

## REPORT OF THE CHIEF EXECUTIVE AND DISCOVERY TEAM LEADER

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### SUBJECT: WEST WALES WALKING FOR WELLBEING PROJECT

#### Purpose of Report

Approve procedures financial regarding treatment of West Wales Walking for Wellbeing project.

#### Introduction

During 2019 the Sport Wales & Welsh Government (through the Healthy and Active Fund) provided £400,000 to support the West Wales Walking for Wellbeing (WWWfW) project. This money will be allocated to the Authority through a series of payments over the next 3 years (the project is due to be completed in 2020) and PCNPA will be the lead partner and manage the project on behalf of the project partners. In addition to PCNPA, the partnership includes Ceredigion Actif (Ceredigion County Council), Carmarthenshire Fifty Plus Forum (Walking Well Carmarthenshire), Hywel Dda Local Public Health Team (Public Health Wales) and Snowdrop Independent Living. The Authority will hold this fund under a separate budget in accordance with the conditions of the grant.

The West Wales Walking for Wellbeing Project has the following priorities as set out in an overview included in the offer letter from Sports Wales:

- The aims of the project are to develop a sustainable model for health and wellbeing walking groups across Hywel Dda University Health Board area, that support individuals who currently live sedentary or relatively sedentary lives, to become more physically active.
- By creating and developing these new walking groups with GP practices and/or other community settings e.g. Leisure Centres, this model seeks to empower the setting to take ownership of the walking group once established, and to deliver sustainable health walks in the medium to long term.
- Through a referral or self-referral mechanism individuals will be invited to take part in the health walks with the aim that participation in the group will improve both their physical activity and mental wellbeing. The outcomes will lead to notable benefits both to the individuals taking part and the GP or community settings involved in developing and running the groups.
- The project focuses on supporting individuals who lead sedentary or relatively sedentary lives, who feel there are barriers to them taking part in physical activity. Once established, the walking groups aim to help remove those barriers, by developing the groups in known and trusted settings, actively

referring individuals to take part and ensuring that the walking routes created are tailored to the capabilities and physical activity levels of the participants.

- Through taking this approach we hope to encourage and enable these individuals to adopt healthier and more active lifestyles in the long term, benefiting their physical health and mental wellbeing.

### PCNPA Financial Standards

Section 77 of the Authority Financial Standards regulates the payment of grants and it stipulates that payment of grant in excess of £20k require National Park Authority Approval.

As lead partner for the Healthy and Active Fund funded project the Authority will be in receipt of all funds over a period of three years, but will be required to distribute some of the funds to project partners over the life time of the project for the purpose project delivery. In order to allow for the prompt and effective distribution of the budget it is therefore proposed, and expressly only in relation to this project, that the Authority agrees a variation to the Financial Standards regarding grants in excess of £20k and delegates to the Chief Executive the approval of any payments to partners as outline in the grant offer letter for the West Wales Walking for Wellbeing project.

### Risk considerations

All parties involved in the project are signed up to a project partnership agreement and there is a requirement that we report on the project and its activity three times a year, this includes updates on finances and details of expenditure, therefore there is limited risk in managing this money.

### Financial considerations

The Authority has received a grant offer letter outlining the agreed payment schedule and will be in receipt of grant payment in advance over 6 instalments and subject to satisfactory reporting as outlined above. Payments to partners will be made on the basis of money received from Sport Wales, therefore there is limited financial risk.

### Welsh Language considerations

There is an expectation that any activities funded via this money meets relevant Welsh language Standards as agreed in the original bid.

### Recommendation.

**Members are asked to approve variation to financial standards in relation to the Healthy and Active Fund project, West Wales Walking for Wellbeing and delegate to the Chief Executive the approval of any payments to partners as outline in the grant offer letter.**