



Spelthorne Borough Council Health and Wellbeing Strategy 2022-2027



Foreword



I am proud to introduce the second Spelthorne Health and Wellbeing Strategy and the first Council Strategy following on from the Coronavirus Pandemic. Over the last two years, the Covid-19 pandemic has impacted the lives of each and every one of us. We have all lived through unprecedented

times and now, more than ever, we must all play a role in positively influencing our own health, alongside others, and the wider community. Whilst the Council doesn't directly deliver healthcare services, we can play an active role in influencing health behaviours and lifestyle factors such as exercise, housing and community safety. To demonstrate our commitment to the National Health Services (NHS) Long Term Plan we have chosen to create our own health and wellbeing strategy, with an extensive action plan which far exceeds our statutory responsibilities. As active members of the North West Surrey Health and Care Alliance we can influence both health and social care agendas and leverage both assets and funding for our communities. The Health and Wellbeing Strategy forms a statement of intent over the next five years, where we will work together, with our partners to achieve our priorities. The Strategy aims to put prevention first to empower residents to take positive steps towards looking after their own health as well as focusing on Council led initiatives with prevention at their heart. Furthermore, sustainability will be critical to ensure our outcomes and initiatives can benefit residents in the long term.

Cllr Sandra Dunn, Chair of Community Wellbeing and Housing Committee

Spelthorne in numbers

The Borough of Spelthorne lies to the south west of London and is situated in the north-west of the county of Surrey. It covers an area of 20 square miles. Located 15 miles from central London, it shares its border with Heathrow Airport in the north and the River Thames in the south.



20 parks in the Borough

Spelthorne is ranked as the **most deprived** borough in Surrey



There are **23** looked after children and **32** care leavers



67.2% of adults are classified as overweight or obese

26.6% of adults and **26.3%** of children are inactive (less than 30 mins per day)



1902 adults and **181** young people are registered with Action for Carers in Spelthorne

Life expectancy at birth for males is **80.4** years and females is **83.9** years

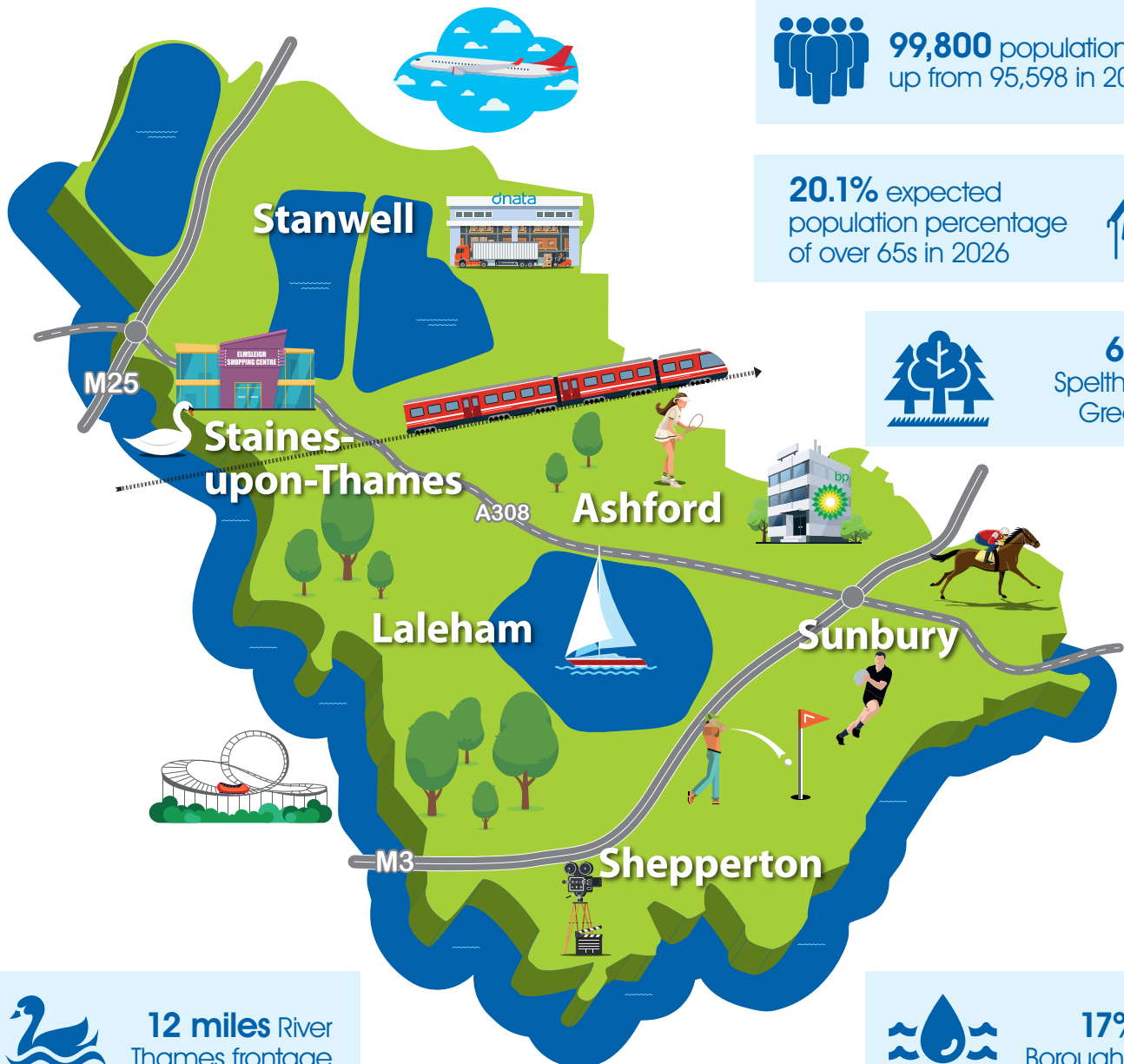


99,800 population in 2021, up from 95,598 in 2011

20.1% expected population percentage of over 65s in 2026



65% of Spelthorne is Green Belt



12 miles River Thames frontage



17% of the Borough is water

Overall, the health of people in Spelthorne is better than the England average. However, when compared to the rest of Surrey, Spelthorne residents experience poorer health than other Surrey boroughs which is more in line with their London neighbours. There are health inequalities within the borough, with life expectancy being 5.6 years lower for men and 6.0 years lower for women in the most deprived areas of Spelthorne than in the least deprived areas. The Covid-19 pandemic has exacerbated these health inequalities. This is where we will focus our initial efforts using detailed health metrics to identify areas of priority need.

All North West Surrey Integrated Care Partnership (ICP) partners including Spelthorne Borough Council (SBC) adopted an Alliance Agreement which set out a shared vision, values and objectives, as well as a framework for the collective oversight of resources and decision making. The Alliance Board oversees the delivery of these objectives and the Council's Chief Executive is a member of the Alliance Board.



The objectives of the Alliance are:

- To help to prevent ill health and manage own care
- To reduce health inequalities, using collective resources to support those with the highest need and deliver excellent outcomes for all North West Surrey residents
- To deliver planned, responsive joined up health and care services
- To create a culture of excellence and supportive environment for staff
- To deliver innovative solutions supported by technology and digital infrastructure
- To provide services as close to people's homes as possible
- To create one team to facilitate the best holistic care and to attract and retain the best talent
- To reduce duplication and waste
- To consider the way resources are invested, focusing on prevention and the wider determinants of health outcomes
- To work with local communities to build new forms of partnership between public sector, local citizens, community groups, the voluntary sector and local business
- To develop a vibrant, sustainable Alliance between partner organisations

This strategy has been informed by the 10 year Surrey Health and Wellbeing Strategy which identifies the priorities of:

- Helping people in Surrey lead healthier lives
- Supporting the mental health and emotional wellbeing of people in Surrey
- Supporting people in Surrey to fulfil their potential

We have shared our priorities with partners across the county including colleagues at Surrey Heartlands, North West Surrey Intergrated Care Partnership (NWS ICP), Voluntary Support North Surrey (VSNS), A2 Dominion and Adult Social Care.

We have engaged with officers across all service areas in a series of workshops.

Spelthorne Borough Council has drawn on its expertise in the borough and numerous statistics that are added for completeness in our appendix to inform this council owned strategy. We are committed to working alongside our partners, both internal and external, to support the delivery of our detailed action plan.

We will cover in detail the scope of our strategy, reflecting on the uniqueness of Spelthorne's geography, population and our remit in relation to social care services which includes the service area of Independent Living, where nationally this sits with county or unitary authorities.



Principles of the Strategy

- To embed health and wellbeing in Spelthorne Borough Council (SBC) practice and decision making
- An instrument to encourage positive change
- To include health and wellbeing impact assessments in the Council's management and committee structure
- Bring together funding streams from Health, Care, Leisure, Arts and the Built Environment to support People, Places and Communities in Spelthorne

Vision

Moving beyond the Covid-19 pandemic, Spelthorne is a place of choice to live, where children have a healthy start in life, and residents have the opportunity to lead happy, active, healthy and independent lives, achieving their full potential into later life.

Council Corporate Priorities



Community
To put our communities at the heart of everything we do, building strong relationships with our residents and businesses, and helping to forge links within those communities, so that they feel empowered, included, supported, safe and healthy.

Affordable housing
To deliver housing which meets the needs of all sections of our communities, building new homes, helping people to stay in their existing accommodation and ensuring that none of our residents are homeless.

Recovery
To provide support and guidance to our residential and business communities to enable them to recover from the significant effects of the COVID-19 pandemic.

Environment
To work with our communities and partners to minimise our effects on the environment, play our part in tackling the threat of climate change and to maintain a clean, green and attractive Borough, which recognises and protects biodiversity.

Service delivery
To deliver efficient and effective services which meet the changing needs of our communities, adapting to meet new challenges, new ways of working and different ways of interacting with our communities.

Scope of the Strategy

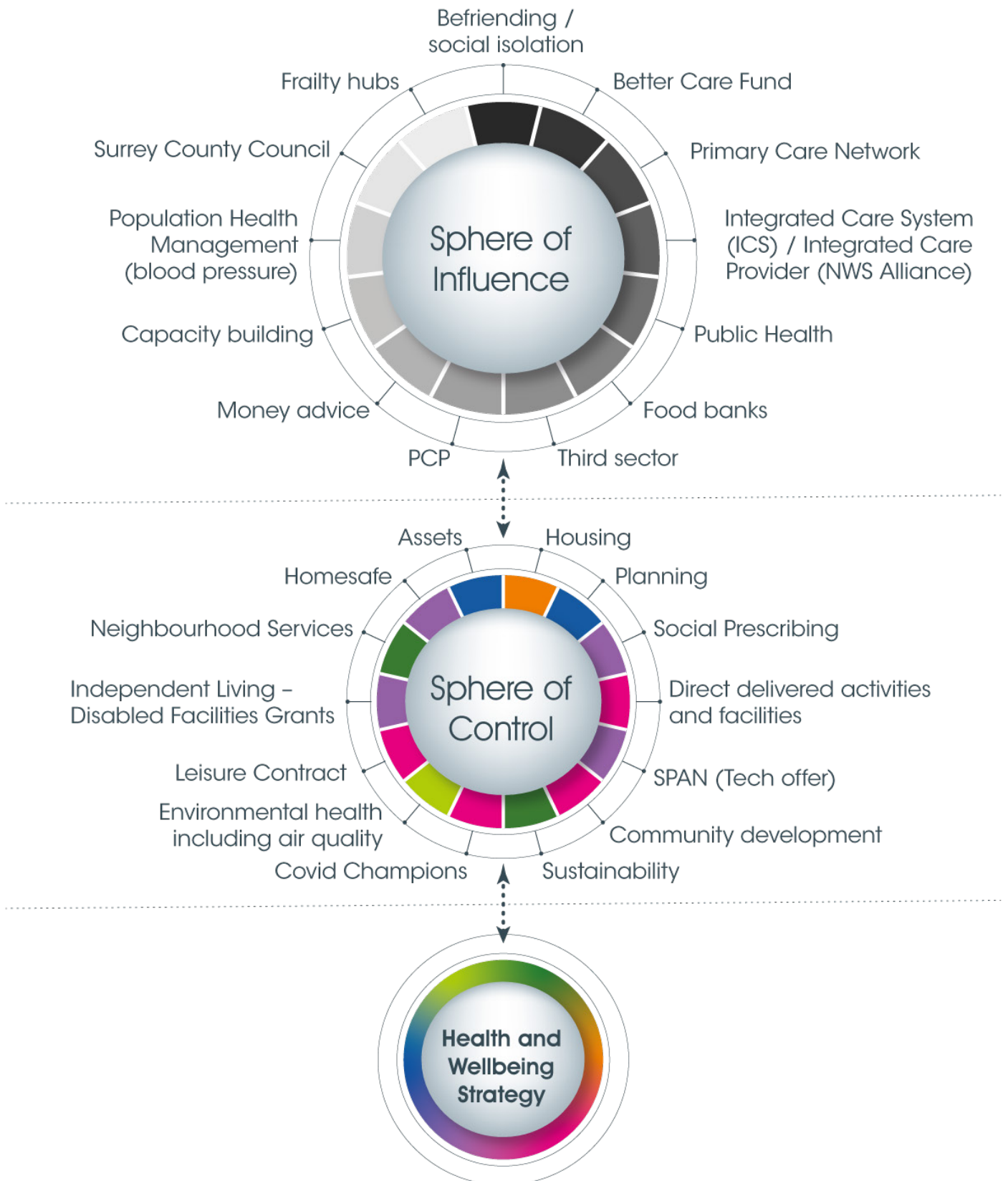
Numerous factors play a role in contributing to overall health as explained in the Determinant of Health model below:

Health behaviours 30%	Socioeconomic factors 40%	Clinical care 20%	Built environments 10%
Smoking 10%	Education 10%	Access to care 10%	Environmental quality 5%
Diet/exercise 10%	Employment 10%	Quality of care 10%	Built environment 5%
Alcohol use 5%	Income 10%		
Poor sexual health 5%	Family/social support 5%		
	Community safety 5%		

Source - Communities and Health; Kings Fund May 2021

Scope of the Strategy

As a Council, we can play an active role in influencing numerous factors listed above. Spelthorne Council has a wide area of influence alongside a narrower area of control. This has helped shape the scope of this Strategy which is demonstrated in the diagram below:



Council services to promote health and wellbeing

- Housing
- Leisure and Community Development
- Environmental Health
- Independent Living
- Neighbourhood Services
- Regeneration and Growth
- Other Council services

		 Enabling Move-On Options	 Community centres
		 Walking for Health	 Junior Citizen
 Climate change action group	 Homelessness Prevention Grant	 Out of hours noise service	 Cycling for Health
 Eat Out Eat Well	 Surrey Youth Games	 Disabled Facilities Grants	 Housing Disrepair Actions
 Affordable housing delivery	 Community Safety Spelthorne Safety Stronger Partnership	 Licencing	 Social Prescribing
 Playgrounds and parks	 Rough Sleeper Initiative Fund (RSI)	 Xplorer	 Economic Development
 Leisure Centres	 Customer services	 Strategic Planning	 Water Safety Group
 River Thames task group	 Swimming pools and sports grounds	 Food safety and the food hygiene rating scheme	 Active travel
 Air quality monitoring and air alert service	 Meals on wheels	 Partnership Action Day	 Spelthorne Museum
 Discretionary Housing Payment	 Warmer home grants	 SPAN services	 Family Support
 Outdoor Gyms	 Community grants	 Tree planting	 Knowle Green Estates

Priorities

The Strategy is formed of three pillars which are the Borough's Health and Wellbeing priorities for the next five years. Under each priority, there are three focus areas.



People – enable residents to take positive action to improve their own health

- Enable residents to manage their physical health
- Support residents to manage their mental health positively following Covid-19
- Enable residents to increase their physical activity in an accessible and affordable way

Place – encourage a positive environment to improve health

- Residents have homes that meet their needs
- Residents are happy in their neighbourhoods
- Maximise use of parks and open spaces

Community – foster communities which are integrated where residents feel connected

- Community led services reaching all members of community
- Maximise use of parks and open spaces
- Help build community resilience

Summary of council services to support priorities

Community services

Spelthorne offers a range of services to support residents in their own homes, there is an increased pressure from the system to support people over 65 to live in their own homes independently:

- 1)** Spelthorne partners with Runnymede, Woking and Elmbridge via Homesafe Plus – to enable a safe and coordinated approach to discharge from hospital and also provides support in the first few weeks on their return home.
- 2)** Spelthorne's Older People Actively Living (OPAL) groups continue to expand – these groups provide supported Day Centre type input across the borough for residents with numerous long term conditions. Operated from our community centres in Ashford and Shepperton they provide support for up to 25 clients per day and enable residents to stay living independently for as long as possible with a mix of care and support.
- 3)** Meals on Wheels service – providing affordable nutritionally balanced meals 365 days of the year, enabling residents to continue living at home who find it difficult to prepare their own meals.
- 4)** Spelthorne Personal Alarm Network – this community alarm service enables residents to live at home independently with the confidence to know that if they fall or have a medical emergency that help is at hand. We currently serve 1200 residents.
- 5)** Handyperson Service – commissioned by Spelthorne but managed by Woking Borough Council, this service provides minor adaptations including grab rails and keysafes. The service supports rapid hospital discharge and promotes independence.
- 6)** Community Equipment Store – Spelthorne Borough Council funds works required by residents that supports their discharge or independence. The community equipment store provides items such as hospital beds and hoists.
- 7)** Disabled Facilities Grants – Administered by Spelthorne, Disabled Facilities Grant (DFG) is a means-tested grant for people with a permanent disability of any sort, including physical and learning disabilities, sensory impairments and mental illness. A DFG will enable you to make changes to your home that will help you to continue living there.
- 8)** Home Improvement Agency – An in-house service enabling the resident to maximise the benefit of their Occupational Therapy assessment based on their needs, support to access the DFG or alternative support to make adaptations to their home. This includes the support of a case manager, technical officer and access to a borough employed Occupational Therapist.
- 9)** Step Down Accommodation – Spelthorne Borough Council, leads on this service fully funded by the North West Alliance, providing nine units across North West Surrey to support the rapid discharge of medically fit for discharge clients. These units are available for up to six weeks to support residents to ultimately return to independent living.





Social Prescribing

Many things affect your health and wellbeing. General Practitioners tell us that a lot of people visit them feeling isolated, lonely, or stressed out by work, money, and housing problems. These are issues that cannot be fixed by doctors and medicine alone. At its most basic, a social prescription offers the kind of help that doesn't come in a prescription. The idea behind social prescribing is to help you to have more control over your healthcare and find ways to manage your needs in a way that suits you. There are many different ways of providing social prescribing services. It often starts with a conversation, Spelthorne first assign a link worker, they are there to listen to you and put you in touch with whatever it is you might need in order to feel better. That might mean being introduced to a community group, a new activity or local club. It could be legal advice for volunteers to help around the house. It might just be information and guidance, a bit of inside knowledge on your situation, and what local resources there are available. It could even be some support in how to create something new.



Studies show that individuals with social prescriptions get better and feel better faster than those treated with medicine alone. And because it works, we have embedded this service into the heart of what we do at the council.

Frailty hub

In order to support the work of the multi-disciplinary frailty team, there has been early involvement from all partners to build linked datasets that can analyse a patients pathway and aggregate all those pathways up into system wide dashboards. There is still ongoing work to develop this, but using the principles of Population Health Management this has shown that linked data can be a powerful tool in understanding how interventions can effect a patients pathway and longer term prevention work around falls prevention.

Leisure and Community Services

- 1) Walking for Health – group walks between 1 and 5 miles in and around Spelthorne, led by trained volunteers, at least three times a week, particularly aimed at beginners who are looking to get more physically active
- 2) Cycling for Health – group cycle rides between 5 and 12 miles in and around Spelthorne, led by trained volunteers once a week
- 3) Spelthorne ParaSports Club – a multi-sports club for young people with disabilities aged between 5 and 25, offering the opportunity to play boccia, goalball, tennis and numerous other sports
- 4) Specsavers Surrey Youth Games – a programme of free sports activities aimed at reaching our less advantaged young people which culminates in a weekend festival, participating alongside young people across Surrey
- 5) Xplorer – family orienteering events in our parks, offering a friendly navigation challenge that is educational and fun
- 6) Music in the parks – free weekly concerts held in the Walled Garden and Lammas Recreation Ground for residents to enjoy listening to local performers
- 7) Arts and cultural activities – offering the opportunity for residents to participate in creative initiatives, particularly through projects developed as part of Surrey Arts Partnership
- 8) Resource centre – offers scrap materials for fun and creative arts. A craft club for young people aged 5-11 years and open days are offered throughout the year
- 9) Everyone Active – our operator of Spelthorne and Sunbury Leisure Centres who deliver GP referral, weight management programmes amongst a wide programme of activities and events

Whole systems approach to obesity

Actions to tackle obesity at a local level do not just benefit people's health. They can also have positive impacts on other local agendas including employability and productivity of local populations, as well as the potential to reduce the demand for health and social care. There is growing recognition that a whole systems approach, involving stakeholders from across the local system, is what is needed to tackle obesity. A whole systems approach enables local stakeholders, including communities, to come together, share an understanding of the reality of the challenge, consider how the local system is operating, and where there are the greatest opportunities for change. Stakeholders agree actions and decide, as a network, how to work together in an integrated way to bring about sustainable long-term systems change.

Be Your Best

A free family weight management service for families with children under 11 years old to help achieve a healthier lifestyle through 1:1 sessions, nutrition workshops and family activity sessions.



Housing

Enabling Move-On Options

The Council supports Knowle Green Estates Housing Delivery Programme to provide affordable homes to residents and keyworkers. Two high quality housing developments are now available within the borough of Spelthorne which will provide much needed emergency accommodation for residents who are facing homelessness. The White House, Ashford, provides specialist accommodation for single homeless people with multiple or complex needs. Harper House, Ashford, provides self-contained emergency accommodation for up to 20 homeless families whilst they await a move to settled accommodation.



The Council provides a 24-month rent guarantee scheme “Spelthorne Rent Assure”. The Council guarantees to pay landlords the full market rent for their property, for up to two years. The scheme also offers one month’s rent in advance, a five-week repair bond, a free inventory to landlords, arrangement of property viewings, initial tenant training and ongoing support for both the landlord and tenant for the duration of the scheme.

Homelessness Prevention Grant

Each year, central government allocate a fund to local government to put towards homelessness prevention initiatives. This funding is used to support homeless households with deposit payments, rent in advance, rental payment support, and mortgage support. Additional costs associated with storage, transport, legal/court fees, court desk duty, a medical advisor, an out of hours service and translation and legal services are also included within this budget. Built within the budget is a projects element to allow for a small number of strategic initiatives to be implemented as part of the Homelessness and Rough Sleeping Strategy action plan. The Council’s contract with Rentstart to support single homeless people and childless couples, contract with Citizens Advice to provide debt and support advice as well as the Council’s contribution to the contract for floating support provided by Look Ahead is also covered through the fund.



Discretionary Housing Payment (DHP)

Central government allocate a proportion of DHP each annum which the Council top-up. DHP awards are designed as a temporary measure to support households with some financial relief. An annual DHP review is presented to Strategic Housing Group to demonstrate how DHP is awarded and to ensure targeting towards homelessness prevention.

Rough Sleeper Initiative (RSI) Fund

RSI funding was introduced to support the Government’s ambition to end rough sleeping by 2025. RSI is made up of four elements: prevention, intervention, recovery and systems support. A Rough Sleeper Coordinator and Outreach Worker was appointed from 2019 to work with rough sleepers in Spelthorne which has seen a reduction from an average of 8 rough sleepers per night to 2. Whilst the officer predominantly provides an outreach service, they also have a smaller caseload to help support rough sleepers placed in accommodation to sustain their tenancy and avoid returning to sleeping rough.

Furthermore, in preparation for the anticipated surge in evictions due to the economic impact of Covid-19, RSI funding was used in 2021/22 to commission several advice and support services with A2Dominion. This included ‘Project Breakthrough’ aimed at providing tenancy support to those aged 18-30 including employment, skills, and training. A specialist tenancy support worker for residents aged 50+ with multiple needs who needed tenancy sustainment intervention. And ‘Advice Plus’ - a borough-wide drop-in advice service.

The priorities explained

People

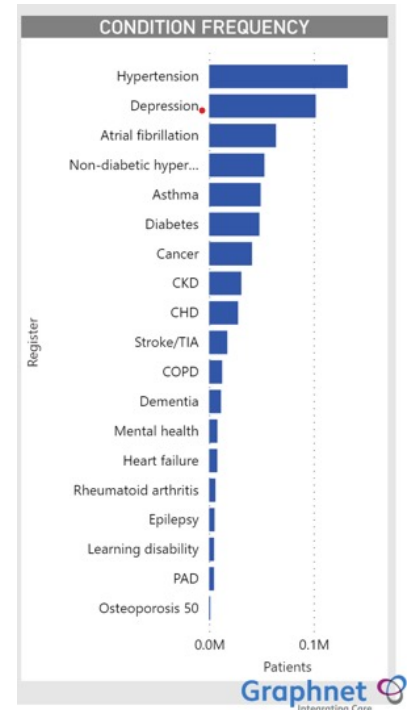
'Evidence supports the case for a shift to more person and community-centred approaches to health and wellbeing. Actively involving citizens in prevention programmes and strengthening community assets is a key strategy in helping to improve the health of the poorest fastest' (Communities and Health; Kings Fund May 2021)

Exercise is the key not only to physical health but to peace of mind.

- Nelson Mandela

What are the challenges locally?

- The Medical Imperatives*
- The Social Imperatives
- Mortality rate / life expectancy
- Deprivation
- Physical inactivity
- Obesity
- Nutrition
- Smoking
- Alcohol use
- Sexual health
- Mental health



*The Medical Imperatives



How are we going to address this?

Enable residents to manage their physical health

- Social Prescribing
- Nutrition – providing meals for schools, foodbanks, meals on wheels
- Be Your Best
- Whole systems approach to obesity
- Access to GP
- Hypertension
- Blood pressure
- Falls prevention
- Frailty hub
- SPAN services
- Sexual health services
- Smoking cessation – smoke free alliance
- Alcohol consumption

Support residents to manage their mental health positively following Covid-19

- Community Centres
- Commissioning new Crisis Support
- Increasing funding to CAB

Enable residents to increase their physical activity in an accessible and affordable way

- Leisure projects
- New Leisure Centre
- Active travel

What will success look like?

- The gap between life expectancy in the most and least deprived areas to narrow
- Physical activity to be embedded into everyone's daily lives
- Obesity levels to decrease and residents to stop smoking
- Residents to make good behaviour choices towards nutrition, alcohol consumption, and sexual health
- Residents to access opportunities to boost their mental health

The priorities explained

Place

'The gap in healthy life expectancy in England between the most and least deprived areas is 19 years, and for life expectancy it is 9.4 years for males and 7.4 years for females (2015 to 2017) – the gap in life expectancy is growing.

The extra cost to the NHS from health inequalities have been calculated as £4.8 billion a year in greater hospitalisations alone.

Health inequalities reduce employment and productivity, which costs national and local economies – acting on health inequalities and is, therefore, an investment for England's national and local economies.

Health inequalities are not caused by one single issue, but a complex mix of environmental and social factors which play out in a local area, or place - this means that local areas have a critical role to play in reducing health inequalities' (PHE Place based approaches for reducing health inequalities)

“The natural environment is the great outpatient department where we can go for healing.”

- Dr William Bird

What are the challenges locally?

- Homelessness
- Overcrowding on the register
- Property prices and rental levels
- Lack of social/truly affordable housing
- Excess winter deaths
- Air pollution related mortality
- Noise pollution
- Access to parks and open spaces
- Levels of crime and disorder
- Fear of crime

How are we going to address this?

- Residents have homes that meet their needs
- Homelessness and rough sleeping work
- Fuel poverty
- Downsizing scheme
- Hoarding policy
- Extra care and retirement housing
- Hospital discharge – Intergrated Care System and Spelthorne
- Disabled Facilities Grants
- Affordable housing delivery

How are we going to address this? - Continued

- Residents are happy in their neighbourhoods
- Shopping centre developments
- Spelthorne Museum
- Arts and Culture Strategy
- Air quality work
- Staines Development Framework
- Development of Heathrow
- Safe Streets Initiative
- Cycling and walking infrastructure



Maximise use of parks and open spaces

- Playing Pitch Strategy
- Use of parks / open spaces
- CIL / s106
- Climate change action group
- River Thames task group
- Tree planting
- Outdoor gyms
- Park licences – tennis, outdoor gyms
- Music in the parks
- Skate Parks



What will success look like?

- Increase of homelessness prevention to ensure households do not have to spend any length of time in emergency accommodation
- In instances where this is not possible, and a resident becomes homeless. The Council would consider not having to use costly nightly paid Bed and Breakfast accommodation and clients spending less time in temporary accommodation as a measure of success
- No clients returning within a 12-month period demonstrating tenancy sustainment success. Resident are assisting in managing their own tenancies, finances, health, and wellbeing which in turn helps them to live independently
- No rough sleepers in Spelthorne
- Increase in genuine affordable housing options available to residents with longer tenancy security
- There will be fewer avoidable winter deaths
- Air and noise pollution levels will decrease, with less complaints being received
- Residents will enjoy and experience the benefits of parks and open spaces, close to their homes
- Reductions in crime and disorder levels
- Reduction in anti-social behaviour levels

Community

'Community life, the places where people live, and having social connections and a voice in local decisions, are all factors that make a vital contribution to health and wellbeing and help buffer against disease. Despite progress in supporting population health, health inequalities persist and the gap is widening. Communities and populations that experience socioeconomic deprivation and/or marginalisation and powerlessness have worse health than those that are more affluent.' (Kings Fund May 2021)

“The power of community to create health is far greater than any physician, clinic or hospital.”

- Dr Mark Hyman

What are the challenges locally?

- Loneliness
- Unemployment
- Financial resilience
- Digital exclusion
- Living arrangements



How are we going to address this?

- Use Council resources to enable community led services reaching all members of our community
- Community Grants – encourage alignment of criteria more closely with the Health and Wellbeing strategic aims
- Support young carers
- Support ethnic minority groups
- Spelride development
- Community centre offers
- Support Older Peoples Forum
- Community Lettings Policy
- Shopmobility
- Family Support Programme
- Volunteer opportunities
- Develop creative initiatives and cultural partnerships

Work with partners to maximise community engagement and cohesion

- How do we work with housing associations, Knowle Green Estates, community investment teams
- Development of Health and Wellbeing Group
- Prevent / Community Safety initiatives
- Digital inclusion

Build community resilience post Covid-19

- Community Champions
- Development of community navigators
- Consider using Support4Spelthorne as a vehicle for response and change

What will success look like?

- Residents will feel connected with their community and loneliness will reduce
- Employment levels will increase, residents will be upskilled, and volunteering opportunities will be boosted
- Residents will be financially resilient
- More residents will be digitally connected
- All residents will be able to access appropriate and affordable services



Monitoring and evaluation

The Action Plan comprises clear targets of how we will implement actions on an annual basis to achieve our priorities. We will work in partnership with the Spelthorne Health and Wellbeing Group, as well as other relevant local partnerships to ensure we deliver our priorities.

We will monitor our success using the measures above and report annually on our progress to the Community Wellbeing and Housing Committee.

