

The Wandsworth Health & Wellbeing Strategy 2015 -2020

Wandsworth Health and Wellbeing Board



NHS
Wandsworth
Clinical Commissioning Group

THE BRIGHTER BOROUGH
Wandsworth

Contents

The Wandsworth Health and Wellbeing Strategy

1.	Our vision	2
2.	What is a Health and Wellbeing Board?	4
3	What is a Health and Wellbeing Strategy?	5
4	What we know about Wandsworth?	7
5	Our principle	10
6	Our priorities	11
	1. Healthy places	11
	2. Targeted interventions	14
	3. Mental Health	17
7	Net steps to achieving our vision	19



1 Our vision

To make Wandsworth the healthiest place to live in London by reducing the difference in health and life expectancy between the wealthiest and most deprived people

People who live in disadvantaged areas are more likely to die earlier than those who live in wealthy areas. Nobody's health or how long they live, their life expectancy, should be based on where they live.

By 2020 we want to continue to ensure that people who are the most deprived in Wandsworth are able to improve their health the fastest.

The overarching principle to achieve this is **Needs Based Commissioning** which will be a part of all our work.



2 What is a Health and Wellbeing Board?

The Health and Social Care Act 2012 made it a requirement for local authorities to develop Health and Wellbeing Boards. The aim of the board is to improve the health and wellbeing of the local population and reduce inequalities in health by ensuring that the key leaders in both the health and care systems work together.

All Health and Wellbeing Boards must be made up of the following: local councillors, the Director of Public Health, the local Clinical Commissioning Group (CCG), Director for Adult Social Services, Director for Children's Services and a representative from HealthWatch.

All Health and Wellbeing Boards are required by law to produce a Joint Health and Wellbeing Strategy.

Wandsworth Joint Strategic Needs Assessment (JSNA)

brings together information, data and evidence to identify the current and future health and wellbeing needs of Wandsworth.

By understanding what local people need we can identify priorities for action and can make sure that the right services are provided.

This JSNA uses a wide range of sources, including national databases, national and local health needs assessments to give us the most accurate picture of health and wellbeing in Wandsworth. The most recent Wandsworth JSNA was published in 2014.

Full details of the JSNA are available at www.wandsworth.gov.uk/jsna



3 What is a Health and Wellbeing Strategy?

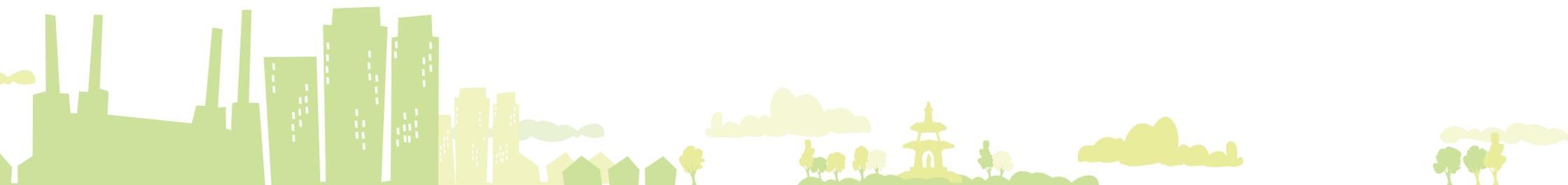
Our Health and Wellbeing Strategy has been developed and agreed by both Wandsworth Council and Wandsworth Clinical Commissioning Group. It sets out:

- **the health and care needs of people in Wandsworth,**
- **our priorities of work to meet those needs,**
- **an outline of how we will commission services in Wandsworth.**

This strategy and its priorities have been developed and based on local clinical expert knowledge, evidence from Wandsworth's Joint Strategic Needs Assessment and input from the public via HealthWatch and engagement with the community.

By using local knowledge and evidence this strategy outlines where and how we should target our interventions and resources. It sets out a framework for how we commission and develop our health and care system in Wandsworth.

This strategy has an overarching principle and three priorities as shown overleaf which will form the basis for the work across both Wandsworth Clinical Commissioning Group and Wandsworth Borough Council for the next five years. This strategy will inform all the work of the two organisations from the day to day work through to larger stand alone pieces of work.



Our principles and priorities

← **Needs Based Commissioning** - resources where they are needed most →



Healthy Places



Targeted intervention



Mental health

4 What we know about Wandsworth

4.1 The People of Wandsworth

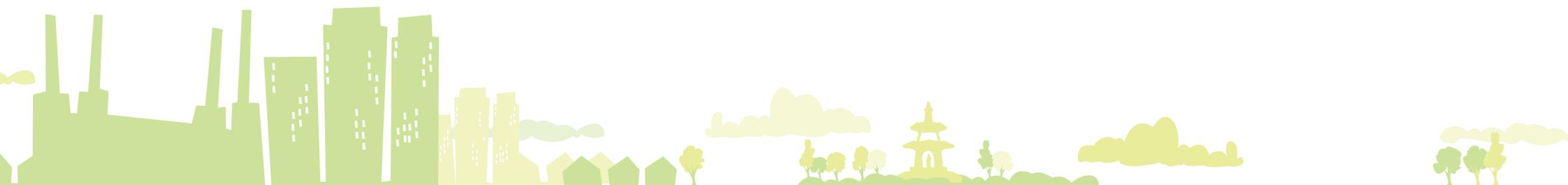
There is lots of information in local documents that tell us the story of Wandsworth, such as the Joint Strategic Needs Assessment. The following is a summary of some of the key features of Wandsworth.

Wandsworth is the largest inner London borough and has a growing population, currently estimated at 307,000 residents. The number of people registered with a Wandsworth GP practice is approximately 375,000. The population of Wandsworth is much younger than both the London and England average. Nearly half of all people living in Wandsworth are aged between 25-44 years old. It has the highest proportion of people aged 30-44 years (31%) out of all the councils in the country and the second highest proportion of people aged 25-29 years.

As well as having a much younger population, Wandsworth has a lot of people who move in and out of the borough. A quarter of people either moved in or out of the borough in 2012/13, which was the third highest in London.

Overall people living in Wandsworth are employed, financially stable, well educated and healthy however there are also areas of deprivation. Around one in three children live in income deprived households and a quarter of people aged over 60 are income deprived and receiving pension credit.

Currently only 12% of Wandsworth residents are aged over the age of 60, this is expected to increase by about 3,500 in the next five years. This increase of older people is likely to put a pressure on health and social care services, as older people are the main users of these services.



4.2 Health Issues in Wandsworth

Our vision for this strategy is to make Wandsworth the healthiest place to live in London, by reducing differences in health and life expectancy. This means reducing the differences in how long someone can expect to live in good health.

Life expectancy is different for both men and women. If you live in Latchmere or Roehampton you are likely to die 7.4 years earlier if you are a man or 5.5 years if you are a woman compared to someone who lives in Thamesfield or Northcote (latest data from 2011/13).

In order for us to reduce the difference in health and life expectancy we must understand the key health issues facing residents. Overall the most common cause of early deaths in people under 75 are from cancer and cardiovascular disease. In Wandsworth there are about 220 deaths from cancer and 150 deaths from cardiovascular disease each year.

The following are key issues facing people in Wandsworth throughout their lives and at each different stage of their life. This information has been informed from the 2014 Joint Strategic Needs Assessment.

4.2.1 Early years and childhood

The key issues that affect health in children focus not just on the individual child but also the family unit and parents. It was found that good parenting support and support for vulnerable children was vital. Continuing to reduce teenage pregnancies, ensuring children were immunised against preventable diseases, ensuring good mental health for both the mother and child, promoting healthy lifestyles to families and ensuring that children are safeguarded from harm, including protection from female genital mutilation, sexual exploitation and the harms caused by gangs are all important to ensure good health for children.

4.2.2 Adulthood

The main issues for adults focuses on healthy lifestyles and the impact that obesity, physical activity, sexual health, smoking and alcohol can have on health. Other key issues for adult health include the treatment of tuberculosis, supporting people with long-term health conditions and common mental health problems, such as anxiety and depression. There are vulnerable groups who may have different health needs which is a key area to look at, such as people with a learning disability.

4.2.3 Older age

Some of the biggest issues facing older people are the increase in number of people with dementia, the increasingly complex needs of people admitted to care homes, high rates of falls injuries and people dying in the winter, the support needs of carers, the impact of social isolation and end of life care.

4.2.4 Factors across the life stages

There are many wider factors that influence our health throughout our lives. These wider determinants are important to enable us to live a healthy life. They include; having a job, good suitable housing, low crime and no fear of violence, and environments, which are clean, safe, attractive and accessible.

4.3 The Place of Wandsworth

Wandsworth is constantly changing, with a number of major developments and regenerations underway. Our surroundings and the built environment have a big impact on health. Much of the regeneration and development in Wandsworth can offer opportunities to reduce health inequalities by increasing job opportunities, increasing access to leisure facilities, encouraging people to get out and about and providing new homes.

Some of the big regeneration projects in Wandsworth over the next five years include:

Winstanley and York Road Estates in Battersea and the Alton Estate in Roehampton where existing open space and parks are being upgraded, improved leisure facilities, including making it easier to cycle and even roof top sports pitches.

Ram Brewery which will deliver 661 new homes and generate 500 new permanent jobs whilst looking to preserve many of the site's historic buildings.

Springfield Hospital which will see the redesign of mental health services with improved and upgraded facilities as well as development of residential housing, businesses and open space for play and leisure opportunities.

Nine Elms and Vauxhall Opportunity Area, which stretches across Wandsworth and the London Borough of Lambeth. Within Wandsworth this development will see around 14,000 new homes and a total of 20,000 jobs across the next 20 years. This is by far the biggest regeneration project within the borough and is located around Battersea Power Station.



5 Our Principle

Needs Based Commissioning

We have briefly described the population of Wandsworth, the issues affecting people's health and the main regeneration and development plans across the borough. To succeed in making Wandsworth the healthiest place to live in London we need to focus our attention on all three areas; **the places, people and health issues.**

To make a difference to the health of people in Wandsworth we must make sure that all of the work of both the CCG and the council takes into account these areas, all the while ensuring that resources are used where they are needed most.

What we will do

Throughout all our work we will identify the areas and people that have the most needs and target our resources to them. This means that all our resources will be used where they are needed the most.

We call this **Needs Based Commissioning** and it is the overarching principle of our Health and Wellbeing Strategy. We will measure our success on the outcomes that our programmes have for local people.

Needs Based Commissioning is about investing where it is needed the most to ensure the greatest impact. It is essential to addressing health inequalities and reaches across all the three other priorities. One way we will do this is to ensure that our service specifications and commissioning processes are based on the needs of the people.

Needs Based Commissioning will require us to use evidence and clinical reports to support the development of services as well as health economics to help us demonstrate that our investments in health and social care provide value for money.

Underneath the principle of Needs Based Commissioning, the Health and Wellbeing Board have agreed on three priorities. These will be used to inform all local commissioning and development of services: **Healthy Places, Targeted Interventions and Mental Health.**



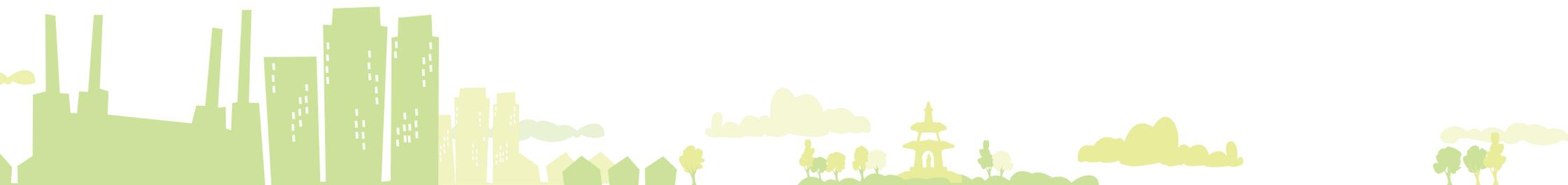
6 Our Priorities

6.1 Priority 1 - Healthy Places

We will work to ensure regeneration and development schemes are opportunities to improve people's health and wellbeing

With a specific focus on the **Roehampton and Winstanley estates and potential to expand in Tooting** in Wandsworth we will work with all partners including residents, developers and local organisations to improve the health and wellbeing of residents living in these areas.

The regeneration work in Wandsworth is an opportunity to build happy and healthy environments for communities to enjoy. Alongside the physical regeneration we will also work on social regeneration, by improving community engagement in health and ensuring there are improved services and facilities which are beneficial to residents wellbeing.



6.1.1 What we will do

To create **Healthy Places** we will focus on four areas; **Urban design, healthy homes, building community assets and health protection.**

Urban design

We will design environments which promote physical activity and offers opportunities to increase social interaction and community involvement. This may include providing safe routes to cycle and walk, making the most of green and outdoor spaces ensuring they are attractive and encouraging for people to use them to meet, play and socialise. This also includes ensuring community centres are fit for purpose and promoting physical and social activity and wellbeing.

Healthy homes

This is urban design at an individual level, ensuring that homes are designed to meet the needs of the people living in them. Effective design can help ensure homes are warm and secure and reduce accidents, by ensuring people live in homes which they can safely move around in.

Homes should be built to be safe, warm and secure for residents, particular focus may be needed for people who are on low incomes or live in low end and private rental accommodation.

Building Community Assets

There are already lots of positive communities in Wandsworth which have resources and strengths such as great community spirit, cohesion, motivation and services. These local community strengths are known as **community assets.**

To build community assets we have to work with local organisations, communities, statutory organisations and the private sector. This includes pulling together existing community groups and assets and ensuring we involve 'seldom heard' groups: those groups who may not normally engage with us.

Working alongside our partners we will support and encourage communities to continue to build on their strengths and assets and empower them to make the right choices to improve their health.



To ensure that communities are making the most of their existing assets we will work so that services and activities are linked up and accessed by those who need them. This will mean enabling front line staff to support and signpost local residents to access and use local services. This may also involve raising awareness about services available and creating and developing healthy living hubs from existing local organisations.

Health Protection

We will protect the health of residents by preventing infectious disease, addressing environmental issues and regulating and licencing appropriately.

For instance protecting children's health by ensuring food standards are upheld in schools; working with businesses to incorporate healthier menu choices; protecting local communities by ensuring there are appropriate alcohol licencing restrictions to prevent underage drinking, reduce crime and antisocial behaviour; limiting the number of fast food outlets around schools and ensuring air quality is improved through targeted action plans.

Although there will be a focus on the specific areas of Roehampton, Winstanley and Tooting in Wandsworth we will also ensure that we take our health protection focus wider and ensure that secondary care (hospital services) also develop additional roles in health protection and ill health prevention.



6.2 Priority 2 - Targeted interventions

We will identify the people most in need and deliver holistic programmes that address their health needs

We want to ensure that groups of people with the worst health and at most risk of ill health are identified and provided with the right services and support to meet their needs.

Everyone has some form of contact with services at different times. We will work with our partners to use these existing opportunities to engage and support those most in need. In addition we will work to communicate our health messages to those most at risk through marketing campaigns which will use both existing and new opportunities for channels and digital technology.

Targeted interventions



Unfortunately some groups are more likely than others to have poor health and need more support to have good health. These groups include older people who are isolated, carers, people with a learning disability, looked after children, ex-offenders, people with mental health problems, the unemployed and the homeless. We will work to ensure services are accessible to those who will benefit the most.

6.2.1 What we will do

This strategy highlights the needs of the most vulnerable people and targets proven services and support to those who need them the most. To do this we will focus on the following areas: **target those in most need, intensive interventions, support employment and develop healthy living hubs.**



Target those in most need

We will use existing points of contact and services which people already use to identify and provide targeted support. For instance we will work to develop preventative programmes in secondary hospital care. We also know that cancer is one of the largest causes of deaths in the under 75 year olds in Wandsworth so we will target those most in need to improve access to and uptake of cancer screening.

We will also target the over 75 year olds who are less resilient and who need coordinated care planning to reduce the risk of falls, social isolation and sudden deterioration as a result of minor illness.

Support Employment

Employment is a key factor to ensuring people have opportunities for good health. We will continue to support and train people into good quality employment through programmes such as Housing into Work and Workmatch which have successfully helped people into work and improved their quality of life.

Intensive Interventions

We will use holistic approaches, which address the whole person, to help provide intensive programmes which help the people who need it the most. We will build on programmes that have been proved to work such as the Family Recovery Model, which provides proactive and intensive support to eligible families. This model of service also looks at the whole person and provides support to address all their needs, such as addressing their health, housing, employment, school and healthy lifestyle. We often refer to this as a wraparound service as it looks at all elements around the person or family. We will provide these assertive wraparound interventions to those who need it the most such as offenders, the unemployed, young families, older people in isolation and people with learning disabilities.

Develop Healthy Living Hubs

We will use existing venues such as clubrooms, community centres to improve access to services for vulnerable people. We want to increase the opportunities for people who need them to take part in life long learning programmes, offender management programmes, and long term condition self management groups.



6.3 Priority 3 - Mental Health

We will make mental health as important as physical health in improving health and reducing inequalities

Good mental health is essential to good physical health. We know that it is important to make sure that the same attention and resource are directed to mental health as physical health.

6.3.1 What we will do

To improve mental health and wellbeing we will continue to work to inform and enable communities and people to understand and be aware of mental health issues and ensure people access the right services.

To ensure mental health is as important as physical health we will focus on the following areas: **Prevention, Early Intervention and Control and Recovery.**



Prevention

Prevention is an essential part of any mental health focus. We will look to prevent mental health problems by increasing protective factors and reducing risk factors. Prevention is necessary from an early age as 50% of mental health problems occur before the age of 14.

We will continue to support parents with the skills to develop good behaviour, emotional well-being and positive relationships and attachment with their children.

We will work across the community to increase awareness of mental health for everybody.

However, some groups of people are at a higher risk of developing mental health problems so we will ensure that we target those most at risk with preventative programmes such as children in care.

Early Intervention

For people who develop mental health problems providing support at the first opportunity is vital to ensure that they are more likely to improve their mental health. We will increase access and referrals for low level mental health illness.

Unfortunately some groups of people are less likely to receive help and support early on which means they are more likely to be treated for their mental health problems in hospital rather than in the community. We will target those who need early support the most such as Black, Asian or Minority Ethnic (BAME) groups who are more likely to have mental health problems and receive late support and interventions for them.

We also know that isolation can be particularly bad for your health, both physically and mentally. Older people are much more likely to suffer loneliness and isolation than other groups. We will work with our partners to support and develop initiatives to combat social isolation in older people including volunteering and befriending schemes.

Recovery and Control

It is important to ensure that those who have mental health problems are supported to recover and improve their mental health. We know it is important to ensure that people with mental health problems are also able to have control, independence and choice within their lives. One way to achieve this is to ensure that people are supported to self-manage their illnesses and taught the necessary skills they need to do so.

We will also work to actively listen and involve service users and their families across all life stages in developing and improving services.

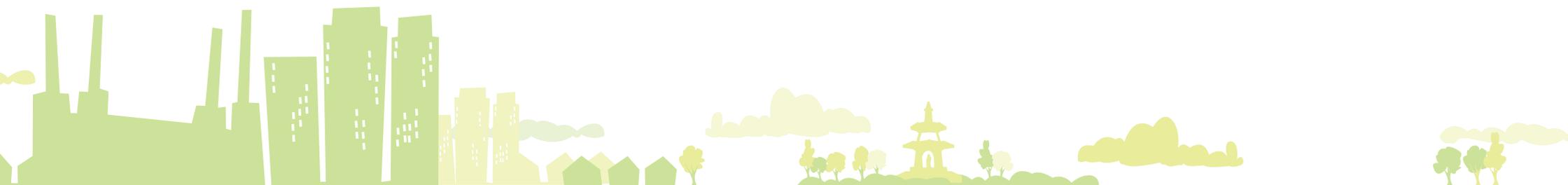
7 Next Steps to Achieving Our Vision

This Health and Wellbeing Strategy had set out our vision and the principle and priorities we believe will enable us to achieve this. We have set out our priorities of work and an outline of how we will work and commission services for Wandsworth however the key to achieving our vision is how we will implement this strategy.

This strategy has been jointly written by Wandsworth Clinical Commissioning Group and Wandsworth Borough Council and agreed by the Health and Wellbeing Board.

Alongside this strategy there will be a two year action plan for each priority which will clearly set out targets and how both the CCG and council will work to meet each priority. Each of the priority action plans will be led by senior officers from the council and CCG and will provide a detailed plan of work about what will happen for that priority area.

Overall the action plans and progress will be reported to the Health and Wellbeing Board.



The Wandsworth Health & Wellbeing Strategy 2015 -2020

Wandsworth Health and Wellbeing Board

NHS
Wandsworth
Clinical Commissioning Group

THE BRIGHTER BOROUGH
Wandsworth

Designed and produced by the Graphics Unit,
Wandsworth Council, TC.2255(8.2015)

