

WELLINGBOROUGH HEALTH AND WELLBEING FORUM

SUMMARY OF LOCAL PRIORITIES 2015 - 2016

CHAIR: Dr Chris Ellis
GP Locality Lead and NHS Nene Clinical Commissioning Group

LOCAL PRIORITY

Local Health and Wellbeing Forum Priority: *Promoting healthy and active lifestyles across all ages, concentrating on preventative action from childhood onwards. In particular:*

- *reducing levels of obesity*
- *increasing levels of physical activity*
- *reducing the prevalence of smoking and smoking at time of delivery*

Health and Wellbeing Board Strategic Outcomes:

- Every child is safe and has the best start in life
- People have healthier lifestyles and exert greater control over their health and wellbeing

Health and Wellbeing Board Strategic Priorities:

- Reducing levels of childhood obesity

Locality Priority Measure	Time period	England Average	Actual	Rag Rating
% of mothers initiating breastfeeding* * NCC PHOF updated Feb 2015	2013/14	73.9%	69.3%	
% of mothers breastfeeding at 6-8 weeks* * Local JSNA 2013/14		31.3%	28.7%	
Excess weight amongst Reception Year* primary school children * NCC PHOF Feb 2015	2013/14	22.5%	24.7%	
Excess weight amongst Year 6* primary school children * NCC PHOF Feb 2015	2013/14	33.5%	34.1%	

Locality Priority Measure	Time Period	England Average	Actual	Rag Rating
Obesity prevalence in adults* * 2014 Local Health Profile	2012	23.0%	26.5%	
Excess weight in adults (% of adults classed as overweight or obese)*. * NCC PHOF Feb 2015	2012	63.8%	70.2%	
Physically active adults* * NCC PHOF Feb 2015	2013	56.03%	56.1%	
Recorded diabetes* * NCC PHOF Feb 2015	2012/13	6.21%	6.84% 4050 no.	
Smoking prevalence* * NCC PHOF Feb 2015	2013	18.4%	20.2%	
Smoking prevalence – routine and manual* * NCC PHOF Feb 2015	2013	28.6%	37.7%	
Smoking at Time of Delivery* * 2014 Local Health Profile	2012/13	12.7%	15.4% 148 no.	

LOCAL ACTIVITIES

Local Health and Wellbeing Forum Priority: *Promoting healthy and active lifestyles across all ages, concentrating on preventative action from childhood onwards. In particular:*

- *reducing levels of obesity*
- *increasing levels of physical activity*
- *reducing the prevalence of smoking and smoking at time of delivery*

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- Reducing levels of childhood obesity

<p>National Child Measurement Programme. NCMP has two targets: The reduction of obesity amongst primary school age children in Reception Year and the reduction of obesity amongst primary school age children in Year 6. Parental consent is sought prior to weighing children and parents are informed of their child's height and weight readings. As appropriate, parents will be informed of local and national organisations which can support children and families in adopting and implementing a healthy lifestyle. Some children and families will also be invited to attend the local 'Alive N' Kicking' for more direct support around physical activity and healthy eating.</p>	<p>School Nursing service, NHFT, NCC</p>
<p>Healthier Child Project. Appointment of a Healthy School Advisor for the area who will work with schools to develop action plans and provide sign posting to tackle increasing weights seen at Year 6 through the national Child Measurement Programme. During 2015, Northamptonshire Sport will be rolling out this new programme across Infant, Junior and Primary schools to try and engage the least active children in physical activity as a means of reducing the rising levels of obesity at Year 6. The first phase of the programme will involve the roll out of two interventions; Change4Life Clubs and Family FUNs. A cohort of 26 schools across the two boroughs of Northampton and Wellingborough have been selected for the pilots, which will start after Easter.</p>	<p>N' Sport, schools</p>
<p>Change4Life Clubs. N' Sport has received NCC Public Health funding to offer all schools a 'Change4Life Club'. This is being piloted in the Wellingborough area with 10 schools in the first cohort. An Active Lifestyle Co-ordinator will be appointed and following the pilot will be rolled out to more areas.</p>	<p>N' Sport, NCC Public Health</p>
<p>Adult Weight Management on Referral Services. Patient screening by health professional including BMI, waist, underlying medical conditions, co-morbidities, diet, physical activity, emotional issues and readiness to change. The Referral Pathway has 4 tiers with those 'ready to change' referred to Tier level 2; those not to Tier 1 and where underlying medical causes to specialist services. There are two providers in Northamptonshire, Weight Watchers with over 70 groups accessible to patients and Pink Ladies Gym in Northampton. The service provides access and availability to weight management support delivered via a free 12 week weight management programme for patients who meet the following referral criteria:</p> <ul style="list-style-type: none"> • BMI of 30+, or a BMI of 28 and above with existing co-morbidities • Individuals over the age 18 years 	<p>GPs, Weight Watchers, Pink Ladies Gym, NCC, Health professionals.</p>

<ul style="list-style-type: none"> Individuals either living within Northamptonshire and/or registered with a NHS Northamptonshire practice <p>Programmes that include behaviour change strategies to improve diet, reduce energy intake and increase physical activity or decrease inactivity are most effective in producing a sustained weight loss. The focus of the 12 week structured programme is to provide advice on healthy eating and exercise to encourage a 5% - 10% weight loss.</p>	
<p>Specialist Weight Management Dietitian. Referral by GP through 'Pathfinder' for adults and children. Criteria for adults is BMI >40kg/m² or >35kg/m² with co-morbidities; Children with a BMI >98th Centile or >92st Centile with co-morbidities or complex needs.</p>	NHFT
<p>Healthy Lifestyle Advisors. Based within the school Nursing Team these roles offer interventions over 6 – 12 weeks; research local activities; clubs and sports; visit schools for class and assembly talks; NCMP screening and telephone calls; 1-1 sessions at home or at school (initial and follow-up); Children Centre sessions to parents; Alive and Kicking Programme Manager; attendance at early help meetings where appropriate.</p>	NHFT
<p>Alive 'N' Kicking. Alive N Kicking is a 12 week Healthy Family Lifestyle programme for 7-11 year olds in Wellingborough. The programme includes a mixture of activities and behavioural change workshops aimed at improving self-esteem and removing barriers to change. Children and adults work together to increase their physical activity and complete fun activities around healthy snacks and recipe challenges.</p>	NHFT, NCC Public Health
<p>Breastfeeding Service. A weekly drop-in group is held at the Penrith Drive Children's Centre. They are also able to provide one to one support in the home for those mothers who are experiencing difficulty with breastfeeding.</p>	NHFT
<p>Health Visiting service. Health Visitors work with all parents to assess the support they need and develop appropriate programmes to help give the child the best possible start in life. They frequently assist parents with issues around breastfeeding, weaning, potty training and behaviour management as well as undertaking developmental checks.</p>	NHFT, NCC
<p>Children's Centres. These offer a variety of universal and targeted interventions to parents of babies and children including health and parenting advice, adult learning opportunities and help to get back into training or employment.</p>	Action for Children, NCC
<p>NHS Health Checks Promotion and delivery of community and workplace healthy lifestyle behaviour change events and programmes to eligible target groups and communities.</p>	NCC Public Health, GP Federation
<p>Waendel and Redwell Leisure Centres. Places for People, operators of the BCW owned leisure sites, have continued to develop and enhance the core product and programme delivery through the centres.</p> <p>Swimming</p> <ul style="list-style-type: none"> The Learn to Swim programme has seen growth of 11% compared to the previous year with 1350 children learning to swim over 50 weeks of the year. Swim 4 Health is a vehicle to encourage new swimmers and those returning to swimming and offers 6 weeks access to aquatic and swimming sessions for just £25.00. SWIMTAG is an innovative product that allows participants to record download and review their swim showing calories burnt, stroke technique as well as online access to competitions and swim challenges. Swim Fit is two sessions delivered free as part of the full membership or also available as pay as you go. Focusing on stroke development and all round fitness. SWIMTAG is provided as part of this programme. Under 8's Free swimming is offered during all school holidays, which has encouraged a greater number of adults and children to swim. <p>Fitness</p> <ul style="list-style-type: none"> Personal trainers offered giving affordable 1-2-1 and small group training with healthy lifestyle choices. Programming Plus are short 6 week training sessions including High Intensity training, GRiT, Kettle bell training, Bulgarian bag etc. Fun House Fit Club and FUNdamentals are two programmes aimed specifically at preschool and primary school children. FUNdamentals 	BCW, PFP, N' Sport.

<p>is the British Gymnastics vehicle for introducing children to gymnastics.</p> <p>Sports Development</p> <ul style="list-style-type: none"> • Redwell is the main site for sporting activities such as Badminton, Squash, 5 – aside football, and table tennis • New sports initiatives are delivered on behalf of N' Sport including Walking Football and FA skills coaching in partnership with Tesco. <p>Community work</p> <ul style="list-style-type: none"> • Commitment to generate increased interest and participation in the more hard to reach areas of the community. In partnership with Langdale Court exercise classes are now delivered directly to the residents and these have now been opened up to the whole community. • Currently this is offered as a free initiative. • Sponsorship support provided to teams and individuals including 5 free annual memberships. • Attendance at events promoting leisure and healthy lifestyles. 	
<p>Adult Beginners Jogging Group. As part of the countywide Jog Northants programme which is aimed at newcomers who want to learn to jog and get fit the Redwell Runners will be offering a new beginners jogging group from May 2015. The new group will meet at Redwell Leisure Centre every Wednesday at 6.30pm with each session costing just £2.00.</p>	Jog Northants, Redwell Runners
<p>Running Mate Beginners Jogging Group. This is a new beginners group starting at Castle Fields, Wellingborough from 1st June and will meet every Monday at 7.15pm and Tuesday's at 7.30pm at a cost of £2.00 per session.</p>	Jog Northants
<p>Outdoor fitness zones. Equipment is located in Queensway, Kilnway & Minerva Way. A further request for equipment in the Croyland Park area has been received. Wollaston Parish Council are also investigating the possible installation of a fitness zone in the area.</p>	BCW
<p>PlayWay. Outdoor holiday play scheme funded through Community First funding that offers such experiences as football, adventure or obstacle course during school holiday periods.</p>	Service Six
<p>Multi-court facilities. Multi-court facilities are sited in the Shelley Road/Wordsworth Road area, Queensway, Hemmingwell and Croyland Park.</p>	BCW
<p>Summer of Hockey. Wellingborough Hockey Club are running a 10 week programme of hockey coaching which is open to all ages and abilities from Saturday 9th May to 18th July 2015 at Wrenn School's astro turf. Sessions will cost just £3.00 each or £25.00 for all 10 sessions. The first session of coaching starts at 10.00 – 11.15am catering for children aged 6 – 11 years who will learn to play Quicksticks, a fun, safe and exciting introduction to the sport. During this same time period there will be the opportunity for those aged 16+ to participate in 'Back to Hockey' sessions. These are designed to be a gentle introduction, or re-introduction to the sport with an emphasis on fun, fitness and friendship. The second session, 'In2hockey' will take place from 11.30am – 1.00pm and is aimed at young people aged 10 – 15 years. All sessions will be run by qualified coaches and equipment is provided.</p>	Wellingborough Hockey Club
<p>The International Waendel Weekend. The 2015 International Waendel Walk 2015 had approximately 4500 participants.</p>	BCW
<p>Parks, open spaces and cycle paths. The borough's parks and open spaces are available to all throughout the year with paths and cycle ways incorporated. Fitness zones have been added to some areas to encourage and support increased physical activity. Parks, paths and cycle ways are maintained by Wellingborough Norse on behalf of the borough council.</p>	BCW, Wellingborough Norse
<p>5k Race Series. This was developed during 2012 by the Northamptonshire Athletics Network as part of the celebrations and legacy of the Olympic and Paralympic Games. Now in its 4th year and following a request from Wellingborough & District Athletics Club, a fourth race at Croyland Park on 5th June has been added to the series race calendar in 2015. This recognises the evidential growth in popularity for this type of activity in the area.</p>	N' Sport, Wellingborough & District Athletics Club

<p>Satellite clubs. Extensions of community sports clubs established in a new venue, usually a secondary school or college targeting 11 – 25 age groups. Coaches and volunteers from or linked to a community sports club work in partnership with the satellite host venue to create a new community satellite club. The aim is to reduce drop out and encourage lifelong sporting habits. A basketball Satellite Club has been established at Sir Christopher Hatton delivered by Wellingborough Phoenix Basketball Club. Support has also been provided to Westfield Table Tennis Club to establish a Satellite Club at Wollaston School. A total of £1075 has been secured to support these initiatives. New projects for 2015 include volleyball at Wren School and hockey at Sir Christopher Hatton delivered by Wellingborough Hockey Club.</p>	<p>N' Sport, Senior schools</p>
<p>Summer Sports Programme. A programme of activities for children and young people (8-13yrs) outside school term ensuring exit routes to high quality sustainable clubs, leisure centres and other community opportunities. Sports and activities range from Tae Kwon Do, table tennis, archery, dance, basketball, cricket, boxing, Judo, athletics and football.</p>	<p>BCW, PFP. Clubs, N' Sport, Hindu centre</p>
<p>Inclusion work. Initially started as the Friars Academy after school club, the Friars school Learning Disability Netball Club spun out and developed in to a community club specifically for people with learning disabilities, following the team's recent success winning the Special Olympics National Championships. This was a joint initiative between England Netball, Friars Academy, Northants JM's Netball Club and N' Sport.</p>	<p>Friars Academy, N' Sport, England Netball, JM's Netball Club</p>
<p>County Sports Award sponsorship. Sixteen nominations were shortlisted from the borough with 4 receiving a first in their specific category. Both Wellingborough Norse and PFP Leisure provided sponsorship for individual award categories.</p>	<p>N' Sport, PFP Leisure, Wellingborough Norse</p>
<p>Activity on Referral Scheme. A county wide scheme whereby GP's and Health Professionals can refer physically inactive people with a health condition onto a tailor-made exercise programme to assist and support them to make healthier lifestyle choices. Redwell Leisure Centre delivers the gym based scheme with the option of swimming at the Waendel Leisure Centre, from the 1st May Waendel Leisure Centre will deliver the scheme with Redwell continuing to deliver but at reduced hours.</p>	<p>GPs, PFP, N' Sport</p>
<p>School Games. Sponsored by Sainsbury's, the School Games are split into a three tier system involving intra school competitions at level 1, inter district competitions at level 2 leading to representation at the county event at level 3. More than 1000 children took part in this competitive sporting programme during the Summer of 2014, supported by 100 young leaders who received both sport specific and generic training to complete this process.</p>	<p>Schools, N' Sport</p>
<p>Wellingborough Community Sports Network. Increasing the provision of popular activities at local leisure facilities targeting specific sectors of the community; Develop a series of 'Get Back Into' & 'Beginner' programmes ensuring exit routes to high quality sustainable sports clubs and community / leisure centre opportunities; Build on and extend the Health Walk Programme, recruiting and training more walk leaders; Further develop jogging groups as part of the Jog Northants Programme including recruitment and training of more jog leaders; Run an annual Disability Sports Day at the Redwell Leisure Centre linking and promoting the IFI Site; Develop a programme of sports and physical activities targeting the 50 plus age group (e.g. Fit as a Fiddle); Work with leisure facilities to provide access for BME groups and provide appropriate new ones; BCW workplace jogging group; BCW workplace yoga group; Develop local programmes to support the 'Get Sporty' project to develop player pathways for 8-25years.</p>	<p>PFP, N' Sport, Old Grammarians, BCW</p>
<p>Nordic Walking. Four week 'Learn to Nordic Walk' courses are being offered at a variety of locations across the county by qualified instructors. Easy to learn & suitable for all ages and fitness levels and once the correct technique is learnt, will burn up to twice as many calories as ordinary walking. Once competence, participants can join the regular Nordic Walking Groups that are led by trained volunteers.</p>	<p>N' Sport</p>
<p>Sportivate. This Lottery funded programme gives 11 – 25 year olds access to six – eight week courses in a range of sports. The scheme is aimed at those who don't take part in sport or have had limited participation in sport. At the end of each course sign-posting is given to allow longer term continuation. In Wellingborough 115 young people have been engaged with sport through the Sportivate programme with £7798 being secured to enable this to happen.</p>	<p>N' Sport</p>

<p>Wellingborough Old Grammarians Sports Assoc. A capital grant fund of £75k was successfully secured from the Football Foundation for the provision of nine 9-aside pitches. An additional fund bid to Sport England secured a further £50k to develop a dedicated archery range at its Memorial Sports field. The new facility will host Wellingborough Open Archery Club.</p>	<p>Wellingborough Old Grammarians, Wellingborough Open Archery Club, Football Foundation</p>
<p>Innovative pilot schemes. Innovative schemes include walking football and latterly the Changing Minds project which uses football as a tool for improving mental well-being in association with the mental health charity Mind.</p>	<p>N' Sport, Changing Minds, Mind</p>
<p>Wellingborough Town Rugby Football Club. Project to seek funding to replace existing main pitch floodlights with match standard ones and to install floodlights at the training ground. Funding secured from RFU Lead up and Legacy grant, Sport England Inspired Facilities and S106 monies.</p>	<p>N' Sport, WTRFC, RFU, Sport England and S106</p>
<p>Irchester United. Securing of £100k funding for new changing facilities through the Football Foundation.</p>	<p>Irchester FC, Football Foundation</p>
<p>Hockey development. N' Sport has provided support to recruit more members to Wellingborough Hockey Club. The 'Summer of Hockey' programme has led to 12 new members and their 'Grow your Own' event saw 44 attendees of which 30 were juniors. Junior membership of the club is now 80+.</p>	<p>Wellingborough Hockey Club, N' Sport</p>
<p>Workplace Challenge. This is a national workplace programme for workplaces across England which aims to promote more active lifestyles and provide more innovative methods and incentives to stay active. Information on the Workplace Challenge has been sent out to businesses across the borough via the businesses rates newsletter.</p>	<p>N' Sport, BCW</p>
<p>Mandal Movers. Zumba session every Tuesday morning</p>	<p>Age UK, Pravasi Mandal</p>
<p>Jog Northants. This countywide programme aims to help beginners who are new to running or those who have not exercised in a long time. Each group is led by a qualified and insured leader who organise the meeting place, route and offer a supportive environment giving support and guidance to enable individuals to achieve their personal goals. Since April 2014, 308 new members have joined Jog Northants with 91 new members coming from Wellingborough.</p>	<p>N' Sport</p>
<p>Bikeability. Educational initiative to raise the awareness of children to safe cycling and understanding of road signage. Hosted at Manor school for Wellingborough and East Northamptonshire.</p>	<p>N' Sport, Manor School</p>
<p>N' Sport Coaching Service. Northamptonshire Sport offers a range of services to both coaches and organisations using sports coaches. Coaching Northants provides high quality sports coaches to local organisations and schools in a wide variety of sports settings. Coaching currently delivers a range of curricular and extra-curricular activities in 28 Wellingborough Schools. In the last 12 months, 21 Coach Scholarships have been awarded to sports coaches either living or working in Wellingborough. Coach Scholarships are bursaries towards specific qualifications enabling up-skilling to provide the best possible experience to engage participants and then stretch understanding and performance levels.</p> <p>Sports benefitting from the offer include rhythmic gymnastics, archery, angling, cricket, wheelchair basketball, table tennis, football, rugby, hockey and netball.</p>	<p>N' Sport</p>
<p>Nifty Fifty plus. Sessions held every Monday morning at Redwell Leisure Centre with activities including mini tennis, short mat bowls and badminton.</p>	<p>Age UK, PfP</p>

Life skills. Lottery funding recently secured by Service Six to work across 3 local authority areas with young people from the most deprived areas to support the development of life skills.	Service Six
Children's play areas. When new play areas are developed these should be smokefree. Local participation and inclusion should be encouraged through poster competitions with local school children designing promotional posters.	BCW Planning, Housing & Community, local schools
Top Hat Tea Dance. Held on the last Thursday in the month in Midland Road.	Age UK
School Nurse Intervention. School nurse teams work across Primary and Secondary schools providing a variety of services which include working closely with families and schools to ensure that the children and young people with health conditions are fully supported in the school environment; support school staff with the delivery of the PHSE curriculum; deliver school staff training on the administering of emergency medication to children that require it; provide drop-in sessions to secondary schools supporting young people with emotional health issues and discussing sexual health issues.	NHFT, schools, NCC
Family Nurse Partnership. A small team of specialist nurses provide intensive intervention programmes to first time mothers under the age of 20 years old. They particularly target those in the 16/17 year age bracket and those leaving the care system. The programme, commencing before the 16 th week of pregnancy and no later than the 28 th week sees mothers supported for the first two years of the child's life before handing over responsibility to the health visitor.	NHFT, NCC
Stop Smoking Service. The Stop Smoking Service provides free clinics offering regular support and motivation from trained stop smoking advisors; medication advice is available on nicotine replacement therapy (NRT) and other stop smoking aids such as Champix and Zyban; self-referrals can be made to these clinics or you can be referred by your GP or nurse; stop smoking support is also available from your local pharmacy or GP practice; stop smoking support is also available to all pregnant women.	NHFT, NCC
Diabetes service. Development into a multi-disciplinary service.	NHFT
Victoria Centre. Range of fitness sessions offered including kick-boxing, Tai Chi, fit-steps and Zumba.	Victoria Centre

LOCAL PRIORITY

Local Health and Wellbeing Forum Priority: *Promoting a culture of safe and responsible drinking and increasing public awareness and understanding of alcohol and substance misuse.*

Health and Wellbeing Board Strategic Outcome:

- Every child is safe and has the best start in life
- People have healthier lifestyles and exert greater control over their health and wellbeing

Health and Wellbeing Board Strategic Priority:

- Tackling alcohol and drugs issues to protect communities and improve lives

Locality Priority Measure	Time Period	England Average	Actual 2014/15	Rag Rating
Hospital stays for alcohol related harm* age standardised rate per 100,000 of population *NCC PHOF Feb 2015	2013/14	637	621	
Alcohol –specific hospital stays (under 18yrs)* crude rate per 100,000 of population *Local Health Profile 2014	2010/11 – 2012/13	44.9	27.4 (5 no.)	
Drug misuse* crude rate per 1,000 of population *Local Health Profile 2014 Estimated users of opiate/and or crack cocaine aged 15-64 years	2010/11	8.6	7.5 (368 no.)	
Domestic violence with injury* *Local Police summary	01/04/2014 – 09/02/15		159 no. YTD	
Domestic violence without injury* *Local Police summary	01/04/2014 – 09/02/15		196 no. YTD	
Town centre violence during Night Time Economy hours	Jan 2014 – Feb 2015		20.2% 210	
Alcohol-related violent offences	Jan 2014 – Feb 2015		31.5% 327	

LOCAL ACTIVITIES

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<p>School Counselling Project. Supporting children emotionally affected by domestic violence, abuse and bullying impacting on behaviour, learning skills and supporting achievement and life behaviour choices.</p>	<p>Relate, NCC, Schools – Weavers, Hardwick, Warwick, Croyland & Ruskin</p>
<p>M-PACT Programme. Moving Parents and Children Together is a structured programme for children living with parental substance misuse (alcohol or drugs). M-PACT is a whole family approach, which supports families to understand how parental substance misuse has disrupted their lives. M-PACT brings together several families where at least one parent has an alcohol or drug problem and where there is at least one child aged 8- 17 years.</p> <p>The county pilot programme commences in Wellingborough mid-June and will run for 8 consecutive weeks.</p>	<p>NCC Public Health, Volunteers from Family Support Link/CAN/ Service 6.</p>
<p>Chlamydia Screening. Supporting and facilitating access to local young people groups in target age range and the inclusion of Chlamydia screening as appropriate at health & other events i.e. Party in the Park.</p>	<p>NHFT</p>
<p>Isebrook. Realignment of alcohol and drug treatment services to deliver an enhanced local service with care packages providing a holistic model, based out of Isebrook. Treatment, recovery, peer support, therapeutic and psychosocial interventions. Increase in community focus with the aim of reducing hospital admissions or stays as patients will be discharged or referred sooner.</p>	<p>NCC Public Health, Isebrook</p>
<p>Healthy Futures Drug and Alcohol Awareness Training. Availability of free training for frontline workers and volunteers who are engaged with people aged 45 and over either at the offices of Aquarius or tailored packages specific to need for 12 or more.</p>	<p>Aquarius, NCC</p>
<p>Accredited alcohol awareness module training. Empowering frontline staff to deliver a consistent message with the development of accredited modules at Levels 4 and 6. For use as CPD training for all healthcare professionals and commercial business places. Those at Level 6 will be able to deliver training at Level 4.</p>	<p>NCC Public Health, University of Northampton</p>
<p>Footsteps Project: This project offers support to individuals who have experienced issues with drugs, alcohol and/or homelessness. Through regular meetings with a Mentor or Befriender, the project aims to reduce feelings of isolation and social exclusion and increase the individual's self-esteem and confidence in communicating with others. Footsteps aims to reduce any risk of relapse, and to help the client move forward positively and independently in their lives.</p>	<p>CAN</p>

<p>Bridge Substance Misuse Programme. For those people with mental health issues, the homeless and those recovering from substance misuse support is provided by staff and volunteers to those actively seeking work. This is a flexible programme adjusted according to people's needs, to cover all job search topics. Working alongside Adult Learning service to deliver computer courses for beginners and also linked to the NEET programme for young people, delivering confidence boosting sessions etc.</p>	<p>Bridge, Adult Learning Service</p>
<p>Northamptonshire Integrated Recovery Service. A service of tailored support and advice to individuals who misuse alcohol or drugs. The service works with family members and friends who are worried about alcohol and drug use of someone close to them. Services include open access services; available to anyone; harm minimisation; access to clinical services; prescriptions; detox; recovery planning; peer mentor support; family support; service user involvement; assistance with access to housing; employment provision.</p>	<p>CRI</p>
<p>Care programme. School nurse teams in Secondary schools providing drop-in services for sexual health, contraception and emotional wellbeing and delivering PHSE curriculum on STIs and contraception.</p>	<p>NHFT, schools</p>
<p>Family Nurse Partnership. County wide service hosted from Wellingborough locality providing intensive intervention programme for new first time parent families under the age of 20 years, particularly targeting first time parents who have been in care and those who are 16/17 years old. The intensive programme starts ideally before the 16th week of pregnancy but no later than the 28th week.</p>	<p>NHFT</p>
<p>Street Pastors. A care and wellbeing service delivered by volunteers from 'Churches Together' during the night time economy hours on Fridays and Saturdays.</p>	<p>Churches Together</p>
<p>Pub Watch. Licensed premises group initially funded through CSP operates a radio-linked scheme for licensed premises to better manage situations arising from over consumption of alcohol.</p>	<p>Licensed premises, CSP</p>
<p>Joint Procedures for the Mapping of permanent and fixed term exclusions from schools for substance misuse. Schools recording and handling of permanent and fixed term exclusions for substance misuse mapped and the development of joint procedures between Wellingborough Education Partnership (WEP) and Behaviour Attendance Partnership (BAP) facilitated by Education Entitlement Service (EES) and Common Assessment Framework (CAF) Co-ordinator. Agreement between schools and Educational Entitlement Service of joint approach to substance misuse exclusion. Providing assistance to schools to tackle exclusions for substance misuse. Development of an exclusion letter drafted by the Forum which includes referral to CAN (young people services) following exclusion. CAN and schools to measure the number of people referred from the use of this letter.</p>	<p>WEP, BAP, EES, CAF Co-ordinator, Locality Forum,</p>
<p>Common Assessment Framework. Promotion of the use of the CAF for substance misuse cases. Agreement by schools with GPs on-going.</p>	<p>Locality Forum, CAF Co-ordinator</p>
<p>Supported Housing & Emergency Accommodation - Mental and Physical Health & Alcohol/Substance Misuse. Creation of 20 supported and semi supported/floating support units. There are increasing numbers of single homeless applicants with mental health and drug/alcohol issues (dual diagnosis with chaotic lifestyles). Continuing to work with mental health commissioning team to provide supported houses on new build RP stock. Doddington Road and Croyland Road supported housing schemes have contributed to achieving this target. Mental health team commissioners and W Homes are investigating opportunities for joint work using their housing stock.</p>	<p>BCW, W Homes, Adult Mental Health Team Commissioners</p>

LOCAL PRIORITY

Local Health and Wellbeing Forum Priority: *Improving the mental and emotional wellbeing of individuals and families living and working within the borough. Including increasing awareness of the signs of dementia and developing support for individuals, their families and carers.*

Health and Wellbeing Board Strategic Outcomes:

- Vulnerable adults and elderly people are safe and able to use services and support that helps them to live as independently as possible
- People have healthier lifestyles and exert greater control over their health and wellbeing

Health and Wellbeing Board Strategic Priority:

- Improving prevention, treatment and care in the community for frail and elderly people
- Improving the quality of life of vulnerable older people

Locality Priority Measure	Time Period	England Average	Actual	Rag Rating
Dementia in the 65+ population crude rate of projected counts per 1,000 resident population* *Local JSNA	2010	71.4	65.5 (819 no.)	
Emergency readmissions within 30 days of discharge from hospital (Persons) standardised rate of per 100,000 of population* *NCC PHOF Feb 2015	2011/12	11.8	11.6	
Hip fractures in people aged 65 and over, standardised rate of emergency admissions per 100,000* of population over 65 years *NCC PHOF Feb 2015	2012/13	568.1	644.6	
Excess winter deaths* (Single year, all ages) *NCC PHOF Feb 2015	Aug 2012 – July 2013	20.1	26.9	
Percentage of population affected by noise – number of complaints per 1,000 resident population* *NCC PHOF Feb 2015	2012/13	7.5	8.5	

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<p>Well-being Clinics. Held by the Well-being Teams from Monday to Friday at GP Practices or a community centre across the borough delivering evidence-based short term interventions for people with mild to moderate anxiety and depression.</p>	<p>Changing Minds</p>
<p>Wellbeing Navigators. Provides support in the community to help people improve their general wellbeing, particularly with people experiencing difficulties with their emotional wellbeing, living conditions and physical health. Referrals to the service are received from GPs, primary care liaison workers, secondary professional services, as well as self-referral.</p>	<p>NHFT, MIND, MHNC</p>
<p>Peer Support Team. Peer Supporters work across the county offering local people the opportunity to talk about how they are feeling and support people to plan their recovery. Peer Supporters all have a lived experience of mental health distress so they are in a good position understand and appreciate what others might be going through. They work both one to one with people or offer group sessions within the community providing people with time and space to think about where they would like to be, offer support to make changes for the better and increase knowledge of what wellbeing means to them. Peer Supporters will also encourage involvement in other self-help methods such as Read Yourself Well, as a way to help understanding of issues and beginning to overcome problems and putting what has been read in to practice.</p>	<p>Changing Minds, NHFT</p>
<p>Long Term Conditions Psychological Support Team. This team works with people across the county who are living with a long-term physical health condition and who are suffering from anxiety, depression or both. Friendly therapeutic telephone groups are provided that teach techniques for managing the anxiety and depression which often accompany coping with a long-term illness. In some cases 1:1 telephone and internet therapy, and internet and face to face groups are offered aimed at specific issues such as Post Traumatic Stress Disorder (PTSD) and mindfulness for chronic pain. Conditions that might be termed a "long term condition" include chronic pain issues, ME/CFS, chronic obstructive pulmonary disorder (COPD), heart disease, stroke recovery and fibromyalgia, as well as many others.</p>	<p>Changing Minds</p>
<p>Learn 2B. This project is an exciting and innovative partnership between Changing Minds and NCC Adult Learning Service. Learn2B aims to enhance wellbeing through a range of creative, social, recreational and therapeutic groups for people in their local communities. It offers a choice of non-medical interventions that are educational, fun and relaxed, where people can participate in an activity that they are interested in or would like to learn more about. Psychological education courses offer the opportunity to learn effective techniques to overcome or manage insomnia, anger, stress, low mood and anxiety. Programmes change on a quarterly basis.</p>	<p>NCC Adult Learning Service and Changing Minds</p>

Hospital Aftercare. Welcome home phone calls to providing practical and emotional support to older people who have been discharged from hospital, to re-adjust and return to independence.	Age UK, GPs, Nene CCG
SERVE Service. Social care initiative in Wellingborough to provide a rapid response (within 2 hours of GP or district nurse referral) for people with long term conditions and who are medically suitable to be looked after at home.	SERVE
Care Home Scheme. Advanced Nurse Practitioners attending care homes daily to assess, treat and prescribe for medical needs as appropriate.	Nene CCG, NHFT
Northamptonshire NHS Falls Prevention service. A countywide service, offering specialist falls prevention assessments and treatment for people who are aged 65 years and over, who have fallen in the last 12 months and are considered to be at risk from further falls. Providing advice about minimising the risk of falls and, following a falls assessment, will develop a personalised plan which may include aids and adaptations to promote safety and independence, and/or suggest a tailored exercise programme.	NHFT
Shopping Service. The Shopping Service is designed to help older people who find it difficult or impossible to do their own shopping and have nobody else that could do it for them. A number of supermarkets in Northampton, Corby, Kettering and Wellingborough work in partnership with Age UK to deliver this service.	Age UK, local supermarkets
Handyperson Scheme. The Handyperson scheme helps older people to remain independent by assisting with a range of minor household repairs. Typical jobs include fitting smoke detectors and rails, replacing light bulbs, fuses and plugs, small carpentry work, levelling paving slabs, moving heavy furniture and dealing with trip hazards such as loose carpets.	Age UK
No Cold Calling Zone. Established in the Pyghtle area to reduce the number of distraction burglaries targeting the elderly.	CSP
Hemmingwell Benefit support drop-in. Benefit support drop-in service launched from the Skills Centre at Hemmingwell.	Hope Centre, Wellingborough Homes
Food Bank. Food Bank established in Wellingborough.	Daylight Centre, NCC
Street Homeless Outreach Worker. With funding from CLG, provision of an outreach worker to help the homeless into accommodation.	CLG, BCW
Severe Weather Emergency Protocol (SWEP) When the weather falls below 0 degrees for a period of 3 or more nights, anyone sleeping on the streets will be offered a safe, warm place to sleep indoors at the Salvation Army Hall, Salem Lane between 9pm – 7am. Hot drinks and bedding will be provided on arrival. Necessary paper work will have to be completed during the day with the Outreach Officer via the Daylight Centre.	BCW, Salvation Army, Daylight Centre
Northamptonshire Credit Union. Established and based in the FISH (Free Impartial Support and Help) shop enabling access to ‘jam-jar’ accounts and lower interest loans.	Wellingborough Homes, Northamptonshire Credit Union
Pravasi Mandal. Monday – Friday a range of activities are offered including keep fit, chair exercise, salsa, yoga and swimming.	Pravasi Mandal, Age UK

WACA. Provision of day care and activities 3 days per week.	WACA, Age UK
3Steps2Work programme. This programme is specifically for those seeking employment. NVCA in partnership with CAB offers back to work benefit checks, training on writing or enhancing a CV, skills analysis and job searching.	NVCA, CAB
Tea Timers. Social and activity sessions held at a range of locations – <ul style="list-style-type: none"> • Kingsway – fortnightly on a Tuesday • Hemmingwell – second Tuesday in the month • Olympic Way – every Thursday 	Age UK
Lunch Clubs. Lunch with social and activity sessions held in- <ul style="list-style-type: none"> Bozeat – every Wednesday Wollaston – every Wednesday Wellingborough – Wednesday Wellingborough – Monday – Thursday @ Glamis Hall 	Age UK, Victoria Centre, Glamis Hall
Rural Wellbeing Service. Due to be launched at the end of March 2015, this project, aims to tackle issues of social isolation and loneliness in older people (50+ years), enabling them to feel more secure and cared for and to remain independent in their own homes for longer, while fostering the community spirit to provide this support. A mobile unit will go out 2 days per week for 40 weeks per year to provide an advice and signposting service to help local people manage their health and finances, whilst also helping with issues such as loneliness and isolation. Ten volunteer ‘Good Neighbours’ will be recruited each year to be responsible for a cluster of 3-4 villages. These ‘Good Neighbours’ will make visits, set up clubs and activities and liaise with appropriate agencies for referrals.	ACRE, Big Lottery funding
Toenail Cutting Service. A toenail cutting service is available across the county via appointment only.	Age UK
A Little Help. Through A Little Help, assistance can be provided to allow people to remain independent at home and even reduce the need for hospital or residential care admissions.	Age UK
Dementia Awareness sessions: Six dementia awareness sessions facilitated for BCW employees to increase awareness and understanding of dementia together with the signposting of the availability of these sessions to other organisations in the wider community.	BCW, Age UK, NVCA
Dementia Services. A specialist community-based team consisting of mental health nurses, psychiatrists, occupational therapists, psychologists and support workers dedicated to helping those people under 65 years who have been diagnosed with early onset dementia. The service offers support in coping with the symptoms or the symptoms of a loved one.	NHFT
Crisis and Telephone Support Service. A 24-hour a day telephone support service for people receiving support in Northamptonshire for mental health problems. The service is also available for their carers’, families and friends. The service provides support when people feel unsafe, at risk or unable to cope without support. Whilst not an emergency service, support can be provided with key aspects of care plans, managing immediate symptoms and problems, as well as working through very immediate issues.	NHFT
Increasing Access to Psychological Therapies (IAPT). IAPT is a nationwide government-funded initiative to improve the availability of psychological therapies for people with anxiety and depression in primary care. The IAPT team is made up of wellbeing staff that work in	NHFT, GPs

partnership with primary care colleagues and provide timely interventions for people with a low risk that enables them to acquire the skills they need to promote their own recovery.	
Glamis Hall. Provision of day care service which is inclusive of lunch, and a lunchtime service from Mon-Friday	Glamis Hall for All
Tea Dances. <ul style="list-style-type: none"> • Top Hat Tea Dance held on the last Thursday in the month in Midland Road. • Little Harrowden Village Hall, held on the last Friday of every month 	Age UK, NVCA
Nifty Fifty plus. Sessions held every Monday morning at Redwell Leisure Centre with activities including mini tennis, short mat bowls and badminton.	Age UK, PfP
Alzheimer's Society Carers' Support Groups. Offering support to carers of people with dementia. <ul style="list-style-type: none"> • Wellingborough – 1st Wednesday of every month, Swanspool Pavilion from 10.15 am – 11.45 am • Irthlingborough – 1st Thursday of every month, Headways, High St, Irthlingborough from 7.30 pm – 9.00 pm. 	Alzheimer's Society
Collaborative Care Team. Development of a social model for the prevention and reduction in hospital admissions or facilitating efficient discharge from hospital.	Nene CCG, Age UK
Langdale Court Day Centre. Provision of a Day Centre service for older people including activities, friendship, outings and lunch.	Langdale Court, Age UK
Referral Management Centre. NHFT has established a Referral Management Centre for specialist children's services including triage and assessment of all specialist CAMHS referrals. From September 2015 the remit of this central point of contact will be extended to include referrals for all emotional wellbeing and mental health issues affecting children and young people. Within the county any professional such as GP, teacher, health visitor, social worker etc. will make all referrals to one central place in the Referral Management Centre. Referrals will then be screened by a clinician and passed to the most appropriate service that can best meet the needs of the child or young person, be that specialist CAMHS response, youth counselling, sleep service or youth-based group work. The referrer will be informed of the onward referral..	NHFT,

LOCAL PRIORITY

Local Health and Wellbeing Forum Priority: Supporting the Wellingborough Housing Forum to shape and deliver the housing and wellbeing requirements for the borough.

Health and Wellbeing Board Strategic Outcome:

- Every child is safe and has the best start in life
- Vulnerable adults and elderly people are safe and able to use services and support that helps them to live as independently as possible
- People have healthier lifestyles and exert greater control over their health and wellbeing

Health and Wellbeing Board Strategic Priority:

- Improving prevention, treatment and care in the community for frail and elderly people
- Improving the quality of life of vulnerable older people
- Tackling alcohol and drugs issues to protect communities and improve lives

Locality Priority Measure	Time Period	Target	Actual 2015/16	Rag Rating
Establishment of a sub-group for 'Development of Housing'.		August 2015		
The aim of the newly established Development of Housing sub-group is to secure land and homes to meet the housing needs of a range of identified client groups i.e. through S106, land assembly, public sector land and make recommendations to BCW or other statutory/voluntary agencies.				
Compulsory purchasing of empty homes (per annum) (Housing Plan 2013-2018) – funding available up to £300k.		Up to 6 per annum	3	
BCW Housing & Planning to work with developers and registered providers to provide temporary accommodation, 5% wheelchair units, lifetime homes, bungalows or ground floor accommodation on new developments (Housing Plan 2013-2018).		Include provision in Local Plan		
Establish a task & finish group to work with registered providers and voluntary/statutory agencies		July/August 2015		

Locality Priority Measure	Time Period	Target	Actual 2015/16	Rag Rating
To develop and provide 'rent out rooms' schemes for single people and shared accommodation for under 35 year olds (Housing Plan 2013-2018), <i>including move-on</i> accommodation and make recommendations to BCW or other statutory/voluntary agencies.		Sub group target 5 – single rooms & 10 – shared rooms		
Establishment of a sub-group for the 'Management of Housing'.		August 2015		
The aim of the newly established Management of Housing sub-group is to develop innovative models for care and support for a range of identified clients i.e. Elderly, care leavers, 16-17 year olds, young people, mental health, chaotic lifestyles etc.				
Creation of supported and semi-supported/floating support units for vulnerable single adults and children (Housing Plan 2013-2018)	Achieved – Da Vinci Court, 42 Croyland Road, W'borough	20	26	
Creation of supported and semi-supported/floating support units for mental, physical health and alcohol/substance misuse (Housing Plan 2013-2018)		20	Part achieved – 15 units at Cranwell, 47 Doddington Road, W'borough	
Creation of supported and semi-supported/floating support units for direct access and move-on accommodation (Housing Plan 2013-2018)				
Statutory homelessness* - households in temporary accommodation crude rate per 1,000 households * NCC PHOF Feb 2015	2013/14	2.6	1.1	
Estimated households in fuel poverty* per 1,000 households * NCC PHOF Feb 2015	2012	10.4	11.8	

LOCAL ACTIVITIES

Local Health and Wellbeing Forum Priority: Supporting the Wellingborough Housing Forum to shape and deliver the housing and wellbeing requirements for the borough.

Health and Wellbeing Board Strategic Outcomes:

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Health and Wellbeing Board Strategic Priority:

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Homeless Households. Development of written advice packs for all housing option clients.

BCW Housing, W Homes, Daylight Centre

Choice Based Lettings and Allocation Policy. Provision of out-reach surgeries and advice sessions to develop knowledge and understanding of the Housing Allocations Policy and use of Keyways, including developing with partners a tenant matching service. Allocations Policy to consider affordability. Strategic social landlords forum to be convened to consider how to address issues.

BCW, Keyways, W Homes

Disabled Facilities Grants. Seeking to secure Disabled Facilities Grant (DFG) funding for the sustainable delivery of up to 80 disabled adaptations per year post 2015/16 year.

BCW

Empty Homes. Compulsory purchasing of up to 6 properties per year.

BCW

Private Sector Provision for Homeless. Provision of temporary accommodation on new developments and provide additional models of temporary accommodation or provision to end homeless duties. Capital funding of 60k secured for 5 years to end homeless duty in the private sector through use of a holding deposit placed with PRS landlords. A countywide PRS post has been secured through CLG funding to consider options for the provision of PRS accommodation to a range of client groups. BCW Housing working with W Homes to develop a scheme to replace private sector leasing scheme and reduce the length of stays in bed and breakfast accommodation.

PRS landlords, BCW, W Homes

Low Cost Ownership. Low Cost Home Ownership options to be available on the Keyways system.

Orbit, BCW, W Homes

Supported Housing & Emergency Accommodation - Direct Access and Move-on Accommodation. The creation of semi-supported/floating supported accommodation. Two Outreach Workers have been funded by CLG for 2 years and employed to work across the county with rough sleepers and single homeless.

BCW, CLG,

<p>Supported Housing & Emergency Accommodation - Mental and Physical Health & Alcohol/Substance Misuse. Creation of 20 supported and semi supported/floating support units. There are increasing numbers of single homeless applicants with mental health and drug/alcohol issues (dual diagnosis with chaotic lifestyles). Continuing to work with mental health commissioning team to provide supported houses on new build RP stock. Doddington Road and Croyland Road supported housing schemes have contributed to achieving this target. Mental health team commissioners and W Homes are investigating opportunities for joint work using their housing stock.</p>	<p>BCW, W Homes, Adult Mental Health Team Commissioners</p>
<p>Supported Housing & Emergency Accommodation – Single Vulnerable People / Vulnerable Adults and Children. Olympus Care and Orbit Housing Assoc. have created 26 supported and semi supported/floating support units at Da Vinci Court.</p>	<p>Olympus Care, Orbit HA</p>
<p>Supported Housing & Emergency Accommodation – Under 35’s. Working with RPs to provide ‘rent out’ rooms scheme for 5 single people. For shared accommodation provide for 10 people. BCW and W Homes working on a project to use their stock for HMO.</p>	<p>BCW, W Homes, PRS</p>
<p>Supported Housing & Emergency Accommodation – Temporary accommodation from the Council. BCW Housing working with Planning Officers to provide temporary accommodation on new developments with RPs. Current developments for specific housing groups agreed prior to Housing Plan, to be considered for future developments.</p>	<p>BCW Housing & Planning</p>
<p>Pre-eviction Protocol. This Protocol is now signed by the majority of RPs in the borough and measures are being taken to extend its coverage to charities, PRS landlords and mortgage providers.</p>	<p>BCW, RPs, PRS, Charities, Mortgage Providers</p>
<p>Housing Capital Funding for New Homes & Regeneration. Securing of grants to ‘kick-start’ new sites. Sites achieved to date include Buckwell End, Spur Road, Doddington Road, The Embankment, Great Doddington.</p>	<p>BCW, East Midlands HA</p>

TASK AND FINISH PROJECT GROUPS

- **WELFARE REFORM**

Partner and Project Lead: Vicki Jessop, BCW Housing

Other partners: Mo Baker, Wellingborough Homes, Nigel Robinson, BCW Revenue and Benefits
Jackie Attfield, Community Law Service, Martin Lord, Citizens Advice Bureau

A report on Welfare Reform was provided to the Health and Wellbeing Forum on 19th September 2013, 18th June 2014 and 23rd September 2014.
Please see hyperlinks below.

[H & WB Forum Welfare Reform -Impact report](#) September 2013

[H & WB Forum Welfare Reform -Impact report FINAL](#) September 2014

10th February 2015 Health & Well-being Forum: Vicki Jessop advised that at a recent Homelessness Forum meeting agreement was reached to re-format the Homelessness Forum into the Wellingborough Housing Forum. The new Housing Forum would incorporate both providers and commissioners such as housing associations to look at housing in Wellingborough, including housing grants, welfare reform, Disabled Facilities Grants (DFG) and adaptations and support for people to live in their own homes. Agreement was requested for the new Housing Forum to become a sub-group of the Wellingborough Health & Well-being Forum and for the provision of updates and reports to be a standing agenda item on the Health & Well-being Forum agenda. **AGREED.**