

Title: Highlight Report: Healthy Torbay Framework

Wards Affected: All

To: Health and Wellbeing Board **On:** 7 September 2017

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What has been achieved in the past six months?

Background

The Healthy Torbay Framework was established (2016) to tackle the socio-economic and wider determinants of health in Torbay:

- **Raise awareness of determinants within council departments** - lifestyle choice, income, housing, environment and social isolation & capture related work already underway.
- **Agree new cross-department work** and monitor through new Steering Group, Action Plan and performance measures
- **Various Work Areas:** Planning & Transport, Housing, Workplace, Children and Young People, Economy & Lifestyle.

In the autumn of 2016 / early 2017 we reviewed the progress to date. Key questions guiding the review were:

- Does the framework maximise contributor's impacts on health and wellbeing?
- Does the current approach energise and support contributors to innovate?
- Are there additional contributors who could be engaged in this agenda and if so, how best to involve them?
- How visible is the framework / would greater visibility increase impacts?
- Are current governance arrangements robust and maximising opportunities to engage local key stakeholders, both internal and external to Torbay Council?

Key findings of the review:

- The framework provides a wrap around much that has been going on in the Council
- Ambitious around measures but light on implementation / innovation
- A Steering Group made of up almost exclusively of Council officers with some onward reporting to H&WB Board

- Extensive action plans and sub-plans
- Challenges in bringing colleagues to the table
- Profile of framework low amongst wider council colleagues and beyond.

As a result of this review the programme will progress through a combination of:

- **‘Business as usual’** areas
 - Need to refresh performance monitoring
 - Actions – intermediate outputs / outcomes – PHOF measures
- Identifying a limited number of **focus areas**
 - ‘Community of Practice’ Groups
 - Aiming for small number of ‘flagship’ innovative, high impact projects for each focus area – where we can go ‘further, faster’
 - With the intention that In all three focus areas, projects will be considered and decided by the ‘communities of practice’
- **Brand/identity**
 - Initial work suggests low level of understanding of the PH role overall
 - Need general Public Health awareness raising to give Healthy Torbay a ‘soft landing.’

Business as usual - Delivery of Action Plan and Performance Metrics

Work has begun to revise the monitoring of the action plan, both to review the planned actions with leads and to make explicit for the actions local ‘proxy’ output / outcome measures alongside (longer term) Public Health Outcome Framework indicators.

Examples of achievement from Phase 1 ‘Business as Usual’ Work Areas:

Housing

Consolidating ‘Safe & Well’ fire safety scheme between Torbay Council and Devon Fire and Rescue Service (DFRS) to enable cross referrals and training opportunities to reduce fire risk within the home. This scheme was then extended out to cover the vulnerable population groups included within the living well at home agenda via DFRS and Mears Care Services.

Alcohol Control and Awareness

Sign off of an Alcohol Strategy for Torbay. This strategy and partnership steering group will look to deliver a suite of evidence based interventions focusing on alcohol harm reduction, making every contact count (brief intervention across numerous public facing spheres) and role of the night time economy.

Adult Emotional Health and Wellbeing

Design and delivery of a multi-agency Suicide Prevention Strategy - including an audit of current need and projects such as a review of current AMPH workers caseloads and roll-out of the innovative ‘Barber’s Talk’ scheme.

Planning and the Environment

The Healthy Torbay Supplementary Planning Document (SPD) has been approved by the Council following public consultation. This sets out details of how policies in the Torbay Local Plan which relate to health and well-being issues should be applied, and had regard to, in decision-making in the preparation of planning applications. Topics include the role of the environment in determining health outcomes, health in Torbay, healthy food environments, community investment areas, healthy design and health impact assessment.

Healthy Children (also Healthy Food/Physical Activity)

Healthy Schools Programme due for launch summer 2017. A dedicated internal project team and external steering group have worked over the past 6 months to develop the programme which will be launched in July 2017. Components include improved nutrition, physical activity and emotional health and wellbeing.

Holiday Hunger: many children go without a square meal during school holiday periods in the absence of free school meals. Local primary schools, social enterprises (Real Junk Food Project), charities and Public Health have partnered to create pilot models to combat this issue. The first of these has been planned and will be delivered through a once a week for four weeks in July 'community picnic' for 20 St Marychurch School families identified as being at risk of holiday hunger.

Healthy Food

Establishment of a Real Junk Food Project in Torbay. This innovative collaboration brings together local businesses, schools, charities and Public Health together in creating a new project where waste and end of life food is donated by local food outlets including supermarkets and other outlets so that healthy meals can be provided for community events and families in need. During Phase 2 the Real Junk Food Project has already catered for the Social Connections Focus Area 'community of practice' initial meeting as well as agreeing to cater for the initial 'community picnic' under the Holiday Hunger banner.

Focus Areas and potential Flagship Projects

We have highlighted the following three focus areas:

- **Social connection**: reducing isolation, social and community connections, sense of belonging and empowerment in neighbourhoods – building community resilience
- **Economy and enterprise**: Wellbeing at work initiatives, promoting social enterprise
- **Environment**: Place based projects focused on the living environment

Examples of achievement from (Phase 2) Focus Areas:

Bringing together the first 'community of practice' – Social Connection

Initial meeting was held with group of community organisations (25th April 2017, Paignton Library)

- Energetic and engaging evening meeting
- Food by *Real Food Junk Food Project*

- Participants didn't warm to the notion of a 'community of practice' though the behaviour and feedback on what worked suggested what was in essence a community of practice
- Two go 'further faster' projects identified
 - Children and Young People peer support based on recovery college model
 - Pop-up cultural events
- With both of these, Public Health to monitor progress and support as requested.

2. What are the blockages?

- **Clear plans against which we can monitor and report progress**
 - Need to demonstrate work is adding value, build momentum and for participants to get a sense of achievement
 - Still early doors with this - crystallising ideas may challenge principle of co-production
- **Communication**
 - Currently working with Communications Team to evidence levels of awareness of PH amongst Council staff and the wider audience to inform a general awareness raising campaign (as required)
- **Governance arrangements**
 - Phase I Steering Group will need to evolve to reflect changes in the programme detailed above
- **Capacity**
 - Rather than initiating new work, there might be scope for co-opting other initiatives where PH input could assist

3. What is the planned activity for the next six months?

Review work and engagement with stakeholders has generated a considerable long list of potential projects across the three focus areas from which a priority list has been identified. The immediate next step is to develop plans for the following:

- 'Run for your life' – physical activity campaign based on Golden Mile
- 5 Ways to Wellbeing
- Workplace wellbeing within Torbay Council
- Workplace wellbeing offer to local organisations and businesses
- Active workplace.

Creating a new, streamlined and meaningful Action Plan for the Focus Areas and the 'Business as Usual' Work Areas. The latter will be supported by a new performance metrics system to evidence the impact of what is being delivered. An example of these new Phase 2 metrics (Physical Activity) is included under Background Papers below. The new structure will outline local projects (including their description, aspiration, targets and performance) and the national indicators that they will potentially impact upon. The aim will be to replicate this system for each of the Business as Usual Work Areas included in Phase 2 in one document.

Incorporating a strong peer support element into all Steering Groups that fall under the banner of the Healthy Torbay Framework. This is already up and running within the Healthy

Weight Steering Group whereby internal and external partners present on their service areas before leading a constructive workshop session where challenges and opportunities are discussed with the aim of improving outcomes, increasing partner contribution and extending best practice.

Further examples of ‘on the ground’ planned activity for Phase 2:

- *Healthy Children* (including Healthy Food and Physical Activity) – LAUNCH of the Healthy Learning Programme and Holiday Hunger Pilot
- *Physical Activity*: delivery of Active Mums, Street Games, Park Run schemes as well as the design and delivery of ‘Run for Your Life’ – a local equivalent of the Golden Mile for all Torbay Primary Schools
- *Planning and Environment*: delivery of the Torbay Green Spaces Project - a project bring together Torbay Council and Groundwork South to increase participation in Torbay's Parks
- *Transport*: design of a Cycling and Walking Infrastructure Plan for Torbay including technical resource and support from Dept of Transport.

Background Papers:

The following documents/files were used to compile this report:

Healthy Torbay Action Plan 2015-2018

Development of the Healthy Torbay Monitoring Framework

Physical Activity Action Plan