p> <p>Appointment of a Healthy Child Advisor for the area who will work with schools to develop action plans and provide sign-posting to tackle increasing weights seen at Year 6 through the national Child Measurement Programme. During 2015, Northamptonshire Sport will be rolling out this new programme across Infant, Junior and Primary schools to try and engage the least active children in physical activity as a means of reducing the rising levels of obesity at Year 6. The first phase of the programme will involve the roll out of two interventions; Change4Life Clubs and Family FUNs. A cohort of 26 schools across the two boroughs of Northampton and Wellingborough have been selected for the pilots, which will start after Easter. 18 schools in the Borough are signed up to the Healthier Child Project.</p> <p>This project links in with the NCMP and other data that is provided to facilitate a collaborative approach to interventions.</p> <p>The change 4 life programme is funded by NHS, and is a specific programme that is supported and reported on by Charlie Brewster. Currently 90% of Kettering schools have a C4L bag and resources. Engaging the least active is another core task that is reported against to funders via youth sport trust by Charlie Brewster.</p> <p>NOTE: This links in with the above and other data that is provided to facilitate a collaborative approach to interventions. The change 4 life programme is funded by NHS, and is a specific programme that is supported and reported on by Charlie Brewster.</p> <p>Currently 90% of Kettering schools have a C4L bag and resources. Engaging the least active is another core task that is reported against to funders via youth sport trust by Charlie Brewster</p>	<p>N' Sport, Schools Kettering Borough Council</p>
<p>Change 4 Life Clubs</p> <p>Change 4 life is a core task for the hub school and is a NHS national funded programme with monitoring and evaluation requirements to funders.</p> <p>A free course for schools is being run by Northamptonshire sport for Kettering Schools in 2016, the venue funded by Kettering Borough Council.</p> <p>NOTE: Change 4 life is a core task for the hub school and is a NHS national funded programme with monitoring and evaluation requirements to funders as above. The pilot programme is an addition to current provision.</p>	<p>NCC Public Health, N' Sport, Schools Kettering Borough Council</p>

<p>Adult Weight Management on Referral Services</p> <p>Patient screening by health professional including BMI, waist, underlying medical conditions, co-morbidities, diet, physical activity, emotional issues and readiness to change. The Referral Pathway has 4 tiers with those 'ready to change' referred to Tier level 2; those not to Tier 1 and where underlying medical causes to specialist services. There are two providers in Northamptonshire, Weight Watchers with over 70 groups accessible to patients and Pink Ladies Gym in Northampton. The service provides access and availability to weight management support delivered via a free 12 week weight management programme for patients who meet the following referral criteria:</p> <ul style="list-style-type: none"> • BMI of 30+, or a BMI of 28 and above with existing co-morbidities • Individuals over the age 18 years • Individuals either living within Northamptonshire and/or registered with a NHS Northamptonshire practice <p>Programmes that include behaviour change strategies to improve diet, reduce energy intake and increase physical activity or decrease inactivity are most effective in producing a sustained weight loss. The focus of the 12 week structured programme is to provide advice on healthy eating and exercise to encourage a 5% - 10% weight loss.</p>	<p>GPs, Weight Watchers™, PinkLadies Gym™, NCC, Health professionals.</p>
<p>Specialist Weight Management Dietician</p> <p>Referral by GP through 'Pathfinder' for adults and children. Criteria for adults is BMI >40kg/m² or >35kg/m² with co-morbidities; Children with a BMI >98st Centile or >92st Centile with co-morbidities or complex needs.</p>	<p>NHFT</p>
<p>Healthy Lifestyle Advisors</p> <p>Based within the school Nursing Team these roles offer interventions over 6 – 12 weeks; research local activities; clubs and sports; visit schools for class and assembly talks; NCMP screening and telephone calls; 1-1 sessions at home or at school (initial and follow-up); Children Centre sessions to parents; Alive and Kicking Programme Manager; attendance at early help meetings where appropriate.</p>	<p>NHFT</p>
<p>NHS Health Checks</p> <p>Promotion and delivery of community and workplace healthy lifestyle behaviour change events and programmes to eligible target groups and communities.</p>	<p>NCC Public Health, GP Federation</p>

<p>Satellite clubs Extensions of community sports clubs established in a new venue, usually a secondary school or college targeting 11 – 25 age groups. Coaches and volunteers from or linked to a community sports club work in partnership with the satellite host venue to create a new community satellite club. The aim is to reduce drop out and encourage lifelong sporting habits. Three of Kettering’s secondary schools have satellite clubs running, in five sports.</p>	<p>N’ Sport, Senior Schools</p>
<p>Summer Sports Programme A programme of activities for children and young people (8-13yrs) outside school term ensuring exit routes to high quality sustainable clubs, leisure centres and other community opportunities. Sports and activities range from Tae Kwon Do, table tennis, archery, dance, basketball, cricket, boxing, Judo, athletics and football. Southfield and Montsaye schools, Youthworks and Kettering Borough Council run summer sports programmes</p>	<p>BCW, PFP. Clubs, N’ Sport, Hindu centre</p>
<p>Stop Smoking Service The Stop Smoking Service provides free clinics offering regular support and motivation from trained stop smoking advisors; medication advice is available on nicotine replacement therapy (NRT) and other stop smoking aids such as Champix and Zyban; self- referrals can be made to these clinics or you can be referred by your GP or nurse; stop smoking support is also available from your local pharmacy or GP practice; stop smoking support is also available to all pregnant women.</p>	<p>NHFT, NCC</p>
<p>Diabetes service Development into a multi-disciplinary service.</p>	<p>NHFT</p>
<p>Inclusion work Initially started as the Friars Academy after school club, the Friars school Learning Disability Netball Club spun out and developed in to a community club specifically for people with learning disabilities, following the team’s recent success winning the Special Olympics National Championships. This was a joint initiative between England Netball, Friars Academy, Northants JM’s Netball Club and N’ Sport. Funding and support is available to the hub SSP school, with monitoring and evaluation required by Charlie Brewster</p>	<p>Friars Academy, N’ Sport, England Netball, JM’s Netball Club</p>

<p>School Games Sponsored by Sainsbury's, the School Games are split into a three tier system involving intra school competitions at level 1, inter district competitions at level 2 leading to representation at the county event at level 3. More than 1000 children took part in this competitive sporting programme during the Summer of 2014, supported by 100 young leaders who received both sport specific and generic training to complete this process. The Hub SSP School receive funding to organise and support the project for 32 primary schools and 8 secondary schools in the Kettering district cohort. Change 4 Life, Inclusion / Project Ability, Workforce / Leadership and the Least Active, all come under the School Games programme. As this receives government funding, monitoring, evaluation and progress is reported on quarterly by Charlie Brewster on behalf of the hub school.</p>	<p>Schools, N' Sport</p>
<p>Sportivate This Lottery funded programme gives 11 – 25 year olds access to six – eight week courses in a range of sports. The scheme is aimed at those who don't take part in sport or have had limited participation in sport. At the end of each course, sign-posting is given to allow longer term continuation. Funding is through Sport England with support from N'sport, applications can be made from clubs, Schools SSP's etc.</p>	<p>Sport England, N'Sport, SSP Kettering Borough Council</p>
<p>Bikeability Educational initiative to raise the awareness of children to safe cycling and understanding of road signage. Hosted at Manor school for Kettering, Wellingborough and East Northamptonshire.</p>	<p>N' Sport, Manor School</p>
<p>PE 2020 Health Active Minds. Public health funded initiative over the next three years, the programme aims to improve the physical, social and emotional wellbeing of young people aged 11 to 18 across Northamptonshire. The focus of the PE2020 Active Healthy Minds programme is to use the way that PE and sport are taught to improve life skills such as creativity, aspiration, resilience and empathy, and develop a culture of wellbeing across schools. The programme is co-ordinated by youth sport trust with a Secondary School Head-Teachers' steering group and the appointment of a health champion in each secondary school. This follows the initial pilot of 12 schools across the county.</p>	<p>NCC, YST</p>

<p>Education to enable young people to make drug free choices Hope UK is a national drug and alcohol prevention charity, offering tailor made education to enable young people to make drug free choices. We work with children, young people and adults in a wide variety of settings.</p> <p>We currently have a team of 7 educators in Northamptonshire with the specific role of working in the Kettering area. We own two buildings, one which can be used for training groups up to 15/16 people. We work on invitation but can be seen fairly regularly on a Saturday doing drug/alcohol prevention work in Kettering Market or in Newlands Shopping Centre.</p> <p>We welcome any opportunity to extend our work in Kettering and the surrounding area and are very keen to tackle concerns raised around alcohol use.</p> <p>More information on the website: www.hopeuk.org</p>	<p>Hope UK</p>
<p>Healthy Cooking Sessions- ‘Healthy Happy Families’ Parent and Child sessions available to schools in the Borough delivered by Kettering Borough Council. The sessions usually consist of one hour of physical activity and one hour of cooking skills and nutrition education. Food costs sponsored by Co-Op and coach time funded for 3 programmes by Akeem Ali, Director of Public Health. Co-Op also offer store tours for further education about sourcing and buying food and labelling talks. Links are made with the Fire Service to be an option for the schools for one of the sessions, talking about fire safety, healthy living and career aspirations.</p>	<p>Kettering Borough Council Co-Op NCC Public Health Fire Service</p>
<p>Workplace Health Schemes Kettering Borough Council works with local workplaces to support them to develop workplace health programmes and events to promote the health and wellbeing of their employees and their families.</p> <p>Weetabix 2016 Annual Health & Wellbeing programme will have months dedicated to improving staff physical activity, awareness of diabetes, high cholesterol, cancer prevention, alcohol intake, smoking cessation, food safety and healthy eating.</p> <p>Snap On Tools hold twice yearly weigh in and blood pressure checks run by KBC and KBC staff have access to monthly checks which are also open to the public.</p> <p>Co-Op staff in the Borough will have weight and blood pressure checks in March in store.</p>	<p>Kettering Borough Council</p>

<p>Community Weigh Ins and Blood Pressure events Programme of community weigh in sessions with libraries and community venues (libraries, Co-Ops, shops on Rothwell High Street etc.) where people can get their weight/BMI/body fat/blood pressure checked and have healthy lifestyle advice.</p> <p>Links are made to National campaigns such as ‘Know Your Numbers’ where larger scale promotion can be achieved.</p>	<p>Kettering Borough Council Desborough Library</p>
<p>Smokefree Homes & healthy living assemblies Education assemblies in primary schools delivered to discuss the dangers of smoking, secondhand smoke and smoking cessation opportunities in the County. Healthy Living assemblies focus on healthy eating and physical activity.</p> <p>This is offered to any Primary School and delivered by Kettering Borough Council with assistance from NHFT and the Fire Service.</p>	<p>Kettering Borough Council NHFT Fire Service</p>
<p>Workplace Wellbeing Charter Training has taken place for assessors from Kettering Borough Council to work with workplaces to achieve the standards set out in this National Award, focusing on health and safety, mental health and wellbeing, healthy eating, physical activity, smoking and alcohol and substance misuse.</p>	<p>Kettering Borough Council NCC Public Health</p>
<p>Small Grant Scheme Fund available for groups to access and apply to increase participation in their group. Examples are:</p> <ul style="list-style-type: none"> • Ise Lodge Hawks accessed funding to increase the number of people taking part in football • Groundwork were successful in gaining equipment for health walk volunteers • Difibulation equipment for Wilbarston Parish Council • Papworth Trust gained funding for equipment for their members • Cransley Hospice gained support for their annual run • Inspiring Neighbourhoods gained funding for a ‘Healthy Handbook’ for St Andrews School • A Parkrun gained funding to set up a weekly 5K run 	<p>Kettering Borough Council</p>

<p>Alive N Kicking (Kettering)</p> <p>Targeted weight management sessions led by NHFT and jointly delivered by Healthy Lifestyle Advisors and Kettering Borough Council. The programme is a children's lifestyle weight management service that helps overweight children and young people and their families to reach and maintain a healthier weight. The service provides age specific programmes for families with children aged between 2 to 19 years old, 2016 will see a programme for 7-13 year old delivered with Southfields as a venue and a 2-4 year old programme is in planning.</p>	<p>NHFT Kettering Borough Council Southfields/SSP</p>
<p>Alive N Kicking (Wellingborough)</p> <p>Alive N Kicking is a 12 week Healthy Family Lifestyle programme for 7-11 year olds in Wellingborough. The programme includes a mixture of activities and behavioural change workshops aimed at improving self-esteem and removing barriers to change.</p> <p>Children and adults work together to increase their physical activity and complete fun activities around healthy snacks and recipe challenges.</p> <p>NOTE: A signposting programme similar to Jenna's work</p>	<p>NHFT, NCC Public Health</p>
<p>Breastfeeding Service.</p> <p>A weekly drop-in group is held at the Penrith Drive Children's Centre. They are also able to provide one to one support in the home for those mothers who are experiencing difficulty with breastfeeding.</p>	<p>NHFT</p>
<p>Health Visiting service.</p> <p>Health Visitors work with all parents to assess the support they need and develop appropriate programmes to help give the child the best possible start in life. They frequently assist parents with issues around breastfeeding, weaning, potty training and behaviour management as well as undertaking developmental checks.</p>	<p>NHFT NCC</p>
<p>Children's Centres.</p> <p>These offer a variety of universal and targeted interventions to parents of babies and children including health and parenting advice, adult learning opportunities and help to get back into training or employment.</p>	<p>Action for Children NCC</p>
<p>NHS Health Checks Promotion and delivery of community and workplace healthy lifestyle behaviour change events and programmes to eligible target groups and communities.</p>	<p>NCC Public Health GP Federation</p>

Waendel and Redwell Leisure Centres.

Places for People, operators of the BCW owned leisure sites, have continued to develop and enhance the core product and programme delivery through the centres.

Swimming:

- The Learn to Swim programme has seen growth of 11% compared to the previous year with 1350 children learning to swim over 50 weeks of the year.
- Swim 4 Health is a vehicle to encourage new swimmers and those returning to swimming and offers 6 weeks access to aquatic and swimming sessions for just£25.00.
- SWIMTAG is an innovative product that allows participants to record download and review their swim showing calories burnt, stroke technique as well as online access to competitions and swim challenges.
- Swim Fit is two sessions delivered free as part of the full membership or also available as pay as you go. Focusing on stroke development and all round fitness. SWIMTAG is provided as part of this programme.
- Under 8's Free swimming is offered during all school holidays, which has encouraged a greater number of adults and children to swim.

Fitness:

- Personal trainers offered giving affordable 1-2-1 and small group training with healthy lifestyle choices.
- Programming Plus are short 6 week training sessions including High Intensity training, GRiT, Kettle bell training, Bulgarian bag etc.
- Fun House Fit Club and FUNdamentals are two programmes aimed specifically at preschool and primary school children. FUNdamentals are the British Gymnastics vehicle for introducing children to gymnastics.

Sports Development

- Redwell is the main site for sporting activities such as Badminton, Squash, 5 – aside football and table tennis
- New sports initiatives are delivered on behalf of N' Sport including Walking Football and FASkills coaching in partnership with Tesco.

BCW
PfP
N' Sport

Note: Similar sports programmes in Kettering making a link from school to club / community sport

Note: Most of the Kettering secondary schools offer community clubs and general community activities
Southfield offer a primary

<p>Community work</p> <ul style="list-style-type: none"> • Commitment to generate increased interest and participation in the more hard to reach areas of the community. In partnership with Langdale Court exercise classes are now delivered directly to the residents and these have now been opened up to the whole community. • Currently this is offered as a free initiative. • Sponsorship support provided to teams and individuals including 5 free annual memberships. • Attendance at events promoting leisure and healthy lifestyles. 	<p>school to sports club pathway for 10 of the local sports clubs</p>
<p>Adult Beginners Jogging Group. As part of the countywide Jog Northants programme which is aimed at newcomers who want to learn to jog and get fit the Redwell Runners will be offering a new beginners jogging group from May 2015. The new group will meet at Redwell Leisure Centre every Wednesday at 6.30pm with each session costing just £2.00.</p>	<p>Jog Northants, Redwell Runners</p>
<p>Running Mate Beginners Jogging Group. This is a new beginners group starting at Castle Fields, Wellingborough from 1st June and will meet every Monday at 7.15pm and Tuesday's at 7.30pm at a cost of £2.00 per session.</p>	<p>Jog Northants</p>
<p>Outdoor fitness zones. Equipment is located in Queensway, Kilnway & Minerva Way. A further request for equipment in the Croyland Park area has been received. Wollaston Parish Council are also investigating the possible installation of a fitness zone in the area.</p>	<p>BCW</p>
<p>PlayWay. Outdoor holiday play scheme funded through Community First funding that offers such experiences as football, adventure or obstacle course during school holiday periods.</p>	<p>Service Six</p>
<p>Multi-court facilities. Multi-court facilities are sited in the Shelley Road/Wordsworth Road area, Queensway, Hemmingwell and Croyland Park.</p>	<p>BCW</p>
<p>Summer of Hockey (Wellingborough) Wellingborough Hockey Club are running a 10 week programme of hockey coaching which is open to all ages and abilities from Saturday 9th May to 18th July 2015 at Wrenn School's astro turf. Sessions will cost just £3.00 each or £25.00 for all 10</p>	<p>Wellingborough Hockey Club</p>

<p>sessions. The first session of coaching starts at 10.00 – 11.15am catering for children aged 6 – 11 years who will learn to play Quicksticks, a fun, safe and exciting introduction to the sport. During this same time period there will be the opportunity for those aged 16+ to participate in ‘Back to Hockey’ sessions.</p> <p>These are designed to be a gentle introduction, or re-introduction to the sport with an emphasis on fun, fitness and friendship. The second session, ‘In2hockey’ will take place from 11.30am – 1.00pm and is aimed at young people aged 10 – 15 years. All sessions will be run by qualified coaches and equipment is provided.</p> <p>NOTE: KBC promote and organise a number of summer sports and activities.</p>	
<p>The International Waendel Weekend.</p> <p>The 2015 International Waendel Walk had approximately 4700 participants.</p>	BCW
<p>Parks, open spaces and cycle paths:</p> <p>The borough’s parks and open spaces are available to all throughout the year with paths and cycle ways incorporated. Fitness zones have been added to some areas to encourage and support increased physical activity. Parks, paths and cycle ways are maintained by Wellingborough Norse on behalf of the borough council.</p>	BCW, Wellingborough Norse
<p>5k Race Series.</p> <p>This was developed during 2012 by the Northamptonshire Athletics Network as part of the celebrations and legacy of the Olympic and Paralympic Games. Now in its 4th year and following a request from Wellingborough & District Athletics Club, a fourth race at Croyland Park on 5th June has been added to the series race calendar in 2015. This recognises the evidential growth in popularity for this type of activity in the area.</p>	N’ Sport, Wellingborough & District Athletics Club
<p>Satellite clubs.</p> <p>Extensions of community sports clubs established in a new venue, usually a secondary school or college targeting 11 – 25 age groups. Coaches and volunteers from or linked to a community sports club work in partnership with the satellite host venue to create a new community satellite club. The aim is to reduce drop out and encourage lifelong sporting habits. A basketball Satellite Club has been established at Sir Christopher Hatton delivered by Wellingborough Phoenix Basketball Club. Support has also been provided to Westfield Table Tennis Club to establish a Satellite Club at Wollaston School. A total of £1075 has been secured to support these initiatives. New projects for 2015 include volleyball at Wren School and</p>	N’ Sport, Senior schools

<p>hockey at Sir Christopher Hatton delivered by Wellingborough Hockey Club.</p> <p>NOTE: Another link with the county five SSP's, three of Kettering secondary schools have satellite clubs running in five sports</p>	
<p>Summer Sports Programme.</p> <p>A programme of activities for children and young people (8-13yrs)outside school term ensuring exit routes to high quality sustainable clubs, leisure centres and other community opportunities. Sports and activities range from Tae Kwon Do, table tennis, archery, dance, basketball, cricket, boxing, Judo, athletics and football.</p> <p>NOTE: Southfield and Montsaye schools run summer sports programmes</p>	<p>BCW, PfP. Clubs, N'Sport, Hindu centre</p>
<p>Inclusion work.</p> <p>Initially started as the Friars Academy after school club, the Friars school LearningDisability Netball Club spun out and developed in to a community club specifically for people with learning disabilities, following the team's recent success winning the Special Olympics National Championships. This was a joint initiative between England Netball, Friars Academy, Northants JM's Netball Club and N' Sport.</p> <p>NOTE: Another core task of the hub SSP school, funding and support available to the hub school, monitoring and evaluation required by Charlie Brewster</p>	<p>Friars Academy, N'Sport, England Netball, JM'sNetball Club</p>
<p>County Sports Award sponsorship.</p> <p>Sixteen nominations were shortlisted from the borough with 4receiving a first in their specific category.</p> <p>Both Wellingborough Norse and PfP Leisure provided sponsorship for individual award categories.</p> <p>NOTE: Locally organised by KBC, Schools are encouraged to nominate</p>	<p>N' Sport, PfP Leisure, Wellingborough Norse</p>
<p>Activity on Referral Scheme.</p> <p>A county wide scheme whereby GP's and Health Professionals can refer physically inactive people with a health condition onto a tailor-made exercise programme to assist and support them to make healthier lifestyle choices. Redwell Leisure Centre delivers the gym based scheme with the option of swimming at the Waendel Leisure Centre, from the 1st May Waendel Leisure Centre will deliver the scheme with Redwell continuing to deliver but at reduced hours.</p>	<p>GPs, PfP, N' Sport</p>
<p>School Games.</p> <p>Sponsored by Sainsbury's, the School Games are split into a three tier system involving intra school competitions at level 1,</p>	<p>Schools, N' Sport</p>

<p>inter district competitions at level 2 leading to representation at the county event at level 3. More than 1000 children took part in this competitive sporting programme during the Summer of 2014, supported by 100 young leaders who received both sport specific and generic training complete this process.</p> <p>NOTE: Hub school [Southfield] receive funding to organise and support for Kettering district schools. Change 4 Life, Inclusion / project ability, Workforce / leadership, and the least active, all come under the school games programme. As this receives government funding monitoring, evaluation and progress is reported on quarterly by Charlie Brewster on behalf of the hub school. 32 primary schools and 8 secondary schools in the Kettering district cohort.</p>	
<p>Wellingborough Community Sports Network.</p> <p>Increasing the provision of popular activities at local leisure facilities targeting specific sectors of the community; Develop a series of 'Get Back Into' & 'Beginner' programmes ensuring exit routes to high quality sustainable sports clubs and community / leisure centre opportunities; Build on and extend the Health Walk Programme, recruiting and training more walk leaders; Further develop jogging groups as part of the Jog Northants Programme including recruitment and training of more jog leaders; Run an annual Disability Sports Day at the Redwell Leisure Centre linking and promoting the IFI Site; Develop a programme of sports and physical activities targeting the</p> <p>50 plus age group (e.g. Fit as a Fiddle); Work with leisure facilities to provide access for BME groups and provide appropriate new ones; BCW workplace jogging group; BCW workplace yoga group; Develop local programmes to support the 'Get Sporty' project to develop player pathways for 8-25years.</p>	<p>PfP, N' Sport, Old</p> <p>Grammarians, BCW</p>
<p>Nordic Walking.</p> <p>Four week 'Learn to Nordic Walk' courses are being offered at a variety of locations across the county by qualified instructors.</p> <p>Easy to learn & suitable for all ages and fitness levels and once the correct technique is learnt, will burn up to twice as many calories as ordinary walking. Once competence, participants can join the regular Nordic Walking Groups that are led by trained volunteers.</p>	<p>N' Sport</p>
<p>Sportivate.</p> <p>This Lottery funded programme gives 11 – 25 year olds access to six – eight week courses in a range of sports. The scheme is aimed at those who don't take part in sport or have had limited participation in sport. At the end of each course sign-posting is given to allow longer term continuation. In Wellingborough 115 young people have been engaged with sport through the Sportivate programme with £7798 being secured to enable this to happen.</p>	<p>N' Sport</p> <p>Funding is trough Sport England with support from N'sport, applications can be made from clubs, schools SSP's etc</p>

<p>Wellingborough Old Grammarians Sports Assoc.</p> <p>A capital grant fund of £75k was successfully secured from the Football Foundation for the provision of nine 9-side pitches. An additional fund bid to Sport England secured a further £50k to develop a dedicated archery range at its Memorial Sports field. The new facility will host Wellingborough Open Archery Club.</p>	<p>Wellingborough Old Grammarians, Wellingborough Open Archery Club, Football Foundation</p>
<p>Innovative pilot schemes.</p> <p>Innovative schemes include walking football and latterly the ChangingMinds project which uses football as a tool for improving mental well-being in association with the mental health charity Mind.</p>	<p>N' Sport, Changing Minds, Mind</p>
<p>Wellingborough Town Rugby Football Club.</p> <p>Project to seek funding to replace existing main pitch floodlights with match standard ones and to install floodlights at the training ground. Funding secured from RFU Lead up and Legacy grant, Sport England Inspired Facilities and S106 monies.</p>	<p>N' Sport, WTRFC, RFU, SportEngland and S106</p>
<p>Irchester United.</p> <p>Securing of £100k funding for new changing facilities through the Football Foundation.</p>	<p>Irchester FC, Football Foundation</p>
<p>Hockey development.</p> <p>N' Sport has provided support to recruit more members to Wellingborough Hockey Club. The 'Summer of Hockey' programme has led to 12 new members and their 'Grow your Own' event saw 44 attendees of which 30 were juniors. Junior membership of the club is now 80+.</p>	<p>Wellingborough Hockey Club, N' Sport</p>
<p>Workplace Challenge.</p> <p>This is a national workplace programme for workplaces across England which aims to promote more active lifestyles and provide more innovative methods and incentives to stay active. Information on the Workplace Challenge has been sent out to businesses across the borough via the businesses rates newsletter.</p>	<p>N' Sport, BCW</p>

<p>Mandal Movers. Zumba session every Tuesday morning</p>	<p>Age UK, Pravasi Mandal</p>
<p>Jog Northants.</p> <p>This countywide programme aims to help beginners who are new to running or those who have not exercised in a long time. Each group is led by a qualified and insured leader who organises the meeting place, route and offer a supportive environment giving support and guidance to enable individuals to achieve their personal goals. Since April 2014, 308 new members have joined Jog Northants with 91 new members coming from Wellingborough.</p>	<p>N' Sport</p>
<p>Bikeability.</p> <p>Educational initiative to raise the awareness of children to safe cycling and understanding of road signage. Hosted at Manor school for Wellingborough and East Northamptonshire.</p> <p>NOTE: This is a Department of transport scheme; many Kettering schools access the programme. Deliverers can apply for funding via youth sport trust</p>	<p>N' Sport, Manor School</p>
<p>N' Sport Coaching Service.</p> <p>Northamptonshire Sport offers a range of services to both coaches and organisations using sports coaches.</p> <p>Coaching Northants provides high quality sports coaches to local organisations and schools in a wide variety of sports settings. Coaching currently delivers a range of curricular and extra-curricular activities in 28 Wellingborough Schools. In the last 12 months, 21 Coach Scholarships have been awarded to sports coaches either living or working in Wellingborough. Coach Scholarships are bursaries towards specific qualifications enabling up-skilling to provide the best possible experience to engage participants and then stretch understanding and performance levels.</p> <p>Sports benefitting from the offer include rhythmic gymnastics, archery, angling, cricket, wheelchair basketball, table tennis, football, rugby, hockey and netball.</p>	<p>N' Sport</p> <p>NOTE: Whilst a good service, not widely used in Kettering schools mainly due to cost and sustainability.</p>
<p>Nifty Fifty plus.</p> <p>Sessions held every Monday morning at Redwell Leisure Centre with activities including mini tennis, short mat bowls and badminton.</p>	<p>Age UK, PfP</p>
<p>Life skills.</p> <p>Lottery funding recently secured by Service Six to work across 3 local authority areas with young people from the most deprived areas to support the development of life skills.</p>	<p>Service Six</p>

<p>Children's play areas.</p> <p>When new play areas are developed these should be smokefree. Local participation and inclusion should be encouraged through poster competitions with local school children designing promotional posters.</p>	<p>BCW Planning, Housing & Community, Local schools</p>
<p>Top Hat Tea Dance.</p> <p>Held on the last Thursday in the month in Midland Road.</p>	<p>Age UK</p>
<p>School Nurse Intervention.</p> <p>School nurse teams work across Primary and Secondary schools providing a variety of services which include working closely with families and schools to ensure that the children and young people with health conditions are fully supported in the school environment; support school staff with the delivery of the PHSE curriculum; deliver school staff training on the administering of emergency medication to children that require it; provide drop-in sessions to secondary schools supporting young people with emotional health issues and discussing sexual health issues.</p>	<p>NHFT, Schools, NCC</p>
<p>Family Nurse Partnership. A small team of specialist nurses provide intensive intervention programmes to first time mothers under the age of 20 years old.</p> <p>They particularly target those in the 16/17 year age bracket and those leaving the care system. The programme, commencing before the 16th week of pregnancy and no later than the 28th week sees mothers supported for the first two years of the child's life before handing over responsibility to the health visitor.</p>	<p>NHFT, NCC</p>
<p>Stop Smoking Service. The Stop Smoking Service provides free clinics offering regular support and motivation from trained stop smoking advisors; medication advice is available on nicotine replacement therapy (NRT) and other stop smoking aids such as Champix and Zyban; self-referrals can be made to these clinics or you can be referred by your GP or nurse; stop smoking support is also available from your local pharmacy or GP practice; stop smoking support is also available to all pregnant women</p>	<p>NHFT, NCC</p>
<p>Diabetes service.</p> <p>Development into a multi-disciplinary service.</p>	<p>NHFT</p>
<p>PE 2020 Health Active Minds.</p> <p>Public health funded initiative over the next three years, the programme aims to improve the physical, social and emotional wellbeing of young people aged 11 to 18 across Northamptonshire, the focus of the PE2020 Active Healthy Minds programme is to use the way that PE and sport are taught to improve life skills such as creativity, aspiration, resilience and</p>	<p>NCC, YST</p>

<p>empathy and develop a culture of wellbeing across schools. The programme is co-ordinated by youth sport trust with secondary head teachers steering group and the appointment of a health champion in each secondary school following the initial pilot of 12 schools across the county.</p> <p>NOTE: Southfield are the lead trailblazer school for Kettering</p>	
<p>Gaps</p>	

Priority 3: Reducing Social Isolation					
Priority Measure	Data Source: Public Health Outcomes Framework – (http://www.phoutcomes.info/)	Kettering	RAG	England	Time period
Emergency Readmissions within 30 days of Discharge from Hospital (per 100,000)					
• Male		13.51		12.1	2011 - 2012
• Female		12.87		11.5	2011 - 2012
Health Related Quality of Life in Older People		0.732		0.726	2012 - 2013
Suicide Rate (per 100,000)					
• Male		-	N/A	13.8	2011 - 2013
• Female		-	N/A	4	2011 - 2013
Excess Winter Deaths					
• All Ages		12.2		17.4	2010 - 2013
• >85		23.5		24.1	2010 - 2013
Locality Activities / Projects / Joint Working Initiatives				Involved Organisations	
Walking Football Sessions in Desborough and Kettering aimed at those over 50 to stay engaged in physical activity to improve wellbeing and decrease isolation, particularly in males. Weekly sessions run focusing on low level activity, team building and confidence building. Attendees now meet socially outside of the sessions and won a regional tournament.				Kettering Borough Council	
Health Walks A programme of accredited walks part of the National 'Walking For Health' scheme throughout the Borough on different days. Jointly co-ordinated by Kettering Borough Council and Groundwork to develop a network of volunteers to run walks. Affordable refreshments are encouraged at the end of the walk and walkers meet up independently outside of the walk.				Kettering Borough Council Groundwork	

<p>Joint Working between Collaborative Care Teams and Fire Service Home Safety Team A working relationship allowing Referrals from the Fire Service Home Safety Team into the Health-Orientated Collaborative Care Teams and vice versa</p>	<p>Nene CCG, Fire Service</p>
<p>The Ark, Rockingham Road Baptist Church Community café aimed at providing very affordable food to people in need of food, support and companionship. An Accommodation Concern Laura Project worker is available at every session for advice and support.</p>	<p>Accommodation Concern, Rockingham Road Baptist Church</p>
<p>Gaps</p>	