

Health and Wellbeing in Surrey Heath Preventing avoidable illness and death 2016/17 – 2017/18

Our Vision

“Promoting good health and wellbeing”

“Preventing avoidable illness and premature death”

Update June 2017

Priorities

1) Reduce prevalence of Long Term Conditions through action on their leading causes

A stepped approach from universal through to targeted, specialist support to tackle the leading causes of circulatory disease, cancer, respiratory disease and diabetes. Covers the first two stages of the Health Improvement pathway (see appendix 1)

2) Improve the health and wellbeing of Children and Young People in Surrey Heath

A focus on healthy weight and emotional wellbeing

3) Improving the health of workforce

Focus on healthcare, social care and local government staff

4) Helping people live independently in their own homes

A focus on reducing social isolation and reducing non-elective admissions to hospital

Metrics

“Surrey dashboards” is a new series of interactive data visualisations which allow you to choose the way you look at the data. Select from geographies, time periods or indicators you wish to explore. Click on the link below to view the dashboards [Surrey Dashboards on Surrey](#)

1) Reduce prevalence of Long Term Conditions through action on their leading causes

Self-care pathway stage (see appendix 1)	Initiative	Reporter / Lead	Timescales	Update
1) Universal campaigns/ resources	One You (PHE social marketing campaign aimed at 40-60 year olds)	CC	2016/17 Q3	The major One You themes for summer 2017 are physical activity, walking and smokefree homes.
	Change 4 Life	CC	2017/18 Q2 & Q4	C4L Just Keep Moving campaign – July 2017 C4L Health Eating: Jan/Feb 2018
	Wheel of Wellbeing : Public campaign as part of a wider strategy to raise awareness of the importance of emotional well-being, and to offer advice on steps people can take to improve their own mental well-being.	CC	2017/18	There is an interactive WoW page on the Healthy Surrey website where people can find local resources to help them incorporate the six stages of the WoW into their lives. A strategy to further integrate the WoW framework into a wide range of services is being developed
	Healthy Surrey website	CC	Ongoing	www.healthysurrey.org.uk remains the key source of information on local health improvement services
1) Universal: health promoting environments	Tobacco control: point of sale initiatives Tobacco control: smokefree areas			Tobacco: SH BC and SH CCG are represented on the Surrey Smokefree Alliance.
	Alcohol: point of sale initiatives			Alcohol: Public health contribute to the development of the Surrey Health Statement of Licensing. PH were successful in being designated a PHE Local Alcohol Action Area. This means we will be supported in better use and sharing of data relating to alcohol misuse and have increased influence over licensing.
	Alcohol: licensing	LS	Ongoing	
	Physical activity: local opportunity for exercise <ul style="list-style-type: none"> Leisure Centres Walking for Health Cycling Everybody Active 50+ Green spaces Planning 	LS / SHBC	Ongoing	Surrey Heath has become an accredited part of the national 'Walking for Health' scheme, offering short, safe and sociable walks in the local community Arena Leisure Centre applying for Breastfeeding Friendly status
2) Early identification, brief advice and referral to specialist support.	<u>Self-assessment, online advice and referral information</u> Topic specific <ul style="list-style-type: none"> Alcohol: Don't Bottle it Up website Smoking: Healthy Surrey smoking page: Quit51 	CC	Ongoing	These online resources represent opportunities for Surrey Heath residents to make assessment of their health as the first stage to early identification.

Self-care pathway stage (see appendix 1)	Initiative	<u>Reporter / Lead</u>	Timescales	Update
	referral <ul style="list-style-type: none"> Physical activity: NHS Choices quiz / Couch to 5K Multi-factorial: <ul style="list-style-type: none"> One You “How are You” quiz NHS Choices: Check your Heart Age calculator 			
	<u>Health/Social Care Professional lead assessment and referral</u> Make Every Contact Count approaches:	CC	On-going	MECC: An E-learning package available for all public facing staff: http://www.e-lfh.org.uk/programmes/making-every-contact-count/ Frimley STP Prevention workstream has gained approval to appoint a MECC co-ordinator
	NHS Health Checks Programme: Assessment includes use of Audit C, GPAQ, BP and pulse check smoking status, etc, so presents an opportunity for health care professionals who are commissioned to deliver to give brief advice; refer to lifestyle services or for further follow up as appropriate.	LL	Ongoing	One day training and support provided by Surrey CC for providers (GPs and Pharmacies). Programme prioritises higher risk population groups, specifically those at higher risk of T2DM and those in areas of deprivation Surrey Heath CCG and Surrey Public Health collaborating on delivery of NHS Health Checks at a Camberley Rugby club event.
	National Diabetes Prevention Programme	CS/LL	2017/18	A multi-agency local steering group for the NDPP is established for the South East Region. Surrey Heath GP practices are now referring patients into the 12 week programme. As at May 2017 there had been 57 referrals from Surrey Heath GPs. This contributes to Surrey as a whole exceeding it's referral target for the year so far.
	Alcohol use screening: Health and Care professionals in Surrey Heath can refer patients with alcohol use problems to a range of services (a referral care pathway has been developed). The Tier 2 provider, Catalyst, is a key element of the Alcohol Liaison service at Frimley Park Hospital.	LS / CCG Quality team	2017/18	The Alcohol Liaison Service at FPH has now become part of core delivery, following completion of the pilot Alcohol liaison will be a national CQUIN in 2017/18 for community providers (and in 2018/19 for acute providers). SCC Public Health will offer support to CCG Quality leads on monitoring.
	Smoking cessation: Recording of smoking status by health and care	CC / CCG Quality	Ongoing	Surrey Stop Smoking Service (provided by Quit51) runs clinics at Arena Leisure Centre and Camberley Fire Station

Self-care pathway stage (see appendix 1)	Initiative	<u>Reporter / Lead</u>	Timescales	Update
	professionals, brief advice and referral to Surrey Stop Smoking Services (Quit51, GP, Pharmacy)	team		<p>(evenings). Q51, Public Health and SH CCG are implementing improved referral mechanisms between primary care and the service (using embedded referral templates within GP patient data systems). The partnership is also implementing automatic referral for COPD patients.</p> <p>Quit51 can provide training for front line professionals on raising the issue of smoking, brief advice and referral.</p> <p>Smoking cessation within acute, mental health and community trusts will be a national CQUIN in 2017/18 for community providers (and in 2018/19 for acute providers).</p>
	Exercise on referral scheme: Increase recording of weight and physical activity levels by health and care professionals, brief advice and referral to the Surrey Heath Exercise on Referral scheme	LS / CS	Ongoing	<p>As well as the general ERS, Arena staff are now able to deliver specialist exercise programmes in falls prevention, Diabetes, Dementia, Cancer and emotional wellbeing.</p> <p>We are aiming to develop a pathway which shows route to Exercise on Referral Schemes and potential specific sessions. Also looking to move all data to an online platform to enable an evaluation and then carry out post ERS evaluation with participants to understand broader gains (i.e. isolation, emotional wellbeing, pain and discomfort)</p>

2) Improve the health and wellbeing of Children and Young People in Surrey Heath

Programme level	Initiative	Reporter / Lead	Timescales	Update
Childhood Obesity	<p>Developing a Healthy Weight Strategy for Children, Young People and Families: Ensure Surrey Heath representation on the “Healthy Weight Steering Group” which will drive the Strategy implementation</p> <p>Child Weight Management Service: ensure a good level of referral to the new service</p>	CC	<p>Strategy: Qtr 2 2017/18</p> <p>Wt Mgt Service: ongoing</p>	<p>The Surrey Healthy Weight Strategy for children and families will take a “whole system approach” and will consult with a wide variety of partners which will include but not be limited to, planning, transport, social care and housing. Engagement with CCGs is planned for summer 2017, with the strategy being signed off by the Surrey Health and Wellbeing Board in September</p> <p>Weight Management Centre are the providers of the new Tier 2 Child Weight management Programme “Alive n Kicking” which is now being delivered in Surrey to children aged 5 to 14. WMC can provide training to front line professionals on raising the issue, brief advice and referral. http://www.ank.uk.com/ank-25</p>
Emotional wellbeing and Resilience	<p><u>Local delivery of the Emotional Wellbeing and Mental Health Commissioning Strategy for Children and Young People</u></p> <p>Delivery of emotional resilience training available to education providers</p> <p>To support the Personal Social health education (PSHE) review to strengthen the emotional literacy curriculum in schools</p> <p>To prevent self-harm (including suicide and attempted suicides) amongst children and young people</p> <p>Surrey Healthy Children’s Centre Programme</p> <p>Implementation of Wheel of Wellbeing for CYP</p>	CC	2017/18	<p>Through the new Mindsight Surrey CAMHS service, there is a range of training and resources available to schools and other settings on early identification, brief advice and signposting for emotional/mental health problems.</p> <p>Resilient Classrooms pilot was delivered in Surrey Heath by Eikon. Evaluation pending.</p> <p>The PSHE scheme of work for secondary and updated framework and policy for primary and secondary has been published. Continue support to schools to implement the curriculum.</p> <p>The Healthy Children’s Centre programme is being rolled out to all Children’s Centres, including Pine Ridge in Surrey Heath.</p> <p>WoW for CYP: WoW principles included in Head Start programme delivered by Eikon within schools.</p> <p>Public Health will be supporting the development of a health needs assessment for children and young people and their emotional wellbeing and mental health. This will underpin a refresh of the multi-agency CYP Emotional Wellbeing and Mental Health Commissioning Strategy.</p>

3) Improving the health of workforce

Workforce	Initiative	<u>Reporter / Lead</u>	Timescales	Update
Healthcare staff	Implementation of Health and Wellbeing CQUIN <ul style="list-style-type: none"> • Frimley Park Hospital • Virgin Care • SABP 	SH CCG Quality team	2017/18	Berkshire, Hampshire and Surrey Public Health teams contributed to the content of the submitted Health and Wellbeing CQUINs for local providers. Delivery and achievement of the CQUINS by local providers to be monitored.
Local government / Social care staff / CCG	Achievement of Workplace Wellbeing Charter status for Surrey Heath House staff	SG / CS	Ongoing	SH BC and CCG achieved the WWC in April 2016 and have been assessed as achieving “committed” level.

4) Helping people live independently in their own homes

Objective	Initiative	<u>Reporter / Lead</u>	Timescales	Update
Reducing social isolation	<p>Befriending schemes</p> <p>Developing social or community networks/capital/assets</p> <p>Implementation of Wheel of Wellbeing strategy</p>		2017/18	<p>Developing social networks: Community Asset Mapping project with the Old Dean. Adult Social Care will initiate a project aimed at understanding the current local groups, services, initiatives available that aim to reduce social isolation and develop networks</p> <p>Public Health developing a final WoW strategy, drawing on ideas of how to further incorporate aspects of WoW into local services and policies.</p> <p>Social Prescribing has been identified as a priority for the Frimley STP Prevention workstream and a bid submitted to the STP Board.</p>
Falls prevention	<p>Postural stability/strength and balance exercise programmes</p> <p>Surrey Falls prevention network</p>	CS	Ongoing	<p>Exercise programmes: Arena staff are identifying team members to undertake the postural stability training. Falls prevention classes can then be delivered both in Camberley and in outreach locations such as Ballards Court,</p> <p>Falls pathway: The CCG has agreed a new falls prevention project with three elements</p> <ul style="list-style-type: none"> • Prevention of falls • Support after a fall and preventing further falls • If a person has fallen stopping them ending up in an acute hospital bed <p>The Surrey-wide falls prevention group (lead by public health) aims to facilitate multi-agency partnership working to prevent and manage falls across Surrey and provide a forum to share good practice. The key outcome being to reduce the burden of falls in Surrey in the older population through the provision of strengthened and joined up services.</p>
Reducing hospital admissions	Flu immunisation	CS	2017/18	<p>Flu: Planning for the winter of 2017/18 has begun. Surrey Public Health team will provide communications on the flu programme to Care Homes, Schools, other non-NHs settings etc.</p> <p>The CCG is exploring the future TECS options in relation to</p>

Objective	Initiative	<u>Reporter / Lead</u>	Timescales	Update
	<p data-bbox="293 201 546 225">Telecare / telehealth</p> <p data-bbox="293 344 618 368">Winter Wellness Campaign</p> <p data-bbox="293 600 461 624">Carer support</p>			<p data-bbox="1357 201 1872 225">optimising local provision for its population..</p> <p data-bbox="1357 264 2123 408">Winter wellness campaigns: : The CCG incorporate the national “Stay Well this Winter” brand resources into the winter wellness plan currently in place each winter in the CCG area. SCC will run Winter Wellness campaign, using the national “Stay Well this Winter” brand resources.</p> <p data-bbox="1357 448 2134 592">Carers: The Surrey Heath Carers Organisations Group collaborates on all work with carers in the CCG area; this includes Carer Awareness Week, Self-care Week, Carers Health Checks and Carers Flu jabs. The reprocurement of carer support services is progressing.</p> <p data-bbox="1357 632 2145 807">Working with the youth service, the Carer’s group has been able to overcome the problem of SH young carers not being able to get to the Young Carers Youth Club in Frimley Green. By working with SHBC Community support team we have been able to secure a mini bus driver so that young carers can safely attend the early evening group meeting from April 2017.</p>

Appendix 1: Self-care Pathway

1) Healthy Person

- Universal activities to promote health & wellbeing (e.g PSHE curriculum in schools, Healthy Child Programme)
- Public campaigns (e.g. Change 4 Life, One You)
- Creating a healthy environment (e.g. implementing Smoke Free policies, alcohol licensing, catering standards etc)

2) Healthy person takes up unhealthy activities (alcohol, smoking, poor diet, physical inactivity).

Activities above PLUS

- Early Identification and brief advice (e.g self-identification through online assessment tools (such as Don't Bottle it Up) or professional early identification through Make Every Contact Count approaches or programmes such as NHS Health Checks or Diabetes Prevention)
- Specialist support for behaviour change (e.g. Quit51 stop smoking service, Exercise on

3) Develops pre-cursor condition to a LTC (obesity, hypertension, high cholesterol, poor blood sugar control, AF, fall/risk of falling)

Activities above PLUS

- Clinical intervention to treat condition e.g medication to control cholesterol
- Initiatives to help people manage their condition and improve their wellbeing (Self-care and Self-management)

4) Develops a Long Term Condition

Activities above PLUS

- Support for Carers
- Optimal clinical management