



**Newark and Sherwood
Health and Wellbeing Partnership Plan
2019 - 2022**



Working Together to make Newark and Sherwood a Healthy and Sustainable Place



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Foreword

In its role as a 'leader of place' Newark and Sherwood District Council is committed to working in partnership with a range of organisations, both statutory and voluntary, to improve health outcomes for its residents.

We are a district of contrasts in respect of health inequalities with an 8.4 year difference in life expectancy in some of our most deprived communities with one-in seven of the population living in the most deprived 20% of areas in England, which cannot be ignored. However, we cannot address such health inequalities working alone. We need the support of partner organisations to improve the wider determinants of health to achieve our **aspiration to make Newark and Sherwood a healthy and sustainable place**.

Thankfully, local partners and communities are already undertaking a huge amount of fantastic work across the district to improve health and wellbeing. These partners have come together to form the Newark and Sherwood Health and Wellbeing Partnership. The partnership aims to improve collaborative working, identify priorities and jointly deliver targeted initiatives in the most cost effective way through this delivery plan. It will also act as the local operational delivery arm of the Nottinghamshire Health & Wellbeing Board.

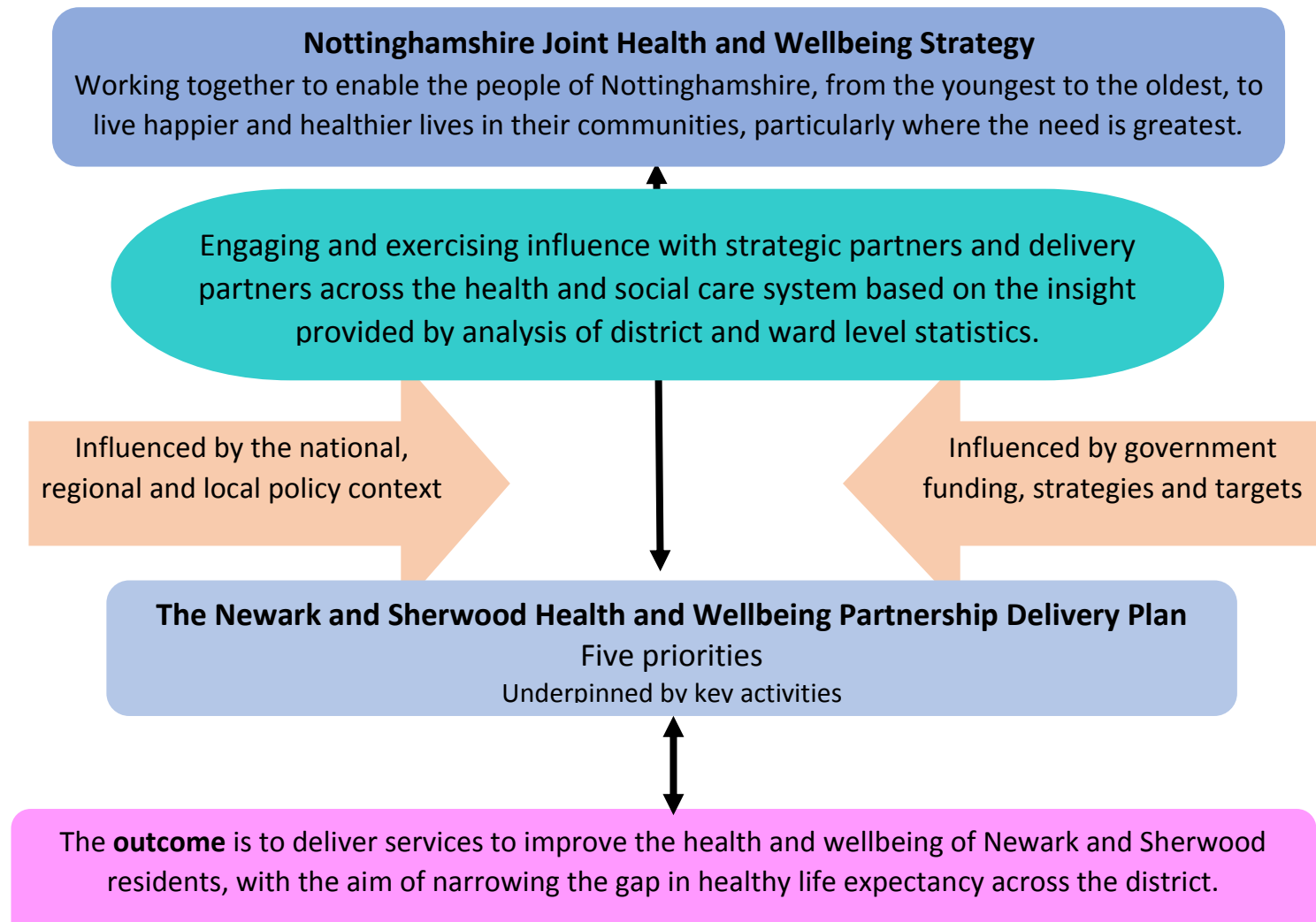
This partnership will make a significant contribution to the Council's strategic objective to 'improve the health and wellbeing of local residents, with a particular focus on narrowing the gap in healthy life expectancy and other health outcomes'.

We look forward to continuing our work with partners to deliver the priorities within this document and make a positive impact on the lives of our residents across the District, particularly where the need is greatest.



Councillor Neill Mison
Lead Member for Health and Wellbeing
Newark and Sherwood District Council

The Newark and Sherwood Health and Wellbeing Partnership in Context



Wider Determinants of Health

As little as 10% of health and wellbeing is linked to access to health care. The other 90% of health and wellbeing is a result of the **wider determinants of health**. These determinants include political, social, economic, environmental and cultural factors which shape the conditions in which we are born, grow, live, work and age. Creating a healthy population requires greater action on these factors, not simply on treating ill health in future years.

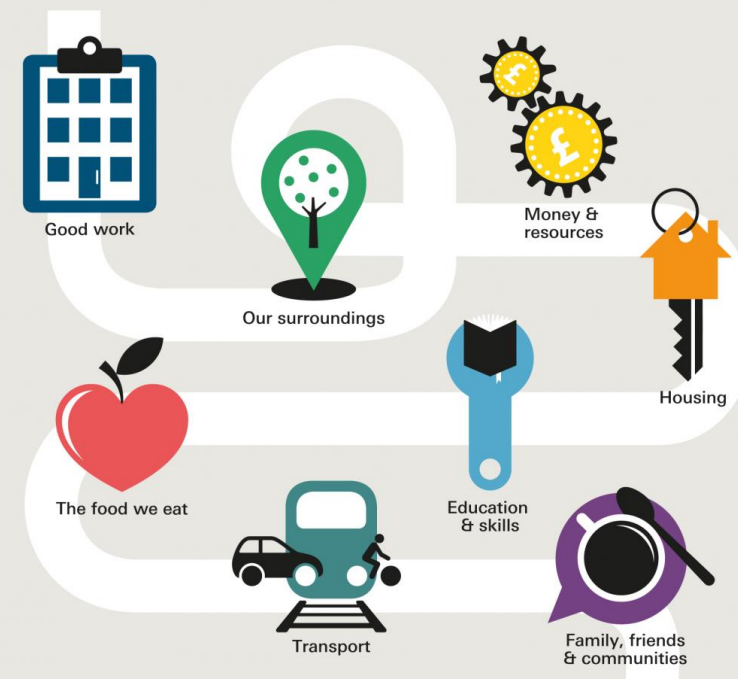
The wider determinants of health create health inequalities. Health inequalities are differences between people or groups due to social, geographical, biological or other factors. The gap in life expectancy across Newark and Sherwood is 8.4 years for men. This means the people living in the most deprived areas of our district have a shorter life. This gap is explained not just by our ability to see a doctor, but by differences in our experience of the things that make us healthy including good work, education, housing, resources, our physical environment and social connections. These wider determinants have a huge impact, because they result in people who are 'worse off' experiencing poorer health and shorter lives.

The fundamental role of the Newark and Sherwood Health and Wellbeing Partnership is to address these inequalities.

What makes us healthy?

AS LITTLE AS
10% of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

The healthy life expectancy gap between the most and least deprived areas in the UK is: **19** YEARS

Nottinghamshire Health and Wellbeing Strategy 2018 - 2022

The Newark and Sherwood Health and Wellbeing Partnership will act as the local place based delivery group of the Nottinghamshire Health & Wellbeing Board, delivering the Strategy's healthy and sustainable places ambitions.

Vision

“Working together to enable the people of Nottinghamshire, from the youngest to the oldest, to live happier and healthier lives in their communities, particularly where the need is greatest.”

Ambitions

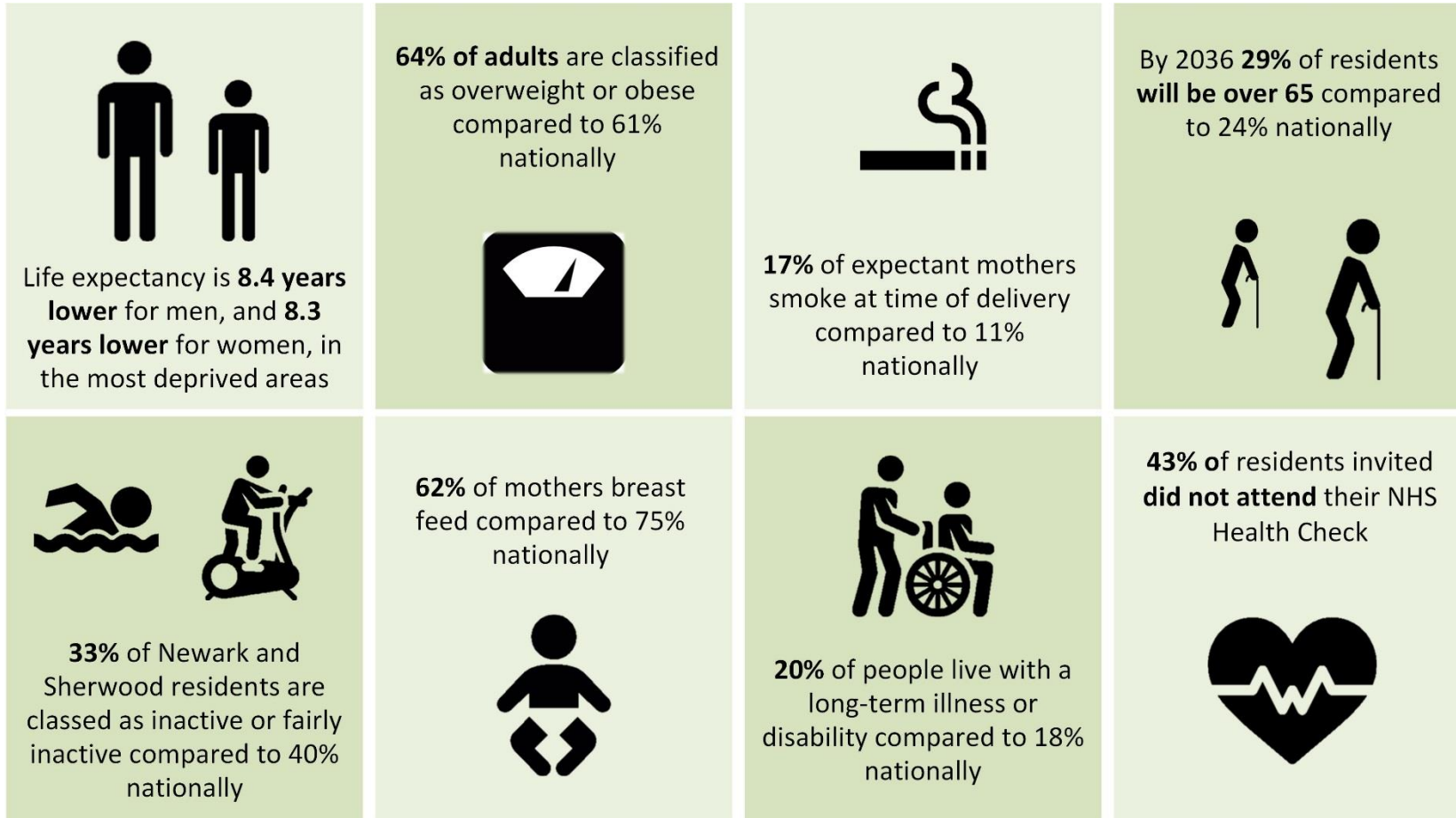
- To give everyone a good start in life
- To have **healthy and sustainable places**
- To enable healthier decision making
- To work together to improve health and care services

The County-wide strategy has **14 priority themes** under the Healthy and sustainable places ambition, covering:

- Food environment
- Physical activity
- Tobacco
- Mental wellbeing including dementia
- How we plan where we live – spatial planning
- Warmer and safer homes
- Stronger and resilient communities
- Skills, jobs and employment
- Domestic abuse and sexual violence
- Compassionate communities supporting those at the end of life
- Substance misuse (drugs and alcohol)
- ASD/Asperger's
- Carers
- Sexual health



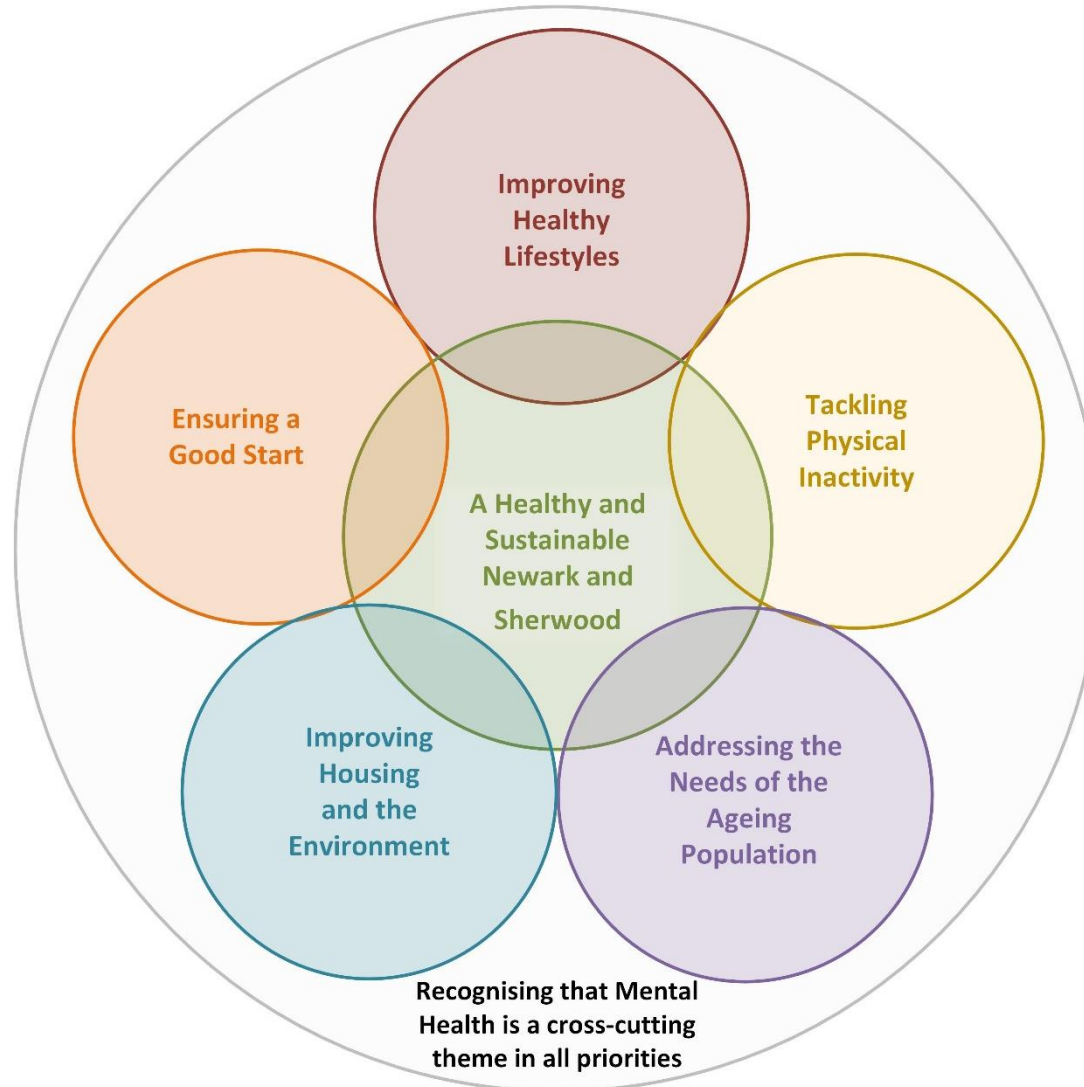
Newark and Sherwood at a glance: Inequalities to address



Source of Icons: Flaticon, 2018

Newark and Sherwood Health and Wellbeing Partnership - Emerging priorities

These **five priorities** have been identified following a workshop with the partnership on 24 September 2018 facilitated by the Local Government Association as the focus of this partnership plan.



The Next Step: Defining Our Emerging Priorities

The Newark and Sherwood Health and Wellbeing Partnership's ultimate aim is to make Newark and Sherwood a healthier and more sustainable place. The Partnership agrees that it is everyone's responsibility to make the places we live, work and visit healthier.

The **next steps** for the partnership are to develop the emerging priorities into a targeted delivery plan with jointly agreed success measures. In developing this delivery plan we aim to embed a community centred approach in operational delivery across the system and maximise community assets.


The blueprint for this delivery plan is below:

| Priority | Areas of focus | Examples of current partnership activities |
|-------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Improving Healthy Lifestyles | Smoking Substance misuse Nutrition and healthy eating Sexual Health Mental health General | Healthy Options Takeaway Food Hygiene Rating Scheme Food Environment Agenda Everyone Health Volunteering Smokefree Nottinghamshire Tobacco Declaration Wellbeing at Work Scheme Time to change Improving access to psychological therapies (IAPT) |
| Tackling Physical Inactivity | Sports clubs Adult physical activity Childhood obesity Walking Green Spaces | GP referral scheme Engage Falls Programme Deliver the Sport and Physical Activity Plan Open Grant Scheme – Community, Sport and Arts Support Club Development School Sports Travel Choice Park Run |

| | | |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Addressing the Needs of the Ageing Population | Support unpaid carers Housing for elderly Tackle social Isolation | Dementia friendly communities Long term health condition support groups Age Friendly communities Age UK Connect |
| Improving Housing and the Environment | Decent and warm homes Greener places Healthier places Dementia | Warm Homes on Prescription Reducing fuel poverty Homelessness strategy review Independent Living Neighbourhood Plans and Neighbourhood Studies Park Runs and Green Flag Parks Disabled Facilities Grant Handy Persons Adaptation Scheme |
| Ensuring a Good Start | Breastfeeding Smoking during pregnancy Domestic abuse School readiness Mental Health Health for Kids Antenatal Oral Health Healthy Eating | Breastfeeding Friendly Scheme Smokefree life Maternity Hub Adverse childhood experiences Children Centre programme GRT support work Homestart Women's Aid Change4Life Everyone Health |

Proposed measures of success


The basket of indicators highlighted below are the proposed indicators to be used to measure the progress of the Delivery Plan. These will be confirmed following review at the next partnership meeting in February 2019. The delivery plan will highlight the current baseline and target each priority area using the measures highlighted below supported by Newark and Sherwood's Public Health Profile.



- Reduce the percentage of mother's smoking at time of delivery



- Increase the percentage of women breastfeeding at 6 weeks




- Increase the percentage of children achieving a 'good level of development' at the age of five




- Increase the percentage of over 16s who consume 5 or more portions of fruit and vegetables a day



- Reduce the percentage of households in fuel poverty (spending 10% of their income on fuel to maintain adequate warmth)



- Reduce the percentage of adults classified as inactive or fairly inactive



- Reduce the percentage of children classified as overweight or obese (at reception age and year six)



- Reduce the ratio of winter deaths to non-winter deaths

Terms of Reference

The purpose of this Partnership is to provide a forum that brings partners together, at both strategic and operational levels, to drive change, implement a coordinated local approach and improve the health and wellbeing of residents living in communities across the district to reduce health inequalities.

This Partnership seeks to provide a response on behalf of residents living within Newark and Sherwood and also for people registered with a General Practice of the Newark and Sherwood Clinical Commissioning Group.

Meetings and Administration

A meeting schedule will be set annually for focussed quarterly meetings, recognising the time demands on all partners.

The Chair and Vice Chair is to be agreed by the partnership in February 2019. The first meeting of Partnership took place on 26 November 2018 and was chaired by the Council's Corporate Health and Wellbeing Lead Officer.

Newark and Sherwood District Council will act as the secretariat.

Membership

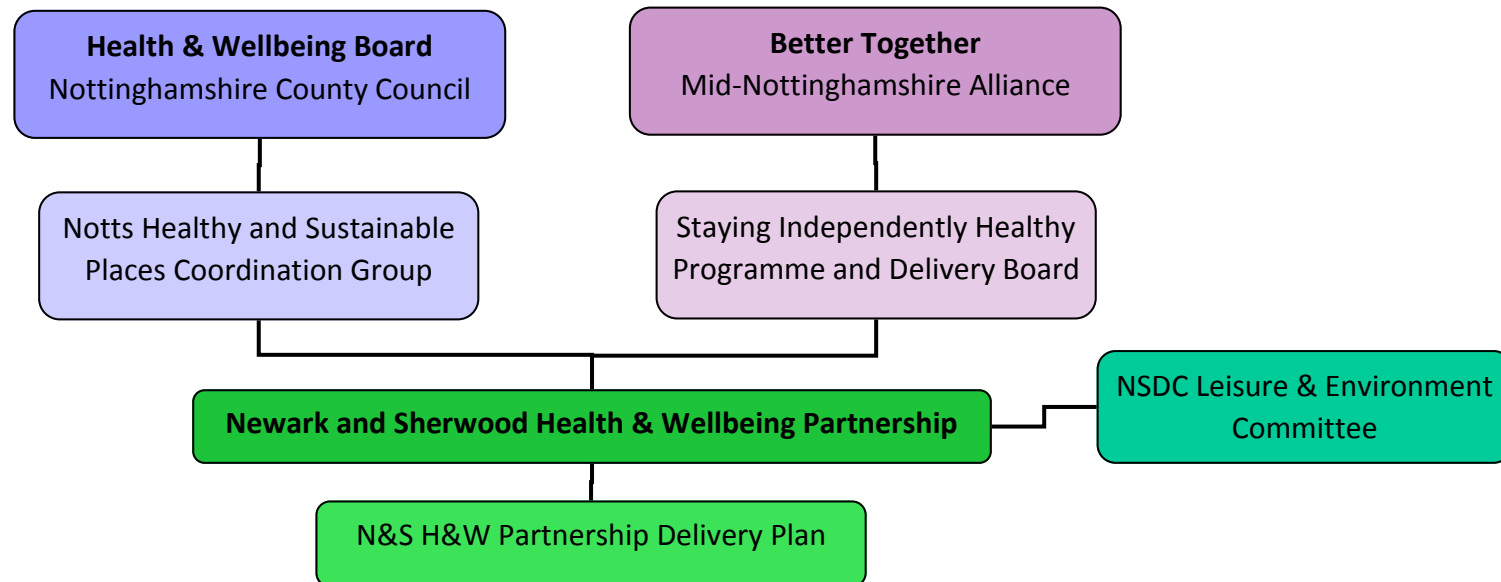
The group will bring together a number of key partners including:

- Active Nottinghamshire
- Active 4 Today
- Age UK
- Change Grow Live
- Sherwood and Newark Citizens Advice
- Clinical Commissioning Group (CCG)
- Emmaus Trust
- Everyone Health
- Home start
- Mind – Central Notts
- Newark & Sherwood CVS

- Newark & Sherwood District Council
- Newark and Sherwood Homes
- Nottingham Community Housing Association
- Nottinghamshire County Council
- Nottinghamshire Fire & Rescue
- Public Health
- Smokefree Life Nottinghamshire
- Working Age Dementia (WAD)
- YMCA

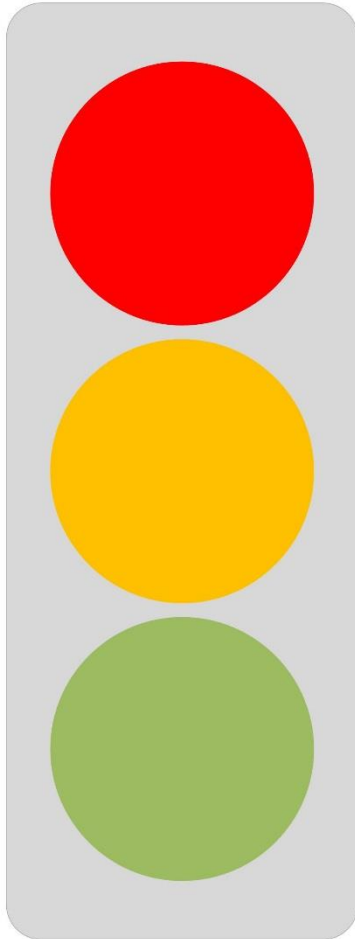
Governance

The Newark and Sherwood Health and Wellbeing Partnership will be the local place based delivery arm of the Health & Wellbeing Board (delivering the Nottinghamshire Joint Health and Wellbeing Strategy 2018-2022) and the Mid Notts Staying Independently Health Programme Delivery Board (delivering the Integrated Care Strategy) and will be accountable to the Council’s Leisure and Environment Committee.



Appendix: A Closer Look at Health Inequalities

The 'Slope Index of Inequality' shows that there is considerable variation in life expectancy across the district due to areas of deprivation. Life expectancy is 8.4 years lower for men and 8.3 years lower for women in the most deprived areas



| | |
|---------------------------------------------------------------------------------------|------------------|
| By 2036 29% of residents will be over 65 | 23.9% Nationally |
| 62.3% of women practice initiation breast feeding | 74.5% Nationally |
| 17.1% of mother's in Newark and Sherwood are smoking at time of delivery | 10.7% Nationally |
| 19.6 Ratio of excess winter deaths to average of non-winter deaths | 17.9 Nationally |
| 71.1% of over 16s do not consume 5 or more portions of fruit and vegetables a day | 71.3% Nationally |
| 4.7% of over 65s are recorded as living with Dementia | 4.3% Nationally |
| 20.3% of people live with a long-term illness or disability | 17.6% Nationally |
| 11.5% of households spend 10% of their income on fuel to maintain adequate warmth | 12% Nationally |
| 7.3% of residents provided 1-19 hours of unpaid care every week | 6.5% Nationally |
| 32% of children in year six are overweight or obese | 34% Nationally |
| 78% recorded diabetes diagnoses as a proportion of the estimated number with diabetes | 77% Nationally |
| 12.2% of adults over the age of 18 are smokers | 14.9% Nationally |
| 63.6% of adults in Newark and Sherwood are classified as overweight or obese | 61.3% Nationally |
| 33.1% of adults in Newark and Sherwood are inactive or fairly inactive | 40.2% Nationally |

Appendix B: A Closer Look at Health at Ward Level

