

NORTH LINCOLNSHIRE COUNCIL

PEOPLE CABINET MEMBER

HEALTH TRAINER SERVICE

1. OBJECT AND KEY POINTS IN THIS REPORT

- 1.1 To inform the Cabinet Member of the option appraisal undertaken to assess the future provision of the Health Trainer service.
- 1.2 To seek the approval of the Cabinet Member to continue the Health Trainer Service as an integrated service directly provided by North Lincolnshire Council, with management responsibility for the service transferred from the Public Health Hub to the Places Directorate and existing staff contracts of employment extended until end of November 2013.

2. BACKGROUND INFORMATION

- 2.1 The Health Trainer service is currently provided by North Lincolnshire Council (NLC), following the transfer of public health to the local authority on 1 April 2013. Staff contracts have been extended until end August 2013 to enable consideration of the options for the future provision of the service.
- 2.2 The aim of the service is to deliver improvements in health and wellbeing to communities, groups and individuals over the age of 16 years. The service targets individuals from hard to reach groups across North Lincolnshire including the BME community, those out of work, reformed offenders and those from disadvantaged backgrounds and neighbourhoods.
- 2.3 Health Trainers work with people on a one to one basis over six sessions to motivate and empower them to make behaviour changes that will improve their health. This includes providing clear and up to date information on health and well-being covering, mental health, sexual health, physical activity, smoking cessation, reducing alcohol consumption, healthy eating and substance misuse.
- 2.4 Data is collected on a monthly basis to monitor the outcomes being achieved by the service. This information shows very positive results with over 77% of clients achieving, or partially achieving, the desired lifestyle goals over the last two quarters.
- 2.5 The service works across the geographical area of North Lincolnshire and Health Trainers regularly arrange to meet clients at a variety of venues,

offering a service that is flexible and able to meet the demands of individuals and groups. This may include appointments out of normal working hours.

2.6 Health Trainers are recruited from within the communities they serve and currently comprise of ten staff (all part time), including a co-ordinator and senior health trainer, that also manage the service. In addition, there are five posts (all part time) that are currently vacant pending a decision about the future of the service.

2.7 Health Trainer volunteers are integral to the service and further extend the service into communities and facilitate uptake of the service. There are currently five volunteers, although there are opportunities to increase this once the future of the service has been decided.

2.8 The service is currently managed, on a temporary basis, by the Public Health Hub.

3. OPTIONS FOR CONSIDERATION

3.1 An options appraisal has been undertaken to assess the future of the service. This included the following option:

- The preferred option is that NLC continue to directly provide service. .

4. ANALYSIS OF OPTIONS

4.1 The option to retain the service recognises the increased opportunities for both integrated service delivery with the Health Visitor and School Nursing services and the opportunity to influence the place shaping determinants that will improve health and wellbeing by basing the service within the Places Directorate - developing closer links with sports, leisure & culture, safer neighbourhoods, environmental health, housing and planning & regeneration.

5. RESOURCE IMPLICATIONS (FINANCIAL, STAFFING, PROPERTY, IT)

5.1 The health trainer service budget of £286k is part of the public health grant. No additional funding is being sought.

5.2 The core Health Trainers are based within the Ironstone Centre, Ashby Children's Centre, Riddings Clinic and Crosby Employment Bureau. These venues ensure that client's privacy, dignity and confidentiality are protected but also offer ease of access for those who may not have access to transport or who may have limited mobility.

6. OUTCOMES OF INTEGRATED IMPACT ASSESSMENT (IF APPLICABLE)

6.1 An impact assessment has been completed and no negative impacts have been identified.

7. OUTCOMES OF CONSULTATION AND CONFLICTS OF INTERESTS DECLARED

- 7.1 There are no conflicts of interest associated with the continuation of the health trainer service.
- 7.2 Staff have indicated that they would prefer the service to remain as part of the Local Authority.

8. RECOMMENDATIONS

- 8.1 That the Cabinet Member approves the continued provision of the Health Trainer service by North Lincolnshire Council and that management of the service be transferred to the Places Directorate.
- 8.2 That the contracts of employment for existing staff be extended until end of November 2013.
- 8.3 Existing health trainer staff are assured that they continue to be valued and will have an important future role as the service is developed to become more embedded with other council services. A scope and plan for this will be developed.

**DIRECTOR OF PUBLIC HEALTH
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Background Papers used in the preparation of this report: None