

## South Derbyshire Healthier Communities Plan 2017/18

<b>VISION</b>		
A healthier and more active lifestyle across all South Derbyshire communities		
<b>PRIORITIES</b>		
Health inequalities between different communities are reduced	People make choices in their lifestyles that improve both their physical and mental wellbeing	Older people, people with dementia and other long term conditions and their carers have a good quality of life, retain their independence for as long as possible, and receive the support they need at the end of their lives
<b>MEASURING SUCCESS – working to make a longterm difference</b>		
<ul style="list-style-type: none"> <li>Improving average life expectancy</li> <li>Reducing trend differences in life expectancy between areas of deprivation and affluence</li> </ul>	<ul style="list-style-type: none"> <li>Improved % of adults exercising</li> <li>Decreased % of inactive adults</li> <li>Reduced % of children and adults who are overweight or obese</li> <li>Reduced trend in incidence of diseases such as diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Improving Health status score of people aged 65+</li> <li>Improving trend in life expectancy years post 65yrs</li> </ul>
<b>Objectives – what will we do?</b>		
<ul style="list-style-type: none"> <li>Work through strong collaboration across multiple organisations, groups and local people</li> <li>Add value to services and programmes aimed to improve health both countywide and local to maximise benefit to the local population and generate efficiency across the delivery system locally</li> <li>Work to meet need across the whole population and with specific focus working with those living with the highest need</li> <li>Work innovatively to develop solutions to health issues through engagement with local people</li> <li>Work from a principle of maximising capacity and budget to ensure efficiency and sustainability</li> <li>Work in liaison with all groups within the South Derbyshire Partnership to support the overarching vision within the Sustainable Community Strategy 2009-29</li> </ul>		
<div style="border: 1px solid black; padding: 10px; background-color: #e6f2e6; margin: 0 auto; width: 80%;"> <p style="text-align: center; margin: 0;"><b><i>Our vision is of a dynamic and caring South Derbyshire, able to seize opportunities to develop and empower successful communities, whilst respecting and enhancing the varied character and environment of our fast growing and diverse District.</i></b></p> </div>		
<ul style="list-style-type: none"> <li>Ensure supportive evaluation across this Plan to inform future development and investment</li> </ul>		

## **Introduction**

This Locality plan supports the long term Vision of the South Derbyshire Partnership Sustainable Community Strategy (Appendix 1).

It aims to support the strategic priorities within the Sustainable Transformation Plan (STP: Joined up Care Derbyshire) where partners can contribute through the agendas of Prevention and Place. This Plan will work closely with South Derbyshire Place and City South Place to ensure maximisation of capacity and investment.

The Plan supports the Derbyshire Health and Wellbeing Strategy 2015-17 priorities:

- Keep people healthy and independent in their own home
- Build social capital
- Create healthy communities
- Support the emotional health and wellbeing of children and young people

These priorities cross through our 3 local priorities and working objectives with emphasis on

- Maintaining older people's wellbeing at home
- Engagement and working with local people
- Supporting healthy life choices across individuals and within settings such as workplaces and schools to become healthy communities
- Focus on mental wellbeing for adults and children; working closely with the Local Children's Partnership (LCP) to support children's emotional and mental wellbeing

## **Health need**

The South Derbyshire Health Profile 2017 is located:

<http://fingertipsreports.phe.org.uk/health-profiles/2017/e07000039.pdf>

The health of people in South Derbyshire is generally better than the England average. Deprivation levels are low and the proportion of children living in poverty is lower than the average for England. Rates of incapacity benefits for mental illness, new cases of tuberculosis and hospital stays for alcohol related harm are all better than the England average. Over the last ten years the rates of premature death have all improved and are close to the England average.

However there are challenges:

- Health for some areas of the population is varied compared to England averages with a clear association between deprivation and poor health outcomes.
- Life expectancy for both men and women is similar to the England average but health inequality is seen in life expectancy years for men with 6.6 years lower and 5.7 years lower for women in the most deprived areas compared to the least deprived areas

- Nearly 1:5 (17.5%) y.6 children are classified as obese and levels of excess weight in adults are above the England estimate (locally estimated at 69% adults classified as overweight or obese)
- Levels of GCSE attainment are worse than the England average with 50.6% achieving pass rates in English and Maths
- Social Mobility and aspiration might be improved (*based on performance on Social Mobility Index*)
- Smoking by women during pregnancy is above the England average
- Breastfeeding initiation and maintenance is lower than peers
- Hospital admissions for over 65s due to injurious falls are above the England average and one of the highest in the county
- The district population is one of the fastest growing both in older and young people. This growth will increase the cultural diversity of the population and impact on rural communities. This generates demand growth on services including health, schools, transport, housing and community facilities.

Additional information can be found at <https://observatory.derbyshire.gov.uk/IAS/>

*Social Mobility in Great Britain Report 2017*

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/662744/State\\_of\\_the\\_Nation\\_2017\\_-\\_Social\\_Mobility\\_in\\_Great\\_Britain.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/662744/State_of_the_Nation_2017_-_Social_Mobility_in_Great_Britain.pdf)

### **Actions 2017/18**

All projects cross-cut across the Plan's 3 Priorities. However Projects are set out in the table against what is felt to be the primary priority. These Projects are supported by

- Partner capacity
- Local people champions
- Match funding: £15,000
- Public health funding: £80,747 (+£18,000 specific to mental wellbeing)
- Locality Public Health team
- Joint funded Health Partnership Manager (SDDC/ DCC PH locality funding)

<b>PRIORITY</b>	<b>PROJECT</b>	<b>OUTPUTS</b>
<b>Health inequalities between different communities are reduced</b>	Raising Aspirations	Delivery in one secondary school  Support to 12 post-16 students - 1:1 and group support
	RISE (Raising aspirations – vulnerable communities)	Develop and launch RISE
	Agricultural Chaplaincy	Complete 50 Farm Visits Distribute 690 newsletter (345 farms X2)

		Ongoing support with 5 farmers
	ALICE (Assisted Learning in Creative Environments)	30 new clients 15 minimum completing accredited training 15 minimum achieving employment and/or volunteering
	Community Work-based Club	80 sessions 140 clients supported 260 participations 100 CVs supported
	Community Food Hub/ Social Eating	Social eating delivery in Oaklands, Gresley, Woodville and Newhall; minimum of 1000 meals Sustainability plan and "How to guide" to set up a food hub Food Hygiene training to volunteers
	Domestic support and interventions - vulnerable homes	Handbook of Housing support 20 clients supported New partnerships developed between Housing/ Environmental Health and other support agencies
	Gardening and DIY – vulnerable homes	35 clients 95 visits 4 volunteers
	Goseley Activity Provision (GAP) Nurture/Homework Club	20 young people 8 volunteers 2 weekly sessions New Partnership engagement Sustainability plan
	Holiday Hunger	Delivery to school/nursery settings
<b>People make choices in their lifestyles that improve both their physical and mental wellbeing</b>	Healthier Communities Information project <a href="https://www.healthiersouthderbyshire.org/">https://www.healthiersouthderbyshire.org/</a>	Redesign and launch of website Promotional material across local organisations
	5 Ways To Wellbeing Campaign	Campaign
	Breathe one-to-one	8 new families 48 1:1 sessions

		10 new volunteers Improved mental wellbeing (based on recognised tool) P/T Project coordinator
	Workplace Health	Establish Loans Scheme for MyZone systems Support 6 new workplaces for a minimum of 12wks each 150 MyZone inductions and Body MOT delivery in workplaces Improved physical activity levels per and post intervention (CMO guidelines)
	Get Active project working with adults with a learning disability (LD)	Consultation events with adults who have a learning disability LD Training across providers Taster physical activity sessions
	Project application – Helping the Active Stay Active when Life Changes	Successful application/ establishment of project
<b>Older people, people with dementia and other long term conditions and their carers have good quality of life, retain their independence for as long as possible, and receive the support they need at the end of their lives</b>	VSPA	200 clients supported Service support database Improved self-reported wellbeing (based on evidenced tool)
	Dementia Action Alliance	350 individuals trained as a Dementia Friend 1200 new registrations as a Dementia Friend Delivery of Dementia Friends training Delivery of Dementia Information sessions Dementia Friendly High street in Swadlincote
	Collaborative work: Falls Pathway	Local mapping of universal support to Falls prevention
	IMPRINTED – Supporting living with Dementia through Art	12 clients living with dementia and carers Self-reported improvement to confidence and wellbeing

**Social Return on Investment (SROI) is undertaken across selected projects** (c. <http://www.hact.org.uk/hact-value>) to assess return on investment.

This Plan supports the county Public Health projects listed in Appendix 2 through ensuring they meet the local needs of South Derbyshire.

August 2017

## Appendix 1.

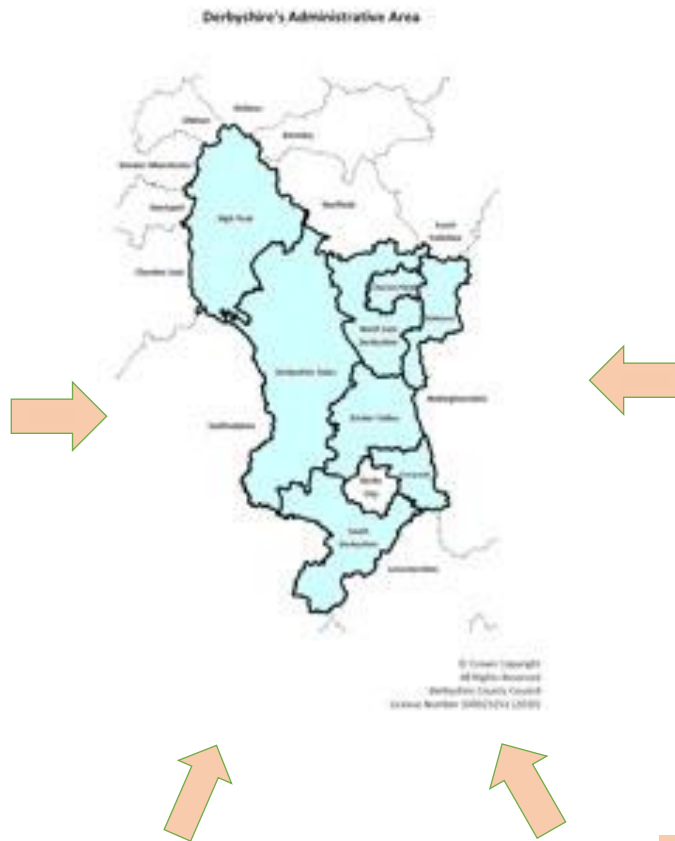


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**Appendix 2** The following programmes or initiatives cover all localities in Derbyshire from 2014

**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