

Healthy Community Action Plan

THEMATIC ACTION PLANNING TEAM: **Healthy Community**

CHAIR: Gerard Rocks, SHSCT

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

Vision for Community Strategic Theme

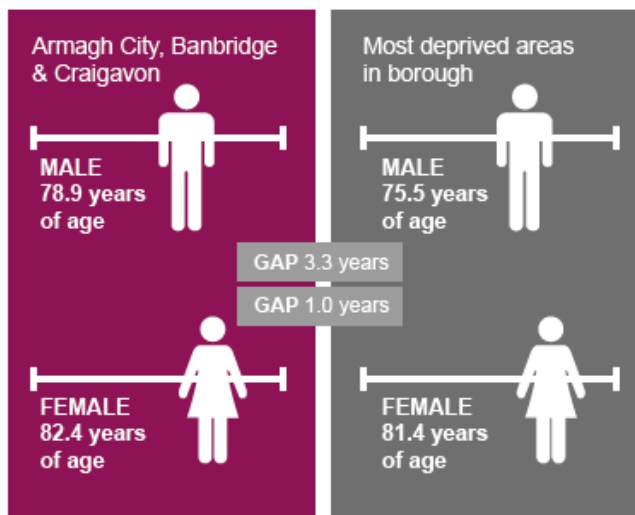
We live in a caring and safe borough, where people lead healthy, fulfilling lives and take pride in shaping, nurturing and enriching community life

Healthy Community Long- term Outcome

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

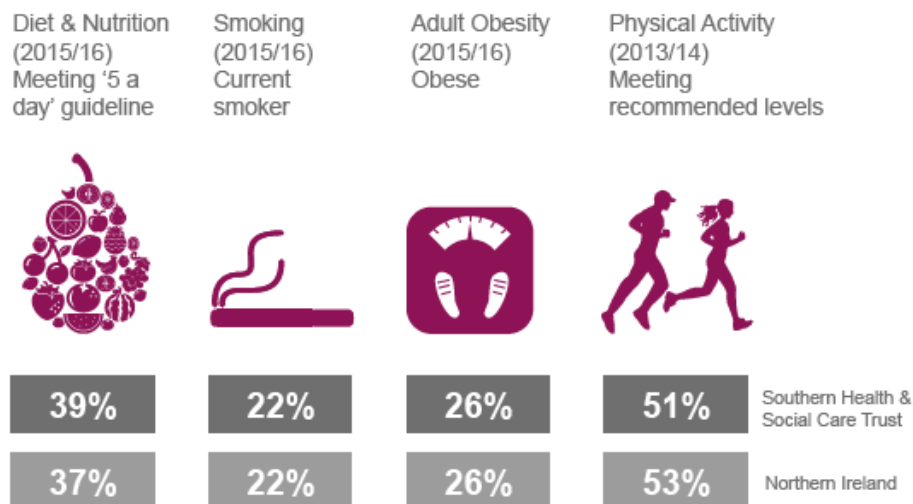
KEY STATISTICS

Life Expectancy at Birth (2012-2014)



NI Health and Social Care Inequalities Monitoring System, Department of Health

Healthy Lifestyles



Health Survey NI, Department of Health

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	Suggested Partners (Action coordinator in Bold)	Performance measure
<p>1.1 Develop a collaborative strategy aimed at engaging everyone in physical activity & which focuses on communities, workplaces and schools</p>	<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 	<p>Armagh City, Banbridge and Craigavon Borough Council - Catriona Regan</p> <p>Education Authority Sport NI Southern Health and Social Care Trust, Public Health Agency, Health and Social Care Board - ABC Council Environmental Health</p>	<p>How much? No of Representative Steering group established from the 7 partner organisations Terms of Ref agreed and consultant appointed No consultation with groups (community planning community panel, underrepresented participation target groups, community, schools and workplaces)</p> <p>How well? % partners feel they played an active role % partner organisation agreed final collaborative strategy % operational partners able to deliver the action plan</p> <p>Is anyone better off?</p>
<p>1.2 Jointly pilot new approaches, review existing physical activity programmes and extend successful interventions</p>	<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 		

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)	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 - 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

BUILDING RESILIENT COMMUNITIES

Strategic Action 3: Support the wellbeing of volunteers

Action	Topics for consideration	Suggested Partners (Action coordinator in Bold)	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

BUILDING RESILIENT COMMUNITIES

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

Action	Tasks	Suggested Partners (Action coordinator in Bold)	Performance measure
<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 - 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"> - No of Briefing Sessions • 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 5: Support improved emotional health and wellbeing of population and uptake of support services and programmes

Action	Tasks	Suggested Partners (Action coordinator in Bold)	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 	<p>Public Health Agency (PHA) Colette Rogers</p> <p>Health & Social Care Board TADA ACBCB Council – Environmental Health, Health and Recreation West Armagh Consortium Waringstown Together Southern Health & Social Care Trust (SHSCT)</p>	
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 	<p>Public Health Agency (PHA) Colette Rogers</p> <p>Southern Health & Social Care Trust (SHSCT) ACBCB Council – Environmental Health, Community Development</p>	

BUILDING HEALTHIER COMMUNITIES

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

Action	Tasks	Suggested Partners (Action coordinator in Bold)	Performance measure
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; 	<p>Southern Health & Social Care Trust (SHSCT) - Lynne Smart and Sinead Hughes</p> <p>ACBCB Council SHSCT PWB, Breast screening, Bowel screening, Dermatology WRDA Bowel cancer Uk Cancer Focus</p>	Performance measures will be agreed as part of the action plan

BUILDING HEALTHIER COMMUNITIES

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

Action	Tasks	Suggested Partners (Action coordinator in Bold)	Performance measure
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 	<p>Northern Ireland Ambulance Service - Stephanie Leckey</p> <p>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>	Performance measures will be set when the partnership group has been established and the action plan agreed.

BUILDING HEALTHIER COMMUNITIES

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

Action	Tasks	Suggested Partners (Action coordinator in Bold)	Performance measure
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>	<p>HSCB - Alison Patterson</p> <p>Integrated Care Partnerships (part of HSCB) PHA ACBCB Council SHSCT Sport NI</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>