

Sunderland Health and Wellbeing Board's Healthy City Plan Grant

Progress Updates to Delivery Boards – January 2024

1. Overview

- 1.1 Project leads were contacted and asked to provide an update to the relevant Delivery Board on the progress of their projects as of January 2024.
- 1.2 A number of the awarded projects cut across the life course and therefore reach and impact is not limited to the remit of the supporting Delivery Board.
- 1.3 Projects are at varied stages of delivery due to funding award dates.

2. Starting Well Delivery Board

2.1 Status of SWDB Projects

- 1 project reported their overall project status as '**On track**' meaning the project is being delivered in line with the original project scope – *Wear Here 4 You Prevention Bus*
- 2 projects reported **delays with timescales** against the original project scope but confirmed that the projects were still deliverable – *PlayZones and Seaburn Play Area*
- 1 project is complete – *Thompson Park Interactive Games Wall*

2.2 Project Overviews and Updates

SW01

Project Name	PlayZones – targeted physical activity facilities
Lead Org	SCC – Active Sunderland
Amount Awarded	£200,000
Overview	The design, build and activation plan of five PlayZones across the city.
Targeted Locality	Citywide – a Playzone site to be established in each locality. Pilot project location confirmed for the North locality – Southwick ward.
Project Update	<ul style="list-style-type: none"> • PlayZone Site 1: The Southwick PlayZone planning application was delayed due to additional information required. Planning consent is expected February 2024. Works will commence in Spring 2024, subject to planning approval. • Sites 2 -5: Progress continues with the remaining four sites. Grant applications are due to be submitted to the Football

	Foundation by late Spring 2024. The sites will be located in Sunderland East, Sunderland West, Washington and the Coalfield.
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SW02

Project Name	Thompson Park Regeneration – Sutu Interactive Games Wall
Lead Org	SCC – Area Arrangements
Amount Awarded	£55,527
Overview	Purchase, installation and ongoing maintenance for 5 years of Interactive Play equipment at Thompson Park.
Targeted Locality	Sunderland North – Southwick ward
Project Update	<ul style="list-style-type: none"> Interactive play equipment installed and open to the public for use. Working with VCS to deliver a programme of activities on how to use the new equipment.

SW03

Project Name	Seaburn Play Area
Lead Org	SCC – Planning and Regeneration
Amount Awarded	£50,000
Overview	The development of a new accessible play site at Seaburn, including play and seating equipment, safety/security measures and groundwork costs.
Targeted Locality	Sunderland North
Project Update	<ul style="list-style-type: none"> November 2023 - Final design completed and planning application submitted. Planning consent is expected February 2024 Works will commence on site in March 2024, subject to planning approval. January 2024 - Contractor appointed for contractor design stage. The project completion date has been revised to July 2024.

SW04

Project Name	Wear Here 4 You Prevention Bus
Lead Org	Together for Children
Amount Awarded	£62,252
Overview	To support the extension of the mobile prevention offer for a further 12 months.
Targeted Locality	Citywide
Project Update	<ul style="list-style-type: none"> HCP grant awarded towards the delivery of year 3 of the service, namely January – September 2024 (Q2 - 4).

	<ul style="list-style-type: none"> • A timetable of community sessions has been developed covering all 5 localities until at least summer 24, with sessions themed from intelligence to allow focused interventions in each area. • 10 schools are booked for sessions in Q2 with schools identifying specific topics relevant to their school community and local area. • Reporting has been provided for Q1 of Year 3 delivery and is available on request.
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3. Living Well Delivery Board

3.1 Status of LWDB Projects

- 1 project reported delays with timescales against the original project scope but confirmed that the project was still deliverable – Tackling Inequalities STSFT
- The 4 remaining projects reported their overall project status as 'On track' meaning the projects are being delivered in line with the original project scope

3.2 Project Overviews and Updates

LW01

Project Name	Elemore Park
Lead Org	SCC – Area Arrangements
Amount Awarded	£240,000
Overview	To enable the Elemore Trust to deliver the ongoing management and maintenance of the newly refurbished Elemore Park for a period of 3 years, to improve health and wellbeing outcomes for residents.
Targeted Locality	Coalfield
Project Update	<p>Progress:</p> <ul style="list-style-type: none"> • Café and garden centre operational with local people employed. • Park Manager appointed and in post. • Working with the VCS and partners to increase the activities on offer and develop a programme of events. • Activities delivered so far have included walking groups, guided walks and walk to run weekly sessions. • Establishing good working relations with all community service providers in the area to ensure as many residents as possible benefit from the space and activities available, to improve their health, wellbeing and resilience. • Elemore Park Friends Group continues to meet with a view to being formalised and constituted, maximising community engagement with park.

	<ul style="list-style-type: none"> Continuing to connect with the emerging Links for Life community support programme and ensure all activities are included within the digital platform. Site included under the Public Spaces Protection Order (PSPO) to help tackle anti-social behaviour. Signage installed. Site registered as a Changing Place. Site used for SCC team building and volunteering exercises. Natural England Community Green Hub funding secured, to develop projects and resources to enhance biodiversity and bring people closer to nature. Bushcraft session took place Dec 2023. More planned for Jan-Mar 2024, involving local schools. Slight delay on infrastructure works due to planning approval, including securing site boundaries, enhancing footpath network and children's play area facilities as well as installation of additional parking. Progress is expected early 2024. Slight delay on the cycle hub due to change in personnel with local community group, cycle hub led by Big Local. <p>Upcoming:</p> <ul style="list-style-type: none"> To arrange a site visit for all local health partners to ensure partners, particularly GP's and social prescribers, utilise the park for the benefit of resident health and wellbeing. An event/activity programme to be produced which will include a range of health and wellbeing activities. Further engagement planned with school groups for educational visits. Implementation of Durham Wildlife Trust Link Together project from May 2024. Work to commence on the formalisation of car park and installation of play area/trim trail. Installation of bike storage unit early 2024. Management plan to be developed to help inform funding strategy.
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LW02

Project Name	Tackling Inequalities
Lead Org	Sunderland and South Tyneside NHS Foundation Trust
Amount Awarded	£94,000
Overview	Project A – Identifying inequalities in access to outpatient services resulting in DNAs, with the aim to improve patient attendance and patient outcomes.

	Project B – Understanding the workforce profile and optimising apprenticeship and recruitment opportunities for the local population.
Targeted Locality	Citywide
Project Update	<p>Both projects are now underway following the successful recruitment of a project officer. Key updates for both projects include:</p> <p>Scoping and alignment of both projects with a number of other Health Equity projects taken place within the trust and the wider ICB for example; Health literacy & poverty proofing. Detailed project plans developed which includes key milestones, Gannt chart and risks & issues log.</p> <p>Delays against the original timescales due to recruitment delays and operational winter and industrial action pressures. Project however is expected to be back on track by early March 2024.</p> <p><u>Project A</u></p> <p>Progress:</p> <ul style="list-style-type: none"> • Project officer induction into role included shadowing key staff linked to key project activities. • Observations of telephone calls in Outpatient contact centre undertaken. • Process mapping of current DNA process underway. • DNA literature research undertaken. • Key health inequalities datasets agreed for DNA reporting (including IMD/ age/gender/time and day of appointments). <p>Next Steps:</p> <ul style="list-style-type: none"> • Undertake live observations of how current DNA process is recorded and actioned in key outpatient clinics • Finalise DNA process mapping of two key services to identify opportunities for improvement • Finalise baseline measures for the 2 services • Track a number of DNA patient journeys to understand issues and challenges <p><u>Project B</u></p> <p>Progress</p> <ul style="list-style-type: none"> • Currently analysing trust workforce profiles against local population profiles to understand if the workforce is drawn from local population and to identify any gaps. • Key meetings scheduled to ensure actions linked to phase 1 of the project are completed. <p>Next Steps:</p>

	<ul style="list-style-type: none"> • Finalise methodology for next phase of project milestone. • Analyse agreed recruitment activity with key members of staff. • Undertake readability audit of current recruitment material and gathering of key data to support Project underway. • Commence phase 2 of both project scopes.
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LW03

Project Name	Physical Activity Opportunities
Lead Org	SCC – Active Sunderland
Amount Awarded	£130,000
Overview	Support the continued delivery of multiple projects aimed at a range of target groups to increase physical activity through improved and increased pathways into physical activity and sport.
Targeted Locality	Citywide
Project Update	<p>In Progress</p> <ul style="list-style-type: none"> • Tennis in the Park activation programme has commenced following the completion of capital works. • New equipment has been purchased for Active Sunderland festivals, with further equipment to be purchased for the summer programme. • Equipment being purchased to support the walking programme including kit for walk leader, production of new walking routes/maps. <p>Completed</p> <ul style="list-style-type: none"> • Everyone Active membership fee level was maintained until the end of March 23, to support with the impact of the cost of living. • Active Sunderland events entry fees were subsidised for targeted communities for both the Sunderland 3K, Big Walk and Bike Ride.

LW04

Project Name	Cycling and Walking for Health
Lead Org	Sunderland Social Prescribing Board
Amount Awarded	£39,000
Overview	To reduce the barriers faced by families across Southwick and Redhill wards when it comes to active travel by enabling access to safe cycling and walking activities / infrastructure, improving health and wellbeing, encouraging sustainable travel and support local community capacity building.

Targeted Locality	North – Southwick and Redhill wards
Project Update	<ul style="list-style-type: none"> • The project has been named 'WEAR Moving'. • Project is being lead by Sunderland Young People's Bike Project and Sunderland Community Action Group until March 2025. • To date there have been 265 adults (target of 300) and 408 children / young people (target of 340) involved in the delivery of the project. 5 volunteers have been involved. • Feedback for participants of the sessions showed: <ul style="list-style-type: none"> - 79% said confidence to walk or cycle had improved. - 78% said they had learnt new skills. - 76% said they had connected to others in the community. - 76% reported knowing more local routes to walk or cycle. - 80% said they had been supported to access equipment to help the travel actively. - 110 respondents' satisfaction levels were in line with them being 'promoters' or the session. • The project delivery to date has fostered relationships with other VCS partners, worked collaboratively with other local initiatives. • The activities have been taken into the heart of the communities. • Digital engagement, including the development of a project webpage, along with physical resources have been produced to promote the project. • Delivery model has seen high levels of participation through an open offer, with targeted promotion in identified areas. A trial of closed sessions for clients of the social prescribing link workers team proved unsuccessful with low engagement and therefore this approach was not continued. The project continues to explore opportunities to support referrals via link worker pathways. • The project has linked with other community-based support services in the targeted wards of Redhill and Southwick to directly reach residents. Organisations who have been working with the project in this way include Grace House, FODI, Veterans in Crisis, SARA and the Salvation Army. This approach has worked well, helping to reach people who would not have turned up at the hubs independently. <p>Next Steps:</p> <ul style="list-style-type: none"> • The providers will continue to deliver a diverse and interesting programme of sessions, targeted at Redhill and Southwick residents which responds to local demand and feedback. • Utilise the Links for Life platform once it launches.

	<ul style="list-style-type: none"> • Working with SCC comms team to sharing insights and carry out further targeted promotion of the project. • A call for projects has been developed to deliver against the outcome of capacity building with local organisations. The brief has been developed with reference to the learning and insights gathered in the initial 6 months of delivery. Successful partners will enhance and complement the core Wear Moving project. Successful projects will start delivery in April 2024, for a maximum of 12 months.
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LW05

Project Name	Defibrillators and Community First Responders
Lead Org	North East Ambulance Service
Amount Awarded	£90,038
Overview	To increase the number of public access defibrillator sites by adding a further 29 machines at identified sites across the city; implement a Community First Responder (CFR) scheme across Sunderland, recruiting 10 CFRs and providing training and CFR kits and the provision of 5 falls kits; and aim to raise public awareness around cardiac arrest and their role in increasing the chance of survival.
Targeted Locality	Citywide
Project Update	<ul style="list-style-type: none"> • Partnership work between the ICB and partners within NEAS, as well as AED supplier Wel Medical, has enabled site mapping which has taken into consideration deprivation, social needs and existing level of coverage. • The work has been supported by Red Sky Foundation who have supported seeking appropriate guardians of the new defibrillators – an exercise which has been challenging due to mapping of proposed sites and limited availability of suitable guardians. • The distribution of the defibrillators has been broken down into phases to allow for the management of assigning guardians, carrying out installation and delivering a training programme in those areas. • The first 5 locations have been identified: • 1 North, 1 East, 1 Coalfield and 2 West • AED delivery is expected w/c 22nd January 2024. The subsequent phase will see 10 more AEDs distributed and installed. • The AEDs/guardians will be promoted via NEAS, ICB and SCC comms channels. • The roles of the Community First Responders have been advertised. Shortlisting will take place over the upcoming weeks.

4. Ageing Well Delivery Board

4.1 Status of AWDB Projects

- 1 project reported their overall project status as 'On track' meaning the project is being delivered in line with the original project scope – Sunderland Falls Prevention Programme
- 2 projects are now complete – Carers Support Offer, Ageing Well Sunderland Reporters

4.2 Project Overviews and Updates

AW01

Project Name	Carers Support Offer
Lead Org	SCC – Adult Social Care
Amount Awarded	£10,000
Overview	To support a range of activities to improve the understanding of the caring role, how to identify a carer and support access to information, advice and services.
Targeted Locality	Citywide
Project Update	<ul style="list-style-type: none">• The activity funded by the grant is now complete.• The funding supported a range of activity to raise awareness of the caring role and support access to information, advice and services across the city. It also allowed the opportunity for co-production and engagement in the development of the Sunderland Carers Strategy.• Activities for Carers Rights Day in 2022 brought together the Sunderland City Council, Health, GP Alliance, Healthwatch, Gentoo and a range of VCS organisations to hold community-based carer awareness and support sessions. This included also included engagement from Sunderland Royal Hospital, Supermarkets, GP Practices and Libraries.• Activities for Carers Week 2023 included information sessions at GP practices and partner VCS organisations; Carers Groups with lunch and wellbeing activities; Young Carers fun events; Carers on the move walk and afternoon tea; Caring for carers in employment session; events in schools; an information session at Sunderland Royal Hospital and engagement with the Sunderland Parent Carer Forum at their Carers Lunch.• Training and support sessions were delivered to VCS partners to develop their knowledge and understanding of carer issues, including how to identify and support a carer.• The delivery of carers events and activities demonstrated good partnership working and increased engagement with

	<p>carers. The activities directly resulted in referrals for additional support to the Carers Centre and other services:</p> <ul style="list-style-type: none"> - Carers Rights Day in November 2022 - engagement with a total of 68 carers and 27 professional organisations, which directly resulted in 23 referrals to Sunderland Carers Centre and 16 referrals onto other services. - Carers Week 2023 - engagement with a total of 345 carers and 78 professionals, from which 34 referrals were made into Sunderland Carers Centre and 18 onto other services. <ul style="list-style-type: none"> • Carers Week in June 2023 recognised and celebrated the significant contribution that carers make in Sunderland. A carers celebration event was held, and the Sunderland Carers Strategy was formally launched. • In the latter part of 2023 work continued to build upon these activities and the Carers Groups were relaunched. The annual 'Santa' day for children and their families was well received and enjoyed by all. <p>Next steps</p> <ul style="list-style-type: none"> • Carers Delivery Board to take forward the actions within the Carers Strategy and develop further engagement opportunities with Carers for Carers. • Work into educational establishments to engage children, young people and staff. • Link with key agencies throughout the city to equip them to be able to identify and support carers. • Hold further events within community venues with partner agencies. • Provide 'carer awareness' sessions for partner agencies • Host Carer Centre open days for professionals • Develop BLOG on website and promotional carer awareness video
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AW02

Project Name	Sunderland Falls Prevention Programme
Lead Org	SCC – Area Arrangements
Amount Awarded	£200,000
Overview	Extend the VCS delivered Falls Prevention Programme, Strength and Balance and Education, from January 2023 – January 2025, creating a new call for projects to allow wider coverage across the city.

Targeted Locality	Citywide
Project Update	<ul style="list-style-type: none"> • The programme has entered into year 2 of delivery. • Delivery has been mapped out for year 2, ensuring a wider reach across localities. There will be 15 classes running across the city for each 12-week period of delivery. The programme will continue to monitor gaps and opportunities in localities. • Quality check visits have been carried out and project leads are assured that the programme is being delivered to a good standard. • The monitoring of participants is being carried out using recognised standardised tests. Progress and outcomes are being tracked via a reporting database. • Posters to promote the programme have been designed and have been distributed to venues. A video has also been produced promoting the programme and features the views of participants who have engaged in the programme and the positive outcomes it has had for them, both physically and socially. • Incentives are being considered to keep people engaged in the programme however dropout rates are mainly due to unavoidable circumstances including bereavement, ill health etc. • Work on a falls prevention strategy for Sunderland is looking at joining together healthcare, social care and falls prevention pathways. • Consideration is being given to an online falls assessment tool which would embed signposting to services and support including the Strength and Balance programme. <p><i>Note – Programme update to be provided via a separate agenda item at AWDB on 20.02.2024</i></p>

AW03

Project Name	Ageing Well Sunderland Reporters
Lead Org	SCC – Area Arrangements
Amount Awarded	£9,900
Overview	To develop ageing well residents from Sunderland (50+) into community reporters, who produce multimedia news reports that tackle ageism and provide peer-led support for issues that matter to them (e.g., isolation, mental health, memory).
Targeted Locality	Citywide

Project Update	<ul style="list-style-type: none"> • The joint working with Jigsaw CIC has come to an end as the grant funding was for one year. • The reporters completed all the training available including journalists code of conduct, writing news stories, sporting reports, being an interviewer, photography, videoing, podcasting and social media. • Started with 16 reporters and still have 12 strong volunteers • In the first year 30+ news stories, 4x podcasts and 4 videos were produced. • A monthly newsletter was produced and circulated to 162 ageing well ambassadors. • Presented videos at the International Day of Older Persons event. • We'ar Shining the Light Facebook page created with 190 followers to date. • A final celebration event for the reporters in held in December 2023. • Jackie Nixon attended a final debrief in February 2024 with Jigsaw CIC. Training was provided for editing videos and podcasts. • The project will continue to operate without the support of Jigsaw. The group will continue with reporting in all its forms, seek opportunities to increase skill sets, meet monthly to generate ideas for inspirational stories and continue to recruit further ambassadors.
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