

SLOUGH BOROUGH COUNCIL

REPORT TO: Health Scrutiny Panel **DATE:** 16th October 2018

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PART I **FOR COMMENT & CONSIDERATION**

FIVE YEAR PLAN – OUTCOME 2

1. **Purpose of Report**

To provide the Panel with an overview of the progress being made in enacting Outcome 2 of the Five Year Plan. This outcome focuses on the health of local residents and enabling service users to take an active role in shaping the service available to them.

2. **Recommendations**

The Panel is requested to

- a) Consider and comment on the progress of Outcome 2 Key Actions
- b) Identify areas where they would like to receive further detail or updates
- c) Support further engagement with and contribution from communities and residents, in particular with becoming more physically active.

3. **The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan**

3a. **Slough Joint Wellbeing Strategy Priorities**

Supporting people to become healthier and manage their own health, care and support needs supports in particular:

- Increasing life expectancy by focusing on inequalities
- Improving mental health and wellbeing

3b. **Five Year Plan Outcomes**

This report discusses Outcome 2, namely:

- Our people will be healthier and manage their own care needs

4. **Other Implications**

(a) **Financial**

The budget for this outcome is included within the existing resources and budget.

(b) Risk Management

Recommendation from section 2 above	Risks/Threats/ Opportunities	Current Controls	Future Controls
Support further engagement with and contribution from communities and residents, in particular in becoming more active	Threat: The health risks associated with inactivity include heart disease, cancer, stroke and poor mental health – all of which impact resident health and future use of services.	Active promotion across various voluntary, community and statutory services.	Making Every Contact Count Training

(c) Human Rights Act and Other Legal Implications

There are no Human Rights Act or other legal implications to the content of this report.

(d) Equalities Impact Assessment

The production of this report has not required the compilation of an Equalities Impact Assessment. Individual projects featured in the report have had or shall have such assessments carried out as appropriate.

5. **Supporting Information**

5.1 The Health Scrutiny Panel has previously discussed the Five Year Plan in 2017 – 18. However, given the significant changes to Outcome 2 this report will provide an introduction to the new corporate priorities outlined in the Five Year Plan.

5.2 The Overview and Scrutiny Committee also held a training event on 14th June 2018 which discussed the Five Year Plan outcomes and the Committee's priorities for this. These have been shared with the report's authors and are reflected in the content of this document.

5.3 The 4 key actions for Outcome 2 are as follows:

- Support our residents to be more active
- Open a range of new leisure facilities including Slough Ice Arena, Salt Hill Activity Centre, Langley Leisure Centre, The Centre and a network of green gyms in our parks and open spaces
- Support more people to take control of their care needs including a direct payment
- Support more people to have a health check

A short overview of each of these will now be presented; Appendix A provides a more detailed account of progress.

Support our residents to be more active

- 5.4 In the latest results, one in three residents locally (34.8%) compared to one in four nationally (25.7%) were reported as not participating in at least 30 mins of sport at moderate intensity at least once a week. With only two full years of data it is too early to meaningfully review trends over time.
- 5.5 Physical inactivity is associated with poor physical and mental health, and the council is working actively to make it easier for residents to benefit from increased participation in sport and exercise, including the provision of significant investment in leisure facilities and open air green gyms, trim trails and multi use games areas ('MUGAs') in our parks.

Open a range of new leisure facilities including Slough Ice Arena, Salt Hill Activity Centre, Langley Leisure Centre, The Centre and a network of green gyms in our parks and open spaces

- 5.6 All but one of the new leisure facilities have now been opened with only The Centre, Farnham Road, left - due to open in Spring 2019. A network of sixteen green gyms are also now available in our parks and open spaces and although early days, appear to be drawing a broader range of Slough residents than previously seen in 'built' leisure facilities.

Support more people to take control of their care needs including a direct payment

- 5.7 Adult Social Care are undertaking reviews of all commissioned care packages and encouraging our clients and their carers to take up the option of using a direct payment to purchase personal assistants or services to meet their assessed support needs. We are expecting to reach our target of five hundred people or carers using a direct payment by the end of March 2019.

Support more people to have a health check

- 5.8 The NHS Health Checks Programme is a national initiative to prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia through early identification and management of certain risk factors. The Programme works by identifying and managing cardiovascular risk in people aged 40-74 years (or 30-74 years if South Asian – this is a local offer). N.B: Health Checks are not appropriate for individuals who already have cardiovascular or other related diseases mentioned above. These patients are already known to be high risk and assumed to be managed as part of being on a disease register.
- 5.9 Locally, NHS Health Checks are provided by two sources: in GP Practices across Slough and via Cardiowellness4Slough. The latter is an opportunistic outreach service across a range of community settings such as faith groups, workplaces, pharmacies and so on.

Additional work supporting Outcome 2

Public Health - Other lifestyle services

- 5.10 Public Health commissions or supports a range of other lifestyle services that enable residents to be healthier and manage their own care needs. These

include Eat4Health, CardioWellness4Slough, Social Prescribing (provided by Slough CVS) and the soon to be launched Exercise on referral scheme called Slough in Motion. Additional information about some of these services has already been provided in a previous paper.

Regulatory services – public protection and prevention activities

- 5.11 Regulatory Services provides public protection and prevention activities to support the longer term objectives of Outcome 2. Some examples include:
- Tobacco Control work to reduce the amount of illicit and counterfeit tobacco products coming into Slough with sniffer dogs and other operations, strong enforcement of alcohol sales licensing and active seizures of harmful products on sale.
 - Since April 2018, Scams victims have been given special support through a Scams Wellbeing initiative and we continue to partner with the England Illegal Money Lending team; we recognised that protecting peoples financial position helps to ensure that they are able to remain independent and active in their local communities helping to reducing loneliness, isolation and potentially the need for social care.
 - Officers use the ‘Concern Cards’ to escalate any safeguarding issues that arise including exploitation issues that they may encounter out and about in the town such as modern slavery and the returns and are coordinated by the Community Safety Team
 - All Slough taxi drivers have mandatory safeguarding training and we support the ‘Safe Place’ scheme in the town, with 12 shops participating.

Mental health services

- 5.12 The Mental Health Service are developing further preventative and wellbeing approaches to enable our residents to become more able to support themselves by building on the successes achieved over the last year. Some examples of the work includes development of:
- Community asset based community approach (CABA) through the expansion of the Recovery College Network and Peer Mentors/Trail Blazers, increasing work opportunities for Peer Mentors and Trail Blazers across Slough ;
 - Supportive living provision which enables people to move back to independent living alongside the development and implementation of an Enabling Environments criteria, utilising the Mental Health Coproduction forum;
 - A more timely discharge process from psychiatric hospital in-patient admissions. This reduces delayed discharge from inpatient settings due to delays with social care funded placements and ensures community needs can be met more robustly and therapeutically.
 - A Hospital admission avoidance and alternative to admission service which limits the need for inpatient admissions where possible. This creatively uses local community options in Slough.
- 5.13 Other key programmes of work include the Independent Placement Support (IPS) service which increases employment opportunities for people in Mental Health Services; creating alignment to GP centres across Slough for older people; developing a Carers Pathway to embed within the Mental Health Services Recovery College; considering loneliness and isolation by developing a

wider community cohesion strategy and creating a Safe Haven community resource which encourages healthy living and the connection to horticulture.

Other issues raised at June training

- 5.14 Various other issues were raised at the June training and are addressed below:
- Health checks – making it easier to access (e.g. supermarkets, community centres): This is being addressed via the Cardiowellness4Slough Service which is mobile for flexible delivery across the community. The provider continues to explore expanding their offer to additional community settings including suggestions above.
 - Direct payments – their impact and if any language barriers had been encountered: There have been no reported barriers encountered due to culture or language and in fact, residents with direct payments now have more choice over who they employ as personal assistants.
 - Leisure – level of usage, does Slough need any more, bike schemes.

6. Comments of Other Committees

The progress of the Five Year Plan (including Outcome 2) is regularly reported to Cabinet. This specific report has not been considered by any other Committee of Slough Borough Council.

7. Conclusion

The report outlines a huge amount of activity to support the achievement of Outcome 2 and in general, there has been improvement in 2 of 3 prioritised indicators. Residents' low physical activity levels are a direct risk to their own health and also threaten higher rates of future use of both health and social care services. We would request the Health Scrutiny Panel's support further engagement with and contribution from communities and residents, in particular with becoming more physically active.

8. Appendices Attached

'A' - Five Year Plan - Outcome 2

9. Background Papers

Slough Borough Council, Five Year Plan 2018 – 23