

Rutland Joint Health & Wellbeing Strategy

2020 -2025

1. Foreword

To be added.

DRAFT

2. Introduction

This Joint Health and Wellbeing Strategy sets out our priorities for improving health and wellbeing in Rutland. Our aim is to prioritise prevention, to work together in partnership across organisations and with communities to support them to be active and to enable our residents to access help, advice and support when they need it.

The strategy is focussed on working in partnership across organisations rather than on routine work. Integrating health and social care was a significant part of our last strategy and has resulted in systematic joint working between adult social care and health services being the norm.

We know that strong social and community networks are good for health and wellbeing. Social and community networks include our family, friends and the wider social circles around us and they have a significant protective factor in terms of our health.

The Strategy is aimed at all ages, from good health in pregnancy, through to dignity at the end of life. It also seeks to ensure that everyone can have the same opportunity to live a healthy independent life, as we know that some groups currently have poorer health outcomes and/or reduced life expectancy.

The purpose of the strategy is to enable the Health and Wellbeing Board to be clear about our agreed priorities over the next 5 years; to embed them within our organisations, ensure they are reflected in our commissioning plans and to influence partners across Rutland; including engaging residents.

3. Our Vision and Goal

Our vision for the Health and Well Being Board is to create 'Safe, healthy, happy & caring communities through which people start and thrive together all their lives' and, in doing so achieve our goal of 'Active Communities Living Well'.

4. Our Priorities

Our priorities are informed by population health outcomes data and the Joint Strategic Needs Assessment for Rutland, published in December 2018, together with stakeholder views gathered through a Health and Well Being Board development session.

As we develop the work on our priorities we will **engage with local people**, societies and community groups to ask them what living well means to them; what would make the most difference and what they can do to help take this forward. This will not be a one-off engagement, but a routine approach to our work.

"The greatness of a community is most accurately measured by the compassionate actions of its members." Coretta Scott King

Our four draft priorities are:

1. Active communities

Current situation:

Evidence shows that being part of a community and having connections with other people has a positive impact on our wellbeing. Rutland has many active and caring communities and lots of local groups and societies which we celebrate. We also recognise that it is a rural area, with some areas sparsely populated and an ageing population, so feelings of isolation and loneliness can be exacerbated. This also impacts children and young people.

Need data for Rutland.

Rutland is full of people and groups working at village and local levels to build or sustain vibrant and flourishing places that utilise natural and built assets to support the wellbeing of places and communities.

What are we doing now:

We are working to support that endeavour and energy through engagement and support – The Rutland Community Wellbeing Service is actively encouraging and supporting volunteering for all that it can bring to the wellbeing of participants and the ability of places and communities to thrive. The Service is also working to support the development of social sector groups including the provision of resources and advice, training and funding opportunities and updates, to supporting networking, collaboration and representation.

The Civil Society in county also has a tradition of cross sector partnership –working with private and public to deliver on shared priorities, as well as being driven at many levels to work to ensure that all residents are able to realise the benefits of, and contribute to, Rutland being one of the best places to live in the country. Rutland has so many focused people and organisation, relentless in their ambition to shape and secure opportunities to improve quality of life and levels of engagement.

Where do we need to get to:

“The power of community to create good health is far greater than any physician, clinical or hospital”

Mark Hyman

There is so much more to do. Our support for communities still needs to develop and be more widely communicated and utilised. Many groups have evolved independently and have to date been comfortable with that self-contained and determined position.

However, the world is changing and there are increased demands, expectations, pressure and opportunity to shape places and to deliver service and changes at a local level. We must work to bring these challenges into the realm of the achievable - providing accessible infrastructure services that provide information, advice and support across a range of subjects, building relevant resources and toolkits, developing training in response to key challenges, providing opportunities for sector representatives to meet, to be informed, to exchange ideas, to collaborate, to identify funding and resourcing opportunities, and to add their offer and thinking to forming and delivering countywide health and wellbeing strategies and activity.

We need to continue to listen and learn and build on that authentic voice, the place where natural creativity and sustainability exists, and to use that fundamental and necessary innovation and resource to shape the local behaviours and community services and assets that are so important in 21st Century health and Wellbeing in Rutland.

We will work with communities to secure an understand of local assets that will support health and wellbeing assets, where possible and reasonable to endeavour to secure additional investment where required, but also to realise the benefits of the richness of what we have, and what we can consider together.

We will tackle loneliness and provide support by working with parishes and community groups, to develop community activities for all ages. Those activities determined by local people and groups may include sustaining and support existing and developing good neighbour schemes, befriending activities, events, arts and cultural projects, community gardens and growing schemes, neighbourhood/village infrastructure youth groups, nature groups and enable people to get out an about so they can benefit from our countryside and Rutland Water.

We need to build on our 'no wrong front door' approach so people can access the support, advice and assistance they need no matter which organisation they contact. New social prescribing resources and aligned approaches will add to our capacity and reinforce our intent. Additionally we will need to work across all sector partners to support and encourage the cultural changes required to release innovation and enable purposeful collaboration. We will also work to identify and align funding opportunities to support ambitions— liaising with traditional social sector funders in attempt to influence priorities and targeting, and working internally to develop approaches to smarter commissioning.

We will work with communities to design our services so that they fit around people, meet needs and address the longer term. We will develop places and opportunities to talk and plan, so that we can all be involved in working to shape provision that responds to shared Health and Wellbeing ambitions.

Our services will ensure that people are supported into activities that promote the Five Ways to Wellbeing areas of connect, be active, take notice, keep learning and give – shown to have a positive impact on health.

We will work with community leaders including parish councils, district and town councillors, community groups, and other members of the civil society to listen to the views of communities and to work in partnership respond to issues raised and to target resources in the best way.

The population of Rutland is expanding with new housing developments planned. To ensure these have a 'sense of place' and active communities can develop, we will ensure that facilities and open green and communal space is included. We will work to ensure the needs of different groups are met in house and community design. This has started with our focus on dementia friendly design as part of early plans for St Georges Barracks.

We will engage the business community both in terms of exploring and focusing Social responsibility activity and aims, but also in supporting the development and encouragement of healthy working practices and wellbeing in organisations small and medium. We will work to develop opportunities for contractors, developers and builders to invest in activity and infrastructure that supports community led health and wellbeing development.

We will work across all policy and strategic settings to ensure that issues related to the wider determinants of health are appropriately and routinely considered.

We will be innovative and creative working to consider freedoms and flexibilities that will encourage and support the engagement of communities now and in the longer term.

2. Getting people more physically active – a best buy for medicine.

Current situation:

Being physically active has many benefits: it helps improve our mood can boost self-esteem, sleep quality and energy, as well as reducing the risk of stress, depression, help us manage our weight better, lower blood pressure and risks of many physical health problems such as type 2 diabetes. It helps us have stronger bones, muscles and joints and lower risk of developing osteoporosis, improves our balance and reduces our risk of falls. In fact, a medical best buy!

Physical inactivity directly contributes to 1 in 6 deaths in the UK, the same number as smoking. Around 1 in 4 of us in Rutland are inactive and fail to do 30 minutes of activity a week.

What are we doing now:

We promote being physically active from early in life. Forming good habits and having access to enjoyable activities from the start helps support good healthy behaviours in the future. We work with schools to promote our extended School Games programme which includes opportunities for those less keen on mainstream team games. Our Energise Club programmes engage a significant number of pupils, and we have piloted a Whole School Approach project in primary schools across Rutland, offering physical literacy intervention sessions, targeting early year's foundation stage (EYFS) and key stage 1 (KS1) children.

We promote use of our green and open spaces, encouraging walking and cycling throughout the year, showing opportunities available during our annual Walking and Cycling Festival. We also offer gardening and growing opportunities through our Grow Together volunteer programme. Our volunteer gardeners are at the heart of this programme, leading projects of their own in their communities, sharing their knowledge, skills, experiences and stories with new growers and providing local natural outdoor opportunities close to where people live. Projects include; community beds and allotments, verge planting and growing / learning spaces. We work with a variety of partners on these projects including Walking for Health groups, walking and cycling groups, Leicestershire & Rutland Wildlife Trust, nature reserve, Root and Branch Out and enthusiastic volunteers.

Our Exercise on Referral, Steady Steps and Steady Steps Plus programmes support people with health conditions to benefit from tailored support around their health needs to begin to build more activity into their lives. We offer a timetable of activities at local and convenient community venues, delivered by highly trained instructors including specialised classes such as lower back pilates, cardiac rehab and falls prevention.

Where do we want to get to:

Having completed year 1 of the Whole School Approach project, we are extremely happy with the results we have achieved and the significant improvement in so many of the children involved. As a result, we want to increase the delivery of our programme for school age children and are working to embed the Whole School Approach with schools buying in to an early intervention and assessment programme. We are now looking at the wider impact the project will have on the young people and their progress in school, so we will be conducting structured interviews with PE leads and EYFS/KS1 teachers to find out about the changes and influence the programme is having on the attainment and progress of the young people in their classes.

We will work with local employers to encourage active travel to work including walking and cycling as well as opportunities for staff to be more active during their working day such as encouraging active soles, spaces to exercise, lunchtime activities and staff challenges.

We will increase use of our green and open spaces through walking, cycling, gardening and growing opportunities. In particular, our Grow Together programme will run for a further year and we are sourcing additional funding to continue the programme long term. This will allow us to offer more community engagement events to support further volunteers and projects. We will also continue to support our walking and cycling groups, train volunteers and develop further informal opportunities as well as build on the annual Walking and Cycling Festival.

We will extend our Exercise on Referral programme to include specific classes for pulmonary and cancer referrals initially. Following this we will look to offer classes for stroke and diabetes. Additionally, we will deliver a further Steady Steps programme and continue to feed people into our maintainer (Steady Steps Plus) classes following the 24 week programme.

We will continue to build connections with our newly appointed social prescribing team, link up our existing programmes and ensure we have 2 way referrals to ensure the user is receiving the right support and provide them with the best experience.

3. Starting Well and Living Well for Longer - A whole life approach

Current situation:

[children, young people, adults?

Most have a good start in life, but challenges – affluent county, but some families living with poverty, high cost of housing, mental health challenges, difficult family circs, wider threats - county lines, child sexual exploitation, radicalisation, impact of reduced public sector investment on services, future economic uncertainty, climate change (critical moment).]

Life expectancy has increased in recent years but the number of years we live in good health has fallen. This means that in Rutland on average men spend 12.6 years in poor health and women 17.4 years, often suffering from several diseases and health conditions at the same time. This affects the individual and means they require more medical and social support with this often starting in middle age. Around 1 in 4 people aged 85 or more is living with 8 health conditions. How we can extend healthy life expectancy is a critical challenge.

What are we doing now:

Rutland services aim to create safe, healthy, prosperous communities – across housing, transport, environmental protection, education, economic development, health and more – in which people can thrive throughout their lives.

The Council's strategy for children and young people is to enjoy a happy, safe and successful start in life. Families are supported and empowered to create a nurturing environment where children can flourish, while excellent educational opportunities prepare young people to achieve their full potential. Where early or additional support is needed, this is tailored to the potential and needs of individuals.

Following through into adult life, a wide range of services are there to equip people to maintain their mental and physical health and wellbeing, and to tackle lifestyle and life-stage challenges. Services aim to prevent, delay or minimise the impact of ill health, with a particular focus on impactable conditions such as type 2 diabetes, cardiovascular disease and pulmonary disease.

As ill health increases, empowering people to cope with changing circumstances, sustaining independence through technology, housing adaptations, physical therapy, rehabilitation, health coaching, support to carers. Ensuring people have access to quality care closer to home, avoiding unwarranted deterioration or escalation, ending life with dignity and in the place of their choosing.

Where do we want to get to:

We want to nurture healthy, sustainable communities where people are well equipped to manage their health and wellbeing and achieve their potential.

Environmental challenges are growing globally. Where possible, we will pursue policies that achieve a triple win of improving health, the environment, and equity, building this objective more systematically into more of our individual and joint investment decisions.

We will promote good mental and physical health for all age groups, supporting schemes such as those detailed above, including support targeted at those with multiple health conditions. The aim is to help reduce the impact of conditions and to enable people to live their lives to the fullest, whatever their circumstances.

Prevention will focus particularly on people aged 45-64 with 2 to 4 long-term conditions where it is possible to improve outcomes and reduce or prevent health and care needs escalating.

Programmes will include social prescribing, mental health and care coordination, to help people access a range of health and community support services.

4. Improve Health for All by ensuring a focus on specific groups

Current situation:

Good health is not the same for all. To ensure all people in Rutland have the help and support they need we will focus on some groups as a priority over the time of this strategy. This includes ensuring people in living in different circumstance to most people in Rutland have additional input. We will use data on health need to help determine these groups and adjust this as circumstances change. **Need data for Rutland.**

What are we doing:

TO FOLLOW

Where do we want to get to:

This could involve targeting services around specific groups with specific needs and areas in need of improvement, for example, military families, carers, people with multiple conditions, Adverse Childhood Experiences (ACE), as well as universal services to meet population need. We will the change the way we work together to commission and plan services so we have more focus on Rutland as a place and prioritise prevention

5. How will we know if we have made a difference?

We will use data which is regularly collated on a range of health indicators, including service user/patient feedback to tell us whether the health of our residents is improving. We recognise that some impacts will only become clear many years into the future.

We will include data that measures:

- Levels of happiness and satisfaction with life
- Participation and engagement in community activity
- Levels of physical activity – including results of the annual Active People Survey,
- Vaccination and immunisation
- Numbers of people with many health conditions
- Reduced use of crisis and statutory services because active communities provide support

Should we develop further into a draft outcomes framework?

6. Partner organisations of the Rutland Health and Wellbeing Board

- Rutland County Council (Local Authority, including Public Health)
- East Leicestershire and Rutland Clinical Commissioning Group (NHS)
- NHS England
- Leicestershire Constabulary
- Rutland Healthwatch
- Local housing providers (represented by Longhurst Group)
- Rutland Voluntary and Community Sector (represented by Rutland Citizen's Advice)

DRAFT