

TONBRIDGE & MALLING BOROUGH COUNCIL

COMMUNITIES ADVISORY BOARD

10th June 2015

Report of the Director of Planning, Housing and Environmental Health

Part 1- Public

Matters for Recommendation to Cabinet - Non-Key Decision (Decision may be taken by the Cabinet Member)

1 LOCAL HEALTH IMPROVEMENT PROGRAMMES

Background

This report describes the range of health improvement projects for which Kent County Council funding has been awarded for the current year and reviews the performance of these initiatives in 2014/15.

1.1 Local Health Delivery

1.1.1 The health and wellbeing of residents is central to the way in which we deliver services, underpinning this are two principle strands to the local delivery of health; the integration of services across the Council to both protect and improve health and well-being and the delivery of specific health improvement programmes that are commissioned by Kent County Council's (KCC) Public Health Service.

1.1.2 We fully expect that the health and wellbeing agenda will develop an increasingly high profile both nationally and locally, as the challenges around issues such as obesity, smoking and mental health become increasingly prominent.

1.1.3 The objectives of local public health are:

- Health Improvement for the population of Kent – focussing particularly on reducing the health inequalities gap;
- Informing and advising all relevant agencies (councils, police, nursing homes, health services and so on) on health protection issues. These might be severe weather or threats of infectious diseases; and
- Providing professional Public Health advice to Clinical Commissioning Groups (CCGs) and all those who commission health and social care services.

1.1.3 The Kent Boroughs and Districts are recognised as being essential partners with KCC in achieving effective delivery of local health improvements, through their unique position within local communities. For example through our Health Profiles we are able to identify specific health related issues in each of our wards and use

that data to help us, through our local connections, target interventions and programmes.

- 1.1.4 Commissioning arrangements for 2015/16 have, to all intents and purposes, remained similar to last year, however, it is anticipated that future arrangements will be change, although we do not yet know the details. It is critical, therefore, that we remain fully engaged with emerging debate and discussions in this area.

1.2 Health Improvement Initiatives

- 1.2.1 The Borough Council's annual health delivery programme is currently split into four key elements:

- Healthy living centre initiatives;
- Healthy weight programmes;
- Mental health, well-being and community-led programmes; and
- Kent Healthy Business Award

- 1.2.2 The outturn performance for 2014/15 is summarised in **[Annex 1]**.

1.3 The Virtual Healthy Living Centre

- 1.3.1 The Council uses a virtual Health Living Centre model, which suits the demographics of the borough and means we can be entirely flexible in where the various health improvement initiatives are delivered. The programmes and initiative provided through the Virtual Health Living Centre are managed by the Healthy Living Co-ordinator and delivered via the Health Team. The team work with community resource centres and partners, such as West Kent MIND, Community Safety Partnership, Kent Community Health Trust and community development workers to deliver a wide range of community initiatives, with the aim of supporting public health goals in reducing health inequalities and promoting health improvement across the borough.

- 1.3.2 The Healthy Living Coordinator was successful in renewing our contract with Kent Community Health Trust to deliver the National Primary Prevention Screening Programme for Cardiovascular Disease risk assessment and risk management, known as NHS Health Checks. The Checks are targeted at 40 to 74 year olds, with no current medical history of cardiovascular disease. They involve an assessment of cholesterol; BMI; blood pressure and a discussion about risk factors such as diet, exercise, alcohol consumption and smoking. At the conclusion of the Check, a risk score is provided to the individual, along with advice on the management of their risk factors and onward referral to their GP, if appropriate. During 2014/15 110 NHS Health Checks and 46 wellbeing checks were carried out across the Borough, focussing where we were able in our priority communities.

1.4 Healthy Weight Programmes

- 1.4.1 Through this funding the Council and its partners deliver two projects to assist those who are overweight – adult weight management and family weight management.
- 1.4.2 This year a new adult weight management programme has been adopted called Counterweight. Counterweight is an evidence based weight management programme consisting of an initial 12 week programme with follow up sessions at 6, 9 and 12 months. Within a supportive environment the programme aims to teach clients how to adopt behavioural change strategies to achieve and maintain a healthy weight by increasing physical activity and adopting a healthier diet.
- 1.4.3 This year the TMBC Health Team will deliver a target of 100 adults within community settings, to include targeted areas such as East Malling, Trench, Snodland, Ditton, Borough Green, and Hadow. The Tonbridge & Malling Leisure Trust will deliver a target of 150 adults at Larkfield Leisure Centre and the Angel Centre. Clients who started programmes in 2014/15 will continue to be monitored at follow up sessions up until the 12 month finish date.
- 1.4.4 The Health Team will continue to follow up Counterweight clients from the West Kent MIND Centre in Tonbridge where 3 additional Counterweight Programmes were delivered as part of specific Health Inequalities funding and aimed to support clients with mental health issues achieve and maintain a healthy weight.
- 1.4.5 The Healthy Living Coordinator has secured funding from Maidstone Borough Council of £16,300 to deliver 12 Counterweight programmes in Maidstone. The teams from both borough councils will work closely together to ensure a joined up approach to adult weight management across the area.
- 1.4.6 The Healthy Living Co-ordinator has worked closely with Tunbridge Wells Borough Council Health Team to further develop and deliver the family weight management programme called LEAP (Learn, Eat and Play). LEAP is an eight week family programmes that incorporates family cooking, child exercise sessions and parent/carer nutrition/behaviour change sessions.
- 1.4.7 The Healthy Living Coordinator attends both the Kent wide National Child Measurement group meeting with leads from School Nursing Team, Child Health and School leads. Locally school based health workshops have been set up and delivered with partners at a number of targeted schools throughout the borough delivering a total of 11 sessions. The sessions include elements of cooking, exercise and healthy eating. It is proposed to use the same approach this year with eight sessions already arranged.

1.5 Mental Health, Well Being and Community-led Programmes

- 1.5.1 One of the on-going successes of the health improvement work has been the delivery of a further three Jasmine programmes, a 12 week course focussing on helping women with low level mental health problems and piloting the new Headspace programme for men. In total 44 men and women have accessed these ten week programmes that are supported by a qualified psychotherapist and hosted by West Kent MIND. The Health Team have worked closely with these clients to offer additional health advice and support including health checks, cook & eat sessions and stop smoking advice and advice around reducing alcohol consumption. These programmes will continue to be commissioned by us in 2015/16.
- 1.5.2 Last year KCC launched the new Kent Health Business Award (KHBA) which aims to support a range of large medium and small businesses through the award as part of the Workplace Wellness Charter. All Kent Borough's and Districts have been requested to partner them in the delivery of this initiative and additional funding has been made available to support this. The Council are also working towards the award.
- 1.5.3 The KHBA complements the successful programmes that have already been delivered by the Health Team as part of the business community programme, which offers employees from local businesses and organisations the opportunity to receive an NHS Health Check or a Health and Wellbeing check, offers advice and information about healthy diet and exercise, safe drinking, quitting smoking, mental health and wellbeing, based closely on the Government's Change 4 Life initiative. Employees, where appropriate are referred to professional health services and local health initiatives and programmes.
- 1.5.4 Last year we introduced a mental health programme called SAFE (Suicide Prevention for Everyone), a youth led project that aims to make sure that young people are more aware of the danger signs of youth suicide and to support local young people within schools to raise awareness of mental health issues by breaking down stigma and encouraging young people to talk about their feelings and seek help. This was delivered successfully last year by the Voluntary Action Within Kent (VAWK) to the Judd, Tonbridge Grammar School for Girls and Aylesford School. SAFE will no longer be commissioned by the Council as VAWK have received funding from the Big Lottery to deliver across the whole of Kent
- 1.5.5 The Domestic Abuse Volunteer Support Service (DAVSS) continues to work with victims of domestic abuse across our area. Last year they received 336 new referrals comprising 299 women and 37 men. They provide a telephone Helpline, which received 211 calls from our residents. DAVSS work closely with the Community Safety Partnership, the Health Team and more widely with Health Visitors, the Police and Social Services. This important work continues to be funded via KCC for this current year.

1.6 Health Improvement Initiatives 2015/16

1.6.1 Throughout 2015/16 the Healthy Improvement Team will provide, amongst others, the following services:

- targeted adult and family weight programmes and a range of universal obesity related initiatives;
- promote and deliver a range of healthy lifestyle sessions including healthy walks;
- a range of healthy living community and workplace events and campaigns;
- work with businesses and organisations to achieve the Kent Healthy Business Award;
- support the Dementia Friendly Communities initiative;
- carry out brief advice and identification on smoking and alcohol and refer into services where appropriate;
- continue to provide NHS Health Checks; ;
- commission partners to deliver mental health support and programmes in a variety of settings; and
- deliver a range of health campaigns through events and social media

1.7 Legal Implications

1.7.1 Service level agreements are in place between the Council and KCC and the Council and its providers.

1.8 Financial and Value for Money Considerations

1.8.1 The delivery of these programmes is fully dependent on the health improvement funding being maintained by KCC. As referred to earlier in the report, there is potential for the funding mechanisms to change, which may require us to adopt a new approach to the delivery of these services.

1.9 Risk Assessment

1.9.1 In the short term a failure to deliver against the agreed commissioning proposals. These risks are mitigated through performance monitoring throughout the year.

1.9.2 Looking ahead it will be crucial to be engaged in any new processes for new ways of commissioning health improvement.

1.10 Equality Impact Assessment

1.10.1 The decisions recommended through this paper have a remote or low relevance to the substance of the Equality Act. There is no perceived impact on end users.

1.11 Recommendations

1.11.1 It is **RECOMMENDED** that the performance information at **[Annex 1]** be **ENDORSED** and that the range of programmes for 2015/16, as set out in the report and delivered by the Borough Council and its partners, be **APPROVED**.

The Director of Planning, Housing and Environmental Health confirms that the proposals contained in the recommendation(s), if approved, will fall within the Council's Budget and Policy Framework.

Background papers:

Nil

contact: Heidi Ward
Jane Heeley

Steve Humphrey
Director of Planning, Housing and Environmental Health