

‘Towards a Healthy Amber Valley’ Locality Public Health Plan 2017-18

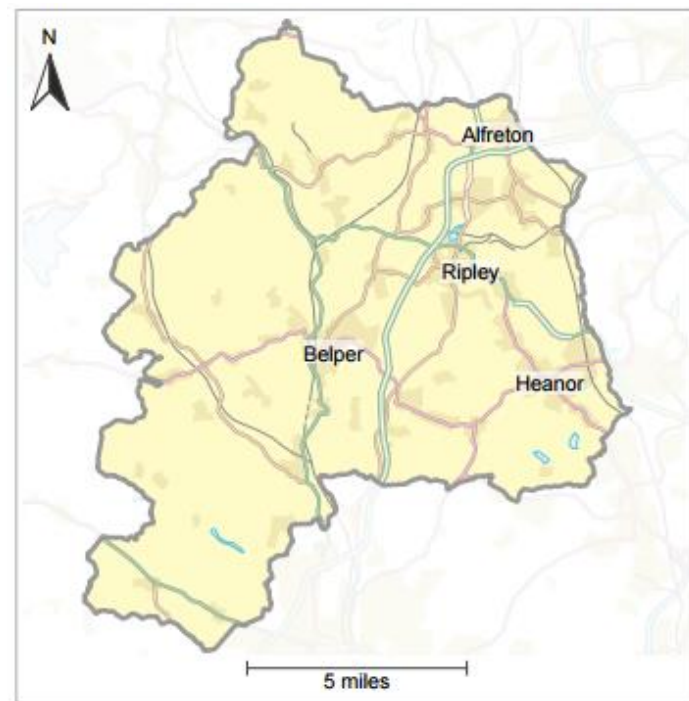
Locality Public Health (PH) Plan

Our locality plan sets out the priorities and actions for improving health and reducing health inequalities for people in Amber Valley and informs the use of the Amber Valley PH locality fund. The document includes aims, actions and expected outcomes and outputs to be achieved.

Amber Valley Health Partnership

Amber Valley Health Partnership (AVHP) is an open group for partners with a shared vision to deliver improved health and reduced health inequalities across Amber Valley. This plan has been developed by AVHP members using local data, information and local insight.

Partnership working is critical to achieving improvements in health and well-being at a local level. Collaboration on shared priorities, exchanging good practice, addressing barriers and finding solutions is necessary to improve health and wellbeing. It is also important to make the most of local resources and arrangements to avoid duplication, maximise effectiveness and value for money.



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Demographics

Amber Valley is a borough council area in southern Derbyshire. The borough contains the four market towns of **Alfreton**, **Belper**, **Heanor** and **Ripley** as well as many villages and smaller settlements. The current population of around 124,000 (which includes just below 6% of people who are not white British) is expected to rise to by 10% to 136,000 by 2035. The total population is made up of: 65+ **25%**; 16-64 years **59%**; and 0-15 years **16%**. Population projections show an ageing population, such that, by 2035, 36% of the population (28,000 people) will be aged over 65, 20% over 75 and 8% over 85, with a large deficit in numbers entering working age.

Health Inequalities

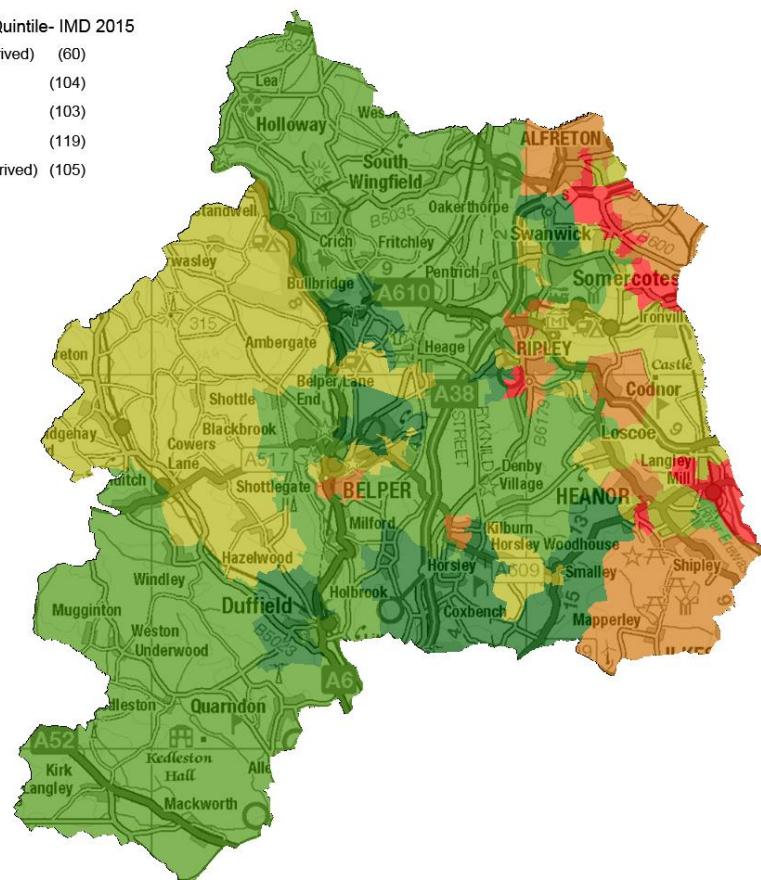
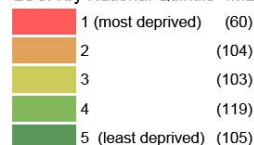
There are marked health inequalities by gender and level of deprivation. Life expectancy is 9.9 years lower for men and 6.8 years lower for women in the most deprived areas of Amber Valley than in the least deprived. Although the borough ranks 162nd out of 326 English local authority areas in the 2015 English Index of Multiple Deprivation (1 being the most deprived), 8 of the 78 Lower Super Output Areas within Amber Valley fall in the top 20% of most deprived areas in England. There is also a hidden element of deprivation which exists in the western parishes amongst the farming community.

Tackling Inequalities

Target wards 2017-18: **Alfreton**, **Somercotes**, **Ironville & Riddings**, **Ripley**, **Langley Mill & Aldecarr**

Index of Multiple Deprivation 2015-
Amber Valley by Lower Super Output Area

LSOA by National Quintile- IMD 2015



Our locality

Health Profile

Health & Wellbeing

The health of people in Amber Valley is varied compared with the England average. About 17% (3,500) of children live in low income families. Life expectancy for both men and women is similar to the England average.

Child health

In Year 6, 16.4% (181) of children are classified as obese, better than the average for England. The rate of alcohol-specific hospital stays among those under 18 is 43*. This represents 10 stays per year. Levels of breastfeeding initiation and smoking at time of delivery are worse than the England average.

Adult health

The rate of alcohol-related harm hospital stays is 686*. This represents 880 stays per year. The rate of self-harm hospital stays is 200*. This represents 239 stays per year. Estimated levels of adult excess weight are worse than the England average. Estimated levels of adult smoking are better than the England average. Rates of sexually transmitted infections and TB are better than average. The rate of statutory homelessness is worse than average. Rates of violent crime and long term unemployment are better than average.

Health Profile

Click on the following [link](#) to view the full profile produced annually by Public Health England.

* rate per 100,000 population



Protecting and improving the nation's health

Amber Valley

District

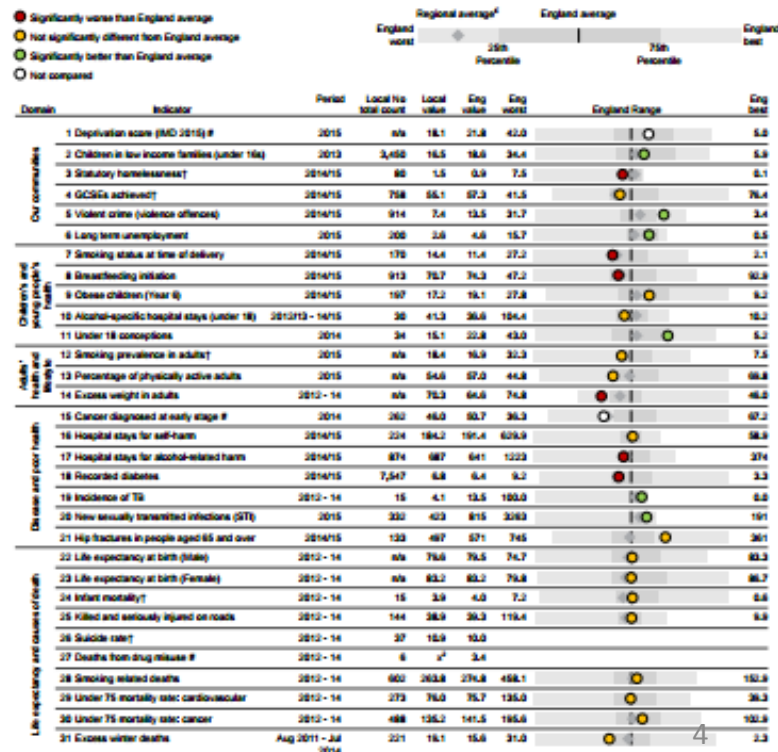


This profile was published on 4th July 2017

Health Profile 2017

Health summary for Amber Valley

The chart below shows how the health of people in this area compares with the rest of England. This area's result for each indicator is shown as a circle. The average rate for England is shown by the black line, which is always at the centre of the chart. The range of results for all local areas in England is shown as a grey bar. A red circle means that this area is significantly worse than England for that indicator; however, a green circle may still indicate an important public health problem.



124,000

people live in the borough of Amber Valley¹

82.6

years **life expectancy** at birth for **females**¹

3 in 4

of 16-64 year olds are classed as **employed**²

38%

projected **increase in over 65s** population by 2030³

9.4

years **life expectancy gap for men** in the most and least deprived areas¹

1 in 8

people are estimated to have a **common mental health disorder**⁴

14%

of women still **smoke** at time of **delivering their baby**¹

1 in 7

of 13-14 year olds report strong feelings of **anger** everyday⁵

1 in 5

people live with a **long term health problem or disability**²

9,094

people over 65 will have a **fall** each year⁶

68%

of adults are classified as **overweight or obese**¹

14,607

people are classed as **carers**⁴

1,326

people with a recorded diagnosis of **dementia**⁷

30%

year 8 pupils don't take part in **activities** outside school⁵

7,547

people with a recorded diagnosis of **diabetes**¹

45%

of adults are **physically inactive**¹

Data Sources

1. [Amber Valley: Health Profile 2017](#)
2. [PHE Fingertips: Mental Health & Wellbeing JSNA](#)
3. [Projecting Older People Population Information](#)

4. [The State of Mental Health in Derbyshire 2015](#)
5. [My Life, My View': Derbyshire Youth Wellbeing Survey 2015-16](#)
6. [Derbyshire Falls HNA 2017](#)
7. [PHE Fingertips: National General Practice Profiles](#)

Vision

Our vision is for a 'healthier Amber Valley' where residents feel confident and supported to choose a healthy lifestyle and stay healthy.

Aim

The Amber Valley Health Partnership provides a coordinated, innovative and evidence-based approach to health improvement and reducing health inequalities in the Amber Valley District by:

- Responding to health need and setting priorities within Amber Valley as outlined in the County Council's Health and Wellbeing Strategy, the Borough Council's Corporate Improvement plan, the County and Local Joint Strategic Needs Assessments (JSNA) and other relevant health need assessment data.
- Acting as the central coordinating body for health improvement projects planning, implementation and evaluation across Amber Valley.
- Promoting partnership working throughout the district and encouraging understanding of the different agencies roles and responsibilities.
- Planning, implementing and evaluating the locality PH plan.
- Ensuring that the focus of partnership activity in the Borough is aimed at addressing three key priority areas:

Mental Health & Wellbeing

Older People

**Healthy Weight &
Physical Inactivity**

- The diagram (overleaf) shows the wider context for the partnership and how it operates.

In 2017 Amber Valley registered to the UK Healthy Cities Network (UKHCN).

What does this mean?

- Amber Valley Borough Council successfully submitted an application for membership to the network on behalf of the partnership May '17
- UKHCN is part of a global initiative to improve health and tackle health inequalities within communities using a partnership approach
- Our membership gives us a platform to embed health in all policies and work together on factors that influence people's health including: higher educational attainment, improved employment prospects etc.
- Benefits of membership include: access to learning and best practice from across Europe, network meetings, learning events and resources

AVHP'S Healthy Communities priority 2016-18

Health Literacy

Health Literacy is our ability to understand and use health information.

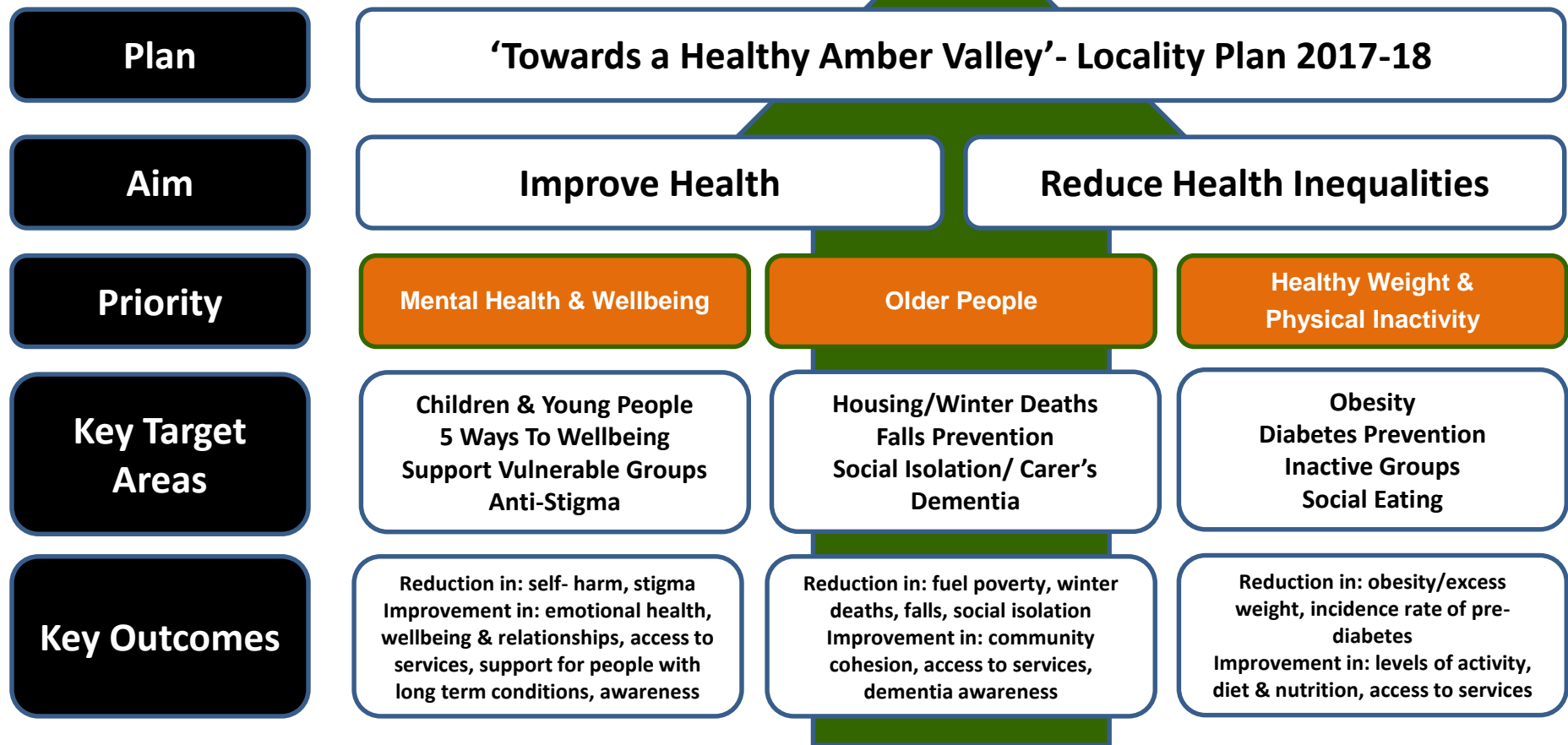
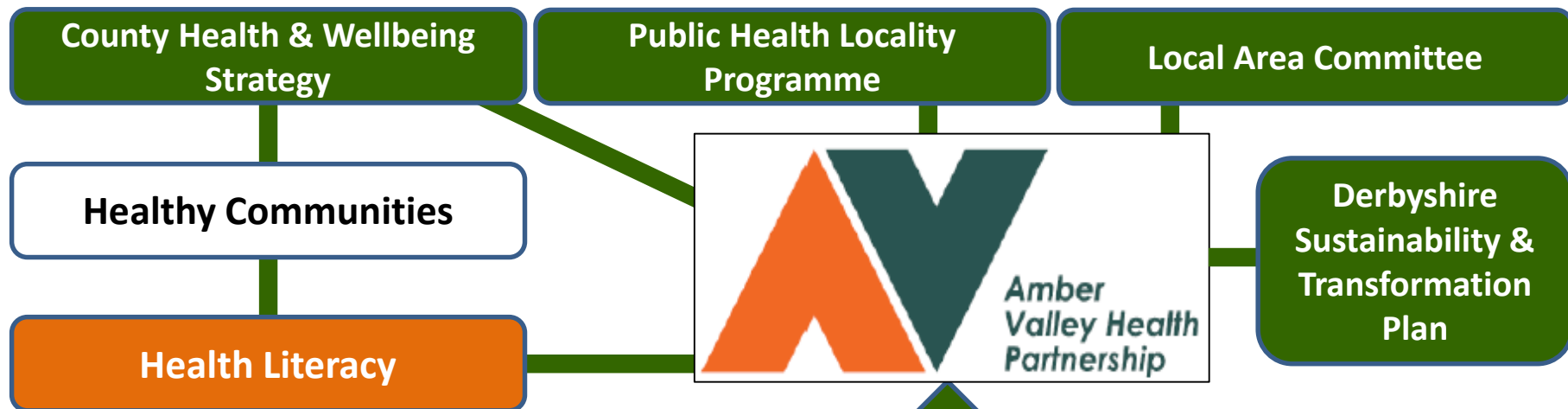
Click on the priority box (left) to visit our healthy communities action plan.

Why was Health Literacy chosen in Amber Valley?

- GCSE attainment is worse than the England average therefore levels of health literacy may be low
- Evidence shows Improving health literacy has the potential to improve health and reduce health inequalities



Follow link to WHO European HCN website [here](#)



Informing the Locality PH Plan 2017-18

This plan has been produced using local information collated from various sources including:

- [Public Health Profiles \(PHE Fingertips\)](#)
- [Derbyshire Observatory](#)
- [Derbyshire Health & Wellbeing Strategy](#)
- [Joined Up Care Derbyshire](#)

Priority Setting Workshop/s

Open workshops for each priority area were held in January 2017 following agreement that partnership Health & Wellbeing Priorities would remain the same for 2017-18:

- These workshops were used to look at current provision, gaps and unmet need and ultimately determine key areas within each priority for partners on funding to be focussed on this year
- These workshops were well attended and as a result this plan reflects the local needs and priorities within Amber Valley
- This approach should enable local people and organisations to take ownership of all or part of the implementation of this plan and strive towards improving outcomes in the key areas identified

Five Ways To Wellbeing

To reflect the need for improvement in mental health & wellbeing outcomes and raise awareness of simple ways that individuals can take control, improve or maintain their own wellbeing; this plan also considers the importance of the [Five Ways To Wellbeing](#):

Connect

Be Active

Keep Learning

Give

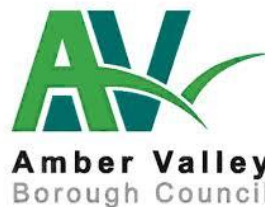
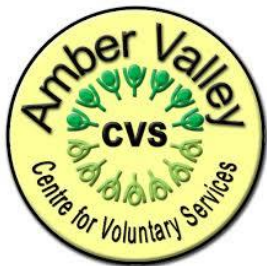
Take Notice

Our partnership

Who we are



DAA
Amber Valley
Dementia Action Alliance



Funding & Resources

- The current economic climate means that resources are limited and will be for the foreseeable future
- Effective partnership working ensures that duplication is reduced and scarce resources can be maximised
- Since 2014 Derbyshire County Council has primarily funded and administered the partnership through its PH Locality Programme
- The Locality Programme provides an annual budget allocation for each locality plus staff resources including Senior PH Manager (0.2WTE), PH Manager (0.25WTE) and PH Development Worker (1.0WTE)
- Some resource identified within the plan is from other PH budgets; effort is made to secure additional funding from other partners and support groups/organisations to access external funding sources to improve the effectiveness and sustainability of investment

Resources & Budget

- The Public Health Locality Allocation 2017-18 (see right):

Funding Source	Amount
Public Health Locality Fund	£116,202
DCC Public Health Other	£27,420.79
Total Income 2017-18	£143,622.79

How is funding allocated?

- Locality Funding in 2017-18 will be allocated to groups and organisations operating in Amber Valley via grants by a small panel of partnership members
- This panel is elected by the partnership on an annual basis and consists of representatives for elected members and officers from the County and Borough, NHS (Southern Derbyshire CCG) and from the voluntary and community sector
- All eligible groups and organisations are invited to apply for 2017-18 funding certain times of the year via an application form for:

Locality Projects (March '17), Five Ways To Wellbeing (May '17), Small Grants (September '17)

Our plan

Action Plan 2017-18

Priority	Intervention/Project including brief description	Expected Outcome/s	Budget Allocation	Who?
Healthy Weight/Physical Inactivity	<p>This Girl Can Dance</p> <p>A 12 week dance theatre project at Aldercar High School for young women aged 13-15 years on the theme of healthy lifestyles using creative dance, drama and music. The project will culminate in two performances for an invited audience of peers, parents, friends and family with a further showing at the school Christmas show.</p> <p>Each workshop will start with a discussion exploring healthy lifestyles, where possible professionals from Derbyshire Community Health and Sport Derbyshire will also give information and answer related questions from the participants.</p>	<p>Total of 265 estimated people involved</p> <p>Increased opportunities for education, employment, career and training skills</p> <p>Improved emotional health, wellbeing and relationships (individuals)</p> <p>Increased levels of activity (individuals)</p> <p>Improve diet nutrition and weight management</p>	£11,289	Qdos Creates Arts Project
Healthy Weight/Physical Inactivity	<p>Blue Box</p> <p>The project is to continue and develop provision to support the well-being of young people on the Parks Estate Belper. Currently DCC youth workers run a mobile youth provision twice a week. On Tuesday evenings they are supported by coaches from the charity Sporting Futures who run activities for 1-2 hours on the park. Whilst popular, tightening budgets within Sporting Futures means the provision has to be funded from other sources. Sessions for teenage girls were popular in the past, but could not be continued due to a lack of resources and volunteers. It is planned to use the funding to secure and expand the previous sporting provision and provide bespoke gender-specific sessions as part of a programme that will also include advice on healthy eating and lifestyle.</p>	<p>Approx 30 people involved</p> <p>Improved emotional health, wellbeing and relationships (individuals)</p> <p>Increased levels of activity (individuals)</p> <p>Improve diet nutrition and weight management</p>	£5,000	Blue Box, Belper

Priority	Intervention/Project including brief description	Expected Outcome/s	Budget Allocation	Who?
Healthy Weight/Physical Inactivity	School Food Holiday Programme Support for events in the school holidays to provide food and activities in targeted areas of deprivation. Food is provided by Fareshare and events are organised by a variety of community organisations	Estimated 600 outputs Improve diet nutrition and weight management Reduction in poverty (inc. homelessness, debt management, food banks) Improved emotional health, wellbeing and relationships (individuals	£800	Marlpool URC DCC Childrens Centres
Mental Health/Emotional Well Being	Safespeak The project will provide specialist children and young people's counselling services ("Safe Speak") in Amber Valley, offering face-to-face and online support. It will provide at least five counselling sessions a week from Somercotes Medical Centre – a particularly deprived part of the Borough. This service would be accessible for young people (aged 11-18 years) through referral by: <ul style="list-style-type: none"> • Their Amber Valley GP • Self-referral • From another agency such as School Health via the Amber Valley Single Point of Access (SPoA) triage meeting The project would also provide a school based provision at The John Flamsteed School (five sessions a week, including a drop in service) for pupils at the school, with referrals coming direct from the school as well as the above routes	Improved emotional health, wellbeing and relationships Improved community cohesion and reduction in social isolation Increased opportunities for education, employment, career and training skills Increased access to services Reduction in crime, anti-social behaviour and/or domestic violence Improved Sexual health and/or reduction in teenage pregnancy	£7,500	Relate

Priority	Intervention/Project including brief description	Expected Outcome/s	Budget Allocation	Who?
Mental Health/Emotional Well Being	<p>Emotional Health and Wellbeing</p> <p>To provide training on emotional coaching and growth mindset for staff at Ripley lons school and possibly others in the cluster. This will aid them to work as part of a team to promote resilience in the school and local community</p> <p>The project will focus on life skills to help develop mental health, perseverance, resilience, identification of emotions and mental health. If this is addressed and identified at a younger age then less resources will be needed to help children as they become older.</p> <p>The project will address mental health and wellbeing for young children but will also work with the parents to help them support their child which will have some impact on their own wellbeing.</p>	<p>Improved emotional health, wellbeing and relationships (individuals)</p> <p>Improved community cohesion and reduction in social isolation</p> <p>Increased opportunities for education, employment, career and training skills</p> <p>Increased support for people with long term conditions</p>	£4,500	Ripley lons School
Mental Health/Emotional Well Being	<p>Raising Aspirations</p> <p>To target a new school for this year ,namely Swanwick School & Sports College – The Hub. The Hub caters for a relatively small group of pupils with a statement of SEN who have a diagnosis of High Functioning Autism/Asperger’s The pupils will be of average ability or higher and are studying at KS3/4.</p> <p>To provide a programme of activity aimed at ‘raising the aspirations of’ young people with High Functioning Autism Asperger’s. Specific objective to increase the perception of employability of the young people by increasing confidence, self-esteem and exposure to positive opportunities around employment. Consider involving parents and carer’s of the young people targeted in both the activity programme and evaluation.</p>	<p>Improved emotional health, wellbeing and relationships (individuals)</p> <p>Increased opportunities for education, employment, career and training skills</p> <p>Reduction in crime, anti-social behaviour and/or domestic violence</p> <p>Improved Sexual health and/or reduction in teenage pregnancy</p>	£15,000	Derbyshire Education Business Partnership

Priority	Intervention/Project including brief description	Expected Outcome/s	Budget Allocation	Who?
Mental Health/Emotional Well Being	5 Ways to Well Being Grants A number of small grants to support projects involving people at risk of developing mental ill health. Delivered by a variety of community groups	Improved emotional health, wellbeing and relationships (individuals) Improved community cohesion and reduction in social isolation	£22,500	Amber Valley CVS
Older People	Marlpool Lunch Club To support the running of a lunch club based at Marlpool United Reform church once a week. Will cover transport and room hire costs for the year	Improved emotional health, wellbeing and relationships (individuals) Improved community cohesion and reduction in social isolation	£580	Marlpool Lunch Club
Older People	Vspa vSPA provides a single, easily accessible route for Health and Social Care Professionals, and staff from other statutory services such as Fire and Rescue and Police, for their patients and clients who might benefit from this wide ranging service offer. Every person referred is contacted at least once by telephone. Many have multiple contacts and are often visited at home. The worker discusses with each person the outcomes they wish to achieve, provides appropriate information and helps them to access services through facilitated referrals to appropriate organisations A key part of this project is also identifying gaps in service or lack of capacity and feeding this back through the appropriating reporting processes.	Improved community cohesion and reduction in social isolation Increased support for people with long term conditions Increased access to services	£12,000	South Derbyshire CVS

Priority	Intervention/Project including brief description	Expected Outcome/s	Budget Allocation	Who?
Healthy Communities/Health Literacy	Health Literacy Project The overall aim: <ul style="list-style-type: none"> • Run a training session for adult education tutors and relevant staff in community organisations to enable them to be more aware of Health Literacy • Deliver four courses for a range of target groups within the Amber Valley area (eg adults with learning difficulties, mental health needs) 	Increased access to services Improved community cohesion and reduction in social isolation Improved emotional health, wellbeing and relationships (individuals)	£5,000	DCC Adult Education
All	Nature Trail The project aim is to create a permanent nature trail that can be used all year round by anybody who is interested. It will be situated in Waingroves Woodland. The Woodland is 12.5 acres and the nature trail will be in all parts of the woodland. This will help encourage use of the woodland and physical activity.	Improved emotional health, wellbeing and relationships (individuals) Increased levels of activity (individuals) Improved community cohesion and reduction in social isolation	£500	Waingroves Community Woodland Trust
All	Small Grants Scheme To run a Small Grants Scheme for amounts up to £500 open to small voluntary and community organisations operating in the Amber Valley area	Improved community cohesion and reduction in social isolation Increased access to services Improved emotional health, wellbeing and relationships (individuals)	£5,000	Amber Valley CVS

Priority	Intervention/Project including brief description	Expected Outcome/s	Budget Allocation	Who?
All	Healthy Workplaces To provide funding for a number of initiatives designed to improve health in the workplace. This will include the development of Workplace Games, open to anyone employed by businesses in Amber Valley	Improved emotional health, wellbeing and relationships (individuals) Increased levels of activity (individuals) Improve diet nutrition and weight management	£1,900	AVBC/DCC Public Health
Mental Health and Wellbeing	Mental Health Innovation Project To work with users of mental health services to design a project(s) based around prevention of mental ill health and the reduction of stigma in Amber Valley. This is designed to complement existing services by filling in potential gaps in provision	Improved emotional health, wellbeing and relationships (individuals) Improved community cohesion and reduction in social isolation Increased access to services	£20,000 (Unallocated)	Health Partnership
Older People	Eats and Treats – Targeted Prevention Project based around a model already operating in the Bolsover area. Individuals targeted by Adult Care and other organisations to a day where they can access relevant information from a wide variety of services based on their needs. . Opportunities to signpost them to local services. There will also be activities provided by local organisations along with an opportunity to socialise with others	Improved emotional health, wellbeing and relationships (individuals) Improved community cohesion and reduction in social isolation Increased access to services	£10,000 (Unallocated)	Amber Valley CVS

- **Health literacy** is the ability to make sound health decisions in the context of everyday life
- **Health literacy skills** include:
 - speaking and listening
 - reading and writing
 - language i.e. English
 - number and data handling
 - reviewing information
 - decision making
 - navigating healthcare systems
- **Low health literacy** is often related to **poor health outcomes** and is more common in those who are disadvantaged
- Health literacy is one of four health & wellbeing priorities of the **Amber Valley Health Partnership** (see overleaf for more details)
- Amber Valley Health Partnership is a collection of organisations aiming to **improve health** and **reduce health inequalities** for those who live and work in Amber Valley, Derbyshire
- The partnership is currently working to become part of the **'Healthy Communities Network'**

Outcome?	Objective/Action?	Completed by?	Who?
Increase knowledge	Offer another external training opportunities for partners and professionals to learn about health literacy and suggest changes to their practice; follow by reviewing action plan and defining approach to actions 2-5	To be decided	CHL Foundation
Identify 'at risk'	Define prevalence. Carry out a baseline survey of health literacy within the locality, identify those group/s 'at risk' of lower health literacy	TBD	AVHP, DCC Public Health
Raise awareness	Run awareness raising campaign around health literacy and its importance to health amongst professionals and the wider population	TBD	AVHP
Improve access	Improve access to tools and resources for professionals and wider population e.g. links to online resources and further training	TBD	AVHP
Improve skills	Develop, deliver and evaluate an intervention to improve health literacy in identified 'at risk' group/s, encourage a project application through PH Locality Funding	May 2018	AVHP, DCC Public Health

How will success be measured?

- All health literacy work will be focussed towards meeting stated outcomes above
- Partnership members to complete a pre-/post-questionnaire around identified objectives above
- Specific outputs/outcomes to be agreed for actions once partners have attended initial training
- Learning will be shared with Health & Wellbeing Board through the PH Locality Programme

Allocated:

Project/Intervention	Lead Organisation	Organisation Type	Priority	Income Allocated
This Girl Can Dance	Qdos Arts	VCS	Healthy Weight/Physical Inactivity	£11,298
Blue Box	Blue Box Belper	VCS	Healthy Weight/Physical Inactivity	£5,000
School Holiday Food Programme	DCC Public Health	DCC	Healthy Weight/Physical Inactivity	£800
Safespeak	Relate	VCS	Mental Health/Wellbeing	£7,500
Raising Aspirations	Derbyshire Education Business Partnership	Other	Mental Health/Wellbeing	£15,000
Emotional Health & Wellbeing	Ripley Lons School	Other	Mental Health/Wellbeing	£4,500
5 Ways to Wellbeing	Amber Valley CVS	VCS	Mental Health/Wellbeing	£22,500
Marlpool Lunch Club	Marlpool Lunch Club	VCS	Older People	£580
VSPA	South Derbyshire CVS	VCS	Older People	£12,000
Adult Ed Health Literacy Project	DCC Adult Education	DCC	Healthy Communities/Health Literacy	£5,000
Nature Trail	Waingroves Community Woodland Trust	VCS	All	£500
Small Grants Scheme	Amber Valley CVS	VCS	All	£5,000
Healthy Workplaces	AVBC/DCC Public Health	DCC	All	£1,900
Total Allocated 2017-18 so far				£91,578

Proposed (unallocated):

Project	Lead Organisation	Organisation Type	Priority	Proposed Cost
Healthy Weight/ PI	?	?	Healthy Weight/Physical Inactivity	£10,000
Mental Health Innovation Project	Health Partnership	Other	Mental Health & Wellbeing	£20,000
?Safespeak	Relate	VCS	Mental Health & Wellbeing	£7,500
Eats and Treats - Targeted Prevention	? Amber Valley CVS	VCS	Older People	£10,000
Total				£47,500

Amber Valley Public Health Prevention in Partnership for People and Places

Annual Report 2016/17

Partnership working underpins the Amber Valley locality approach. The Amber Valley Health Partnership agree local priorities and drive a joint approach to prevention health improvement and tackling health inequalities

Amber Valley's locality partnership working also supports delivery of the Council's countywide Public Health programmes, including:-

- Dementia Friendly Communities
- Strictly No Falling
- Super Kitchens
- Five ways to wellbeing
- Derbyshire Healthy Workplaces
- School Holiday Food Programme

Based on investment of £133,000 the cost of participation is £26.87 per person

Shaping Local Delivery

Amber Valley
locality approach

Locality Workers

A mixture of strategic public health managers, development workers and jointly funded staff work with local partners and communities across the locality

Impact on the lives of local people

Public Health has engaged and supported
145 local groups and networks, including
Health and Wellbeing Partnerships across the
locality

248 people reporting improved community cohesion

990 people supported to achieve healthier lifestyles

Wellbeing has been improved amongst
174 people

627 people said their financial wellbeing was better

£133,000 invested

Better access to services for **260** people across Amber Valley

159 more opportunities created for employment, education and training

239 sessions delivered

97% of people taking part completed

4,949

Amber Valley residents are benefiting from taking part in local projects and services

Social Return on Investment (SROI): £47k invested in 3 locality projects resulted in an overall social impact of £499k

£1

Investment

£10

Social Return

Case Study - Escape Domestic Abuse Project

This project worked intensively with survivors of domestic abuse in Amber Valley. In 2016/17 19 participants/families benefitted from the service, achieving the following outcomes post-course:

Mental Health & Wellbeing:

- 95% reported improved mental wellbeing
- 1 in 3 are receiving emotional support via the Wellbeing team
- 2 are actively engaged in a course of therapy

Physical Activity:

- ♥ 4 previously inactive participants now regularly engage in community exercise activities

Improved finances:

- £ 2 people now in paid employment having completed the course
- £ 2 people have sought advice in relation to debt relief

266 contacts via websites, leaflets and events

The Safespeak project attracted an additional

£15,000

of investment to spend in the locality

Match Funding



**What next
2017/2018 Priorities**

- ★ Older people
- ★ Health Literacy
- ★ Physical inactivity and healthy weight
- ★ Mental Health and emotional wellbeing
- ★ Support the prevention agenda through place based and partnership working

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DERBYSHIRE
County Council

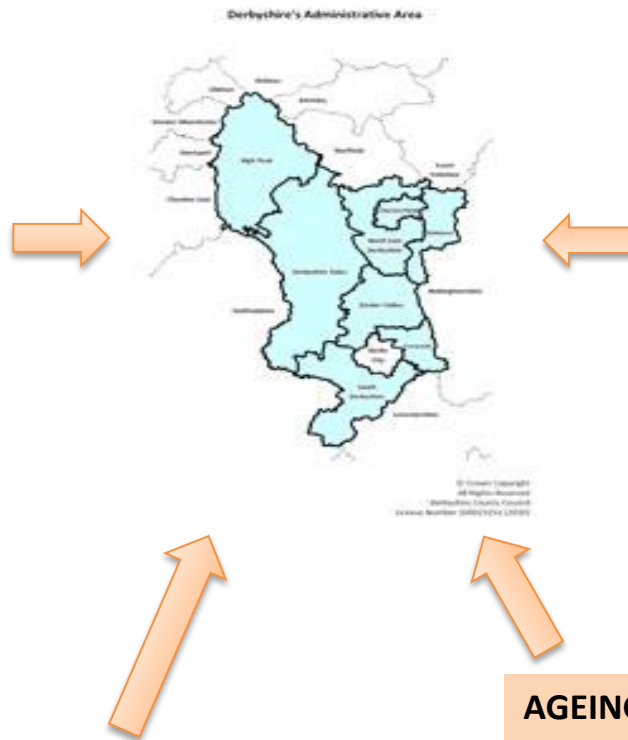
*Social Return on Investment (SROI) is a way of measuring the social impact of interventions /actions/activities. It uses a monetary value to represent the benefits gained. (NACT and Daniel Fujiwara (2017), Community Investment Values from the Social Value Bank.)

Project title:	vSPA	Case study:
Lead organisation:	South Derbyshire CVS	<p>Who: Client A was referred to vSPA via Live Life Better Derbyshire to access the Social Prescribing Pilot Scheme. She was suffering from depression and anxiety, and because of a back injury, had gained a considerable amount of weight which was contributing to her mental ill health. She lacked confidence and as a result was socially isolated as she felt unable to face to people.</p> <p>What vSPA did: Unsure about accessing her local authority leisure centre but more comfortable attending a smaller local gym (with support), the vSPA Liaison Worker used the Social Prescribing Pilot to arrange a 12-week gym membership @ £75.</p> <p>What happened: The client was really excited by the fact that someone was prepared to take some positive action and offer a practical way of addressing her issues. The fact that vSPA was able to support her with the initial cost of the gym membership gave her the impetus to attend regularly. With support in place, during the 12-week period the following outcomes were achieved:</p> <ul style="list-style-type: none"> ♥ She lost 1 stone 7lbs and continues to have contact with the weight management service ♥ Gym membership has ‘massively’ helped with her mental health issues as well as making a big contribution to her weight loss ♥ She is self-managing her anxiety and does not want therapy ♥ At the end of the 12 week, the client and her partner decided that membership is so beneficial that they have bought a family membership ♥ The client says the gym has given her the confidence to go out and is now volunteering for a local organisation
Target population:	Vulnerable older people – across the borough	
Total spent:	£12,000 (match funded by Southern Derbyshire CCG)	
Summary:	vSPA continues to provide a clear and easily accessible referral pathway from Health and Social Care to Voluntary and Community Sector (VCS) services; who then activities to support older and vulnerable people and people with long term conditions to maintain their independence and improve their health and wellbeing. In 2016-17 the service managed 260 older people clients from 26 referral sources. Primary reason/s for referral were: social isolation (80%), physical health & wellbeing (68%), independent living (65%), mental health (60%). Following assessment, clients were signposted to 73 separate local support agencies.	
Outputs and impact:	<ul style="list-style-type: none"> ▪ 260 beneficiaries ▪ 100% ↑ access to services ▪ 208 ↓ social isolation ▪ 156 ↑ emotional health & wellbeing ▪ 99 new inter-agency partnerships 	

Project title:	Shipley Country Parkrun	Case study:
Lead organisation:	Amber Valley BC/ Community Sports Trust	
Target population:	Inactive adults from Heanor and surrounds	
Total spent:	£1,500 (match funded by Erewash locality)	
Summary:	<ul style="list-style-type: none"> ▪ Parkrun is a global initiative that provides access to green space, volunteering and physical activity opportunities for local communities through free 5km events every Saturday morning ▪ A local group of volunteers worked with AVBC and Community Sports Trust to establish a Parkrun at Shipley Country Park in Heanor ▪ The first event took place on 25th February with 287 participants and 25 volunteers ▪ Between February and May 2017 events saw an average of 155 participants and 23 volunteers per week 	
Outputs and impact:	<ul style="list-style-type: none"> ▪ First 10 events: 1554 participants; 227 volunteers ▪ Shipley Country Parkrun will continue indefinitely 	<p>£ Social Return on Investment (SROI): For an initial outlay of £3k, Shipley Country Parkrun delivered a net societal benefit of £117k and a social ROI of £40.22 for every £1 spent in its first 2 months</p> <ul style="list-style-type: none"> ▪ SROI figure derived from the number of new volunteers created (n=34) and the number of participants who were not previously active but now regularly access the Parkrun on a weekly basis (n=9) <div>    </div> <ul style="list-style-type: none"> ▪ Click here for a link to the Shipley Country Parkrun website

STARTING AND DEVELOPING WELL

- Health Visiting
- Breastfeeding support
- Children and Young People's Health Promotion
- National Child Measurement Programme
- HENRY (Health Exercise and Nutrition for the Really Young)
- School breakfast clubs
- School holiday food programme
- Five60 (Healthy eating, physical activity and obesity prevention)
- Citizens advice in Children's Centre's
- School Nursing service
- Young people's sexual health service
- Young peoples' drug and alcohol services



LIVING AND WORKING WELL

- Tobacco Control including illicit and illegal tobacco
- Smoking cessation
- Weight management
- Health referral scheme
- Walking for health groups
- Health Trainers programme
- Make Every Contact Count (MECC)
- Sexual health services
- Drug and alcohol services – tier 2 & 3
- Family and carer support for drug users
- Living with long term conditions programme
- Diabetes education

HEALTH INEQUALITIES

- Citizen advice in GP surgeries
- Credit Union development
- Affordable warmth programme
- Food bank support
- Support for welfare assessment

AGEING WELL

- Health Checks for over 40's
- Fall s prevention programme
- Dementia Friendly Communities

Derbyshire Public Health Prevention in Partnership for People and Places ... Annual Report 2016/17

Partnership working underpins Derbyshire's locality approach. Health and Wellbeing Partnerships operate in all 8 localities; these agree local priorities and drive a joint approach to prevention and health improvement

Derbyshire's locality partnership working also supports delivery of the Council's countywide Public Health programmes, including:-
-Dementia Friends
-Strictly No Falling
-Super Kitchens
-Five ways to wellbeing
-Derbyshire Healthy Workplaces
-Holiday Food Programme

Based on investment of £989,529 the cost of participation is £21.94 per person

Shaping Local Delivery

Partnerships Derbyshire locality approach Investments

Locality Workers

A mixture of strategic public health managers, development workers and jointly funded staff work with local partners and communities across the 8 localities

Impact on the lives of local people

Public Health has engaged and supported

792 local groups and networks, including Health and Wellbeing Partnerships across the county

80% of people taking part

419,000 contacts via websites, leaflets and events

45,758 Derbyshire residents are benefiting from taking part in local projects and services

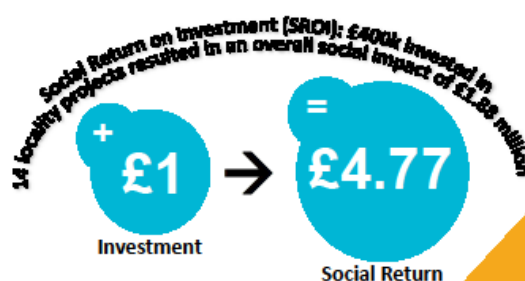
12,725 sessions delivered

Match Funding



14 locality projects attracted an additional

£228,220 of investment to spend in local neighbourhoods



What next

- ★ Support the prevention agenda through place based and partnership working
- ★ Maintain and strengthen local partnerships at both a strategic and operational level
- ★ Review priorities to support the most vulnerable individuals and communities to achieve better health and wellbeing outcomes
- ★ Embed Social Return On Investment (SROI) principles across locality public health delivery

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