

Rushmoor



Healthy

Living



Annual Report 2006

“Working together to improve the health and well-being of people of all ages in our local community”

Published October 2006 for Financial Year Ended March 31st 2006

www.rushmoorhealthyliving.org.uk

Chairman's Comments

This has been a year of consolidation for Rushmoor Healthy Living and the first full year of operation as an independent legal entity and charity. That should not be misunderstood as meaning RHL did not grow and develop, anything but!

The Board's confidence that it made the right decision in the appointment of Tony Docker as Chief Executive has increased as each month has gone by and as Tony further established himself.

The core staff team is the same as at the time of the last Annual Report and this stability and loyalty, in these key roles in the company, has been of great benefit to us.



Sustainability beyond October 2007, when our existing Big Lottery funding runs out, is still the major concern and is being actively worked on. A major new bid has been submitted to the Big Lottery in partnership with other Healthy Living Centres in the South East of England and we await the outcome later this year and in 2007. We are also progressing other opportunities for funding. It is gratifying to see the list (included with this report) of just some of the organisations that have assisted RHL in the last 12 months.

In the last Annual Report we stated that *"on an annualised basis, RHL has a going rate of over 20,000 'users' "*. It is now about 30,000; which is tremendous growth and reflects increasing participation in our programmes and activities.

RHL is the managing and delivery body for healthy living in Rushmoor. We acquire funds and then deliver programmes, monitoring the quality of the delivery of these, and reporting back to funders. Our charitable status enables us to apply for funds that could not be accessible if we were not a charity.

A summary of the finances for the year is included. Full, externally audited, accounts are available if required.

RHL continues to seek further trustees/ directors from interested organisations and the community to join those already involved. Anyone considering volunteering to offer themselves to join should contact Tony Docker or myself via the office.

The Board would like to express its gratitude to all members of the company: full time, part-time and volunteers, for their support and commitment in enabling RHL to deliver its programmes for the benefit of the residents of the Borough.

Hugh R Deed, Chairman

Rushmoor Healthy Living

Registered Charity Number 1105381
Company Limited by Guarantee in England & Wales 05164230

Auditors: Howard Lee, Fellows & Co, Farnborough, GU14 7SR

From the Chief Executive

The year ended 31st March 2006 was a year of success, of change and of expansion, delivering quality services to an increasing number of people in Rushmoor. I am very proud of what RHL has achieved through its dedicated staff and supportive directors.

We now deliver 16 activities and all have seen an increase in attendance. We have introduced Roving Workshops for young people in the school holidays, organised football in Heron Wood in conjunction with the Police Community Support Officer, run a Weight Management course in North Town and worked with "The Source" in Aldershot to run a Teen Parent Mentoring programme.

In addition to these new activities, our various exercise classes have increased in number and attendance, as has the number of young people visiting us during the SNAP discos. Delivering these services in the community to help improve the health and lifestyle of residents is what RHL is all about. We provide excellent value for money for both our funders and participants and make a difference to the lives of many people.

During 2005/06 our services were accessed almost 30,000 times by 2,200 different people. Not only an increase in people using us, but also an increase in the number of times they access us (and this excludes the number of visitors we have to our website and touch-screen kiosk in Asda). The breakdown per programme is on the next page of this report.

Our income showed an increase of £60,000 over last year, combined with a substantial increase in expenditure. The increase in expenditure is a reflection of us being in our own premises, fully staffed for the very first time. The amount spent directly on our activities has risen by £46,000 and every pound spent on core costs contributes indirectly to our programmes. In summary, RHL is realising its potential, spending its income on services in the community.



Tony Docker counting the collection for RHL from the fountain in Princesmead, Farnborough

2006/07 promises to be a year of further review and expansion. We already have new activities planned: Healthy Lifestyle MOTs, Quit Smoking and Salsa classes to name but three. We will continue to assess our existing activities to ensure we are delivering benefit to the community at good value to achieve our aim of maximising the amount of funding used on activities. Raising income for projects is an essential part of our strategy to become more self-sustainable and RHL will continue to develop this part of our business in line with our aim to make our services accessible to everyone in the community.

We will also be implementing PQASSO (a quality monitoring system), reviewing our risk management and keeping our policies and procedures under review.

Sustainability beyond 2007 is still to be secured, but with a successful 2005/06 behind us, there is every reason to be optimistic about our future. We brought in £112,000 this year in addition to our Big Lottery New Opportunities Fund money, and we have assured funding to cover all our planned expenditure in 2006/07. Plans are already in place to expand our activities in 2006/07 and raise funds for 2007/08 and beyond.

All this would not be possible without a team of dedicated staff, which was expanded to ensure RHL could deliver the aims and objectives of the charity in a cost effective and efficient manner. All the new staff have proved to be a big asset and this, together with the continual development

of those who started the year with us, has been instrumental in getting us to our current position.

As a charity, we are dependent on funders, partners and other stakeholders to deliver our services. I believe we have a strong relationship with those who fund us, those whom we contract to, and those we work in partnership with. We cannot survive alone, and I express my gratitude to all those who help us “make it happen”.

We at Rushmoor Healthy Living look forward to the future and improving our “business” even further, always remembering what we are here for: to improve the health and well-being of our community.

Tony Docker, Chief Executive, Rushmoor Healthy Living

Attendance at RHL Programmes 2005/6		
<u>Programme</u>	<u>Number of times used per annum</u>	
Breakfast Clubs	15600	
Looking Good Feeling Good	5280	
Youth Mentoring	840	
Healthy Arts	1590	
Healthy Living	190	New– commenced Jan 2006 *
Physical Activity for Older Adults	5710	
Pride of Place	20	Few gardens attended due to Pavilion Housing re-structuring *
Total Parents, Triffic Kids	310	
Total	29540	
* Both programmes expected to have many more users in 2006/7		

Looking Good, Feeling Good

Our Looking Good, Feeling Good (LGFG) programme aims to educate and encourage young people aged 9 to 16 to make positive healthy lifestyle choices without resorting to drugs, alcohol etc. We organize a range of activities including:

- Weekly Street Dance classes
- Workshops at monthly SNAP discos (The Hangout)
- Roving Workshops

The SNAP and Roving Workshops cover a wide range of health related topics and, over the past year, we have been able to focus several of the workshops on substance/alcohol misuse.

Our Roving Workshop programme was initiated at the beginning of 2004 with the aim of taking our successful workshops delivered at the SNAP discos into the local community. By taking the workshops into some of the more disadvantaged areas we aimed to reach those young people who would benefit most.

During 2005/06, to ensure that we contacted these 'hard to reach' groups, we worked in partnership with the Rushmoor Youth Service to promote the dates, times and locations of an RHL 'Activity Bus' to other local agencies such as the YisP team, Community Safety Partnership, Health Visitors and Social Services for referral purposes. Based on the feedback that we obtained from our Easter pilot, a programme of roving workshops was planned for the Summer school holidays that linked to the 'Hangout' events at SNAP.



Sally Houlihan, Janice McAndrew, Carol James and Pam Jordan in front of the bus used at the Roving Workshop at Oak Farm Community School

Pride of Place

Pride of Place provides opportunities for volunteers to learn and improve their gardening skills and use them to improve the community environment.

Residents who are unable to manage their gardens because of ill health or infirmity are referred from Pavilion and Stonham Housing with the aim that a team of volunteers will carry out some work for them. The majority of the work is grass cutting and tidying up overgrown shrubs and hedges. The team has returned to a number of residents several times to continue to help them with the up keep of their garden.

The number of volunteer gardeners on the team now stands at twelve. These volunteers are recovering from mental health problems, two having special needs. Although the group is very diverse, they do work very well together.

An exciting 'communal garden makeover' project of a local supported housing block is planned for the coming year and both the Pride of Place gardening team and local residents are being invited to become involved.

Breakfast Clubs

RHL supports breakfast clubs at four local schools. They are well attended and the head teachers are very enthusiastic about the benefits: children arriving for school on time, a better frame of mind for the first lesson, no energy dip midmorning and better all round behaviour. The funding stream for this activity continues to decline and we are helping the schools to become less reliant on our funding.

Physical Activity for Older Adults

The Physical Activity for Older Adults programme, or as we now like to call it, *Exercise for our more Mature Movers*, is going from strength to strength. Since October 2005 the number of classes has risen from nine to thirteen with more planned for September and the New Year.

Tai Chi - We now have three classes running with another planned to start in September 2006. Our tutor is well respected by all and feedback from the participants is very positive. Tai Chi is suitable for all ages and although the average age of our class members is a young 65, our oldest member is 85 and attends every week in Aldershot; she is an inspiration to all.



Ashley, the Tai Chi instructor providing some guidance to a participant

Pilates - The number of people attending our Pilates class in Aldershot has certainly increased this year. Many of the new members have been referred to the class via Connaught Leisure Centre, courtesy of their GP referral scheme. Our tutor is extremely patient and class members report that it feels good to be “getting fit from the inside out”.

Yoga - Our yoga group is small but regularly attended, with an additional class planned for people who cannot afford the average £5 per session charged elsewhere. Our tutor is enthusiastic about the benefits of yoga and would like to give more people the opportunity to experience a yoga class.

Low Impact Aerobics - This is one of our new classes, which started in June in another new venue for RHL, The Salvation Army Hall in North Lane, Aldershot. We will be offering a second class in September at another new location for these classes, The Church of the Good Shepherd in Farnborough.



Low impact Aerobic class in action

Salsa - Another new class, featuring an authentic Latin American tutor, is held at the Church of the Good Shepherd in Farnborough. The class members are learning Salsa and Latin American Dance moves and it is great to see the progress they have made in a very short time, especially the gentlemen. Additional Salsa classes will again be considered next year, the demand is there but high costs put other existing classes out of the reach of many local residents. A couple of participants are photographed on the front cover of this report.

Chair Based Exercise and seated Tai Chi - Numbers are growing and it is hoped that RHL can expand this programme in the New Year. This very gentle form of exercise can bring huge benefits to participants in terms of well-being.

Community Music & Art Activities

Our reminiscence quizzes are very popular and showing increasing attendance levels. When RHL staff attended the quiz at St Clements Court they were amazed at how strong the competitive spirit was between the teams - albeit very good humoured especially with tea and cakes afterwards. The staff who attended found that the quiz prompted lots of group discussion along the lines of “I remember when” and “remember when we did this” and it was fantastic to see the social interaction between the residents of the housing schemes, who so often are isolated and spend very little time together. Following consultation, RHL is planning, with Pavilion Housing, a more extensive programme of arts, crafts, reminiscence quizzes and music for older adults in sheltered and residential care homes to engage even more residents.

Healthy Arts

Music Therapy - In consultation with our partners, this activity was reviewed and changed slightly in delivery format to facilitate one-to-one, in addition to group, therapy. We also presented a keyboard to the Linden Centre to expand the range of instruments available to the children.



Staff from the Linden Centre accepting their new keyboard with Janice McAndrew.

Total Parents, Triffic Kids

Many teenage parents are a concern to the Government, statutory and voluntary agencies as well as the community because they have needs on two levels – their needs as young people and the needs of their children.

Studies have shown that teenage parents often have mothers who were teenagers themselves when they first gave birth. Many experience financial hardship and have emotional difficulties.

This project is designed to respond to the needs of teenage parents on the two most crucial levels:

- To support them in their own goals and aspirations
- To help them become good young parents

Our Teen Parent Mentoring project aims to prevent harm to children, create security and reduce the negative impact that being born to a teenage parent can have on a child. It also aims to prevent the teenage parent and child from becoming socially excluded, and avoid the parent getting into trouble or failing to achieve at school. In short, it aims to cause a change, for the better, in the life of the family and the community as a whole.

The monthly Mother and Baby group is well attended by teen parents and their mentors. It covers a variety of topics including healthy eating and first aid for babies.

The first groups of young people receiving mentoring under this programme are developing good relationships with their mentors and are benefiting from the support. One of the young parents, Kerry (not real name) is working with her mentor to move into a flat of her own with her new baby.

Youth Mentoring

Members of the community are recruited and trained to provide one-to-one support to young people in the 9 - 25 age group and empower them to make choices that will enable them to fulfil their potential.

Once trained and police checked, a mentor is matched to a young person who has self referred, or has been referred to the scheme from another agency. The match is based on mutual interests or skills and an introductory session is held to ensure both mentor and young person are happy with the match. The pair will then arrange to meet each week and work together on goals that they agree will help the young person. Examples include learning a new skill through going together to an evening class, finding out about college courses or taking up a sport.

Mentee Ian (not his real name), is proof of how successful mentoring can be. He has been working with his mentor since October 2005 to improve his health and lose weight so he can be better at football. He and his mentor reviewed his lifestyle, particularly his drinking, and Ian has now cut down his drinking considerably to only 5/6 units at the weekend.

In another case an 11 year old boy was referred to Youth Mentoring. He was close to total exclusion following a high number of temporary exclusions. He was transferred to another school, and referred to this scheme. He was paired with a mentor and six months later he was awarded "Pupil of the Week" by his new school, a tremendous personal achievement.

Healthy Living

One of the activities within this programme is Weight Management.

Following an approach from a local community group in North Town that wanted advice on setting up a weight management/exercise programme, RHL set up a pilot in January 2006.

The course consists of twelve weekly sessions, comprising 30 minutes nutrition/lifestyle advice through discussion and group work. This is followed by one hour's physical activity, introducing the group to various forms of exercise.

The focus and aim of this programme is to promote realistic and achievable changes in lifestyle and achieve the consequent reduction in health risks. The variety of exercise is a deliberate attempt to introduce people to new ways of being active and instructors are chosen specifically for their local connection in the hope of signposting people to additional local classes. Food and recipes are discussed in terms of what is achievable on a budget.

Very positive feedback was received from the pilot about the social benefits of attending the course and the enjoyment derived from the taster sessions of exercise offered.

Since completing the course, all participants reported average or above average fitness levels. All of them report making conscious changes to their diet as a result of information given on the course.

"The group has been very useful, especially the introduction of the varied activities – whoever thought I would be trying the Salsa, circuit training and line dancing! When one activity proves interesting there is advice for ongoing classes. The healthy food suggestions and recipes have been tried and tested and besides making new friends and having a laugh, I now find I can walk up hills without the use of oxygen!" said one 73 year old participant.



Two participants in the Weight Management class trying out Salsa

Clever Kiosk, Website

Our touch screen system is located in ASDA, Farnborough, providing an easy access route for information about health issues and support organisations. The screen is in a high footfall area and provides RHL with an ideal platform for displaying posters containing information about our many programmes. It has worked particularly well for our exercise for older adults classes.

We have successfully re-negotiated our agreement with Starthere, who provide much of the information for the touch screen system. This information, about many ailments and social issues, along with organisations who can help, is now therefore available to a far wider audience on our website (www.rushmoorhealthyliving.org.uk).



Kiosk in use at ASDA in Farnborough

Fundraising - 2005/06

2005/06 has been a very successful year, not just from a delivery point of view, but also in terms of fundraising. The excellent work we've carried out, and the difference we've made locally, has been recognised and reflected in the financial commitment we've been offered by both new and existing funders.

We ended the year with the majority of the funding needed for 2006/07 already in place. Having achieved this target we are in a strong position to focus on the challenge of achieving sustainability once our Big Lottery Fund grant runs out late next year. We are confident that this goal is achievable and look forward to continuing to work with current funders, as well as welcoming new funders on-board to share in our success.

Directors of RHL as at 31st March 2006

John Card (Chairman of Finance & Governance Committee and Company Secretary)

Helen Clanchy

Hugh Deed (Chairman)

Amanda Dubarry, Chief Executive Emmaus Projects

John Edwards (Rushmoor Borough Council Appointee) (Chairman of External Affairs)

Bill James

Lynn Ludford (Hampshire County Council Appointee)

Angie Lythgoe

Clive Moulding

Dr Femi Oduneye, Director of Public Health Blackwater Valley & Hart PCT

Colin Slatter (Chairman of Human Resources)

The Board secretary is Wendy Orr. All Directors and the Secretary may be contacted via the RHL office.

Changes since 31st March 2006

Clive Moulding has resigned for business and personal reasons and Richard Clayton joined the Board on 27th September 2006.

Accounts to March 31st 2006

The last accounts covered the period from the creation of the Rushmoor Healthy Living Company in June 2004 until March 2005. It did not really start however until the transfer of all funds and liabilities to RHL from Rushmoor Borough Council (who previously held the accounts on behalf of the previous "RHL" organisation) in January 2005. The full transfer was effective on January 1st 2005.

The accounts have been audited by Howard Lee, Fellows & Company the auditors appointed by the Board.

Financial Review

The results for the year, and the charity's financial position at the end of the year, are shown in the financial statement.

The financial statement sets out the financial support received from the Big Lottery Fund, Rushmoor Borough Council, Hampshire County Council and Blackwater Valley & Hart PCT and other donations.

It does not include the voluntary hours, given by unpaid advisers, delivery staff, administrative staff and trustees which, for the Financial Year 2005/6, is estimated to exceed 2900 hours (an estimated value of over £34,000). The goodwill generated by this commitment supports the work of Rushmoor Healthy Living, without which the service could not function.

Financial Statement

In the period ending 31 March 2006 the Charity reports the following financial information:

	Unrestricted Funds	Restricted Funds	Total
	£K	£K	£K
Incoming Resources	52	249	301
Resources Expended	0	238	238
Funds carried forward	153	72	225

The Board has established a reserves policy which is covered by the amounts carried forward. The reserve is to cover 3 months running costs and also to allow for pump priming the programmes for 2006/7 through to October 2007 when the existing Big Lottery funding ends.

The full, audited, financial accounts are available on request from RHL and from Companies House and the Charity Commission.

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Board members are unpaid and have claimed a total of £99 expenses in 2005/06.

Major partners who have invested in RHL by making significant donations to fund our core costs and enable us to promote Healthy Living programmes in the Borough of Rushmoor.

The Big Lottery Fund (includes The Community Fund and New Opportunities Fund)
Blackwater Valley and Hart Primary Care Trust
Hampshire County Council
Rushmoor Borough Council

RHL also appreciates and recognises the contribution made by many other organisations and people in helping RHL deliver activities (some of these contributions were in kind) including:

Age Concern	Local Network Fund
Aldershot Regeneration Partnership	Local Care Homes / Sheltered Accommodation Units
Alfred Henry Goode Trust	Local Community Venues
Asda	Local Primary & Secondary Schools
Awards for All	Microsoft
Crime Prevention Panel	North East Hants Tourism
Garfield Weston Foundation	Pavilion Housing Association
Global Grants	Princes Hall
HCC Adult & Community Learning Unit	Rushmoor Community Safety Partnership (SNAP Funds)
HCC Children's Fund	Rushmoor Voluntary Services
Hampshire Drug Action Team	South Central Connexions
Hampshire Teenage Pregnancy Partnership	The Source
Key Property Investments	Zurich Municipal
Lloyds Pharmacy Charitable Fund	

.. and of course the many volunteers who have assisted RHL giving of their time, energy and enthusiasm to support and work with our paid staff.

The Board would also want to thank the staff and Chief Executive (Tony Docker) for all their hard work, dedication and professionalism though the year.

Photographs throughout this report feature our programme leading/coordinating staff.

RHL also has two important members of staff who are more office based - Suzanne Gardner our fundraiser and Audrey Durrett our Finance Administrator.





Supported by



Rushmoor Healthy Living is a founder member of the Healthy Living Alliance launched in December 2005 at the Big Lottery National Conference - "Choosing Health: The Success of Healthy Living Centres"



Rushmoor Healthy Living

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