

Healthy Lives update

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Prevention is never as popular as cure



- It can take time – sometimes years to show an effect
- The results are not often immediate, unlike an operation or medication to resolve a condition
- People don't always like the messages – stop smoking, lose weight, do more exercise.....
- Other life issues take priority – cheap processed food to feed a family, or hunger?

But we know

- Prevention work is essential for future long term health of the nation
- The effect on peoples' lives and those around them is significant and can be quick. - Giving up smoking benefits the smoker, and children in the household who become at less risk of respiratory conditions
- Social isolation and loneliness is becoming serious. Research indicates that people *“with adequate social relationships have a 50% greater likelihood of survival compared to those with poor or insufficient social relationships”* (Holt-Lunstad, 2010)
- ***We can and are doing something about it***

Healthy Lives is.....

- a Partnership Prevention Programme, which brings current prevention activity from **Public Health**, the **Better Care Fund**, **Adult and Childrens' Social Care**, **Shropshire CCG**, and **Provider partners** e.g. VCSA together, to improve the health and wellbeing of Shropshire people and reduce demand on health and social care services
- an integral component of the STP Neighbourhoods (Out of Hospital) Workstream and supports integration across health and care as set out in the Health and Wellbeing Strategy
- Healthy Lives looks at on how individuals and communities can be enabled to take ownership and responsibility about their lifestyle choices. Key to this programme is working with local neighbourhoods. Connecting people to health and or social support within their own community, will not only help them now, but will also help them to help themselves in the future.

HWBB & BCF Prevention Programme Delivery Structure



Healthy Lives Steering group reports to the STP Neighbourhoods Group and the HWB Delivery Group/ Joint Commissioning

Executive Leads : Kevin Lewis, Andy Begley, CCG TBD

Programme Lead: Jo Robins
Programme Coordinator: Val Cross
Social Prescribing Lead: Katy Warren

STP Out of Hospital/ Neighbourhoods Reference Group



- BCF Communities First**
- Community Care Coordinators
 - Compassionate communities
 - Voluntary Sector Prevention schemes
 - Community Connectors
 - Hyper local directories
 - Community Hubs
 - Let's Talk Local
 - Community Enablement
 - Everybody Active Towns
 - Healthy Community Toolkit

Shropshire Prevention Programme: Cross cutting project - Social Prescribing Programme leads meet regularly



Health Consultancy, Intelligence, Metric Development: Emma Sandbach

Design Team Support: Neil Felton and Mel France – AGILE working

Communications – HWBB Communications Subgroup – supports all workstreams

Programme Updates

Social Prescribing



- Albrighton - Stakeholder event took place in on 23 January. Well attended by local groups and organisations, and enthusiasm to get involved in Social Prescribing. First clients will be seen on 1 March 2018
- Bishops Castle - Progressing well with strong support from community and GP Practice. Ready to receive first clients beginning of March 2018
- Oswestry - Referrals increasing, with proactive approaches to increase these further
- Evaluation data being collected, with patient consent, and will be evaluated by the University of Westminster

Carers

- work is led by All-Age Carers Strategy & Action Plan
- Carers hospital lead in post at Royal Shrewsbury Hospital
- 2 x NHS England funded projects, joint with T & W 1 = young carers and publicity/ awareness of young carers esp. in schools and college (Workshop April '18) 2 = x 8 carer workshops countywide in planning stage, focussed around carer stress management (June to September '18)
- Carer specific page on SaTH website, and other websites being updated

SFRS 'Safe and Well' visits

- Currently horizon scanning for the '18/'19 budget and looking at most effective way to continue identifying and prioritising the most vulnerable residents.
- Specific work planning to increase visit numbers – work allocation, funding etc.

Diabetes (pre-diabetes)

- Help 2 Change working with 5 GP Practices in Shropshire since June 2017, to identify patients at risk of diabetes. Those identified receive invitation by letter, to attend 2.5-hour Pre-diabetes information session held in a convenient community venue
- Work happening to increase uptake – phone contact for example
- National Diabetes Prevention Programme (NDPP) will start April '18 and H2C liaising with provider to create links.

Dementia

- Ongoing development of Dementia Companions
- Launch of 'This is me' document being collaboratively agreed through the Local Health Economy Dementia Steering Group
- Development of a self-funded Dementia Respite Centre in Shrewsbury with Age UK

Mental Health

Shropshire Sanctuary - Prior to Shropshire Sanctuary opening in June 2017, over 30 individuals a month were being detained under S136 in Shropshire

Shropshire Sanctuary have halved the numbers of individuals being presented to the S136 suite. 45 individuals were taken to Shropshire Sanctuary by Police, WMAS and Street Pastors in January 2018.

Mental Health Needs Assessment - The final MHNA to be presented to the Mental Health Partnership Board 16th March 2018

Shropshire All Age Mental Health Strategy 2018 – 2023 - Work on this will commence April 2018

Housing

- Assistive technology/telecare is being piloted as a way to assist those leaving hospital.
- Strong links to Healthy Lives work is clear and being developed further.

Musculoskeletal system,(MSK) Falls and Physical Activity

- Physical Activity Clinical Advice Pad (PACAP) – LA/CCG Shropshire involved with pilot scheme (one of 10 selected by Public Health England)
- Plans for delivery of Functional Fitness MOTs for older people under way. To link with Social Prescribing and community Postural Stability Instruction, This promotes physical activity as a way to keep older people independent and stay mobile in later life.

Cardio-Vascular Disease (CVD)

- Initially, focus on detection of undiagnosed Atrial Fibrillation (AF) through NHS Health Checks, with aim of preventing strokes
- Work also taking place to help identify people in GP Practices who are at risk of heart disease or stroke and are currently not receiving information or support as to reduce their risk.

Thank you