

Live Well Action Plan Year 1

High Level Action Plan Year 1	Actions	Outcomes & Measures	Lead	Partners
We will align and co-ordinate prevention programmes across the system to maximise impact and tackle barriers to healthy lifestyles				
Co-design a whole system action plan to empower all residents in Buckinghamshire to have a healthy weight.	<p>Multiagency obesity action plan agreed (Dec 21)</p> <p>Delivery of enhanced services on weight management through GP practices</p>	<p><u>Short/Medium Term</u></p> <ul style="list-style-type: none"> • New pathways and models of care, including integrated model supported by existing weight management services • Expansion of digital weight management offer / services • Increased capacity and access to programmes <p><u>Long Term</u></p> <ul style="list-style-type: none"> • Reduction in prevalence of adult and child overweight and obesity • Reduction in demand for weight management services • Reduction in number of inactive residents and increase in number of residents achieving the recommended activity levels 	Sarah Preston, PH Angela Jessop, CCG	Public Health BC, CCG, BHT, OHFT, VCSE
Continue delivery of the Physical Activity Strategy	Delivery of the Year 4 Physical Activity Strategy Action Plan	<p><u>Short Term</u></p> <ul style="list-style-type: none"> • Increase in activity levels of inactive residents • Increase in the number of residents achieving Chief Medical Officer guidelines for physical activity <p><u>Long Term</u></p> <ul style="list-style-type: none"> • Reduction by 2023 in the proportion of Buckinghamshire residents who are inactive • Increase by 2023 in the proportion of Buckinghamshire residents who achieve the Chief Medical Officer guidelines for physical activity 		
Increase referrals to Live Well Stay Well and re-orientating services to meet Covid secure rules.	<p>Delivery of Live Well Stay Well Action Plan, including agreement of a Year 4 plan.</p> <p>All partners demonstrate an ongoing increase in referrals to Live Well Stay Well</p>	<p><u>Short/Medium Term</u></p> <ul style="list-style-type: none"> • A percentage improvement in number of referrals to Live Well Stay Well following identification of a baseline • Weight of fresh fruit and vegetables donated to foodbanks and community fridges • Number of community-led growing sites established 	Sarah Preston, PH Steve Goldensmith (CCG)	Public Health BC, CCG, BHT, OHFT, VCSE

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		and sustained <ul style="list-style-type: none"> Number of foodbank clients trying to grow their own vegetables at home <u>Long Term</u> <ul style="list-style-type: none"> Reduction in smoking prevalence Reduction in smoking at time of delivery (SATOD) Reduction in prevalence of adult and child overweight and obesity, and referrals to weight management services as a result 		
Develop a coordinated approach to addressing food insecurity across Buckinghamshire, both long-term and in response to Covid-19.	Collaboration between agencies to deliver a range of projects to address food insecurity, including: <ul style="list-style-type: none"> Delivery of Holiday Activity and Food Programme Development of food support infrastructure strategy Developing insight and intelligence regarding food insecurity Review support provided for free school meals eligible families during holiday periods Development of community-led growing & giving initiatives including Grow to Give; Grow it, Cook it, Eat it; and Veggies in Containers 	<u>Short Term</u> <ul style="list-style-type: none"> Host roundtable of all key VCSE stakeholders to ensure understanding of gaps/unmet need and maximise opportunities for collaborative working <u>Long Term</u> <ul style="list-style-type: none"> Reduction in number of foodbank clients 	Bucks Food Partnership Sarah Preston, PH Gill Harding, BC Helen Fincher, BC	Public Health BC Community Support Team, Localism Service, BC VCSE Bucks Food Partnership
We will enhance our organisational workforce programmes to focus on wellbeing and mental health				
Continue to support resilience in health and care staff through enhanced health and wellbeing programmes, sharing good practice and through the BOB resilience hub.	‘You Matter’ mental health and wellbeing hub continues to provide support during the year and remains available to all NHS and social care staff in Buckinghamshire	<u>Short Term</u> <ul style="list-style-type: none"> Measures relating to numbers of contacts and clinical assessments Results of follow ups at one month Average wait between contact and assessment Number of referrals to further services Customer experience <u>Long Term</u> <ul style="list-style-type: none"> Reduction in the number of sick days taken across NHS organisations and local government social care 	Debbie Clarke Consultant Psychologist, Clinical service Lead (OHFT)	Public Health BC Adult Social Care BC CCG OHFT BHT

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<p>Put responsive support programmes in place for recovery to address long-term impacts.</p>	<p>Implementation of Enhanced Occupational Health & Wellbeing Pilot 2021/2022</p> <p>Delivery of NHS system-wide initiatives to support staff wellbeing and help them to recover, focused around:</p> <ul style="list-style-type: none"> I) Health and wellbeing II) Supporting career pathways III) Supporting flexible working IV) Addressing inequalities v) Embedding new ways of working VI) Developing workforce through planning, capacity, and capability for future sustainability <p>Develop a H&WB programme for primary care staff.</p> <p>Undertake a full evaluation of the NHS HWB offering in support of the 'levelling up' approach across BOB.</p> <p>Implement a two-year 'people recovery plan' - Thrive@BHT – with the focus on wellbeing and OD support to teams and individuals.</p> <p>Further develop and implement the Council's Health and Wellbeing Action Plan to support employee wellbeing, enhanced in response to Covid-19 with actions to support front line staff and those working remotely, including:</p> <ul style="list-style-type: none"> • Provide a wide range of resources and support for staff • Target interventions for those most at risk • Mental health awareness training • Self-referral counselling available to all staff • Support new ways of working post COVID-19 	<p><u>Short Term</u></p> <ul style="list-style-type: none"> • Work taking place with AHSN on evaluation model for the pilot. • Reduction in staff sickness rates due to Covid • Support offered to practices as part of the recovery • Support provided to vulnerable individuals and teams. • Mental Health & Wellbeing Hubs fully functional, delivering mental health assessment and outreach to ICS staff. • 4,500 Managers offered training in Mental Health First Aid (MHFA). • Occupational Health & Wellbeing support available to all staff • Individual risk assessments carried out • In-house programme monitoring and evaluation through BHT governance <p><u>Long Term</u></p> <ul style="list-style-type: none"> • Take up and evaluation data re H&W related webinars and team reflective sessions • Completions of resources in the H&W section of the Learning Hub • Number of counselling units used • Hits on MH related articles on the Source/together articles • Staff sickness rates minimised • Staff recruitment and retention improved 	<p>Roz O'Neil Head of Health & Wellbeing / Stress Lead (OHFT)</p> <p>Karon Hart, Deputy HR Director (BHT) Wendy Newton (CCG)</p> <p>Sarah Taylor HR (BC)</p>	<p>Public Health BC Adult Social Care BC CCG OHFT BHT</p>

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We will continue to focus and co-ordinate action on sexual health, smoking, alcohol and drugs				
Continue delivery of the multiagency tobacco control strategy action plan to support COVID-19 recovery.	Year 3 action plan finalised (Jun 21) Progress for year 3 reported (May 22)	<ul style="list-style-type: none"> Reduction in smoking prevalence Reduction in smoking at time of delivery (SATOD) 	Sarah Preston, PH	CCG Public Health BC BHT OHFT VCSE
	Start a three-year to deliver Tobacco Dependence Treatment Services programme in line with the NHS Long Term Plan commitments.	<ul style="list-style-type: none"> Reduction in adult population smoking (currently at 11.3%). Ensure smoking cessation services are provided on site or in local community settings in the highest health inequality communities. Deliver Ottawa and CURE model for treating tobacco dependence 	Steve Goldensmith (CCG) Parmi Walia (BHT)	CCG Public Health BC BHT
	Maternity Steering Group working with the Maternity Voices Partnership (MVP) to support local community engagement on development of Maternity Services, to include health promotion activities such as reduced smoking during pregnancy and reduction of health inequalities.	<ul style="list-style-type: none"> Reduction in pregnant women smoking Improved outcomes for women and their babies 	David Williams (CCG)	
	On-going commitment to ensuring a non-smoking sites and signposting support to stop smoking.	<ul style="list-style-type: none"> Smoke-free sites 	Ali Williams, BHT Parmi Walia (BHT) Steve Goldensmith (CCG)	CCG Public Health BC BHT
Continued delivery of the 5-year Buckinghamshire Sexual Health Strategy Action Plan	Action Plan refreshed for year 5 (21/22) (May 21) Health Needs Assessment complete (Sept 21) Revised Strategy and Action Plan in place (April 22)	<ul style="list-style-type: none"> Reduction in sexually transmitted infections Increased uptake of long-acting reversible contraception (LARC) Reduction in terminations Reduction in teenage conception 	Derys Pragnell, PH	Multi-agency Sexual Health Strategy Group incl.: CCG, BHT, LA, VCSE
Develop new Buckinghamshire Drug and Alcohol Strategy	Health Needs Assessment Complete (Aug 21) Revised Strategy and Action Plan in place (April 22)	<ul style="list-style-type: none"> Reduced levels of residents drinking over recommended levels. Reduced alcohol-related hospital admissions Improved KPI outcomes for drug and alcohol commissioned service providers 	Derys Pragnell, PH	Drug and Alcohol Multi-Agency incl.: Strategy Group: CCG, BHT, LA, VCSE, Police

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We will support Community Boards to have, and promote, Health and Wellbeing Action Plans for their areas				
Health and Wellbeing Board to host 3 workshops engaging with communities and the VCSE to help develop Community Board HWB action plans and the setting of annual health inequality priorities.	Area based workshops sessions delivered (Sept 21) Community boards contribute to population health management	<ul style="list-style-type: none"> Health and wellbeing priorities and actions identified and mapped as part of Community Board action plans Development of KPIs from the community boards Health key agenda item for community boards 	Localism Service PH Angela Jessop and Simon Kearey (CCG)	All HWB organisations (A working group to be co-ordinated and led by PH and Localism service)
We will continue work on social isolation and social connectedness, to develop a system-wide response to social isolation				
Develop a tool to identify those 'at risk' of social isolation, improve insight into social isolation in communities and co-design solutions with local communities.	Develop a Social Isolation Tool (June 2021) Discovery sessions and awareness raising of social isolation with Community Boards Sharing of best practice and case studies Social Isolation Showcase (July 2021)	<ul style="list-style-type: none"> Number of local projects addressing social isolation Number of over 60s without a carer registered on the tool Improved awareness of social isolation Reduction from baseline of people reporting social isolation 	Lucie Smith, PH	Public Health BC CCG BHT Localities BC VCSE
Prevention Matters Programme		<ul style="list-style-type: none"> Numbers of referrals to the programme by PCNs Reduction in Mental health admissions 		Adult Social Care BC
We will focus on minority ethnic groups and locations where people have worse health. We will introduce culturally competent health promotion and disease prevention programmes that work with communities.				
Produce culturally competent COVID-19 prevention communications materials in a range of languages and formats, to promoted priority public health messages and disease epidemiology.	Share information, advice and support using appropriate channels and networks and where appropriate, translate into alternative languages. Actively engage with community networks to target and share information. Targeted, culturally competent programme to address inequalities in vaccination uptake including comms programme, outreach clinics and NHS vaccine advocacy programme	<ul style="list-style-type: none"> Identified groups/communities feel informed and aware of Covid-19 Infection rates within identified groups/communities are minimised/ downward trend/remain low. Vaccination rates in identified groups/ locations 	Cat Spalton/ Kate Walker (BC) Steve Goldensmith/ Simon Kearey (CCG)	Buckinghamshire Council Community Impact Bucks The Clare Foundation Healthwatch
Put plans in place to increase general health promotion/ disease prevention in target communities, including minority ethnic communities, with an immediate focus on cardiovascular disease	Develop a cardiovascular disease health equity audit and system-wide strategy to level up cardiovascular disease outcomes. Embed ethnicity recording and reporting in commissioned Public Health services.	<ul style="list-style-type: none"> Baseline identified Reduce gap in prevention, identification and treatment of people with cardiovascular disease from targeted groups/locations. 	Tiffany Burch (BC)	PH Bucks CCG NHS

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prevention	<p>Analysis of waiting list, elective plans access times and outcomes by deprivation, minority ethnic groups and protected characteristics.</p> <p>Develop an action plan, following analysis, to target work to improve access and reduce inequalities.</p> <p>Accelerate preventative programmes which proactively engage those at greatest risk of poor health outcomes.</p> <p>Develop diagnostic hubs and specifically ECGs that improve access to high risk / need communities.</p>	<ul style="list-style-type: none"> Reduction in inequalities in access to services experienced by minority ethnic groups, those living in deprived areas and those with protected characteristics 	David Williams (CCG)	
Support VCS organisations that work with ethnic minority communities to identify and attain funding for activities that improve COVID-19 outcomes or recovery.	Develop and implement a support plan for VCSE organisations.	Support delivered to identified organisations to access funding opportunities	TBC	Localities Service PH VCSE Recovery Board Strategic Funders Group
Work with system partners to implement the key principles of the community mental health framework, ensuring a targeted approach to communities who are at greater risk of severe mental illness (SMI)	<p>Develop framework.</p> <p>Identify communities at greater risk of SMI. Baseline current levels of access, demand, uptake, engagement and support to those communities.</p>	<ul style="list-style-type: none"> Establish baseline and identify target improvement Increased support / access to communities at greater risk <p><u>Long term</u></p> <ul style="list-style-type: none"> Reduction in severe mental illness in (current) identified greater risk communities 	Jack Workman (CCG) Chris Wright (OHFT)	PCNs VCSE BC CCG OHFT
<p>As part of our COVID-19 recovery work, resources will be targeted appropriately to support residents who are most in need, including those impacted by domestic abuse, social isolation, food poverty, debt and homelessness.</p>				
Build capacity for community participatory research across the Buckinghamshire VCSE to support those in highest need.	Develop a consistent and coherent asset-based approach to community development (ABCD) and community-centred approaches to wellbeing (21-22).	<ul style="list-style-type: none"> Increased capacity across Buckinghamshire for stakeholders to co-design, create and deliver services in partnership with communities Links with community 'connectors' in communities 	Lucie Smith, PH Kate Walker, CEDT	Healthwatch Community Impact Bucks The Clare Foundation

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		<p>disproportionately affected by Covid-19 (including ethnic minorities, disabilities and disadvantaged communities)</p> <ul style="list-style-type: none"> • Health literacy within communities disproportionately affected by Covid-19 		
<p>Carry out systematic reviews and planning to ensure that those who are most vulnerable (including carers, the travelling community and people with a disability and most at risk of poor wellbeing) get support.</p>	<p>Vaccine coverage of these groups.</p> <p>Deliver a range of services to ensure those with mental health issues receive timely support including:</p> <ul style="list-style-type: none"> • Low cost counselling • Safe Haven crisis support • Suicide bereavement support • Rough sleepers initiative • Befriending 	<ul style="list-style-type: none"> • Vaccination rates in targeted groups • Numbers of people accessing timely support through Bucks Mind services 		<p>Public Health BC Bucks Mind</p>
<p>We will oversee a shared population health approach to reduce health inequalities and reduce the negative impacts of the wider determinants of health</p>				
<p>Oversee a review on the recommendations in the health in all policies vision outlined in the 2020 Director of Public Health Annual Report</p>				<p>Public Health BC</p>
<p>Increase the number of people that have a severe mental illness (SMI) who access an annual physical health check, working towards the national ambition of 60%</p>	<p>Baseline of current levels of people with SMI who have annual health check.</p> <p>Targeted action plan.</p>	<p><u>Short term</u></p> <ul style="list-style-type: none"> • Increase in access and uptake of annual health checks <p><u>Long Term</u></p> <ul style="list-style-type: none"> • Increase in health of population and reduction in conditions such as CVD, diabetes, weight management etc. 	<p>Jack Workman (CCG) Chris Wright (OHFT)</p>	<p>CCG OHFT Primary care networks</p>