



Coventry Health and Well-being Board

Time and Date

10.00 am on Wednesday, 27th September, 2023

Place

Committee Room 3 - Council House, Coventry

Public Business

1. **Welcome and Apologies for Absence**
2. **Declarations of Interest**
3. **Minutes of Previous Meeting**
 - (a) To agree the minutes of the meeting held on 26th July 2023 (Pages 3 - 10)
 - (b) Matters Arising
4. **Chair's Update**
5. **ICB Update**

Report of P Johns, Coventry and Warwickshire Integrated Care Board.
6. **Health and Wellbeing Strategy & JSNA Approval**

Report of the Director of Public Health and Wellbeing
7. **Introduction of CQC Inspection of Adult Social Care** (Pages 11 - 14)

Report of the Director of Adults
8. **Progress on Improving Lives Programme and Next Steps** (Pages 15 - 18)

Report of the Director of Adults and Chief Strategy Officer, UHCW
9. **Commonwealth Games Legacy Funding and Sport/Activity for Older People** (Pages 19 - 28)

Report of the Director of Adults

10. **Community Diagnostic Centre** (Pages 29 - 32)

Report of the Chief Strategy Officer, UHCW

11. **Any other items of public business**

Any other items of public business which the Chair decides to take as matters of urgency because of the special circumstances involved.

Private Business

Nil

Julie Newman, Chief Legal Officer, Council House, Coventry

Tuesday, 19 September 2023

Note: The person to contact about the agenda and documents for this meeting is Caroline Taylor Tel: 024 7697 8701 / caroline.taylor@coventry.gov.uk

Membership: Councillors L Bigham, J Blundell, K Caan (Chair), G Duggins, P Seaman, M Coombes, A Duggal, P Fahy, A Hardy, P Henrick, P Johns, D Jones, D Kendall, N Macdonald, R Light, S Linnell, C Meyer, K Nelson and D Oum

By invitation Councillors: G Hayre

Public Access

Any member of the public who would like to attend the meeting in person is encouraged to contact the officer below in advance of the meeting regarding arrangements for public attendance. A guide to attending public meeting can be found here: <https://www.coventry.gov.uk/publicAttendanceMeetings>

Caroline Taylor

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Coventry City Council
Minutes of the Meeting of Coventry Health and Well-being Board held at 10.00 am
on Wednesday, 26th July 2023

Present:

Members: Councillor K Caan (Chair)

Councillor L Bigham
Councillor J Blundell
Councillor G Duggins
Councillor P Seaman
Allison Duggal, Director of Public Health and Wellbeing
Pete Fahy, Director of Adult Services and Housing
Peter Hendrick, West Midlands Police
Ruth Light, Healthwatch Coventry
Stuart Linnell, Healthwatch Coventry
Kirston Nelson, Chief Partnership Officer/Director of
Education and Skills
Danielle Oum, Coventry and Warwickshire Integrated Care
Board

Other Representatives: Rachael Danter, Coventry and Warwickshire ICB
Chief Superintendent Kim Madill, West Midlands Police
Justine Richards, University Hospitals, Coventry and
Warwickshire

Employees (by Directorate):

Law and Governance V Castree, C Taylor

Public Health A Allen, R Chapman, V Edeki

Apologies: Andy Hardy, University Hospital, Coventry and Warwickshire
Douglas Jones, Coventry West Midlands Fire Service
Philip Johns, Coventry and Warwickshire Integrated Care
Board
Neil MacDonald, Interim Director of Children's Services

Public Business

1. Welcome and Apologies for Absence

The Chair welcomed Councillor L Bigham to the Board.

2. Declarations of Interest

There were no declarations of interest.

3. **To agree the minutes of the meeting held on 23rd January 2023**

The minutes of the meeting held on 23rd January 2023 were agreed as a true record.

There were no matters arising.

4. **Chair's Update**

The Chair, Councillor Caan, welcomed everyone to the first meeting of the new Municipal Year in particular, Councillor L Bigham and Neil MacDonald, Interim Director of Children's Services. The Chair placed on record his thanks to Julie Grant, the Board's National Health Service England (NHSE) representative who had stepped down from the Board due to a reconfiguration of the commissioning of services, advising the ICB would provide the NHSE's views going forward.

The Chair welcomed the recent visit to the City by Professor Dame Carol Black to look at the prevention, treatment and long-term recovery of substance misuse services, advising he was proud to show Professor Dame Carol Black the achievements in Coventry in terms of bringing partners together to prevent and tackle the harms associated with drug and alcohol use and to support people to recover and build healthy, fulfilled lives.

Coventry had also welcomed MP, Dame Andrea Leadsom to see the pioneering work of the City's Family Hubs and how this would be developed. The Marmot Partnership was going from strength to strength, with collaborations being developed with the Universities to deliver this important agenda. The National Institute for Health and Care Research (NIHR) was progressing well and a webinar had been hosted recently, chaired by Sir Michael Marmot.

Finally, the Chair welcomed the Sports Fest event, which was taking place this week in Broadgate, featuring a wide variety of sports and wellbeing activities.

The Chair thanked everyone involved in hosting and supporting these events.

5. **Right Care Right Person**

The Chair welcomed Chief Superintendent Kim Madill, West Midlands Police, to the meeting.

The Board received a presentation by CS K Madill regarding Right Care Right Person (RCRP), an operating model for police and partners to ensure health and concern for welfare calls for service were responded to by those with the right skills and expertise to provide the best possible service.

The presentation highlighted:

- Aims and objectives
- Reasons for implementation
- Current policing model
- West Midlands Police case examples
- Types of Call 1 and Call 2

- Expected impact
- Phases of implementation (informed by KPI's)
- Key concerns – prevention of the vulnerability vacuum

The Board discussed:

- Managing acronyms and knowledge
- 999 operating model and backlog
- Local working group led by Coventry & Warwickshire Partnership Mental Health
- Recognising vulnerability and putting in place early help
- Monitoring, evaluation and timeframes
- Vulnerability hubs
- Capacity and ability to meet additional needs
- Level of public awareness
- Use of Incident Logs and Records of Contact
- Numbers detained under Section 136 in Coventry

Following discussion, Chief Superintendent Madill undertook to:

- Ensure acronyms and the different use of phrases/words by partners are fed into the Right Care Right Person model.
- Share the codes used on incident logs/records of contact in partnership meetings.
- Share numbers detained under Section 136 in Coventry and the length of time police sit with detainees.

RESOLVED that the Coventry Health and Wellbeing Board note the presentation from West Midlands Police regarding Right Care Right Person.

6. ICB Update

The Board received a verbal update by Rachael Danter, Coventry and Warwickshire ICB, regarding the Coventry and Warwickshire Integrated Health Care Delivery Plan.

The verbal updated detailed:

- Ambulance delays
- Handovers and ongoing improvements
- Ambulance service category 2 response
- Improvements in emergency care targets
- Modernising primary care: improved access, workforce issues
- GP Recovery Action Plan launch
- The Integrated Care Strategy – available to read on the ICB website
- Overview of industrial action

The Board discussed local implementation of the GP Recovery Action Plan, including funding and the local communication strategy, evidence of improvements in GP access, process redesign to improve call and consultation issues and the expansion of pharmacy services. Information on local implementation of the GP

Recovery Action Plan including communication to the public, would be brought back to the Board when available.

RESOLVED that the Coventry Health and Wellbeing Board notes the verbal report.

7. Health and Wellbeing Strategy and Joint Strategic Needs Assessment Progress Update

The Board received a Briefing Note of the Director of Public Health and Wellbeing, detailing the progress made towards the refresh of the Health and Wellbeing Strategy (H&WBS) and the Joint Strategic Needs Assessment (JSNA)

The update highlighted:

- Progress
- Summaries of feedback from the H&WBS and JSNA
- Further considerations and gaps to be explored
- Short-term priority areas of focus

The Board welcomed the update and discussed:

- How the strategy ensures services are delivered and embedded across Coventry and Warwickshire.
- Working in partnership including opportunities to align resources in expertise, knowledge and experience ie. Family hubs
- Prevention as a first step
- A hyper-local approach – whether it is beneficial for different services to be provided in different communities.
- Return of the Fitness in the Parks Programme and acceleration of the programme in the city
- Advantages and benefits of GO CV.
- Investment in physical activity and expansion within the strategy.
- The inclusion of immunisation for older people and infographics

The Board undertook to provide feedback by the deadline of 14th August 2023.

RESOLVED that the Coventry Health and Wellbeing Board notes the Health and Wellbeing Strategy and Joint Strategic Needs Assessment Progress Update.

8. Coventry & Warwickshire Integrated Health and Care Delivery Plan

The Board received a Briefing Note and Presentation of the Chief Transformation Officer, NHS Coventry & Warwickshire Integrated Care Board, providing an overview of the development of the five-year Coventry and Warwickshire Integrated Health and Care Delivery Plan (IH&CDP).

National guidance required the NHS Coventry and Warwickshire ICB to seek the opinion of the Health and Wellbeing Board as to whether the IH&CDP “takes proper account” of the Coventry Health and Wellbeing Strategy. The report also

summarised the connectivity between the Coventry Health and Wellbeing Strategy, the Coventry and Warwickshire Integrated Care Strategy and the IH&CDP.

The Board welcomed the report and discussed:

The Board discussed working in partnership to prevent health issues caused by housing densification, prevention as a priority and public accessibility. Future improvements in mental health and wellbeing services for children with access to CAHMS and RISE and information on metrics and KPI's would be brought back to the Board.

RESOLVED that the Coventry Health and Wellbeing Board:

- 1. Notes the Integrated Care Strategy and Integrated Health and Care Delivery Plan.**
- 2. Notes that the IH&CDP has been developed as the health care system shared delivery plan for the Integrated Care Strategy, with the three strategic priorities and nine aligned areas of focus identified in the Integrated Care Strategy providing a 'golden thread' across the two documents.**
- 3. Recognises the connectivity between the Coventry Health and Wellbeing Strategy, the Integrated Care Strategy and the IH&CDP.**
- 4. Agrees that the ICB Chief Transformation officer liaises with the Chair outside of the meeting to agree an approach to obtaining confirmation of the Board's opinion as to whether the IH&CDP "takes proper account of" the Coventry Health and Wellbeing Strategy.**

9. Drug and Alcohol Strategy

The Board received a report of the Director of Public Health and Wellbeing regarding the Drugs and Alcohol Strategy, the purpose of which was to present the local response to the National Drugs Strategy "From Harm to Hope".

The Programme Manager, Drugs and Alcohol advised the Board of the key outcome areas arising from a needs assessment, feedback and priorities; which were: reducing supply, reducing crimes of drugs and alcohol, reducing demand for and over use, reducing harms, improving quality of treatment provision, importance of long term recovery and ensuring services and support available was accessible for all.

The Board discussed recognising the hidden harm to children from drugs and alcohol, importance of family networks and ensuring the right support is in place for both families and individuals, vaping by school children and the steps being put in place to prevent it.

RESOLVED that the Coventry Health and Wellbeing Board:

1. **Notes the steps taken in the development of the strategy, in particular the level of engagement that has taken part with partners and stakeholders across the system at all stages of strategy development.**
2. **Continues to support attendance at the Coventry Drugs and Alcohol Partnership Steering Group from all identified partners.**
3. **Agrees and signs off Coventry Drug and Alcohol Strategy 2023 – 2033.**

10. **BCF Plan Approval 2022/23 end template approval**

The Board received a report of the Director of Adult Services and Housing regarding the Better Care Fund Year End Template 2022/23.

The aim of the Better Care Fund (BCF) was to bring together the NHS, social care and housing services so that older people and those with complex needs can manage their own health and wellbeing and live independently in their communities for as long as possible.

The governance associated with the BCF programme requires approval by the ICB and the Council through the Health and Wellbeing Board.

RESOLVED that the Coventry Health and Wellbeing Board note the content of the report and approve the Better Care Fund Year End Template for 2022/23.

11. **BCF Plan Approval for 2023/24 and 2024/25**

The Board received a report of the Director of Adult Services and Housing regarding the Better Care Plan Approval 2023/24 and 2024/25.

The aim of the Better Care Fund (BCF) was to bring together the NHS, social care and housing services so that older people and those with complex needs, can manage their own health and wellbeing and live independently in their communities for as long as possible.

It was based on the concept of a pooled budget between Clinical Commissioners and Local Authorities with one party agreeing to host the pool which is managed by a s75 legal agreement. The Coventry BCF pool is hosted by the Council.

The planning process spans two years for 2023/24 and 2024/25 although final funding for the second year is not yet confirmed. Planning Guidance was not published until 12th April 2023 and the narrative plan and template was required to be submitted within a very tight timescale of 28th June 2023.

The submissions were approved by the ICB Executive Committee on 27th June 2023.

The national process required the plan to be signed off by the HWBB and, following submission, a regional and national approval process would be completed.

RESOLVED that the Coventry Health and Wellbeing Board note the content of the report and approve the Better Care Fund Plan 23/25 submissions.

12. Any other items of public business

There were no additional items of public business.

(Meeting closed at 11.50 am)

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Coventry City Council

Report

To: Coventry Health and Wellbeing Board

Date: 26 September 2023

From: Peter Fahy – Director of Adult Services and Housing

Title: CQC Assessment of Adult Social Care

1 Purpose

In brief Coventry HWBB on CQC oversight of Adult Social Care, identifying key performance aspects of Adult Social Care and the potential role of HWBB in supporting the process.

2 Recommendations

Note and understand the process as currently described and the role of HWBB in demonstrating system leadership.

3 Information/Background

The Health and Care 2022 introduced a new legal duty for the CQC to review and assess the performance of local authorities in discharging their 'regulated care functions' under Part One of the Care Act 2014, specifically:

- pursuit of wellbeing
- preventing the need for care and support
- promoting integration of care and support with health services
- providing information and advice; promoting diversity and quality in provision of services (an efficient/effective market)
- meeting the duty of co-operation
- meeting needs; safeguarding adults
- effective transition from children's services
- ensuring continuity of care and support
- managing provider failure
- providing independent advocacy support

The Care Act also links across to the Mental Health Act and the Mental Capacity Act meaning that CQC will also assess ASC's performance in these areas.

New powers for the Health and Social Care Secretary are in place to intervene where it is considered a local authority is failing to meet its duties.

The new single assessment framework focuses on the four key themes of:

Working with people: How Local Authorities work with people (this includes: assessing needs, care planning and review, direct payments, charging, supporting people to live healthier lives, prevention, wellbeing, information and advice)

Providing Support: How local authorities provide support (this includes: market shaping, commissioning, workforce capacity and capability, integration and partnership working)

Ensuring Safety. How local authorities ensure safety in the system (this includes: safeguarding enquiries, reviews, Safeguarding Adults Board, safe systems, pathways and continuity of care)

Leadership. Leadership capabilities within Local authorities (This includes: culture, strategic planning, learning, improvement, innovation, governance, management and sustainability)

In assessing Local Authorities performance against each of these themes CQC will focus on four key domains including: people's experience, feedback from staff and leaders, feedback from partners, processes and outcomes.

CQC have undertaken five local authority pilot assessments to refine their assurance process and prior to rolling out the assessment process later in 2023. The pilot assessments are taking the form of off site information analysis, including care files, and on site interviews.

The government have asked CQC to publish individual ratings of LA's following the pilots and assessments. These ratings will use either: Inadequate, Requires Improvement, Good or Outstanding.

To prepare for CQC Assurance, Adult Social Care are:

1. completing a self assessment of the 'as is' picture of the current level of assurance in relation to Part One of the 2014 Care Act. This assists in not only understanding self-identified areas of strength but also areas for improvement.
2. Working with the Association of Directors Adult Social Services (ADASS) within the Midlands region and undertaken a one-day readiness review, with a further two day readiness review planned in October 2023. This has added to our insight and provided external scrutiny to the assurance process.
3. Attending the series of webinars that ADASS have arranged to support local authorities with their assurance readiness.
4. Learning from the pilot phase that CQC is undertaking with five other Local Authority areas to understand better the assurance process.
5. Undertaking briefings and communication and engagement work with Adult Social Care staff and to some partner agencies.

4 Options Considered and Recommended Proposal

There are no options associated with this report.

Report Author(s):

Name and Job Title:

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To: Coventry Health and Wellbeing Board

Date: 27 September 2022

**From: Pete Fahy – Director of Adult Services and Housing, CCC
Justine Richards – Chief Strategy and Transformation Officer, UHCW**

Title: Improving Lives – system transformation programme

1 Purpose

To brief the Coventry Health and Well Being Board on the progress and next steps in respect of the Improving Lives work underway across health and care.

2 Recommendations

The Board are asked to **note and support** the contents of the report and the attached presentation.

3 Information/Background

The work described in this report and the accompanying presentation provides an update to Coventry HWBB on the Improving Lives programme which is joint programme of change and improvement across the City Council, UHCW, CWPT and the Coventry and Warwickshire ICB working with Newton Europe.

This is a programme of work led through the Coventry Care Collaborative which commenced in 2021 with a diagnostic to identify the scale of the opportunity for change and has since gone through stages of diagnostic, design, mobilisation and is now in the implementation stage.

The programme aims to make a series of improvements across the urgent and emergency care system in Coventry expressed in activity terms in respect of the levels of acute attendances, emergency admissions and emergency readmission for adults over 65 in Coventry and the resulting demand on adult social care services as a result of hospital attendances.

The programme is aiming to deliver a minimum of £13.6m of value across the four organisations. Some of this benefit is cash releasing, such as reductions in volumes of social care, and some of the benefit provides to opportunity to improve effectiveness, for example, changes in admission activity.

Alongside the financial benefits the programme will support improving outcomes for people. Simply put, reducing avoidable admissions to hospital is more likely to lead to people retaining a higher level of functioning and independence.

To deliver the programme three workstreams have been established as follows:

Hospital Processes:

This workstream focusses on Emergency Department, ward processes and the Integrated Discharge Team

Interfaces:

This workstream focusses on referral routes, community visibility of demand, how the Emergency Department connects to services and Discharge connection to services.

One Coventry Integrated Team:

This workstream focusses on the integrated care model, working with specialist teams, ability to intervene proactively in the community, community ownership of discharge from admission, community residential beds for discharge, and the appropriate use of Pathway 3 beds (*Those with such complex needs that they are likely to require 24-hour bedded care on an ongoing basis following an assessment of their long-term care needs*).

Under the programme a number of trials have been operational across the three workstreams. These trials have tested out new ways of working and brought colleagues together across UHCW, CWPT and CCC to work within a new model. The core purpose of the trials has been to design, test then review new models of operating with a view to establishing a model of support that can be rolled out city-wide.

Some of the impacts realised from the trials are included in the presentation accompanying this report and include:

- There have been early signs of the benefits to patients /residents reflected in the trials to date and feedback has been encouraging
- Staff across the system have been largely positive about making the changes across organisations
- To date there has been positive impact on a number of areas of performance and better use made of support in place across the system including Urgent Care Response at the front door which has reduced the number of people needing to be admitted unnecessarily
- Support on discharge is more coordinated between agencies and patient feedback positive in respect of this
- Discharge activity has improved across the trial wards with a focus on developing nursing led discharge over 7 days
- Multi agency response wrapped around the hospital is supporting change in a new way and is different to any other attempts to support change in discharge practices

The next steps in the programme is to provide sufficient assurance and confidence that the trials are scalable and can be rolled out city-wide. This is a significant, possibly the most significant, step in the programme as this is where we make the decision to change how we operate city-wide and move beyond trials to mainstreaming.

In rolling out the programme it is likely that the benefits evidenced in the trials are not scalable on a straight line basis for a number of factors including technology, culture, practice, processes, ways of working, work location and leadership/management across

CCC, UHCW and CWPT. Nevertheless, even without straight line scalability the benefits of rolling out and fully implementing the model across the City are expected to be significant.

4 Options Considered and Recommended Proposal

There are no specific recommendations or decisions for Coventry Health and Well Being Board at this point. However, the board is requested to support the programme of work as a key initiative that brings organisations working closer together to support the people of Coventry.

Report Author(s):

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Pete Fahy, Director of Adult Services and Housing

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Enquiries should be directed to the above person.

Appendices

Presentation: Improving Lives – HWBB 27 September 2023

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Coventry City Council

Report

To: Coventry Health and Wellbeing Board

Date: 27 September 2023

From: Peter Fahy – Director of Adult Services and Housing

Jonathan Hunt – Service Manager, Sport, Physical Activity and Wellbeing

Title: Sport England’s Commonwealth Active Communities ‘Coventry Moves’ Programme

1 Purpose

- 1.1 The purpose of this report is to inform the Coventry Health and Wellbeing Board (HWBB) on the overall Commonwealth Active Communities ‘Coventry Moves’ programme with specific reference to the Adult Social Care area of work.

2 Recommendations

- 2.1 The HWBB are recommended to recognise the good work and positive impact of the Coventry Moves project on its target audience and value the contribution to Adult Social Care, Public Health and Sport, Physical Activity and Wellbeing.
- 2.2 To support with options to create sustainability and to secure any future funding.

3 Information/Background

- 3.1 Coventry City Council secured a grant award of £624,624 through the Commonwealth Active Communities funding that is part of Sport England’s wider investment into the Birmingham 2022 Commonwealth Games. The Coventry Moves programme is a two-year funded programme which runs to December 2023.
- 3.2 Project Outcomes:
- ❖ Tackle and reduce isolation.
 - ❖ Understand and address how the effects of isolation across the city have compounded inequalities, exacerbating pre-existing barriers to physical activity.
 - ❖ Decrease inactivity levels across the city. Increase activity levels with targeted groups.
- 3.3 The Commonwealth Active Communities programme has three key focus areas:
1. Go Parks – encouraging children and young people to get active in local parks and green spaces.
 2. Streets – providing ‘on your doorstep’ activation in targeted communities.

3. Coventry Moves – Adult Social Care – engaging the elderly population in care homes and over 50's in the community.
- 3.4 Coventry Sports Foundation (CV Life) were commissioned to lead on the Adult Social Care part of the programme working with residents in nine local care home and assisted living settings as well as engaging with over 50's in the community. CV Life have also commissioned four smaller organisations to deliver inclusive activities for the elderly population under the Coventry Moves banner.
- 3.5 Care home and assisted living settings on the Coventry Moves project have experienced weekly sessions with activities such as dance, seated exercise, gardening, social gatherings and arts and crafts. The project has inspired residents to become more physically active and reduce social isolation following the pandemic with residents now socialising between care homes, attending trips and community sessions. The project has also improved confidence and independence with residents now taking ownership of sessions, developing their own groups and creating 'social funds' to sustain the future of the project.
- 3.6 The community activities aimed at over 50's have included weekly sessions such as walking rugby, walking netball, slow Zumba, no strings badminton, seated exercise, and social coffee mornings. Coventry Moves also initiated a return of the monthly Sporting Memories sessions which attracts participants from both the local community and dementia care settings. The high demand of popular sessions such as walking netball has introduced an additional session to increase capacity and 3 participants have volunteered to be trained in leading sessions to support future provision.
- 3.7 The Coventry Moves project has delivered over 431 sessions which has seen 5,541 attendances so far. The project will continue to grow with the introduction of new community sessions and additional care home activity as the project progresses.
- 3.8 The Coventry Moves project is improving the physical, social and mental wellbeing of residents. The hyperlocal impact derived from this work can be evidenced through numerous case studies demonstrating significant impact on local people's lives. Examples of these are included in Appendix One and include:
- ❖ Sporting Memories returning to Coventry & North Warwick Sports Club
 - ❖ Coventry Moves dance classes for residents at retired living scheme
 - ❖ Walking Netball with regular attendance of 20 people
 - ❖ Walking Rugby with regular attendance of 15 people
 - ❖ Slow Zumba classes improving participants 'mind, body and soul'
 - ❖ Gardening club aims to get more people active across older people housing schemes
- 3.9 The impact assessment of the overall Commonwealth Active Communities programme is being delivered through a national evaluation linked to the Birmingham 2022 Commonwealth Games in partnership with KPMG. Throughout the evaluation, Sport England have been developing an evaluation framework that can be utilised by future programmes of a similar nature linked to partnership working and systems change. Coventry Moves has been involved in piloting the framework within the Commonwealth Active Communities programme which has informed future Sport England funded commissioning.
- 3.10 Coventry City Council endeavour to build on the work of the Coventry Moves project to continue the local impact. Alternative opportunities for further funding to continue the

Coventry Moves project beyond December 2023 are being explored with the potential to bid for further grants to continue the programme to March 2025.

- 3.11 Programme sustainability is also being sought through the establishment of 'social funds' within care schemes and developing toolkits and equipment boxes for residents to run their own activities without the need for ongoing support from CV Life.

4 Options Considered and Recommended Proposal

There are no options associated with this report.

Report Author(s):

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Enquiries should be directed to the above person.

Appendices

Appendix One: Coventry Moves Year One Impact Report April 2022 to March 2023

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COVENTRY MOVES

Year 1 Impact Report
April 2022 – March 2023
Report compiled by CV Life



COVENTRY MOVES

Introduction

CV Life has now completed its first year running the Coventry Moves programme and what an amazing 12 months it's been.

The programme is aimed at increasing activity among communities who could fall through the cracks, with an emphasis on getting older people out and about while increasing activity as well as social interaction.

During the pandemic the everyday lives of the population changed so dramatically, but in many ways, it was the over 50s who particularly suffered. Many were forced to shield and lots of people were too scared to interact with others after months and months of being warned of the dangers – even after the effects of the virus began to wane.

Because of this, thousands of people became increasingly isolated. The elderly population is prone to this anyway, but the pandemic exacerbated this existing problem.

So, Coventry Moves has been tackling this very real issue, using innovative and interactive ways to make a huge impact on the lives of so many people.

Working across nine schemes, CV Life has established a regular weekly programme of activities across Coventry, as well as developing a range of community sessions being delivered at CV Life Leisure Centres.

This has been delivered with passion, empathy, and lots of communication. As well increasing activity, Coventry Moves has allowed us to identify and remove barriers, combat isolation and get people interacting and making friends - in short, making people's lives better. You shouldn't stop having fun and friendships just because you age.

Coventry Moves has also given CV Life a stronger foothold in the community and allowed us to gain a better understanding of the people we serve – the people of Coventry.

Scheme Delivery

Gardening clubs

The Coventry Moves programme has been very warmly received across the schemes it is delivered in, particularly places like Bevan Court, Marsh House and Poppy Court.

Not only has the programme got people engaged and having fun with our sessions, it's also sparked friendships, and in turn, offshoot clubs which has seen residents take inspiration and start their own sessions.

Residents from Bevan Court have set up a weekly gardening group with assistance from the programme. This came off the back of residents wanting an outdoor activity to allow them to make the most of the summer months while also having made a tangible impact on their surroundings.



COVENTRY MOVES

While we think its amazing residents have started their own clubs and groups, it's wonderful to see it has had a knock-on effect resulting in a marked increase in participation at the other activities too.

This means residents have become even more active and engaged than we'd hoped because our sessions inspired the desire to create more, which has facilitated independent sessions. This has then gone full circle and made our initial sessions more appealing and popular.

There are several examples of the benefit this has had on participants. One chap at Bevan House has suffered with mental health issues and tended to stay in his room. But he has joined a club and got more and more involved, which has helped his confidence and his overall wellbeing.

Similarly Poppy Court resident – Roma kept to herself following the devastating death of her husband. But with the help and enthusiasm of CV Life staff, she's involved with all sorts of activities. Read more about Roma here: <https://cvlife.co.uk/latestnews/roma-gets-new-lease-of-life-through-coventry-moves-project-after-losing-husband-to-covid/>



Princethorpe Court

Residents at Princethorpe Court were initially sceptical of the Coventry Moves project with just four people attending the first sessions.

However, overtime, as trust was built up, more began attending with 12 people now coming to sessions regularly.

But like other schemes, residents have been inspired by the sessions to exercise an element of independence.

Two residents at Princethorpe have set up a committee including a Resident Fund which allows them to collect money and fund their own days trips and activities with the support of the scheme staff and programme coordinators.

This has seen the group organise and enjoy coach trips, such as to the Stratford Butterfly Farm.

This autonomous approach has come off the back of Coventry Moves sessions, which shows the impact the programme is having not just on getting people active and engaged, but also giving them the drive to be increasingly independent.



COVENTRY MOVES

Dance Activities

One activity that has proven a consistent winner is dancing.

This is in large because of dance coach Ryan 'Token' Stilwell who has made a significant impact on several of the schemes within the project.

Token comes to the sessions full of life and enthusiasm, making the sessions fun and engaging. He gets people active, making them laugh while never being condescending.

He is incredibly popular with residents, many of whom thoroughly look forward to his weekly visits.

He has worked with residents to increase their confidence in their movements and has shown them ways they can stay involved at all levels – this has had a profound impact and even led to participants being able to be more involved in other activities and sessions.

Poppy Court manager Kymme said: "Residents here enjoy this activity whatever their ability and Token always motivates them to do more which is great because they then go away and talk about it to more people to get involved."

Find out more about the dance sessions with Token here:

<https://covsf.sharepoint.com/sites/TheLanding/SitePages/Coventry-Moves-dance-classes-breathing-new-lease-of-life-into-residents-at-retired-living-scheme.aspx>

Friendships

One of the most pleasing things we've seen about the programme is the emergence of friendships.

But even better than that, is people intermingling between schemes. Throughout the year the programme has held several shared events and activities.

Marsh House hosted an afternoon lunch for 15 residents from Eric Williams home and they have since been invited back to Eric Williams for a return visit.

This has positively impacted those residents who were able to be taken out for the day and have interactions outside of their own scheme.

Poppy Court hosted a Big Quiz which saw around 40 residents from Poppy Court, Princethorpe, Marsh House, Ribbon Court and Bevan Court attend.

Not only does this help in getting people out and about, but it's also getting them seeing new and different faces – in turn this has created numerous links and friendship groups between the schemes which helps emphasise the impact Coventry Moves has had in getting people socially active in a way they wouldn't have previously.



Community Delivery

Slow Zumba

Slow Zumba was set up in partnership with Zumba Gold to provide a class that was accessible for participation in this weekly activity has increased from no to now an average of 12 weekly regular people attending.

Obviously, the sessions help with fitness but they do so much more than that too.

Participant Julie explained the benefits from the class, including for her mental health and making new friends:

<https://www.youtube.com/watch?v=M40dEi532PU>



Sporting Memories

One way to engage our target audience is through nostalgia and reminiscence.

To facilitate this, we run monthly Sporting Memories sessions, compered by local athletic legend David Moorcroft who usually interviews people from the world of local sport.

But participation is encouraged, and those attending are invited to ask questions and share their own sporting memories, be it their time spent playing cricket, rugby, football for school, local clubs or the factories.



The sessions have proved a big hit, with over 40 participants attending regularly.

For many attendees it's an immovable and solid entry into their calendars to be attended each month.

We've spotted groups of friends attending, old acquaintances be renewed, and new friendships formed solely off this monthly session. People who used to attend alone now greet other attendees like old mates.

There is a group that also regularly stays after the session has ended to continue reminiscing over cups of tea.

But perhaps the most significant impact of this session has been the handful of residents from the dementia homes on the project.

Residents like Ken and Jim from Arden Grove attend each monthly session, providing them with an opportunity to not only get out but to also talk about and share their memories from their sporting days. As a former Coventry City footballer and well-known face in the grassroots football scene in the city, Sporting Memories creates a warm, safe and welcoming environment allowing Ken and others the opportunity to reminisce and share their happy bygone years in sport.

Read more here: [Sporting Memories Returns to Coventry & North Warwick Sports Club \(sharepoint.com\)](#)

Walking Rugby / Netball

Innovating ways have been developed to appeal to all, including walking sports which has increased in recent years off the back of walking football.

Though slower than the mainstream counterparts, walking sports like rugby and netball get the blood pumping, help people lead healthier lives and generally improve mobility.

But importantly it also gets people back playing team sports, many of whom haven't done so for decades.

This gets people socialising and making new friends, which in turn also helps with mental, as well as physical health.

Set up in partnership with Coventry Rugby Club, Walking Rugby sessions have gone from attracting two people in the first session to a regular number of around 15 people coming each week.



Participant Mark has had a first-hand experience of the positive impact this session has made on his life after suffering from a heart attack. The session has helped him lose weight and improve his overall fitness – read more here:

[Meet the Coventry man who recovered from heart attack with the help of CV Life's walking rugby \(sharepoint.com\)](#)

Meanwhile, Walking Netball was set up in partnership with England Netball at Moat House Leisure Centre.

The weekly session now attracts a regular 20 ladies who enjoy the low impact exercise in a sport many of them played as children or young adults.

The session also provides an opportunity for them to socialise and create friendships as they meet in the café area after the session for a tea or coffee.



This has had a real impact on the group as they now organise regular activities outside of the session such as a fortnightly walk-in memorial park and coffee trips.

[Walking Netball proving popular with second session on the way \(sharepoint.com\)](#)



Coventry City Council

Briefing Note

To: Coventry Health and Wellbeing Board

Date: September 2023

From: UHCW NHS Trust

Title: Community Diagnostics Programme Update

1 Purpose

The purpose of this paper is to provide an update on the Coventry and Rugby CDC development, briefly summarising the scheme as well as outlining the wider healthcare and population benefits expected as a result of the development.

2 Information/Background

In August 2022 UHCW NHS Trust was awarded a significant capital investment of £18.4m to develop a Community Diagnostic Centre (CDC) for the Coventry and Rugby area as a part of a national diagnostic improvement programme. The planned development maximises the potential patient benefit by utilising a Hub and Spoke model, and plans have progressed to develop a CDC Hub in the centre of Coventry as well as spoke service at the hospital of St Cross site in Rugby specifically for Endoscopy services.

The new facility in the city centre will be located adjacent to the City of Coventry Health Centre in the Paybody building, which benefits from a clear history and identification as a healthcare campus and its location in the city centre, close to key public transport links and within an area of significant population deprivation makes a strong case for the improvement of accessibility and health outcomes for the local population.

3 Proposal

The new facility will offer a significant increase in diagnostic capacity for the Coventry population and when completed will welcome around 90,000 patients per annum. This increase in capacity will aid healthcare services to see and diagnose patients in a timely manner.

To support this, there is a significant workstream dedicated to patient pathway development, where we aim to expedite diagnosis through the development of one stop clinic pathways as well as direct access for primary care clinicians for some diagnostic tests. The programme team will be working with key stakeholders during the development phase to ensure the most efficient pathways and align diagnostic, treatment and community services to best meet the needs of patients locally.

The CDC programme has set out to ensure that the needs of the local population form the basis of the development. To this effect key patient pathways such as cardiac and respiratory have been prioritised. Echo, ECG and lung function testing will form an integral part of the physiological measurements testing, supporting the diagnosis for heart failure and COPD which are known to be high prevalence locally.

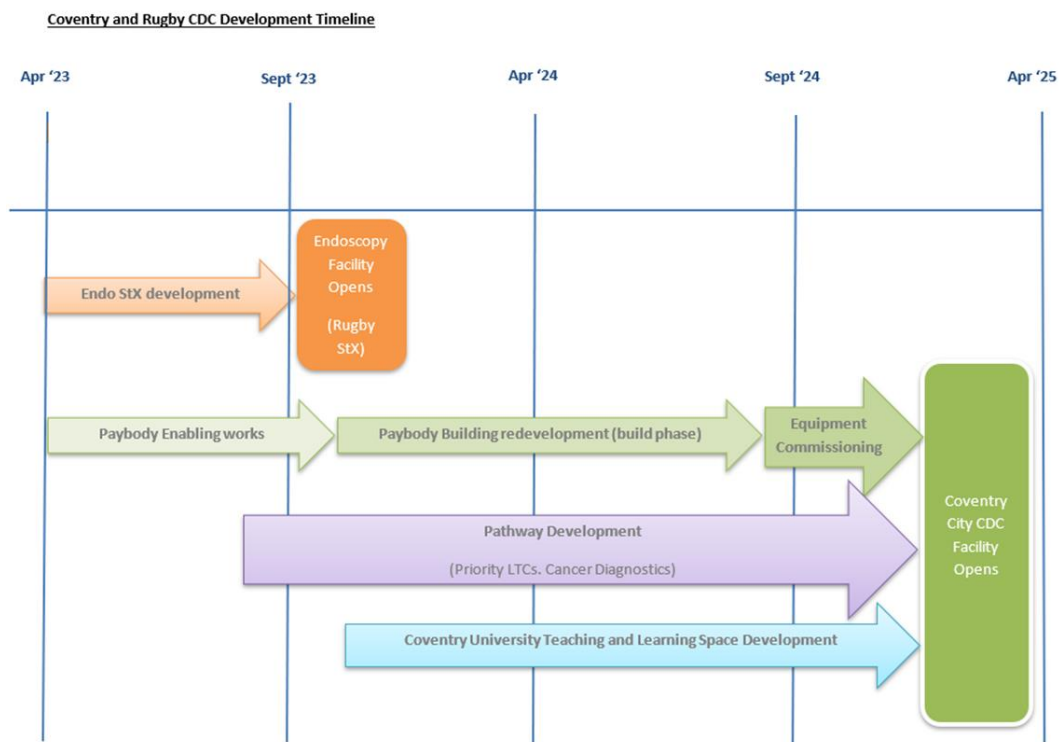
Capacity and pathways to support cancer diagnosis are also prioritised for the programme and capacity for MRI, CT and ultrasound support improvement against the NHS Faster cancer diagnosis standard. In addition both gynaecological and urological pathways will be supported by the development of the CDC.

As a further development to the CDC, UHCW NHS Trust has been working with Coventry University (CU) with a view to co-locating teaching and learning facilities at the CDC to support the development of future staff to support diagnostic modalities. Plans are progressing for CU to occupy part of the first floor of the Paybody building above the CDC. This will support diagnostic teaching alongside the operational service with an increase in placement opportunities and a potential increase in course intake locally.

The trust is also seeking to align continual professional development opportunities for existing staff with the university team to aid in the retention of key staff to the local area.

Working in partnership with the University, the trust also seeks to coordinate the activities of the trust and university to develop a shared research portfolio. Early focus for this research is based around health inequalities across the local population and the alignment of CDC services to CORE20plus5 priorities.

The CDC programme will continue to gather pace, with the building phase at the Paybody site ongoing through 2023/24. The timeline below gives an indication of the planned timeline for the development locally.



During this time, pathway development and a focus on workforce development will continue to ensure the sustainable future of the CDC development.

The CDC development is an integral programme in the Trust's 2022-2030 'More than a Hospital' strategy by providing services in the community and establishing partnerships outside the hospital for the benefit of the local community.

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Appendices

Presentation - Coventry and Rugby Community Diagnostics Programme
2022 - 2025

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