

## Agenda Item 12

<b>Executive Member</b>	Councillor Lucy Botting		
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<b>Date</b>	27 <sup>th</sup> March 2018		
<b>Ward (s) affected</b>		<b>Key Decision</b>	No
<b>Subject</b>	Wellbeing Working Group Mid Term Review of MVDC Wellbeing Strategy		
<p><b>Recommendations</b></p> <p>The Executive is asked to agree the recommendations of the Wellbeing Working Group for the focus of activity for the remainder of the Wellbeing Strategy as the following areas:</p> <ol style="list-style-type: none"> <li>1. Isolation and Loneliness</li> <li>2. Getting or keeping active</li> <li>3. Mental Health</li> </ol> <p style="padding-left: 40px;">with an emphasis on preventative work with Children and Young People and Older People</p> <p>The Executive is asked to note the projects already identified to contribute to these priorities.</p>			
<p><b>Corporate Priorities</b></p> <p>The Wellbeing Strategy sets out Mole Valley District Council's priorities to support the health and wellbeing of its communities. Specifically the Strategy addresses the following aspects of the Council's Corporate Priority of Community Wellbeing.</p> <p><b>Community Wellbeing</b></p> <p><b>Active communities and support for those who need it</b></p> <ul style="list-style-type: none"> <li>• Improve opportunities for residents to live safe and healthy lives</li> <li>• Deliver a programme of inclusive sports and wellbeing activities, increasing participation across all generations and targeting those communities most in need</li> <li>• Foster community spirit, encouraging individuals, families and communities to support each other especially in times of particular need</li> </ul>			

### 1. Introduction

- 1.1. In October 2015, the Executive agreed the Wellbeing Strategy 2015-19. This Strategy and its priorities were developed with the cross-party Wellbeing Working Group and commented on by the Scrutiny Committee en route to its adoption.
- 1.2. The Strategy identified a number of priorities based on national, county and local

evidence of need as well as establishing a preventative approach to other issues such as Childhood Obesity.

- 1.3. The priorities for action identified in the strategy were:
  - Reducing the number of adults that have excess weight and/or are obese
  - Supporting Countywide and National campaigns relating to reducing the level of 'increased-risk' drinking and the number of alcohol-related admissions in under-18s, smoking cessation and road safety.
  - Reducing the incidence of childhood obesity
  - Reducing social isolation and working to support carers in our communities
  - Protecting and improving the mental health of residents
  - Reducing the rate of malignant melanoma
- 1.4. It is appreciated that the achievement of these priority outcomes are long-term ambitions and do not fall within the capability of Mole Valley District Council to deliver alone. Seeing a reduction in the underlying statistics that indicate these areas as priority issues is unlikely within the term of this Strategy, however the activities that are being delivered are expected to contribute to improvements longer term.
- 1.5. Since its adoption, the Wellbeing Working Group has monitored the activity to support these priorities and kept under review the drivers for change within those national, county and local contexts.
- 1.6. There have been many achievements within the Strategy's priority areas (some of which are summarised at Appendix A) and members have been updated in various ways including via Executive Member Updates, partner organisation presentations to Scrutiny Committee, Executive reports and MOSS. Wider communication of these activities and projects have been carried out through the all types of media and directly to community, voluntary and statutory organisations who can take advantage of them.

### **Mid Term Review**

- 1.7. At the Wellbeing Working Group throughout the summer of 2017 a mid-term review of the Wellbeing Strategy and its priorities was undertaken with a view to reconfirming the direction for the remainder of the term of the Strategy.
- 1.8. The Working Group recognised the work that had been achieved thus far and recommended that going forward an emphasis should be given to the themes of social isolation and loneliness, getting or keeping active and mental health. Across these themes should be a focus on Children and Young People (including the increasing around early help for families with complex needs and diversionary activity for young people) and Older People. The driver for much of the activity would be preventative, to help avoid issues escalating, or avoiding them altogether and ultimately reducing the pressure on public services and the cost to the public purse.
- 1.9. To this end, some of the projects that have already been identified include:
  - Expansion of the Wellbeing Prescription scheme across the whole of the District to allow more opportunities for GPs and other health professionals to refer

patients with a range of health and wellbeing issues to get a broader co-ordinated response to their needs.

- Life-saving skills and instruction in the use of defibrillators cascaded to young people through schools and youth groups as an extension of the Community HeartStart project.
- A greater emphasis from the Mole Valley Community Transport Service and other community transport providers on reducing social isolation and providing more opportunities for group activities and excursions.
- The development of schemes such as 'Man with a Pan' focusing on reducing social isolation and the development of sometimes much needed skills, in this case to help prevent malnutrition.
- Working with partners in Surrey County Council's Family Services and community and voluntary sector groups to ensure a range of activities are available for young people to socialise and provide diversionary activity for those who may otherwise fall into anti-social behavior or offending.
- Further promotion of the Small Community Grants fund for organisations and projects that benefit the many communities of Mole Valley to enhance the already active community and voluntary sector.
- Working with statutory and community providers of mental health support to increase knowledge of those services across the district and develop new projects.
- With colleagues in health and adult social care, develop further opportunities from the Telecare Service for the use of assistive technologies for the promotion of health monitoring and ultimately independent living.

### **Financial Implications**

There is no additional financial implications contained within this report.

### **Legal Implications**

Whilst the Council has a range of functions and duties relating to public health, such as housing, environmental health, health and safety and the provision of parks and public spaces and leisure/sports centres, the general duty of promoting the well-being of individuals is a county council function under the Care Act 2014, and MVDC assists Surrey County Council with that role through its existing functions/duties.

## **2. Options**

Option 1: That the Executive notes the achievements to date from the Wellbeing Strategy and agrees with the focus of activity for the remainder of the life of the strategy

Option 2: That the Executive asks for more work to be done in relation to identifying the future priorities under the Wellbeing Strategy.

## **3. Corporate Implications**

### **Monitoring Officer commentary**

The Monitoring Officer confirms that all relevant legal implications have been taken into account

### **S151 Officer commentary**

The S151 Officer confirms that all relevant financial implications have been taken into account

### **Risk Implications**

Option 1: The priorities contained within the draft Strategy are based on a number of identified risk factors to the wellbeing of residents in Mole Valley, there are no new priorities identified in this review.

Option 2: A delay in agreeing the focus for the next two years could result in resources and activity being concentrated in areas that may not be priorities for the Council.

### **Equalities Implications**

This Wellbeing Strategy 2015-2019 was accompanied by an Equalities Impact Assessment which highlights positive equalities impacts including age, disability, support for carers and specific activity in rural areas of the District. No negative impacts were identified and no further negative implications are considered from the refocussing of the work of the strategy for the next 2 years.

### **Employment Issues**

There are no employment issues identified in relation to this report.

### **Sustainability Issues**

There are no sustainability issues identified in relation to this report.

### **Consultation**

This review has been conducted by the cross party Wellbeing Working Group.

### **Communications**

Each of the projects contained within the Wellbeing Strategy have been communicated widely via Member updates, the Council's website and social media and within community settings where appropriate.

Further communication of the activities and achievement of the Wellbeing Strategy have been requested by the Wellbeing Working Group.

### **Background Papers**

Mole Valley District Council Wellbeing Strategy 2015-19  
Executive Member Updates from Councillor Lucy Botting

## Appendix A

Summary of achievements from the first two years of the Wellbeing Strategy



**300 patients**  
**685 appointments**



**685 trained in 27 communities**  
**45 PADs installed**  
**2 LIVES SAVED**



**220 participants over the weekend in June**



**Coming to Denbies**



**March 2018**



**walking for health**

**10 walks**  
**20 volunteers**



**7500 sessions**  
**700 individual participants**

## Other achievements from the Wellbeing Strategy

Working with Leisure providers:

- Exercise on Referral
- Cardiac Rehabilitation
- Weight Management accreditation
- Healthy Eating options in 2 cafes
- Junior Gym at Leisure Centres

Adult fitness equipment in parks

Parks and playground developments

Wellbeing Centre and development of activities at Social Centres

Review of Community Transport

Work with Clinical Commissioning Group reviewing Community Hospital provision

Supporting Kings and Queens events

Winter Warmth packs and Boiler on prescription scheme

Safe Place scheme

Developing Dementia Friendly places

Assistive technology pilot with Surrey University for dementia patients

Promotion of national and local campaigns throughout the year:

- Alcohol awareness eg 'Don't Bottle it up'
- Smoking cessation eg 'Stoptober'
- Healthy Eating Campaigns
- Road safety including Safe Drive, Stay Alive
- Sun safety