

# **HBBC Health & Wellbeing Update September 2022**

## **Workplace Health**

1. Mira/Polestar held a health and wellbeing workplace roadshow on 21<sup>st</sup> June. Good attendance and been invited back
2. Workplace Wellbeing Focus Groups being held in September with Eliot Foster from LCC
3. Tesco Distribution Centre health and wellbeing workplace roadshow being held in October
4. HBBC staff wellbeing programme includes mindfulness, Pilates, Sleep and financial wellbeing
5. Council internal men's group launched with consultation on what staff want.
6. Cycle to work scheme has been promoted internally alongside our climate change strategy
7. MECC being delivered internally

## **Health Improvement**

1. Smoke Free Homes project developing in collaboration with North West Leicestershire. Housing tenants smoking survey has been released to understand current habits in this demographic. Data to be collated and analysed in September.
  - a. 5 MECC + smoke free home training sessions to be given to Housing staff in September.
2. Supporting Housing with tenant event at George Ward Centre 6<sup>th</sup> September with physical activity and health information.
3. Supporting the Cost of living event on Saturday 1<sup>ST</sup> October at the Meeting Centre, with health improvement guidance and signposting

## **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.

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.

3. 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.

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.

4. On Saturday 1st October from 10.00am-1.00pm a money advice and wellbeing event will be held at The Meeting Centre, 1 Marchant Rd, Hinckley LE10 0LQ. Residents of Hinckley & Bosworth (including housing tenants) will have the opportunity to meet with a range of organisations, including the Borough Council, to access information and advice in relation to: household budgeting, managing debt, managing energy and fuel bills, housing costs, and benefits. The event will also help residents understand how to look after their mental health and wellbeing, as well as ideas for cooking on a budget with taster sessions. There will be activities for children during the event, and refreshments will be provided.

This is a FREE drop in event for residents to find out about local support services that are available to support them, in a friendly and informal setting. Any queries please contact Angela Egan on [angela.egan@hinckley-bosworth.gov.uk](mailto:angela.egan@hinckley-bosworth.gov.uk) Tel 07968 692506

### **Voluntary and Community Sector joint working and engagement**

1. Health and Wellbeing Ambassadors – continue to develop programmes in conjunction with our ambassadors who are real advocates of the benefits of a healthy lifestyle. Local people with real stories who are looking to give something back to the communities we serve. Further information and how you could work with the Ambassadors here [www.activehb.org.uk/health-and-wellbeing-ambassadors](http://www.activehb.org.uk/health-and-wellbeing-ambassadors) or contact Helen Smith, Physical Activity Development Officer, Email [helen.smith@hinckley-bosworth.gov.uk](mailto:helen.smith@hinckley-bosworth.gov.uk)
2. 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; as well as initiatives/projects that seek to mitigate the impact of the cost of living crisis
3. VCS Forum on 14th September will focus on supporting groups to access funding opportunities, and advice and guidance on writing applications, fund raising etc, as

there has been a significant decrease in the range of funding available since the Covid pandemic.

4. The newly established H&B Volunteering Hub based in the public area of the Atkins Building, continues to attract growing numbers at the weekly Tuesday morning sessions. In the coming months this fully mobile pop up facility will start to appear at 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
5. Continuing good support of local volunteers supporting Leisure Centre Vaccination Site.

### **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.

### **H&B Community Health & Well Being Plan**

1. Ongoing discussions with CCG and wider local health stakeholders re Community Health & Well Being plan. Expecting to view first draft shortly.

### **Hinckley Hospital**

1. Awaiting an update from CCG on a new funding request in relation to Hinckley Hospital and its future services operating from this town centre location. This may include a new Diagnostic Hub.

## **Supporting unemployed**

1. 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.

## **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 thorough SAPG and have identified a trend in workplaces. Collaborative work being done with County and the police on this subject.
3. Changing Minds agenda features a guest speaker talking about a new project related to mental health and wellbeing in partnership with Twycross Zoo
4. Dementia Friendly Community marketplace event – Living Well with Dementia - to be held on 16<sup>th</sup> September
5. Crisis Café run by Turning Point has been opened at the Pathways Centre in Hinckley
6. Working with County Council to deliver Mental Health Friendly Places with local businesses
7. “State of Mind “at Sport in Desford. The group is run for anyone experiencing difficulty with mental health. The group promotes an inclusive easy-going, fun atmosphere along with tea, coffee, and a choice of gentle exercise, therapies, and games.

## **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. 16-22<sup>nd</sup> May Dementia Action Week
  - a. 18 May – Dementia friendly performance taking place on at the Pathways Centre.
  - b. 20 May – Coffee Morning at Stoney Stanton Village Hall

## 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 commenced in July 2022 in Hinckley (Hinckley Leisure Centre & St Francis Centre), Groby and Newbold Verdon. These are 24 week programmes. We have additional courses coming to an end in Barwell and Markfield. A further two courses have been commissioned by CCG and these will commence in the autumn both in Hinckley. Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: [Julie.mansfield@hinckley-bosworth.gov.uk](mailto: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 and Burbage. Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: [Julie.mansfield@hinckley-bosworth.gov.uk](mailto:Julie.mansfield@hinckley-bosworth.gov.uk)
3. Chatter Chairs - a programme for older adults for addressing social isolation and gentle exercise, normally a pre-cursor for Steady Steps. Sessions running in Desford and Burbage Contact Julie Mansfield, Physical Activity Development Officer, Tel: 07990 136242. Email: [Julie.mansfield@hinckley-bosworth.gov.uk](mailto: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](mailto:Julie.mansfield@hinckley-bosworth.gov.uk)
5. Cancer Prehabilitation – funded programme through Leicester Hospitals, preparing patients for surgery with a prescribed Physical Activity programme. Tel: 07990 136242. Email: [Julie.mansfield@hinckley-bosworth.gov.uk](mailto:Julie.mansfield@hinckley-bosworth.gov.uk)

6. Health Walks – a number of weekly Health Walks in the borough at various locations. Further information Contact Helen Smith, Physical Activity Development Officer, Email [helen.smith@hinckley-bosworth.gov.uk](mailto:helen.smith@hinckley-bosworth.gov.uk)
7. Commencing in the autumn are a series of Physical Activity led sessions and programmes supporting those living with Dementia. These will be delivered in partnership with the Leicester Tigers Foundation and using the Love to Move British Gymnastics programme. Contact Helen Smith, Physical Activity Development Officer, Email [helen.smith@hinckley-bosworth.gov.uk](mailto:helen.smith@hinckley-bosworth.gov.uk)

### **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 nutritionAfter going live, the scheme has received 93 referrals to date. Visit [Health and Wellbeing Support](#) for more information.

Any questions please get in touch:  
Simon D. Jones  
Cultural Services Manager  
Hinckley & Bosworth Borough Council  
01455 255699  
[Simon.jones@hinckley-bosworth.gov.uk](mailto:Simon.jones@hinckley-bosworth.gov.uk)