

Approved By: Lindsay Whitehouse, Deputy Police and Crime Commissioner	Classification of Paper: Not Protectively Marked
Report to PCC	Report reference number PCC/0046/16
Date of Report 29 th March 2016	Area of County/Stakeholders affected Brentwood District
Title of report PCC CSDF – Brentwood Leisure Trust 'Fitness in Mind' Project	
Report by Scott Cook, Performance and Contract Management Officer	
Enquiries to Scott Cook (scott.cook@essex.pnn.police.uk)	

1. Purpose of report

- 1.1. To seek approval for an allocation of £10,000 in the form of a crime and disorder reduction grant from the CSDF to Brentwood Leisure Trust whose activities will contribute to the priorities set out in the Police and Crime Plan for Essex.

2. Recommendations

- 2.1. Approve the allocation of the CSDF grant to Brentwood Leisure Trust to deliver the 'Fitness in Mind' project.

3. Benefits of Proposal

The project aims to;

- recruit new participants to the programme from hard-to-reach communities
- increase the number of participants achieving the recommended weekly target of physical activity
- monitor the wellbeing of participants by using clinically approved methods
- improve the physical health and wellbeing associated with poor mental health
- develop partnerships with specialist pan-disability organisations and stakeholders in Essex
- build stronger communities and address social impacts
- highlight the issues faced by those with mental ill health by publishing research and raw data via academic and government organisations.

4. Background and proposal

- 4.1 Fitness In Mind is an award winning health and wellbeing peer-led initiative managed by people who experience mental ill health. The Brentwood

Community Sport Centre will act as the borough-wide hub and will implement the Fitness In Mind model across their whole organisation including 18 sports venues in the borough.

4.2 The programme targets hard-to-reach communities and aims to take inactive people on a journey of change to redefine their attitudes and behaviours to sport. The three year programme of twelve week demand-led sessions will focus on psychological barriers to sport. Fitness In Mind will provide a unique environment where physical activity and peer support work together to improve the mental and physical wellbeing of participants.

4.3 The programme is targeted at anyone living or working in the Greater Essex area over the age of 16 years, who are interested in improving their mental, physical and/or social wellbeing. The programme particularly targets individuals with mental ill health ranging from mild anxiety and depression to severe conditions such as schizophrenia as well as those currently in the justice system.

4.4 The project benefits from a range of match funding from organisations such as Essex County Council, Brentwood District Council and Basildon & Brentwood Clinical Commissioning Group.

5. Police and Crime Plan

Supports the following priorities in the Essex Police and Crime Plan;

- Ensuring local solutions meet local problems
- reducing hidden harm
- supporting victims of crime
- reducing youth offending and all types of re-offending
- tackling the consequences of alcohol and drugs abuse and mental health issues
- increasing efficiency in policing through collaborative working and innovation

6. Police Operational Implications

6.1 There are no operational implications.

7. Financial Implications

7.1 The PCC would fund a £10,000 contribution to Brentwood Leisure Trust.

8. Legal Implications

8.1 The award of the grant is subject to the PCC's standard funding agreement

9. Staffing and other resource implications

9.1 There are no staffing implications.

10. Equality and Diversity implications

10.1 There are no equality and diversity implication.

Report Approval

The report will be signed off by the Chief Executive and CFO and the PCC Solicitor where legal implications arise.

Chief Executive/M.O C. Fry Deputy Marketing Officer
Chief Financial Officer Al Greg Morrison
PCC Legal Advisor (As necessary)

Decision

I agree the recommendations to this report
.....
PCC/Deputy PCC

I do not agree the recommendations to this report because
.....
.....
.....
.....
.....
.....
.....
PCC/Deputy PCC

Publication

Reasons for non-publication *(state 'None' if applicable)*

.....
.....
.....
.....
.....
.....

.....
Signed/Print name

Report for publication	YES	<input type="checkbox"/>
	NO	<input type="checkbox"/>

If the report is not for publication, the Chief Executive will decide if and how the public can be informed of the decision.