



Thriving Together

*Promoting healthy lifestyles,
community wellbeing and sustainability*

***East Herts Council's
mission statement***

2024 - 2027

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Thriving Together

Our Mission Statement



Vision

We want to enhance our residents' health and wellbeing so that everyone in East Herts has the ability and confidence to contribute to and benefit from wider community wellbeing and sustainability



Goals

Improve the health and wellbeing of members of East Herts' diverse communities

Support and amplify the work of all those furthering public health in the district including the Hertfordshire and west Essex Integrated Care Partnership

Enable individuals and community groups to make healthy lifestyle choices and live sustainable lives



Ways of working

Support individuals to improve their health and wellbeing

Enable groups in the community to support themselves and each other to build community wellbeing and sustainability

Provide advice and assistance to build community resilience

Supporting and promoting the delivery of Hertfordshire Public Health's objectives



Support Hertfordshire Public Health to

- Lead prevention through partnership working
- Reduce health inequalities
- Achieve best value for money



Work with Hertfordshire Public Health to improve the health and wellbeing of

- Children
- Young people
- Adults



Draw on Hertfordshire Public Health's expertise in

- Health protection
- Strategic business intelligence and analytics or using data to inform health and business decisions
- Insight and review

Supporting and promoting the delivery of the Hertfordshire and west Essex Integrated Care Partnership's strategic aims

The Integrated Care Partnership (ICP) is a group of partners and organisations working together to support and promote the outcomes below across the Herts and west Essex system

Life stages occur throughout life from birth to death with different conditions needed to help life chances flourish

Neurodiversity describes the idea that people experience and interact with the world around them in many different ways. The word neurodiversity refers to the diversity of all people, but it is often used in the context of autism spectrum disorder (ASD), as well as other neurological or developmental conditions such as ADHD or learning disabilities



Together with the ICP, promote healthy outcomes at key life stages by

Giving every child the best start in life

Enabling our residents to age well and supporting people living with dementia



Work with the ICP to build healthy places and communities by

Supporting our communities and places to be healthy and sustainable

Supporting our residents to maintain healthy lifestyles



Support the ICP's work with residents with chronic conditions by

Improving support for people living with life-long conditions, long-term health conditions, physical disabilities and their families

Improving our residents' mental health and outcomes for those with learning disabilities and autism

Improving individual's health and wellbeing to enable them to contribute to and benefit from wider community wellbeing and sustainability

Sustainability is knowing about and acting on our individual health and environmental concerns and positively influencing the way we live amongst our communities

Engaging with our residents



Learning by participating in discussions, events and activities at the local level

Working together to create and share relevant and valuable information

Taking the time and effort to support and establish community-based initiatives while building capacity for residents to lead local activities

Recognising that healthy and fulfilling lives underpin community wellbeing and sustainability



Fostering health goals that build a sense of shared purpose between individuals

Supporting healthy living activities that enhance social interaction and help deliver interconnected and resilient communities

Understanding that communities that value well-being tend to prioritise inclusivity, collaboration and coming together to jointly tackle bigger challenges

Making the link between arts and culture and health and wellbeing



Reducing stress and improving mental wellbeing through creativity

Bringing people together to enjoy themselves and in doing so improve their health and wellbeing at the same time

Building opportunities for engagement in the arts and culture and lifelong learning as a buffer to social isolation and cognitive decline

The public health factors that East Herts can support residents and community groups address

The health and wellbeing data sources used here, help guide decision making about local actions and how these measures can go up or down over time. An action plan will be developed to track the progress of these local East Herts actions



Inactivity and weight

A fifth of East Herts residents are classed as inactive (Sport England survey, 2019)

53.6% of East Herts adults are overweight or obese (Office for Health Improvement and Disparities [OHID], Local Authority Public Health Profiles 2021/22)



Isolation and loneliness

At the England-wide level, 6.5% of people report feeling lonely often or always (National Quality of Life survey, 2022)

146 (43%) people helped by the Healthy Hub East Herts in 2022/23 reported their wellbeing was impacted by loneliness

17% of East Herts households are people living alone (Census 2021)



Mental health and dementia

Nationally, over a fifth of adults report at least mild to moderate levels of mental health distress (National Quality of Life survey, 2020)

42 people helped by the Healthy Hub East Herts in 2022/23 reported their wellbeing was impacted by mental health issues

4.4% people aged 65+ registered with a GP in Hertfordshire have a diagnosis of dementia (East and North Herts CCG Profiles, 2021)



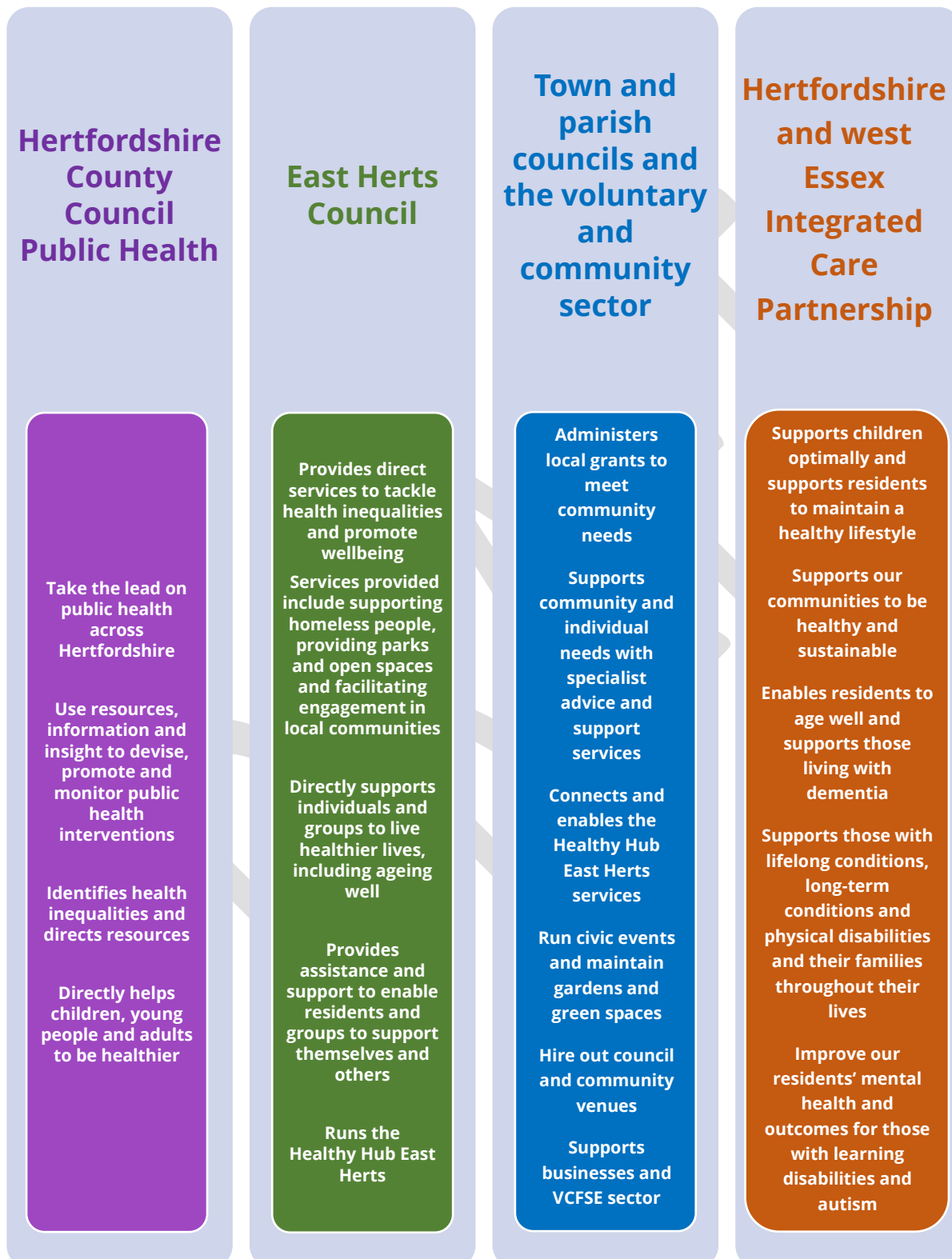
Homelessness

1,057 homeless households turned to the East Herts Council for help in 2022/23. This number has grown over the last four years

At any one time, there are more than 30 homeless households living in hostels and other temporary accommodation provided by East Herts Council

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Playing to the strengths of each partner with the Hertfordshire public sector family



*East Herts Council's actions to support and promote healthy lifestyles,
community wellbeing and sustainability*

Support individuals to improve their health and wellbeing

- Help residents achieve and maintain a healthy weight
- Enable good physical and mental wellbeing and the value of employment in wellbeing
- Reduce the number of inactive residents
- Reduce loneliness and social isolation
- Support those with long term conditions to have better health
- Provide housing opportunities in keeping with health needs
- Reduce rough sleeping and homelessness
- Support households to improve the energy efficiency of their homes

Enable groups in the community to support themselves and each other

- Support the East Herts Dementia Friends Group
- Support Breathe Easy groups across the district
- Bring together voluntary and community groups through the Healthy Hub East Herts
- Understand the needs of rural communities
- Provide community grants to foster self-help and community support
- Support LGBTQ Pride events
- Enable community engagement
- Promote environmental sustainability

Provide advice and assistance to build community resilience

- Provide high quality sports and leisure facilities
- Enable sports and physical activity programmes
- Increase the supply of affordable housing
- Promote and encourage active travel, including walking and cycling
- Encourage use of green open spaces and parks
- Tackle poor air quality
- Use arts and cultural activities to strengthen healthy lifestyles, wellbeing and sustainability
- Involve residents in place based health and wellbeing approaches