

Title: Highlight Report: Healthy Torbay Framework

Wards Affected: All

To: Health and Wellbeing Board **On:** 13th December 2018

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Background

The Healthy Torbay Framework is now split into three parts:

1. **Business as usual** which includes current, ongoing delivery against a number of topics that impact upon the wider determinants of health. Examples are included below. Part of developing the business as usual (BAU) part of the framework is the inclusion of some robust measures of success. These have been finalised in regard to both the healthy weight (child & adult) and physical activity BAU areas. A central tenet of the metrics is that although the Public Health Outcomes Framework (PHOF) are useful, there are caveats around the scope and timeliness of the data that means it is helpful to include local data sets, projects and evidence of action to enhance the local picture.

2. Development and delivery of a **healthy towns approach**.

The Healthy Torbay Framework has taken us so far, but there is clearly much more that could be achieved in terms of our work on the wider determinants of health and wellbeing. Public Health believes in the people in our communities. They understand their potential and the challenges they face, and have skills, experiences and energy to realise their potential and overcome challenges. Increasingly government policy recognises the limits of service provision and the benefits of empowering communities.

We are striving for healthy, happy towns and our belief is that working at a town level we are better placed to support residents and communities to lead happier, healthier lives. The purpose of the healthy town approach is to:

- Unlock local potential to improve health and wellbeing
- Develop communication channels so we can better target information and gather insights about our residents
- Capture community identified town concepts of health and wellbeing

- Complement other local initiatives such as NMoC and social prescribing.

From our work to date it is clear that the healthy towns approach resonates with a wide range of people, with professionals and the public alike. After all, our citizens live in these towns and (arguably) identify with their town (more than the notion of Torbay).

3. **Steering Group and Development Workshop.**

This quarterly session is now split into two areas – a closed hour for Healthy Torbay Steering Group members, where business as usual areas are discussed and then a second two hour, public slot where thorny issues for Torbay are discussed through presentation and discussion format.

What has been achieved in the past six months?

1. **Business as usual**

Planning and the Environment

- The emerging Torquay, Paignton and Brixham Peninsula Neighbourhood Plans have been through a public examination and subsequent further modifications with support from the local planning authority. During November, the plans were recommended to go forward to a Referendum on the basis that they met the legal tests, including that they were in general conformity with the Torbay Local Plan and contributed to the achievement of sustainable development, etc. The referendums are anticipated to be held 2nd May 2019.
- The implementation of the Council's policies for health and wellbeing contained in the Local Plan and the Healthy Torbay Supplementary Planning Document have been implemented in the Development Management process. In particular, a handful of major development proposals in Torquay and Paignton have benefited from Health Impact Assessment being incorporated at an early stage. Engagement with partners across the health system has been sought and this has now been formalised through the production of a protocol for the engagement of adult social care, NHS and CCG partners.
- Agreement has been made for the introduction of a number of 20mph zones. There is an agreement with Highways to collaborate with Public Health in agreeing the areas for intervention with a focus on targeting areas of deprivation and where there are greatest opportunities to increase the attractiveness of the environment in terms of active travel and road safety.

Emotional Health and Wellbeing

Children and young people

- Launched the emotional health and wellbeing section of the *Torbay Healthy Learning* website including content on: whole-school approach, resilience, self-harm, anti-bullying and bereavement.
- Supported Devon STP children's and young people's NHS England trailblazer bid for a Torbay/South Devon cluster of schools to pilot: a designated lead for mental health

in schools, community-based mental health support teams (new workforce) and a max 4-week CAMHS wait for certain cohorts.

- Helped arrange Youth Mental Health First Aid training for Torbay secondary schools with Mental Health First Aid England (December 2018)

Adults

- Promoted 5 ways to wellbeing through forums such as the ICOs Look out for your work colleagues: a Mental Health Day Event (Oct 2018)
- Formed a multi-agency scoping group to develop a 5 Ways to Wellbeing campaign for Torbay/South Devon (Nov 2018).
- In collaboration with the Healthy Lifestyles Team, ran the first Connect 5 (Making Every Contact Count for Mental Health) training course in Torbay for Community Builders and Wellbeing Coordinators (September 2018).

Suicide prevention (all ages)

- Delivered a multi-agency suicide and self-harm prevention plan endorsed by HWBB and the Mayor (September 2018)
- Leading on an options paper for the Devon and Torbay Suicide Prevention Strategic Implementation Group which evaluates if the resource required for a coroners file audit is justified in terms of the impact on suicide prevention locally (Nov/Dev 2018).
- Supporting community initiatives which contribute to the 7 pillars of the national cross-party strategy and local action plan.

Healthy Children

- Completed Phase 1 of the Torbay Healthy Learning Programme, which comprises Torbay Council's healthy schools offer. The THL website is now live and launched/promoted to all educational settings in Torbay. The aim is for the website to be the go to resource in regard to pupil health and wellbeing. Aimed at whole school staff, this free resource can also be used by families and community groups.

Healthy Weight

- Design and delivery of one major child obesity workshop (80+ in attendance) and one smaller all age development workshop to help galvanise action by the Torbay Healthy Weight Partnership through a new set of agreed priorities (to go further faster) and structure to support. It has been agreed that in order to maximise population reach and scope the partnership will still include a strong service element (maternity, weight management services, health visiting, school nursing etc), but under business as usual. The focus of the partnership will now be on cooking skills, food awareness (labelling, groups etc), localised campaigns and challenging social norms and cultural acceptance of obesity.
- Extended delivery of the Fun, Family and Fit scheme to combat holiday hunger to a second Torquay primary school. 40+ families assisted with a nutritious meal combined with physical/craft activity. Partnership business plan currently in

development to extend the model to more primary schools accessing Sports Premium funding.

- Submission of a bid to the new LGA Obesity Trailblazer Fund (decision mid-December)

Physical Activity

- The **South West Youth Games Finals Day** took place on the 8th July in Dawlish. Torbay took over 100 young people to the South West Youth Games. Torbay placed 4th overall and came home with 1 gold medal, 1 silver medal and 3 bronze medals.
- **Run for your Life 2018** came to a close with a successful celebration event at the Princess Theatre, Torquay. 12 Primary schools were in attendance with over 500 primary aged children sharing in the success of the campaign. Every school that participated in the campaign was given an award as well as individual pupils and classes from each primary school picking up certificates across a range of categories. In just 8 weeks, our Torbay primary schools travelled over 32,000 miles, 1 and half times around the world.
- **Active Mums** once again took over **Children's Week** and engaged with over 1000 mums through Active Mums activities. Over 2500 people attended the event.
- **Beat the Street Torbay** kicked off in style with a Launch Event at the Princess Theatre. Children from Torre Academy were invited to attend and tap the first beat boxes along Torquay Seafront with some of the programmes key stakeholders. In the first week of the game going live 7771 Torbay residents had taken to the streets and played the Game. Initial findings have identified that there has been a 14% increase in our number of active adults, a 2% increase in our number of fairly active adults and a 16% decrease in our number of inactive adults. A full report of the live game phase is due in late December.
- **Run for your Life 2019** was launched at a Torbay Headteacher's meeting and in the first couple of days of registrations being open, 12 schools had already signed up.
- The **Torbay Junior Park Run** began at Torbay Velopark to kick-start the **Beat the Street Sustain Phase** with 136 different young people participating across November.

Smoking Cessation

- Torbay's Tobacco Control Alliance held its first meeting on 5th September, where the framework for a plan was approved. This followed a Tobacco Control Workshop on the 13th June where cross-sector stakeholders collaborated to complete the Public Health England CLear self-assessment tool which highlighted local strengths and areas for development.
- Alliance membership includes stakeholders from Torbay Council's Public Health Team, Torbay & South Devon NHS Foundation Trust, Trading Standards, Local Stop Smoking Service, Fire Service, Healthwatch, the CCG, Public Health England and Devon County Council Public Health Team.

- The framework is based on national priorities and insights from local data, and reflects activities already underway in Torbay. For Phase 1, there are 3 priorities: Smoking in Maternity, Smoking among those with mental ill health, and creating a Smoke free site for Torbay & South Devon NHS Foundation Trust. Wider enablers include Leadership (e.g. establishing tobacco control leads), Regulation and enforcement (e.g. clarifying intelligence sharing processes for the Local Stop Smoking Service), and Data and Monitoring (e.g. developing a system monitoring framework)
- The current emphasis is on establishing the role of the Alliance within the wider System and the detail of workstream activities underway and/or required. Two further meetings have been held. Some specific activities have already been delivered e.g. completing the ASH Ready Reckoner. The next steps are to appoint a Chair, finalise the terms of reference and the detail of the plan.

2. Healthy Towns Approach

Torquay

- Engagement with numerous partners has been made to ‘socialise’ the concept of healthy towns work including with the Community Development Trust, Healthwatch, Torbay Development Agency, CCG, etc. Links to partners in the Watcombe and Hele area have been made with a view to further work – see below.
- The Place Standard Tool has been piloted in two areas (Foxhole and Torquay Town Centre) and a report has been written to support the future use of the tool for both planning and public health community engagement activity (particularly Healthy Towns work).
- Leadership of a new multi-agency Project Team overseeing the new Croft Hall Wellbeing Hub. This new social prescribing project centres on new voluntary sector interventions within Croft Hall Surgery to provide mentoring, advice and referral for a cohort of complex patients presenting for social reasons such as poor housing, debt, social isolation underpinning poor mental health and substance misuse issues. As well as ‘test and learn’ model development for potential expansion to other health care settings, there is a strong outcomes/evaluation element to include capturing cross setting benefits in terms of demand on partner services (ED, Fire, Police, Ambulance) and impact on staff retention at Croft Hall.

Brixham

- Supporting the Brixham Community Healthcare Working Group and its initiatives such as
- Brixham Bee Well Day (September 2018).
- Linking with the ICO regarding the new Brixham Day Centre and how the community can truly own and contribute to this space via Healthy Towns.
- Working with Community Development Trust to link and gauge the appropriateness of a healthy towns approach in Brixham.

Involve Brixham community champions in the development and dissemination of the 5 ways to wellbeing campaign (Community Builders and Brixham Yes to date).

Paignton

- The Torbay Healthy Town work began and key community groups and stakeholders were identified and relationships established including Sanctuary Housing, Healthwatch, South Devon College, Torbay Leisure Centre, Great Parks Community Centre, Parkfield and the St Michael's Recreation Ground Community.
- Healthy Towns work continued with a focus on St Michael's Recreation Ground popping up as an area of focus for initial work. Relationships were formed with the Cllr Carter and Yvonne Robinson, a Parish Support Worker, to help start discussions around re-invigorating the recreation ground and getting more members of the community to use the area. Links were formed between St Michael's Recreation Ground and South Devon College – with the development of a programme of work for the College students to make new benches for the recreation ground.
- Supported Cllr Stocks and the Children's Week organising committee to bring physical activity and health messages to Children's Week 2018. Active Mums once again took over Children's Week and engaged with over 1000 mums through Active Mums activities. Over 2500 people attended the event.

3. Steering Group and Development Workshops

Two development workshops have taken place in the last six months:

1. Housing and Health: presentation and discussion in partnership with Humanity Homes GB regarding alternative approaches to community housing in Torbay.
2. Healthy High Streets: presentation and discussion in partnership with Public Health England to better understand the opportunities for town centres in Torbay to support health and wellbeing priorities in terms of place-making and place-shaping.

What are the priorities for the NEXT six months?

1. Business as usual

Planning and the Environment

- The Council will seek to produce a joined-up delivery strategy for open spaces, local cycling and walking infrastructure, public rights of way and green infrastructure. The work is ambitious as it seeks to bring together 3 or 4 strategies into a single document or suite of documents. It is anticipated this will bring major benefits for coherent and effective healthy place-making.
- The Local Plan review will commence in early 2019 and must be completed by December 2020. The first stage will be a review of evidence and defining the scope of the review. It is anticipated that there will be opportunities to strengthen the

health promoting policies of the Local Plan in the light of some supportive recent changes to national policy and the experience of delivering health and wellbeing through Development Management since the adoption of the Local Plan (2015) and the related Healthy Torbay SPD (2017). The reviewed Local Plan in its entirety is required to undergo a Sustainability Appraisal. We will use that opportunity to ensure that the requirements of Health Impact Assessment are integrated into that assessment so that all elements of the Local Plan are reviewed in the light of health and wellbeing evidence and local priorities.

Emotional Health and Wellbeing

Children and young people

- Ongoing maintenance and additions to the Torbay Healthy Learning website. Ensuring this is a known signposting resource under the iThrive commissioning model.
- Supporting children's and young people's emotional health and wellbeing through contributing to the action plan of the Devon LTP strategy. Particularly looking at resilience and outcomes work.
- Supporting the trailblazer bid schools if successful.
- Explore options for self-harm intervention (prevention and support) in schools, whilst considering the changing landscape of CAMHS service provision and potential for community mental health teams

Adults

- Collaboratively develop and deliver a 5 Ways to Wellbeing campaign (stage 1) by June 2019.
- More Connect 5 training scheduled with community builders, Healthwatch volunteers and HR colleagues in Feb/March 2019. Other target audiences include DWP, South Devon College, LA staff and GP Health Navigators.
- Sign up Torbay Council to the Prevention Concordat for Better Mental Health (initial Councillor meeting scheduled Jan 2019)

Suicide prevention (all ages)

- Ongoing monitoring and development of the multi-agency suicide and self-harm prevention plan.
- Dependent on the outcome of the options paper, completing a Coroners file suicide audit in collaboration with colleagues in Devon.
- Influencing potential STP money (Cornwall and Bristol have previously received funding based on high suicide rates) to support and add to community based provision within Devon-wide suicide prevention plans (70% of suicide happen in the community).
- Continuing to support community initiatives – particularly initiatives that target at risk groups such as men and control the means of suicide.

Healthy Children

- Ensure Torbay Healthy Learning website is regularly updated news, legislative changes, best practice and training opportunities for the key theme areas of nutrition, emotional health and wellbeing, physical activity, early years and PSHE (including SRE).
- Complete options appraisal for THL, securing Public Health, Children's Services and education input into future development.

Healthy Weight

- Consolidate child obesity and wider development workshop results into an agreed new action plan for the Torbay Healthy Weight Partnership.

Physical Activity

- Launch of Torbay Can in January 2019
- Active Schools Conference in March 2019
- Run for your Life 2019
- Beat the Street Sustain phase sustainability
- Turning Corners Torbay
- Launch of Torbay on the Move
- Director of Public Health Annual Report focussed on physical activity
- Community linking for Healthy Towns - Paignton

2. Healthy Towns Approach

Torquay

- Opportunities to work with Community Builders and Elected Members in partnership to deliver healthy towns works have been identified in St. Marychurch and Hele.
- Aim to run two Place Standard workshops with different groups/communities in these areas and then support delivery of healthy town's projects.
- Work with town centre partners on town centre health and wellbeing projects, including TDA on supporting town centre regeneration.
- Further consolidate all elements of the Croft Hall Wellbeing Hub - including JAN launch of initial provision through Ageing Well, Step One charity and Union House NHS Trust Social Work Team.

Brixham

- Introducing the Healthy Towns approach to Brixham Community Partnership with the intention of working with them to engage Brixham residents on what they would like to change (and how they will collectively do this) to improve their health and wellbeing (2019 date to be confirmed).
- Improve links with Brixham Councillors, Community Builders and Wellbeing Coordinators.

- Co-host an engagement event to establish what Brixham residents would like to change together using the Place Standard Tool (2019 date to be confirmed dependent on Community Partnership steer)

Paignton

- Improve links with all of the Paignton Ward Councillors and the Paignton Community Partnerships.
- Identify opportunities to work with Community Builders and Elected Members in partnership to develop specific healthy towns work in specific areas within Paignton
- Link up with Paignton Community Builders and Wellbeing Co-ordinators to develop an 'event'
- Work with the Culture Board on Paignton Town Centre regeneration projects

3. Steering Group and Development Workshops

Two steering group meetings and development workshops – subject to be confirmed

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Healthy Weight, Physical Activity, Healthy Schools & Wider Determinants

DECEMBER 2018