



**ANNEXE 1**

## **Health and Wellbeing Strategy**

**2016 - 2021**

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## Background

Waverley enjoys excellent quality of life and residents have good reason to be happy and healthy. According to the Halifax rural Areas Quality of Life Survey 2013, people living in Waverley enjoy the best overall quality of life in the country. It has a combination of relative prosperity, low crime rates, good employment prospects and above average health.

Waverley has a total population of 121,572 (2011 Census, Office for National Statistics), is the largest local authority in Surrey in geographical terms and also has the lowest population density in the county. Around 70% of Waverley's population lives in Farnham, Godalming, Haslemere or Cranleigh, with the remaining 30% living in rural wards. The diversity of rural and urban environments is seen as a significant feature and asset of the borough.

The overwhelming picture in Waverley is one of a borough steeped in history, with rural landscapes, picturesque towns and villages and an active, healthy and affluent population. However, pockets of relative deprivation and high health needs exist in the borough. For example, the rates of depression and suicide in Waverley are no better than the rates across the rest of Surrey, despite out-performing on almost all known measures of risk factors for poor mental health, meaning we are keen to ensure residents' mental and emotional wellbeing is a priority. Residents' physical health and wellbeing is also important for Waverley, with smoking continuing to be the major preventable cause of premature death and disability and considerable gaps existing in life expectancy between the most and least disadvantaged wards.

The high standard of Waverley's services and quality of life is reflected in the life expectancy of a large proportion of our residents. However, our rural nature and ageing population means that social isolation is also a key concern. Our population of residents over 65 and 85 years of age is one of the fastest growing in Surrey and there are increased numbers of residents with neurological conditions such as stroke or dementia. This means that services for older people must also be a priority, alongside supporting community engagement and promoting good health and wellbeing throughout the borough.

This document provides a background to health and wellbeing locally and nationally, an overview of the health and wellbeing challenges in Waverley, our vision for health and wellbeing and, crucially, how we plan to achieve it. This strategy has been produced with the Waverley Health and Wellbeing Partnership. Together, we can help ensure that Waverley's residents have access to the activities and support to live full, active and healthy lives.

## Introduction

This is the first Health and Wellbeing Strategy of Waverley Borough Council. The strategy aims to reflect Surrey's overarching priorities to promote health and wellbeing, as well as recognising the local health and wellbeing needs, other relevant local strategies and plans, and stakeholder and public feedback.

Waverley Borough Council is committed to working with both statutory and voluntary organisations, Clinical Commissioning Groups and the local community to ensure that everyone in Waverley has access to the advice and support they need to live full, active and healthy lives. The Health and Wellbeing Strategy will set out how we will continue to demonstrate our vision for and commitment to the health and wellbeing of our residents and communities.

## National ambition for health and wellbeing

Nationally, health and wellbeing continues to be a priority. Healthy Lives, Healthy People: Update and way forward<sup>1</sup> is part of a series of updates that set out what the Department of Health wants to achieve in a new and reformed public health system. The framework focuses on two high-level outcomes:

- Increased healthy life expectancy
- Reduced differences in life expectancy and healthy life expectancy between communities

The Public Health Outcomes Framework sets out four public health indicator domains that will help focus understanding of progress year by year nationally and locally on priority areas:

- Improving the wider determinants of health
- Health improvement
- Health protection
- Healthcare public health and preventing premature mortality

(Source: Surrey Information Point)

## The Waverley Health and Wellbeing Partnership

As part of Waverley's commitment to health and wellbeing, a local Health and Wellbeing Partnership was established in 2013. The Waverley Health and Wellbeing Partnership is chaired by a Waverley Executive Member and supported by the Director of Operations. Members include representatives from the two Clinical Commissioning Groups covering Waverley (Guildford & Waverley Clinical Commissioning Group and North East Hampshire & Farnham Clinical Commissioning

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<sup>1</sup> Healthy Lives, Healthy People: Update and way forward can be read at: <https://www.gov.uk/government/publications/healthy-lives-healthy-people-update-and-way-forward>

Group), Adult Social Care, Public Health, the Royal Surrey County Hospital, the Surrey and Borders Community Mental Health Trust, Waverley Borough Council and key representatives from the voluntary and independent sectors.

The aim of the Health and Wellbeing Partnership is to ensure that residents' needs are fully recognised in the work of partner agencies, and to support a more joined up and integrated approach to service delivery that achieves better outcomes for Waverley's residents.

Examples of key projects and actions that have been progressed through the Partnership include:

- Proposals for the development of the Memorial Hall (for which financial contributions have been made from Partnership members)
- The development of the Ockford Ridge Regeneration initiative
- Health and Wellbeing in Leisure Centres
- The Personalisation, Prevention and Partnership Fund initiative (with Partnership members making financial contributions towards several health and wellbeing projects)
- Local Health and Wellbeing infrastructure
- Implementation of more integrated locality working across health and social care

Waverley's work with the Partnership has already been recognised through a number of national and regional awards. These have included Systems Leadership recognition by the National Leadership Centre in 2014, finalist in two separate categories in the 2015 national Association for Public Service Excellence (APSE) awards, and an award winning nomination in the 2014 Surrey Living and Ageing Well Awards.

## **Why do we need a health and wellbeing strategy?**

Both nationally and locally, health and wellbeing is at the forefront of many current agendas, reflecting the significant overlap with many areas of public services and the impact on the population and wider communities.

Most recently, the District Councils' Network commissioned a report by The Kings Fund in order to deepen understanding of the role of district councils in the health of our residents and communities. Published in November 2015, the report writes that:

“Our health is primarily determined by factors other than health care. District councils are in a good position to influence many of these factors through their key functions and in their wider role supporting communities and influencing other bodies... public health reform and localism also create opportunities for them to increase their contribution to the health of their citizens. Moreover, many of their actions are likely to release savings to the public purse – primarily (but not solely) in the NHS. District councils therefore need to be more integrated in local health and social care policy than many currently are” (Buck and Dunn, 2015; pp. 5).

Much of the work we do in Waverley is already contributing, either directly or indirectly, to health and wellbeing locally. The Health and Wellbeing Strategy is an exciting opportunity to acknowledge the contribution our work is already making in this area and to demonstrate how we will continue to positively influence health and wellbeing in Waverley.

This strategy has been developed in order to set out the challenges facing Waverley, our priorities and our shared vision for health and wellbeing - It is our public statement of our intentions, setting out what we aim to do to and what we are already doing to positively influence the wellbeing of our residents and support them to live full, active and healthy lives.

## How was the strategy developed?

This strategy has been developed with the Waverley Health and Wellbeing Partnership, in recognition of the shared responsibility for improving public health and wellbeing and reducing inequalities.

In order to identify local needs we have considered the available local data on Waverley and the wider Surrey area, such as the Joint Strategic Needs Assessment and local health profiles.

The strategy has been developed with current and future resources in mind, with an emphasis on sustainability, joint-working and preventative approaches to promoting health and wellbeing. It reflects the five priorities of the Surrey Joint Health and Wellbeing Strategy<sup>2</sup>. It also recognises the priorities of North East Hampshire & Farnham Clinical Commissioning Group<sup>3</sup> and Guildford & Waverley Clinical Commissioning Group<sup>4</sup>, and health and wellbeing needs specific to Waverley.

### **The priorities of our Health and Wellbeing Strategy are:**

- Developing a preventative approach
- Promoting emotional wellbeing and mental health
- Improving older adults' health and wellbeing
- Improving the health and wellbeing of children and young people
- Safeguarding the population

As part of the Council's work to develop its capacity to demonstrate impact on health and wellbeing outcomes for our residents, the Action Plan accompanying the Strategy aims to provide measurable outcomes aligned to indicators from the Public Health Outcomes Framework. This will enable us to identify changes in the health and wellbeing of our residents throughout the lifespan of the Strategy. The data will support us to focus some our work on areas of higher need as well as open up opportunities for further joint working with statutory partners. Some of the examples of the indicators collected by Public Health that relate to the health wellbeing of our residents and are aligned with the Council's services include:

- Utilisation of green space for exercise/health reasons
- Social connectedness
- Perceptions of community safety
- Falls and injuries in the over 65s
- Dementia and its impacts
- Take up of NHS Health Check programme by those eligible

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<sup>2</sup> The Joint Strategic Health and Wellbeing Strategy can be read at:

<http://www.healthysurrey.org.uk/about-us/health-and-wellbeing-strategy/>

<sup>3</sup> Priorities and strategies of North East Hampshire & Farnham Clinical Commissioning Group can be found at: <http://www.northeasthampshireandfarnhamccg.nhs.uk/documents/class-1-who-we-are-and-what-we-do/strategies>

<sup>4</sup> Priorities and strategies of Guildford & Waverley Clinical Commissioning Group can be found at: <http://www.guildfordandwaverleyccg.nhs.uk/documents.aspx>



## Definition of health and wellbeing

Our health as individuals and communities is influenced by many factors - our family background, our lifestyles and health-related habits, and the quality of services we receive. It is also influenced by the wider physical, social and economic environment in which we are raised and in which we subsequently live and work.

This strategy therefore considers health in its broad, holistic definition. In producing this strategy, we have recognised the borough's health inequalities and have carefully considered the wider influences on health and wellbeing.

This strategy distinguishes between total life expectancy and healthy life expectancy, and it emphasises a preventative approach to health and wellbeing. This is because we recognise the benefit to our residents and wider communities of spending as much of our lives as possible in good health.

The difference in years between total life expectancy and healthy life expectancy can act to indicate the quality of health and wellbeing at a population level. For example, total life expectancy tells us simply how many years individuals are likely to live for, and is often expressed as an average across a population. Healthy life expectancy demonstrates how many years, on average, individuals are likely to spend in good health and in the absence of disease and disability.

The balance between these averages can have important implications for communities. For example, a high total life expectancy combined with a low healthy life expectancy can indicate that there is a likelihood of people within a community living many years in a poor health. This is not only detrimental to individuals and communities in terms of quality of life and emotional and mental wellbeing, but also represents greater costs to the NHS and Adult Social Care in terms of providing treatment and support for long-term health conditions and disability in later life.

In short, whilst high life expectancies are a reflection of excellent health care services and disease management, it is not good enough to simply live a long life. More important is preventing the onset of disease and disability to ensure we live long *and healthy* lives.

## Life in Waverley

In Waverley we generally enjoy a high standard of living. The borough is one of the least deprived in England, ranking 322th out of 326 local authorities in terms of deprivation (IMD 2015). Waverley is also often named in national surveys as one of the best places to live in Great Britain<sup>5</sup>, reflecting the low levels of deprivation, good quality housing, good transport connections, first class schools, active communities, good health facilities, and diverse range of leisure and recreational opportunities.

### Health and wellbeing in Waverley – local demographics, strengths and challenges

In producing this strategy we have carefully considered the needs of our residents based on the available local data on Waverley and the wider Surrey area, such as the Joint Strategic Needs Assessment and local health profiles. This section presents our local demographic characteristics, our strengths and also the areas in which we face health and wellbeing challenges. Additionally, it highlights the way in which these factors may interact and possible opportunities for us to have an impact.

#### **Summary (source: Joint Strategic Needs Assessment):**

- Life expectancy of 82.6 years for men and 85.1 years for women, higher than the UK average of approximately 79.4 years for men and 83.1 years for women (PHOF 2011-13)
- Proportionally, Waverley has the highest population of over 85's in Surrey and this population is predicted to increase by approximately 30% over the next 5 years
- We experience high demand and low supply within the care sector
- Waverley has the fewest children living in poverty in the whole of Surrey – lowest proportion, not the fewest number (2013 data)
- More than 1 in 10 children leave primary school obese
- 60% of adults in Waverley are overweight or obese
- Approximately 1 in 5 people in Waverley are physically inactive (i.e., not meeting the recommended 150 minutes per week)
- In 2013, physical inactivity in Waverley was estimated to cost £2million
- Smoking continues to be the major preventable cause of premature death and disability
- Some of Waverley's wards feature in the top 10 in Surrey for having the highest estimated number of dwellings in fuel poverty
- Godalming Central & Ockford is the ward with the highest levels of common mental illness in Surrey. Farnham Moor Park is 5<sup>th</sup> highest in the same table (Waverley is the only district of Surrey to feature twice in this 'top 5' of ward-level data)

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<sup>5</sup> For example, every year since 2011 has seen Waverley feature in the UK top 10 in the Halifax Quality of Life Survey.

## ***Demographic characteristics***

### ***Life expectancy and healthy life expectancy***

Average life expectancy in Waverley is higher than the average for England, with men and women living to an average age of 81.9 years and 85.1 years, respectively. We are proud of this reflection of the excellent services and quality of life we enjoy in Waverley. However, average life expectancy for residents living in the most deprived wards is 8.2 years lower for men and 10.6 years lower for women than those living in the least deprived wards. Men and women in Waverley live approximately 85.5% and 83.8%, respectively, of their lives in 'good health'.

### ***Deprivation***

Overall, the level of deprivation in Waverley is very low, being one of the least deprived places in England. However, relative to Surrey as a whole, some areas do face high levels of deprivation. Aarons Hill (Godalming) falls within the 10 most disadvantaged in Surrey and Sandy Hill (Farnham) falls within the top 15 (source: IMD 2010). In Waverley we have a strong history of productive multi-agency social inclusion activity not only in these communities but in a number of other neighbourhoods with similar profiles (e.g. The Chantrys, Farnham).

Income deprivation is consistently and systematically linked with life expectancy and healthy life expectancy across England. This may be because people living in deprived communities might encounter fewer opportunities to engage with or poorer access to health, community and education services. This could impact health and lifestyle behaviours and subsequently cause individuals to experience more long term conditions at a younger age.

### ***Ethnicity***

Waverley's population is predominantly White British (90.6%). However, Waverley does have a significant Gypsy and Traveller community, especially in Cranleigh.

### *Age profile of residents*

Waverley has substantially fewer young adults than the English average and currently has the highest proportion of over 85's in Surrey. Table 1 shows Waverley's population distribution by age.

**Table 1. Waverley's population distribution by age. Souce: JSNA**

<b>Age range</b>	<b>Percentage of the population</b>
0-4	6
5-15	13.8
16-17	2.9
18-24	6.4
18-64	57.7
65+	19.6
85+	3.2

The population of over 65's in Waverley is predicted to grow by 13.3% over the next 5 years, compared to a growth of 1.5% among those aged 18-64. Moreover, the population of people aged over 85 is predicted to increase by approximately 30% over the next 5 years.

In recognition of our role in supporting older people, Waverley Borough Council has developed an Ageing Well Strategy, with which the Health and Wellbeing Strategy should be read.

### ***Demand within the care sector***

It is forecast that the adult social care sector in England will need to add approximately 1 million care workers over the next 10 years in response to population ageing and increases in the numbers of people with long-term health conditions.

The demand for additional care workers also comes from a deliberate and progressive shift in the delivery of care for older people to their own homes or their local community where a more tailored service can be provided that promotes independence and achieves better outcomes.

While there are challenges nationally in achieving the target for additional care workers, Waverley and surrounding areas face particular challenges in terms of the high demand and low supply of care workers. This includes a lack of adequate numbers of care workers in the local market, inadequate public transport, high property prices and a predominance of graduates and higher-skilled individuals in the local working-age population.

Clearly, there are multiple factors influencing the issues faced by the care sector and the issues are felt widely across government, health services and other organisations. This complex nature means that there is no single solution to this problem and it is therefore dubbed a 'wicked' challenge. Problems of this kind instead require a joined-up and focussed approach from multiple relevant organisations. Pertinent to Waverley Borough Council is the role we can play locally in bringing together public and private sector organisations in order to drive forward change and develop sustainable solutions.

## ***Lifestyle and behaviours***

A range of lifestyle factors and behaviours can affect both our mental and physical health and wellbeing. For example, what we eat and drink, whether or not we smoke, and how physically active we are can all influence our risk of becoming obese or developing diseases like diabetes, coronary heart disease and cancer. They also play a complex role in our mental health and emotional wellbeing, with exercise and obesity though to have links with depression, for example.

Waverley plays a role in supporting and providing services which can directly or indirectly influence the lifestyles and behaviours of our residents which, subsequently, can have a profound effect on their overall health and wellbeing. It is important that we understand the current patterns of health behaviours in Waverley in order for us to adequately support the health and wellbeing of residents.

### ***Eating Behaviour***

Good nutrition is important to maintain health and in the prevention and management of diet-related conditions such as cardiovascular disease, some cancers, type 2 diabetes and obesity.

#### **Nutrition in Waverley:**

For good health, children and adults in the UK are recommended to eat 5 portions of fruit and vegetables a day. An estimated 35% of Waverley's population eat at least 5 portions of fruit and vegetables a day, meaning 65% are not eating enough fruit and vegetables. (Source: JSNA).

### ***Alcohol consumption***

Addressing the harm caused by alcohol remains a priority both nationally and locally. Alcohol-related hospital admissions have more than doubled in the last decade and it is estimated that more than 25% of adults drink alcohol above recommended limits. The social, economic and health impacts of alcohol misuse affect the population at large, as well as the most vulnerable individuals and groups.

#### **Alcohol Consumption in Waverley:**

Based on the demographic and social characteristics of Waverley, it is estimated that more than one in five people over the age of 16 engage in increasing risk drinking, which is slightly higher than the average for England and the South East. (Source: Public Health England, 2014 Local Alcohol Profiles for England)

## **Smoking**

Smoking is the main cause of preventable illness and premature death with an estimated 459,900 hospital admissions attributed to smoking in 2010/11 and an estimated 80,000 smoking related deaths in adults aged over 35 years in 2012. 85% of COPD deaths are attributed to smoking along with one in four cancer deaths and 14% of deaths from heart and circulatory disease.

### **Smoking in Waverley:**

Approximately 14.8% of Waverley's population smoke. Similarly to the rest of Surrey, this rate is lower than the England average (18.4%). However, Waverley sees a higher smoking prevalence in some wards, such as Godalming Binscombe (22.5%), Godalming Central & Ockford (20%), Farnham Upper Hale (18.9%) and Godalming Farncombe & Cattershall (18.1%).

In comparison, smoking prevalence in Godalming Holloway and Farnham Bourne is estimated at 8.2% (Source: JSNA).

## Physical activity

Physical activity plays an important role in the health and wellbeing of individuals and the wider community, such as in the health and development of children and the prevention of disease, obesity and falls in adults. Benefits of physical activity are demonstrated in figure 1.

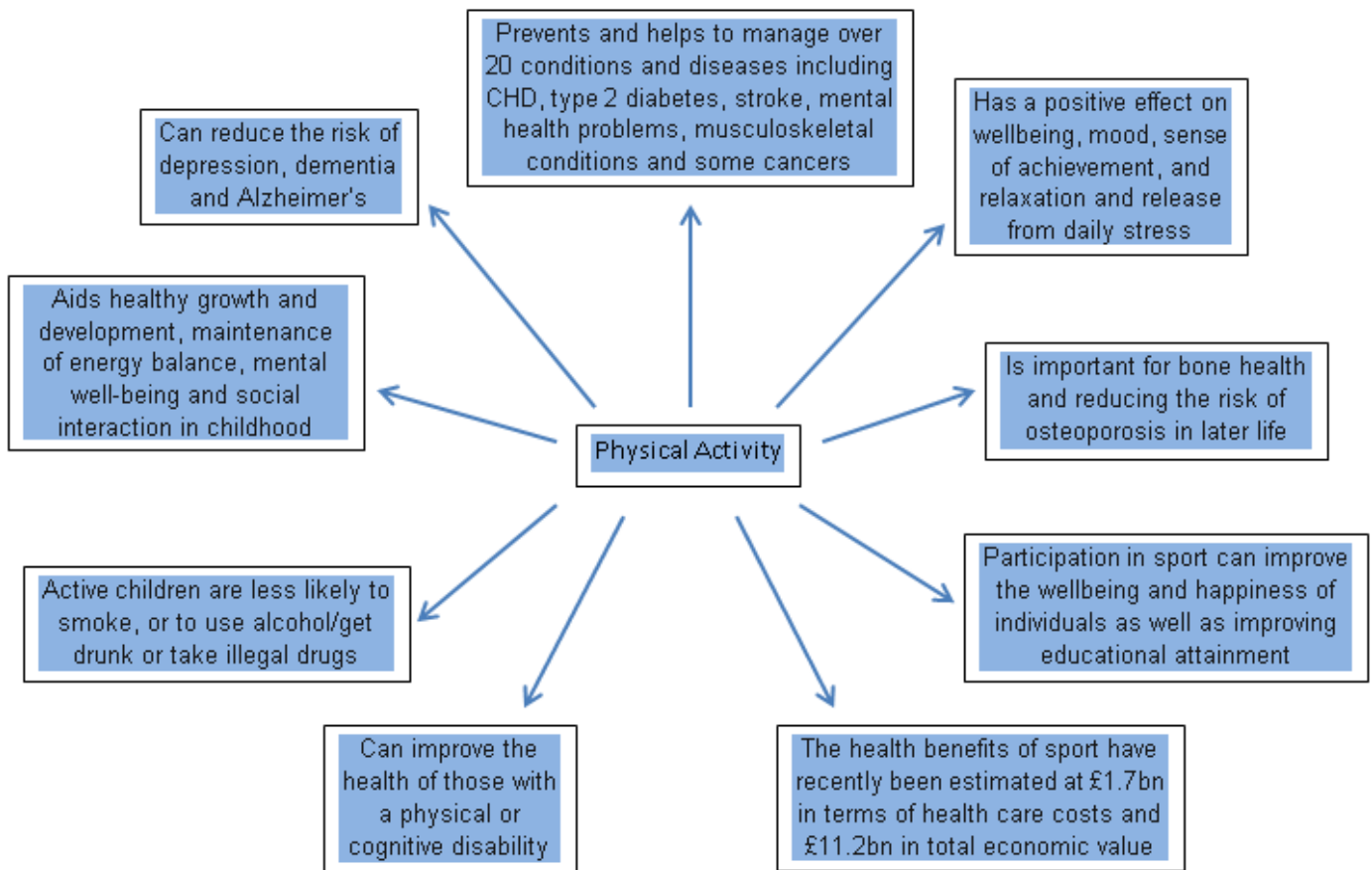


Figure 1. The benefits of physical activity. Sources: NICE 2013; JSNA

### Physical activity in Waverley:

In Waverley, 69.3% of adults (PHOF) are estimated to be active, doing at least 150 minutes of moderate equivalent physical activity per week (better than the average of 63.1% for Surrey), while 19.5% are inactive, doing less than 30 minutes of moderate equivalent physical activity per week (better than the average of 21.7% for Surrey). Despite this, physical inactivity was estimated to cost almost £2million in Waverley in 2013.

If 75% of the population aged 39-79 in Waverley were to meet the recommended levels of physical activity we could prevent 44 deaths, 7 emergency admissions for coronary heart disease, 11 new cases of breast cancer and 6 new cases of colorectal cancer (Source: JSNA).



## ***Children and young people***

Waverley has the lowest proportion of children living in poverty in Surrey (6.9% in Waverley compared to the district with highest of 13.0%) (Surrey-i), and also the lowest teenage conception rates in Surrey. However, we face challenges in other aspects of health and wellbeing. For example, 6.4% of Waverley's children are obese in Reception Year of Primary School. By the time children in Waverley leave Primary School, 11.9% (PHE NCMP profile) are obese.

Whilst these figures are no higher than the Surrey averages, it still represents the growing issue of childhood obesity. Additionally, since research tells us that obese children are highly likely to become obese adults, it highlights a potential area for actions that can improve the health of children and young people living in Waverley and prevent obesity and ill-health within our population.

## ***Families***

The Family Support Programme was first piloted in Waverley in 2012 before being expanded to the other districts and boroughs in Surrey. This programme aims to support families within their local communities to overcome a range of issue such as unemployment, poor school attendance, self-esteem and self-reliance, and wellbeing.

Further support for families and children is available through Children's Centres, located throughout Waverley in Godalming, Farnham, Haslemere and Cranleigh. Each Children's Centre aims to provide services that are tailored to their communities needs. Services can include play and learn sessions, parenting courses, information and advice on how to improve skills and find work, and help with keeping healthy, including advice on breastfeeding, nutrition and healthy lifestyles from pregnancy and beyond.

Waverley Borough Council is committed to working in partnership with existing organisations and services to improve the health and wellbeing of children, young people and families.

## ***The built and natural environment***

The local built and natural environment can have a profound effect on the health and wellbeing of the population. For example, the inability to access green open space can have negative impacts on both physical and mental health.

### **Mental and physical correlates of the built and natural environment include:**

- Mortality
- Cardiovascular disease
- Respiratory illnesses
- Increased blood pressure
- Falls and unintentional injuries
- Social isolation
- Mental health issues
- Physical fitness and wellbeing

Waverley benefits from being one of the most wooded districts of any local authority in England. Good quality, accessible green space and infrastructure can provide many potential health and wellbeing benefits. Green space, parks and countryside provide a platform for community activities, social interaction, physical activity and recreation, as well as reducing social isolation, improving community cohesion and positively affecting the wider determinants of health.

The percentage of people across Surrey using green space specifically for exercise or health reasons is 17.6% compared to the national average of 17.1%, despite being the most wooded county with a high percentage of green belt space.

Promoting use of existing green spaces to increase physical activity and enhance mental wellbeing in partnership is therefore a priority across Surrey and features in the Public Health Outcomes Framework.

Waverley Borough Council has recently developed a ten-year Play Area Strategy through a review of play provision across the Borough of all known playground, skatepark and multi-use games area sites. The Council aims to provide clean and challenging play environments that are accessible for all.

The Play Area Strategy promotes the health and wellbeing benefits of adequate play provision and of open space and physical activity for children and adults alike. This research complements the physical activity guidelines for children and adults produced by the Department of Health. There is also evidence that the more children access green and open space, the more likely they are to do so as adults.

## *Homes and housing*

Health and wellbeing is strongly dependent upon a person being in secure, comfortable and adequately heated housing. It is critical that there is access to an adequate supply of affordable housing to:

- Help reduce numbers in unsuitable or overcrowded accommodation
- Avert homelessness
- Address issues where health conditions are linked to current housing, for example, where homes are in poor repair
- Help people to find employment and avert long-term unemployment (e.g., by providing individuals with a fixed address to enable the completion of job applications)
- Enhance children's educational attainment (e.g., by providing families and children with the space and facilities necessary for adequate rest and study)

Individuals and families who are disadvantaged due to factors such as low income, mental illness, substance abuse, frailty or long term health conditions may need support to access and maintain appropriate housing.

Waverley, along with the other districts and boroughs of Surrey, has identified the need to increase the supply of affordable housing as a key priority. Housing with care and support is a joint responsibility of borough and district councils Waverley Borough Council has contributed to Surrey County Council's Joint Accommodation Strategy<sup>6</sup>, which identifies key priorities throughout Surrey.

A specific objective of the Joint Accommodation Strategy is to enable people with care and support needs to live as independently as possible in their own homes. Stable accommodation is a key requisite to this, whether the individual requires relatively low level of support to retain their independence or access to support 24-hours a day.

Waverley Borough Council is also implementing an Affordable Homes Delivery Plan 2012-2017<sup>7</sup>, setting out our strategic approach to becoming a driving force in the development of new affordable housing in the borough, in line with the Council's Corporate Plan<sup>8</sup>.

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<sup>6</sup> Joint Accommodation Strategy for People With Care And Support Needs  
<http://new.surreycc.gov.uk/social-care-and-health/care-and-support-for-adults/adult-social-care-strategies,-policies-and-performance/joint-accommodation-strategy-for-people-with-care-and-support-needs>

<sup>7</sup> Waverley's Affordable Homes Delivery Plan can be read at:  
[http://www.waverley.gov.uk/downloads/file/3286/affordable\\_homes\\_delivery\\_plan\\_2012-2017](http://www.waverley.gov.uk/downloads/file/3286/affordable_homes_delivery_plan_2012-2017)

<sup>8</sup> Waverley's Corporate Plan can be read at:  
[http://www.waverley.gov.uk/downloads/download/1149/draft\\_corporate\\_plan\\_2012-2015](http://www.waverley.gov.uk/downloads/download/1149/draft_corporate_plan_2012-2015)

Preventing homelessness is also a key priority for Waverley, as outlined in Waverley's Homelessness Strategy 2013-2018<sup>9</sup>. Research estimates that taking a preventative, as opposed to reactive, approach to homelessness saves anywhere between £5,300 and £30,000 per household per year<sup>10</sup>.

Even taking the most conservative estimate, the homeless preventions carried out by Waverley Borough Council in 2012/13 saved the public purse approximately £3million<sup>11</sup>. Combining this financial benefit to the health and wellbeing benefits to those who are prevented from becoming homeless highlights the value of this work.

Cold temperatures (seasonal changes and excess cold weather) can have considerable impact on those who cannot afford to heat the home to an adequate level of warmth. These households are likely to be in fuel poverty, living in cold and damp properties and exposed to an increased risk of associated health impacts. Some of Waverley's wards feature in the top 10 in Surrey for having the highest estimated number of dwellings in fuel poverty (Source: BRE Housing Stock Appraisal 2014). Waverley Borough Council implements a Home Improvement Policy<sup>12</sup> which outlines how the Council will provide assistance for repairs, improvements and adaptations to the homes of those residents in Waverley who need it most.

The impact of adverse environmental conditions is felt unequally across certain groups of society (i.e. the elderly, the very young, long term sick, those living with disabilities and low income households) and puts increased, but avoidable, pressure on our health and social care services. How severely a person or group will be affected will depend not just on their exposure to the event, but how well they are able to cope with and respond to such conditions, such as their ability to access support and services and their mental health and emotional wellbeing (source: Surrey Information Point).

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<sup>9</sup> The Homelessness Strategy can be read at:

[http://www.waverley.gov.uk/downloads/file/722/homelessness\\_strategy](http://www.waverley.gov.uk/downloads/file/722/homelessness_strategy)

<sup>10</sup> Research carried out by Heriot-Watt University (2007) and more recently by Shelter and the UK Government

<sup>11</sup> Source: Waverley's Homelessness Strategy 2013—2018

<sup>12</sup> Waverley's Home Improvement Policy can be read at:

[http://www.waverley.gov.uk/downloads/file/3984/home\\_improvement\\_policy](http://www.waverley.gov.uk/downloads/file/3984/home_improvement_policy)

## ***Mental health and emotional wellbeing***

Surrey is a relatively prosperous county and, at a population level, Surrey has lower rates of several key risk factors for mental health than the England average. In Waverley, there are particular areas that have a higher than average incidence and risk of mental health issues, such as:

- Cranleigh
- Godalming Central & Ockford Ridge (ward with the highest levels of common mental illness in Surrey)
- Farnham Moor Park (ward with the 5<sup>th</sup> highest levels of common mental illness in Surrey)
- The Chantrys, Farnham

There are several factors that influence mental health, such as individual factors (e.g. genetics and age), family factors (e.g. childhood events) and wider factors (e.g. employment status and housing). Whether or not a person belongs to a high risk group (e.g. people with long term health conditions and victims of crime and abuse) can also influence ones mental health status. Figure 2 demonstrates these factors.

<p><b>Wider factors:</b></p> <ul style="list-style-type: none"> <li>• Deprivation</li> <li>• Unemployment</li> <li>• Social isolation/exclusion</li> <li>• Financial difficulty and debt</li> <li>• Poor housing and homelessness</li> <li>• Crime and fear of crime</li> </ul>	<p><b>Individual factors:</b></p> <ul style="list-style-type: none"> <li>• Genetics</li> <li>• Age</li> <li>• Lifestyle behaviours</li> <li>• Bereavement</li> <li>• Poor resilience</li> </ul>
<p><b>Family factors:</b></p> <ul style="list-style-type: none"> <li>• Parental mental health and poor infant attachment</li> <li>• Parental substance misuse</li> <li>• Family break up</li> <li>• Being a looked after child</li> </ul>	<p><b>High risk groups:</b></p> <ul style="list-style-type: none"> <li>• Victims of abuse and violence</li> <li>• People with long term health conditions</li> <li>• Carers</li> <li>• Black and Minority Ethnic groups</li> <li>• People who are lesbian, gay bisexual and transgender</li> </ul>

Figure 2. Factors influencing mental health. Source: JSNA

In Waverley there is already a range of services and support which have the potential to influence these factors and, subsequently, impact on wider health and wellbeing. It is important to acknowledge the work we are already doing which can have a positive effect of mental health and emotional wellbeing and to ensure services of this kind are joined-up and sustainable.

## ***Connectivity and social isolation***

### ***Connectivity***

Waverley has the lowest connectivity index in Surrey (i.e., ability to access services that are not in walking distance; Source: Connectivity Index, 2005). Figures over 100 indicate a higher level of connectivity. Taking Surrey as a whole, the connectivity index is 135. However, Waverley has a connectivity index of just 29.

This represents the fact that residents of Waverley have to travel further to access friends and family and to access local amenities, including community groups, their GP and specialist mental health services. Geographically, Waverley is the largest local authority in Surrey and also has the lowest population density in the borough. Around 70% of Waverley's population lives in Farnham, Godalming, Haslemere or Cranleigh, with the remaining 30% living in rural wards.

The diversity of rural and urban environments is seen as a significant feature and asset of the borough. However, the rural nature of much of Waverley makes transport difficult for some, especially older and vulnerable residents. Parts of Waverley benefits from excellent transport and road links as the borough is traversed by the A3, A31 and four major north-south A-roads. Nevertheless, travel between the east and west of the borough is predominantly via minor roads so can be challenging for our residents.

A Surrey Rural Strategy<sup>13</sup> is being developed for the next five years. The previous strategy recognised transport and accessibility as two of the most serious challenges facing Surrey's rural communities.

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<sup>13</sup> Information on the Surrey Rural Strategy can be found at: <http://www.surreycc.gov.uk/environment-housing-and-planning/countryside/looking-after-the-countryside/our-work-to-manage-surreys-countryside/surreys-rural-development>

### *Social isolation*

Social isolation and loneliness impact upon an individual's quality of life and wellbeing, adversely affecting health and increasing their reliance on health and social care services.

'Loneliness' is defined as being a subjective, negative feeling associated with loss, whilst 'social isolation' is defined as imposed isolation from normal social networks caused by loss of mobility or deteriorating health.

Waverley has pockets of isolation, particularly in rural areas. Several wards in Waverley have a high rate of one person households, which highlights possible areas with more loneliness and isolation (Surrey rank in brackets):

- Farnham Castle 40.93% (1st)
- Alfold, Cranleigh Rural and Ellens Green 38.79% (4th)
- Godalming, Farncombe & Catteshall 35.44% (14th)

Isolation can also occur within communities when services, support and infrastructure fall short of meeting communities' needs. This further highlights the crucial links between health and wellbeing and the planning of community developments, a priority that Waverley is already committed to.

## Community safety

In Waverley, approximately 1.5% of all hospital admissions are alcohol related. Whilst this is close to the Surrey average, it still represents avoidable illness and treatment costs. Alcohol and substance misuse are linked with a number of crime and community safety issues, such as violent offences, domestic assaults and driving offences.

Average rates of recorded criminal offences, anti-social behaviour and domestic violence in Waverley are lower than the Surrey average. Nevertheless, the challenge remains to maintain this low crime prevalence and ensure that our residents also *feel* safe. This personal perception of safety within a community is especially important for mental health, emotional wellbeing and encouraging social interaction and cohesion, especially for older adults. Perceptions of safety also feature within the Public Health Outcomes Framework.

Also related to community safety and health and wellbeing is the rate at which people killed or seriously injured on Waverley's roads. Figures for Waverley are slightly higher than the average for England. This is not unusual for rural districts and boroughs in Surrey<sup>14</sup>, but still represents challenges.

A local community safety partnership exists in Waverley as The Safer Waverley Partnership. This Partnership consists of representatives from Waverley Borough Council, Surrey County Council, Surrey Police, Surrey Fire and Rescue, National Probation Service, Guildford & Waverley Clinical Commissioning Group, and North East Hampshire & Farnham Clinical Commissioning Group. The Partnership also works with many other organisations to deliver projects and improve community safety.

The Partnership has several delivery groups focusing on areas, individuals and different types of crime and disorder. It also links with groups at divisional, county and regional levels. The responsible bodies that make up the Safer Waverley Partnership are under statutory duty to work together to reduce reoffending, tackle crime and disorder, tackle anti-social behaviour, tackle alcohol and substance misuse, and tackle any other behaviour which has a negative effect on the local environment.

All of these issues feature in the rolling three year priorities of the Safer Waverley Partnership. The Health and Wellbeing Strategy recognises the shared interests between these community safety priorities and health and wellbeing. This strategy should be read alongside the Safer Waverley Partnership Plan 2014-2017<sup>15</sup>.

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<sup>14</sup> For example, Tandridge, Mole Valley, Guildford and Runnymede all have significantly higher numbers of people killed or seriously injured on their roads than is average for England (Source: Health Profiles).

<sup>15</sup> Information on the Safer Waverley Partnership Plan can be found at:

[http://www.waverley.gov.uk/info/870/community\\_safety/320/community\\_safety\\_in\\_waverley/2](http://www.waverley.gov.uk/info/870/community_safety/320/community_safety_in_waverley/2)



## Summary – the overall picture in Waverley

The majority of Waverley's residents experience excellent overall health, wellbeing and quality of life. Waverley also benefits from outstanding (and in some cases, award-winning) services and a diverse mix of rural and urban environments.

Generally speaking, the borough has very low levels of deprivation and scores higher than average on most health indicators, meaning that the overwhelming picture of Waverley is one of a picturesque borough with a healthy, active and affluent population. However, health and wellbeing challenges do exist, along with opportunities to promote and protect the health and wellbeing of our residents and communities.

Perhaps most striking is the presence of pockets of relative deprivation and their links with health and wellbeing. For example, there is a considerable life expectancy gap between the most- and least-disadvantaged wards in Waverley. Smoking continues to be the major preventable cause of premature death and disability, and smoking prevalence in Waverley's most deprived wards is higher than local averages. Our most deprived wards also have some of the highest levels of mental illness in Surrey. Excellent work to improve the health and wellbeing of our residents and communities is already ongoing. However, we must continue to work purposefully to encourage health and wellbeing equity throughout Waverley. This includes encouraging the use of green space, addressing fuel poverty, ensuring adequate homes, community spaces and community infrastructure, discouraging increasing- and higher-risk drinking, and encouraging healthy weight.

Mental health in Waverley does indeed appear to be a particularly pertinent issue, with Waverley having some of the highest rates of depression and suicide in Surrey. Whilst there are lots of factors that can influence mental health, we can only speculate on the factors affecting mental health in Waverley. We do however have the lowest connectivity index in Surrey, meaning that residents in Waverley have to travel further in order to see friends and family and to access local amenities, including community groups, their GP and specialist mental health services. We also have a high rate of one-person households and the lowest population density in Surrey. It therefore seems plausible that this combination of low connectivity and social isolation could affect the mental health and emotional wellbeing of residents. Moreover, the difficulty experienced by some in accessing health services through low connectivity could also influence residents' mental and physical health. This highlights the difficulties within Waverley which, due to our unique and diverse geography and demographics, may not be easy to overcome. However, it is essential that we continue in our proactive work, contributing to enhancing residents' quality of life and preventing against factors which can influence mental illness.

Waverley has substantially fewer young adults than the English average. Furthermore, our population of residents over 65 and 85 years of age is one of the fastest growing in Surrey and there are increased numbers of residents with neurological conditions such as stroke or dementia. Whilst the absolute number of

people aged 85 and over continues to be a small proportion of the total population, it remains likely that Waverley will have a greater preponderance of residents with developing or developed long term conditions in the working adult population, as well as greater proportion of frail elderly than the English norm<sup>16</sup>. Moreover, Waverley and surrounding areas face particular challenges in terms of the high demand and low supply of care workers. Taking preventative approaches to health and wellbeing, creating sustainable solutions to the issues facing older people and the wider community and promoting ageing-well are therefore vital to Waverley continuing to be a great place to live and work.

Children and young people in Waverley appear to experience relatively good health and wellbeing compared to the rest of England. Despite this, looking after the health and wellbeing of our families, children and young people remains crucial so that we can help children to have the best start in life, make the most of their opportunities and prevent illness and disability in later life.

This information has informed our strategy for health and wellbeing and has fed into our shared vision for health and wellbeing in Waverley. We want Waverley to be a great place to live and work. To do this, we must ensure that Waverley's residents and employees have access to the support, advice and services they need to live full, active and healthy lives. We must take this opportunity to lead the way in influencing and enhancing our existing services, ensuring that health and wellbeing is reflected across all areas of our work in order to maximise value and achieve the best health outcomes possible for our residents and communities.

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<sup>16</sup> Source: JSNA

# Our shared vision for health and wellbeing in Waverley

The health and wellbeing of our residents can be affected by many factors and poor health has implications across multiple services and communities. In order to ensure that residents have access to the support, advice and services they need to live full, active and healthy lives, we must reflect health and wellbeing across all areas of our work. With our partners, we must also take joined-up and coherent approach to delivering sustainable services and support for health and wellbeing and add value to those which already exist.

Working in partnership with local and voluntary and statutory organisations, it is our aim to deliver on the following priorities and sub-themes:

- 1. Develop a preventative approach**
  - Encourage healthy lifestyles
  - Ensure healthy homes and living conditions
  - Support residents to access information and services
  
- 2. Promote emotional wellbeing and mental health**
  - Raise awareness and tackle stigma and discrimination
  - Reduce social isolation
  
- 3. Improve older adults' health and wellbeing**
  - Support the implementation of Waverley's Strategy for Ageing Well
  
- 4. Improve the health and wellbeing of children and young people**
  - Ensure families are supported to be happy and healthy
  - Support and enable young people to access jobs and training
  - Support opportunities for children and young people to participate in physical activity, sports and play
  
- 5. Safeguard the population**
  - Support the implementation of the Safer Waverley Partnership Plan
  - Keep safeguarding policy and training relevant and up-to-date

## How will Waverley achieve this vision?

In Waverley there already exists a range of excellent services which contribute to these priorities and positively influence health and wellbeing in the borough. We want to acknowledge this great work we are already doing and reframe our approaches to ensure that health and wellbeing is consistently recognised in our current and future projects and services. To this end, we have created an Action Plan (Annex A) for each priority, with measurable outcomes so that we can ensure we are delivering in these important areas.

Under each of the five priorities in the Action Plan we have developed themes of work. These themes have been developed through consultation with Surrey County Council Public Health and other internal and external partners in addition to public consultation. Each theme has corresponding actions, which will contribute towards the overall priorities. Many of the themes relate to the Public Health Outcomes Framework, meaning we will be able to objectively measure our progress against the Public Health Indicators. Appropriate indicators will be agreed with Public Health as part of this new way of working.

It is proposed that progress against each action will be reported annually to the Council.

The Action Plan identifies the higher level measures of success, although each action will result in more detailed outcomes. The Action Plan also recognises the essential role our partners play in delivering the outcomes and we will continue our vital dialogue to address and deliver the actions to support our community.

As this is the first Health and Wellbeing Strategy of Waverley Borough Council we have created a two year Action Plan covering 2016-2018, to be reviewed and updated for 2018-2021. This will allow us to set realistic and effective targets for the first two years, and to be responsive to the needs of our population and the changing public health landscape over the lifespan on the strategy.

All of the activities within the Action Plan will contribute to supporting residents to live full, active and healthy lives, and to making Waverley a great place to live and work. The activities within the Action Plan build upon the existing work of the Council whilst identifying new activities to support the health and wellbeing needs of our residents.

## **Overarching work streams**

There is some work already ongoing which spans all five priorities and therefore is not included in the Action Plan, but remains an important part of the Health and Wellbeing Strategy.

### ***Embedding health and wellbeing outcomes***

For example, at Waverley Borough Council we are continuing to work towards driving health and wellbeing outcomes from the services we provide or support. We are achieving this by embedding these outcomes into funding agreements within Voluntary Sector Grants, and by extending the link between funding and the delivery of improved outcomes for residents by developing and implementing Service Level Agreements with our partners. This will allow us to ensure that services are having a measurable effect on the health and wellbeing of our residents and to ensure that services are providing value for money.

### ***Systems Leadership***

Additionally, Waverley Borough Council was successful in gaining support in 2014 from the National Leadership Centre as part of the Systems Leadership – Local Vision programme. This programme supports the development of new ways of working in order to deliver integrated services and achieve measurable improvements in health, care and wellbeing. In Waverley, we are already using this opportunity to develop solutions, with our partners, to our ‘wicked’ challenge – the complex issues within our local care sector related to the high demand and low supply within the local care market. Not only must we ensure that our work continues to reflect this important agenda, but we must also ensure that we continue to implement whole-systems approaches to tackling health and wellbeing challenges by working across organisations and with partners and stakeholders. This ethos will be reflected throughout the work we will undertake in order to achieve the aims of this strategy.

### ***Work of the Clinical Commissioning Groups***

Local work by North East Hampshire & Farnham Clinical Commissioning Group sees the implementation of the innovative Vanguard programme, which is enabling health and social care professionals in North East Hampshire and Farnham to speed up plans to develop new ways of providing and paying for support and services for local people. The Clinical Commissioning Group’s ambitious programme aims to keep people happy, healthy and at home. It will see local people supported to improve their own health and wellbeing and when they are ill or need support, they will receive the best possible joined-up care. This new model of health and social care will:

- Result in better outcomes and experience for local people – helping them to be happy, healthy and wherever possible, supported at home
- Provide better value for money, helping to close the gap between the available resources and the costs of providing services to meet need.

The way services are commissioned and the way organisations are set up to provide the services will also be reshaped to best support the new model of care.

Waverley Borough Council is a committed partner of the North East Hampshire & Farnham Vanguard programme. This includes working in partnership to deliver innovative projects which aims to improve residents' health and wellbeing and prevent ill-health.

Guildford & Waverley Clinical Commissioning Group's programme 'My Care, My Choice' forms part of the wider local health and social care system's integration programme which is to support frail older people in the community. The My Care My Choice vision is to have a much more intensive management of the frail elderly over time with more resources focused on supporting this group of patients in the community and preventing expensive acute hospital admission. The patient and carer experience of services can be confusing and disjointed, so the programme also aims to improve these. The Health and Wellbeing Strategy aims to acknowledge and reflect this way of working. Waverley Borough Council is also committed to our role in supporting vulnerable adults within the community.

## **Appendix A: Health and Wellbeing Action Plan**

**2016-2018**

## Developing a preventative approach

A preventative approach to health and wellbeing involves promoting good health and preventing ill-health. Crucial to this is spotting potential problems as early as possible and ensure effective support is in place. It also involves giving residents the information, services and support necessary to take control of their own health and wellbeing, live healthy lives and reduce their risk of becoming ill. People are healthy when they:

- Have a good start in life
- Reach their full potential and have control over their lives
- Have a healthy standard of living
- Have good jobs and working conditions
- Live in healthy and sustainable places and communities

(Source: [www.healthysurrey.org.uk](http://www.healthysurrey.org.uk))

An effective preventative approach will benefit all of Waverley's residents, including children, working-age adults and adults who are older or vulnerable. A successful preventative approach will also address health inequalities, such as life expectancy gaps and will also address the causes of ill health, which include social, lifestyle and environmental factors pertinent to Waverley, discussed earlier in this strategy.

For 2016-2018, we will focus on three main themes in order to develop a preventative approach. These themes are:

1. **Encouraging healthy lifestyles**
2. **Ensuring healthy homes and living conditions**
3. **Supporting residents to access information and services**



## Priority 1: Developing a Preventative Approach

“Focusing on creating good health rather than simply responding to ill-health, and giving residents the information, services and support necessary to take control of their own health and wellbeing, live healthy lives and reduce their risk of becoming ill”

### Theme 1: Encouraging Healthy Lifestyles

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.1.1.	Promote utilisation of green space by maintaining the standard and improving accessibility of our parks and green spaces, e.g. <b><u>Broadwater Park Accessibility project.</u></b>	<ul style="list-style-type: none"> <li>Feedback from “Friends of” groups and public consultations</li> <li>Reduced maintenance costs of parks, making them sustainable investments in health and wellbeing and our local communities - comparisons to previous years, as measured through Waverley Borough Council’s annual budget</li> </ul>	Waverley Borough Council – Parks and Countryside	Waverley Borough Council – Planning, Surrey County Council	Works on Broadwater Park Accessibility due for completion by mid-2016 with further sites to be identified and scoped by 2017. PPP funding allocated for 2015/16 and potentially 2016/17
1.1.2.	Encourage the use of greenspace for physical activity and health by installing <b><u>Trim Trails</u></b> , the first of which is <b><u>Farnham Park Trim Trail</u></b> , and supporting <b><u>Walks for Health</u></b> .	<ul style="list-style-type: none"> <li>Number of Trim Trails across the borough</li> <li>Number of people participating in Walks for Health</li> </ul>	Waverley Borough Council - Parks and Countryside	Waverley Borough Council – Leisure, Places for People Leisure, Surrey County Council	Works to install a Farnham Park Trim Trail due for completion by mid 2016 with further potential trim trail sites to be identified and scoped by 2017. Walks for Health – Ongoing.
1.1.3.	<b><u>Places for People Leisure’s pilot tier 2 weight management service</u></b> , which includes nutrition, exercise and behaviour change components.	<ul style="list-style-type: none"> <li>Number of residents accessing the service</li> <li>Amount of weight lost by participants through the service</li> </ul>	Places for People Leisure, Surrey Sports Park	Surrey County Council Public Health, CCGs GP surgeries, Health Professionals, Waverley Borough Council – Leisure	Weight management pilot funded by SCC Public Health until March 2016, to be evaluated after this date.

### Theme 1: Encouraging Healthy Lifestyles

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.1.4.	Development and implementation of future local <b><u>weight management</u></b> services, should Public Health funding become available.	<ul style="list-style-type: none"> <li>Development and implementation of such a service</li> </ul>	Surrey County Council Public Health, any contracted weight management provider	Waverley Borough Council - Leisure, Places for People Leisure, Health Professionals, GP practices, CCGs	Date TBC
1.1.5.	Work with internal and external partners to promote <b><u>local and national public health campaigns, projects and initiatives</u></b> both within the Council and in the community.	<ul style="list-style-type: none"> <li>Support a minimum of four campaigns per year</li> <li>Public Health Outcomes relevant to each health campaign/initiative we support</li> </ul>	Waverley Borough Council (all services), Places for People Leisure, Surrey County Council Public Health, CCGs	Waverley Health and Wellbeing Partnership	Minimum of four campaigns annually
1.1.6.	Continue to provide more opportunities for residents to take up <b><u>NHS Health Checks</u></b> within the community through the Waverley Contract Places for People Leisure Health and Wellbeing post.	<ul style="list-style-type: none"> <li>Number of NHS Health Checks delivered in non-clinical venues (e.g. leisure centres, workplaces, community settings)</li> <li>Number of Places for People Leisure's staff trained to deliver health checks.</li> </ul>	Places for People Leisure	Waverley Borough Council – Leisure, Surrey County Council Public Health, CCGs	By March 2016 - increase the number of health checks delivered through PfPL in Godalming, Cranleigh and Haslemere to achieve parity with those delivered in Farnham. Continue to increase the number of PfPL staff trained to deliver NHS Health Checks and the total number delivered to residents throughout 2016/17.

### Theme 1: Encouraging Healthy Lifestyles

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.1.7.	Develop and implement a ' <u>running for wellbeing</u> ' group.	<ul style="list-style-type: none"> <li>• Development and implementation of such as group</li> <li>• Number of group sessions delivered per week</li> <li>• Attendance at sessions</li> </ul>	Waverley Borough Council – Leisure	Places for People Leisure	By mid-2016/17
1.1.8.	Utilising the <u>Places for People Leisure Health and Wellbeing Post</u> to develop our leisure centres' capacity as 'Health Hubs'. This include the provision of services such as smoking cessation, stroke, COPD, cancer and cardiac rehabilitation classes, falls prevention and seated Pilates.	<ul style="list-style-type: none"> <li>• Number of wellbeing-related sessions provided in each site</li> <li>• Number of Places for People Leisure staff trained to deliver the activities across all sites</li> <li>• Attendance at each session</li> <li>• Objectively measured wellbeing scores of people taking part in the activities</li> <li>• Case studies</li> </ul>	Places for People Leisure	Waverley Borough Council – Leisure, Surrey County Council Public Health, CCGs, GP practices and Health Professionals.	<ul style="list-style-type: none"> <li>• PfPL post funded through PPP until March 2016, with the role to be subsumed into PfPL contract after this date</li> <li>• Increase number of PfPL staff trained to deliver sessions by the start of 2016/17</li> </ul>
1.1.9.	Develop and implement a <u>Leisure Facilities Strategy</u> .	<ul style="list-style-type: none"> <li>• Strategy developed, agreed and implemented</li> </ul>	Waverley Borough Council – Leisure	Places for People Leisure, Waverley Borough Council - Planning	Draft Leisure Facilities Strategy completed by Spring 2016.
1.1.10.	Continue to provide <u>Access to Leisure</u> and <u>GP Referral</u> which both provide low cost access (either for low-income residents or people with specific health conditions) to the leisure centres.	<ul style="list-style-type: none"> <li>• Number of residents accessing these services</li> <li>• Number of GPs referring to the GP Referral programme</li> </ul>	Places for People Leisure	Waverley Borough Council – Leisure and, CCGs, GP practices, health professionals and Surrey County Council Public Health	Ongoing

### Theme 1: Encouraging Healthy Lifestyles

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.1.11.	Develop and implement <b><u>cycling for health</u></b> clubs/sessions	<ul style="list-style-type: none"> <li>• Implementation of sessions</li> <li>• Number of sessions run</li> <li>• Attendance at sessions</li> </ul>	Waverley Borough Council – Leisure (Leisure Services Manager)	Cycling organisations, charities, Places for People Leisure	By start of 2016/17
1.1.12.	Continue to <b><u>expand the range of health and wellbeing activities in outreach locations</u></b> through the Places for People Leisure Health and Wellbeing Post.	<ul style="list-style-type: none"> <li>• Number of sessions delivered in community outreach locations</li> <li>• Number of people attending sessions</li> </ul>	Places for People Leisure	Waverley Borough Council – Leisure, CCGs, GP practices, health professionals and Surrey County Council Public Health	Ongoing
1.1.13.	Continue to hold the council's <b><u>Health and Wellbeing Week</u></b> to support Waverley Borough Council staff in all aspects of health and wellbeing.	<ul style="list-style-type: none"> <li>• Number and types of opportunities provided during the health and wellbeing week and during the year</li> <li>• Number of staff attending</li> <li>• Staff feedback</li> </ul>	Waverley Borough Council – all services	Places for People Leisure, Voluntary Organisations, Surrey County Council Public Health, Private Health and Wellbeing Providers	Event to be held every other year, with the next due in 2017
1.1.14.	Develop a plan for the implementation of the <b><u>Making Every Contact Count</u></b> initiative, part of the Prevention work-stream of the NEH&F CCG Vanguard programme.	<ul style="list-style-type: none"> <li>• A plan developed with relevant actions</li> <li>• A plan which is in synergy with NEH&amp;F CCG's work</li> <li>• Agreement from senior management to implement the initiative</li> </ul>	Waverley Borough Council – Community Services	Waverley Borough Council – all other service areas, NEH&F CCG Vanguard programme	By March 2016

Theme 2: Ensuring Healthy Homes and Living Conditions					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.2.1.	<b>Major regeneration at Ockford Ridge</b>	<ul style="list-style-type: none"> <li>Number of new homes built</li> <li>Number of existing homes improved</li> </ul>	Waverley Borough Council - Housing Operations	Waverley Borough Council – Community Service and Planning, Surrey County Council Highways	Planned developments by 2020.
1.2.2.	Provide <b>Disabled Facilities Grants</b> to private sector residents meeting the eligibility criteria so that adaptations can be carried out to dwellings in order to meet the basic housing needs of disabled people	<ul style="list-style-type: none"> <li>Number grants approved annually</li> <li>Percentage approved within 12 weeks of application</li> </ul>	Waverley Borough Council – Private Sector Housing	Surrey County Council Adult Social Care, Citizens Advice Bureau, other referring agencies	Ongoing
1.2.3.	Provide <b>Safe and Warm Grants</b> to private sector residents meeting the eligibility criteria so that energy efficiency or home security measure can be carried out.	<ul style="list-style-type: none"> <li>Number of dwellings made more energy efficient annually under this scheme</li> </ul>	Waverley Borough Council – Private Sector Housing	Surrey County Council Adult Social Care, Citizens Advice Bureau, other referring agencies	Ongoing

Theme 2: Ensuring Healthy Homes and Living Conditions					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.2.4.	<p>Implementation of <b>Waverley Borough Council’s Homelessness Strategy 2013-2018</b> and subsequent homelessness strategies. The priorities of the strategy are:</p> <ul style="list-style-type: none"> <li>• <b>Homelessness Prevention</b> – continue to use budgets flexibly in a “spend to save” approach</li> <li>• <b>Accommodation</b> – develop a range of supported/affordable housing, make the most of existing housing and forge links with private sector landlords</li> <li>• <b>Improvement</b> – give homelessness/ housing advice to a high standard</li> <li>• <b>Support</b> – Ensure households receive the necessary support to enable them to maintain their tenancy</li> <li>• <b>Partnership Work</b> – with voluntary and statutory organisations to give advice and support to residents</li> </ul>	<ul style="list-style-type: none"> <li>• Number of the 33 targets set out in the Homelessness Strategy Action Plan that are met</li> </ul>	Waverley Borough Council – Housing Options	Voluntary and Statutory Organisations, Surrey County Council, Adult Social Care, Waverley Family Support Team, Housing Associations, Private Landlords and Letting Agencies, Police, Schools, Public Health.	Reviewed annually – March 2016
1.2.5.	<p>Support the ongoing development and embedding of the <b>Easy Move</b> service, which supports older or vulnerable residents living in Waverley housing stock to downsize their homes.</p>	<ul style="list-style-type: none"> <li>• Number of people supported by Easy Move</li> <li>• Explore expansion of scheme to other tenures including owner-occupiers</li> <li>• Objectively measured wellbeing scores</li> <li>• Case studies</li> </ul>	Waverley Borough Council - Housing	Waverley Borough Council – Communities, referring organisations including Adult Social Care, Surrey County Council and voluntary sector.	PPP funding allocated until April 2016, with future funding options to be explored to allow the service to continue beyond this date.

Theme 2: Ensuring Healthy Homes and Living Conditions					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.2.6.	Support the ongoing development and embedding of the Waverley <b>Gardening Service</b> , which transforms the unmanageable gardens of Waverley residents.	<ul style="list-style-type: none"> <li>• Number of people supported by the Gardening Service</li> <li>• Explore the expansion of the service and models to ensure sustainability</li> <li>• Case studies</li> </ul>	Waverley Borough Council - Housing	Waverley Borough Council – Communities, referring organisations including Adult Social Care, Surrey County Council, and voluntary sector.	PPP funded until September 2016, with future options to be explored (including the considering the introduction of payment for the service) to allow the service to continue beyond this date.
1.2.7.	<b><u>Pilot a range of films which provide advice to residents on viewing a property</u></b> to rent, particularly aimed at helping them to identify poor conditions at an early stage, such as mould and damp.	<ul style="list-style-type: none"> <li>• Films available to access by residents on the Waverley Borough Council website</li> <li>• Number of views</li> </ul>	Waverley Borough Council – Housing Options	Waverley Borough Council - Communications	Piloting of films in 2016

Theme 3: Supporting residents to access information and services					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.3.1.	Develop a <b>Wellbeing Centre in Farnham</b> to provide information and support for services related to memory loss, dementia and other problems.	<ul style="list-style-type: none"> <li>• Development of a centre</li> <li>• Types of activities provided in the centre</li> <li>• Partnerships with other initiatives and organisations</li> <li>• Number of people accessing information and support through the centre</li> </ul>	Waverley Borough Council – Community Services	Adult Social Care, Public Health, voluntary organisations, North East Hampshire & Farnham CCG	Procurement for contract completed by February 2016, build completed by March 2017
1.3.2.	Investigate options for further developing a <b>Community Asset Map</b>	<ul style="list-style-type: none"> <li>• Reporting of potential options and providers for the project, with initial and ongoing costs</li> </ul>	Waverley Borough Council – Community Services	Adult Social Care, Public Health, CCGs, voluntary organisations	Fully investigated with options reported by March 2016
1.3.3.	Continue to deliver <b>Farnham Making Connections</b> and develop and implement additional social prescribing services where there is need	<ul style="list-style-type: none"> <li>• Number of community connection initiatives/projects established</li> <li>• Number of GPs involved in the services</li> <li>• Number referrals for support</li> <li>• Objectively measured wellbeing outcomes</li> </ul>	Age UK Surrey, North East Hampshire & Farnham CCG	Waverley Borough Council – Community Services, Guildford and Waverley CCG, Public Health, voluntary organisations, Adults Social Care, Medical Professionals, GP practices	Farnham Making Connections established in August 2015. Project funded through PPP until July 2016. Ongoing work if funding is available and until the need is met.
1.3.4.	Vulnerable adults will be signposted to relevant agencies for information and advice as part of services provided by statutory and voluntary organisations such as the <b>Floating Support Service, Integrated Care work</b> etc.	<ul style="list-style-type: none"> <li>• Number of people accessing the Floating Support Service</li> <li>• Number of older people accessing Citizens Advice Waverley</li> <li>• Improved wellbeing of people using these services</li> <li>• Number of people accessing community connections projects</li> </ul>	Waverley Borough Council – Housing	Surrey County Council, Clinical Commissioning Groups, Age UK Surrey, Citizens Advice Waverley and voluntary sector partners	Continue ongoing work. Floating Support service funding extended until March 2017



### Theme 3: Supporting residents to access information and services

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
1.3.5.	Continue to facilitate an <b><u>Integrated Care approach</u></b> by working together with a range of partners to address a shared leadership challenge to foster deeper collaboration and make connections with partners and support the care needs of our residents	<ul style="list-style-type: none"> <li>• Waverley Cares film completed</li> <li>• Development of marketing campaign</li> <li>• Marketing and promotion of the film</li> <li>• Successful model of integrated working</li> </ul>	Waverley Health and Wellbeing Partnership Board	Surrey County Council Adult Social Care, Clinical Commissioning Groups, care providers, training providers, schools, Jobcentre, police, local businesses	Continuation of Systems Leadership Programme and projects identified through this work. Film completed by end of November 2015 Marketing campaign developed by start of Dec 2015 Marketing campaign to be delivered between Jan 2016 and July 2016
1.3.6.	Develop activities and services with partners to provide <b><u>support and respite time for carers.</u></b>	<ul style="list-style-type: none"> <li>• Deliver a pilot project to support carers</li> <li>• Objectively measured wellbeing of carers supported</li> <li>• Case studies</li> <li>• Number of opportunities for carers to have respite</li> </ul>	Surrey County Council Adult Social Care	Waverley Borough Council – Community Services, Clinical Commissioning Groups, befriending projects, Carers Support Waverley, Surrey Young Carers	Actions and outcomes being shaped through the Waverley Cares programme during spring/summer 2015 and a pilot project will be delivered in 2015/16 and 2016/17, dependent on funding.
1.3.7.	Activities will be developed with our Leisure contractors, Places for People, to develop a <b><u>'carer-friendly' brand.</u></b>	<ul style="list-style-type: none"> <li>• Activities and 'carer friendly' brand developed</li> <li>• Improved wellbeing of carers</li> <li>• Case studies</li> </ul>	Places for People Leisure	Waverley Borough Council Leisure	Carer Friendly brand developed by Winter 2016.
1.3.8.	Support residents to access <b><u>digital devices and digital inclusion projects.</u></b>	<ul style="list-style-type: none"> <li>• Deliver a digital inclusion pilot project to improve links between sheltered schemes and centres for older or vulnerable people</li> <li>• Number of digital inclusion sessions delivered</li> <li>• Number of people taking part in the sessions</li> </ul>	Waverley Borough Council - Communities and Housing	Voluntary sector partners including Drop By, centres for older people, sheltered housing schemes, care home providers	Digital inclusion project funded through PPP with funds allocated for 2015/16

## Promoting emotional wellbeing and mental health

Positive mental health is essential for individual and community wellbeing. The communities in which we live, the local economy and the environment all impact on an individual's mental health. We want to promote good mental health for the wider population by ensuring the necessary support and services are available, providing services which will enhance residents' emotional and mental wellbeing, and by fostering inclusive communities that are free from stigma and discrimination.

A commissioning strategy to promote emotional wellbeing and improve mental health of people in Surrey has been produced by health and social care services, in collaboration with people who use services, carers and local organisations<sup>17</sup>.

An effective strategy will complement the local work on emotional wellbeing and mental health by providing services and activities that have the potential to influence the wider factors related to our residents' mental health and wellbeing.

For 2016-2018, we will focus on two main themes in order to promote emotional wellbeing and mental health. These themes are:

- 1. Tackling Stigma and Discrimination**
- 2. Reducing Social Isolation**

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<sup>17</sup> The strategy can be read at: <http://www.healthysurrey.org.uk/a/7364897-7972953>

**Priority 2: Promoting emotional wellbeing and mental health**

“Promoting positive mental health by ensuring the necessary support and services are available, providing services which will enhance residents’ emotional and mental wellbeing and fostering inclusive communities that are free from stigma and discrimination”

**Theme 1: Tackling Stigma and Discrimination**

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
2.1.1.	Continue to work with partners in the delivery of the successful <b><u>Waverley Arts Wellbeing programme</u></b> , including projects such as the Keepsake reminiscence project, Vitamin G gardening project, Dementia Diaries, Singing for the Brain and intergenerational projects.	<ul style="list-style-type: none"> <li>• Number of training opportunities for programme staff on mental health awareness, etc.</li> <li>• Number of intergenerational social opportunities provided</li> <li>• Attendance at activities</li> <li>• Objectively measured wellbeing outcomes in those who take part in activities</li> </ul>	Waverley Borough Council - Arts Development	Arts Partnership Surrey, Clinical Commissioning Groups, centres for older people, schools, Alzheimer’s Society, Age UK Surrey, care home providers, voluntary sector groups, key arts providers including Farnham Maltings, Cranleigh Arts Centre, Creative Response	Programme initially funded through PPP from autumn 2013 until summer 2016 with the aim of sourcing other funding opportunities to continue.
2.1.2.	Promote awareness and support for individuals, organisations and communities to work towards a <b><u>Dementia Friendly future for the Borough.</u></b>	<ul style="list-style-type: none"> <li>• Number of dementia friendly champions in Waverley</li> <li>• Achieve Dementia Friendly status in our towns</li> </ul>	Waverley Borough Council and Surrey County Council	Local businesses and voluntary organisations.	Ongoing
2.1.3.	Continue to implement mandatory <b><u>Dementia Friendly training</u></b> for staff.	<ul style="list-style-type: none"> <li>• Staff training delivered for existing and new Council employees</li> </ul>	Waverley Borough Council – Community Services	Waverley Borough Council – all services	Ongoing

Theme 2: Reducing Social Isolation					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
2.2.1.	Encourage and facilitate <b>volunteering opportunities</b> , through Welcome to Volunteering and Countryside Volunteering in order to reduce the risk of residents who are unemployed or retired becoming socially isolated.	<ul style="list-style-type: none"> <li>• Number of people accessing volunteering opportunities</li> <li>• Improvements in objectively measured wellbeing</li> </ul>	Parks & Countryside, Voluntary Action South West Surrey	Waverley Borough Council – Community Services and Economic Development, local businesses and voluntary organisations	Welcome to Volunteering project funded through PPP until 2016, with the aim of a sustainable legacy beyond this date. Countryside volunteering ongoing.
2.2.2.	Existing <b>Befriending</b> schemes will be supported to grow and more befriending schemes, including friendship groups and group befriending, will be established where a need is identified	<ul style="list-style-type: none"> <li>• Number of befriending schemes established in Waverley</li> <li>• Number of people supported through befriending schemes</li> <li>• Objectively measured wellbeing of people supported by befriending schemes</li> </ul>	Waverley Borough Council - Communities Team	Hambledon & Busbridge Church and other faith groups, Clinical Commissioning Groups, voluntary sector groups, Age UK Surrey	Hambledon & Busbridge Church Befriending Project funded through PPP from autumn 2014 until autumn 2017 (but project will be ongoing) This and other schemes will be continually developed based on need and saturation

## Theme 2: Reducing Social Isolation

2.2.3.	The Surrey County Council <b>Timebanking</b> initiative will be developed in Waverley to support and encourage the community to establish at least two Timebanks in Waverley including the Farnham and Godalming areas. This will provide opportunities to build community cohesion and capacity, and allow residents to share their skills with others to improve overall health and wellbeing and reduce social isolation.	<ul style="list-style-type: none"> <li>• Number of Timebanks established</li> <li>• Number of people taking part in Timebanking exchanges/ befriended</li> <li>• Objectively measured wellbeing of people taking part in Timebanking</li> <li>• Number of organisations signed up to offer Timebanking opportunities</li> </ul>	Surrey County Council - Adult Social Care	Waverley Borough Council, voluntary & faith sector groups, Clinical Commissioning Groups, Age UK Surrey	Timebanking project funded through PPP from autumn 2015  Timebanks will be continually developed based on need and saturation
2.2.4.	Existing <b>voluntary sector transport schemes</b> will be promoted and the growth of new ones will be encouraged to meet client needs so that they can access vital services such as social activities, local business and shops, medical and hospital appointments	<ul style="list-style-type: none"> <li>• Number of people using volunteer transport schemes</li> <li>• Number of volunteer transport schemes established</li> <li>• Hoppa Service Level Agreement monitoring</li> </ul>	Waverley Borough Council and Surrey Community Action	Volunteer transport schemes, Hoppa, Clinical Commissioning Groups	Continue ongoing work with current providers

## Improving older adults' health and wellbeing

More people in Waverley are living longer. This is great news, but it also brings some challenges. The growing number of older people will have a major impact on communities and services, as older people are more likely to experience disability and long-term health conditions.

By supporting sustainable solutions to the issues faced by older people in Waverley, taking preventative approaches and encouraging ageing well, and ensuring the right services are in place, more older people in Waverley will be able to remain independent and live full and active lives for as long as possible.

Older adults' health and wellbeing is affected by a range of factors. For example, older people may be particularly vulnerable to social isolation and may also have a greater reliance on public transport than the younger population. Since ageing is associated with increased health needs, older adults may also need more support to live independently or might require support in terms of care, such as informal care from family or friends, residential care, or care in their own homes from a paid carer. Health and wellbeing in later life is not necessarily associated with frailty and ill-health, but may be about providing inclusive and attractive services for older people and creating a society that values older adults and the positive contributions that they can make within our communities.

Waverley and our partners have a collective responsibility to work together to create a society and services that value and support older adults. An effective strategy for improving older adults' health and wellbeing will reflect this and the multidimensional nature of health and wellbeing in later life.

The Health and Wellbeing Strategy should be read alongside Waverley's Ageing Well Strategy.

For 2016-2018, we will focus on one main theme in order to improve older adults' health and wellbeing:

### **1. Supporting the Implementation of Waverley's Strategy for Ageing Well**

**Priority 3: Improving older adults' health and wellbeing**

“Supporting sustainable solutions to the issues faced by older people in Waverley, and ensuring the right services are in place to allow older people in Waverley to remain independent and live full and active lives for as long as possible”

**Theme 1: Supporting the implementation of Waverley's Strategy for Ageing Well**

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
3.1.1.	<p>Waverley has introduced an Ageing Well Strategy 2015-2020 to enable us to make Waverley the best possible place to live and age well. The Strategy offers a framework for the Council to continue its work with partners in health, at Surrey County Council and in the voluntary sector to enhance the wellbeing of our residents.</p> <p>The Strategy has three main priorities:</p> <p><b>Priority 1:</b> Community – feeling part of a community</p> <p><b>Priority 2 :</b> Home – remaining independent at home</p> <p><b>Priority 3 :</b> Support – accessing information and support</p>	<ul style="list-style-type: none"> <li>• Delivery and progress against the 36 actions of the Strategy for Ageing Well Action Plan 2015-2020</li> </ul>	Waverley Borough Council – Community Services	Surrey County Council Public Health, Surrey County Council Adult Social Care, Voluntary and Faith organisations, The Waverley Health and Wellbeing Partnership	Reviewed Annually

## **Improving the health and wellbeing of children and young people**

Improving the health and wellbeing of children and young people involves supporting families to give children the best start in life, and providing support for children and young people as they journey into adulthood. For us, this also means recognising that some children and families sometimes need extra support.

Whilst children and young people in Waverley experience good health and wellbeing compared to the rest of England, looking after the health and wellbeing of our families, children and young people remains important to Waverley.

By supporting families and children in this way, we can help children to have the best start in life, make the most of their opportunities and prevent illness and disability in later life.

For 2016-2018, we will focus on three main themes in order to improve older adults' health and wellbeing:

- 1. Ensure families are supported to be happy and healthy**
- 2. Support and enable young people to access jobs and training**
- 3. Support opportunities for children and young people to participate in physical activity, sports and play**



**Priority 4: Improving the health and wellbeing of children and young people**

“Supporting families to give children the best start in life, providing support for children and young people as they journey into adulthood and recognising that some children and families sometimes need extra support”

**Theme 1: Ensure families are supported to be happy and healthy**

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
4.1.1.	Continue to provide <b>Complimentary Access to Leisure</b> for vulnerable/cared for children and their families through the Places for People Leisure contract.	<ul style="list-style-type: none"> <li>Number of Access to Leisure passes provided</li> </ul>	Waverley Borough Council - Leisure	Places for People Leisure	Ongoing
4.1.2.	Continue to implement Surrey County Council’s <b>Family Support Programme</b> through the Waverley Family Support Team, which supports troubled families within their local communities.	<ul style="list-style-type: none"> <li>Number of families supported</li> <li>Types and number of issues resolved</li> <li>Number of signposting to other agencies and support</li> </ul>	Surrey County Council	Waverley Borough Council – Housing, Children’s Centres, Adult Social Care, Schools, Surrey Police.	Ongoing
4.1.3.	Development and implementation of local <b>childhood weight management services</b> , should Public Health funding become available.	<ul style="list-style-type: none"> <li>Development and implementation of such a service</li> <li>Number of children and families accessing the service</li> <li>Weight and lifestyle outcomes as a result of the service</li> </ul>	Surrey County Council Public Health, any contracted childhood weight management provider	Waverley Borough Council, Places for People Leisure, Health Professionals, GP Practices, Children’s Centres.	TBC
4.1.4.	Continue to make available a range of <b>Arts and Cultural activities</b> and opportunities for children and young people, including summer holiday and afterschool activities and youth theatre development, among others.	<ul style="list-style-type: none"> <li>Number of children and young people accessing Arts and Cultural opportunities and activities</li> </ul>	Waverley Borough Council – Arts and Cultural Services	Voluntary Organisations, Schools	Ongoing

Theme 2: Support and enable young people to access jobs and training					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
4.1.1.	Continue to offer <b><u>apprenticeship opportunities within the Council.</u></b>	<ul style="list-style-type: none"> <li>• Number of apprenticeships available and positions filled</li> <li>• Qualifications achieved by our apprentices</li> <li>• Long-term outcomes (i.e. number of apprentices gaining permanent employment)</li> </ul>	Waverley Borough Council	Schools, Colleges, Jobcentre, training providers.	Ongoing
4.1.2.	Continue to deliver the <b><u>Waverley Training Services Study Programme</u></b> for learners aged 16-18 who need help with getting employment, a college place, or are unsure where to go next.	<ul style="list-style-type: none"> <li>• Number of young people accessing the programme</li> <li>• Qualifications achieved on the programme</li> <li>• Long-term outcomes (i.e. number of young people going onto employment or further study)</li> </ul>	Waverley Borough Council – Waverley Training Services	Schools, Colleges, Jobcentre, training providers.	Ongoing

<b>Theme 3: Support opportunities for children and young people to participate in physical activity, sports and play</b>					
<b>No.</b>	<b>Project/Action</b>	<b>Amount of change we expect to see – headline measures of success</b>	<b>Lead organisation(s)</b>	<b>Partner organisation(s)</b>	<b>Key dates and information</b>
4.3.1.	Implementation of <b><u>Waverley Borough Council’s Play Area Strategy 2014-2024</u></b> , which provides an action plan to address current needs for play provision and also the future needs. The action plan lists playground sites in order of priority of need for refurbishment and also includes areas for review and consideration such as new play areas.	<ul style="list-style-type: none"> <li>• Implementation of the Action Plan</li> <li>• Refurbishment of playgrounds</li> <li>• Potential development of new playgrounds</li> </ul>	Waverley Borough Council – Parks and Countryside	Waverley Borough Council - Planning	2014-2024. Actions dependent on funding
4.3.2.	Continue with programme of refurbishing and expanding <b><u>Skate Parks</u></b> (e.g. at the Heron’s, Haslemere) as a facility aimed at young people.	<ul style="list-style-type: none"> <li>• Number of skate park refurbishments</li> </ul>	Waverley Borough Council – Parks and Countryside	Waverley Borough Council - Planning	Ongoing
4.3.3.	Continue to hold/support <b><u>Skate Park Events</u></b> to engage children and young people, encourage use of the facilities and promote initiatives with partners (e.g. community safety).	<ul style="list-style-type: none"> <li>• Number of events held annually</li> <li>• Number of attendees</li> <li>• Links with partners at events</li> </ul>	Waverley Borough Council – Parks and Countryside and Leisure	Waverley Borough Council – Community Services, Community Safety Partnership, Health and Wellbeing Partnership, local businesses and voluntary organisations.	Ongoing
4.3.4.	Develop a range of <b><u>sport sessions for children with disabilities and their siblings</u></b>	<ul style="list-style-type: none"> <li>• Number of children attending sessions</li> <li>• Number of children introduced to new sports</li> </ul>	Waverley Borough Council - Leisure	Places for People Leisure, local sports clubs and coaches, national and local disability sport charities.	By start of 2016/17

Theme 3: Support opportunities for children and young people to participate in physical activity, sports and play					
No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
4.3.5.	Continue to support <b>Community Games</b> held within the borough to bring communities together for a celebration with sports and arts activities, help to get families and communities more active and create other beneficial outcomes such as encouraging volunteering, engaging communities, building local partnerships and improving health and wellbeing.	<ul style="list-style-type: none"> <li>• Number of events held</li> <li>• Number of attendees</li> <li>• Links with local partners</li> </ul>	Waverley Borough Council - Leisure	Local Sports Councils	Ongoing
4.3.6.	Continue to support <b>Surrey Youth Games</b> , which encourage young people (aged 7-16) to develop their sporting skills, promote physical activity and promote fair play in sport. Included is free sports training and competition with other Surrey districts and boroughs.	<ul style="list-style-type: none"> <li>• Number of young people registering for events</li> </ul>	Active Surrey	Waverley Borough Council – Leisure, Schools, local sports clubs and coaches	Ongoing - annually
4.3.7.	Provide <b>free swimming in our leisure centres to under 8's</b> as part of an ongoing contract with Places for People Leisure	<ul style="list-style-type: none"> <li>• Number of children accessing free swimming</li> </ul>	Waverley Borough Council - Leisure	Places for People Leisure, channels of promotion including Children's Centres, Family Support Programme, etc.	Ongoing

<b>Theme 3: Support opportunities for children and young people to participate in physical activity, sports and play</b>					
<b>No.</b>	<b>Project/Action</b>	<b>Amount of change we expect to see – headline measures of success</b>	<b>Lead organisation(s)</b>	<b>Partner organisation(s)</b>	<b>Key dates and information</b>
4.3.8.	Introduce young people aged 11-15 to our gym and leisure facilities through the <b>Teen Fit</b> programme, which allows safe and supervised access to the gyms in our leisure centres.	<ul style="list-style-type: none"> <li>• Number of young people accessing the programme</li> <li>• Number of young people who go on to take out gym membership when they reach age 16.</li> </ul>	Waverley Borough Council - Leisure	Places for People Leisure, channels of promotion including Family Support Programme, Youth Support Service, etc.	Ongoing
4.3.9.	Ensure <b>free sponsorship memberships</b> for local aspiring athletes at David Lloyd Leisure Centre as part of an existing planning agreement	<ul style="list-style-type: none"> <li>• Number of memberships provided</li> </ul>	Waverley Borough Council - Leisure	David Lloyd Leisure and	Ongoing
4.3.10.	Develop <b>mobile skate ramp sessions</b> , to make this activity available to children and young people living in areas of rural isolation and/or unable to access the borough's skate parks.	<ul style="list-style-type: none"> <li>• Implementation of sessions</li> <li>• Uptake of sessions</li> <li>• Number of sessions delivered</li> </ul>	Waverley Borough Council - Leisure	Mobile skate ramp providers	By start of 2016/17
4.3.11.	Develop a <b>Junior Parkrun</b> - free timed running sessions in local parks which are supported by volunteers	<ul style="list-style-type: none"> <li>• Number of junior parkrun taking place on a regular basis</li> <li>• Number of young people taking part</li> <li>• Number of volunteers taking part</li> </ul>	Waverley Borough Council - Leisure	Waverley Borough Council – Parks and Countryside, Parkrun UK	By start of 2016/17
4.3.12.	Continue the provision of <b>affordable holiday activities</b> for children at our leisure centres.	<ul style="list-style-type: none"> <li>• Number of activities taking place in each centre</li> <li>• Number of children accessing the activities</li> </ul>	Waverley Borough Council - Leisure	Places for People Leisure, Schools, sports clubs and activity providers	Ongoing

## **Safeguarding the population**

Safeguarding the population is about ensuring every person is protected from harm and abuse regardless of their age, gender, religion or ethnicity. By safeguarding Waverley's residents, we can make sure people can grow up and live safely, and live a life that makes the most of their opportunities.

Protecting residents from harm and abuse has far-reaching consequences for the overall health and wellbeing of individuals and communities, especially considering the close links between mental health and being a victim of crime or abuse. Living a life that is free from harm and abuse is a fundamental right of every person and everyone has a responsibility for safeguarding children and adults.

Please also refer to the Safer Waverley Partnership Plan 2014-2017.

For 2016-2018, we will focus on one main theme in order to improve older adults' health and wellbeing:

- 1. Support the rolling priorities of the Safer Waverley Partnership Plan**
- 2. Keep safeguarding policy and training relevant and up-to-date**

**Priority 5: Safeguarding the population**

“Ensuring every person is protected from harm and abuse regardless of their age, gender, religion or ethnicity, making sure people can grow up and live safely, and live a life that makes the most of their opportunities”

### Theme 1: Support the Safer Waverley Partnership Plan

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
4.1.1.	Deliver the <b>Safer Waverley Partnership Plan 2014-2017</b> to develop and deliver services and support which contribute to safeguarding the population and improving wellbeing.	Delivery of the 17 actions of the Safer Waverley Partnership Plan 2014-2017, which will work towards achieving the Plan’s priorities including tackling crime, building confidence in our communities, confronting anti-social behaviour, promoting acceptable behaviour and responding to change.	The Safer Waverley Partnership	Waverley Borough Council - Community Safety Officers, Waverley Borough Council -Communities, Waverley Health and Wellbeing Partnership	Reviewed annually.

### Theme 2: Keep safeguarding policy and training relevant and up-to-date

No.	Project/Action	Amount of change we expect to see – headline measures of success	Lead organisation(s)	Partner organisation(s)	Key dates and information
4.2.1.	Following changes in legislation, the <b>Council’s Safeguarding Policies, Procedures and Training requirements</b> have undergone a self-assessment and will be reviewed annually	<ul style="list-style-type: none"> <li>• Completion of annual reviews</li> <li>• Policies and procedures remain up-to-date</li> </ul>	Waverley Borough Council		Annual reviews
4.2.2.	Ensuring <b>safeguarding training</b> is undertaken by staff, Members and relevant contractors	<ul style="list-style-type: none"> <li>• All staff, Members and contractors trained</li> </ul>	Waverley Borough Council	All contractors	Ongoing