

Questions for you....

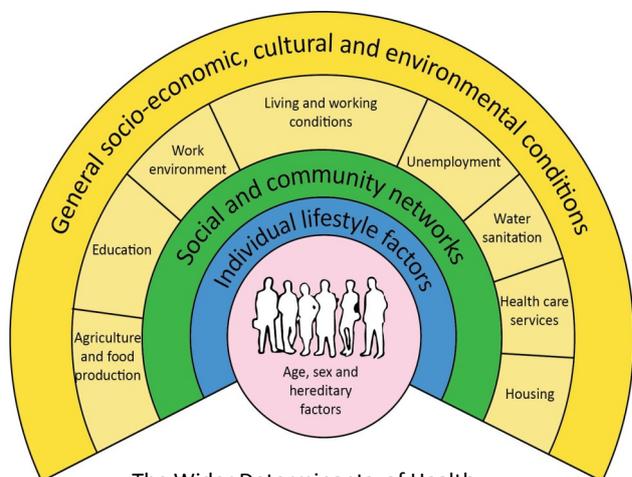
1. Do you think we are focusing on the right priorities?
2. Would you add anything to our action plan?
3. How should we communicate our health and wellbeing work to the wider public?

SDC Priorities for Health & Wellbeing Plan 2019-2022

Based on population health data, local information, our statutory duties and the scope of our influence, the following Health & Wellbeing issues have been prioritised.

- Priority 1. *Supporting Healthy Lifestyles***
- Priority 2. *Developing Stronger Communities***
- Priority 3. *Improving Housing***
- Priority 4. *Protecting the Public and
our Environment***
- Priority 5. *Partnering the Statutory, Voluntary
and Community Sectors***

These priorities are also informed by the ‘wider determinants of health’ - this is further explained in the full Health & Wellbeing Plan document.



The Wider Determinants of Health

Three Year Focus for Priority 1. Supporting Healthy Lifestyles

Improve local access to Sexual Health 'C-Card' Scheme

Develop local education about the 'C-Card' contraception scheme to improve young people's awareness of the need for and access to contraception. This includes becoming a distribution point at SDC and working with others to create more 'C-Card' points.

Target: Develop C-Card distribution point at SDC in 2019.

From 2020, Youth Council—work with local pharmacies and other public organisations to encourage more local C-Card distribution points across the District.

Support Gloucestershire Moves initiative.

See previous page on Gloucestershire Moves. Create cultural change towards increased physical activity across the District.

Target: 2019 Work with GM on using Wheel of Behaviour Change for a Young People's Referral Scheme.

2020 Sit on GM steering group to shape future work of GM.

Create a Young People's Exercise Referral Scheme

Learn from the success of our adult scheme and from the experience of our health partners and SDC Youth Workers.

Target: 2019 Pilot new scheme in partnership with SDC Youth Services and Health colleagues.

2020 Roll out in stages across District.

Create a New Mum's Post-Natal Mental Health Exercise Referral Scheme

Work with 'OneFitMama' fitness organisation and Home Start parenting support charity to create supportive exercise sessions for mothers with mental health issues. Evidence shows the value of social contact with other mothers experiencing mental health issues and the benefits of regular physical activity on emotional wellbeing.

Target: 2019 Pilot a leisure centre based scheme and a community venue based scheme.

2020 Increase numbers as viable.

New Park Run

Work with Park Run volunteers to establish a weekly run in Stratford Park. Park Runs have proven to be an accessible and inspirational approach to increasing physical activity for people from all walks of life. They also increase participants' sense of community.

Target: 2019 Support new Park Run in Spring

**2020 increase volunteer numbers from SDC staff at Park Run
Maintain support for the run and maintenance of the route.**

Why...

Through their own research, The SDC Youth Council have found very low awareness of contraception services across young people in District. In addition, their audit of pharmacies showed little evidence of the county funded C-Card scheme.

Existing approaches to increasing physical activity for the totally inactive have proved unsuccessful across the globe. Several academic models indicate a whole systems approach may be the best way forward.

District statistics on childhood obesity are on the increase, with 15% of year 6 pupils now obese. There is currently no scheme in place to support families who need help in managing weight.

A recent 'Mothers in Mind' pilot by the CCG and local families charity Home Start, revealed a lack of support for pre- and post-natal mental health. In addition there is no targeted provision for physical activity specifically to support mothers with post-natal depression.

Physical activity levels in the District are falling. Particularly we have an increasing number of fairly inactive and totally inactive people. Moving these people into the moderately active category will provide major benefits to their long term health.

Three Year Focus for Priority 2: Developing Stronger Communities

Health Impact Assessments for New Housing Development

Working with County partners to explore the value of Health Impact Assessments on our planning process.

Target: 2019 Explore how other English councils implement HIAs using research provided by the Gloucestershire Public Health team.

2020 –21 Consider how an HIA process for the SDC Local Plan.

Community Development Network

Strongly connected communities improve quality of life, including combating social isolation, anti-social behaviour and the impacts of long term conditions. Resident-led community development is working well across the county and there are several development workers employed by different agencies across our District.

Target: 2019 Create a network to share good practice for community development workers in our District.

2020 Through new network, initiate more resident –led community projects using models of good practice.

Dementia Friendly Communities

In 2016 SDC pledged to work towards becoming a Dementia Friendly District. Following principles of good community development, residents are leading their own projects to make their towns and villages more dementia friendly.

Target: 2019 Work with charity Fair Shares to develop Dementia Friendly Walks in four new communities.

2020 Develop two more walks and continue to grow group walking groups into wider dementia friendly volunteers, including awareness training.

Neighbourhood Wardens

A review of the warden service showed that more resource was needed to adequately cover the whole District.

Target: 2019 Increase number of Neighbourhood Wardens from six to eight.

2020-21 Involve Wardens in Community Development Network and Health & Wellbeing Partnership to share knowledge and practice.

Continue Good Tenant Involvement & Empowerment Practice

The new Tenant Involvement & Empowerment Strategy is improving practice within the council. Continue to improve through joint working with *Strengthening Local Communities* and *Intensive Engagement* projects and local good, evidence based practice through the new Community Development network.

Target: 2019 Continue to build tenant participation in Housing Committee as per new Tenant Involvement Strategy.

2019-2020 Explore better tenant engagement approaches in Stonehouse as part of joint agency Intensive Engagement project. Use learning from Strengthening Local Communities pilot.

2019 - Include Housing Officers and Neighbourhood Wardens in new Community Development network .

2020 Embed good practice into other areas of the Council.

Why...

The wider determinants of health evidence the need for quality housing and well connected communities to improve health and wellbeing.

More effective community development approaches are needed because:

1. statutory resources are shrinking and traditional services are restricted to only those with the highest need.
2. solutions developed by the community, for the community have been proven to provide longer lasting positive change.

Current dementia diagnosis rates are around 80% for over 65s in the District. The ageing population means that more residents will have dementia or be caring for some who does. Not all aspects of living with dementia can be improved through health services, much of the support needed lies within the community, places and businesses where people spend their time.

Changes in other statutory services means there are fewer uniformed officers on the streets picking up on local concerns and vulnerable people.

As the largest landlord in Gloucestershire, how SDC manages our Estates has a major impact on the wellbeing of our communities.

Traditional council led approaches to neighbourhood issues can result in high demand on services and disengagement of tenants from solutions.

Three Year Focus for Priority 3: Improving Housing

Implement New Housing Strategy

Making the best use of existing housing, support for residents and develop new affordable homes.

Target: 2019-2021—Use SDC Housing Strategy Group to oversee implementation of the plans in the new Housing Strategy.

Implement New Older People's Housing Strategy

To provide good quality older people's housing which meets a variety of current and future needs – where people want to live.

Target: 2019-2021—Use SDC Housing Strategy Group to oversee implementation of the plans in the new Older People's Housing Strategy

Consult on and Update Local Plan

A new Local Plan must be approved in order to agree how and where new homes may be developed.

Target: 2019 Final draft consultation of new Local Plan

2020 Pre-submission consultation

2021 Modify post-consultation

2021-22 If all agreed, adoption of new Stroud District Local Plan

Use increased funding to improve 'Park Homes'

£500k has been made available in the County for Park Home improvements.

Target: 2019-21 Use established links to work with Park Home sites to target areas for improvement and spend our District allocation of the funding.

Continue to develop the role of the Disabled Facilities Grant

SDC plays a leading role in the Better Care Fund partnership work, both in facilitating the DFGs and in shaping how future funding may be used.

Target: 2019 Promote DFG more widely through local networks like the Health and Wellbeing Partnership and Know Your Patch.

2020 Explore innovative ways of using the Better Care Fund to alleviate health inequalities and improve the wellbeing of vulnerable people.

Why...

Public Health data indicates that inadequate housing contributes to health inequalities.

Stroud District does not have enough housing to meet local demand, including affordable homes.

Private rental prices are increasing. The District has a high percentage of homes of non-traditional construction or without central heating making residents vulnerable to cold,

41% of households in Stroud are made up of only older people (age 55 and over) and Stroud is likely to see an increase of approximately 78.5% of single people of pensionable age retiring in the District. Due to the popularity of the District to people of pensionable age, this increase is likely to impact Stroud more than any other District in Gloucestershire.

The minimum numbers of houses needed in the District until has been agreed.

A Local Plan helps to manage the process of how planning affects the local economy and jobs, town centres, local housing needs, green spaces and community facilities.

Park Homes count in the 'Hard to Treat' housing category where residents are four times more likely to suffer from Long Term Conditions like respiratory disease.

Disabled Facilities Grants enable vulnerable people to live better at home by adapting and improving their houses. The BRE report *The Full Cost of Poor Housing (2016)* estimated that *'leaving vulnerable people living in the poorest 15% of England's Housing is costing the NHS £1.4 billion per annum in first year treatment costs.'*

Three Year Focus for Priority 4: Protecting the Public and the Environment

Homelessness Prevention

Develop better temporary housing options for homelessness prevention to reduce the use of unsuitable and high cost temporary accommodation.

Target: 2019 Convert an SDC property to provide three units of temporary accommodation.

2020-21 Explore the possibility of purchasing or building bespoke temporary accommodation within the District.

Stratford Park Lido

Respond to consultation by submitting Heritage Lottery to make improvements.

Target: 2019 Submit HLF Bid with hope of winning £250k.

2020-21 If successful, begin small scale improvements to Lido before swimming season. Carry out large scale improvements once swimming season ends in September.

Community Safety—Intensive Engagement Project

The Community Safety Partnership has commissioned a two year partnership project to bring agencies including the police and the District council, together with the community. The project will create relationships and deepen knowledge about a neighbourhood in an attempt to find different, more sustainable solutions to cycles of anti-social behaviour and other community concerns.

Target: 2019 Create partnership to focus on chosen area—The Park Estate, Stonehouse. Collate local knowledge and useful contacts and deepen working relationships between agencies.

2020-2021 Develop new approaches using new partnership and improved relationships with community members.

Protecting Tenants

Safeguard tenants who are the victims of abuse.

Target: 2019 Create a Policy supporting the victims of Domestic and Mental Abuse.

Increase the Health & Wellbeing Benefits of the Canal Restoration to Local Communities

To increase the wellbeing impact of the canal project, SDC have commissioned local community development organisation "Creative Sustainability" to deliver a series of community-led, inclusive events. The aim of these initial engagement events is to support local people and communities in engaging with the canal and wildlife heritage and ensuring that they are involved in all the project's activities. People will find out more about wildlife conservation along the canal banks, the old canal archives, their local built heritage and engineering projects.

Target: 2019 Deliver initial community engagement events within the canal project area.

2020 Build on interest gathered during initial events to create more community-led canal projects.

2021 Include new canal community groups in next phase of restoration.

Why...

The use and cost of temporary accommodation has escalated. The temporary accommodation currently available in the District is not sufficient to meet demand. Use of accommodation such as Travelodge and Premier Inn has increased. At times, there has been no accommodation available within the District and families have had to be placed as far away as Bristol.

In 2017 residents responded overwhelmingly to a consultation on the future of Stratford Park Lido. The listed outdoor pool is much loved and users stated improvements they would like to see, including heating the pool and renovating the pool side.

Community policing approaches across the country are shifting towards greater collaboration with partners and more resident-led solutions to what were traditional police issues.

Currently victims of domestic abuse are at risk of losing their tenancy if they choose to leave their property to escape an abusive partner.

The Heritage Lottery Fund awarded £842,000 development funding to continue work on the canal restoration project ahead of an application for a full grant of £9 million in 2019. The next phase requires that the health and wellbeing benefits of the canal be further developed in collaboration with nearby communities and canal users.

Three Year Focus for Priority 5: Partnering the Statutory, Voluntary and Community Sectors.

Increase Health and Social Care participation on relevant District partnerships

NHS colleagues are now looking to integrate into our District partnerships.

Target: 2019 Invite Lead Commissioner to Community Safety Partnership and Health & Wellbeing Partnership.

2020-21 As new Primary Care Networks are formed, establish which operational NHS staff members should usefully attend District partnerships to both feed in and out of the groups.

Continually grow HWB Partnership and Know Your Patch Network to include health and VCS sector across District .

The Voluntary Sector needs per support, access to NHS partners and the strength that comes from working effectively together with one voice.

Target: 2019-21 Continually promote partnerships and keep events relevant and useful by preparing topical content and responding to member feedback.

Gloucestershire Dementia Action Alliance

The national Dementia Action Alliance initiative is a vehicle for good partnership working around dementia. The Forest of Dean are leading on this to create an action plan for Districts, community and health partners.

Target: 2019 Support FoD In setting up DAA and recruiting members.

2020-21 Input to DAA plans and share good practice from Stroud Dementia Friendly work.

Raise Awareness of Mental Health Issues and Support

Working with NHS and VCS partners around mental health across the District.

Target: 2019 Use National Awareness Days to promote awareness, prevention and support.

2020 Promote improvements in MH services for young people through HWB Partnership. Ensure MH staff attend Know Your Patch networks to meet VCS partners.

Develop Dementia Walks in partnership with Fair Shares

Following from the success of their Gentle Park Walks and Using funding from Adult Social Care, Fair Shares are supporting volunteers to develop their own dementia friendly walking groups. Walking gets people into nature and create supporting relationships for carers.

Target: 2019-21 Develop 6 news walks in with residents in the District.

Partner the VCS to develop a Skate Park

Community Roots developed a successful skate park user group in Gloucester Park who raised funding for a total renovation.

Target: Employ Community Roots development worker to get to know regular skate park users and explore issues.

2020 Develop Friends of the Skate Park group so the young people can plan and carry out their own park improvements.

Why...

With decreasing resources and rising demand, the health and care services have been through a transformation to meet their future challenges. In Gloucestershire this has highlighted the need to be more involved with services outside of the NHS who are tackling or preventing problems that impact health.

The Health and Social Care agenda in Gloucestershire is increasingly focused on keeping patients at home, away from acute health care and managing their own conditions better for longer.

As dementia rates rise with the ageing population, a collaborative approach is needed between statutory and community partners to enable people to live well with dementia for longer.

With one in four people living with a mental health issue at any given time, awareness raising is needed to encourage people to de-stigmatise the subject, know how to get help and self manage.

Evidence shows that accessing nature is fundamental to wellbeing and can be difficult for people living with dementia and carers. A recent national survey highlighted that carers are likely to be isolated and have no peers to talk to about their caring challenges.

Anti social behaviour and dangerous vandalism to the flood lights in Stratford Park Skate Park was causing problems for the users and costly repairs for the Council.