

## Feedback from Thematic Partnerships: March 2010

Thematic Partnership		
<b>Health and Well-being Partnership</b>		
Main Aims of the Partnership		
<p>To provide:</p> <ul style="list-style-type: none"> <li>a partnership for NHS Hampshire (PCT) to be equally accountable with partners to the district council in respect of improving health and well being and reducing health inequalities;</li> <li>more local and visible leadership for health and well-being;</li> <li>the opportunities for dialogue between member agencies (the PCT and Local Authority) across a range of health planning, general and practice-based commissioning and delivery issues.</li> </ul>		
Emerging Priorities		
How can you make a difference?	1	To increase physical activity across all age groups
	2	To effect a reduction in levels of obesity in children and adults
	3	To promote independence and quality of life/well-being amongst older adult population groups.
Links to Hampshire Local Area Agreement Priority Outcomes		
LAA Priority (LI F.4)	F	<p><b>Promote the health and well-being of people in Hampshire.</b></p> <ul style="list-style-type: none"> <li>Manage the risk of emergency hospital admission and length of stay, especially for vulnerable people</li> <li>Provide information and support to older people to enable them to live independently</li> <li>Improve health and well-being of people in Hampshire and reduce inequalities between areas of Hampshire with high and low deprivation scores</li> <li>Promote independent living for vulnerable people</li> <li>Tackle alcohol abuse</li> </ul>
Progress since December 2009		

### **Improving levels of physical activity:**

#### **Walking to Health**

Walking to Health is continuing to grow in Fareham following recent promotion to encourage more residents to come and take part. Millets Outdoor outlet is also running a national campaign in March with Natural England to promote local walking to health schemes, which Fareham will be supporting.

#### **Exercise Referral**

The Fareham Exercise Referral Scheme is coming towards the end of its first year of funding and will shortly be collating its data to compile an annual report.

#### **Older People**

The Cams Community Club for older residents continues to grow, to date there are over 100 members of the club. Activities include; Nordic walking, seated exercise to music, art, digital photography, singing and Tai Chi.

#### **Tai Chi for Older People**

Fareham have recently been successful in receiving funding from Age Concerns 'Fit as a Fiddle' fund, to offer an 8 week Tai Chi course aimed at Older People. Due to popular demand an additional 8 week course has also been developed and has been funded by the Big Lottery - Wellbeing Fund. All 50 spaces were filled with-in a week of being promoted.

#### **Better Balance for Life, Falls Prevention**

Fareham have been working with Hampshire County Council's Older Peoples Wellbeing Team to deliver the 'Better Balance for Life training' to professionals caring for residents in the Community. The exercises and techniques provided enable participants to set up and carry out exercise routines in a safe and effective way. This initiative enables older people to increase their strength, mobility and flexibility and in return hopefully be at less risk to falls in the future.

#### **Nordic Walking**

Fareham in partnership with Age Concern are hosting three more courses of Nordic Walking in Spring. Over 150 residents registered their interest with Age Concern to secure a free place; this project has been funded following a successful bid to the Fit as a Fiddle fund.

Fareham has also been funded to train up 6 volunteer Nordic walkers to deliver led walks in Fareham later this year.

**Reducing obesity in a children and adults:**

**Healthy Schools Scheme (HSS)** – as previous a full total of 41 Fareham schools are engaged with HSS and of these 35 (85%) achieved 'enhanced healthy school' status over 2009. This is excellent district progress

- 22 schools have now sent participants to attend the **Enhanced Model training** and this supports the implementation of the next phase in Healthy Schools 2010.

**Improving health, independence and quality of life for adults and older population groups:**

- Hampshire **stop smoking service** has performed well over Q1 and Q2 to December 2009. Fareham results report 146 quitters @ Q1 and 131 quitters @ Q2. These results show a drop in overall success rate from 48% 08/09 to a 09/10 current average of 41.5%. This is a present concern and discussions are in progress with local GPs to look at performance improvement options.
- The **alcohol brief intervention pilot service** continues to be commissioned by NHS Hampshire from its Fareham, West Street premises. The pilot has centred on (but not exclusively) supporting local community safety work through intervening to reduce alcohol-related offending and criminal behaviour, through partnership work with the police, courts and probation service. Plans are in place to commission the service up to the end November 2010 when the new partnership approach around 'integrated offender management' will be implemented across Hampshire and alcohol intervention will be an integral aspect of this way forward.

A new newsletter has been produced by Phoenix-Futures to update stakeholders and communicate about this alcohol intervention service.



Alcohol newsletter

**Training funding to foster more effective local partnership working and capability:**

Following the joint PCT and Fareham (Members and Officers) public health workforce development and knowledge sharing workshop June 2009 a proposed next step; is to see how training to increase social marketing (SM) skills and competencies could be provided from NHS resources to a cross-cutting section of local authority workers. The benefit from this training would be that local authority staff could use SM approaches and principles within their core work and support local public health and health improvement outcomes in the process.

Fareham Borough Council Contact Officer	
<b>Name:</b>	Emma Barrett
<b>Position:</b>	Community Development Officer (Health & Well-being)
<b>Department:</b>	Customer Service
<b>Section:</b>	Leisure & Community
<b>Telephone:</b>	01329 236100 ext 2463
<b>Email:</b>	<a href="mailto:ebarrett@fareham.gov.uk">ebarrett@fareham.gov.uk</a>
Chairman	
<b>Name:</b>	Councillor Brian Bayford
<b>Organisation:</b>	Fareham Borough Council
<b>Address:</b>	Civic Offices, Civic Way, Fareham, Hampshire PO16 7AZ
<b>Telephone:</b>	01329 824561 (Fareham Borough Council) 01489 880740 (Home)
<b>Email:</b>	<a href="mailto:bbayford@fareham.gov.uk">bbayford@fareham.gov.uk</a>
networkfareham Board: Representative (acting)	
<b>Name:</b>	Neil Lockett
<b>Organisation:</b>	NHS Hampshire
<b>Address:</b>	Headquarters, Omega House, 112, Southampton Road, Eastleigh SO50 5PB
<b>Telephone:</b>	023 8062 7639
<b>Email:</b>	<a href="mailto:Neil.lockett@hampshire.nhs.uk">Neil.lockett@hampshire.nhs.uk</a>
networkfareham Board: Deputy	
<b>Name:</b>	tbc as arrangements require
<b>Organisation:</b>	
<b>Address:</b>	
<b>Telephone:</b>	
<b>Email:</b>	

<b>Fareham, Gosport and Havant Health &amp; Well Being Partnership - Membership</b>			
<b>Organisation</b>		<b>Representative</b>	
<b>NHS Hampshire (PCT)</b>		Neil Lockett	
<b>Fareham Borough Council</b>		Councillor Brian Bayford	
<b>Gosport Borough Council</b>		Councillor Peter Edgar	
<b>Havant Borough Council</b>		Councillor Andrew Lenaghan	
<b>Meetings Held and Arranged</b>			
<b>Date:</b>	7 <sup>th</sup> April 2009 - held	<b>Date:</b>	16 <sup>th</sup> September 2009 – held
<b>Date:</b>	9 <sup>th</sup> June 2009 - held	<b>Date:</b>	10 <sup>th</sup> December 2009 - held