

DERBYSHIRE COUNTY COUNCIL

CABINET

7 December 2017

Report of the Director of Public Health

**DERBY COUNTY FC COMMUNITY TRUST: ACTIVE CHOICES
(Health and Communities)**

1. Purpose of the report:

To seek Cabinet Member approval to allocate a grant of £47,736 to Derby County Football Club Community Trust to provide a 12 month sport and exercise substance misuse recovery activity programme called “Active Choices” in the Derbyshire localities of South Derbyshire, Amber Valley and Erewash.

2. Information and analysis:

It is accepted that sport and exercise plays an important role in recovery from substance misuse. From taking better care of physical and mental health, to developing positive social interactions, sport can have an impact on many aspects of day to day life.

The authority has previously awarded grant funding to Chesterfield Football Club Community Trust to deliver a sport-based recovery programme in the Chesterfield and North East Derbyshire area over the last three years. This has successfully engaged substance misusing residents in these localities and achieved positive results around maintaining abstinence, building confidence and self-esteem and forming positive habits. Alongside these benefits, the project delivers further support to participants by focussing on smoking reduction and cessation, weight change and improvements in nutrition and diet.

Following the success of the programme at Chesterfield, the team has sought to develop a similar offer to other areas in Derbyshire, as transport to the current provision would be costly and time consuming for residents who do not live nearby. Therefore, we have explored the possibility of working with Derby County Community Trust (DCCT) to offer sport and exercise sessions in localities with reduced provision: South Derbyshire, Amber Valley and Erewash.

Involvement with a professional football club is attractive to many people in recovery as they are significant landmarks in their local community and can attract those who welcome the positive association with a popular sport. Derby

County Football Club Community Trust has a positive reputation as a community club with diversity as a core principle.

DCCT already run their 'Active Choices' programme in Derby City for people with substance misuse issues. This offers a range of sessions across the city throughout the week including gym, bootcamp, boxing, football and cooking. The sessions are facilitated by coaches and include discussions around healthy lifestyles. It also offers a Sport Leader qualification and FA Level 1 Coaching within the programme for those who wish to take their learning further. Coaches meet with potential participants to discuss the programme and their individual needs and the support is tailored to the individual and tapered off as they progress through the year. On completion of the programme, individuals are offered support with moving on into other activities including education, training and employment. DCCT work with other services to offer volunteering opportunities along with ones within the club itself.

The most recently available figures indicate that there is a viable group of potential referrals from substance misuse treatment services in Amber Valley (477), Erewash (147) and South Derbyshire (294) who could access this project.

2.1 Section 256 funds

In 2013, a section 256 agreement was brokered between Derbyshire Primary Care Trust and Derbyshire County Council in order to carry forward a historic underspend on treatment services accumulated since 2010-11. Prioritisation was given to investment in peer-led recovery services in Derbyshire; localism and supporting the voluntary sector; outcomes which add value to mainstream treatment service provision; and identifying areas of currently unmet need and/or inequality in provision or access. The proposed activity will meet all of these priority areas.

2.2 Project summary

It is proposed that DCCT would offer five sports sessions a week across the three localities previously mentioned, with the target of engaging 76 individuals over a one year period. They will work with local referral agencies to identify and engage service users with their programme. Of these referrals, they aim to support twenty learners to achieve a Sports Leader qualification and twenty to achieve a Football Association level 1 Coaching Award. The sessions available will be developed by coaches along with the participants to ensure they are fully engaged with the programme. If any activities are not popular, they will be changed to suit the group. When service users exit from the programme, they will be supported to look at move on activities, such as volunteering, with the help of the DCCT coaches.

DCCT will liaise with the authority to provide information on –

- Numbers accessing the sessions
- Location of sessions
- Number of personal programmes and SMART goals developed with attendees
- Length of engagement with the programme
- Number taking up the training opportunities offered by DCCT
- Numbers moving into volunteering, education and employment

DCCT will also report on future sustainability by researching other potential funding pots, one of which being the Sport England Tackling Inactivity and Economic Disadvantage Fund.

3. Social Value considerations:

Sport and physical activity is a key element of recovery which can include smoking cessation, changes to diet and nutrition, and holds the potential to help create a lifetime plan for long-term health improvements. It supports service users to make positive changes to their physical and mental health alongside the benefits of maintaining their abstinence from substance misuse. Completion of the programme can also support service users to move into volunteer roles, further education and employment.

4. Financial considerations:

The cost will be met from the section 256 Public Health reserve which is used to make targeted investments in non-recurrent initiatives focused on reducing substance misuse and supporting recovery.

5. Legal/ HR considerations:

The Council's standard grant agreement shall be used to set out the terms and conditions for which the grant is made, which provides for clawback of funding in certain circumstances and shall also provide that the Council is not liable for any employment liabilities.

6. Other considerations:

In preparing this report the relevance of the following factors has been considered: prevention of crime and disorder, equality of opportunity, human resources, environmental, health, property and transport considerations.

7. Background papers:

None

8. Key Decision:

No

9. Call-in:

Is it required that call-in be waived for any decision on this report? No

10. Officer's Recommendation:

That the Cabinet Member approves the allocation of £47,736 as a grant from section 256 funds to allow the Derby County FC Community Trust to run a 12 month "Active Choices" project in Derbyshire.

Dean Wallace
Director of Public Health