

Armagh City Banbridge & Craigavon Borough Community Planning Partnership

Healthy Community Chair Report

Chair Report: Two Reporting Period: 1st March 2019 – 31st July 2019

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

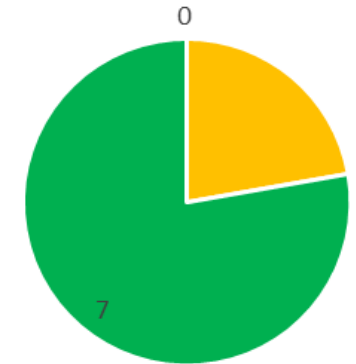
The Healthy Community Action plan contains a total of 8 strategic actions under 3 key themes: **Building Active Communities;**
Building Resilient Communities and Building Healthier Communities

The chart opposite demonstrates that good progress is being made in most of these action areas. This is indicative of the increasing level of partnership development and collaborative support that the Community Planning structure is providing under TAP groups.

Action Co-ordinators have worked closely with a range of partners to ensure that there is a real sense of joint ownership and responsibility to achieve collaborative gain for both the organisations involved in the joint working process and, importantly, for the citizen population across the Borough. Of particular note is progressive action in the following areas:

- Development of a collaborative framework to engage everyone in physical activity. This is the featured action for this report, with further detail provided below.
- Promoting understanding of prevention and increase in the early detection of cancer. Actions since the last report have included the co-production of a Cancer Awareness Guide, delivery of training for trainers on both Bowel Cancer and Care in the Sun awareness. This has resulted in subsequent rollout of awareness training to employees within council, Southern Trust, Education Authority and Translink. A total of 680 individuals have attended Care in the Sun awareness sessions in the past few months.
- Continued rollout and support for the Take 5 Ambassador Training programme. This was the Featured Action in the previous chair's report. Since then, 210 people have attended Take 5 awareness sessions across the Borough - many of whom have been linked into additional training opportunities related to mental health and emotional wellbeing.
- Wellbeing of volunteers. This group has successfully implemented a communication plan to highlight the benefits of volunteering and is currently in the process of developing a training needs analysis to further ascertain the needs of CV sector groups so that they are better able to support the positive wellbeing of volunteers they engage with.

RAG Overall



RED	AMBER	GREEN
0	2	7

<ul style="list-style-type: none"> A Community of Lifesavers Group for Armagh, Banbridge & Craigavon area has been set up and first met in May 2019, where the background to survival of out of hospital cardiac arrest (OHCA) in Northern Ireland was presented. The Terms of reference for the group has been agreed and the action plan was also discussed and agreed. <p>In addition to the above, an action coordinator from the Healthy TAP was invited to present at an event organised by the Community and Voluntary Sector Panel, this was an information sharing event entitled “Songs, Sheds and Social Prescribing: Exploring Pathways to Wellbeing” which took place on 11th June in Seagoe Hotel, Portadown. <i>The event was attended by 108 people from across the Borough with 25 stallholders, 20 of which were from community and voluntary sector organisations. Evaluation forms were received by 44% of attendees completed an evaluation form. With 40% of those attending commenting that they had made new links and contacts.</i></p>	
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Featured Action: 1.1 Develop a Collaborative Strategy; Catriona Regan, ACBC Council

How Much?	How well?	Is anyone better off?
<p>Identified and met with strategic partners and set up a strategic working group called Get Moving ABC – About Better Choices Partnership. The group has so far achieved the following:</p> <ul style="list-style-type: none"> TOR have been agreed and partners have signed up to them. The vision is to ‘Get Everyone Moving’. The mission is ‘Working Together to Get Everyone Moving’. The themes and priorities are based on the World Health Organisation’s Global Action Plan on Physical Activity 2018-2020 which are: Get Communities Moving, Get Places Moving, Get People Moving and Get Systems Moving. A Blueprint/Framework is being written and it will see the development of a Get Moving ABC Action Plan. Two collaborative planning days took place on Tuesday 2 & 25 July with a further planning day due on 29 August. A short general public questionnaire was launched in July to raise awareness of the Get Moving ABC Blueprint/Framework and to glean some light touch information. This is now closed and data being analysed. 	<ul style="list-style-type: none"> Evidence pending analysis of public questionnaire and implementation of Framework 	<p>Although the framework is only being developed there are already examples of partners working together to get people moving:</p> <ul style="list-style-type: none"> Successful interventions have been identified e.g. Daily Mile. Building on and supporting the development of this initiative by the Southern Trust, council Sports Development and Investing for Health staff have been promoting the Daily Mile in their contact with schools, which has seen an increase in uptake in the area; Take the Stairs – The Trust has recently implemented this PHA campaign and Council is in the process of implementing to Council buildings and all partners are encouraged to do so; Pilot new whole population approaches e.g. Parkrun Practices is being championed and two GP surgeries have officially signed up to the programme. A number of other GP’s and health professionals attended the Parkrun GP Pledge Day on 1 June in Craigavon and Armagh.

Successes of the Healthy Community TAP Team

- Majority of actions are being progressed on a partnership basis
- Increasing trust and productivity within the collaborative relationships provides a strong basis for further development of joint working both within and outside of the remit of the Healthy Community Action Plan
- Opportunity provided for partners to participate in a leadership and engagement workshop delivered by world leading experts Dr Oliver Escobar and Dr Claire Bynner from What Works, Scotland.

Challenges of the Healthy Community TAP Team

- It is possible that the number of actions within the Thematic Action Plan risk spreading the focus and available resources with the TAP group and its partners too thinly. Consideration should be given to the reduction of action areas within the plan to allow for more efficient use of collective resources.

Issues for follow up by CPSP

- As we come to the end of the initial “development phase” of community planning and move into a greater focus on implementing and embedding actions, there needs to be further open and honest discussion on what’s working, what’s not and what should be the priorities of the partnership, particularly over the next 12-24 months
- Further discussion and agreement about the shared use of the estate across partner organisations, e.g. where health and wellbeing programmes are being delivered to benefit local communities, can there be consideration of discounted/tapered rates across partners to increase access to and use of public sector estate?

Quick Glance of Healthy Community Action Plan



Strategic Action	Action	Action Coordinator	RAG
1. Develop a collaborative strategy to engage everyone in physical activity which focuses on communities, workplaces and schools	1.1 Develop a collaborative strategy aimed at engaging everyone in physical activity and which focuses on communities, workplaces and schools 1.2 Jointly pilot new approaches, review existing physical activity programmes and extend successful interventions	Catriona Regan Armagh City, Banbridge and Craigavon Borough Council	Green
2. Support the emotional health and well-being of children and young people	2.1. 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	Jennie Dunlop Armagh City, Banbridge and Craigavon Borough Council	Green
3. Support the well-being of volunteers	3.1 Promote volunteering and provide support for the well-being of volunteers	Jane Gribbin Volunteer Now	Green
4. Support improved emotional health and well-being of population and uptake of support services and programmes	4.1 Establish a steering group to progress promotion of Take 5 Steps to Well-being	Deirdre McParland Southern Health & Social Care Trust	Green
5. Support improved emotional health and well-being of population and uptake of support services and programmes	5.1 Ensure access to nutritional information and skills to support healthier eating choices and a healthy weight	Colette Rogers Public Health Agency	Amber
	5.2 Work together to complement existing interventions to address addictions	Colette Rogers Public Health Agency	Amber
6. Promote understanding of prevention and increase early detection of cancer	6.1 Collaborative Communication & Engagement Plan to improve cancer & screening awareness	Lynne Smart and Sinead Hughes Southern Health & Social Care Trust	Green

7. Build a community of Lifesavers by strengthening the Chain of Survival	7.1 Establish a partnership steering group to collaborate on the promotion of CPR/AED training, AED registration, support of Community First Responders	Stephanie Leckey Northern Ireland Ambulance Service	
8. Work in partnership to further promote early intervention and prevention	8.1 Meet regularly to share knowledge of good practice and explore opportunities to join up services to promote early intervention and prevention	<i>Sophie Lusby TBC</i> Health & Social Care Board	

Healthy Community

Progress Report 2

March 2019 – 31 July 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 Ulster GAA ABC Sports Forum				How much? 1 x Get Moving Partnership established tic 1 x TOR agreed 1 x Consultant appointed 2/3 x Framework development workshops held 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? TBC after the development of strategy Although the framework is only being developed there are already examples of partners working together to get people moving.
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

- Successful interventions have been identified e.g. Daily Mile – Sports Development and Investing for Health staff have been promoting the Daily Mile in their contact with schools, which has seen an increase in uptake in the area
- Take the Stairs – The Trust has recently implemented this PHA campaign and Council is in the process of implementing to Council buildings and all partners are encouraged to do so.
- Pilot new whole population approaches e.g. Parkrun Practices is being championed and two GP surgeries have officially signed up to the programme. A number of other GP's and health professionals attended the Parkrun GP Pledge Day on 1 June in Craigavon and Armagh.

Challenges

Getting agreement from all partners can be slow and getting consistency in attendance at meetings and workshops can be challenging given other work commitments.

BUILDING RESILIENT COMMUNITIES

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

Action	Topics for Consideration	Suggested 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/success Links made with Department for Education Member of Children and Young People Strategic Partnership presented to Healthy Community TAP Team in July 2019.						
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 Public Health Agency Sport NI ACBCB Council – Community Development, Health and Recreation				How Much? 5 case studies gained 3 reports on the health benefits of volunteering shared. Press release prepared for the Armagh and Craigavon papers Online story on Armagh i gained with Armagh case study Social media presence from Council, Craigavon and Banbridge VB and Volunteer Now throughout Volunteers Week 5182 Reach 440 Likes 128 Shares 100 Engagements 1 training needs analysis drafted How Well? 80% increased understanding of how we promote volunteering opportunities amongst those within the Group 40% of members provided case studies for Volunteer Week – will be ongoing throughout the year. Better Off? TBC No of Members are better off through an increased understanding and awareness of the work of partner organisations

Case Studies

A strong plan is now in place and the development and sharing of case studies has proven successful in highlighting the benefits of volunteering from a range of areas including sport, transport and health.

A training needs analysis and the review of current promotion techniques is near completion. Both of these actions will enable the group to plan further to achieve the desired impact.

Challenges

Initial time delay in bringing the group together and setting an agreed action.

Difficult to ascertain impact of communication messages.

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
ACTION 4 Establish a steering group to progress promotion of Take 5 Steps to Wellbeing	<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. 	Southern Health & Social Care Trust (SHSCT) Deirdre McParland SHSCT, PHA, ABC Borough Council, Libraries NI, Education Authority, TADA, ABC Community Network				How much? 210 people have attended Take 5 sessions across the ABC Council area during this timeframe. How well? 92% of participants rated their awareness of the Take 5 concept better following attendance at a Take 5 session Is anyone better off? 90% of participants reported greater awareness of local activities, services and organisations that can support them to implement Take 5 on a personal level.
Significant achievements / case studies <ul style="list-style-type: none"> 4 individuals who attended Take 5 sessions have registered to become Take 5 Ambassadors Following participation on Take 5 sessions 32% of participants indicated that they would like further mental health training. They have been signposted to ASIST, MHFA, SAFETAL, Recovery and Wellness College, Protect Life Resource Centres and other relevant organisations. 						
Challenges It continues to prove difficult to capture all Take 5 activity across the Council area. We can only report on the information that Ambassadors fed back to us.						

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 action coordinator at present but work has been ongoing through existing partnership structures.
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				Work on elements of this action are being taken forward collaboratively led by SHSCT in particular Gambling
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, Macmillan, Action Cancer				680 individuals attended Care in Sun Awareness session 50 UV notice Boards placed across ABC council area Care in Sun Outdoor Worker Policy Implemented SHSCT Draft Be Cancer Aware Measurement tool developed
Case Studies/Significant achievements Care in Sun Outdoor Worker Policy Implemented in SHSCT						
Challenges Increased awareness of cancer signs and symptoms is a challenge to measure						

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
ACTION 7 Establish a partnership steering group to collaborate on the promotion of CPR/AED training, AED registration, support of Community First Responders.	<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 	Northern Ireland Ambulance Service Stephanie Leckey NI Fire and Rescue Service PSNI PCSP ABC Council Sport NI West Armagh Consortium ABC Sports Forum and local Sports clubs Armagh & Tyrone Community First Responder Scheme British Heart Foundation N.I.				Group has recently been set up and Performance measures to be agreed
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
ACTION 8 8a Meet regularly to share knowledge of good practice and explore opportunities to join up services to promote early intervention and prevention	<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>	HSCB - TBC Integrated Care Partnerships (part of HSCB) PHA ACBCB Council SHSCT Sport NI				How much? 1 meetings 14 partner organisations attending 29 people in attendance TBC Number of new/improved linkages identified How well? 52% attendance of partner organisations 50% people in attendance Is anyone better off? Number and percentage of partner organisations that report increased knowledge as a result of meetings
Case Studies						
Challenges						