

Health Scrutiny Sub-Committee

Minutes of the meeting held on Wednesday 24 August 2016 at the Town Hall, Royal Leamington Spa at 6.00 pm.

Present: Councillors D'Arcy, Edgington, Naimo and Mrs Redford.

Also Present: Councillors Mrs Falp, Mrs Knight and Quinney.

11. **Apologies and Substitutes**

Councillor Naimo substituted for Councillor Parkins.

12. **Appointment of Chair for the meeting**

In the absence of the Sub-Committee's Chair at the meeting, it was moved by Councillor Edgington, and duly seconded that Councillor D'Arcy be appointed Chair of Health Scrutiny Sub-Committee for the meeting 24 August 2016.

Resolved that Councillor D'Arcy chair the meeting of the Health Scrutiny Sub-Committee for the meeting 24 August 2016.

13. **Declarations of Interest**

There were no declarations of interest.

14. **Minutes**

The minutes of the meeting held on 5 July 2016 were taken as read and signed by the Chairman as a correct record.

15. **WDC response to the Sport England "Towards an Action Nation"**

The Sub-Committee considered a report from Cultural Services that gave details of the new Sport England Strategy "Towards an Active Nation" and which summarised how the Council had reviewed and planned to implement the key messages from the strategy into service delivery.

In response to questions, the Programme Manager from Cultural Services informed Members that:

- GPs would refer patients to the Council via an "Exercise Referral system". The Council would provide that person with a dedicated trainer who would be trained for people with the particular medical condition applicable. The patient would receive a suitable number of sessions so that they would understand how to keep fit. Trainers would keep a watchful eye to ensure people were making suitable progress.
- The Council anticipated that 50 sessions a year would be run, the funding for which was provided by Public Health Warwickshire.

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- The initiative was marketed and advertised at GP surgeries, but the Programme Manager felt there was scope for GPs to promote the service more.

In response to general questions about promoting physical activity, the Programme Manager informed Members that:

- The Council would be able to monitor if people used the sports and leisure facilities more by reviewing turnstile figures once the new leisure centre operators commenced managing the centres.
- It was possible to target physically inactive individuals via social profiling. Sports England had already undertaken such exercises, and from these, it would be possible for the Council to target its efforts to increase the volume of people undertaking physical exercise. Results of such profiling in schools had shown that females become less physically active between the ages of 14 and 18, because they did not like sweating.
- The Council did not operate schemes that targeted the elderly in residential care; this was the responsibility of care home managers. There was potential to target the elderly who lived at home, but so far, this had not happened.

16. Green Spaces/Friends of the Parks and the "Walking Scheme"

The Community Ranger from Neighbourhood Services gave Members a verbal report on how the parks within the District helped residents to stay fit and healthy.

She explained that to ensure that parks felt welcoming, graffiti was kept under control and the parks were kept well maintained. Section 106 money was being used to improve the play options at the parks to broaden the age group that could use the facilities. Money from S106 payments had been used to improve access and paths and to provide outdoor gym equipment. By widening the appeal of the facilities, the Council had helped improve social issues caused by loneliness and had increased social cohesion, which in turn, improved mental health.

The Community Ranger cited several examples of sporting activities in the parks such as football and cricket. Initiatives to include Mums with young children were being run "Wheellie fit Mums". Walking Football was also being trialed. The Ramblers Association was organising "Walking for Health" programmes and the Health and Wellbeing Lead was working hard to get this launched. Volunteers were required to train as Walk leaders.

In respect of the Council's own staff, they were being offered opportunities to undertake physical activities with initiatives like the Corporate Bowls Challenge.

17. Review of Smoking Policy and updated figures

The Health and Wellbeing Lead informed Members that a revised smoking policy was presented to the Executive for consideration in April 2016 to encompass the growing use of E-cigarettes. As smoking cigarette figures

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had steadily declined since November 2006 from 25.4% of people to 12.4%, figures revealed a steady increase in the use of E-cigarettes.

The Health and Wellbeing Lead offered to provide Members copies of the figures available for those who wished to receive them.

18. Dementia Friendly Communities

This report would be considered at the Sub-Committee's meeting in November.

19. Health Strategy Update

The Head of Health and Community Protection informed Members that the Council was reviewing how it linked into the Health and Wellbeing Board at the County Council. It was recognised that the process was not working that effectively at present. A Health and Wellbeing Steering Group was being established to ensure all departments understood what was happening and to avoid duplication of work.

Members expressed their concerns that whilst they were being fed lots of information about various health and wellbeing initiatives this Council was promoting, the Sub-Committee had not yet undertaken much in the way of proper scrutiny work. Members wished to see this rectified. The Head of Health and Community Protection recognised their concerns and it was agreed that work would be done towards this and Members would meet informally to discuss ways forward for agreement at the next meeting with a report of the way forward being made to Overview and Scrutiny Committee at a future meeting.

Members also asked that they be given more written reports, rather than verbal reports which did not allow for prior consideration.

20. Review of the Work Programme

The Sub-Committee considered its Work Programme for 2016. Nothing was added to the Programme but the suggestion that meetings be organised on Health and Wellbeing themes was dismissed in case it meant matters more pressing were overlooked.

(The meeting finished at 8.23 pm)