

Clerk: Governance Support
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Date: Wednesday, 12 November 2025

Governance Support
Town Hall
Castle Circus
Torquay
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Dear Member

**ADULT SOCIAL CARE AND HEALTH OVERVIEW AND SCRUTINY SUB-BOARD -
THURSDAY, 6 NOVEMBER 2025**

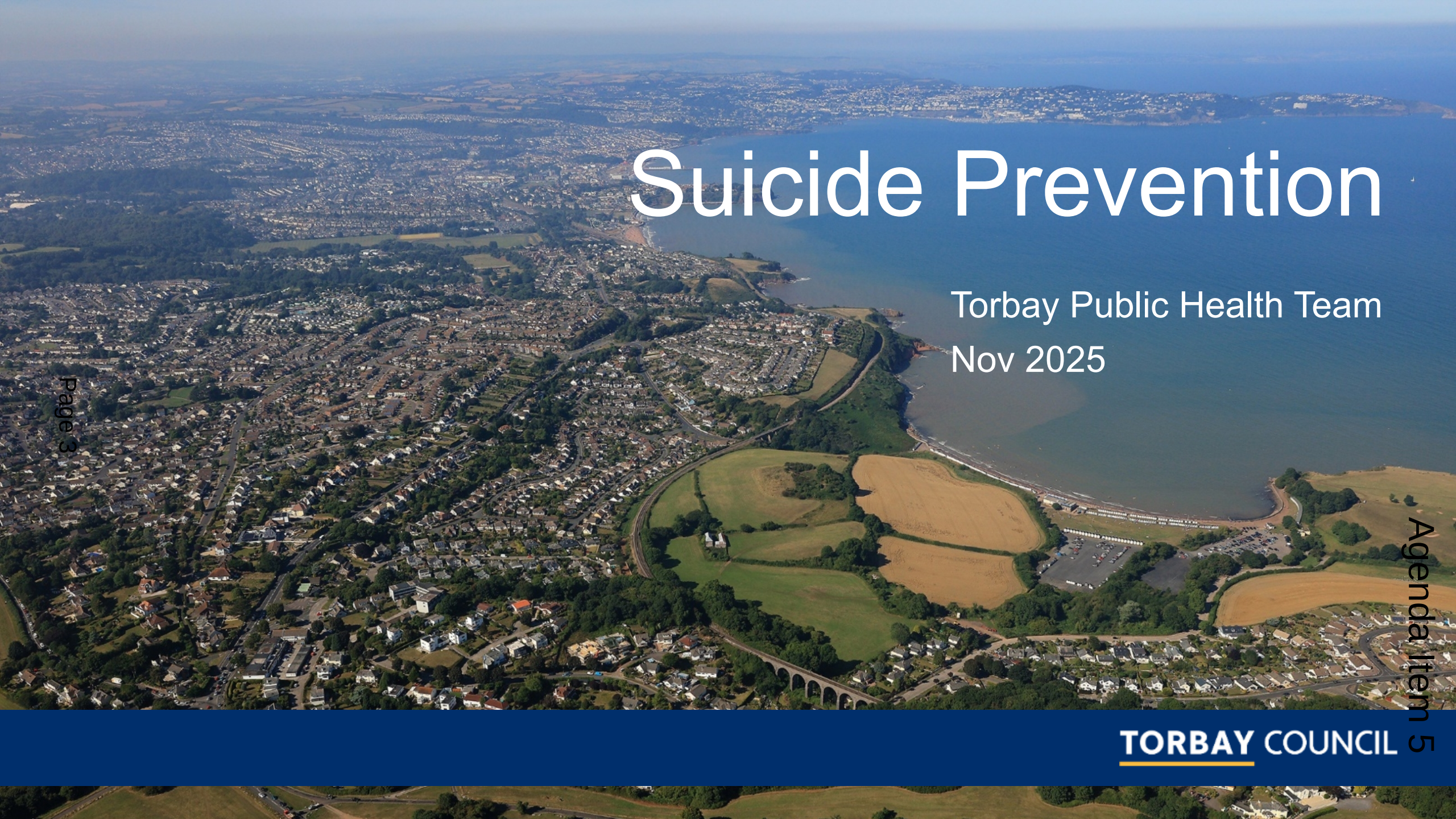
I am now able to enclose, for consideration at the Thursday, 6 November 2025 meeting of the Adult Social Care and Health Overview and Scrutiny Sub-Board, the following reports that were unavailable when the agenda was printed.

Agenda No	Item	Page
5.	Public Health Update on Suicide Prevention and Baton of Hope Torbay	(Pages 3 - 24)
6.	Public Health Update on Winter Readiness and Year Round Resilience to Adverse Weather and Infections	(Pages 25 - 44)

Yours sincerely

Governance Support
Clerk

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An aerial photograph of the Torbay coastline, showing a mix of residential housing, green fields, and a railway bridge crossing a valley. The sea is visible on the right side of the image.

Suicide Prevention

Torbay Public Health Team
Nov 2025

Statistics

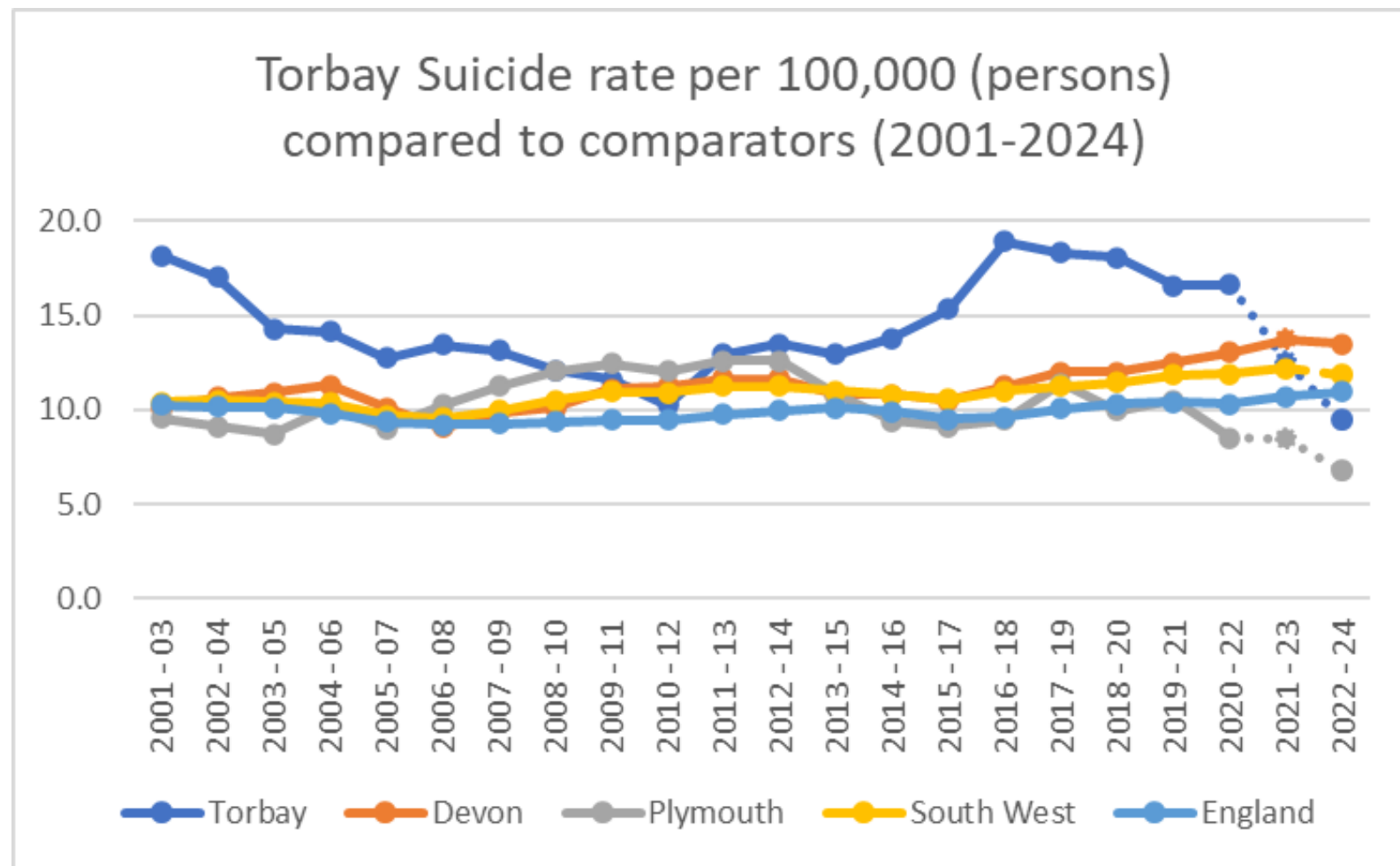
In Torbay per year:

- 20 people die by suicide

2,700 are impacted

- £29.2 million cost to the local economy

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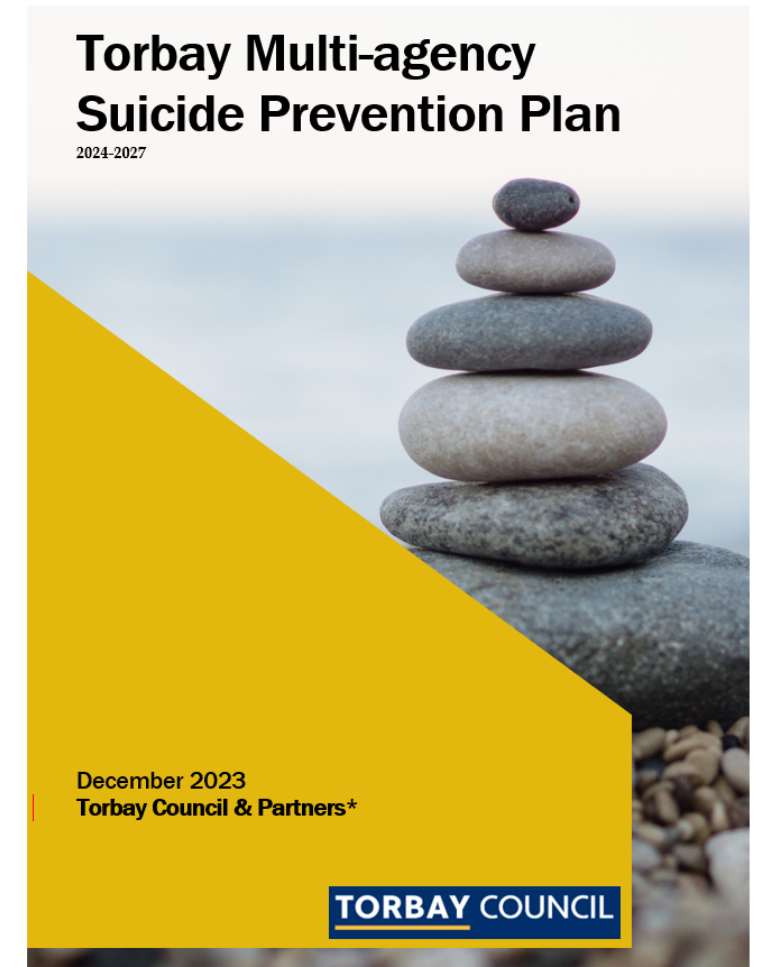
Torbay Suicide Prevention Action Plan – 2024-27

Aim:

- Continue our consistent downward trajectory towards the **regional average**

Action areas:

1. ^{Page 5} Ensure mental health and emotional support is accessible to all
2. Acknowledge and work with Torbay's risk factors for suicide
3. Harness passion, commit to collaborate and pool resources to reduce suicides



Priority 1: Ensure mental health and emotional support is accessible to all



YOUNG MINDS MATTER

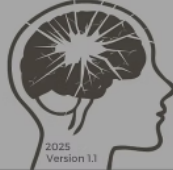
Mental health and wellbeing support in Torbay

TSPP

2025 - Version 1.0.2

Clickable links in PDF

Self Help / Advice	Getting Help	Need Help Now!
Page 6 YOUNG MINDS Online self help for young people THE MIX Information and support for under 25's NHS Every Mind Matters Simple and practical self help for anxiety, low moods and better sleep 5 Ways to Wellbeing Local wellbeing approach Mind Mental health organisation	koeth Anonymous, free and easy to use online support YOUNG DEVON Support for young people aged 11 to 25 MHST Mental Health Support Teams in Torbay schools Checkpoint, Torbay Phone, online & face to face help for aged 8-18 Getting More Help cfhd Children & Family Health Devon For support with severe ongoing mental health issues (CAMHS) - 03300 245321 (out of hours)/ 0300 555 5000	shout 85258 here for you 24/7 NHS First Response Need urgent mental health support? Text Shout to 85258 Are you in a mental health crisis? Call 111 Need to talk 24/7 Hopeline 0800 068 41 41 "it's ok to ask for help" 116 123 SAMARITANS childline Childline.org.uk 0800 1111 If your life is in danger call 999



YOUR MIND MATTERS

Adult Mental health and wellbeing support in Torbay

TSPP

2025 Version 1.1

Clickable links in PDF

Self Help / Advice	Get Help	Get More Help	Need Help NOW!
5 Ways to Wellbeing Wellbeing approach NHS Every Mind Matters Practical self help Mind Mental health organisation The Mix Support for Young Adults The Joy App Service directory	Talkworks Devon's NHS Talking therapies service Call 0300 555 3344 Torbay Community Helpline Advice, support, and practical outcomes. Call 01803 446022 Contact Your GP Your GP can offer support & refer you to other services Devon Clinic Affordable counselling Call 01803 446022	Torquay Mooring Online, face to face and phone support Tel: 07483 991 848 24/7 helpline: 0800 470 0317 Devon Mental Health Alliance Mental health support and advice services across the county Community Mental Health Team Your GP can refer you to this NHS service to support you if you are struggling If your life is in danger call 999	NHS 111 If you are in Mental Health Crisis, call 111 and select Mental Health (24/7 service) Shout 85258 If you need Urgent Mental Health support but dont feel you can talk to someone Text Shout to 85258 (24/7 service) Samaritans 116 123 Need to talk? It's ok to ask for help. Call 116 123

Priority 1: Ensure mental health and emotional support is accessible to all



Torbay Community Helpline
Support with basic needs
(18+)



Torbay Age UK
Emotional support (18+)

Supportive phone-calls/conversations

Warm signposting

Counselling (trainees)

Complex therapeutic support

Priority 2: Acknowledge and work with Torbay's risk factors for suicide

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%	Torbay suicide audit (2017-22)
75%	experienced some form of isolation
70%	had one or more mental health conditions
50%	previously attempted suicide (majority 1-2 attempts)
45%	live in the 20% most deprived areas in England
42%	had a chronic physical condition – 31% had multiple
33%	had substance misuse issues
33%	had experienced an ACE – 50% had multiple
32%	had experience of domestic abuse and/or sexual violence
32%	have experienced bereavement – 59% suicide bereavement
24%	had a history of self-harm that was known

Priority 2: Acknowledge and work with Torbay's risk factors for suicide

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Torbay Suicide Prevention

Call 999 or go to A&E now if someone's life is at risk.

I want to talk

HOPELINE247 | Papyrus

Samaritans - Here to listen

I want to talk in person

The Moorings @ Torquay

I want to Text

Get help - free, 24/7, confidential mental health text support service

Under 18's support: www.kooth.com

I want to access support

Relationship ended?

Relationships bring joy and growth, but not all last forever. Ending a relationship can be emotional, with feelings ranging from sadness to hope. It's important to acknowledge and process these emotions, giving yourself time to grieve.

While difficult, the end of a relationship can also be transformative. Embrace the change, focus on the positives, and find strength in new beginnings. Stay strong, take care of yourself, and look forward to new adventures.

Be kind to yourself:

- Relationships can end for many reasons; you are not alone.
- Routine tasks may feel harder now. Give yourself time to adjust.
- Treat yourself with the same kindness you would a friend.

Help yourself by:

- Talking to someone. Many organisations are there to listen.
- Taking care of your body. Eat well, rest, and seek help if needed.
- Joining a group or walking with a friend for distraction.
- Finding a community where you feel you belong.

The end of a relationship may bring about practical concerns; housing, financial worries, etc. The Torbay Community Helpline ("one call - that's all") is a good source of information, further support and advice. The Helpline works closely with specialist organisations in the local community and voluntary sector to provide advice information and support through a dedicated referral pathway. Members of the public can call the **Torbay Community Helpline Telephone 01803 446022**

More information available at: <https://www.torbaycommunities.com/torbay-community-helpline/>

Five Ways to Wellbeing - ways to improve our mood and our wellbeing include:



Being active is great for your physical health and boosting your mood



Connecting with others and good relationships are important.



Learning new skills and doing new things



Paying attention to the present moment



Acts of giving and kindness

Credit: Public Health, Devon County Council



Life gone sideways?

Get help that actually helps

At Breaking point?

Whatever your age or experience there is help available

Vibe Check

Maybe you are feeling low, lost someone you love or care about or worried about your actions. Taking action shows strength.

If you are feeling suicidal, know there are people you can speak to and get help from. Use this QR code to find out about services that can help you now.

URL: <https://linktr.ee/torbayspp>

Worried about?

- Money?
- Feeling alone? Isolated?
- Child contact issues?
- Housing/ homeless?
- Gambling?
- Alcohol - drugs?
- Relationships or abuse?
- Veteran?

URL: www.areyouok.co.uk/life-gone-sideways/

TORBAY COUNCIL

TORBAY

BATON
OF
HOPE

#BringHope2TheBay



www.torbaybatonofhope.com

www.facebook.com/BatonOfHopeTorbay/

Tour25

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- 20 cities, culminating in London
- **Baton of Hope Torbay**
 - Only area selected in South West
 - Tuesday 30th September
 - Including all three towns
 - Over 100 baton bearers signed up



Priority 3: Harness passion, commit to collaborate and pool resources to reduce suicides

Torbay Baton of Hope – Tuesday 30th September 2025

Community-driven where possible, including the three towns of Torbay

Use existing assets and relationships to best effect

Real people, real stories, real places

Inclusive as possible whilst highlighting populations who have an increased risk of poor mental health and suicide

Having an open conversation about suicide but focusing on hope and wellbeing

Walking Relay Pit-stops Transport Events





Achievements

- Over 100 residents applied to be baton bearers, 86 people walked on the day
- Over 100 volunteers helped to make the day a success
- Over 50 organisations who contributed (lots of gifts in kind!)
- The baton bearers and volunteers collectively walked a 14-mile route (36 miles inc. other transport)
- Over £5,000 was raised in sponsorship by Torbay Communities (commissioned)
- Over £9,000 raised via ticket sales and donations for the suicide prevention grant fund
- ~£15,000 was raised for Baton of Hope UK – over £9,000 raised by a single baton bearer
- ~60 attended the senior leader event. ~250 attended the BIG Show of Hope
- Over 600 people (and counting) signed the Torbay Baton of Hope Legacy pledge
- The Facebook Page has 1.1K followers. Over a third (37%) followed the page on the day/post event
- BBC, Devon Live, ITV News, Torbay Weekly, Torbay Today, Dawlish Today, Radio Exe, DevonAir Radio, Riviera FM
- **Overwhelmingly positive feedback!**

Feedback

“You did the most fantastic job to arrange this, from beginning to end, it was perfect. I have had suicidal thoughts most days for over a year now, and this is unfortunately ongoing. On Tuesday though, I felt so strong and supported and very lucky to be alive. I have made an appointment with one of the supporting agencies to keep myself well.”
Baton Bearer

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“Unfortunately, I have found out about yesterday's event too late to attend or join in. Can I ask for information to join and support please?” Be You Wellbeing Hub

“...poignant, powerful and joyous all in one. It was perfectly organised with great representation from all the organisations who offer support. Personally, I found it a day full of mixed emotions – one-minute tearful listening to some of the stories of loss and the next minute, enjoying the music or the singing of local primary school children.”
Healthwatch & Paignton Community Hub

Legacy



- **Process and impact evaluation**
- **Create a photo gallery, display artwork created and host a thank you event**
- **Showcase the Baton of Hope Torbay documentary film**
- **Enable peer-support for local baton bearers**
- Collaborate with Sound Communities, local schools and Papyrus to distribute age-appropriate suicide prevention resources and training within education settings
- Continue to scope a community art piece that speaks to people who may be struggling, inspires hope and signposts to appropriate support
- Repurpose the Baton of Hope Torbay Facebook Pages and website for general usage by the Torbay Suicide Prevention Partnership.
- Administer the suicide prevention community grant pot (scoping match funding) to extend and grow new grassroots initiatives (with input from baton bearers)

One Devon ICS suicide prevention plan



- Currently each LA has their own suicide prevention action plan
- Agreement to **move to a single, ICS wide, action plan** with core system partners
- Ambition to still **maintain focus on local priorities** within the shared plan and through local suicide prevention partnerships
- **Accountability to each LA HWBB** will continue with annual reports

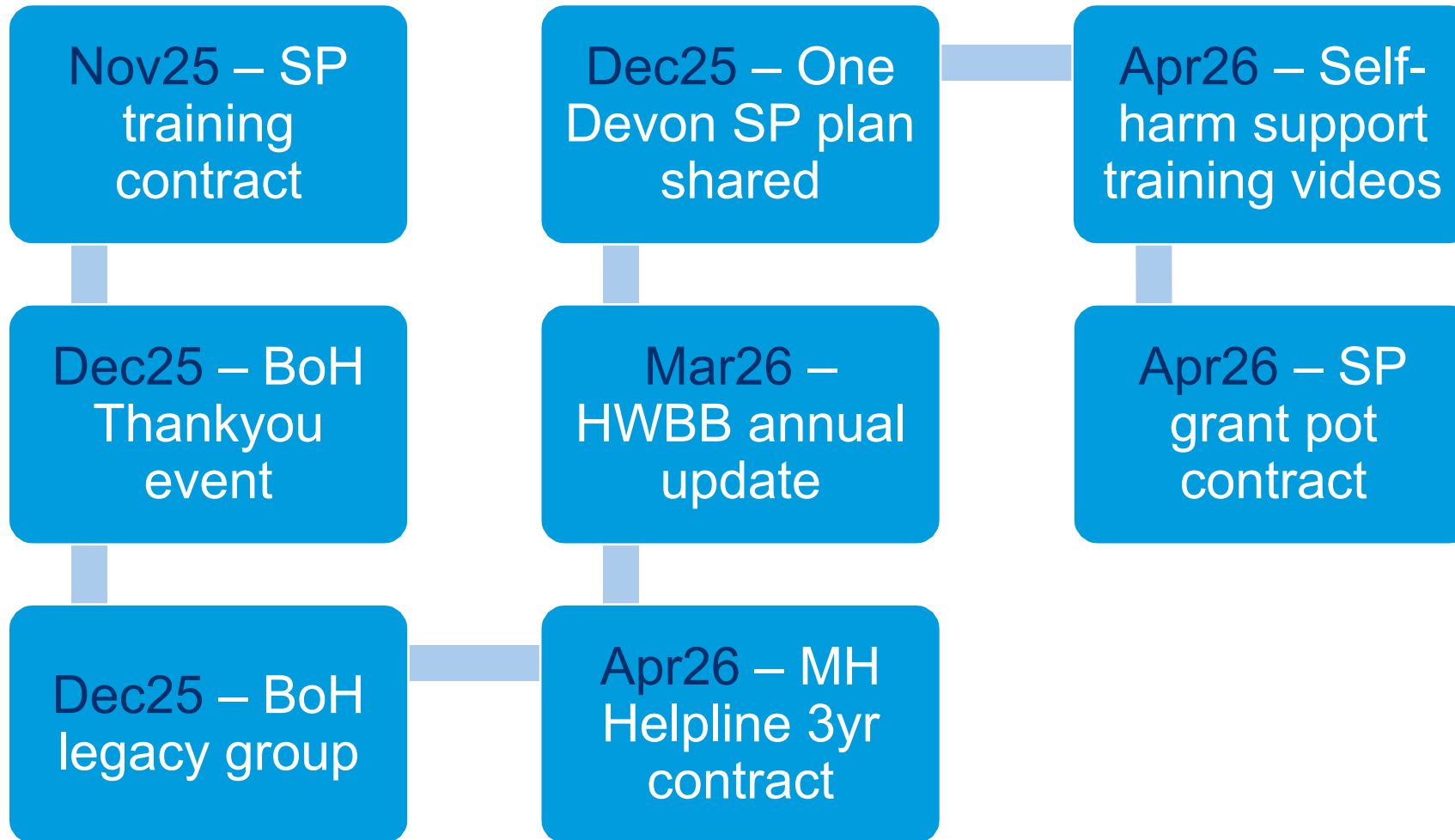
Benefits

- Reduce duplication and maximise limited resource
- Likely boundary changes with local government reorganisation
- Enhanced system approach
- Stronger collective voice for awareness and action
- Precedent for single plans across ICS

One Devon Suicide Prevention Activity

- Continuing to deliver suicide bereavement support, real-time surveillance and workforce suicide prevention training
- Bespoke suicide prevention training for GPs
- Engaging with the media to improve reporting on suicide
- Creating self-harm support training resources
- Disseminating the updated It's Ok to Talk About Suicide Z-Card
- Creating a Safety Plan Z-card to supplement the above

Next 6 months



Suicides where people had moved to the area within a 5yr period (17-22 coroner audit)

- 14% of people had or were likely to have moved into Torbay within a 5yr period.

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*Please note that this data may not be well captured by coroners' files or have been consistently captured by a range of data auditors.

Following Durkheim's theory of social integration as a determinant of suicide (Émile Durkheim, 1951), the disruption of social ties as a result of residential moving might weaken social connections and regulations that restrain individual actions, such as suicide. Moving might also be a stressful life-event in itself (Morris et al., 2018), often triggered by other life-events such as unemployment, eviction or change in relationship status which have detrimental effects on mental health (Tunstall et al., 2015) and suicide (Turecki and Brent, 2016).

More info:

- rachel.brett@torbay.gov.uk

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Overview & Scrutiny

6 November 2025

Public Health update on system Winter readiness

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Mandy Guy, Public Health Specialist
Lu Wills, Public Health Practitioner
Julia Chisnell, Consultant in Public Health

Agenda Item 6

Our role in:

Maintaining year round resilience & readiness

Preventing & managing outbreaks

Promoting & protecting health through vaccination

Year round resilience & readiness (it's not just Winter)

Adverse Weather & Health Planning



Adverse Weather and Health Plan

Protecting health from weather related harm
2025 to 2026



- prevent mortality
- prevent morbidity
- reduce the use of healthcare

Adverse Weather & Health Planning



Adverse Weather and Health Plan Protecting health from weather related harm 2025 to 2026



- Multi-agency
- Shared plans
- Build capacity
- Training & awareness
- Heat & cold weather alerts
- Comms & campaigns
- Surveillance

In Torbay – localised team based action cards

- Public Health
- Emergency Planning
- Adult Social Care
- Children's Services
- Events
- Rough Sleeping
- Highways, Harbours, Parking
- Health and Safety
- Communications
- HR

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Action Card: Cold-Health Alerts

Red Alert (Emergency Response)

A red alert would indicate significant risk to life for even the healthy population.

Actions for Consideration

Adult and Community Services

- o Adult Services (Community Services)
- Respond to
- Cascade
- extra care
- Where appropriate, emails, text messages, etc.
- Be 'on-call' for events during commissioning staff.

Action Card: Cold-Health Alerts

Amber Alert (Enhanced Response)

An amber alert would represent a situation in which the expected impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk and where other sectors apart from health may also start to observe impacts, indicating that a coordinated response is required.

Actions for Consideration

Adult and Community Services

- o Commissioning
 - Cascade in care, support
- o ASB / Vulnerability

Action Card: Cold-Health Alerts

Yellow Alert (Response)

Yellow alerts may be issued during periods of cold in which would be unlikely to impact most people, but those who are particularly vulnerable (for example, the elderly with multiple physical/ mental health conditions and those who are experiencing homelessness) are likely to struggle to cope and where action is required within the health and social care sector specifically.

A yellow alert may also be issued if the confidence in the weather forecast is low, but there could be more significant impacts if the worst-case scenario is realised. In this situation the alert may be upgraded as the confidence in both the weather forecast and the likelihood of

Action Card: Cold-Health Alerts

Pre-winter readiness and winter preparedness

No alert will be issued as the conditions are likely to have minimal impact and health.

However, it is important to ensure that plans are in place and that relevant departments are able to provide a proportionate response should an alert (yellow, amber, or red) be issued.

Pre-winter readiness and winter preparedness actions should be completed by **1st November**.

In Torbay – what do we do?

Priorities

- Know our 'vulnerable groups'
- Know who to talk to
- Have our messages ready
- Trusted voices
- Economic hardship
- Pre-agreed escalation
- Corporate risk register

Activities

- Advice & guidance
- Signpost to support
- Transport, roads
- SWEP protocol for rough sleepers
- 'Keep warm, safe & well'

Keeping Warm



Energy saving tips

- Try to keep heating at 18°C in main living area.
- Close curtains at night.
- Have regular boiler servicing.
- Layer clothing at home.
- Draught proof your home.
- Book a **FREE** energy home visit with

66+

Are you state pension age?

- Pension Credit to top up your state pension or Age UK Torbay



Rent or mortgage advice

- If you're at risk of losing your housing



Council tax advice

- If you're on a low income, you can receive up to 10% discount. Call **01803 207200**



Where else to get advice

- Citizens Advice

Keeping Safe



Tips to manage damp, mould and cold in your home

- Keep all rooms in use heated to reduce condensation.
- Prevent heat loss through walls and windows.
- Make sure vents and air holes where moisture can get out.
- Reduce excess moisture; use extractor fans while cooking, try not to



Travel safely

- Check weather conditions before



Avoid falls

- Keep moving to maintain strength
- Get regular eye and hearing checks
- Be careful of ice, slippery leaves
- Take care of your feet and wear

The Torbay Community Helpline is available for residents for help with anything from health to wellbeing support. Call **01803 446022**

www.torbay.gov.uk/w

Keeping Well



Get your vaccines

- Get Flu, COVID-19 and other winter vaccines. Ask your pharmacist, or call NHS **119**



Wash your hands

- One of the simplest ways to stay well.



Look after your wellbeing

- Connect with the people around you.
- Keep learning by trying something new.
- Give a bit of your time to a friend or someone in your community.
- Take notice of nature and the world around you.
- Be active and take a little bit of exercise every day.
- If you are feeling a bit lonely or disconnected get in touch with your local Community Helpline. Call **01803 446022**



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Keeping Winter Well in Torbay



Seasonal vaccination programme 2025-26

Why is vaccination so important?

- Prevents disease, saves lives
- Protects the vulnerable
- Keeps the NHS and Care system moving
- Estimated over 100,000 hospital admissions prevented by flu vaccination Winter 2024/25
- Estimated 7,700 'excess deaths' (above average) from flu in 2024/25, 15,800 in 2023/24
- Vaccine uptake has been dropping since the pandemic – esp in young children, pregnancy, people with chronic health conditions



Winter vaccines 2025/26

Flu

- 65+
- Pregnancy
- Children 2-16
- Health risk groups
- Carers
- Care homes
- Health & care workers

Covid-19

- 75+
- Older adult care homes,
- Immuno-compromised (weakened immune system)



NHS

Flu vaccine: for children age 2-16

Protect your child

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Flu vaccination is safe in every stage of pregnancy

You will be able to get a flu vaccine from:

- your GP surgery
- a pharmacy that offers flu vaccination (if you're aged 18 or over)

Some people may be able to get vaccinated through their maternity service.



PROTECT YOUR CHILD FROM FLU

Free NHS nasal spray from 1 Sept



NHS

FLU VACCINE CLINIC:



Flu can hit children and older adults hardest. Vaccinate now



The flu vaccine is safe in pregnancy – and it protects your baby too.

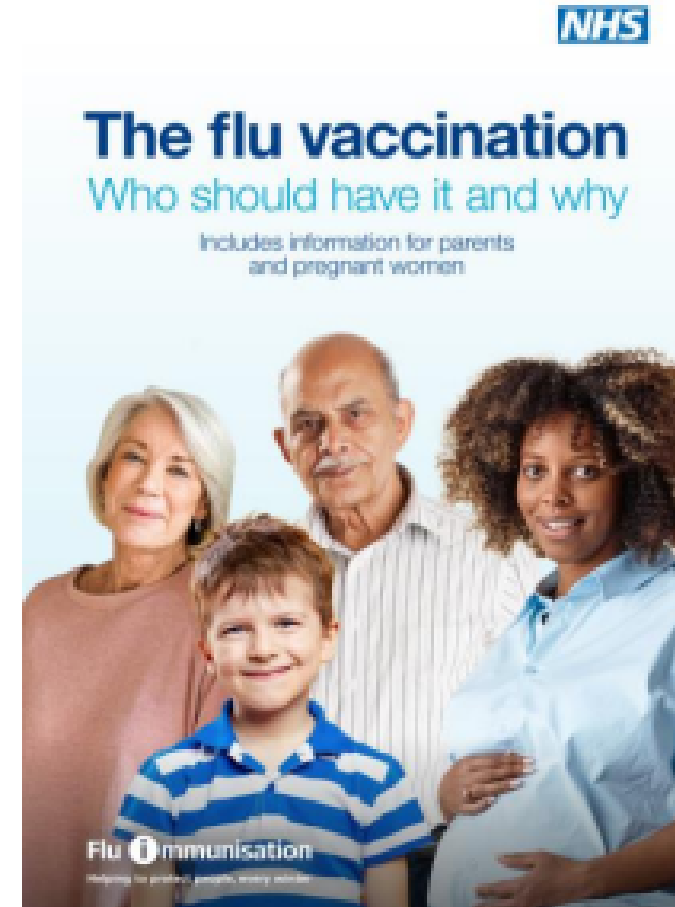
Uptake in Torbay

- Similar to England rates
- Just below Devon in most groups

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Lower than we want it to be to protect our population

- Esp in children, & people with health risk conditions
- Lower since the pandemic



What is our role?

Work, with partners, to promote uptake:

- *Make it known* – increase awareness
- *Make it easy* - support outreach
- *Make it understood* – combat dis/misinformation

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What are we doing

- GPs are vaccinating locally this year
- Pharmacies are offering more vaccines, including for children

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We support vaccines for:

- Homeless, hostel
- Town centre pop up clinics
- Some workplaces
- Outreach events
- Council staff

Health officials worried as flu season comes five weeks early



Nick Trigg

Health correspondent

30 October 2025

The UK's winter flu season has begun five weeks earlier than usual, health officials are warning.

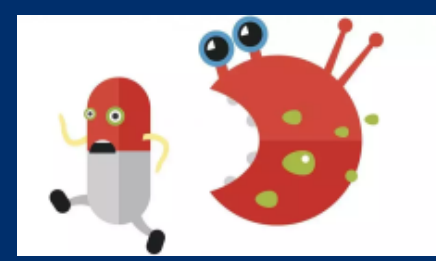
The UK Health Security Agency said cases were rising quickly among children and young people – and warned the virus would soon start to spread across older age groups.

The organisation urged people eligible for the flu vaccine to come forward to get protected.

An update on AMR – keeping our medicines working

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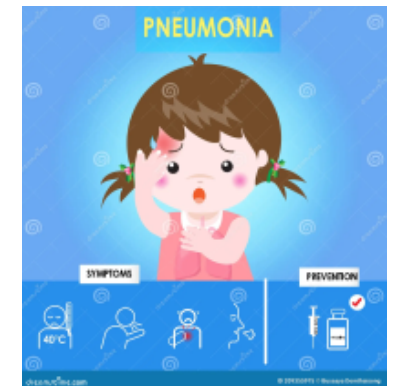
Quick recap



Infections last longer & are more difficult to treat

Estimated impact:

- Over a million deaths globally
- 10 million a year by 2050
- 35,200 deaths each year in the UK. Now.



Local action

- Like climate change, it's an enormous challenge, but there are things we can all do
- Work with schools & early years
- NHS
- Care homes
- AMR Week 2025 – join the superbug squad....



Summary

- Building population resilience to infections is vital
- We have tools that will protect our population & we need to do all we can to promote these
- Individually & collectively, we can all model safe behaviours – get our vaccines, wash our hands, use antibiotics wisely, be Winter ready, look out for those who are vulnerable
- Partnerships are at the heart – with the NHS, Care providers, hostels, education, businesses, carers, with our communities

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