

## Communities and Environment Scrutiny Select Committee

18 September 2025

### Part 1 - Public

#### Matters for Information



Cabinet Member	Robin Betts, Cabinet Member for Housing, Environment and Economy
Responsible Officer	Eleanor Hoyle, Director of Planning, Housing and Environmental Health
Report Author	Linda Hibbs, Head of Housing and Health

#### Health in Tonbridge & Malling

##### 1 Summary and Purpose of Report

- 1.1 This report provides Members with a health report for Tonbridge & Malling BC. It also updates Members on the Council's One You team and the work of the Health Action Team.

##### 2 Corporate Strategy Priority Area

- 2.1 Efficient services for all our residents, maintaining an effective council.
- 2.2 The Council aims to promote well-being and help people, especially the most vulnerable residents, to live healthy and active lifestyles.

##### 3 Health report for Tonbridge & Malling BC

- 3.1 The Council's One You team and the Head of Housing and Health work closely with Kent County Council's Public Health team to deliver the One You service, to have a successful Health Action Team (HAT) in place for Tonbridge & Malling BC and to focus on wider determinants of health e.g. housing, financial position aiming to adopt a health in all policies approach across all our Council services.
- 3.2 The Public Health team recently presented a health report to the HAT. This is attached at **Annex 1**. Members will note some key points as below:
- The population is expected to increase within TMBC by 23.5% by 2042 and within this the number of elderly people is expected to rise by 47.9%.

- TMBC has lower rates of general smoking prevalence amongst adults and under-75 mortality from cardiovascular and respiratory diseases and diabetes when compared to England.
- The prevalence of severe mental illness is significantly lower than the Kent average.
- Mental health remains a concern with a high prevalence of depression.
- There are higher smoking rates for individuals with long-term mental health conditions.
- Although overall there is a lower prevalence of overweight and obese children in reception it varies within the district with some wards having higher rates.

3.3 Although TMBC are not responsible for health services nor have the public health statutory duty the services provided by the Council can play an integral role in improving the health of residents. It is essential that we focus on the wider determinants of health such as housing, income, employment, community safety, air quality, healthy lifestyles, all of which are services we deliver, and which are key in determining someone's overall health.

#### **4 One You team**

- 4.1 The Council's One You team, working in partnership with Kent County Council through grant funding, continue to deliver healthy lifestyle services across the borough. This includes support (often one to one) for healthy eating, increasing exercise, reducing alcohol intake and stopping smoking. The team provide a number of weight management programmes through the year both in person and on-line. They also manage the healthy walks programme across the borough including supporting the excellent and valued volunteers in place to deliver this popular activity.
- 4.2 The team will also support other organisations/events across the borough and organise healthy cooking workshops and ad hoc activities as required. In addition the team also run and support health and wellbeing activities for TMBC staff including a menopause café, themed days and healthy lifestyle advice.
- 4.3 Some key and extremely positive information from April to June 2025 for the team is provided below:
- 209 referrals into the service
  - 129 individuals engaged and seen by an advisor
  - 11 health walks available

- 109 health walks delivered with at least 1,164 attendances
- 100% satisfaction with the service received.

## **5 Health Action Team (HAT)**

- 5.1 Tonbridge & Malling's Health Action Team (HAT) is a forum where the Council and local partners can come together to share knowledge and expertise and plan actions to help improve health for all across the borough. Membership includes TM Active, faith groups, West Kent Mind, local housing providers, Involve, Citizens Advice Bureau, grow 19, Communigrow and membership is continually reviewed and any organisation is welcome that can add value to the discussions.
- 5.2 The HAT receives excellent support from Kent County Council's Public Health team including the new post of West Kent Partnership Officer which is dedicated to working with the districts across its health and wellbeing focus. Several positive and engaging meetings have been held focussing on establishing three priorities. This has been done through discussion, workshops and a survey. The three priorities are as follows and it is pleasing to note they align with the health report referred to above.
- Improving mental health
  - Supporting older people
  - Improving children's health
- 5.3 A TMBC Health Action Plan is underway. The plan is not intended to be burdensome either on the Council or our partners, rather to be a collection of the activities/support etc that is already happening across the borough within existing resources. The next meeting planned in October 2025 will focus on impact monitoring and working on a collective health offer for schools.
- 5.4 The HAT will work with Kent County Council's Public Health team on information and statistics to underpin the action plan however it must be recognised that monitoring any impact against the priorities will be extremely challenging given the many influencing factors involved. The HAT will also identify any gaps in services to work with the Integrated Care system to see if these can be addressed.
- 5.5 The work of the HAT is supported internally by the One You team and in particular the One You Team Leader. Part of the agreement with Kent County Council is to deliver a "health in all policies" approach to the work of the Council.

## **6 Financial and Value for Money Considerations**

- 6.1 TMBC receive grant funding from Kent County Council Public Health team to deliver the One You service. The service is delivered within the grant allocation.

6.2 There are no additional budget requirements from this report.

## **7 Risk Assessment**

7.1 Kent County Council grant fund the One You work that is carried out within Tonbridge & Malling including the wider health in all policies work. We operate this team within the grant allocation received. If this funding was to cease, then there would be an impact on the health in all policies work, the HAT meeting and the aim of promoting well-being and helping people, especially the most vulnerable residents, to live healthy and active lifestyles.

## **8 Legal Implications**

8.1 None arising from this report.

## **9 Consultation and Communications**

9.1 The HAT meeting is a forum to consult and communicate with local partners delivering health and wellbeing services.

9.2 The One You team regularly use the Council's social media channels to promote the services offered and the positive impact for residents.

## **10 Implementation**

10.1 The One You team and the HAT continue to deliver and develop key health and wellbeing services and improvements.

## **11 Cross Cutting Issues**

11.1 Climate Change and Biodiversity

11.1.1 Limited or low impact on emissions and environment.

11.1.2 Climate change advice has not been sought in the preparation of the options and recommendations in this report.

11.2 Equalities and Diversity

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

11.3 Other If Relevant

- Healthy Lifestyles

11.3.1 The One You team and the HAT contribute to the Council's aim of promoting well-being and helping people, especially the most vulnerable residents, to live healthy and active lifestyles.

Background Papers	None
Annexes	Annex 1 - Health Report TMBC