

ACTION PLAN: HEALTH & WELLBEING

Objective	Detail	Lead	Target date
1. To increase levels of walking and cycling across the borough	Promote 'Active Travel' - cycling and walking routes - around the borough through the provision of leaflets and readily available information around our borough. To link in with national campaigns (i.e. cycle to work day) in the promotion of Active Travel.	Head of Housing & Community	June 2020
2. To develop a business case for exercise on prescription as part of the social prescription service	Draft a business case for exercise on prescription for use by our GP's and Rainbow Leisure Centre, with the aim of increasing access to activity for those with long-term health conditions.	Head of Housing & Community	Sept 2020
3. To encourage more people to make positive changes to their physical and mental health	Provide free training to selected key staff in holding behaviour change conversations with our residents, based on the " <i>Making Every Contact Count</i> " approach which looks to address 5 key health behaviours: -getting active, stopping smoking, eating healthy, drinking less, looking after mental and emotional health.	Head of Housing & Community	Dec 2020
4. To improve the availability of healthy food in the Council's establishments	Increase the Availability of healthy food choices in our Community and Wellbeing Centre, Epsom Playhouse and Bourne Hall and aim to secure the "Eat Out, Eat Well Award"	Head of Operational Services / Head of Property & Regeneration	Jan 2021

5. To increase participation in health and wellbeing initiatives from our more vulnerable Housing Association tenants	Work with at least one Housing Association provider to improve the health and wellbeing of our more vulnerable resident by improving communication about, and ensuring a joined up approach to, health and wellbeing initiatives.	Head of Housing & Community	March 2021
6. To help residents avoid exposure to episodes of poor air quality	Promote 'Air Alert' as an automatic poor air quality text messaging service, with a focus on our more vulnerable groups.	Head of Housing & Community	March 2021
Priority: Supporting our residents to life live to the full whatever their age			
7. Reduce the number of residents in our Borough who sustain an injury when they fall	<p>Ensure local residents have access to information and advice on how to prevent falls.</p> <p>To ensure our residents have access to an activity finder as to promote active lifestyles, with a focus on activity that promotes strength and balance.</p>	Head of Housing & Community	March 2021
8. To improve the Council's response in meeting the needs of those with Dementia	<p>Work towards becoming a Dementia Friendly Council by:</p> <ul style="list-style-type: none"> - the Council being a member of Dementia Alliance -training staff in becoming dementia aware -reviewing simple adaptations to public areas in Council buildings -ensuring that we actively promote dementia awareness to our local partners. 	Head of Housing & Community	March 2021

Priority: Supporting our vulnerable residents to live well			
9. To help our young carers access activities and strengthen their networks	Support the offer by Horton Golf Club to young carers and their families, who are nominated by care professionals, to access Horton Golf Club to provide fun based activities to support their carer role and offer group support.	Head of Housing & Community	January 2020
10. To explore the possibility of Rainbow Leisure Centre delivering a “Friday Night Project” to provide youth activity in a safe and healthy environment.	Work with Active Surrey and Rainbow Leisure Centre to provide our young residents with an opportunity to access Rainbow Leisure Centre on Fridays between 19:00 – 21:00 for the purpose of socialisation and engaging in healthy activities.	Head of Housing & Community	Sept 2020
11. To raise domestic abuse awareness with Council staff	<ul style="list-style-type: none"> -Participate in the white Ribbon Campaign to raise awareness and conversation of domestic abuse with male staff. -publicising information for both staff and the public -Coordinating domestic abuse campaigns with national campaigns. -Signing up to the employers initiative for domestic abuse, as to support staff who disclose abuse and embed good practice 	Head of Housing & Community Head of HR and Organisational Development	Dec 2020
12. To explore the opportunity of a skills hub in our borough to help people back into meaningful employment	Exploring options with partners to support a skills hub to provide education, coaching and support (including English language pre-entry level) to help people from more vulnerable groups to access positive employment opportunities.	Head of Housing & Community	Dec 2020

<p>13. To increase activity levels within our under-represented groups</p>	<p>To develop the Council's Leisure Development strategy with a greater emphasis on: Girls and women, Black, Asian, Minority and Ethnic communities, Low income families from our wards of Court, Town and Ruxley, as well as those with mental health problems.</p> <p>Initiatives may include a community boxing project, increasing participation in under-represented groups in the Surrey Youth Games, and any joint initiatives with Active Surrey.</p>	<p>Head of Housing & Community</p>	<p>March 2021</p>
<p>14. To support the local voluntary sector to make an even greater contribution to health and wellbeing locally.</p>	<p>Attend up to 3 voluntary sector forums per annum that improve the opportunity for: engagement with key partners from the local health sector i.e. public health, GP's, Active Surrey and sharing strategic priorities and key data relating to health and wellbeing, networking and collaboration on projects, and promoting good practice.</p>	<p>Head of Housing & Community</p>	<p>June 2021</p>
<p>Priority: Supporting the mental and emotional wellbeing of our residents</p>			
<p>15. To improve awareness of mental health support in the prevention of suicide and self-harm</p>	<p>Facilitate free training to key front-line staff delivered by Public Health in 'Safe Talk' and responding to mental health needs and disclosure of self-harm/suicide</p> <p>Work with public health to facilitate a mental health roadshow; bringing together the community and voluntary sector in sharing information about the services provided for mental health in our borough.</p>	<p>Head of Housing & Community</p>	<p>March 2021</p>

16. To support people with common mental health issues who want to stop smoking	Connect the Surrey-wide smoking cessation service to social prescribers and the community and voluntary sector partners, as to increase referral rates, and reduce smoking in those with depression, anxiety and other common mental health issues.	Head of Housing & Community	Jan 2021
Priority: Supporting our residents to stay connected			
17 Install six “Happy to Chat” benches to encourage social connections in public spaces	Identify four initial locations for “Happy to Chat” benches, clearly identified benches where people can stop and sit identifying themselves as open for a conversation; reducing isolation, improving mental wellbeing and social connectivity.	Head of Operational Services	June 2020
18. To reduce social isolation and loneliness amongst the most isolated within the borough	Identify new ways to reduce social isolation & loneliness, to include: -Supporting Surrey Community Action and Central Surrey Voluntary Action in exploring the possibility of establishing a self-funding, voluntary car scheme, to increase community resilience and self-reliance. -Participating, with the Surrey Downs Integrated Care Partnership Social Isolation and Loneliness working group to bring together the health sector and our community and voluntary sector partners, in developing and delivering projects that reduce social isolation and loneliness across the borough.	Head of Housing & Community	Sept 2021