

To: Scrutiny Commission
From: Simon D. Jones, Cultural Services Manager
Date: 10 November 2022
Subject: HBBC Health & Wellbeing Update

This paper provides a snapshot of just some of the health interventions undertaken by the Borough Council.

For further details please visit the Council's website https://www.hinckley-bosworth.gov.uk/info/100010/health_sport_and_fitness

Health and Wellbeing Referral Scheme

1. The new support scheme, offering members of the public an opportunity to refer themselves for health and wellbeing support has landed well.

An online referral form offers a list of topics, shown below, for which people can request support. We can then offer bespoke advice on the subjects chosen.

- Exercise referral
- Weight loss
- Physical activity
- Falls prevention
- Disability/inclusion
- Walking, cycling and running
- Activity for older people
- Diet and nutrition

Following the soft launch, the scheme has received 18 referrals to date.

Visit [Health and Wellbeing Support](#) for more information.

Housing

1. HBBC continue to establish a Housing and Mental Health Strategic forum. As we know, Housing and Mental Health are inextricably linked, so ensuring that we have effective collaboration is essential. This is an LLR concept, as we recognise no one existing group has this explicit focus. Lots of initial scoping going on.
2. AA Housing and Mental Health Strategic forum has been established which will consider the wider impacts of housing and mental health. It is anticipated that the forum will commence this autumn.
3. A pilot Complex Needs Accommodation Board has been established which will discuss how to tackle complex cases that require a creative response. A full project evaluation will be available in due course.
4. Smoke Free Homes project continue to develop. Questionnaire will go out to council tenants to understand current smoking habits in the home. Council housing staff to receive MECC/Smoke free homes training in September alongside NWL housing stock and partners.

5. Currently the council has a Welfare Support officer in post. Referrals are increasing, linked to the cost of living crisis. The post holder works holistically and where appropriate sign posts to wider health and wellbeing support.

Voluntary and Community Sector joint working and engagement

1. Continue to support Voluntary & Community Sector Groups and volunteers to deliver activities, initiatives and projects that help maintain good physical and mental health & wellbeing for our community, and specifically more vulnerable members of our community. VCS organisations will also be encouraged to access this funding to support projects and initiatives that respond to the Ukraine crisis i.e. setting up of welcome and friendship community support groups, for host families and their guests.
2. Delivery of a very well attended and received Annual Making a Difference Awards on 9th June (during national volunteers week), to recognise and celebrate our volunteers. All those nominated were invited to attend along with guests, and all received an award presented by the Mayor.
3. Establishment of a dedicated H&B Volunteering Hub based in the public area of the Atkins Building, but also fully mobile so it can be utilised as a pop up facility to support community events across the Borough. This complements the existing online provision where VCS, statutory and business organisations can register their volunteering opportunities, and individuals can find volunteering opportunities

Preventative programmes

1. Continued work with Leicester City Community Trust Premier Kicks Programme held at Green Towers, for participants aged 11 - 15yrs (year 7 - 10) across two pitches. The sessions have engaged many participants from the local area in positive activity.
2. Engage Mentoring sessions are held at Redmoor Academy, targeting 5 participants referred by the school over an afternoon of provision. In addition, also engaged and supported a further 15 participants through lunch time activity. Participants were selected due to one or more of the following; ASB & Offending, pupil premium, free school meals, low confidence, low self-esteem, low aspirations/resilience, mental health issues, risk of exclusion, low attendance and punctuality, complex family issues and/or drug use.
3. Streetvibe have continued to carry out outreach work across the various parks and hot spot areas in Hinckley town centre and Barwell. A summary of some of the key issues highlighted by the young people Streetvibe are working with are mental ill-health, 'struggling to get back to normal', unemployment, involvement in crime or ASB. They are also providing 1-1 mentoring with young people.

Mental Well being

1. Continuing to engage with Primary schools (year 6) on the 5 ways to wellbeing workshops as we have delivered to 8 schools and 13 classes.
2. Live suicide data being looked at through SAPG and have identified a trend in workplaces. Collaborative work being done with County and the police on this subject.
3. Changing Minds agenda featured a guest speaker from Better Outdoors CIC talking about the benefits of nature to mental health. They have received funding from Getting Help in the Neighbourhood to work in woods in the Ratby area.

4. Dementia Friendly Community working with Social Prescribers to focus on needs in Burbage.

Environmental Health

1. Supporting the Leicestershire Air Quality and Health Partnership to improve air pollution and reduce the impact of air pollution on the environment and human health across the county.
2. The Air Quality Annual Status Report for the Borough in 2022 has been submitted and did not identify any exceedances of the national Air Quality Objectives.
3. Supporting development of County Healthy Weight Strategy.

Health Promotion

1. Tobacco control - Smoke free homes project with MECC+ in conjunction with the Housing team and in conjunction with North West Leicestershire District Council are progressing with support of LCC.
2. Obesity project being piloted aiming to initially target individuals who are obese and to make meaningful for weight change. Collaboration with INT, PCN's ICS and Social Prescribers.
3. Supporting unemployed - good collaboration with DWP and LCC Work Skills. Bespoke health offer has been developed to act as a catalyst to assist people back into the workplace. Linking this to UKSPF projects

School Health

1. Summer Term – working with the Children's and Young Peoples Officer to provide mental health and wellbeing workshops targeting primary and secondary classes from individual school requests. We have produced a small card with mental health resources and signposting for young people to leave in schools post-delivery.
2. <https://www.leicestershirehealthyschools.org.uk/>

Physical Activity

- 1) Steady Steps (*Free Older Adults Postural Stability*) - 4 new classes commencing in July 2022 in Hinckley (Hinckley Leisure Centre), Groby, Markfield and Newbold Verdon. These are 24 week programmes. This compliments are existing classes in Barwell and St Francis Centre Hinckley. Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: Julie.mansfield@hinckley-bosworth.gov.uk
- 2) Steady Steps Plus (follow on from Steady Steps) are continuing weekly and participants can pay as you go. Classes currently running in Barwell, Markfield, Stoke Golding and Burbage. Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: Julie.mansfield@hinckley-bosworth.gov.uk
- 3) Chatter Chairs - a programme for older adults for addressing social isolation and gentle exercise. Sessions running in Hinckley and Burbage Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: Julie.mansfield@hinckley-bosworth.gov.uk
- 4) Exercise Referral – Health Professionals are able to refer patients in to our 12 week Exercise Referral programme via a number of means. Sessions being delivered out of Hinckley Leisure Centre or Sport in Desford. Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: Julie.mansfield@hinckley-bosworth.gov.uk

Workplace Health

1. Business survey has identified local businesses looking for support:
 - A number health and wellbeing workplace roadshows have been conducted and further are planned for 2023.
 - Council internal men's group launched with consultation on what staff want.
 - Cycle to work scheme has been promoted internally alongside our climate change strategy
 - 2nd training session of MECC (Making Every Contact Count) being delivered internally.

Any questions please get in touch:

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