

**CONTROLLED**

**APPENDIX 2**

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# **A HEALTHY BOLSOVER**

## **- Locality Public Health Plan -**

### ***Building, Promoting & Supporting the Health and Wellbeing of Local People***

### **2014-2017**

#### **Introduction**

This Locality Public Health plan sets out the priorities and actions for improving the health of people in the Bolsover District, providing a focus for local delivery of the national Public Health Outcomes Framework (PHOF).

The most up to date Bolsover Community Health Profile 2010 <http://www.apho.org.uk/resource/view.aspx?RID=126997> shows that, over the last few years, good progress has been made in tackling health inequalities, particularly in terms of addressing some of the wider economic issues which affect health and wellbeing. However, activity needs to be sustained in order to continue moving in the right direction and further reduce the health inequalities within the district, as well as those apparent when comparing Bolsover with other parts of Derbyshire and England.

#### **Local Priorities & Partnership Working**

Partnership working is critical to achieving improvements in health and well-being at a local level. Working together to identify priorities which are important to partners, and have relevance to their own plans and strategies, encourages ownership of the action plan.

For over a decade Bolsover Health and Well-being Partnership, part of the wider Bolsover Partnership (LSP) has been pivotal to the planning and delivery of public health programmes across the district. Adopting a multi-agency approach has meant that a wide range of organisations and community groups from across the district have contributed to identifying needs, sharing good practice and securing funding for the benefit of health & wellbeing. It has also presented opportunities for developing innovative work to support the delivery of Public Health outcomes at a local level e.g. Bolsover Wellness, HEET Events, School Health Champions, Raising Aspirations

Moving forward, the Local Area Committee for Bolsover, led by Derbyshire County Council, will be actively involved in agreeing public health priorities and plans, which will strengthen partnership working for public health across the locality.

## Identifying Local Needs & Priorities

This plan has been produced using local information collated from a variety of sources, as well as local health profile data information has been gathered locally through a number of community forums, including Bolsover Voluntary Sector Health & Wellbeing Forum held in September 2013. A summary of some of the cross cutting themes/priorities drawn from a number of agencies/plans can be found in the appendices

Engaging partners across all sectors means that Healthy Bolsover reflects the priorities identified in the strategies and plans of partners organisations, these include; Bolsover Community Strategy <http://www.lsp.bolsover.gov.uk/index.php>, A Fairer Deal for Derbyshire [http://www.derbyshire.gov.uk/council/policies\\_plans/council\\_plan](http://www.derbyshire.gov.uk/council/policies_plans/council_plan) Derbyshire Health & Wellbeing Strategy and Hardwick <http://www.hardwickccg.nhs.uk/> and North Derbyshire Clinical Commissioning Groups <http://www.northderbyshireccg.nhs.uk/>

This inclusive approach to identifying local needs and priorities is an essential/important part of agreeing an action plan which is meaningful to local people and organisations delivering services to the area.

Furthermore, it creates opportunities for linking up across neighbouring areas, sharing actions and avoiding duplication, for example, Financial Inclusion Strategy, Food Poverty Strategy and action plan of the Children's & Younger Adults Partnership for Bolsover/North East. Other strategic developments currently in development or revised will be reflected in more detail as part of an annual review, for example, Bolsover District Councils' Growth Strategy; others include; Bolsover Sports and Facilities Strategy, Bolsover Arts and Cultural Development Strategy, Bolsover/NED Corporate Strategy.

From the local information examined the following issues stand out for Bolsover District

- **Lower life expectancy that those living in England**
- **Higher levels of premature death from cancers, heart disease and stroke**
- **Higher than average levels of income deprivation, child poverty and lower GCSE attainment**
- **High youth unemployment**
- **Significant impact of the Welfare Reforms agenda, increased fuel and food poverty.**
- **Higher than national average levels of obesity and physical inactivity**

## **Funding & Resources**

The current economic climate does mean that resources are limited and will be for the foreseeable future. It is therefore imperative that effective partnership working continues to ensure that duplication is reduced and resources that are available can be maximised. Bolsover's allocation from Derbyshire County Public Health will remain static and some of the investment identified within the plan is from current budget levels. Any additional funding that can be sourced from other partners within the locality will be used to enhance existing programmes and projects.

## **Priorities & Action Plan: 2014-2015**

The action plan priorities are divided into 3 sections for easy reference; however, in some cases an activity or action actions may appear in more than one section because the issue cuts across more than one priority area.

- **Building Healthy Communities**
- **Promoting Healthy Lifestyles**
- **Supporting Effective Health and Social Care**

Each section identifies the expected outcomes and monitoring.

**PRIORITY: BUILDING HEALTHY COMMUNITIES**

Objectives	Activity or Action	Outcome	Funding Allocation required (£)	Monitoring success/evaluation
<b>1. Reducing Poverty with a focus on Child Poverty</b> (incorporating Financial Inclusion, Food & Fuel Poverty)	<ul style="list-style-type: none"> <li>Support co-ordination of Bolsover Fighting Poverty Forum (recently merged Financial Inclusion &amp; Food Poverty Forums) and implement associated strategies</li> </ul>	To develop a more co-ordinated approach to tackling root causes of poverty in Bolsover District	£14000 committed	SLA Performance targets
	<ul style="list-style-type: none"> <li>Identify opportunities to link with the delivery of the Work and Skills Plan to support people into training, education and employment</li> </ul>	Increase opportunities for economic growth in the district and improve education training and employment for vulnerable communities.	Funds proposed through Bolsover Partnership H&WB Fund(Help to Work)	Unemployment data IMD data – employment Local impact data Evaluation reports and consultation
	<ul style="list-style-type: none"> <li>Support/develop training of Contact Centre staff on e.g. mental health awareness, to address short and long term impact of welfare reforms on local communities.</li> </ul>	Develop more positive relationships and wider understanding for clients with mental health needs in relation to welfare reform	Funds proposed through Bolsover Partnership H&WB Fund(tbc)	
	<ul style="list-style-type: none"> <li>Support the development and expansion of Food banks across Bolsover District</li> </ul>	Reduce stigma and increase awareness & accessibility of food banks, community gardens, bulk buying and veg box schemes.	Some committed funds from County PH allocation for food banks	Health profile data Local impact data Trussell Trust Data
	<ul style="list-style-type: none"> <li>Fuel Poverty/ Affordable Warmth (also see Older/Vulnerable communities)</li> </ul>	Reduce numbers of people living in fuel poverty	£20000 committed through PH SLA	SLA Performance targets
	<ul style="list-style-type: none"> <li>Support the expansion of the Budget Buddies Scheme across Bolsover District to support people with budgeting and money management support</li> </ul>	Increased awareness of budgeting to reduce numbers of people at risk of financial exclusion.	Funds proposed through Bolsover Partnership H&WB Fund(tbc)	Local impact data SLA Performance targets
	<ul style="list-style-type: none"> <li>Maintain support for the expansion of Bolsover</li> </ul>	Increased support for children	Bolsover	Youth employment data

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	Raising Aspirations Project; improving school attainment & youth employment.	and young people to achieve their potential	Partnership funded	Annual monitoring report from Connexions DCC
<b>2. Reducing Binge Drinking and associated crime and anti-social behaviour</b>	<ul style="list-style-type: none"> <li>Support the development of a community cohesion programme in Shirebrook</li> </ul>	Reduction in existing community and racial tensions in targeted areas of the district.	Funds proposed through Partnership H&WB Fund(tbc)	Health profile data Crime data
	<ul style="list-style-type: none"> <li>Support the Raising Aspirations programme for young people in Bolsover District e.g. Namibia project, Development of the RAiSE project</li> </ul>	Improve confidence and aspiration of young people aged 11-17 across the district	£5000 – fundraising committed to Namibia £1050 – training	Local project Evaluation, reports and consultation
	<ul style="list-style-type: none"> <li>Continued support for the Extreme Wheels programme to provide diversionary activities for young people</li> </ul>	Contribute to a reduction in anti-social behaviour across the district and improve physical activity among hard to reach young people	SLA Funded until March 2015 via Bolsover Wellness	Health profile data Crime data
<b>3. Promoting Healthy Families</b> includes, parenting, teenage pregnancy, breastfeeding	<ul style="list-style-type: none"> <li>Support the 'troubled families' agenda to address parenting and the early years</li> </ul>	Reduce the number of troubled families in Bolsover District		Health profile data Local impact data
	<ul style="list-style-type: none"> <li>To explore opportunities for a home visiting befriending service for parents of children under 5 in the locality</li> </ul>	Improving parenting skills for the under 5s		Local impact data
	<ul style="list-style-type: none"> <li>Engage with DCCs 'Community Budget' to support the ethnographic approach to researching needs of 'thriving families'</li> </ul>	Improve commissioning and reduce duplication of services		Health profile data Local impact data
	<ul style="list-style-type: none"> <li>Co-ordinate the HEET (Health Education Employment and Training) programme across the district to ensure health support and information is available.</li> </ul>	Raise awareness and aspirations of local health, education, training and employment opportunities for young people and communities		Evaluation reports and consultation
	<ul style="list-style-type: none"> <li>Support and develop county and local Breastfeeding initiatives</li> </ul>	Increase breastfeeding figures across Bolsover district	Committed PH funding £2500 (£500 per school)	Health profile data Local impact data

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<b>4. Supporting Older People and Promoting Healthy Ageing</b>	<ul style="list-style-type: none"> <li>Roll out the provision of the over 50s Health Information Point with a view to expanding across the district</li> <li>Contribute to reducing hospital admissions agenda lead by Bolsover CCG Liaison Group including initiatives that reduce slips trips and falls across the district.</li> <li>Maintain District based Fuel Poverty/ Affordable Warmth referral service</li> <li>Support the development of a local website providing information to reduce fuel &amp; food poverty, and improve debt management support and services to the public.</li> <li>Explore opportunities to invest in the development of and access to entry level walks for older people and vulnerable groups e.g. Community Transport, W4H forum</li> <li>Undertake a health needs assessment with local Residential Care homes for Older people</li> </ul>	<p>Increased engagement and information about health services for Older people</p> <p>To develop a more co-ordinated approach to reducing hospital admissions Reduce numbers of slips, trips and falls</p> <p>Improved access to fuel poverty advice and support.</p> <p>Improve awareness of a range of services and information to reduce fuel poverty for older people</p> <p>Increase access and opportunities for physical activity among older people</p> <p>Increase opportunities for promoting health and wellbeing in care homes</p>	<p>PH Funding to support development lead by BHNT</p> <p>£11,000</p> <p>£3000 (tbc 2014/15)</p>	<p>Health profile data Local impact data</p> <p>Evaluation reports and consultation</p> <p>Quarterly monitoring data from Environmental Health</p>
<b>5. Supporting Vulnerable People</b>	<ul style="list-style-type: none"> <li>Continue links with programmes that specifically support vulnerable people and disadvantaged groups e.g. disability dynamics</li> <li>Support the co-ordination delivery of the Work and Skills Plan to support people with disabilities into Training, Education and Employment support</li> <li>Involve local disabled people within the decision</li> </ul>	<p>Increase the number of programmes supporting vulnerable people across the district</p> <p>Increase opportunities for economic growth in the district and improve education training and employment for vulnerable communities.</p> <p>Increase awareness of disability</p>	<p>Funds proposed through Bolsover Partnership H&amp;WB Fund(Help to Work)</p>	<p>Health profile data Local impact data Evaluation reports and consultation Unemployment data IMD data – employment Local impact data</p> <p>Evaluation reports and</p>

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	<p>making process of the council</p> <ul style="list-style-type: none"> <li>Explore opportunities for supporting Armed Forces Task group</li> </ul>	<p>issues across the council</p> <p>Increase wellbeing and support for veterans and Armed Forces in Bolsover District</p>		<p>consultation</p> <p>Local impact data Evaluation reports and consultation</p>
<b>6. Strengthening Mental Health and Wellbeing</b>	<ul style="list-style-type: none"> <li>Support/develop training on mental health awareness, for Contact Centre and front line staff, local community and voluntary sector to address short and long term impact of welfare reforms on local communities.</li> </ul>	<p>Develop more positive relationships and wider understanding for clients/communities experiencing mental health issues in relation to welfare reform</p>	<p>Funds proposed through Bolsover Partnership H&amp;WB Fund(Help to Work)</p>	<p>Health profile data Local impact data Evaluation reports and consultation</p>
	<ul style="list-style-type: none"> <li>Improve access to Training, education and employment through the delivery of the Work and Skills Plan to improve mental wellbeing</li> </ul>	<p>Increase opportunities for economic growth in the district</p> <p>Improved Mental Wellbeing</p>	<p>Funds proposed through Bolsover Partnership H&amp;WB Fund(Help to Work)</p>	<p>Unemployment data IMD data – employment Local impact data Evaluation reports and consultation</p>
	<ul style="list-style-type: none"> <li>Explore opportunities for piloting a mental health support worker role for staff working within Bolsover and North East District Council</li> </ul>	<p>Extend support for district council staff in working with people with mental health issues</p>		
	<ul style="list-style-type: none"> <li>Support the development of the Community and Voluntary Sector Health and Wellbeing Forum</li> </ul>	<p>Ensure health and well-being is addressed positively within local organisations and communities to promote mental wellbeing and support the social inclusion agenda</p>		<p>Local impact data Evaluation reports and consultation</p>
	<ul style="list-style-type: none"> <li>Support the promotion, development and expansion of Bolsover Befriending Service</li> </ul>	<p>Reduce social inclusion for older and vulnerable people</p>	<p>Funds proposed through Bolsover Partnership H&amp;WB Fund(Help to Work)</p>	<p>Local impact data Evaluation reports and consultation</p>



**PRIORITY: PROMOTING HEALTHY LIFESTYLES**

Key Objectives	Activity or Action	Outcome	Funding Allocation required (£)	Monitoring success/evaluation
<b>1.Increasing Physical Activity</b>	<ul style="list-style-type: none"> <li>Enhance County Wellbeing model through the provision of Bolsover Wellness</li> </ul>	Increased physical activity and access to tailored services for local people	Part of Bolsover Wellness service spec	Health profile data Local impact data
	<ul style="list-style-type: none"> <li>Add value to the County Walking for Health programme by developing a Bolsover W4H Forum to promote entry level walks to Older People and vulnerable groups</li> </ul>	Develop new groups to increase physical activity among older people, contributing to the slips trips and falls agenda	£3000 (tbc 2014/15)	Monthly monitoring data & Annual Report
	<ul style="list-style-type: none"> <li>Increasing access to Entry Level Walking groups through Community transport provision in the north and south of the district</li> </ul>	Increase access to physical activity for older and vulnerable groups	(as above tbc 2014/15)	Evaluation reports and consultation
	<ul style="list-style-type: none"> <li>Develop and pilot Community and Employment Health Checks programme across Bolsover and North East District Councils</li> </ul>	Increase uptake of NHS Health Check programme in a community/workplace setting	£24000 Committed through Bolsover Partnership and DCC PH	Health Profile data Pilot evaluation and Health Check data
	<ul style="list-style-type: none"> <li>Develop a Pilot project with young women through Extreme Wheels BMX 'DIVAS' project</li> </ul>	Increase physical activity among young women aged 10-17yrs	Sessions committed through Bolsover Wellness C&YP programme	Pilot evaluation reports
<b>2.Reducing Obesity and Promoting Healthier Weight</b>	<ul style="list-style-type: none"> <li>Promote the County Wellbeing Approach to Obesity and weight management and wellbeing through Bolsover Wellness</li> </ul>	Increase access to local services to support a reduction levels of Obesity across Bolsover District	DCC Funded County Programme	Health profile data Local impact data
	<ul style="list-style-type: none"> <li>Pilot the Healthy Weight Programme for 11-</li> </ul>	Improve consistency and	£30000 (tbc)	Evaluation reports and

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	<ul style="list-style-type: none"> <li>17yrs across Bolsover &amp; NED in partnership with LCPCYP</li> <li>Develop and pilot Community and Employment Health Checks programme across Bolsover and North East District Councils</li> </ul>	<p>partnership win addressing healthy weight for young people</p> <p>Increase uptake of NHS Health Check programme</p>	<p>Bolsover Partnership</p> <p>£24000 Committed through Bolsover Partnership and DCC PH</p>	<p>performance monitoring</p> <p>Pilot evaluation and HC data</p>
<b>3.Reducing Smoking and its effects</b>	<ul style="list-style-type: none"> <li>Promote the County Wellbeing Approach to smoking, tobacco control and wellbeing</li> <li>Develop and pilot Community and Employment Health Checks programme across Bolsover and North East District Councils</li> </ul>	<p>Increase access to local services to support a reduction in prevalence of smoking across the district</p> <p>Increase uptake of NHS Health Check programme</p>	<p>DCC Funded County Programme</p> <p>£24000 Committed (partnership &amp; DCC PH)</p>	<p>Health profile data</p> <p>Local impact data</p> <p>Evaluation reports and consultation</p> <p>Pilot evaluation and HC data</p>
<b>4.Improve Healthy Lifestyles for Young People</b>	<ul style="list-style-type: none"> <li>Develop and evaluate the pilot of the School Health Champion project in Shirebrook Academy</li> <li>Roll out the School Health Champion model to other secondary schools across Bolsover in 2014/15</li> <li>Provide the Healthy Ipad to local secondary schools supported by CAB and local partners</li> <li>Support the Teen Healthsmart programme for North Derbyshire to enhance school nursing support for local secondary schools</li> <li>Maintain and support delivery of Physical Activity &amp; Sports Development programmes for Children &amp; Young People, and the families, including 5/60; Junior Gym; Breakfast Gym, Street games &amp; Street Sports plus, Village Games</li> </ul>	<p>Improve Confidence, Skills and information around healthy lifestyles</p> <p>Increase access to health and wellbeing information and support for young people</p> <p>Increase availability of healthy lifestyles activities using innovative approaches with young people</p>	<p>£1000 to Shirebrook Academy (2013/14)</p> <p>£1000 per school set up costs (tbc)</p> <p>£5555 committed to school nursing</p> <p>£48,000 (part of Bolsover Wellness service spec)</p>	<p>Health profile data</p> <p>Local impact data</p> <p>Evaluation reports and consultation</p> <p>Evaluation reports and consultation</p> <p>Quarterly monitoring &amp; Annual Report</p>

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<b>5.Promoting Positive Mental Well-being and Reducing Social Isolation</b>	<ul style="list-style-type: none"> <li>Promote the County Wellbeing Service to address needs of individuals in Bolsover with complex issues</li> </ul>	Reduce Inequalities for those most vulnerable individuals	DCC Funded County Programme	Health profile data Local impact data
	<ul style="list-style-type: none"> <li>Support/develop training of Contact Centre Staff and community and voluntary sector on e.g. mental health awareness, to address short and long term impact of welfare reforms on local communities.</li> </ul>	Develop more positive relationships and wider understanding for clients and communities with mental health issues		Evaluation reports and consultation
	<ul style="list-style-type: none"> <li>Support development of the Health and Wellbeing Forum lead by CVP in April 2014</li> </ul>	Ensure local organisations and communities promote mental wellbeing and support the social inclusion agenda		Evaluation reports and consultation
	<ul style="list-style-type: none"> <li>Explore opportunities for piloting a mental health support worker role for staff working within Bolsover and North East District Council</li> </ul>	Extend support for district council staff and Community voluntary sector in working with people with mental health issues	Funds proposed Bolsover Partnership Health Development Fund	Local impact data Evaluation reports and consultation
	<ul style="list-style-type: none"> <li>Add value to the Walking for Health programme to support wellbeing and reduce social isolation</li> </ul>	Reduce social isolation and improved mental and physical wellbeing	PH Funds £3000 tbc	SLA Performance targets
	<ul style="list-style-type: none"> <li>Support the development of a Peer Support Programme through CVP</li> </ul>	Reduce social isolation and improved mental and physical wellbeing	Funds proposed through Bolsover Partnership H&WB Fund(Help to Work)	Local impact data Evaluation reports
	<ul style="list-style-type: none"> <li>Support wellbeing at work as part of Health Champion approach within Bolsover and North East District Councils</li> </ul>	Improve wellbeing and support in the workplace (Strategic Alliance)		Employee Surveys Local impact data Health check uptake data

**PRIORITY: SUPPORTING ACCESS TO EFFECTIVE HEALTH & SOCIAL CARE**

Key Objectives	Activity or Action	Outcome	Funding Allocation required (£)	Monitoring success/evaluation
<b>1.Improve identification and treatment of those at risk of CVD</b>	<ul style="list-style-type: none"> <li>Develop and pilot Community and Employment Health Checks programme across Bolsover and North East District Councils</li> <li>Work with CVS partners to enable the development of a Peer Support Programme to signpost and help people to access service provision</li> </ul>	<p>Increased uptake of NHS Health Check programme</p> <p>Increased uptake of Health and social care service provision</p>	£24000 Committed through partnership and PH ageing well team	<p>Health profile data Local impact data Health check data</p> <p>Local impact reports Evaluation reports and consultation</p>
<b>2.Improve uptake of cancer screening</b>	<ul style="list-style-type: none"> <li>Support local and county Cancer Screening initiatives, especially targeting vulnerable people</li> </ul>	Increase uptake of cancer screening and health checks		Health profile data Local impact data Evaluation reports and consultation
<b>3.Support the Integrated Care Agenda to reduce hospital admissions</b>	<ul style="list-style-type: none"> <li>Contribute to reducing hospital admissions agenda lead by Bolsover CCG Liaison Group including initiatives that reduce slips trips and falls across the district</li> <li>Maintain District based Fuel Poverty/ Affordable Warmth referral service (also see Older/Vulnerable communities)</li> </ul>	<p>Contribute to a reduction in hospital admissions caused by slips trips and falls across Bolsover District</p> <p>Reduce numbers of people living in Fuel Poverty</p>	£11,000 (as above)	<p>Health profile data Local impact data</p> <p>Evaluation reports and consultation</p>
<b>4.Extend local links with Clinical Commissioning Groups (CCGs) for preventative healthcare</b>	<ul style="list-style-type: none"> <li>Support the CCG liaison group to strengthen partnership working and joint commissioning of services</li> </ul>	Increase joint working for more effective and efficient service provision		<p>Health Profile Data Local impact data</p> <p>Evaluation reports and consultation</p>
<b>5.Improve</b>	<ul style="list-style-type: none"> <li>Support wellbeing at work as part of 'Change</li> </ul>	Improve wellbeing and support in		Local impact data

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<b>Workplace Health &amp; Social Care</b>	<p>Motivators' Health Champion approach within Bolsover and North East District Councils</p> <ul style="list-style-type: none"><li>• MECC – support the County roll out of 'Making Every Contact Count' for organisations across the district</li></ul>	<p>the workplace</p> <p>Increase numbers of professionals and volunteers who are MECC trained across the county</p>	<p>DCC Funded County Programme</p>	<p>Local Impact data</p>
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The following programmes or initiatives cover all localities in Derbyshire in 2014

### STARTING AND DEVELOPING WELL

- 🔊 Vision screening
- 🔊 Breastfeeding support
- 🔊 School breakfast clubs
- 🔊 **5/60** -Healthy eating, physical activity and obesity prevention programme
- 🔊 Citizen's 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 and 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

### AGEING WELL

- 🔊 Health Checks for over 40's
- 🔊 Fall s prevention programme inc transport
- 🔊 Social isolation initiative
- 🔊 Foot care programme

## Appendix 2

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