

TONBRIDGE & MALLING BOROUGH COUNCIL
COMMUNITIES and HOUSING ADVISORY BOARD

13 November 2017

Report of the Director of Planning, Housing, Environmental Health

Part 1- Public

Matters for Information

1 HEALTH IMPROVEMENT TEAM UPDATE

Summary

This report updates Members on recent changes in the Health Improvement Team, including the West Kent Partnership and the delivery of the One You service.

1.1 Introduction

- 1.1.1 People are living longer and ultimately we want them to be in good health in their later years. Sadly everyday habits and behaviours, such as eating too much unhealthy food, drinking more than is recommended, continuing to smoke and not being active enough, are responsible not only for around 40% of all deaths in England, the long term conditions that these behaviours cause cost the NHS more than £11 billion a year.
- 1.1.2 This is why, earlier this year Public Health England launched ‘One You’, the first ever nationwide campaign to address preventable disease in adults: <http://www.kent.gov.uk/social-care-and-health/health/one-you-kent#> The “One You” campaign aims to encourage adults, particularly those in middle age, to take control of their health to enjoy significant benefits now, and in later life **[Annex 1]**.
- 1.1.3 Our Health Improvement Team is working in partnership with Tunbridge Wells, Sevenoaks, Kent County Council and Kent Community Health Foundation Trust to provide a holistic approach to all residents with the aim to improve all aspects of health from stop smoking, alcohol, weight loss, improving diet, mental health etc. as well as offering support and advice in housing, debt and financial issues.
- 1.1.4 Across the Borough we will promote OneYou with the help of our wider council services through promotional material such as TV ads, flyers, social media and one to one contact at events. Residents are encouraged to take the OneYou quiz online where they will score on their current lifestyle and then be signposted to relevant services to provide help and support if something is flagged up. The online service will also send regular emails, updates and reminders to encourage and motivate an individual.

1.1.5 The Health Team at TMBC now have two One You advisors who will be offering one to one sessions to residents who feel ready to make changes in one or multiple health and housing issues, here they have an opportunity to receive advice from highly trained staff, discuss problems and start to set small goals to improve their lifestyle. Sessions take around 30-45 minutes and over the course of a few months the client can opt to be referred on to various local services. TMBC run programmes in house including weight management, health walks, NHS Health Checks.

1.2 Working with GPs

1.2.1 This new way of working is an excellent example of how social prescribing can be used to support the work of GP's and their clinical colleagues because it aims to address any underlining causes of why someone may visit their GP more frequently than needed and improve their overall quality of life in the longer term.

1.2.2 We are currently working with the Snodland Medical Practice to develop this way of working more widely and expand GP's knowledge of the range of Council and Voluntary sector services that could support certain groups of patients. We are also developing community asset maps to be used to encourage residents to find easy and convenient ways to take up activities to improve their health and well-being.

1.3 Legal Implications

1.3.1 None

1.4 Financial and Value for Money Considerations

1.4.1 This Service is funded by Public Health England money via KCC. The Council will have a three year partnership agreement with KCC to deliver this Service.

1.5 Risk Assessment

1.5.1 Changing the emphasis of the work of the Health Improvement Team to a more holistic assessment approach, working with a range of Partners, Council services and GP Practices should bring wider benefits to our residents, including supporting residents to take responsibility for their own health and well-being.

1.5.2 On-going evaluation of the progress and success of the new service will be made in conjunction with the West Kent Partnership.

Background papers:

Nil

Steve Humphrey
Director of Planning, Housing and Environmental Health

contact: Claire McAfee
Jane Heeley