

**East Herts Health and Wellbeing Strategy
Year End workplan 2015/16**

Highlights

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

2015/16 P006 CMS Southern Country Park and Beyond

Project Overview

Development and promotion of non motorised transport links to Southern Country Park from the surrounding residential areas via other smaller green spaces. Works as identified in the current management plan.

Project Outcomes & Measures

Design and production of the central map based information panel and accompanying leaflet which will provide design works and template for all additional and subsequent works.

Successful linkage to the Hertfordshire year of Walking via a guided walk event to encourage and promote use.

Organisation Leading Project & Key

Partners

Countryside Management Service

East Herts Council's Open spaces team, Friends of Southern Country Park

Target Audience

Residents of St Michaels Mead, Thorley and beyond. Users of Southern Country Park.

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. Empowering children, young people and adults to achieve their life potential.
2. Promoting positive health and wellbeing life quality for all
3. Healthy places and sustainable communities

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. Promoting healthy weight and increasing physical activity.

Project Outcomes, Review & Sustainability

The Council, CMS and Friends of Southern Country Park have been very proactive in undertaking the actions identified in the 'Southern Country Park and Beyond' management plan to make this project successful and sustainable.

'Welcome to' entrance signs have been created and installed at the entrances to the five parks to identify them as part of the 'And Beyond' circular walking route

New paths have been created and the Friends Group has installed new marker posts along the designated walking routes that connect the 'And Beyond' parks and open spaces.

The new signage and information boards for each park have been commissioned designed; they will be installed in the coming months.

Anecdotal feedback on the project from the Friends Group is very positive. The new walking routes are well used, with the regular Health Walks starting from Southern Country Park continuing to be very well attended and featuring in the Hertfordshire Year of Walking programme.

2015/16 N008 Facilitating setup of Bishop's Stortford Breathe Easy Group

Project Overview

A need has been identified for a local Breathe Easy Support Group. There is a lack of support for individuals living with a range of COPD, Cystic Fibrosis, Pulmonary Rehabilitation and Asthma conditions, with the Hertford Group now meeting in Stanstead Abbots and a need for a more locally based group to enable easier attendance, health support and connection with others in the same situation.

Project Outcomes & Measures

Enable those living with lung conditions to receive mutual benefit and support from each other to improve their health and seek to reduce the isolation and lack of mobility

Be a means of communicating healthy lifestyle advice and knowledge on living better with lung conditions

Seek to help through community transport and other schemes individuals to attend from the rural areas surrounding Bishop's Stortford.

Organisation Leading Project & Key Partners

Based on good practice from other Breathe Easy groups as well as charities and organisations supporting those with lung conditions, East Herts Council would assist in setting up a sustainable group.

Target Audience

Living with a lung condition can be an isolating and restricting condition. To improve overall health and wellbeing through meeting up and support for one another and sharing the lived experience irrespective of age can be empowering and boost confidence and managing their long term condition better. There is a need to support and improve the health of those most vulnerable and target support accordingly.

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. Creating health and work together
2. Pro-active health prevention
3. Promoting positive health and wellbeing life quality for all

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. Enhancing quality of life for people with long term conditions

Project Outcomes, Review & Sustainability

- A series of preparatory meetings led by the Council and two Members has culminated in the launch of the Bishop's Stortford Breathe Easy support group which happened on April 21st.
- Around 11 individuals attended, sharing their lived experience of lung conditions.
- Since the May meeting, further dates for the year have been confirmed, more people have expressed interest in attending.
- With the Governance and advice of the British Lung Foundation, an account has been set up and East Herts Public Health has provided £400 for group start-up costs.
- The short to medium term plan is to encourage group members to take on some simple administration tasks and help plan and run the group going forward.
- A number of key health professional

	<p>contacts have been made and they have agreed to support and promote the group to their patients.</p>
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List of Year end 15/16 Core project outcome updates.

C= Core project

Project Number:	Project Description:	Project Outcomes Update:	
C001	Promote smoking prevention and education to Organisations and Public	<ul style="list-style-type: none"> No Smoking Day 2016 engaged with 35 people in Hertford Town Centre and was run in partnership with Herts Stop Smoking Service. Other activities around referral to Stop Smoking Services and Tobacco Control work have involved promoting Stoptober, attending Herts Tobacco Control Conference, tracking developments with e-cigarettes, the Young People's Smoking Delivery Group and exploring the concept of Smokefree playgrounds. 	
C002	Continue to work with Royal Society of Public Health and their public health expertise	<ul style="list-style-type: none"> East Herts took part in the assessment of the 2015 RSPH Health and Wellbeing Awards, developing officer skills and experience. 	
C003	Positioning East Herts as a key public health influencer through co-ordination of Health and Wellbeing Scrutiny Committee, attendance at HCC Scrutiny meetings and responding to relevant health consultations	<ul style="list-style-type: none"> East Herts has continued to demonstrate its expertise attending a number of Herts and National Public Health conferences including workplace health and wellbeing events. It has also delivered and organised four Health and Wellbeing Scrutiny Committee meetings and the Chairman attending the related HCC scrutiny meetings. 	
C004	Developing Healthy lifestyle connections through Drugs and Alcohol Awareness	<ul style="list-style-type: none"> East Herts Public Health has continued to work alongside Community Safety and Anti-Social behaviour colleagues attending training events and developing thinking around the lifestyle factors that impact drug and alcohol usage. A contact established through working with Change, Life, Growth (CLG), formerly and Crime Reduction Initiative has led to the Healthy Lifestyles and Wellbeing recovery pilot project potentially being rolled out further, subject to discussions with CLG and Hertfordshire County Council Public Health colleagues. 	
C005	Signposting to additional health and wellbeing services	Upper Lea Valley Locality Group Projects: <ul style="list-style-type: none"> Over 75's Health Checks Winter Pressure Schemes Enhanced Commissioning Framework 	Stort Valley and Villages Locality Group Projects: <ul style="list-style-type: none"> Over 75's Health Checks Winter Pressure Scheme Enhanced Commissioning Framework

		<ul style="list-style-type: none"> • NHS Health Checks • Care Homes Enhanced Service • Carers Project • Map of Medicine • Weight Watchers / Slimming World Referral • Childhood Obesity Project • Leg Ulcer Project 	<ul style="list-style-type: none"> • NHS Health Checks • Care Homes Enhanced Service • Map of Medicine • Carers Project • Advanced Care Planning • Migration to a single IT Platform
C007	Assist with processing of Disabled Facilities Grants (DFG)	<ul style="list-style-type: none"> • In 2015/16 all grants were determined within target time of 7 weeks from full application. An officer completes the application form and means test information in the applicant's home where needed, and provides a point of contact for enquiries. Disabled Facilities Grants have been promoted through various outlets, seeking to address the decreasing numbers of referrals received. Participating in countywide review of grants process. Feb 2016, HWB Scrutiny considered a report on the programme. 	
C008	Promoting energy conservation and efficiency	<ul style="list-style-type: none"> • Keep Warm Stay Well scheme re-launched as Herts Healthy Homes (HHH), a joint partnership between local authorities and third sector organisations in Hertfordshire aimed at ensuring vulnerable residents remain warm, safe and well in their own homes. HHH promoted across East Herts using range of promotion including bin hangers, leaflets, joint working with General Practitioners and Pharmacies, talks to community groups, and direct contact through Citizens Advice and local charities. 32 visits undertaken to elderly/vulnerable between 23/4/15 and 31/3/16. Includes various referrals and advice such as referrals to grant trusts and specific physical measures e.g. 20 draught proofing and 29 radiator panel installations. • Home visits provided to all residents requesting assistance and included installation of physical insulation measures and advice on grants, giving an average yearly energy saving of £214 per resident assisted. • Loft and Cavity Wall insulation schemes were also promoted to all residents on an ongoing basis and grants offered to those residents where national free insulation measures were not available. 	
C009	Enabling health access and support for migrant and BME communities	<ul style="list-style-type: none"> • 2015 MOVE Week was a key success involving 704 residents representing all sections of the community, including BME residents. • Whilst no specific projects took place to target migrant and BME communities as numbers are low and BME individuals are dispersed in different East Herts 	

		locations, an inclusive approach is always taken by CVS and supporting partner agencies in delivering activities.
C010	Food Safety course delivery	<ul style="list-style-type: none"> • 36 candidates achieved a 100% pass rate for the Level 2 Award in Food Safety in Catering examination with 5 courses delivered.
C011	Developing multi-partner obesity interventions	<ul style="list-style-type: none"> • East Herts Council (EHC) and Hertfordshire County Council (HCC) Public Health developed a whole systems obesity approach joint submission to Leeds Beckett University who were leading on a Public Health England project. Four places were available with competition from around the Country, on this occasion the Council and HCC were not successful.
C012	Allocation of Grants to community groups and organisations to promote physical activity access, sport and recreation opportunities	<ul style="list-style-type: none"> • In total, 150 capital and revenue discretionary grants were awarded in 15/16. Overall, 17 of these were awarded to projects that enhanced sports or physical activity provision • 19 were awarded to talented young people achieving excellence in their chosen area; Performance to Excellence. • 21 grants were awarded to groups organising sport and recreational activities for children and young people over the summer holidays last year • East Herts Council has continued to support voluntary groups improving quality of life for residents in East Herts, especially those who are vulnerable. • Of the 82 grants awarded for Community Activities – 39% supported vulnerable residents.
C013	Active East Herts (AEH) and Herts Sports Partnership (HSP) joint working action plan	<ul style="list-style-type: none"> • Increased participation for 14-25 year olds – There are now 23 satellite “after school” clubs established in East Herts. The objective of satellite clubs is to encourage the transition from school to community sport club and create participation as a habit for life. The satellite clubs also provide a range of opportunities for Youth Sports Leaders to gain qualifications • Increased participation for 20-25 year olds, the Moving Mums project aimed to provide physical activity at a convenient time, place and price for mums. 259 mums have taken part in the project and 17 schools now have regular Moving Mums sessions. 21 Mum’s have become Leaders enabling the project to become self-sustaining. Qualitative feedback shows that 71% of participants said that have regained their confidence and self-esteem. 53% said they enjoy more time outside and 66% said it encouraged them to be more active with their family. Its secondary objective was to build confidence in those mums who felt isolated and enable them to meet new people, improve their health and get back into the community.

		<ul style="list-style-type: none"> • Increase the opportunities to take part in physical activity – Trained 41 people to train as Leaders or Coaches in Running Fitness last year and enabled 273 people to take part in beginners running sessions organised by the various running clubs around the District. • Increase participation for 50+ year old – Working in partnership with East Herts Council to deliver the Forever Active Programme. The first Come and Try Day was a great success with over 200 older people attending the various activities on offer. • At end of 1st quarter of delivery January to March 2016, 389 residents have attended with a through put of 1,533 and includes early start information from Sawbridgeworth.19 activities up and running in community venues in 9 areas of East Herts - including 2 new table tennis classes, 2 new golf sessions • 11 village halls and community venues have expressed an interest or are in the process of setting up new activities • Increase participation for 50+ year old – Active East Herts worked with Age UK Hertfordshire Healthwise to run two 10 week courses in Hertford and Bishops Stortford, with an average of 19 attendees, 12% male and 88% female The aim was to engage with older adults living in isolation, early dementia or depression and signpost appropriate participants to the Forever Active project. <p>Promote activities to encourage inclusivity –Special Olympics East Herts continues to thrive and develop. It has a membership of 274 people aged between 8 and 56 years who have a wide range of physical and learning difficulties and over 100 coaches and volunteers. Increase participation for children – All East Herts primary schools are now part of the School Games initiative. 7942 children participated in festivals and competitions.</p>
	Forever Active East Herts	<ul style="list-style-type: none"> • At end of 1st quarter of delivery January to March 2016, 389 residents have attended with a through put of 1,533. Please note this includes early start information from Sawbridgeworth. • 19 activities up and running in community venues in nine areas of East Herts, including two new table tennis classes and two new golf sessions • 11 village halls and community venues have expressed an interest or are in the process of setting up new activities

C014	Active Together promotion of physical activity for older adults	<ul style="list-style-type: none"> • HSP have been given a 1 year project extension for Active Together to run for the 2016/17 financial year. There is no confirmation of the plans beyond this period; however the project has been re-profiled to align itself with Hertfordshire County Council Public Health priorities. The programme will look to address areas of deprivation, engage more men in the programme and to assist in creating a more seamless activity pathway from frail older adults through to active older adults. • The Active Together Project in East Herts currently offers 8 exercise and dance classes in the district that attract 195 people, achieving a wide range of health and wellbeing outcomes for older adults. • In the 2015/16 financial year, there were over 3,500 individual attendances at our classes in EH • Many of these groups are fully sustainable or are working towards sustainability and are now run by local volunteers with the support of Herts Sports Partnership. • Strong local partnership working with Ware and Buntingford University of Third Age has been a critical success factor to the project. • A key challenge going forward for the project is increasing the number of men participating. Herts Sports Partnership continues to work in partnership with the EHC and other partners locally to achieve this. • A new Postural Stability class (advanced strength & balance) has been set up in Sawbridgeworth to accommodate those who recently completed the falls prevention programme. This will hopefully create a seamless transition between falls prevention classes and the mainstream Active Together programme. • Following the emergence of the Forever Active East Herts project, Herts Sports Partnership will continue to support East Herts Council in delivering this programme rather than adding to existing provision.
C015	Promoting greater physical activity, sustainable travel and healthy lifestyle opportunities through adaptation of the built environment	<ul style="list-style-type: none"> • Through a consideration of development proposals against the policies of the National Planning Policy Framework (NPPF) the requirement to ensure that development is sustainable is always factored into decision making. • The most significant impacts can be had through larger site development proposals and this is being encompassed in emerging District Plan policies

		and through development management decisions in relation to these sites.
C016	Organising and delivering public events at East Herts Parks and Open spaces	<ul style="list-style-type: none"> Over 800 people attended the two annual Get Park Active events held during Love Parks Week in July 2015. Families were encouraged to visit Southern Country Park in Bishop's Stortford and Pishiobury Park in Sawbridgeworth with lots of free fun activities including fitness trail challenges, orienteering and 'slacklining' activities, as well as a chance to meet the Longhorn cattle up close and take part in the ever popular family dog show.
C017	Parks and Open Spaces contribution to East Herts health and wellbeing	<ul style="list-style-type: none"> See Highlights report for project update.
C018	Promotion and development of East Herts health walks	<p>2015-2016:</p> <ul style="list-style-type: none"> Health Walks now offered in Sele Farm, Hertford Town, Hartham Common, Bengoe, Ware, Stanstead Abbots and Bishop's Stortford. Participations: 3495 46% increase on 2014-2015. Walks offered : 310, 32% increase on 2014-2015 Walk Leaders: 36, 20% increase on 2014-2015
C019	Joint Strategic Needs Assessment Public health evidence contribution/usage	<ul style="list-style-type: none"> East Herts Public Health has continued to use JSNA data sets and associated forms of health intelligence to assess population and community need in determining the scope and focus of public health projects.
C020	Young and Smokefree phase II interactive	<ul style="list-style-type: none"> The Young and Smokefree Website has recorded 5882 visits with 4002 users and average session duration of 37 seconds. These visits are made up of a variety of users from the UK and around the World and represent the period from the launch date of January 29 2015 to 4th May 2016. Source Google Analytics.
C023	Sport and Leisure Management promotion of physical activity to residents at East Herts leisure centres	<ul style="list-style-type: none"> In 2015 over 953,100 visits were made to the local leisure centres and football pitches managed by East Herts Council. Everyone Active continues to promote physical activity within the gym and pool environment and also delivers outreach in the community to encourage disabled people to be active within the centre. SLM encourage physical activity outside the built environment and have

		<p>developed apps to assist in further motivation and assisted the Council with consultation works in developing the Community Fitness Trail equipment at Grange Paddocks.</p> <ul style="list-style-type: none"> • All Sport and Leisure Management East Herts Centres have been pro-active in encouraging 50+ age group uptake and promoting Forever Active East Herts as well as enabling opportunities for disadvantaged groups.
C027	Participate in local Crucial Crews	<ul style="list-style-type: none"> • 1500 Year 6 children from Bishop's Stortford and Hertford and Ware explored interactively the topic of smoking and tobacco covering aspects such as peer pressure, exploitation of children by tobacco companies, health effects, behaviour change and decision making including watching a bespoke video from the Young and Smokefree Website mentioned in C020 above.
C029	Active East Herts Promotion of MOVE week 2015 across East Herts	<ul style="list-style-type: none"> • MOVE week 2015 delivered 32 activities across the District and engaged with 704 people. • Highlights - The family football festival was attended by 123 people, and included a session aimed at children with learning disabilities. • Health walks attracted 60 new attendees of which 66% were female. • Michal Siewniak, Deputy Chair of Active East Herts, won a Hertfordshire Excellence in Public Health Award 2015 for his work on MOVE week. • Evaluation of MOVE week 2015 clearly identified that large scale events were the most effective vehicle to engage people. We are currently developing plans for mass participation events over the summer.

Exceptions

Reasons as to the non-completion of projects for the year 2015/16 are presented below in the following table.

Project number and title:	Project outcomes to date:	Reason for exception:
2015/16 N006 Cooking DVD community delivery	<ul style="list-style-type: none">• Initial filming occurred in September 2015, with good content being captured at Asian Community Centre in Watford.• Unfortunately some of the content was corrupted due to a technical issue, plans are being made to film additional film sections to complement the original footage.• The intention is that a film detailing traditional Asian recipes with healthier tips, Asian views and experiences will be used as a healthy eating tool to benefit Asian communities in East Herts and across Hertfordshire.	The project has made progress but is still to be completed.
2015/16 N007 Self Harm supporting and equipping young people	<ul style="list-style-type: none">• Option 4 – development of a simple website has begun to address the need of those living with self-harm and their families.• It was identified that Herts County Council and other Districts were also involved in varying degrees of self-harm support work. A meeting was	After initial progress the project could not proceed due to insufficient funds and is currently on hold.

	arranged to see if synergy and funding could be combined to meet this need.	
2015/16 P007 Herts Mind Network partnership project	<ul style="list-style-type: none"> The initial idea was submitted following support for HMN for a District Offer Phase One project. 	Since re-contacting HMN representatives there has been a change in personnel, thus the original idea has not been pursued. The initial idea was submitted following support for HMN for a District Offer Phase One project.
2015/16 P005 Grow it, Cook it, Share it	<ul style="list-style-type: none"> Following initial discussions no funding was secured and therefore this project did not go ahead. 	Project did not proceed.