

## Locality Public Health Plan for South Derbyshire district

### The Health and Wellbeing Plan 2013 – 18

PH Budget: £106,236 (inclusive)

#### Monitoring of achievement will be as follows:

Mid-way monitoring report for each project will be sent to the to the Health Partnership Manager who will collate into

- *Quarterly Reporting to SD Health and Wellbeing Group and the South Derbyshire Partnership Board*
- *6mth report to SD LAC*
- *Year end report to SDP Board*
- *Year end report to SD LAC*

**This information will also be received by DCC Public Health locality lead:**

**Elaine Varley, Senior Public Health Manager (Elaine.varley@derbyshire.gov.uk)**

The table below outlines allocated spend 2014/15. Each project is underpinned by the principles of: collaborative working, addressing inequality, marketing and promotion, maximising opportunities locally to benefit longevity of project and/or best outcomes:

Priority	Activity or Action(s)	Investment/ Funding Required	Outcome(s)	Monitoring
1.	Reducing health inequalities within families and young people living in the urban core around Swadlincote			<ul style="list-style-type: none"><li>• Mid-way and end of year performance report to HPM</li></ul>

<b>Training, volunteering and employment</b>	<b>1. ALICE:</b> Accessible Learning in Creative Environments. Non-traditional learning environments working with: Lone parents / individuals relocated following Domestic Abuse / individuals accessing food bank / referrals from partner agencies who have identified a need for more intensive learner support. ALICE will ensure it provides opportunities to promote other local services to users eg. local Credit Union, CAB...	£5000	To improve self-esteem and self-confidence of participating individuals To improve knowledge and skills to access other services including participation in training, volunteering and employment.	<b>Outputs:</b> 3 x engagement sessions 5 Personal Wellbeing courses of up to 6 sessions ( a course may comprise of some 1:1 sessions for those with additional support needs) No of individuals engaged: 30  3 Case studies to evidence health impact on participating individuals
	<b>Expansion of Work Club</b> from successful pilot – to support those ready to re-enter the workforce but still needing additional support in accessible non-threatening venues (support includes confidence building, IT skills, CV writing, interview skills)	£5000	To improve the confidence and knowledge of local unemployed adults almost ready to re-enter the workforce towards training, volunteering and/or employment	<b>Outputs:</b> <ul style="list-style-type: none"> <li>• 2 x Job Clubs</li> <li>• 52 x 2 hour sessions</li> <li>• 260 x estimated number of adult user attendances (NB. Some users may attend more than once)</li> <li>• 30 x CVs developed</li> <li>• 3 x service user case stories (at least 1 per Job Club location)</li> <li>• Satisfaction survey undertaken with users of Work Clubs</li> </ul>
<b>Match funding of £5000</b> is received to further support improvement of training, volunteering and employment opportunities. This is supported with funding through the SDP Sustainable Communities group and develops a project to support transport to ensure access to seasonal employment locally.				

<p><b>Promoting Financial inclusion</b></p>	<p><b>Moneyspider Credit Union:</b> To develop and strengthen Moneyspider Credit Union services</p>	<p>£10,000 (13/14 months)</p>	<p>A change in attitude within financially excluded households to rely on high-cost credit and rather to be more confident and knowledgeable in managing their finances and to have greater control over problematic debt.</p> <p>To achieve a more sustainable credit union through a diverse membership base, more tightly integrated loan management procedure and improved recruitment and training of volunteers.</p>	<p><b>Outputs</b>  1 P/T Project Manager  Upto 50 new members  Upto 50 members taking out new affordable credit (mean loan average £400)  Upto 60 members receive financial capability support  3 volunteers  4 sample case studies and/or completed before and after questionnaires</p>
<p><b>Basic need/housing</b></p>	<p><b>Pilot Energy Tariff Switching Project</b>  Outreach sessions targeting vulnerable populations (eg. areas of deprivation, older people, lone parent families) to</p>	<p>£3000</p>	<p>To enable home energy checks to be carried out and check that people are on the</p>	<p><b>Outputs</b>  Include per project as relevant:</p>

	<p>support knowledge and skills about managing basic needs in the home with a focus on affordable energy.</p> <p><b>Use of Energy Champions:</b> To support local 'Energy Champions' within the community in the promotion of the Energy Switching Project</p>		<p>correct energy tariff</p> <p>To specifically target those people most in need of assistance</p> <p>To provide training to energy champions to enable them to carry out assessments within their communities with a view to continuing the project</p>	<ul style="list-style-type: none"> <li>Nos. participating</li> <li>Training if appropriate</li> <li>Service user case stories – a minimum of 2 service user case stories and a minimum of one Energy Champion case story</li> <li>No of energy checks/tariff switches completed</li> </ul>
<b>Raising Aspirations (families, young people)</b>	<p><b>Fire Service Cadets programme:</b> This project works with young people to support their citizenship skills, selfconfidence and selfworth through participation in community events and through events that “give back” to the community. The project is open to all young people in the Swadlincote area. This project works in partnership with a range of partners including the Police and ambulance service.</p>	£5000	<p>Provide young people with an opportunity to learn about, work with and experience the Fire and Rescue Service</p> <p>Empower young people to make a positive contribution to their communities</p> <p>Enable young people to gain skills, knowledge and positive experiences in a fun, safe and secure environment</p> <p>Support young people to develop life skills, increase confidence</p>	<p><b>Outputs</b></p> <p>Nos of sessions delivered by partners</p> <p>Nos of referrals into the project</p> <p>Nos of new cadets (full unit being 15)' no of cadets achieving specialist BTEC Level 2</p> <p>The project will deliver a minimum of 2 case stories from the perspective of 2 cadets</p> <p>No of community events</p>

			and raise self-esteem  Inspire young people to make positive life choices for their futures	
	"Your Choice" school events in all 4 secondary schools	£3000.	To inspire young people to reflect on current and future choices through listening to others	<b>Outputs</b> No of events No of participants
	<b>Environmental Pride</b> – Newhall and Castle Gresley To develop and implement a dog stewardship scheme in the communities of Church Gresley and Newhall in 2013/14. To use this as a springboard from which to develop an environmental aspiration brand for these areas and from which to develop further specific projects in subsequent years.	£5000	To promote a positive environmental impact on a high deprivation area deemed to suffer from dog fouling and other environmental neglect, to contribute to a reverse in the measured deterioration in health and wellbeing.	<b>Outputs</b> 100 dogowners signed up to the Pledge One local media and social media campaign to promote environmental pride One green dogwalkers group Complete Phase 2 action plan to develop and widen Environmental Pride with partners
	<b>Urban Parks</b> – outdoor gym equipment targeted in Newhall park to promote physical activity alongside staff "community development" time to engage local families, individuals	£5000	Improved PA levels in the local community – increase in APS results.  Reduction in obesity levels in Newhall (Local Health Data)  Increase in positive	<b>Outputs</b> <ul style="list-style-type: none"> <li>• Upto 1670 participating</li> <li>• 40 participants engaged in led-sessions</li> <li>• 3 instructors trained</li> <li>• Service user case stories – minimum of 2</li> </ul>

			<p>Mental Wellbeing (Local Health)</p> <p>5 x led sessions delivered by the PA Officer with targeted groups. Number of participants.</p> <p>Reduction in barriers such as affordability and access</p> <p>Link to Get Active in The Forest Walking For Health programme</p>	
	<p><b>Parkrun</b> - weekly regular Sunday ParkRun sessions aimed at 4 – 14 year olds in the Swadlincote area. Inclusion of supporting volunteering engagement.</p>	3000	<p>Improved PA levels in the local community – increase in APS results.</p> <p>Reduction in childhood obesity levels in the urban core (measure NCMP)</p> <p>Increase in positive Mental Wellbeing (Local Health)</p> <p>Reduce health inequalities via free</p>	<p><b>Outputs</b></p> <ul style="list-style-type: none"> <li>• Nos. Participating</li> <li>• Nos. of sessions delivered</li> <li>• no of volunteers trained</li> <li>• Service user case stories</li> </ul>

			<p>access for the local community (difficult to measure this?!)</p> <p>Reduction in barriers such as affordability and access</p> <p>Increase in number of trained volunteers that support the event</p> <p>Case studies to evidence increased community resilience and friendships established off the back of the sessions</p> <p>Signpost onto additional local activities</p>	
	<p><b>Get Active in the Forest (GAIF)</b>  Programme of physical activity opportunities targeting vulnerable families/ individuals in identified urban areas (and some pilot activity in identified rural areas):  Walk for Health - adults living with Alzheimers and their carers (including training of volunteers to assist walks)  Expansion of Teddy walks – rural locality</p>	£5000	<ul style="list-style-type: none"> <li>• To improve selfconfidence and selfesteem across vulnerable families</li> <li>• Improve mental and physical health through physical activity opportunity</li> <li>• To engage</li> </ul>	<p><b>Outputs</b>  Nos. participating by characteristics: postcode resd., age, gender, <i>other as appropriate and we can discuss</i></p> <p>Evidencing change:  Service user case stories  Organisation case studies</p>

	<p>and Goseley/ Wodddville – targeting young families</p> <p>Expand Early Riders/Balance bicycle project (3-5yrs) Goseley/Woodville</p> <p>Family “learning to cycle” project 1:1 sessions across parks/ community venues (Newhall, Goseley, Overseal, Eureka/ Swadlincote + rural pilot)</p> <p>October Let’s Get Moving event for upto 50 participants development in liaison with Mental Health team – taster activities into mainstream and including non-mainstream as appropriate</p>		<p>vulnerable families into PA opportunities in the longer term</p>	<p>Health and Wellbeing score (based on Warwick and Edinburgh)</p>
<p><b>Support to vulnerable families</b></p>	<p>Expansion of <b>Positive Parenting</b> training across frontline staff working with vulnerable families</p>	<p>£10,000</p>	<p>To support vulnerable families towards improved parenting</p> <p>To improve selfesteem and selfconfidence within vulnerable families</p>	<p><b>Outputs</b></p> <p>nos. of staff trained in Positive Parenting by staff type.</p> <p>Nos of courses delivered to families – using positive parent evaluation tools.</p> <p>Family case stories to evidence change.</p> <p>Staff case stories to evidence change on their daily working with vulnerable families <i>as a</i></p>



				<i>result of training</i>
<b>Sub-total</b>	<b>£59,000 (76%)</b>			
<b>2. Supporting health of older people in their own home</b>				
<b>Home independence / older populations</b>	<b>Community Support Referral project –</b> supporting older people to maintain independence in their own homes	£12000 (6mth funding)	<ul style="list-style-type: none"> <li>• Patients better supported to maintain independent living</li> <li>• Reduction in loneliness and isolation</li> <li>• Reduction in repeat visits to primary care</li> <li>• Reduction in unplanned hospital admissions and length of hospital stay</li> <li>• Better planned and supported hospital discharges</li> <li>• Improved wellbeing scale</li> </ul>	<p><b>Outputs</b></p> <p>Number of patient support plans agreed</p> <p>40 referrals managed, reported by user – age, gender, location; referral type</p> <p>Health and Wellbeing scale post referral pre and follow-up</p> <p>Minimum of 4 Client stories</p> <p>20 volunteers recruited to support service</p> <p>Initiated the local Menu of “accredited providers”(which will evolve) – 12 accredited providers</p>
<b>Physical and mental health/older people</b>	<b>Activities for older people: Oaklands project</b> Activities to engage older people in physical activity opportunity including support to the gym development at	2498	Improved PA levels in the local community – increase in APS results.	<p><b>Outputs</b></p> <ul style="list-style-type: none"> <li>• Nos. Participating</li> <li>• Nos. of sessions delivered</li> <li>• no of volunteers</li> </ul>

	Oaklands		Reduction in falls (Local data)  Increase in positive Mental Wellbeing (Local Health)  Case studies to evidence increased community resilience and friendships established off the back of the sessions	trained  • Service user case stories  • Quarterly reports to the SD Health and Wellbeing Group
<b>Sub-total</b>	<b>£14,498 (19%)</b>			
<b>3. Supporting individuals and families living in rural areas experiencing health inequality (rural isolation, deprivation)</b>				
	<b>Research project</b> to ascertain need with a focus on access to services in rural communities (including community consultation).	£4000	To improve access to services in rural communities  To support organisation/ services knowledge of the needs of rural communities and ways to address need	<b>Outputs.</b> 2 half-day workshops in 2 rural communities.  Final report with Recommendations
<b>Sub-total</b>	<b>4000 (5%)</b>			
<b>Cross-cutting investment support: Locality Plan development/ infrastructure</b>				
<b>Health</b>	The Health Partnership Manager has a	£20,000	Improvement of	<b>Outputs</b>

<b>Partnership Manager</b>	strategic role to promote Health and Wellbeing as a key priority across the South Derbyshire Partnership and to develop the health improvement agenda across South Derbyshire District Council organisation. Emphasis is focussed on addressing health inequality, improving the health of people living with and/or at risk of poorest health relative to the wider population		health district wide, with a focus on the improvement of health for those living and/or at risk of health inequality	<p>Protocol for administration of PH funding:</p> <ul style="list-style-type: none"> <li>• Administration of fund</li> <li>• Performance monitoring and reporting</li> </ul> <p>District Asset-mapping report – Report through the Health and Wellbeing Group</p> <p>Review of Healthier South Derbyshire Information project – Report with recommendations through the Health and Wellbeing Group</p>
<b>Safer Neighbourhoods Officer</b>	To support Safer South Derbyshire Partnership in the reduction of alcohol and substance, with a focus on young people	£1500	To support the reduction of alcohol and substance misuse	<p><b>Outputs</b></p> <p>Safer South Derbyshire end of year report</p> <p>One case story/ participant perspective</p>
<b>Healthier South Derbyshire Information Project</b>	Healthier South Derbyshire Information project is a local collaborative project aiming to develop and support the accessibility of information about local services for local people	£245	Promotion of local services	<p><b>Outputs</b></p> <p>1 Healthier South Derbyshire event</p> <p>Review of website</p>
<b>Small grants monies</b>	<b>Small grants expansion</b> <b>Vulnerable emergency top up money</b> Targeted grant monies to support	£2085 £245	To support specific needs in small vulnerable	<p><b>Outputs</b></p> <p>A minimum of 3 case stories:</p>

	vulnerable individuals and groups, organisations working with most vulnerable		populations  To support individuals and families in crisis	2 for small grants 1 for vulnerable emergency fund
<b>Locality infrastructure Sub-total:</b>	<b>24,075</b>			
<b>TOTALS</b>	<b>101,573</b>			
<b>Remaining monies</b>	<b>4663.</b> <b>Developmental “Raising Aspirations” project:</b> Community research with individuals and families. This will be a collaborative project, learning from the Bolsover model – targeting identified populations, working within to identify need and solutions to address need. This will act as a springboard for future health and wellbeing planning.			

**Strategic developments underpinning the Plan:**

Turn around the “most deprived” status of Newhall and other LSOAs – longer term plan to address inequality in Nrwhall area and to address the individual indicators in the other individual LSOAs in the district.



2010 IMD score for SDDC wards in top 20% (2).zip

Influencing county commissioned services to ensure they are ACCESSIBLE to SD populations and especially vulnerable in liaison with SDP partners.

Develop relationships with SD CCG, DCC PH commissioned services, DCC CAYA, DCC Adult Care, relationships across SDP members and the 2 other subgroups.

Direct engagement of elected members within communities.

