

Healthier Communities:

The District and Borough actions that support the Health and Wellbeing Board



Hampshire
**Health and
Wellbeing**
Board

December 2022

District councils play a key role in keeping us healthy. They provide core local services, including economic development, planning, housing, leisure, wellbeing and environmental services for local communities - areas that are increasingly recognised as vital components of population health systems.



Background –

- We wanted to understand how the 11 districts in Hampshire with differing populations took action on the Health and Wellbeing Board priorities
- The majority of councils responded to the survey with actions varying from place to place.



Joint Strategic Needs Assessment

The JSNA and associated data is being used by district and boroughs to inform policy development and actions plans, such as the Local Plan

Data is also used to inform targeted local level initiatives and service plans relating to climate change, physical environment, social and economic factors and community safety elements.

Data discussed regularly at Health & Wellbeing Partnership meetings.

Keeping people Safe and Well at Home

Extensive partnership working taking place between district/boroughs, NHS, Public Health and Fire Service. Achieved through strategy policies and Partnership Boards – Community Safety, Safeguarding, Supporting Communities.

Councils supporting a number of social issues that impact on the safety and stability of family life – homelessness and rough sleepers, hoarding, drug & alcohol use, convictions and prison and careers schemes.

Practical support provided through DFG funding for home adaptations, regular checks and maintenance carried out on council owned properties, grant funding to support mental & physical health, and improved medical access ie/defibrillators in community settings.

A lot of networks set up during the pandemic with partners and community groups are continuing with a new focus - ie/ Homes for Ukraine scheme.

Some councils have embedded **Health Begins at Home MOU** into Housing, Community and/or Wellbeing strategies and action plans with others not aware of the status or offer of training

Planning and Licensing considerations

Consideration through the planning process has included – ensuring new development sites provide elements that support health & wellbeing including walking & cycling routes, green space, leisure & recreation facilities, community gardens etc. Also, utilising CIL to support the delivery of health facilities

Consideration through the licensing process has included - ensuring health risks are mitigated in relation to environmental health issues (noise, pollution, air quality, healthy houses) and also safeguarding measures in relation to taxi drivers.

Further working with Public Health would be useful around other elements such as fast food outlets

Partnership working with PCNs

All district & boroughs are collaboratively working with PCNs, CCGs and other teams including Living Well Team and Social Prescribers.

Regular meetings being held to facilitate partnership working and discuss service model approaches between partners - such as which organisation is best placed to run the GP referral scheme.

Suggestion that there could be more of a coordinating role between PCN's and Local Authorities.

Living Well Priorities and commitment to a systems approach to (eg) obesity

Will your organisation commit to the system approach to obesity and where relevant smoking in pregnancy?

Most district & boroughs are delivering a variety of measures that aim to increase physical activity and promote active lifestyles, such the Get Up and Go scheme, promoting ShapeUp4Life. These initiatives in turn help to address obesity rates.

Further engagement is required on other initiatives.

What can your organisation do to support the holiday activities?

Most district & boroughs are promoting and signposting to holiday activities taking place through partner organisations. Support is also being provided to other key partners that support families such as food banks, community centres.

Some councils also operate their own play scheme programmes though the holidays to support mental wellbeing, encourage participation in sport and foster healthy relationships.

What is your organisation doing to tackle domestic abuse

Most district & boroughs are addressing this as part of a multi-agency approach through Housing and Community Safety Teams.

Signposting to relevant organisations, and referrals being made to key agencies.

Many councils are further developing the work in this area, associated policies and action plans, and are looking to appoint champions/ambassadors.

What actions are being taken in your organisations to tackle mental health as a result of the pandemic

Mental Health is a key priority for many of the district & boroughs, for staff and residents.

Partnership working and signposting to key organisations including MIND, MHA, CAB, leisure centre providers, PCN's and Social Prescribers.

Community initiatives being delivered such as the Health Coach Project, Dementia Festivals, Debt Support, 'Every Mind Matters', participation in Mental Health Awareness Week.

Not all councils have identified a champion/sponsor for suicide prevention. Many do have Lead officers in place.

Most councils are providing training sessions, some with inhouse trained specialists, to frontline staff and case managers.

Theme Priority Areas (October 2021)

Basingstoke:
Supporting the development of a new hospital in the borough.

New Forest:
'We Can Be Active' project to be delivered with Everyone Active.

East Hampshire:
Green initiatives that will help support the environment.

Eastleigh:
School's mental health & wellbeing conference, re-establishing Local Children's Partnership

Hart:
Facilitating the Hart and Rushmoor Local Children's Partnership.

Winchester:
Producing a new Local Plan by 2024.

Projects to support the Healthier Communities Objectives

The Activity Buddy Scheme

- The Activity Buddy Scheme was launched in June 2022 and forms part of EBC's 'We Are Undefeatable Campaign' which targets the extremely clinically vulnerable to encourage them to lead a more active and healthier life. To date, 9 individuals with a mental or physical disability have been matched with a physical activity buddy.

Holidays Activity and Food (HAF) Programme

- EBC coordinated the delivery of the summer HAF programme which provided 365 individuals on a low income or in receipt of free school meals with an opportunity to enjoy fun, creative learning days and a free hot lunch at Itchen Valley Country Park. EBC plans to run similar schemes through HAF in Easter and Summer 2023.

Warm Welcome

- EBC recently launched 'Warm Welcome', working in partnership with community organisations to create a directory of warm spaces across the Borough that people can access for free, keep warm and get involved in an activity. A total of 13 venues have signed the Eastleigh Warm Welcome Charter, with more organisations also looking to offer their venue as warm space over the winter period.

Park Sport Programme

- Park Sport, an annual activity programme for young people aged 5-16, attracted a total 2,382 people over a four-week period across the summer and provided discounts for families in receipt of benefits. There was an increase in female participation and overall attendance from bookings compared to last year.



Projects to support the Healthier Communities Objective

- NFDC working with local art therapy charity hArt, have developed a programme of Arts on Prescription. The programme offers targeted support for identified individuals aged 18+ referred with high level mental health issues. The 12 week set programme of 2 hours per session. The exit route for these programmes are Creative Cafés that are also run by the organisation.
- Taken an Asset Based Community Development approach to community engagement within one of our most isolated communities that has large social housing and high levels of ethnic diversity. By working with trusted partners in the respective communities we have been able to bring them together, identify key issues and opportunities to grow the pride of place and community cohesion. It has enabled us to pilot the wrap around support to this community.
- NFDC have been working with community organisations to offer wrap around support to targeted communities. By having Citizens Advice and members of various Council departments (on a rota basis) attend community settings alongside the local Food Larders it allows us to have significant conversations with members of the communities that are in most need getting support to individuals and improving the efficiency of the teams
- Through the Local Children Partnership we have piloted the Back to Basics campaign aimed at supporting school age young people to manage their mental health and to train significant adults to have constructive conversations regarding the basic steps that can help to improve resilience, such as increasing activity levels, getting enough sleep, eating healthily etc.
- As part of a consortium with Citizens Advice New Forest, local charities and the local food banks the district have commissioned a Cost of Living report that has highlighted the issue locally. The group was also successful in getting funding from the Trussell Trust to appoint a Local Campaigns Manager to support vulnerable people with regards the cost of living crisis.

Case Studies

East Hampshire District Council – Projects to support the Healthier Communities Objectives

- East Hampshire Locality Leisure and Health Service in partnership with Everyone Active, PCN's and EHDC. This is a new project which has been piloted in East Hampshire and has been running for six months. There are 1 full time Health Coaches in each Leisure Centre, to provide a bespoke client physical activity plan for six months. This is a free service (to those in receipt of benefits) for people aged 11 years plus. The project has seen over 500 referrals from GP's and Social Prescribers with Depression/Anxiety, Obesity and Hypertension being the main referral reasons.
- Established a close working relationship with the three PCN's to ensure that there are a wide range of Community health roles across the district such as Social Prescribers and Children and Young People Mental Health Workers/Social Prescribers.
- The Welfare fund has commissioned a dedicated debt adviser employed by Citizens Advice to work with vulnerable people and address the rising concerns of the Cost-of-Living Crisis.
- Annual Dementia Festival to provide key information for people and their families living with Dementia. Provide Dementia Friendly activities including Dementia Walking Football and a Dementia Choir.

Case Studies

Winchester City Council - Projects to support the Healthier Communities objectives;

- **Half term and School Holidays**

In partnership with local coaching provider ActiveMe 360, Winchester City Council organise daily sports/activity sessions across identified areas of the district during half term and school holidays; focusing on children living in deprived areas. Our previous programme;

- Attracted just over 200 girls and boys aged 5-13 years.
- 31% of children engaged were deemed 'inactive' by their parents.
- 82% of children rated the programme as 'highly enjoyable'.

- **Winchester Park Yoga**

Winchester City Council organised free park yoga sessions to residents within the local community of St Michael's Ward during May – September 2022 to improve physical activity rates, mental wellbeing and to promote active lifestyles. On average just over 50 people of all ages and abilities attended each week.

- **Munch Nutrition**

Winchester City Council supported Munch Nutrition to deliver educational sessions with parents and children on healthy lifestyles, cooking and nutrition.

- **Primary School Sports Programme**

In partnership with local coaching provider ActiveMe 360, Winchester City Council support the delivery of a number of activity programmes across our local primary schools within the district.

Case Studies

Test Valley Projects to support the Healthier Communities objectives.

A focus on our ward of highest deprivation in Andover. This is an ICB funded multi –agency community lead approach to address health and wellbeing inequalities, initiatives include:

- Walk ‘n’ talk for mental health walks and
- Training 4 local Mental Health First Aiders
- Grow your own food project
- Community gardens
- Mental Health drop-ins
- Family drop-ins, craft & lunch in school holidays
- Mental Health & Young People strategy and action plan which is an Andover Vision project to pull together and coordinate the support for children and young peoples mental health

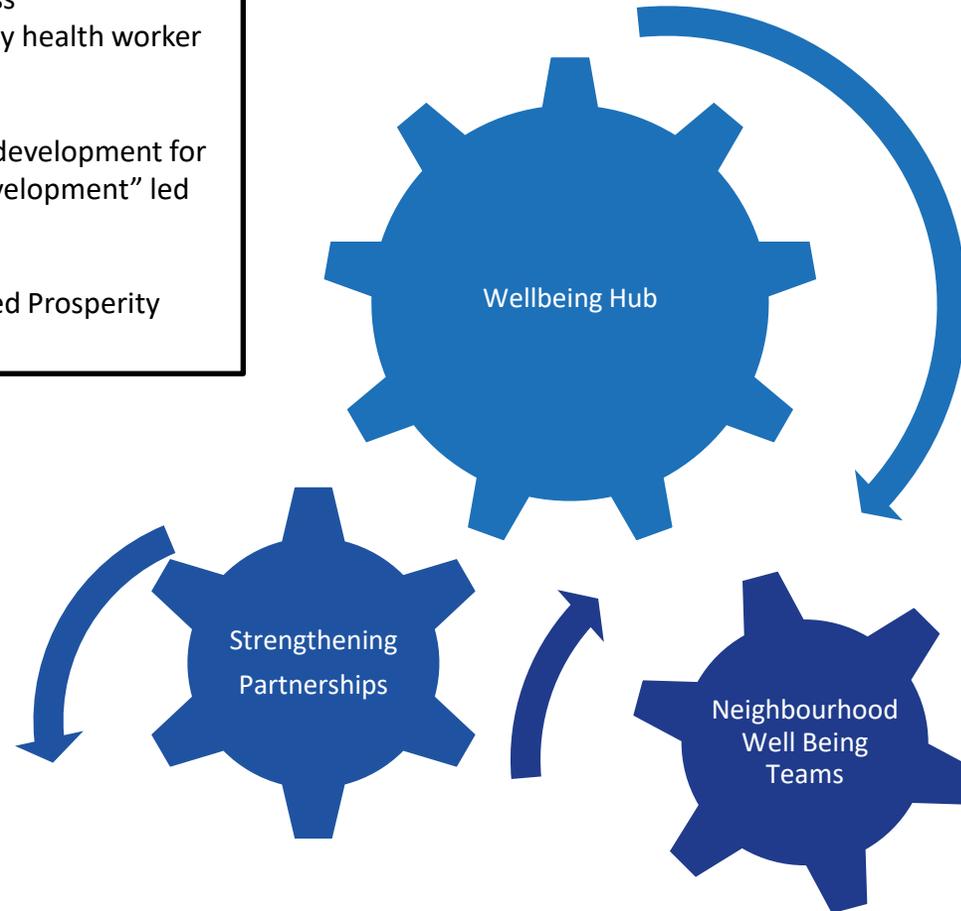
Wider Test Valley

- Health Walks continue to be run by Test Valley with 150 people walking each week run by 38 volunteers
- Cost of Living work including grants and signposting to support as part of the Test Valley Partnership priorities
- Employment of Mental Health specialist within the Housing Team to work with people in crisis often linked to mental health.

Creating a Health & Well Being Movement in Andover

Investing in community partnerships

- Exploring colocation opportunities across TVBC/ICB/PCN/VCSE linked to community health worker proposals and health hub.
- Investing in programme of learning and development for partners in “Asset Based Community Development” led by Nurture.
- Utilizing opportunities through the Shared Prosperity Fund to pilot this work.



Develop the existing Andover C-19 Vaccination site, located at Chantry Centre into a Health Hub. This is proof of concept project to inform the future Andover MasterPlan and the development of a Well Being Quarter.

The objectives of this project are:

- Provide a shared estate to deliver health & care interventions driven by need to the Andover Population
- Improve population health through delivery of accessible preventative health that is integrated with wider social determinants
- Evaluate high street location as an effective delivery vehicle for Health
- Improve high street services, increase footfall and contribute to local economic growth

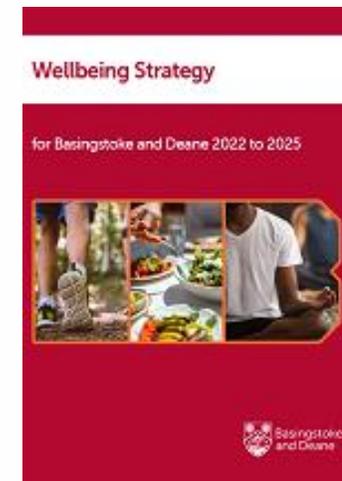
Establish Neighbourhood Well Being Teams working in neighbourhood locations in most deprived areas based on community health worker model. Working in a proactive, approach that wraps around household to connect with Social, Health & VCSE services

Outcomes:

- Improved Health & well being amongst deprived populations
- Gather insights on the needs of local communities
- Creates Community Cohesion and strength-based communities
- Provides employment routes into health & care from our communities that use services the most, ensuring that our workforce reflect our communities better
- Create jobs and apprenticeship opportunities breaking cycles of poverty

Projects to support the Healthier Communities Objectives:

- ❑ Working with Solutions4Health to ensure their weight management services are clearly visible and accessible throughout the borough. Currently five courses in Basingstoke and Deane, including one located in the Health Hub in town centre.
- ❑ Council commission “Relax Kids” to work with young children to tackle anxiety in schools. These 6 week sessions receive very positive feedback from pupils, teachers and parents and often schools commission further sessions once “taster” has ended.
- ❑ An online Wellbeing Toolkit which covers topics such as physical activity, healthy eating and self-care. It contains links to signpost people to local services.
- ❑ Developing a programme which will see Cookstars Basingstoke deliver healthy cooking sessions for young people. These courses will cover nutritional and wellbeing education.





Here for Hart – An example of effective partnership working



- **Hart District Council (HDC) Community Partnerships Team have created 'Here for Hart'.**
It is the umbrella under which we are **working with our partners and communities to help people, stay well, feel included in their community and supported** through the challenges they face.
- HDC work with health, leisure and voluntary sector to **identify and address gaps in local activities and support with grants.**
- Creation of the **'Here for Hart' Directory of Services** in partnership with Hart Voluntary Action. An Online Directory with over 450 organisations that can offer local help, support and information [Here for Hart Directory](#)
- HDC have run numerous **virtual and face to face events** in the last 18 months, to ensure that health, leisure and voluntary sector are **working together on key themes** including, Community Recovery (from Covid), Young People's Wellbeing, Older Person's Wellbeing, Hypertension, Physical Health and, Mental Health & Wellbeing.
- HDC also run **meetings with a core group of 'Here for Hart' partners** every couple of months to share **concerns, ideas and solutions to 'PermaCrisis' events** that are having major impact on the community . These include Homes for Ukraine and Cost of Living Crisis.
- HDC are also able to use the 'Here for Hart' network to **mobilise events at very short notice.**
A key example is a number of engagement events for Hosts and Ukrainian guests with key partners including Hart Voluntary Action, Citizen's Advice Hart, DWP, Hampshire Libraries (Fleet & Yateley), TalkPlus, iTalk and Richmond Fellowship.
- In summary, a **positive that has come out of Covid is greater partnership working**, where HDC can **engage with more organisation, more rapidly, and greater numbers especially through Teams.** This enables more effective support for residents both online and face to face.

Next Steps



Further engagement and clear asks from the Health and Wellbeing board



Further connection through the Hampshire Place Assembly



Lead Member and Chair to meet with District leads



New Partnership Post