

Runnymede Borough Council

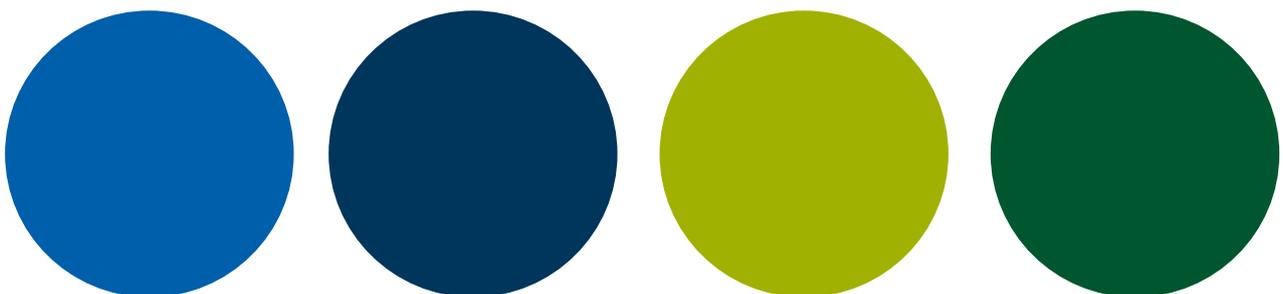
Health and Wellbeing Strategy 2022-2026

**Draft version -
subject to approval**



Health and Wellbeing Strategy

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Our focus

Introduction



Cllr Chris Howorth,
Chair, Community
Services Committee

To be a Council that cares about the health and wellbeing of its residents, that delivers a range of services and functions to help improve quality of life, and that works in partnership to deliver better outcomes for residents.

These are all principles that Runnymede Borough Council works towards and which set the tone for this Borough-wide Health and Wellbeing Strategy for 2022 – 2026.

Health is a broad subject and when the words health or ill health are used, thoughts turn to the range of highly valued services provided by the NHS and social care services.

This has never been more pertinent than since the Covid pandemic. Friends, families, neighbours, and fellow citizens employed within the NHS, led the country through some of the toughest times in recent memory.

Health or ill health and the ability to improve things and increase opportunity to lead full, active lives is not something that only the NHS has responsibility for.

There are social, economic, and environmental factors that impact individual health and wellbeing.

Known commonly as the Wider Determinants of Health, all public authorities have a responsibility to seek

to improve them for their community.

Runnymede benefits from many of the opportunities that the south east of England, and the county of Surrey, provide.

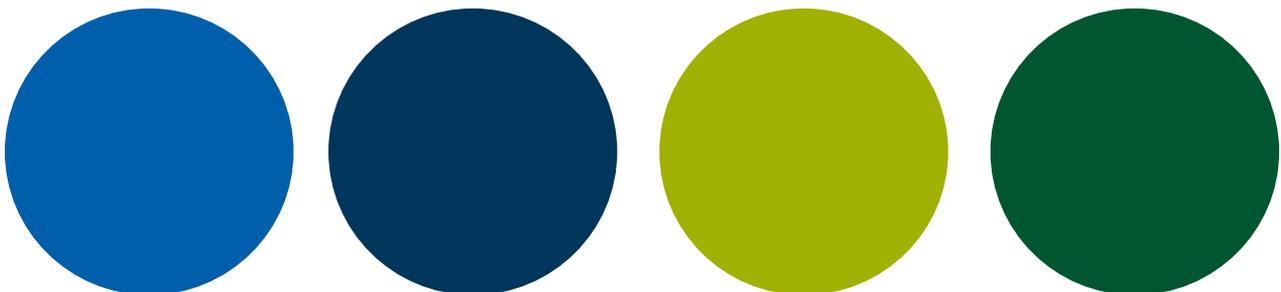
However, there are mixed levels of deprivation within the Borough. Some of the most affluent communities in the country sit alongside others which are more deprived.

Runnymede Borough Council recognises its responsibilities in working to address the Wider Determinants of Health and to reducing health inequality within our borough. We recognise the need to reduce deprivation and increase opportunity within certain neighbourhoods and communities and maintain standards within others.

Our desire, working with the NHS and other public, private and third sector providers, is to focus on and create the environment in which our residents can live healthier lives both physically and mentally.

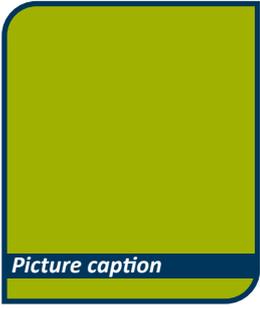
This strategy sets out how the Council will work towards this, with statutory partners and other organisations.

We will do so whilst also empowering individuals and communities to make positive change and improvements to their health and wellbeing.

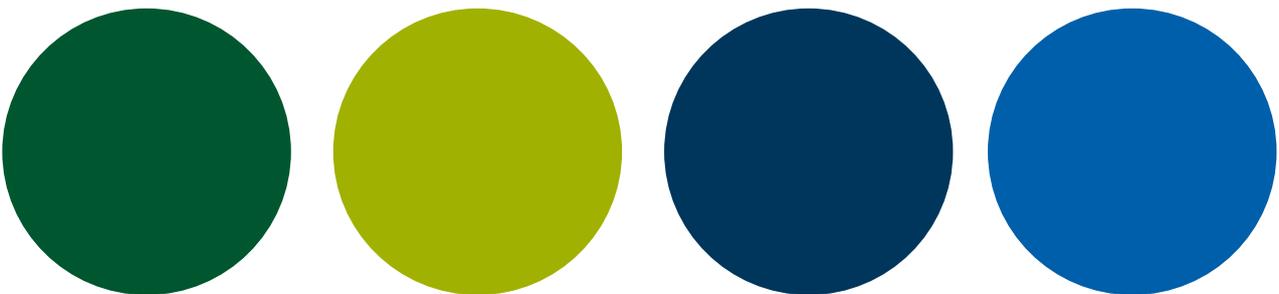


Our focus

Foreword



To come - approximately 350-375 words



Our focus

Strategic focus: Wider determinants of health

We do not seek to replicate the valuable work already carried out by other health providers and professionals, but to augment it and drive change locally.

The purpose of this strategy is not to provide a lens or opinion on health services currently delivered in the borough, or which may be perceived as gaps within a complex health and care system of multiple partners and stakeholders.

It is not a strategy outlining how as a council we can 'fix things'.

This strategy looks beyond the provision of the invaluable health services already provided and shows how we, working with partners, stakeholders, and residents, can improve a range of conditions and environments locally to promote good health

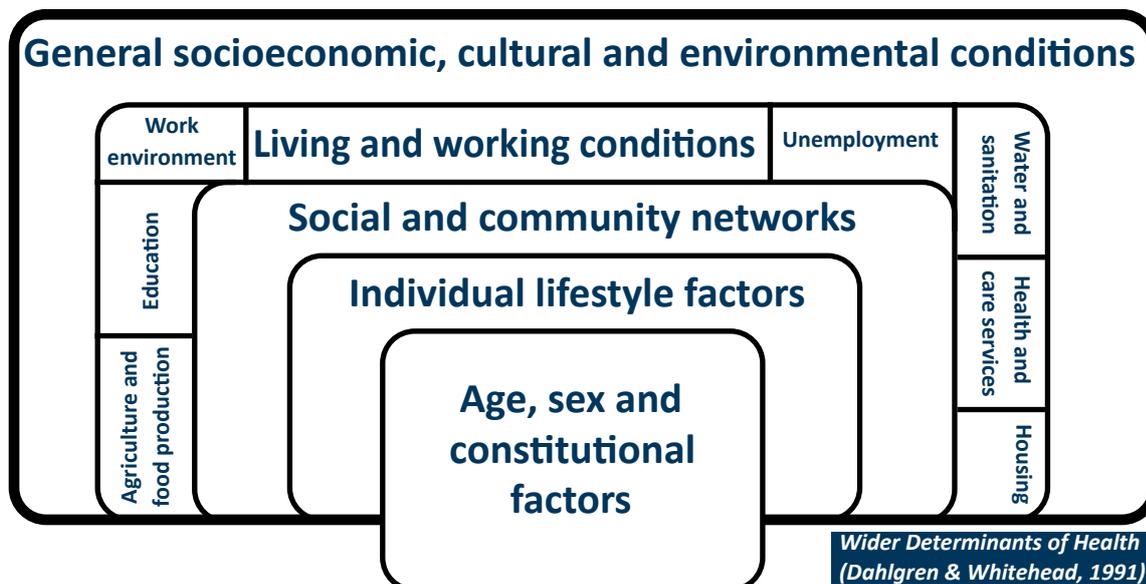
and reduce health inequalities.

As far back as 1948, the World Health Organisation viewed health as 'a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity' (World Health Organization, 1948).

Good or bad health is not just the result of individual behaviours, genetics, and medical care.

A significant factor in health outcomes is down to the social, economic, and environmental factors that shape people's lives, commonly referred to as the wider determinants of health.

Influences on health



A range of factors contribute to determining health or ill health. This diagram places at the centre the 'constitutional factors' of age, sex, and genetics.

Around this core, are the wider determinants of health, the individual lifestyle factors, environments, and conditions which exist in people's daily lives.

These factors are broader and wider reaching, as opposed to the constitutional factors.

The impact of wider determinants of health is supported by research undertaken by McGiniss et al (2002), in which it was identified that social circumstances and environmental exposure together

with health behaviour, impacts individual health by 85%, with access to health care only having a 15% impact.

Therefore, this strategy has two focuses:

- ▶ **Work in partnership with others to tackle health inequalities within the borough, and**
- ▶ **Work to address wider determinants of health locally, to make a positive impact on the health and wellbeing of individuals.**

Research and evidence

Evidence base

Research has been undertaken to help inform this strategy and to provide a focus to the action plan. Here we set out a snapshot of data as examples. A full breakdown including sources is available in the appendices.

People

An increase of over 26% of residents aged 65+ is projected, rising from 15,276 in 2020 to 19,300 by 2030.

Runnymede has a higher percentage of working age residents, at 65.6% of the population, (Surrey average 61.1%).

From the 2011 Census, 50.8% of households were considered to be deprived, compared to a Surrey wide percentage of 46.6%.

Census data shows there were 7,402 (9.2%) people providing unpaid care within the Borough. These statistics are consistent with Surrey as a whole.

Data from 2019 showed 9.3% (1,879) of children in Runnymede live in relative low-income families and 8% (1,620) of children live in absolute poverty.

In 2020, 22% of adults in Runnymede were physically inactive, compared to 19% across Surrey.

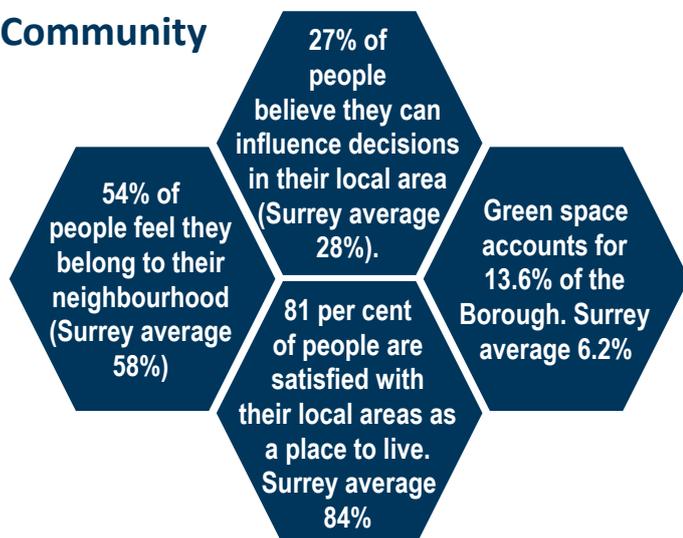
In 2020, 36.3% of children and young people in Runnymede were less active (less than an average of 30 minutes per day), compared to 28.2% across Surrey.

Levels of childhood obesity increase from 7.1% at school reception year to 17% at year six. (Surrey average: 5.9% / 13.7%).

There are seven lower super output areas of the borough within the 15 areas in NW Surrey with the most patients with mental health conditions

ONS Census data from 2011 identified that there were 11,155 people with limiting long term illness in Runnymede. This equates to 13.9% of the population compared with a 13.5% Surrey wide percentage.

Community



Physical and mental health

At 11.8%, Runnymede has the highest percentage Surrey residents who often or always felt lonely.

Hospital admissions relating to Coronary Heart Disease, Chronic Obstructive Pulmonary Disease and Myocardial Infraction are significantly higher in Runnymede than the rest of Surrey.

Data tells us that in Runnymede, only 30.3% the population eat five or more portions of fruit and vegetables per day, compared to 32.5% Surrey wide.

Crime and anti-social behaviour

Between September 2020 and August 2021 there were 9,094 recorded crimes, a rate of 100.7 per 1,000 population (Surrey average 79.7 per 1,000.) Of those, violent crimes accounted for 2,342 incidents and anti-social behaviour 2,931 incidents.

Housing

Average house prices are £566,475 (Surrey average £602,838). Except for detached properties, house prices are lower than the Surrey average.

The affordability gap is significant. The cheapest 25% of house prices, deemed to be affordable housing, shows an affordability gap of £71,513, whilst for other properties, the affordability gap is £160,763.

Research and evidence

Relevant external strategies and guidance

Runnymede recognises the need for its Health and Wellbeing Strategy to be part of the golden thread with other strategies and nationwide/countywide policies and plans, to ensure there is alignment with priorities identified for our Borough. It is recognised there are important national and local strategies impacting on this agenda, four key strategies are highlighted within this section.

North West Surrey Alliance priorities

Runnymede is a member of the North West Surrey Alliance and was involved in its initial formation as an Integrated Care Partnership in 2018. The alliance focuses on the integration of health and care partners, to deliver positive outcomes across a range of priorities, at a local level.

In 2020, Alliance partners agreed a shared vision, set of values and core objectives. The relevant points are:

- Help people to prevent ill health and manage their own care,
- Use collective resources to support those with the highest need,
- Deliver planned, responsive, joined up health and care services,
- Deliver innovative solutions supported by technological and digital infrastructure,
- Provide services as close to people's homes as possible,
- Create one team to facilitate the best holistic care and to attract and retain the best talent,
- Focus on prevention and the wider determinants of health outcomes, and
- Work with communities to build new partnerships between the public sector, local citizens, community groups, the voluntary sector and local businesses.

Delivery of these objectives is intended through priority areas:

- Developing place-based teams around Primary Care Networks,
- Frailty, local hubs, and community response,
- Integrated discharge, and
- Service configuration and borough developments.

NHS England Long Term Plan

The NHS Long Term Plan aims to make the NHS fit for the future. The plan sets out a range of aims – making sure everyone gets the best start in life, delivering world class care for major health problems and supporting people to age well. The plan provides a framework for local systems to develop plans, based on principles of collaboration and co-design.

The NHS Long Term Plan is split into seven chapters, the relevant sections are:

Chapter 1: A new service model for the 21st century.

Chapter 2: More action on prevention and health inequalities, specifically to cut smoking, reduce obesity, limit alcohol related A&E admissions and to lower air pollution.

Chapter 5: Digitally enabled care will go mainstream across the NHS.

Surrey Health and Wellbeing Strategy

The Surrey Health and Wellbeing Board was set up according to the duties in the Government's Health and Social Care Act 2012.

In 2019, it published its 10-year Health and Wellbeing Strategy for Surrey. The strategy sets out how different partners across Surrey can work together with local communities to tackle the wider determinants of health and improve wellbeing.

The Surrey Health and Wellbeing Strategy focused on three key priorities. These are:

▶ Helping people to lead a healthy life

Wide focus on wider determinants of health:

- Excess weight and physical activity,
- Substance misuse and alcohol,
- Housing,
- Domestic abuse,
- Preventing serious conditions and diseases,
- Healthy environment, and
- Living independently and dying well.

Active Surrey Movement for Change Strategy

Active Surrey is the not-for-profit active partnership that works collaboratively to help all residents realise the benefits of a more active way of life. In support of the Surrey Health and Wellbeing plan, Active Surrey released a new physical activity strategy, outlining the high-level priorities for Surrey. This strategy is called “Movement for Change”, focussing on people of all ages becoming engaged with undertaking physical activity. The strategy has two key areas of commitment, these being:

Make it easier for everyone to be active – challenging sedentary habits and creating active environments which make it safer and easier for everyone to find ways to integrate movement into their lives.

Tackling inequalities head on – Unashamedly focusing on those who will derive the most benefit from a more active lifestyle.

The Movement for Change strategy intends to meet its two key commitments through four priority focus areas, these are:

- Positive experiences of being active for young people.
- Connecting communities.
- Creating active environments.
- Linking physical activity with health and wellbeing.



Young athletes who took part in our Sportability festival

► Supporting the mental health and emotional wellbeing of people

A focus on the emotional wellbeing of residents by preventing poor mental health and supporting those with mental health needs, through:

- Accessing the right help and resources,
- Emotional wellbeing of mothers and families throughout and after pregnancy, and
- Social isolation.

► Supporting people to fulfil their potential

Enabling residents to generate aspirations and fulfil their potential.

- Children and young people develop skills for life.
- Support adults to succeed professionally and/or through volunteering.

Further information on this strategy is available from www.healthysurrey.org.uk.

Research and evidence

Co-ordination with internal corporate strategies

This strategy is one of five corporate strategies which underpin the Council's 2022-26 Corporate Business Plan to ensure consistency across our operations. Here we set out how our health and wellbeing work dovetails with activities on empowering our communities, economic development, climate change and organisational development.

Empowering our Communities

Much of the action plan produced for this strategy and making positive changes to individual health and wellbeing and the communities in which residents live, will require a collaborative effort with residents.

The Empowering our Communities Strategy outlines the Council's commitment to engaging with its residents and communities. It sets out how it will adopt an approach based on need, that is understood from residents and supported by data. These commitments will shape the Council's approach to delivering its action plan.

Climate Change

The impact of a local environment on individual health and wellbeing and as a measure of deprivation is highlighted in this strategy. In addition, the data in Appendix A, identifies the levels of air pollution in the borough compared to other areas of Surrey.

The Climate Change strategy has its own action plan to address. As far as possible, issues within Runnymede that contribute to health inequality and officers leading on the Health and Wellbeing strategy, will be engaged with some of this work.

Economic Development

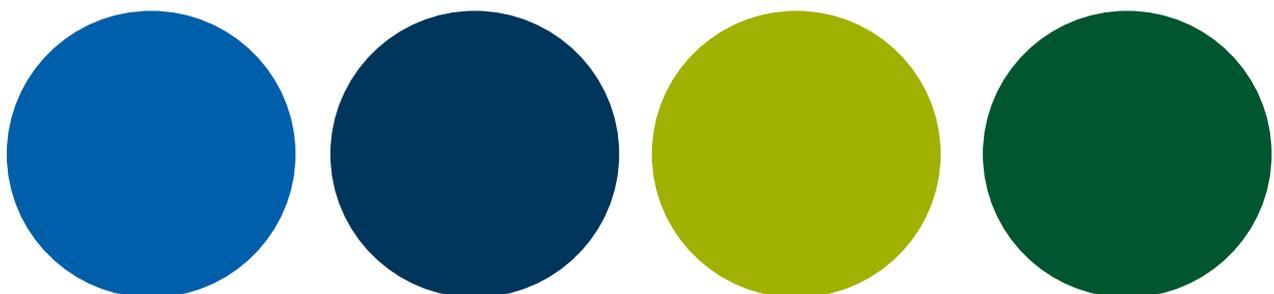
The data in the appendices to this strategy highlights inequality in relation to education, employment, skills and training. This is supported in data relating to individual measures of deprivation, within the five identified wards, where education, skills and training is in the lower deciles across all areas.

The Borough's economic prosperity, together with access to employment have a significant impact on the health and wellbeing of residents and it is intended that cross cutting themes, will mean a joint approach across different areas of the Council.

Organisational Development

The Organisational Development Strategy will focus on Runnymede as a Council and its own development as an employer and as an anchor organisation.

The Health and Wellbeing Strategy identifies areas where the Council and its workforce can develop in supporting residents and employees with their health and wellbeing needs. This will align to the wider objectives of the Council through the Organisational Development Strategy.



Objectives of this strategy

The Council's strategic aims in relation to health and wellbeing can be placed under three main objectives, with a fourth relating to internal change necessary to enable the outward focused work.

Having analysed the data, indices of deprivation and other strategies, three clear over-arching objectives have emerged. The indices of deprivation and data around poor-quality accommodation, disability, frailty, ill health and poverty, informs a focus on “healthy homes” within this strategy.

The second objective focuses on “healthy communities” and this is informed by a wide range of data sets, including:

- Indices of deprivation
- Community safety
- Access to sport, leisure and recreation,
- Access to facilities and services
- Connectivity
- Poverty

The Council recognises it cannot address health and wellbeing in isolation and a partnership approach is required to make meaningful, long lasting change.

Therefore, our third objective identifies actions which are achievable within local partnerships with statutory, voluntary, community and faith partners, and with communities and individual residents.

The action plan details the intention for the newly formed Runnymede Partnership to be the delivery mechanism for objective 3 – “Working in Partnership to Tackle Health Inequality”. It is intended that a whole system approach to this will be undertaken, with an action plan for objective 3 developed jointly.

The evidence from within the data provides some of the potential areas of focus including:

- Loneliness
- Mental health
- Childhood obesity
- Physical inactivity

The final objective is the Council's commitment to strengthening the organisation and its workforce to support the delivery of the Health and Wellbeing strategy.

Below is a summary of each objective and the aim behind them. A detailed set of actions which will deliver these objectives are set out in the appendices to this strategy.

1

Healthy Homes: Ensure residents of all ages can live in safe, secure, good quality homes and are supported when necessary to be able to continue to live independently.

2

Healthy Communities: For all residents to be able to engage and participate in their community, access services, facilities, amenities, leisure, and recreational opportunities locally.

3

Working in partnership to tackle health inequality: To work with statutory agencies, voluntary, community and faith sector organisations, communities and residents to identify and tackle health inequalities and deprivation.

4

Organisation and Workforce Development: Develop our organisation and workforce to further support the wider health and wellbeing needs of residents in the Borough.

Delivering this strategy

This strategy outlines the Council's ambitions in relation to health and wellbeing, improving the lives of residents and the communities they live in, and working to address health inequalities within the Borough.

Runnymede Partnership

Primarily in relation to Objective 3, but also having oversight of the wider delivery of the Action Plan, will be a new Runnymede Partnership, made up of representatives from the below listed partners and others identified. This will replace the former Runnymede Health and Wellbeing Task Group.

There must be connectivity between the strategy, the work of the Runnymede Partnership and the North West Surrey Alliance.

In addition to having appropriate representation from partners within its membership, the Runnymede Partnership is included within the transformation structure for NW Surrey, linked to the Building Healthy Places workstream.

Our partners

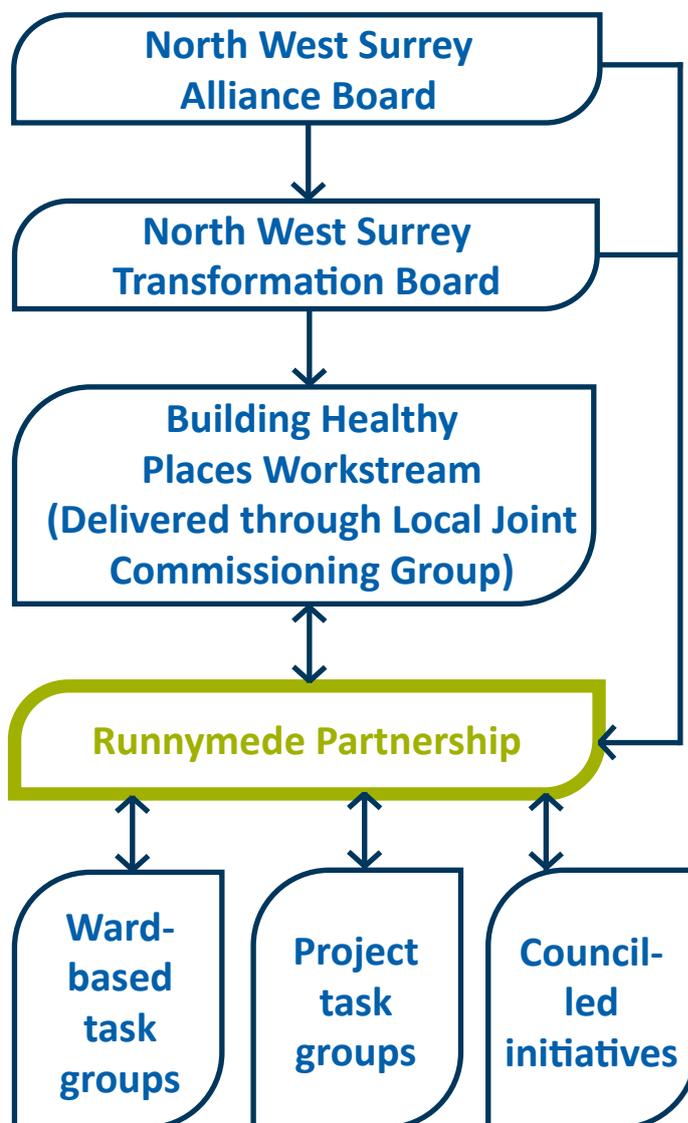
Whilst the Council will lead in many aspects of the action plan, it is recognised that our ambition cannot be achieved in isolation, and therefore working in partnership will be critical. Those we intend to work in partnership with include:

- North West Surrey Alliance
- Ashford & St Peters Hospital
- Surrey Heartlands
- Other councils
- Active Surrey
- COCO Primary Care Network
- SASSE 2 Primary Care Network
- SASSE 3 Primary Care Network
- Royal Holloway University of London
- Voluntary, Community and Faith Sector organisations
- Individual residents and local communities

In delivering this strategy it is intended that there will be a blend of Council led initiatives, local engagement, organic community development through empowering communities, and with partners leading on initiatives and projects that support common objectives.

Integrating this strategy within the North West Surrey Alliance

This diagram outlines the place the Runnymede Partnership will hold within the North West Surrey Alliance partnership structures.



Delivery

Oversight and governance

The Council is keen to ensure that this strategy does not only set out an initial action plan, but that it remains a live strategy, and that the action plan is reviewed and refreshed annually.

To achieve this, internal governance will be organised to review progress against action plans and to agree future action plans.

This will consist of key service areas within the Council. Future action plans will be drawn from individual service areas' forward plans and wider corporate objectives.

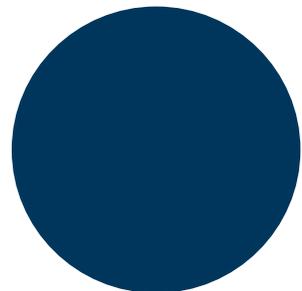
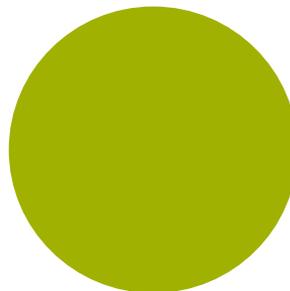
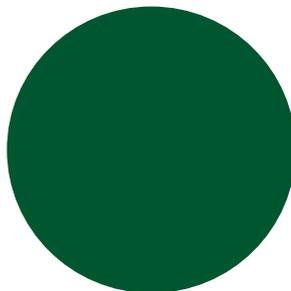
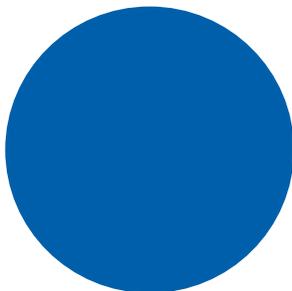
An annual report on the strategy, both its achievements and future plans, will be given to Community Services Committee, enabling elected

members to have oversight of the delivery of the strategy.

Objective three which focuses on partnership working will be refreshed annually via the Runnymede Partnership, place-based task groups and as part of the wider work within the NW Surrey Alliance.

This diagram outlines the process of planning and oversight of the Health and Wellbeing Strategy action plan.

Annual Action Plan process



Delivery

Existing service provision supporting this strategy

The Council is proud of its commitment to supporting residents in a range of ways which positively impact individual health and wellbeing. This section summarises current functions which provide support, addressing a range of needs and issues. It includes services we are obliged to provide, and those we choose to deliver.

Safer Runnymede

Monitors the Council's CCTV 24/7 and receives community alarm monitoring calls, mobilising support where necessary and supports residents with emergency issues linked to Housing, Environmental Health, and other areas.

Alarms and Telecare

Provides 24/7 support to vulnerable residents using personal pendants and environmental centres within the home.

Community Safety

Works with other statutory services and within communities to identify issues relating to crime and anti-social behaviour and takes appropriate measures to reduce the impacts on communities.

Safeguarding

We have a statutory responsibility in relation to safeguarding and the protection of vulnerable children and adults, and a dedicated internal policy for the management of safeguarding exists. There is a multi-agency approach to identifying and supporting those at risk.

Hospital discharge service

Working as a cluster of five councils, Runnymede leads on the delivery of a platform which enables partners to make referrals to services, to support residents returning home from hospital.

Referrals can be made at any time, and with some services available at short notice, the model can assist residents at home or at A&E, supporting potential reductions in hospital admissions etc.

Community development

Delivers initiatives, projects and events with residents and voluntary, community and faith sector organisations through task and project groups.

Regeneration

Works to develop and enhance housing, leisure, and recreational facilities, local services, and amenities, in turn creating opportunities for employment.

Day centre services

Safe and secure facilities for older residents to meet with others for activities and social events, enabling access to services and reducing social isolation.

Environmental health

Operating across a diverse array of issues underpinning the public health agenda, from enforcing housing standards, tackling noise and statutory nuisances and air pollution. Issuing permits, supporting consumers, workers and businesses through food and health and safety work and addressing public health issues through supporting infectious disease controls.



Our transport service connects individuals unable to use mainstream public transport, with services, amenities, and activities within their community.

Family Support Programme

The Family Support Programme positively changes how families engage with multiple agencies, enabling services to be accessed through a single conversation and with one family plan.

Intensive support is offered with a family coordinator working with each member of the family.

Social Prescribing

GPs, nurses and other professionals refer people to local, non-clinical services through social prescribing which supports those with social, emotional, or practical needs. Many schemes are focused on improving mental health and physical wellbeing. Runnymede hosts three Social Prescribing Link Workers within Community Services.



Through our parks and open spaces, we provide access to recreation and exercise for residents. This includes provision of play and exercise equipment, sports pitches and the development of facilities and resident engagement activities.

Home Improvement Agency and Disabled Facilities Grants

Provides information, advice, and support to families of children with disabilities and adults of all ages, in support of them continuing to live safely and independently at home. Part of this includes management of a grant application process and distribution of Disabled Facilities Grants to enable aids and adaptation within homes.

Housing

Helping people access health related services via floating targeted support and improving housing conditions.

▶ Housing management

Management of our housing tenancies involves collecting rent, tackling anti-social behaviour impacting Council tenants, delivering cleaning and caretaking services to flat blocks and managing Independent Retirement Living sites.

▶ Housing technical services

Manages the Council's housing physical assets. This involves repairs, improvements to housing stock and management of compliance requirements such as annual gas services and electrical safety certification.

▶ Housing solutions

Support for residents who become or are threatened with homelessness, management of our Housing

Register, residents living in our temporary accommodation and management of residents living within the Council's portfolio of privately rented properties.

Private housing

Dealing with reports of poor conditions with the private sector housing. The service also deals with licencing of houses of multiple occupancy.

Meals at Home

Supports vulnerable residents to live independently at home through provision of a hot lunch service and tea pack, delivered daily.

Voluntary sector grants

Grants are awarded annually to local anchor voluntary sector organisations in the Borough. Ad hoc small grants are awarded to new initiatives which align with priorities of the Council, and which meet unmet needs within local communities. Rent grant aid is provided to organisations who are in Council owned accommodation.

Handyperson service

A shared service with three other councils which supports vulnerable residents of all ages with minor aids and adaptations at home, repairs, and small DIY tasks.

It supports the wider health and care system through undertaking works in a timely manner to achieve prompt hospital discharges etc.

Runnymede Borough Council

The Civic Centre, Station Road, Addlestone, Surrey, KT15 2AH

www.runnymede.gov.uk

01932 838383

community.services@runnymede.gov.uk

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