 Executive – 10th October 2012		Agenda Item No. 10
Title	Match funding for health initiatives	
For further information about this report please contact	Richard Hall Head of Environmental Services 01926-456700 richard.hall@warwickdc.gov.uk	
Wards of the District directly affected	All	
Is the report private and confidential and not for publication by virtue of a paragraph of schedule 12A of the Local Government Act 1972, following the Local Government (Access to Information) (Variation) Order 2006?	No	
Date and meeting when issue was last considered and relevant minute number	n/a	
Background Papers	None	

Contrary to the policy framework:	No
Contrary to the budgetary framework:	No
Key Decision?	No
Included within the Forward Plan? (If yes include reference number)	No
Equality & Sustainability Impact Assessment Undertaken	No
Equality and Sustainability are assessed with individual project proposals.	

Officer/Councillor Approval		
Officer Approval	Date	Name
Deputy Chief Executive	14.9.12	Bill Hunt
Head of Service		
CMT	14.9.12	Chris Elliott
Section 151 Officer	14.9.12	Mike Snow
Monitoring Officer		Andy Jones
Finance	14.9.12	Mike Snow
Portfolio Holder(s)	14.9.12	Cllr. Coker
Consultation & Community Engagement		
Final Decision?		Yes
Suggested next steps (if not final decision please set out below)		

1. **SUMMARY**

- 1.1 This report requests approval to match-fund monies being made available by Warwickshire Public Health, for use on local health initiatives within the district, from the contingency budget.
- 1.2 A similar amount was agreed last year and various projects successfully reached their conclusion.

2. **RECOMMENDATION**

- 2.1 To approve funding of £10,000, taken from the contingency budget.

3. **REASONS FOR THE RECOMMENDATION**

- 3.1 The arrangements for transferring Health & Wellbeing to Local Government are now well advanced. Partnerships have developed and we are working with the new Public Health set up at county level. The commitment of a similar amount of money last year was seen to be a success by the District Health Improvement and Wellbeing Group. A report on last year's projects is attached in the Appendix 1. Appendix 2 refers to projects selected for this year.
- 3.2 Public Health at the county agreed to commit a similar amount this year. This underpins the new approach we are taking to ensure that health and wellbeing outcomes, within our Fit for the Future, are effectively delivered through partnership working.

4. **POLICY FRAMEWORK**

- 4.1 Making funding available for health & wellbeing is consistent with the Fit for the Future approach. We can directly address the health needs of the local community based on evidence from health profiling of the district and an understanding of local demographics. It makes us better able to influence issues such as an ageing population and health inequalities which are important in delivering our vision of '*Warwick – a great place to live, work and visit*'. Within our Sustainable Community Strategy, 'Health and Wellbeing' is one of the four main themes. Childhood obesity, alcohol misuse and housing and health will become three priorities and be delivered through the Integrated Delivery Plan.

5. **BUDGETARY FRAMEWORK**

- 5.1 The current contingency budget stands at £235,000. The amount being requested is £10,000, to match fund the contribution from the county.
- 5.2 The money would go towards specific projects on a one-off basis. The delivery of the plan and expenditure against budget is to be monitored through the Health Improvement and Wellbeing (HiWeb) partnership group which is accountable to WPEG.

6. **ALTERNATIVE OPTION(S) CONSIDERED**

- 6.1 If the match funding is not agreed the opportunity of the £10,000 contribution from the PCT would be lost, as this would be diverted to other areas.

APPENDIX 1



Warwick HIWEB Annual Progress Report

2011/12

Delivered in Partnership with Public Health, NHS
Warwickshire and Warwick District Council

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1.1 Introduction

In 2011 Public Health and Warwick District Council agreed to jointly work together in revising the HIWEB Group and Action Plan. A significant amount of work has been invested into focussing on the issues of high priority within the district and thought was given to how these issues could be tackled through the added value of partnership working.

Evidence on local issues was examined and priorities were identified and incorporated into a revised Action Plan. The scope of the partnership action plan included working to improve health by supporting, improving and where necessary expanding existing community services. The aim of the action plan was not to include backfilling for services that had been lost through budget cuts or where there is likely to be a recurrent expenditure commitment. Where possible the actions specified were targeted at the communities in the greatest need of support.

1.2 HIWEB Membership

HIWEB membership has remained fairly consistent throughout the past year with regular representation from the community and voluntary sector, district and borough officers, NHS Warwickshire and Public Health, Warwickshire County Council and the Police. Whilst representation during meetings has not always been high in numbers, there are a huge amount of partners and colleagues who have been engaged with and contributed to the successful delivery of the HIWEB agenda over the last 12 months.

There is an increased feeling amongst partners that this years HIWEB has worked effectively and added value to the achievement of local priorities.

1.3 HIWEB Action Plan Achievements

The top priorities focused on within the HIWEB Action Plan included alcohol, obesity, housing and health. The summary below provides detail of achievements to date against specific actions:

- Carry out an expression of interest exercise to distribute £12k of HIWEB budget to local organisations to carry out activities to increase physical activity and improve healthy eating.

Successfully jointly commissioned the expansion of the South Warwickshire Local Food Coop, Focus on Fitness delivered by Warwickshire Association of Youth Clubs and Westgate Primary School Kitchen Project (individual evaluation detailed below).

- Publish WDC Get Active 2011/12 with health advice specifically to improve physical activity and eat more healthily.

Public Health and WDC officers worked collaboratively to incorporate health focused messages around the main public health priorities including; alcohol, obesity, smoking, cancer and screening, sexual health and mental health and wellbeing. The results of which will be published in the Get Active in the early summer to coincide with the Olympic Torch relay.

- Develop the role of NHS/public health with regard to alcohol licensing taking into consideration the amendments to the licensing act requiring health to be a statutorily consulted.

Public Health has now become a statutory consultee in relation to licensing decisions and works in close liaison with the Licensing team at WDC. Further discussions are taking place with licensing colleagues around creating a standard protocol of how Public Health should be responding to licensing applications.

- Deliver the Going Out, Stay Safe alcohol awareness campaign in Warwick specifically targeting and working with under-18s and students.

A steering and planning group has been established, consisting of members from: WDC Community Safety/Licensing teams, Warwickshire Police, Public Health, Warwickshire Fire and Rescue, DAAT, St John's Ambulance to set action plan and aims/objectives for the Going Out Staying Safe campaign. A questionnaire was developed by DAAT, Police and Public Health to gain information about GOSS behaviour within the 18-30 age group. On the evening of December 3rd with a multi agency task force based on Warwick Street, 350 questionnaires completed and returned. The data was analysed and a draft report produced. As a result of the conclusions from this event, it has been agreed that Mini Operations – Mini Opps will take place

on a regular basis within Leamington involving a range of partners in an attempt to maintain the profile and impact of the Going Out Staying Safe campaign.

- Work with Warwick Hospital Alcohol Liaison Service and A&E to identify people admitted with alcohol related conditions to help identify problem licensed premises and inform planning of services.

Agreement has been obtained from A&E to record details of patients attending A&E with alcohol excess or injuries. Whilst the A&E department are in agreement and support of this agenda, the capacity for them to action this at present is somewhat limited. Liaison between Public Health and the A&E Department continue.

- Promote weight bearing exercise in residential homes and older council tenants in sheltered accommodation to help reduce falls.

Successfully jointly commissioned the Stepping Away from Falls project, details summarised below.

- Systematically ask housing tenants about smoking habits and offer brief advice and referral to Stop Smoking Services.

The smoking cessation team had already trained WDC housing officers in Smoking Cessation, however to date, no referrals have been received. Public Health are about to commence a pilot with WDC housing officers around Making Every Contact Count which will work towards reinforcing the smoking message already given during the training.

- Work with social housing tenants with excessive alcohol consumption to help them to reduce their alcohol intake.

Excessive alcohol consumption messages will also be incorporated into the MECC pilot. Public Health will be working with WDC housing officers on identifying potential issues and signposting appropriately to services supporting people with dependencies on alcohol.

- Promote the uptake of Healthy Start food vouchers and vitamins to eligible council housing tenants (pregnant women and families with children aged less than 4 years).

An article was written and included in the Home News quarterly magazine which is distributed to approximately 4,000 householders within the district promoting the voucher scheme. Healthy Start leaflets are now included in all new tenant starter packs and the Financial Inclusion Officer is working jointly with the NHS to identify any eligible women and supporting them to fill in the application form if required.

1.4 Healthy Warwick and Falls Reduction Grants

The Healthy Warwick and Falls Reduction were jointly funded, non recurring grants between Public Health, NHS Warwickshire and Warwick District Council and have been used to fund community and voluntary sector organisations to carry out activities to:

- Increase physical activity and improve healthy eating with children and their families.

OR

- Promote weight bearing exercise in residential homes and older council tenants in sheltered accommodation to help reduce falls.

The fund has been specifically aimed at community and voluntary organisations and town/parish councils in Warwick District.

Using the Healthy Warwick Grant, Public Health, NHS Warwickshire and Warwick District Council funded three separate projects that prioritised the following:

- Activities that build skills for children and parents around healthy eating and exercise.
- Activities based on a behaviour change model.
- Targeted to Warwick West, Brunswick and/or Crown wards.
- Activities that build or expand established schemes or build capacity for the future.
- Activities that are sustainable and **will not require recurrent funding**.

- Provided by a community, voluntary or charitable organisation.
- Activities able to provide either cash match funding or in kind contributions, e.g. volunteer time.

Using the Falls Reduction Grant, Public Health, NHS Warwickshire and Warwick District Council agreed funding for a single project up to the value of £4,000 to target and prioritise:

- Weight bearing exercise programmes based around stability training for older people.
- In more deprived wards.
- In larger homes or sheltered accommodation.
- Activities build or expand established schemes or build capacity for the future.
- Activities that train staff to deliver weight bearing exercise themselves.
- Activities that **do not require recurrent funding**.
- Provided by a community, voluntary or charitable organisation.
- Activities able to provide either cash match funding or in kind contributions, e.g. volunteer time.

1.5 Successful Projects

1.5.1 *Stepping Away from Falls – Age UK/Better Later Life*

This project works across Warwick District but also targets larger care and sheltered homes with Clarendon, Warwick North and Stoneleigh wards being priority areas.

There are a range of activities provided by the project to provide impact and sustainability which will incur the use of varied care and sheltered home venues and the use of Age UK training facilities.

Raising Awareness

An awareness raising campaign was targeted at clients with lifelines in the priority wards to focus on the benefits of weight bearing exercises and how these can be integrated into daily living tasks for on-going benefit. There were three events, one in each of the priority wards. Each event which comprised of a short information session on the benefits of weight bearing exercise and how it can help prevent falls, which was provided by a local healthcare professional. This was followed up by an interactive demonstration by Better Later Life which showed people how they can maintain a routine themselves on a daily basis.

The sessions were advertised through some intensive publicity with over 100 leaflets delivered to residents in the priority wards. Various care homes, church halls, community centres, GP surgeries and newspapers supported the promotion of these sessions

- § Clarendon Ward - In all, 39 people attended Chandos Court from as far away as Southam. 10 attendees were residents of Chandos Court, with a further 4 coming from Kinmond Court in Kenilworth Street.
- § Stoneleigh Ward - 9 People attended at Stoneleigh and 2 people requested information because they were unable to attend.
- § Warwick North (GAP) - 6 people attended at The Gap (including 2 Falls Prevention experts from The Rehab hospital).

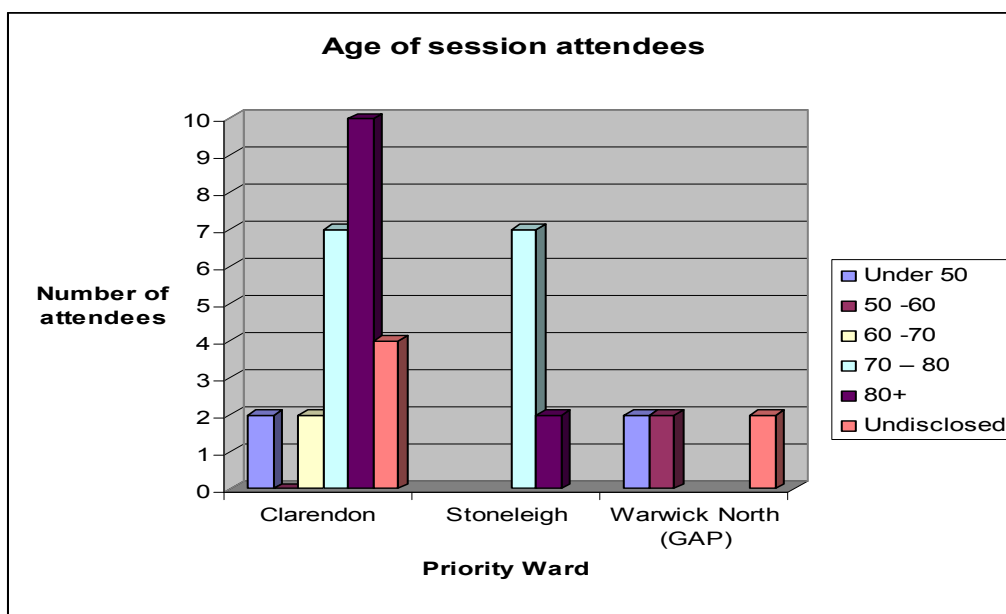
It is clear that door-dropping worked well in both Stoneleigh and Clarendon, however, the areas were smaller and it was much easier to target the right people. The local PCSO in North Warwick was away on three week annual leave otherwise; their support would have been enlisted to help with targeted promotion.

In addition, the Gap already hosts an 'Extend' class which provides gentle exercise to music for the over 60's, and this also touches on how to prevent falls. Therefore, people in the Warwick

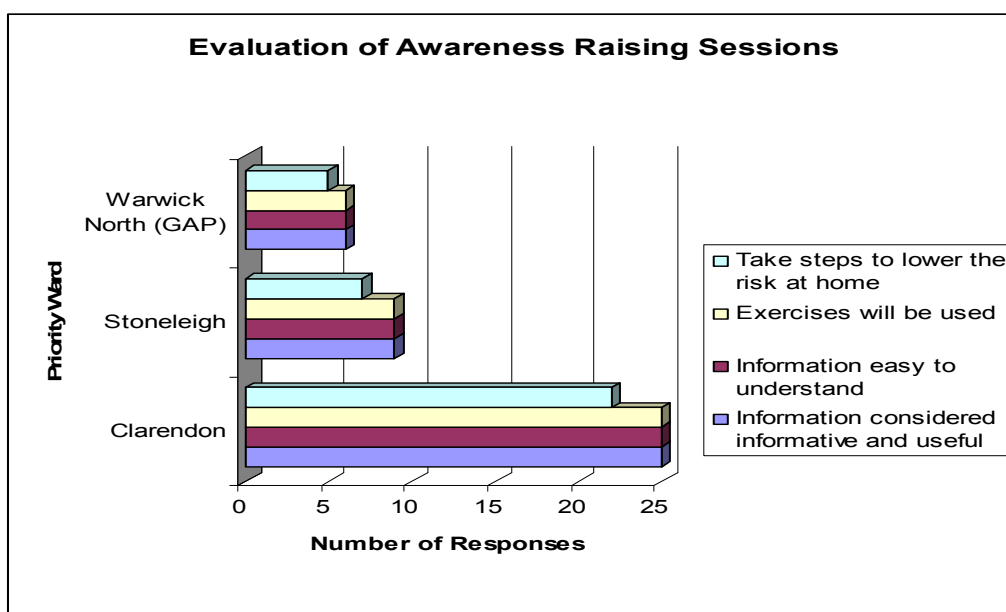
North area interested in this subject matter, would probably feel their needs were already being met.

In conclusion, despite not undertaking door-dropping exercise in Warwick North, it was still felt that the area was already meeting the needs of older people in terms of providing services and information to help them prevent falls. Stoneleigh and Clarendon Wards do not have the same local facilities available to the client group; therefore the attendance figures reflected this.

In total, 54 people attended the sessions held in all three priority wards. Out of these 54 people, 74% (40) returned an evaluation questionnaire sharing their thoughts on the sessions.



Clarendon was the most well attended session with 39 participants (25 of which returned evaluation forms). Out of the participants who returned an evaluation form, 10 were aged over 80 plus. Warwick North was less well attended, but this could be down to the existing provision in the locality.



When participants were asked their views around the sessions, 100% (40) of the total participants stated that; the information was informative and useful, the information was easy to understand and that the exercises will be used in the future. 84% (34) of participants said that they would take steps to lower any risk at home of falling.

The analysis shows that the sessions were well received by those who attended. The comments indicate that there are still opportunities to raise awareness on the benefits of exercise and such sessions do motivate the less active to do some exercise.

'Enthusied to do exercises and will encourage husband to do as well'

'Shall endeavour to try to exercise regularly many thanks'

'Most helpful I will tell my friends'

'I am here as a support worker but found it really useful and informative'

'I can see how exercises can help'

'Came with doubts but thought the session invaluable thanks!'

Training Care Staff and volunteers

A training programme comprising of two half days was provided for care staff and volunteers from the PAL project where volunteers go into residential homes in Warwick district to provide activities. The training introduced the value of working with clients using the Otego exercise programme for falls prevention which adopts a weight bearing approach. Following the training each delegate had a one to one coaching session in their workplace to embed the activities in their own context and ensure sustainability of the programme.

Participants found the following elements of the training most useful;

- § Learning to do the exercises correctly
- § Learning to assess each person as to what they can do.
- § Taking care over neck movements
- § Strength exercise and progression is effective in reducing falls
- § Appropriate exercises to do and which to avoid with clients
- § The possibility of developing progression
- § All the information provided at the session was important.

Tai Chi for falls prevention Early Dementia Group

Sheltered Housing residents with lifelines who are in the early stages of dementia will be targeted to participate in a gentle tai chi for health exercise programme with a falls prevention focus over a period of twelve weeks. They will be monitored for their emotional and physical wellbeing progress during this period. The clients will be supported to do the programme individually to sustain progress as long as possible with a two month follow up survey and if viable continue as a self- financing group, The evaluation of the pilot will be evidence based for the effectiveness of implementing this type of programme. This aspect of the project was delivered in late April and the results of which are yet to be submitted.

1.5.2 Focus on Fitness

The Focus on Fitness Project has delivered a holistic programme with an overall aim of improving the health and wellbeing of young people between 11 and 18 years who live in or near the Brunswick Ward, Leamington Spa. The project recruited a number of young people to participate in each of the sessions. The programme focused on three primary areas: Healthy Bodies, Healthy Minds and Healthy Lifestyles.

- § The healthy bodies element of the project enhanced young people's ability to improve their physical fitness by encouraging them to participate in fun sports and fitness activities such

as indoor hockey, five aside football, dance nights, step, and Zumba fitness sessions, healthy cooking and eating workshops.

- § The healthy minds section worked to improve young peoples mental health and wellbeing by delivering activities designed to increase confidence; esteem, taking responsibility and decision making. The sessions included team building, open forum discussions about young people's barriers to wellbeing, one to one support and anger management.
- § Healthy lifestyles focused on drug and alcohol awareness workshops, relationships and sexual health and smoking cessation workshops.
- § Individual one-to-one support (Healthy Minds and Lifestyles); was made up of youth worker time for a small number of young people who would benefit from close support. This time allowed young people to talk about their experiences and feelings openly and to access help/services. At the time of initiating this project there were a number of young people facing difficulties with self-harm, anger, unemployment, and/or risky behaviours (drugs/alcohol, unprotected/underage sex, anti social behaviour). This aspect of the project worked alongside and complemented the group work associated with the Healthy Minds component of the Focus on Fitness project.

At the beginning of the project WAYC wanted to measure the young people's opinions/attitudes/beliefs on a broad range of health matters in a way that would be easy for them to understand. The data needed to be identifiable to enable WAYC to measure distance travelled at the end of an intervention.

Before any initiatives were delivered to young people, a 'pre' evaluation questionnaire was administered and after the involvement in the project, a 'post' evaluation questionnaire was completed by the young people taking part. The table below depicts the responses to both evaluation questionnaires and distance travelled.

Statements	At the Beginning	At the end	Distance Travelled
I am in good health	6.9	6.5	-0.4
Being healthy is important to me	6.3	8.4	+2.1
Exercise is fun	6.8	9.4	+2.6
It is important to keep fit	7.1	9.4	+2.3
I have an understanding of the dangers of smoking	8.9	9.8	+0.9
I understand the effects of alcohol	8.5	9.4	+0.9
I understand how energy drinks effect me	7.1	8.9	+1.8
I feel under pressure to look good	5.9	6.7	+0.8
I am happy with the way my body looks	6.2	8.1	+1.9
Relationships are important to me	7.3	6.7	0.6
It is okay for a female to be attracted to another female	8	9.1	+1.1
It is okay for a male to be attracted to another male	6.4	9.6	+3.2

Out of the young people who participated in the project activity and completed both pre and post evaluation questionnaires; there was a positive shift towards:

- § Being healthy and its importance.
- § Exercise being fun.

- § The importance of keeping fit.
- § An understanding of the dangers of smoking.
- § An understanding of the effects of alcohol.
- § An understanding of the effect of energy drinks.
- § Increased happiness with body image.
- § Increased importance of relationships.
- § Increased acceptance of homosexual feelings.

The findings from both the individual sessions and the baseline and final measurement suggest an improvement, enjoyment and success of all the interventions delivered within the project.

The results suggest a positive change in opinion across the board except for the first question which asked the young people to measure how healthy they felt they were. The reduced number suggests perhaps that due to the range of sessions delivered on health concerns, perhaps the young people are now more knowledgeable of the health issues which could affect them and they are thinking more actively about their health.

1.5.3 The Food Coop Project

The food coop project provided activities that build skills for young children and parents around healthy eating and aimed to change behaviour regarding choice, purchase and cooking of food. The project targeted in Warwick West, Brunswick and Crown wards and was built on an existing scheme, working towards its sustainable future. It was provided through a partnership between South Leamington Food Community Interest Company and Action for Children, Children's Centres. The project also demonstrated significant match funding through volunteer time and in kind contributions from the children's centres. The funding helped to develop the current work which is ongoing targeting the wards of Crown, Brunswick and Warwick West, building community capacity and helping to ensure the sustainability of the coops.

The final evaluation results for the Food Coop Project are yet to be received, due to the project lead being unwell. It is hoped these will be reported in full by the next HIWEB meeting.

Results gathered thus far are as follows:

- § Project targeting Warwick West, Brunswick and Crown Wards.
- § The children's centres are providing match funding through volunteer time and in kind contributions from children's centres.
- § Currently selling around 140 bags a week, although this fluctuates during school holidays.
- § 3 part time jobs created for people living in priority wards to promote and manage the food coops in their locality.
- § Supporting 12 volunteers

There were 26 returned pre evaluation questionnaires and 51 post evaluation questionnaires. Of the two sets of data, seven (7) responded to both pre and post questionnaires.

Out of the completed pre and post questionnaires, two people reported an increase in consumption of fruit and vegetables since their involvement with the food coop. On the whole, most respondents said that healthy eating is something they wanted to do and that introducing more healthy options into their diets would be good and was mostly worthwhile and beneficial. When considering continuing healthy eating, two respondents felt that it would be less easy than originally anticipated in their pre evaluation questionnaires; the same respondents felt that continued healthy eating was slightly more outside of their control and dependent on other things than originally anticipated.

The Sydenham Food Co-op promoted the co-op at the Festival of Light at the Sydni Centre in November and is working with Sydenham Children's Centre to tie the co-op in with the Nosh programme on cooking and eating for families with children under five. Contact has been made with St Pauls Church with a view to promoting the co-op at its toddler groups.

1.5.4 **Westgate Primary School Kitchen Project**

The funding for the Westgate Primary School Kitchen Project was used to purchase a small fridge, freezer and microwave, as an integrated part of a wider school kitchen project. The overall project aims were to:

- § Promote healthy eating, from breakfast to evening meal.
- § To teach children and families the skills of cooking fresh healthy food
- § To build confidence in cooking skills using fresh ingredients.
- § To enable families to experience the joy and satisfaction of cooking and sharing food together.
- § To use, where possible ingredients grown in the school garden.

1.6 **Project Legacy/Sustainability**

The **Stepping Away from Falls** project focused on training care staff as well as local people and residents around Otego exercise – a falls prevention weight bearing programme that can be easily repeated in ones home. By training care staff, this has resulted in the falls prevention exercise becoming embedded into the normal routine of the care homes.

The Healthy Warwick Grant has enabled the **Focus on Fitness** health and wellbeing ethos to become a well-established and regular aspect of all future WAYC delivery. This funding has offered them the opportunity to fully explore health and wellbeing issues with young people and has enabled them to recognise the value of including health and wellbeing as key element of their activity.

The **Food Coop Project** has supported an expansion of current work, but concentrated on building community capacity to ensure the sustainability of the activity. This is being achieved through training and supporting food project volunteers living in the priority wards to take over the running of the local food coops.

Westgate Primary School Kitchen Project – this project requested the funding to buy some essential kitchen equipment which will be embedded into a larger more broadly focused health project that will impact and benefit the whole school. Its legacy and sustainability will be that the equipment will require little maintenance and will add value to the existing programme of activities.

Appendix 2

Warwick District Council

HiWeb - Briefing Paper for Grant Applications – 2012-13

Following this year's allocation of matched funding in Warwick District from Warwick District Council and NHS Public Health Warwickshire, there are four applications for allocation of funding, for projects within the district.

The funding is a non-recurring grant award and will expire in March 2013 and will adopt the Making Every Contact Count model to ensure that there is a wide reach for the target audience.

Street Pastors

- 1 Street Pastors is The Church in action on the streets listening, caring and helping. This is a national initiative and successful schemes already operate in Rugby and Stratford Town centres.
This initiative would build on the developing early intervention policy operating in Leamington Town Centre, the hot-spot for violent crime and anti-social behaviour in this district.
- 2 The Street pastors website states *'A Street Pastor is a Church leader/minister or member with a concern for society - in particular young people who feel themselves to be excluded and marginalised - and who is willing to engage people where they are, in terms of their thinking (i.e. their perspective of life) and location (i.e. where they hang out - be it on the streets, in the pubs and clubs or at parties etc).'*
- 3 To be a Street Pastor you need to be over 18 (no upper age limit), a church member and able to commit to the training programme. The Rugby scheme has ages from 18 to 74.
- 4 Each Street Pastor team consists of at least three groups of four, each of which will work a minimum of one night a month, usually from 10pm to around 4am. The Rugby scheme has 34 members.
- 5 Street Pastors work well other church groups, statutory and voluntary partners including Police, CCTV, businesses, door-staff at pubs and clubs and ambulance services.
- 6 The range of support offered includes providing water, first aid, heat blankets, clearing away broken glass, disposing of bottles and glasses, providing flip-flops for the bare-footed female who risks foot injury and staying with someone who is vulnerable until assistance can be secured.
- 7 Set up costs including training, equipment and clothing will be covered from an allocation to this authority from the Area Based Grant for tackling anti-social behaviour (£6,000) this is proposed to be matched by the Health & Wellbeing group.

Sky Blues in the Community: Fit 4 Life

Sky Blues in the community is a registered charity whose mission statement is: '***To use Coventry City Football Club to positively impact on people within our community***'.

Funding of £4,500 to provide regular physical activity opportunities with five of Warwick District's priority schools over eight weeks, for year five pupils; providing a fun and interactive and informative curriculum to increase awareness and understanding through the curriculum of the benefits of a healthy lifestyle amongst children and their families. The project aims to promote an active healthy lifestyle by increasing levels of physical activity and improving eating habits, to reduce health inequalities and childhood obesity in priority schools.

Brunswick Healthy Living Centre (BHLC).

£4,500 of grant funding to BHLC to re establish a slipper service, formally delivered by PHYLLIS. They will be working with partners to help reduce falls in Warwick District and will be based at BHLC. The project will initially target five local residential care homes within Warwick District and aims to enable residents to benefit from the slipper service, reducing incidences of falling and requiring greater levels of care.

Care workers will also be trained to understand the value of the slipper service as part of their day to day contact with residents.

Waverley - Postural Stability Training

Waverley, operated by Kenilworth Community Care - £1,000 grant funding to provide Postural Stability Training for vulnerable clients at high risk of falling. The project will increase awareness of the need and motivation to engage in weight bearing exercises for maintenance of strength and agility to reduce the incidences of falling in high risk older people. The project also aims to develop confidence within the user group with increased mobility and also improve the ability to cope with a fall and complications. The training will be provided by an experienced trainer and will include pre and post assessment to measure the impact of the programme.

Age UK – Active Ageing

Age UK - £4,400 to implement service delivery and training which focuses on exercise and information. The project will pay for a qualified instructor to deliver six, six weekly sessions (a total of 36 sessions), and also train volunteers to who will continue to train at targeted venues.

The aim of the project is to increase the mobility and mental wellbeing of the disadvantaged target population living in sheltered housing. Using volunteers to provide activities and assist the delivery of falls prevention training and mobility exercises to reduce the risk of falls and inform and educate individuals on age related topics including:

- Healthy eating
- Blood pressure
- Exercise and physical activity
- Rest and relaxation Osteoporosis
- Managing medication