

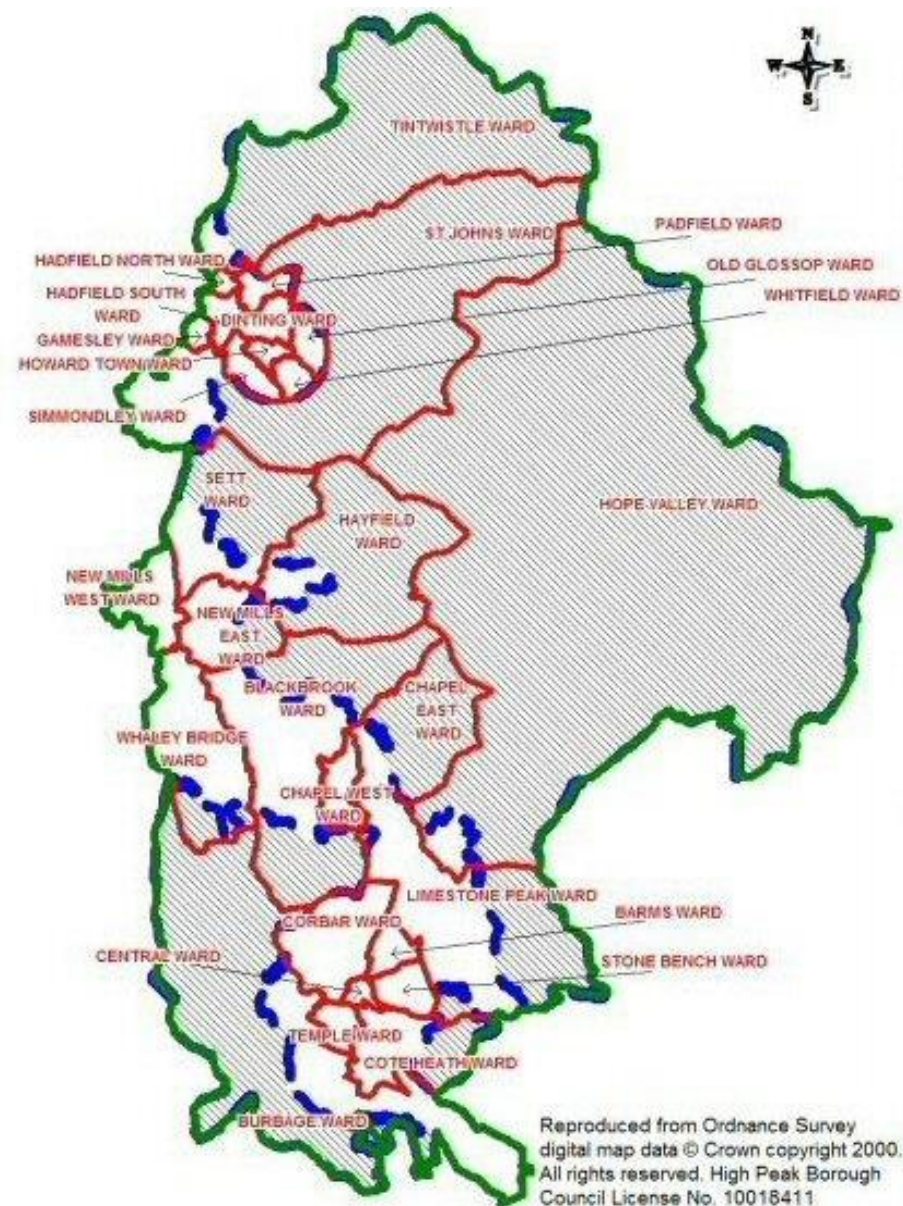
A HEALTHY HIGH PEAK – HIGH PEAK LOCALITY PUBLIC HEALTH PLAN 2017/18

Demographic profile

The High Peak is a Borough Council area in the North of Derbyshire. At the time of the 2011 Census it had a population of about 91,000 distributed across 208 square miles. The largest town is Buxton (population 22,000) and the second largest is Glossop (population 17,500).

Key statistics

1. Two lower super output areas (LSOA) in Glossop (making up Gamesley ward) fall within the 10% most deprived in England and are the fifth and tenth most deprived LSOAs in Derbyshire (IMD 2015)
2. Male life expectancy at birth in Gamesley is 76.3 years compared with 79.3 for both Derbyshire and England (ONS). For females it is 79.3 years compared with 83 for both Derbyshire and England.
3. The most recent ONS figures for Jobseekers Allowance claimants (Nov 2016) show that Gamesley in Glossop has the second highest level in Derbyshire with a rate of 2.2%. Whitfield ranked 9th worst (1.7%). The comparable figures for High Peak are 0.7%, Derbyshire 0.8% and England 1.1%.
4. In the High Peak, a higher percentage of Jobseekers Allowance claimants are long term unemployed (over 12 months) compared to county or national rates (35.4% in High Peak equating to 145 people compared to 33.7% in Derbyshire and 31.2% England).
5. The rates of people on Employment Support Allowance and Incapacity Benefits (May 2016) in High Peak at 5.6% are below the Derbyshire (6.3%) and England (5.9%) rates but these mask specific areas where ESA rates are much higher. Gamesley (15%); Whitfield (12.4%) and Hadfield North (10.4%) wards have rates twice that of High Peak as a whole. It is also worth noting that, as wards are of different sizes, although the rate of ESA is



lower, the actual number of people who are on ESA in wards such as Stone Bench, Howard Town and New Mills East is the same or higher than in Gamesley.

6. There are 125 In 2015, 3.5% of young people aged 16-18 years in the High Peak were NEETs (not in education, employment or training) compared to the Derbyshire average of 3.3% and 4.2% for England.
7. Rates of teenage conception for wards where they could be calculated were similar to England and High Peak. Historically the number of 16-18 years who were teenage parents and NEET were twice as high in Glossop than Buxton or Derbyshire averages. (i.e. teenage parents in Glossop were more likely to remain workless than in other locations)

There were 45 18-24 year olds on JSA benefits in November 2016. This is a significant reduction from 345 in December 2014, but is now below the pre-recession level. Numbers on Universal Credit have risen from 0 to 180 in the same period.

The following programmes or initiatives cover all localities in Derbyshire from 2014

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
- 🔊 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 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
- 🔊 Support for welfare assessment

AGEING WELL

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

HIGH PEAK LOCALITY PUBLIC HEALTH ACTION PLAN

PRIORITY	INTERVENTION/PROJECT	EVIDENCE	OUTCOMES
Vulnerable groups	Wealth health & wellbeing project. An outreach approach in neighbourhoods with high levels of rent arrears. Takes 5 key services to these neighbourhoods to reduce poverty in a holistic way.	Outcomes from intervention in Tameside, Glossop & Fairfield	2 programmes/year 120 families helped each year
Vulnerable groups	Employment support to Wealth, Health and Wellbeing project Employment support for young people and unemployed people by Glossop Volunteer Centre	Impact of unemployment on health Innovation	Employment advisor attendance at W, H WB events Number of people advised about employment or training <ul style="list-style-type: none"> • A programme of activities and interventions developed and delivered with each identified secondary school to benefit their students in KS4 and their families. • An increase in post 16 participation levels • Evidence of stabilised lifestyles through case studies • Final evaluation of the project's achievements, outcomes and legacy

Financial inclusion	Community banks development. Full time worker funded 2014-7 to increase membership of the credit union across the High Peak. Now sustainable in Glossop. Now developing community bank services in High Peak South and Central with Derbyshire Community Bank.	Research on impact of CUs promoting financial inclusion.	Existing members able to borrow and pay back loans. 100 New members recruited by DCB.
Glossop	Glossop health action plan	Evidence based approach to action plan.	<ul style="list-style-type: none"> Gamesley, garden aesthetics improvement: Identified 20% of household gardens at the last WHWB phase, littered with furniture. Leaflet, door knocking in April and delivery May Group of volunteers are developing a training plan for dementia friendly Glossop. Also linking into work already underway in Buxton Community café via established business.
Young people	Raising Aspirations	Successful programme in Bolsover	Targets and indicators in RA plan available on request
Physical activity Mental health	Peak Park Leisure Walks- supported walking programme for vulnerable groups	There is a strong evidence base for the impact of regular physical activity on physical and mental health.	Number of walks/events Numbers of participants
Mental health	Agricultural chaplaincy. Outreach social and technical support to local farmers delivered by an ex-farmer	Outcomes from existing project	Number of clients Case studies of impact

	and chaplain.		
Reducing food waste	Additional community café School holiday activity programme	Evaluation from Nottingham Evidence from Leicestershire	Existing community cafés become sustainable Two new community cafes opened Number of meals provided Number of children and families participating Number of volunteers
Healthy workplaces	To support the development of the Healthy Workplace initiative in the High Peak through a small grants fund via HPCVS	Evidence from the Healthy Workplace programme	Number of organisations receiving grants Number of employees covered Examples of workplace initiatives developed

Case studies

Case Study - Walking Football, Whaley Bridge

Barry, who at 57 is one of the junior members of the group, started walking football when he heard it being talked about on local radio. His doctor had referred him to a weight management programme and he was looking for ways to be active. After his first session he says: "My legs were a bit sore the next morning because of the unaccustomed fast walking but not as sore as my sides where I'd laughed so much." Barry has now lost two and half stones and counting and is a regular attender at Memorial Park

Case Study – Time out

Barbara*, in her late 70s, was recently bereaved and dropped into the Volunteer Centre to gain ideas on how to occupy her time. As a result she started to attend the seated exercise session at the Time Out Extra. Over time staff noticed that Barbara was becoming increasingly forgetful and confused. A conversation with her revealed that she too was concerned that she never knew what day or time it was and nor could she remember where she had been or what she had done that day. Her trust in the Time Out Extra service coordinator enabled a GP appointment to be made, support from the GP's over 75s worker to be accessed and subsequently a referral to the Alzheimer's Society support worker and Adult Care. Barbara now has a comprehensive support network around her. In particular we have been able to devise a weekly activity sheet for her to refer to and provide her with a large clock which gives her the day and time.

Case Study: Employment Support project

E is a 45 year old man who has been unemployed for 3 years and lives with his partner and 3 children

Education: Left school with no qualifications

Background information

E has experienced some personal issues and has had difficulties with alcohol on and off throughout his life, following a number of years of being unemployed. This has had a huge impact on his confidence and led to many periods of depression, affecting his home life and his relationship.

Moving Forward: Main Priorities

- ☐ To gain some assistance with becoming self-employed and improving his potential to increase his income
- ☐ To utilise his past work experience and develop it in to a business, completing a business plan and applying for suitable grants
- ☐ To be more positive and feel more empowered to achieve his personal goals and aspirations
- ☐ To address unhealthy lifestyle issues
- ☐ Access a self-employment training course to gain further knowledge of the process

Following the initial assessment and options E chose the route to become his own boss. Through support he produced a business plan and contacted the local Job Centre to gain assistance with the relevant welfare benefits and to apply for an enterprise allowance loan. E was matched with a Mentor with business and will receive guidance on relevant self-employment issues and general support.

His Mentor:

Sam has lived in Glossop all his life; he has established a very successful accountancy business on the high street and assisted many clients with a wide range of services. Sam will offer E the support and guidance he needs over the coming months, he will be on hand to answer any concerns and worries that might arise whilst establishing his business idea.

Sam has also committed to help deliver our new basic 3 hour training course for individuals wishing to enter the self-employment route

Locality Budget

Core = £87,422

Mental health promotion = £19,340

Workplace = £5,000