

# HAMPSHIRE COUNTY COUNCIL

## Decision Report

<b>Decision Maker</b>	Executive Lead Member for Adult Social Care and Public Health
<b>Date:</b>	17 July 2023
<b>Title:</b>	Live Longer Better Grant Awards
<b>Report From:</b>	Director of Public Health

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### Purpose of this Report

1. The purpose of this report is to seek approval from the Executive Lead Member for Adult Social Care and Public Health to open a grant scheme for district and borough councils in Hampshire to support the delivery of the Live Longer Better Hampshire programme.

### Recommendations

- 1.1. That the Executive Lead Member for Adult Social Care and Public Health gives approval to open a grant scheme to district and borough councils in Hampshire and approves a total spend of up to £165,000 under the scheme as set out in this report.
2. That the Executive Lead Member for Adult Social Care and Public Health delegates authority to the Director of Public Health, in consultation with the Executive Lead Member, to approve individual grant amounts and terms within the total expenditure approved.

## Executive Summary

3. This report introduces the Live Longer Better Hampshire programme which aims to increase physical activity among older people. It outlines the purpose and mechanisms for the proposed grant scheme which seeks to support development of local delivery of the programme ambitions.

## Contextual information

4. Section 2B of the NHS Act 2006 states that 'Each local authority must take such steps as it considers appropriate for improving the health of the people in its area.' Improving healthy life expectancy and reducing health inequalities are key priorities for Hampshire Public Health as defined in the Hampshire Health and Wellbeing Board Strategy 2019-24, as well as in the Hampshire and Isle of Wight 'We Can Be Active' Physical Activity Strategy 2021.
5. The value of physical activity to older adults cannot be overstated. It has been shown to be effective in older people at reducing the incidence or symptoms of many of the common conditions which are associated with reducing independence and quality of life in older people. The [Chief Medical Officer's Physical Activity Guidelines](#) states that 'There is strong evidence that physical activity contributes to increased physical function, reduced impairment, independent living, and improved quality of life in both healthy and frail older adults.' Physical activity in later life can help treat and offset the symptoms of a range of chronic conditions. Some physical activity is better than none; even light activity brings some health benefits compared to being sedentary.
6. National data from the Active Lives Survey shows that physical activity decreases with age; in 2020/21 45% of 75–84 year olds and 68% of 85+ year olds in Hampshire are inactive (defined as less than 30 minutes of activity per week).
7. Live Longer Better Hampshire is part of a national programme set up by Sir Muir Gray to support people to live their older years in good health, and is led locally in partnership with Energise Me. The primary aim of the programme is to increase the levels of physical activity in older people, thereby increasing quality of life and healthy life expectancy and enabling the older population in Hampshire to live more independently for longer (decreasing or delaying care needs).
8. To deliver Live Longer Better Hampshire, working with local partners is essential. This will increase the reach of the programme and maximise the opportunity to support people at the earliest opportunity. The Live Longer Better Hampshire team will support districts and boroughs who wish to participate, to develop their own stakeholder group and localised action plan within the parameters of the Hampshire Live Longer Better programme.

Districts and boroughs are well placed to deliver local programmes due to their connections with the community and the voluntary and community sector, as well as their responsibility for local leisure services.

9. A grant is defined as a sum of money to support a particular activity. It does not usually cover the entire cost of the activity and it is legally considered to be a one-sided gift, rather than a payment in exchange for services.
  
10. This grant funding would support the development of local Communities of Practice. Each Community of Practice would be asked to create an action plan, developed in partnership with the Live Longer Better Hampshire team, to detail the anticipated activity and how the grant funding would be utilised. The action plan would be developed using the Community of Practice Framework, which may include a number of areas:
  - Engagement and co-production with older people
  - Increasing physical activity opportunities locally for older people
  - Identifying populations to work with (aiming to implement earlier and to reduce inequalities)
  - Incorporating Live Longer Better principles into the local environment and planning considerations
  - Training in Live Longer Better principles for people working with older people in a paid or unpaid capacity
  - Social marketing to increase knowledge, awareness, and change attitudes
  
11. The districts and boroughs which may receive grants are: Basingstoke and Deane, Eastleigh, East Hampshire, Fareham, Gosport, Hart, Havant, New Forest, Test Valley, Rushmoor and Winchester. It is unlikely that all districts and boroughs will choose to participate in the Live Longer Better programme. To be eligible to receive grants, districts and boroughs must:
  - a. Use the Community of Practice Framework to develop an action plan to increase physical activity among older residents
  - b. Work in partnership with other local groups/organisations to create and implement the plan
  - c. Gain input from older residents to inform the plan
  - d. Agree the action plan and spend plan with Hampshire County Council Live Longer Better team

## **Finance**

12. The grant scheme proposal in this report would commit expenditure totalling up to £165,000 over the financial years 2023/24 and 2024/25. The source of funding is the public health grant.

13. Each district or borough may receive grants of up to a total of £30,000. Initially up to £15,000 would be available for all district and borough councils in Hampshire should they wish to host a Community of Practice and if they comply with the grant conditions. At the end of the 18-month period, unallocated funds may be re-allocated to participating districts and boroughs, with each district receiving up to £30,000 total from this grant scheme.
14. Grants would be approved only when an action and spend plan, based on the Community of Practice framework has been developed and agreed with the Live Longer Better Hampshire team. The grant agreement would specify that the funding must be utilised in 24 months from the date the funding is received.
15. All grant agreements have conditions that enable the County Council to require repayment of the award or any part of it if it remains unspent at the end of the grant period, or if there is a material breach of the grant agreement.

## **Performance**

16. The provision of grants by statutory bodies always presents a degree of risk. Specific risks that statutory bodies are required to manage include organisations accepting funding without providing any activity; organisations not delivering the service as expected; and there being an under spend on the expected activity. This applies to all grants however larger grants represent a potentially higher risk to the County Council.
17. A number of mechanisms have been employed successfully over a number of years to mitigate and alleviate these risks. These include nominating a liaison officer from the County Council whose responsibility is to monitor how the grant is spent and specifying within the grant agreement that the grant is 'restricted' funding for the provision of the specified activity only.
18. The Live Longer Better Hampshire team will also support the Community of Practice to monitor and evaluate their local programme.
19. All organisations awarded a grant sign a declaration stating they accept that grant funding can only be awarded for the given period and no commitment exists from the County Council to continue funding after this time, or in subsequent years.

## **Consultation and Equalities**

20. A full Equalities Impact Assessment has been submitted for the Live Longer Better programme; this has been adapted for this proposal and is included, in full, later in this report.

21. Local insights work has been undertaken to inform the programme on the topic of strength and balance, and incontinence. Further insights work is planned both through the Hampshire wide programme and will also be utilised at local levels to support the development and implementation of the local action plans.

### **Conclusion**

22. Live Longer Better Hampshire seeks to increase physical activity in older people. The grant scheme proposed in this paper aims to support local implementation of the programme in districts and boroughs in Hampshire.

**REQUIRED CORPORATE AND LEGAL INFORMATION:**

**Links to the Strategic Plan**

<b>Hampshire maintains strong and sustainable economic growth and prosperity:</b>	No
<b>People in Hampshire live safe, healthy and independent lives:</b>	Yes
<b>People in Hampshire enjoy a rich and diverse environment:</b>	No
<b>People in Hampshire enjoy being part of strong, inclusive communities:</b>	Yes

## EQUALITIES IMPACT ASSESSMENT:

### 23. Equality Duty

The County Council has a duty under Section 149 of the Equality Act 2010 ('the Act') to have due regard in the exercise of its functions to the need to:

- Eliminate discrimination, harassment and victimisation and any other conduct prohibited by or under the Act with regard to the protected characteristics as set out in section 4 of the Act (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation);
- Advance equality of opportunity between persons who share a relevant protected characteristic within section 149(7) of the Act (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation) and those who do not share it;
- Foster good relations between persons who share a relevant protected characteristic within section 149(7) of the Act (see above) and persons who do not share it.

Due regard in this context involves having due regard in particular to:

- The need to remove or minimise disadvantages suffered by persons sharing a relevant protected characteristic that are connected to that characteristic;
- Take steps to meet the needs of persons sharing a relevant protected characteristic that are different from the needs of persons who do not share it;
- Encourage persons sharing a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

### 24. Equalities Impact Assessment:

**Geographical impact:** Grants in this paper will be available for the 11 districts and boroughs across Hampshire (Basingstoke and Deane, Eastleigh, East Hampshire, Fareham, Gosport, Hart, Havant, New Forest, Test Valley, Rushmoor and Winchester), however not all districts and boroughs may choose to be involved in the programme.

**Proposed Change:** The grants proposed in this paper all represent additional opportunities and therefore are of additional benefit to those they seek to serve.

The proposed Live Longer Better Hampshire grants offers funding to local communities of practice to develop and implement local action plans with the aim of increasing physical activity in communities of practice.

**Will the proposed project/service change affect people in the protected characteristics groups or any of the other groups for consideration? Yes**

**Who does this impact assessment cover?:** All

**Has engagement or consultation been carried out?:** Yes

**Describe the consultation or engagement you have performed or are intending to perform:**

We have carried out engagement and consultation with older people via the Hampshire Perspectives forum. To date we have carried out:

- A survey and interviews related to strength and balance awareness and message testing
- A survey on incontinence myths and language use
- A survey on retirement and wellbeing
- Interviews on the Live Longer Better website user testing

We acknowledge that the Hampshire Perspectives forum may not represent a diverse range of views in Hampshire, including those from people who are not digitally connected, and therefore will encourage Communities of Practice to engage with local forums and groups to ensure that local plans are influenced by localised needs.

We also intend to undertake further engagement to understand potential inequalities in Hampshire related to physical activity in older people.

**Age public impact:** Positive

**Age staff impact:** Positive

**Assessment Rationale:** Evidence shows that older adults are less likely to be physically active than younger age ranges. All potential recipients of the grant will have a primary target audience of Older Adults (65+). As an example, should the localised Community of Practice look to increase and coordinate the physical activity offer to adults aged 65+, these sessions will aim to boost confidence, social connectivity and improve health and wellbeing outcomes. Hampshire staff will also benefit from the programme through access to Hampshire's Live Longer Better website and local communication plan.

**Disability social impact:** Positive

**Disability staff impact:** Neutral

**Assessment Rationale:** It is projected that the number of over 65s with multiple conditions and disabilities will continue to grow. All potential recipients of the grant will have a primary target audience of Older Adults (65+). As an example, a Community of Practice may wish to focus on the support needs of those with mobility or dementia and include their carers/ support network to build emotional resilience and support with lifestyle adjustments to ensure participants are able to live as healthily and independently for as long as possible.



**Sexual orientation public impact:** Neutral

**Sexual orientation staff impact:** Neutral

Assessment rationale: Whilst the Live Longer Better programme does not specifically support people within this defined characteristic, the programme aims to support all older residents irrespective of sexual orientation.

**Race social impact:** Positive

**Race staff impact:** Neutral

Assessment Rationale: Assessment rationale: Whilst the Live Longer Better programme does not specifically support people within this defined characteristic, the programme aims to support all older residents irrespective of race. We plan to conduct further insights related to uptake of physical activity in individuals from ethnically marginalised communities, and utilise local existing groups and forums connected to the communities of practice to support community engagement.

**Religion or belief social impact:** Neutral

**Religion or belief staff impact:** Neutral

Assessment Rationale: Assessment rationale: Whilst the Live Longer Better programme does not specifically support people within this defined characteristic, the programme aims to support all older residents irrespective of religion or belief.

**Gender reassignment public impact:** Neutral

**Gender reassignment staff impact:** Neutral

Assessment Rationale: Assessment rationale: Whilst the Live Longer Better programme does not specifically support people within this defined characteristic, the programme aims to support all older residents irrespective of sexual orientation irrespective of gender.

**Sex public impact:** Positive

**Sex staff impact:** Neutral

Assessment rationale: Assessment rationale: There are inequalities in healthy life expectancy between males and females and uptake of interventions to combat this differs. The programme aims to support all older residents irrespective of sex, but Communities of Practice may seek opportunities to increase activities which may appeal particularly more to one sex over another e.g. walking football, that can be developed and publicised.

**Marriage or civil partnership:** Neutral

**Marriage or civil partnership:** Neutral

Assessment Rationale: Whilst none of the projects recommended for funding specifically support people within this defined characteristic, they are all open to those who need support irrespective of marriage or civil partnership status.

**Pregnancy and maternity public impact:** Neutral

**Pregnancy and maternity staff impact:** Neutral

Assessment rationale: Not applicable for this target audience

**Poverty public impact:** Positive

**Poverty staff impact:** Neutral

Assessment Rationale: All potential recipients of the grant will have a primary target audience of Older Adults (65+). As an example, the Community of Practice may wish to provide support services for those living in poverty by offering free or subsidise opportunities.

**Rurality public impact:** Neutral

**Rurality staff impact:** Neutral

Assessment rationale: Whilst none of the projects recommended for funding specifically support people who live in rural areas, they are all open to those who need support irrespective of rurality. As part of the local action plan development, consideration of placement of physical activity opportunities and access will need to be included, and the communities of practice will have key local insights to support access for those living in more rural areas.