

CHALLENGE: Ensuring Peoples Older Years are Happy and Healthy



2009/14
CHAMPION:
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LEAD WORKING
GROUP
Health & Wellbeing

OUTCOMES:	OBJECTIVES:	ACTIONS:	LEAD:	RESOURCES:	TIMESCALE:	INDICATORS:	BASELINE / TARGETS:
Increased adult participation in sport and physical activities	To enhance access to and promotion of locally accessible physical activities to improve health and reduce obesity <i>(links with Supporting Future Generations actions)</i>	Deliver at least 2 new initiatives to encourage more active and healthier lifestyles including:					
		High Peak Active for Life programme targeted at the over 45s	HPBC, Derbyshire County PCT, NHS Tameside & Glossop	CIF, Derbyshire County PCT, NHS Tameside & Glossop, HP School Sports Partnership	April 2009 - March 2010	No. of people benefiting	120 people benefitting by March 2010
		Free swimming for people aged 60 and over across the LSP area	DDDC, HPBC	DDDC, HPBC	April 2009 - March 2011	Adult participation in sport and active recreation (NI 8*)	Increase adult participation levels by 1% annually and retain higher than Derbyshire average (Baseline: LSP average 23.1%, Derbyshire 21.1%) (Sport Eng APS 05/06)
		Further develop existing projects to improve health:				Healthy life expectancy at age 65	X% increase in healthy life expectancy (Baseline: tbc) (Place Survey 2008) (Figs tbc)
		Extend the Walking 4 Health programme increasing the number of participants	DDDC, HPBC	DDDC, HPBC	April 2009 - March 2010	% increase in participants	3.9% increase in participants by March 2010 (need HPBC fig)
		Increase referrals to the Gold Standard Active Health Referral scheme across the LSP area	Derbyshire PCT (Jackie Wagstaffe)	DDDC, HPBC	April 2009 - March 2010	No. of people enrolled	435 in the Derbyshire Dales / 175 in High Peak
		Commence construction of the new Central Area Leisure Centre, Matlock by March 2010	DDDC	DDDC, emda, DDEP, Sport England, MARS	April 2009 - March 2010	No. of centres developed / refurbished	3 leisure centres under development / refurbished by March 2010
Complete refurbishment of the health and fitness facilities at New Mills, Glossop and Buxton (phase 1) Leisure Centres		HPBC	HPBC	April 2009 - March 2010			

			Increasing the number of volunteer-led Walking your Way to Health schemes	Natural England	Natural England	July 2009 – July 2012	% increase in participants in Walking your Way to Health programme	10 % increase from 08/09 figures
<p>LAA BLOCK(s): Safer Communities, Health & Wellbeing, Culture, Sustainable Communities.</p> <p>CONTACT: Lesley Stevens Tel: 0845 1297777</p>	<p>Improved access to local health services, activities and information</p> <p>(links with Affordable, Decent Housing action)</p> <p>To promote the development of local groups</p>	<p>To increase the availability of and improve access to health advice, information and support at local venues and events</p>	<p>To work with organisers of appropriate community events to publicise local activities and volunteering opportunities</p>	Derbyshire County PCT	HPBC	Ongoing to March 2014	No. of community events attended by LSP partners	2 community events attended p.a.
			<p>Administer the "Choosing Health" funding to support local projects to improve health</p>	Derbyshire County PCT (Julie Hirst)	Derbyshire County PCT Choosing Health fund	July 2010 - July 2014	No. of community projects supported	10 community projects supported p.a.
			<p>Develop financial and health advice packs for distribution through village halls to include: benefits, money management and wellbeing information ie. housing, alcohol, smoking, diet, exercise, abuse etc.</p>	Derbyshire County PCT / DDDC	Part funding from 2nd Homes Council tax funding, Other tbc	Oct 2009 - March 2011		
			<p>Publish and publicise a directory of local venues providing training, recreation and information sharing to assist local club development</p>	DRCC	Partners in-kind	Oct 2009 - March 2010	No. of new information guides	2 new information guides (new directory / advice packs) by March 2010
			<p>See also Supporting Future Generations actions to be led by Health & Wellbeing Group</p>				* = LAA indicator	



Community consultation identified that local groups are a vital lifeline to combat isolation and loneliness, as well as providing opportunities for social recreation and learning



Sustainability Appraisal = Moderate Positive Impact

Issues to consider:

- * Potential for further actions to support environmental objectives e.g. Green Volunteering schemes
- * Need to undertake transport appraisals and sensitive landscaping using appropriate materials / methods as part of new leisure developments