

ST ALBANS & DISTRICT LOCAL STRATEGIC PARTNERSHIP
Draft Partnership Delivery Plan

DRAFT HEALTHIER COMMUNITIES AND OLDER PEOPLE PARTNERSHIP

Community Strategy Priority

Keeping the District Healthy

Long Term Objectives

By 2021 St Albans District will:-

- Be a healthy place to live with access to high quality facilities and services which support active lifestyles
- Provide easy access to healthcare services, especially for the more vulnerable or disadvantaged groups in the community
- Offer a comprehensive range of preventative and support services through its thriving voluntary and community organisations
- Enable independent living for older people

Targeted Areas of Work 2009-12

- Encouraging and supporting healthy lifestyles and wellbeing
- Ensuring residents have access to excellent healthcare services and empowering individuals to self care
- Helping to build the capacity of the voluntary and community sector to provide preventative and support services
- Meeting the needs of an ageing population
- Supporting the needs of carers

*Hertfordshire Forward (County LSP)
Partnership Link*

Healthier Communities & Older People

Group Lead

Peter Wright (Health Partnership Manager – Herts PCT)

Supporting Officer

Carlton Lomax (Environment & Health Manager, St Albans City & District Council)

Reporting Format / Frequency

Quarterly (LSP Management Committee & Board)

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Performance Indicators

[those which will best indicate progress against area of work]

For example:-

- % increase in adult participation in sport and active recreation (Active People Survey, NI 008 – LAA2 target)
- % increase in the self reported measure of people’s overall health & wellbeing (Place survey, NI 119)
- 744 four week quitters
- 2,976 referrals to Herts Stop Smoking Service
- % increase in satisfaction of people over 65 with both home and neighbourhood (Place survey, NI 138)
- % improvement in the extent to which older people receive the support they need to live independently at home (Place survey, NI139)
- A Listening to Carers Forum established and an annual event organised (starting 2010)

Key Targets (4 or 5 maximum)

[associated SMART targets against identified performance indicators]

The group agreed that the action table needs to be populated before any SMART targets are set

Funding Implications

| Project | Resource required | Source | Funding |
|----------------|--------------------------|---------------|----------------|
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This has been drafted by pulling together the priority headings agreed at the last HCOPP meeting, key actions mentioned in the community strategy under the gap area of 'Meeting the need of older people' and 'what are we going to do' from the strategy maps. The group need to agree 2 - 3 key pieces of work under each priority heading for delivery over the next 1 – 2 years to turn this into a delivery plan.

Provisional lead contacts have been identified by the group to start populating the actions, milestones and timescales (see names in red).

| Objective | Actions | By When | Outcome (including specific deliverables) | Lead Agency/ Officer | Resources |
|--|---|--------------------|---|---|--------------|
| 1. Tackling Health Inequalities | | | | | |
| Reduce Health Inequalities across the district | Build a clear picture of need by sharing data and information | At least 6 monthly | Clear picture of Health Inequalities shared by all partners and kept up to date | Peter Wright (Chair) | Officer time |
| | Review health and well being information on a regular basis (HCOPP to receive a brief summary report – 6 mthly) | At least 6 monthly | | LSP Reducing Inequalities Project Group | Officer time |
| | Utilise IMD data and other sources to build community profiles of the 5 most disadvantaged SOAs | By Dec 2010 | | | Officer time |
| | Work with Reducing Inequalities Project Group to develop cross cutting projects | On going | | | Officer time |

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Draft Partnership Delivery Plan

| Objective | Actions | By When | Outcome (including specific deliverables) | Lead Agency/ Officer | Resources |
|---|---|---|---|---|---------------------------------------|
| | Set annual priorities for spend and process for administering Health Inequalities Fund. Ensure delivery and prepare monitoring and evaluation report for Board. | Process to be agreed Sept 2010 and implemented Oct 2010 | | Peter Wright / Carlton Lomax / Jane Pearce | Officer time |
| 2. Tackling Obesity (Adult & Childhood) | | | | | |
| To assist delivery of obesity reduction targets, especially in most deprived wards. | Organise and deliver Obesity workshop for all partners (cross cutting especially with DCTP for child obesity) | Sept/Oct 2010 Action plan by Dec 2010 | Outcome to be an action plan to assist delivery of obesity reduction targets, especially in most deprived wards | Robin Trevillion PCT (but with involvement of DCTP) | |
| 3. Encouraging Healthy Activities & Lifestyles (targeting specific groups/areas) | | | | | |
| Develop a range of opportunities for physical activity aimed at target groups | Support leisure facilities to provide appropriate services & facilities for all – regardless of level of ability or age. | TBC | This is hard to measure?? | Leanne Douglas SAASH / Active St Albans | |
| | Further develop the GP exercise referral programme. | April 2011 | Increase in patient referrals to 15 residents per month. | SAASH | Officer Time and Partnership support. |

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| | Support Active St Albans to empower sport and physical activity providers to deliver new opportunities to residents. | September 2011 | Funding secured to deliver 10 adult participation programmes. | Active St Albans | £6,000 and Officer time |
| | Increase the sport and physical activity provision on offer to residents with a physical disability. | June 2011 | Completion of audit into activity available and plan in place to supplement with new opportunities. | SAASH | Officer Time or Graduate Dissertation |
| | Ensure there are programmes specifically targeting the district least active residents (50+). | March 2012 | Review current provision and offer new opportunities to enhance current delivery. | SAASH | Officer Time & TBC |
| | Utilise the 2012 Olympics to promote physical activities | July 2011 | Host a London 2012 community event on the open weekend one year prior to the games. | TBC | TBC |
| Develop a range of healthy living promotions aimed at target groups | Oakland's Information Day | September 2010 | Joint presence with police on substance misuse | Carlton Lomax SADC | Officer Time & TBC |
| | Monopoly | September 2010 | St Albans Substance Misuse | St Albans Substance | Officer Time & TBC |

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Draft Partnership Delivery Plan

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|--|--|--|---|--|---|
| | World Mental Health Day | October 2010 | Group activity at event WMHD Partnership Group presence on Saturday Market | Misuse Group WMHD Partnership Group | Officer Time & HCC funding |
| | Hazard Alley | November 2010 | 1100 school children to visit centre in MK () | SADC & Police project | Officer Time & TBC |
| | No Smoking Day 2011 | March 2011 | TBC | Carlton Lomax SADC | Officer Time & SADC / Community Safety funding |
| 4. Ensuring Mental Health & Social Well Being (including Carers) | | | | | |
| Review emerging mental health problems and provide relevant support services | Review mental health data and information on a 6 mthly basis (HCOP to receive a brief summary report) Improve accessibility to a range of mental health advice appropriate to needs | At least 6 monthly Review by Dec 2010 | | Karen Moody / HPFT | Officer time Funding for any new access required |

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| Develop a local forum to listen and respond to the needs of carers | Organise a 'Listening to Carers' event | March 2010 | Action plan for addressing carers issues in the District (attached separately) | Carole Whittle Carers in Herts | Officer time Venue |
| | Develop an action plan from the key points raised | June 2010 | | | |
| | Report back to Carers how these points will be taken forward | Sept 2010 | | | |
| Support the needs of carers | Utilise feedback through 'Listening to Carers' event to identify shared needs | June 2010 | Carers feel supported and have a forum for getting their voices heard | Carole Whittle Carers in Herts | tbc |
| | Identify a package of support to meet those needs | Sept 2010 | | | |
| | Further develop the existing carers register to assess the needs of carers | Mar 2011 | | | |
| 5. Supporting Tobacco Control | | | | | |
| Increase the number of people stopping smoking | Hold a Tobacco Control workshop for key delivery partners & agencies across the District | June 2010 | Develop Tobacco Control Action Plan for St Albans and District | Wendy Tooke (PCT) | tbc |

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| | Agree key partnership actions to support smoking cessation & increase referrals | | Raise awareness of the issues to be addressed | Carlton Lomax SADC | |
| 6. Tackling Alcohol & Substance Misuse | | | | | |
| Reduce levels of alcohol & substance misuse | Provide alcohol & drugs advice | On going | Reduction in levels of alcohol and substance misuse | Carlton Lomax SADC | tbc |
| | Provide a range of prevention services | On Going | | | |
| 7. Improving communications and signposting of services for the elderly | | | | | |
| Provide coordinated communications and signposting of services for the elderly | Review current signposting services | Dec 2010 | TBC | Age UK Herts | tbc |
| | Support implementation of First Contact scheme in the District | Sept 2010 | | | |
| | Establish gaps in the services | Mar 2011 | | | |
| Provide opportunities for face to face advice/signposting for older people in the community | Support implementation of First Contact scheme in the District | Sept 2010 | TBC | Age UK Herts | tbc |
| | Invite Deborah | Oct 2010 | | | |

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| | Pearson to introduce the scheme to the group | | | | |
| Provide accessible information on:- Individual budgets Funding own care Advice & advocacy Learning opportunities Financial advice | Identify and maintain data base of services within the VCS that can be made available to those funding their own care | March 2011 | Trusted and reliable source of information | Age UK Herts Laura Cronshaw CVS | Sponsorship of officer time + management of volunteer hours |
| 8. Providing integrated community transport options for the elderly/vulnerable | | | | | |
| Review existing community transport options for the elderly/vulnerable and identify gaps in the service | Propose an integrated community transport scheme as a 'big idea' for PRG funding Establish steering group Research and scope the project Put recommended business model to the LSP Board for funding Implementation if | February 2010 March 2010 Apr – Jul 2010 Sept 2010 2011 | Integrated community transport proposal for 2011 | LSP MC CVS – LC & SADC - CL CVS – LC & SADC - CL LSP MC To be | £9000 funding from PRG for research |

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| | funding secured | | | commissioned | |
| 9. Helping older people maintain their independence & take an active role in their community | | | | | |
| Identify/provide the services and facilities needed to help older people maintain their independence | Analyse the data and contributing factors to the National Indicator result for NI139 | | | Karen Dragovic SADC | |
| | Identify flexible housing needs and solutions for the future – build into housing strategy | July 2012 | Housing 21 appointed to redevelop Leacroft sheltered housing as flexicare housing. Housing Strategy to be updated to incorporate a range of housing to meet the needs of elderly people | Age UK Herts Adult Care Services | Officer Time Homes and Communities Agency Funding HCC funding re flexi-care |
| | Provide a range of housing related services to maintain independence | | | | |
| | Support an appropriate range of day club and lunch activities | | | | |
| | Support and promote local learning opportunities | March 2011 | Work in progress to review housing related support/community alarms in partnership with HCC- Accommodation Board for Older people. | | Officer Time Supporting People Funding |

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| Encourage effective local forums for older people & active volunteering | Identify existing local forums for capturing the voice of older residents | March 2011 | Clear framework for communication and liaison | Age UK Herts | PRG commissioned Volunteer Centre officer time | |
| | Identify local forums that serve community groups that provide services for the elderly in the area | | | Laura Cronshaw CVS | | |
| | Agree how best to use these forums | | | | | |
| | Identify gaps and mechanisms for closing those gaps | | | | | |
| | Develop, promote and maintain list of intergenerational volunteering opportunities | March 2011 | Easy brokerage tools for young and old to access intergenerational volunteering | Laura Cronshaw CVS | | Sponsorship of Volunteer Centre officer time + management of volunteer hours |
| | Celebrate the positive contribution of older people within their community | | | | | |
| Utilise the 2012 Olympics to develop, promote and maintain list of Olympic/sport | March 2011 | Easy brokerage tools for all to access Olympic/sport | Laura Cronshaw CVS or Chris Gregory? | Sponsorship of Volunteer Centre officer time + management of volunteer hours | | |

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| | inspired volunteering opportunities | | inspired volunteering opportunities | | |
| 10. Support Sexual Health Screening | | | | | |
| Improve accessibility to a range of sexual health advice & support services | Needs assessment identified gaps in provision of contraceptive service (LARC) Chlamydia screening and access to level 3 GUM, Local SH Strategy identified ways forward. GUM access target 48hrs Improved contraceptive services Training and improved delivery of LARC Multi agency working to deliver joined up services Improved access to information | Ongoing piece of work over 3 years | 48hr gum access achieved Improve access and up take of service. Improved access to LARC training for general practice on LARC increased commissioned services. Chlamydia programme driving toward target of screening 35% of all 15 -24 Local delivery of target work for teen preg in Stevenage supported by PBC | Rosie Gagnon PCT | Base line budgets PCT PBC allocations Improved service delivery thought skill mix and service redesign. Improve data collection Bid monies form SHA/central government Some local work with voluntary agencies delivering to Young people Multi agency approach |

NB: Within all actions listed above, the needs of disabled residents of the District will be addressed throughout the delivery of the actions.

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| | Lead Organisation | Targeting Change Project Title/Summary | Area of impact |
|---|---|---|-------------------------------------|
| Healthier Communities & Older People Partnership | Hot Wheels | Hot Wheels Network A user-led organisation for physically disabled adults (18 plus). The aim is to provide a peer network to support individuals to access advice, the workplace and wider community engagement through enrichments activities planned and organised by the group themselves. (Priority 1 & 4?) | District wide |
| | Redbourn Recreation Centre & Playing Fields Trust | Healthier Redbourn Upgrade the Health & Fitness Gym by replacing out of date equipment and providing a new programme of classes. Increasing physical, mental and emotional wellness, breathing new life into the centre and reducing the need for residents to travel to facilities. (Priority 1 & 3) | Redbourn |
| | Buskin | Drama for older people Working with older people to devise a piece of theatre, based on their experiences, to develop new skills, interest and build confidence. Resulting performance will raise awareness and explore issues about ageing, promote a positive image and establish links with difference community groups. (Priority 9) | District wide |
| | Citizens Advice Bureau | Money Matters Financial capability training building on CABs first hand knowledge of debt and deprivation. The objective of basic financial education for the elderly is to help older people understand the financial choices they have approaching retirement - helping elderly vulnerable people better equipped to avoid debt problems. (Priority 7 & 9) | District wide |
| | Nexus Extended Schools | Come Dine with Me (Not Pot Noodle) The aim is to teach young adults (16 - 19 yrs) life skills and cooking techniques to prepare them for living away from home. (Priority 3) | Nexus catchment (Beau/Sand/Ver etc) |
| | Alex Curtis Memorial Trust | Asthma Awareness Project To recruit, select, CRB check and train volunteers to deliver asthma awareness talks in schools and the community using coping cards for sufferers and info leaflets for peers and teachers. Creating a more informed and supportive environment for asthma sufferers. (Priority 1 & 3?) | District wide |