

# Health & Wellbeing Overview and Scrutiny Panel

Agenda  
Item:  
  
**A.2**

Meeting Date: 11<sup>th</sup> June 2020  
Portfolio: Health and Wellbeing  
Key Decision: N/A  
Within Policy and Budget Framework: Yes  
Public / Private: Public

Title: HEALTH AND WELLBEING SERVICE  
Report of: Deputy Chief Executive  
Report Number: CS06/20

**Purpose / Summary:** The purpose of this report is to update the Panel on the recently formed Health and Wellbeing Service in Community Services and to update the Panel on areas of work streams in sport and physical activity that the Health and Wellbeing Service is leading on.

**Recommendations:** The Panel is invited to make comments or suggestions that may assist officers in areas of the sport and physical activity that the team should focus on.

## Tracking

Executive:	
Scrutiny:	
Council:	

## **1. BACKGROUND**

- 1.1** Community Services undertook a restructure in 2019 in order to better align our services for delivering on the Health and Wellbeing Agenda. The Health and Wellbeing Service was set up to contribute to the delivery of the 2018 Carlisle Plan's two key goals – Economic Growth and Health and Wellbeing. These two interrelated, strategic goals are broken down into a range of corporate, service and partnership activities, projects and programmes which the Health and Wellbeing Service feeds into.

## **2. HEALTH AND WELLBEING TEAM STRUCTURE**

- 2.1** The Health and Wellbeing Service is split into four teams:

- The Healthy City Team
- The Grounds Maintenance Team
- The Destination Management Team
- The Bereavement Services Team

In addition, the Partnership Manager contributes to the Health and Wellbeing Agenda through the work with partnerships such as Cumbria County Council Public Health team and the World Health Organisation Healthy City Programme.

- 2.2** The work of the Healthy City Team is wide ranging and interlinked with the work of many other teams within the City Council and with external partners in improving the Health and Wellbeing of Carlisle District's communities. The work areas of the team are set out below:

- Encouraging physical activity, food growing, volunteering and participation opportunities
- Community Support and Engagement
- Developing and supporting the Arts and Cultural offer
- Leading and supporting events in the parks and open spaces
- Green Spaces and Allotment Site Management
- Capital Development projects (Sports, green spaces and play areas)

- 2.3** The team and colleagues will be bringing further reports to the panel to future meetings around Active Spaces (Play Areas, Outdoor Gyms etc.), Community Centres and the Healthy City Strategy.

- 2.4** This report focuses on the work of the Healthy City Team to improve the Health and Wellbeing of Carlisle City Council district's residents through encouraging physical activity, including participation in sport.

### **3. SPORT AND PHYSICAL ACTIVITY DEVELOPMENT**

- 3.1** The work areas set out below show how the team is trying to deliver improvements in the uptake of sport and physical activity. We would welcome feedback from the panel on these work areas and any other opportunities the team might explore to encourage the uptake of physical activity.
- 3.2** The Covid 19 crisis has created some barriers to participation, such as suspension of formal group sports, but it has also demonstrated how many people (both existing and new users) need, value and have been using their local green spaces, thereby gaining both physical exercise and mental wellbeing from access during the crisis. Our ability to keep our green spaces and allotments open has been a major benefit to residents, with their experiences providing opportunities for us to encourage even greater use in the future. As the implications of the crisis develop, we will want to maximise opportunities for local residents to participate in physical, including sport whilst overcoming the remaining barriers from social distancing.
- 3.3** The Healthy City Team has a wide range of work streams and initiatives that aim to encourage increased physical activity:
- Increasing Social Prescribing initiatives – such delivering and increasing the Health Walks programme in partnership with Active Cumbria. Working with the Integrated Care Communities in the District to deliver coordinated social prescribing opportunities.
  - Increasing volunteering opportunities via our own Monday Countryside Volunteer Group and working with 3<sup>rd</sup> sector partners such as Cumbria Wildlife Trust
  - Distribution of Sports Grants e.g. funding community sport development
  - Supporting sport development. E.g. Working with local Football, Tennis, cycling clubs
  - Park Runs – facilitating weekly events in Chances Park, Bitts Park and potentially Talkin Tarn
  - Allotments and Food City – providing opportunities for people to grow their own food through our work managing allotments and supporting the Food City partnership.

- Major and community sporting events – e.g. facilitating Cumbrian Run etc.

### 3.4 In addition to the above the team contribute to and deliver capital infrastructure projects

- Sands Centre capital development project
  - Major capital project to modernise the indoor leisure, swimming and event offer for Carlisle District.
- Cycling and walking infrastructure.
  - Developing and encouraging Cycling and Walking infrastructure on City Council land. E.g. creating better cycle links through Hammond's Pond, funded via Section 106 money. We are also currently supporting Cumbria County Council in their Covid 19 related improvements in Cycling and walking infrastructure and longer-term Local Cycling and walking Infrastructure Plan
- Active Spaces
  - Outdoor gyms.
    - E.g. recently opened Yewdale outdoor exercise area.
    - Upcoming projects – Hammond's Pond and Carlisle Drive
  - Play areas
    - Current projects - Carlisle Drive
    - Future projects – Tribune Drive, Houghton and Hammond's pond
  - BMX tracks
    - Upcoming project - Dale End Field BMX track
- Sports pitches provision in Carlisle district
  - Working with Cumberland FA and the Football Foundation to identify funding for a second site for 3G artificial pitches

### 3.5 Sport partnerships/contracts

- GLL
  - Leisure and recreation provision
  - Social prescribing opportunities
  - NHS muscular-skeletal centre
  - Community sport and physical activity development work in Carlisle and the wider district.
- Stony Holme Golf

#### **4. CONTRIBUTION TO THE CARLISLE PLAN PRIORITIES**

**4.1** The Healthy City Team as a whole, and their work on encouraging sport and physical activity in particular, makes a major contribution to the Carlisle Plan priorities:

- Health and wellbeing of residents
- Quality of our Local Environment
- Develop sport, arts and cultural facilities

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**1.**

**Note: in compliance with section 100d of the Local Government Act 1972 the report has been prepared in part from the following papers:**

- None

**CORPORATE IMPLICATIONS:**

**LEGAL –**

**PROPERTY SERVICES -**

**FINANCE –**

**EQUALITY –**

**INFORMATION GOVERNANCE –**