

Appendix 2 Physical Activity for Older People Responses – Recommendations

	Recommendation	Lead & others to be involved	Timescale	Agreed/Partially Agreed/Not Agreed	Comments
1	That the findings/recommendations from the Physical Activity for Older People Scrutiny Review be considered in full as part of the 2017 refresh of Haringey's Physical Activity and Sport Framework.	Andrea Keeble	December 2017 Cabinet	Agreed	Both the Council's developing ambition/cross cutting theme for an 'Active and Healthy Haringey' and the new strategic direction by the government and Sport England ensures that there must be a greater focus on getting the inactive active. There are multiple benefits of this approach. Older people are the largest and most significant inactive group in Haringey.
2	That, in developing the design framework for Haringey's model for integrated health and care, the Assistant Director for Adult Social Services and the Director of Commissioning for Haringey CCG, be asked to ensure physical activity is included within all care pathways, with interventions available across the prevention pyramid (population, community, personal).	Jon Everson / Rachel Lissauer	Next steps on pathways: end of June; other efforts are ongoing	Agreed.	Haringey Council and CCG have recently developed a Design Framework for thinking about and developing integrated health and care in Haringey. Increasing healthy ageing through prevention is a critical part of the framework. The prevention pyramid that underpins this has three main areas for effort – services (e.g. including physical activity interventions in care pathways), community development (e.g. walking campaign led by voluntary sector) and healthy policy. The latter is a key way to enable and increase physical activity for a large number of older people, for example through regeneration opportunities and creating age-friendly environments by influencing the design of the built environment to increase walking, age-appropriate housing, transport policies and improving community safety.
3	That consideration be given to how the Fusion Annual Service Plan can be used to provide a wider range of activities for older people within the current leisure centre programme, including at New River Sport and Fitness.	Andrea Keeble & Fusion	Annually as part of service planning	Agreed.	Note that Fusion have recently launched additional Better with Age sessions at Park Road Pools and Fitness, New River Sport and Fitness & Broadwater Farm Community Centre

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4	That in addition to the concession/free access already provided, should an opportunity arise to renegotiate parts of the Leisure Centre contract, consideration should be given to using the subsidy to encourage more residents aged 50+ through the door.	Stephen McDonnell/Andrea Keeble/Fusion		Agreed – if an opportunity for renegotiation arises	Note any decision about contract renegotiation and the Council's negotiating position are subject to a separate decision making process which has not yet commenced
5	That the Better With Age programme (targeted at 50+) be provided: (i) more frequently at Tottenham Green Pools and Fitness and (ii) at other locations.	Andrea Keeble	Completed & reviewed annually as part of service planning	Agreed.	Note that Fusion have recently launched additional Better with Age sessions at Park Rd, New River & Broadwater Farm Community Centre. Tottenham Green's frequency is under review
6	That Fusion be asked to sign up to the Haringey Dementia Action Alliance.	Fusion	Imminent	Agreed.	Fusion are developing their pledges including more staff training in this area and dementia friendly sessions.
7	That consideration be given to how the Fusion Annual Service Plan can be used to facilitate inclusive activities, including those that support older people with learning and/or physical disabilities.	Andrea Keeble & Fusion	Annually as part of service planning	Agreed	Each year the Council in partnership with Fusion will analyse usage data for these groups and review current programmes and design new programmed inclusive activity to increase uptake. Annual targets will be set.
8	That: (a) A major publicity campaign led by the Council, in partnership with Fusion, be delivered once a year to raise awareness of the concessionary access, leisure provision and activities that are available for older residents. (b) The Communities, Leisure and	Andrea Keeble, Council Communications Team & Fusion	Annually as part of service planning.	a - Partially agreed.	a- Fusion is committed to various Open Days to raise awareness and promote the service to older people and people with disabilities While the overall direction of this recommendation is welcome the Council will assess this annually taking into account resources, council priorities and other national and local campaigns. For example there may be opportunities to combine campaigns which target older people more generally around their health.

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	<p>Partnerships Team review all Council communication material relating to activities for older people, including pages on the Council's website, to ensure information is up to date and clearly describes the activities available and where to go for further information.</p> <p>(c) Fusion be asked to review all their communication material relating to activities for older people, including pages on their website, to ensure information is up to date and clearly describes the activities available and where to go for further information.</p>			<p>b – Agreed</p> <p>c – Agreed</p>	<p>b- This is an ongoing piece of work which will receive more focus</p> <p>c– Note recent new publicity material for older people from Fusion.</p> <p>Wider than just advice, there is a need to, where possible, activate other levers available to the Council and partners; strategic, policy, organisational, etc to create a physical activity friendly environment.</p> <p>Regeneration opportunities to be exploited to make being active the easy choice through taking a 'Healthy Streets' approach to design, developing green grids, cycle ways etc.</p> <p>Behaviour change programmes utilised where funding is available to embed more positive attitudes towards being physically active.</p>
9	That the top line messages below be used by commissioners, policy makers and practitioners to ensure clear and simple advice is provided to older people (including frailer, older	Andrea Keeble Jeanelle de Gruchy & partners	Ongoing	Agreed	Currently the main leaflet material issued and updated regularly by Active Communities is distributed widely. This is called 'Free & Affordable Ways to be Active'. This leaflet is extremely popular and has this advice within it as well as details of 'free and affordable

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	<p>people) on physical activity:</p> <ul style="list-style-type: none"> ➤ Taking part in any amount of physical activity will provide some essential benefits to both physical and mental health ➤ Some physical activity is better than none! ➤ Everyone should limit and break up the amount of time spent being sedentary (sitting). ➤ Physical activity should be built up gradually. ➤ Physical activity should provide a sense of enjoyment and purpose. ➤ Physical activity is everyone's business and everyone benefits. 				<p>physical activity'</p> <p>Other outreach opportunities to be exploited to get these messages out.</p> <p>The 'One You' service have a significant role</p> <p>Wider than just advice there is a need to, where possible, activate other levers available to the Council and partners; strategic, policy, organisational, etc. to create a physical activity friendly environment.</p> <p>Regeneration opportunities to be exploited to make being active the easy choice through taking a 'Healthy Streets' approach to design, developing green grids, cycle ways, etc.</p> <p>Behaviour change programmes utilised where funding is available to embed more positive attitudes towards being physically active.</p>
10	That consideration be given to how the Active for Life programme could be incorporated into the wider Fusion contract which ends in 2032, once the Public Health contract for this provision, including GP Exercise	<p>Stephen McDonnell / Andrea Keeble / Jeanelle de Gruchy</p> <p>TBC</p>	March 2018	Partially Agreed	<p>Research being conducted currently into the efficacy of GP referral programmes in general and the local one specifically. Alternatives to GP Referral also being explored.</p> <p>Universal agreement that the Healthy Walks Programme is extremely beneficial.</p>

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	Referral and borough wide Health Walks, ends in 2018.				Note any decision about contract renegotiation and the Council's negotiating position are subject to a separate decision making process which has not yet commenced.
11	<p>That:</p> <p>(a) The Director of Commissioning for Haringey CCG be asked to ensure information about Haringey's Walking for Health Groups is displayed at all Health Centres and GP Surgeries.</p> <p>(b) The Community and Customer Relations Director for Homes for Haringey be asked to display information about Haringey's Walking for Health Groups on all Estate Notice Boards.</p> <p>(c) The Head of External Communications, Haringey Council, be asked to ensure information about Haringey's Walking for Health Groups is provided on notice boards across the borough, including at all libraries.</p> <p>(d) Fusion be asked to ensure information about Haringey's</p>	<p>CCG/Rachel Lissauer</p> <p>Chinyere Ugwu</p> <p>Communications</p>	<p>September 2017</p> <p>Ongoing</p>	<p>Agreed.</p> <p>Agreed</p> <p>Agreed</p>	<p>For: a, b, c, d and e</p> <p>Regular monitoring and reviews of communication material and its locations by Active Communities staff in liaison with Homes for Haringey, Communications, CCG, Fusion and Public Health</p> <p>Assessment of need for publicity material to be part of the monitoring regime</p> <p>Monitoring results to be reported back to the Haringey Active Network</p>

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	<p>Walking for Health Groups is displayed at all Leisure Centres across the borough.</p> <p>(e) The Director for Public Health be asked to work with Fusion to ensure information provided about Haringey's Walking for Health Groups, including online, is updated to include information on the duration, type and level (easy, medium, hard) of each walk.</p>	Andrea Keeble & Fusion	September 2017	d & e - Agreed	
12	That the Council and CCG consider the use of small grants (rather than commissioned contracts) and establish a small grant fund (possibly with collaboration with the wards budgets, overseen by the Bridge Renewal Trust) to support small scale local activity sessions for older people.	Andrea Keeble/CCG/Bridge Renewal	When funding becomes available	Partially Agreed – subject to funding	Source of such funding to be determined. Meanwhile Active Communities in liaison with Bridge Renewal will assist relevant groups to draw down funds from sources not available to the Council.
13	That, subject to funding being identified, the Council should support (a) the continuation of Silverfit within Lordship Rec and (b) the provision of another session e.g. in the Northumberland Park area. This support should include working with Silverfit to promote sessions across the local community.	Andrea Keeble	Ongoing at Lordship and target 2018 for Northumberland Park	Partially Agreed – subject to funding	A wider discussion is required among partners around the value of Silverfit and similar older people's programmes that utilise a combination of excellent social interaction and fun activities to improve physical activity and reduce social isolation. If the good value is agreed then ensuring that there is reliable source of funding for such programmes is important.
14	That the Council help to facilitate	Jasper South	March 2018	Agreed.	This is being taken forward through the implementation

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	opportunities for Homes for Haringey to meet with commissioners and providers of activities so that underused spaces in sheltered housing and elsewhere, such as underused lounges and tenants/community rooms in blocks, can be used productively for physical activities for older people.				of recommendations from the Supported Housing Review. Development of the Support and Wellbeing Hub service model for sheltered housing will deliver a step change in the level of social, physical and community activities for older people living in sheltered housing and in the wider community.
15	That the Council and Bridge Renewal Trust continue to work together to ensure information, concerning physical activity for older people obtained via the asset mapping exercise, is available, accessible and can be used by residents, carers, front line staff and care coordinators before the end of 2017.	Colin Bowen	Ongoing	Agreed	Initial mapping of services is complete and the external searchable directory will be available publicly during June 2017. Bridge is working strategically with the lead officer and key staff around the Council's digital offer to ensure that the directory and data are complementary to the Haricare and Family Information Service database; and relevant data sharing protocols are in place. Information shared by the Council on organisations identified as providing support for carers has been integrated into the initial mapping. Street by street mapping is being carried out across Haringey, to pick up new and emerging groups, commencing with Northumberland Park Ward. Bridge is in dialogue with Alzheimers UK to explore the potential to share data on dementia-friendly services provided by voluntary and community sector (VCS) organisations, to promote self-assessment toolkits for groups and incorporate this data into the mapping database. This will be an agenda item on the next VCS Health and Wellbeing Forum in October 2017.
16	That the Director for Public Health be asked to establish a sub group of the Haringey Active Network – the local	Andrea Keeble / Jeanelle de Gruchy	June 2017	Agreed	Important that an ongoing strategic oversight and focus is maintained in this area, thus there is an important role for this sub group of the Haringey Active Network

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	<p>Community Sport and Physical Activity Network (CSPAN) – to focus on Physical Activity for Older People. The sub group should:</p> <ul style="list-style-type: none"> - Have its own terms of reference and a membership representing the broad mix of organisations who are taking up the challenge of providing / commissioning physical activity for older adults across the borough. - Share information and resources and create a distinctive learning community of “like-minded people”. - Provide information on volunteer brokerage, including how to access funding, resources, and/or other opportunities. - Give consideration to the format of meetings (e.g. World Cafe methodology) to ensure effective networking across a broad mix of organisations 				<p>Both the Council’s developing ambition/cross cutting theme for an ‘Active and Healthy Haringey’ and the new strategic direction by the government and Sport England ensures that there must be a greater focus on getting the inactive active. There are multiple benefits of this approach.</p> <p>Older people are the largest and most significant inactive group in Haringey.</p>

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	(c) That (a) and (b) above be used to ensure feedback from staff is reviewed annually to ensure improvements can be made to Haringey's MECC training offer, including the e-learning tool, in view of experience.	Susan Oti	Annual	we want to focus on the right staff and do it well) Agreed.	individual or a team; MECC face-to-face training is a half-day course available to anyone working in a frontline role in Haringey; A more advanced Motivational Interviewing course is also available. Many workers across Council staff and the voluntary sector have already been trained being part of Council induction will embed the concept that it is everyone's responsibility to have MECC conversations. Embedding it in 'my conversation' process for key front line staff working with older people will advance workers skills in motivating change
18	That the " Care...about physical activity " resource pack be used by the Assistant Director of Commissioning to develop Haringey's Care Home Placement Agreement alongside the commissioning of services as part of the residential/nursing home contact, via DPS during 2017/18, to ensure: (a) Residents have physical activity choices documented in their care plans. (b) All staff understand the importance of daily physical activity and encourage residents at every opportunity to be more active in a way that meets their	Charlotte Pomery	Further discussions with the sector required	Partially Agreed	The overall thrust of this recommendation is agreed We would note that we need to liaise with the sector to discuss how best to implement effectively this very welcome recommendation. The AD Commissioning will liaise with the residential and nursing sector to determine how best to take forward the aim of this recommendation which is to promote physical activity in care homes.

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	<p>needs and choices with a clear purpose.</p> <p>(c) Participation in physical activity is valued and is a commitment for everyone who is part of the care home community such as relatives, staff, friends and others.</p> <p>(d) Management provides leadership and support to promote physical activity.</p> <p>(e) The environment facilitates an active lifestyle to take place by being appropriate for the needs and choices of the residents, staff and those in the care home community.</p> <p>(f) Training is available for staff to raise awareness of the benefits of physical activity and ways to enable residents to be active.</p> <p>(g) Connections can be made with accessible local services and organisations to provide specific advice, guidance and support to promote physical activity.</p> <p>(h) Care homes are aware of what local places and spaces are available to support people to be more active on a daily basis and makes use of the available</p>				

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	opportunities.				
19	That Healthwatch Haringey explore using enter and view powers to identify levels of commitment to promote physical activity among care homes in Haringey. Working with commissioners, a base line assessment should be completed during 2017 with a full inspection planned for 2018 once tools outlined in the "Care...about physical activity" resource pack have been introduced in Haringey.	Mike Wilson	Ongoing	Agreed.	Healthwatch will action the Care Homes Enter and View as requested but we have not developed a programme yet.
20	That progress in relation to promoting physical activity in care homes be monitored via the Adults Quality Assurance board.	Adults Quality Assurance Board Lead Head of Governance and Service improvement Helen Constantine	Quarterly to the ASS QAB	Agreed	A service action improvement plan is presented as a standing item to the Adults Quality Assurance Board (ASS QAB). There are also reports of provider monitoring from the Commissioning QA lead. Annual reviews are carried out for all recipients of Adult Social Care. Promoting physical activity in care homes will be incorporated in the action plan and reports from reviews and Commissioning can be monitored.
21	The Cabinet Member for Finance and Health be asked to write to the Care Quality Commission to recommend that enabling access to appropriate physical activity is recognised as part of the inspection process, within either the question is the service effective or is the service responsive?	Jeanelle de Gruchy	July 2017	Agreed	
22	That the Director of Commissioning for Haringey CCG be asked to	Rachel Lissauer	Ongoing	Agreed	The role of community support groups and commissioned activity for the provision of welcoming

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	<p>coordinate a meeting between NHS commissioners and the Homes from Hospital Team to ensure the following recommendations are taken forward:</p> <p>(a) That, as part of the Homes from Hospital assessment form, clients are offered opportunities to join a local group (to provide physical and social support.)</p> <p>To consider the role of the Home from Hospital team in escorting clients to this group.</p> <p>(b) That, on completion of the Home from Hospital service, information on the group/activity attended by the client should be provided to the client's GP. If the client is felt to need support in order to continue to access the group / activity the Locality Team will be notified so that they are able to follow up with the client.</p> <p>(c) That the Discharge Coordination Team at acute Trusts and the Reablement Team and the Locality Team should be fully aware of the Home from Hospital service and should have a clear</p>				<p>opportunities for physical activity and social contact is extremely important for the ongoing wellbeing of newly discharged patients.</p> <p>Continued CCG liaison with The Bridge Renewal Trust, Active Communities and Public Health to ensure that the community assets available to support this are well communicated to the various teams.</p> <p>Going forward, the co-production in terms of physical activity development opportunities, integration of opportunities into all care pathways and communication materials will ensure that residents leaving hospital are well aware of all the opportunities available and are assisted, where possible, in accessing them</p>

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	<p>view of the different ways that they can work together to support clients.</p> <p>CHINs should work with an awareness of the local group activities that are available to people within their geography. This may involve close working with the local area coordinator. Over time, CHINs should build up intelligence based on regular feedback so raise awareness of any strengths or problems with activities / groups.</p> <p>(d) The Bridge Renewal Trust should ensure information gleaned from their asset mapping exercise is made available to their Home from Hospital team, so they can refer clients to the most appropriate activity. This information should also be shared with the CHIN team.</p>	Colin Bowen	June 2017	Agreed	<p>The asset mapping includes information on activities that older people may self-refer or be referred to by a practitioner as social prescribing.</p> <p>This searchable database is live and searchable by the Home from Hospital Team.</p> <p>Bridge is currently embedding the use of this database further into this service along with the podiatry service which carries out social prescribing for older people accessing the service, within a safe and trusted environment.</p>
23	<p>That:</p> <p>(a) It be noted the Adults and Health Scrutiny Panel fully support the Council's application to Sport England for funding to help tackle inactivity in older people.</p>	<p>Andrea Keeble</p> <p>Haringey Active Network – Older People sub group</p>	1 – Local Delivery Pilot funding bid. Completed	Agreed – subject to funding	<p>(a & b) Note that the Council was not successful in achieving this funding</p> <p>b – when a source of funding is achieved we will welcome the involvement of Scrutiny Panel in the development of the Project</p> <p>C - Alternative funding streams are being sought to</p>

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	<p>(b) If the Council is successful in drawing down the Active Ageing funding, the Adults and Health Scrutiny Panel should be involved in the development of the project.</p> <p>(c) Given the importance of reducing older people's inactivity levels, even if the Council is not successful with its Expression of Interest it is recommended that aspects of Haringey's Active Aging Project be progressed, with alternative funding sought for delivery.</p>	<p>b & c – Exploring other funding sources for;</p> <ul style="list-style-type: none"> - Silverfit funding - Progressing the exercise classes for GP patients 	Ongoing		progress the project.