

# **Health Liaison Panel Health & Wellbeing Strategy up-date**

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# Neighbourhood Boards:

- ▶ Neighbourhood Boards started in mid-2023.
- ▶ They were born of the Pulling Together Programme started in early 2022 - a programme that was in response to the C19 Pandemic, and put 'place', at the heart of all local health and community initiatives.
- ▶ The aim of the board is to bring a sense of community cohesion - working collectively to address the needs of the community, draw on local provision and resource; building on local knowledge and community assets as opposed to deficits.
- ▶ Epsom and Ewell held its first board in November 2023
- ▶ Boards are chaired by the D&B's, with core membership extended to Surrey Downs Health & Care Partnership and the Primary Care Networks.
- ▶ Core memberships is to be extended, and this Partnership Forum is the first meeting being held to start bringing partners together.
- ▶ The board has held 4 meetings and based on population health data, have agreed on mental health as its key priority.

## Mental Health in the borough:

*At the time of the last strategy, the prevalence of depression was 9.3% and currently it stands closer to 11.2%. The 4<sup>th</sup> highest in Surrey. We also have the lowest rating for 'happiness'.*

*Over the last 3-years the borough has also seen its suicide rates spike at 14 per 100,000 of the population, and the highest rate in Surrey. New data does show this is now decreasing.*

*The prevalence of depression is 17% in the loneliest areas of the borough, in comparison to 10% in the least lonely.*

*The prevalence of anxiety is 10.8% in the loneliest areas of the borough, in comparison to 6.4% in the least lonely.*

# Health & Wellbeing Strategy 2019-2023

- ▶ The Council developed its Health & Wellbeing Strategy in 2019.
- ▶ Delivery of strategy impacted by C19 Pandemic and the Council's response to the Governments refugee programmes.
- ▶ Programmes delivered included: The Epsom Pantry, Epsom Hub, Community Boxing, Community Swimming, Happy to Chat benches, roll out of HSF with community partners, Surrey youth Games, multiple projects bringing in ACH.
- ▶ Development of a Suicide Prevention Action Plan - successful event for World Suicide Prevention Day event 10<sup>th</sup> Sept 2024. Rollout of Suicide Awareness / Reducing Stigma Training.
- ▶ All of the community development projects have impact on mental health and wellbeing.

# Health & Wellbeing Strategy 2025-2028

- ▶ The Community & Wellbeing Committee approved the continued development of the Councils revised strategy in January 2025 and is being taken back to the March Committee.
- ▶ We held a Neighbourhood Board Partnership Forum - who agreed with mental health being the over-arching priority
- ▶ The over-arching aim is to improve the mental and emotional wellbeing of residents through:

*Increasing access to activity, creating opportunities and reducing isolation.*

*Targeting CYP, and those impacted by the wider-determinants of health and by circumstance.*

- ▶ This further supports the work of the Neighbourhood Board.