

**REPORT TO: POLICY AND RESOURCES COMMITTEE – 11 December 2000**

**REPORT ON: DUNDEE HEALTHY LIVING CENTRE INITIATIVE**

**REPORT BY: DIRECTOR OF CORPORATE PLANNING**

**REPORT NO: 674-2000**

**1. PURPOSE**

- 1.1. To seek approval for a funding bid to be made for a Healthy Living Centre grant from the New Opportunities Fund.

**2. RECOMMENDATIONS**

- 2.1 It is recommended that members approve the submission of a bid to the New Opportunities Fund by the Healthy Dundee Alliance to develop a Healthy Living Centre initiative in Dundee as detailed in Section 7.

**3. FINANCIAL IMPLICATIONS**

- 3.1 This application has no additional financial implications for the Council.

**4. EQUAL OPPORTUNITIES IMPLICATIONS**

- 4.1 This project is to be established in the Social Inclusion Partnership areas primarily to address the health inequalities of those most at a disadvantage in relation to health status, accessing health services and the outcome of health treatment.

**5. LOCAL AGENDA 21 IMPLICATIONS**

- 5.1 This project supports Dundee 21 themes relating to community empowerment, health services which emphasise prevention of illness, and making services accessible to all.

**6. BACKGROUND**

- 6.1 The New Opportunities Fund has a budget of £34.5m to allocate to projects in Scotland to develop Healthy Living Centres by September 2002. Funding is available for up to five years and up to a maximum of £1m for an individual project. Initiatives to be supported are more likely to be programmes of activities rather than places or buildings. They are expected to:

- promote good health in its broadest sense
- target areas and groups that represent the most disadvantaged sectors of the population
- reduce differences in the quality of health between individuals and improve the health of the worst off in society

The deadline for Stage 1 bids is the end of December 2000

- 6.2 The bid has been developed on behalf of the Healthy Dundee Alliance which brings together representatives of the health service in Tayside, the community and voluntary sector and the Council to promote healthy living as a way to improve the quality of life of people in Dundee. The bid will be submitted by the Healthy Dundee Alliance with the Council acting as the lead organisation for administrative and monitoring purposes.
- 6.3 The need for this project has been established through local Community health audits which have been carried out in the SIP areas by the Community Development and Health Project and extensive consultation undertaken on behalf of Healthy Dundee by KLM consultants.
- 6.4 This proposal if successful will meet the target set in the Dundee City Council Plan 1999-2002 **to establish a Healthy Living Centre by 2002 to give people information and support in leading a healthier lifestyle**. It also provides a partnership based response to the priority set out in Tayside Health Board's Health Improvement Programme 2000-2005 which commits health partners to new ways of working which include:
- Working with communities to allow them greater control over these factors that influence their health
  - Developing personal skills of individuals that enable them to control their lives in more healthy ways
  - Re-focussing the work of health services, especially primary care, to address the wider health needs of the population

## 7. THE DUNDEE HEALTHY LIVING INITIATIVE

7.1 The aims of the Dundee Healthy Living Initiative over the next four years are:

- **to support and encourage local people to become involved in community health issues as identified through community health audits**

This is the main priority of the initiative. Using a community development approach, individuals, families and groups will be supported to enable them to articulate their health needs, discuss services with providers and through self help, tackle some of the health problems they experience. To facilitate this process, funding will be sought to create new Community Health Workers and Community Health Visitors to supplement those already employed in the Community Development and Health Project.

- **to facilitate the delivery of community based health services**

The bid will demonstrate that the partners in Healthy Dundee are already undertaking a wide range of activities to address community health priorities identified by "Towards a Healthier Scotland", Healthy Dundee and confirmed by Community Health Audits carried out in the SIP areas. These have been agreed as Social Exclusion; Lack of Mental Well Being; Smoking (especially by young people); need to increase Physical Activity; Poverty and Poor Diet; and lack of local Information and Advice.

- **to improve access to health advice, information and resources**

This element of the initiative will address the difficulties caused by the lack of GP practices in SIP areas. Partners will develop new mechanisms to ensure that comprehensive advice and information is available locally in a variety of settings

- **to ensure that community health needs and priorities are included in the policy and service development decisions of key partners**

There is an increasing desire among partners to ensure that the community and user perspective is built into our decision-making processes particularly in relation to health inequality. This project will facilitate that process and ensure that the views of communities are represented in discussions regarding the reshaping of health related services.

7.2 The Initiative will have two component parts.

7.2.1 **The Core Project** will see the creation of a team of four Community Health Development Workers and four Community Health Visitors led by a Team leader and supported by 1½ Administration workers and a ½ time Monitoring and Evaluation Officer. This team will incorporate members of the existing Community Development and Health Project. New Opportunities Funding will be sought to allow the team to work over a four year period.

7.2.2 The **Healthy Walks Scheme** will employ and train guides to lead community walks to promote simple, accessible and inexpensive physical exercise.

7.3 Match funding is not a requirement of the New Opportunities Fund. Partners, however, are expected to contribute to the Initiative financially and in kind. The partners in Healthy Dundee will contribute directly to the Initiative through financial support and indirectly through the provision of services. There will be no additional financial implications to the Council.

7.4 This bid builds significantly upon the existing Community Development and Health Project which receives Social Inclusion Partnership Funding. An application is currently being considered which would extend SIP funding until 2004. Our bid to the New Opportunities Fund depends heavily upon the ongoing existence and contribution to be made by the Community Development and Health Project

7.5 The bid to New Opportunities Fund will total £967,195 over 4 years.

## 8. **CONSULTATION**

8.1 Consultation has been carried out among health partners, community and voluntary groups and Council Departments. A dedicated consultation event was held on 26 October at which partners endorsed the project and the content of the bid.

8.2 In addition, all Directors have been consulted on the contents of this report.

9. **BACKGROUND PAPERS**

- a. Dundee City Council's Plan 1999-2002
- b. Tayside Health Boards Health Improvement Programme 2000-2005

Director of Corporate Planning ..... Date .....