

## **County Councillor report May 2019**

### **Highways meeting**

A highways meeting is due to be held on Friday 7<sup>th</sup> June. This includes the Clerks/Chairs of Longstanton/Northstowe, Oakington, Westwick, and Over.

### **Connecting Cambridgeshire extended coverage.**

The County Council has announced plans this week to extend the Connecting Cambridgeshire superfast broadband rollout to 5,300 more homes and businesses in harder to reach rural areas of Cambridgeshire and Peterborough. The Connecting Cambridgeshire superfast rollout has already reached over 97% of the county and is on track to achieve over 99% coverage in the next two years. Openreach won a competitive procurement process to deliver the Phase 4 rollout contract and will use the latest Fibre to the Premises (FTTP) technology, capable of speeds of up to 1Gbps (Gigabit per second), which is future proof and more reliable.

### **County Council funded Health Checks**

Free NHS health checks are being offered to residents aged 40-74 years to help detect early health issues before they do real damage. The 20-30 minutes checks, funded through the County Council's Public Health budget, will include monitoring blood pressure, weight, cholesterol and lifestyle factors that influence health.

By booking a check our residents can find out how likely they are to get heart or kidney disease, diabetes or have a stroke in the future, and if the likelihood is high, advice on how to reduce this. Those aged over 65 are also told about the signs and symptoms of dementia. Between April 2017 and March 2018, over 20,500 Health Checks were completed across Cambridgeshire and Peterborough, an increase of 14 per cent from the previous year.

This is a great opportunity to find out early if you are at risk of a stroke, diabetes, a heart attack, or many other life threatening conditions. By finding out early, before serious damage is done, you could potentially make lifestyle changes that would massively reduce, or in some cases, eliminate your risk of dying early as a result of these conditions. If you're aged between 40-74 years and do not currently have a long-term health condition it is recommended that you should have a Health Check every five years. Call or visit the GP now to get a Free Health Check. More information can be found here: <https://www.cambridgeshire.gov.uk/bewell/resources-and-campaigns/nhs-health-checks-programme/>

### **Strength and balance MOTs available for all**

Since the launch of the Stronger for Longer campaign back in October, over 100 new people have joined strength and balance classes around the county and are now stronger and steadier. Over 2,300 people have also downloaded the Super-six leaflets, which is helping people to do strength and balance exercises at home at least twice a week.

The campaign is now encouraging local older people to have a Stronger for Longer MOT to help keep them fit, active and independent.

### **Let's Get Moving is really working out for Cambridgeshire**

An innovative physical activity programme is helping people across Cambridgeshire make strides in improving their health and fitness. The Let's Get Moving Programme, again funded by the County Councils Public Health budget, breaks new ground by putting communities at the heart of the approach. Its success has been highlighted in a report to the Council's Health Committee and comes at a time when around 59 per cent of adults in Cambridgeshire are overweight or obese and around 20 per cent of adults are classed as inactive, in Fenland this figure is considerably higher at 31 per cent. Let's Get Moving is a partnership between Cambridgeshire County Council and Living Sport, but at the core is the collaborative working with a range of partners including health organisations and leisure services. The partners have formed a network that works to develop new and supports existing activities that are attractive to local people, are at the right time and at the right place for those who most need to access them. Community members are supported if they wish to form their own groups that often continue independently without receiving more than initial support. This is helping to embed physical activity into our communities in Cambridgeshire. Activities are varied and wide ranging. For example, there are walking groups, weight loss groups such as 'Man vs Fat', and strength and balance classes to help prevent falls in older people.

Successes from Let's Get Moving include 51 per cent of participants increased their physical activity levels, with 37 per cent of participants achieving national recommended levels of physical activity three months after joining the programme. The scheme has also increased more opportunities to be physically active in deprived areas with 85 new programmes developed, over half of which are in the most deprived areas in each district. Around 45 per cent of new programmes developed are also now being led and sustained by communities with initial help from the programme. By encouraging local people to adopt a healthy lifestyle and increasing their physical activity, they can reduce their likelihood of developing diseases such as diabetes, heart disease and cancer. It can also mean they prevent or delay the need for services such as adult social care as they enter into later life.

### **A unique partnership in Cambridgeshire to imagine and design future models for all libraries across the country**

The proposed 'Cambridgeshire Model' programme, developed in partnership with global social enterprise Civic, offers a unique opportunity for the County Council to help boldly re-imagine and re-design the UK's 3,000 libraries, piloting it right from the heart of Cambridgeshire and Peterborough.

The 54 libraries across the county span the diversity of some of the most deprived rural communities in the country, the vibrancy and opportunity offered through our major urban centers and market towns, through to the 40,000 new homes planned in brand new towns. This unique network of physical spaces across a huge breadth of community settings, coupled with the council's ambition to ensure our libraries are at the heart of community, is an ideal test bed for new ideas and to develop blueprints for libraries that are replicable and scalable across the UK and beyond. The 'Cambridgeshire Model' will take a fast-paced, highly practical piloting approach to re-designing and re-energising the public library network, to work harder for both residents and the council. The proposed process is to develop five models of 'Libraries of the Future' that reflect the diversity of communities and contexts around the UK. The idea is that each library within Cambridgeshire and Peterborough will be a close fit to one of the models, making it simple and cost-effective to replicate across the region and ultimately, the country.

To carry out this work, it is proposed to pilot these models in seven libraries to begin with. Ideas and solutions will be designed, tested and refined in partnership with communities and a wide range of experts, before being rolled-out, if successful, to all Cambridgeshire and Peterborough libraries over the next three years of the project. The pilot libraries have been selected after thorough quantitative and qualitative analysis because, despite their geographical proximity, they are home to diverse communities and libraries, and reflect the five emerging models.

The five models and the **proposed shortlist** of pilot libraries are:

- Anchor to the High Street: **Peterborough Central Library and Wisbech Library**
- Centre for Rural Life: **Thorney Library and Soham Library**
- (Re)Animating Communities: **Northstowe (new build)**
- Hub for the Region: **Cambridge Central Library**
- Pop-Up for Reviving Community Assets: **Brampton Library Access Point**

This project offers a unique opportunity for the County Council to lead the way in re-imagining the country's 3,000 libraries as the sustainable platform for delivering a much wider range of public services and doing so in wholly new ways that improve the life chances and opportunities for all our residents.

**Peter Hudson**  
**County Councillor**  
**Over, Longstanton, Northstowe, Oakington, and Westwick.**