

Annex A

PUBLIC HEALTH REFERENCE GROUP: SUMMARY IMPLEMENTATION PLAN – DIET AND PHYSICAL ACTIVITY OCTOBER 2015- MARCH 2016							
No	Project name	Development of Existing project	Comm./ providers identified	Sustainability	Measurable deliverables	Funding	Approve
1.	Implementing nutrition policies for early year's centres and nurseries						
1.1	Mandatory requirement that all CCC maintained nurseries have a written policy	Similar work already commissioned for primary schools	Provider: Food for life Partnership	Policy and training to support sustainability	15 nurseries -full package	Total costs£20k	Approved
1.2	Nurseries Healthier Options	Programme developed and established with retailers but not in nurseries	Provider: CCC PH	Provision of advice and resources to launch individual projects	15 nurseries	Total costs £2k	Approved
2	Workplace Health programme for Local NHS and Councils						
2.1	NHS & LA employers	Programme co-ordination developed but will require additional coordination resources	Provider:: CCC Public Health	Employer and workplace champions and peer support networks	5 workplaces recruited with champions trained	£0 CCC PH	Approved
2.2	Leadership and capacity- Health Champion Training	Established training programme	Provider: Business in the Community (BITC)	Critical to the sustainability of the Programme	5-10 champions trained	£5k	Approved
2.3	Weight Management Structured Tier 2 interventions provided on site	Local Programme in place	Provider: Everyone Health Commissioned by CCC PH	Would require ongoing funding	Programme delivered in 3 workplaces	Total cost £3k	Approved (pilot with evaluation) Included as part of current contract
2.4	Active Travel	Established Programme	Commissioned: CCC, ETE	Supportive of longer term behaviour change	Delivered in 3 workplaces % of employees who use an Active Travel Plan	Total cost 5000 plans £9,000 Longer roll out timeframe	ApprovedSubject to confirmation that there is not any existing funding

2.5	Mental Health Training to build understanding of mental health issues and to build resilience	Mental Health First Aid Lite - Established programme already commissioned	Provider: Kaleidoscope Commissioned By CCC PH	Training for sustainability	Delivered in 5 workplaces	20 participants £1,200 Total cost £6,000	Approved and link to Higher Education sector Potential for self funding
2.6	NHS Health Checks and MOT Health Checks(for those not eligible for the former)	Established programme	Provider: Everyone Health Commissioned by CCC PH	Sustainable if part of ongoing commissioned Programme	Delivered in 3 workplaces 1000 Health Checks completed	£0 To be part of current contractual agreements	Approved
3	Increasing community engagement in physical activity programme						
3.1	Star Sports Programme with Nurseries and pre-schools	New programme	Provider: Living Sport Commissioned by CCC PH	Workforce upskilled to continue to deliver the Programme	120 children introduced to the Programme Staff confident to deliver the Programme	Target of 10 groups of 12 children Total cost £6k	Approved
3.2	Walk Buggy Play Wild	Existing Programme	Provider: Living Sport Commissioned by CCC PH	Volunteers trained to take over the Programme	5 Children's Centres recruited and offering walks.	Total cost £4,800	Approved subject to clarification of costs and links to Natural Health Service funding/proposal
3.3	Targeted Change 4 Life	Targeted schools	Provider: Living Sport Commissioned by CCC PH	School staff trained to take over the Programme	Targeted 5 primary and 5 secondary	Targeted Total cost £7.5k	Approved
3.4	Park-run	Existing Programme	Provider: Park Run Commissioned by CCC or local DC	Volunteers to assume ownership of the runs	1 scheme operational Number of participants using other schemes as a baseline	Total cost £3k	Approved
3.6	Forest Schools	Existing Programme	Provider: Forest	Volunteers trained to	2 schemes achieved and	Total cost	Approved but

			Schools Commissioned by CCC PH	deliver the courses	number of participants baseline from existing schemes	£1.4k	explore links to Timebanking
3.7	Huntingdonshire District Council						
a	Under 17s Limited Access to Services Project	Expansion and development of an existing project-targeted approach	Provider: Huntingdon DC & local partners (or the participating DC)	Ongoing costs	80 young people engaged	Total costs £4.3k	DCs to review the proposals and confirm participation and approach
b	Right Start Programme	Expansion and development of an existing project	Provider: Huntingdon DC (or the participating DC)	Sustainable with sufficient lead in time	Numbers based on existing baseline	Total costs £3.8k	DCs to review the proposals and confirm participation and approach
3.8	Fenland District Council						
a	Active Fenland	Development of existing project – marketing of the project	Provider : Fenland DC and Living Sport	One off marketing costs	Marketing planned and implemented	Total costs £20k	Proposal being taken away to identify evaluation options.
3.9	NHS England/Cambridgeshire and Peterborough Commissioning Group						
a	Lets get Moving	Programme implemented in different parts of the country	GP practices	Initial recruitment £0 Project implementation cost TBC for next phase	20% GP practices agreeing to provide schemes in 2016/17	Total costs £0 first 6 months	Approved
b	Making Every Contact Count	Expansion and development of an existing project	GP practices	Initial recruitment £0	Staff from 20% GP practices trained to make a brief intervention	Total cost £0 first 6 months	Approved

Projects Transferred to Medium Term Plan

4.	Reviewing use of new technologies locally, including self-monitoring through apps and pedometers						
	The use of technology was indicated as a theme in number of proposals, indicated below. Task and Finish Group to be formed to look at existing evidence and formulate proposals to be taken forward in the medium term plan.						
4.1	Pedometer Challenge	Existing programme	British Heart Foundation	This would be part of an evaluation programme that would focus on the use of technology to support behaviour change	Delivered in 3 workplaces 50% of those registering with the Programme report an increase in physical activity	Total cost £7.5k	
4.2	Huntingdonshire District Council Proposals - Workplace Health Programme for Local NHS and Councils						
	Reintroduce TIMEOUT	Programme formerly operated	Provider: Huntingdonshire District Council	Would require ongoing funding	100 employees recruited to the Programme	Total costs £11k	
4.3	Fenland District Council Proposals - Workplace Health Programme for Local NHS and Councils						
	Staff Leisure Scheme Introduce a new scheme for staff to access its leisure centres.	Existing schemes in existence	Provider: Fenland District Council	Would require ongoing funding	? how many	£10k for staff for memberships	
4.4	Evaluation of Technology interventions	Commission an evaluation or review of the use of technologies to increase uptake of physical activity	CCC PH	Evaluation to inform development of future programmes	Evidence base for future programmes	£20k maximum	
5	Sharing best practice on travel to work						
	This was approved as part of the Workplace Programme subject to cost review but a larger piece of work will be to review the options for implementation across the county and develop a consistent approach – for the medium term plan						
6	Working with partners to raise its awareness of local opportunities for prevention, including physical activity and healthy diet with the voluntary sector						
	Discussions ongoing with partners and potential actions identified. For medium term plan						