

To: South Kent Coast Health and Wellbeing Board

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Date: 22 September 2015

Introduction: Healthier South Kent Coast Group

The aim of this paper is to:

- Share progress on the Healthier South Kent Coast Group's priorities
- To look forward to the group development event on 20 October 2015

1.0 Background

1.1 The Healthier South Kent Coast Group is made up of representatives from KCC Public Health, Dover and Shepway District Councils, and is chaired by South Kent Coast CCG's Deputy Chair and Mental Health Clinical lead; Dr Joe Chaudhuri. Other public sector partners such as housing or leisure providers are invited to join the group to explore specific challenges and help find solutions. The Group's purpose is, through inter-agency partnership working, to support the achievement of the objectives set by the SKC Health and Wellbeing Board (HWB). The Healthier SKC Group works alongside the CCG's Prevent and Self Care and cardiovascular disease (CVD) / chronic obstructive pulmonary disease (COPD) Groups as well as Folkestone Community Safety Partnership (CSP) Health and Wellbeing Group (which includes the functions of the previously Substance Misuse Group).

2. Current activities:

- **CVD and inequalities** (shared with SKC CCG's CVD subgroup):
 - Health checks – working with health trainers to increase activity in priority areas such as east Folkestone
 - Connected health trainers with Folkestone sports center; they now have regular sessions at the center and direct clients to the leisure provisions there
 - Networked health trainers into breakfast meetings

- Health trainer leads will also be involved in Asset Based Community Development Discussions with Shepway District Council and Dover in the future
- Smoking Cessation for Young People in Shepway - meetings and action plan.
- **Alliance building to increase physical activity and wellbeing** across priority wards in Shepway District Council and Dover with leisure providers and others including:
 - East Kent Housing
 - Job Centre Plus
 - Local creative artists
 - Community wardens, etc
- Dover: *Your Time to Move* (YTTM) physical activity bid. Successful – Kevin Fordham attended Healthier SKC and we provided Public Health support for a successful big lottery bid. YTTM is a one year multi-sport/activity project focused on engaging physically inactive men aged 30+ living within specific wards in Dover. The project starts in the autumn and offers a supportive process to help encourage individuals who do not participate in any physical activity for a variety of reasons, to engage with local leisure, sport and activity opportunities
- SDC: A similar model is being explored in the context of Shepway's physical activity strategy development.

3 Progress review and developmental workshop 20 October

3.1 The Healthier SKC is meeting on 20 October for a developmental meeting to explore the SKC HWB future work programme and how we can achieve its outcomes in the new integration environment. The Healthier SKC development day will review SKC Health and Wellbeing Board priorities in line with the September Health and Wellbeing Board PH paper and explore how Healthier SKC can support programme tackling:

- Smoking
- Healthy eating, physical activity and obesity
- Alcohol and substance abuse
- Wellbeing (including mental health and social isolation)
- Sexual health and communicable disease
- Wider determinants of health including teenage pregnancy

Healthier SKC progress to date has been around the CVD prevention pathway to:

- Decrease percentage of inactive adults in SKC – ie supported Leisure Trust in bid to Sport England – support similar in SDC

- Reduce Shepway/Dover smoking - task and finish group on young people Smoking in SDC
- Health trainers – work with GPs to improve access in priority wards in SDC including an east Folkestone evaluation
- Support relevant alcohol strategy actions
- Drug and Alcohol Partnerships – future direction workshop mapped in SDC; with Hilary Knight from the CCG who now co-chairs the Shepway Health and Wellbeing Group (previously substance misuse group)
- Integration support for the following key programmes:
 - sheds: good working to support mobile shed (supporting Euro – 2 Seas bid to develop further sheds)
 - assets – Shepway District Council and Dover District Council ABCD toolkit workshops to disseminate learning planned
 - integration and planning for Mental Health Core Offer to go live in April 2016.
- Good links with planning system discussion - agreed to invite DDC and SDC planners back to join us in the developmental workshop on 20 October and to support review of primary prevention pathway; Dover planners also delighted to have effective voice for their consultations
- Reviewed health needs of Roma community in Dover and SDC: Ivan Rudd supporting link with Roma network and Philippa Burden health visitor and work of the fire service and police in developing Community Hub pilots alongside community safety teams.

4 CVD sub-group partnership activities:

- Healthier SKC to help CVD group support the annual health check programme to monitor for uptake across deprivation categories at individual patient level
- Prevention pathway - patient identified as at risk of cardio-vascular disease through the health check programme should be supported with the appropriate range of adjunct primary and secondary prevention interventions in line with an integrated primary prevention pathway.

5 Prevention and Self-care Sub Group partnership activities:

- Building up a model of an integrated primary prevention pathway taking advantage of Shepway ABCD
- Evaluating east Folkestone support
- Diabetes bid development and support.

6 Health Inequalities Project in Folkestone

Clinical lead: Dr Jonathan Bryant

- Project is focused on three practices, Manor Clinic, Guildhall Street and Folkestone East – all sited in areas of high deprivation and poorer health outcomes
- The project is focused on preventative care and to ensure that patients' access the full range of local health and wellbeing services that are available
- The project aims to support the three practices reach groups of patients that do not regularly access health and care services.
- The project involves multi agency working across a wide range of partners e.g. drug and alcohol, mental health, health visiting and health trainers.
- Some key outcomes expected from the project are: increased capacity within each of the practices to enable holistic management of long term conditions, increased uptake of the NHS Health Check from vulnerable groups, reduced hospital admissions for those with Long Term Conditions.

7 Rainbow Centre

Clinical lead: Dr Tuan Nguyen

- Project to improve the health of homeless people
- Involves key agencies working together to provide a range of services at the centre
- Drug and alcohol services, mental health and counselling services, health trainers and nurse practitioners.
- Aims to improve access to services and health outcomes for this 'hard to reach' group.

8 Falls prevention

Clinical lead: Dr Joe Chaudhuri

- The falls prevention project is developing an integrated falls pathway across South Kent Coast
- A project that brings together a wide range of partners e.g. Public Health, KCC Social Care Services, EKHUFT, KCHFT, SECAMB
- The pathway will include preventative steps to identify potential fallers and aim to reduce the number of patients who are admitted to hospital following a fall.

9 Contact Details

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