

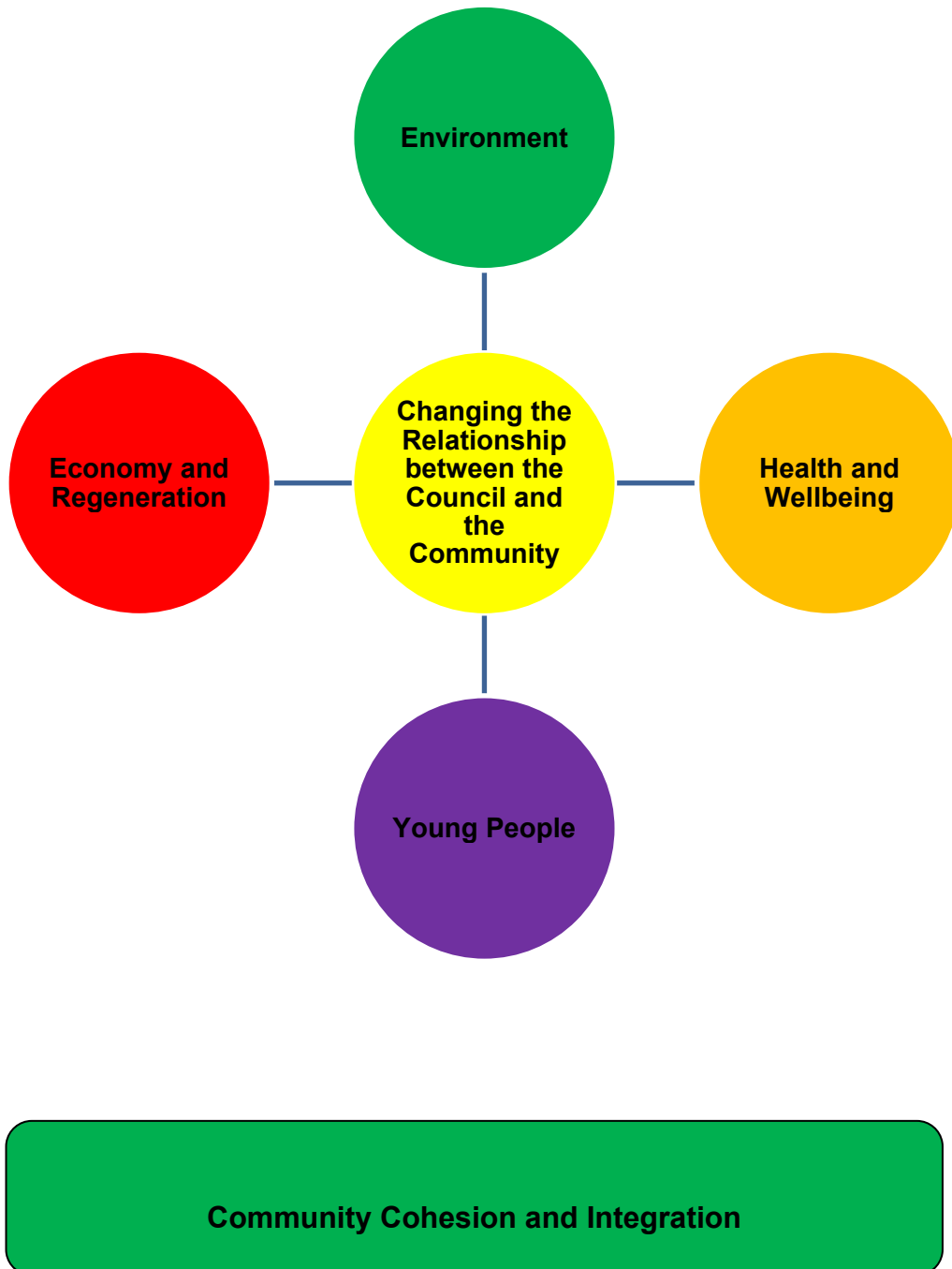
Agenda Item: 4

**NORTH EAST AREA COUNCIL
Project Performance Report**

June 2016

Introduction

The North East Area Council Priorities



Commissioning Update

1. The North East Area Council delegated contract award decision, for the Apprenticeship and Employability Study Programme focusing on the local Environment

That the North East Area Council note that Barnsley Community Build have won the tender for the Apprenticeship and Employability Study Programme focusing on the local Environment.

Contract Value

The Budget for the contract was identified at £245,000 per annum, and includes a £20,000 contingency sum for potential additional activities to be funded through the contract. The contingency sum will be identified separately on the pricing schedule.

Contract Start Date and Duration

The Contract Start date is the 1st June 2016

The contract price for the 10 months from June 2016 to the end of March 2017 is £196,920.00

The contract will be for 10 months, plus 1 year, plus 1 year, plus 1 year, subject to satisfactory contract performance and funding being available.

The first extension to the contract, if granted, will commence on the 1st June 2017.

2. Fit Me initiative

Feedback from participants;

Most of the referrals for the course were as a result from self-referrals, women found out about Fit Me through the following:

- 3 Word of Mouth
- 2 GP or Primary Care referred
- 10 Poster or Leaflet

The approach we have used for instructors has been adapted recently as during the first two courses we used instructors from the private sector that had more experience in gym and studio settings. I thought that this would encourage a link to those setting after the Fit Me courses had finished. The problem was that after several meetings I couldn't get the instructors to 'tone it down' as they were used to higher levels of teaching.

So we decided to hire local instructors that work and live in the local community. Julie Swallow was involved in the Shafton, Susie Mcnamee was involved with the Cudworth Fit Me and Ann Bates who was involved with Grimethorpe and Great Houghton sessions. These qualified instructors all lived in the North East area and

ran community based sessions outside of Fit Me. This was a much more appealing transition for the participants attending to go to a local community group, at a lower cost than joining a main stream gym.

This is something we will be continuing with for the remainder of the courses as it brings some business to the local community groups and the local instructors working in the community, as well as increasing links between them all.

Outcomes

Per Course	Number of people who could achieve this	Number of people who achieved it	%
% of participants increasing levels of physical activity	18	18	100
% increase in average number of portions of fruit and veg per day	18	18	100
% of participants reducing their weight in Kg	18	8	44
% of participants reducing waist circumference, cm	18	8	44
% of participants reducing blood pressure	18	10	55
% of participants completing (increasing) 30mins of moderate activity a week	18	18	100
7) % of participants completing (increasing) 30mins of vigorous activity a week	18	18	100
8) On a scale of 1-10 how would you rate your knowledge on keeping your heart healthy	18		
9) % increase in self confidence	18	18	100
10) reduction in high levels of alcohol consumption to safe level	2	2	100
11) reduction in smoking	0	0	0

Case Study Shafton ALC

All participants attended 8 sessions, which consisted of a 30 minute workshop on the following topics; getting the balance right, food and mood, food labelling and portions, eat well plate. They also completed a practical session where they made a healthy breakfast in a jar.

The workshops are then followed by a 60 minute exercise class covering a range of different session's e.g. boxercise, legs bums and tums, Zumba.

They had pre and post measurements and the option to have weekly weigh ins.

Results

Attendance was really positive for this group with a good retention rate of 61% and all of the women completing the course achieving the goal they set out to. We recorded the highest level of attendance to date. The facilities may have contributed to this as they supported us to deliver in an environment where the women felt comfortable and it was easy to access.

We are building up the Fit Me name across the North East area and it's starting to show as we are getting more interest at every course we run. The various methods of publicity are having the desired outcome in raising the profile of Fit Me. For the women attending the course we have secured some free passes for them to keep up being active through a local gym, they also have access to Be Well Barnsley community gym run at Netherwood ALC.



3. QDOS dance and theatre Healthy Life Styles Performances Update

Some of the QDOS dance and theatre Healthy Life Styles Performances in the Primary Schools have been scheduled, and Councillors are encouraged to attend one of the sessions. The list of dates of the Performances had been e mailed out, and Councillors can contact the School and book in for one of the Performances, or contact the Area Team to facilitate.

4. Employability for Under 16's Update

There has been a lot of initial interest in the ALC's with regard to this initiative. To date the recruitment is as follows:

Carlton Community College

An introductory assembly has taken place. 20 application forms have been given out, and 9 completed applications have been received. The School is very keen to be involved in the programme this year.

Shafton ALC

An introductory assembly has taken place. 20 application forms have been given out, and 15 completed applications have been received, and 5 more are being completed. The School is very keen to be involved in the programme this year and has actively recruited to the initiative.

Holy Trinity Catholic and Church of England School

An introductory assembly has taken place. 20 application forms have been given out, and 20 completed applications have been received. The School has been keen to be involved in the programme this year and has actively recruited to the initiative. Dominic, our work experience student, has helped to promote this initiative to his year group.

5. Housing Enforcement Officer Update

The Housing Enforcement Officer post recruitment has been completed, and Jeanette Milward, a Housing Officer from Berneslai Homes, has been seconded to the post. Jeanette will be starting in her new role in the next few weeks. The Councillors are encouraged to send in hot spot areas for Private Landlord Enforcements to the Area Council Manager, as soon as possible. The Area Council Manager will arrange for Jeanette to meet the Councillors as soon as she has started in her new role.

Caroline Donovan
North East Area Council Manager
April 2016