

Agenda item 7

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.

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 second update on progress to deliver actions within the 2018/19 Work Programme.

Update

The first 6 months of 2018/19 has seen a buzz of activity around health and wellbeing, particularly in relation to some of our actions relating to healthy lifestyles. Significant highlights include:

- The launch of a free school gate running project, encouraging parents, grandparents and people in the local community to be more physically active, with added potential benefits of improving mental wellbeing too
- A successful programme of outdoor gym induction sessions, which has seen around 50 people learn how to use the equipment properly, increasing their confidence to use the gym independently
- The launch of Tennis for Free in Frome, which means there are now 19.5 hours of court time available for free at the community tennis courts
- An increased health and wellbeing presence on the Frome Town Council website – with information about our health and wellbeing and sports forums now available, along with a host of other pages on the work we are undertaking
- A rapidly growing network of people and organisations are linking with the health and wellbeing work. There is much more awareness now that the health and wellbeing role exists at the council and this is giving people the opportunity to connect the work they're doing with both FTC and the wider community. More opportunities are arising to work in partnership with local and countywide organisations on projects that will contribute to improving health and wellbeing in Frome.
- And we are making our voice heard at various Somerset forums and asking for more and more projects delivered elsewhere in the county to be available in Frome, whether that's consultation events or training for example.

Priorities for the remainder of the year include reaching a decision with partners on pursuing the development of a young people's health connections service and finalising plans as to how we will deliver a programme of mental health first aid training across Frome.

For a more comprehensive update on all actions in the work programme see the tables that follow. A number of new and amended actions were agreed at the Council Matters meeting on 31 October. These are marked accordingly in the tables below.

Conclusion

Work to deliver actions within the work programme for this year is on target, with a number of successful programmes already launched and delivering. Others are moving forward at a slower pace but more progress will be made on these over the winter months.

Connections with individuals and organisations that are working with us in our efforts to support improvements in health and wellbeing has increased significantly in the last six months. Relationships are strengthening in many instances and emerging in others.

YOUNG PEOPLE'S MENTAL HEALTH

Action	Update	Timescale for delivery
AMENDED Explore the potential for a young people's health coordinator	<p>We are in discussion with partners, including Frome Medical Practice and Health Connections Mendip, about the potential to create a Young People's Health Connections Service in Frome. This would have the potential to work in a similar way as the adult service and could be an early intervention for young with mental health and wider health needs.</p> <p>When the adult service was first evolving, a significant piece of work was gathering information on services and support available (groups, organisations, clubs etc.) which ended up becoming the Health Connections Mendip Directory. We are now in the process of starting to gather together this kind of information in relation to young people. This will be a searchable resource, accessible via the FTC website, and is dependent on the implementation of our new CRM.</p>	<p>Decision on way forward for Young People Health Connections Service – December 2018</p> <p>Information gathering for Young People's Directory – December 2018</p> <p>Young People's Directory goes live – April 2019 (providing CRM ready)</p>
Coordinate the Young People's Mental Health Forum - quarterly meetings	<p>There have been three meetings of the forum so far this year:</p> <ul style="list-style-type: none"> • April - comprehensive update from Child and Adolescent Mental Health Services about what they provide. • July - support that happens in schools, presentations from Frome Learning Partnership and Schools Health and Resilience Education project (Somerset wide programme operating in schools.) • September – presentations from Kooth (online counselling service) and Focus (new counselling service starting in Frome January 2019.) <p>The forum is an informative meeting, which has a strong networking element and also allows us to consider emerging issues. An evaluation of value of Forum to be undertaken January 2019.</p>	<p>Next meetings scheduled for January, May and September 2019.</p>

<p>Explore the potential to deliver town wide Mental Health First Aid (MHFA) training for those working with children and young people</p>	<p>We are keen to put in place work to support early intervention around children and young people's mental health and MHFA is one way of doing this.</p> <p>Frome Learning Partnership have recently restructured the way their team is working. This has opened up the potential for someone from within the team to be trained as a Mental Health First Aid trainer and the team have been asked to consider if this is something they are interested in pursuing.</p> <p>Meanwhile, more definite costings to get a trainer trained and to deliver a programme of training to those working in schools is being worked on. The MHFA training is delivered as a 2 day, 1 day or half day course. There are approximately 600 staff working in Frome schools – some would need the more intense 2 day training but for others the half day training would be sufficient.</p>	<p>Delivering by March 2019</p>
<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>The March Business Breakfast 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.</p> <p>A page has been created on the FTC website sharing advice and sources of support relating to mental health for workplaces and employees.</p> <p>The October Discuss and Do focused on workplace health and wellbeing and mental health, including substance use problems, was raised as an issue. Planning for the 2019 events will take place this Autumn and it was agreed to build on the October event next year.</p>	<p>March 2019</p>

	More work is needed to establish what kind of project might be needed by workplaces to address this issue.	
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A number of actions have been removed from the work programme relating to literacy, as agreed at Council Matters on 31 October 2018.

- Working with partners, consider a model of service provision that includes support for coordination and supervision of volunteer counsellors
- 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.)

HEALTHY LIFESTYLES

Action	Update	Timescale for delivery
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>At the April Health and Wellbeing Forum we had a discussion on a wide range of food related projects – from food waste to food growing to provision of food (shops / home delivery etc) to learning to cook. We talked about projects that work well elsewhere too.</p> <p>Following this we realised what a large project it would be to map everything taking place in Frome around food and so it was agreed to start with 1-1 discussions with key organisations.</p> <p>These conversations have started but there is more work to do on this, to create a map of who is doing what and to identify any gaps that might need plugging.</p> <p>Meanwhile information on what we already know about food in Frome will start to be added to a page on FTC website in November / December.</p>	March 2019
Support schools to implement a simple physical activity intervention in primary schools e.g. <u>The Daily Mile</u>	This work has not progressed, partly due to capacity but also because FTC have been involved in several other projects in Frome schools this year and we are conscious of doing too much all at the same time. Hopefully work to move this forward can start in January.	March 2019
Promotion of use of Old Showfield outdoor gym equipment - monthly drop in sessions	<p>We held eight physical activity instructor led sessions at The Old Showfield outdoor gym in the summer. Sessions took place on a Monday morning and were attended by 22 people. Evaluation showed they were well received and have given people, the majority of whom hadn't used the gym before, the confidence to now attend regularly.</p> <p>As a result of the evaluation of the summer sessions, further</p>	This action has been delivered but we will continue to look for opportunities to deliver more sessions as a result of them being successful.

	<p>Autumn sessions took place during September and October - four in the daytime and two in the evening. These were attended by a similar number of people to the summer sessions.</p> <p>We used Apple Day, in October, as a way to engage with people who were at the event – giving demonstrations on how to use the equipment, letting them know about remaining session in October and to take details of people wanting to know more about future sessions we arrange.</p> <p>Once ParkRun starts in Frome we will launch some Saturday morning sessions and we will then look to repeat the evening sessions once the evenings get lighter again in the Spring.</p>	
<p>Provision of free tennis sessions - to include access to equipment, learning opportunities, varied hours etc</p>	<p>We have been working with Frome Tennis Club and national ‘Tennis For Free’ charity to put an annual programme of free tennis in place.</p> <p>Coach led free sessions are available Saturday 2.30- 4 and free play sessions Monday – Friday 3.30-5. This means 19.5 hours of free court time is now available each week.</p> <p>The aim is to continue free Saturday throughout the year, providing consistent number of people are attending. The free weekday sessions are unlikely to be able to continue through the darker winter months but this will next be reviewed in mid to late November.</p> <p>We are now several weeks into the sessions. 83 people attended the launch session, which far exceeded expectations. At the time of writing (end of October) there have been 202 attendances at 6 sessions.</p>	<p>Next review meeting end of November 2018.</p>
<p>Consider the potential for a project to increase participation in sport and physical activity</p>	<p>Frome Medical Practice (FMP) Running Group – we are supporting this group, in partnership with FMP. The group is coordinated by a</p>	

within vulnerable groups, particularly young people

GP, Health Connector and Mental Health Nurse. Although anyone can attend it's a particularly useful group for people with physical or mental health problems. Participants are measured at the beginning of the programme – emotional health, as well as more routine measurements such as body weight. This allows for a comparison with how they feel at the end of the sessions, as well as any health improvements. This is a beginners running group, which is free to join. It is complimented by a low cost improvers group.

The school gate running project has started, initially from Vallis First School. Led by DEKA Runners, working in partnership with FTC and the school in particular, this targets all parents but has potential to influence children of those who take part too. It impacts on physical health but also on the mental health of those taking part and it can also help to reduce social isolation. The aim is to make the group sustainable by supporting one of the participants to undertake the Run Leader training and then continue to run the group, meaning DEKA Runners can move on to the next school. It's early days for this project, which has a lot of potential and has attracted media interest – meaning we've had features on BBC Somerset and ITV West News.

Other physical activity opportunities for vulnerable people are being explored.

Alongside this work, where we have seen work going on in other parts of the county, delivered by countywide organisations we've pushed for similar to happen in Frome. As a result of this, two training sessions are planned for the new year:

- #movesmore – aimed at the general public and those able to influence people to be more active, this training highlights the

Vallis First School project takes place during the Autumn Term. If by the end of this a new run leader has been trained then it will move on to the next school.

	<p>benefits of physical activity and raises awareness of local opportunities to be more active (delivered by Somerset Activity and Sports Partnership, in partnership with others)</p> <ul style="list-style-type: none"> • Falls Awareness – aimed at people with little or no knowledge of falls issues who might be supporting people in community settings who are at risk of falls (March 2019, delivered by Somerset Public Health) <p>Both these courses have the potential to impact positively on vulnerable people and encourage them to be more active.</p>	
Increase participation in running through project with DEKA Runners	<p>Earlier this year we funded the training of two new Run Leaders. This led to an additional 4 running groups (2 beginners, 2 improvers) being held before the summer holidays. This autumn there are 2 beginners and an improvers group being coordinated by DEKA Runners (not including the School Gate Running project, which is highlighted above.)</p>	April 2018 – March 2019
Hold Mayhem in the Meadow	<p>Mayhem in the Meadow took place on 7th May and included various activities aimed at encouraging families to spend more time outdoors being active.</p>	May 2018

LITERACY

Action	Update	Timescale for delivery
Fund Frome Community Education to deliver courses in teaching English as a foreign language	FCE have been delivering ESOL classes since the summer term. Courses last ten weeks and are available Tuesday evenings and Thursday afternoons, meaning they are accessible to people working shift patterns for example. The funding given to FCE means these courses will take place over three terms.	April 2018 – March 2019
NEW Consider strategic measures we can put in place regarding literacy	FTC continues to support the provision of the IT Hub by Frome Community Education through the three-year multi-year agreement. We will also remain aware of and respond to any changes to the provision of library services in Frome. We will take other strategic steps as necessary.	April 2018 – March 2019
Continue to increase the profile and use of the Frome Reads pop up space, as piloted in 17/18	In the early part of the year, Purple Elephant agreed to take on the coordination of the Frome Reads Pop Up. This links well with their work delivering events across the town, as well as their coordination of the Toy Library.	April 2018 – March 2019

A number of actions have been removed from the work programme relating to literacy, as agreed at Council Matters on 31 October 2018.

- Continue to coordinate the literacy action group
- Integrate literacy into the Making It Happen conference (through distribution of books to delegates.)
- Develop Communications Plan to promote literacy objectives
- Continue to explore and develop reading projects with community groups

GENERAL HEALTH AND WELLBEING

Action	Update	Timescale for delivery
Coordinate the Health and Wellbeing Forum (H&WB) - 6 monthly meetings	<p>Meetings have been held this year in April and September:</p> <ul style="list-style-type: none"> • April – review of work to date and discussion on food related initiatives in Frome • September – update on work to deliver strategy and review of current priorities <p>The next meeting in March 2019 will look at how we encourage further participation and engagement in the health and wellbeing forum and the work we are doing.</p> <p><u>A page on our website</u> has been created that describes the forum and gives people the opportunity to sign up to be a part of it.</p>	Next meeting March 2019
Identification of future priorities by the Health and Wellbeing Forum and ways of addressing these	<p>At the September meeting we held a workshop and looked at current priorities, as well as things coming up on the horizon. The group broadly indicated that the work we are doing is in the right areas. The focus continues on healthy lifestyles, young people’s mental health and literacy. But this is not at the exclusion of other areas of work – more general mental health, loneliness and isolation, older people’s health are examples of areas where work has recently been undertaken.</p>	September 2018 but this is an ongoing process
Coordinate the Sport Forum - 6 monthly meetings	<p>The July meeting was postponed and a meeting has now been planned for November. Agenda to include: agreement of new Sports Forum Action Plan, presentation from Volunteer Frome, update on opportunities to link with Somerset Activity and Sports Partnership (including funding and training.)</p>	Meeting in November and early 2019 (date tbc). Actions ongoing.
Identification of future priorities by the Sports Forum and ways of addressing these	<p>A draft action plan has been written, for agreement at the November meeting.</p>	November 2018

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 are held and a monthly update circulated to Councillors; the H&WB work programme is updated at least quarterly; Health and Wellbeing Forum dates are set and two H&WB updates to Town Matters in 2018.	Ongoing
Annual review of the State of Frome Health and Wellbeing report	Work undertaken in the Autumn to consider what kind of data we need – e.g. trends, perception data, alongside an update on the existing Frome Town Profile report where needed.	March 2019
Monitor developments nationally and locally that might impact on health and wellbeing and take action to mitigate where possible	Attendance at quarterly meetings such as 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 and to Somerset Sports and Activity Partnership webinars.	Ongoing
Link with wider health and wellbeing networks locally and nationally	<p>Also invited to attend other meetings – for example, a Somerset wide strategic meeting to consider support for young people with low level emotional wellbeing needs and a Dorothy House event to consider the development of an ecosystem around end of life care and bereavement.</p> <p>We responded to the recent on ‘Improving Lives’ consultation on the draft countywide health and wellbeing strategy and we are engaging on the Somerset CCG consultation on Fit For My Future (how our health services will be provided and commissioned in the future.)</p> <p>We were also recently awarded the Somerset Positive About Breastfeeding Award. This helps to raise awareness that we are breastfeeding friendly but also hopefully encourages other venues in Frome to apply (aware that Frome Medical Practice have applied as result of us sharing this information.)</p>	Ongoing

	<p>The network of people I am now linked with continues to grow. Recent connections include Frome Dementia Action Alliance, Ageing Without Children, Community Catalysts / Frome Microproviders, Fair Housing for Frome, Somerset Drug and Alcohol Service, Nova Sports and Coaching and Mojo Moves. Meeting with people such as this gives me a broader awareness of what's happening in Frome, but also gives me the opportunity to connect organisations and link people to funding opportunities and other aspects of support.</p>	
<p>Work closely with Frome Medical Practice and other partners, supporting each other as appropriate on health and wellbeing projects</p>	<p>Quarterly meetings with Practice Manager, supporting their H&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. We have recently written a foreword to their forthcoming new strategy and I will also be presenting an update on our work on health and wellbeing at a Clinical Education Session at the practice in November. I also recently attended a county meeting relating to falls prevention, alongside one of the team from FMP, where we were able to look at what's currently provided in Frome and the potential for improvement for patients.</p> <p>Quarterly meetings with Health Connections Mendip provide an opportunity for information sharing, for seeing opportunities for new groups / projects, for working together to make things happen and for supporting the continued roll out of community connector training across Frome.</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 takes place.</p> <p><u>Health and wellbeing pages updated</u> on our website. New content includes:</p> <ul style="list-style-type: none"> physical activity opportunities such as <u>Tennis</u>, <u>Running</u>, <u>Walking</u> and <u>Outdoor Gym</u> 	<p>Ongoing</p>

	<ul style="list-style-type: none"> • <u>Health Connections Mendip</u> (in order to help support the Community Connector training they offer) • <u>Positive About Breastfeeding</u> (to promote the Town Hall as being breastfeeding friendly but also to try and encourage other venues to apply for this award) • <u>Health and Wellbeing Radio Show</u> (to encourage people to listen but also to encourage people to get in touch if they want to be a guest on the show) • <u>Health and Wellbeing Forum</u> and <u>Frome Sports Forum</u>, as I want to be able to encourage more people to connect with the Forums. <p>Working with the Marketing and Comms team means we've had plenty of press coverage including local radio and TV.</p>	
<p>NEW Coordinate a multi-agency forum to highlight key issues across the town and actions to address, similar to the One Team approach happening elsewhere.</p>	<p>Exploring the potential development of a multi-agency forum in Frome. Outcomes of such a forum would be: consider local concerns; co-ordinate partnership working to provide solutions for individuals, families and communities; prevent problems escalating and costs to the public sector increasing. Several agencies, such as police, drug and alcohol service, social services, housing etc believe there would be a benefit to hold such a meeting. Next steps are to coordinate a first meeting – with our role very much about enabling and facilitating such a group.</p>	<p>March 2019</p>