

To: Members of the Health Improvement Partnership Board

Notice of a Meeting of the Health Improvement Partnership Board

Thursday, 7 September 2023 at 2.00 pm

Rooms 2&3 - County Hall, New Road, Oxford OX1 1ND

If you wish to view proceedings online, please click on this [Live Stream Link](#).



Martin Reeves
Chief Executive

Date Not Specified

Contact Officer: **Taybe Clarke-Earnscliffe**
email: Taybe.Clarke-Earnscliffe@Oxfordshire.gov.uk

Membership

Chair – District Councillor Helen Pighills
Vice Chair - District Councillor Maggie Filipova-Rivers

Board Members:

Cllr Louise Upton	Oxford City Council
Cllr Maggie Filipova-Rivers	South Oxfordshire District Council
Cllr Joy Aitman	West Oxfordshire District Council
Cllr Michael O'Connor	Cabinet Member for Public Health & Inequalities, Oxfordshire County Council
Cllr Phil Chapman	Cherwell District Council
Cllr Helen Pighills	Vale of White Horse District Council
Ansaf Azhar	Director of Public Health, Oxfordshire County Council
David Munday	Consultant in Public Health/Deputy Director, Oxfordshire County Council
Dr Sam Hart	Oxfordshire BOB ICB GP
Mish Tullar	District Partnership Liaison
Daniel Leveson	ICB Place Director
Robert Majilton	Healthwatch Oxfordshire Ambassador

Notes: Date of next meeting: 16 November 2023

County Hall, New Road, Oxford, OX1 1ND
www.oxfordshire.gov.uk Media Enquiries 01865 323870

Declarations of Interest

The duty to declare.....

Under the Localism Act 2011 it is a criminal offence to

- (a) fail to register a disclosable pecuniary interest within 28 days of election or co-option (or re-election or re-appointment), or
- (b) provide false or misleading information on registration, or
- (c) participate in discussion or voting in a meeting on a matter in which the member or co-opted member has a disclosable pecuniary interest.

Whose Interests must be included?

The Act provides that the interests which must be notified are those of a member or co-opted member of the authority, **or**

- those of a spouse or civil partner of the member or co-opted member;
- those of a person with whom the member or co-opted member is living as husband/wife
- those of a person with whom the member or co-opted member is living as if they were civil partners.

(in each case where the member or co-opted member is aware that the other person has the interest).

What if I remember that I have a Disclosable Pecuniary Interest during the Meeting?.

The Code requires that, at a meeting, where a member or co-opted member has a disclosable interest (of which they are aware) in any matter being considered, they disclose that interest to the meeting. The Council will continue to include an appropriate item on agendas for all meetings, to facilitate this.

Although not explicitly required by the legislation or by the code, it is recommended that in the interests of transparency and for the benefit of all in attendance at the meeting (including members of the public) the nature as well as the existence of the interest is disclosed.

A member or co-opted member who has disclosed a pecuniary interest at a meeting must not participate (or participate further) in any discussion of the matter; and must not participate in any vote or further vote taken; and must withdraw from the room.

Members are asked to continue to pay regard to the following provisions in the code that *"You must serve only the public interest and must never improperly confer an advantage or disadvantage on any person including yourself"* or *"You must not place yourself in situations where your honesty and integrity may be questioned....."*

Please seek advice from the Monitoring Officer prior to the meeting should you have any doubt about your approach.

List of Disclosable Pecuniary Interests:

Employment (includes *"any employment, office, trade, profession or vocation carried on for profit or gain"*.), **Sponsorship, Contracts, Land, Licences, Corporate Tenancies, Securities.**

For a full list of Disclosable Pecuniary Interests and further Guidance on this matter please see the Guide to the New Code of Conduct and Register of Interests at Members' conduct guidelines. <http://intranet.oxfordshire.gov.uk/wps/wcm/connect/occ/Insite/Elected+members/> or contact Glenn Watson on **07776 997946** or glenn.watson@oxfordshire.gov.uk for a hard copy of the document.

If you have any special requirements (such as a large print version of these papers or special access facilities) please contact the officer named on the front page, but please give as much notice as possible before the meeting.

AGENDA

- 1. Welcome by Chair**
- 2. Apologies for Absence and Temporary Appointments**
- 3. Declaration of Interest - see Guidance note opposite**
- 4. Petitions and Public Address**
- 5. Notice of Any Other Business**

14:03 to 14:05

To enable members of the Board to give notice of any urgent matters to be raised at the end of the meeting

6. Note of Decision of Last Meeting (Pages 1 - 10)

14:05 to 14:10

5 minutes

To approve the Note of Decisions of the meeting held on 17th of November 2022 and to receive information arising from them

7. Performance Report (Pages 11 - 16)

14:10 to 14:25

15 minutes

Presented by Steven Bow, Consultant in Public Health, Oxfordshire County Council

To monitor progress on agreed outcome measures

8. Report from Healthwatch Ambassador (Pages 17 - 18)

14:25 – 14:35

10 minutes

Presented by Robert Majilton, Healthwatch Oxfordshire Ambassador

To receive updates from Healthwatch Oxfordshire on topics relevant to the Board

9. Mental Wellbeing Hubs (Pages 19 - 24)

14:35 – 15:00

25 minutes

Presented by Oxford Health, Presenter Debbie Walton, Head of Service Adult and Older Adult Mental Health

10. Break

15:00 15:00 – 15:05

5 minutes

11. Framework for supporting mental wellbeing and Suicide Prevention update (Pages 25 - 30)

15:05 – 15:30

25 minutes

Presented by OCC, presenter Donna Husband, Head of Public Health Programmes – Start Well (MSc, BA Hons, RNLD)

12. South and Vale Active communities' strategy (Pages 31 - 60)

15:30 – 15:50

20 Minutes

Presented by South and Vale, Presenter Jayne Bolton, Community Wellbeing Manager and supported by Jo Paterson, Active Communities Team Leader.

13. Any other Business

15:50 – 16:00

10 minutes

Future HIB meeting dates:
16th of November 2023

HEALTH IMPROVEMENT PARTNERSHIP BOARD

OUTCOMES of the meeting held on 15 June 2023 at 14:00

- Present:** Cllr Louise Upton, Oxford City Council (Chair)
- Board members** David Munday, Consultant in Public Health, Oxfordshire County Council (Lead Officer)
Dr David Chapman, Ex- Clinical Chair, Oxfordshire Clinical Commissioning Group
Mish Tullar, Head of Corporate Strategy, Oxford City Council
Cllr Joy Aitman, West Oxon District Council
Cllr Michael O'Connor, Oxfordshire County Council
Robert Majilton, Health Watch Oxfordshire
Ansaf Azhar, Corporate Director of Public Health & Community Safety
- In attendance** Kate Austin, Health Improvement Principal, Public Health, Oxfordshire County Council
Kate Holburn, Head of Public Health Programmes, Public Health, Oxfordshire County Council
Parveen Gujral, Senior Data Analyst, Health Partnerships, Public Health, Oxfordshire County Council
Health Improvement Advice Centre, Oxford University Hospitals NHS Foundation Trust
Steven Bow, Public Health
Pippa Corner, Deputy Director, HESC.
Christine McBride, Health at OUH
Lisa Ward, Lived Experience Advisory Group
Angela Jessop, Personalised Care Lead at NHS Buckinghamshire, Oxfordshire and Berkshire West ICB
Cllr Bethia Thomas,

Officer: Taybe Clarke-Earnscliffe, minute taker, Oxfordshire County Council

Absent: Cllr Helen Pighills, Cllr Phil Chapman, Daniel Leveson, Cllr Maggie Filipova-Rivers

ITEM
<p>1. Welcome</p> <p>Welcome everyone</p> <p>The Board was asked for a nomination for the next chair of the committee, Cllr Louise Upton nominated Cllr Helen Pighills and Cllr Michael O'Connor seconded this nomination of Cllr Pighills as chair from the next Health Improvement Board meeting (September 2023)</p> <p>Proposal for vice chair was Cllr Maggie Filipova-Rivers, agreed by Cllr Louise Upton and Ansaf Azhar</p> <p>Cllr O'Connor and Ansaf Azhar nominated Cllr Upton to chair today's meeting due to Cllr Pighills' absence.</p> <p>Welcome to Cllr Michael O'Connor new to the board and taken over from Cllr Mark Lygo. Big thank you to Cllr Mark Lygo for all his support and work with the Health Improvement Board over the last couple of years.</p> <p>Welcome to Steven Bow who will now be presenting the performance report for the Health Improvement Board.</p> <p>Reminder that The Health Improvement Board is a partnership between local authorities, districts, county with its public health role, NHS and Healthwatch.</p>
<p>2. Apologies for Absence and Temporary Appointments</p> <p>Cllr Pighills Cllr Phil Chapman Cllr Filipova-Rivers</p>
<p>3. Declarations of Interest</p> <p>There were no declarations of interest.</p>
<p>4. Petitions and Public Address</p> <p>There were no petitions and public address.</p>
<p>5. Notice of any other business 14:03 – 14:05</p>

6. Notice of Decision of Last Meeting
14:05 – 14:10

Action from the last meeting –

Active Oxfordshire presented Oxfordshire On The Move Program in February meeting. Active Oxfordshire was discussed in The HIB Workshop held in March 2023, decided in the March HIB workshop that Active Oxfordshire will present annually and will align with healthy weight items.

Minutes Agreed

7. Performance Report
14:10 – 14:20

Presented by Steven Bow, Consultant in Public Health in Data, intelligence and research, Oxfordshire County Council

Steven presented the Performance report with the board –

Key Areas from the paper -

Indicators -

- A good start in life
- Living well
- Ageing well

A table showing the agreed measures under each priority, expected performance and the latest performance is attached. A short commentary is included to give insight into what is influencing the performance reported for each indicator

Of the 15 indicators reported in this paper:

Seven indicators are **green**

Two indicators are **amber**

Six indicators are **red**:

- **2.18** Increase the level of flu immunisation for at risk groups under 65 years (cumulative for flu season only)
- **2.20** % of the eligible population aged 40-74 years receiving a NHS Health Check (2018/19 - 2022/23) (quarterly)
- **2.21i** Increase the level of Cervical Screening (Percentage of the eligible population women aged 25-49) screened in the last 3.5 years) (quarterly)
- **2.21ii** Increase the level of Cervical Screening (Percentage of the eligible population women aged 50-64) screened in the last 5.5 years) (quarterly)
- **3.16** Maintain the level of flu immunisations for the over 65s (cumulative for flu season only)
- **3.18** Breast screening – uptake (The proportion of eligible women invited who attend for screening)

Ansaf Azhar comments – Oxfordshire is currently sitting in the red for the NHS health checks target and this would be the same nationwide. This is measured over 5 years and was stopped when the pandemic hit in 2020. What we can tell you is that the Southeast is improving and currently we are one of the highest performing for NHS Health checks. Next year we will be able to change the measure to our current year to get an accurate measure, otherwise this will stay in the red for a long time due to NHS Health Checks being missed through the pandemic.

Board discussed Flu and Covid Vaccination in children, larger uptake in children flu vaccine this year. School programme offered the nasal spray, less children off this year compared to last last year due to lockdowns, bubbles etc, so more uptake.

Ansaf Azhar urges this group to promote vaccination for children.

8. Report form Healthwatch Ambassador

14:20 – 14:30

Presented by Robert Majilton, Healthwatch Oxfordshire Ambassador

Robert shared the Healthwatch paper with the board

Healthwatch Oxfordshire's Annual Impact Report for the year 2022-23 will be published at the end of June 2023, along with an online presentation event open to the public on July 4th 2-3 pm.

<https://healthwatchoxfordshire.co.uk/event/healthwatch-oxfordshire-a-celebration-of-our-work-over-the-past-year/>

Cllr Upton commented on the Podcast she listened to on mental health which she found interesting and felt this was really good example of some of the work that the Healthwatch do and linking in with different communities.

David Munday – One of the items on the agenda for The Health and Wellbeing Board is an update on the development for the new health and wellbeing strategy. Veronica from Healthwatch has been very supportive and helping us to get the voice of the residents and doing some engagement work. Working jointly with Healthwatch adds value.

9. Domestic Report

14:30 – 14:55

Presented by Kate Holburn, Head of Public Health Programmes, Oxfordshire County Council, Lisa Ward Lived Experience Advisory Group

Kate Holburn introduced the key items in the paper –

The Oxfordshire Domestic Abuse Safe Accommodation Strategy

The Oxfordshire Overarching Oxfordshire Domestic Abuse Strategy, which is arranged under 4 pillars :

- Prevention
- Provision
- Pursuing
- Partnership

She also shared the following video that summarises this Video shared by Kate Holburn - [Our partnership approach | Oxfordshire County Council](#)

Kate outlined from her paper how the DA Board and Subgroups operate and what is provided in the commissioned services

Information was received on how the Lived Experienced Advisory Group function and feeds its valuable insight into how services are shaped and delivered. The LEAG group is small and would welcome new members to diversify it. Lisa Ward – Lived Experience Consultant- lead this discussion speaking to the following presentation - <https://mycouncil.oxfordshire.gov.uk/documents/s66283/OCC%20HIB%20slides.pdf>

David Chapman Question – 10% of domestic abuse victims are men, how do we support and encourage men to come forward?

Kate Holburn - Our needs assessments show 30% of men are victims of domestic abuse. Services have an access point where needs are assessed and can be moved through to accommodation/safety planning and men have equal opportunity to all services. We are aware that this is more of a challenge and we are encouraging men to come forward. One of the things we are doing is champions training, training professionals in how to spot and identify abuse and the route to go down to help and support.

David Chapman – There is quite good evidence on educating men in prison who are in prison for domestic abuse. Do we have any system that helps educating perpetrators?

Kate Holburn – Yes we have perpetrators programs, focusing on the high risk perpetrator program called Drive and a grant has been awarded for Thames Valley wide Drive program.

Discussion around accommodation, complaints, phone lines, and making sure vulnerable people get heard and feel they can raise concerns.

Domestic abuse service includes helpline, provision forward in refuges and they will link with other services. Monitoring and measuring complaints and performance. happen on a quarterly basis.

Ansaf Azhar – Big thank you Kate and Lisa for all the work they put in to this and the partnership. Reflection on where we were a year ago and it has grown, we still have a lot more work to do.

Influencing other services to open conversations up about domestic abuse, how can we encouraging our commissioning services to talk about and recognise domestic abuse?

Lisa Ward – Talking to the Champion network at the moment to see how we can get individual voices in the networking services.

10. Make Every Contact Count
15:00 – 15:25

Presented by Imogen Coningsby, Health Improvement Practitioner, Kate Austin Public Health Principal and Christine McBride - Health at OUH

Kate Austin and Imogen Coningsby shared the paper, Making Every Contact Count with the board

Overview of the paper discussed –

Background to MECC

BOB MECC delivery

Mapping and implementation

Here for Health case study

MECC is about using everyday conversations with the people we meet to improve their health and wellbeing.

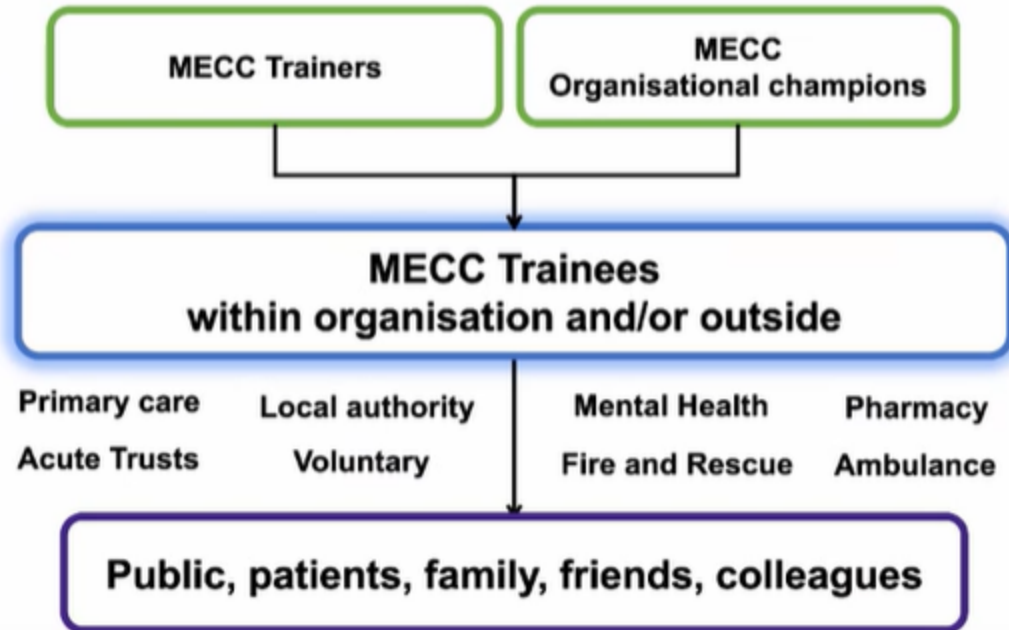
The 3 A's – ASK – ASSESS – ACT

Act – Pick up on cues, ask open questions

Assess - Their Capability, Opportunity, Motivation to change behaviour

Act – Summarise, agree an action, signpost, close the conversation

BOB MECC Delivery



Christine McBride - Health at OUH – shared “Here for Health and MECC” paper with the board

Overview of paper –

Here for Health
MECC at here for Health
MECC Conversations
Benefits of MECC

HIB members welcomed the local mapping of MECC activity to date and the formative implementation plan. It was noted that the OUH has embedded this approach within the “Here for Health” service and all member organisations were asked to consider what further opportunities there are within their services and teams to expand the work further, including within commissioned services. The MECC partnership for Oxfordshire is in the process of inviting funding bids from partnership members for small grants to support the rollout of MECC. The value of monitoring and evaluation was also agreed to be key, while acknowledging that it is difficult to quantify.

Robert Majilton – The team at Healthwatch is being MECC trained.

Cllr Louise Upton – Very impressed that there is refresher training for the trainers. Really happy that Imogen is now in post.

Ansaf Azhar – how do we capture and measure the data, referrals etc?

Kate Austin – Quite challenging to capture data, easier in NHS settings and library but bus stop conversations are difficult. Imogen is looking at ways we can capture data and the impact.

Cllr Louise Upton – Question for Christine, how do people get referred into you for further in-depth chat?

Christine McBride – We have pop up about once per month but we normally have more referrals from people visiting the hospital in different departments.

11. Social Prescribing

15:25 – 15:50

Presented by Angela Jessop, Personalised Care Lead at NHS
Buckinghamshire, Oxfordshire and Berkshire West ICB

Angela Jessop shared and presented Social Prescribing in Oxfordshire with the board

The paper covers –

Background to Social prescribing
Link Worker approach
Realising the Value and Impact
Demographics of Service Users
Oxfordshire PCN Innovation
ICB Joint Forward Plan – Next 18 Months

Cllr Louise Upton – the charts are hard to read, not sure what they are saying. Could we have a pie chart or something clearer?

Angela Jessop – Data is from a national website and cannot be manipulated.

Robert Majilton – How do we get user feedback on social prescribing?

Angela Jessop – The biggest impact of evidence is through case studies.

It was noted that funding for the link workers that underpin social prescribing ends next year. It is expected to be renewed but its effectiveness needs to be evaluated using data from the local programme. It was noted by Cllr O'Connor and Ansaf Azhar that more needed to be done to ensure social prescribing is accessed from those from more socioeconomically disadvantaged communities and those from some minority ethnic groups. The plan for development was noted and the Board was keen to understand more in future regarding high impact users, and uptake of services people are signed-posted to or that are prescribed.

12. Any other Business

Clean air day today 15 June, City Council has published data on air pollution and other districts are doing the same, whilst the County Council has launched its Clean Air Strategy today. The Health Improvement Board will be discussing air pollution in future meetings.

Next meeting 7 September 2023

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Performance Report

Background

1. The Health Improvement Partnership Board is expected to have oversight of performance on four priorities within Oxfordshire's Joint Health and Wellbeing Strategy 2018-2023, and ensure appropriate action is taken by partner organisations to deliver the priorities and measures, on behalf of the Health and Wellbeing Board.
2. The indicators are grouped into the overarching priorities of:
 - A good start in life
 - Living well
 - Ageing well

Current Performance

3. A table showing the agreed measures under each priority, expected performance and the latest performance is attached. A short commentary is included to give insight into what is influencing the performance reported for each indicator
4. All indicators show which quarter's data is being reported on and whether it is new data or the same as that presented to the last meeting (if the metric is yet to be updated).

Of the 15 indicators reported in this paper:

Five indicators are **green**

Five indicators are **amber**

Five indicators are **red**:

- **2.18** Increase the level of flu immunisation for at risk groups under 65 years (cumulative for flu season only)
- **2.21i** Increase the level of Cervical Screening (Percentage of the eligible population women aged 25-49) screened in the last 3.5 years) (quarterly)
- **2.21ii** Increase the level of Cervical Screening (Percentage of the eligible population women aged 50-64) screened in the last 5.5 years (quarterly)
- **3.16** Maintain the level of flu immunisations for the over 65s (cumulative for flu season only)
- **3.18** Breast screening – uptake (The proportion of eligible women invited who attend for screening)

5. Thematic outcome overview: Mental Health and Wellbeing

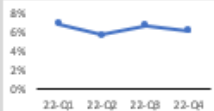
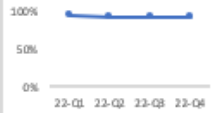






An overview of mental health and wellbeing outcomes is included to provide context for the thematic focus of the Board's meeting and is an update on that reviewed by the Health Improvement Partnership Board in November 2021. N.B. due to the delay in national data collection and reporting, a number of indicators relate to past years.

Health Improvement Board Performance Indicators 2022/23

*National target








1 - Targets set by Local Authority Public Health

2 - RAG: **G** has exceeded or is close to target **A** is borderline but within threshold **R** is off target

	Measure	New data since last	Frequency	Target ¹ 23/24	Latest Period	Latest Data	RAG ²	Direction of travel	Trend	Commentary
A good start in life Page 12	1.12 Reduce the level of smoking in pregnancy (quarterly)	Y	Quarterly	6.0%	22-Q4	6.2%	G	↓		Variation across quarterly reporting is expected due to overall low numbers. The public health funded stop smoking service is in place to support pregnant women to quit. A new maternity tobacco dependency service (NHSE funded, implemented via the ICB) is anticipated to commence soon. The Family Nurse Partnership incentivised quit scheme to support young mothers and their significant others to quit is continuing.
	1.13 Increase the levels of Measles, Mumps and Rubella immunisations dose 1 (quarterly)	Y	Quarterly	95% 22/23	22-Q4	92.2%	A	↓		The NHS England Improving Immunisation Uptake initiative continues to provide support to identified GP practices, ensuring improved uptake and reducing variation in uptake between practices. In addition, as part of a South East pre-school vaccination campaign, the NHS will contact parents of children who will be starting school in Sep 2023 and will be encouraging them to have their children vaccinated. The campaign will aim to educate and inform parents about why the vaccines are so important and the impact of these diseases on their children's health and within the wider community.
	1.14 Increase the levels of Measles, Mumps and Rubella immunisations dose 2 (quarterly)	Y	Quarterly	95% 22/23	22-Q4	91.6%	A	↑		The NHS England Improving Immunisation Uptake initiative continues to provide support to GP practices; ensuring improved uptake and reducing variation in uptake between practices.
	1.15 Reduce the levels of children overweight (including obese) in Reception class (NCMP data) - (Annual-Dec)	N	Annual (Dec)	18.4%	21/22	19.3%	A	↑		There has been a small increase in Reception overweight and obesity since pre-pandemic levels in 2018/2019. Work is continuing to address this through the whole systems approach to healthy weight action plan and specific programmes such as You Move and the child healthy weight service, Gloji Energy.
	1.16 Reduce the levels of children overweight (including obese) in Year 6 (NCMP data) - (Annual-Dec)	N	Annual (Dec)	31.0%	21/22	33.4%	A	↑		There has been a significant increase in Year 6 overweight and obesity levels since 2018/2019 (pre-pandemic). Work is continuing to address this through the whole systems approach to healthy weight action plan and specific programmes such as You Move and the child healthy weight service, Gloji Energy.
Living Well	2.16 Reduce the Percentage of the population aged 16+ who are inactive (less than 30 mins / week moderate intensity activity) (Annual - Feb)	N	Annual (Jun)	20.0%	Nov 21/22	19.2%	G	↓		During COVID, levels of inactivity worsened across England. New projects such as Move Together (launched July 2021) and You Move (launched June 2022) to help improve this measure and latest data from Sport England shows this is now improving. This year a local physical activity framework, Oxfordshire on the Move launched in April 2023, coordinated by Active Oxfordshire to galvanise partners to increasing physical activity through specific ambitions.
	2.17 Increase the number of smoking quitters per 100,000 smokers in the adult population (quarterly)	Y	Quarterly	1267 per 100,000	22-Q4	1403	G	↑		The Oxfordshire Local Stop smoking service (LSSS) continues to engage local residents to quit smoking, targeting priority groups through workplace and pop-up events, as well as having a single point of access referral route, and a range of quit tools available including e-cigarettes. Work across the system through the Tobacco Control Alliance continues to support the County to become Smoke Free through initiatives such as SmokeFree side-lines, parks, school gates. Priorities for 23/24 are to work with debt management providers to support individuals to quit to improve health and finances.
	2.18 Increase the level of flu immunisation for at risk groups under 65 years (cumulative for flu season only)	N	Annual	60.4% (annual) 22/23	Sep22-Feb23	56.5%	R	↓		Uptake for the 22/23 season surpassed the baseline of 2017/18 but did not meet the uptake of 21/22. This is mirrored in the regional data, where uptake has dropped compared to 21/22. One reason is that the public may be less sensitised to the need for vaccinations this year compared to the height of the COVID pandemic. The NHS England Thames Valley Public Health Commissioning Teams are completing a review of the 22/23 flu vaccination programme with a view to maximising uptake and reducing inequalities in 23/24.


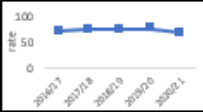
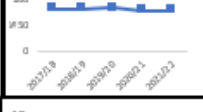



1 - Targets set by Local Authority Public Health

2 - RAG: **G** has exceeded or is close to target **A** is borderline but within threshold **R** is off target

	Measure	New data since last HIB	Frequency	Target 23/24	Latest Period	Latest Data	RAG ¹	Direction of travel	Trend	Commentary
Living Well	2.19 % of the eligible population aged 40-74 who have been offered an NHS Health Check in 2023 -24 (quarterly)	Y	Quarterly	5.0%	23-Q1	3.7%	A	↑		Q1 2023/24 saw an increase in the numbers of NHS Health Check invitations that is more aligned to the pre-pandemic levels. All GP Practices are offering NHS Health Checks in Q1 2023/24. The Supplementary NHS Health Check Service are making progress with community health checks increasing their numbers of checks completed in Q1 2023/24 compared to Q4 2022/23.
	2.20 Of those residents invited for a NHS Health check, the % who accept and complete the offer (annual - Jun)	Y	Annual (Jun)	45.0%	2022/23	45.2%	G	↑		GP Practices are actively inviting eligible patients and a countywide marketing campaign is currently underway alerting the public to the NHS Health Check programme and urging them to attend their appointments when invited. The newly commissioned supplementary NHS Health Check Services began the service implementation phase between October - December 2022 and service delivery through outreach clinics began from 1st February 2023. The Oxfordshire service continues to benchmark higher than regional and national averages.
	2.21i Increase the level of Cervical Screening (Percentage of the eligible population women aged 25-49) screened in the last 3.5 years) (quarterly)	Y	Quarterly	80%* 22/23	22-Q3	64.7%	R	↓		This is below the coverage for England (66.4%) and the South East (67.3%) averages. GP practices with lower cervical screening coverage in 25-49 year olds are situated in small areas (LSOAs) with a higher percentage non-white population. NHSE Thames Valley Screening and Immunisation Team is working in conjunction with BOB ICB to improve cervical screening uptake and reduce inequalities. This includes ensuring ceasing records are up to date and accurate in line with the National ceasing audit. The Screening and Immunisation Team have rolled out an assurance process via ICBs to enable cervical screening safely through Primary Care Networks enhanced access clinics. The Screening and Immunisation Team will now target PCNs with lower coverage to understand what further supportive actions can be implemented. A South East wide communications campaign aimed at first time attendance at cervical screening is being rolled out in 2023.
	2.21ii Increase the level of Cervical Screening (Percentage of the eligible population women aged 50-64) screened in the last 5.5 years) (quarterly)	Y	Quarterly	80%* 22/23	22-Q3	74.7%	R	↓		This is comparable to England (74.7%) and the South East (74.9%) averages. NHSE Thames Valley Screening and Immunisation Team is working in conjunction with BOB ICB to improve cervical screening uptake and reduce inequalities. This includes ensuring ceasing records are up to date and accurate in line with the National ceasing audit. The Screening and Immunisation Team have rolled out an assurance process via ICBs to enable cervical screening safely through Primary Care Networks enhanced access clinics. The Screening and Immunisation Team will now target PCNs with lower coverage to understand what further supportive actions can be implemented.
Ageing Well	3.16 Maintain the level of flu immunisations for the over 65s (cumulative for flu season only)	N	Annual	86.4% (annual) 22/23	Sep22- Feb23	84.9%	R	↓		Uptake for the 22/23 season surpassed the baseline of 2017/18 but did not meet the uptake of 21/22. This is mirrored in the regional data, where uptake has dropped compared to 21/22. One reason is that the public may be less sensitised to the need for vaccinations this year compared to the height of the COVID pandemic. The NHS England Thames Valley Public Health Commissioning Teams are completing a review of the 22/23 flu vaccination programme with a view to maximising uptake and reducing inequalities in 23/24.
	3.17 Increase the percentage of those sent Bowel Screening packs who will complete and return them (aged 60-74 years) (quarterly)	Y	Quarterly	60% (Acceptable 52%)* 22/23	22-Q3	67.6%	G	↑		The programme is meeting the acceptable standard for uptake. Age-extension for the bowel screening programme is taking place, with age-extension to 54 year olds in 2023.
	3.18 Breast screening – uptake (The proportion of eligible women invited who attend for screening) (quarterly)	Y	Quarterly	80% (Acceptable 70%)* 22/23	22-Q3	63.5%	R	↓		The breast screening programme was significantly impacted by the pandemic. Uptake is comparable to the South East (63.1%) and above the England (58%) averages. Unpublished data suggest improvements in uptake in the next quarter in Oxfordshire. NHSE South East regional teams are working collaboratively to develop a breast screening workforce plan and providing financial support to providers to implement approaches to reduce inequalities and improve uptake across all Section 7a programmes that they provide.

Mental Health Wellbeing

RAG: ■ Better or Higher ■ Similar ■ Worse or Lower The RAG rating is benchmarked against England except for * which is rated against Oxfordshire set target of 95%.

#	Measure	Period	Oxfordshire	SE	England	Trend	Commentary
A good start in life	Percentage of Mothers who received a Maternal Mood Review (by 0-5 Health Visiting Service) in line with the local pathway by the time the infant is aged 8 weeks.	Q1 22/23	95% *	-	-	No Trend Data	Mothers who are identified as needing additional support are referred on for Listening Visits, Knowing me - Knowing You groups, Perinatal Mental Health support services.
	Hospital admissions as a result of self-harm (10-14 years), crude rate of finished admission episodes for self-harm per 100,000 population. (Annual)	2021/22	197.3	346.3	307.1	No Trend Data	This is a priority within the Children and Young People's Plan led by the Children's Trust and is part of the Suicide and Self-Harm Strategy and the Children and Young People's Emotional Health and Wellbeing Strategy.
	Hospital admissions as a result of self-harm (15-19 years), crude rate of finished admission episodes for self-harm per 100,000 population. (Annual)	2021/22	644.8	854.5	641.7	No Trend Data	This is a priority within the Children and Young People's Plan led by the Children's Trust and is part of the Suicide and Self-Harm Strategy and the Children and Young People's Emotional Health and Wellbeing Strategy.
	Hospital admissions as a result of self-harm (20-24 years), crude rate of finished admission episodes for self-harm per 100,000 population. (Annual)	2021/22	362.4	466.3	340.9	No Trend Data	Self-harm is risk factor for suicidal behaviour, support is provided through universal and targeted support to people in crisis.
	School Readiness: percentage of children achieving a good level of development at the end of Reception (Annual).	2021/22	67.5%	67.5%	65.2%		This is a priority for the Oxfordshire School Readiness and Lifelong Strategic Plan and led by a multi-agency task and finish group
	School Readiness: percentage of children with free school meal status achieving a good level of development at the end of Reception (Annual)	2021/22	43.1%	47.4%	49.1%	No Trend Data	This indicator is a priority for the Oxfordshire School Readiness and Lifelong Strategic Plan and led by a multi-agency task and finish group
Living Well	Gap in the employment rate for those in contact with secondary mental health services and the overall employment rate, percentage point gap (Annual)	2020/21	66.3	66.7	66.1		This is forming part of the COVID recovery planning
	Percentage of people in employment	2021/22	79.10%	78.10%	75.40%		This is forming part of the COVID recovery planning
	Self-reported wellbeing - people with a low happiness score	2021/22	6.2%	7.70%	8.40%		This is a priority for the Mental Health Concordat and organisations across the county.
	Self-reported wellbeing - people with a high anxiety score	2021/22	20.2%	22.3%	22.6%		This is a priority for the Mental Health Concordat and organisations across the county.
	Suicide rate, age-standardised mortality rate from suicide and injury of undetermined intent per 100,000 population (10+) (Annual)	2019-21	10.0	10.6	10.4		This is a priority for the Suicide Prevention Strategy and Multiagency Group

RAG: ■ Better or Higher ■ Similar ■ Worse or Lower The RAG rating is benchmarked against England except for * which is rated against Oxfordshire set target of 95%.

	Measure	Period	Oxfordshire	SE	England	Trend	Commentary
Ageing Well	Loneliness: Percentage of adults who feel lonely often / always or some of the time (Annual)	2019/20	24.2%	20.8%	22.3%	No Trend Data	This is a system priority for organisations supporting adults and should form part of a holistic assessment.
	Excess under 75 mortality rate in adults with severe mental illness (SMI) (Annual)	2018-20	330.8%	425%	389.9%		This is a priority for primary and secondary care.
	Social isolation: percentage of adult social care users who have as much social contact as they would like (Annual)	2021/22	37.40%	40.70%	40.60%		This is a system priority for organisations supporting adults and should form part of a holistic assessment.

No Trend Data : Following Census 2021, the Office for National Statistics (ONS) is carrying out reconciliation and rebasing of the mid-year population estimates (MYE) it produces. This process happens every 10 years following the census. It is particularly important following the 2021 Census because the coronavirus (COVID-19) pandemic is likely to have increased the uncertainty around the MYEs more than would ordinarily be the case. It is likely that many people's movements over the last two years may not reflect longer-term trends.

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Healthwatch Oxfordshire report to Health Improvement Board (HIB). 7th September 2023 Presented by Healthwatch Ambassador for the HIB **Robert Majilton**

Purpose / Recommendation

- For questions and responses to be taken in relation to Healthwatch Oxfordshire insights.

Background

Healthwatch Oxfordshire continues to listen to the views and experiences of people in Oxfordshire about health and social care. We use a variety of methods to hear from people including surveys, outreach, community research, and work with groups including Patient Participation Groups (PPGs), voluntary and community groups and those who are seldom heard. We build on our social media presence and output to raise the awareness of Healthwatch Oxfordshire and to support signposting and encourage feedback. We ensure our communications, reports and website are accessible with provision of Easy Read and translated options.

Key Issues

Since the last meeting in June, our current work focus includes:

- Healthwatch Oxfordshire **Annual Impact Report** (2022–23) presented in public on 4th July. Available here: <https://healthwatchoxfordshire.co.uk/our-work/annual-reports/>

Enter and View reports and visits continue. Once complete, all reports and provider responses are available here: <https://healthwatchoxfordshire.co.uk/our-work/enter-and-view-reports/> including:

- Oxford Haemophilia and Thrombosis Centre (July 2023)

All recent reports are on our website: <https://healthwatchoxfordshire.co.uk/our-work/research-reports/>

Other activity:

- Healthwatch Oxfordshire has contributed to engagement with the public for new Health and Wellbeing Strategy development, leading on a programme of face-to-face outreach, and online across the county. To date we have heard from **over 1000 people** mainly through face-to-face contact at community events, play days, and on the streets. People told us their views on what supports health and wellbeing in the county and what

challenges they face. A report of what we heard will be shortly available on our website and presented to Health Overview Scrutiny Committee (HOSC). Emerging themes from our conversations include:

- **What supports wellbeing?** Themes included: Range of physical activity pursuits, access to green space, access to health care, family and community, access to healthy food.
- **What are the challenges?** Themes included: Cost of living (housing, employment, high costs), unhealthy food environment, and cost of healthy food, cost of accessing leisure centres and keeping fit, mental health support and waiting times, GP access and waiting, lack of NHS dentistry, poor public transport links and isolation.
- We also convened a **webinar session** online on 5th September for voluntary and community sector to give their views on what is important for the new health and wellbeing strategy, with support of Oxfordshire Community and Voluntary Action (OCVA). A video recording of this event will be available on our website.
- Our regular Healthwatch Oxfordshire **hospital stands** continue with recent visits to Nuffield and Churchill Hospitals to hear directly from members of the public.
- We will be working to focus on oral health in under 10's with additional support from Core 20 Plus 5 NHS funding.

Current and recent surveys:

- We are hosting and supporting two community researchers from Oxford Community Action through Health Education England **Community Participatory Action Research Programme** (Phase 2). They are exploring impact of cost of living and health inequalities through looking at insight from their emergency food provision support with training and mentoring as part of the programme.
- We are working to support Community First Oxfordshire in the coming months to explore experiences of rural health inequalities.

Key issues we are hearing:

- Continue to hear about access to mental health support, SEND provision, NHS dentistry, GP waiting and access and cost of living.

Key Dates

We are holding our **open forum** with our Board of Trustees on Tuesday 26th September from 4.30–5.30pm at Rose Hill Community Centre. Don O'Neal was appointed as new Chair taking over in June.

<https://healthwatchoxfordshire.co.uk/news/come-to-our-open-forum-on-tuesday-26th-september-and-have-your-say-on-local-health-services/>

Oxfordshire Community Mental Health Framework





Oxford Health
NHS Foundation Trust

KEYSTONE

MENTAL HEALTH & WELLBEING HUBS

The Keystone Mental Health and Wellbeing Hubs

Vision

To provide integrated, multi-agency care to adults with complex and serious mental illness in a way which is **proactive, personalised** & considers the needs of patients.

Page 21

A service which works **collaboratively with primary care** and draws upon the **expertise** and **assets of the community** to enable effective, **accessible care & communication** across the whole system.



Co produced with patients, experts by experience

Principles for Delivery

No wrong front Door

Care Organised around communities, addressing inequalities and social determinants of serious mental illness

Co-Production

An evidence Based holistic partnership approach reducing unnecessary duplication or escalation

No artificial thresholds between Primary and Secondary care.

Specific focus on pathways for those with Eating Disorders, Personality Disorder and Complex psychosis

Reducing stigma

Fully integrated mental health provision at local level, tailored to people experiencing SMI & the health & wellbeing needs of the local community

Current Situation and Plans

In Place/ Ongoing

- 2 Keystone MH and Wellbeing Hubs in place – Banbury & Abingdon
- 5 PCMHTs fully functioning – Abingdon, Banbury, Blackbird Leys/ City East, North City and NE Oxon and Wantage/ Didcot/ Farringdon (last 2 went live 4/9/2023)
- Coproduction
- Personality Disorder pathway signed off
- Forming relationships with those communities MH services have traditionally failed
- Partnership with Sport in Mind to increase provision across Oxon.
- Partnership with Bipolar UK to run self-management courses for those with bipolar across Oxon and ongoing Peer support groups.
- Partnership with Age UK and Connections to provide support, education, advice to older people with SMI and their families and carers.
- Development of Patient information app – a one stop shop for people to learn more about MH conditions, access and signposting to 'safe' self-help, as well as local events which support mental health and well being

In development

- City Central PCMHT to go live in October 2023. Witne and Wallingford/ Henley/ Thame teams to go live by January 2024
- Eating Disorder and Complex psychosis pathways
- 3 further sites for Keystone Hubs identified and being developed in Wantage and Cowley Rd (this will house both the City central & Bbleys/ East oxford PCMHTs)
- Referral app to allow both professional and self-referrals which will gather the information to make informed clinical triage decisions
- Offer to social enterprises to use the 'front of house' space in the Hubs
- Use of the group room space in the Hub to local community groups, voluntary sector and statutory organisations to see people around issues which impact on MH

Thank You

Any Questions?

Health Improvement Board

[Date]

Oxfordshire Mental Wellbeing and Suicide Prevention Update**Purpose / Recommendation**

1. **The Health Improvement Board is asked to note the report and consider further steps that could be taken to promote mental wellbeing and suicide prevention across Oxfordshire.**

Background

2. The factors leading to someone taking their own life are complex. Suicide is both a public health concern and everyone's business. Some subgroups are more exposed and vulnerable to unfavourable social, economic, and environmental circumstances. These subgroups, interrelated with ethnicity, gender and age, are at higher risk of mental health problems.
3. A new national suicide prevention strategy is being finalised (previously published 2012¹) and will reflect new evidence and national priorities for preventing suicides across England, including actions to tackle risk factors and targeted actions for groups of concern. The strategy is expected in the Autumn 2023.
4. Oxfordshire has a wide ranging, well-established multi-agency group that is dedicated to preventing suicide and self-harm. There are over 20 organisations who have all made a commitment to both the development and delivery of the [Oxfordshire Suicide and Self-Harm Prevention strategy](#)². These range from public and private sectors to national and local charity sector organisations.
5. The strategy has four focus areas: Safer Oxfordshire Communities, Safer Professionals and settings, Accessible support for those effected, Strong integrated prevention network. This is underpinned by four action areas:
 - Real-time surveillance and analysis,
 - Identifying and reducing high-risk groups and behaviours,
 - Supporting after suicide and self-harm, including living experience,
 - Promote resilience and wellbeing.
6. In 2021³, there were 5,583 suicides registered in England and Wales, equivalent to a rate of 10.7 deaths per 100,000 people; while this was statistically significantly higher than the 2020 rate of 10.0 deaths per 100,000 people, it was consistent with the pre-

¹ [Suicide prevention in England: fifth progress report - GOV.UK \(www.gov.uk\)](#)

² <https://www.oxfordshire.gov.uk/sites/default/files/file/adult-social-and-health-care/OxfordshireSSHPreventionStrategy.pdf>

³ <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2021registrations>

coronavirus (COVID-19) pandemic rates in 2019 and 2018. *NB: Data for 2022 published in September 2023 from ONS.*

7. The fall in the suicide rate in 2020 was likely to have been driven by a decrease in male suicides at the start of the coronavirus pandemic, and delays in death registrations because of the pandemic.
8. In Oxfordshire there were 181 suicides during 2019-2021, 138 were male and 43 were female. This is a rate of 10.0 per 100,000 population compared to 10.6 in South-East and 10.4 in England. Data⁴ is provided by districts and numbers do fluctuate per location. In 2021 there were 18 deaths in Vale of White Horse, 16 in Cherwell, 13 in South Oxon, 9 in West Oxon and 9 in Oxford City. The age groups 30-49 years have the higher number of suicides.

Key Areas

There are a number of established partnership groups supporting Suicide Prevention and Self-Harm and Mental Health Prevention across the county, through strategies, frameworks, action plans alongside insights and views of local residents. The information below provides some detail on what is happening, but it is not an exhaustive list.

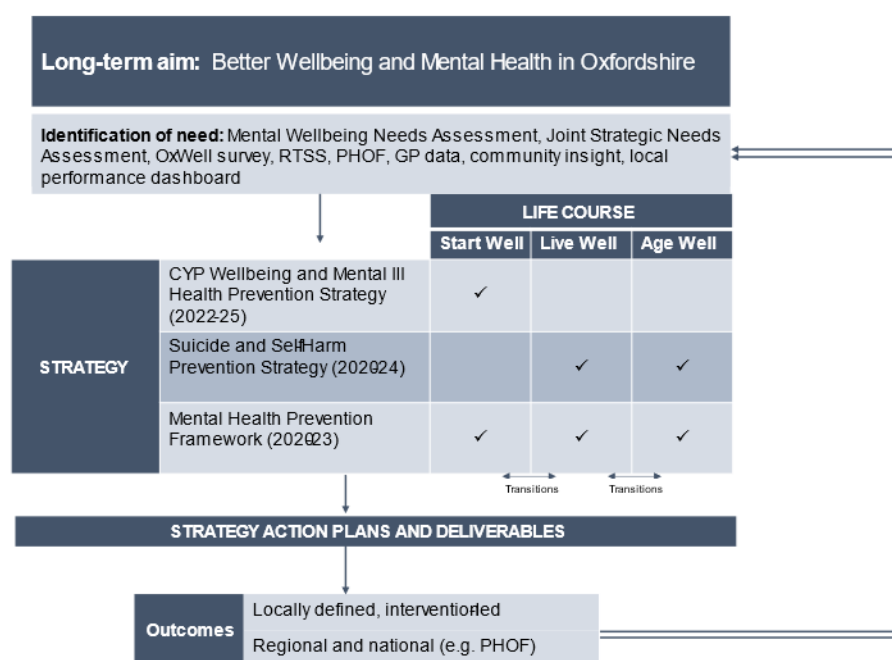
9. The **Oxfordshire Mental Health Prevention Framework**⁵ aims to promote good mental health and wellbeing. The Prevention Concordat Partnership is responsible for overseeing and driving forward the framework and its action plan. Its four focus areas are 'Informed partnerships', 'Insight and evaluation', 'Confident Professionals', and 'Resilient Communities'. The Mental Health Prevention Concordat Partnership Group was established in May 2020 bringing together partners from across local health, voluntary sector organisations, and county and district council partners. The group coordinates and delivers mental health prevention activity across the county.
10. **Oxfordshire Children Young People Emotional Wellbeing Strategy 2022-2025**⁶ focuses on both promoting emotional wellbeing, which can be understood as how people feel and function and deal with the ups and downs of everyday life, and on preventing mental ill health, which is defined clinically and includes depression and anxiety. It has four aims: provide early help and create supportive environments; develop a confident workforce; ensure positive transitions for 16-25 year olds; and improve access. There is a system action plan which includes provision of whole school approach for wellbeing, training on mental health and suicide prevention, digital support.

⁴ [Suicides in England and Wales by local authority - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/suicidesinenglandandwalesbylocalauthority/2019and2018)

⁵ <https://www.oxfordshire.gov.uk/sites/default/files/file/adult-social-and-health-care/OxfordshireMentalHealthPreventionFramework.pdf>

⁶ [Oxfordshires Better Wellbeing and Mental Health Strategy for Children and Young People SEPTEMBER 20.pdf](#)

11. The county's three overarching strategies across the life-course are presented below.



12. **Oxfordshire's Mental Wellbeing Needs Assessment**⁷ was published in December 2021 and provides a broad picture of mental wellbeing across Oxfordshire and the life course. It makes recommendations to understand local data and provide opportunities to improve mental wellbeing within our local communities.

13. **Healthwatch**⁸ wanted to hear the views from working men on health and care. They surveyed men in Carterton in 2023. Men told researchers that it was getting easier to talk about health and wellbeing, particularly for the younger generation. Male friends and men in workplaces could be important in giving peer support for men to talk about health. Men did not always know where to turn for help and support and were not always aware of local services and what they offer. This insight is so valuable in suicide prevention and wellbeing promotion.

14. **West Oxfordshire District Council** conducted a children and young people needs assessment⁹ 2022 which asked questions on wider determinants for health and wellbeing. Information was collected from secondary school pupils covering a wide range of topics including mental health and is being used locally to provide support.

15. Oxfordshire schools and colleges have participated in the **OxWell Survey**¹⁰ again in 2023. The survey is an online study that measures the wellbeing of school-aged children and young people, allowing us to learn about the many interconnected factors that might be influencing their health and happiness. The 2023 results are being analysed and shared with schools, school health nurses, mental health support teams in schools.

⁷ https://insight.oxfordshire.gov.uk/cms/system/files/documents/MW/BN_A_Oxon_Dec21_forweb.pdf

⁸ <https://healthwatchoxfordshire.co.uk/wp-content/uploads/2023/02/Men-in-Carterton-February-2023.pdf>

⁹ [Youth Needs Assessment - summary report for informal Cabinet Aug 2022.pdf \(westoxon.gov.uk\)](https://oxwell.org/)

¹⁰ <https://oxwell.org/>

16. **The Oxfordshire Joint Strategic Needs Assessment 2023**¹¹ provides data on wellbeing at district levels as part of its Healthy Place Shaping Indicators. This shows in 2021/2022 South Oxfordshire had the highest percentage of people with a high anxiety score. West Oxfordshire had the highest percentage of residents reporting a low happiness score in 2021/2022.

Oxfordshire Suicide Prevention Group

17. Oxfordshire operates a **Real Time Surveillance** system between Coroners, Thames Valley Police and Public Health. The aim is to prevent suicides by reviewing up-to-date information which enables partners to mobilise and support individuals, local communities and target any messages to high-risk groups or high-risk locations. This provides a data-led approach to suicide prevention.

18. People who have been bereaved by suicide have used their experiences to lead the revision of a support guide to help others affected by someone taking their own life. This **Help is at Hand**¹² document is shared when police attend incidents and suicide is suspected.

19. Individuals bereaved by suicide are able to access help and support through the following organisations

- Oxfordshire Bereavement Charity **SeeSaw**¹³ provide support for families bereaved by suicide through early support, parent advice and support, 1:1 grief support for CYP and schools Support. SeeSaw have recently published their 'Finding the Words' booklet to support children when someone has died by suicide.
- **Amparo**¹⁴ provides emotional and practical support for anybody who has felt the impact of suicide. This is a joint approach across Oxfordshire, Buckinghamshire and Berkshire to offer bereavement support and it is self-referral and the service was launched in 2022.

20. Below is a selection of some of the **suicide prevention initiatives** in 2023:

- Through the multi-agency group we were able to mobilise support for a Parish Council who wanted to come together and discuss ways to support wellbeing in the community. A meeting was held in the Village Hall following suicides within their local community. Colleagues from the District Council, Oxford Health, Samaritans, the local GP surgery, and Oxfordshire MIND attended to provide an overview of their work, support available and to answer any questions that arose.
- Oxfordshire County Council has partnered with R;pple¹⁵ to have their browser on all employee laptops providing a potentially life-saving tool in place for wellbeing. The charity was founded by Alice Hendy after losing her brother, Josh, to suicide at 21 years old. Josh had been researching techniques to take his own life through harmful internet searches. The tool works by

¹¹ https://insight.oxfordshire.gov.uk/cms/system/files/documents/HPS_Wellbeing_indicators_2023.pdf

¹² [You are not alone: Help is at Hand for anyone bereaved by suicide - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/help-is-at-hand-for-anyone-bereaved-by-suicide)

¹³ [Finding the words | SeeSaw](#)

¹⁴ [About us - Amparo](#)

¹⁵ [R;pple Suicide prevention](#)

intercepting harmful content relating to self-harm and/or suicide through innovative technology to redirect users to mental health support if they are struggling to cope or in need immediate help.

- Thames Valley Suicide Prevention Network recently launched a website¹⁶ for carers and people going through a mental health crisis for ease of access to the right support and recovery. The website also provides a digital resource for professionals to support people in crisis. This resource was funded by NHS England and Health Education England. Members of Oxfordshire Suicide Prevention Multi-agency group were part of the development of this resource.
- The multi-agency group partnered with University of Birmingham to deliver a Suicidality in Care Givers webinar in spring 2023.
- Public Health are currently commissioning a mental wellbeing and suicide prevention training offer for frontline staff and volunteers in local communities starting by the end of 2023.
- University of Oxford have signed up to the University of Mental Health Charter¹⁷ which requires institutions to co-ordinate a staff and student mental wellbeing approach. Also University of Oxford and Oxford Brookes University are reviewing local arrangements using the national University UK Suicide - Safer Universities Guidance¹⁸.

Budgetary implications

National money to support suicide prevention does become available and this has been used locally to fund initiatives.

There will be a new round of Grant fund for Suicide Prevention Voluntary Community Social Enterprise organisations (VCSE): £10 million grant fund for suicide prevention VCSE organisations in England across 2023-24 to 2024-25. The funding is aiming to be launched the fund in the autumn.

Organisations can find out more by registering with the “Find a Grant” portal, if they are not already, so that they receive notifications once it is launched here

<https://www.find-government-grants.service.gov.uk/newsletter?href=%2F&searchTerm=>

29th August 2023

Contact: Donna Husband, Head of Public Health Programmes – Start Well and Chair of Oxfordshire Suicide Prevention Multi-Agency Group

donna.husband@oxfordshire.gov.uk

¹⁶ <https://tvsuicideprevention.uk/>

¹⁷ [University Mental Health Charter](#)

¹⁸ [Suicide-safer universities \(universitiesuk.ac.uk\)](#)

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Active Communities Team

South Oxfordshire and Vale of
White Horse District Councils



“Physical activity has a huge potential to enhance our wellbeing.

Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problem.”

(Mental Health Foundation)



Active Communities Strategy

**Our vision is for all of our residents to
'be active, be healthy and be happy.'**

The Strategy sets out how the Councils' plan to improve the health and wellbeing of our residents and the key role we play in providing high quality active opportunities for our communities, to contribute to tackling inactivity and addressing the inequalities that challenge our society.

We know we have some areas that need more help than others where deprivation is a real issue, where unless we act, the gap between the least and the most deprived will widen so we are targeting certain geographic areas.

Everyone deserves the opportunities to be active, we want to support those with long term health conditions, including mental health issues, disabled people and those for whom cost is an issue. Everyone deserves the opportunities to be active.



The strategy has six themes:

1. enabling everyone to be active – ensure sustainable, inclusive, local interventions to support residents to keep healthy.
2. create healthier communities through walking and cycling - increase opportunities to walk and cycle safely using local infrastructure footpaths and cycleways across our district.
3. maximise the potential of our natural environment - use natural infrastructure to provide a place for physical activity, relaxation, social interaction, and community events.
4. building the skills base of our communities - working with the local workforce to make it sustainable. Our coaches, instructors and volunteers will be recruited, developed, and supported along their desired pathway.
5. effective communication, promotion and consultation - engage with our communities to get a true picture of what active opportunity is available locally.
6. collaborative partnerships and funding advice – making resources go further and sharing best practice.



How the holiday programme links to the strategy themes

A range of activities including cricket, football, table tennis, dance, yoga, skateboarding, walks and more enables everyone to be active

Our nature walks, Nordic walking and evening walks throughout the districts promote the benefits of walking

Nature fundays run at Manor Preparatory School and Kingsgrove helped to educate and inform families about the natural world around them

To support our programme of activities we employ casual coaches who gain new skills and confidence, supporting their professional development

Our holiday activities are promoted through a variety of methods including newsletters and social media as well as directly contacting all YouMove card holders

The programme is funded by YouMove, Didcot Garden Party and the Community Safety team. A number of partnerships with local organisations enable us to offer a wide variety of activities for the community to get involved with





South

“I just want to say a huge thank you for making these activities available to families such as mine. It has truly made a tremendous difference to our lives. Please keep up your amazing work”

Vale

“I can’t tell you how wonderful it is to be able to do something immediately that is certain to have a positive impact for our more challenged families. THANKYOU!!” - Grove Primary SENCo

1263 individuals are signed up to the pathway in South Oxfordshire

1228 individuals are signed up to the pathway in Vale of White Horse

Data as of 25 August 2023





As part of the Didcot Garden Party the Active Communities team provided a range of free activities in Didcot and the surrounding villages of Blewbury, Hagbourne and Sutton Courtenay.

These activities were part of a summer holiday programme across both districts which attracted over 1500 participants

We took part in the Nourish and Flourish Programme across nine Didcot schools for children in year five. Sports sessions that we ran included more unusual sports such as Quidditch.



Skateboarding sessions



Active Communities have teamed up with ATB Skate and Scoot to offer skating and scooting games and competitions, and with Team Rubicon for beginners skateboarding sessions for all ages.

These activities were run in partnership with our Community Safety Team and were very well attended



Faringdon skate event with 80 participants





Xplorer is a family-friendly fun navigation challenge that is educational and gives children a sense of adventure as they explore the park to find the markers.

It involves a healthy mix of physical activity and decision-making that the whole family can enjoy together. At each marker, children need to identify what is pictured and enjoy learning a fun fact to tell their friends.

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‘It is so great to get my children out in the fresh air doing a fun activity and to get a certificate and sticker at the end of it’ - parent from Watlington





Real Play supports families playing and learning together.

Fun games and story telling provide a captivating programme which enables families to be active and learn together through the power of play

Throughout July and August we ran eight sessions at a range of indoor and outdoor venues.



41 children enjoying Real Play at Folly Park in Faringdon

‘it was so lovely to see my two children enjoy this session, and for me as a parent to join in too’ - family in Faringdon





The Active Communities team have installed 21 tables across the two districts since March 2021 and we have four more due to go in later this year.

At each site we offer a launch event to encourage community use through games and mini competitions, and hand out free bats and balls to encourage use.



Other activities



- We partnered with the Fitness and Wellbeing Hub in Didcot to provide family fitness classes at weekends throughout the summer
- Our team delivered Boxfit sessions for teenagers at TRAIN (Didcot) and Sweatbox (Wantage)
- Active Totz ran sessions in village locations such as Steventon and Wootton
- We linked with libraries in Abingdon and Didcot to support their activity themed reading challenge
- Arts project to paint a mural on the Ride Revolution storage containers



Ride Revolution

Ride Revolution takes bikes donated by the community and restores them so that they can be given to children and families who may not have access to a bike to help them get more active.

As well as helping residents to keep active the project also gives them the knowledge and confidence to ride safely and keep their bike in good working order.



Working with Arts development and local youngsters we were able to give our bike storage containers a much needed face lift.



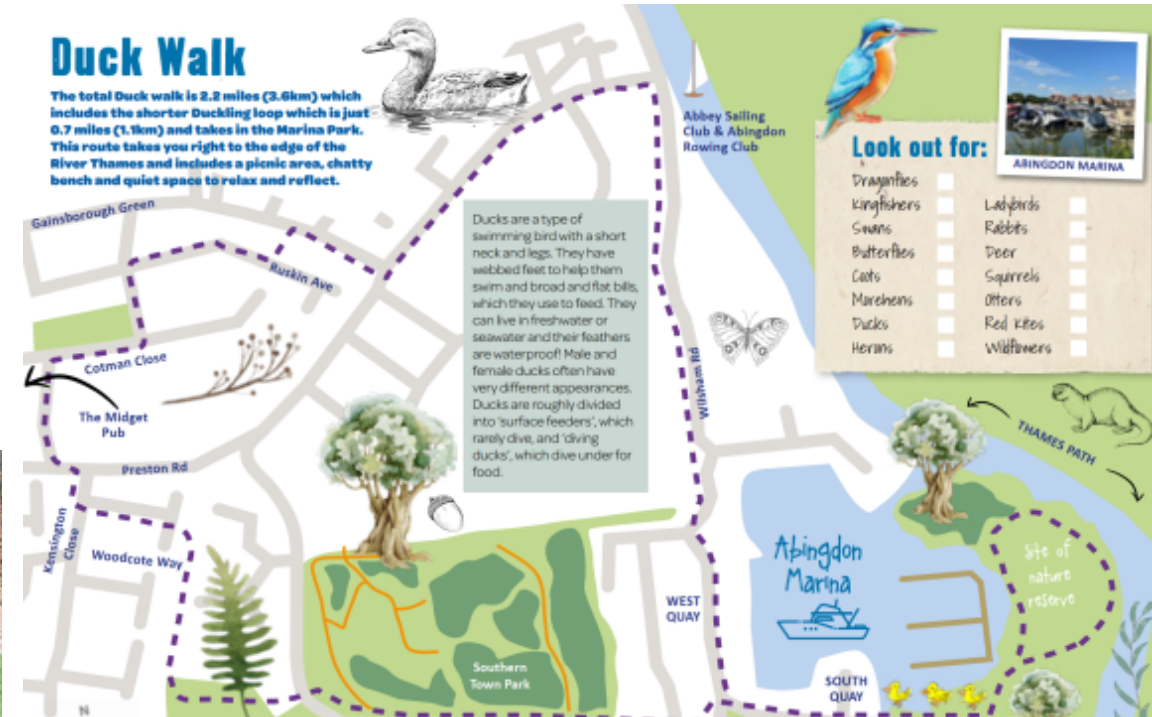
Click on the image to watch the video



Nature Trails

Nature trails are being created in Abingdon and Didcot to encourage residents to get active outside while taking in the beauty of the area they live in.

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Supporting our communities

We provide multiple grant funding to enable our local communities to offer activities, and to extend and develop their local sports facilities.

We provide support to charitable organisations by offering advice and a network to work with others.

We work in partnership with organisations to provide opportunities for keeping active and healthy and supporting the most vulnerable.



We are committed to working in partnership to deliver high quality, sustainable facilities, services, and activities for all, ensuring that residents can enjoy healthy lifestyles in an enabling and local environment. This strategy presents our vision for everyone to - **Be Active, Be Healthy, Be Happy**



Thank you for listening

Any questions?



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7 September 2023

South and Vale Active Communities Strategy

Purpose / Recommendation

1. The Health Improvement Board is asked to note the opportunities provided by South and Vale to support residents in becoming and remaining active outlined in their Active Communities Strategy.

Background

2. The South and Vale Active Communities strategy supports the wellbeing of our residents, promotes keeping healthy and addresses inequalities and aligns with the priorities of the Health Improvement Board.

A joint Active Communities Strategy was approved by both South and Vale Cabinets in summer 2022. The strategy sets out how the Councils' plan to improve the health and wellbeing of our residents and the key role we play in providing high quality active opportunities for our communities, to contribute to tackling inactivity and addressing the inequalities that challenge our society.

The Vision is for all our residents to '**be active, be healthy and be happy.**'

The focus of this strategy is sustainability, supporting and encouraging people to improve their physical, mental and social wellbeing and enabling community organisations to work together to improve health and wellbeing at a very local level.

We aim to make our districts a better place to live by enabling communities to improve the quality of their own lives and encourage local initiatives that make a real difference.

To focus on partnership working to increase the range and awareness of opportunities available across the districts for residents to take part in. We will utilise resources for maximum benefit, ensuring value for money in all that we do.

To reduce inactivity and minimise the impact that may be caused by health inequalities within our communities by offering support that is accessible for everyone.

The strategy has six themes:

- enabling everyone to be active – ensure sustainable, inclusive, local interventions to support residents to keep healthy.
- create healthier communities through walking and cycling - increase opportunities to walk and cycle safely using local infrastructure footpaths and cycleways across our district.
- maximise the potential of our natural environment - use natural infrastructure to provide a place for physical activity, relaxation, social interaction, and community events.
- building the skills base of our communities - working with the local workforce to make it sustainable. Our coaches, instructors and volunteers will be recruited, developed, and supported along their desired pathway.
- effective communication, promotion and consultation - engage with our communities to get a true picture of what active opportunity is available locally.
- collaborative partnerships and funding advice – making resources go further and sharing best practice.

Key Issues

3. The Active Communities team currently work on a variety of projects, which include the Oxfordshire Wide Schemes Move Together and You Move. Move Together is a scheme to support people to move more, to help improve physical and mental health, reduce social isolation and support people with long term health conditions. You Move is aimed at children on benefits related free school meals, young carers, refugees and other vulnerable children and their families. The pathway helps families to become more active by providing free and low-cost opportunities.

All five district councils across Oxfordshire delivered a variety of activities to support families throughout the summer, including many free activities for participants on the You Move pathway.

- **Holiday activities**

In South and Vale, the Active Communities team have worked with a number of partners, both internally and externally to deliver this year's programme, including the Didcot Garden Town team, Arts Development and the Community Safety team.

Partnerships with Oxfordshire Cricket Board, YMCA, town and parish councils, Oxfordshire Play Association, ATB Skate and Scoot, Team Rubicon, Manor Preparatory School in Abingdon, the Fitness and Wellbeing Hub, Active Totz, local libraries and local youth groups enabled us to offer a wide variety of activities for the community to get involved with.

This summer, the team have delivered a full programme with over 100 sessions taking place in a variety of sports from cricket, football and table tennis, to dance, yoga, and skateboarding, as well as walks, family boot camps and fun days, ensuring there was something for everyone to enjoy. Didcot Garden Town funded 38 activity sessions in Didcot, Blewbury, Milton and Sutton Courtenay for people of all ages, as part of their Didcot Garden Party.

Active Communities partnered with Community Safety to deliver the summer of skate with 17 skateboarding events running across the two districts. The sessions were run by ATB Skate and Scoot, to offer skating and scooting games and competitions, and Team Rubicon for the beginners skateboarding sessions for all ages.

- In addition to the partnership events, the team also ran regular Xplorer orienteering events which are family friendly fun navigation challenges suitable for all ages and some Real Play sessions which encourage parent/carer and child interaction through physical activity.
- **Outdoor table tennis**

The Active Communities team have secured funding which has enabled them to provide 21 table tennis tables across the two districts since March 2021. The table tennis project was originally supported by Table Tennis England as they provided match funding, and more recently offered both indoor and outdoor tables at a discounted rate. Since summer 2022, 11 tables have been put in local parks and outdoor areas and we have four more due to go in later this year. At each site, the team offer a launch event to encourage community use through games and mini competitions and hand out free bats and balls to encourage use. There are QR codes for the tables to monitor use and evidence the wider impact the tables have had. Feedback has been positive with residents saying they use the table regularly and this project has given them opportunities they didn't have before.
- **Partnerships with local organisations**

Working with the Fitness and Wellbeing Hub in Didcot we were able to offer family fitness classes at weekends throughout the summer. This supported working parents to be able to take part in activities with their children. The team delivered Boxfit sessions for teenagers at TRAIN (in Didcot) and Sweatbox (in Wantage), two local youth groups. The team teamed up with Active Totz who ran sessions in village locations such as Steventon and Wootton for the under-fives. We linked up with libraries in Abingdon and Didcot too as part of the Summer Reading Challenge. The sessions included story-based activities around a children's book. In Didcot the session was based on stories including The Gruffalo and in Abingdon included Walk on the Wild Side amongst others. The 45-minute sessions were aimed at four to eight year olds, with You Move families having priority booking status. Nature days were run at the Manor Preparatory School in Abingdon. The school invited the team to use their facilities to offer local children a fun filled day which was well received by the 55 children who attended the day with their parents. This event received this feedback:

"I attended your family fun day today at the Manor Prep in Abingdon and just wanted to pass on my thanks to the team.

It was brilliantly run, plenty of activities going on and lots of support from the staff. I was really impressed.

It's not very often I send an email after an event to compliment the project, but this was really good - a very relaxed environment for the parents and a lot of fun for all ages. Please do pass on my thanks to the whole team - a great day was had by everyone!"

- **Ride Revolution**

Ride Revolution takes unwanted bikes that have been donated and restores them so that they can be used by others who need them. We work alongside a number of partner organisations in Oxfordshire to support children and families who may not have access to a bike and will provide them with the safety equipment and free cycling tuition where needed.

As well as helping residents to keep active the project also gives them the knowledge and confidence to ride safely and keep their bike in good working order.

Local business, Pedal Power in Abingdon, are supporting us by providing discounted locks, lights and helmets for riders that don't have them.

Two storage containers have been purchased to accommodate the donated bikes while waiting for them to be refurbished. Partnering with the Arts development team, local artists and youngsters have painted a mural on the Ride Revolution storage containers to make them look more attractive.

Interested local residents also joined in with the mural painting.

- **Nature Trails**

Nature Trails provide a fun and informative way to get people active and exploring the natural world on their doorstep. These walks are being piloted in South Abingdon and Didcot.

These walks seek to improve the physical and mental health and wellbeing of the local community and those undertaking these walks.

Along the walks there will be sites to encourage play and activity for younger children and those young at heart, there will also be information scattered throughout the walks about the local wildlife and nature as well as the history of the area.

Maps and walks around the areas will also play host to numerous scavenger hunts and fun activities throughout the year.

The routes also include the installation of raised beds for the community to grow herbs, fruit, vegetables and flowers.

The draft maps are out for comment at the moment, and we have taken delivery of the lecterns, raised beds and marker posts. Installation is expected to take place during the autumn 2023 in Abingdon and next year in Didcot.

- **YOU MOVE Swimming Case Study and feedback**

As part of the You Move programme, 21 primary school age children have been able to access swimming lessons at Hagbourne swimming pool. These lessons were aimed at children who can't swim or are only just starting to learn and were provided at a cost of £1 a session for the participants, with You Move funding covering the rest of the costs. All 21 children improved in

their abilities and confidence throughout the eight week course. Parents had the following to say about the sessions:

"They have been incredible, and my children are desperate to get in the pool each week. Jess has been great, and Jo was out of this world. Jo had the kids laughing and smiling throughout the session."

"Both our children have enjoyed it, their confidence has come on so much over the weeks of swimming, it is great to watch each week. Jess has been such a good teacher with all the children! Shame it will be coming to an end."

"I cannot thank you enough for this opportunity you have given to my children. Their confidence and ability in the water has been amazing! I just wish there was something local that was affordable to keep lessons up as it's such a much-needed life skill."

"The pool was beautiful and of a very high standard as were the changing facilities. The instructors/staff all incredible, they were very friendly, supportive and patient! Thank you so much!"

"I just wanted to let you how brilliant and valuable the swimming lessons have been. My daughter's ability has grown so much in such a short time. We have had other lessons, but these ones have, by far, been the best we have attended. They don't do well with loud noises, so the limited class size and the small pool have helped."

"Ann is welcoming, enthusiastic and friendly. Jess and Jo have been excellent and patient teachers. I have watched each lesson and the whole group have improved in swimming ability and confidence in the water. I would recommend these lessons to everyone. I am so pleased with how they have turned out."

Budgetary implications

4. External funding has been received from OCC Public Health via Active Oxfordshire. The holiday activities have been funded by Didcot Garden Town, Community Safety and You Move and have been delivered predominantly by the Active Communities team. The majority of activities were free for residents to attend or had a minimal cost which was heavily subsidised.

Equalities implications

5. All activities are inclusive and by being delivered at low cost or free are accessible to all families. Activities were also taken out to rural villages reducing the need for travel and enabling residents to be active in their own communities. The actions in the strategy do not disadvantage any sectors of the community.

Communications

6. The activities delivered throughout the summer were promoted locally through social media, in newsletters and through partners. Information was shared about Move Together, You Move and the rest of the summer timetable with parents and guardians face to face at hosted events and at a number of summer fetes and health days the team have attended. The events encouraged residents to come together, play and be active. They also gave numerous ideas they could use themselves in the park with friends and family, and in some cases introducing them to their own outdoor spaces that they were not previously aware of.

Key Dates

7. The Summer programme ran from 25 July to 2 September 2023. Future activities will be provided during school holiday periods.

Report by Jayne Bolton
[September 2023]

Contact: [Jayne Bolton, Community Wellbeing Manager South and Vale District Council]

Appendices

- South and Vale Active Communities Strategy
- Powerpoint presentation

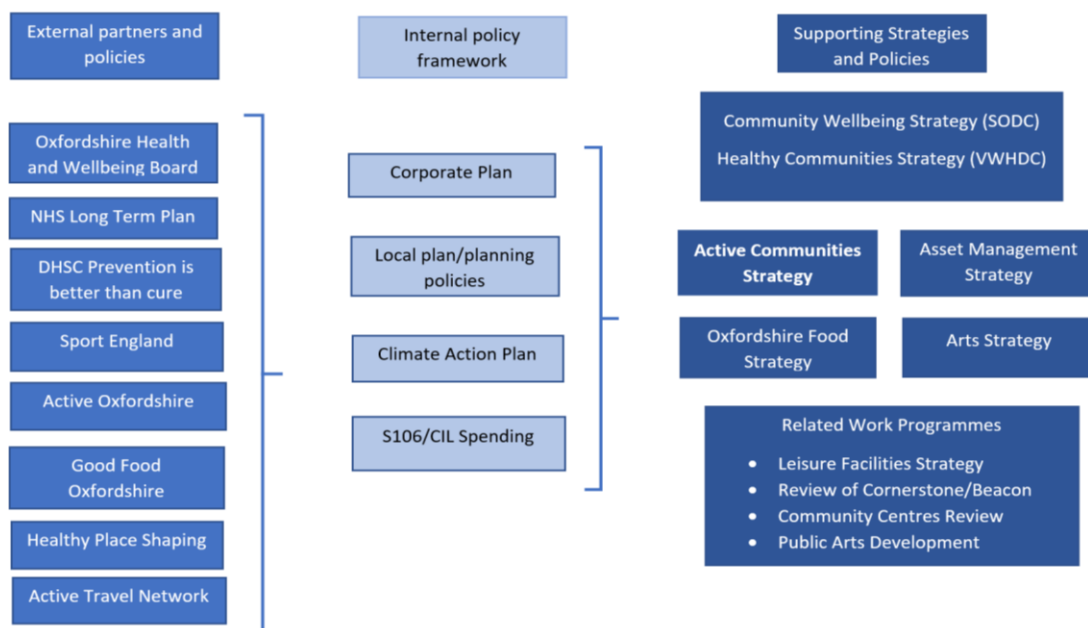
Active Communities strategy

Be Active, Be Healthy, Be Happy

Introduction

This Active Communities strategy sets out how the Councils' plan to improve the health and wellbeing of our residents and the key role we play in providing high quality active opportunities for our communities, to contribute to tackling inactivity and addressing the inequalities that challenge our society.

The diagram below illustrates where this strategy sits within the overarching policy framework for health and active communities within Oxfordshire.



Vision and aims

The councils' **vision** is for all our residents to be active, be healthy and be happy. The focus of this strategy is sustainability, supporting and encouraging people to improve their physical, mental and social wellbeing and enabling community organisations to work together to improve health and wellbeing at a very local level.

Our **aims** are to:

- Enable individuals and communities to improve the quality of their own lives.
- Encourage and support local initiatives that make a real difference in addressing wellbeing and inequalities.
- Increase the range and awareness of active opportunities available across the districts for individuals and communities to take part.

We will maximise active opportunities within our local communities by making use of:



Green Spaces

For the purposes of this strategy, green space is defined as open space – an area of grass, trees, or other vegetation - available for recreational or aesthetic purposes.



Blue Spaces

For the purpose of this strategy, blue space is defined as outdoor environments – either natural or manmade – that prominently feature water, either to be in, on or for sensory benefit.



Social, Community and Leisure Activity Infrastructure

For the purposes of this strategy, social, community and leisure activity infrastructure is defined as community infrastructure which supports exercise, entertainment or physical activities. E.g. playground equipment, outdoor gyms, social activities/games equipment or skateparks

Our six themes

We have identified six key themes in support of our vision and aims and will use these to guide and shape our active communities delivery plans in the coming years.

Theme 1 – Enabling everyone to be active

We will ensure sustainable, inclusive, local interventions to support residents to keep healthy, both physically and mentally, aiming to remove many of the traditional barriers to activity, such as cost and location.

We will offer programmes and initiatives that focus on target groups, including children, older people, disabled people, those with long-term health conditions, people with mental health issues and those for whom cost may be restrictive.

Example activity - Providing activities for young people in partnership with Active Oxfordshire, local schools, sports clubs, our parks team, children's centres, and leisure providers. Projects will include school holiday activities, family orienteering events and a targeted programme of discounted and free activities for children eligible for free school meals.

Theme 2 - Create healthier communities through walking and cycling

We will increase opportunities to walk and cycle safely using local infrastructure and networks of footpaths and cycleways across our district. We will promote the benefits of staying active and will look to ensure the provision of activities within a 20-minute journey time where possible.

We will introduce schemes that encourage healthy walks as part of daily life and look at ways of providing bicycles to those who might not otherwise be able to access them. We will encourage bike borrowing schemes to enable more people to cycle regularly and introduce walking trails and way finding routes to encourage more people to take local journeys on foot.

Example activity - Promoting existing digital apps and websites that provide information about the network of footpaths and cycleways that we have across the districts and provide links to these on our website for easy access.

Theme 3 – Maximise the potential of our natural environment

Access to green and blue spaces is considered important for mental health and wellbeing. We will promote our surroundings and encourage all residents to be active where they live. We will use our natural infrastructure to provide a place for physical activity, relaxation, social interaction, and community events.

We will promote our green and blue resources as locations to host activities, including water sports, wellbeing walks and nature themed activities. We will create more community gardens in our towns and villages to maximise the benefits of growing fruit and vegetables to be shared among the local community. We will work with parishes to support the provision of allotments for residents where possible.

Example activity - Promoting community gardening as a way of getting fit and feeling good, promote healthy eating and links with food workshops contributing to a healthy diet as well as promoting the activity involved in gardening.

Theme 4 – Building the skills base of our communities

We will develop the skills base of our communities, working with the local workforce and communities to make it sustainable. Our coaches, instructors and volunteers will be recruited, developed, and supported along their desired pathway.

We will create a coach development programme based on recruitment, retention, recognition and celebration, which will support club and community development. We will look at employment opportunities for apprentices and build intergenerational skills sharing working with National Governing Bodies of Sport to access the best training for our sports coaches.

Example activity - Supporting the development of coaches and volunteers within the community by offering ongoing training, support and celebration.

Theme 5 – Effective communication, promotion and consultation

We will gain valuable insight and increased knowledge of all that is available on our doorsteps. We will map all the provision and engage with our communities to get a true picture of what active opportunity is available, what is underutilised and where there are gaps in provision.

We will make more effective use of social media, expand the use of our newsletters, and make better use of the council's website. We will focus on engagement through face-to-face conversations, steering groups, and feedback forums with community groups. We will engage with our communities to promote the opportunities available to them and consult with them to ensure that our own interventions meet the needs of our residents.

Example activity - Completing a full mapping exercise of all existing provision in the districts, in partnership with parishes - classes, activities and existing facilities, such as outdoor gym equipment, public tennis courts and community sports clubs, including new and future developments.

Theme 6 – Collaborative partnerships and funding advice

Partnership working has far-reaching benefits, ensuring resources go further and best practice is shared. We will work in partnership with all sectors across our district to enhance the provision that can be provided.

Working with local partners, we will access funding to support projects and gain the benefits of working collaboratively. We will support our local clubs, schools, community groups and local parishes to apply for funding, helping them remain independent and sustainable.

Example activity - Offer advice and support to parishes, schools, clubs and communities seeking S106 and Community Infrastructure Levy funding to improve their facilities.

Our delivery plan

To ensure delivery of our vision, we will maintain a sustainable evolving documented delivery plan. The council's delivery plan will focus around four key areas:

- Mapping and undertaking a gap analysis of current provision across the district.
- Connecting and developing an active community partnership network between residents, community groups, parishes and businesses.
- Identifying and delivering a programme of projects, activities, and opportunities to improve physical, mental and social wellbeing.
- Ensuring communication, promotion, and continued engagement of active opportunities.

Conclusion

As a council, we are committed to working in partnership to deliver high quality, sustainable facilities, services, and activities for all, ensuring that residents can enjoy healthy lifestyles in an enabling and local environment. This strategy presents our vision for everyone to **Be Active, Be Healthy, Be Happy.**



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