

# Public Document Pack

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Overview and Scrutiny Committee  
9 January 2025

WELWYN HATFIELD COUNCIL

Minutes of a meeting of the OVERVIEW AND SCRUTINY COMMITTEE held on Thursday 9 January 2025 at 7.30 pm in the Council Chamber

PRESENT: Councillors D.Jones (Chairman)  
B.Sarson (Vice-Chairman) and L.Chesterman (Vice-Chairman)

G.Michaelides, L.Crofton, T.Rowse, T.Mitchinson,  
L.Musk, A.Nix, S.Asare and P.Zukowskyj

OFFICIALS R.Baker, Executive Director (Finance & Transformation)  
PRESENT: S.McDaid, Executive Director (Resident Services and Climate Change)  
S.Saunders, Legal Services Manager  
J.Guthrie, Assistant Director (Leisure, Community and Cultural Services)  
R.Misir, Senior Democratic Services Officer

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## 22. APOLOGIES AND SUBSTITUTION OF MEMBERS

An apology for absence was received from Councillor Panter for whom Councillor Zukowskyj attended as a substitute.

## 23. MINUTES

It was proposed that the minutes of the meeting held on 20 November 2024 were amended so that the final bullet point under the section of item 18 relating to the verbal update from the Chair of the Budget Task and Finish Group read: *'A Member raised the issue of Council Tax support: not everyone in receipt of the Personal Independence Payment or the Disability Living Allowance was necessarily poor and yet anyone in receipt of either of these benefits was currently exempt from paying Council Tax.'* The minutes were agreed subject to this amendment.

## 24. NOTIFICATION OF URGENT BUSINESS TO BE CONSIDERED UNDER ITEM 8

There were no items of urgent business.

## 25. DECLARATIONS OF INTERESTS BY MEMBERS

Councillor Zukowskyj declared an interest as a Member of Hertfordshire County Council (HCC).

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Councillor Nix declared she is a Council tenant.

26. BUDGET AND MEDIUM TERM FINANCIAL FORECAST 2025/26

Overview and Scrutiny Committee (OSC) was being asked to make recommendations to Special Cabinet to consider at its meeting on 21 January 2025 before the budget was put to Council on 3 February 2025.

The Chair of the Budget Task and Finish Group, Councillor Michaelides, provided an update as follows:

*'The Budget Setting Task and Finish Panel met three times between November 2024 and January 2025.*

*In the first session, we were given an overview of the initial medium-term forecasts and the anticipated budget gap for the next three years. We discussed some of the newer pressures facing the Council, in particular the pressures on homelessness and benefit subsidy losses.*

*At the second session in December, we had a presentation from officers on the financial position of our leisure services and in particular, a focus on the income generation activities and how the teams are driving a change and expansion in activities to increase income. It was noted at the third meeting that the subsidy for Campus West is again forecast to reduce, to around £270k for 2025/26.*

*We were presented with the majority of the proposed budget savings during the second session, along with a handful of areas of unavoidable growth. We also had an update on the progress of the benefits subsidy losses work, and information on the provisional settlement.*

*In the final session that was held last night, we discussed the impact of the settlement on the proposed budget, and the final savings items. We were presented with the updates to the Capital Programme and the Housing Revenue Account, before being provided with the medium term forecasts.*

*Throughout all sessions, members of the panel were engaged and asked questions of officers on a range of items. Some fees and charges were discussed in more detail, and the panel noted they were pleased that there were no substantial increases in fees and charges.*

*One area that the panel explored with officers was around the fees and charges that had not been increased and where the Council is limited in what it can charge. In particular, a discussion was held around gambling licences. Officers explained there is a consultation on the settlement and future financing of councils which the Council would respond to, and one of the areas the Government was seeking views on was councils' discretion over fees and charges. It was recommended by the panel, that when the council respond to the consultation, it has a particular focus on this area. The Council should*

*respond asking the Government to devolve fee setting wherever possible, to provide councils with the ability to set fees and charges appropriately. It should also ask that for any charges that continue to be set nationally, legislation be updated to include provision for annual inflationary increases, which is not currently the case for all nationally set charges.'*

During the discussion a Member commented that he was keen to see something done about smaller Houses in Multiple Occupation (HMOs) and that officers had recommended progressing the feasibility of licensing 3 and 4 bed HMOs although this had as yet to be progressed and would need to go Licensing Committee for a decision; should this be progressed, he wished Overview and Scrutiny Committee (OSC) to recommend that Cabinet take on board any recommendations from Licensing Committee on this matter.

A member commented that there were some inconsistencies within the report and the Chair noted it would be proofread and checked prior to consideration by Council.

#### RESOLVED

##### OSC:

- (a) Noted the budget proposals and updated medium term financial forecasts 2025/26 which would be considered by Special Cabinet on 21 January 2025 prior to Full Council on 3 February 2025; and
- (b) Recommended that Cabinet take on board any recommendations from Licensing Committee in relation to the HMO licensing scheme.

#### 27. HEALTH OFFER FOR THE BOROUGH

OSC received a presentation from the Assistant Director (Leisure, Community and Cultural Services) which is attached to these minutes. Members' comments included the following:

- A particular practice (Peartree) did not seem to be making referrals to Healthwise. Officers advised that the surgery was aware of the programme and would remind them about it.
- A member asked whether vaccinations, particularly flu vaccinations, were being pushed given there was a decline in people being vaccinated. Officers said they received leaflets and posters from Hertfordshire County Council which were displayed in Campus West and leisure centres, and Welwyn Hatfield's communications team shared appropriate public health messages.
- It would be helpful for councillors to have Healthwise posters and officers agreed to provide them.
- A member wondered if consideration was being given to provide more comprehensive provision during the Big Summer events, eg longer hours. Officers explained they had obtained free funding for HAPpy camps for children receiving free school meals; providing childcare would require Ofsted registration and significantly more staff, so the costs to parents

would be prohibitive. When officers started planning for this year's Big Summer they would see if some activities could have longer hours.

- A member commended the efficiency and enthusiasm of the team.

The Committee noted the presentation.

28. SCRUTINY TASK AND FINISH PANELS (T&PS) PROGRESS REPORTS AND/OR RECOMMENDATIONS

asOSC received a verbal update from the Chair of the Youth Violence Task and Finish Group, Councillor Mitchinson, as follows:

*'The Task and Finish Group held its second meeting yesterday.*

*The scope of the Task and Finish Group was:*

- *To explore and understand the definition for and levels of youth violence and antisocial behaviour (ASB) in the borough*
- *To understand what the community safety partnership are doing towards youth crime and violence and ASB*
- *To feed into partners and make recommendations*
- *To consider whether there are additional activities the Council can do to support the reduction of youth violence and ASB.*

*Yesterday we heard from two of our partners: the Inspector in charge of the Neighbourhood Teams, and the Service Manager of Hertfordshire County Council's Services for Young People (SfYP).*

- *The Inspector raised a number of issues and highlighted the work they did working with the community, councils and schools.*
- *Because the borough has two town centres and a university, there is a likelihood we would have more victims of crime and ASB than some other areas.*
- *There has been a drop in ASB and youth ASB across all wards in Welwyn Hatfield. The Inspector says this is because of the close partnership working of the Community Safety Partnerships.*
- *The police emphasised that the achievements were due to the teamwork of all agencies, and it was noted throughout the presentations the importance of us all working together.*
- *The police can access the right support for each young person, whether prevention, diversion, or criminal justice orders.*
- *The Home Office project Operation Hotspot identified Welwyn Garden City Town Centre. Additional funding has been provided for additional patrols of the town center to cover the Safer Neighbourhood Team's rest days.*
- *Using intelligence, the police used their powers to target specific young people committing the majority of ASB, using orders and enforcement to serve them with the appropriate order, stop them from associating with bad influences, and hopefully prevent further reports of ASB.*
- *All reports of knife crime are recorded, but on further investigation the Inspector told us that sometimes a blade was not seen but assumed by the victim, meaning the reported figure would be higher than the reality.*

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- *Cuckooing is down to zero.*
- *One of the interesting things that was highlighted was a high number of missing children reported in Welwyn Hatfield; it would appear this was down to the number of unregulated pop-up children's homes, which other local authority councils are using to place young people in. It would appear the missing children that are being reported are not actually local children which is very surprising.*
- *SfYP is a preventive and diversionary service that helps young people in Hertfordshire succeed in education, employment, and wellbeing.*
- *Many of the young people SfYP work with are SEND (special educational needs and disabilities), have special educational needs, have undiagnosed needs like ADHD or ADD and /or have disengaged with education. Mental health needs are high in this cohort.*
- *Welwyn Hatfield Council and HCC jointly fund the Positive Pathway Programme which offers young people unique, intensive one to one support. This service is the only one in Hertfordshire that offers one to one support and the County Council officer said it was working really well.*
- *At the next panel meeting in February, we will have a discussion with the Youth Council so they can give their input into the task and finish group, which we thought was essential.*
- *At the next meeting the task and finish panel will agree on what our final recommendations will be.*
- *The Task and Finish Group is due to present the report at the Overview and Scrutiny meeting on 18 March 2025.'*

Members commented as follows:

- Members were concerned about pop-up children's homes.
- A member asked whether the children in local pop-up homes were from London boroughs, and expressed concern if the children were from north London given that rail links would make it easy for vulnerable children to return to the area where they had been at risk. Another councillor reflected that train routes from the borough meant the children would potentially be able to access all of London and also Brighton.
- A member had met with a senior commissioning manager about a HCC children's home in the member's ward. The home was for Hertfordshire children and had 3 or 4 bedrooms which meant there were limits on the number of children living there. The Chair of the task and finish panel believed that the pop-up homes that were of concern were unlicensed and would clarify this.
- A member queried whether the homes that were a concern were unlicensed or unregistered, noting the latter were illegal. The Chair of the Panel would seek clarity on this and advised the homes in question did not come under the remit of HCC.
- A member said there was a pop-up home in his ward that was registered and noted the difference between a registered and a licensed (by Ofsted) children's home; unlicensed homes should be reported to Ofsted. The pop-up home in his ward was registered as a children's home but had not

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been authorised, and Ofsted's advice was that if children appeared to be living at the home then the matter should be referred to them.

- A member who had previously asked about the number of children impacted by domestic abuse and violence and their effect on the children's mental health spoke positively about the role of the panel.
- A member noted that according to the Children's Society, looked after children were significantly more likely to be reported missing than children living at home. Another councillor noted that looked after children needed to be reported as missing if they were not in by midnight.
- A councillor wondered whether issues arising from the task and finish panel such as registration and licensing could be a recommendation from the panel to consider in the next municipal year. She noted the importance of ensuring all recommendations from task and finish groups were properly looked at to ensure they were carried out.

RESOLVED

OSC

- (a) Noted the verbal update and;
- (b) Recommended that all recommendations from task and finish panels were properly looked at to ensure they were carried out.

Meeting ended at 8.31 pm



# Overview and Scrutiny Committee

9<sup>th</sup> January 2025

Health and Wellbeing

Joyce Guthrie



# Health and Wellbeing in Welwyn Hatfield

- Healthy Hub
- Place Based Health Inequalities
- Sport and Physical Activity Projects
- Healthwise
- Community activities





# Healthy Hub

## The aim is to:-

1. Provide a one stop shop for residents to access information, signposting and referrals to appropriate health and wellbeing services
2. Promote and cascade health messaging, national and local campaigns to residents and hub partner organisations. (including a monthly newsletter)
3. Have a physical Healthy Hub presence which is able to host public health improvement services (such as: NHS health checks, weight management, drug and alcohol support, stop smoking service).
4. Host other services (eg, citizens advice bureau, MIND, Metro Charity, Step2Skills, Herts Health Walks)
5. Have a virtual hub presence to enable residents who are not able to access physical locations to access information online. It has its own section on One Welwyn Hatfield website. [Healthy Hub – One Welwyn Hatfield \(welhat.gov.uk\)](https://www.welhat.gov.uk/healthy-hub)
6. Provide telephone support for digitally excluded residents.
7. Ensure Healthy Hub staff and partner organisations understand what provision is available to support residents with lifestyle support services (such as weight management, stop smoking service, drug and alcohol support services, and NHS health checks) and know how to refer or signpost residents to such services.

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# Healthy Hub pop ups

Venues every month include: libraries, The Hive, Friendship House, Hatfield Job centre, St John's Church café, Birchwood Leisure centre.

**Healthy Hubs are located in areas with higher levels of health inequalities or where there are high levels of footfall by people experiencing higher levels of health inequalities.**

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# Healthy Hub – quarterly data (July/Aug/Sept 24)

## Number of residents who made contact with the Healthy Hub (HH):

Total footfall in pop-up clinics 1308

Interactions (no. of residents that the HH advised/supported) 169

## Top reasons why residents made contact with the WelHat HH:

Healthy eating/diet 72

Physical activity/exercise 25

Finding a new hobby/activity in the community 11

Loneliness/ social isolation 7

Weight management 7

Mental Health 6

Stop Smoking 4

Housing advice 4



## Onward journey: support residents were directed to:

Healthy Hub newsletter 62

Physical activity/ exercise 28

Loneliness/isolation 8

Hobbies/ social activities 5

Wellbeing projects 5

Herts County Council (adult services) 4

Housing/ tenancy advice (WHBC) 4

Mental Health 4

Stop Smoking services 4

Weight management services 4

Training/ qualification / education 3



# Hatfield Community Fair – 13<sup>th</sup> August 2024

Royal Free London NHS Foundation Trust attended and screened 43 residents and the Hep C trust did over 20 Hep C tests and a few Hep B tests



The **Better Health Bus** from Herts County Council, has been introduced over the past 6 months. It brings health and wellbeing support directly into the centre of the community. It provides free health checks, support to stop smoking and general health and wellbeing advice.

The Healthy Hub supports it by helping organise venues in the borough for it to attend. HH staff can recommend and support residents to book health checks on the bus.

It provides an opportunity to target those hard to reach residents who might not normally visit a GP or get any support with their health and wellbeing



## Better Health Bus at Hatfield Christmas light switch on.

In November the bus attended this event. Whilst the weather was extremely wet and wild the staff on the bus were pleased to have the following data:

People spoken to: 30

Health Checks: 3

Wellbeing Checks: 0

Stop smoking advice: 6

Vape kits: 0



## NHS Health Checks

This is one of the most requested services within WelHat Healthy Hub. However, availability is dependent on HCC staff capacity which was low over the summer, so not reflected in the latest data.

Moving forwards the HH continues to work with them and will ensure the Better Health Bus comes to suitable venues throughout 25/26 where the Health Checks can take place.

In November 2024 the HH organised 2 NHS Health Check days at Friendship House, with a total of 14 residents booked in for their health checks.





# Healthy Hub Newsletter

- Produced monthly and is distributed at start of month
- Currently sent out to over 700 on the database.



The newsletter cover features a diverse group of people on the left and the 'Healthy Hub Welwyn Hatfield' logo on the right. The date 'Feb 2024' is in the top right corner. A green banner at the top reads 'Help to manage the cost of living'. Below this, the text states: 'This winter, Hertfordshire County Council wants to make sure that advice and support is available to help every resident deal with the rising cost of living.' It then says: 'Practical help is available for those who need it most. To make sure everyone knows what financial and practical support is available, the council is highlighting advice and services Hertfordshire residents can access on this informational flashcard:'. The next line reads: 'All information can be accessed via Hertfordshire County Council's 'Cost of Living' webpage. Head to [www.hertfordshire.gov.uk/winterhelp](http://www.hertfordshire.gov.uk/winterhelp)'. At the bottom is a flashcard titled 'Help to manage the cost of living' with a photo of a smiling man. The flashcard contains six boxes: 'HertsHelp' (free, confidential advice on local services), 'Community spaces' (find a community space near you), 'Mental health' (advice and support for happiness, wellbeing and mental health), 'Money and benefits advice' (free guides on debt and benefits), 'Citizens Advice' (free, local and confidential advice on benefits, money and credit), and 'Help for households' (central government support with energy bills, transport, childcare and household costs). At the bottom of the flashcard, it says 'We're with you this winter' and 'See all of the support, advice and services available to help you stay safe and well. Visit: [www.hertfordshire.gov.uk/winter-help](http://www.hertfordshire.gov.uk/winter-help)'. The Hertfordshire logo is in the bottom right corner of the flashcard.



Our Healthy Hub provides FREE lifestyle support for individuals and their families covering mental health, physical activity, weight management, sexual health, smoking cessation, health MOTs and nutritional advice.

## January 2025 sessions

- Tues 7th Hatfield Library 11-1pm
- Wed 8<sup>th</sup> St Johns Church café Hatfield 11-1pm
- Thurs 9<sup>th</sup> Birchwood Leisure Centre Hatfield 10.30-12.30pm
- Tues 14<sup>th</sup> Jimmy Macs, The Hive Hatfield 11-1pm
- Thurs 16<sup>th</sup> Friendship House, Hatfield 10.30-12.30pm
- Tues 21<sup>st</sup> Hatfield Library 11-1pm
- Wed 22<sup>nd</sup> Hatfield Job centre (appt only) 1.30-3.30pm

For more help or support from the Healthy Hub team, telephone us on 07810 153909, email us [healthyhub@welhat.gov.uk](mailto:healthyhub@welhat.gov.uk) or [visit our website.](#)



# Placed Based Health Inequalities Project 2023-2025

- The PBHI project is a partnership programme between Herts County Council Public Health and the 10 district councils.
- It aims to enable action on locally identified health inequalities in each borough in Hertfordshire, working with the local primary care network to identify the local health inequalities.
- Local evidence (eg District Ward profiles), were examined to identify obesity as being a leading health inequality in Welwyn Hatfield. The evidence found the prevalence of obesity is higher in more deprived areas.
- In WelHat 64.46% of adults are overweight or obese. This is higher than the average for Herts and higher than the average for England.
- Each authority identified a core area of work and additional funding was available for smaller projects to support the core project/ health inequality



## Funding 23/24

Core funding £30000

Supplementary Funding £5000

## Funding 24/25

Core Funding £30000

Supplementary funding £7500



# Placed Based Health Inequalities Project

## What interventions did we decide to do and why?

- We commissioned Watford FC Community Sports & Education Trust to run 6 Shape Up programmes between 2023-2025 in the more deprived wards of Hatfield.
- Shape Up is a 13 week weight management and behaviour change course for men and women with a BMI of 30 or over.
- 120 participants per annum. 240 participants over the 2 years.
- Participants meet up weekly for a 90 minute session made up of an educational behaviour change segment and a physical activity session. The aim is to encourage a healthy lifestyle and to ensure a sustainable weight loss.
- Referrals are made from Hatfield Primary Care Network.



## Supplementary project 23/24

### Mind in Mid Herts Outreach Worker (£5000)

- WelHat PBHI project worked with Mind in Mid Herts to provide an Outreach Worker to support those people who would benefit from the Shape Up programme, but who had barriers which prevented them from doing so.
- The Outreach worker helped support individuals with low level mental health issues (such as anxiety, depression and confidence).
- Individuals received up to 6 sessions
- The aim was to support them with their mental health but it was not compulsory that they had to join Shape Up in order to receive this help.



## Supplementary project 24/25 (£7500) - Bags of Taste Food project

### Aims:

- to change diets and lives through a mentored home cooking programme
- Working with vulnerable families to support them to improve their diets long term (eg the unemployed, those on benefits, mental health issues, pensioners, single parents, those in insecure housing, those with multiple barriers, unstable lives, neurodiversity)

### Funding:

- £7500 was secured through the HCC PBHI project 24/25.
- This covers the cost for 70 individuals to participate (to be completed by March 2025).
- The project has been so popular that the first 60 spaces were booked up within 2 weeks of 'going live.'

Referrals are from a variety of sources including Social Prescribers, Hatfield Job centre, Healthy Hub, Hatfield PCN.



Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

All you need is a kitchen and a phone!



To register: <https://bagsoftaste.org/students/>  
Tel: 07813 678660  
Email: [adele.buckland@bagsoftaste.org](mailto:adele.buckland@bagsoftaste.org)

 JOIN OUR **FREE, FUN COOKING COURSES**  
...all you need is a kitchen and a phone!

**Healthy hub**  
Welwyn Hatfield

**FREE & FUN cooking courses AT HOME**  
Cook great food in just 2 weeks!  
Impress your friends & family

Exciting meals can be quick, fun, easy and cheap to cook with our FREE (ingredients included), flexible, home based short courses.





 **LEARN TO COOK**

 **EAT LESS TAKEAWAYS**

 **SAVE MONEY**

 **IMPROVE HEALTH**

 **HAVE FUN**

 JOIN OUR **FREE, FUN COOKING COURSES**  
...all you need is a kitchen and a phone!

**Healthy hub**  
Welwyn Hatfield

#### About the course

\*FREE\* • Cook tasty, healthy meals, cheaply • Get tips on how to budget and save money when you're shopping • Learn how to waste less

#### How does it work?

• We deliver 3 step-by-step recipes and all the ingredients you need, straight to your door • Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way • At the end, you'll get a free gift of wallet-friendly recipes

\* Free for participants in receipt of benefits

#### What do I need to do?

All we ask is that you cook the three recipes and send us photos of your lovely food!

#### How long does it take?

About two weeks, but you can work at your own pace

#### How do I join?

• Register online: [www.bagsoftaste.org/students](https://www.bagsoftaste.org/students)  
• Call/Whatsapp: 07813 678660  
• Email: [adele.buckland@bagsoftaste.org](mailto:adele.buckland@bagsoftaste.org)

Once we've confirmed your registration, we'll contact you to arrange your delivery





# Bags of Taste – data

- The first course completed in December 2024.
- 30 participants took part
- excellent results with 80% of the participants completing the course and graduating.
- The second course (30 people) will be starting in Jan 25
- The final 15 people will participate in Feb 25



# Sport and physical activity projects

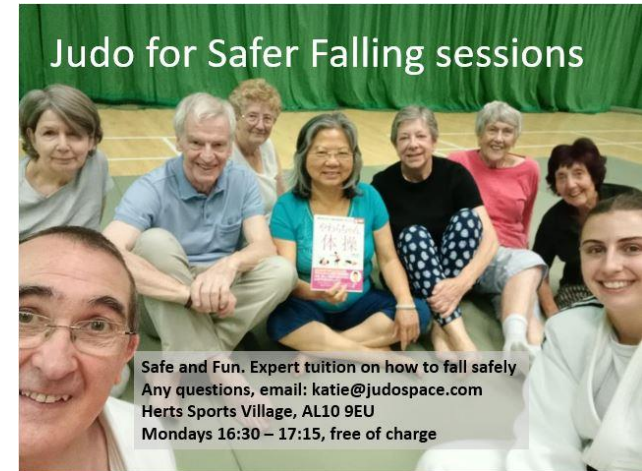
There are several sport and physical activity projects that take place in the borough, aimed at older adults, those with health conditions, women/girls and young people.



# Sport and physical activity projects

## Falls Prevention Judo - Herts Sports Village

- Monday 4.30-5.15pm until June 2025
  - older adults
- Aim is to improve strength and balance and targets a reduction in the 'fear of falling.' It teaches individuals how to get up safely after a fall.



## Strength & Balance classes – Birchwood Leisure centre

- Mondays until April 2025
- Over 50s
- To improve strength, stability and confidence in balance



# Sport and physical activity projects

## **Strength and Balance Class - Hatfield Hyde cricket club**

- Ends March 25
- Over 50s
- Weekly
- Delivered by Stevenage Football Club

## **Strength and Balance classes – Ludwick church WGC**

- Ends March 25
- Over 50s
- Weekly
- Delivered by Stevenage Football club



# Sport and physical activity projects

**Keep fit, keep warm** at Birchwood Leisure centre every Thursday

Circuit training incorporating exercises to help improve core muscles and coordination whilst meeting new people.

The sessions were set up to support with providing a warm space during the winter months and a place to exercise indoors, participants are invited to stay for a free warm drink after the class.

The sessions has been popular, attending on a weekly basis.

Aimed at older adults.



**Warm Up**  
*Keep fit circuit exercise*

FREE TO JOIN

- Circuit training for all abilities
- Work on your core and blow off some steam
- Build up your strength and stability
- Grab a cuppa and get to know your fellow participants in a social setting after the class

**Every Thursday**  
12pm - 1pm  
Birchwood Leisure Centre

For more information please get in touch:  
wellbeing@hatfield-herts.gov.uk  
01707 270772

BIRCHWOOD LEISURE SERVICES Welwyn HATFIELD WELWYN HATFIELD

# Sport and physical activity projects

## Older Adults Seated exercise classes to music in Welwyn Garden City & Hatfield

- Weekly Tuesday sessions at Woodside House, Greenfields (Cuffley) and Hollier Court for over 55s, delivered by First Garden City homes.

## Strength and balance in Welwyn Garden City & Hatfield

- Sessions due to start in January, date TBC.
- Weekly sessions to take place at Ludwick Family Centre, Hatfield Hyde and The Hive Hatfield.
- All sessions are designed for individuals wanting to improve their strength and balance.



Everyone  
Welcome  
For over 55's  
FREE OF CHARGE

## Exercise with Us!

### SEATED EXERCISE TO MUSIC CLASSES

To book a place Tel: 07779 095923

Woodside House  
Bridge Road,  
Welwyn Garden City,  
Herts  
AL8 6UL  
Every Tuesday  
2pm - 3pm

Hollier Court  
French Horn Lane,  
Hatfield,  
Herts  
AL10 8BX  
Every Thursday  
10am - 11am

 [www.fgch.co.uk](http://www.fgch.co.uk)

 01462 683307



# Sport and physical activity projects

## Healthy Eating sessions run by Hatfield Primary Care Network

- To support targeted individuals (who are overweight) from Hatfield PCN to eat more healthily
- Individuals learn about new foods they have never tried, along with learning about the different food groups, the Balance of Good Health/ Eatwell Guide and the difference in fats and oils.
- Some of these participants are also on the PBHI Shape Up programme



**What is it:**

Group sessions for patients who wish to eat for good health

**Where:**

White Lion House, Town Centre, Hatfield, AL10 0JT (entrance by Isabel Hospice charity shop)

**When:**

Meet us for 6 weekly sessions 1 - 2pm on the following days:

**8TH JANUARY**  
**15TH JANUARY**  
**22ND JANUARY**  
**29TH JANUARY**  
**5TH FEBRUARY**  
**12TH FEBRUARY**



We will talk all food related subjects in a friendly and sociable atmosphere  
See you there!

## Mental Health support for Hatfield Job centre clients (£16000)

- For individuals attending Hatfield Job centre who are struggling with their mental health. Through having some support (up to 6 free sessions with a Counsellor from Mind in Mid Herts), the aim is to help them get back into employment.
- 1 year intervention. Referrals from the Job centre to MIMH. Appointments take place at MIMH's new Hub in White Lion Square.
- End date March 2025



# Sport and physical activity projects

## A-Z Basketball Programme

Weekly Thursday sessions at the Ridgeway Academy (term time) for 11–16-year-olds. Returning on 9<sup>th</sup> January 2025.

## Girls Dance Project

Weekly Tuesday sessions in Hatfield with FK Dance academy will return on 8<sup>th</sup> January.

## Friday night kicks

Weekly Friday sessions (term time) at the Ridgeway academy for 8 -18-year-olds, delivered by Stevenage FC foundation. Average 45-50 young people attending.



**A-Z Basketball Project**  
Ages 11-16  
Free Basketball sessions!

 Ridgeway Academy, WGC

 Every Thursday  
9 January - 13 February

 7pm - 8pm

Book via our Eventbrite page:  
[jan-feb-basketball.eventbrite.co.uk](https://jan-feb-basketball.eventbrite.co.uk)





# Sport and physical activity projects

**WHERE GETTING IT  
WRONG  
IS TOTALLY  
ALRIGHT.**

**THIS  
GIRL  
CAN**

**CLASSES**

..... **EM3**

**Low Impact Session**

Tuesdays at 11:30am  
Birchwood Leisure Centre  
Free Taster Session Available

Contact and Booking:  
wellbeing@hatfield.herts.gov.uk  
01707 270772

Come and try our new group exercise  
classes where everyone is in it together!

## This Girl Can classes at Birchwood Leisure Centre

- Low impact sessions on Tuesdays at 11:30am, first session is free, then tickets are £3.50.
- Our 'This Girl Can' Classes provide a welcoming aerobics programme where getting it wrong is alright!
- This Girl Can will give you the confidence to try new moves, understand different fitness class options, and make new friends.
- Tuesday classes at Birchwood Leisure Centre also feature an after-class social gathering.



# Warm Space funding from October 24

**First Garden Cities Homes** – Herts & Arts project in Cuffley for over 55's. Creative session, with free hot drinks & social aspect.

**H'arts in Mind** – For drop- in art sessions at the Galleria, Hatfield, free hot drink & social aspect.

**Birchwood Leisure Centre** – To fund Keep Fit Circuit classes aimed at older adults, focusing on building up strength and stability, hot drink & social aspect after class.

**WGC United Reformed Church** – To contribute towards Thursday Club which is a over 60's social club & Community Café on Tuesday mornings



# THURSDAY CLUB

Our social group for people 60+ with activities such as guest speakers, quizzes, singers, bingo, chair based exercises & games.

Every 1st & 3rd Thursday of the month  
2-4pm  
£2 charge

Location:  
Welwyn Garden City United Reformed Church  
8 Church Road, Welwyn Garden City  
AL8 6PR



# COMMUNITY CAFE

TUESDAY MORNING'S  
10:30- 12 NOON

A place for community, conversation and coffee.  
£2 charge, all welcome

Location:  
Welwyn Garden City United Reformed Church  
8 Church Road, Welwyn Garden City, AL8 6PR



# ART GALLERY

WHEELCHAIR FRIENDLY WARM SPACE TO VIEW ART

Free art drops ins, with tea or coffee on Thursdays  
1st & 3rd Thursday 11.30-1pm of every month Sketchbook Club  
Zentangle a mindful session drop ins are on 2nd and 4th Thursdays of every month 2-3.30 (Blue badge parking)

H'arts in Mind Gallery (upstairs by escalators)  
Galleria Shopping Outlet  
Comet Way  
Hatfield, AL10 0XR  
Open Thursdays, Fridays, Saturdays  
11-5pm and Sundays 12-4pm

SUPPORTED BY THE WELWYN HATFIELD COMMUNITY FUND

BETTER WELWYN HATFIELD

# Warm Up

Keep fit circuit exercise



FREE TO JOIN

- Circuit training for all abilities
- Work on your core and blow off some steam
- Build up your strength and stability
- Grab a cuppa and get to know your fellow participants in a social setting after the class

Every Thursday  
12pm - 1pm  
Birchwood Leisure Centre

For more information please get in touch:  
welbeing@hatfield-herts.gov.uk  
01707 270772



First Garden Cities Homes

# Herts & Art

Learn new skills and explore your creativity.

30th Jan, 27th Feb, 27th March  
24th April, 22nd May, 26th June  
30th July  
From 10 am to 11.30 am

Over 55's FREE of charge  
To book your place  
Tel 01462 687064

At Greenfields  
South Drive,  
Cuffley,  
Herts EN6 4HW

www.fgch.co.uk

# Find a community space in Welwyn Hatfield!



# Campus West & CP Team partnership

CP Team have been working with the team at Campus West to set up exercise classes for the community. Classes cost £6 with Zebra card membership, £8 without. It is free to sign up to have a Zebra Card membership.

## Yoga

Wednesday's 10-11am (**Aimed at older adults**)  
average attendance 13

A gentle yoga class incorporating simple flowing sequences with slower paced movements focusing on alignment, strength, balance and flexibility.



# Hatfield Healthwise Scheme



# What is Healthwise



The scheme delivers structured exercise programmes, tailored specifically to the needs and goals of the client



Healthwise works closely with Medical professionals, enabling them to refer patients with a range of medical conditions to a specialised physical activity programme



The programme aims to encourage people of all abilities to become and remain more physically active, helping to improve their health and wellbeing



**WELWYN  
HATFIELD**

# Client Journey

GP Referral

Triage Call

Initial Assessment

Induction

2 & 8 week phone call review 4  
week face to face gym review

12 week Final Reassessment

Continuous support



## Inclusion Criteria

| Mental Health     | Description      |
|-------------------|------------------|
| Depression        | Mild to moderate |
| Anxiety disorders | Moderate         |

| Metabolic health       | Description   |
|------------------------|---|
| Hyperlipidaemia        | $\geq 6.0\text{mmol/l}$ and/or raised triglycerides   |
| Overweight/Obesity     | BMI > 27.5  |
| Type 1/Type 2 Diabetes | With adequate knowledge regarding Hypoglycaemia awareness and management.<br>If relevant:<br>With adequate advice about adjustment of carbohydrate/ treatment dosage (Insulin or oral hypoglycaemics) |

| Neurological            | Description  |
|-------------------------|--|
| Neurological conditions | e.g. Young onset Parkinson's disease (stable), Multiple Sclerosis                  |
| Stroke/TIA              | > 3 months since stroke and < 1 yr ago. Stable CV symptoms, no assistance required |

| Respiratory | Description   |
|-------------|---|
| Asthma/COPD | Grade 1-2 MRC dyspnoea scale:<br>2 – Short of breath when hurrying on the level or walking up a slight hill |

| Cardiovascular                          | Description   |
|---|---|
| Established CHD                         | Stable angina, post MI, CABG, percutaneous coronary intervention (PCI/stent), valve replacement (only after Phase III rehab and stable) |
| Family history of premature CHD         | Female <65, male <55 and two other CVD risk factors   |
| Hypertension                            | Medication controlled $\geq 140\text{--}180$ SBP and or $\geq 90\text{--}100$ DBP   |
| Peripheral vascular disease             | No symptoms of cardiac dysfunction  |
| $\geq 20\%$ CVD risk over next 10 years | Multiple risk factors as identified by QRisk or JBS2 risk tools   |

| Cancer | Description   |
|--------|---|
| Cancer | Patients who are receiving or post cancer treatment (<1 yr ago), referral from hospital department only |

| Musculoskeletal          | Description  |
|--------------------------|--|
| Back pain                | After back rehabilitation, referral from hospital physiotherapist  |
| Fibromyalgia             | Associated impaired functional ability   |
| Chronic fatigue syndrome | Significantly deconditioned due to long standing symptoms  |
| Osteoarthritis           | Mild/moderate with related mobility problems (includes joint replacements e.g. hip, knee, shoulder)                            |
| Osteopenia               | BMD between 1 and < 2.5 SD below young adult mean  |
| Osteoporosis             | BMD 2.5 SD below young adult mean or > 4 on fracture index with no history of previous low trauma fracture or history of falls |
| Rheumatoid arthritis     | With related mobility problems   |

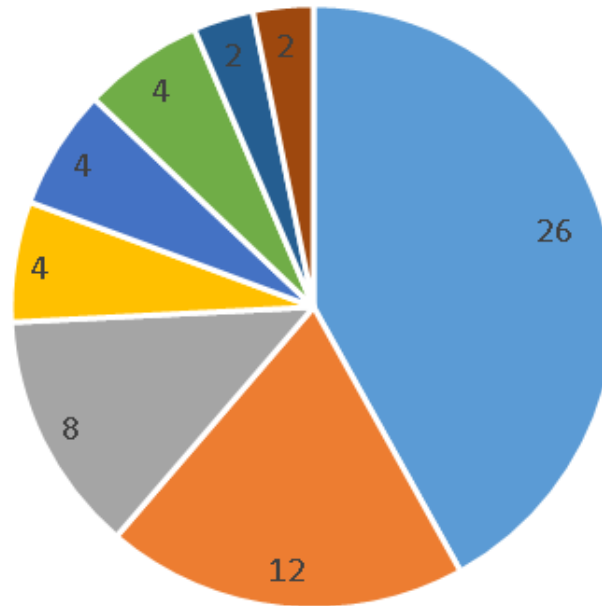




- 74 referrals into the service
- 55 starters
- 11 waiting to be contacted
- 6 have been contacted and booked
- 2 Nonstarters, either non contactable or not within our inclusion criteria
- 74% uptake
- 2 completers YTD
- 50 Healthwise members



## Referral Reasons



■ Obesity ■ Anxiety/Depression ■ ORA ■ Hypertention ■ Fibromyalgia ■ Other ■ MSK ■ Cancer



| Referring Centres                     | Number of referrals | % of referrals |
|---------------------------------------|---------------------|----------------|
| Wrafton House                         | 33                  | 45             |
| Lister House                          | 10                  | 14             |
| Burvill House                         | 11                  | 15             |
| Potterells                            | 9                   | 12             |
| Pulmonary rehab Services - Letchworth | 2                   | 3              |
| The Garden City Practise              | 3                   | 4              |
| Spring House                          | 10                  | 14             |
| Other – outside the area              | 17                  | 23             |





# Hatfield community events



# Plans for 2025

Increase the amount of referrals to both sites

Incorporate Healthwise classes for healthwise clients



# Testimonial – Trust Pilot

- I have recently had 2 sessions with Gemma and she is amazing! I was referred by the GP and she made me feel so at ease, explained everything really well and is very supportive. I like the way the machines in the gym don't need a fob thing.
- Date of experience: 12 September 2024



# Testimonial

- I just wanted to take the time to say how joining the Heathwise scheme has impacted me. I joined the scheme via my GP surgery and was very reluctant and a little scared, if I'm honest, to go along. At 59 suddenly exercising is a daunting task, but I met with Gemma who at every stage has made me feel comfortable, worked at my pace and given me lots of encouragement. I have been attending Heathwise now for a couple of months and I can honestly say I now really enjoy exercising, even sometimes getting up at the crack of dawn to go before work (never ever would I of thought id do this). My confidence has grown so much and I'm really grateful that this scheme is available, else I would have never stepped foot in a gym.



# Testimonial

## 2

- I started the Healthwise scheme at the end of April 2024. Gemma has been a very understanding and empathetic coordinator. She took into account of my health issues and future plans and worked out a gym program matching my requirements. She also monitors my progress regularly. The scheme is very flexible. I am able to exercise at two locations and try out all the exercise classes plus use of the swimming pool. Booking the classes are easy. I also utilise the Better at Home exercises. This scheme has improved my fitness and both my mental and physical health. It has also improved my focus, mindfulness, patience and discipline. The staff are very friendly and helpful, which makes going to the gym or classes welcoming.





# WHAT IS HEALTHWISE?

The Healthwise physical activity referral scheme introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease, and manage existing medical conditions.

The programme aims to encourage people of all abilities to become and remain more physically active, helping to increase activity levels and improve health and wellbeing.



# CONTACT HEALTHWISE



1. Hatfield Leisure Centre  
Travellers Lane, Hatfield, Hertfordshire, AL10 8TJ
2. Hatfield Swim Centre  
Lennford Road, Hatfield, Hertfordshire, AL10 0CH

### Contact us

For more information please visit [better.org.uk/healthwise.welwynhatfield](http://better.org.uk/healthwise.welwynhatfield) or email: [healthwise.welwynhatfield@gll.org](mailto:healthwise.welwynhatfield@gll.org)

Better is a registered trademark and trading name of GLL (Greater London Leisure Centres), an exempt charity incorporated in England and Wales with registered office at GLL, 200 Tottenham Court Road, London W1P 0LP. Registered in England and Wales, company number 1171936. Registered office: 4th Floor, The Doris Arcade, London W1P 0LP. (Incorporated in England and Wales) Registered office: 210 Tottenham Court Road, London W1P 0LP.

# HEALTHWISE: HOW CAN PHYSICAL ACTIVITY HELP ME?

"My instructor helped me build my confidence in the gym and in the pool. I'm really enjoying being active and notice the improvements in my ability to do everyday activities".



## WHO IS HEALTHWISE FOR?

The scheme is for Welwyn Garden City and Hatfield residents or patients registered with a Welwyn Garden City or Hatfield GP surgery. It is designed to assist people with medical conditions or other special requirements that may be a barrier to accessing mainstream activity in leisure centres.

Common reasons for referral:

- High blood pressure
- Diabetes
- Asthma
- Circulatory/respiratory disease
- Depression and anxiety
- Arthritis

"After being referred, I had never been to a gym before in my life. I was lost, nervous to my fear a day of the gym or pool. Overcoming initial challenges with confidence in the gym and finding instruction to stay at the gym was tough, but now I have no trouble with it. After 12 weeks, I've lost 14kg in weight."



"After having a heart attack, I wanted to make a few lifestyle changes and this programme has really helped to put me in the right direction. I'm now able to walk further distances with my energy levels improving."



## WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offer a range of activities to suit all abilities. Your facilitator will help you select suitable classes.

Your physical activity programme may include some of the following:

- Gym-based supervised sessions
- Group exercise classes
- Water-based exercise

## HOW TO REGISTER

If you are interested in Healthwise then please speak to your GP, practice nurse or Social prescribing link worker, or visit our website by scanning the QR code. Healthwise will contact you to screen your interest further and if successful you will be registered to the appropriate intervention with a Healthwise Facilitator.



Scan to learn more or visit [better.org.uk/healthwise](http://better.org.uk/healthwise)



**WELWYN  
HATFIELD**

# XPLORER



**Wednesday 3 April**  
King George  
playing fields, WGC  
11am-2pm

**Wednesday 10 April**  
Moneyhole playing  
fields, WGC  
11am-2pm

- A free family friendly navigational game, where you follow a map to find the markers and gets the kids outside
- Runs in Easter and Summer school holidays
- Open to all ages



**HATFIELD**

# This Girl Can

- This Girl Can is a Sport England national campaign that encourages as many women and girls as possible to be physically active and have fun whilst doing so.
- The campaign features real women – on TV, in cinemas, across social media, in print and on billboards – with the aim of motivating as many women as possible to share their experiences and empower them with the confidence to exercise on their own terms.
- Welwyn Hatfield has taken part in This Girl Can and in 2024 offered over 75 activities for women and girls, most of which were free
- Activities on offer included: paddleboarding, pickleball, bootcamp and outdoor yoga.
- This Girl Can ran from 10<sup>th</sup> – 16<sup>th</sup> June 2024



# 'This Girl Can' round up

## Community Partnerships

- 75 activities were on offer over the week.
- 31 clubs/organisations got involved to offer free trials
- Engaged 1000 women/girls
- New focus on mental health as well as physical health with wellbeing sessions with Culture Wood , Meet the Miller experience at Mill Green Museum & Yoga on the Green.



*'Brilliant introduction to golf and techniques learnt for myself and my daughter. We have since gone and booked the driving range and parking 3'*

*'Fantastic opportunity for girls who have never played. Well organised and engaging for everyone! Highly recommended - thank you'*

*'The organisation skills were really good. I felt included in every activity and inspired to play to the best of my ability. It felt great to see a club organising a try out as I made new friends and could share my passion with someone'*

*'Brilliant excellent instructor who was very supportive and pitched the session well for beginners. The girls were motivated to achieve a lot in a short space of time and it was a wonderful introduction to a new activity we are inspired to try again in the future'*





# Big Summer round up

## Community Partnerships

- Over 450 activities in total (43.3% increase from last year).
- 177 were delivered or commissioned by WHBC (including Campus West offers).
- An estimated reach of 12000 young people and families across the 3 weeks.
- New activities included Drop-in First Aid, American Football & African Drumming.



