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**COMMITTEE:** NORTH EAST      **REF NO:** NEAC/17/24  
**DATE:** 15 MARCH 2018  
**SUBJECT:** FUNDING REQUEST: ACTIVLIVES  
ACTIVHUBS PROGRAMME 2018-19  
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**HEAD OF SERVICE:** MARTYN FULCHER

***Short description of report content and the decision requested:***

This report requests funding for ActivLives toward the cost of providing a programme of activities under the ActivHubs banner. ActivHub sessions provide seated and standing exercise for adults aged over 45 across Ipswich. Participants benefit from social contact, improved health and reduced risk of falls. The amount requested from the North East Area Committee is £4,230.50.

***List of Appendices included in this report:***

*Appendix 1 - Impact of ActivLives sessions*  
*Appendix 2 – ActivHubs budget for 2018-19*  
*Appendix 3 - ActivHubs Development for 2018-19*

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***This report was prepared after consultation with:***

*Internal consultees*

*External consultees*

*Julie Stokes, CEO ActivLives*  
*Lindsay Bennett, ActivHubs Project Development Officer*

***The following policies form a context to this report:***

*(all relevant policies must also be referred to in the body of the report)*

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## 1. Introduction

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- 1.1 This report requests funding for ActivLives toward the cost of providing a programme of activities under the ActivHubs banner. ActivHub sessions provide seated and standing exercise for adults aged over 45 across Ipswich. Participants benefit from social contact, improved health and reduced risk of falls.

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## 2. Background

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- 2.1 ActivLives is a community led charity (Registered Charity No: [1147615](#)), supporting people in Ipswich to increase their physical and social activity in order to improve their health and well-being. It provides a wide variety of activities that bring people together and reduce social isolation. The organisation also provides opportunities for volunteering, gaining skills & qualifications, and progression to meaningful employment.
- 2.2 The charity runs two major projects for people aged 45 years and over, the ActivIpswich & ActivHubs projects. Over 1,613 people have taken part in the projects and more than 50 volunteers have assisted running the sessions and lunch clubs.



**Figure 1 ActivHubs Session**

- 2.3 The ActivHubs project provides strength and balance sessions to people who are

- frailer, have mobility problems, poor balance, or lack muscle strength,
- take 3 or more types of medication that are associated with an increased risk of falling,
- at high risk of falling or have experienced a fall.

2.4 The ActivHubs project uses the Otago exercise programme which has been independently shown by randomised control trials to reduce the risk of falls by 35%, and has the greatest impact in the over 80s.<sup>1</sup> Thirty percent of people aged 65 and over will fall at least once a year. For those aged 80 and over it is 50 per cent<sup>2</sup>. Falls cost the NHS and social care an estimated £2.3bn per year<sup>3</sup>, and individual costs to for health, social care and community services almost double following a fall<sup>4</sup>.

2.5 Many of the people that take part in the ActivHubs programme would otherwise be at risk of social isolation and loneliness, through reduced mobility. ActivHubs members cite the social contact as one of the main attractions (see Appendix 1). Two of the ActivHubs also run Lunch-clubs, St Mary at Stoke & Ipswich International Church. The lunch-clubs increases the social support and brings an additional income to support the project. Unfortunately, not all ActivHub venues are able to support lunch-clubs.

2.6 There are currently 1060 people registered as ActivHubs members, some regularly attend and some occasionally, depending on their situation. A membership of 20-25 people yields an average of 15 attendances at each session. There were 4,533 individual attendances across all ActivHubs during 2016 – 2017.

2.7 The age of the current ActivHubs membership ranges from 45 years to over 90, and is predominately 65 years and over. There are over 50 members over 90 years of age.

2.8 Due to the high risk factor of people who attend ActivHubs sessions, places are limited to a maximum of 20 people with one instructor. To allow larger sessions of up to 20 people, the qualified instructor is supported by trained volunteers. Most sessions number between 8 and 15 participants.

2.9 There are currently 8 ActivHubs across Ipswich;

- North East Ipswich –supported in 2016-17 by the North East Area Committee  
➤ Dundee House, Renfrew Rd

<sup>1</sup> Does the 'Otago exercise programme' reduce mortality and falls in older adults?: a systematic review and meta-analysis, British Geriatric Society <https://academic.oup.com/ageing/article/39/6/681/9467#>

<sup>2</sup> Royal College of Nursing <https://www.rcn.org.uk/clinical-topics/older-people/falls>

<sup>3</sup> Age UK, [https://www.ageuk.org.uk/documents/en-gb/campaigns/stop\\_falling\\_report\\_web.pdf?dtrk=true](https://www.ageuk.org.uk/documents/en-gb/campaigns/stop_falling_report_web.pdf?dtrk=true)

<sup>4</sup> Kings Fund - Exploring the system-wide costs of falls in older people in Torbay [https://www.kingsfund.org.uk/sites/default/files/field/field\\_publication\\_file/exploring-system-wide-costs-of-falls-in-torbay-kingsfund-aug13.pdf](https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/exploring-system-wide-costs-of-falls-in-torbay-kingsfund-aug13.pdf)

- Rushmere Village Hall, Humber Doucy Lane
- California Club, Foxhall Rd
- North West Ipswich - supported in 2014-15 by the North West Area Committee
  - Meeting Place, Limerick Close
- South East Ipswich
  - All Hallows Sheltered Housing, Raeburn Rd
- South West
  - Ipswich International Church, Burlington Rd
  - St Mary at Stoke Church Hall, Belstead Rd
  - Greenfinch Church Hall, Greenfinch Ave

2.10 Participation rates are good and there are waiting lists for some of the ActivHubs. ActivLives is seeking Area Committee funding to support the running of the existing ActivHubs and the development of new session locations in April 2018 – March 2019. With this support the charity aims to;

- Increase participation at existing Hubs for older people living in Ipswich
- Develop a new ActivHubs and new activities in each Committee Area to engage new participants
- Recruit and train volunteers to support larger sessions.

2.11 In North East Ipswich, there are currently three ActivHubs, which were developed through North East Area Committee funding running to March 2018. The two ActivHubs that offer Otago exercises, Rushmere St Andrew and Dundee House, are full to capacity. There are some spaces available for the ActivSteps sessions at the California Social Club.

2.12 ActivSteps is a programme of fun movement to music exercises to improve balance, strength, & mobility and to build confidence. The programme is complementary to the lower intensity Otago sessions and are designed for those that are slightly more mobile

2.13 The funding requested here would pay to sustain the existing hubs over the 2018-19 year and the staff time, promotion and costs associated with establishing a new ActivHub at the newly refurbished Ransomes Sports Pavilion. This will start with a taster sessions and then provision of either a regular ActivSteps or Otago session depending on the feedback.

2.14 This provision will be supported by the training of an additional volunteer to support the trainer. The requested funding contributes to the costs of running the overall project, of running the existing sessions and of developing the new session and hub. The full cost are set out in Section 9.

2.15 **The total amount requested from the Central Area Committee is £4,230.50**

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### **3. Relevant Policies and Area Action considerations**

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- 3.1 Building a Better Ipswich underlying principles:
- Priority 3: An Enjoyable Place to Live, Work and Study
  - Priority 4: A Healthy Community

3.2 To alleviate deprivation in the domain of the Health.

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### **4. Options Considered / Under Consideration**

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4.1 **Option 1** – Approve the allocation of £4,235.50 funding for the costs of the ActivHubs programme in North East Ipswich.

4.2 **Option 2** - Approve the allocation of an amount less than £4,235.50 funding for the costs of the ActivHubs programme in North East Ipswich.

4.3 **Option 3** - Do not fund

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### **5. Consultations**

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5.1 ActivLives develop the sessions at each ActivHub in consultation with the members. The development of this proposal has been made in consultation with the Area Committee chairs and the Community Engagement team.

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### **6. Risk Management**

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6.1 The risks associated with providing the ActivHubs sessions is owned by ActivLives.

<b>Risk Description</b>	<b>Consequence of risk</b>	<b>Risk Controls</b>	<b>Probability of risk occurring</b> taking account of controls (1 almost impossible - 6 very high)	<b>Impact of risk, if it occurred</b> taking account of actions (1 negligible- 4 catastrophic)	<b>Actions to mitigate risk</b>
Session participant falling at ActivHubs session	Harm or injury	Training of session leader  Training of volunteer	2	3	Session leader is a qualified instructor  Volunteers receive both in-house and external training

		Structure of activities			The Otago exercises are internationally recognised and recommended by the NHS.
		Choice of venue			All ActivHubs venues are accessible.
Safeguarding of older vulnerable people	Abuse of vulnerable people	Safeguarding practice and policy  Training	1	3	ActivLives has extensive experience of working with vulnerable people. There is a reporting procedure and policy for safeguarding concerns and all staff are appropriately trained.  Participation in group-activities reduces social isolation and vulnerability to abuse.

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## **7. Environmental Impact Assessment**

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- 7.1 The impact on the environment from the ActivHubs project is not expected to be of major significance. There will be additional car journeys made by members attending sessions. If this is considered against the additional journeys and materials required to support an older person who has fallen, the net impact is believed to be a reduction.

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## **8. Equalities and Diversity Implications**

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- 8.1 The proposed project would have a positive impact on both age and disability, two of the protected characteristics as set out under the Equality Act 2010. Whilst the sessions are selective on the basis of age this is not considered negative because the sessions mitigate a risk specific to older people.

## 9. Financial Considerations

- 9.1 The ActivHubs programme was last funded by the North East Area Committee for the cost of the 2017-18 year and £12,449 was awarded then. Strong membership numbers for the hubs in North East Ipswich has increased the income from members' contributions and reduced the funding needed to sustain the ActivHubs programme.
- 9.2 The overall cost and income of the ActivHubs project across Ipswich is set out in Appendix 2.

<b>Core Project costs*</b>	
ActivHubs Co-ordinator	£4,027.00
Administration/website/publicity design	£375.00
Office rent	£528.75
Stationery/Postage	£18.75
Office printing/photocopying	£281.25
Leaflets/newsletters/publicity	£93.75
Mobile Phone	£56.25
Staff Travel	£450.00
Staff Training	£93.75
Events	£93.75
	<b>£6,018.25</b>
<b>Current sessional costs*</b>	
Freelance Instructors	£805.00
Venue Hire	£2,024.00
Refreshments	£93.75
Volunteer Training/Expenses	£187.50
Exercise Equipment	£37.50
	<b>£3,147.75</b>
<b>Development costs<sup>+</sup></b>	
ActivHubs Development Officer <sup>∞</sup>	£1,498.00
ActivHubs Co-ordinator <sup>μ</sup>	£1,342.50
	<b>£2,840.50</b>
<b>Tasters / Hubs</b>	
New Hub / Venue	£1,075.00
Promotion	£50.00
Freelance Instructors	-
Management Costs	£1,035.00
	<b>£2,160.00</b>
<b>Total Costs</b>	<b>£14,166.50</b>

\* Proportional split by current provision

+ Proportional split by target growth

∞ 20 hours per week at £13.50 per hour x 52 weeks + National Insurance

μ 5 hours per week at £10 per hour x 52 weeks + National Insurance

<b>Income</b>	
Current Exercise Sessions	£7,452.00
New Sessions <sup>‡</sup>	£2,484.00

<b>Total Income</b>	<b>£9,936.00</b>
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± *Estimated contribution of minimum 12 members at £4.50 per person over 46 sessions*

- 9.3 The overall cost of providing the existing ActivHubs programme and creating the new sessions is £14,166.50. The estimated income from member's session fees is £9,936.00, though this figure will vary depending on membership numbers and ability to pay. This funding request is for the difference.
- 9.4 The total amount requested of the North East Area Committee budget is £4,230.50

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## **10. Legal Considerations**

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- 10.1 The Council has the power to make grants to community projects through the Area Committees. The Area Committees have delegated Executive powers and devolved budgets.
- 10.2 Area Committees have the power to award grants in accordance with part 3, section 2 of the Council's Constitution i.e. the Area Committee terms of reference.
- 10.3 ActivLives are a registered charity (No: [1147615](#)) and non-profit company registered with companies house (No: [7672809](#)) with named posts, named bank account, business plan and year-end accounts. As such, the group meet the eligibility criteria set out in the Area Committee funding Protocol.

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## **11. Performance Monitoring**

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- 11.1 ActivLives will complete the Area Committee funding submission at the end of the 2018-19 year (April 2019) providing details of the ActivHubs sessions provided and the attendances. ActivLives will also report the spending of the allocation, if awarded, against the budget set out in Appendix 2.
- 11.2 During the 2018-19 ActivLives will report to the Area Committees on the progress of the ActivHubs project. This may be either by short report or by presentation.

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## **12. Conclusions**

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- 12.1 The ActivHubs project provides a valuable service to older people across Ipswich in improving their social support and physical wellbeing. Besides this primary benefit, the ActivHubs programme reduces the demand and expense to health and social services by reducing falls in older people. The allocation of funding to the project would allow the existing provision to continue for the year 2018-19 and to increase the number of people who benefit.



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## **13. Recommendations**

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**13.1 This report recommends that the North East Area Committee consider the options set out in section four and determines the merit of allocating funding for the ActivHubs project in 2018-19.**

Reason:

- to improve the opportunity for social support of older people in North East Ipswich
- to improve the opportunity for exercise for older people in North East Ipswich
- to reduce the incidence of falls for older people in North East Ipswich