

**REPORT OF THE TEMPORARY GROUP MANAGER SAFER AND  
ENGAGED COMMUNITIES****SELF HELP NOTTINGHAM****Purpose of Report**

1. The purpose of this report is to inform Members of the work of Self Help Nottingham and to seek approval for a commitment to provide grant aid funding for 2013/14 and 2014/15.

**Advice & Information**

2. Self Help Nottingham [SHN] has been working in Nottingham and Nottinghamshire for over 30 years supporting new and existing self help groups for people who are living with health and wellbeing issues which present challenges for dealing with everyday life.
3. Historically, the organisation has worked predominantly in the Greater Nottingham area and the south of the county funded by health (PCT). For many years SHN was supported by the county council through a secondment which ended in 2008. The organisation then received grant aid which supported the work of SHN to be extended to the north of the county. Following the review of grant aid funding in 2011 SHN were not successful.
4. The impact of losing the grant aid in 2011 has been reduced service provision to the north of the county and stretched capacity to undertake the full level of the service to support health and social care professionals to engage with local groups. Demand for services has steadily increased over the last 5 years as the group's capacity to deliver particularly in the north of the county has reduced.

**Wider context to SHN**

5. In 2008, SHN received innovation funding from the Department of Health to replicate the services that they provide in Nottinghamshire to the rest of the country. This project has brought national interest to SHN's work and has been identified as a model of best practice by the Department of Health and the national QIPP team (DH 2012).
6. The model which has developed to support self-help groups is now central to the provision of self care support to people living with long term health conditions (especially the frail elderly and people living with co-morbidities) and one which is now widely accepted as part of a new delivery model for long term conditions being developed by the Department of Health and the Kings Fund.

7. The group's success nationally is wholly as a result of the quality of the service that has been provided to groups in Nottinghamshire for 30 years. However, it is now struggling to reach areas of the county where there are high level of health inequalities.
8. SHN are especially keen to maintain their support to new and emerging independent alcohol and drug recovery self-help groups which were initially pump primed by the county PCT in 2011 and which have supported the creation of new groups in Ollerton and Mansfield.
9. SHN are keen to develop their best practice support to groups that impact on the county councils priorities detailed in the health and wellbeing strategy and are requesting Grant Aid to contribute to the funds we receive from the CCGs (formally the PCT) which will improve the level of service to the north of the county.

### **The need for self-help groups in Nottinghamshire**

10. SHN supports a wide spectrum of self help groups across the county but especially provides assistance to groups for people living with long term health conditions, mental health issues and drug and alcohol addiction.
11. In Nottinghamshire there are currently over 86,000 people (13% of the population) experiencing common mental illnesses. Often this is in addition and often a consequence of living with a long term health condition such as diabetes or COPD.
12. With a higher than average population of older people living in Nottinghamshire, there is a significant financial cost of health and social care services for older people living with multiple causes of ill health and disability.
13. The impact of an aging population across the county is significant and is expected to increase as the proportion of older people living in the county exceeds 31% by 2020.
14. Whilst the prevalence of older people living with one or more long term condition is high in Nottinghamshire, the levels of long term conditions in general is close to the national average. However there are significant hot spots of increased levels of diabetes, COPD and cardiovascular disease which require particular attention to reduce impact on the health and social care economy.
15. In 2010, Nottinghamshire PCT provided pump priming funding to support the development of new independent alcohol recovery support groups across the county and city. This work has been highly successful and SHN is supporting a growing number of SMART recovery groups in the county. This work supports the reduction of alcohol and drug misuse across the county and provides people in recovery with a choice of support as well as promoting recovery and uptake of services.
16. SHN has been identified as an exemplar organisation by the Department of Health in delivering systemised support to people wishing to self care. Actively taking responsibility for your own health and wellbeing is a central part of self help group activity. Members are able to manage their own health and wellbeing better and evidence suggests that they use health and social care services more discerningly as a result.
17. Self help groups offer the opportunity for people to come together to share their experience in doing so they ultimately foster independence and personal responsibility.

18. Some of the key benefits of self help groups are:

- People have greater choice and control over how they get support to stay healthy and live independently.
- People are empowered to make positive choices and decisions about their lives
- People are actively engaged in patient and citizen participation across health and wellbeing in the county
- Increase in awareness and understanding of healthy lifestyle choices and self-management.
- Behaviour change that will ultimately improve health and wellbeing outcomes and reduce health inequalities through evidence-based, cost effective, systematic self-management interventions.
- Improvements in emotional well being, reduced anxiety and depression
- Changes in health related behaviour- increased levels of exercise, dietary control etc

## **Other Options Considered**

19. As part of the County Council's Grant Aid Strategy as outlined above it is not appropriate to consider other options at this stage.

## **Statutory and Policy Implications**

20. This report has been compiled after consideration of implications in respect of finance, the public sector equality duty, human resources, crime and disorder, human rights, the safeguarding of children, sustainability and the environment and those using the service and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

## **Reasons for Recommendation**

21. Approval of grant aid funding will enable SHN to provide a service in Nottinghamshire which includes:

- specialist information and guidance to self-help groups- including, training, information packs, newsletters and practical support
- information and advice to individuals who are seeking to join or establish a self help group
- support and training to groups to increase their capacity to respond to issues of equality and diversity.
- support and information to professionals who wish to help develop or refer service users to self help groups
- provision of networks and mechanisms of support to strengthen and enhance self help activity throughout the county
- provide consistent information about self help groups for professionals and the public – including the production of the Countywide Directory of Self Help Groups which is available to all GP's within the county electronically and which can be integrated in to new and existing support directories in the future.

## **Recommendation**

22. That Members approve the following grant aid to Self-Help Nottingham:

- £20,000 in 2013/14
- £17,848 in 2014/15

**Chris Walker**

**Temporary Group Manager, Safer and Engaged Communities**

**For any enquiries about this report please contact:**

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## **Constitutional Comments (NAB 28.03.13)**

The grant aid sub-committee has authority to approve the recommendation set out in this report by virtue of its terms of reference.

## **Financial Comments (RWK 28/03/2013)**

The proposed grant(s) of £20,000 to Self Help Nottingham in 2013/14 and £17,848 in 2014/15 can be funded from the 2013/14, and 2014/15 revenue budget allocations for grant aid.

## **Background Papers and Published Documents**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

## **Electoral Division(s) and Member(s) Affected**

All