Appendix 1

Blueprint for the future of Health and Wellbeing in South Northamptonshire

1. Foreword

South Northamptonshire Council (SNC) and Nene Clinical Commissioning Group (CCG) together with key partners from South Northamptonshire Health and Wellbeing Forum (The Forum) have set out the following Blueprint for the future of Health and Wellbeing in our District.

This document will be used to inform the strategic land and spatial planning process along with the development and delivery of services in the District and is important for a number of reasons:

The size of the local population is increasing, with considerable housing growth planned for Brackley, Towcester and on the eastern edge of the District.

The public purse is reducing in both real and actual terms. This is particularly relevant to local government but also to the welfare, health and police sectors. It is more important than ever that we obtain the best value from the level of resources available. This calls for a change to the way we do things and relies on a greater multi-agency collaboration including contributions from the voluntary, community and private sectors.

Statutory service providers have to look at different service delivery models which are driven by financial necessity and the need to adjust to changing local circumstances and service demand.

There are specific health related matters which must be acknowledged and addressed, including the changing health and wellbeing needs of an ageing population, rising obesity levels, increased alcohol consumption and an above average number of road deaths.

Almost one-in-five residents in South Northamptonshire are aged 65 and over and the numbers of people who fall into this age band is steadily rising. A man born in 1981 has an estimated life expectancy at birth of 84 years, but for a baby boy born today, that increases to 89 years and is predicted to continue to rise. This is a wonderful achievement but it also presents important challenges. For a significant number of older people advancing age is associated with frailty and adverse outcomes such as falls, disability, admission to hospital and the need for long-term care.

Faced with an ageing population, increasing pressure on emergency services and delayed transfers of care there is a necessity for us to rethink “old age”. Forum partners are committed to working together to deliver the best care possible for frail older people and to finding new tools and resources to support this important area of work. There is a need to explore and determine what “good care” might look like in our locality and to find pathways to turn aspirations into reality.

It is widely known that obesity rates in the UK are the highest in Europe and have increased dramatically over the past few years. South Northamptonshire is no exception; over 20% of the adult population is obese – with a further 70% classed as overweight. We know that obesity can be tackled through increased exercise and a better diet, but for those who are already obese the health consequences are
severe. On average, obesity decreases life expectancy by nearly 10 years and it is associated with dramatically increased risks of type 2 diabetes, hypertension and coronary artery disease.

Physical activity rates have been decreasing since the 1960’s. Lack of physical activity contributes to 1 in 6 of all deaths (equal to smoking) and up to 40% of many long term conditions including cardiovascular disease, type II diabetes, depression and dementia. Recent health data has revealed that 40% of adults in South Northamptonshire are not active enough for good health i.e. they do not achieve 150 minutes of moderate exercise a week.

Many people are not making the necessary lifestyle changes that are needed to tackle obesity and there is an urgent need for practical interventions to successfully influence the adoption and maintenance of physical activity and healthy eating in the general population.

One in four adults drink more than the recommended daily limits and the frequency of drinking is known to increase with age. Alcohol is one of the three biggest lifestyle risk factors for disease and death and many people are unaware of the damage their drinking could be causing and of the costs to the economy in terms of healthcare, crime and lost productivity. In South Northamptonshire during 2012-13 there were 527 hospital admissions relating to alcohol consumption.

As can be noted in the preceding paragraphs, there is a great deal of data to help us to understand physical health issues within South Northamptonshire. However, evidence relating to social and mental wellbeing is much harder to quantify. Anecdotally, and through the experience of partners, we know that significant numbers of people are socially isolated and experience difficulties accessing support services. Organisations from across all sectors need to increasingly work together to share information so that needs can be evidenced and solutions found. Shared systems, including one which is being developed by Northampton Borough Council and Northamptonshire First for Wellbeing, may help to accelerate this process.

A number of positive building blocks are already in place which will help us to meet these challenges in South Northamptonshire:

- Our District is amongst the best places in the country in terms of quality of life
- Our residents generally enjoy good health which is above the national average
- We have a quality rural environment
- Our CCG is looking at better local primary care service delivery models
- All agencies express a willingness to engage with partners
- We have a strong voluntary and community sector
- There is an established Health and Wellbeing Forum with well-developed communication links

Organisations have had the opportunity to contribute to the development of the Blueprint which is a significant step in establishing a multi-agency approach to health and wellbeing in our District.

2. Our Collective Vision

Organisations share a common desire to ensure that “South Northamptonshire residents enjoy the best possible health and wellbeing; living in safe, warm and comfortable homes; with access to a range of
opportunities to participate in sport, art and recreation; in better health and with support from the community.”

3. Our Commitment to Working Together

In order to achieve this vision and deliver our blueprint for Health and Wellbeing in South Northamptonshire organisations are committed to working together to:

- Engage with people who use our services; identifying ways to work collectively to prevent illness by encouraging healthy lifestyle choices which improve wellbeing
- Plan for the needs of our growing population and changing demographics
- Reduce social isolation and improve access to services in our locality
- Address health inequalities
- Develop a targeted action plan and measure our progress against it
- Share data to enable cross referral allowing people ease of to access support services from a range of providers
- Adopt a “Can do” solutions culture that responds to people’s needs
- Identify opportunities for frontline staff to build relationships with colleagues and volunteers from other organisations who provide front line services
- Build on our journey so far
- Be ambitious with infrastructure planning, sharing assets and jointly allocating resources
- Work together to help people stay independent and reduce the demand for expensive emergency health and social care services

This will be achieved by building on the work done to date to cut across organisational boundaries and bureaucracy, which is increasingly important as the financial climate for public services toughens.

4. Our Key Priorities

1. Preventing illness (physical and mental) by promoting healthier lifestyles and enabling access to support services
2. Enabling people to live independently and reducing demand for residential, social and health care services
3. Designing and developing infrastructure to support health and wellbeing

5. How We Will Deliver

i) Organisational Practices

The Blueprint will help to promote a culture of understanding amongst local agencies and ensure effective, joined up thinking and practice. Embedding Health and Wellbeing into everyday business planning processes is a critical first step towards achieving this shared vision.
Partner organisations will be required to demonstrate their commitment by incorporating the Blueprint into their formal decision making processes. This will ensure that there is a common understanding of its guiding principles and agreement to the adoption of a multi-agency approach in South Northamptonshire. In time we anticipate the principles of the Blueprint to be mainstreamed into organisational policy and practices so that resources (capital, revenue or people) can be allocated to realise change and implement actions. Opportunities to attract new and alternative funding streams to deliver practical and measurable benefits to residents will be explored and exploited by contributing partners individually or in consortia arrangements.

**ii) Governance**

A sound governance structure will be in place to oversee the delivery of the Blueprint (see diagram below).

South Northamptonshire Health and Wellbeing Forum, which is made up of key organisations, will continue to meet at least three times a year to oversee its strategic development and monitor progress.

The Forum currently consists of representatives from the following organisations:

- South Northamptonshire Council
- Northamptonshire County Council
- Nene CCG
- Northamptonshire Police
- SNVB
- South Northants Homes
- Northamptonshire Healthcare Foundation Trust
- MIND
- Healthwatch Northamptonshire
- Northampton Women’s Aid
- Action for Children
Contributions will also be welcomed from other agencies including:

- GP Federation
- Northamptonshire First for Wellbeing
- A local school/schools
- Integrated emergency services
- Northampton General Hospital
- Town and Parish Councils (NCALC)
- Age UK
- Service Six
- East Midlands Ambulance Service
- Northamptonshire Fire and Rescue

Subgroups will be set up to focus on the three key priorities. These “task and finish” groups will meet regularly to identify progress against an agreed action plan; develop projects and feedback to The Forum. The groups, which are outlined in further detail in Section 7, will be made up of representatives from organisations with expertise in the priority area, or which can make a relevant contribution.

Each subgroup will be led by a knowledgeable expert supported by a deputy. An officer from SNC will co-ordinate the administration of the groups.

**iii) Communication**

Existing networks such as the Northamptonshire Forum Chairs and Officer meetings will continue to ensure good communication links between the local Health and Wellbeing Forum and Northamptonshire Health and Wellbeing Board.

Forum meetings and routine communications from the Northamptonshire Health and Wellbeing Board will ensure that partners are up to date with changing national, regional and local priorities and have the opportunity to input their own organisational changes and financial constraints.

Frontline staff will be made aware of the commitments made in the Blueprint and a Programme of training sessions/workshops will engage frontline workers and strengthen communication links between organisations.

The Blueprint will be promoted via partner’s websites and through a multi-agency programme of events and activities which will help to engage the wider public.

6. Health Improvement Outcomes

The priorities we have set are based on those that have been highlighted in Northamptonshire’s Joint Health and Wellbeing Strategy and more specifically the Public Health Profile for South
Northamptonshire. Our aim is to encourage people to take responsibility for their own health and wellbeing and to reduce dependence on expensive and hard stretched statutory services. If we are successful in delivering this Blueprint in the longer term we would expect to see:

1. A reduction in the number of people who smoke
2. Increased levels of physical activity and the proportion of people at a healthy weight
3. A reduction in excessive harmful alcohol consumption
4. A reduction in the numbers of people killed and seriously injured on our roads
5. Easy and timely access to local diagnostic and frontline services
6. Smooth transition for patients between services.
7. Subgroups

1. Healthy Lifestyles

Theme: Priority One - Prevent illness by promoting healthier lifestyles, encouraging healthier choices and enabling access to services where they are needed

Leads: SNVB, NCC Public Health

Membership: NCC Public Health, SNVB, SNH, First for Wellbeing CIC, SNC Community & Recreation, Leisure, NHFT, Schools

Objectives and Outcomes

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<tr>
<th>Objectives</th>
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<td>Work together to expand, develop and support services across all sectors by:</td>
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<tr>
<td>• Providing information to support people and services</td>
<td>• There is a comprehensive directory of all Health and Wellbeing services in South Northamptonshire including statutory, voluntary and community sector services</td>
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<td></td>
<td>• Organisations are committed to keeping the directory updated on a routine basis</td>
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<td>• The directory is available online and is accessible to everyone</td>
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<td></td>
<td>• Frontline staff and volunteers are trained to use the directory.</td>
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<td>• Supporting people to take control of their lifestyles</td>
<td>• Self-help tutorials and videos are available online</td>
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<td>• There are online discussion forums to enable people to support one another</td>
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<td></td>
<td>• Commissioners are working to ensure there is good access to Sexual Health, Smoking Cessation, Dementia, Mental Health and Cancer services in the District</td>
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<td></td>
<td>• Organisations are working together to roll out existing initiatives and develop new ones e.g. Skills 4 U, Neighbourhood Life. There is a collaborative approach to resources and funding.</td>
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<td>• There is an online programme of arts, sports and leisure activities to promote health and wellbeing for individuals and communities through active lifestyles</td>
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<td>• There is a good level of engagement with residents who are consulted over the development of facilities and services</td>
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<td>• Roadshows and community engagement events are used to promote services.</td>
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<td>Agencies are signposting people to one another’s services</td>
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<td>There are an increased number of befriending services to reduce rural isolation. Parish Councils and Neighbourhood Police are helping to develop ‘pop in’ services.</td>
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<th>Supporting professionals</th>
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<td>There is an agreed assessment model for wellbeing services</td>
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<td>Effective referral mechanisms have been developed to enable professionals to direct people to a range of support services</td>
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<td>Individual pathways are transparent and people experience seamless transition/handover between services</td>
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<td>There is a menu of services available for GPs and other health and social care professionals to use “social prescription”</td>
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<td>Frontline staff and volunteers are trained as “Navigators” to help people identify and access support. They have a sound understanding of the services available and of relevant thresholds and pathways.</td>
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<th>Working with schools and local businesses</th>
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<td>There are improved links with schools and clear mechanisms are in place to flag issues of anxiety, neglect and self-harm at an early stage.</td>
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<td>Early help for families is available in the District, and there is good communication and integration between services</td>
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<td>Schools are promoting Healthy Eating and encouraging pupils to take regular exercise and adopt positive lifestyle activities</td>
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<td>There is engagement with local employers to promote Healthy Workplaces</td>
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<td>Restaurants and takeaways are encouraged to highlight healthy choices on the menu</td>
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<td>Services are available to help long-term unemployed people to get back into work</td>
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<td>Mental health and other support services are promoted e.g. smoking cessation, drug and alcohol addiction, money advice.</td>
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2. Independent Living

Theme: Priority two - Enabling people to live independently and reducing demand for residential and social care services

Leads: SNC Housing, GP Federation, SNH

Membership: Nene CCG, SNC Housing, SNH, Money Advice, GP Federation, NHFT, NGH, Age UK, SNVB, NCC Adult Social Care, EMAS, Emergency Services

Key Objectives and Outcomes

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<thead>
<tr>
<th>Objectives</th>
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| Quality housing and home care that adapts to people’s changing circumstances | • House design and adaptation  
  • Developers are building lifetime homes which can be adapted to meet changing needs and circumstances  
  • Homes are equipped to be able to accommodate advances in technology  
  • There are established links with the Police and Fire Home Safety Check Project to prevent emergencies  
  • There is increased use of health technology e.g. Care Assist and TV access  
  • Disabled Facilities Grants and associated services are widely promoted  
  • A range of advice services are available including housing, tenancy support, debt, benefits, home energy, legal, community safety, home security  |
| • Care at home                                   |  
  • Statutory agencies and the voluntary and community sector are working together to help patients “step-up/down” from hospital  
  • There are more opportunities for volunteers to support people at home  
  • There is a comprehensive database of homecare and home help services in South Northamptonshire  
  • There are improved links and clear lines of communication with the Safeguarding Adults Board  
  • Specialist equipment is easily accessible  
  • Deaf community services are linked to Rural Networks to provide support in areas where hearing aids are not maintained  |
| • Care for people with higher levels of need     |  
  • There is collaboration with NCC on the development of the Adult Social Care Accommodation Strategy. Housing needs in the  |
District have been identified and agreed and there is common understanding over dialogue with developers and subsequent proposals

- The Dementia Strategy is working and there are housing related support services for people with Dementia and their carers
- People have confidence in support services; fewer numbers are entering or seeking full-time residential care
- A comprehensive menu of care services is in place that can be tailored to meet a range of needs
3. Planning and Infrastructure

Theme: Priority three - Designing and developing a local infrastructure to support health and wellbeing

Leads: SNC Planning, Nene CCG

Membership: Nene CCG; SNC Planning; NHFT; Economic Development; SNVB; NCALC, Community Safety

Key Objectives and Outcomes

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<tr>
<td>We have capitalised on existing infrastructure and developed new facilities to support health and wellbeing:</td>
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<td>• Accounting for priorities and addressing inequalities</td>
<td>• The priorities identified in the Joint Strategic Needs Assessment (JSNA) and Public Health profiles are used to inform the land use and spatial planning of development&lt;br&gt;• The health and wellbeing needs of a growing population with changing demographics are factored into development plans&lt;br&gt;• Plans are in place to address health inequalities in areas where they have been identified&lt;br&gt;• The CCG and NHS England are proactive in responding to planning consultations</td>
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<td>• Creating Community Health and Wellbeing hubs</td>
<td>• All buildings in public ownership (in use and empty) are mapped onto SNC’s GIS database&lt;br&gt;• Parish Councils, churches and community groups are encouraged to share and promote information about their services and understand the mechanisms for doing this&lt;br&gt;• Organisations are co-operating to maximise the use of community buildings by sharing premises and costs&lt;br&gt;• There is communication with Towcester and Brackley Town Councils to explore the potential to create Wellbeing Hubs in Brackley Town Hall, Brackley Fire Station and the former Towcester Library</td>
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<td>• Developing safe environments that are conducive to active lifestyles</td>
<td>• There is a new swimming pool facility in Brackley&lt;br&gt;• There is a new Community Park in Towcester&lt;br&gt;• New developments are planned to encourage walking and cycling. There are safe areas for children to play outside&lt;br&gt;• Walking and cycling routes are well signed</td>
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- Driver safety training and community speed restrictions are reviewed and good practice is promoted

| Maximising the financial contribution that can be gained through new development and other sources | Developer contributions from existing and new developments have been fully exploited
- Health professionals are engaged with the planning process, there is good understanding of mutual priorities and opportunities for maximising the Community Infrastructure Levy (CIL) and other funding are explored
- There are good communication links between Health and Wellbeing Forum members, SNC’s Economic Development Team and Commsortia; opportunities to attract Local Enterprise Partnership and other sources of funding are reviewed and exploited
- By 2019 there is a new community healthcare hub in Brackley operating 8am-8pm 7days a week; there is an out of hours support service, diagnostics and community beds. Plans are advancing for a new healthcare facility in Towcester |

| Community Clinics and Care Closer to Home | Within five years an integrated community nursing model is up and running which links the GP Federation and NHFT
- Secondary care work (outpatients, follow up) is being delivered in the community and closer to home, including Dermatology and Cardiology.
- Secondary care work is being developed to include other specialties including ENT, Diabetes, Ophthalmology, Gastroenterology, Gynaecology
- Opportunities for outpatient procedures are explored
- GPs and nurses have been up-skilled to deliver care closer to home |
List of Appendices

1) Foundation Report for the creation of a Blueprint for the future of Health and Wellbeing in South Northamptonshire
2) What Housing Growth in Planned, Where and When
3) Bringing Services Closer to Home – Commissioning Future Health and Social Care Needs