

**REPORT TO THE PRACTICE BASED COMMISSIONING
GOVERNANCE COMMITTEE
TO BE HELD ON: 13th MAY 2009**

Enclosure:							
Subject:	Stafford and Surrounds PbC Commissioning Consortia Annual Report 2008/09						
Lead Director:	Geraint Griffiths						
Lead Officer:	Jane Chapman						
Recommendation:	<table border="1" style="width: 100%;"> <tr> <td style="width: 25%;">For Approval</td> <td style="width: 5%; text-align: center;">✓</td> <td style="width: 25%;">For Discussion</td> <td style="width: 5%;"></td> <td style="width: 20%;">For Information</td> <td style="width: 20%;"></td> </tr> </table>	For Approval	✓	For Discussion		For Information	
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PURPOSE OF THE REPORT:

The report is submitted by the Stafford PbC Commissioning Consortia as evidence of delivery of their PbC Plan previously approved as Part I of the PbC LES.

KEY POINTS:

The report demonstrates both the delivery of the five projects set out in the 2008/09 PbC Plan and outlines a number of projects also delivered and supported by the Consortia.

IMPLICATIONS:

Legal and/or Risk	
Standards for Better Health	Clinical and Cost Effectiveness, Patient Focus Accessible and Responsive Care
Financial	New services deliver invest to save Payment of LES Part II
Training	
PBC	PbC LES
Other	

RECOMMENDATIONS / ACTION REQUIRED:

Approval of the Part II LES payment

Outline of progress to date

- 38 families are receiving (or have received) emotional support to reduce isolation and improve mental health
- Families have been given information and advice on a one to one basis regarding cooking and healthy eating.
- Families have been given information on portion size and the importance of 5-a-day fruit and vegetables.
- One staff member and three volunteers are undertaking the 'Walking for Health' leader training.

Delivery

52 adults have received information on healthy lifestyles

12 families have participated in walks

10 families have had one to one nutritional advice

38 families with 160 people have had emotional support for mental health issues

9 families have been helped to access medical appointments including vaccinations for childhood diseases.

17 children and 16 adults supported had special needs, disability or illness

Home-Start staff met with a representative of the Health Trainers service and will refer appropriate families to the service.

- 20 volunteers have been given information on the service to disseminate to families when appropriate.

Amount spent to date

£10000

Problems identified

Lack of success in acquiring planned funding led to a delay in accessing training for staff and volunteers. Other fundraising activity has enabled this to resume and training is now underway.

Through professionally produced flyers advertised in surgeries and sheltered housing. We are working closely with the Rehabilitation unit at Bradbury House. We visit the unit to promote our activities and to encourage rehabilitation clients to join us at the end of their treatment.

Delivery

- Amasal Club reopened in February. The numbers of clients are averaging out at 17 which we hope to double once the bowling starts up.
- Bradbury house has seen a steady increase in numbers, where we are attracting 12 - 14 clients.
- Gnosall is still working through Social Care and Health, although we have gained 2 clients out of this contract.
- All centres are very friendly with bonds formed between clients and, also between clients and volunteers.

A programme of events for all centres has been set up, which includes singing, art, exercise and presentations to begin on 1st April.

Problems identified

Some clients require certain activities to suit them, such as painting, pottery and bird watching. We are working on finding volunteers with similar interests so we can provide this service.

Amount spent to date

£7410.82

In February 2009 myself and a parent of one of the young club members attended a 4 day Amateur Boxing Association of England, Assistant Coaching Course, held at The Boxing Academy in Tamworth. We were both successful on the course which is equivalent to NVQ Level 1. In March 2009 one of our female member(s) who assists with coaching the junior section attended a 1 day, Tier 1, CAHMS course in recognising mental health issues in young people.

Publicity

A number of further articles have appeared in The Staffordshire Newsletter, Stone Chronicle, and Express and Star Newspapers. In addition there have been features on BBC Radio Stoke and Heart FM Radio. In March 2009 numerous club members featured on a 2 minute piece on BBC Midlands Today Television about the club.

Delivery

Now has 52 members registered with the club ranging in age from 6years to 24 years old. Operate a junior group for those aged between 6-12 years old. Eight members are females and three members are from ethnic minorities. Several members have been diagnosed with Autism, ADHD and OCD. Two members are looked after children in residential care.

Level's of health and fitness for all member's continues to improve, with a small number 4-6 who attend on additional training days showing

a marked increase in levels of fitness and health and significant but healthy reductions in body fat. Stamina has improved in all members. It is intended over the next year to do work around food nutrition and healthy eating. Additionally a group of young people (12) who have been selected to attend a week's training camp in Tenerife in May, have signed contract stating that they will try to give up alcohol and cigarettes. They have also signed up to do physical training at least twice a week, some are already showing good weight reductions and improved physical health.

In addition to the link forged with Staffordshire Youth Services, The club through taking young members with Autism has established a partnership with The Jigsaw Project, a charitable support Group for parents of young people with Autism and Aspergers Syndrome. The club has recently been registered as a V-Inspired facility allowing young members to receive nationally recognised accreditation for the volunteering work they do in the community. Already one member has been put forward for their 50 hours of volunteering certificate, having achieved 69 hours of volunteering in the community in the past 6 months.

Further links have been developed with Staffordshire Youth Offending service with one to one work with young offenders from all over the county taking place at the Gym around anger management and self control. One member is assisting the coaching staff in peer mentoring of these young people.

Successes

Nikki Sims the 2008 club member of the year was chosen as a national case study for a government led health campaign to tackle underage drinking and juvenile alcoholism. As such she under took numerous radios, television and newspaper interviews. This not only raised the profile of the club, but on a far larger scale provided young people with an inspirational story of motivation to improve health in the face of severe adversity.

The club has been approached by parties from the Kinver, Chads Moor and Chesterton areas of Staffordshire expressing interest in replicating the club in those areas, two of which are nationally recognised areas of deprivation and we are assisting these parties in progressing their projects.

Amount spent to date

£1500

Delivery and successes

- Day service has been set up and is now running successfully for two days a week. These services are provided on a Monday and Wednesday at the Amasal Sports and Social club.
- A Day Services Co-ordinator, Administrator has been appointed.
- A referral process has been developed and referrals can be made by either professional staff, by the person with the brain injury or family/carers/friends
- Following referral assessment visits have been made, several in conjunction with Health and Social Care staff and a waiting list is in operation.

- A review process for all those attending the Day Service is underway
- A Support Group has been running successfully once a month and feedback has been extremely positive. It has given the carers/families of client's support that has previously been lacking in the area.
- Members of the Board have worked tirelessly to raise the awareness of Acquired Brain Injury and its consequences particularly with Social Services and Health.
- Attendance at Headway has contributed to 2 people with Brain Injury obtaining employment. One client has been successfully referred to Rehab UK with the intention of gaining employment.
- We are working with the local hospital at Cannock where patients receive rehabilitation post trauma. Clients are now attending Headway prior to discharge which will contribute to their continued rehabilitation and reintegration into the community.
- We aim to form an Acquired Brain Injuries Forum with members from Health and Social Care to develop a Care Pathway to ensure a seamless patient journey.
- Two Newsletters have been published with a third in production
- A Study Day on 'Understanding Brain Injury' took place in August 2008.
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Amount spent to date

£5000

Delivery

Continued partnership with Health Trainers to promote cycling as part of Health Fit catalogue.
Continued partnership with Bikeability trainer to develop and amend content of course.

Publicity

External:

- Course and Cycling for Health pilot project promoted at Health and Well-being event Staffordshire University Student's' Union - 29.01.09
- Course and Cycling for Health pilot project promoted at Staffordshire County Council Change4life event - 11.02.09
- Course and Cycling for Health pilot project promoted at talk (Sebastian Pearce) - Oddfellows Hall 18.03.09
- Course and Cycling for Health pilot project promoted at Stafford College Green Week (Sebastian Pearce) - 20.03.09
- Through SBC Sustainable and Healthy Communities' web pages - ongoing.

Problems identified

Take up of places on the course not as great as expected or hoped.

Reasons

- no referrals from Health Trainers meant no referrals received and this is intended as a main source of clients
- launch date in mid winter in poor weather conditions (tied in to funding timescale)
- many of those interested in the course do not own bikes and cannot afford to purchase one
- the length of the course: people unable/unwilling to commit to ten sessions
- the day of the course: people unable to attend at weekends
- insufficient publicity

Actions

- arrange long term bike loan with cycle recycling partners (Back-2-Bikes) with refundable deposit
- offer a shorter, less comprehensive course
- run the course on different days and week day evenings
- extensive publicity through local press, libraries, GP surgeries, community groups, leisure centre.
- in the absence of major referrals from Health Trainers, the decision was made to replace the ten-session course with a series of 'refresher' cycle training course in the summer commencing May 09.
- Increase links with Health Trainers to promote cycling courses as an effective way of enabling clients to 'Choose Health'.

Amount spent to date

Cycling for Health Co-ordinator salary.
 Fee to Bikeability trainer
 £7000

Young parents under 21:

Further equipment been purchased to facilitate sessions including toys, puzzles, craft equipment. Programme of activities been drawn up with support of parents themselves.

Publicity

Events publicised through agencies, children's centres. One to one contact with parents by the coordinator works effectively.

Delivery

5 parents attending weekly sessions. 6 other parents attend periodically or access the centre at other times.
 The number of people in the centre throughout the week has increased by 30% over last year. More young parents are inclined to use the

centre as a drop in.

More dads have been attracted to the sessions. Partnerships increased with mental health services, health visitors and family workers. Engagement also taken place with up to 20 girls off the premises at the Children's Centres, and the Grove, Castlechurch.

Successes

Empowering parents to get involved in other sessions at the centre. Individual sessions have increased and more contacting the centre for advice on other services. Referral forms being modified with Childrens Centre.

Problems identified

Sustainable funding remains an issue. Tracking vulnerable groups - due to parents moving address a lot. An information sharing protocol would be useful.

Out reach for the elderly:

Additional funding - secured two sources of funding (Closing the Gap, Stafford Borough Council, Innovation Funding) to establish the pilot as a regular service provided. Every Thursday held exercise classes and speakers to promote other services available.

Publicity

Publicised the service to Staffs County Council and discussed possible direct payment referrals. Publicised service with PCT Physical activity Development Officer.

Delivery

9 elderly ladies are now attending the Thursday sessions on a regular basis. Exercise sessions are very popular and now have a confirmed personal trainer, qualified in exercise for the elderly, to run the sessions and monitor health progress.

Provide healthy balanced lunches. Liaise with Stafford & Rural Homes for home improvements, liaise with Stafford Borough Council and promote Walking for Health. Hosted an Arthritis Care group which outreached to 8 people locally. Replacement person for co-ordinator as she is on maternity leave now.

Amount spent to date for both projects

£9,270.03 (spending slightly less on salaries).