The Angel Healthy Living Centre

Scott Darraugh
Calling all Health Mavericks
Moving more for less!
Introduction

● Tell you about The Angel HLC Salford
● Tell you a little bit about social enterprise
● Tell you a little bit about some of the physical activity projects we are delivering
● Tell you about how this model helps us ‘move more for less’
What is a Healthy Living Centre?

- Healthy Living Centres (HLCs) were established by the New Opportunity Fund (now Big Lottery Fund) in 1999, creating 352 HLCs in the UK.
- Locally run and rooted in their communities, HLCs are characterised by their diversity, from projects which are centre based to virtual organisations; from those with voluntary status to those based within the statutory sector.
- What all the projects have in common is their commitment to tackling health inequalities in deprived communities.
Our Aim and Objectives

- **The Angel HLC** has a bold and clear vision: we will make the world a happier and healthier place to live
  - support all local citizens to lead happier and healthier lives
- help people who want to develop their skills and abilities to fulfil their potential
  - promote social development that invests in the strengths of everyone
  - create and maintain a strong, sustainable and socially inclusive economy
  - protect the environment and ensure prudent use of natural resources
Key Themes

- Health & Wellness
- Art, Music and Creativity
- Learning and Skills Development
- Community & Environmental Awareness
- Social Enterprise
The Health Care Sector

Sources of income

- STATE GRANTS
- TRADING
- SOCIAL GAIN
- PROFITS

CHARACTERISTICS
- Trade for social good
- Values not Structures
- Profit Making Organisations
  - Reinvestment
  - Asset Lock
Social Enterprise and Health

- 'The potential for social enterprise and not-for-profit organisations to contribute to health and well-being remains almost completely unrealised', surmised Harry Cayton. Civitas

- Social enterprises are organisations that are run along business lines, but where any profits are reinvested into the community or into service developments. Encouraging social enterprise in health and social care is a key part of the patient led reforms. DOH 2009

- Right to Request
How do we do it?

Our core values are:
- aspiration
- enthusiasm
- entrepreneurship
- creativity
- care
- respect
Wider Determinants of Health

- Third Sector Enterprise
- NHS Reform
- Social Inclusion
- Citizenship
- Basic Skills
- Regeneration
- Employability
- Reduction of Health Inequalities
- Community Development

What are we selling?
What we deliver!

- Over 100 health improvement outcomes

The Triple Bottom Line

- Society: To promote social development that invests in the strengths of everyone.
- Economy: To create and maintain a strong, sustainable and socially inclusive economy.
- Environment: To protect the environment and to ensure prudent use of natural resources.
Commissioning Process

PCT Local Need Identified

NHS Bidding Process

Uplift Allocated

Bid Refused

Commissioning Manager

Tender Developed
Contract Developed

Mental Health Services
Acute Care
GP’s PMS / GMS / PBC
Prescribing
Primary Medical Care
Alternative Provider Medical Services
### PCT Commissioning Frame Work

<table>
<thead>
<tr>
<th>Health Inequality</th>
<th>Community Resources &amp; Assets</th>
<th>Service Development</th>
<th>Commissioning Pathway</th>
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| **Food.** The availability and affordability of food were key issues for local people, especially those living in areas without good transport links or local supermarkets. Local shops had closed, residents explained, and had been replaced with takeaways. Residents were clear – if money were not so scarce, cooking healthy food would be easier. **From Health Inequalities in Salford 2004 Dr Higgins et al** | Market Café  
A local Fruit and Veg Co  
The Creation Café  
A Healthy Eating focus community run café.  
Healthy, Easy and Cheap  
A cookery class run for local people at the Angel  
Pumpkins in Prescription  
Grow your on scheme  
MEND  
Family intervention to tackle childhood obesity | Develop a healthy food programme, encompassing access to good quality food, education on health cooking and advice and guidance on nutritional issues | Neighbourhood Renewal Fund  
2.2 Million allocated to Salford for Health Inequality Floor Targets  
Public Health Commissioning body. |
Example One-Cycle Hub

- Over 300 Bike Journeys per Year
- 6 volunteers trained in bike maintenance
- 20 bikes available for hire
- Community cycling challenges
Example 2-MEND

- MIND/ EXERCISE/NUTRITION/ DO IT
- Childhood Obesity (7-13)
- Get fitter and healthier both now and for the future
- Be in the know about food nutrition
- Make new friends and have a good time
- Be happy!
The Juggling Act

Delivering Targets
Evidence Base
Contestability
Managing Risk

PCT

Community

THE HLC

Aspirations
Governance
Engagement
Move more for less!

- Innovation
- Ability to make efficiencies
- Dynamic ability to adapt and response to needs
- Profits are reinvested into services
- Assets are locked for the community
- More involvement, More engagement
Thank You

- Questions and Answers ??