

## Oxford City Council Activities to Promote Healthy Weight

October 2015

### OLDER PEOPLE'S SERVICES

Project	Why are we doing it?
The provision of: parks, pitches, play areas, skate parks, swimming pools, street sports, ice- rink and countryside provision.	To facilitate people to become more physically active in order to promote health and wellbeing.
Targeted activities in sports centres and community venues(e.g. swimming and fitness classes)	To increase the number of older people taking part in physical activity in order to preventing long term health conditions
Health Walks	To facilitate people to become more physically active in order to prevent/recover from long term conditions and obesity and to remain physically active for longer into old age.
Dance for Older People	To enable, encourage and empower older people to be physically active, learn new skills and enjoy the social aspect of dancing.
Volunteering in the local area.	Help older people to engage and benefit from volunteer activities. (Age UK supported by Comic Relief).
Community grants for services that directly or indirectly benefit older people.	Increase the numbers of older people who feel they are valued members of the community and to promote healthy lifestyles and activities
Support to Oxfordshire Council for Voluntary Action – to enable them to provide support to voluntary and community groups.	To support and advice voluntary and community groups who provide support to older people e.g. healthy lifestyle activities

### CHILDREN, YOUNG PEOPLE AND FAMILIES

Project	Why are we doing it?
The provision of: parks, pitches, play areas, skate parks, swimming pools, street sports, ice- rink and countryside provision.	To promote healthy and active lifestyles for all children and young people.
Targeted activities in sports centres and community venues (e.g. swimming and dance classes).	To increase the number f children and young people taking part in physical activity in order to preventing long term health conditions.
The BONUS Slice Card and free swimming for under 17 year olds.	The provision of affordable activities for families on low incomes. To encourage those who may not be able to afford it to access sports and activities.
Grant funding to sports clubs and associations.	To promote healthy and active lifestyles for all children and young people and their families.
Information dissemination of public health messages	To enable children, young people and families to access the services that they need. To promote

Information in Your Oxford City Council Information to staff and members in Council Matters. Advertise events and campaigns. Working with partners to promote their activities.	healthy life styles and choices.
To deliver or support Educational Programmes in schools and School Leadership Programmes.	To promote financial inclusion and to mitigate the impact of poverty on poor health and diet.
Working with the Back to Work Group to promote life- long learning, training and employment initiatives, especially for particularly vulnerable groups.	To improve life opportunities and promote healthy lifestyles. To promote financial inclusion and to mitigate the impact of poverty on poor health.
To work with and support the Central NEETs Group and delivery of the NEETs Action Plan.	To improve life opportunities. To promote financial inclusion and to mitigate the impact of poverty on poor health and diet.
Youth Ambition Project	Improve health and promote healthy lifestyles. Raising aspirations of young people through access to sports, leisure and cultural activities.
Job Clubs in Blackbird Leys, Rose Hill, Barton and Littlemore	To promote financial inclusion and to mitigate the impact of poverty on poor health and diet.

#### CITY COUNCIL STAFF

<b>Project</b>	<b>Why are we doing it?</b>
Employee Assistance Programme	The Council have contracted OPTUM to provide the free employee assistance scheme. It offers free advice and support for a range of topics, including health and wellbeing support
LA Fitness	The Council offers discounted membership for LA Fitness in Oxford.
Health & Wellbeing Practice Group	This group is formed by people from across the Council who want to promote Health & Wellbeing initiatives. You will see communications from them on a regular basis.
Health & Wellbeing workshops	Corporately there are numerous Health & Wellbeing workshops being delivered which cover a variety of topics aimed at giving delegates a greater understanding of health and wellbeing issues and ways to build personal health and resilience.
Health MOT's	The Council is offering free Health checks to all staff who want to find out a bit more about things like blood pressure and Body Mass Index BMI.