

DERBYSHIRE COUNTY COUNCIL

CABINET

01 September 2015

Report of the Director of Public Health

**A HAPPIER, HEALTHIER DERBYSHIRE
(Health and Communities)**

1. Purpose of the report:

To inform Cabinet of the production of the Director of Public Health's Annual Report "*A happier, healthier Derbyshire*".

2. Information and analysis:

Background

The Health & Social Care Act 2012 created a duty for the Director of Public Health to write an annual report on the health of the local population. The County Council has a duty to publish the report. The content and structure of the report is for local determination so gives freedom for the Director to tailor the report to align with local issues and priorities.

Content of *A happier, healthier Derbyshire*

Positive wellbeing is an important cornerstone of good health. The aim of this year's report is the promotion of positive mental wellbeing through the nationally recognised 'Five Ways to Wellbeing' initiative.

The **Five Ways to Wellbeing** are a set of evidence-based actions which promote people's wellbeing. They are: **Connect, Be Active, Take Notice, Keep Learning** and **Give**. These activities are simple things individuals can do in their everyday lives.

The focus is very much around practical and fun ideas to help people and families take action themselves to increase their wellbeing.

The style of the report is in magazine format lively, innovative and public-facing, and there will be a competition running alongside the report to encourage people to get involved. Local case studies are included and links to web-based information incorporated to showcase local opportunities.

There will be different versions of the report for the following target groups:-

- under 5s and their parents
- primary school age children and families
- secondary school age young people
- adults
- older adults.

The initial two reports for primary age children and families and adults are attached. The other reports will be developed and disseminated later this year.

The reports are based on social marketing principles. This is an approach used to develop activities aimed at changing or maintaining people's behaviour in a sustainable and cost effective way. The key components of social marketing are:-

- seeing things from the audiences perspective
- being clear about what behaviour is desirable
- ensuring the benefits outweigh the costs or barriers
- using a combination of activities to encourage people to achieve the desired action

The publication of the report is timed to coincide with the completion of 'The State of Mental Health in Derbyshire' report, which is part of the Joint Strategic Needs Assessment, and which will include statistical data and evidence on mental health and wellbeing in Derbyshire.

The launching of the report will also coincide with activities to mark World Mental Health Day (10 October 2015).

The report includes updates on progress against the recommendations for action in last year's public health report.

Distribution

It is proposed to provide access to the report to a wide range of partners and people. Different distribution mechanisms will be used for the adult focussed and children/family focussed reports, which will be actively promoted through a wide range of networks and organisations including libraries, housing associations, children's centres, 50+ forums, care homes, voluntary sector, trading standards, community safety forums, the Youth Council, District/Borough Councils, hospitals, Clinical Commissioning Groups.

The adult versions are mainly designed as a web-resource but a limited number of printed copies will be available to ensure that vulnerable groups and those without access to the internet can see the report.

The children's versions will be printed and accessible through schools, and a small number of printed copies will also be available from Children's Centres.

The report will be presented to partner organisations to seek their support to achieve widespread circulation and gain their backing to promote the "Five Ways to Wellbeing".

3. Other considerations:

In preparing this report the relevance of the following factors has been considered: financial, legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, property and transport considerations.

4. Background papers:

Cabinet Report Director of Public Health Annual Report 2014 *A fairer, healthier Derbyshire* available from the Public Health team

5. Key Decision:

No

6. Call-in:

Is it required that call-in be waived for any decision on this report? No

7. Officer's recommendation:

That the content of the Director of Public Health's Annual Report is endorsed and promoted.

Elaine Michel
Director of Public Health

A Happier Healthier Derbyshire

Derbyshire Director of Public Health Annual Report 2015



Positive mental wellbeing is an important cornerstone of good health. There are simple ways that we can all use to make a difference to the way we feel, think and react to life's ups and downs.

Derbyshire has lots of assets and opportunities that can contribute to our feeling of wellbeing: beautiful countryside, friendly people and supportive communities. However there are considerable challenges too – welfare reforms, housing problems, work pressures and family life are just a few examples of day to day problems faced by many.

This report gives some simple, affordable ways that we can all use to make a difference to how we feel.

The **5 Ways to Wellbeing** are tried and tested actions to improve both mental and physical wellbeing. It takes a bit of practice to build them into your life, but they are fun and these small changes can make a real difference.

There are lots of connections between the five areas and I have provided some examples of the great things that Derbyshire people are doing and some examples of what you, your family and friends can do as well. The links will take you to helpful opportunities to make your choices easier.

The **5 Ways to Wellbeing** are to **Connect**, **Be Active**, **Take Notice**, **Keep Learning** and **Give**. Do give them a try!

Elaine Michel

Director of Public Health

Your challenge is to think about what you can do for each of the **5 Ways to Wellbeing** and add them in the boxes

Be Active



Exercising makes you feel good. Discover a physical activity that you enjoy

Find a fun activity that gets your body moving – or even better to do this with your family or friends. You can try running, skipping, football, riding a bike, horse riding, swimming, rugby, dancing, karate, going for a walk. There are so many activities to try in your local area – try lots until you find at least one you really love!

Swimming as a family is great; it's one of the top activities children like to do together. It's relaxing, fun and as active as you want to make it.

Looking after your mental health is just as important as your physical health



Acting Manager of Wirksworth Swimming Pool Fleur Fern says 'On a Thursday at the open swim, we get older primary school children (10 & 11 yr olds) going for a swim and splash about. They tell us ..."after a day at school, we can go to the pool and relax and just have fun with our friends. We can go without our parents, they know we'll be safe".'

Lots of different activities can be found here – www.derbyshiresport.co.uk/get-active

To Be Active I will

.....

Conduct Disorder is the most common mental health disorder in under 18s

Give



Being kind and do things for other people

Give a smile, a hug or a friendly word to someone who needs it. You can give your time and helping hands to other people; try doing something nice in your area, help with jobs at home or do something for charity.

Every year pupils at Hallam Fields Junior School with Erewash Borough Council have a litter pick in the area around the school. Two pupils from each class helped clean the local paths running around the back of school and made sure all the school grounds were litter free too. By giving their time the pupils have made the area look much nicer and



everyone can now enjoy the clean paths – lots of the community have given the pupils smiles and thank you's for all their hard work.

To Give I will

.....

If you have any worries, speak to an adult you trust and they can help

1 in 10 children suffer from a diagnosable mental health disorder = 3 per classroom

Keep Learning



Learn something new – try something different.

Learning doesn't just happen at school. You can try something new - sport, cooking, art, knitting, photography, music or drama. Read for fun. Go outside and learn about nature and the environment. Learn about different countries, space or the area you live in.

Barrow Hill Primary School and the Food for Life Partnership (FFLP) have been working together to encourage everyone in the school and community to learn more about the food they eat.

They have learnt how to grow fruit, vegetables, herbs and plants to attract wildlife. Families have learnt how to grow food in baskets or tubs to show what is possible even without a garden.

Families have been trying different types of bread, planting seeds and making cake recipes with vegetables.

To learn more about FFLP go to www.foodforlife.org.uk.

Museums and libraries are great places to learn. Find out more by looking here:

www.visitderbyshire.co.uk/places_to_visit-2-30-0-1.html

www.derbyshire.gov.uk/leisure/libraries/default.asp



To Keep Learning I will.....

.....

Take Notice



Positive mental health may help you live longer

Be aware of the world around you and what you are feeling

Stop and take notice of all the things around you – people, places and your own feelings. Watching clouds float across the sky, the weather, how things are growing or the sounds you can hear. Take notice of your feelings and those of other people.

Families have been taking notice of their surroundings to help them with Xplorer challenges. Over the past four years Derbyshire Village Games and British Orienteering have seen thousands of

people attend the family-friendly events.

Families use a simple map, explore, find markers within the park and complete challenges. Xplorer sessions are designed to get the whole family out and about, enjoying themselves and working together as a team within some of our beautiful countryside and parks.

Look out for Xplorer events throughout the year – more information and a list of the latest events can be found www.xplorer.org.uk

To Take Notice I will

.....



Connect



Connect with people around you at home, school or the local community

Spend time with family, friends and people in your community. Talk together or find activities that you all enjoy.

Stonelow Junior School, Derbyshire County Council Library Service and Stonelow Court worked together to connect and learn more about each other. Each week Year 5 children spoke to people at Stonelow Court about a different topic. They were able to share stories about when they were younger and discussed which things were different. Some of the pupils said "I really enjoy going up to Stonelow Court. All the residents are really nice to me and my group, sometimes



In Derbyshire less children than in England are admitted to hospital because of mental health problems

they can tell very exciting stories that might surprise you!". After the project, the children were invited to celebrate a 100th birthday and some of the children and their families arranged to see the residents at weekends. Ways to connect with other people can be found here: www.derbyshire.gov.uk/community/derbyshire_directory/categories/default.asp

To Connect I will

.....

If you want to know more about mental health and wellbeing click go to
The State of Mental Health in Derbyshire [weblink here]

You can find out more about what happened as a result of my last Public Health Annual Report;
A Fairer, Healthier Derbyshire 2014 at www.derbyshire.gov.uk/publichealthannualreport

A Happier Healthier Derbyshire

Derbyshire Director of Public Health Annual Report 2015



Positive mental wellbeing is an important cornerstone of good health. There are simple ways that we can all use to make a difference to the way we feel, think and react to life's ups and downs.

Derbyshire has lots of assets and opportunities that can contribute to our feeling of wellbeing: beautiful countryside, friendly people and supportive communities. However there are considerable challenges too – welfare reforms, housing problems, work pressures and family life are just a few examples of day to day problems faced by many.

This report gives some simple, affordable ways that we can all use to make a difference to how we feel.

The **5 Ways to Wellbeing** are tried and tested actions to improve both mental and physical wellbeing. It takes a bit of practice to build them into your life, but they are fun and these small changes can make a real difference.

There are lots of connections between the five areas and I have provided some examples of the great things that Derbyshire people are doing and some examples of what you, your family and friends can do as well. The links will take you to helpful opportunities to make your choices easier.

The **5 Ways to Wellbeing** are to **Connect**, **Be Active**, **Take Notice**, **Keep Learning** and **Give**. Do give them a try!

Elaine Michel

Director of Public Health

Click onto each
5 Way to Wellbeing
to find out more information.

Be Active



Exercising makes you feel good. Discover a physical activity that you enjoy and fits your interests, lifestyle and ability.

The Amber Valley Ladies Rugby sessions attract 15-20 ladies with a mix of abilities and personalities, with ages ranging from those in their 20s to those in their 50s!

For many, this has been the first form of sport that they have been involved with since leaving school. As well as learning new skills and improving their overall fitness, the group has a social side enabling local women to meet each other and make new friends.

More activities can be found here:

www.derbyshiresport.co.uk/get-active



“My friend asked me to come for a bit of fitness. I had no idea at the age of 41 that I would embrace it or make the friends that I have. I never ever expected to even play in a match.”

(Sarah Jane Reeves, Participant)

Each year one
in four people
will experience
a mental
health issue

On average one
or two people in
100 will
experience a
severe mental
illness



Give

Small acts of kindness to other people can be rewarding as well as larger acts such as volunteering.

Chesterfield Time Bank is an informal network of people that builds on their strengths and skills. The Time Bank recognises that everyone in our community has something to offer by helping others and themselves with a variety of tasks and activities. People are able to deposit time by volunteering in a variety of ways and are able to withdraw the time by receiving volunteer support. Examples include:

- a group who do garden tidy ups and in return receive support for community events
- a hairdresser who offers two free trims per month in exchange for an aromatherapy session and
- a single mother who takes a blind person shopping once per week to help develop her CV to work as a Carer.

Other opportunities to give can be found here –

www.derbyshire.gov.uk/community/volunteering/default.asp



Keep Learning



Learning can make you be more confident as well as being fun.

Learning is not necessarily about gaining qualifications.

Cook a new recipe; do a DIY project; take up a new hobby; visit a museum; take on a new responsibility.

Enrol in night school to learn a new language or a practical skill such as plumbing or horticulture.

Derbyshire Adult Community Education Services offer a range of courses across the county. These include courses that help you:

- return to learning
- gain a qualification
- learn with your family or for leisure
- live a greener life

Emma Yates used learning on a dry stone walling course to get her out of the office and working in the countryside.

In December 2013, after reading an article about a female dry stone waller, Emma booked herself onto a course at the Wirksworth Eco Centre. For the last 12 years she had been in a sedentary job, spending 9 hours a day at a computer. She was taking medication for back and stomach problems and migraines. She wanted to see whether she enjoyed walling and could make a living out of it. After the first day she was hooked.

Emma said "Being outdoors, walling lifted my heart, it was where I wanted to be. It was time to take my own wall down and rebuild it!"

In May 2014 she handed in her notice and launched a career as a dry stone waller. She no longer needs the medication, has lost weight and toned up, and now knows many more people in her local community.

www.derbyshire.gov.uk/education/adult_education/default.asp



Take Notice



Be aware of the world around you and what you are feeling

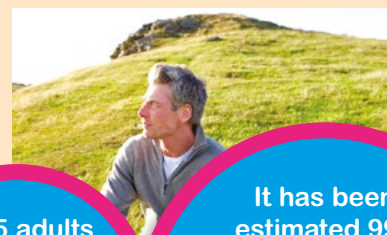
What we do and the way we think can have the biggest impact on wellbeing.

Mindfulness is a direct knowing of what is going on inside and outside ourselves, moment by moment.

Savour the moment but also reflect on experiences to help you to realise what is important to you.

Yoga, tai-chi and meditation are what we usually associate with mindfulness but simple daily actions can contribute

- Break from the normal routine
- Take a different route to work
- Have lunch somewhere different
- Remark on the unusual
- Notice the changing seasons
- Be curious
- Catch sight of the beautiful



1 in 5 adults in Derbyshire report suffering from anxiety or depression

It has been estimated 993 women in Derbyshire in 2012 needed support with their mental health during pregnancy or the postnatal period.

Connect



Connect with people around you at home, work, school or the local community. Think of these connections as the cornerstone of your life and invest time in developing them.

Connecting with people through a shared interest despite busy lives can be rewarding.

A choir was started at Chesterfield Royal Hospital. Boasting around 50 members of staff, the aim was to support staff well-being and bring people together to create 'something special'. The Choir rehearsed over a ten week period, complete with a trained conductor and piano player, and performed at the hospital's annual staff recognition ceremony.

Ian Fretwell a nurse consultant who was instrumental in the Choir's inception, explained "We had terrific support from both the Charity Trustees and the Chief Executive. The Choir created a real sense of camaraderie between the group – and an enormous sense of wellbeing. This hasn't just been a singing group; we've learned a lot about ourselves and had a wonderful time."

If it isn't singing you are interested in then there are plenty of groups with common interests looking for new members.

https://www.derbyshire.gov.uk/community/derbyshire_directory/categories/default.asp



If you want to know more about mental health and wellbeing click on this link to go to The State of Mental Health in Derbyshire.

You can find out more about what happened as a result of my last Public Health Annual Report; A Fairer, Healthier Derbyshire 2014 [here](#)