

Appendix 1

Spelthorne Health and Wellbeing Strategy

2016-19

DRAFT

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Foreword

I am delighted to introduce Spelthorne's first Health and Wellbeing Strategy. This strategy represents a significant step forward to improving the health and wellbeing of the people of Spelthorne.

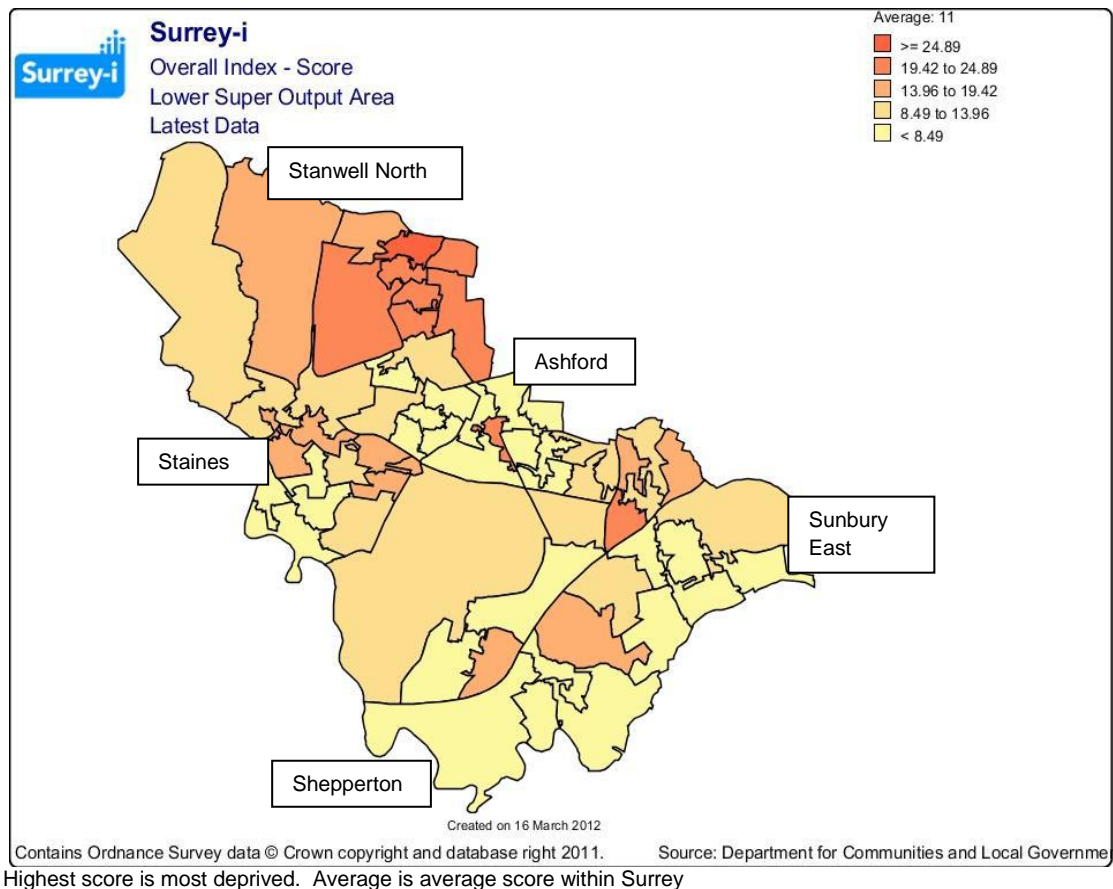
The strategy presents a new and exciting opportunity to build on and succeed in partnership working. The strategy outlines 4 key priorities where it is recognised that by working together we can achieve the greatest results. We look forward to making the most of the extensive skills and knowledge of our communities and services to jointly tackle the health challenges we face today. We are fortunate in Spelthorne that many of our residents already experience good levels of health and wellbeing. However, some of us do not, and these health inequalities must be addressed. We have a duty to work together to make a real difference to people's lives while improving the health of the general population. The challenges we face will not be solved overnight but tackling these together will be a main priority.

Cllr Maureen Attewell

1. Spelthorne Borough Council Overview

- 1.1 The Borough of Spelthorne lies to the south west of London and is a relatively small borough, just six miles long and two and a half miles wide. It is located 15 miles from central London and shares its northern border with Heathrow Airport. The River Thames defines its long southern boundary.
- 1.2 It is densely populated and has five main urban areas - Ashford, Shepperton, Staines-upon-Thames, Stanwell and Sunbury-on-Thames.
- 1.3 The population of approximately 95,598 (2011) live in about 39,500 dwellings. The mix of dwellings and density makes Spelthorne more similar to the adjoining London boroughs than the rest of Surrey. The population is relatively older than average with a projection that it will get older over the next 20 years.
- 1.4 The Borough is economically active although its unemployment claimant count of 0.9% (February 2015) has been at that level for the previous 6 months. It is adjacent to some major employment centres especially Heathrow Airport, which employs more than 3,900 Spelthorne residents (March 2010).
- 1.5 Surrey is one of the healthiest counties in the UK and Spelthorne fares well in the majority of health measures when compared with the national picture and our neighbouring boroughs. However, Spelthorne Borough Council recognises the key role it plays in helping to improve the health and wellbeing of residents, particularly those in areas of greater deprivation where certain health issues are more prevalent and there is much greater need. There are small pockets of deprivation in the borough (see figure one) in parts of Stanwell, Ashford, Staines-upon-Thames and Sunbury Common.
- 1.6 Ashford and St Peter's Hospital Trust are the key hospitals for Spelthorne with Ashford Hospital being the only hospital situated within the borough. The nearest accident and emergency is located outside the borough at St Peter's in Chertsey.
- 1.7 There are 11 GP surgeries in Spelthorne. All the surgeries in Spelthorne are part of the North West Surrey Clinical Commissioning Group.
- 1.8 Recreational facilities include two leisure centres, over 750 acres of parks and open spaces, golf courses, water sports and Kempton Park racecourse.
- 1.9 Spelthorne also has four community centres and a wellbeing centre.

Figure 1: Overall Index of Deprivation 2010 by lower Super Output Area Spelthorne. Super output areas (SOA) were designed to improve the reporting of small area statistics and are built up from groups of output areas (OA).



2. National/Policy context

- 2.1 To safeguard its future the NHS needs to change to meet the challenges it faces. Only by modernising can the NHS tackle the problems of today and avoid a crisis tomorrow. The Health and Social Care Act 2012 put Clinical Commissioning Groups (CCG) at the centre of commissioning and gave a new focus to public health.
- 2.2 The Health and Social Care Act 2012 indicates significant changes, giving the NHS, Spelthorne and our partners the chance to develop local actions to make improvements to services in our borough.
- 2.3 The responsibility of delivering this act locally is the North West Surrey CCG Group and Surrey County Council (SCC). Their statutory duties are:
 - the Healthy Child Programme for school-age children (including school nurses)
 - sexual health services (excluding contraceptive services provided under the GP contract and HIV treatment)
 - public mental health services

- local programmes to promote physical activity, improve diet/nutrition and prevent/address obesity
- drug misuse and alcohol misuse services
- tobacco control, including stop smoking services and prevention activity
- NHS health checks
- local initiatives to prevent accidental injury, including falls prevention
- local initiatives to reduce seasonal mortality.

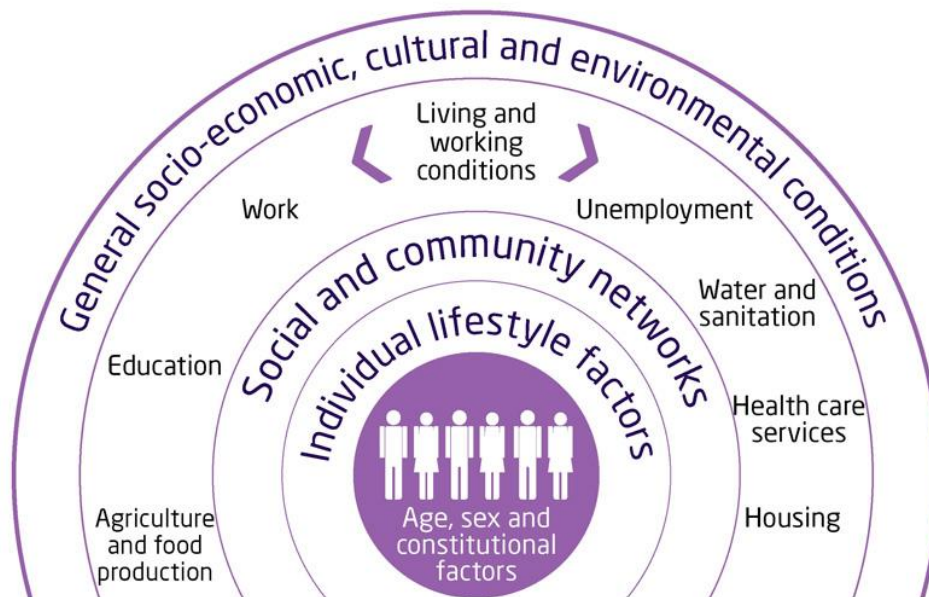
Why prevention?

“Prevention of ill health has traditionally been the responsibility of the NHS, but we put prevention in the context of the social determinants of health. Hence, all our recommendations require involvement of a range of stakeholders. Local and national decisions made in schools, the workplace, at home, and in government services all have the potential to help or hinder ill-health prevention.”

(Marmot 2010 – Executive Summary)

- 2.4 Ill health prevention forms the foundation and influences this strategy to improve health and wellbeing. The evidence base for this is substantial, and includes:
- The Global Burden of Disease Survey 2010
 - Social Model of Health
 - The Marmot Review
- 2.5 The Global Burden of Disease 2010 Study is the largest study of its kind ever undertaken, and shows that in the UK, the contribution of unhealthy behaviours to the overall burden of disease is enormous. This represents a key opportunity to improve health and wellbeing by targeting these behaviours through prevention action. According to the survey, the top 5 risks factors are tobacco smoking, raised blood pressure, obesity, physical inactivity, and alcohol; all of which are entirely, or in large part, amenable to prevention. Tobacco smoking alone accounts for 12% of the burden of disease, the single greatest cause of ill health in the UK, and is responsible for 1 in 7 of all deaths in Surrey.
- 2.6 The Social Model of Health, as shown in the following figure, also outlines that health is determined by a complex interaction between individual characteristics, lifestyle and the physical, social and economic environment.

Figure 2: The Social Model of Health



Source: Dahlgren, G. and Whitehead, M. (1993) Tackling inequalities in health: what can we learn from what has been tried?

- 2.7 The Marmot Review also highlights that health inequalities arise from social inequalities, and action on inequalities require a focus on prevention. Prevention incorporates both the narrow definition of tackling unhealthy behaviours, and the wider definition of action on socio-economic determinants to prevent the onset of ill-health in the future.

3. Surrey Setting

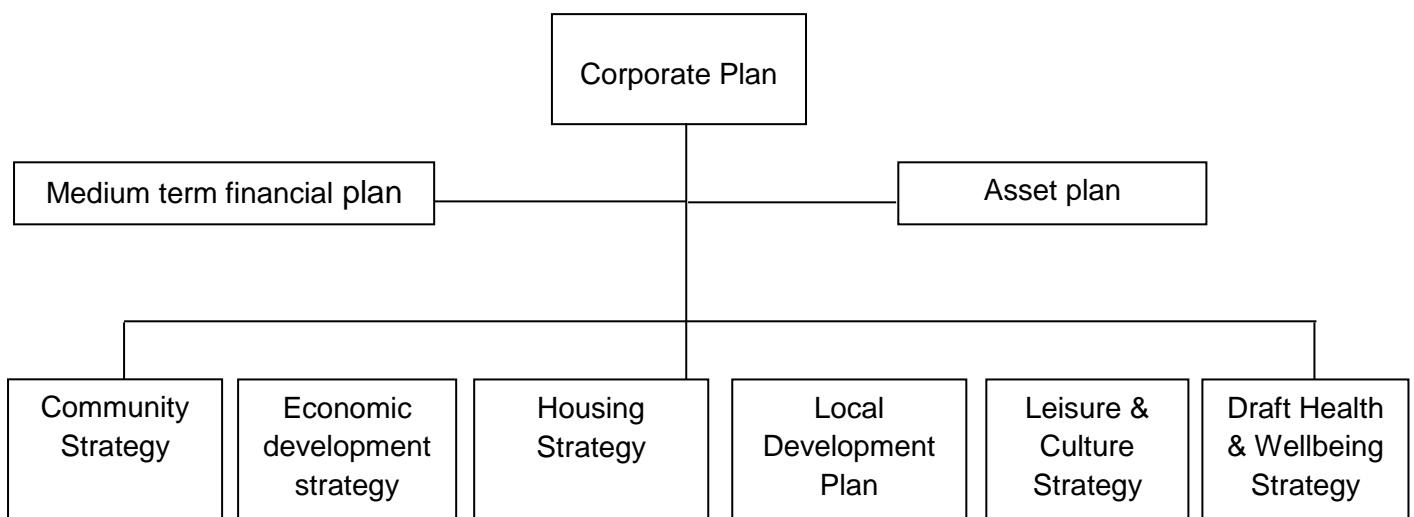
- 3.1 Over one million people live in Surrey. Each and every one of them has their own health and wellbeing needs. Meeting those needs is a complex task and health, social care, third (voluntary) sector and community leaders must all work together to succeed in supporting people to resolve these needs in an effective and efficient manner.
- 3.2 The Commissioning Intentions drawn up by NHS North West Surrey Clinical Commissioning Group (NWS CCG) outline the priorities being taken forward to provide the best possible health for the population of North West Surrey.
- 3.3 Surrey County Council as lead for public health has set up a Health and Wellbeing board and they have produced a Health and Wellbeing Strategy. Their strategy prioritises actions which can be achieved in partnership and demonstrates how needs identified through the Joint Strategic Needs Assessment (JSNA) and other sources are to be addressed. Decisions about health and care are then based on clinical expertise, evidence from the JSNA, and input from locally elected councillors and the public. The general public can make comments via initiatives such as Health Watch Surrey and at public meetings. This means decisions about action and investment can be genuinely local, rather than solely a reflection of national priorities.

3.4 Based on the local evidence and knowledge, Spelthorne Borough Council has developed four health priorities in areas where we have influence and control. We will work as a team to develop and identify where we link with and complement the SCC and North West Surrey CCG objectives and priorities.

<p style="text-align: center;">North West Surrey Clinical Commissioning Group Strategic Objectives (2014-18)</p> <ol style="list-style-type: none"> 1. Increase length of life and prevent people from dying prematurely 2. Improve quality of life and promote independence 3. Optimise the integration, quality and effectiveness of services 4. Help people recover from ill-health 5. Target spend for greatest gain and eliminate waste 	<p style="text-align: center;">Surrey County Council Health and Wellbeing Strategy Priorities</p> <ol style="list-style-type: none"> 1. Improving children’s health and wellbeing 2. Developing a prevention approach 3. Promoting emotional wellbeing and mental health 4. Improving older adults health and wellbeing 5. Safeguarding the population
<p>Spelthorne Borough Council Priorities</p> <ol style="list-style-type: none"> 1. A borough where health inequalities are reducing among young and old 2. Developing a preventative approach 3. Improve emotional and mental wellbeing 4. Safeguarding 	

4. Health in Spelthorne

- 4.1 The county of Surrey is one of the least deprived in the country and its population generally enjoys good health and wellbeing. In Spelthorne, many of the Borough's residents also enjoy good health compared with many areas, but there are small pockets of deprivation in specific wards. Significant problems also persist in the population which can lead to ill health, particularly obesity, smoking and physical inactivity, which are important causes of early death and ill health.
- 4.2 Developing this Health and Wellbeing Strategy will ensure that we have a locally determined set of priorities. It will enable us to provide partners such as the Clinical Commissioning Groups (CCG) and Surrey County Council with information to inform their future plans and therefore assist our partnership working.
- 4.3 This strategy is part of a number of corporate plans and strategies supporting Health & Wellbeing in its broader sense in Spelthorne.



- 4.4 The strategy has also been informed by a residents' survey (2014) which identifies the following as being important and related to Health and Wellbeing:
- Clean areas/clean streets (sense of wellbeing)
 - Waste and recycling (public health)
 - Parks and open spaces (opportunities to keep fit and well)
- 4.5 The following tables highlight how Spelthorne compares with both England and Surrey.

Table 1: Data Summary for England, Surrey and Spelthorne

	England	Surrey	Spelthorne
Total number of carers (2011 census)	5,430,016 (10.2%)	108,433 (9.6%)	9,844 (10.3%)
Admission episodes for alcohol related conditions per 100,000 (2013/14) ¹	645	525	554
Smoking Prevalence (2014) ¹	18%	16.6%	15.9%
Excess winter deaths (2011-14) ¹	15.6%	15.9%	17%
Excess weight in adults - the percentage of adults classified as overweight or obese (2012-14) ¹	64.6%	63.4%	62.8%
Obese adults (2012-2014) ¹	24%	22.5%	25%
Obese children (year 6) ¹	19.1%	16.4%	15.5%
Homelessness acceptances – per thousand households (2014-2015) ¹	2.4	2	3.2
Percentage of physically active adults – those achieving 150 minutes of at least moderate intensity activity per week (2014) ¹	57%	59%	55.8%

¹ Public Health Profiles 2015 (Public Health England)

Table 2: Surrey & Spelthorne Comparison Table

	Surrey	Spelthorne	Comments
Life expectancy ¹	84 years for women 80.5 years for men	83.8 years women 80.7 years men	The life expectancy varies greatly from the most deprived areas compared to the least deprived
Children living in poverty ¹	13.7%	13.6% Highest in Ashford North/Stanwell South & North, Sunbury Common	Children living in poverty are less likely to do well in school, resulting in poorer job opportunities. They are likely to live five years less than their peers.
Bed and Breakfast / Temporary accommodation ² (Dec 2015)	215 Households in B&B 729 Households in temporary accommodation	84 Households in B&B (25 of which have shared facilities) 121 Households in temporary accommodation arranged by local authority	Spelthorne has the highest number of families in B&B – (both shared facilities and self-contained) in Surrey. These families often have no access to GPs, schools or play areas and can suffer from isolation. They may also experience problems such as poor nutrition.
Dementia Prevalence in 65+ population. (2012-13) ⁵	3.4%	3.4%	

¹Public Health Profiles 2015 (Public Health England)

²Spelthorne P1E

³Surrey I community wellbeing, Spelthorne area profile

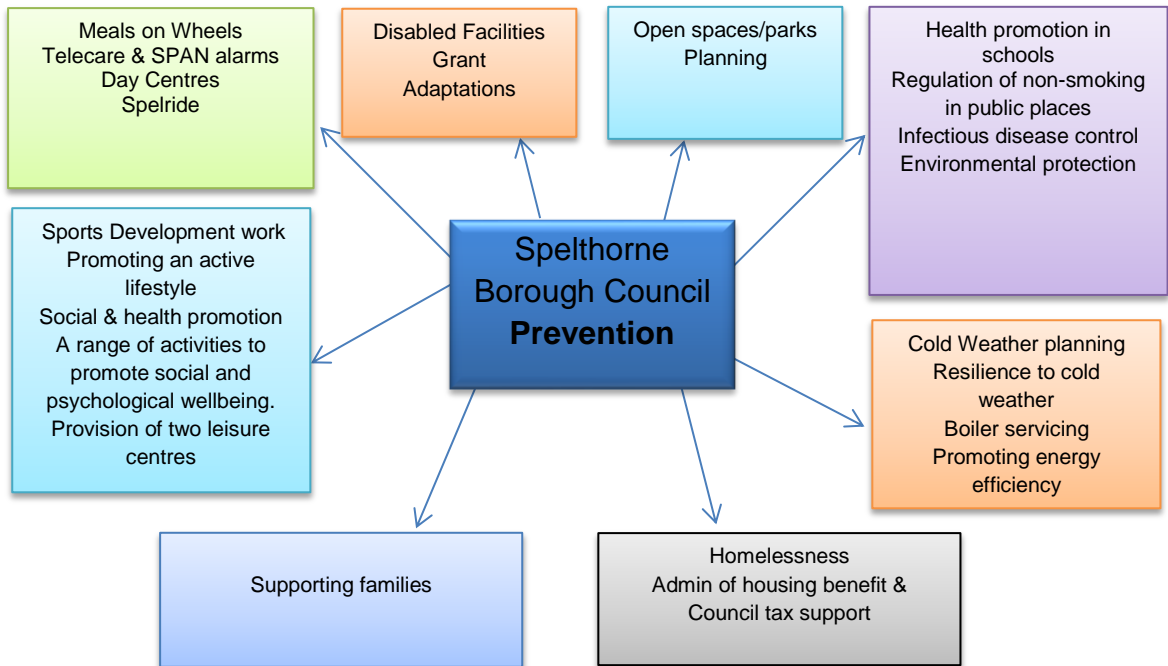
⁴Surrey I JSNA Summary Spelthorne, Surrey i

⁵Surrey JSNA - Dementia Chapter Surrey i

Figure 3: Current provision to support the wellbeing of Spelthorne residents

4.6 As a local authority we provide support to our residents in many ways, focusing on prevention.

A snapshot of Spelthorne's current functions:



Our Vision

“To reduce inequalities and improve health and wellbeing of people living in Spelthorne”

5. Our priorities

- 5.1 We have developed four health and wellbeing priorities for the borough which also complement SCC and CCG priorities. Spelthorne and partners will obviously continue to work on their statutory and discretionary functions and various other special projects, but these four priorities have been identified as requiring additional focus.

Our priorities Areas

- 5.2 **Priority 1: A borough where health inequalities are reducing amongst all ages**

Focusing on:

- Children living in poverty
- Older people in need of social care and those that need help to remain at home independently
- People with learning and physical disabilities
- People with dementia and their carers

- 5.3 **Priority 2: Develop a preventative approach**

To prevent ill health and promote wellness concentrating on:

- Reducing smoking and alcohol misuse to increase life expectancy
- Increasing physical activity and reducing obesity
- Reducing excess winter deaths
- Improving air quality
- People in inadequate housing
- People who have come for help with housing/homeless situation
- People who need advice on maximising income/benefit advice

- 5.4 **Priority 3: Improve emotional and mental wellbeing**

- Promote initiatives to encourage positive mental health

5.5 Priority 4: Safeguarding the population

- Ensure that children and adults whose circumstances make them vulnerable, will be safeguarded and protected from avoidable harm.
- We will ensure that safeguarding policies and procedures are followed by us and our partners.
- People who use our services will feel safe.

5.6 If we get all the priorities right we hope to see the following outcomes:

- The gap in the life expectancy between the most deprived and least deprived areas across Spelthorne will narrow
- The current increase in people being admitted to hospital due to drinking alcohol will slow
- People who use our services will feel safe
- There will be fewer avoidable winter deaths
- Older people are able to stay in their own homes longer
- More people (children and adults) will be physically active
- More people will be a healthy weight

6. Developing the action plan, the annual review and engagement with partners

- 6.1 The Strategy will be reviewed each year and progress monitored by the Spelthorne Health and Wellbeing Group and Cabinet/Performance Monitoring Forum.
- 6.2 Progress on each of the 'actions' in this strategy will be monitored by the Health & Wellbeing group and in an annual review to Cabinet/Performance Monitoring Forum.
- 6.3 This Health and Wellbeing Strategy embraces a commitment to partnership working that draws together all of the key stakeholders. It is intended that the promotion of this strategy will be through the Health and Wellbeing Group and that it is a 'living' document focussing on national, Surrey and local health priorities. It is likely to change over time as priorities are set. Spelthorne will adopt any changes and ensure that it supports its population in improving the health and wellbeing of its residents.

Action Plan

Priority 1: A Borough where health inequalities are reducing amongst all ages

Areas for development	Target	Action	Timescale	Lead
Children living in poverty	Support 250 families to be able to have coping mechanisms.	Implementation of the troubled families programme phase 2 (Surrey Supporting Families programme).	June 2015-2020	Supporting Families
	Offer subsidised play scheme places to those in receipt of benefits.	Voucher application forms will be issued to those in receipt of benefits.	Every Summer	Leisure
Older people in need of social care and those that need help to remain at home independently	6% of SPAN clients will have a telecare upgrade.	The SPAN service provides an alarm with the option of additional Telecare equipment to any client who would benefit from being able to get help at the press of a button. Telecare includes smoke alarms, carbon monoxide alarms, medication dispensers and bed sensors.	2016/17	Independent Living
	Continue to operate Meals on Wheels 365 days a year and deliver over 9000 meals each quarter.	To provide a delivery of a hot nutritious daily meal for people in their own homes, either as a result of self-referral or as part of a care package.	2016/17	Independent Living
	Continue to offer a wide range of activities via the three day centres & one community centre, as well as signposting and advice. Increase attendances by 1%.	Encourage new Spelthorne residents to use our services using various promotional methods.	2016/17	Independent Living

Areas for development	Target	Action	Timescale	Lead
People with learning and physical disabilities	Spelthorne residents helped to live independently in their own homes with Disabled Facilities Grants. Applications for level access showers and stair lifts will be informed of the outcome within 4 months of their application.	To provide disabled facility grants to fund adaptations to vulnerable people's homes.	2016/17	Environmental Health
	The safety of houses in the private rented sector within Spelthorne have been improved.80% of category 1 and 2 hazards will be removed within 9 months	Health and Safety rating assessments will be carried out to identify hazards (as defined under the Housing Act 2004's Housing Health and Safety Rating Scheme).	2016/17	Environmental Health
	Prioritise resources to link in with public health and CCG priorities for those with physical, sensory or cognitive impairments and learning disabilities.	Work with local sports club to provide further inclusive and specialist sessions for those with disabilities. Continue to promote Spelthorne Disability Sports Club and Spelthorne Boccia Club, making them self-sustainable.	2016/17	Leisure
People with dementia and their carers	Give 12 people with high needs a supportive and safe place at Fordbridge and Greeno Day Centre, which gives carers a break. Continue to provide 12 places per day	The OPAL group will continue to run from both Fordbridge and Greeno Community Centres for those with additional support needs. A hot lunch and refreshments are available and various activities take place daily.	2016/17	Independent Living

Priority 2: Develop a preventative approach

Areas for development	Target	Action	Timescale	Lead
Reducing smoking	Raise awareness of the Surrey Smoke Free Alliance.	Attendance at the smoke free alliance. Promote their campaigns and initiative through local marketing avenues including the Borough Bulletin and website.	Ongoing	Environmental Health
Reducing alcohol consumption	To encourage responsible drinking and the prevention of underage sales. Promote at two Partnership Action Days.	To work with licensed premises, police and trading standards to promote responsible retailing and ensure against underage sales and help address problem drinking.	Ongoing	Environmental Health
Increasing life expectancy	2000 health checks to be carried at Spelthorne Leisure Centre.	Promote through local marketing avenues including the Borough Bulletin and website.	2016/2017	Leisure
Increasing physical activity and reduce obesity	Run weight management courses in accordance with Surrey Public Health contract.	Everyone Active to deliver weight management courses in liaison with public health.	April 2017	Leisure
	25 new walkers each year and 12 new cyclists.	Continue to deliver the Walking for Health scheme, encourage beginners to join the regular short walks. Promote and increase the number of Cycling for Health rides (currently fortnightly).	Ongoing	Leisure

Areas for development	Target	Action	Timescale	Lead
	Raise awareness of healthy eating initiatives.	<p>Promote the Eat Out Eat Well scheme during food hygiene inspections in premises with food hygiene ratings of 3, 4 or 5 stars.</p> <p>Promote Change 4 Life and One You schemes through council website.</p> <p>Provision of freshly cooked dinners and healthy snacks in day centres and delivery of hot nutritious meal (Meals on Wheels).</p>	Ongoing	<p>Environmental Health</p> <p>Leisure</p> <p>Independent Living</p>
	Work with planning and public health colleagues to ensure that policies continue to be supportive of healthy lifestyles	Undertake discussions with planning colleagues as part of the review of the local plan.	2016-2019	Leisure/ Planning
Reducing excess winter deaths	Raise awareness that a warm environment is vitally important.	We will direct people towards fuel bill, benefits and energy efficiency advice. Increase co-ordination between Action Surrey, Public Health and Age UK. Promote information in council tax leaflets, Borough Bulletin, website and twitter.	Ongoing	Sustainability
	Helping vulnerable Spelthorne residents to keep sufficiently warm over the winter months by providing interim heating while boiler repairs are being progressed within 1 working day.	To help vulnerable people keep warm with the repair/servicing of their boilers through the 'Warmer Homes Grants'.	Ongoing	Environmental Health

Areas for development	Target	Action	Timescale	Lead
Improving air quality	Work to improve the air quality statistics.	Air quality action plan to be written. In collaboration with Heathrow and Surrey County Council, ensure robust monitoring of air quality in over 40 locations in the borough. Through planning, make developments as air quality neutral as possible following the Surrey 2012 vehicular and cycle parking guidance.	2016	Environmental Health
	Increase the number of individuals signed up for the Air Alert to 110.	Promote through targeted communications (bulletin articles, notices at pharmacies, schools, Primary Care Trust, occupational health within large companies, and the use of social media).	2016/17	Environmental Health
	Promote sustainable travel.	Work with local businesses to install electric vehicle charge points. Work with Travel Smart and Living Streets to encourage people to choose sustainable travel (walk, cycle, public transport).	Ongoing	Sustainability
People in inadequate housing	Raise awareness of the Healthy Homes Programme / insulation improvement scheme.	Support the project, in partnership with Action Surrey and local surgeries, to ensure homes, particularly those with a Standard Assessment Procedure (SAP) rating of less than 35, are warm and draught free. Homes should also be free from trip/fall hazards and in a state of good repair. Raise awareness of the financial assistance which is available via Age UK; Action Surrey; Spelthorne	Ongoing	Sustainability

Areas for development	Target	Action	Timescale	Lead
		Borough Council and energy providers via local marketing avenues.		
People who come for help with housing/homeless situation	150 homeless cases prevented each year.	Effective prevention methods such as negotiations with landlords, financial assistance to manage rent shortfalls and debt advice.	2016/17	Housing
	Establish the health impact on homeless people in Surrey.	Work with other boroughs in Surrey to action the findings of the 2016 Surrey Single Homeless Health Needs Audit.	2016/17	Housing
	12 homeless people successfully placed in winter shelter.	Referrals given to single homeless/rough sleepers.	2016/17	Housing

Priority 3: Improve Emotional and Mental Wellbeing

Areas for development	Target	Action	Timescale	Lead
Promote initiatives to encourage positive mental health	Increase physical activity amongst inactive older adults.	Deliver the Get Active 50+ project.	2016-17	Leisure
	Ensure that Spelthorne Community Garden integrates all ages.	Continue to develop the links with residential homes and day centres. Move the location of the garden to a central location.	Ongoing	Leisure
	Promote healthy living.	Liaise with public health and the CCG to promote our active lifestyle, healthy living and arts schemes provided by the council and the leisure centre.	2016/2017	Leisure
	Reduce social isolation.	To run day centres that provide a variety of activities and services including lunches, exercises and various outings and holidays to help keep the older generation mentally and physically fit and help prevent isolation. Offer accessible transport through Spelride to enable residents to access community centres and other social activities.	Ongoing	Independent Living
	Encourage independent living.	Work in partnership with other agencies and the voluntary sector to provide a joint service to promote independence eg shop mobility, Age UK, social services.	Ongoing	Independent Living
	Increase number of people attending activities that promote positive mental and physical health.	Offer a wide variety of activities such as bingo, computer lessons, exercise classes, language classes etc as well as hairdresser, chiropody, gym & holistic therapy.	Ongoing	Independent Living

Priority 4: Safeguarding

Areas for development	Target	Action	Timescale	Lead
Ensure that children and adults whose circumstances make them vulnerable, will be safeguarded and protected from avoidable harm.	Internal and external training programme and procedures.	The Safeguarding Children and Adults at Risk procedures and training programme will continue to be updated in line with Surrey County Council guidance.	Ongoing	Safeguarding Officers
We will ensure that safeguarding policies and procedures are followed by us and our partners.	Continuing development of policies.	Update and renew policies where required.	Annually	Safeguarding Officers
People who use our services will feel safe.	All staff work in accordance with the safeguarding policy and feel able to report concerns.	Promote policies and whistle blowing procedure.	Ongoing	Safeguarding Officers