

South Northamptonshire Health and Wellbeing Forum

Record of Activities 2015 – 2016

LOCAL PRIORITIES

Using the health profile for South Northamptonshire the Forum has identified the following priorities from which multi-agency actions are being drawn up.

- Reduce isolation of the frail elderly*
- Promote independent living*
- Seek alternatives to medicine to keep people well*
- Road safety for Young Drivers

*These areas also consider dementia and mental health, balanced diet and fuel poverty.

The local priorities are closely linked to the Strategic Outcomes set by the **HEALTH AND WELLBEING BOARD**

- every child is safe and has the best start in life
- vulnerable adults and elderly people are safe and able to use services and support that helps them to live as independently as possible
- people have healthier lifestyles and exert greater control over their health and wellbeing

Public Health Outcomes Framework – Key Observations South Northamptonshire District

Overarching Indicators

Figures show that the outcomes of most indicators for South Northamptonshire are significantly better than the England average. Life expectancy at birth for males and females is 82.3 and 84.7 years, compared to the England figure of 79.4 and 83.1 years and the gap in life expectancy at birth for males is 2.9 years'

Wider determinants of health

South Northamptonshire performs better than or similarly to the national average for most areas covered in this domain. For example, it performs better than the national average for children in poverty, pupil absence, violent crime, noise pollution and households in temporary accommodation. The only area that South Northamptonshire performs worse than the national average is killed and seriously injured casualties on roads (7.6 vs. 39.7 per 100,000). This significantly high rate exists since 2009/11.

Health Improvement

Nearly half of the indicators for South Northamptonshire relating to healthy lifestyle and healthy choices display performance that is significantly better than or similar to the England average. These include under 18 conceptions, excess weight in 45 and 10-11 year olds, physically active adults, smoking prevalence (particularly amongst the routine and manual population), alcohol related admissions to hospital, breast cancer and cervical cancer and all indicators on injuries to falls. However, South Northamptonshire has a significantly higher proportion of adults who have excess weight than the national average (66.8% vs. 63.8%).

Health Protection

South Northamptonshire shows a significantly lower rate of TB than the national average (3.5 vs. 15.1 per 100,000). In addition Chlamydia detection in 15-24 year olds is significantly lower than England's rate in both 2012 and 2013.

Healthcare and Premature Mortality

South Northamptonshire's performance in the indicators that relate to people living with preventable ill health and dying prematurely is significantly better than or similar to the England average. Its infant mortality rate is significantly lower than the national average (1.5 vs. 4.1 per 1000). The mortality rate from causes considered preventable is better than the average for males and females.

The male premature mortality rates (<75 years) for cardiovascular disease, liver disease, reparatory disease is better than the national average. However, there is no such difference in premature mortality rate for females when it is compared to the national average.

PHOF Locality Priority Measure (Feb 2015)	England Average	South Northants	Rating
Killed and Seriously Injured Casualties on Roads	77.6	39.7	
Proportion of adults who have excess weight	63.8	66.38	
Female premature mortality rate			

PARTNER ACTIVITIES

Action for Children

Children's Centre's - offer a range of services including which are open to everyone, information and advice, activities, universal health services, early help and targeted support from professionals.	Keeping well/Independent Living/Social Isolation/Healthy Weight	Centre's at Brackley, Bugbrooke, Deashanger, Middleton Cheney, Roade and Towcester http://services.actionforchildren.org.uk/south-northants-childrens-centres/
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Daventry & South Northants Community Safety Partnership

Young Citizens Events – organised by the Community Safety Partnership (CSP) involving Year 6 pupils from schools across the district. A range of organisations attend to give presentations and workshops to help youngsters learn about what makes a good citizen. Partners include SNC, SNH, Nene Commissioning, Northants Police, Fire and Rescue as well as commercial companies.	Keeping Well	SN & Daventry CSP Peter Glover Email: Peter.Glover@southnorthants.gov.uk
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------	----------------------------------------------------------------------------------------------------------------------------------------

East Midlands Ambulance Service

Community First Responders (CFR) -provide vital life-saving care in local neighbourhoods until the arrival of an emergency ambulance. CFR schemes in the East Midlands are coordinated by East Midlands Ambulance Service NHS Trust (EMAS).The EMAS Community Defibrillation Officer provides support during the process of setting up a scheme and then provides on-going support. As part of this process, EMAS trains all volunteers in life saving skills and the use of equipment	Keeping Well	Visit: www.emas.nhs.uk/cfr Telephone: 0115 884 5000 Email: community.responder@emas.nhs.uk
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MIND

<p>Drop in – provides information and support for people living with mental health problems. Practical guidance for coping with everyday life including, legal rights, housing and money advice. Group sessions or one to one support.</p>	<p>Keeping well/Independent Living/Social Isolation</p>	<p>Weekly sessions held in Towcester and Brackley Contact Jo Webb jowebb73@btconnect.com</p>
<p>Wellbeing Navigators – working with NHFT provide support in the community to help people improve their general wellbeing. The service is designed for people experiencing difficulties with their emotional wellbeing, living conditions and physical health. Referrals are received from GP's, primary care liaison and other professional services as well as self- referrals. Wellbeing navigation coordinators work with an individual for up to six sessions. For those who have accessed the service there is a fast track process for further support.</p>	<p>Keeping well/Independent Living/Social Isolation</p>	<p>Contact: Di Morris 01604 658813 well-being.primarycare@nhs.net</p>

Northamptonshire County Council

<p>Wellbeing CIC – joint venture with NHFT and the University of Northampton aimed at delivering a sustainable model for the future delivery of health, wellbeing and social care in the County,</p>	<p>Independent Living/Keeping Well/Social Isolation</p>	<p>http://www3.northamptonshire.gov.uk/councilservices/health/wellbeing-community-interest-company/Pages/default.aspx</p>
<p>Breeze-e – developing e-marketplace for care and support services to enable people to spend their personal care budgets on a range of services including domiciliary care, private hire transport, mobility scooters, respite care, day care and complementary therapies. Open to businesses who pay a fee to promote their services. Free to voluntary and community organisations.</p>	<p>Independent Living/Keeping Well/Social Isolation</p>	<p>www.breeze-e.com</p>
<p>CarKraft - award-winning road safety initiative designed to reduce the number of people killed and seriously injured on Northamptonshire's roads. Originally designed for young drivers aged between 17 to 24 years of age and pre drivers it has evolved and expanded to include licence holders of all ages and non-drivers aged 15. Part classroom based and part practical, participants experience first-hand the perils of adverse road</p>	<p>Killed and Seriously injured casualties on roads</p>	<p>NCC contractor – Kier. Julie Brown Senior Road Safety Officer Email: jbrown@kierwsp.co.uk Tel: 01604 364406</p>

conditions by driving on a state of the art purpose built test facility. Fully funded and free for participants for 2015.		
2Fast2Soon - presentation for schools which is available for assemblies or PHSE sessions: a nationally available programme aimed at 16-18 year-olds whether they are driving yet or not The presentation is split into two parts. The first part is a DVD which shows a reconstruction of a collision involving young drivers. The second part is an interactive presentation done by serving Emergency Service officers which covers peer pressure, mobile phone use, speed, seat belts, drinking and driving. Free of charge.	Killed and Seriously injured casualties on roads	NCC contractor – Kier. Julie Brown Senior Road Safety Officer Email: jbrown@kierwsp.co.uk Tel: 01604 364406
Road Safety Heroes – school appointed champions who help raise awareness to make the school vicinity safer during drop off and pick up times. Web based project with links to lesson plans and key stages. Free of charge.	Killed and Seriously injured casualties on roads	NCC contractor – Kier. Julie Brown Senior Road Safety Officer Email: jbrown@kierwsp.co.uk Tel: 01604 364406.
Road safety training at work - for organisations designed to challenge the widely held beliefs and myths surrounding alcohol and driving.	Killed and Seriously injured casualties on roads	NCC contractor – Kier. Julie Brown Senior Road Safety Officer Email: jbrown@kierwsp.co.uk Tel: 01604 364406

Northamptonshire Healthcare Foundation Trust

School Nurse Service - helps to promote the physical, mental, social and emotional health of children, young people of school age and their families by offering health and wellbeing clinics across the county. All children and young people have an allocated school nurse team led by a specialist school nurse	Keeping well/Healthy Weight	Details of area school nursing teams available from schools
Breastfeeding Support Service - breastfeeding support and information for mothers experiencing breastfeeding difficulties. This is offered either in the home, a clinic or drop-in setting. Team is made up of senior health visitors and health professionals led by a lactation consultant.	Keeping well	Tel: 0300 100 0212 9am-5pm weekdays
Integrated Sexual Health Services - contraception, screening and treatment for sexually transmitted infections (STIs), the management of genital skin conditions and genital pain, as well as HIV management and care. Services are available from teams in Kettering and Northampton, with smaller sites (one based in Daventry) offering basic care. Self-referral.	Keeping Well	Northampton General Hospital Tel: 01604 637203 Outreach Phone 0845 602 3511
Smoking Cessation - Stop smoking clinics run by professional NHS advisors and specialists trained in stop smoking medication and behavioral advice. Clinics are confidential, usually offering one-to-one support and are held across the county.	Keeping Well	GP referral or by contacting the smoking cessation service directly Phone 0845 601 3116 Email smokefree@nhft.nhs.uk
Falls Service - countywide service offering specialist falls assessments and treatment for people who are aged 65 years and over, who have fallen in the last 12 months and are considered to be at risk from further falls.	Independent living/Keeping well	Tel: 01933 235870 for further information

Northamptonshire Women's Aid

Domestic Abuse - Confidential Drop In – Tuesday 2-4pm, The Forum, Towcester. Advice support and signposting. Group work (by referral only)	Keeping well/Independent Living/Social Isolation	Northampton Women's Aid 0845 123 2311
---------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------	------------------------------------------

Service Six

<p>Domestic Abuse – Group work programmes including ‘Freedom’, for women in abusive relationships; ‘You and Me Mum’ for mothers; ‘Choose to Change’ which is designed to address the issue of youth related domestic abuse and ‘Your Power to Change’ for heterosexual men who are perpetrators of domestic abuse.</p>	<p>Keeping Well/Social Isolation</p>	<p>Service Six referral portal 03332 400716 referrals@servicesix.co.uk</p>
<p>Challenging Behaviour – Life skills coaching with range of themes including anger management, healthy relationships, confidence building, reducing stress and anti-bullying. Information and awareness of healthy diet, exercise, drugs, alcohol, legal highs, smoking and self-harm. Activity sessions including sport, music, dance and art.</p>	<p>Healthy Weight/Keeping Well/Social Isolation</p>	<p>Service Six referral portal 03332 400716 referrals@servicesix.co.uk</p>
<p>Parenting – Support for children and families includes child development, safety, communication, confidence building, health needs, implementing routine and ensuring social development.</p>	<p>Healthy Weight/Keeping Well/Social Isolation</p>	<p>Service Six referral portal 03332 400716 referrals@servicesix.co.uk</p>

South Northamptonshire Council

<p>Community Nordic Walking Courses - On completion participants are issued with a Nordic Walking UK Freedom Card, a passport to walks and events all over the UK. There are a number of community Nordic walking groups in Brackley, Towcester and Salcey Forest.</p>	<p>Healthy Weight/Keeping Well</p>	<p>Colin Hull, SNC Sports Development Tel: 01327 322337 Colin.Hull@southnorthants.gov.uk</p>
<p>Walking for Health - programme of health walks across the district which are accredited by a national initiative. The aim is to provide opportunities for people who currently do little or no exercise to take advantage of this free, easy and beneficial activity.</p>	<p>Healthy Weight/Keeping Well</p>	<p>Colin Hull, SNC Sports Development Tel: 01327 322337 Colin.Hull@southnorthants.gov.uk</p>
<p>Youth Activators - a three year project that delivers free, informal sporting sessions in a range of local community settings for young people aged 14 -19. The project uses sport to engage with young people and to challenge anti-social behaviour in targeted areas. In addition, the project will assist young people and community volunteers - youth leaders, coaches and sports club members - to gain qualifications and to develop their self-esteem and confidence.</p>	<p>Healthy Weight/Keeping Well</p>	<p>Tweet: @Youth Activators Facebook: Youth Activators Facebook Email: youth.activators@southnorthants.gov.uk Mobile: 07740 774051 Tel: 01327 322337</p>

<p>Jogging - A series of groups set up across South Northants for complete beginners looking to get fit. Groups are led by qualified and insured leaders who guide participants through a series of low intensity gentle walking and jogging programmes with the ultimate goal of reaching three miles after 10 weeks.</p>	<p>Healthy Weight/Keeping Well</p>	<p>Colin Hull, SNC Sports Development Tel: 01327 322337 Colin.Hull@southnorthants.gov.uk</p>
<p>Eat Out Eat Well – Award scheme to encourage food businesses to offer healthier options on their menus. Aims to show how healthier cooking practices, such as grilling instead of frying and the use of lower-fat ingredients where possible, can make a big difference.</p>	<p>Healthy Weight/Keeping Well</p>	<p>SNC Health Protection Team Tel: 01327 322281. health.protection@southnorthants.gov.uk</p>
<p>Disabled Facilities Grants – Disabled residents may be eligible for a grant of up to £30,000 for household adaptations. The work must be considered necessary, appropriate, practical and reasonable. Grants are means tested on the person with the disability and their partner if they have one. The means test is not applied if the adaptation is for a child or if the applicant is on certain means tested benefits.</p>	<p>Keeping Well/Independent Living</p>	<p>Private Sector Housing Tel: 01327 322290 Email: pshousing@southnorthants.gov.uk</p>
<p>Food Safety - The Health Protection Team provides residents and businesses with advice about food safety. Duties include inspecting food businesses for compliance with food safety requirements, investigating complaints about food premises and food items and providing advice on all matters related to food safety.</p>	<p>Keeping Well</p>	<p>Health Protection Team Tel: 01327 322281 Email: health.protection@southnorthants.gov.uk</p>
<p>Planning and Development Control – working with partners to develop a strategic vision for the future delivery of Health and Wellbeing in South Northants to include housing, recreation, GP, diagnostic and care facilities and developer contributions. Also considers population growth and changing demographics.</p>	<p>Independent Living/Keeping Well</p>	<p>SNC/Nene CCG Paula Judd Email: paula.judd@southnorthants.gov.uk</p>
<p>SNC Job Club - free, confidential advice and support on a wide range of topics to help people find their way back into work, training or education. Other partners include SNC, SNVB, Job Centre Plus, Connexions</p>	<p>Independent Living/Keeping Well</p>	<p>Sessions alternate between The Forum Towcester and Brackley Town Hall every Tuesday between 11:30am and 1:30pm</p>
<p>Housing Register - also known as the housing waiting list. Anyone over the age of 16 years can apply to join the Housing Register. However people subject to immigration control or not normally resident in the UK may not be eligible.</p>	<p>Independent Living/Keeping Well</p>	<p>Housing Options Team Tel: 01327 322374 Email: housingoptions@southnorthants.gov.uk.</p>
<p>Homeless - Housing Options Team provide advice and assistance and may be able to prevent people becoming homeless. In some circumstances households will be given temporary accommodation and when there is a legal obligation to do so.</p>	<p>Independent Living/Keeping Well</p>	<p>Housing Options Team Tel: 01327 322374 during office hours 0800 160 1022 at all other times Email: housingoptions@southnorthants.gov.uk.</p>

Money Advice Service – A shared service with SNH. Free, confidential service which can help with a range of issues relating to debt advice and money management. Clients can be seen at home or at SNC's offices.	Keeping well/Independent Living	Bob Wingerath Tel: 01327 322393 Email: bob.wingerath@southnorthants.gov.uk
Dementia Awareness Sessions – One hour presentation based on the Alzheimer's Society Dementia Friends initiative. Free to organisations and community groups in the District.	Keeping Well/Social Isolation	SNC Paula Judd paula.judd@southnorthants.gov.uk

South Northants Homes

Lifeline Alarm and Visiting Service – Subscription service available to anyone of any age, not just SNH tenants.	Independent living	Tel: 08454 606 888 Email: lifeline@southnorthantshomes.co.uk
Skills4U – Free training programme available to all resident of SN. Range of activities including sport, cooking, wellbeing, budgeting, confidence workshops	Independent Living/Keeping well/Social Isolation/Healthy Weight	http://www.southnorthantshomes.co.uk/your-community/skills4u-training-programme/

South Northants Leisure Trust

Neighbourhood Life – Aimed at helping 'more people, become more active, more often'. Range of facilities and activities available to encourage people to become more active and adopt healthier lifestyles	Healthy Weight/Keeping Well	Towcester Centre For Leisure Tel: 01327 322480 www.southnorthantsleisure.com
This Girl Can - Sport England's initiative supporting women aged 14-40 to become more active. Range of activities suitable for all ages and abilities, including group exercise classes.	Healthy Weight/Keeping Well	Towcester Centre For Leisure Tel: 01327 322480 www.southnorthantsleisure.com
Activity on referral – GP referral scheme to a 12 week course of exercise or activity as part of rehabilitation following physical or mental illness. Close one to one advice and programming, a half way appointment and final assessment enabling to review achievements.	Healthy Weight/Keeping Well	Towcester Centre For Leisure Tel: 01327 322480 www.southnorthantsleisure.com
Alive N'Kicking - Children's lifestyle weight management service that helps overweight children and young people and their families to reach and maintain	Healthy Weight/Keeping	Northamptonshire Healthcare Foundation Trust (NHFT) Tel: 01604 745084

a healthier weight. The service provides age specific programmes for families with children aged between 2 to 19 years old. Each categorised programme is specifically designed to provide age appropriate messages, activities and behavioural change strategies that will benefit the whole family.	Well	kerrie.pearson@nhft.nhs.uk
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------	----------------------------

South Northants Volunteer Bureau

Village Networks - Mobile "RIC" - Rural Information Centre offering experts support with welfare benefits and debt advice; health and wellbeing; reducing household bills) reducing isolation; volunteering, and linking up to basic/beginner computer training. One-to-one, confidential meetings by appointment. The project uses a minibus to transport people to access services. The minibus can also be used by village groups etc.	Independent Living/Social Isolation	Nick King Tel 01327 358264 Email: nick@snyvb.org.uk
Garden Buddies - a five-year lottery funded project where volunteers provide practical help to elderly and disabled people, who have no other means of support, enabling them to maintain and enjoy their gardens.	Independent Living/Social Isolation	In order to benefit from the Garden Buddies service householders need to become a member of the scheme. Details at http://www.snyvb.org.uk/GardenBuddiesMembership.html
School of Life – Lottery funded programme which helps to break down barriers between people of different generations to reduce social isolation in communities. The project enables individuals to support each other in learning new skills or working on joint projects together. Sessions take place in a welcoming setting with activities such as arts, crafts, knitting, African drumming, graffiti, singing, basket weaving, cookery, social networking and IT skills.	Social Isolation	Tel: 01327 358264 www.snyvb.org.uk
Charity Crafts - The project has been set up to provide opportunities for people who are isolated and are interested in handicrafts, to use their skills to help local charities	Social Isolation	Lorraine Tel: 01327 358264 www.snyvb.org.uk
Brackley Area Volunteer Car Service – Provides transport people to medical and social care appointments for people in Brackley and surrounding villages. Also takes people to visit relatives who are in hospital or residential care.	Keeping Well/Independent Living	Tel: 01280 841099 www.snyvb.org.uk
Happy at Home Partnership -volunteers spare time to help be-friend elderly residents who may be in need of company, or to inform them about what local services are on offer and how to arrange the transport to get to them, in order to make their daily lives more comfortable.	Independent Living/Social Isolation	Nicola Toms Tel: 01327 300614 nicola@daventryvolunteers.org.uk

Volunteering - Information and support to help volunteers find suitable opportunities so that they can play an active and fulfilling role in the community, learn new skills and have fun.	Keeping Well/Social Isolation	Make an appointment for a confidential chat with the Volunteering Co-ordinator Towcester: 01327 358264 Brackley: 01280 841250 Or access the database www.do-it.org
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Other Organisations making a significant contribution to Wellbeing

Towcester Foodbank – member of the Trussell Trust's UK foodbank network working in partnership with local churches and communities. Based in Towcester Youth Coffee House, Bransons Lane, Towcester, NN12 6AX	Independent Living/Keeping Well	Open Monday & Thursday 12:00 - 14:00 Closed on Bank Holidays Email: info@towcester.foodbank.org.uk
Aquarius - helps people overcome the harms caused by alcohol, drugs and gambling. Works closely with individuals, families and friends to lessen the impact caused by the behavior of a loved one. Also delivers training and awareness sessions.	Keeping Well	Bernie Pridgeon bernie.pridgeon@aquarius.org.uk
Disability Inclusive Sports Club (DISC) - voluntary group run by parents and carers of people with disabilities who meet at Towcester Centre for Leisure on Sundays. DISC welcomes children and adults with special needs and their families (carers are required to stay).	Keeping Well/Social Isolation	Colin Hull, Sports Development Officer, SNC Telephone: 01327 322337 enquiry@disc-northants.org
Towcester U3A - programme of daytime educational, creative and leisure activities for retired people which take place in a friendly and informal atmosphere. Currently 500 members and 60 interest groups across SN. Annual Membership £15.	Keeping Well/Social Isolation	http://u3asites.org.uk/code/u3asite.php?site=218&page=4
Towcester Area Door to Door (TADD) - Voluntary car scheme operating with volunteer drivers using their own vehicles to take passengers to pre-booked destinations. These are often for medical appointments, but can also be for other reasons.	Keeping Well/Independent Living	Tel: 01327 810300 tadd@btconnect.com
Homestart – volunteers work with young families who are experiencing difficulties. One child must be under the age of five. Referrals via GPs and other health professionals.	Keeping Well/Social Isolation	http://homestart-davsn.org.uk/
Age UK - works with volunteers to provide Lunch and Tea Clubs in the County for older people.	Social Isolation	List of clubs available at http://www.ageuk.org.uk/northamptonshire/activities--events/lunch-clubs/
Age UK Toenail Cutting Service - Paid for service. Charges £15 for attendance at a clinic or £20 for an individual appointment.	Independent Living/Keeping well	Age UK Service Advice Team 0845 677220

