

**THE ROLE OF SCOTLAND'S TRUSTS IN HEALTH IMPROVEMENT - Report
by Chief Executive**

Summary

The purpose of this report is to provide an overview of the central role of health improvement which is developing within *sporta* Scotland members and the recognition HLH has received as part of *sporta* Scotland's work on health improvement.

It is recommended that Directors:

- i. comment on and note the update: and
- ii. endorse the actions proposed by *sporta* members in section 6.2.

1. Business Plan Contribution

1.1 This report supports the highlighted Business Outcomes from the High Life Highland (HLH) Business Plan: -

- 1. To advance sustainable growth and financial sustainability**
2. Deliver the Service Delivery Contract with THC
- 3. Improving staff satisfaction**
- 4. Improving customer satisfaction**
- 5. A positive company image**
- 6. Services designed around customers and through market opportunities**
7. Sustain a good health and safety performance
- 8. A trusted partner**

2. Background

2.1 *sporta* Scotland is the membership association that represents cultural and leisure trusts and social enterprises throughout Scotland and is part of the wider *sporta* UK network. HLH has been a member since 2011. Currently, over 80% of Scotland's publicly funded leisure and culture facilities are operated through Arm's Length Organisations, almost all of which are members of *sporta* Scotland.

2.2 The health improvement agenda has become central to the work of most *sporta* members, with increasing focus on initiatives to tackle a range of health conditions, as well as how members support wider improvements in physical and mental health and wellbeing of individuals and communities across Scotland as part of the wider prevention agenda.

2.3 *sporta* Scotland recently launched a Health Improvement document, with a supplementary case study document, as a first step to setting out the existing role and future potential of sport, leisure and cultural trusts across Scotland in their contribution to improving the health of the nation. The launch of the document took place at the Scottish Parliament at a Parliamentary Reception at Holyrood on Tuesday 19th January 2016. The Launch was addressed by the Minister Jamie Hepburn MSP and attended by a range of other MSPs, the Chief Medical Officer for Scotland and for HLH, Director Ian Ross, accompanied by the Chief Executive and Health and Wellbeing Manager.

2.4 Hard copies of the health improvement document and case study document will be made available for Directors.

3. Scottish Government View

3.1 The Scottish Government has endorsed and supported the *sporta* health improvement document and expressed that more effective use of the existing sport and leisure infrastructure across Scotland should be undertaken to improve the health of the Scottish population and recognise the considerable role trusts do and can play in addressing health improvement in Scotland.

3.2 Since its inception in 2011 HLH has been delivering well within the health improvement realm, and the partnership between HLH and NHS Highland has been recognised by NHS Highland as an effective mechanism to deliver key projects to improve the health of people in Highland.

3.3 The health improvement document links to the Active Scotland Outcomes Framework and sets out six overarching outcomes the Scottish Government wants to achieve, from helping the inactive to be more active to improving the active infrastructure and supporting wellbeing and resilience in communities through physical activity and sport.

3.4 The Active Scotland Outcomes Framework underpins the new physical activity and sport strategy for Highland which is currently under development by the Highland Community Planning Partnership.

4. Sporta Scotland's Vision

4.1 *sporta* Scotland's vision is:

To make a positive difference to the lives of people in all communities across Scotland by working with partners at national and local levels to tackle inequalities, encourage active and healthy lifestyles and improve the health of the population through all life stages.

4.2 *sporta* has taken on the challenge of bringing together and supporting all Scottish trusts and wider partners to:

- i. manage and develop facilities and services in a way that enables greater access and engagement by all member of the community;
- ii. develop trust strategies to align with thinking from National and Local Government, the National Health Service, sportscotland, National

- iii. Governing Bodies and other key strategic partners; contribute to health improvement and health strategies at local and national levels to help attain key targets;
- iv. work with partners across Scotland, the UK and further afield to monitor, assess, evidence and improve the true value of activity across all sectors of the population; and
- v. manage financial challenges and deliver a wide range of services that are accessible and affordable to diverse communities to enable all people to enjoy healthier lives.

5. Recognition of HLH's contribution to health improvement

5.1 HLH has been recognised for its significant contributions to the health agenda within the *sporta* health improvement case study document where the work being undertaken to inspire older people to become active is highlighted. Also a HLH customer who has, in part, attributed her recovery from a life threatening condition to engaging with HLH programmes was asked to speak at the launch event to share her story of how HLH has helped her back to enjoying a full life.

5.2 This recognition, at national level, highlights that on both a local and regional basis HLH is considerably more than the services and facilities it manages on behalf of THC. HLH now works with a wider variety of partners, has created a strong network of safe hubs for communities where people of all ages go for social interaction, stimulation, advice and support on a wide range of issues, as well as creating venues where customers can be inspired and motivated to become and remain physically and mentally active.

5.3 Along with a number of other Scottish leisure trusts, HLH has been part of *sporta* Scotland's health improvement group which was created to drive forward the following priorities:

- i. increase participation and equity of access to community learning and leisure with a focus on health inequalities;
- ii. helping the inactive to become and remain active;
- iii. promote and raise awareness of the links between activity and improved physical and mental health and wellbeing;
- iv. strengthen links between trusts, the National Health Service, Community Planning Partnerships, charities and others;
- v. create a national database of evidence, research, case studies, good practise and impact assessment of the programmes run by trusts and partners;
- vi. ensure trusts have a skilled workforce to deliver health improvement programmes that encourage healthy lifestyles; and
- vii. develop a network of trusts experts who meet regularly to monitor and assess the work of trusts and engage with partners to improve the quality of service across Scotland.

5.4 The *sporta* Scotland health improvement document concludes with a pledge from *sporta* Scotland members agreeing to work towards delivering the above points (section 5.3) – through a pledge to “activate the nation”.

6. Significance and next steps

- 6.1 The commitment from *sporta* members to embed health improvement across its members is significant as it emphasises the importance all trusts have placed on the health improvement agenda and highlights the Scottish Government's recognition of the considerable role trusts do and can play in addressing health improvement in Scotland and that more effective use of trusts should be undertaken to support this agenda.
- 6.2 The following next steps are proposed in relation to the health improvement agenda:
- i. share *sporta* Scotland Health Improvement document to reinforce the wider strategic messages with all HLH services;
 - ii. ensure the message that health improvement activities reduce the burden on other public services and place HLH in a strong position in relation to securing and protecting its public sector funding allocation(s) is understood by all staff;
 - iii. use *sporta* Scotland document as a mechanism for reinforcing the importance of taking a health improvement approach or view when planning and delivering services;
 - iv. further report on the specific health improvement programmes in HLH to be brought to a future Board meeting; and
 - v. commit to the national *sporta* pledge as referenced in section 5.3 of this report to "activate the nation".

7. Implications

- 7.1 Resource Implications – there are no new resource implications arising from the recommendations of this report.
- 7.2 Legal Implications – there are no new legal implications arising from the recommendations of this report.
- 7.3 Equality Implications – there are no new equality implications arising from the recommendations of this report.
- 7.4 Risk Implications – there are no new risks arising from the recommendations of this report.

Recommendation

It is recommended that Directors:

- i. comment on and note the update: and
- ii. endorse the actions proposed by *sporta* members in section 6.2.

Signature:

Designation: Chief Executive

Date: 29 February 2016