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 health  High 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 Strategy  Support initiatives to deliver emotional resilience teaching in schools, including training for staff  Support / develop local campaigns to reduce stigma & raise awareness  Support the CAMHS Fit Fest programme  Support roll out of the Hants Fire & Rescue Service ‘A Better Me’ course – helps with self-esteem, self- confidence & promotes healthy living  Support development of web based ‘Road Map’ for C&YP mental health (along similar lines to Dementia Road Map) – identified by Spotlight event  Encourage 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 active  Reduction in proportion of overweight and/or obese children | Support the development of healthy eating programmes in schools and community settings  Support the roll out of the ‘Daily Mile’ & ‘Golden Mile’ initiatives  Support ‘Feet First’ – WCC’s corporate walking theme for 16/17  Support implementation of the Hampshire Healthy Weight Strategy 2015-2019  Seek to provide an environment that enables children to make physical activity and healthy eating the easy choice  Use 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 family  Develop and support initiatives to encourage physical activity in children outside of the school curriculum |
| 3. Risky behaviours & teenage conceptions  Medium priority | Reduction in teenage conceptions  Reduction in alcohol and substance misuse including New Psychoactive Substances (NPSs)  Reduction in number of young people who smoke  Reduction in alcohol related hospital admissions for under 18s | Maintain close dialoguewith Winchester LIT  Identify opportunities to support programmes tackling risky behaviours  Ensure 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 pregnancy  Low priority | Reduction in smoking in pregnancy  Women not consuming alcohol during pregnancy  Breastfeeding 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’ message  Continue to promote Winchester ‘Breastfeeding Welcome’ scheme  Signpost to relevant support services |

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| **Living and Working Well** | | |
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| 5. Workplace health  High priority | A healthier workforce across the district | Promote the national Workplace Wellbeing Charter, and encourage take up by partners  Assist with publicity and encourage other employers in the district Winchester District to sign up to the Charter |
| 6. Activity levels & healthy weights in adults  High priority | Increase in number of adults maintaining healthy weight by eating well & being active  Reduction in proportion of adults who are overweight and/or obese | Support implementation of the Hampshire Health Weights Strategy 2015-2019  Support healthy eating programmes  Promote Sport & Physical Activity Programmes  Support ‘Feet First’ – WCC’s corporate theme for 2016/17  WCC 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 options  Working with local supermarkets and other retailers to encourage a healthier food environment  Promote the Winchester Cycling and Walking strategies |
| 7. Alcohol consumption  High priority | Reduction in number of ‘increasing risk’ drinkers | Engage with the Hampshire Substance Misuse Strategy  Promotion of clear, consistent messages around alcohol  Promoting and designating alcohol free public areas  Promoting ‘responsible drinking’ and other messages around alcohol  Signposting to services that can help with reducing alcohol intake |
| 8. Smoking  Medium priority | Reduction in number of people who smoke | Engage with the Hampshire Tobacco Control Strategy 2015-2018  Raise awareness of importance of not smoking, targeting those in manual occupations and areas of identified deprivation  Identify opportunities to support smoking cessation initiatives  Promoting smoke free open areas  Encourage local workplaces to promote quitting services as part of workplace health  Support national No Smoking Day  Raise profile and awareness of ‘Quit’ services |

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| **Ageing Well** | | |
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| 9. Dementia  High 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’ programme  Deliver the actions agreed as part of WCC’s membership of the Hampshire Dementia Action Alliance  Raise awareness and understanding of dementia – publicity, campaigns  Support GP practices who wish to become dementia friendly  Signpost 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 isolation  High 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 accordingly  Deliver Community Cooking Skills sessions. Recognise the risks of malnutrition and its links to loneliness and isolation  Encourage a coordinated approach to the provision of information to older people in the district  Promote the new strength based HCC Trigger Tool training package and support the development of Trigger Tool Champions to deliver community based Trigger Tool training  Support projects & initiatives which aim to tackle loneliness & social isolation in older people, including volunteering initiatives  Work with HCC & District Councils to review the performance of the Food & Friendship service and identify options for future development  Promote and support the ‘Men’s Sheds’ initiative  Promote & 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. Falls  High 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 areas  Support Hants Fire & Rescue Service ‘Safety Through Exercise & Education Resilience’ programme - STEER  Risk spotting activity – the TRIGGER TOOL – training should be made mandatory for frontline staff  Run local campaign highlighting the importance of eating a calcium rich diet, doing regular weight bearing exercises, not smoking & reducing alcohol consumption  Support CCG in promoting detection and treatment of osteoporosis in people who have suffered ‘fragility fractures’ to help prevent hip fractures in future injuries/falls  Encourage the development of Tai Chi and Nordic Walking classes and similar falls prevention initiatives such as dance  Encouragement 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** | | |
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| 12. Mental Health – adult & child  High priority (key theme) | Shared understanding of service provision  Greater provision for adults below threshold for specialist MH services & children below threshold for CAMHS  Identify 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 issues  Encourage greater use of existing communication channels including social media to raise awareness of services  Explore the potential for joint training between agencies  Support further development of ‘surgery signposter’ & ‘Care Navigator’ schemes to help direct patients to MH support services  Encourage 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 inequalities  High priority | Reduce inequalities & improve health & wellbeing in areas of identified deprivation  Vulnerable 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 scheme  Support ‘Hitting the Cold Spots’ programme &/or similar initiatives  Publicise winter warmth education campaigns |
| 14. Supporting vulnerable families  High priority | Improving the lives of families with complex needs  Winchester 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 plans  Promote 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** | | |
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| 15. Communicate key health messages to residents  High priority | Clear health messages delivered to target groups & wider community  People take more responsibility for their own health | Participate in Change4Life campaigns  Support local Public Health campaigns |
| 16. Improve communication between agencies  High 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 area  High priority | Exploit opportunities for joint working | Regular joint meetings between CCG & District Councils to identify areas for potential collaboration  Engage with the Mid Hants Locality Planning process  Engage with the Better Local Care One Team events/process as and when appropriate |
| 18. Resources  High priority | Efficient use of limited resources | Develop a programme of low cost, high impact interventions to address issues identified in this plan |