

**SCOTT STEVENS**  
PRINCIPAL OPERATIONS MANAGER  
SEFTON COUNCIL

**ACCESSING EXTERNAL FUNDING  
ESPECIALLY FROM NHS**

Sefton Council



**HOW DID RELATIONSHIP WITH NHS START?**

Vision?  
Partnership Working?  
Strategic Approach?

**LUCK!!**

Sefton Council

**DEPARTMENTAL METHODOLOGY**

- build relationships
- analyse joint agendas
- understand commissioning process
- develop outputs/outcomes
- DELIVER
- sell success

Sefton Council

**ACTIVE REFERRAL - SEFTON NHS £266K**

- In all (51) GP surgeries
- 2,500 referrals
- 95% participants have improved health
- 76% retention gym membership
- Mainstreamed by the NHS £266k

Sefton Council



**AINTREE HOSPITAL CARDIO REHAB**

Relocate to Litherland Sports Park

50% reduction in cost (£250k saving)

Attendance rates improve from 74% to 90%

Sefton Council

**ACTIVE KIDZ**

- Started 1996 with no brand (Children's Exercise Programme)

	£20k
	£45k NHS
Mainstreamed	£50k (2008)

Started 1996:	12 schools	400 children
2002:	45 schools	1,000 children
2008:		250 children

Sefton Council

**CREATIVE ALTERNATIVES –**

Cultural interventions to improve mental health

- Poetry, creative writing, art, dance etc.
- GP referral – ‘arts on prescription’
- Demonstrated reduction – anxiety, depression, blood pressure

**SEFTON NHS - £70k**

NHS Sefton mainstreaming from 2010

Sefton Council

**ACTIVE WORKFORCE - Pilot scheme 2007**

28% ↓ in sickness absence

Sport England	£27k
Sefton	£40k
Sefton NHS	£24k
One Vision Housing	£7k
New Directions	£8k
Sefton CVS	£4k
Littlewoods Direct	£5k
Aintree Hospital Trust	£5k

2,700 members  
26% self reporting reduction in sickness absence  
Council rate 3.8% record low

Sefton Council

**WEIGHT MANAGEMENT**

– SEFTON NHS £266k 18 MONTH PROGRAMME

- Active Lifestyle service
- Cross-referral – weight, exercise, diet
- January - March 2009: 683 referrals

Positive results – weight Loss, blood pressure, peak flow  
Assessment ongoing

Sefton Council

**POSITIVE FUTURES**

Sefton NHS	£70k
Home Office	£65k
Children’s Services	£269k

50 children avoided permanent exclusion

Sound Waves	50% ↓ youth crime
	33% ↓ youth nuisance
Mischief Nights	38% ↓ youth nuisance/crime

Looked after children  
Aiming higher for disabled children

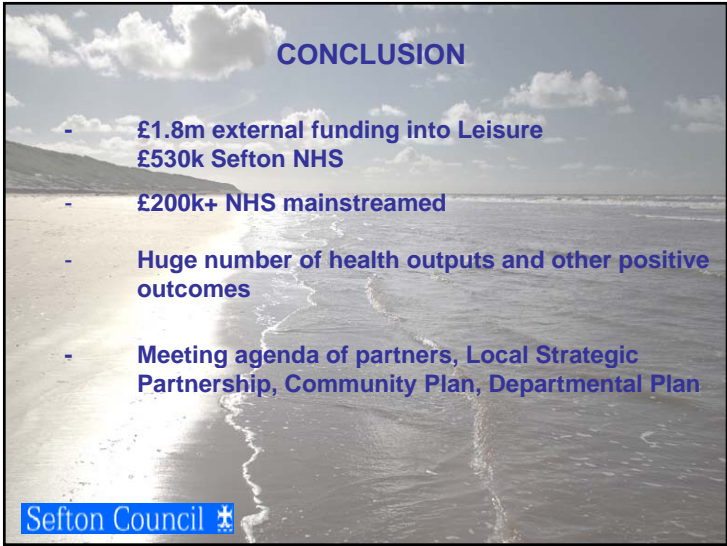
Sefton Council



## FUTURE DEVELOPMENTS?

- Looked after children
- “Aiming higher for disabled children”
- Community safety

Sefton Council



## CONCLUSION

- £1.8m external funding into Leisure  
£530k Sefton NHS
- £200k+ NHS mainstreamed
- Huge number of health outputs and other positive outcomes
- Meeting agenda of partners, Local Strategic Partnership, Community Plan, Departmental Plan

Sefton Council



## Any Questions?

Sefton Council