

**JOINT HEALTH AND WELLBEING STRATEGY ACTION PLAN  
MONITORING REPORT - NOVEMBER 2014**

**Outcome Three: Older people in Suffolk have a good quality of life**

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**Priority 3.1: Ensuring that health and wellbeing are integrated at the point of delivery**

*Removed from Action Plan as agreed by the Health & Wellbeing Board in January 2014*

**Priority 3.2: A focus on prevention including the promotion of healthy lifestyles and self-care**

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
Produce a Family Carers' Needs Assessment to support the understanding of the range and extent of family carers' needs and help the development of demographically sensitive services		The Family Carers' Needs Assessment draft report is now complete, has gone out for final comments to the Carers Needs Assessment steering group. It will go to JSNA Task Group for QA on 16 <sup>th</sup> October and if approved will be published on Suffolk Observatory site as part of JSNA.	GREEN	

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
		A supplementary piece of work taking a more in-depth look at the needs of young carers and young adult carers is ongoing and will be published later.		
Campaign to raise awareness of dementia in employment and support employers to develop dementia-friendly staff policies	Event on 3 <sup>rd</sup> December 2014	Initial event planned to assess willingness for the development of Dementia Friendly Communities.	GREEN	
Support opportunities for older people to be active and remain healthy. Examples include: Supporting the Most Active County Programme to develop a leadership event, supporting funding bids aimed at supporting older people into sport and physical activity and investigation into the potential to influence and improve physical activity provision in care homes	Event will take place 28 January 2015	The Most Active County programme is working with key agencies to develop a leadership event focusing on “active ageing” as a precursor to a more strategic approach to physical activity and older people.	GREEN	Potential to work with the British Heart Foundation to develop a physical activity standard for care homes in Suffolk being progressed.
	Event will take place 12 November 2014	A ‘Culture and physical activity through care and support’ conference aimed at those working in the care sector at all levels has been organised.	GREEN	
Use new evidence from the Suffolk Housing Survey and existing evidence from other sources to explore expanding housing choices for older people, with more accessible new homes and a variety of tenure types of supported housing		The Suffolk Housing Survey has been completed and an analysis of the responses is due before the end of November*. SHOP@ (a tool for forecasting need for different types of supported housing, produced by the East of England Housing Learning and Improvement Network), is beginning to be used.	AMBER	

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
<p>Focus on reducing falls and fragility fractures through:</p> <ul style="list-style-type: none"> <li>• Improved patient outcomes and improve efficiency of care after hip fractures</li> <li>• Responding to a first fracture and preventing the second</li> <li>• Early intervention to restore independence, through falls care pathways linking acute and urgent care services to secondary prevention of further falls and injuries</li> <li>• Prevent frailty, promote bone health and reduce accidents, through encouraging physical activity and healthy lifestyle, and reducing unnecessary environmental hazards</li> </ul>		<p>The key areas of implementation for 2014-15 for Ipswich &amp; East and West Suffolk Clinical Commissioning Groups include:</p> <ul style="list-style-type: none"> <li>• Improved Pathways of Care. Pathway for fallers not taken to hospital now operational with enhanced linkage between Primary Care, East of England Ambulance Service and Suffolk Community Healthcare.</li> <li>• Electronic assessment and referral tools</li> <li>• Community Strength and Balance Training including development of an exercise continuum and further Otago classes</li> <li>• Web-based Falls Directory of Services</li> <li>• Increased Fracture Liaison capacity and continued development of Fracture Liaison Services</li> <li>• Assisted Technology 24/7 Falls Response Service</li> <li>• Multi-disciplinary Falls and Bone Health Training and Education programme</li> <li>• Medicines safety and poly-</li> </ul>	GREEN	<p>Integrated approach and collaboration with partner organisations</p>

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
		<p>pharmacy</p> <ul style="list-style-type: none"> <li>• Public Awareness Health Campaigns</li> <li>• Conference event for professionals planned for 2015 to support the launch of the NICE Quality Standard</li> </ul> <p>The progress of the deliverables are monitored and reported in the IFFFG Action Plan which is updated and distribute to partner organisations monthly.</p>		
<p>Consider the concept of Local Area Coordination and decide whether it should be introduced into areas of Suffolk. Local Area Coordination supports vulnerable people to access neighbourhood supporters and services and promotes connected communities.</p> <p><a href="http://inclusiveneighbourhoods.co.uk/local-area-coordination/what-is-local-area-coordination/">http://inclusiveneighbourhoods.co.uk/local-area-coordination/what-is-local-area-coordination/</a></p>	April 2015	<p>Local Area Coordination is now a key role in the proposed Neighbourhood Networks approach, supporting health and social care integration. Awaiting funding decisions for early adopter sites.</p>	RED	<p>Funding is the key barrier to the introduction of this transformative role.</p>

**Priority 3.3: A focus on reducing loneliness and social isolation for older people**

AREA OF FOCUS 2014/15	TIMESCALE	PROGRESS	RAG RATING	ISSUES/BARRIERS
Promote a wide variety of community activities including intergenerational, physical and social activities which encourage community support for older people and their family carers. Identify where there is opportunity to building on existing provision to enhance community development and improve access to information where it is most needed	Stage 1 application to be submitted by Jan 2015	Most Active County (MAC) is developing a lottery funding bid focusing on providing additional physical activity opportunities for older people across a number of Suffolk localities.	GREEN	Sport England funding will not be available until April 2015 to progress delivery
	Delivery to begin by end of March 2015	Agreement secured from Suffolk Public Health to establish a small pilot project focusing on providing sustainable physical activity opportunities for older people.	GREEN	
	Bid to be submitted Spring 2015	Sport England funding bid led by Lowestoft Rising in development – key focus increasing participation amongst young mothers and older people.	GREEN	
	Delivery funded 2014-2016	The Most Active County's Fit Villages programme is concentrating on Mid Suffolk area currently and the village consultations, take-up and interest has really positive. 4 new activities in 4 different villages	GREEN	

		<p>started in October from Pilates, Tai Chi, Nordic Walking and Keep Fit.</p> <p>4 new activities in 4 different villages are due to start in Jan 2015 ranging from Yoga, Tai Chi &amp; Chair based exercise</p> <p>3 consultations are currently taking place in Wingfield, Freckingham &amp; Newton Green.</p> <p>Developing interest in 'Walking Sports' is emerging from consultations.</p>		
Promote and encourage dementia friendly communities and businesses, which enable people with dementia to continue to access the services they wish to	December 2015	<p>Strategic meeting to encourage the development of Dementia Friendly Communities to be held 3<sup>rd</sup> December in conjunction with Alzheimer's Society and Norfolk and Suffolk Dementia Alliance.</p> <p>Hadleigh and Haverhill working towards becoming Dementia Friendly Communities.</p>	AMBER	
In line with the Lifetime Neighbourhoods principle, support the development of supportive, connected communities which reduce social isolation	December 2015	<p>Encouragement for the Lifetime Neighbourhoods principle has been written into St Edmundsbury Borough Council's planning documents, in their three 'Vision 2031' documents allocating sites in Bury St Edmunds, Haverhill and the rural areas.</p> <p>Conference in Ipswich on 28 January 2015 that will include focus on designing environments to encourage active ageing.</p> <p>Held a Healthy Weight Environment</p>	AMBER	

		workshop event in September 2014 with support of Town & Country Planning Association (TCPA) and the Most Active County Initiative. This raised awareness of health issues and the role of the environment in supporting access to healthy food, opportunity to prepare food, and providing opportunities for exercise. Results will input into TCPA practice guidance and have informed the next stages of Most Active County Initiative including a stakeholder		
Monitor the implementation of any recommendations agreed by the Health and Wellbeing Board which result from the Church Forum on Health and Wholeness report on social isolation	November 2014	Report was due to go to the Board in November. However, this is now delayed and will be presented at a future HWB meeting in 2015.	AMBER	Church's Health and Wholeness Forum now undertaking research into experience of social isolation in Suffolk
Promote the asset-based approach (building on individuals' skill, knowledge and networks) to supporting people and communities as the default behaviour for all professionals	December 2015	The asset-based approach has been rolled out as part of the 'Supporting Lives Connecting Communities' model for all Suffolk County Council ACS practitioners. Solution focussed skills training now also available.	AMBER	Unknown approach in other organisations.
The Suffolk Information Partnership is surveying volunteers on the ease of use of their websites and will be making improvements to support people to have easier access to the information they need	April 2015	The results of the testing of Suffolk Information Partnership websites by volunteers was reported back to the Suffolk Information Partnership Board on 19 August. Partner organisations have already started improving their websites and we held a workshop session for SIP	GREEN	

		members in August to share best practice about writing content. Progress will be reported back to the Board at their November meeting and partners are keen to set up another testing exercise to get feedback on the improvements. We will also be adding the Care Act information requirements to the agenda for discussion.		
Consider the benefits of Timebanking as a way of increasing volunteer activity and therefore connections between people and community groups in areas where this has potential to have greatest effect	April 2015	Timebanking is one way of developing community capacity and volunteering. A small number of communities are already operating Timebanks or considering setting one up. Time credits are now also being explored.	GREEN	

#### UPDATE ON ISSUES AND BARRIERS AS REPORTED TO THE HEALTH & WELLBEING BOARD IN JULY 2014

ISSUE/BARRIER	PROGRESS	OUTSTANDING ISSUES
Support further public awareness-raising of the benefit of dementia-friendly communities and workplaces	Lots of energy around developing Dementia Friendly communities in Suffolk	Paper to HWB in Jan 2015. Would like formal sponsorship by HWB for Suffolk to work towards becoming a Dementia Friendly County and commitment by board members to forming a strategic Dementia Action Alliance.
Support the further alignment of falls prevention activity across the county, ensuring relevant support is accessible to all Suffolk residents	The three CCGs are due to meet in October to take forward the key recommendations from the Health and Wellbeing Board. These	Reliant on partnership working.

ISSUE/BARRIER	PROGRESS	OUTSTANDING ISSUES
	<p>include:</p> <ul style="list-style-type: none"> <li>• Think about other programmes and links with wider strategies- Alcohol strategy/ Physical Activity</li> <li>• Housing - future housing needs and suitable housing for elderly population</li> <li>• Police and other frontline staff- accessibility to services and process for referral</li> <li>• Digital Leadership/ Business innovation with UCS ( new products), how to get people to buy in</li> <li>• How we use the Health and Wellbeing Board to communicate benefits of exercise and to get simple messages out</li> <li>• Link in with Outcome 2 which supports Outcome 3</li> <li>• Provide update on progress March 2015 with a focus on progress and wider involvement</li> </ul>	
<p>Support further public awareness-raising opportunities which encourage older people to be active and stay healthy and independent</p>	<p>See above activity by Most Active County. In addition this message is being actively promoted on BBC Radio Suffolk in various campaigns and October-November 2014 '<i>Be Active Stay Active</i>' Campaign.</p> <p>Older people living in Suffolk are being encouraged to keep active to reduce their risk of falls and subsequent injury and ill health. The campaign is being run by Live Well Suffolk in partnership with Suffolk County Council and</p>	

ISSUE/BARRIER	PROGRESS	OUTSTANDING ISSUES
	the Ipswich & East Suffolk and West Suffolk Clinical Commissioning Groups.	
Using the outputs of the Suffolk Housing Survey, promote the development of high quality, accessible housing for older people, in communities designed to create neighbourhood connections and reduce social isolation	We need to work on the evidence base collectively so that local planning authorities are able to adopt a higher accessibility standard. This will also need viability testing at a time when the delivery of more affordable homes is also a priority.	Lack of staff resources are an issue to making this happen.
Support the development of best practice in community development and commissioning, by promoting co-production with Suffolk people and the asset-based approach (building on individuals' skill, knowledge and networks) as the default behaviour of staff across the Health and Wellbeing Board membership organisations	Suffolk County Council is making good progress – an example being ACS is working with Suffolk Coalition of Disabled People to co-produce a manager's forum focussing on Co-Production. Communities working towards becoming Dementia Friendly are being led by local community alliances.	Co-production is still to be embedded in Joint Commissioning approaches, as these develop.