

Appendix A - Bassetlaw District Council Health and Wellbeing Strategy 2020

Foreword

Many factors influence a person's health and wellbeing over the course of their lifetime. There can be significant differences between a person's life expectancy and their healthy life expectancy. There can also be significant differences in life expectancy and healthy life expectancy between communities; often called health inequalities. The Public Health Outcomes Framework focuses on two high-level outcomes: increasing healthy life expectancy and reducing differences in life expectancy and healthy life expectancy between different communities.

Health inequalities are caused by large variety of factors, usually referred to as the wider determinants of health. These are the social, cultural, political, economic, commercial and environmental factors that shape the conditions in which people are born, grow, live, work, age and interact socially. Some of these wider determinants of health such as poverty, education, housing, employment, crime and pollution can be significantly influenced by how Local Authorities plan services and deliver their core roles and functions.

In order to improve healthy life expectancy, and reduce health inequalities, the wider determinants need to be both understood and acted upon, in a local as well as a national context. Public Health has therefore become more integrated into local government, and far more work is carried out with health partners. A 'whole system' approach to health and wellbeing is developing that is focused around achieving positive health outcomes for the population, reducing inequalities in health and ensuring safety and protection are integrated into the process.

The aim of the Bassetlaw District Council Health and Community Wellbeing Delivery Plan 2019/23 is to sets out how the District Council's will contribute to addressing health inequalities and to improving the overall wellbeing of the residents of Bassetlaw.

The Plan aligns with other key health and community safety documents;

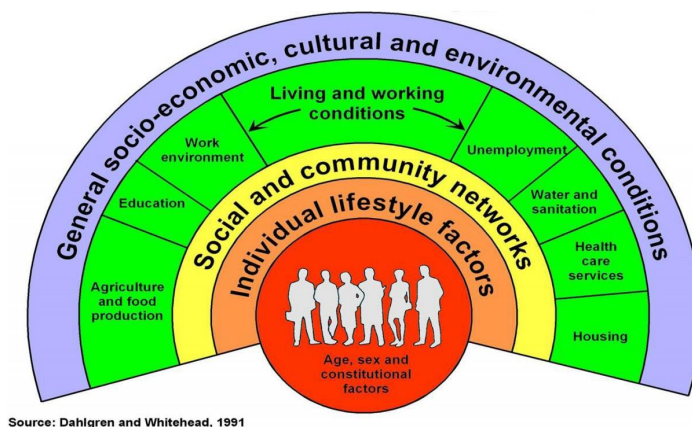
- Bassetlaw District Council Corporate Plan 2019-23
- The Bassetlaw Place Plan 2019-21;
- The Nottinghamshire Joint Health and Wellbeing Strategy 2018-2022;
- The South Yorkshire and Bassetlaw Integrated Care System
- Community Health Partnership strategy/document
- The Police and Crime Plan 2018-2021
- Joint Strategic Needs Assessment (Nottinghamshire)
- BDC Homelessness and Rough Sleepers Strategy
- Nottinghamshire looked after child and care leavers strategy 2018-20

The Delivery Plan demonstrates how Bassetlaw District Council's Priorities as identified within the Council's Corporate Plan for 2019-23, links into the wider system and partnership ambitions. As a delivery plan, the actions are necessarily focused on those elements that are directly delivered, enabled or influenced by Bassetlaw Council. The Plan also illustrates how many different service areas within Council contribute towards delivering against these key health and community wellbeing priorities throughout the district.

In order to achieve the priorities outlined within the Health and Community Wellbeing Delivery Plan we are aware of the important role that our community partners and stakeholders play. We recognise that creating a positive whole system approach supports behavioural change, enables improvement to resident's health and wellbeing, and thereby affects our local communities in a positive way.

The model below demonstrates the relationship between the various wider influences on health and wellbeing.

Diagram 1



The work carried out to implement the Health and Community Wellbeing Delivery Plan will support and promote healthy lifestyle changes that residents can make to influence their healthy life expectancy, and actions the Council will take to support and promote healthier lives within our communities.

It will also support the Council's approach to prevention and early intervention measures in place or which need to be in place to provide community safety, and the support systems available to victims of crime and their families.

We will work collaboratively, through partnerships, and through the delivery of our own organisational priorities, to make Bassetlaw a healthier and safer district, providing residents with the opportunities and resources to make healthier choices that will ultimately have a positive impact on their Health and Wellbeing, in addition to supporting their wellbeing in terms of safety and protection.

The Bassetlaw Health and Community Wellbeing Delivery Plan will be monitored, reviewed and evaluated on a quarterly basis by the Bassetlaw Health and Community Wellbeing Delivery Group, attended by key partners from health and community organisations, and through the Bassetlaw/Newark and Sherwood Community Safety Partnership. It will be updated to reflect new data as it becomes available, for example updated Public Health profiles data and crime related research and data. Progress will be updated on an annual basis through the Cabinet process and through the performance management system.



Cllr Susan Shaw,
Portfolio Holder for Health and Wellbeing.

Bassetlaw District – Our Communities

Bassetlaw is the northernmost district of Nottinghamshire with a population of 114,143¹ residents living in about 52,700 households. The two main towns of Worksop and Retford are home to nearly 60% of our population, with the remainder of residents living in or around one of the 73 smaller towns and villages. Bassetlaw is classified as a Largely Rural district, which indicates that between 50-80% of the population lives in rural areas or rural-related hub towns. These communities range from small market towns and former mining communities, to very small hamlets. Wards with the largest number of rural households include Harworth, Carlton, Tuxford and Trent, Langold, Misterton and Blyth.

The area benefits from large amounts of countryside, parkland and ancient woodlands, but there are also pockets of deprivation, particularly in former mining communities. These factors contribute to health inequalities.

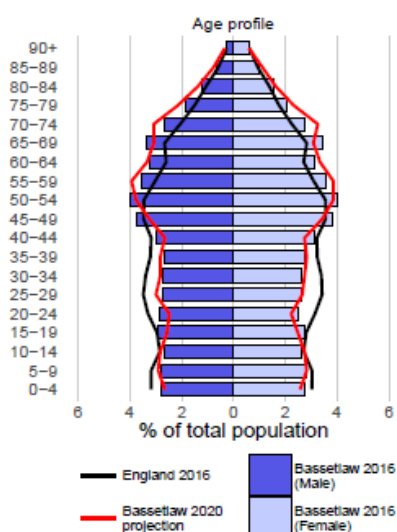
Population

Understanding the demographics of the area is important when planning services and actions. Different population groups may have different health and social care needs and are likely to interact with services in different ways. In Bassetlaw there is a higher proportion of over 65s, and a lower proportion of under 18s, than the national average. The age profile² shows an aging population.

	Bassetlaw (persons)	England (persons)
Population (2016)*	115	55.268
Projected population (2020)*	117	56,705
Percentage population aged under 18	19.8%	21.3%
Percentage population aged 65+	21.3%	17.9%
Percentage people from an ethnic minority group	**	13.6%

* Thousands.

** Value suppressed due to small numbers.



¹ Mid-2014 estimate *Office for National Statistics*

² Population: *Office for National Statistics* licensed under the Open Government Licence. Ethnic minority groups: Annual Population Survey, October 2015 to September 2016

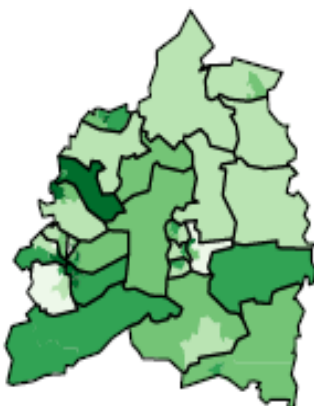
21.3% of the population are over 65 years old, which is higher than the 17.9% across England. According to Age UKs Relative Risk of Loneliness heat map (2016)³, there are a number of areas within that District that are categorised as being at Very High Risk of Loneliness: these are parts of Worksop, Langold, Carlton and Retford. Four wards, two in Retford and two in Worksop, have higher than national average rates of older people who live alone.

Deprivation

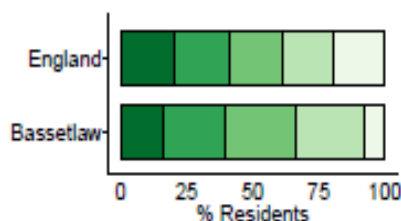
The level of deprivation in an area can be used to identify those communities who may be in the greatest need of services. The information comes from the Index of Multiple Deprivation 2015 (IMD 2015), which are the latest figures available.

The first of the two maps⁴ shows differences in deprivation in this area based on **national** comparisons. The darkest coloured areas are some of the most deprived neighbourhoods in England. The second map shows the differences in deprivation based on local quintiles for this area. The chart shows the percentage of the population who live in areas at each level of deprivation. Some areas of District fall within the 10% most deprived in England.

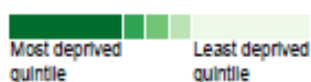
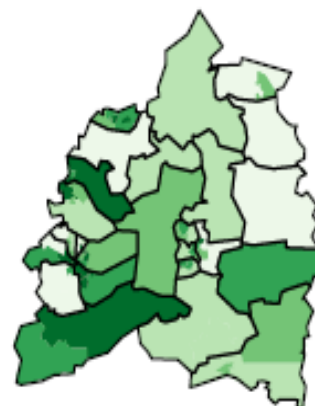
Map 1



Chart



Map 2



The following are some key deprivation statistics⁵;

- Income deprivation is identified as worse than the national average in seven wards.
- Child poverty is identified as worse than the national average in five wards.
- Three wards have a higher-than-average amount of older people identified as being in deprivation.
- Worksop South-East is identifiably of concern for all of the above determinants.

³ <http://data.ageuk.org.uk/loneliness-maps/england-2016/bassetlaw/>

⁴ Lines represent electoral wards (2017). Quintiles shown for 2011 based lower super output areas (LSOAs). Contains OS data © Crown copyright and database rights 2018. Contains public sector information licensed under the Open Government Licence v3.0

⁵ *Local Authority Health Profile 2018- Public Health England*

Life expectancy at birth is 9.2 years lower for men and 11.2 years lower for women in the most deprived areas of Bassetlaw, than in the least deprived areas.

Authority Health Profile 2018/19

Public Health England (PHE) have compiled the Bassetlaw Health Profile (2018) which is made up of 30 different indicators⁶. The District is not significantly different to the England average against the many of the indicators; however, there are currently nine indicators where the area is significantly worse than the England average;

- Life expectancy at birth (Male)
- Life expectancy at birth (Female)
- Under 75 mortality rate: all causes
- Under 75 mortality rate: cancer
- Killed and seriously injured on roads
- Excess weight in adults (aged 18+)
- Smoking status at time of delivery
- Breastfeeding initiation
- Obese children (aged 10-11)

The last three are of particular concern as they influence the health of children as they grow up and therefore will affect future health outcomes for those people, as they grow older. These are therefore key areas for prevention.

The levels of excess weight in adults is very high, and is rising; at 73.5% this is just below the England worst of 77.6%, and well above the regional rate of 64.4% and the whole England rate of 62%. Other factors such as a high prevalence of smoking and lower than average levels of physical activity combine to present an unfavourable picture of future health based on behavioural risk factors.

These indicators are helpful in assessing an overall picture of population health in an area, and can assist in determining preventative measures by illustrating any key areas of concern. It is also useful to look at indicators in conjunction with other information to gain additional context and focus for prevention.

- In 2017/18 22.9% of year six children were found to be obese. This is higher than the whole Nottinghamshire figure of 19% and the England figure of 20.1%. (Public Health England – National Childhood Measurement Programme)
- Groups with a higher risk of suicide in Nottinghamshire reflect the national picture, for example men aged 35-64 years and people aged 65+ experiencing social isolation and loneliness are at higher risk locally (Nottinghamshire Insight).
- The number of people aged over 65 living with dementia in Bassetlaw is predicted to rise from 1,620 in 2017 to 2,046 in 2025 (POPPI 2017).
- 59.2% of Bassetlaw residents (aged 16+) are classed as Active taking part in 150+ minutes of physical activity per week; this is reflective of the national average of 60.6%. 29% are classed as Inactive participating in less than 30 minutes of activity a week. This is slightly higher than the national average of 25.6% (Sport England – Active Lives 2017).

This information has fed into the priorities that have been identified by Bassetlaw District Council and its partners for improving Health and Community Wellbeing in the district.

⁶ <https://fingertips.phe.org.uk/profile/health-profiles/data#page/1/gid/1938132696/pat/6/par/E12000004/ati/101/are/E07000171>

Bassetlaw District – Our Aspirations for Health and Community Wellbeing

Our Priorities

In order to address the health inequalities and improve Health and Community Wellbeing across the Bassetlaw District, projects and actions will be put into a work plan, which will be regularly refreshed as new opportunities are identified.

These priorities are reflective where applicable of the South Yorkshire and Bassetlaw Integrated Care System (ICS)⁷ and the Nottinghamshire ICS⁸. Most importantly, they align with the priorities of the Bassetlaw Integrated Care Partnership (ICP) as set out in the Better in Bassetlaw: Place Plan 2019-21.⁹ The overall approach is that of population health improvement, achieved by improving the physical and mental health outcomes and wellbeing of people, whilst reducing health inequalities. The Place Plan recognises key prevention priority areas:

Childhood

- Childhood obesity
- Emotional resilience

Adolescence

- Smoking
- Alcohol Misuse
- Emotional resilience and suicide prevention

Adulthood

- Smoking
- Alcohol Misuse
- Suicide prevention

Old Age

- Cancer survival
- Rural isolation
- Falls in older people

The ICP also set out priorities identified by Bassetlaw partners where, by working in partnership across NHS, local government, the voluntary sector and beyond, the greatest impact on the ambitions for healthy individuals, families and communities can be achieved.

Indicators of success that all partners of the ICP contribute towards have been set for:

- Reducing health & wellbeing inequalities
- Improving health and wellbeing
- Sustainable and effective services
- Supporting people to stay independent for longer and supporting their personal goals

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https://www.healthandcaretogethersyb.co.uk/application/files/2715/0703/7691/South_Yorkshire_and_Bassetlaw_STP_-_a_summary.pdf

⁸ <https://healthandcarenotts.co.uk/>

⁹ Better in Bassetlaw: Place Plan 2019-21 <http://www.betterinbassetlaw.co.uk/wp-content/uploads/2019/02/FINAL-Better-in-Bassetlaw-Place-Plan-2019.pdf>

The ICP has used a collaborative partnership model, developed by one of its partners, Nottinghamshire Healthcare NHS Foundation Trust, working with the King's Fund. The model sets out our ambitions to work collaboratively with our communities, our staff and our partners to develop, change and improve services through thinking, talking and planning together from the start.

As well as the above priorities, it is recognised that the wider determinants of health can have a big impact on the health and wellbeing of our residents, and therefore housing, air quality, community safety and workplace health will all feature within the work plan.

It is also recognised that no one service area is responsible for the Health & Community Wellbeing agenda, and to be effective, it must be cross cutting in nature and delivery.

Community Safety and Wellbeing

In order to focus on issues which directly affect the wellbeing of people associated with being a victim of crime, the Council's aim is to support the following strategic priority areas contained within the Police and Crime Plan 2018-2021:

- Protecting People from Harm
- Helping and Supporting Victims
- Tackling Crime and Anti-Social Behaviour.

This is largely achieved through the Bassetlaw/Newark & Safety Community Safety Partnership (BNSCSP), which has a direct responsibility to the Police & Crime Commissioner through the Safer Nottinghamshire Board (SNB). Its focus is prevention and early intervention and include key areas such as Domestic Abuse and Substance Misuse.

Domestic abuse is defined as any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse: psychological, physical, sexual, financial and emotional abuse. The definition also includes so called 'honour-based' abuse (HBA), which includes female genital mutilation (FGM) and forced marriage (FM).¹⁰

'Substance misuse' is defined here as 'intoxication by – or regular excessive consumption of and/or dependence on – psychoactive substances, leading to social, psychological, physical or legal problems. It includes problematic use of both legal and illegal drugs'.¹¹

Researchers on behalf of the Office of Police and Crime Commissioner have carried out work in relation to identifying the priorities for all districts in Nottinghamshire. This work is based on statistics collated by Nottinghamshire Police. The information is processed to provide a severity harm index and the following priorities were identified for Bassetlaw;

- Domestic Violence and Sexual Abuse
- Burglary
- Rural Crime
- Area Based Work/Town Centre Issues e.g. Worksop
- Community Cohesion
- Violent Crime

¹⁰ Nottinghamshire JSNA Domestic Abuse 2019

¹¹ Nottinghamshire JSNA Substance Misuse (alcohol and drugs 2018)

These are actioned and monitored through the Bassetlaw, Newark & Sherwood Community Safety Partnership.

Additionally, the partnership will work to reduce the incidence and impact of fraud and scams by tackling fraud against the vulnerable in Bassetlaw, and across the county.

Key Areas of Work 2019-2023

The following are some examples of key actions that Bassetlaw District Council have identified as where Council services and staff can contribute to improving health and community wellbeing, be it through our individual actions or collaborative working with partners:

- Working with our partners to deliver, commission and monitor a range of measures designed to tackle excessive weight and promote healthy and active lifestyles.
- Working with our partners to improve the food environment and promote healthy eating.
- Working with our partners to reduce levels of smoking through positive interventions and monitoring effectiveness of commissioned work streams.
- Working with our partners to increase the range of activities and levels of participation in sport and physical activity, in all settings and the wider community.
- Working with our partners to deliver activities to support those experiencing mental health illness, loneliness, isolation and dementia.
- Developing and improving our own approach to supporting staff mental health in the workplace.
- Supporting the Wellbeing at Work scheme for our own organisation and across external employers.
- Developing and implementing actions to address health inequalities across the District.
- Working with partners to increase the range of organised outdoor activities in our parks and open spaces.
- Enhancing and improving the leisure offer and facilities within the district.
- Continuing our work, and work with partners, to ensure residents have a safe, warm and secure place to live.
- Working to reduce and eventually eradicate homelessness in the district.
- Supporting residents to maximise opportunities around skills, education and training.
- Working with partners to protect and provide support to victims of domestic abuse and their families.

- Assisting the most vulnerable individuals with complex issues arising from substance misuse to access the right services and monitor progress of commissioned interventions in the District.
- Supporting partners through our actions to address Hate Crime and Modern Slavery.
- Piloting ‘Stand by Her’, a project relating to misogyny and sexual harassment.
- Supporting care leavers.
- Supporting ex-service personnel through our commitment to the Armed Forces Covenant.
- Supporting appropriate projects and campaigns such as; the ASK ME project run by Women’s Aid, the MENS campaign for male survivors of domestic abuse – #Support not Silence and the GRIT Stop the Hate project aimed at young people between 13 -18, who may be negatively influenced by their peers and family.
- The development of a protocol for Health Impact Assessment appraisal of all major housing developments as part of the Local Plan process. This will ensure that open spaces are promoted as supporting healthy lifestyles through their quality, quantity and accessibility.
- Increasing the amount of trees in the district to offset carbon and deliver healthier environments, through a policy requirement of the new Local Plan to plant over 38,000 trees during the plan period.
- Using local plan policies to secure health contributions for healthcare facilities.

Bassetlaw Health and Community Wellbeing Delivery Group

A Bassetlaw Health and Community Wellbeing Delivery Group will provide the Council with a level of strategic oversight and action management of localised and prioritised work streams to support the partnership working between the Council and the Integrated Care Partnership and County Public Health teams. It will also support, where appropriate to the Authority’s identified needs, implementation of the Countywide Nottinghamshire Health and Wellbeing Strategy. The aim is that Bassetlaw District Council, and its partners, are between us, able deliver the high quality services and interventions needed to help improve the Health and Community Wellbeing of Bassetlaw residents, and reduce health inequalities in our area.

The group will consist of key Council officers who will have ownership of the Health and Community Wellbeing agenda and delivery plan. The plan will be a dynamic document that will track progress on identified work streams and projects. The delivery group will determine new projects, internal and through our partnerships, that will be included for tracking. An annual update report will be brought to ensure visibility of the health and Community Wellbeing Agenda.

The Delivery Group will be chaired by the Head of Neighbourhoods, and core members will include the Portfolio Holder for Health and Community Wellbeing, a representative of the ICP, the Environmental Health Manager, the Strategic Leisure and Wellbeing Service Manager and the Community Safety Manager. Other key officers and partners from various agencies and organisations will be invited to attend as appropriate to the work streams under discussion.

Health and Community Wellbeing Plan (2015 – 2019)

Key Successes in the life of the last Plan

A range of successful projects to improve Health and Community Wellbeing across the District have already been underway through the lifetime of the previous Bassetlaw Health and Community Wellbeing Plan. Brief information is provided below in relation to some of that work which has already positively affected our residents lives.

Physical Activity

Increased physical activity will improve overall health and fitness, contribute to reductions in obesity levels and increase mental resilience and wellbeing. Simple aims of inspiring people to be more active more often can pay dividends in health improvement and ill health prevention. The Council has:

- ✓ Exceeded its target for the number of people attending activities supported by the Active Communities Team. In 2018/19, 38,457 people attended activities against a target of 15,150.
- ✓ Seen an increase in the amount of users in BPL Leisure Centres to 1,155,746 in 2018/19, and increased by over 1000 the amount of disabled users at the centres in the same period. The facilities currently have over 6000 total memberships, including family memberships.
- ✓ Through the Leisure Centres operated by BPL there are 3647 swimming places available at any one time.
- ✓ Supported activities for disabled children and their families through the S.A.N.D (See the Ability Not the Disability) Sports club, offering an opportunity to increase the number of young people actively involved in sports at a level appropriate to them and focusing on promoting the health and well being of all individuals. In 2019, 38 weeks of inclusive activities were delivered for young people.
- ✓ Continued to run a Rural Activities Program during the school holidays. This is being further developed in partnership with Take2Adventure who deliver outdoor adventurous activities as opposed to “sports” activities. The ambition is to find a sustainable model for the future to keep the key aims of Get Set Go, which is rural delivery aimed at non-sporty type children and families and delivers an element of Multi Skills / FUNDamental movement skill type activities. For the first time outdoor adventure activities were tried; including water purification, shelter building & archery.
- ✓ Supported walking football and other walking sports aimed at attracting people back into an activity. For example, walking football is for anyone over the age of 55, who wish to continue playing the sport, but have been unable to do so for a reason. This has now grown into a broad offer including:
 - Men’s Walking Football in Worksop
 - Men’s Walking Football in Retford
 - Mixed Walking Football - Rehabilitation Walking Football in

- Ladies Walking Netball in Bircotes / Harworth
 - Men's Walking Cricket in Worksop
 - Women's Walking Football "Walk this Way" in Worksop
-
- ✓ Supported the development of gentle and seated exercise classes.
 - ✓ Supported three elite athletes with applications to the Notts County Council Talented Athlete funding.
 - ✓ Met with a representative of a group of people suffering with MS – to see what physical activity sessions might be included into their programme based at The Well in Retford.
 - ✓ Supported Bassetlaw Integrated Care Partnership & Bassetlaw Action Centre with a funding application for Get Out Get Active Funding, that was successful in drawing down £60,000 a year for the next three years (April 2020 – March 2023) to increase the levels of physical activity with patients on the Staying Well programme at Bassetlaw Action Centre.
 - ✓ Supported Bassetlaw Integrated Care Partnership Call 4 Action on Childhood obesity by designing physical activity sessions for targeted children / families in two different settings. (i) In an after school club in a selected primary school and (ii) At Retford Leisure Centre linking with BPL staff to incorporate physical activity and healthy eating as a family orientated scheme. If these schemes are confirmed they will be delivered during the life of the new strategic plan.
 - ✓ Sponsored and promoted the Canal Walking Festival from 16-23rd September 2019. This was the largest canal walking festival in Britain, with more than 50 walks during the week. Over 680 people participated in guided walks. BDC also provided transport support for the group of people walking the full 46 miles of the canal over a three-day period.
 - ✓ Provided direct funding grants through our 'Clubchanger' programme to sports clubs in the district, to assist development, including rugby, football and gymnastics.
 - ✓ Supported sports clubs with applications for external funding generating additional funding of £432,913 in the four years up to April 2019.
 - ✓ Supported Parkrun and Junior Parkrun
 - ✓ Funded Talegate Theatre to bring forward Pantos in Kings Park, plus the bespoke performance in the Canch to mark the 80th Anniversary event. These events are free of charge and open to all and aim to bring families into open air environments and promote use of the parks. They attracted an estimated 5,000 visitors across 2018/19 and allowed for other health related services to attend and engage with the public.
 - ✓ Collaborated with Extreme Wheels (Bolsover District Council) for the last 10 years to bring skateboard and mountain bike jam/demo sessions to a number of parks. It is estimated about 2000 young people have benefited from these activity sessions over the past 4 years.
 - ✓ Produced Junior Orienteering maps for Langold Country Park, The Canch, Kings Parks and Sandhill Lake with the help and support of the Nottinghamshire Orienteering Club. Courses have been run across all sites since 2016 catering for age groups 4-7 and 8-14 and varying abilities. Sessions held in Kings Park and the Canch during 2019 attracted approx. 250 families. Further maps have recently been generated for Snipe Park at Harworth, with activities to be arranged for 2020.
 - ✓ Engaged Urban Sports Bassetlaw to promote our MUGA's by leading coaching sessions in the school holidays to promote activity.

- ✓ Supported people with MS to be active through swimming and seated exercise classes, and also the development of a booklet identifying activities for both wheelchair users and more dependent people.
- ✓ Operated and maintained 36 Council-owned play areas across the District to encourage our young people to be healthy and active and enjoy open spaces. This includes play equipment for various ages to MUGA's and skate parks.
- ✓ Developed and operated 3 open air splash park facilities.
- ✓ Provided around 15 football pitches used by both junior and adult teams, in addition to recreational play, and 4 Bowling greens and 1 cricket ground.
- ✓ Introduced dog walking routes at Langold Country Park with the aid of the Dogs Trust for 'woof, waggle and walk', aiming to improve the health of dogs and owners alike!
- ✓ Encourage various groups to get out and active through spring clean, autumn sweep and various parks and gardens community gardening and planting events.
- ✓ Worked with Bassetlaw Integrated Care Partnership who launched 'Miles in May' to link in with the Mental Health Week and the topic of body image. The campaign encouraged all ages of the community to do more activity with a target of 26 miles. Most schools in Bassetlaw took part in the campaign, Brownies marched through Retford and there was a Miles in May Showcase in Worksop where young people could sample new activities and 30 dancers performed in the square. It is estimated that over 24,000 additional miles were completed in May 2019.

Substance misuse

The Council aims to contribute to a reduction in substance misuse (Drugs and Alcohol) which has extremely negative impacts on the person involved and the wider community, and has;

- ✓ Co-ordinated Project Steppingstones involving a number of partners including Change Grow Live (CGL), The Department of Work and Pensions (DWP), Nottinghamshire Police, Social Care & Community Mental Health. Over the past 12 months the partnership has worked with 67 clients, who are either homeless or in danger of not sustaining a tenancy through drug and alcohol issues or mental health concerns.
- ✓ Developed pilot project to be run with Mental Health Services to second a Community Psychiatric Nurse to work with the Community Safety Team in relation to identifying and addressing mental issues related to ASB, Hoarding, Tenancy Sustainment and young person's trauma.

Smoking Deterrence

Smoking and exposure to cigarette smoke contributes to the prevalence of a range of illnesses that can shorten lives. The Council has;

- ✓ Supported and Signed the Nottinghamshire County and Nottingham City Declaration on Tobacco Control
- ✓ Supported Stoptober in the workplace
- ✓ Consulted on, developed and approved a smoke free policy for enclosed children's play areas within parks, and is working towards completing signage for these facilities.

- ✓ Has implemented a council wide smoke free policy for all council buildings and external areas

Mental Health

Mental health interventions are not limited to those carried out by the NHS at times of crisis. Many actions contained within this document also help people develop emotional resilience and have a positive impact on overall levels of mental health and wellbeing within the population. Additionally to other actions to support mental health that are listed elsewhere, the council has;

- ✓ Held staff training sessions to improve knowledge around dementia and become a Dementia Friendly Council.
- ✓ Held outreach and reminiscence events at the Museum using objects and photos from the museum's collection to assist those with memory loss, Alzheimer's and dementia.
- ✓ Funded signs to enable communities to designate 'Happy to Chat' benches to reduce isolation and encourage people to talk to each other.
- ✓ Delivered a Yoga Mindfulness session at Farr Centre for people linked to mental health.
- ✓ Delivered a low intensity physical activity weekly session in Hallcroft in Retford to a group with dementia issues.
- ✓ Hosted a primary school to demonstrate the benefits of the Take Five and each amazing breath approach.
- ✓ Supported a Primary School to have an integrated approach to health through their implementation of a combined approach involving nutrition, walk a mile a day and each amazing breath.
- ✓ Is promoting the Working win Health Led Employment Trail which is testing a new type of support for people with a mental or physical health condition who may be looking for work or struggling in their current role.

The Food Environment

As well as access to safe food and sufficient food and the obvious impact on health that has, the right food environment can contribute to a reduction in the prevalence of obesity. In relation to food the Council has:

- ✓ Inspected and rated over 1160 food premises across the district for food hygiene, and in relation to allergen control, to ensure that residents and visitors have access to safe food.
- ✓ Participated in the countywide Healthy Options Takeaway (HOT) partnership scheme which asks businesses to pledge to offer healthier options such as low fat spread, wholemeal bread, salt shakers with fewer holes, low fat dressings, salads, jacket spuds etc and healthier cooking techniques. Businesses awarded the HOT merit can use the logo in their publicity. Businesses participating in the scheme are also listed on a central database hosted on Nottinghamshire

County Council's website. Currently there are 27 businesses in the District currently signed up to the scheme.

- ✓ Supported the Breast-Feeding Friendly Initiative that enables local venues to become accredited after they demonstrate commitment to encouraging mothers to breastfeed. So far 20 venues in Bassetlaw have achieved Breast Feeding Friendly Accreditation, including the Council's own buildings.
- ✓ Worked with partners on a successful bid for funding to install a water refill point at Retford railway station, and started working with NHS and business partners on a wider water refill project that will see businesses across the district signing up to enable people to access free water refills. This brings a number of health benefits as it encourages the consumption of water rather than calorie laden alternatives.
- ✓ Provided both funding and support to Bassetlaw Foodbank The foodbanks in Worksop and Retford distribute food to those who are referred because they have difficulty purchasing enough food to avoid hunger.
- ✓ Worked with NCC, the CCG and Rhubarb Farm to develop a project to bring a community closer to their food by teaching about growing and cooking healthy food for families.
- ✓ Supported Target Nutrition to run programmes in several primary schools aimed at improving children's and family awareness around healthy choices and nutrition.
- ✓ Allocated 22 allotment sites across Bassetlaw which provide 757 plots in total for residents to 'grow their own'. This benefits not only nutrition and diet but is a sociable activity and boosts overall wellbeing through both exercise and mental health benefits. Community gardens are located at Cheapside, Claylands and the Spur Crescent sites. BDC supports the Community Garden at Spur Crescent by offering free usage by community groups including the CSL family centre at Shrewsbury Road.
- ✓ Collaborated with the NCC commissioned Obesity and Weight Management service that delivered a range of programmes for obese adults and health awareness education sessions within local schools. This service has been recommissioned for 2020 so is likely to be different in the future.
- ✓ Hosted the Bassetlaw Childhood Obesity Call to Action for partners from the NHS, local authorities and community and voluntary sector, who have committed to tackling childhood obesity. Using an evidence based whole systems approach the call to action covers: food environment, early years, young people, emotional health & wellbeing, physical activity, digital media & messages, and food poverty.

Housing

The home a person lives in can have a significant impact on their overall health and wellbeing. Because of this, it is recognised that the home can be a key determinant of health and wellbeing throughout their life. The impact on children of living in a suitable, warm and safe environment is immense, not just in relation to their immediate and future health but other wider determinants for their future such as school readiness or ability to learn. A wide range of actions and interventions around housing and homes are carried out across service areas with the aim of ensuring affordable, suitable, warm, safe and secure homes for residents and thereby help to prevent problems before the need for clinical interventions. The Council has;

- ✓ Enabled residents to access funding to improve heating in their homes through Warm Homes on Prescription. This discretionary grant scheme is targeted at households with an income below £16,000 per annum and less than £16,000 in savings. The applicant must have at least one of the specified health conditions that is likely to be made worse from cold, damp, hazardous housing.

The grant is for up to £5,000 to improve heating in the home. The scheme was designed to work in partnership with GPs and NHS colleagues to generate referrals about patients. However, in the first 2 years of the scheme, uptake was low as there were very few referrals from GPs and NHS staff. This was changed to try and improve uptake with referrals now being accepted from other routes. 21 Bassetlaw residents have benefited from this scheme to date. The scheme is now funded from part of the Authority's Better Care Fund allocation.

- ✓ Issued a statement of intent to enable certain residents to obtain help in improving domestic energy performance through the Energy Company Obligation (ECO). Using the Flexible Eligibility option, the Council has set criteria to direct assistance towards local private sector homes at risk of fuel poverty, but falling outside of the normal rules of ECO. Following broad guidance from the Department for Business, Energy and Industrial Strategy (BEIS), the Statement of Intent allows the Council to set income levels and guidelines to target local residents most at risk of from fuel poverty. Residents meeting these agreed criteria, subject to the council issuing a Declaration for their properties, can be assumed eligible by Energy Companies for ECO funded energy efficiency improvements. Already there are over 70 applicants for this scheme.
- ✓ Investigated 140 housing disrepair complaints in the last financial year (2018/19). This may result in advice given to tenants or property owners, or to enforcement action to improve properties. In this same year, the team issued 45 housing related notices. This work predominately relates to the private rented sector where tenants find they are living in properties that are in poor repair.
- ✓ Inspected and issued 50 licences to houses in multiple occupation (HMOs), ensuring they meet the required standards.
- ✓ Carried out overcrowding assessments to ensure properties are the correct size for the number, age and gender of the persons living in them.
- ✓ Consulted on whether to take forward a selective licensing scheme to improve the quality of properties within a specified area of the district. The outcome of this is yet to be determined.
- ✓ Worked with property owners during 2018/19 to have 19 long-term empty properties (that were causing issues within their localities) bring back into use. This has included an enforced sale of a property that had been empty for 9 years. This increases the amount of houses available for occupation in the district and improves quality of life and community wellbeing for those living near problem empty properties.
- ✓ Administered the Disabled Facilities Grants (DFG) in Bassetlaw. DFGs are a mandatory statutory responsibility, providing grants to eligible households to fund adaptations to allow them to live independently and remain in their own homes. In the last full financial year (2018/19) the allocation was £972,835, and 100% of grant recipients were fully satisfied with the service and adaptation they received.
- ✓ Provided £200,000 worth of assistive technology equipment to help residents stay safely in their own homes, with the aim of reducing hospital admissions. This was inclusive scheme open to any residents who could benefit and is funded through our Better Care fund allocation.
- ✓ Supported the hospital discharge through the purchase of three bungalows. These have been fully adapted for hospital discharge and are available to those who need step down accommodation to be able to leave hospital before returning to their own homes, or whilst adaptations take place to enable them to return to their own homes.
- ✓ Supported financially through our Better Care funding the County Handy Persons Adaptations Scheme (HPAS) which provides small adaptations to people's homes that would not require a DFG.

- ✓ Worked with residents on hoarding issues. This relates to supporting tenants in our own properties, and also to supporting residents in the wider community. We are signatories to the Nottinghamshire hoarding framework, and engage widely with external partners.
- ✓ Through the homelessness service, successfully operated four units of temporary accommodation aimed at keeping homeless people out of B&B style accommodation.
- ✓ Through partnerships with the YMCA and HOPE, further increased the stock of temporary accommodation available to homeless people, with the aim of having better quality, non B&B style options available. The council manage some of this on behalf of a partner organisation.
- ✓ Worked with the prison service and other partners in relation to housing options for people leaving prison.
- ✓ Ensured through our partnership arrangements and funding that severe weather emergency provision (SWEP) is available to all homeless people in the district for the entirety of the worst winter period from December to the beginning of March. This is a unique approach.
- ✓ Led by example in committing to deliver 120 social housing and affordable rent dwellings on the Council owned site at Radford Street in Worksop
- ✓ Worked in partnership to secure funding and deliver the Priory Court extra care development in Worksop

Other wider Determinants of Health

These are cross cutting actions that can affect wellbeing and quality of life. Actions contribute to reducing health inequalities and enabling healthier environments. The Council has;

- ✓ Committed to contributing to the delivery of the Nottinghamshire Air Quality strategy through a range of actions in planning and environmental health services.
- ✓ Worked with the CCG, ICP and transport organisations and partners to produce a transport strategy for the area and improve transport links, including altering timetables, to enable resident in rural localities to have better access to towns and services.
- ✓ Used some of our Better Care Funding in partnership with NCC to develop a proposal to provide Passenger Information Points in Bassetlaw Hospital. This provides a 'one stop shop' for all non-private car forms of transport and gives visitors all the information they would need to confidently access transport to and from Bassetlaw Hospital. The Transport Information Point will play an important role in promoting healthier and more sustainable travel as encouraged through the NHS Active Travel Plan programme.
- ✓ Supported Carers Roadshow events in Worksop and Retford that provide friendly advice and information to carers and those for whom they care.
- ✓ Supported the Nottinghamshire care leavers scheme to assist those leaving care through reduced Council tax and access to leisure facilities.
- ✓ Provided face-to-face engagement and venues for Flu Fairs, which also provide residents with advice about fuel poverty, warm homes and health and wellbeing information.
- ✓ Continued to provide a Shop mobility service to assist people with limited mobility to visit and shop in Worksop and Retford town centres.
- ✓ Given support to the local services community by adopting an Armed Forces Community Covenant. The covenant is a voluntary statement of mutual support between a civilian

community and its local armed forces representatives. It not only recognises the contribution of serving personnel, their families and veterans but importantly it identifies practical ways the Council can help them access support to help them adjust to life after leaving the services.

- ✓ The Council is driving forward the five outcomes from 'Every Child Matters' and these form the basis of the current Children and Young People's Action Plan:- Be Healthy; Stay Safe; Enjoy and Achieve; Make a Positive Contribution; Achieve Economic Well-Being.
- ✓ The Council continue to support Bassetlaw Youth Council and Worksop Junior Council. These initiatives are led by young people; in co-ordination with youth workers, schools, Nottinghamshire County Council and other partners.
- ✓ Bassetlaw Youth Council (BYC) members visited the Tri Health clinic in 2019 and were proactive in making the service more accessible to young people by providing feedback.
- ✓ Worked with partners to help people overcome barriers to work. An event – Untapping Worksop's Talent – was held in October 2019. The event was aimed at breaking down the perceived barriers to work and helping businesses to unlock hidden talent, attract and retain staff. The event included presentations on how to be "Disability Confident", and on supporting and retaining vulnerable people in the workplace.
- ✓ Established a North Nottinghamshire Skills & Employment Partnership and Board, with key local employers to ensure that the skills needs of employers are met, and that benefits of increased productivity and social inclusion are realised across the District.
- ✓ Organised the North Notts Skills Show, bringing in over 1800 learners to a skills and careers event, helping to shape the future of a new generation. By driving ambition and aspiration the aim was to make more young people knowledgeable about their options through raising awareness of the opportunities and bringing careers and choices to life and helping young people to go further and faster in their careers.
- ✓ Organised an apprenticeship event to showcase options for young people outside of education.
- ✓ The Council work closely with Bassetlaw Action Centre and Bassetlaw Community and Voluntary Service who provide help and support to individuals and organisations throughout Bassetlaw. These organisations promote the independence of older and vulnerable people, support individuals with long term conditions as well as tackling deprivation, health inequalities and social exclusion.
- ✓ Engaged with the 3 Primary Care Network Steering groups to forge a better and more productive relationship between the Council and health partners.

Community Safety

These are cross cutting actions that can affect wellbeing and quality of life. Actions contribute to reducing health inequalities and improving wellbeing and the safety of communities. The Council has;

- ✓ Supported the North Nottinghamshire Support Partnership, which is a single point of access, multi-agency advice and support network for adults in Bassetlaw. This is jointly managed by the BCVS and the Bassetlaw Action Centre.
- ✓ Jointly hosted events with Notts Womens Aid to tackle sexual harassment and misogyny – with events for men and women.
- ✓ Promoted the Equation #SupportNotSilence campaign, aiming to help men recognise signs of domestic abuse and get support from the local helpline

- ✓ Conducted a Scrutiny Review of School Exclusions (and the risk of harm) in Bassetlaw and made representations to educational bodies and the County Council.
- ✓ Is supporting the Vulnerable Peoples Panel (LMAPS) which is a multi-agency approach to supporting the most vulnerable in the community, who are either perpetrators of or victims of Anti-Social Behaviour. The aim of the panel is to seek solutions to the issues and thereby improve the quality of life of those affected. Referrals are received from all over Bassetlaw.

Supporting the Health and Wellbeing of council staff

To deliver the ambitious plans for health and community wellbeing the Council needs a healthy workforce and to support staff the Council has:

- ✓ As an early adopter of the Bassetlaw Wellbeing at Work scheme achieved Gold level accreditation putting in place various wellbeing initiatives to support staff including lunchtime yoga, health fairs and advice sessions. (This scheme has now been replaced by a countywide scheme that is due to be relaunched in 2020).
- ✓ Offered regular health checks to staff including blood pressure checks and body MOTs.
- ✓ Analysed the top reasons for absence, and as support for staff run a health and wellbeing day focussing on the four main themes: personal resilience, posture and back health, nutrition and diet and healthy heart.
- ✓ Offered free and confidential counselling to staff.
- ✓ Provided a day one absence management service which provides telephone access to nurse advice for staff and their families.
- ✓ Provided an occupational health service as a mutual benefit for staff and the Council.
- ✓ Developed a policy to ensure that staff with a terminal illness are appropriately supported and given the choice of whether or not to remain in work.
- ✓ Reviewed the compassionate leave policy to ensure more generous provisions for staff losing a close family member, and to provide for flexibility to support close relatives who are terminally or seriously ill.
- ✓ Promoted active lifestyles and cycling to work amongst staff by providing a bike shelter and shower in Queens Buildings.
- ✓ Held a scrutiny review on cycling in Bassetlaw
- ✓ Supported Mental Health Awareness Week by hosting mental health awareness sessions for staff, to help them understand mental health issues and the support available, as well as helping staff recognise the signs associated with mental ill health amongst colleagues and the wider community.
- ✓ Agreed a new discretionary Healthcare Scheme from the 1st April 2020, and the opportunity for staff to buy additional annual leave to help support work life balance.
- ✓ Provided training to managers on mental health issues in the workplace and hosted a number of mindfulness sessions for staff to attend, to improve mental wellbeing.

- ✓ Introduced Policies such as Transgender, to ensure that trans employees are supported in the workplace, and Resolution, to provide a range of positive interventions to dealing with conflict in the workplace.
- ✓ Become the first Council in Nottinghamshire, and the second in the East Midlands, to secure Living Wage accreditation, and maintained this accreditation since October 2013. This ensures that Council staff and contractors' staff working on Council premises are paid at a rate that ensures they can live with dignity and provide a decent standard of living for their families.

An indicative Health and Community Wellbeing work plan is set out below for the first year of the strategy. The Plan will be owned by the Health and Community Wellbeing delivery group, and it is the intention that as new projects and work streams are identified they will be fed into the plan in a dynamic way to ensure that there is a consistent co-ordination of all the work across the council that contributes to the overarching objectives of:

- Reducing health & wellbeing inequalities
- Improving health and wellbeing of our residents
- Sustainable and effective services
- Supporting people to stay independent for longer, and supporting their personal goals
- Protecting People from Harm
- Helping and Supporting Victims
- Tackling Crime and Anti-Social Behaviour

Table: Health and Community Wellbeing Work Plan 2020/21.

Priority Area	Action	Priority	Progress	Lead Officer	Complete Date
Overarching	Establish Health & Community Wellbeing Delivery Group & Membership	1		HoN	
Community Safety	Roll out Start the Change project in Harworth to provide community reassurance around reporting issues & confidentially. Monitor pilot with a view to replicating in other areas of the district if successful.			CS Manager	
	Continue work with Nottinghamshire and South Yorkshire Violence Reduction Units to ensure connection to all activities ongoing to reduce and prevent open space and domestic related violence.			CS Manager	
	Connect into all networks related to Child Criminal Exploitation to feed in concerns and be aware of intelligence that could be affecting young vulnerable people in Bassetlaw.			CS Manager	
Physical Activity	Ensure continued delivery of Cardiac Rehabilitation services			AC Manager	
	Expand the support to resilience and improved mental health through targeted Physical Activity sessions			AC Manager	

Priority Area	Action	Priority	Progress	Lead Officer	Complete Date
	Support and develop walking sports and other activities for the less active			AC Manager	
	Target and encourage increased physical activity in physically inactive young persons			AC Manager	
	Support Bassetlaw Actin Centre in delivery of Get Out Get Active scheme			AC Manager	
	Continue to support physical Activity for people with disabilities.			AC Manager	
Food Environment	Complete and feed back upon Rhubarb Farm Project			EH Manager	
	Increase Number of Breast Feeding Friendly venues across the district by at least 12 and carry out a Breast Feeding Friendly promotion in World Breast Feeding week in August			EH Manager	
	Increase Number of establishments signed up to HOT and carry out at least one major promotion around this topic			EH Manager	
	Implement programmed food safety inspections and prepare of additional Allergen related legislation by increasing awareness and advice to food premises in relation to allergens.			EH Manager	
	Engage with the newly commissioned obesity and Weight Management service to inform and support interventions in Bassetlaw			EH Manager, AC Manager	
	Support the refill Campaign in Bassetlaw to promote availability of drinking water refills			HoN & Comms	
Workplace Health	Move BDC onto the Countywide wellbeing at work scheme.			HR Manager	
	Introduce and monitor impact of discretionary healthcare scheme for staff, and uptake of leave buyback, on sickness levels			HR Manager	
	After the launch of the new county wide resources for Wellbeing at Work (1/1/2020) to develop and implement a targeted plan to bring Bassetlaw businesses into the scheme through the EH team			HoN / EH Manager	
Substance Misuse	Continue to co-ordinated Project Steppingstones to work with clients, who are either homeless or in danger of not sustaining a tenancy through drug and alcohol issues or mental health concerns			CS Manager	
Mental Health	Implement pilot project with Mental Health Services to second a Community Psychiatric Nurse to work with the Community Safety Team in relation to identifying and addressing mental issues related to ASB, Hoarding, Tenancy Sustainment and young persons trauma.			CS Manager	

Priority Area	Action	Priority	Progress	Lead Officer	Complete Date
	Develop a Mental Health at Work Policy and sign up to the prevention concordat for Better Mental Health, and time to Change Campaign.			HR Manager	
	To support Mental Health Awareness week in May 2020, and promot Every Mind Matters			H o N & Comms	
	Designate Happy to Chat benches, produce web pages to support and promote, and explore additional support through third sector for 'befrienders'			H o N & Comms	
Tobacco	Engage with the newly re-convened, county wide, Tobacco control Group and contribute to the development and implementation of a shared work plan			EH Manager	
	Support staff to Quit through active promotion of 'Stoptober' or other promotional opportunities, and explore availability of support			HoN & HR & Comms	
	Install all signage for the smoke free play areas			Parks Manager	
	Explore availability of support in district for smoking cessation and promote in workplaces and generally			Partnership	
Housing	Amend Statement of Intent for eco-flex to incorporate widened schemes and monitor uptake and impact for residents in Bassetlaw			Strategic Housing Manager	
	Determination of whether the PS housing standards intervention will be through a selective licensing scheme or other intervention programme (to be determined)			Strategic Housing Manager / EH Manager	
	Review impact of HMO licensing since implementation in terms of quality/standards and report to delivery group			EH Manager	
	Report on impact of Jigsaw as a hoarding intervention in Council properties			Head of Housing	
	Continue to investigate housing disrepair complaints and report on actions taken as a result			EH Manager	
	Continue to work with property owners to bring back long-term empty properties into use.			EH Manager	
	Continue to actively put forward and consider Council owned sites to increase the delivery of affordable social rental properties			Head of Regeneration / Head of Housing	
	Monitor the delivery of specialist housing to meet the needs of the older population in particular. (20% of housing on sites of 50 homes or more will be required to be adaptable to enable resident to live in their homes for longer)			Head of Regeneration	

Priority Area	Action	Priority	Progress	Lead Officer	Complete Date
Wider Determinants	Implement the Health Bus for rural areas through BCF funding and operated through the partnership with the Primary Care Network. Monitor and report on impact.			Strategic Housing Manager	
	Organise skills events aimed at improving aspiration and qualifications for young people within the district			ED Manager	
	Implement Health Impact Assessments as part of the planning appraisal process (through the adoption of the Local Plan)			Head of Regeneration	
	Carry out awareness raising events in respect of Air Quality within the district.			EH Manager	
	Support the improvement of air quality in the district through robust infrastructure appraisals.			Head of Regeneration	
	Through the adoption of the Local Plan, implement environmentally beneficial requirements that will improve air quality and therefore health within the district, for example planting 5 trees for every house constructed, electric vehicle charging points and integrating modes of transport other than cars into site allocations			Head of Regeneration	
	Promoting better connectivity through cycle links, bridleways and pedestrian routes as part of strategic site delivery			Head of Regeneration	
	Support the reduction of Carbon in the district through the development of a Carbon reduction strategy.			Director N, R & H	