

Health and Wellbeing in Telford and Wrekin

Issue 5 Spring 2015

Welcome...

Welcome... this is the last edition of the HWBB newsletter for the current municipal year. The Health and Wellbeing Board will be reviewing its priorities over the coming year in order to launch a refreshed HWBB Strategy in 2016. Therefore, this edition features some key activities which have taken place over the last year which demonstrate the positive impact the services we are commissioning to drive the current HWBB priorities are having on individuals' across the Borough.

HWBB Priority: Improving Emotional Health and Wellbeing

Telling tales

Five ways
to wellbeing
Telford

We've taken a different approach to marketing the concept of 5 Ways to Wellbeing.

The 5 Ways Telford blog is a place where partners can post videos and testimonies from service users. Stories are a far more powerful way to convey information.

Facts and figures are easily forgotten but a story lingers on. That's because a story activates parts in the brain that allow the listener or reader to turn the story in to their own ideas and experience. In essence, we begin to see ourselves in the context of the story.

Our hope is that these stories will inspire people and motivate them to take positive action for themselves.

It's easy to link to the blog via social media channels, so people can share the stories with friends and family to make our messages go further. You can subscribe to the blog and receive an alert every time a new story is posted. It appears as an email in your inbox and includes a link straight to the story. Please visit the site and subscribe.

www.fivewaystelford.wordpress.com

For more information contact jon.king@telford.gov.uk

HWBB Priority: Improve Emotional Health & Wellbeing and Reduce the Misuse of Alcohol & Drugs

Crucial Crew

Crucial Crew is a multi agency partnership event aimed at Year 6 children (10/11yrs) to provide life skills and knowledge that will help to keep children and others safe by raising children's awareness of:

- personal and peer safety issues
- encouraging them to think about their own and others safety
- guiding them on what to do in a number of potentially unsafe situations
- Learning how to react to potentially dangerous situations
- Making a positive contribution to local communities
- Identifying actions to reduce the risk of becoming a victim of crime
- Understanding what to do in an emergency situation

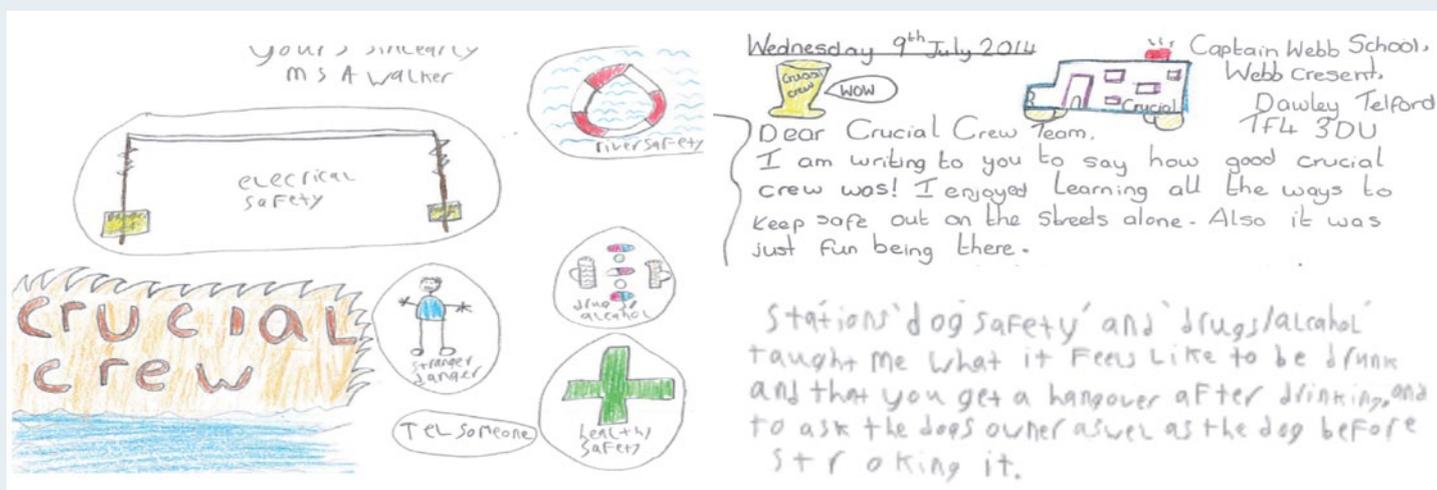
This year's event was attended by 1723 students and covered scenarios delivered by a wide range of key partners in relation to electricity safety, road safety, trusted adults, safety around dogs, anti-social behaviour, alcohol awareness, first aid, water safety, fire safety and being street wise.



Evaluation

The event was a great success with positive feedback from both teachers and young people. Teachers stated that the event **“Makes them think about real life situations they may encounter”**

Over 80% of young people rated the event as really great or good fun with the following feedback received from the students who took part:



Thanks to everyone who has supported Crucial Crew and special thanks to all the children who attended - it is their input and enthusiasm that makes Crucial Crew a success!

HWBB Priority: Reduce the Misuse of Alcohol & Drugs and Improving Adult & Carers Health & Wellbeing

Telford After Care Team drug and alcohol support service wins the prestigious 2015 NICE LGC Award



Telford & Wrekin Council and Telford After Care Team (TACT) Community Interest Company have won this year's NICE Local Government Chronicle (LGC) Public Health Award for its work in helping people recover from drug and alcohol addiction.

TACT is a mutual aid, aftercare and support service for people recovering from addiction to drugs and alcohol. Substance misuse is among the key public health priorities of Telford and Wrekin Health and Wellbeing Board.

As a result, the Council supported TACT to help people recover from addiction to improve their health, wellbeing and independence. The Council used its public health grant to support TACT, and to develop an evidence-based strategy to help reduce the use of drugs and alcohol within the borough.

The strategy was developed through stakeholder engagement, the use of NICE guidance and quality standards on substance misuse, and data drawn from an exercise on needs assessment. Implementing the strategy has led to a number of improvements and achievements over the past year.

These include the setting up of gardening groups for service users, training and awareness in naloxone to prevent drug-related deaths, and the setting up of a Hepatitis C support group. Current figures also suggest that at least 50 people access the service each day with over 80 per cent being sober.

TACT is a powerful source of motivation and provides role models which often prove decisive in recovery and reintegration. This prestigious national award for our local team, based in Wellington, is well deserved and puts Telford's inspirational recovery community on the map!

HWBB Priority: Reduce the Number of People Who Smoke

Smokefree

In February 2015 a number of partners came together to identify local tobacco priorities as a way to develop a smokefree plan for Telford & Wrekin.

The key themes were identified as:

Prevention

- Involving young people in the development of key tobacco health messages
- Target behavioural change programmes in high smoking prevalence areas
- Target interventions at pregnant smokers and entire families to protect children from second hand smoke harm

Media & Communications

- Use of apps, media and media venues to promote messages and influence smoking behaviours
- Public consultation and engagement on how to achieve smokefree
- Advertising local systems to report underage tobacco sales or those selling illicit tobacco

Helping people to quit

- Use leisure based rewards via the TLC card to encourage smokers to quit and access healthy lifestyle facilities

Training & Education

- Provide brief interventions/signposting training to health and social care services
- Ensure shared agendas are formalised with partner organisations to share intelligence on counterfeit tobacco products/promote the cessation message
- Raise awareness of the penalties to local businesses for selling tobacco to underage young people

Next Steps:

We are developing an action plan using the findings from the stakeholder's event, with reference to NICE and PHE guidance. To support the development and delivery of the plan we will be establishing the smokefree Telford & Wrekin network.

A dedicated extranet web forum has been set up to support wide engagement and share learning and updates with partners. If you are interested in being a member of this forum please contact stacey.norwood@telford.gov.uk

HWBB Priority: Reduce Excess Weight and Improve Life Expectancy



Tackle Your Health

Tackle Your Health is a campaign which provides men between the ages of 30-74 with a Professional Health Trainer for FREE who will offer support and advice on ways to improve their health and wellbeing!

See Trevor's story overleaf...

Trevor's Story

Why did you join Tackle Your Health?

I decided to join Tackle Your Health for a few reasons. The main one was to lose weight because of the pain in my hips and back and I felt if I lost some weight it would help with reducing the pain because if I was lighter it would be kinder on my joints. I also wanted to have help and support to educate myself to be able to live a healthier lifestyle. Also after having a heart attack a few years ago I was advised by my doctor to lose weight but I have had problems in trying to lose any and to keep it off.

How did you join Tackle Your Health?

I found out about Tackle Your Health while attending a match at AFC Telford United. I was approached by Tackle Your Health staff about the Drop a Shirt size campaign and was definitely interested. I left my name and number and was then contacted the following week to attend my first appointment.

What have you achieved since joining Tackle Your Health?

I have lost 8kg since I've started which I'm really pleased with. I've now learned to eat sensibly by reducing my portion size but still eating normally and eat at regular times which is something that I never used to do. I have cut out the unnecessary snacks that

I used to eat after my main meals and late at night. The one thing that has surprised me is how easy the weight has come off by just making a few simple changes. I've always tried to lose weight before cutting out the things I like and trying not eat much so I always felt hungry. I now understand why this doesn't work. I have also won myself a Telford United shirt because I've lost over 5% of my body weight which I never thought I'd do!

Would you recommend 'Tackle your Health' to other men? And Why?

I would recommend Tackle Your Health to anyone as it has helped me so much. I know I would never have lost the weight on my own.

Maintaining change and future progress with/without Tackle Your Health?

I now feel confident that I can still keep losing the weight to get to my goal of under 13 stone with the help of Tackle Your Health. I'm also sure that I will be able to keep the weight off and maintain this weight as I have learned how to eat sensibly and only to eat what I actually need and not just what I want! The support I have received from Chris has really helped because he gave me simple, clear goals and I found them easy to achieve. Having a regular appointment with him to weigh myself really gave me something to focus on as well and it really did help.

For more information go to:
www.tackleyourhealth.co.uk

HWBB Priority: Support People to Live Independently and Improving Life Expectancy

The Better Care Fund... Partnership Working On the Ground

A lady in her 80s suffering from alzheimers was referred following a visit from Rapid Response. Rapid Response were called out for admission avoidance the lady had a prolonged episode of diarrhoea. The main carer is her husband also in his 80s and he himself was recovering from cancer. No family close by and with their one son in London who is also a carer. The husband indicated that he was struggling and would welcome support.

A home visit was carried out by CVS Coordinator. They had dwindling social connections due to age and restrictions of wife's condition. The husband was devoted to caring for his wife but was struggling to have any opportunity to continue with his own activities and interests. There was concern about what would happen if he himself was ill as his wife's condition progressed.

The CSV coordinator signposted them to information on benefits checks, Help@Home and Cottage Care. The Coordinator informed the husband about the Carer's Centre where a carers assessment would be carried out and 72 hour emergency care package was arranged for his wife if he became unwell. He was very happy to be referred for this and visibly relieved that this would provide a safety net for him and his wife. Rapid Response had referred to the Admiral Nurses so on return the CVS coordinator updated the Admiral Nurse Team about the visit.

HWBB Priority: Support People to Live Independently and Improving Life Expectancy

The Better Care Fund... Partnership Working On the Ground

A 79 year old man was referred to Rapid Response by West Midlands Ambulance Service (WMAS) following frequent calls related to falls. He was diagnosed with a UTI which was being treated with oral antibiotics. He also had a history of parkinsonism and, as a result, his mobility was very unpredictable.

He was assessed by a Rapid Response nurse. He was living in supported living with his wife. Domiciliary support provided care in the morning and once throughout the night.

He was assessed for extra care due to exacerbation of parkinsonism. Equipment was provided and additional care support implemented. He was also assessed by an Enablement physiotherapist.

A further fall occurred despite the additional support at home. Therefore a joint assessment with the Enablement Physiotherapist and Social Worker determined the need for further assessment and intervention within a short Enablement placement.

Whilst in the placement for one week, he received further physiotherapy and his equipment needs were assessed further and extra equipment provided to facilitate safe discharge home. He was also referred to the Community Nurse Specialist for Parkinsonism who would see the patient at home and manage on-going issues with this condition.

On return home, through this process, the patient and his wife received support from the voluntary sector and further information was given to provide facilitation of independent living. He was also referred to the District Nurse team for continued nursing support and to a social worker to assess long term care needs.

Both the patient and his wife expressed their gratitude and delight at the service they had received from the Rapid Response team through the Voluntary Sector coordinator and requested that she pass this information on.

Dates for your diary

H&WB Public Meeting

Wednesday 10 June 2015

Wednesday 9 September 2015

Wednesday 9 December 2015

Wednesday 9 March 2016

More information on the web www.telford.gov.uk/info/20086/adult_care_and_support/401/health_and_wellbeing_board_hwb

Contact us

 01952 380672

 joanne.winborn@telford.gov.uk

 www.telford.gov.uk/info/20086/adult_care_and_support/401/health_and_wellbeing_board_hwb