St Albans District Health & Wellbeing Partnership

District Offer Update – August 2017
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1.0 Introduction:

In 2016/17 we invited local voluntary and community groups to apply for funding in order to carry out projects addressing the St Albans Health & Wellbeing Partnership’s three priorities detailed below. The three Task & Finish Groups established in 2015 for each of the priorities were simplified into a single Health & Wellbeing Task and Finish Group – now the Public Health Working Group.

District Priorities

The St Albans District Health and Wellbeing Partnership agreed three priorities:

1) Improving mental health and emotional wellbeing
2) Increasing physical activity and promoting a healthy weight, and
3) Reducing the harm caused by alcohol

Reducing health inequalities across the District has been identified as an overarching priority for the Partnership.

Priority areas are accompanied by a set of key objectives which projects are expected to meet:

1. Mental health and emotional wellbeing:
   - Improved and increased signposting to mental health services and information
   - To direct people as quickly as possible to sources of help or advice
   - To prevent issues before they become acute
   - To improve on health inequalities, specifically regarding people with learning disabilities

2. Physical activity and healthy weight
   - To increase and demonstrate levels of physical activity amongst adults
   - Improving health inequalities in the District.

Funding was also set aside for projects aimed at improving the mental health and emotional wellbeing of young people (defined as people aged 11-15). The overall aims in this area are:
• Promoting the mental wellbeing and raising awareness of existing sources of local and online support for young people.
• To improve and increase sign-posting to information and services about mental health for young people, and
• To enable young people and those working with them to have access to information and support regarding resilience.

These priorities were identified following the analysis of key local data, including Hertfordshire County Council District Health Profiles,¹ the Joint Strategic Needs Assessment² and information from Public Health England.³

2.0 District Offer Phase 2: Overview

The process of monitoring and evaluating Phase 1 projects (see January 2017 update) has enabled the Partnership to learn a number of lessons and to identify the best approach and practice moving into Phase 2. Project briefs were drawn up for the key priority areas of mental health and emotional wellbeing, physical activity and healthy weight, and reducing the harm caused by alcohol.

Phase 2 has seen the commissioning of a smaller number of larger, strategic projects. The Social Prescribing⁴ model is the glue that holds several of these projects together. Table 2 provides a short overview of the larger projects funded as part of Phase 2 of the District Offer:

Table 2:

⁴ Social Prescribing refers to ‘a mechanism for linking patients with non-medical sources of support within the community. These might include opportunities for arts and creativity, physical activity, new skills, volunteering, mutual aid, befriending and self-help, as well as support with benefits, employment, housing, debt, legal advice or parenting problems.’ See CentreForum Mental Health Commission. The Pursuit of Happiness: A New Ambition for our Mental Health’. (London: CentreForum, 2014).
<table>
<thead>
<tr>
<th><strong>Project (Lead Organisation)</strong></th>
<th><strong>Outline &amp; Projected Outcomes</strong></th>
<th><strong>Cost</strong></th>
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<tbody>
<tr>
<td>Improving mental health and emotional wellbeing</td>
<td></td>
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<tr>
<td>Arts on Prescription /Social Prescribing (1Life St Albans Arts Team)</td>
<td>• Arts on Prescription/Social Prescribing will build on lessons learnt from the previous programme. It will be distinct in its partnership with Citizens Advice St Albans District (CASTAD) with intensity of signposting activity and strengthen links with community organisations.</td>
<td>£5,500</td>
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<tr>
<td>Social Prescribing St Albans District (Citizens Advice St Albans District (CASTAD))</td>
<td>• Piloting a “Social Prescribing” model, this project aims to provide people with access to a support network via a Citizens Advice Bureau “Wellbeing Clinic”. CASTAD will be working in close partnership with 1Life, the Living Room and other community organisations to offer a “whole systems” approach to social prescribing.</td>
<td>£21,580</td>
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<td>Enhanced Signposting (Living Room)</td>
<td>• The Living Room will carry out an “enhanced signposting” project, developing links and networks with other service providers, local faith leaders and those in a position to offer social prescribing. Living Room’s work will further reinforce the social prescribing partnership.</td>
<td>£3,000</td>
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<td>Increasing physical activity and promoting a healthy weight</td>
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<td>Shape Up (Watford FC’s Community Sport &amp; Education Trust)</td>
<td>• A men’s weight programme providing nutritional education alongside physical activity. Each programme is completed over a 12 week period. It aims to target residents with a BMI of 30+, or 28+ for BME (black or minority ethnic) groups because of higher health risks in these populations. The aim is also to have referrals</td>
<td>£16,000</td>
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A number of grants have also been commissioned as part of Phase 2; these are detailed in **Table 3:**

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| Children’s 24 Hour Palliative Care Helpline (Keech Hospice Care) | • This project aims to provide 24 hour information and emotional support via a dedicated helpline for families and professionals caring for children receiving palliative care.  
• The 24 hour phone line has been set up and staff have undergone training in its use, logging enquiries etc. Marketing of the phone to professional partners and direct beneficiaries has also been carried out. | £3,000  |
| Increasing physical activity and promoting a healthy weight |                                                                                               |         |
| Links Academy Climbing Project (Links Academy) | • This cross-priority project will provide weekly climbing sessions delivered over an academic year. | £2,553  |
year to students from Links Academy.

- 13 children have attended climbing sessions so far which have taken place weekly from September 2016.

| Hertfordshire Health Walks (Countryside Management Service) | • To expand the provision of free, short volunteer-led walks to London Colney.  
• A total of 59 walkers have participated in the Taster Events along with 7 volunteer walkers. Walks will continue in January 2017. | £2,500 |

### 3.0 Outcomes Achieved So Far

Phase 2 projects got underway from October 2016, the outcomes referred to below cover the period from January 2016 through to April 2017.

**Larger Projects:**

**Social Prescribing**

*Social Prescribing St Albans District – Citizens Advice St Albans District*

Outcomes:

- The Wellbeing Clinic has seen a total of 21 clients presenting with 52 issues.
- Issues presented have been wide ranging and include those relating to disability benefits, employment and support allowances, domestic violence and court proceedings.
- Clients were signposted to a range of services in the community, including:
  - Dial a Ride,
  - Therapeutic Gardening,
  - St Albans Old People’s Trust,
  - Computer Friendly,
  - Living Room,
  - Mind in Mid Herts,
  - Open Door; and
  - Food Banks
Four clients have so far agreed to complete a Warwick-Edinburgh wellbeing survey and have given permission for CASTAD follow up and record their wellbeing at a later date.

**Arts on Prescription/Social Prescribing**

Outcomes:

- 9 sessions.
- 73 attendances.
- Referrals from a range of services including GPs, Community Navigator, Mind in Mid Herts, Herts Partnership Foundation Trust and Citizens Advice St Albans District.

Arts on Prescription have agreed with St Albans City & District and Hertfordshire County Council to carry out a targeted programme for young women with mental health needs in a lower super output area identified as in need of such an intervention. This programme will start in September 2017.

**Health Assessment Referral Programme**

Outcomes:

- 31 individuals were seen from January 2017 to April 2017.
- 12 of these were seen at the Village Surgery, Harpenden.
- 19 of these were seen at the Maltings Surgery.
- A total of 71 people have attended the clinic since the project began in October 2016.
- All those classified as inactive or lightly active were signposted to a number of community services including: Walking Football, Nordic Walks, Herts Health Walk, Love to Dance, ReFIT, Positive Movement Club and the Exercise Referral Scheme.

There has been an increase in numbers attending the clinics. Project deliverers are currently looking to expand the project further in the District. The next objective is to link up with and establish an Exercise and Wellbeing Clinic in the Lattimore Village Surgery in London Colney. This will also create a presence in a relatively more deprived area in the District.
Enhanced Signposting

Outcomes:

- Networking and creating awareness of mental health and emotional wellbeing work at the Living Room has been achieved via 20 hours of outreach work and attendance at key events and meetings.
- 10 hours spent contacting and attending information sessions, including those hosted by CASTAD, Support Herts, Open Door, Martin House, Kent House, Jobcentres Plus and liaising with GPs.

Recognise the need for more inter-partnership working with medical professionals, police and probation services.

Shape Up: Men’s Weight Management Programme – Watford FC’s Community Sport and Education Trust

The below figures relate to the first of three Shape Up programmes commissioned as part of the District Offer that took place at Verulam School:

- Total number of referrals: 17.
- Number of participants who dropped out before the course started: 1.
- Number of participants who started the course: 16.
- Number of participants who met the eligibility criteria: 16.
- Proportion of participants rating the service as good or excellent: 16.
- Number of course completers who achieved a reduction in weight: 15.
- Number of course completers who achieved a reduction in waist measurement: 16.
- Number of course completers who achieved a reduction in BMI: 15.
- Number of course completers reporting increased physical activity: 16.
- Number of course completers reporting an improved diet: 16.
- Number of course completers reporting improved self-esteem: 16.

The sessions at Verulam School were a success, achieving the highest completion rate and 5% weight loss statistics of any course delivered so far. 12 of the 16 men have signed up to the 12 week follow up exercise programme. They will exercise with a coach for a further 21 weeks before weighing in again.
Grant Funded Projects:

**Links Academy – Climbing Wall**

Project involves weekly climbing sessions delivered over an academic year to students from Link Academy.

- 22 students have taken part in one or more climbing sessions in the 18 sessions run so far.
- 6 students have attained over 5 sessions and one student has attended 9.
- Levels of attendance remain high for one student who has lower levels of attendance throughout the rest of the week in other activities.
- There has been a ‘significant improvement’ in performance and technical skills in students who have regularly attended.
- Teachers have observed improvements in some students in managing their emotions.
- Climbing project continues to be popular and oversubscribed.

The final sessions of the Climbing Project have been moved to September 2017 rather than May/June. This has been due to this period coinciding with the exam period.

**Countryside Management Service (CMS) - Hertfordshire Health Walks**

This project expands the provision of free, short volunteer-led Health Walks to cover London Colney.

Outcomes:

- A total of 24 health walks took place.
- 50 new individuals (not previously registered on Hertfordshire Health Walks) and 80 individuals in total engaged with the walks.
- The age range of participants was from 30-80+.
- 8 referrals (10% of participants) came from GPs.
- 12 volunteer health walk leaders engaged with the project.

One aim of the project was to increase participants’ feelings fitness and wellbeing:
- 44% said “I have seen an improvement in my health as a result of Health Walks”.
- 41% said “I have more energy and have improved stamina as a result of Health Walks”.
- 41% said “I feel fitter and become less out of breath as a result of Health Walks”.
- 13% said “It has helped me to manage or improve an ongoing health condition”.
- 41% said “I feel less stressed and more relaxed”.
- 17% said “I feel less anxious and/or depressed”.
- 34% said “I feel mentally uplifted and energised”.
- 35% said “I do not feel socially isolated”.

A second objective was to help residents increase the level of activity they do as a result of health walks:

- 0 minutes of physical activity per week decrease by 6%.
- Less than 30 minutes physical activity per week decrease 12%.
- 90-119 minutes physical activity per week increase 9%.
- 120-149 minutes physical activity per week increase 9%.
- 150 or more minutes physical activity per week increase 3%
- 42% said “since attending Health Walks I now participate in other form of exercise.

CMS recruited and trained 8 volunteers Health Walk Leaders to plan, promote and carry out the walks. Health Walks match-funded by St Albans Health & Wellbeing Partnership and London Colney Parish Council concluded in March 2017. CMS have added the new London Colney walks to the wider St Albans City & District Health Walk Programme and they will continue to be coordinated by CMS staff and delivered by volunteers.

**Keech Hospice – 24 Hour Helpline for Children with Palliative Care Needs**

This project provides 24 hour information and emotional support though a dedicated helpline for families and professionals caring for children receiving palliative care.
• 21 calls have been received since January 2017.
• Provided advice on end of life care and sent nurses to follow up where necessary.

March 2017 saw a lull in the use of the palliative care helpline. The cause of this reduction in use has been identified. There were a number of children who were known to Keech who received end of life care. As these children’s deaths were expected the nurses’ interactions with the families and visits to their homes were planned, therefore families have no need for the advice line at this time. The long-term intention is to make the helpline permanent.

4.0 Conclusion

The next public health update of District Offer projects will be available in September 2017 and will cover the period May through to and including July 2017. For further information please contact: Scott.Rawlinson@stalbans.gov.uk.