

# **APPENDIX 10**

**Worcestershire Partnership  
Health Improvement Fund**

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### Worcestershire Partnership Health Improvement Fund

The following relevant projects have been funded by the Worcestershire Partnership Health Improvement Fund to help deliver the LAA targets.

#### Round 1

##### *County-wide (Health Hotspots)*

##### **West Mercia Constabulary, £2,200**

To launch a county-wide Tag Rugby programme for young people, encouraging them to participate in sports and take up regular exercise. Police Community Support Officers will be trained to deliver a 7 week training course for local children and links with schools will be developed. Provision will be offered either during school time or as part of extended provision. The project is initially aimed at Year 5 and 6 pupils.

##### *Redditch*

##### **Pitcheroak School, £17,100**

To offer a range of bespoke health interventions for pupils with Downs Syndrome and their parents. The project will adopt a family centred approach to addressing issues of obesity, nutrition, diet and exercise.

##### **Pitcheroak School, £1,332**

To provide a range of leisure activities for students with special needs who are unable to access extracurricular activities due to financial or physical barriers. The project will encourage and promote healthier lifestyles.

##### *Worcester City*

##### **CAP 360, £50,000**

To purchase and install an outdoor gym situated in the Warndon Community Centre development which will be a hub for a wide range of activities and interventions. This project will provide free access to gym equipment for the local community encouraging people to adopt healthier and more active lifestyles. The equipment is aimed predominately at those who are not regular or formal gym users. All machines will have easy to use instructions for training alone and can offer young people who have outgrown the playground a way to continue being active outdoors. For users who require help a fitness instructor will be available twice a week to offer additional support to users, which will incur a small charge.

##### *Wychavon*

##### **Droitwich Spa High School, £8,000**

To engage a group of young people in sporting and physical activities to improve levels of health, behaviour and self esteem. This initiative will engender community cohesion by developing positive attitudes and activities for young people.

### **Droitwich Spa Young Peoples Action Group, £74,677**

To set up and run a drop-in Centre for young people. The Centre will adopt a multi-agency approach to engaging with those who have limited access to facilities and services. A range of activities will be available including exercise, dance and martial arts classes, cooking and nutrition courses. The Centre would also work towards the National Youth Agencies 'Health Youth work Settings' standards in order to promote Healthy Lifestyles.

### *Wyre Forest*

#### **Wyre Forest Leisure Group, £6,000**

To run water exercise sessions for people with profound disabilities. This project will enable people with significant barriers to participation to benefit from physical activity. The funding will pay for swimming pool hire, life guard and physiotherapist support.

#### **Birchen Coppice Primary School, £3,780**

To utilise Nintendo Wii Sports equipment to increase levels of physical activity and educational attainment for yr 6 pupils. This innovative project will target pupils who experience difficulties in participating in traditional PE lessons. The equipment will be available for outside group use.

#### **Birchen Coppice Primary School, £10,250**

To install Trim Trail equipment in the school grounds. The equipment will be accessible to pupils at the school, the local nursery and other organisations including scouts and play schemes. The equipment will also be used to deliver a range of activities for young people in the community.

#### **Action For Children, £12,350**

To enable young children and their families to take part in weekly Parent and Baby swimming sessions. This project will encourage parents and children to engage in positive activities and physical exercise in a fun and stimulating way. Funding will contribute towards transport and swimming sessions.

#### **Wyre Forest LCA, £ 40,830**

To provide transport for residents in the Oldington and Foley, Horsefair, Broadwaters, Greenhill and The Walshes areas to attend twice weekly swimming sessions at Local leisure centres. Due to a lack of transport many are unable to pursue swimming and other physical activities. This pilot scheme will help residents to participate in structured health and fitness activities and aims to offer additional support via a team of Health Trainers.

#### **The Community Housing Group, £25,000**

To install an i-play machine in Woodbury Road park's new play area accessible to the local community including school children, young people as well as the visually and hearing impaired. The facility will offer positive diversionary activities for young people and a challenging physical environment to begin to tackle levels of obesity especially for younger children.

#### **Kidderminster Harriers Football in the Community, £31,250**

To deliver a six week programme in collaboration with Wyre Forest District schools focussing on exercise, diet, smoking, road safety, emotional health and dental care. To facilitate this programme a series of Health Kick Fun days will run at weekends and during the school holidays.

## Round 2

The second round of the £1million Health Improvement Fund has awarded over £200,000 to 11 new healthy lifestyles initiatives taking place across the County.

### *Bromsgrove*

#### **Bromsgrove Sports Development £3,172**

The Sports Development have designed an intergenerational project taking place this Summer to re-engage adults and older people back into sport and physical activity, alongside promoting the importance of families in the community. Activities will include a Mother and daughters netball club, Grandparents and Grandchildren multi-skills club, Family cricket sessions and Badminton sessions. The project is aimed at local people in the health hotspots areas of Charford and Sidemore.

### *Bromsgrove, Redditch and Wyre Forest*

#### **Workers Educational Association £74,927**

The Association will deliver a pilot community-based health education project aimed at adults predominately aged over 45, older people, and adults from Black and Minority Ethnic (BME) backgrounds. The programme has been specifically designed to address the risks of circulatory diseases amongst older people. This will be achieved through a series of free learning opportunities including taster sessions, personalised health improvement plans and health education courses. Physical activity will be an integral part of the project and include Keep fit classes, Women's health workshops, and postural stability sessions for older participants. It is hoped that these interventions will encourage people affected by circulatory illness to use rehabilitation services to reduce the risk of further circulatory illness.

### *Malvern*

#### **Malvern Hills Healthy Ageing Partnership £54,612**

The Partnership will establish a healthy living drop in club for elderly residents. The long term aims of this initiative are to support older people to live healthier lifestyles; reduce health inequalities and improve the quality of life and independence of older people and those with a limiting long term illness. Services available will include gentle exercise classes, cooking courses, and smoking cessation workshops. Funding will pay for a coordinator to run the club working in collaboration with a range of partners including Health care professionals on hand to tackle broader health and well being issues affecting older people such as falls. The project will be delivered at Storer Court Very Sheltered Unit, Malvern, The Firs, Kempsey and Thomas Morris, Upton benefiting older members of the community in those areas and the surrounding areas including the 'health hotspot' ward of Pickersleigh.

#### **Tenbury Youth Café (Café 27) £9,506**

Funding will enable the Café to extend its current services and provide a range of healthy lifestyle activities aimed predominately at vulnerable young people. The objective of this initiative is to encourage young people to engage in lively and interesting sessions exploring issues related to body image, fitness, diet and sexual health empowering them to make informed and positive lifestyle choices. Activities will adopt a 'back to basic' approach to holistic health and well being issues set in an environment where young people feel safe and confident, fostering a culture of participation and engagement.

## *Wyre Forest*

### **The Odell Trust £7,865**

The Trust will deliver sports and physical activity sessions for adults with learning and physical disabilities. Sessions will be free of charge and focused on removing many of the barriers experienced by people with disabilities to take part in sports. As part of the initiative the Trust have organised a summer event bringing together participants from across the County to take part in competitive and non competitive sports activities Redditch

### **Redditch Wheels Project £20,000**

This 3 strands initiative is the brainchild of Redditch Wheels Project, Your Ideas (a community organisation working with young people) and Ipsley Middle School. The initiative is set to offer a challenging and exciting menu of extreme sports and skate park activities, workshops and school based activities for children and young people in identified health hotspot areas in Redditch. The initiative will take advantage of positive youth sports culture where young people have the opportunity to gain skate park skills as well as increased levels of fitness and agility.

### **Redditch Partnership £12,575**

The Partnership will oversee the design and installation of a pilot network of way-marked routes in Redditch, suitable for recreational walking and other outdoor pursuits such as jogging and cycling. The project aims to promote active recreation linking the heart of housing estate in the Winyates and Woodrow areas with local open spaces. This initiative will also assist in the wider expansion plans for a full scale network and monitored by the Partnerships community forum to ensure the network is accessible to all sections of the community.

## *Worcester, Redditch, Malvern and Bromsgrove*

### **Deaf Direct £30,000**

Deaf Direct have established a pilot healthy lifestyle initiative tailored towards the needs of deaf adults and young people within health hotspot areas in Worcester, Redditch, Malvern and Bromsgrove. Weekly fitness and sports sessions will be arranged at a number of leisure and sports centres across the county, encouraging Deaf people to try out various sporting activities. A Healthy Living course also been developed covering topics on nutrition, and alcohol awareness and smoking cessation. In order to improve understanding and awareness of deafness and communication issues sports centre staff involved in the project will receive deaf awareness support and work related sign language to overcome challenges to participation in sport and exercise experience by Deaf people. The programme will be facilitated by a team of Deaf Health and Well Being mentors.