

**East Herts Health and Wellbeing Strategy
Workplan 2016/17**

New Projects

A selection of six new public health projects have been selected to enable closer overview and scrutiny.

2016/17 P001 Adventurous play for families

Project Overview

Adventurous outdoor play for families with young children aged 2-4: a series of active outdoor play sessions facilitated by experienced Groundwork staff, to show families activities that they can do for free or at minimal cost in local green spaces, giving parents the confidence to facilitate adventurous play and helping children to develop active play habits.

Similar projects run in Hertsmere and Broxbourne have had a strong uptake by young families and been very well received. Research from National Trust highlights the dangers of 'nature deficit disorder' if children do not play outdoors.

Project Outcomes & Measures

- To provide adventurous outdoor play for families with young children aged 2-4
- To deliver a series of active outdoor play sessions facilitated by experienced Groundwork staff
- To enable awareness of free or minimal cost activities in local green spaces
- Encourage confidence of parents in facilitating adventurous play and developing active play habits for the children
- To record activity levels and intensity for children taking part at beginning and end of project.

Organisation Leading Project & Key Partners

Groundwork with partner involvement from selected East Herts Children's Centre and participating families and their children.

Projected Project costs: A contribution of £1500 for the pilot project as part of the overall cost of £3k-£5k, dependent on number of sessions, and would be run over spring / summer months.

Target Audience

Parents with young children are often time poor and find it difficult to take regular exercise themselves. Parents often lack skills and confidence to facilitate adventurous outdoor play for their children including teaching their children how to manage risk. Children's play habits begin to form at a young age and it is important to stimulate an appetite for active outdoor play - for physical and mental well-being.

Groundwork will identify a local children's centre in an area of need with which to jointly promote the opportunity.

Links to the East Herts Corporate Priorities

1. People - Enhancing the quality of life, health and wellbeing, particularly those who are vulnerable and delivering strong services.

Links to the East Herts Health & Wellbeing Strategy Priorities (2013 – 2018)

1. Healthy children starting off well
2. Empowering children, young people and adults to achieve their life potential

Links to Healthier Herts - A Public Health Strategy for Hertfordshire Priorities (2013/17)

1. Longer, healthier lives

Project Outcomes, Review & Sustainability

To be updated at year end review

**Links to Health & wellbeing Board
Hertfordshire Strategy (2013 – 2016)**

1.Promoting healthy weight and increasing physical activity

2.Helping all families to thrive

2016/17 P002 Domestic Abuse Workshops for Students

Project Overview

Workshops in secondary school for years 9, 10 and 11. Highlighting the effect of abuse in men and women, the workshops will look at the types of abuse, spotting signs and use preventative tools.

Project Outcomes & Measures

- To inform year 9, 10 and 11 students about the effects of abuse in men and women
- To equip with the skills and knowledge to spot signs of abuse
- To use preventative tools and methods in identifying and reducing the effect of abuse

Organisation Leading Project & Key Partners

This workshop has been delivered successfully across North Hertfordshire since 2008 – funded originally by Comic Relief, Create Media and Learning Ltd now deliver it in partnership with Hertfordshire Constabulary.

Projected Project costs:

Cost per school £250-£300

Target Audience

1 in 4 women in England and Wales will experience domestic violence in their lifetimes and 8% will suffer domestic violence in any given year (Crime Survey of England and Wales, 2013/14)

Local data to be sought.

Links to the East Herts Corporate Priorities

1. People - Enhancing the quality of life, health and wellbeing, particularly those who are vulnerable and delivering strong services.

Project Outcomes, Review & Sustainability

To be updated at year end review

Links to the East Herts Health & Wellbeing Strategy Priorities (2013 – 2018)

1. Empowering children, young people and adults to achieve their life potential
3. Creating health and work together
4. Promoting positive health and wellbeing life quality for all
5. Healthy places and sustainable communities
6. Pro-active health prevention

Links to Healthier Herts - A Public Health Strategy for Hertfordshire Priorities (2013/17)

1. Longer, healthier lives

**Links to Health & wellbeing Board
Hertfordshire Strategy (2013 – 2016)**

1. Fulfilling lives for people with learning disabilities.

2016/17 P003 - Fit and Ready Communities

Project Overview

A 4/5 month pilot project aimed at Improving the lives of residents in the Ware Trinity Ward.

The project will tackle health inequalities and improve health and wellbeing in a targeted area, as well as addressing a spectrum of 'quality of life' issues such as safe communities, protecting and enhancing the environment and involving people, through partner agencies, to deliver tangible and sustainable outcomes.

Through introducing and delivering healthy living activities, we will enhance current efforts to break down barriers, tackle social inclusion and improve community relations. Our initiative also aims to create and continue a 'sense of community' and civic activism. This will inspire and help to create a sustainable element of volunteering and increased engagement in the area.

Organisation Leading Project & Key Partners

By working closely with local partners such as Riversmead HA, Tower School and the Ash Valley Children's Centre and East Herts Timebank, our outcomes will enable communities from the targeted areas to work towards defined outcomes.

Projected Project costs: Propose contribution of £1500 to overall cost of £9603. Other funding sources will need to be explored to fund partnership project.

Project Outcomes & Measures

So far we have:

- Established the Tower Road Residents Association.
- Invited older members of the community into the school for school productions and coffee mornings.
- Set up joint RHA and Police surgeries at the Children's Centre for the local community.

In the longer term it is planned to:

- Set up and run Healthy Eating sessions for children and their families.
- Offer training and recreational opportunities for parents and the wider community.
- Increase participation in sport and exercise for children and the wider community.
- Support young people who are at risk of exclusion and / or under achieving.

Target Audience

The project will focus on the Ware Trinity ward in Easy Herts.

Ware Trinity has experienced high population growth (approaching 12%) in the past 15 years and now has (along with Bishops Stortford Central) by far the lowest available green space of all the wards in East Herts at just 26%.

The ward has the highest combined levels of income deprivation affecting both children and older people in the district.

Anecdotal data from local housing providers demonstrate that 35% of children attending the Tower Primary School in Ware are eligible for free school meals and that around 35% children also come from ethnic minority backgrounds – against a 7% average across the district.

There are clear links between education, income level, poverty and negative outcomes whether related to education, health or general wellbeing.

<p>Links to the East Herts Corporate Priorities</p> <ol style="list-style-type: none"> 1. People - Enhancing the quality of life, health and wellbeing, particularly those who are vulnerable and delivering strong services. 	<p>Project Outcomes, Review & Sustainability</p> <p>To be updated at year end review</p>
<p>Links to the East Herts Health & Wellbeing Strategy Priorities (2013 – 2018)</p> <ol style="list-style-type: none"> 1. Healthy children starting off well 4. Promoting positive health and wellbeing life quality for all 5. Healthy places and sustainable communities 6. Pro-active health prevention 	
<p>Links to Healthier Herts - A Public Health Strategy for Hertfordshire Priorities (2013/17)</p> <ol style="list-style-type: none"> 1. Longer, healthier lives 	
<p>Links to Health & wellbeing Board Hertfordshire Strategy (2013 – 2016)</p> <ol style="list-style-type: none"> 1. Promoting healthy weight and increasing physical activity 2. Helping all families to thrive 	

2016/17 N001 - Enabling HWB Art and Drama opportunities

Project Overview

Access to drama for isolated and disadvantaged communities.

Engaging in drama and the arts is a therapeutic aid to well-being that is often out of reach of certain communities due to isolation, lack of transport, disability or disadvantage.

Transport can be the key to access.

Project Outcomes & Measures

- To enable access to the arts and in particular drama for people who find it hard to reach such well-being enhancing experiences.
- To target 200 people to visit a show at Hertford Theatre who would not otherwise have been able to.

Organisation Leading Project & Key Partners

Hertford Theatre working with CVS (Broxbourne and East Herts)

Projected Project costs: £700 contribution to overall cost of £1000.

Target Audience

People who cannot access the arts programme at Hertford Theatre without help in the form of transport and or chaperone.

Links to the East Herts Corporate Priorities

1. People - Enhancing the quality of life, health and wellbeing, particularly those who are vulnerable and delivering strong services.

Project Outcomes, Review & Sustainability

To be updated at year end review

Links to the East Herts Health & Wellbeing Strategy Priorities (2013 – 2018)

1. Empowering children, young people and adults to achieve their life potential
2. Promoting positive health and wellbeing life quality for all.

Links to Healthier Herts - A Public Health Strategy for Hertfordshire Priorities (2013/17)

3. Longer, healthier lives

Links to Health & wellbeing Board Hertfordshire Strategy (2013 – 2016)

1. Fulfilling lives for people with learning disabilities.
2. Helping all families to thrive

2016/17 N002 – Promoting healthy eating information on HWB website pages

<p>Project Overview</p> <p>There is a need to provide more informed and accessible range of healthy eating advice and approaches on the health and wellbeing Council webpages.</p>	<p>Project Outcomes & Measures</p> <ul style="list-style-type: none"> • To review and update the current healthy eating content • To include recipes from East Herts and partner healthy eating projects • To update the links to other healthy eating resources
<p>Organisation Leading Project & Key Partners</p> <p>The EHPO will lead on this with member input</p> <p>Projected Project costs: staff time costs as part of health and wellbeing delivery role</p>	<p>Target Audience</p> <p>To assist all ages with a focus on families in particular to access healthy eating recipes and support them in achieving their life potential.</p>
<p>Links to the East Herts Corporate Priorities</p> <p>2. People - Enhancing the quality of life, health and wellbeing, particularly those who are vulnerable and delivering strong services.</p>	<p>Project Outcomes, Review & Sustainability</p> <p>To be updated at year end review</p>
<p>Links to the East Herts Health & Wellbeing Strategy Priorities (2013 – 2018)</p> <p>3. Empowering children, young people and adults to achieve their life potential</p> <p>4. Promoting positive health and wellbeing life quality for all.</p>	
<p>Links to Healthier Herts - A Public Health Strategy for Hertfordshire Priorities (2013/17)</p> <p>2. Longer, healthier lives</p>	
<p>Links to Health & wellbeing Board Hertfordshire Strategy (2013 – 2016)</p> <p>2. Promoting healthy weight and increasing physical activity</p>	

Core Projects / Areas of Work

Please find below a **list of core projects/areas of work focus for 16/17** which will continue to be delivered.

C001	Promote smoking prevention and education to Organisations and Public
C003	Positioning East Herts as a key public health influencer working with internal processes and external expertise
C004	Developing Healthy lifestyle connections through Drugs and Alcohol Awareness
C007	Assist with processing of Disabled Facility Grants (DFG)
C008	Promoting energy conservation and efficiency
C010	Food Safety course delivery
C011	Developing multi-partner obesity and wider health interventions
C012	Allocation of Grants to community groups and organisations to promote physical activity access, sport and recreation opportunities
C013	Active East Herts action plan implementation (Increasing Sports participation included under AEH and HSP joint work together)
C014	Active Together promotion of physical activity for older adults
C015	Promoting greater physical activity, sustainable travel and healthy lifestyle opportunities through adaptation of the built environment
C016	Organising and delivering public events at East Herts Parks and Open spaces
C017	Parks and Open Spaces contribution to East Herts health and wellbeing
C018	Promotion and development of East Herts health walks
C019	JSNA Public health evidence contribution/usage
C021	Tobacco Control Leadership by member and officer
C023	Sport and Leisure Management promotion of physical activity to residents at East Herts leisure centres
C027	Participate in local Crucial Crews
C029	Active East Herts Promotion of MOVE week 2016 across East Herts