Winchester District Health & Wellbeing Partnership Board

Action Plan 2016/18

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| **Starting and Developing Well** |
| Issues and Priority | Objectives | Actions |
| 1. Emotional resilience & mental healthHigh priority | Improvement in emotional resilience and mental health of children and young people (C&YP)Better prevention & early intervention services for C&YP below CAMHS threshold | Support implementation of the Joint Hampshire Strategy for Emotional Wellbeing and Mental Health in Children & Young People (C&YP) and the Hampshire Suicide Prevention StrategySupport initiatives to deliver emotional resilience teaching in schools, including training for staffSupport / develop local campaigns to reduce stigma & raise awarenessSupport the CAMHS Fit Fest programmeSupport roll out of the Hants Fire & Rescue Service ‘A Better Me’ course – helps with self-esteem, self- confidence & promotes healthy livingSupport development of web based ‘Road Map’ for C&YP mental health (along similar lines to Dementia Road Map) – identified by Spotlight eventEncourage agencies to make nominations to Winchester Supporting Families for families with C&YP who meet the mental health criteria |
| 2. Activity levels and healthy weights in Children and Young People (C&YP)High priority | Increase number of children maintaining healthy weight by eating well and being activeReduction in proportion of overweight and/or obese children | Support the development of healthy eating programmes in schools and community settingsSupport the roll out of the ‘Daily Mile’ & ‘Golden Mile’ initiativesSupport ‘Feet First’ – WCC’s corporate walking theme for 16/17Support implementation of the Hampshire Healthy Weight Strategy 2015-2019Seek to provide an environment that enables children to make physical activity and healthy eating the easy choiceUse levers such as planning and transport provision - including access to green spaces and play areas, safe roads/pavements to promoting walking/cycling for the whole familyDevelop and support initiatives to encourage physical activity in children outside of the school curriculum |
| 3. Risky behaviours & teenage conceptionsMedium priority | Reduction in teenage conceptionsReduction in alcohol and substance misuse including New Psychoactive Substances (NPSs)Reduction in number of young people who smokeReduction in alcohol related hospital admissions for under 18s | Maintain close dialoguewith Winchester LITIdentify opportunities to support programmes tackling risky behavioursEnsure priority wards are clearly and consistently defined, using rates of conceptions and other related risk factors (e.g. deprivation) |
| 4. Smoking and alcohol consumption during pregnancyLow priority | Reduction in smoking in pregnancyWomen not consuming alcohol during pregnancyBreastfeeding remains the default preference for new mothers | Promote healthy lifestyle messages to expectant parents, particularly revised advice on alcohol consumption, & ‘no smoking in cars with children’ messageContinue to promote Winchester ‘Breastfeeding Welcome’ schemeSignpost to relevant support services |

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| **Living and Working Well** |
| Issues and Priority | Objectives | Actions |
| 5. Workplace healthHigh priority | A healthier workforce across the district | Promote the national Workplace Wellbeing Charter, and encourage take up by partnersAssist with publicity and encourage other employers in the district Winchester District to sign up to the Charter |
| 6. Activity levels & healthy weights in adultsHigh priority | Increase in number of adults maintaining healthy weight by eating well & being activeReduction in proportion of adults who are overweight and/or obese | Support implementation of the Hampshire Health Weights Strategy 2015-2019Support healthy eating programmesPromote Sport & Physical Activity ProgrammesSupport ‘Feet First’ – WCC’s corporate theme for 2016/17WCC to consider use of planning powers to tackle the ‘obesogenic environment’ – by reducing fast food / junk food outlets and increasing accessible outdoor spaces and active transport optionsWorking with local supermarkets and other retailers to encourage a healthier food environmentPromote the Winchester Cycling and Walking strategies |
| 7. Alcohol consumptionHigh priority | Reduction in number of ‘increasing risk’ drinkers | Engage with the Hampshire Substance Misuse StrategyPromotion of clear, consistent messages around alcoholPromoting and designating alcohol free public areasPromoting ‘responsible drinking’ and other messages around alcoholSignposting to services that can help with reducing alcohol intake |
| 8. SmokingMedium priority | Reduction in number of people who smoke | Engage with the Hampshire Tobacco Control Strategy 2015-2018Raise awareness of importance of not smoking, targeting those in manual occupations and areas of identified deprivationIdentify opportunities to support smoking cessation initiativesPromoting smoke free open areasEncourage local workplaces to promote quitting services as part of workplace healthSupport national No Smoking DayRaise profile and awareness of ‘Quit’ services |

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| **Ageing Well** |
| Issues and Priority | Objectives | Actions |
| 9. DementiaHigh priority | People with Dementia & their carers able to lead active & fulfilling lives in their communities for as long as possible | Continue to support the ‘Dementia Friendly Communities’ programmeDeliver the actions agreed as part of WCC’s membership of the Hampshire Dementia Action AllianceRaise awareness and understanding of dementia – publicity, campaignsSupport GP practices who wish to become dementia friendlySignpost people with dementia and their carers to appropriate support services at the earliest possible stage – promote use of the CCG’s ‘Dementia Road Map’Support Dementia Awareness Week 2016 |
| 10. Loneliness & social isolationHigh priority | Reduction in number of older people feeling lonely or isolated ‘sometimes’ or ‘often’ | Use Age UK’s ‘Loneliness Maps’ to identify areas of greatest risk & target resources accordinglyDeliver Community Cooking Skills sessions. Recognise the risks of malnutrition and its links to loneliness and isolationEncourage a coordinated approach to the provision of information to older people in the districtPromote the new strength based HCC Trigger Tool training package and support the development of Trigger Tool Champions to deliver community based Trigger Tool trainingSupport projects & initiatives which aim to tackle loneliness & social isolation in older people, including volunteering initiativesWork with HCC & District Councils to review the performance of the Food & Friendship service and identify options for future developmentPromote and support the ‘Men’s Sheds’ initiativePromote & support wellbeing café initiatives – Friarsgate Health Café, Twyford Health Café, Age UK/Southern Health Wellbeing Cafés (linked to Lunch Clubs)Support further development of ‘surgery signposter’ or similar schemes |
| 11. FallsHigh priority | Reduction in number of older people losing their independence due to falls & fractures | Support the provision of community based postural stability classes in both urban and rural areasSupport Hants Fire & Rescue Service ‘Safety Through Exercise & Education Resilience’ programme - STEERRisk spotting activity – the TRIGGER TOOL – training should be made mandatory for frontline staffRun local campaign highlighting the importance of eating a calcium rich diet, doing regular weight bearing exercises, not smoking & reducing alcohol consumptionSupport CCG in promoting detection and treatment of osteoporosis in people who have suffered ‘fragility fractures’ to help prevent hip fractures in future injuries/fallsEncourage the development of Tai Chi and Nordic Walking classes and similar falls prevention initiatives such as danceEncouragement of physical activity (across the life-course) – using awareness raising, activity friendly planning of transport and open spaces, safer communities, etc. |

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| **Healthier Communities** |
| Issues and Priority | Objectives | Actions |
| 12. Mental Health – adult & childHigh priority (key theme) | Shared understanding of service provisionGreater provision for adults below threshold for specialist MH services & children below threshold for CAMHSIdentify gaps in services | Explore the feasibility of developing a web based ‘Road Map’ for mental health (similar to the CCG’s Dementia Road Map)Raise awareness of mental health issuesEncourage greater use of existing communication channels including social media to raise awareness of servicesExplore the potential for joint training between agenciesSupport further development of ‘surgery signposter’ & ‘Care Navigator’ schemes to help direct patients to MH support servicesEncourage development of social prescribing model for low level MH issues - GPs to offer prescriptions to debt advice, singing classes, arts groups, physical activities etc. |
| 13. Health inequalitiesHigh priority | Reduce inequalities & improve health & wellbeing in areas of identified deprivationVulnerable households stay warm & healthy in Winter | Support & encourage development of evidence based health & wellbeing initiatives targeted at disadvantaged communities – e.g. healthy eating, active lifestyles etc.Encourage greater use of the GP Referral schemeSupport ‘Hitting the Cold Spots’ programme &/or similar initiativesPublicise winter warmth education campaigns |
| 14. Supporting vulnerable familiesHigh priority | Improving the lives of families with complex needsWinchester Supporting Families to identify & engage with 69 families during 2016/17 | Manage & deliver ‘Winchester Supporting Families’ programme – cohort 5 (16/17)Use local intervention funding to support delivery of programme outcomes and family plansPromote the benefits and encourage local partners/stakeholders to engage with the programme – priority focus on health (particularly GP) engagement |

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| **Efficient Delivery and Effective Communications** |
| Issues and Priority | Objectives | Actions |
| 15. Communicate key health messages to residentsHigh priority | Clear health messages delivered to target groups & wider communityPeople take more responsibility for their own health | Participate in Change4Life campaignsSupport local Public Health campaigns |
| 16. Improve communication between agenciesHigh priority | Clear & effective communications between agencies | Cascade health related messages & e-bulletins – HCC, CCG, Mid Hants Healthcare, WCC Health & Wellbeing etc. |
| 17. Consistent approach to delivery of shared health objectives across West Hants CCG areaHigh priority | Exploit opportunities for joint working | Regular joint meetings between CCG & District Councils to identify areas for potential collaborationEngage with the Mid Hants Locality Planning processEngage with the Better Local Care One Team events/process as and when appropriate |
| 18. ResourcesHigh priority | Efficient use of limited resources | Develop a programme of low cost, high impact interventions to address issues identified in this plan |