

TONBRIDGE & MALLING BOROUGH COUNCIL
COMMUNITIES and HEALTH ADVISORY BOARD

17 November 2014

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

Summary

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 progress with these programmes.

1.1 Background

- 1.1.1 Alongside the wider determinants of health, the need to encourage and support individual health improvement and behaviour change has taken increasing prominence over the past two decades. Detrimental health behaviours such as smoking, excessive alcohol consumption, sedentary lifestyles and unhealthy eating are now some of the root causes of ill health, with the way we choose to live our lives and the choices we make one of the most important barriers to good health. This is reflected in our key priority “Healthy living opportunities and community well-being”.
- 1.1.2 The Council, through its Health Improvement Team, delivers a wide range of health improvement initiatives. Key to the continuing ability to deliver this successful range of programmes is the annual funding allocation received from Kent County Council Public Health Team.
- 1.1.3 Our aims are to help residents become more aware of the measures they and their families can take to develop healthier lifestyles and either work with them directly through our range of programmes or with partners, such as MIND and TM Active, who deliver specific programmes, commissioned by the Council.

The Borough Council’s annual health delivery programme is currently split into three key elements:

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

1.2 The Virtual Healthy Living Centre

1.2.1 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 services provided through the Virtual Health Living Centre are organised by the Healthy Living Co-ordinator who works with community centres and partners, such as the Children's Operational Group, Community Safety Unit, Health Trainers and community development workers, to deliver a wide range of community initiatives, with the aim of supporting public health goals including reducing health inequalities and promoting health improvement across the borough.

1.2.2 Throughout the year the Healthy Living Centre will provide, amongst others, the following services:

- promote healthy weight initiatives, a range of healthy living community events and campaigns;
- a range of projects to address mental health, including the Jasmine project, for women with low level mental health problems;
- carry out brief advice and identification on smoking and alcohol and refer into services where appropriate;
- our health walk programmes;
- delivery of NHS health checks; and
- sign-posting to the wide range of health services, such as the Stop Smoking Service, TM Active Weight Management programmes etc.

1.3 Healthy Weight Programmes

1.3.1 The Council delivers two projects to assist those who are overweight; LEAP (learn, eat and play) and Counterweight. The ten week LEAP programme has been designed to help children to achieve and maintain a healthy weight. It welcomes families with a child who has either been identified as having an unhealthy weight, or eating habits. The Counterweight Programme is an evidence based weight management programme for adults. The programme promotes behavioural strategies, which seek to change eating habits, activity levels, sedentary behaviours and thinking processes that contribute to an individual becoming overweight or obese. The programme promotes active weight loss for three to six months, followed by long term weight loss maintenance. TM Active adult weight management programme is also Counterweight, which provides consistency of approach right across the Borough.

- 1.3.2 LEAP is being run at the St James Centre, St Stephen's School and Tonbridge Baptist Church, with 14 families involved. It is unfortunate that the course scheduled to run at Snodland Community Centre had to be cancelled through lack of sign up, despite huge efforts by the Team to promote it.
- 1.3.3 Counterweight is being run at all the above venues and additionally at Larkfield Leisure Centre and Angel Centre. To date approximately 100 individuals have signed up to the 12 week programme. Feedback on this new programme has been extremely positive.
- 1.3.4 One of the significant successes over the last 12 months has been the development of an extremely productive working relationship with MIND. As far as weight management is concerned, this has resulted in the delivery of two Counterweight programmes, one for those from ethnic backgrounds and the second for those with low level mental health issues. A total of 22 people attended with some excellent weight loss being recorded.

1.4 Mental Health, Well Being and Community-Led Programmes

- 1.4.1 We are now commissioning the very well received Jasmine programme from MIND. Jasmine is an 8 week therapeutic support group for women, which offers an opportunity for women to explore problems with emotional health and wellbeing, share experiences with other women who may have similar issues and learn about different ways to help feel and cope better. Many women have found the program very helpful. It is facilitated by a qualified and experienced counsellor or psychotherapist. It is suitable for women aged 18 and over who have difficulties with any of the following:
- anxiety and panic
 - depression
 - low self-esteem/confidence
 - sleeplessness
 - loss following relationship breakup or bereavement
- 1.4.2 We recognised that there was a need to offer a similar programme for men, which we have been able to do by commissioning MIND to deliver Headspace. It is organised along very similar lines and as you would expect facilitated by a qualified counsellor or psychotherapist.
- 1.4.3 So far this year two Jasmine programmes and one Headspace programme have been delivered, with excellent feedback. Further programmes before the end of the year are planned.

- 1.4.4 This year we continued to commission the mental health awareness programme called SAFE (Suicide Prevention for Everyone), which is 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 is delivered by Voluntary Action West Kent. Although they are continuing to work with schools across the Borough, most notably Hugh Christie, Tonbridge Grammar School for Girls and Aylesford, they are having great difficulty in accessing Holmsdale School, specifically one of the schools we requested engagement with.
- 1.4.5 October 10th this year was World Mental Health Day, with a focus on schizophrenia. The Team co-hosted an excellent day with MIND, at the River Centre. The event was attended by about 150 people who were able to experience a variety of talks and presentations on mental health, six ways to well-being, substance misuse health and nutrition, all rounded off by Skiffle for change.

1.5 Workplace Health

- 1.5.1 As well as delivering the Kent Healthy Business Award (described in the previous report), the Team are actively involved in promoting health and well-being through inter-active events in a variety of workplaces, so far this year we have worked with Kent Wildlife Trust, Circle Housing, Keep Moat, Centra, South East Water and Clancy Docwra.

1.6 Legal Implications

- 1.6.1 These are dealt with through the service level agreements between the Council and KCC.

1.7 Financial and Value for Money Considerations

- 1.7.1 It needs to be recognised that the services which are commissioned by KCC and delivered by the Council are fully dependent upon the health improvement funding being continued on a year on year basis. The long term position is unclear, and we have made it clear to KCC that we wish to continue to be the main provider these services across the Borough.
- 1.7.2 I can report that funding for weight management services has been confirmed for 2015/16.

1.8 Risk Assessment

- 1.8.1 There is a risk of failure to deliver against the agreed commissioning proposals. These risks are mitigated by regular monitoring of performance, both financial and delivery during the course of the year.

1.9 Equality Impact Assessment

- 1.9.1 Members are reminded of the requirement, under the Public Sector Equality Duty (section 149 of the Equality Act 2010) to have due regard to (i) eliminate unlawful discrimination, harassment and victimisation and other conduct prohibited by the Equality Act 2010, (ii) advance equality of opportunity between people from different groups, and (iii) foster good relations between people from different groups. The decisions recommended through this paper directly impact on end users. The impact has been analysed and varies between groups of people. The results of this analysis are set out immediately below.
- 1.9.2 One of the aims of these programmes is to address health inequalities. For this reason we focus a higher proportion of our resources in our harder to engage priority communities. Programmes such as the NHS Health Check programme and Adult Weight management programmes are open to all and we ensure that they are available at a variety of settings throughout the Borough, as described in this report.

1.10 Recommendations

- 1.10.1 That the delivery of the Health Improvement programmes described in this report be **ENDORSED**.

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

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