

New Cross Gate NDC/Trust

Draft Health Strategy 2010-15

INTRODUCTION

In 2002 the NDC commissioned a study of Health in New Cross Gate entitled the First Health Impact Assessment. The report was written for local residents and NDC Board members to enable them to identify ways that the NDC Health theme programme could best impact on the health and wellbeing of local people. It was also intended to inform mainstream providers of health services, namely the PCT and Lewisham Council, of the health needs of residents in the NDC area.

The study helped to shape the range of projects funded by the NDC and also established the Health Theme Group made up of professionals and local residents.

The need for a healthy living centre emerged from the study and although not yet built still remains the centre piece of the sustainable health strategy.

NDC outcomes

The NDC strategic outcomes that emerged from the Health Impact Assessment were based on the most pressing issues for people in New Cross Gate:-

H1 Improve the accessibility and quality of local health and leisure services

H2 Reduce the incidence of teenage pregnancies and improve the understanding of sexually transmitted diseases and the need for early treatment.

H3 Improve mental well being of community members through a combination of professional services and informal networks

H4 Enable local people to make healthy life style choices, including increased physical activities, healthy eating and reduce smoking.

To meet these outcomes the NDC has funded a wide range of projects associated with health and sports as well as building multi use games areas and supplying boats to the AHOY sailing centre.

A number of projects are described below and a comment on their sustainability without NDC funding has been added.

1. NDC Projects

H1 Improve the accessibility and quality of local health and leisure services

The NDC Centre

The NDC Centre is not only the flagship project of the NDC as an iconic architectural statement but is also the centre piece stone of the sustainability strategy. The Centre

(when built) will contain activities associated with all the main theme areas of the NDC. The GP surgery, pharmacy and gym will support health. The library and crèche will support education, the café, open space and premises management will support employment and the whole development will support environment, housing and community development. If the financial modelling can be realised within the current economic climate, the residential units for sale should provide sufficient coverage to fund the community facilities and the rental stream derived from the GP surgery will leave a legacy for the New Cross Gate Trust.

The NDC Centre as a building will provide an identifiable focus to New Cross Gate and the mix of functions will bring together members of the local community from the surrounding area and create an ambiance of wellbeing.

Sustainability:- The NDC Centre has a viable business plan based on sustainable main stream funding.

Health Access Project

This project helped refugees and asylum seekers access health and social services. The project offered one to one guidance and support, awareness raising and complementary health sessions within a programme of wellbeing activities.

Sustainability:- The funding for this project came from a variety of sources but none of these are long term and the project has ended.

The Health Fair

The NDC has funded an annual health fair for the past 4 years. It is a popular event attracting between 400 and 700 visitors. Its purpose is to encourage the community to think about health issues, receive information from health projects and enjoy a day of sports, music, dancing and healthy food that all contribute to the well being of everyone.

Sustainability:- The NDC funding ended in 2008/9. The Health fair is potentially an avenue for future community engagement and awareness raising around health. The average cost of the fair is £10,000. Funding could be raised from local sponsorship, the localities fund, match funding from the PCT and NXG Trust. Linking with other NDC themes for an event could also be explored as a way of sustaining this activity.

All Saints Community Centre

The NDC has invested over £1m to improve the community centre and its governance. The refurbished centre will be open from September 2009 to a wide variety of groups for regular uses as well as events. The former 999 club now called the All Saints project will continue to use the centre offering a refuge to people suffering mental distress. The sale of second hand goods will also continue as a therapeutic activity. The centre may become the focus for social networking and attract members wanting to participate in a variety of groups.

Sustainability:- Revenue from hall hire has been forthcoming for many years and now that the hall has been refurbished the hire charge has increased and interest in hiring the centre has increased.

Building Healthier Communities

This comprehensive project delivers all the health outcomes listed above. It is a community based initiative that aims to influence health policy rather than merely follow it. Work with local people, organisations and health agencies targets the issues of obesity, diabetes, breastfeeding, hypertension, physical activity, sexual health,

smoking and nutrition. The project offers, health screening sessions, dance and exercise classes and healthy lifestyle talks, all held at accessible community venues centres. Some out reach work is also undertaken. BHC is closely linked to other projects in the NDC area. BHC also runs the Idea project which provides support and guidance to people wanting to start up new businesses and it runs a fruit and vegetable food co-op.

Sustainability:- BHC is dependant on NDC funding at present and it will need to explore various avenues of funding including through NHS Lewisham.

H2 Reduce the incidence of teenage pregnancies and improve the understanding of sexually transmitted diseases and the need for early treatment.

Upfront Peer Involvement (Sexual Health Peer Mentoring) Brook

This project involves working with young people to challenge attitudes, raise awareness of sexual health and encourage early treatment. The project recruits and trains young people to be able to peer mentor other young people on the stigma and fear about STIs and encourage screening.

Sustainability:- This project was an extension of the Brook Health Advisory service and a version of the project will be funded by Brook

Knowledge is Power

This project will concentrate on achieving a sustainable increase in the numbers of local community members accessing sexual health services. With a particular focus on the redeveloped Waldron Centre, a new facility on the borders of the NDC area, the project will make services more accessible through a combination of outreach and health promotion. The project also aims to reduce STIs and unwanted teenage pregnancies, dispel myths, break down barriers and empower young people.

Sustainability:- The Waldron Health Centre has a sexual health suite. There is potential for the NXG Trust to consider work to provide outreach to promote service use.

H3 Improve mental wellbeing of community members through a combination of professional services and informal networks

Kinship

The Kinship project has been pioneering, not only, by encouraging schools to recognise mental health issues but also because the funding has come from both education and health budgets. The project involved assisting families with parenting skills and the use of drama therapy for school children. The other significant feature is that it is based in the Kaleidoscope building where the full range of children's services come together under one roof.

Sustainability:- The success of this project has led to a sister project funded by central government called Social and Emotional Aspects of Learning (SEAL). The staff from Kinship have been recruited to the posts in the new scheme. Two of the three primary schools in the NDC area will be able to continue funding a Drama Therapist, these are Temple Grove (Hatcham) and Edmund Waller.

Equinox Independence

This project provides supported housing and care to people suffering mental distress, a history of offending and complex behavioural needs to help them resettle into the community.

Sustainability:- NDC funds aided the provision of supported housing. The funding will come from SLAM and LB Lewisham Supporting People fund in future.

Mental Health Outreach @Queens Road Surgery

In partnership with the PCT, SLAM and the Queens Road Practice this project identified ways to improve mental wellbeing of local residents.

Sustainability:- This project is no longer being funded.

Mental Awareness Training

This project provides training for workers who regularly come into contact with people suffering from mental distress.

Sustainability:- This project is no longer being funded

H4 Enable local people to make healthy life style choices, including increased physical activities, healthy eating and reduce smoking.

AHOY Sailing Centre

A community based project that offers water sports to people of all ages. It includes a specific training element leading accredited qualifications and volunteering opportunities.

Sustainability:- Funding comes from a variety of sources and the Sailing Centre is continuing to serve the local community. The development of Convoys Wharf is expected to deliver a beneficial planning gain that will improve the centre's access to the river front and improve the viability of the project generally.

Greenhouse Table Tennis

This project is based at Deptford Green School and offers table tennis coaching three times per day. The project objectives are not only about physical fitness but also about raising the self esteem of young people who may find their talents at table tennis lead to improved performance generally.

Sustainability:- NDC contributed a small percentage of the overall fund. This project will not continue beyond March 2010.

Everyday Swim

Everyday Swim offered free swimming sessions to encourage greater take-up of swimming and aqua aerobics by people who are less likely to take up this sport such as older people and people from the BME community.

Sustainability:- NDC contributed a small percentage of the overall fund. This project will not continue beyond March 2009.

Millwall Community Sports Coach

The community sports coach provides opportunities in netball, basketball, rugby and athletics at local schools and is developing a network of local sports club to ensure sustainability. Local people can train to become accredited sports coaches.

Sustainability:- Millwall are running this programme themselves from The Den and found it to attracted more users.

MEND

The MEND (Mind, Exercise, Nutrition and Diet) Project provides a childhood obesity programme of fun and information activities aimed at tackling the causes of

becoming overweight. Children and families enjoy swimming and games and learn about healthy foods.

Sustainability:- MEND is now receiving funds from Lewisham Council for a borough wide scheme, however the programme is much reduced in the NDC area.

JOY (Just Older Youth)

JOY was formed by the participants of the Lifestyle Opportunities for Older People (LOOP) project. This highly successful multi agency scheme provided a 10 week course to educate older people about the importance of exercise associated with a range of age related diseases. The project was supported by the NDC, PCT, Lewisham Hospital and CEL.

Sustainability:- Since the NDC funding ceased in 2007/08 JOY has continued to meet and run themselves. NHS Lewisham assisted JOY with an application for funding from Lewisham Sports and Leisure. They have been inundated with new members and they provide a programme of popular activities for older people such as line dancing and tai chi.

Food Co-op

The food co-op provides a fruit and vegetable stall next to All Saints Church on Fridays and Mondays. It is funded by the PCT under the 'Deptford and New Cross Chooses Health' participatory budgeting initiative and also funded by the NDC through the BHC project. A dedicated manager has recently been appointed to put the project on a more sustainable footing by constructing a realistic business plan. One proposal is to secure some anchor clients such as the local primary schools where fruit and vegetables can be regularly supplied in volume. Other ideas include the provision of a farm shop and establishing a veg box delivery service.

Sustainability:- This project is currently dependant on NDC funding and NHS Lewisham funding from Evelyn and New Cross participatory budget. These are short term grants that will end in 2010. BHC are currently in discussions with NHS Lewisham regarding a future Service Level Agreement for the next 3 years.

2. PARTNERSHIP AND LINKS

Partnerships already exist between the former PCT (NHS Lewisham), Building Healthier Communities and the170 Community Project and these should be maintained and developed further. BHC also has links with Queens Road GP surgery.

The PCT established a stakeholders group for North Lewisham which meets bi-monthly and provides a forum for the key local health providers from both the voluntary sector and the statutory services. The New Cross Gate Trust should ensure that it is represented at these meetings to keep abreast of funding initiatives and activities taking place with in the area. The head of the Health Improvement Team emphasised the significance of the stakeholders group as a key strand to developing the service and the influence it has on determining support for health initiatives.

NHS organisational changes

The PCT has recently undergone a major organisational change and has been renamed Lewisham NHS. Government policy requires that the NHS becomes a commissioning body and health care will be provided under contractual agreements. Front line services will be tendered to competing service providers. Service Level

Agreements (SLAs) will underpin the requirements of the service providers who may be social enterprises or larger former NHS bodies.

This arrangement has the potential to benefit small community based projects like BHC and 170 if they are able to show that they can deliver services economically and effectively and meet the target outputs of Lewisham NHS. Alternatively they could become subcontractors to the larger organisations thus forming new partnerships.

There is also more potential for cross cutting themes such as the Family Learning project to link with BHC to help deliver the nutrition and obesity message through family activities.

The Health theme should be supported and become the main vehicle to deliver the annual Health Fair, it should also influence decisions on the health priorities for the Trust.

3. Sustainability Funding

Funding for statutory health services, as is the case across the Borough, comes from NHS Lewisham and Lewisham Social Services. Additional services will need to be funded through other grants and sources. Through applications to supply services and partner with other organisations some of the existing projects and some new projects may be funded and sustained.

NHS Lewisham supports community based health projects and have commissioned BHC to run various health programmes such as Stop Smoking and the New Cross Gate Food Co-op.

NHS Lewisham has funded projects under the participatory budgeting process. Eighteen community based health projects were funded in the New Cross and Evelyn wards in March 2009. A further round of participatory budgeting will take place this financial year providing an opportunity for individuals and organisations in the community to develop ideas and projects that will encourage healthy life style choices.

The NDC will ensure that assets are transferred to the Trust. The Trust will then hold a property portfolio that will generate funds. These assets will increase significantly when the NDC Centre is built and operating.

Links between health, housing and the environment may provide better opportunities for funding across a wider number of budgets. This common theme may also lead to innovative ideas and projects that may attract resources.

4. Role of the Trust 2010-2015

- To ensure that the health provision in New Cross Gate continues to improve the Trust should ensure that it is represented on the North Lewisham Health Stakeholders Group and the North Lewisham Health Improvement Plan. Trust members involved in the health theme should keep themselves up to date with health policy initiatives and strategic objectives so that opportunities can be seized when they arise.
- The Trust should have an influential involvement in the development of the NDC Centre to ensure that the building construction and management meet with its approval and the services provided within the centre satisfy its

expectations. The centre is planned to contain health related services such as the GP service, the library, gym, crèche and community café.

- Trust members should participate in the LSP.
- The trust should become a member of Voluntary Action Lewisham as a way to promote voluntary activities in New Cross Gate and also make new links with volunteer organisations in Lewisham.
- Sports and green spaces are managed and maintained by LB Lewisham Sport and Leisure. The Trust should use the Lewisham web site to find out what sports and leisure opportunities there are in New Cross Gate.
- Links with the area 1 Children's Centre will provide the Trust with a useful conduit to engage with local services for under 5s.
- Lewisham's Sustainable Communities Strategy provides up to date guidance on priorities and current initiatives.
- Trust members should agree on the health priorities they wish to support that will best support the health needs that have recently been assessed in North Lewisham.

The Trust may wish to use its resources to contribute towards the £10,000 needed to fund the Health Fair as a major local event that promotes good health and wellbeing, and celebrates New Cross Gate.