

Agenda Item No: 5



Report To: Ashford Health & Wellbeing Board

Date: 20th July 2016

Report Title: Priority 2 – Healthy Weight Update Report (1)

Report Author: Deborah Smith

Organisation: Kent Public Health

Summary:

Ashford Healthy Weight Task and Finish group has now been established and agreed an approach to reducing excess weight rates in Ashford among Children and Adults. A range of targeted actions have been identified under 6 different work-streams which are currently being planned and progressed to include measurable indicators of success. Appendix 1 represents the priority action plan (work in progress) and will include engagement from the local community and a clear Communications plan. This work will continue to be developed by the Task and Finish group and report to the Ashford Health and Wellbeing Board for approval.

Recommendations

The Ashford Health & Wellbeing Board be asked to:-

Agree the approach proposed by the Task & Finish group
Agree the six Work streams that will form the basis of this work.

Agree to receive further progress and update reports at future meetings.

Policy Overview:

The Kent Healthy Weight Strategy is still in draft form awaiting the release of the overdue National Strategy document. Once agreed, the Kent strategy will inform the direction to reduce obesity across the County to be delivered at local district levels. Ashford Healthy Weight Task and Finish Group have identified priorities to be delivered in Ashford that are aligned to the draft Kent strategy but which are likely to be considered over and above (ie in addition to) the expected local strategy rather than duplicate activity.

Financial Implications:

No additional costs identified at present. One of the key actions to audit the current provision in the target areas will help determine value for money of existing provision. As partner budgets are currently stretched, all activity will need to be commissioned and / or delivered flexibly and creatively within existing resources where possible.

Risk Assessment:

YES – to be completed as details of activities are finalised

Equalities Impact Assessment:

YES – to be completed as details of activities are finalised

Other Material Implications:

None.

Background Papers:



Ashford Healthy Weight (3).docx

Ashford Healthy Weight HWB paper

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Purpose of the Report

1. With effect from the 1st April 2016, Ashford Health and Wellbeing Board have identified two key priorities to be delivered in the Ashford district:
 - a. Reduce Smoking Prevalence
 - b. Reduce Obesity and Excess Weight Rates
 These priorities are acknowledged as performance outliers in the Ashford district with estimated rates performing worse than the national average. Other areas of work (such as Mental Health) remain important and will continue to be addressed by the Board.

| PHOF Indicator | England rate:2016 | Ashford rate: 2016 | Comments: |
|-----------------------------------------------|-------------------|--------------------|-------------------------------------|
| Excess weight 4-5 year olds | 21.9 | 23.6 | Ashford increased since 2012 |
| Excess Weight 10-11 year olds | 33.2 | 34 | |
| Excess Weight: Adults | 64.6 | 67.5 | |
| Proportion of population having their 5 a day | 52.3 | 52.7 | Self Reported: Active People survey |

Source: Public Health England, Public Health Outcome Framework

2. At the last Ashford Health and Wellbeing Board meeting the Board agreed that a Task and Finish group be set up for each of the two priorities to progress partnership initiatives to reduce Ashford's prevalence of excess weight, to agree the proposed approaches to tackling these priorities and to receive regular updates on developments. This report is the first update from the newly formed task and finish group.

Background

3. On the 25th May 2016, Kent Health and Wellbeing Board (HWB) recommended that obesity should continue to be a priority for local HWBs across Kent. In due course, a countywide partnership healthy weight group will be developed to performance monitor local action plans. It is anticipated that the work undertaken by the Ashford Task and Finish Group can contribute to the development of Ashford's local action plan.
4. Healthy Weight and Tackling Obesity has been identified by Ashford HWB as a priority because it is concerned that Ashford has:
 - a) More 10-11 year olds overweight than the England average
 - b) More 4-5 years olds overweight than the England average
 - c) More physically inactive adults than the England average
 - d) More adults with excess weight than the England average
 - e) Fewer women breastfeeding than the England average

Healthy Weight is not just a social lifestyle issue; it is also linked to heart-disease, stroke, diabetes, osteoarthritis and breast, colon and endometrial cancer.

Report Specific Section Headings

5. On the 2nd June a Healthy Weight Task and Finish group for Ashford was established involving: Ashford Borough Council (Simon Harris and Alex Waller); Public Health (Deborah Smith and Faiza Khan); Healthy Weight Services: KCHFT (Jo Hulks); the voluntary sector (Caroline Harris) and Ashford CCG (Neil Fisher). Apologies were given from the CCG.

The Task and Finish Group agreed to lead on and oversee a range of Ashford-specific activities that fall within the Kent Strategy themes:

- 5.1 Provide support for people who want to lose weight
- 5.2 Develop a confident workforce skilled in promoting healthy weight
- 5.3 Provide support for specific target groups in a non-stigmatising way
- 5.4 Take action on the causes of unhealthy weight

6. A proposed Priority Action Plan to facilitate the delivery of activities and new initiatives has been completed for the Board's approval (Appendix 1). Actions fall under 6 work-streams:

- 6.1 **Making Every Contact Count:** Identify relevant front line staff for training to deliver relevant Information & Brief Advice (IBA).
- 6.2 **Assess the Impact** of current resources on target groups
- 6.3 **Promote** current provision and commissioned programmes
- 6.4 **Workplace** – Offer and develop programmes targeted to workforces
- 6.5 **Innovation:** Consult with target groups to identify effective bespoke programmes to support weight management
- 6.6 **Review** Healthy Weight programmes for Children

Further description of the works-streams giving information on the aims and objectives of the work is provided in Appendix 2.

Individual members of the Task and Finish group are responsible for leading and co-ordinating the delivery of each work-stream, but all partners and wider stakeholders are required to support the facilitation of these actions and a communications plan will be developed for each of the activities. Wider stakeholders will include engagement with residents, clients and users; working with Housing Associations, other local groups (including voluntary groups) and explore the potential of working with the commercial sector where there is increased value and reach (supermarkets and slimming clubs where appropriate).

Further details on outcomes and performance monitoring will be included in the planning of each of the activities.

Risk Assessment

7. A Risk assessment will be undertaken for each of the activities as this work progresses. The Task and Finish group stressed that all partners will need to work collaboratively to achieve successful outcomes. The need for CCG involvement was emphasised. Further detail on the risk assessment will be provided in the next Board update.

Equality Impact Assessment

8. All Activities will be subject to an Equality Impact Assessment (EIA). They may be universally offered to Ashford residents, but specific target groups and areas of highest prevalence will be targeted with the aim to reduce the gap in inequalities. The Board will be updated on the EIA process as it progresses.

Other Options Considered

9. The Healthy Weight Priority Action Plan is currently being developed further for the HWB's approval. The Task and Finish group are open to further proposals for additional or alternative options as they arise throughout the course of this work.
10. The Kent Healthy Weight Strategy (to which this work is aligned) has been developed considering the response of public and provider consultation. All individual activities will be delivered following feedback and engagement from the communities who are target audiences for this work.

Implications Assessment

11. The progress and outcomes of this work will be submitted to Kent Health and Wellbeing Board as part of Ashford's update on progress on Healthy Weight. However, Ashford HWB will also be expected to report on the development of the Ashford local Healthy Weight Strategy and activities that are delivered in response to this which currently sit outside the scope of the Ashford Task and Finish Group.

Handling

12. The Task and Finish Group will report progress and performance to the Ashford Health and Wellbeing Board as a regular agenda item at each of the HWB meetings. Further updates will also be made available on request of the Board.

Conclusion

13. This work is ongoing.

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Appendix 1

HEALTHY WEIGHT PRIORITY ACTION PLAN Ashford Health and Wellbeing Board Task and Finish Group

| <u>Work-stream</u> | <u>Target Areas/Groups:</u> | <u>Partner Lead</u> | <u>Partners involved in Delivery:</u> | <u>Activities:</u> | <u>Timescale:</u> | <u>Cost:</u> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------|
| 1. Deliver brief advice training to front line staff to raise awareness and signpost to available information and support:- in line with Making Every Contact Count (MECC) | Across Ashford (general) targeting: Stanhope Victoria Norman Aylesford Green Beaver Road Godinton Highfield Adults with a LD Adults with MH issues | Jo Hulks KCHFT | Brief Advice training to be delivered to: Youth Workers Social Care (LD) Childrens Centres Healthy Living Centres Health Trainers Homestart (Families) Age UK (Older People) Action with Communities (ALL) MIND (Mental Health) Headway] Health Walk volunteers | a. identify and agree who will receive training (including GPs) b. Develop training package and deliver training programme c. Link with Health Walk Volunteers (Get Walking programme), Change for Life Housing Association project and other similar programmes d. monitor advice and referral delivered | tba | Nil |
| 2. Assess impact of current resources on target groups | All commissioned programmes across Ashford compared to programmes in wards with high obesity rates: Stanhope Victoria | Deborah Smith Public Health Simon Harris Alex Waller ABC | Health Equity Audit of current commissioned provision, engaging views and experiences of participants | a. Conduct Health Equity Audit, consulting with participants | 1. Mapping 6 weeks (complete by eo August) | ABC funding graduate |

| | | | | | | |
|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------|
| | Norman Aylesford Green Beaver Road Godinton Highfield | + Graduate | | | | |
| 3. Further promote current commissioned programmes and campaigns | Work with providers to promote activity in priority areas: Stanhope Victoria Norman Aylesford Green Beaver Road Godinton Highfield | Deborah Smith Faiza Khan Public Health | Develop Communication strategy to promote current provision Publicity to: GP surgeries Pharmacies Vol Orgs HLCs Children Centres Village halls Retail outlets ABC website KCC website HWB website | a. Health Equity Audit to identify key programmes b. Work with providers to market successful programmes c. Distribute publicity in key sites, considering non-English speaking populations d. Identify relevant campaigns (eg. Sugar Smart, National Diabetes week) and promote in key sites | tba | £ potentially (for marketing materials) Although current providers will be encouraged to market their programmes effectively |
| 4. Offer and develop programmes to workforces | Target Ashford businesses who employ Routine & Manual workers | Deborah Smith Faiza Khan Public Health Caroline Harris Voluntary sector | ABC and PH to develop strategy to expand service delivery in the workplace-as per NICE guidance | a. Work with weight loss providers to establish a pilot offer to businesses b. Contact companies engaged in Kent Healthy Businesses Awards c. Link with Health | tba | £ potentially if increasing provision |

| | | | | | | |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------|
| | | | | Checks delivered in Kent Businesses d.Refine pilot and roll out to other Ashford businesses | | |
| 5.Consult with target groups to develop bespoke programme to support weight management | Stanhope Victoria Norman Aylesford Green Beaver Road Godinton Highfield Adults with a LD Adults with MH issues | Deborah Smith Public Health Simon Harris ABC Caroline Harris voluntary sector + Graduate | Consultation to pilot bespoke programme | a.identify method of engagement with public b.ascertain people's views, needs and aspirations c.Work with providers to develop bespoke programme and partners to promote/ market the activity d.Explore Shepway hub model for Ashford e. Monitor and evaluate | Following mapping - Planning - Dec 16 Delivery Mar 17 | £ potentially for consultation £ for delivery |
| 6.Review Healthy Weight programmes for Children | 3 targeted Ashford Healthy Schools (Beaver Green, Ashford Oaks, Victoria Road) | Jo Hulks KCHFT | Schools KCC Early Help Childrens Centres | a.Audit healthy weight programmes delivered in Healthy Schools. b.Engage with schools to identify effective approaches | tba | nil |

Appendix 2

Aims and Objectives of the Healthy Weight Work-streams

| | <u>Work-stream:</u> | <u>Aims and Objectives of the Work-Stream:</u> |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Deliver brief advice training to front line staff to raise awareness and signpost to available information and support:- in line with Making Every Contact Count (MECC) | A training package has been developed which delivers consistent messages around both healthy eating and physical activity; addresses any concerns around raising the issue of weight and identifies relevant signposting opportunities . Initial scoping has identified early help and local housing associations as key partners. Outcomes are to be linked to existing commissioned work streams. Work has already been undertaken to deliver training to a number of groups across Ashford and the challenge is to understand how this can link with strategic plans and measurable outcomes for these key partners. Engagement is required from existing partnership groups including the LCPG and to link with the newly appointed housing trustee. This work will also link with the existing Food Champions programme and current participants working in early help and local supermarkets. |
| 2. | Assess the Impact of current resources on target groups | A mapping exercise has already been undertaken to identify the range of healthy weight support available for people in the Ashford area. In localities where there are highest levels of overweight people, this work needs to be developed to ascertain the take up and outcomes of provision. An audit will be carried out to identify levels of awareness, engagement, outcomes, value for money and impact on targeted groups. This will provide a baseline to assess what works well, how resources can work collaboratively for greater impact and identify gaps in provision. |
| 3. | Promote current provision and commissioned programmes | There will be a communications strategy to effectively promote the services and resources available to those in targeted groups. This will include relevant campaign messages (national and local) and raising awareness of services to targeted groups and to the organisations that support them (eg. |

| | | |
|----|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | Health, community, voluntary, workplace, commercial sector). A meeting with Public Health's head of campaigns has been scheduled for the 11 th July to develop this proposal further. |
| 4. | Workplace – Offer and develop programmes targeted to workforces | The employer has a role in supporting their workforce to be and remain healthy. There are already a number of networks that currently engage local businesses in the health agenda. Starting with the Kent Healthy Business Awards and the Kent Chamber of Commerce, we will seek opportunities to provide support to businesses on healthy weight, healthy eating and physical activity. Local businesses with higher levels of Routine and Manual workers will be targeted and work will include agencies that are already providing healthy weight support and/or resources to businesses. |
| 5. | Innovation: Consult with target groups to identify effective bespoke programmes to support weight management | The audit of local provision (see 2) will provide a bench-mark of resources and identify targeted groups of people who are overweight but not accessing behaviour change support. With the assistance of trusted community and voluntary agencies, we will seek to engage with specific targeted groups to further understand triggers in behaviour change and identify what can make a difference in people's lives. |
| 6. | Review Healthy Weight programmes for Children | A targeted family weight management course, Ready steady Go is already commissioned by KCC and delivered by KCHFT. The challenge is engaging families and identifying appropriate referrals. Work has already been undertaken to engage key schools within the district offering a package of support. This is to be linked with the development of a Childrens healthy weight pathway and packages of care on offer from professionals including health visitors, school nurses and early help teams. This workstream will evaluate data to identify key target areas; establish key stakeholders; identify opportunities to provide key messages and illustrate the benefits and importance of leading a healthy lifestyle. An audit and evaluation of the existing healthy weight/NCMP locality working group is currently underway and this workstream will link to these outcomes.. |

Ashford Healthy Weight Action Plan

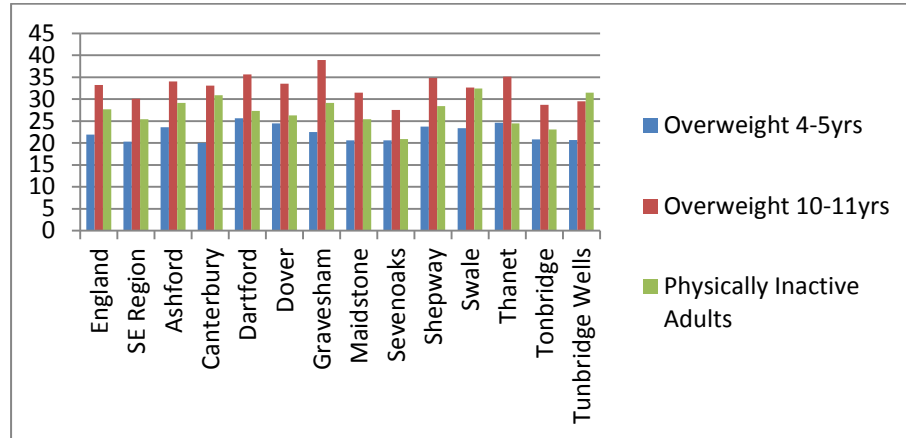
Introduction

This Ashford Healthy Weight Action Plan is Ashford's local response to the Kent Healthy Weight draft strategy 2016-2020. This plan provides local context to the healthy weight needs for Ashford and adopts the Kent strategic approach to identify local priority actions that need to be developed in addition to Kent strategic activity, particularly tier 1 (prevention and reinforcement) and tier 2 (identification and primary level) interventions. Therefore, the Ashford Healthy Weight Action Plan compliments and is informed by the Kent strategy rather than duplicates its vision, objectives and approach.

The Position in Ashford

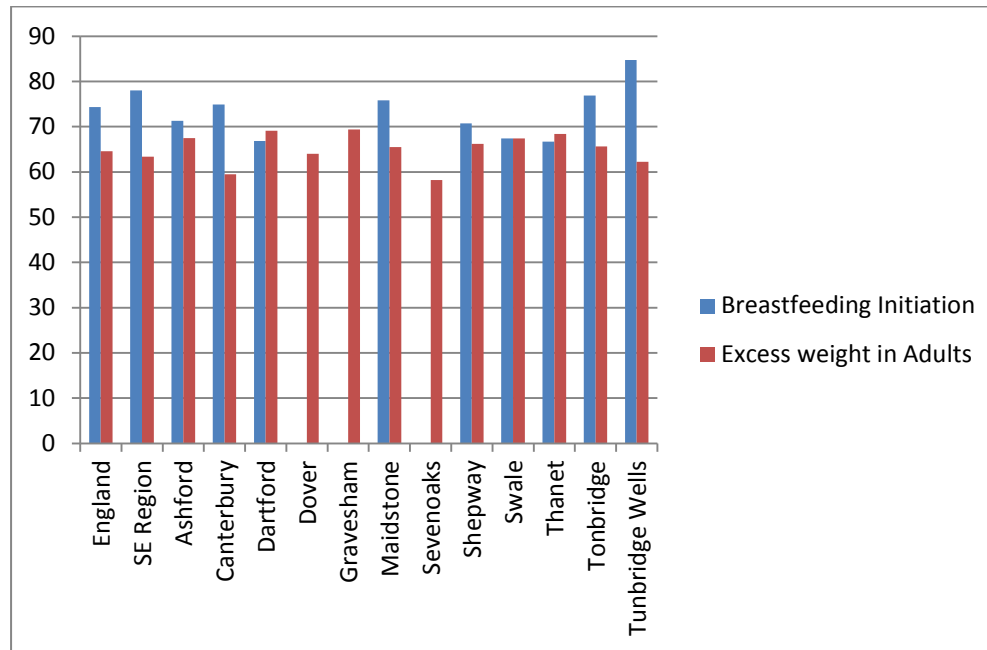
Relevant Public Health performance indicators show that the Ashford is performing slightly worse than the England average for excess weight among 4-5yrs and 10-11 year olds and for physical Inactivity among Adults.

Chart 1



Other related Public Health Outcome indicators show that Ashford is performing considerably worse than England average for breast feeding and for excess weight in Adults. It is estimated that there are approximately 57,620 overweight adults in Ashford.

Chart 2



NB: Breastfeeding data in Dover, Gravesham and Sevenoaks has not been validated therefore cannot be used

Although unhealthy weight is linked to heart-disease, stroke, diabetes, osteoarthritis, endometrial cancer, breast cancer and colon cancer the relative screening indicators show that Ashford is performing either the same or performing well against the England average. Life expectancy at birth and premature mortality rates are also comparatively good in Ashford and the intake of 5 a day (fruit and vegetables) is also higher than the England average in Ashford. This may indicate that primary health care responds well to the health outcomes of the local population or that the increased burden of ill health resulting from unhealthy weight is yet to manifest and be realized.

Despite this, Ashford has the 5th highest excess weight rates among the 12 Kent district authority areas and the 2nd highest inactivity rate in Kent. Both issues need to be addressed in the Ashford Action Plan.

Those at most risk of or are experiencing Unhealthy Weight (Table 1):

| Wards: | Population Groups: |
|-----------------|-----------------------------------|
| Stanhope | People suffering from depression |
| Victoria | People with learning disabilities |
| Norman | People with poor mental health |
| Aylesford Green | |
| Beaver Road | |
| Godinton | |
| Highfield | |

Normalisation of Weight

A number of public sector commissioned and commercial services are delivered across Ashford, although these are promoted disparately through a range of resources. One of the issues in the lack of lifestyle change to healthier eating is that many people who are overweight consider themselves to be of normal weight and do not perceive a related health risk. Training to raise awareness among the population is a Kent and national strategic outcome that Ashford commissioning teams can support through Making Every Contact Count. Key relevant professionals and front line staff will be identified to undertake healthy lifestyle conversations with people, where appropriate, to increase motivation and signpost to local services.

A Healthy Weight model in Ashford will need to incorporate the views of those who responded to the Kent consultation, identified in the draft Kent Healthy Weight Strategy:

- Overwhelming need for Advice (96%*) and support (81%*) for healthy eating
 - Availability and affordable fresh fruit and vegetables (95%*)
- *Of 602 Kent adults consulted
- Health and social care and voluntary sector partners reported the need for locally tailored services and additional resources for targeting services at areas of greatest inequalities.

And combine these to meet the 4 key objectives of the Kent strategy:

| Kent Strategy Objective | Ashford commitment to delivering objective: |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Provide support for people who want to lose weight | Through local and Kent-wide healthy weight programmes |
| 2. Develop a confident workforce skilled in promoting healthy weight | Secure Information and Brief Advice training for key identified front-line workers to assist in the promotion of healthy weight |
| 3. Provide support for specific target groups in a non-stigmatising way | Ensure that healthy weight programmes and information and awareness is accessible and desirable to those who have an unhealthy weight in the specific target groups. Programmes and health promotion will be co-designed with the target communities to ensure that they offered in a non-stigmatising way. |
| 4. Take action on the causes of unhealthy weight | Audit and monitor healthy school initiatives to ensure that they are delivered effectively to target groups. Co-design campaigns and promote national campaigns to target groups. Ensure that programmes address the physiological, psychological, social and environmental factors associated with unhealthy weight. |

The Ashford Healthy Weight Task and Finish Group will be responsible for identifying Ashford specific priorities and actions to meet the unique and additional needs for residents in the Ashford area. The actions will be undertaken to ensure that all programmes and delivery will be co-designed with the local community, particularly those who are identified as at higher risk from obesity (see table 1). The Task and Finish Group will regularly and update the Ashford Health and Wellbeing Board of progress and identify any further issues and recommendations as this work progresses. By April 2017, it is proposed that alongside the Kent strategy, Ashford will have a comprehensive audit of effective healthy weight programmes that will be widely promoted among key

professional workers in Ashford that will be able to either provide direct advice or signpost to support for all residents who need it. There will also be increased awareness of healthy weight in this area and targeted bespoke programmes co-designed with those most at risk of unhealthy weight that will be effective and act as an exemplar for a way forward to improve healthy lifestyles in Ashford.

Ashford Actions to Support Kent Draft Healthy Weight Strategy:

| <u>Activity</u> | <u>Location</u> | <u>Delivered by</u> | <u>Action</u> | <u>Responsible lead:</u> | <u>By When</u> | <u>Cost</u> | <u>New or Existing</u> |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------|------------------------------------|-----------------------------------------|-------------------------------|
| Identify relevant front line staff to for training to deliver IBA (Responding to MECC) | Across Kent? Or Vulnerable Groups? High prevalence areas? | KCHFT | Identify staff and arrange training and monitoring of delivery | Simon Harris and Debbie Smith | December 2016 | Nil | New |
| Assess impact of current resources on target groups | Vulnerable groups High prevalence areas | Working group of ABC, Public Health, & Providers | Audit of current provision Engaging target groups in consultation | Debbie Smith and Simon Harris | December 2016 | Nil | Existing |
| Further promote current provision and commissioned programmes | Across Kent? Or High prevalence areas & vulnerable groups | KCHFT | Develop strategy to promote existing provision and raise awareness locally | Debbie Smith & Simon Harris | December 2016 | £ potentially (for marketing materials) | Existing |
| Offer and develop programmes to workforces | Target areas of high prevalence, R&M workers | KCHFT | Strategy to expand existing offer to companies (as per NICE recommendations) | Simon Harris and Debbie Smith to explore | December 2016 | £ potentially if increasing provision | Existing |
| Consult with target groups | Vulnerable groups and areas with high | ABC & PH | Consultation to pilot bespoke programme | Simon Harris and Debbie Smith | Planning Dec 16 Delivery Mar 17 | £ potentially for consultation | New |

| | | | | | | | |
|------------------------------------------------|------------|--|--|--|--|----------------|--|
| bespoke programme to support weight management | prevalence | | | | | £ for delivery | |
| | | | | | | | |
| | | | | | | | |

Non-commercial Weight Management Services Currently commissioned by Public Sector:

| <u>Programme</u> | <u>Location</u> | <u>Type (drop in, appt. etc)</u> | <u>When</u> | <u>Numbers Registered</u> | <u>Outcomes Achieved</u> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|------------------------------------------------------|----------------------------------|---------------------------------|
| Fresh Start 12 week support to assist with weight management in pharmacies and community settings | Charing Pharmacy Paydens Pharmacy, Tenterden Paydens Pharmacy, Mill Court, Ashford Paydens Pharmacy, Hawkhurst Delmergate Pharmacy, Trinity Road, Ashford Boots Pharmacy – High Street, Ashford Asda Pharmacy Willow Centre, Childrens Centre | Drop in | Pharmacy Opening Hours | tbc | tbc |
| Family Lifestyle Sessions Nutrition advice and exercise activity for the whole family | Stanhope Leisure Centre | Register | Weekly | tbc | Tbc |
| Specialist Weight Management service for people with BMI 40+ (or 35+ with related health conditions) – 12 month programme | only available in Swale at present | Register | Weekly | tbc | Tbc |
| Health Trainer programme Brief 8 – 12 week intervention to support people to manage their weight offering motivation and support for goal setting | Ray Allen Centre | Register | Weekly | tbc | tbc |
| Health Walks | Conningbrook hotel, Kennington Charing Surgery Charing Surgery (advanced) | Drop in | Mondays 9.30am Mondays 9.45am Thursdays 2.15pm | tbc | Tbc |

| | | | | | |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| | <p>Charing Surgery (beginners) Smarden Charter Hall Ashford areas – variable (<i>Contact: Stevie 07821009854 for locations</i>) Hamstreet surgery Ashford Town/Ashford Gateway Singleton Environment Centre Tenterden Zion Baptist Church Shadoxhurst Kings Head Car Park Tenterden St Andrews Catholic Church Wittersham St Johns Baptist Centre Victoria Park : Learning Disabilities Forum Ashford Library Stour Centre Willesborough, Blakes Court Hayesbank Surgery</p> | | <p>Tuesdays 10.15am Mondays 10am Wednesdays 10am</p> <p>Wednesdays 1pm Thursdays 10.30am Fridays 9.30am Fridays 10am Saturdays 10.45am Tuesdays 10.15am Wednesdays 10am Mondays 10.15am Thursdays 10.30am Tuesdays 9.30am Tuesdays 10.15am Wednesdays 9.30am</p> | | |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|

Known Commercial Programmes:

| <u>Programme</u> | <u>Location</u> | <u>Type (drop in, appt. etc)</u> | <u>When</u> | <u>Numbers Registered</u> | <u>Outcomes Achieved</u> |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------|----------------------------------|---------------------------------|
| Weight Watchers (£6.25pwk) | Highbury Hall, Tenterden Julie Rose Stadium, Kennington The Swan Centre Kingsnorth Leisure Centre St Michaels Village Hall, Tenterden | Register | Weekly | tbc | tbc |
| Slimming World (£4.12 pwk for 12 weeks) | Phoenix Community Primary School Kennington, Ashford International Julie Rose Centre, Kennington Ashford Oaks Primary School Willesborough Primary School Elwick Club Willesborough Junior School Wyvern School The Swan Centre Beaver Green Community School Woodchurch Primary School Spring Grove School | Register | <u>When</u> | <u>Numbers Registered</u> | <u>Outcomes Achieved</u> |
| Fitter for Life (£-unknown) 12 week Nutrition and exercise programme (netmums) | Hilton Business Centre, Wootten Road, Ashford | Appointment | Mondays, Wednesdays, Fridays | tbc | tbc |
| Rethink your body (£15) advice for people who have problems with food (netmums) | Only available in Canterbury at present | Drop in | Clinic once per month 7.30pm – 9pm | tbc | tbc |