

COMMUNITY CARE PROTECTION GROUP PUBLIC QUESTIONS TO 8<sup>TH</sup> OCTOBER 2015 BROMLEY HEALTH AND WELLBEING BOARD FOR WRITTEN RESPONSE.

Questions were submitted by Ms Susan Sulis, Secretary, Community Care Protection Group.

Question 1

Context:

**PROGRESS ON THE 2015 JOINT STRATEGIC NEEDS ASSESSMENT: AGREEING IN-DEPTH AREAS FOR THE NEXT JSNA.**

Reports repeatedly identify poor health outcomes in Bromley wards which suffer deprivation, and *'the aim of the JSNA'* is to produce *'interventions that will achieve better outcomes and reduce inequalities'*.

**Specific Question:**

**(a)What are the 'interventions that will reduce inequalities'?**

**(b)Where do they appear in the JSNA and Health and Wellbeing Strategy?**

**ANSWER:**

The quote from the JSNA update paper in full is as follows:

*The aim of the JSNA is to deliver an understanding of the current and future health and wellbeing needs of the population over both the short term (three to five years), and the longer term future (five to ten years) to inform strategic planning commissioning services and interventions that will achieve better health and wellbeing outcomes and reduce inequalities.*

i.e. the JSNA informs the commissioning of interventions to improve health and reduce inequalities through highlighting the needs.

The definition of commissioning starts with identifying need – which is the role of the JSNA.

In the JSNA, the main causes of morbidity and mortality are described, together with the health needs of vulnerable populations, so that commissioners can identify which conditions need to be addressed with interventions.

## Question 2

Context:

### **OBESITY SUB-GROUP ACTION PLAN 2015/16: IDENTIFYING GAPS IN PROVISION**

*'65% of Bromley's population are either overweight or obese, which represents 205,820 adults', and '25.6% of Bromley's population do less than 30 minutes of activity per week'.*

**Specific Question:**

**What provision is there to enable people to maintain weight-loss by long-term medical referral exercise sessions or exercise support groups/clubs?**

ANSWER:

**Information on Exercise programmes available in Bromley are listed here; <http://bromley.mylifeportal.co.uk/exercise.aspx>**

I have detailed the specific exercise **referral programmes** currently available.

#### **1. Exercise referral programme – Called Fresh Start:**

This programme promotes physical activity as a treatment for existing medical conditions. A referral is received from a Healthcare Professional to refer sedentary patients with one or more existing medical conditions (specific medical conditions are included) to an exercise programme that promotes long term adherence to physical activity.

The aim of the programme is to prescribe the most appropriate exercise prescription for a patient's medical condition whilst maximising patient choice and motivation. The exercise specialist will assess the patient and refer them to the most appropriate exercise mode dependent on medical condition and preference.

The programme consists of 12 supervised sessions where a trained exercise specialist devises an individual exercise programme in the gym. There is a choice of morning, afternoon, and weekend sessions at the following venues:

- **The Walnuts Leisure Centre,**  
Lych Gate Road, Orpington, BR6 0TJ
- **The Spa at Beckenham,**  
Beckenham Road, Beckenham, BR3 4PF

#### **2. Health Walks**

There are 9 weekly walks available. Distances and locations vary to suit individual needs.

### **3. Cycling on Prescription**

Individual cycle training followed by led rides are available in the borough for people who have been referred by a health professional.

### **4. Primetime Active Life Scheme (aged 60+)**

A variety of exercise classes and sports activities are available for the over 60s. Anyone can take part, but GPs regularly recommend this programme. A timetable is available so the patient can choose the best activity at a time and day to suit their schedule. If they are aged 60+, they will be offered a subsidised rate for the activities they choose to take part in and can pay for the activities on a pay as you go basis, or they can have subsidised

### **5. Men's Active Lifestyle Club:**

This is a programme of activities specifically targeted at men aged 50+. Specifically designed classes and activities including golf tuition, gym sessions, circuit classes and water confidence sessions are available. The first 6 sessions of activity are free of charge and following these sessions they are offered discounted on-going activities.

### **6. MEND**

MEND supports children in Bromley who are above a healthy weight to become fitter and healthier and includes fun family activities, information and games to help lead healthier lives. Children have the opportunity to get more active with a variety of physical activities and games. There is also the opportunity to share tips and challenges about healthy eating for the whole family, with other parents in an open, supportive environment.

### **7. Pro-Active Bromley**

Pro-Active Bromley is the strategic sport and physical activity network for Bromley which provides a governance structure and actively promotes activities in the borough for children and young people, adults and older adults. View the strategic framework here; <https://sites.google.com/a/pro-activesouthlondon.org/pro-activebromley/about-us/our-strategy>

### **Support groups / clubs**

- **Outdoor gym facilities in Bromley (x 2) -** [http://www.bromley.gov.uk/info/200073/parks\\_and\\_open\\_spaces/788/outdoor\\_gyms](http://www.bromley.gov.uk/info/200073/parks_and_open_spaces/788/outdoor_gyms)
- **Green Gyms (x3) -** <http://www.tcv.org.uk/london/green-gym-london/bromley-green-gym>
- **Mytime Active** – have a range of activities / facilities and classes to support residents and families in Bromley. They also offer a community smalls grants scheme for community groups that want to start / fund their own activities.
- 'Door step' partnership activities hosted by Mytime Active which engage 16-25 years old in sport.
- There are a variety of other classes in Bromley – we sign post all partners to update the Get Active London database so anyone anytime can find local activities. <http://www.getactivelondon.com/>

- Cycling – New Bromley Cycling strategy ([http://www.bromley.gov.uk/downloads/download/688/cycling\\_strategy\\_draft](http://www.bromley.gov.uk/downloads/download/688/cycling_strategy_draft)) promotes;
  - New safer cycle routes and other infrastructure
  - Discounted/subsidised bicycles
  - Cycle parking provision – workplaces – residential – on street – at key locations e.g. Parks
  - Cycling programmes and initiatives.

Question 3a

Context:

**OBESITY SUB-GROUP ACTION PLAN 2015/16: HEALTHY WEIGHT INDICATORS MAPPING BY WARD.**

**This chart shows that the 5 most deprived wards have the greatest incidence of obesity. Bromley needs a strategy to address this.**

**Specific Question:**

**Will the HWB consider?**

**(a) how people suffering food poverty e.g. using foodbanks, can get access to fresh healthy food?**

ANSWER:

Bromley hosts two Foodbanks that mainly handout tinned fruit and vegetables and occasional fresh fruit and vegetables.

<http://bromley.mylifeportal.co.uk/search/searchresults.aspx?new=true&query=foodbanks>

Question 3b

Context:

**initiatives using ‘social prescribing’ for weight-loss and exercise sessions?**

ANSWER:

**Bromley Healthcare Live Well Assessments:**

This is a FREE lifestyle advice service for any adult living, working or studying in Bromley, or registered with a Bromley GP who falls outside the criteria for an NHS Health Check. The service is designed to be very easy to access; it focuses on residents who are less likely to visit primary care. It performs targeted

outreach assessments in the 5 wards experiencing the highest levels of deprivation in Bromley.

The Live Well assessment helps residents to understand how lifestyle, and the choices made, can affect health. The assessment helps residents to identify and monitor their own health and personal risk factors. It performs 8 checks highlighting areas where lifestyle changes could be made, giving the opportunity to discuss concerns, find information and where appropriate, be signposted to other specialist services to maintain good health such as weight loss initiatives (Weight Watchers and Slimming World are available on prescription in Bromley) and exercise sessions such as Fresh Start.