



Chair Report: One Reporting Period: December 2018 – February 2019

Update from Gerard Rocks, Southern Health & Social Care Trust Healthy Community Chair

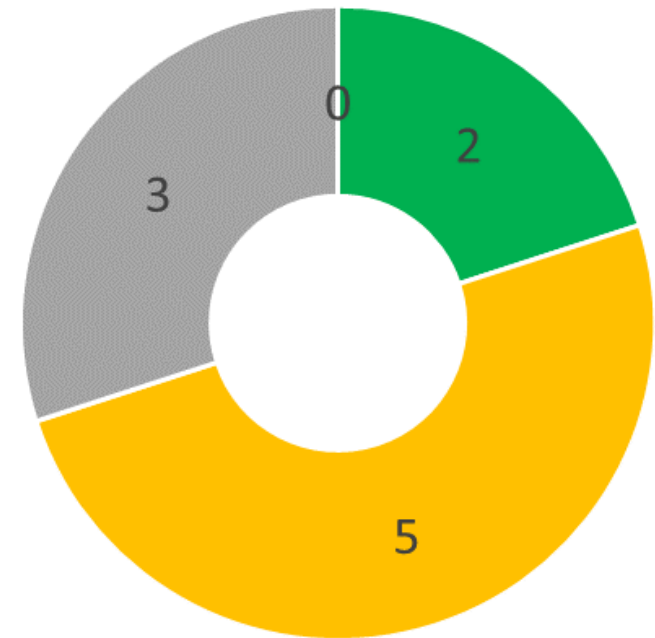
The Healthy Community Action plan contains a total of 8 strategic actions under 3 key themes:

- Building Active Communities
- Building Resilient Communities
- Building Healthier Communities

Many of these actions are sub-divided into operational tasks. The chart opposite demonstrates that there is good progress being made in some of these action areas whilst others require more discussion and agreement about key action co-ordinators and also further determination of what the Healthy Community Thematic Action group can add over and above what is already being provided – e.g. Action 5a regarding delivery of Cook It and Choose to Lose facilitator training and support – this action is already happening with good collaborative working from Trust, PHA, council and CV sector partners.

Therefore further work and discussion is required as to how this might be enhanced under Community Planning. There have been a number of both thematic group and specific action co-ordinator meetings to date which have been very useful in enabling all partners to understand the challenges and opportunities in working collaboratively and in realising that there is a significant amount of successful partnership working already in place that pre-dates the community plan – we are not starting from a zero base and there is much to build upon. The question of agreeing consistent measurements presents a challenge, particularly where many of the CP partners are working across more than 1 council area and are therefore keen to ensure that there is coherence on a sub-regional basis about the broad action areas and also the ways in which the impact of these actions is measured. We welcome the fact that ABC council successfully applied for additional support from the Carnegie Trust in this regard and look forward to further work on this in the coming months.

RAG Overall



RED	AMBER	GREEN	No Return
0	5	2	3

As chair of this Thematic Planning Group, I acknowledge that not all action areas are moving at the same pace, but I also know that much effort is going into the establishment of working groups to progress these actions where possible and I commend this work to the Strategic Partnership Board.

I would also point out that there are many potential action areas not currently highlighted within this action plan that will develop from the relationships and trust that have been developed throughout the TAP process and will be further consolidated over the lifespan of the Community Plan.

Featured Action: Building Resilient Communities: Action 4- Establish a steering group to progress promotion of Take 5 Steps to Wellbeing – Southern Health and Social Care Trust, Deirdre McParland

How Much?	How well?	Is anyone better off?
<ul style="list-style-type: none"> ▪ Develop a Terms of Reference for the Steering Group - <u>completed</u> ▪ Develop a Take 5 Ambassador Briefing Session to provide partners and community representatives with the awareness and resources to promote the Take 5 message in their local communities – (to be developed by SHSCT Promoting Wellbeing Division and agreed by Steering Group) - <u>completed</u> ▪ Develop Take 5 Ambassador’s Network – (made up of those who have attended Ambassador Briefing sessions) - <u>completed</u> ▪ Develop a monitoring system to provide feedback on Take 5 Ambassador activity throughout the ABC Borough Council area – <u>development ongoing</u> <p>4 x Take 5 Ambassador Briefing Sessions have taken place across the Borough since September 2018, including one targeting members of the Traveller Community</p> <p>48 x Take 5 Ambassadors now trained in the ABC council area - part of a larger Take 5 Ambassadors Network.</p>	<ul style="list-style-type: none"> ▪ Feedback from Ambassador training very positive ▪ 48 new Take 5 Ambassadors across the Borough = increased capacity to support people in communities to help themselves ▪ Following participation at Take 5 sessions 41% of participants indicated that they would like further mental health training. They have been signposted to ASIST, SAFETALK, MHFA, The Recovery and Wellness College and Action Mental Health Portadown. 	<ul style="list-style-type: none"> ▪ Through the work of Ambassadors 96 individuals in the ABC area have attended Take 5 sessions in their community. ▪ 94% of participants who attended sessions in this quarter reported greater awareness of the Take 5 message following attendance at Take 5 sessions. ▪ 89% of participants reported a greater awareness of local activities; services and organisations that can support them implement the Take 5 message on a personal level.

<p>Successes</p> <p>The success of initiatives such as this is in keeping an active network of Ambassadors who are committed to engaging at a local level in order to raise awareness and enable people within communities to self-manage their health and social wellbeing. The achievements to date in terms of the numbers trained and the follow-on activity in communities is a good indication of the commitment, but this will need support from all partners to sustain. Health Inequality workers in Councils will now lead on Take 5 briefings linking back with Support Workers in Promoting Wellbeing locality teams within SHSCT.</p>	<p>Challenges</p> <ul style="list-style-type: none"> ▪ The action co-ordinator can only be as effective as the commitment provided to deliver tasks and support follow up by the other partners ▪ Sustaining the network ▪ Developing a monitoring system to provide feedback on Take 5 Ambassador activity – particularly as the network of ambassadors expands
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<p>Issues for follow up by CPSP</p> <ul style="list-style-type: none"> ▪ Ensuring continued commitment from all partners, including stat, community and voluntary in the planning, implementation and monitoring of this initiative. ▪ Recognising the value of existing partnerships, e.g. CYPSP Southern Outcomes Group, Protect Life Implementation Group, Traveller Action Group, etc. and ensuring where possible a connection into these to avoid duplication and make best use of resources. ▪ Recognise that Take 5 has a regional context and therefore need to be mindful of and connect with developments in other council areas to see where the potential for synergy (and more efficient use of resources) can be exploited. ▪ Link in with social prescribing/community health facilitator models that are either already up and running (e.g. Verve, CoH-Sync) or emerging (NI Healthy Living Centre Alliance Social Prescribing project)
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Healthy Community

Progress Report 1

December 2018 – February 2019

CHAIR: Gerard Rocks, Southern Health and Social Care Trust

COUNCIL LEAD: Gillian Topping Head of Environmental Health and Catriona Regan Head of Health & Recreation

Vision for Community Strategic Theme

We live in a caring and safe borough, where people lead healthy, fulfilling lives and take pride in shaping, nurturing and enriching community life

Healthy Community Long-term Outcome

People are making positive lifestyle choices. They are more resilient and better equipped to cope with life's challenges.

Short-term outcome

- People have a greater understanding of the benefits of adopting healthy lifestyle choices and how to protect, manage and improve their physical health
- People feel more comfortable talking about mental health and understand the importance of achieving emotional wellbeing and positive mental health throughout their lifetime
- The adoption of a more collaborative approach, centred on community knowledge, skills and resources has increased our understanding of health in disadvantaged populations to focus our resources where they are most needed

Population Indicators

- Preventable mortality (age standardised preventable mortality rate)
- Gap in life expectancy between most deprived areas and the borough overall
- Percentage of people who participate in sport or physical activity on at least one day a week

Links to Programme for Government Draft Outcomes

- We enjoy long, healthy, active lives

BUILDING ACTIVE COMMUNITIES

Strategic Action 1: Develop a collaborative strategy to engage everyone in physical activity which focuses on communities, workplaces and schools

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
1.1 Develop a collaborative strategy aimed at engaging everyone in physical activity & which focuses on communities, workplaces and schools	<ul style="list-style-type: none"> Identify Strategic Partners & establish steering group <ul style="list-style-type: none"> TOR to include finance and time Lead partner & roles Potential external support needs (research partner) Update on Get Active ABC – Vision & Themes Re-work the mapping exercise already completed to be more meaningful for physical activity Look at model of good practice Engagement Plan & delivery partners <ul style="list-style-type: none"> Whole population approach Motivational messages Targeted interventions - identify New marketing ideas Sub-regional approach 	Armagh City, Banbridge and Craigavon Borough Council (ACBCBC) Catriona Regan Education Authority Sport NI Southern Health and Social Care Trust, Public Health Agency, Health and Social Care Board - ABC Council Environmental Health				How much? 1 x Representative Steering group established from the 7 partner organisations 1 x Terms of Ref agreed and consultant appointed No consultation with groups (community planning community panel, underrepresented participation target groups, community, schools and workplaces) How well? % partners feel they played an active role % partner organisation agreed final collaborative strategy % operational partners able to deliver the action plan Is anyone better off?
1.2 Jointly pilot new approaches, review existing physical activity programmes and extend successful interventions	<ul style="list-style-type: none"> Re-work the mapping exercise already completed to be more meaningful for physical activity only, be high level and focus on the three areas of communities, work places and schools. Identify successful interventions & roll out through partners e.g. take the stairs; daily mile in schools Use Get Active ABC website to jointly market physical activity opportunities Pilot new whole population approaches e.g. Park Run GP referral; Community led mobilisation 					
Case Studies						

Challenges

Resources commitment needed from all with a vested interest in increasing levels of participation in physical activity in the ABC region

BUILDING RESILIENT COMMUNITIES

Strategic Action 2: Support the emotional health and wellbeing of children and young people

Action	Topics for Consideration	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
2a Make links with the Education Authority and Southern Outcomes Group to better understand what is happening locally and where the community planning partnership can provide support	<ul style="list-style-type: none"> Mapping reading support and resilience work in schools Identify examples where additional early intervention and prevention programmes in/through schools have provided positive health and wellbeing outcomes for pupils Addressing inequalities Seek an update on existing provision within schools and youth sector to support wellbeing of children and young people Tie in with regional work to develop Emotional Wellbeing Framework for children and young people in schools Integration of health messages 	Armagh City, Banbridge and Craigavon Borough Council (ACBCBC) Jennie Dunlop Laurencetown, Lenaderg & Tullylish Community Association (LLTCA) Craigavon Banbridge Volunteer Bureau Volunteer Now Libraries NI Donaghcloney Community Garden TADA ABC Youth Support Trust PHA SHSCT (linked to Take 5) Education Authority (EA)				Work is ongoing to progress this action
Case Studies						
Challenges						

BUILDING RESILIENT COMMUNITIES

Strategic Action 3: Support the wellbeing of volunteers

Action	Topics for consideration	Partners (Action coordinator in Bold)	Timeframe	Resource required	RAG	Performance measure
3a Promote volunteering and provide support for the wellbeing of volunteers	<ul style="list-style-type: none"> Identify/develop/promote self-care programmes and training for volunteers Removal of barriers such as volunteer expenses (one suggestion to ask council to reconsider Financial Assistance Policy) 	Volunteer Now – Jane Gribbin Craigavon Banbridge Volunteer Bureau West Armagh Consortium Libraries NI PHA Sport NI ACBCB Council – Community Development, Health and Recreation ABC Sports Forum				Action Coordinator recently appointed – performance measures to follow
Case Studies						
Challenges						

BUILDING RESILIENT COMMUNITIES

Strategic Action 4 Support improved emotional health and wellbeing of population and uptake of support services and programmes

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
<p>ACTION 4</p> <p>Establish a steering group to progress promotion of Take 5 Steps to Wellbeing</p>	<ul style="list-style-type: none"> ▪ Develop a Terms of Reference for the Steering Group ▪ Develop a Take 5 Ambassador Briefing Session to provide partners and community representatives with the awareness and resources to promote the Take 5 message in their local communities – (to be developed by SHSCT Promoting Wellbeing Division and agreed by Steering Group) ▪ Develop Take 5 Ambassador’s Network – (made up of those who have attended Ambassador Briefing sessions) ▪ Develop a monitoring system to provide feedback on Take 5 Ambassador activity throughout the ABC Borough Council area. <p>DRAFTING NOTE – CHECK PREVIOUS PROGRESS REPORT</p>	<p>Southern Health & Social Care Trust (SHSCT) Deirdre McParland SHSCT, PHA, ABC Borough Council, Libraries NI, Education Authority, TADA, ABC Community Network</p>				<p>How much?</p> <ul style="list-style-type: none"> - 1 further Briefing Session has been planned to take place with 6 members of the Traveller community in Feb 19. This will bring the total number of Ambassadors in the ABC area to 48. • A ‘Be Active’ wallet card promoting ABC Get Active has been designed for inclusion in Take 5 packs. <p>How well?</p> <ul style="list-style-type: none"> - Wallet Card has been included in 56 Take 5 packs <p>Is anyone better off?</p> <ul style="list-style-type: none"> • Through the work of Ambassadors 56 individuals in the ABC area have attended Take 5 sessions in their community. (This brings the total to number of individuals who have attended sessions to 96) • 94% of participants who attended sessions in this quarter reported greater awareness of the Take 5 message following attendance at Take 5 sessions. • 89% of participants reported a greater awareness of local activities, services and organisations that can support them implement the Take 5 message on a personal level.

BUILDING RESILIENT COMMUNITIES

Strategic Action 4 Support improved emotional health and wellbeing of population and uptake of support services and programmes

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
Significant achievements / case studies Following participation at Take 5 sessions 41% of participants indicated that they would like further mental health training. They have been signposted to ASIST, SAFETALK, MHFA, The Recovery and Wellness College and Action Mental Health Portadown.						
Challenges <ul style="list-style-type: none">- Take 5 briefing with Travellers Group was postponed due to unforeseen circumstances and has been rescheduled for Feb19- Central Monitoring System for Take 5 data still in development.						

BUILDING RESILIENT COMMUNITIES

Strategic Action 5: Support improved emotional health and wellbeing of population and uptake of support services and programmes

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
5a Ensure access to nutritional information and skills to support healthier eating choices and a healthy weight	<ul style="list-style-type: none"> E.g. Cook It and Choose to Lose facilitator training and support Delivery – extend links to physical activity programmes Explore agri-food business link – Food Heartland Explore use of Food Standards Agency Calorie wise package to increase information about calorie content of food provision 	Public Health Agency (PHA) Colette Rogers Health & Social Care Board TADA ACBCB Council – Environmental Health, Health and Recreation West Armagh Consortium Waringstown Together Southern Health & Social Care Trust (SHSCT)				No return as at 25/02/2019
5b Work together to complement existing interventions to address addictions	<ul style="list-style-type: none"> Smoking cessation for manual workers in the workplace Promote uptake of services to help people quit smoking Language barriers and cultural considerations Smoking cessation clinics Link to deprivation, health inequalities Links to other partnerships/sub-regional approaches e.g. drugs and alcohol 	Public Health Agency (PHA) Colette Rogers Southern Health & Social Care Trust (SHSCT) ACBCB Council – Environmental Health, Community Development				No return as at 25/02/2019
Case Studies						
Challenges						

BUILDING HEALTHIER COMMUNITIES

Strategic Action 6: Promote understanding of prevention and increase early detection of cancer

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
ACTION 6 Collaborative Communication & Engagement Plan to improve cancer & screening awareness	<ul style="list-style-type: none"> • Increase awareness of cancer signs and symptoms relating to breast, bowel, lung and skin cancer for people living and working in the ABC council area; • Increase awareness of protective lifestyle measures to reduce the risk of developing cancer and encourage uptake of services in support of health • Increase awareness of the benefits of participating in cancer screening in groups or areas with lower uptake of breast or bowel screening; • Engage with community and voluntary groups, community workers and statutory partners to support the effective implementation of this plan; 	Southern Health & Social Care Trust (SHSCT) - Lynne Smart and Sinead Hughes ACBCB Council SHSCT PWB, Breast screening, Bowel screening, Dermatology WRDA Bowel cancer Uk Cancer Focus				Performance measures will be agreed as part of the action plan
Case Studies						
Challenges						

BUILDING HEALTHIER COMMUNITIES

Strategic Action 7: Build a community of Lifesavers by strengthening the Chain of Survival

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
<p>ACTION 7</p> <p>Establish a partnership steering group to collaborate on the promotion of CPR/AED training, AED registration, support of Community First Responders.</p>	<ul style="list-style-type: none"> - Scope potential partners who may have an interest in supporting the building of a Community of Lifesavers. - Work in partnership to agree meeting dates and membership of the group - Develop a Terms of Reference - Develop an action plan 	<p>Northern Ireland Ambulance Service Stephanie Leckey NIAS NI Fire and Rescue Service PSNI PCSP RLSS ABC Council Education Authority NI Chamber of Commerce Sport NI West Armagh Consortium Libraries NI ABC Sports Forum and local Sports clubs Community Development within ABC Council and SEHSCT/SHSCT ABC Environmental Health, ABC Health and Recreation Armagh & Tyrone Community First Responder Scheme</p>				<p>Performance measures will be set when the partnership group has been established and the action plan agreed.</p>
Case Studies						
Challenges						

BUILDING HEALTHIER COMMUNITIES

Strategic Action 8: Work in partnership to further promote early intervention and prevention

Action	Tasks	Partners (Action coordinator in Bold)	Time frame	Resource required	RAG	Performance measure
<p>ACTION 8</p> <p>8a Meet regularly to share knowledge of good practice and explore opportunities to join up services to promote early intervention and prevention</p>	<ul style="list-style-type: none"> • Draft a Terms of Reference (ToR) for the group – can include frequency of meetings (quarterly / bi-annual), membership, aims, areas of focus, how learning will be shared and measured. Draft ToR to be agreed at first meeting by new group. • The action aims to be a mechanism for participants from partner organisations to consider best practice and what works. • Develop fuller understanding of what each partner organisation does in terms of promoting early intervention and prevention for health, with a focus on key action plan themes: <ul style="list-style-type: none"> • Physical activity • Emotional health and wellbeing • Volunteers • Healthier lifestyles • Prevention / early detection of cancer • Community lifesavers • Share knowledge of good practice on promotion of early intervention and prevention in area of health – can include learning from each organisation, barriers faced, successful initiatives. • Further explore ‘what works’ in areas of health and wellbeing in terms of early intervention and prevention. • Make links with other community planning partnerships / health and social care partners to obtain and share knowledge. • Consider new opportunities to connect activities focussed on early intervention and prevention. <p>Share information and learning on new developments within early intervention and prevention back to their own respective organisations and the healthy action coordinators</p>	<p>HSCB - Alison Patterson</p> <p>Integrated Care Partnerships (part of HSCB) PHA ACBCB Council SHSCT Sport NI</p>				<p>No return as at 25/02/19</p> <p>Suggested PM:</p> <p>How much? Number of meetings Number of partner organisations attending Number of new/improved linkages identified</p> <p>How well? % attendance of partner organisations</p> <p>Is anyone better off? Number and percentage of partner organisations that report increased knowledge as a result of meetings</p>

Case Studies

Challenges