

**REPORT FROM: HEAD OF DEMOCRATIC SERVICES**

**TO: HEALTH AND SOCIAL CARE PANEL**

**DATE: 12<sup>TH</sup> MARCH, 2019**

**Report Author: Lynne Rowland (Committee Administrator)**

**Tel. No: 01282 661648**

**E-mail: [lynne.rowland@pendle.gov.uk](mailto:lynne.rowland@pendle.gov.uk)**

## **NATIONAL HEALTHY SCHOOLS PROGRAMME**

### **PURPOSE OF REPORT**

To report on the outcome of the Panel's work carried out on behalf of the Pendle Health and Wellbeing Partnership Board.

### **BACKGROUND**

1. The Health and Social Care Panel has been carrying out a piece of work, on behalf of the Pendle Health and Wellbeing Partnership Board (PHWPB) to establish what healthy school initiatives are currently being delivered in Pendle Schools.
2. Information has been gathered from primary schools in Pendle, by way of a brief survey; Burnley Football Club in the Community (BFCitC); and Pendle Leisure Trust (PLT).
3. An interim report on the findings of the Panel was then submitted to a meeting of the PHWPB held on 6<sup>th</sup> December, 2018.
4. In the meantime, the Panel agreed to continue in its efforts to gather information from those schools that had not yet responded to the survey.

### **PROGRESS**

5. The number of respondents to the survey has not increased since the submission of the interim report to the PHWPB, therefore the collected data remains as detailed in the report.
6. The report was presented to the PHWPB by Councillor Ken Hartley, a Panel and Board member, and led to an extensive discussion taking place.
7. The findings highlighted that the offer was disjointed across all Pendle primary schools with some schools accessing all available provision, others providing it in house and others very limited engagement with providers.

8. There is support for an event to pull together teachers/healthy school representatives from all schools to share good practice and consider scope for developing a Pendle Healthy Schools Programme.
9. BFCitC has volunteered to host any such event at the new Leisure Box at Brierfield Mill. They have recently appointed a Head of Primary School Engagement Officer whose role will likely include healthy schools and the promotion of partnership working. It has been proposed that this Officer could possibly facilitate the event.
10. The Leisure Box facilities include a sports hall; indoor play structure; cricket pitch; 4G five-a-side pitch; gym; and dance studio and going forward will be made available for use by schools free of charge.
11. At the last Board meeting in February 2019, and following on from the extensive discussions about Healthy Schools and the need for a more coordinated programme, the Board has allocated £20k of its Social Prescribing Grant to BFCitC and PLT to work together to develop and provide a joint Healthy Schools initiative.
12. The programme would initially run as a pilot targeting schools in Colne and Brierfield and consist of:
  - Three 12-week groups, running in line with the school terms (January–March, April-July and September-December) - 90 minute sessions. One based at Pendle Leisure Centre, Colne and the other one at the Leisure Box in Brierfield.
  - Engagement would be key stage 2 children (aged between 7 and 11 years) and their families – working with 15 families per group.
  - Referrals would be an open referral system with proposals to circulate details of the sessions to schools, GPs and community groups to help with sign ups.
  - They are looking to deliver the sessions after school – 45 minutes theory followed by 45 minutes physical activity i.e. 16:00 – 17:30.

Sessions would consist of:

- Theory – topics such as portion sizes, sugar/salt intake and snack swaps
- Physical activity – skill sessions and sports including dodge ball – all with a fun element

In addition to the above, wearable technology would be provided.

All sessions would operate the same at both facilities and joint marketing and promotion materials would be produced.

## **CONCLUSION**

13. The initial thinking for the review was to conduct it in two phases, with the initial focus being placed on primary schools.
14. However, as the research carried out to date has influenced the development of a coordinated Healthy Schools pilot and may lead to an event involving all schools in a bid to further develop a Pendle Healthy Schools Programme, separate research regarding secondary schools is no longer deemed necessary.
15. The PHWPB is satisfied that the information provided by the Panel has helped identify what healthy school initiatives are currently being delivered in Pendle schools and any gaps in

the programmes being offered. Therefore no further work is required by the Panel on this particular topic.

16. The Board would like to thank the Panel for its work on this review topic and would welcome assistance in future reviews where appropriate.

Town Hall, Market Street, Nelson

Report Author: Lynne Rowland, Committee Administrator

Tel: (01282) 661648

E-Mail: [lynne.rowland@pendle.gov.uk](mailto:lynne.rowland@pendle.gov.uk)

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