

Broxtowe Borough Council  
HEALTH ACTION PLAN  
May 2021 to April 2023

ACTION / DESCRIPTION	DUE DATE	LEAD OFFICER (Title)	AIM & COMMENTS
<b>1. ACTIONS TO ADDRESS FOOD INSECURITY, HEALTHY EATING AND SOCIAL ISOLATION</b>			
1.1. Review and refresh delivery of the Stapleford Food Project	April 2021 – March 2022	Communities Officer (Health)	This project will reduce food insecurity and social isolation Liaise with Nottinghamshire County Council (NCC) in redesigning the delivery of this project within COVID-19 restrictions. To restart the Holiday Hunger programme, Community Kitchen programme and start to grow food in the raised beds – thus reducing social isolation through community food growing and creating volunteering opportunities.
1.2. Attend Nottinghamshire County Council (NCC) Food Insecurity Network and support actions	April 2021 – March 2023	Communities Officer (Health)	Reduce food insecurity Food Insecurity was the theme of the January 2021 Broxtowe Partnership Board meeting and a task and finish group was set up to explore issues raised. Working in partnership with the NCC group will enhance the scope and direction of food insecurity work across Broxtowe.

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1.3. Develop a Broxtowe Food Insecurity Network	April 2021 – March 2023	Communities Officer (Health)	Reduce food insecurity The task and finish group created at the January 2021 Board will by design “finish”. However, the group is looking at establishing a permanent group / network for Broxtowe. A partnership with Feeding Britain is being explored which will strengthen the scope of the group and may offer funding opportunities. The impacts of COVID, welfare reform, poverty etc. will continue for some time and this network will strengthen opportunities in Broxtowe to support residents in need.
1.4. Create Food On Our Doorstep (FOOD) Clubs	April 2021 – March 2022	Communities Officer (Health) Nottinghamshire County Council Family Action	Reduce food insecurity A presentation on FOOD clubs was given at the January 2021 Board meeting and it was agreed that these should be created in Broxtowe. Funding for set up costs for two Food Clubs has been secured and will be based at Children Centres in Beeston and Chilwell. Eastwood set up costs will be covered by NCC childhood obesity trailblazer project. The secured funding will also support the three clubs to receive Fareshare food deliveries for 12 weeks - to support clubs as they become established. The annual membership and fee from the shopping will maintain the sustainability of the clubs. This is a stepping stone out of dependency on foodbanks -a person pays £3.50 for the equivalent of £15 -20 worth of food (they will still have access / support signposting to other services where needed). Discussions are being held with Hope Nottingham to support / enhance the Children Centres clubs in Beeston and Stapleford (Stapleford is linked to Chilwell). A phased introduction of clubs is to be decided.

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1.5. Support delivery / promote the Healthy Options Takeaway (HOT) project	April 2021 – March 2023	ABL Health, Environmental Health, Communities Officer (Health)	Promote healthier takeaway food options The aim of the project is to support business offering food to have healthier options as part of their menus e.g., low fat, reduced salt, smaller portion size, use healthier cooking methods grill not deep fry etc. This will help within the obesity agenda to make eating out healthier. Discussions to be held to plan the way forward.
1.6.Promote Broxtowe Befriending opportunities	April 2021 – March 2023	Communities Officer (Health)	Reduce social isolation and loneliness Promote befriending services in Broxtowe to reduce social isolation and loneliness.
1.7. Organise events for independent living schemes to promote social inclusion.	May 2021 – March 2022	Housing Engagement Manager	Reduce social isolation To have in place a programme of activities in our independent living schemes from July 2021 (following covid-19 restrictions lifting). Walking Groups commencing in May 2021.
<b>2. PROMOTE PHYSICAL ACTIVITY TO SUPPORT MENTAL WELLBEING</b>			
2.1.Support Liberty Leisure Ltd to deliver Physical Inactivity Insight Project	April 2021 – March 2023	Liberty Leisure Ltd Communities Officer (Health)	Improved health of residents Discuss the way forward with the Sport Development Officers from Liberty Leisure. The aim is to look at physical inactivity within the theme of mental health and how increasing physical activity will benefit residents mental wellbeing.

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2.2. Active Lifestyle Programme (A COVID Response Programme)	Feb 2021 – July 2021	Liberty Leisure Ltd	Improve health of residents Due to the pandemic it has been recognised that mental health support for people is in greater need. Therefore, a funded (until summer 2021) programme by Primary Care Network to deliver an exercise referral style programme in partnership with Liberty Leisure Ltd, GP surgeries, Social Prescribers and Your Health Your Way to support residents with low mental health through physical activity to lift “mood”. As restrictions allow, a natural development will be to expand the offer to those overweight and with long COVID. From the summer, the concept of “wellbeing hubs” will be explored with LLeisure. The future sustainability of the exercise referral programme is being explored / developed through gym memberships.
2.3. Support Age UK to set up activities based on the One Step at a Time pilot	April 2021 – March 2022	Age UK Communities Officer (Health)	Improve confidence of vulnerable residents The One Step at a Time project aims to help vulnerable and isolated residents to build strength, confidence and get more socially and physically active. Introductions to partners from the Local Strategic Partnership have already been made who would link to / support delivery of this piece of work.
<b>3. PROMOTE SMOKING CESSATION</b>			
3.1. Provide smoking cessation clinic venues in Eastwood and Beeston	April 2021 – March 2023	Communities Officer (Health) ABL Health	Reduce prevalence of smoking To work with YHYW to increase opportunities to give up smoking in Broxtowe. This has been affected by COVID restrictions but the aim is to restart a stop smoking clinic at Beeston Council Offices and to discuss possibilities of setting up something similar with Citizens Advice Broxtowe in Eastwood.

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<b>4. STRENGTHEN PARTNERSHIP WORKING WITH VOLUNTARY SECTOR, CCG, PCN, ICS, AND PUBLIC HEALTH</b>			
4.1.Create a Community and Voluntary Sector Strategy for Broxtowe.	April 2021 – October 2021	Communities Officer (Health)	<p>Make best use of volunteers to improve health and wellbeing.</p> <p>The March 2021 Broxtowe Partnership Board considered the community and voluntary sector at its meeting and a task and finish group has been set up to explore issues raised at the board and ultimately create a strategy to be presented at the October Board. The purpose will be to identify the needs of the sector / sector users, identify gaps then explore solutions and build resilience in the sector. To support this, consideration is being given to writing a state of the sector and impact report for Broxtowe.</p>

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4.2. Support the Community Engagement and the Broxtowe Together Events delivered by the Primary Care Network (PCN)	April 2021 – March 2023	NHS Nottingham & Nottinghamshire Clinical Commissioning Group. Communities Officer (Health)	<p>Improve local community support networks To support the clinical commissioning group in delivery of these and to discuss clarity on the role of these in relation to the Broxtowe Health Partnership - to avoid duplication.</p> <p>The plan is for each of the community engagement groups to come together and share information, build connections and create opportunities to promote community level support for our local populations. Also each of the groups will feed into a Community Development Forum that straddles the whole of the Primary Care Network area which in turn feeds into the South Nottinghamshire Integrated Care Partnership (ICP). In this way we can ensure we build the foundations for good local community networks but also ensure those responsible for the development of the health and wellbeing and social care strategies have a good understanding of the local needs for each neighbourhood</p>
<b>5. PROMOTE MENTAL HEALTH</b>			
5.1. Please see separate action plans for mental health and for supporting the mental health of employees			

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5.2. Attend and support actions from the Nottingham West / Broxtowe Mental Health Network	April 2021 – March 2023	Communities Officer (Health)	Provide support to those with mental health needs. This is a new group that was set up in January 2021 by the Primary Care Network. The mental health task and finish group set up by the Broxtowe Partnership Board agreed to join this group to consolidate its efforts and avoid duplication. The aim of the network is to explore mental health across this locality in a multi partnership network. Participating in this will support the Broxtowe Mental Health Action Plan and becoming signatories to Public Health England's Prevention Concordat for Better Mental Health
5.3. Pursue the creation of a mental health hub for Eastwood at Durban House as part of a levelling up bid	Bid to go in June 21	Chief Executive	This is a partnership initiative which would be supported by the voluntary sector, and PCN. It would provide peer support, social support, support to build skills and re-entry to the workplace and would complement and enhance the existing mental health hub operated through the CAB and MIND



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5.4. Broxtowe Borough Council to become signatories to Public Health England's (PHE) Prevention Concordat for Better Mental Health	April 2021 – July 2021	Communities Officer (Health)	Commit to, and support improvements in mental health Work in partnership with PHE and Public Health at Nottinghamshire County Council to become signatories of the concordat. The Prevention Concordat for Better Mental Health is underpinned by an understanding that taking a prevention-focused approach to improving the public's mental health has been shown to make a valuable contribution to achieving a fairer and more equitable society. The concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities. The sustainability and cost-effectiveness of this approach is enhanced by the inclusion of action that impacts on the wider determinants of mental health and wellbeing
<b>6. SUPPORT FOR PEOPLE WITH LEARNING DISABILITIES</b>			
6.1. Support the planning / delivery of the Broxtowe Learning Disability Network	April 2021 – March 2023	Transform Training Ltd, Communities Officer (Health)	The aim of the group is to promote networking of learning disability groups and to offer support to each other and discuss issues. Many families find it difficult to get advice in one place / navigate the various agencies. Therefore there are plans to deliver a Broxtowe Learning Disability Information Event to support families (and agencies)

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6.2. Support the development of a community living network for housing for people with learning disabilities	April 2021-March 2023	Head of Housing	The aim of the community living network is to work with the county Council to support people with learning disabilities to become tenants and be supported to be independent within a network of support.
<b>7. PROMOTE IMPROVEMENTS TO ACCESSING HEALTH SERVICES</b>			
7.1. Raise awareness of Your Health Your Way (YHYW)	April 2021 – March 2023	ABL Health Communities Officer (Health)	Improved health of residents YHYW is the service commissioned Nottinghamshire County Council to provide smoking cessation, weight management services, encourage increasing exercise and reducing alcohol intake. It also offers Falls Prevention sessions / exercises for elderly. Due to COVID many people now have a better realisation of the importance of their health and how they manage it. By promoting YHYW, residents will have the knowledge of the support that is available to them to improve their health.

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7.2.Tackling the 'digital divide' to reduce health inequalities	April 2021 – March 2023	Communities Officer (Health)	Reduce digital exclusion Explore and review digital poverty (exclusion) with a focus on older people. COVID has demonstrated that many older people are unable to use technology to order shopping on line / befriending / ask for help. There is a lot of focus on having everything online, which is not therefore accessible. The aim is to look at those experiencing digital exclusion and find solutions to this to support their social inclusion. A possible idea is to explore the concept of digital training over a cup of tea so that people can socialise as well as get new skills.
7.3.As part of a levelling up bid for Eastwood pursue a project to create a new doctors surgery and pharmacy to give residents in Eastwood improved access to health services.	Bid submitted June 2021	Chief Executive	Improve access to health services for people in an area where health outcomes are poorer
<b>8. SUPPORT PEOPLE TO LIVE WELL IN OLDER AGE</b>			
8.1. The Council has a vision to support people to live well with dementia, which is supported by a separate action plan.			

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8.2.Promote Older Peoples Day	October 2021 October 2022	Housing Engagement Manager/	To use Older Persons Day to promote the Independent Living Services and staying well as you get older. Produce a video with the Activities Co-ordinators to promote activities available to residents. Identify and promote resident case studies.
<b>9. SUPPORT HEALTHY EARLY YEARS AND HEALTHY CHILDHOOD</b>			
9.1. Support delivery / promote the Breast Feeding Friendly project	April 2021 – March 2023	Nottinghamshire County Council, Communities Officer (Health)	To increase the number of breastfeeding friendly venues and promote the understanding of the benefits of breastfeeding in Broxtowe. The scheme offers support for breastfeeding mothers to be able to socialise at venues in a secure environment, free of the risk of abuse. The scheme offers businesses information to improve their knowledge and how to handle complaints from other customers. Discussions to be held to plan the way forward where possible.
9.2.The Council has a separate action plan for children and young people which supports their health and wellbeing			

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9.3.Maintain and support an offer to care leavers including council tax and leisure discounts, interview scheme, access to work experience, and access to housing.	ongoing	Chief Executive	A package of measures maintained to support children and young people leaving care to make a good transition to living independently and entering the workplace.