

# CABINET

## Sport & Physical Activity Alliance (SPAA) Project Development Updates

11<sup>th</sup> November 2008

### Report of Corporate Director (Regeneration)

PURPOSE OF REPORT			
To seek Cabinet's approval on two further projects being jointly developed following the adoption of the Sports and Physical Activity Strategy.			
Key Decision	X	Non-Key Decision	Referral from Cabinet Member
Date Included in Forward Plan	November 2008		
This report is public			

#### RECOMMENDATIONS OF COUNCILLOR JANE FLETCHER

- (1) That approval is given for Lancaster City Council's Cultural Services to act as the accountable body for £60,000 funding from the North Lancashire Primary Care Trust, in respect of the Cardiac Rehabilitation scheme.
- (2) That approval is given for Lancaster City Council's Cultural Services, to enter into a Community Use Agreement with Morecambe High School for the Community Activity Programme.
- (3) That approval is given for Lancaster City Council's Cultural Services (as part of the Sport and Physical Activity Alliance) to manage both the above schemes.
- (4) Subject to recommendations 1 to 3 above being approved, that the Head of Financial Services be authorised to update the General Fund Revenue Budget in 2008/09 to 2010/11.

#### 1.0 Introduction

- 1.1 In March 2008, Cabinet approved the adoption of a Sports and Physical Activity Strategy and Action Plan which drew in a total of £547,7000 (in cash or "in-kind") towards Lancaster's Sports and Physical Activity Action Plan. As part of the above Cabinet also approved the City Council to act as the accountable body for Sport England's and associated match funding of £337,500 - combined public/private

sector allocations (Minute 133 [07/08] refers). At the time of the original report in March 2008, reference was made to other potential match funding and highlighted a number of projects that would be delivered using such funding. Some of these projects are being delivered by the Council and others by our partners via Service Level Agreements with the Council, as part of the Sports and Physical Activity Alliance (SPAA)

- 1.2 In the original Cabinet report, as part of the Sport and Physical Activity Strategy and Action Plan, project briefs were highlighted, but did not include the full details of all potential projects. For example, at that time not all external funding opportunities had been confirmed e.g., via the Community Safety Partnership (CSP), or in the event that they were unsuccessful, alternative sources such as the PCT and/or schools. This report is a follow-up to the original Cabinet report as an update on further projects being jointly developed – specifically relating to the involvement of the North Lancashire PCT, and Morecambe High School.
- 1.3 The first such project is a Cardiac Rehabilitation Project, involving the North Lancashire PCT, and Cultural Services. In essence the above is an extension of an existing “Exercise Referral Scheme”, agreed between the North Lancashire PCT and Cultural Services, allowing Cardiac Rehabilitation referrals to be included in the scheme. The expansion of the scheme has been calculated and the additional costs of £60,000 over 3 years will be funded by the North Lancashire PCT. Subject to Cabinet’s recommendations, the above arrangements will be documented within a Service Level Agreement. Colleagues from Cultural Services have liaised with Financial Services regarding the proposals. A summary of the project is included in Paragraph 2 below.
- 1.4 A second project proposal, known as “Community Activity Programme” has also been developed via the SPAA between Cultural Services and Morecambe High School. There is no additional funding or budget implications to Lancaster City Council linked to the Morecambe High School Community Use Project. A summary of the project is included in Paragraph 2 below.

## **2.0 Proposed Details**

### **Project 1 – Cardiac Rehabilitation (Exercise Referral)**

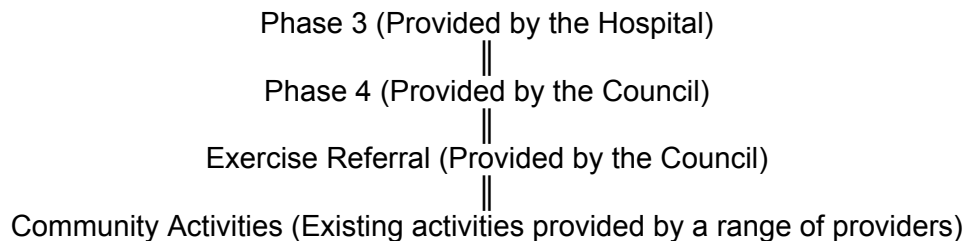
Cultural Services (utilising external financial resources secured from the North Lancashire PCT) would provide Cardiac Rehabilitation activity sessions based in local facilities for clients referred to the scheme by the local hospitals. As the name suggests clients referred to these sessions would be post cardiac patients and deemed to be suitable (by a qualified Doctor) for involvement in gentle exercise.

The “Active Health Team” (fixed term, externally funded posts within Cultural Services, as part of the overall £219,000 received from Sport England towards Lancaster’s SPA) will undertake phase 4 training over a 6-12 month period. They will then deliver the service as part of the overall Exercise Referral Scheme. Once trained weekly phase 4 sessions will be provided building up to 2-3 sessions per week. A session is for up to 2 hours per week for 10-weeks and will include gentle exercise and education elements looking at diet and nutrition etc. After 10 weeks, clients who are able can move onto the exercise referral scheme for a further 10 weeks and then onto community activities. It is anticipated that the scheme will yield an output of 34 hours per week Cardiac Rehabilitation. In discussion with the PCT clients can remain at Phase 4 or in the Exercise Referral Scheme for a further period of time before moving on, should this be necessary. The additional financing

requirement of Cardiac Rehabilitation Phase 4 project will be profiled across three years 2008/09 to 2010/11 and is provided by the PCT to the value of £60,000.

At all stages clients will be regularly monitored and assessed.

The following is a chart showing the Referral Process:



### **Project 2 Community Activity Programme - Morecambe High School – Community Use Project.**

Cultural Services would have access to the following facilities e.g. 3 court sports hall and changing rooms, football pitch x 1, multi use games area (5 aside, netball, basketball and tennis) x 2 and a car park.

Cultural Services would be responsible for promoting and taking bookings from local clubs and groups. The sports facilities would be under the Council's control from 6pm- 9pm Monday – Friday and from 8am – 9pm Saturday and Sunday, but only when in use.

Cultural Services would provide the staff to open and set up the facility ready for use and remain on-site whilst the activity took place, ensuring that the facility is left clean, tidy and locked, after use.

Cultural Services would also provide staffed activities/sessions in order to increase participation in sport and physical activity e.g. holiday activities for young people, diversionary/positive activities for young people and other sessions/activities for adults and families.

One of our main aims would be to establish new community clubs run by volunteers, trained by us. Where we have bookings we would look to run other sessions/activities at the same time as we would have staff on-site.

All the above would be included in a Service Level Agreement/Community Use Agreement between Cultural Services and Morecambe High School.

### **3.0 Consultation**

A number of meetings have taken place between Cultural Services, the PCT and Morecambe High School. This report represents two agreed projects.

### **4.0 Options and Options Analysis (including risk assessment)**

**Options regarding the Cardiac Rehabilitation Project:**

<b>Option</b>	<b>Advantages</b>	<b>Disadvantages</b>	<b>Risks</b>
1, Accept the responsibility to act as accountable body and deliver the Cardiac Phase 4 Project	<p>Structure and process (externally funded) to deliver this is already in place, no further resources required from the Council.</p> <p>Lead the district in developing new methods and opportunities for increasing participation in sport &amp; physical activity by those most in need</p> <p>Contribute to the health agenda which could lead to further substantial investment by the PCT</p> <p>Contribute to LAA targets</p>	Additional work for the Active Health Team	Targets are linked to this funding, possible claw back if targets not met
2, Not accepting this funding	<p>No additional targets or responsibility for additional funding</p> <p>No additional work for the Active Health Team</p>	<p>Loss of additional funding</p> <p>Needs of the most in need not met</p> <p>Possibility that this could lead to loss of further investment from the PCT</p> <p>Loss of opportunity to contribute to the LAA targets</p>	Damage to reputation with funders, partners and the community

**Options regarding the Morecambe High School Community Use Agreement:**

<b>Option</b>	<b>Advantages</b>	<b>Disadvantages</b>	<b>Risks</b>
3, Enter into the agreement	Provides additional opportunities for people to participate in sport and physical activities and improve their health and wellbeing	Possible increase in insurance claims	Conflicting priorities – Council unable to allocate sufficient resources to support this work, without cutting other service areas. (this would be

	<p>Address the sport &amp; physical activity needs of children, young people and adults in Lancaster District, specifically the community of Poulton</p> <p>Funding is in place to deliver this project</p> <p>Provides training opportunities for young people and adults</p>		<p>managed internally by Cultural Services</p> <p>Unsuccessful implementation – failure to meet objectives</p>
4, Not entering into the agreement	<p>No resources required to oversee the project</p> <p>No increase in insurance claims</p>	<p>Lose of some of the (£30,000) Sport England Community Investment Fund allocation and a further substantial amount of match funding (£30,000)</p> <p>Loss of opportunity to increase participation in sport and physical activity and improve the health and wellbeing of our community</p> <p>Loss of training opportunities for young people and adults</p>	<p>Not being able to achieve the targets set out in the agreement with Sports England, leading to possible claw back of funding</p> <p>Damage to reputation with funders, partners and the community</p>

## 5.0 Officer Preferred Option (and comments)

5.1 Options 1 and 3 are the preferred options.

This would allow the Council to access additional funding £60,000 from the PCT to deliver a new scheme aimed at a hard to reach group (patients involved in cardiac rehabilitation) and contribute to improving and maintaining their health. This will also contribute to meeting LAA targets around tackling obesity.

This would also allow the Council to provide much needed community facilities in an area of deprivation that will lead to improvements in people's health and contribute to a reduction in crime and the fear of crime.

## 6.0 Conclusion

- 6.1 Opportunities for children, young people and adults to participate in good quality, accessible and affordable sports & physical activities are essential to their health and wellbeing. They provide enriching experiences that can help with a range of issues including contributing to addressing adult and childhood obesity, tackling anti social behaviour and juvenile nuisance and developing community cohesion.
- 6.2 An opportunity has been presented to Cultural Services that will allow the service to look at new methods of supporting and developing sport and physical activities. Providing opportunities for people to participate in sport and physical activities always feature highly within communities, for children, young people and adults. These projects will enable new approaches that will lead to an increase in regular participation in sports and physical activities, in particular for hard to reach groups and individuals.

### **RELATIONSHIP TO POLICY FRAMEWORK**

These Sports & Physical Activity projects will contribute to the following;

**Corporate plan;**

**Priorities;**

Ensuring cost effective services that give good value for money

Provide customer focused, accessible services

Make our district a cleaner and healthier place

Contribute to a safer society

Lead the regeneration of our District

Support sustainable communities and action on climate change

Give local communities more influence and involvement in the way their services are delivered and decisions that affect them are made

**Community Strategy;**

Vision 1 Meeting essential needs

Vision 2 Taking part

Vision 6 Fun, leisure and creativity

### **CONCLUSION OF IMPACT ASSESSMENT**

**(including Diversity, Human Rights, Community Safety, Sustainability and Rural Proofing)**

The key impact areas are sustainability and personnel;

**Sustainability;** The funding for the sport & physical activity projects is for a set period of 3 years. Sustainability has been addressed through the development of the projects by choosing projects that involve existing local partners and providers.

**Personnel;** The sports and physical activity projects will require a number of members of staff to deliver the programmes. This will be funded through the Sport England allocation with match funding from the council and other partner as highlighted in both this report and the original cabinet report.

**FINANCIAL IMPLICATIONS**

There is no additional funding required from Lancaster City Council. The additional financing requirement of Cardiac Rehabilitation Phase 4 project will be profiled across three years 2008/09 to 2010/11 and is provided by the PCT to the value of £60,000

This will form part of a revised SLA of £240,000 which includes the existing agreed funding of £180,000 and the additional £60,000 detailed in this report.

There is no additional funding or budget implications linked to the Morecambe High School Community Use Project, other than those agreed following the original cabinet report.

**SECTION 151 OFFICER'S COMMENTS**

The Deputy Section 151 Officer has been consulted and has no further comments.

**LEGAL IMPLICATIONS**

Legal Services have been consulted and have not further comments to add to the report.

**MONITORING OFFICER'S COMMENTS**

The Monitoring Officer has been consulted and has no further comments.

**BACKGROUND PAPERS**

**Contact Officer:** Richard Hammond  
**Telephone:** 01524 582638  
**E-mail:** rhammond@lancaster.gov.uk  
**Ref:**