

**WAVERLEY BOROUGH COUNCIL**

**COMMUNITY OVERVIEW AND SCRUTINY COMMITTEE - 19 JANUARY 2016**

**EXECUTIVE – 2 FEBRUARY 2016**

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**Title:**

**HEALTH AND WELLBEING STRATEGY 2016-2021**

**[Portfolio Holder: Cllr Kevin Deanus]  
[Wards Affected: All]**

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**Summary and purpose:**

This report sets out the first Health and Wellbeing Strategy for Waverley. The aim of the Strategy and accompanying Action Plan is to demonstrate the ways in which the Council and its partners will support the health and wellbeing of all residents, including children and young people, families, adults and older adults.

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**How this report relates to the Council's Corporate Priorities:**

The Health and Wellbeing Strategy relates to all of the Council's Corporate Priorities.

**Financial Implications:**

The Action Plan that supports the Health and Wellbeing Strategy identifies key priorities and activities that will be delivered over the period of the Strategy. Some of the activities within the Action Plan may require funding, however, no additional/new funding has been identified from Council budgets as they will be delivered within existing capacity and budgets. The Action Plan identifies key stakeholders that the Council will work in partnership with and this may provide the opportunity for some of these organisations, particularly those in the voluntary sector, to seek external funding from grant-giving organisations. An aim of the Strategy is to align specific services/activities with key organisations to open up joint funding and commissioning opportunities to deliver services.

Some of the outcomes within the Action Plan will be funded through the Personalisation Prevention and Partnerships Fund, which was allocated to Waverley Council by Surrey County Council in 2013. This fund is aimed at providing locally driven preventative services to support and empower vulnerable adults on a sustainable basis. This funding is worth £180,000 per year and will expire on 31 March 2017.

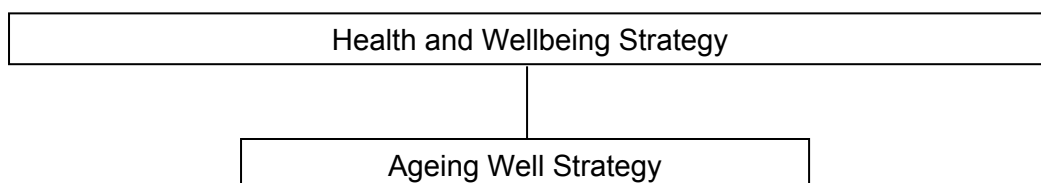
**Legal Implications:**

There are no legal implications associated with this report.

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## 1. Background

- 1.1 The Health and Wellbeing Strategy comes at a time when public health services are increasingly prevention-focused. North East Hampshire & Farnham Clinical Commissioning Group have recently become a Vanguard pilot site, 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. The Council is represented as a key partner within the Prevention work stream of the Vanguard programme, which aims to improve residents' health and wellbeing and prevent ill-health.
- 1.2 The opportunities for district councils to contribute to public health are increasingly being recognised nationally. Most recently (November 2015) The Kings Fund published a report commissioned by the District Councils' Network which highlights the opportunities for district councils to influence many of the factors which influence health. It also recognises the impact that district councils may have on cost savings within health care.
- 1.3 The Joint Strategic Needs Assessment and other sources of data highlight that Waverley has some of the best health outcomes in England. However, data also highlights ward-level variations within Waverley, with pockets of relative deprivation and high health needs along with links to poor health including smoking, alcohol consumption, obesity, physical activity and mental health.
- 1.4 Much of the work the Council undertakes 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 that the Council's work is already making in this area and to demonstrate how the Council will continue to positively influence the health and wellbeing of residents.
- 1.5 The Health and Wellbeing Strategy intends to be a broad document in which much of the work of the Council and its partners will feature. For example, the Action Plan fully encompasses the development of Waverley's Strategy for Ageing Well (see figure 1.), and also features relevant aspects of the Council's other strategies and plans (e.g. Waverley Borough Council's Homelessness Strategy and the Safer Waverley Partnership Plan, among others).



**Figure 1. Flow chart demonstrating that the Ageing Well Strategy sits under the Health and Wellbeing Strategy**

## **2. The Council's support to residents' health and wellbeing**

2.1 The Council is proud of its history in meeting the needs of its residents and the steps it has taken to focus the delivery of its services and activities to support their health and wellbeing needs. Examples of the work that the Council already undertakes to support residents, captured within the Action Plan, include:

- The development of an Ageing Well Strategy, which sets out the Council's aims for supporting older adults in all aspects of health and wellbeing
- £2.2million project to develop the Farnham Memorial Hall, which will host wellbeing-related services
- Delivery of accessible physical activity programmes such as walks for health, GP referral, access to leisure discounts and weight management programmes
- The development of wellbeing-related services within our leisure centres, such as NHS Health Checks
- The EasyMove Scheme, which supports Council tenants to move to accommodation better suited to their needs
- Work undertaken with partners in the delivery of the successful Waverley Arts Wellbeing programme
- Major regeneration at Ockford Ridge, an area with some of the highest health needs in the borough.

## **3. Population profile of Waverley**

3.1 A range of data was reviewed from various sources to support the development of the Strategy such as the Joint Strategic Needs Assessment. The data was used to look at the profile of the borough and the wellbeing needs of the population. The headline statistics are:

- Life expectancy in Waverley 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
- The borough experiences high demand and low supply within the care sector
- 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 5th highest in the same table

(Waverley is the only district of Surrey to feature twice in this 'top 5' of ward-level data)

#### **4. Development of the Strategy and Action Plan**

4.1 It was agreed that the Waverley Health and Wellbeing Strategy would reflect the five priorities of the Surrey Health and Wellbeing Strategy, which aims to help with planning the delivery of joined up and integrated local services by collectively addressing the determinants of health and wellbeing. The five priorities were formed based on evidence from the Joint Strategic Needs Assessment and views of local people.

4.2 Based on health and wellbeing data and information specific to Waverley and in consultation with partners and stakeholders, such as the Waverley Health and Wellbeing Partnership, key themes under each of the five priorities were developed:

Priority 1. Develop a preventative approach

- Encourage healthy lifestyles
- Ensure healthy homes and living conditions
- Support residents to access information and services

Priority 2. Promote emotional wellbeing and mental health

- Raise awareness and tackle stigma and discrimination
- Reduce social isolation

Priority 3. Improve older adults' health and wellbeing

- Support the implementation of Waverley's Strategy for Ageing Well

Priority 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

Priority 5. Safeguard the population

- Support the implementation of the Safer Waverley Partnership Plan
- Keep safeguarding policy and training relevant and up-to-date

4.3 Within the action plan, under each of the priorities and themes, specific projects/actions for delivery over the first two years of the strategy are identified. These will be reviewed and updated after the first two years. As this is a completely new strategy, this initial two year timeframe was chosen as it provides opportunity for review and further development. This decision was made in consultation with partners.

4.4 It is proposed that progress against the Health and Wellbeing Strategy Action Plan be reported annually.

## **5. Conclusion**

5.1 The draft Health and Wellbeing Strategy and Action Plan lays the foundations for improving residents' health and wellbeing and achieving recognition for the Council's excellent existing work and services. It builds on the existing work of the Council and identifies new activities to support the health and wellbeing needs of residents. The Action Plan aims to take a preventative approach to ensure that Waverley continues to have some of the best health outcomes in England.

## **6. Community Overview and Scrutiny Committee**

6.1 The Community Overview and Scrutiny Committee considered this draft Strategy at its meeting on 19 January 2016 and made the following observations:

- There was concern that there was no mention about how the Council could utilise the planning system to improve health and wellbeing, such as by improving air quality. It was suggested that this should not be considered in isolation through individual short term projects but considered alongside all service areas; and
- The Committee applauded the work that has been done already for the Health and Wellbeing of residents in the Borough.

## **Recommendation**

It is recommended that, subject to the observations of the Community Overview and Scrutiny Committee, the strategy be approved and adopted.

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## **Background Papers**

There are no background papers (as defined by Section 100D(5) of the Local Government Act 1972) relating to this report.

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