

East Herts Council Report

Executive meeting: Tuesday 13th February 2024

Report by: Councillor Sarah Hopewell – Executive Member for Wellbeing

Report title: Draft - Thriving Together 2024 - 2027 - a new health and wellbeing plan for East Herts

Ward(s) affected: (All Wards);

Summary – Thriving Together 2024 – 2027 is the new health and wellbeing plan for East Herts which focuses on promoting healthy lifestyles, community wellbeing and sustainability. The plan defines the vision, goals and ways of working. The vision is to enhance our residents' health and wellbeing so that everyone in East Herts has the ability to contribute and benefit from wider community wellbeing and sustainability.

RECOMMENDATIONS FOR EXECUTIVE:

- a) Consider the comments put forward by the Overview and Scrutiny Committee, listed in Appendix A, and endorse the resulting actions proposed by the Executive Member for Wellbeing as also detailed in Appendix A.
- b) Endorse the draft Thriving Together health and wellbeing plan for 2024 - 2027, as amended by Recommendation (a), and recommend it to Council for approval
- c) Delegate to the Executive Member for Wellbeing, acting in consultation with the Head of Housing and Health, the authority to (i) determine action plans to deliver the

objectives in the Thriving Together health and wellbeing plan, pending its approval by Council, and (ii) authorise periodic progress reports.

1.0 Proposal(s)

- 1.1 That the draft Thriving Together health and wellbeing plan for 2024 - 2027 which includes amendments made to reflect the comments received from residents, organisations and partners during the public consultation which took place from 2nd October to 19th November, is updated.
- 1.2 That an action plan will be developed, which will record the progress and outcomes of actions identified in the draft Thriving Together health and wellbeing plan.

2.0 Background

- 2.1 East Herts Council has written and implemented three previous health and wellbeing strategies, covering the years between 2008 and 2023. The most recent Health and Wellbeing Strategy 2019-2023 focused on working with partner organisations and residents to enable health and wellbeing improvement, referencing a life course approach from birth to death.
- 2.2 When considering the updated plan, so as to involve residents, partners and organisations in delivering health and wellbeing improvements across East Herts, three main goals were identified. These were to:
 - 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.

2.3 It was felt that these goals could be best achieved via three ways of working, these being, to:

- 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.

2.4 A series of organisational and partner bodies were identified as crucial to the achievement of the vision, goals and ways of working in East Herts, these being:

- East Herts Council
- Hertfordshire County Council Public Health
- Town and Parish councils
- the voluntary and community sector
- Hertfordshire and west Essex Integrated Care Partnership.

2.5 The draft Thriving Together health and wellbeing plan for 2024 - 2027 was considered by the Overview and Scrutiny Committee on 16th January, with comments made for the Executive Member for Wellbeing's consideration prior to submission of the draft Thriving Together health and wellbeing plan to the Executive. These comments are attached at **Appendix A** –

Consideration of comments from the Overview and Scrutiny Committee.

3.0 Reason(s)

- 3.1 The Thriving Together health and wellbeing plan 2024 – 2027 gives the opportunity for healthy lifestyles, community wellbeing and sustainability to be put at the heart of improving health and wellbeing across East Herts. It builds on the foundational health and wellbeing work the council and its partners have delivered since 2008. The new plan looks to involve the council, its residents and its organisational and partner bodies in delivering its main priorities with a new level of engagement and commitment. The vision, goals and ways of working will help this plan to keep improving health outcomes for the district. The plan looks to integrate the efforts of the council and its public health partner family of organisations to implement health and wellbeing locally.
- 3.3 The plan concludes with East Herts Council's broad actions to support and promote healthy lifestyles, community wellbeing and sustainability. These broad actions will guide the development of a detailed Thriving Together action plan. When the report is presented to the Executive, delegated authority will be sought for the Executive Member for Wellbeing to approve the action, in consultation with the Head of Housing and Health. It is anticipated that the Executive Member for Wellbeing will wish to invite the views of residents, elected members, health organisations and partners when considering the detail action plan. Interest has already been expressed from the some of the survey respondents to be involved in this

process. The action plan will be the means of defining and measuring success and demonstrate the health and wellbeing improvement high-level priorities contained in the Thriving Together health and wellbeing plan.

3.2 A total of 118 responses were received from the consultation. The valuable feedback provided showed that 93% of respondents liked the layout, presentation and content of the new health and wellbeing plan. An additional residents' engagement meeting was held online on 14th December to review the updated changes in the post consultation copy.

3.3 The Thriving Together consultation analysis is attached at **Appendix B.**

3.4 **Changes made to the Thriving Together health and wellbeing plan for 2024 – 2027 following consultation.**

The substantive changes made to the Thriving Together health and wellbeing plan in response to the consultation are summarised below.

- Additional boxes added to a number of the pages to explain the terms used so as to aid understanding among readers who may be unfamiliar with the local public health landscape.
- Page 6 – the 146 Healthy Hub East Herts users affected by loneliness now expressed as a percentage of overall Healthy Hub East Herts users, that is, 43%, to more clearly indicate the prevalence of loneliness in the district.
- Page 6 and 7 – health data sources have been simplified and amended.

- Page 7 – some respondents emphasised the importance of volunteering in delivering events, new text added to read “Run civic events and maintain gardens and green spaces”.
- Page 8 – previous text of “Directly support individuals to live well and live healthier lives” amended to read “Directly support individuals to live well and live healthier lives including ageing well” to encompass health and wellbeing in later life.
- Page 9 – some respondents requested a clearer reference to environmental sustainability in the Thriving Together health and wellbeing plan. This will be specifically addressed in the detail action plan that will be drawn up to deliver the Thriving Together programme.
- Page 9 – previous text of “Enable sports development activities” amended to read “Enable sports and physical activity programmes” in recognition that the benefits of physical activity can be derived from a wide range of pursuits than just sport.
- Page 9 – suggestion made as to value of purposeful employment to wellbeing. So, previous text of “Enable good physical and mental wellbeing.” amended to “Enable good physical and mental wellbeing and the value of employment in wellbeing”.
- Page 9 – respondents felt that the needs of rural communities are different to town communities. So, new text added to read “Understand the needs of rural communities”.

3.5 A complete list of changes that have been included in the Thriving Together post consultation copy are included at **Appendix C.**

3.6 The updated, post-consultation version of the Thriving Together plan is attached at **Appendix D**.

4.0 Options

4.1 Retain the existing East Herts Health and Wellbeing Strategy 2019 - 2023 without any updates – NOT RECOMMENDED as it is important that the council reviews its priorities so that it can continue to work with its residents, health organisations and partners to improve health and wellbeing outcomes in our communities.

4.2 Update the health and wellbeing strategy and priorities as presented in **Appendix D** - RECOMMENDED to ensure the Thriving Together 2024 – 2027 new health and wellbeing plan enables the council to continue to work with its residents, health organisations and partners to ensure that healthy lifestyles, community wellbeing and sustainability are prioritised to improve health and wellbeing outcomes.

5.0 Risks

If the policy and priorities are not updated

5.1 Possible reputational risk if the priorities do not reflect the current healthy lifestyles, health and wellbeing and sustainability issues our communities are facing. The council's reputation of being an active contributor to improving health and wellbeing outcomes in its community will could be compromised.

If the policy and priorities are updated

5.2 Should the Thriving Together 2024 – 2027 health and wellbeing plan post consultation version be adopted then this is likely to enhance the work that the council does with its residents, health organisations and partners to improve the current healthy lifestyles, health and wellbeing and sustainability outcomes in the community.

6.0 Implications/Consultations

6.1 The Thriving Together 2024 – 2027 new health and wellbeing plan has been written with by officers in consultation with the Executive Member for Wellbeing. The amendments proposed have also been informed by an online survey public consultation and direct engagement with residents, health organisations and partners such as the Healthy Hub East Herts and East Herts Health and Wellbeing Partnership Group and community groups. A further additional engagement meeting was held with residents on the 14th of December, to enable further review of the proposed changes to the post consultation Thriving Together version.

6.2 Information on any corporate issues and consultation associated with this report can be found below.

Community Safety

Perception and fear of crime and maintaining good community safety is closely connected to the resilience and strength of a community. Support for events and projects that bring people of different backgrounds together helps build civic pride, creates a sense of belonging and more resilient neighbourhoods.

Data Protection

GDPR statement and the council privacy notice have been referenced in the online survey data collection process.

Equalities

An Equalities Impact Assessment has been written and updated to reflect the Thriving Together 2024 – 2027 new health and wellbeing plan and is attached at **Appendix E**.

Environmental Sustainability

The Thriving Together 2024 – 2027 new health and wellbeing plan priorities include reference to sustainability as part of the mission statement.

Financial

The council receives support for health and wellbeing programmes from its public health family partners and also has some internal funding to assist these intervention programmes.

Health and Safety

Safeguarding and Health and Safety requirements are met through a range of health and wellbeing programmes and interventions the council delivers.

Human Resources

No direct implications.

Human Rights

No direct implications.

Legal

No direct implications.

Specific Wards

Health and Wellbeing programmes are delivered at the community level to benefit residents and communities. Addressing health inequalities or improving specific health and wellbeing outcomes will sometimes require focus in a specific place or area.

7.0 Background papers, appendices and other relevant material

- 7.1 Appendix A – Consideration of comments from the Overview and Scrutiny Committee
- 7.2 Appendix B - Thriving Together survey outputs and analysis
- 7.3 Appendix C - Thriving Together content and format changes
- 7.4 Appendix D - Thriving Together post-consultation updated copy
- 7.5 Appendix E - Thriving Together Equalities Impact Assessment

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