

Agenda item 4

For decision – Health and Wellbeing Update

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Summary

This report provides an update on the Health and Wellbeing agenda and work being undertaken and planned at Frome Town Council.

A presentation will be made at the meeting by Nicola Cretney, the new Health and Wellbeing Manager.

Background

A Wellbeing Panel met four times during 2015 and identified that there was no shortage of wellbeing projects taking place in Frome, but that there was a challenge in coordination and understanding what was available.

The panel made a number of recommendations, which were put forward to Town Matters in December 2015. Delivery of these recommendations started in 2016 and a Wellbeing Forum continued to meet.

A further report was put to Council in December 2016, which proposed a direction of travel that included the recruitment of senior post to manage the Council's wellbeing aspirations. This post has now been recruited to and work is underway to review the health and wellbeing needs of the town, with an aim to shortly develop a Health and Wellbeing Strategy for Frome.

What is Health and Wellbeing?

Health and wellbeing is a holistic concept, encompassing the physical, intellectual, emotional and social aspects of all our lives. It involves people taking responsibility for their own health and wellbeing. However, for some people achieving positive health and wellbeing is more challenging and that is what the work being undertaken by the Council and partners needs to address and support.

Building on the Frome Town Council Strategy aim to create a 'flourishing and active community of people and organisations working together', we should strive for a town where individuals and communities can achieve and maintain a healthy lifestyle, where they are both physically well and have good mental health.

Impacts on Health and Wellbeing

There are many influences on health and wellbeing that will impact on what the needs of our population in Frome are now and will be in the future. These include:

- lifestyle choices
- education
- employment / income
- where people live
- social contact
- changing demographics

In developing our work on health and wellbeing we should be mindful of these influences and be clear on where we can have an impact. We should also recognise that the nature of some of these issues means improvements in health and wellbeing can sometimes take many years to become apparent. This will mean giving careful consideration as to how we measure progress and success in this area of work, for example with objectives for short term outputs but longer-term outcomes.

Work undertaken by Health and Wellbeing Manager to date

The Health and Wellbeing Manager started in post on 30 May 2017, with this report written six weeks in. Over those six weeks the following work has been undertaken in relation to the Health and Wellbeing agenda:

Review of Health and Wellbeing needs in Frome

The Somerset Intelligence Team at Somerset County Council produced a Frome Town Profile in August 2016. This profile is rich in useful data, which should inform our strategic direction for health and wellbeing.

The profile is an important document for us to refer to when making decisions about needs, but it should be referred to in the wider context of other strategic documents, as well as more qualitative sources of information on health and wellbeing. Many other documents therefore form part of an initial review of Health and Wellbeing needs. An initial list of documents that are being reviewed is attached in Appendix A.

Of interest at this stage in the review are the following facts:

- Our population is younger than that of Somerset, but our population of people over 65 is growing and is older than the national average
- 1 in 20 of our residents live in one of the 20% most deprived areas of England
- The area of Trinity / Cork Street / Nunney Road is in one of the 20% most deprived areas of England
- House prices in Frome have risen by 14% in the last two years (above the national average) leading to a severe shortage of affordable housing
- Over 1 in 10 households are in fuel poverty
- Number of people receiving adult social care is above the Somerset average
- Key Stage 2 attainment is lower than Somerset and England (2014/15)
- Hospital admissions for self-harm amongst 10-24-year olds, for hip fractures and for stroke are higher than Somerset and England (as are deaths from stroke)

The impact on health and wellbeing of some of these facts, as well as the impact on services, are issues that should be considered when developing our Health and Wellbeing Strategy.

We should question what is already being done in relation to issues such as these, whether by ourselves or partners from across Frome, Mendip or Somerset. If we uncover gaps in what is being delivered then we can consider if more, and if so what, should or could be done to address these issues.

Discussions with partners and developing strategic links

Over the last few weeks induction meetings have been held with many organisations and individuals from across Frome. There are still people to be met and conversations to be had but this will be an ongoing element of the work. These meetings have all been positive, with a general welcoming of the new role and the efforts that will be made to bring a strategic approach to health and wellbeing.

Links are also starting to be made with colleagues at Somerset County Council and Mendip District Council, in particular within commissioning and public health departments.

Review of the existing Wellbeing work programme

The existing Wellbeing work programme contains numerous actions that are already being undertaken, including where we are supporting organisations to increase their capacity. Some of the work currently being undertaken under the 'Wellbeing' pillar meets wider objectives for the Council – for example, participation and engagement and community support, which is relevant across the three pillars of our work programme.

Conversely, there are areas of work in other pillars that contribute to the improvement of health and wellbeing, including actions on sport, leisure, fitness and keeping active (within Environment pillar) and work on promoting walking, cycling and school active travel (within Prosperity pillar.)

The work programme highlights a number of new areas of work under Wellbeing that need further consideration and clarity in terms of what can be delivered against them, for example 'older people', 'young people' and 'deprivation within the town'.

We need to be more specific about what we can do under these headlines. Early ideas about this include:

Older People

- 190 people over 65 had a hip fracture in the last 5-year period for which data is available.
- Our rate of hip fractures is higher than it is in Somerset and England.
- The impact of a hip fracture on an older person can be significant so the Strategy should address this issue.
- As a first step, we should explore what Somerset County Council already commissions on this issue, whether we can support Somerset to further promote what is already in

place, what other partners are doing and whether there is more work needed on falls and preventing hip fractures in Frome.

- If the latter, we can then work with partners to establish an action plan that aims to deliver a reduction in the number of people experiencing hip fractures in Frome.

Young People

- Self-harm admissions to hospital for young people aged 10-24 are significantly higher in the East Mendip Commissioning Locality than in Somerset and England (Frome specific data not available at this time; East Mendip locality is made of up three GP practices – Frome, Beckington and Mendip Country Practice.)
- There is also a sense in the town that there is a lack of mental health service provision for children and young people
- We are already looking at this issue – a steering group has been established and it appears that, whilst there are several services available, there is a lack of clarity about referral pathways and who does what
- An action plan is in its early stages, with immediate actions to map what is available and work with commissioners / public health from Somerset County Council to establish what they are doing and where we can support if necessary.
- Next steps will be to agree outputs / outcomes for this piece of work (for example, an output could be a resource available to young people and those working with young people so it's clear where help is available and an outcome could be to reduce levels of self-harm)
- We will also assess whether what is available meets the needs of our young people

Deprivation within the town

- We know that the area of Trinity / Cork Street / Nunney Road is in one of the 20% most deprived areas of England
- People living in more deprived areas generally experience poorer health than people living in less deprived areas, for example with higher levels of obesity, higher rates of smoking and longer-term health problems such as cardiovascular disease.
- We don't have specific data available to us regarding prevalence of these issues in Trinity specifically but evidence indicates that we can expect poorer health outcomes to be the case.
- The strategy should include working in this area as a priority.
- Actions that arise from this priority area should build on what is already being done in that part of town and be developed in partnership – in particular with the local community themselves.

Development of a Health and Wellbeing Strategy for Frome

It is intended that we will develop a Health and Wellbeing Strategy for Frome. This should be a multi-agency strategy, created in partnership with a broad range of organisations and other partners from across the town, as well as from further afield (Mendip District Council and Somerset County Council, for example.)

It is important that the strategy is developed using a multi-agency approach due to the number of factors that can influence our health and wellbeing. These issues can be complex and the range of organisations that are therefore involved in this area of work are wide. All have a role in helping to identify priorities, seeking solutions to issues we identify and supporting health improvement for people living in Frome.

Work on the Health and Wellbeing Strategy may identify areas of health improvement on which we should focus specifically and actions may need to be developed around these. These could be short or longer-term actions and should address specific issues identified in the review of needs.

The strategy should:

- Set out a clear aim for health and wellbeing in Frome
- Describe a vision for health and wellbeing in Frome
- Highlight the issues that can impact on our health and wellbeing
- Describe the health and wellbeing needs of Frome
- Establish priorities for action

The proposal is to develop the strategy in the following way:

Complete review of data on health and wellbeing needs in Frome	By August 2017
Host a summit / stakeholder engagement event to start strategy development	By October 2017
Complete Health and Wellbeing Strategy	By December 2017
Strategy agreed	Early 2018
Resurrect the Wellbeing Panel (renaming it the Health and Wellbeing Panel with the view to this becoming a more Strategic Group that supports delivery of strategy)	After stakeholder event

In developing this strategy, it will be important to:

- Set realistic targets / aims
- Consolidate what is already in place, including current work being undertaken across the Council
- Ensure existing commitments, where realistic and appropriate, continue to be delivered
- Ensure there is capacity within the team / partnerships to deliver

Recommendation

To agree the process for developing a Health and Wellbeing Strategy for the town.

Appendix 1

Background Information to Review of Health and Wellbeing Needs in Frome

FROME	
Frome Town Council Strategy	2016-2020
Frome Town Profile	Aug 2016
For decision – Wellbeing: A way forward	Dec 2016
Approved Recommendations from Wellbeing Panel	2015
Frome Youth Services Research	Nov 2013
Community Profiles (via Somerset Intelligence Network)	2016
Strategy for Open Spaces	Dec 2011
Electoral Division Profiles: Frome North	2016
Electoral Division Profiles: Frome West	2016
Electoral Division Profiles: Frome East	2016
Ward Level Profiles	
MENDIP	
Working to Support Somerset Health and Wellbeing Strategy	
PHE Mendip Health Profile	Sept 2016
East Mendip Commissioning Locality profile (via PH, SCC)	2016
Mendip District Needs Profile	Feb 2015
SOMERSET	
Somerset Children and Young People's Plan	2016 - 2019
Health and Wellbeing Strategy for Somerset	2013 - 2018
Somerset JSNA Public Summary	2014 / 15
Somerset JSNA	Various dates
Somerset JSNA Vulnerable Children and Young People	2016
Somerset Indices of Multiple Deprivation	2015
NATIONAL	
Public Health Outcomes Framework	
District Action on Public Health	