

Feedback from Thematic Partnerships: December 2009

Thematic Partnership		
Health and Well-being Partnership		
Main Aims of the Partnership		
<p>To provide:</p> <ul style="list-style-type: none"> a partnership for NHS Hampshire (PCT) to be equally accountable with partners to the district council in respect of improving health and well being and reducing health inequalities; more local and visible leadership for health and well-being; the opportunities for dialogue between member agencies (the PCT and Local Authority) across a range of health planning, general and practice-based commissioning and delivery issues. 		
Emerging Priorities		
How can you make a difference?	1	To increase physical activity across all age groups
	2	To effect a reduction in levels of obesity in children and adults
	3	To promote independence and quality of life/well-being amongst older adult population groups.
Links to Hampshire Local Area Agreement Priority Outcomes		
LAA Priority:	F	<p>Promote the health and well-being of people in Hampshire.</p> <ul style="list-style-type: none"> Manage the risk of emergency hospital admission and length of stay, especially for vulnerable people Provide information and support to older people to enable them to live independently Improve health and well-being of people in Hampshire and reduce inequalities between areas of Hampshire with high and low deprivation scores Promote independent living for vulnerable people Tackle alcohol abuse
Progress since December 2008		

2008/09 saw activity across many of Fareham's health and well being priorities. These important contributions to improving health also provide local evidence of delivery on Local Area Agreement Targets (LAAs); many of which are measured at county level in terms of performance against National Indicators.

The headline details of progress over 2008/09 are:

As of 16th September the SE Public Health Liaison Board (SEPHLB) approved its renaming to express its health and well being focus and is now to be known as the **Fareham, Gosport and Havant Health & Well Being Partnership**.

Improving levels of physical activity:

- A standardised audit framework based on the 'National Physical Activity Toolkit' has been developed for Hampshire use; review scheduled for end March 2010
- Mapping/scoping of local **physical activity** services which promote activity and provide opportunities for the public to be more active (through but not exclusively via SPAAs)
- July launch evening at Fareham Leisure Centre (FLC) to showcase **Exercise Referral Scheme (ERS)** to local health professionals
- Hampshire PCT **agreed continuation funding** to support ERS development over 2009/10
- Short walks included in the Fareham ERS
- 9 of 96 ERS participants took monthly membership with FLC, the completion rate for those participating in the ERS since Jan. 2009 is 51%
- Additional to group exercise classes beginning offered to ERS clients, 'new beginners' classes have been introduced for patients to access once they have completed their 10-week programme. ERS has recruited a 3rd instructor to undertake ERS assessments.
- Fareham's **Walking to Health Scheme** has introduced two new shorter walks and has recruited several new walk leaders. The scheme is growing with each walk attracting an average of 25 walkers.

Reducing obesity in a children and adults:

- **Healthy Schools** - Fareham: 41 schools total; 41 engaged and 35 (85%) achieved enhanced healthy school status. Excellent district progress
- 20 Fareham schools have sent participants to attend the Enhanced Model training and this supports the implementation of the next phase in Healthy Schools 2010.

Improving health, independence and quality of life for adults and older population groups:

- Hampshire **stop smoking** services have performed very well over 2008/09. Fareham showed 573, 4-week quitters, equivalent to a success rate of 48%. This was a 7.6% contribution to the Hampshire collective target (6732 which was exceeded) and is proportionate with the evidence that Fareham is a borough with low smoking prevalence
- New **alcohol brief intervention services** have been piloted in Fareham from Phoenix Futures, Spotlight Office, West Street over 2009. The pilot has centred (but not exclusively) on supporting community safety work through intervening to reduce offending and criminal behaviour, through partnership work with the police, courts and probation service. Some referrals have also come through local GPs referrals. An Interim Evaluation Report (WMC Ltd.) has been produced to demonstrate the progress across all of the Hampshire alcohol pilots
- The annual **Warm, Wise and Healthy** roadshow took place in October 2009. The event was supported by 19 local partners' agencies. Trading Standards co-ordinated the electric blankets testing; 113 appointments were available and filled a failure rate of 66% was reported.
- The **seated exercise 'Chairobics'** initiative launched in April 2009 after successfully training 7 instructors. The sessions are aimed at improving older people's mobility, strength, and balance. Sessions last for approx 45 minutes and Fareham currently offers 2 - 3 sessions per week, being delivered across the borough in various venues.
- Following the success of the Chairobics initiative, Fareham, Havant and Gosport Borough Councils are working together to deliver a 'Mature Movers' programme. Mature Movers is a developmental class promoting standing exercise for older people progressing from chair based exercises. The benefits of these classes are to increase flexibility, bone and joint strengthening and balance, all of which help promote confidence, independence, living and prevent falls.
- **Training funding to foster more effective local partnership working and capability** via support from NHS Education South Central was secured and utilised across SE Hampshire, including in Fareham over the summer (1st July Fareham workshop). The work aimed to build further on Rhiannon Walters' report: *Public Health Workforce Development in Three SE Hampshire Local Authorities*, June 2008. Council Members and officers across a broad range of portfolios and directorates were involved in an afternoon workshop programme with NHS Hampshire Public Health representatives, looking at health and well being issues in Fareham and how cross-functional and cross-agency working could more effectively support reductions in health inequalities and improvements in health and well being.

Overall 2009 has been a year of delivery and development and both set against a rapidly changing backdrop of financial and economic uncertainties; for public agencies and domestically for individuals. These pressures may become more acute in 2010/11 and with this in mind it is imperative that all sectors coordinate and communicate to ensure that resources and effort are expended to continue to deliver improvements in health and well being.

Fareham Borough Council Contact Officer			
Name:	Emma Barrett		
Position:	Community Development Officer (Health & Well-being)		
Department:	Customer Service	Section:	Leisure & Community
Telephone:	01329 236100 ext 2463		
Email:	ebarrett@fareham.gov.uk		
Chairman			
Name:	Councillor Brian Bayford		
Organisation:	Fareham Borough Council		
Address:	Civic Offices, Civic Way, Fareham, Hampshire PO16 7AZ		
Telephone:	01329 824561 (Fareham Borough Council) 01489 880740 (Home)		
Email:	bbayford@fareham.gov.uk		
networkfareham Board: Representative (acting)			
Name:	Neil Lockett		
Organisation:	NHS Hampshire		

Address:	Headquarters, Omega House, 112, Southampton Road, Eastleigh SO50 5PB		
Telephone:	023 8062 7639		
Email:	Neil.luckett@hampshire.nhs.uk		
networkfareham Board: Deputy			
Name:	tbc as arrangements require		
Organisation:			
Address:			
Telephone:			
Email:			
Fareham, Gosport and Havant Health & Well Being Partnership - Membership			
Organisation		Representative	
NHS Hampshire (PCT)		Neil Lockett	
Fareham Borough Council		Councillor Brian Bayford	
Gosport Borough Council		Councillor Peter Edgar	
Havant Borough Council		Councillor Andrew Lenaghan	
Meetings Held and Arranged			
Date:	7 th April 2009 - held	Date:	16 th September 2009 – held
Date:	9 th June 2009 - held	Date:	10 th December 2009