The Joint Health and Wellbeing Strategy
ACTION PLAN

The purpose of this action plan is to support the vision of the strategy which is: '**To give everyone the opportunity to achieve and maintain good mental and physical health over the course of their life'.** The structure of this emphasises the collaborative approach to addressing the objectives that are identified in the strategy itself. It has a clear approach to setting out our aims (WE WILL), the specific actions that need to be completed (BY) and the partners involved in meeting these objectives (INVOLVING). It should be noted that the action plan refers to departments and there will be individual teams within these larger departments that will be working on specific objectives.

The aims and objectives presented here have been developed to highlight the importance of Place and the relevance of Mind to all areas of the strategy and action plan. It should be noted that aims and objectives have been placed within the most appropriate theme, however there is a high degree of overlap between the themes which means that aims and objectives are applicable to more than one theme.

As the strategy focuses on wider determinants of health it is difficult to numerically measure progress for some of the objectives, in these cases we will seek alternative ways to evidence progress such as case studies. The plan will be delivered and monitored though various subgroups that identify as contributing to the objectives of these themes.

HEALTHY PLACES

Ambition	WE WILL	BY	INVOLVING	BECAUSE
Make Leicester the healthiest environment to live and work in	1. Influence the environment to make healthier choices more accessible	a) Improve the provision of healthy food options in businesses and communities to help reduce obesity levels in adults and children	❖ Neighbourhoods and Environmental Services ❖ Planning, development and transportation ❖ LLEP ❖ Finance ❖ Public Health	The built and natural environment are major determinants to health and wellbeing. These three actions address Leicester's food landscape, open and green space and the building infrastructure, all of which can influence a person's behaviour. Quick and easy access to fast food in the highstreets may influence a person to have an unhealthy diet, whilst having open and green and blue space in close proximity may make it easier for people to do physical activity.
		b) Continue and develop initiatives which preserve and encourage use of green, open and blue spaces which support good physical and mental health in people	❖ Planning, develop and transportation ❖ Neighbourhood and environmental services ❖ Tourism, culture and tourism ❖ Public Health ❖ Canals and wellbeing trust ❖ Delivery, communications and political governance	
		c) Work with planning and associated department to prioritise those applications that support city residents	❖ Planning, development and transportation	

			to make choices that benefit their health and wellbeing	❖ Estates and building services ❖ Neighbourhoods and environmental services ❖ Public Health	
	2. Ensure decent homes are within the reach of all citizens	a)	Deliver the Health Through Warmth Scheme to support reduction in hospital admissions over winter	❖ Housing ❖ Finance ❖ Neighbourhoods and Environmental services ❖ Public Health ❖ Adult Social Care	
		b)	Support vulnerable people to maintain a stable level of health while in their home and help maintain their tenancies	❖ Housing ❖ Adult Social Care ❖ Finance ❖ Public Health ❖ CCG ❖ Digital Transformation	Housing can affect an individual's health and wellbeing. Having a roof over your head and a warm, dry, safe place to live can prevent extreme negative impacts on physical and mental health. Having comfortable housing in a safe environment can make us feel more connected to and confident within our communities.
		c)	Improve the number of households prevented from becoming homeless after seeking help to support mental ill health and risk of substance misuse.	❖ Housing ❖ Finances ❖ Public Health ❖ Neighbourhoods and environmental services	
		d)	Maintain and improve housing standards in the public and private sector to ensure properties are safe, healthy places to live in	❖ Housing ❖ Estates and building services ❖ Planning, development and transportation ❖ Public Health	

3. Improve air quality	a) Increase the uptake of more sustainable transport options to encourage active and sociable communities	❖ Planning, development and transport ❖ Sports Service ❖ Public Health ❖ Neighbourhood and environmental services ❖ Housing	The major human sources of air pollution are the combustion of fuels for heat, electricity and transport. More deprived areas in the city tend to have higher concentrations of pollutants than the less deprived areas. Regardless of socioeconomic status, urban areas tend to have higher pollutant levels than rural areas.
	b) Work with transport sectors to reduce their environmental impact and reduce harm to resident's health	❖ Planning, development and transport ❖ Neighbourhood and environmental services ❖ Public Health	
	c) Introduce an ultra-low emission zone for all vehicles to reduce risk or development of chronic conditions caused by pollution	❖ Planning, development and transport ❖ City barrister and head of standards ❖ Public Health ❖ Tourism, culture and investment	
4. Develop and encourage healthy neighbourhoods and a sense of community	a) Involve the communities wants and needs in the development of health improvement to improve long term engagement in positive health behaviours	❖ Delivery, communications and political governance ❖ Neighbourhood and environmental services ❖ Digital transformation ❖ Public Health	Safety in the community has a huge impact on our ability to interact, go outside, and be active. Living in a safer community makes us more likely to use local assets, such as parks and community centres. Any decision making that occurs about a person's community should have community members at its heart. Involving the community in decisions about its health will make for more meaningful and sustainable change in health behaviours.

		❖ Sport service ❖ Planning, development and transport ❖ Adult social care and commissioning	
	b) Ensure everyone living in Leicester feels sufficiently safe within their communities to actively participate in positive health choices	❖ Neighbourhood and environmental services ❖ Planning, development and transportation ❖ Housing ❖ Estates and building services ❖ Tourism, culture and investment ❖ Public Health	
	c) Support and influence asset-based approaches and development to support health and wellbeing across the city	❖ Adult social care and safeguarding ❖ Adult social care and commissioning ❖ CCG ❖ Sports service ❖ Public Health ❖ Planning, development and transportation ❖ Neighbourhood and environmental services ❖ Tourism, Culture and investment	

HEALTHY MINDS

Ambition	WE WILL	BY	INVOLVING	BECAUSE
To promote positive mental health within Leicester and across the life course	1. Support positive mental health among children and young people	a) By 2021 all Leicester schools will adopt the Route to Resilience programme to deliver leadership which protects the mental health of children, young people and staff.	❖ Public Health ❖ Children's Social Care and early help ❖ Learning and inclusion ❖ Clinical Commissioning Groups (CCG) ❖ Leicestershire Partnership NHS Trust (LPT)	Ensuring that mental health is considered throughout each stage of school will support both pupils and teachers. At school, children should be encouraged to be interested in life, feel hopeful about their futures, and have opportunities to enjoy themselves. Schools need to foster an environment where children feel trusted, understood, valued and safe. Taken together, these factors can help children and young people to be resilient, to have the strength to cope during stressful life events.
		b) Work with stakeholders who support young people in their families, schools and communities to implement strategies to combat bullying and loneliness	❖ Learning and inclusion ❖ Children's social care and early help ❖ Public Health ❖ Young people's council	
		c) Work with partner organisations to encourage children and families to build relationships that sustain their mental wellbeing	❖ Children's social care and early help ❖ LPT ❖ Public Health ❖ Young people's council	
	2. Improve resilience to mental health problems among working age adults	a) Employers in Leicester will be encouraged to sign the *Time to Change Leicester* pledge to challenge stigma and discrimination linked to mental illness	❖ Time to Change Leicester ❖ Public Health ❖ LLEP	The promotion of positive health and wellbeing within the workplace can have a significant impact on an organisation, the economy and society; all of which derive from the wellbeing of employees. The

		b) Promote the 5 ways to wellbeing to improve resilience of working age adults to mental health problems	❖ Time to Change Leicester ❖ Public Health ❖ Delivery, communications and political governance	workplace can present challenges and barriers to maintaining good mental wellbeing yet creating a healthy environment and supporting the wellbeing of employees can create a positive, proactive workforce by improving aspects such as productivity and levels of sick leave. Therefore, it is important for employers to develop a workplace culture where open and honest communication is encouraged, bullying and harassment is not tolerated, and people are treated with dignity and respect.
		c) Support medical professionals in the use of non-medication interventions for working age adults who are experiencing low-level stressful circumstances	❖ Public Health ❖ CCG	
	3. Promote zero suicide in Leicester	a) Lead a conversation in Leicester to improve education, care and treatment about suicide and suicide prevention	❖ Suicide Prevention Partnership ❖ Public Health ❖ Delivery, communications and political governance	Every year, about 28 people in Leicester die by suicide. Suicide is often the accumulation of many stressful life events, such as relationship breakdown, poor mental health, or managing debt. Promoting zero suicide requires a change in the way people think and talk about the issue of suicide. This involves key partners such as education services so that support in Leicester is focused on prevention, early intervention and personalised care. This will stop people reaching crisis and prevent people from feeling that taking their own lives is their only option.
		b) Improve support for people bereaved or affected by death by suicide	❖ Public Health ❖ Leicestershire County Council ❖ The Office of the Police and Crime Commission ❖ Digital transformation	
		c) Support the delivery of the local Suicide Prevention Strategy and Action Plan	❖ Suicide Prevention Partnership ❖ Leicester Samaritans ❖ Leicester county Council ❖ The Office of the Police and Crime Commission	

			❖ LPT	

HEALTHY START

Ambition	WE WILL	BY	INVOLVING	BECAUSE
Give Leicester's children the best start in life	1. Support mothers and their babies to experience a healthy pregnancy	a) Provide a supportive workforce that can provide accessible, appropriate advice for women who disclose they have been victims of domestic or sexual violence at any stage of pregnancy in any setting	❖ Public Health ❖ Domestic and sexual violence ❖ Adult social care and safeguarding ❖ Neighbourhood and environmental services	Experiences during pregnancy can have an impact on the health and wellbeing of a mother and baby during the term of pregnancy and also the relationship and development after birth. Domestic violence is a common health problem in pregnancy. It can be physical, sexual, emotional, psychological or financial. Domestic abuse puts the mother and unborn baby's life at risk and the emotional stress can affect a baby's development. Smoking during pregnancy can create severe complications during pregnancy such as increasing the likelihood of premature births, miscarriages and still births. Smoking can restrict the essential oxygen supply to a baby and can have implication on development.
		b) Encourage pregnant women and their families to decrease or stop smoking to reduce harm to mother and baby	❖ Public Health ❖ Housing ❖ Children's social care and early help ❖ Learning and inclusion	
	2. Support new parents to provide a healthy start for babies	a) Provide environments which encourage mothers across Leicester to breastfeed their babies	❖ Neighbourhood and environmental services ❖ Children's social care and early help ❖ LPT ❖ Public Health ❖ Housing	Improving the environment and community acceptance of breast feeding will facilitate efforts in improving breastfeeding for longer. Breastfeeding has long-term benefits for babies lasting right into adulthood, any amount of breast milk has a positive effect. The longer women breastfeed, the longer the protection lasts and the greater the benefits.
		b) Reduce risk factors for infant mortality by providing timely information and support	❖ Public Health ❖ LPT ❖ Housing	

			❖ Neighbourhood and environmental services	
		c) Encourage parents to understand the importance of interactions and communication in the development of new born babies	❖ Children's social care and early help ❖ LPT ❖ Public Health	
3.	Support families and caregivers to influence and practice positive health behaviours with children	a) Develop play and learning opportunities in Leicester's cultural and public places to support the development of skills that facilitate good mental and physical health	❖ Neighbourhood and environmental services ❖ Tourism, culture and investment ❖ Learning and inclusion ❖ Sport service ❖ Public Health	Developing opportunities for families to teach positive health behaviours can be adopted in many different creative ways, working with museums and libraries to develop age-appropriate messages around health and wellbeing.
		b) Develop and complete a strategy to respond to the needs of children affected by parental substance misuse	❖ Neighbourhood and environmental services ❖ Children's social care and early help ❖ Public Health	
4.	Support children to have the conditions which enable them to learn and develop	a) Continue to develop initiatives in the school environment which facilitate sustainable positive health behaviours	❖ Learning and inclusion ❖ Planning, development and transport ❖ Public health ❖ Sports service	The conditions in which children learn and develop are improved by good physical health, eating a balanced diet and getting regular exercise. Children benefit by having time and freedom to play and being part of a family that gets along well most of the time. It is important for young people to attend schools which look after the wellbeing of all its pupils.
		b) Promote education about positive relationships through schools and college to aid good emotional development	❖ Learning and inclusion ❖ Children's Social care and early help	

| | | ❖ Public Health | |

HEALTHY LIVES

Ambition	WE WILL	BY	INVOLVING	BECAUSE
Encourage people to make sustainable and healthy lifestyle choices	1. Increase the number of people engaging in protective behaviours	a) Support organisation and communities to develop initiatives that aim to make residents more active particularly focusing on the inactive	❖ Sports Service ❖ Neighbourhood and environmental services ❖ Public Health ❖ Planning, development and transport	Lifestyle choices such as these have a huge impact on a person's wellbeing and on the healthcare service. It is important for action around these to be considered by healthcare and non-healthcare services as it is evident that both interlink in supporting sustainable behaviour change.
		b) Improve the access to affordable, healthy food for all, whilst seeking to address the underlying causes that promote unhealthy foods choices	❖ Public Health ❖ Learning and inclusion ❖ Neighbourhood and environmental services ❖ Finance ❖ Planning, development and transportation ❖ Tourism, culture and investment ❖ Estates and building services	
		c) Create environments that only support responsible drinking within the recommended guidelines to reduce risk of alcohol specific illness/mortality.	❖ Neighbourhood and environmental services ❖ Finance ❖ City barrister and head of standards ❖ Public Health ❖ Housing	

		d)	Continue to support people to stop smoking within the home and public places to limit illness and health condition associated with smoking and passive smoking.	❖ Housing ❖ Neighbourhood and environmental services ❖ Public Health ❖ City barrister and head of standards ❖ Delivery communications and political governance ❖ Housing ❖ Finance	
2.	Address the prevalence and management of chronic conditions	a)	Deliver a targeted service that supports people to make long term positive lifestyle change and continue to live independently	❖ Public Health ❖ Sports Service ❖ CCG ❖ Adult social care and safeguarding ❖ Digital transformation ❖ Delivery, communications and political governance	Living with a chronic condition can make life difficult to manage and reduce the ability for people self-manage and lose independence early and thus increase the demand of healthcare services. Support in prevention and management of chronic conditions requires many partners to work together across the city. A large portion of people in Leicester are suspected to be living with diabetes, but may not have a diagnosis, encouraging this group to attend NHS health checks and general GP appointments is of key importance.
		b)	Increase the number of eligible people taking up the offer of an NHS Health Check to prevent development of long term conditions	❖ Public Health ❖ CCG ❖ Adult social care and commissioning	
		c)	Improve the provision of initiatives supporting healthy lifestyles to prevent the rise in the prevalence of diabetes and to support those with the existing condition.	❖ Diabetes Centre ❖ Public Health ❖ CCG ❖ Leicester University ❖ Sport service ❖ Adult social care and commissioning	

	3. Support an increase in accessing lifelong education and good quality employment	a) Increase the number of individuals who gain basic level skills via an adult and family learning curriculum to improve employment and earning potential for a better ability to lead a healthier lifestyle.	❖ Adult Skills and learning service ❖ Adult social care and commissioning ❖ Adult social care and safeguarding ❖ LLEP ❖ Leicestershire Cares ❖ Neighbourhood and environmental services ❖ Digital transformation	Education and employment have a direct impact on an individual's ability to live a healthy life, which can therefore additionally impact on the whole family network. Poor education can influence the ability to gain a good paying job and thus create difficulties in affording good quality education, quality childcare and buying more nutritional food.
		b) Encourage employers to actively support the mental and physical health of their employees by creating supporting, inclusive environments that encourage and facilitate healthy behaviours	❖ Delivery, communications and political governance ❖ LLEP ❖ Planning, development and transport ❖ Public Health ❖ Sport service ❖ Leicestershire Cares ❖ Digital transformation	
		c) Increase the number of people moving into employment/ education who are classed as NEET in order to improve their quality of life and long term mental and physical health	❖ Learning and inclusion ❖ Adult skills and learning ❖ Neighbourhood and environmental services ❖ Public health	

4. Take steps to reduce social isolation and loneliness amongst people living in the city	a) Encourage people suffering from, or at risk of, social isolation and loneliness to access resources available in their school, workplace or communities	❖ CCG ❖ Adult social care and commissioning ❖ Adult social care and safeguarding ❖ Public health ❖ Learning and inclusion ❖ Housing ❖ Neighbourhood and environmental services ❖ Leicestershire cares ❖ Leicester aging together	Social isolation and loneliness can have a detrimental impact on health, similar to many long-term physical health conditions. Encouraging organisations to support people who may be at risk of social isolation through community groups, social groups at work or at school will help people feel more valued as part of their local communities. Organisations should also be aware of services in the local area that can help individuals who may need further mental health support, to encourage their engagement in the community.

HEALTHY AGEING

Ambition	WE WILL	BY	INVOLVING	BECAUSE
Enable Leicester residents to age comfortably and confidently	1. Support older people to have good wellbeing and feel safe in their own homes	a) Support the mental health of older people by enabling them to remain in their own homes for as long as possible	❖ Housing ❖ Neighbourhood and environmental services ❖ Digital transformation ❖ Adult social care and safeguarding ❖ Public Health ❖ Redcross	A welcoming, safe and familiar living environment is very important for facilitating good health. For older people remaining in familiar environments can reduce stress and improve a sense of community and belonging. This is about making sure that older people, particularly the vulnerable are kept safe from any form of exploitation and abuse. It is also about making sure that homes are safe and secure places to be.
		b) Facilitate supportive, friendly environments where older people are safe from exploitation and abuse to support good health and wellbeing	❖ Neighbourhood and environmental services ❖ Adult social care and commissioning ❖ Leicester Ageing Together ❖ Public Health ❖ Tourism, culture and investment ❖ Planning, development and transportation ❖ Housing	
		c) Working with older people to make sure that their homes are safe and secure	❖ Housing ❖ Neighbourhood and environmental services	

			❖ Leicester Ageing Together ❖ Estates and building services ❖ Public Health	
	2. Support informal carers to continue to care and improve their health and wellbeing KH-I think we need to move this to lives- carers can be any age	a) Using cultural and community assets to support mental and physical health of carers	❖ Neighbourhood and environmental services ❖ Sport service ❖ Tourism, culture and investment ❖ Adult Social care and commissioning ❖ Leicester ageing together	Carers are an important part of our society. They enable care to take place within the home and fulfil a role that may otherwise have to be fulfilled by a statutory body. The work of caring is stressful and takes a toll on the health and wellbeing of the carers themselves. It is important to recognise the work that carers do and support them to maintain good mental and physical wellbeing.
	3. Support older people to utilise and engage with their local communities	a) Encourage older people to utilise parks, open spaces and waterways in the city as these spaces support good mental and physical health	❖ Neighbourhood and environmental service ❖ Planning, development and transportation ❖ Public health ❖ Sport Service ❖ Delivery, communications and political governance ❖ Leicester ageing together	*REWORD TO FIT BECAUSE BETTER The community is vital in supporting older people to feel included and valued. A person's social network can have a significant impact on health and assets within the community can help improve and strengthen reliance to mental and physical health problems. Therefore, it is important to help enable older people to make full use of the local spaces and places around them. It involves recognising and working with partners to overcome any barriers to their participation. This includes making opportunities for multigenerational activities, breaking down barriers and increasing social inclusion. It will also help to recognise the valuable contributions that older people can and do make to society.
		b) Encourage older people to access leisure and cultural spaces in the city to overcome Social isolation and improve mental and physical health	❖ Sports service ❖ Neighbourhoods and environmental services	

		❖ Planning, development and transportation ❖ Tourism, culture and investment ❖ Public Health	
	c) Encourage opportunities in communities for multigenerational work between older people and children/young people to pass on skills, knowledge and experience and help to facilitate good mental health in older people	❖ Children's social care and safeguarding ❖ Learning and inclusion ❖ Adult social care and commissioning ❖ Leicestershire Cares ❖ Public Health	
4. Support older people manage and protect their health	a) Ensure that environments encourage older people to practice protective behaviours around healthy eating, exercising, not smoking, drinking to help to prevent deteriorations in health.	❖ Public health ❖ CCG ❖ Adult social care and commissioning ❖ Sports service ❖ Neighbourhood and environmental services ❖ Leicester ageing together ❖ Royal Voluntary Service	Continuing to practice protective behaviours into old age can help people to live in good health for longer. It may also help to protect against some illnesses occurring or prevent existing ones from worsening. This is about working with partners to encourage older people to recognise the importance of protecting their health as they age and supporting them to manage their health.
	b) Ensure that environments support frail older people suffering with ill health to maintain as good health as possible to avoid or minimise future deteriorations	❖ CCG ❖ Adult social care and safeguarding ❖ Housing	

		❖ Planning, development and transportation ❖ Public health ❖ Leicester Ageing Together ❖ Royal Voluntary Service	