

Draft

Joint Health and Wellbeing

ACTION PLAN

2018-23

Healthy Place

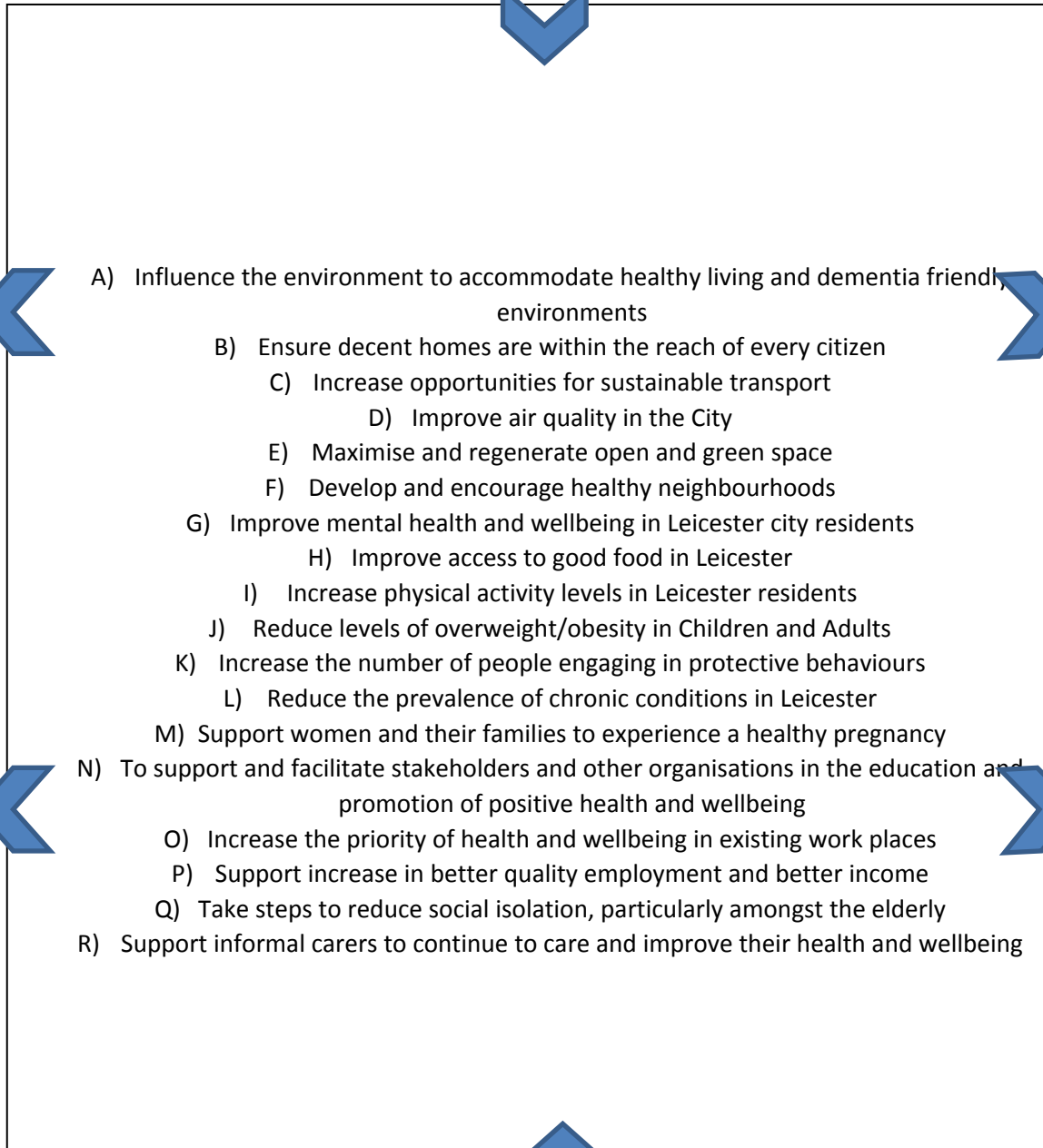
Make Leicester a healthy environment to live and work in.

Healthy Start
Give Leicesters children the best start in life.

Healthy Ageing
Enable Leicester residents to age comfortably and confidently

Healthy Lives
Encourage Leicester residents to adopt health behaviours sustainable throughout life for increased healthy life years

Healthy Minds
Ensure mental health is considered in all aspects of place and the life course.



Key principles of the JHWBS

- **Equity**
- **Equality**
- **Sustainability**
- **Collaboration**
- **Empowerment**

These will be the guiding principles of all of the work undertaken by the JHWBS



	No.	Action	Lead Partner	Related Strategy/ Plan	Measure	Level
PLACE, START, LIVES	A) Influence the environment to accommodate healthy living					
	1.1.	Improve the hot food takeaway offer within the city by encouraging the development of healthier food offers and seeking to control the proliferation of hot food takeaways (A5) within a 400m radius of secondary schools and FE colleges within certain parts of the City] (<i>Stretch</i>)	LCC	Local Plan	Increase the number of hot food retailers offering healthier food options on their menu. Yearly assessment of the number of A5 premises within 400m radius of secondary schools and FE colleges	
	1.2.	Support initiatives to increase healthy options in fast food outlets (<i>Stretch</i>)	LCC	Local Plan	TBA	
PLACE, MINDS, START, LIVES, AGEING	B) Ensure decent homes are within the reach of every citizen					
	2.1.	Provide Healthy Homes through warm home measures/ energy efficiency advice through the Health Through Warmth Scheme. - particularly targeting support for vulnerable clients and home owners - Targeting household in fuel poverty - Improving the energy performance for owner occupied homes	LCC	Leicester Sustainability Action Plan	Total number of homes which received assistance from the Health Through Warmth scheme. 65% of vulnerable clients assisted to be aged over 60. 10% of households assisted to be in fuel poverty- 80% of vulnerable home owner occupiers satisfied with at home comfort75 owner occupied homes by 1 EPC band annually.	
	2.6.	Promote and establish the norm for smoke free homes in Leicester	LCC	Infant Mortality Strategy 0-19 Healthy Child Programme	Health and Wellbeing Survey	
	2.7.	Continue to maintain Council's housing stock to Decent Homes standards through ongoing investment in capital programme (provision of new bathrooms, kitchens, boilers, double glazing, insulation, condensation works)	LCC	HRA Rent Setting Report 2018/19	Individual targets are set out within HRA report	
	2.8.	Increase the number of households prevented from becoming homeless after seeking help at Housing Options	LCC	Homeless Strategy	Reduction in number of households	
	2.9.	Increase the number of vulnerable tenants supported to maintain their tenancies	LCC	Housing Service Plan HRA Rent Setting Report 2018/19	Increased tenancy sustainment year on year	
	2.11	Maintain and improve housing standards in private rented sector through licencing and monitoring of standards.	LCC		TBA Number of formal actions taken against private and social landlords (Manifesto commitment). Number of rented properties licensed by the City Council (Manifesto commitment).	
	2.12	Continue to promote dementia friendly design principles to housing, retail and other providers of built environment.	City of Leicester Dementia Action Alliance	Dementia Action Alliance Action Plan	Number of dementia friendly audits carried out and actions taken.	
	2.13	<i>*Develop 400 new/converted supported living/ extra care properties (2017-2021) and services that can support the Transforming Care Programme over the next 4 years</i>	LCC			

PLACE, START, LIVES, AGEING	c) Increase opportunities for sustainable transport				
	3.1.	To achieve a 3.3% increase in walking trips in the City per year, and a 20% increase from a 2018 baseline to 2024. <i>(Stretch)</i>	LCC	Draft Walking Strategy	Transport Trends – cordon counts and pedestrian counters Expect to see an increase in the current 133,000 trips in the city to 159,600 by the end of 2024.
	9.5.	To increase the overall percentage of children walking to school from the 64% baseline in 2017 to 72% in 2024. <i>(Stretch)</i>	LCC	Draft Walking Strategy	School registration counts
	9.5.	Increase the number of people undertaking active travel to school, work and in everyday life.	LCC	Leicester’s Physical Activity and Sports Strategy 2016-21	
	3.6.	To work with transport sectors to reduce their environmental impact	LCC	Air Quality Action Plan	-Bus and Taxis to be at Euro VI standard by 2020 -By 2021 all freight will be Euro VI - Increase the uptake of ultra-low emission vehicles by residents and businesses -Progressively reduce emissions by 50% by 2025 from the council fleet operations
	3.7.	Increase the uptake of more sustainable transport options	LCC	Air Quality Action Plan Labour Manifesto Sustainable Leicester Action Plan	-Deliver a phase II ‘Connecting Leicester’ initiative by 2019 -Increase the number of public transport trips -To deliver the Leicester cycle action plan by 2024 and integrate walking initiatives
	3.8.	Introduce a ultra-low emission zone for all vehicles	LCC	Air Quality Action Plan	-This will be by 2025
	3.9.	To deliver a programme of 20 mph zones	LCC	Air Quality Action Plan Local Plan	?
P L	d) Improve air quality in the City				
	4.1.	Deliver the objectives of the Air Quality Action plan for Leicester City	LCC	Air Quality Action Plan	TBC
PLACE, MINDS, START, LIVES, AGEING	e) Maximise and regenerate open, green and blue space				
	5.1.	Implement events and interventions which encourage positive mental and physical wellbeing through the use of Parks	LCC		No. H&W event lead by parks. No of IYN groups No. of mindfulness walks
	5.2.	Increase and maintain the number of Leicester’s Environmental Volunteers	LCC		No. Volunteers No. hours volunteered Added value
	5.3.	To reach the target of 9.5m park users by 2020. <i>(Stretch)</i>	LCC		No. of users
	5.4.	Maximise the use of food production space within the city, looking at opportunities for using green spaces and brownfield sites for community growing projects and small enterprises	LCC	Food Plan Allotment Strategy	Food Plan:? Allotment Team: % take up of existing allotments plots. Area of land given over to allotment provision
	5.5	Increase use and raise awareness of the 31 outdoor gyms in Leicester and imbed outdoor gyms as a community owned asset	LCC		No. participants attending led sessions Park observations Qualitative feedback from communities
	5.6	Increase use and raise of awareness of waterways as a recreational resource within the	LCC/ Canal River Trust	Waterways	TBC

	city		Engagement Strategy Mental Health Strategy		
PLACE, MINDS, LIVES	F) Develop and encourage healthy neighbourhoods				
	6.1.	Manage noise levels from domestic, commercial and industrial sources.	LCC	Regulatory Services	No. of noise related complaints received. No. of warning letters. No. of abatement notices served.
	6.2.	Manage the number of fly-tipping occurrences within Leicester to provide a cleaner environment.	LCC	Regulatory Services	No. of recorded fly-tipping offences. No. of Fixed Penalty Notices issued. No. of prosecutions. No. of Community Protection Notices issued. No. of Duty of Care visits.
	6.3	Deliver the priorities of the Safer Leicester Partnership Plan	LCC/ Police/ Partners	Safer Leicester Partnership Plan	Delivery of objectives
	6.4	Facilitate opportunities for increasing community cohesion throughout the city	LCC/Police/Partners	All strategies and action plans	To be determined
MINDS, START, LIVES	G) Improve mental health and wellbeing in Leicester city residents				
	7.1.	Support for the number of people affected by suicide	LCC/ Police	LLR Suicide Prevention Strategy	All people referred by Leicestershire Police will have support
	7.2.	Increase Number of organisations signed up to the TTC pledge	LCC	Time to Change Leicester Campaign	Number of new TTC champions in a year Number of new TTC pledge organisations in a year
	7.3.	Get all schools signed up to Route to Resilience in schools	CCG	LLR Future in Mind Transformation Plan	Annual number of schools signed up All Leicester schools signed up by 2021
	7.4.	Support people with mental health problems to quit smoking	LCC/LPT	POF	
	7.5	Support the emotional resilience of informal or family carers to enable them to care for longer	LCC/ CCG	LLR Joint Carers Strategy	Number of Carers who report better health and wellbeing outcomes
	7.6	Increase the number of or residents improving their health through engagement with collections and arts by 25% by 2021.	LCC	TBC	Arts and Museums Vision and Strategy
	7.7	Increase therapeutic services for DSV	LCC	TBC	Monitoring work through the VAWG fund
	7.8	Support the mental health of people, including children experiencing or witnessing domestic violence and abuse	LCC	DSV strategy Time to change	TBC
PLACE, MIN START,	H) Improve access to good food in Leicester				
	8.1.	Work towards the eradication of food poverty – improving access to affordable, healthy food for all, whilst seeking to influence the underlying causes.	LCC	Food Plan	
PLACE, MIN START,	I) Increase physical activity levels in Leicester residents				
	9.1.	Building a strong future for all in Leicester, by transforming people's health and wellbeing through physical activity and sport. <i>(Stretch)</i>	LCC/ VCS/ professional sports clubs	Leicester's Physical Activity and Sports	20,000 residents more active by 2021. 7,000 sedentary people to start being

S				Strategy 2016-21	active 13,000 people to move more	
	9.2.	Support Children to have the best start in life, embedding physical literacy at an early age	LCC LPT Schools	Leicester's Physical Activity and Sports Strategy 2016-21 Healthy Weight for Children, Young People and Families in Leicester City Strategy	SSPAN contract KPI's Future strategy measures	
	9.3.	Support schools and further educational establishments, embrace, champion and support pupils to lead an active lifestyle.	LCC Schools/ FE colleges	Leicester's Physical Activity and Sports Strategy 2016-21/ Healthy Weight for Children, Young People and Families in Leicester City Strategy	SSPAN Contract KPI's	
	9.4.	Ensure there is a range of attractive, accessible indoor and outdoor leisure and sport facilities that play an important role in supporting people to start and stay active	LCC/ VCS	Leicester's Physical Activity and Sports Strategy 2016-21 Playing Pitch Strategy	?	
START	j) Reduce levels of overweight/obesity in Children and Adults					
	10.1.	Reduce obesity and diet-related ill health by supporting people to make healthier choices across all stages of life.	LCC/ LPT/UHL	Food Plan Healthy Weight for Children, Young People and Families in Leicester City Strategy	Overweight and obesity measures in Year 6 by 2023. (Stretch)- HW Strategy Action Plan/ Childrens NCP. Food plan measures?	
MINDS, START, LIVES	k) Increase the number of people engaging in protective behaviours					
	11.5.	To minimise the unlawful supply of alcohol and tobacco.	LCC	Divisional PI	Number of advice visits to businesses. Number of compliance checks on businesses. Number of formal actions taken against suppliers.	
	11.6.	Reduce alcohol specific mortality to the national average or similar to the national average, as classified by the national alcohol profiles. <i>(Stretch)</i>	LCC		Monitored by ASC contracts, assurance and commissioning Scrutiny of NDTMS outcome data	
	11.7.	To develop and complete a strategy to respond to the needs of children affected by parental substance misuse by 2020.	LCC		The early help board reporting system	
	11.8	To help greater numbers of abuse victims feel safe in their environment	LCC	Domestic and sexual violence strategy	Post intervention evaluation reports	
	11.9	Raise awareness of healthy relationships and forms of abuse through RSE sessions in schools	LCC Schools	Domestic and sexual violence strategy Sexual Health commissioned service	Number of sessions delivered in schools	
	11.10	To raise awareness of good health and wellbeing through schools	LCC/ New College	TBC		

L) Reduce the prevalence of chronic conditions in Leicester						
	12.1.	To increase the number of eligible people who have an NHS Health Check over the next complete cycle (cycle 2) by 2% above the final cycle 1 figure	LCC	Mandated service	Quarterly performance review	
	12.2	Deliver a targeted service that supports people to make long term positive lifestyle change	LCC		KPI's and performance management targets in contracts.	
	12.5.	Continue to support people to stop smoking and utilise harm reduction methods including e-cigarettes	LCC		SSS KPI's	
	12.6.	As a member of <i>Cities Changing Diabetes</i> , undertake a programme of work to halt the rise in the prevalence in diabetes	Leicester Diabetes Centre/ LCC/ VCS/			
	12.7.	<i>*Adopt the National Learning disability Health Charter</i>	LCC/ NHS			
	12.8.	<i>*Reach a 100% offer of annual Health checks for all children and adults (14+) on the Learning disability register</i>	LCC/ NHS		Currently at 70%-80%	
	12.9.	Achieve a dementia friendly community status for Leicester by 2020	City of Leicester Dementia Action Alliance	Dementia Action Alliance Action Plan	Status achieved	
	12.10	To increase the number of people receiving lifestyle advice as a result of Making Every Contact Count (MECC)	CCG/UHL/LT/ LCC		Number of lifestyle , smoking and alcohol referrals from NHS trusts and providers	
M) Support women and their families to experience a healthy pregnancy						
START, LIVES	13.1.	Support and encourage women in Leicester to be able to breastfeed successfully for as long as they wish.	LCC/LPT/UHL	Infant feeding strategy	Strategy	
	13.2.	Reduce risk factors for infant mortality	LCC/ LPT/ UHL	Infant mortality strategy	Strategy/ ONS deaths database	
	13.3.	Deliver 0-19 Healthy Child programme (Healthy together) to its full potential	LCC/ LPT	Mandated service	KPI from the 0-19 contract	
	13.4	Support Women disclosing DSV at any stage of pregnancy	LCC/ NHS	DSV strategy Mental health strategy	TBC	
N) To support and facilitate stakeholders and other organisations in the education and promotion of positive health and wellbeing						
MINDS, START, LIVES	14.1.	Increase the number of individuals who gain basic level skills by designing an Adult and Family Learning curriculum that effectively and efficiently: <ul style="list-style-type: none"> - Raises standards of English, maths and digital skills; - Improve employability, productivity and economic prosperity - Raises aspirations, motivation and progression - Supports longer, healthier living and combats loneliness 	LCC	Leicester Great City: Economic Action Plan Adult Skills and Learning Service Business Plan		
	14.2.	Expand Making Every Contact Count across the NHS and local authority	LCC/ NHS	TBC		
	14.3.	Develop 'Active Leicester' to encourage people to adopt a more holistic approach to Health and Wellbeing	LCC	TBC		
	14.5.	Increase work with the local community and local people, creating a new community gallery at New Walk Museum	LCC	Arts and Museums Strategy		
	14.6	Support work to help people gain basic life skills such as financial management, household management etc	LCC/ partners	TBC		

o) Increase the priority of health and wellbeing in existing work places					
	Ensure all public sector employees implement plans to improve mental and physical health in the workplace	LCC/ CCG/LPT/UHL	TBC		
	Encourage sustainable transport through encouraging and consistent messaging for internal and external partners	LCC	Access fund program	Reach 72,3000 employee's per year with messages about travelling sustainability Work with 10 businesses a year to deliver Walking and cycling action plans	
p)Support increase in better quality employment and better income					
16.1.	Increase the number of apprenticeship opportunities in Leicester	LCC/ LEP	Leicester Great City: Economic Action Plan		
16.2.	Increase the number of people moving to employment/ education who are classed as NEET	LCC	Leicester Great City: Economic Action Plan		
16.3.	Create new job opportunities across Leicester specifically for people most disadvantaged from the labour market	LCC/ LEP	Leicester Great City: Economic Action Plan		
q) Take steps to reduce social isolation, particularly amongst the elderly					
17.1	Promote the availability of low level strengths based preventative and universal services that support older people and carers to remain or become connected to their communities	LCC	Adult Social Care Commissioning Strategy	Number of people accessing services Number of people reporting improved health and well being outcomes	
17.2	<i>Create resource for carers to access information, advice and guidance and support with their caring role and improve their well being</i>	LCC	Adult Social Care Commissioning Strategy	Number of carers reporting improved health and wellbeing outcomes	
17.3	Deliver the falls prevention recommendations/ pathway	CCG	STP Falls Work stream	TBA	
17.4	<i>*Implement end to end frailty pathway and score</i>	CCG and UHL	STP	TBA	
17.5	Support multi-generational work between young and older people	LCC/ Partners/ Canal River Trust	TBC	TBC	
R) Support informal carers to care and improve their Health and Wellbeing					
18.1	Create a House of memories Scheme that supports carers of people with dementia	LCC	Arts and Museums Vision and Strategy	To be determined	