



Northamptonshire
Health & Wellbeing Board

Supporting Northamptonshire to Flourish

Northamptonshire's Joint Health and Wellbeing Strategy 2016-2020: Draft

Consultation Slide Pack



Northamptonshire
County Council

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What is the Health and Wellbeing Board?

Health and Wellbeing Boards, introduced by the Health & Social Care Act 2012, enable key leaders from across the health and care system to jointly work to:

- improve the health and wellbeing of the people in their area,
- reduce health inequalities; and
- promote the integration of services

In Northamptonshire, the Board brings together representatives from Northamptonshire County Council, local Councils, Clinical Commissioning Groups, Police, the University of Northampton, the hospitals and community-based services, Healthwatch and the voluntary sector.



Why do we need a strategy?

There is a statutory requirement placed on public bodies to have a health and wellbeing strategy; this ensures that all of the organisations involved work together to improve the health and wellbeing of our residents.

The strategy will be used to help prioritise the development and delivery of services in Northamptonshire.



What is the vision for Northamptonshire?

Help people help themselves, as individuals, families and communities, to improve health and wellbeing and reduce health inequalities.



How did we arrive at the priorities?

Step 1:

We looked at all of the strategies of the organisations that sit on the Board. We wanted to understand what each board member organisation is planning to do.

Our analysis showed that a lot of us want tackle the same priorities. This is a good thing – by working together we can achieve this more effectively.



Step 2:

We wanted to understand why these issues were a problem for the County, so we looked at published local and national data.

We found that for some issues, there is only a problem in a couple of areas in the County. For others, we're not doing as well as the rest of England.

This results in health inequalities – meaning that you're more likely to die younger or develop a serious illness based on where you live.



Step 3:

We discussed the information we had gathered at a meeting of the Health and Wellbeing Board and other organisations involved in improving the health and wellbeing of Northamptonshire.

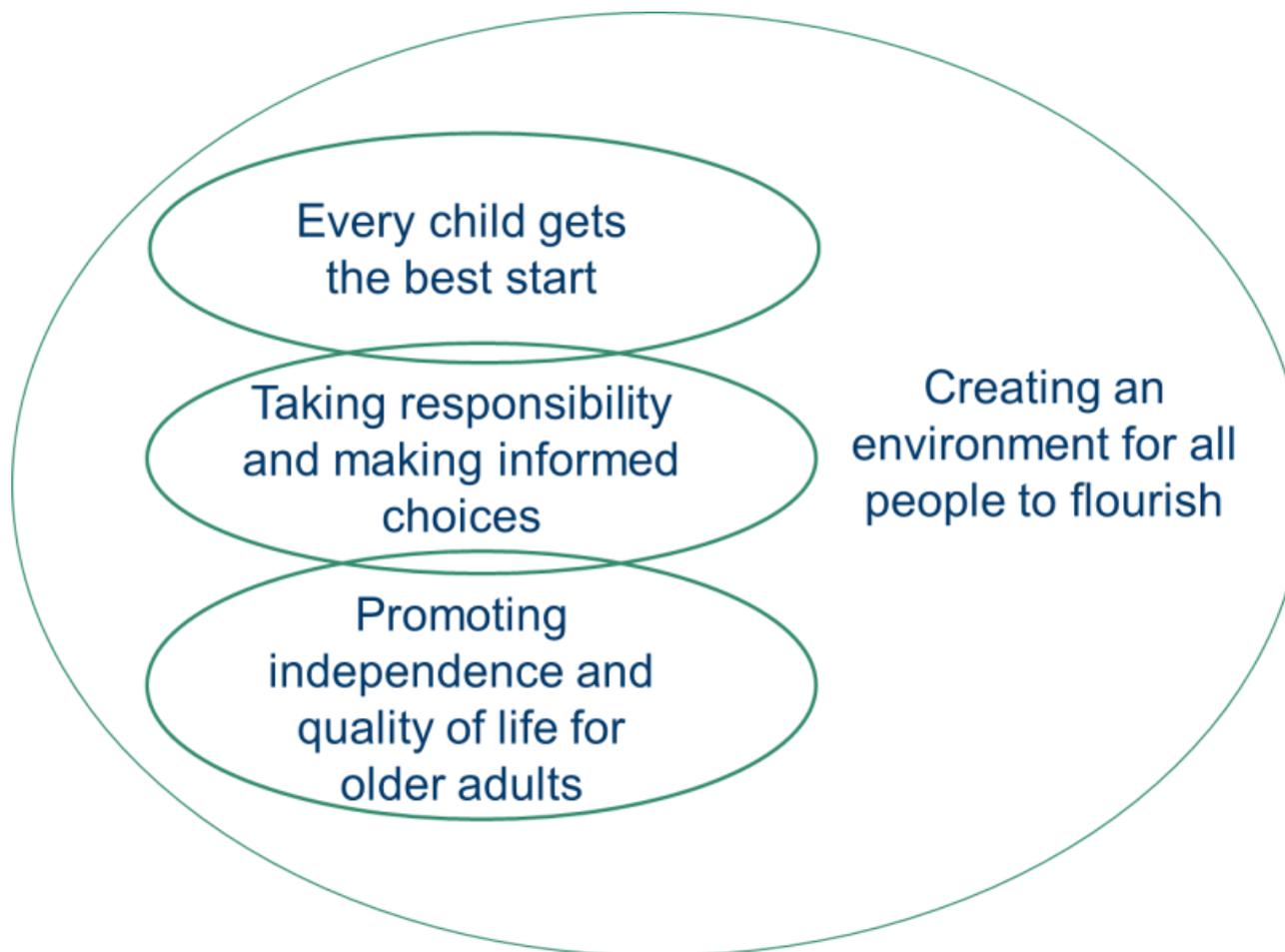
We identified issues that should be tackled:

- *By working together*
- *To reduce health inequalities*
- *To make a long-term difference*

The 3 steps we followed led us to our 4 key priorities.



The 4 Priorities



Priority 1: Every child gets the best start

In order to prevent ill health later in life, we have to raise healthy children. The data we looked at tells us that children in Northamptonshire:

- Are not as ready for school as they could be,
- Gain weight during primary school, and
- Get involved in risky activities (drugs, alcohol and self harm) as teenagers



Our focus is ensuring children and young people:

- Are listened to about the issues that affect them and are part of the solution
- Develop the skills and tools to cope with life's challenges
- Are able to recognise when they need help and know who to ask for it
- Are surrounded by family, friends and teachers who promote healthy choices
- Grow into healthy adults



Priority 2: Taking responsibility and making informed choices

Many of the county's health problems are caused by too many of us making poor choices:

- Too many of us smoke
- Not enough of us exercise regularly
- Too many of us are overweight
- People aged 40 to 60 are the least satisfied with their lives



Our focus is ensuring adults:

- Live full and enjoyable lives
- Develop the skills to help themselves
- Take opportunities to make exercise part of their daily routine
- Know how to access support to improve their health and wellbeing from First for Wellbeing and their community pharmacy
- Feel in control of their lives and their health
- Raise healthy children and support healthy older adults



Priority 3: Promoting independence and quality of life for older adults

The number of older adults in Northamptonshire is growing, and will increase by a third by 2021.

We need to make sure that these older people are able to live happy, healthy lives in a home environment that supports them to be independent.

But at the moment, too many of our older adults are readmitted to hospital after they have been discharged and there isn't enough support for people in their own homes.



Our focus is ensuring older adults:

- Feel valued as members of our community
- Are not left feeling lonely
- Get the support they need when and where and how they need it, from whomever they need it, to make sure they can get on with living a happy and healthy life
- Are heard and have their wishes respected, especially at the end of their life
- And their carers are listened to and supported



Priority 4: Creating an environment for all people to flourish

Our health and wellbeing is affected by many things, including where we live, whether or not we work, how safe we feel, and the social activities we participate in.

This theme is all about these issues, known as the “wider determinants of health”.

By recognising these, we can work better together with the Police, housing agencies, employers and leisure facilities to encourage and support our residents to have healthier lifestyles.



Our focus is ensuring:

- Communities are able to put in place their own solutions and support themselves to be happier and healthier
- Everyone has a warm, safe and affordable home
- More people are in work that pays a living wage
- Employers care about the wellbeing of their staff
- Our towns and new housing estates are developed to promote healthier living
- People have access to parks and leisure facilities that make us feel good about ourselves and proud of our County



How do we want to work together to deliver the strategy?

Our strategy is ambitious as we want a lot for the people of Northamptonshire.

We need to deliver change quickly and effectively to improve our health and wellbeing in the long-term, whilst focussing on our 4 priorities.

The Health and Wellbeing Board will:

- Work together to achieve shared goals
- Hold the members of the Board accountable for their responsibilities
- Make decisions based on evidence of what works
- Spend money wisely to prevent problems occurring
- Be flexible to the needs of local communities; communicate and engage with communities in helping them making choices about their health and wellbeing and helping the Board achieve its goals
- Deliver services in the way that people need them to be delivered.



How can you have a say?

This strategy is for the people of Northamptonshire and we really want to hear your comments on it.

The consultation is open from 4th January 2016 and closes on 15th February 2016.

The draft strategy is being circulated by all the partners that are on the Health and Wellbeing Board. This circulation aims to reach residents, customer/ patient / staff groups , private and public organisations including the voluntary and community sector and other regional, county, district and borough based partnerships.

You can take part by:

- **You can give your feedback by completing the on line questionnaire**
<https://www.surveymonkey.co.uk/r/HWBstrategy2016-2020>
- **You can also run your own discussion group by using the slide pack and completing the *Facilitator Feedback Collection Form***

Further information about the Health and Wellbeing Board is available on
<http://www3.northamptonshire.gov.uk/councilservices/health/health-and-wellbeing-board/Pages/default.aspx>



How the feedback will be used?

The feedback received will be used to develop the final strategy to ensure that it meets the needs of people of Northamptonshire.

The *final* draft of the strategy will be presented to the Health and Wellbeing Board on the 10th March 2016 (9.30am to 12.30pm) for approval.

For details on this meeting, see:

<http://www3.northamptonshire.gov.uk/councilservices/health/health-and-wellbeing-board/Pages/board-meetings-and-members.aspx>





Northamptonshire
Health & Wellbeing Board

Thank you



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