

## Agenda item 8

### For information – Health and Wellbeing Update

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#### Summary

This report provides an update on work being delivered by Frome Town Council and health and wellbeing partners, relating to actions in the Health and Wellbeing Work Programme.

Nicola Cretney will make a presentation at the meeting on projects that she is now getting off the ground.

#### Background

Frome Town Council agreed the [Health and Wellbeing Strategy](#) at the Council meeting on 13 December 2017. The Strategy is supported by the 2018/19 [Work Programme](#) and [budget](#), which were agreed at Council on 24 January 2018. This is the first update on progress to deliver actions within the 2018/19 Work Programme. A further update will be brought to Town Matters in September 2018.

#### Update

Work has been undertaken to get a number of new projects off the ground. Significant highlights include:

- A well-attended Business Breakfast on Workplace Stress Management took place in March, supported by new page on FTC website on workplace mental health
- ESOL (English as a second language) classes have been started by Frome Community Education as a result of FTC funding
- Run Leaders trained and 4 new running courses starting in early May, including 2 for people new to running. Timing for this fits in with the London Marathon and with the lead up to the Frome 5km /10km / half marathon in July, both of which inspire people to get running
- Planning for Mayhem in the Meadow well underway and event takes place on 7 May
- Food project mapping has started
- Provider of outdoor gym sessions identified, and sessions will start in May
- Planning a ‘school gates running’ project, whereby Run Leaders support parents in a Couch to 5km running programme that happens from the school gates. During the programme a new run leader is identified from within the group, who we then support to be trained, ensuring running group is sustainable

For a more comprehensive update on all actions in the work programme see the table that follows.

## Conclusion

There has been good progress in building connections with individuals and organisations that can work with us in our efforts to support improvements in health and wellbeing. The value of these relationships is starting to emerge in the early progress being made against the work programme.

Dates for all meetings and forums relating to health and wellbeing have been set for the remainder of 2018/19 and there is a plan to evaluate the value of these forums during the year to ensure they still meet the needs of those attending, as well as the objectives of Frome Town Council.

Timescales have now been identified against all actions in the work programme. Further work will be undertaken as project plans develop to ensure we identify the scale of benefits that individual projects will deliver. There is a clear focus on getting an increasing number of new projects in place, with some ready to start in May.

## YOUNG PEOPLE'S MENTAL HEALTH

Action	Update	Timescale for delivery
Explore the potential for a young people's mental health coordinator	Building on the success of MHC we are now in active discussion with partners, including Jenny Hartnoll (MHC) and Frome Medical Practice, with a view to putting in place a resource that will support young people with mental health and wider health needs. This will involve the recruitment of a part time Young People's Health Connector and the development of web resources providing information on services available to young people.	Subject to agreement with FMP, we would expect service to start in September.
Working with partners, consider a model of service provision that includes support for coordination and supervision of volunteer counsellors	Met with Mendip Health Connections to understand their use volunteers. Their Health Connectors are paid roles and Community Connectors are unpaid but don't work as volunteers. Feedback from meetings with schools is that volunteer counsellors not the way to meet their needs – so MHFA training (see below) now being .	Volunteer counsellors not felt to be the solution at this time.
Coordinate the Young People's Mental Health Forum - quarterly meetings	April meeting including comprehensive update from Child and Adolescent Mental Health Services about what they provide. July speakers will talk about support that happens in schools. Evaluation of value of Forum to be undertaken January 2019.	Next meetings scheduled for July, October & January
Link with Frome Learning Partnership to explore provision of mental health awareness training and support and possible interventions in primary schools in Frome (for example mental health first aid training, support for volunteers etc.)	We see this as a way of complimenting the work of the Young People's Health Connector project. We are working with Frome Learning Partnership (FLP) to explore the option for FLP staff member to be trained as a MHFA trainer in order to maximise number of people we could deliver training to. Delivery is subject to the necessary finance being raised.	Agreement with FLP on next steps by May 2018.

<p>Link with partners to consider potential future implementation of a workplace mental health project, particularly aimed at workplaces with young male population (under 25s) to address issue of young men and suicide. Consider too potential links with literacy and employability.</p>	<p>March 2018 Business Breakfast, attended by 25 people, focused on workplace stress management. The session raised awareness of signs and symptoms of stress, looked at ways to manage stress and shared information on where to get support. This information has been uploaded to the <a href="#">FTC website</a>. Work on employability is in its infancy but will link to mental health.</p>	<p>March</p>
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## HEALTHY LIFESTYLES

Action	Update	Timescale for delivery
<p>Working with partners, find out more about what is being offered in Frome in terms of learning to cook healthy food, budgeting for food, reducing waste. Consider any gaps and how these can be addressed. Link to community development area of work and also to resilience.</p>	<p>Mapping exercise started. Complete by September 2018. Information on what is available can then be shared via FTC website, Any gaps identified can be considered for future work.</p>	<p>September</p>
<p>Support schools to implement a simple physical activity intervention in primary schools e.g. <a href="#">The Daily Mile</a></p>	<p>Link to Somerset Activity and Sports Partnership to investigate what they've already done on this. This will also link to emerging plan for 'school gate runs' (see below.)</p>	<p>May (implement 2018/19 academic year)</p>
<p>Promotion of use of Old Showfield outdoor gym equipment - monthly drop in sessions</p>	<p>Provider of sessions identified; planning of sessions to begin in May now underway</p>	<p>May</p>
<p>Provision of free tennis sessions - to include access to equipment, learning opportunities, varied hours etc</p>	<p>Meeting in April to discuss plan for this year's free tennis offer.</p>	<p>Agreement on delivery; comms plan by May.</p>

Consider the potential for a project to increase participation in sport and physical activity within vulnerable groups, particularly young people	School gate running project planned (primary schools.) This will target all parents but has potential to influence children of those who take part too (and link to daily mile). Has impact on physical and mental health of participants.	Plan agreed by May; roll out of programme will be confirmed once agreed with schools
Increase participation in running through project with DEKA (funded in 2017/18)	DEKA Run Leaders trained at the end of March. <a href="#">Four new running groups start in first week of May</a> . Two of these courses are aimed at complete beginners and two are for people already comfortable with running for 30 minutes.	May
Hold Mayhem in the Meadow	Mayhem in the Meadow takes place on 7th May and includes various activities aimed at encouraging families to spend more time outdoors being active.	May

## LITERACY

Action	Update	Timescale for delivery
Fund Frome Community Education to deliver courses in teaching English as a foreign language	FCE now delivering ESOL classes. Courses are available Tuesday evenings and Thursday afternoons and last 10 weeks. Summer term courses have just started; will be repeated Autumn and Spring Terms.	Throughout the year
Develop Communications Plan to promote literacy objectives	Planning meeting July	July

## GENERAL HEALTH AND WELLBEING

Action	Update	Timescale for delivery
Coordinate the Health and Wellbeing Forum (H&WB) - 6 monthly meetings	April meeting included review of work to date and start of work to map food related initiatives happening in Frome. Evaluate value of Forum Autumn 2018.	Next meeting in September
Identification of future priorities by the Health and Wellbeing Forum and ways of addressing these	September meeting will review current priorities and any additional ones that we feel need to be addressed in more detail	September
Coordinate the Sport Forum - 6 monthly meetings	Meeting dates set for July and January 2019	July & January
Identification of future priorities by the Sports Forum and ways of addressing these	Action plan to be updated by June 2018 in time for July meeting and update to Council by Autumn.	July / Autumn
Review Health and Wellbeing Strategy actions - every 3 months; report to H&WB forum every 6 months and council meetings as appropriate	Monthly internal meetings being held; H&WB work programme updated quarterly; Health and Wellbeing Forum dates set, to include review; papers to Town Matters planned	Next update to Town Matters September 2018
Annual review of the State of Frome Health and Wellbeing report	Project plan to be written May, work on review June / July, commission update Autumn 2018.	March
Monitor developments nationally and locally that might impact on health and wellbeing and take action to mitigate where possible	Attendance at quarterly meetings - Mendip Health and Wellbeing Board, Somerset Physical Activity Groups for Adult and for Children, links established with Somerset Public Health Team, links to Public Health England networks established, taking part in national webinars relating to H&WB	Ongoing
Link with wider health and wellbeing networks locally and nationally		Ongoing

<p>Work closely with Frome Medical Practice, supporting each other as appropriate on health and wellbeing projects</p>	<p>Quarterly meetings with Practice Manager, supporting their H&amp;WB related work (sharing campaign news, contributing to press releases), considering service demands (e.g. young people's mental health), links between our projects and theirs</p>	<p>Ongoing</p>
<p>Communication of health and wellbeing messages with the public, including the 4 weekly Frome FM Radio show</p>	<p>Monthly health and wellbeing radio show - plan for next few months developed (26 April show will focus on physical activity.) <a href="#">Health and wellbeing pages updated</a> on our website. Further development of content on FTC website by September 2018.</p>	<p>Ongoing</p>