



Update October 2017

Priority 1: Improve the Physical Health and Wellbeing of Residents (Focus on Obesity)

Lead Organisation Name	Projects/Work Streams Linked to this Priority (What we will do)	Outcome	When	Other Organisations Involved
Rochford DC / Castle Point BC	Tuck In Project The initiative makes take-away food healthier by changes in cooking techniques, ingredient changes and portion sizes.	Healthier food offered by local takeaways	On-going review Oct 2018	RDC / CPBC
Rochford DC	Well Homes Service The Well Homes service is piloting as a small operational scheme, operating with Well Homes Volunteers, who are supported by a range of local partners. The project is focused on Rochford's largest housing sector i.e. the private sector, which includes both owner occupation and private rented housing. The project defines a 'Well Home' as a healthy, safe and secure place to live. Its focus is on reducing housing hazards.	Min. x60 well homes assessments 80% of participants feel safer and healthier at home.	Q4 2017-18	RRAVS – key partner Public Health Health Private Housing Environmental health ECFR Service Trading Standards CAB Other voluntary services
RRAVS	Junior Park Run To establish a Junior Park Run in Hawkwell To generate interest for a Park Run in Castle point	Increase numbers of young people active To reduce obesity levels	Q3 2017-18	Public Health Active Rochford Park Run RDC CPBC Fusion
Rochford DC	Development of Community Healthy Eating Cookbook	Promotion of healthy recipes to the community	Q4 2017-18	Public Health
Castle Point BC / Rochford DC	Live Well website Live Well aims to encourage positive health behaviours through partners adopting a consistent health and wellbeing brand across Essex	Live Well website becomes the main tool for promoting health and wellbeing activity across Castle Point and Rochford	On-going review Oct 2018	ECC Public Health All other partners engaged.

Priority 2: Reducing Health Inequalities

Lead Organisation Name	Project/Work Streams Linked to this Priority (What we will do)	Outcome	When	Other Organisations Involved	Updates – Dec 2017
Castle Point & Rochford CCG	<p>Social Prescribing (Ways to Wellness)</p> <p>Social Prescribing offers patients with social, emotional or practical needs that are impacting on their health and wellbeing to be referred to a range of non clinical community based services within their local communities.</p>	Improve health and wellbeing outcomes, reduce isolation, reduce utilisation of health and social care resources.	Launched April 2016	CAVS ECC RDC CPBC	<p>Launched on 1 March 2016, funded by ECC through the CCG. 2 year pilot across Castle Point and Rochford. Engage with vulnerable residents over the age of 18. 505 (CP) and 275 (Roch) individuals have accessed service to date. The purpose of the service is to signpost residents to community and VCS groups.</p> <p>More residents have accessed service in Castle Point than Rochford – more work being undertaken to raise profile in Rochford.</p> <p>There is a follow up procedure on residents that have been signposted.</p> <p>Self referral is the highest referral route. GP's are aware of service but more focused promotion required.</p>
Public Health	Making Every Contact Count (MECC)	Front line staff trained with the required skills to support and promote behaviour change to the clients/patients they come in contact with.	On-going – review Oct 2018	RDC / CAVS, primary care and hospital providers, social care providers, CVS's	MECC training session will be held on 23 January at the Civic Suite from 10.30am. All welcome
RRAVS / CAVS	<p>Winter Warmth Scheme</p> <p>The scheme provides minor home improvements, assists in crisis prevention and response, supports people with benefits checks (through AGE UK) and promotes the 'Keep Warm, Keep Well' booklet.</p>	Vulnerable residents have access to support against the cold during the winter months	Oct 2017 – Mar 2018	RRAVS CAVS RDC CPBC Citizens Advice Extended Services	Referral process also in place to allocate funding. Working with key partners including Citizens Advice and Rochford Extended Services. Forms are available on request from RRAVS. VM stated that the funding is due to end in March 2018 and may not be

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					<p>renewed.</p> <p>In Castle Point CAVS about half the funding has been used to put together Winter Warmer packs for distribution to older people through CAVS Befriending and Reablement Schemes and partner agencies including Carers Choices, ECL, Age UK Home Support and Essex Carers Support. The remaining funding is being used to set up a Crisis Support Fund to support individuals and families who find themselves in difficulty due to the pressures of cold weather. Forms are available on request from CAVS.</p>
Trust Links	<p>Mental Health Recovery College Develop the REACH Recovery College providing psychoeducational and vocational courses and peer support through a co-ordinated community approach, in co-production with people with living experience of mental health challenges.</p>	Improve mental health and wellbeing, particularly for those in secondary care services.	Pilot until end Oct 2018	Rethink, Richmond Fellowship, CCG, ECC, Public Health, RDC, CPBC	 Reach updated presentation Dec 2017
Sanctuary Housing, Public Health,	<p>Rochford (Town) Youth Work Year long intervention in Rochford (town) to work with young people on a range of issues e.g.</p> <ul style="list-style-type: none"> • Health (physical) • Mental health • Sexual health • Drug & alcohol awareness • Careers advice 	Young people engaged and educated regarding health and wellbeing and lifestyle choices	Review June 2018	Community Safety Partnership, Essex Youth Service	 Rochford Detached Report Nov 2017.doc

Priority 3: Supporting Vulnerable Older Residents

Organisation Name	Project/Work Streams Linked to this Priority (What we will do)	Outcome	When	Other Organisations Involved
Castle Point & Rochford CCG	<p>Care Co-ordination</p> <p>The aim of the service is to significantly improve the delivery of health and social care services required to support people living with frailty or complex needs, to maintain their optimum level of independence and wellbeing, through the provision of effective and co-ordinated services. The service is delivered by a range of health and social care professionals, with support from the voluntary sector. The service model comprise of three main elements. Care Co-ordinators, Independence Workers and Medical (GP) leadership.</p>	Improved health and wellbeing outcomes for frail elderly and vulnerable patients through, early identification need and effective coordinated care across multi disciplinary teams, professionals and organisational boundaries. vulnerable and frail people.	Implemented Sept.2015	Social care, community provider GP health care alliance age UK, Community Agents
Castle Point & Rochford CCG / CAVS	<p>Befriending</p> <p>The Befriending service matches volunteers to isolated and lonely older people living in the community</p>	Reduce social isolation	Ongoing. Review Oct 2018	RDC CPBC CAVS RRAVS
All	<p>All front line staff to be Dementia Friends trained</p> <p>All partners involved in the CP&R HWB to commit to having all front line staff trained as Dementia Friends</p>	Greater awareness of Dementia among front line staff.	Ongoing. Review Oct 2018	Alzheimer's Society
Rochford District Council	<p>Senior Safety Roadshows</p> <p>To deliver a minimum two events targeting older residents at different venues across the District. Safety information to be provided on a range of topics to an audience of 40-50.</p>	80% of residents feel more informed about how to keep and feel safe.	Ongoing. Review Oct 2018	A range of statutory and voluntary sector organisations
Rochford District Council	<p>Dementia Action Alliance Rochford</p> <p>To create an action plan which will promote awareness of Dementia among the local community and work towards creating a community that is dementia friendly</p>	The local community more aware of dementia	Ongoing. Review Oct 2018	Public Health, Rochford Parish Council, Sanctuary Housing, RRAVS, CAB and local employers

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EPUT	<p>Integrated Neighbourhood Teams</p> <p>By working as integrating teams and creating genuine partnerships between statutory and voluntary sector agencies that are closer to the community and working together in a genuinely collaborative way, an individual's experience of care will be based on their ambitions and needs rather than service boundaries and criteria</p>	Patients feel supported to continue living in their local community and we will move away from our current over-reliance on institutional and acute care	Ongoing. Review Oct 2018	RDC, CPBC, RRAVS, CAVS
RRAVS	<p>Falls Prevention and Health Check roadshow events</p> <p>To provide falls prevention and health check sessions at sheltered housing schemes in Rochford</p>	Residents feel supported in relation to falls and ongoing health concerns	Ongoing. Review Oct 2018	Sanctuary Housing