

Health Improvement Action Plan 2022-2026

Activity	Timescale	23/24 progress to date	Lead Officer	Objective
Family Hubs	Enabling and connecting ensuring NSDC are represented Commenced 2022 Launches 01/06/2024	The Family Hub in Hawtonville will launch in July 24 pushed back due to the general election.	HE	Support rollout of pilot hub in Newark at Hawtonville Childrens centre and support creation of virtual hub via the Families Information Service.
Breast Feeding Friendly Award Scheme	Direct delivery - BAU ongoing	Cleansing of the database has taken place, there are currently 32 venues accredited with work continuing the support the scheme and train staff.	AH	Increase breastfeeding rates through supporting venues to be a welcoming place to breastfeed. Supporting mums to breastfeed for as long as possible.
Sustainable Food Places and Nottinghamshire Food Charter	BAU but specific events and projects as part of the action plan	A range of activities have taken place over the last 2 years including support to sustain Food Clubs, community growing projects, cookery courses, emergency funding to support families living in food poverty. A Food Co-ordinator has now been recruited to drive this work forward expanding on the successes to date and supporting partners to deliver more. NSDC officers have supported the submission of the countys sustainable food places bronze application and are supporting the organisation of the first food summit in October	HE/AH/JP/SS	Action plan to deliver aims and ambitions around sustainable food linked to Nottinghamshires Food Charter (<i>Appendix A</i>) and the Sustainable Food Places Framework
Community Alcohol Partnership – addressing underage drinking	OBE CAP BAU commenced in 2018 Clipstone CAP BAU (reduced to 6 monthly) commenced in 2019 Newark CAP launched 2023 - project to establish over 2024 then BAU	The work of each of the CAP's is captured on separate action plans. Bringing partners together within Newark and Hawtonville has been the main focus for 23/24 to be able to collaboratively create the action plan.	HE/AH	Ollerton, Boughton & Edwinstowe action plan (<i>Appendix B</i>). Clipstone & Forest Town action plan (<i>Appendix C</i>) Expand CAP into Newark Town Centre in 2023
Public Health England – Level 2 Young Health Champion training	directly delivered 2 courses in 2023 paused	paused due to capacity	HE	Deliver the level 2 qualification to young people alongside the Community Alcohol Partnership in both school and community settings.
YMCA Developmental Assets Pilot	Part of the partnership to connect NSDC in Commenced in 2023	SS chairs the community steering group, 2 sets of surveys have been completed by the 3 secondaries in Newark. A number of actions have now been identified for all partners to target the areas of most concern to support Young People in Newark. A survey has been sent to all parents of secondary age children to establish a young persons community action group.	HE/SS	Support the pilot project both strategically and via the steering group - led by the Youth Lead internally with the community development team.

Schools Health and Wellbeing bulletin	Connecting and signposting to schools when necessary BAU - decision taken to create only when information justifies sharing with secondary schools	We have created and distributed 2 bulletins over the last academic year with information about the schools survey and Vaping and Smoking resources	HE/AH	To strengthen awareness and access to resources to improve health and wellbeing within schools. This includes the schools growing project, the wellbeing audit toolkit and Schools Intent Programme. This will include national toolkits and resources and support staff wellbeing where requested.
Smoking and Vapeing	Smokefree action plan - direct delivery BAU linking to other workstreams	All schools have been encouraged and supported to sign up to INTENT - the schools smoking and vaping resources. Worked with HR to amend internal smoking policy to reflect inclusion of vaping Social housing smoking project commenced with 15 housing colleagues attending brief advice training and community settings identified to run door step stop smoking services.	HE - pause attendance at strategic level AH - operative lead	Develop and deliver a Smokefree action plan (<i>Appendix D</i>) Ensure NSDC are represented at strategic and steering group level meetings.
Health and Wellbeing pop up events	Co-ordinate and directly deliver events focussed on H&WB As and when required in communities BAU	A series of health events have taken place or health areas provided at community events. Partner agencies are invited to improve visibility of commissioned services like Your Health Notts across the district.	HE/AH + CDO's	Attend partner events to promote services/signposting and organise series of specific H&WB events, bringing together a range of partners. This can often link to national campaigns and events.
Thrive at Work accreditation (Internal)	Direct delivery alongside HR To work through the levels Foundation 2023/2024 Work towards Bronze 2024 Ongoing staff wellbeing support BAU Create Wellbeing Hub (intranet) 2024	Foundation accreditation achieved June 2024 work towards bronze has commenced with an action plan and campaign calendar proposing areas of focus. Members wellbeing champions have been identified and training is to be organised Wellbeing hub launched February 2024 NSDC were awarded 'Carer Friendly Employer' status November 2023 Over 100 body mots and 40+ health checks have been delivered with 2 peer support groups launched internally supporting staff with menopause and carer support.	HE/AH	1 - Promote and support staff wellbeing internally through the Thrive accreditation. Support internal Wellbeing champions and rollout a range of support, advice and resources. Collate and evidence actions taken to achieve each level of Thrive from Foundation to Gold. Deliver a range of activities and training to staff. 2 - Identify and support elected member wellbeing champions in each of the political parties, support member wellbeing through a series of activities, events and resources.
Thrive at Work accreditation (External)	Promote the Thrive accreditation to businesses and companies locally to enable them to support our working age population	A number of local businesses have engaged with Thrive at work. In addition the team have delivered health pop ups/body mots to support staff wellbeing.	AH	Work with external businesses to support staff wellbeing through each level of the Thrive at Work accreditation. Or support organisations informally on specific areas/campaigns around staff wellbeing.
Health campaigns	BAU linked to Thrive at Work	A campaign calendar is created annually with a variety of campaigns to raise awareness, support the national screening programme and support both staff and community wellbeing. This has included a successful community based 'Know Your Numbers' blood pressure checks feed directly into GP's	AH	Produce an annual health campaign framework and joint messaging for use internally to support staff wellbeing and within external workplaces, organisations and schools. Run events, activities and/or provide information on specific health campaigns internally, within the community or for external partners.

Barbers Initiative	Direct delivery 1 year evaluation to take place in 2024 and extend to include more Men's MH information, ongoing support to Barbers	16 barber shops have continued to engage post the 1st year evaluation with all requesting more specific information on Men's Mental Health	AH	Support mens health by working with local barbers to raise the awareness of prostate cancer and mental health.
Body MOT's and 40+ health checks rollout	Body MOT's direct delivery to internal staff and externally at events as and when required. 40+ health checks are delivered by PH, we act as connectors to promote and organise sessions	over 100 body mots have been delivered each year both internally and externally linked to both staff wellbeing and health pop up events. 40+ health checks internally have taken place bi-annually, with 40+ health checks promoted to all schools and external businesses linked to Thrive at work.	HE/AH	Run a series of Body MOTS supporting staff wellbeing, at partner events and support public health to rollout the 40+ NHS health checks.
Physical Activity Insight	Paused - move into Move More T&F group when agreed	Paused	HE	Paused in 2020 - £5k funding remaining and Move More N&S will look to realign funds to best deliver the Move More Cornerstones
Physical Activity and Sport Plan	Paused and moved into delivering the move more cornerstones through the T&F group	Transferred to 'A Framework for Tackling Physical Inactivity in N&S' created collaboratively through our Move More N&S group	HE	Support officers ensuring plans link to H&WB strategy and the work of the T&F groups specifically to reflect the Move More Cornerstones
Support delivery of Active 4 Today's business plan – Sports Development and Community Outreach	Support where necessary and link into specific pieces of work as defined in annual plan	The A4T team have written their business plan and have linked back directly to the six health and wellbeing priorities - the A4T team proactively engage in all task & finish groups and chair our 'Improving Healthy Lifestyles' group.	HE/AH	Ensure plans link back to NSDC H&WB strategy utilising the Move More N&S Group and the cornerstones
Suicide prevention	Direct delivery - finalise the Prevention Concordat for Better Mental Health (appendix J) Lead on rolling out actions/project work across the Recognising Mental Health T&F Group	Actions have been created inline with 'real time surveillance' meetings where spikes of suicides have occurred. this work has included work in partnership with Network Rail. The team have supported and rolled out a variety of training to frontline colleagues around mental health and suicide prevention. Linked to annual Suicide Prevention campaign sharing resources and highlighting the importance of the campaign. Have supported and funded the creation of four new mental health and bereavement groups. Have supported 'The Town that Talks' in	HE/AH	Attend quarterly distict/county group, utilise county resources, deliver campaigns and projects linked to Public Health action plan 2024. Rollout training to staff and partner organisations.
Active Travel	Feed into the work from a health perspective where necessary	This work has been aligned to the Move More groups framework for Tackling Physical Inactivity	HE	UKSPF funded feasibility study - health involvement through the Move More N&S Group and ensure regular involvement with the Active Travel Project Team

Loneliness and isolation	BAU - attendance at meetings and signposting	Social eating opportunities identified to support communities in addition to local warm spaces. Heatmap created to identify 65+ adults classified as frail or living alone. Activities will be plotted to support those areas of activity around falls prevention, friendship groups or social eating. Loneliness and isolation has been identified as a priority within the Ageing Well Group.	AH	Through the 'Tackling Loneliness Collaboration' cascade information and raise awareness. Expand networking opportunities to strengthen communication opportunities.
Working towards Dementia Friendly Community - Newark & Sherwood	Direct delivery - create action plans and lead on actions and work (revisit in 2025 pause)	paused due to capacity	HE/AH	Through our Ageing Well task and finish group we aim to achieve the Dementia Friendly Communities accreditation by developing and delivering on 7 specific action plans ensuring involvement for a wide range of partners. <i>(Appendix F)</i>
Falls prevention		Ageing Well has now been identified within the Sherwood Integrated neighbourhood working. All PCN's have identified Frailty and work has begun around the clinical frailty score and utilising frontline colleagues to complete. Falls prevention programmes have been established via a 12 week programme delivered by Your Health Notts.	HE/AH	Work with partners to map current opportunities and identify gaps. Support Your Health Notts to roll out Otago and PSI programmes, to recruit volunteers to train to deliver more classes locally. Work with primary and secondary care to identify a formal pathway to support with falls prevention and rehabilitation.
100 day Community Transformation Programme - Newark and Sherwood Local Design teams	Attendance at meetings is BAU Older persons housing officer chairs the Newark LDT Alison and Sue attend the Sherwood LDT	Newark LDT over the past year has delivered the My Support Network, Carers Roadshow and rolled out a survey around barriers to accessing health services locally. Sherwood LDT commenced in April 2024 with their first 100 day cycle focussing on men's mental health and local support.	AH	Attend Local Design Team and work on projects as and when required. Help identify opportunities to build stronger connections across partners - chaired by Older Person Housing Officer at NSDC (Newark) / Newark CVS (Sherwood)
Cost of Living	2 year food co-ordinator 24-26 Projects delivered by March 2025	A series of cookery courses have been delivered in partnership with ATTFE. Four teens cookery courses have been delivered at Beaumont walk engaging 45 young people. Food Co-ordinator recruited. Emergency funding given to food clubs to further support emergency parcels. 3 additional community growing spaces have been created supported by	HE	Deliver actions as detailed in councils response, this will include financial support to Food Clubs for emergency provision, cookery courses all linked to our Feeding N&S action plan
Health Inequalities Innovation Investment Fund	Paused until April 2024 - involvement will be dependent on future ICB funding	Best Years Hub launched in May 2024 at Clisptone and Cleveland Sq Newark - run by the CVS supported by frontline officers inc CDO and TO.	HE	ICB funding to deliver the Mid Notts Place Plan across the 5 domains

PH Building Blocks	Year 1 - 23-24 (Hawtonville) Year 2 - 24-25 (Ollerton)	Investing in Communities project Hawtonville identified Action plan created linked to Hawtonville place work and IIC Movers and shakers group established miro board created for partners to capture ongoing insight	HE	Health inequalities are addressed with a much wider focus than access to health care, include third sector organisations with a focus on housing, employment, education and finances.
Operation Cogntion - Safer Streets	project funded via PCC and will finish April 2024	Video created as part of the PCC funded work inc Health, regular patrols have taken place with the police in Newark Town Centre. Resources shared with health partners	HE/AH/JP/SS	Awareness is raised on Cocoathylene, the impact on families and the wider community, as well as the negative effects on health.
Hawtonville Partnership work - Lead by NCC Transformation	To ensure the work aligns to the Building blocks for health	2 multi agency meetings have taken place and creation of an action plan is in draft to guide the place work linked to IIC over the next year	HE	Align to the building blocks for health, ensure this work ties into place based work like investing in communities. Identify and
Green social prescribing scheme	Pause and review in 2025 - additional resource required and additional programmes being reviewed	Identified as an area to explore within the Newark LDT, partners currently exploring options to create and sustain the 'N&S Big Green Book'	HE/AH	Support Green Social Prescribing Link worker roles to introduce patients to Green opportunities locally Create N&S Big Green Book as part of pilot roll out and support with the development of green activities locally e.g. <i>Community Growing Schemes</i>
Carer Friendly Employer Accrediatation	Directly deliver the accreditation internally via an action plan 2024 - embed the carer friendly approach within our workplace post 2024 becoming BAU Connect services into Carers Association in 2024 and expand offer in N&S	Carer Friendly Accreditation achieved Nov 23 Bi annually peer support group established Manager training organised and rolled ouy July 24 Carers identified internally to ensure the correct support is given. Internal policy reviewed to reflect policy changes nationally	AH	Work towards the accrediatation alongside HR via an action plan (Appendix F) supported by Wellbeing Champions. Work to support organisations externally to achieve the accreditation.
Co-ordination of the six task and finish groups - Best Start Plus - Improving Healthy Lifestyles - Ageing Well - Move More (tackle physical inactivity) - Housing and the Environment - Recognising Mental Health	BAU - ongoing for the Strategy term 22-26	All networks have been established in this 2 year period, with groups chaired by partners. Action plans have been developed collaboratively to reflect areas of need or where data justifies a joined up approach.	HE/AH	Health Improvement Team will act as chair or provide administrative support for each of the 6 T&F Groups. Creation and delivery of action plans/forward plan for each group. - Best Start Plus Action Plan (<i>Appendix G</i>) - Improving Healthy Lifestyles action points (<i>Appendix H</i>) - Move More Cornerstones (<i>Appendix I</i>) - Prevention Corcordat for Better Mental Health (<i>Appendix J</i>)
Co-ordination of N&S Strategic Health Partnership	BAU feeding into Health and Wellbeing Board and PBP Exec	Meetings chaired by NSDC throughout 2023 with the decision made to change to a chairs meeting from Sept 24. Bringing together all chairs of the above T&F groups, the LDT's and Public Health.	HE	Quarterly oversight group feeding into PBP execs and receiving updates on the 6 task and groups. Influencing partners and ensuring collaboration across place to address health inequalities.
Sherwood Forest Hospital Trust – Newark Hospital Transformation	Through quarterly strategic catch up - actions and project work when required - link back to 1-2-1 notes	A specific work programme has been created to capture actions of each quarterly meeting. The main areas of focus are joint comms, community based midwifery and transport	HE	Support the expansion of additional hospital services via the Health promotion working group Promoting the use of Newark Hospital as a community asset, aligning preventative services.

Internal Corporate Health and Wellbeing	BAU quarterly	paused due to capacity	HE	Co-ordinate and oversee internal working group to ensure all business units are connecting work streams around Improving the health and wellbeing of local residents. An oversight group to avoid duplication and ensure best use of services.
Reports to Health and Wellbeing Board and Place Based Partnership Execs	BAU quarterly	pre and post meetings have proved successful for both the HWBB and the PBP execs meeting.	HE	Reports back to PBP execs on the 23/24 PBP Place Plan and quarterly reports to NCC Health and Wellbeing Board.
Support community and sports events	Provide support to large scale events as and when necessary across the district alongside Community Development / Sports & Arts	Support given to the following events - Crop Drop celebration event Town centre cycle race Tour of Britain Veterans events Volunteer Celebration events Days of action with food regularly provided by the team	HE/AH	As and when required supporting the wider team e.g. Tour of Britain and Town Centre Cycle Race.
Newark Health Consultative Group (parish and town councils)	NSDC undertakes a supporting role, giving admin support every quarter as BAU Actions that arise depend on identified need within meetings	4 meetings per year have taken place with admin support given. Actions coming out of the meeting have been linked to the NSDC/SFH quarterly meeting ensuring we continue to include primary care into these conversations	HE	Provide admin support to group at quarterly meetings, create agenda and support delivery of actions where required.
Mid Notts Health Inequalities group	NSDC representative on monthly meeting - feedback on N&S Health Inequalities work and take actions where necessary BAU	Ongoing attendance and feedback to monthly meetings.	HE	to address health inequalities across Mid Notts
Mid Notts Partnership board	NSDC representative on bi-meeting - feedback from N&S BAU	meeting stopped late 2023	AH	
Supported under-represented groups within our communities	Ensure health is considered when working with different under rep groups - attend meetings and take actions as and when necessary BAU and project work dependant on identified needs	The team have been part of the GRT multi agency meetings, supported events and activities for veterans as requested by the Community Development Officer	HE/AH	Work within our wider community development team, engaging with multi agency meetings, events and ensure the team are working to address health inequalities within the following communities - GRT, Eastern European, Veterans, Resettlement
Core 20 Plus 5 framework to address health inequalities in both priority places and health profiles.	No direct involvement in framework link to direct pieces of work as identified by PBP - when necessary	No update - sat directly in Primary Health	HE	

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Activity		Objective	Strategic							Links to external action plans/strategies
			Ensuring a best start	Improving Healthy Lifestyles	Tackling physical inactivity	Addressing the needs of an ageing population	Improving housing and the environment	Recognising mental health	Strategic	
Family Hubs		Support rollout of pilot hub in Newark at Hawtonville Childrens centre and support creation of virtual hub via the Families Information Service.	X	X				X	X	NCC Joint H&WB Strategy NCC Best Start Strategy Mid Notts Best Start Plus Place Plan
Breast Feeding Friendly Award Scheme		Increase breastfeeding rates through supporting venues to be a welcoming place to breastfeed. Supporting mums to breastfeed for as long as possible.	X							NCC Joint H&WB Strategy NCC Best Start Strategy Mid Notts Best Start Plus Place Plan
Sustainable Food Places and Nottinghamshire Food Charter		Action plan to deliver aims and ambitions around sustainable food linked to Nottinghamshires Food Charter (<i>Appendix A</i>) and the Sustainable Food Places Framework	X	X		X		X	X	
Community Alcohol Partnership – addressing underage drinking		Ollerton, Boughton & Edwinstowe action plan (<i>Appendix B</i>). Clipstone & Forest Town action plan (<i>Appendix C</i>) Expand CAP into Newark Town Centre in 2023	X	X	X				X	
Public Health England – Level 2 Young Health Champion training		Deliver the level 2 qualification to young people alongside the Community Alcohol Partnership in both school and community settings.	X	X				X		
YMCA Developmental Assets Pilot		Support the pilot project both strategically and via the steering group - led by the Youth Lead internally with the community development team.	X					X	X	
Schools Health and Wellbeing bulletin		To strengthen awareness and access to resources to improve health and wellbeing within schools. This includes the schools growing project, the wellbeing audit toolkit and Schools Intent Programme. This will include national toolkits and resources and support staff wellbeing where requested.	X	X				X		
Smoking and Vapeing		Develop and deliver a Smokefree action plan (<i>Appendix D</i>) Ensure NSDC are represented at strategic and steering group level meetings.	X	X			X		X	
Health and Wellbeing pop up events		Attend partner events to promote services/signposting and organise series of specific H&WB events, bringing together a range of partners. This can often link to national campaigns and events.	X	X	X	X	X	X		
Thrive @ Work accreditation (Internal)		1 - Promote and support staff wellbeing internally through the Thrive accreditation. Support internal Wellbeing champions and rollout a range of support, advice and resources. Collate and evidence actions taken to achieve each level of Thrive from Foundation to Gold. Deliver a range of activities and training to staff. 2 - Identify and support elected member wellbeing champions in each of the political parties, support member wellbeing through a series of activities, events and resources.		X	X			X	X	
Thrive @ Work accreditation (External)		Work with external businesses to support staff wellbeing through each level of the Thrive at Work accreditation. Or support organisations informally on specific areas/campaigns around staff wellbeing.		X	X			X		

Health campaigns			Produce an annual health campaign framework and joint messaging for use internally to support staff wellbeing and within external workplaces, organisations and schools. Run events, activities and/or provide information on specific health campaigns internally, within the community or for external partners.	X	X	X	X		X		
Barbers Initiative			Support mens health by working with local barbers to raise the awareness of prostate cancer and mental health.		X				X		
Body MOT's and 40+ health checks rollout			Run a series of Body MOTS supporting staff wellbeing, at partner events and support public health to rollout the 40+ NHS health checks.		X						
Physical Activity Insight			Paused in 2020 - £5k funding remaining and Move More N&S will look to realign funds to best deliver the Move More Cornerstones			X				X	
Physical Activity and Sport Plan			Support officers ensuring plans link to H&WB strategy and the work of the T&F groups specifically to reflect the Move More Cornerstones			X				X	
Support delivery of Active 4 Today's business plan – Sports Development and Community Outreach			Ensure plans link back to NSDC H&WB strategy utilising the Move More N&S Group and the cornerstones			X				X	
Suicide prevention			Attend quarterly distict/county group, utilise county resources, deliver campaigns and projects linked to Public Health action plan 2024. Rollout training to staff and partner organisations.						X	X	
Active Travel			UKSPF funded feasibility study - health involvement through the Move More N&S Group and ensure regular involvement with the Active Travel Project Team			X		X		X	
Loneliness and isolation			Through the 'Tackling Loneliness Collaboration' cascade information and raise awareness. Expand networking opportunities to strengthen communication opportunities.				X		X		
Working towards Dementia Friendly Community - Newark & Sherwood			Through our Ageing Well task and finish group we aim to achieve the Dementia Friendly Communities accreditation by developing and delivering on 7 specific action plans ensuring involvement for a wide range of partners. <i>(Appendix F)</i>		X	X	X	X	X	X	
Falls prevention			Work with partners to map current opportunities and identify gaps. Support Your Health Notts to roll out Otago and PSI programmes, to recruit volunteers to train to deliver more classes locally. Work with primary and secondary care to identify a formal pathway to support with falls prevention and rehabilitation.				X			X	
100 day Community Transformation Programme - Newark and Sherwood			Attend Local Design Team and work on projects as and when required. Help identify opportunities to build stronger connections across partners - chaired by Older Person Housing Officer at NSDC (Newark) / Newark CVS (Sherwood)		X		X				
Cost of Living			Deliver actions								

