

Focused Joint Strategic Needs Assessment (JSNA)

16 “Creating Healthy and Resilient Communities”
2017/18

Public Health Intelligence

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What is a Health and Wellbeing Board?

Under the Health and Social Care Act 2012, each local authority is required to establish a Health and Wellbeing Board.

We are responsible for identifying the current and future social care and health needs of the local area through a Joint Strategic Needs Assessment and setting strategies which influence decisions taken in the Council and health services.

The Board meetings are held in public and the public can submit questions to be Board so long as they are following the Council regulations for submitting questions.

Our vision

Creating healthy and resilient communities

Our Priorities

- Creating physically active communities
- Reducing social isolation and loneliness
- Narrowing the health inequalities gap

Underlying Principles of the Health and Wellbeing Boards

Shared leadership of a strategic approach to the health and wellbeing of communities that reaches across all relevant organisations.

A commitment to driving real action and change to improve services and outcomes.

Parity between board members in terms of their opportunity to contribute to the board's deliberations, strategies and activities.

Shared ownership of the board by all its members (with commitment from their nominating organisations) and accountability to the communities it serves.

Openness and transparency in the way that the board carried out its work.

Inclusiveness in the way it engages with the local people



1. Creating physically active communities

Key Messages

- Only 16% of teenagers achieve the recommended physical activity level of one hour of moderate to physical activity every day.
- In 2016/17, 71.2% of adults aged 19 and over in Wokingham achieved at least 150 minutes of physical activity per week in accordance with the recommended guidelines. This was significantly better than the England figure of 66.0% and similar to the deprivation decile average of 70.0%.
- In 2017, 8,350 patients in Wokingham CCG were on the GP Obesity Register. This was 6.6% of the population aged 18 or over, which was lower than the comparator CCG Group but significantly lower than the national figure of 9.7%.
- Wokingham's [Local Transport Plan 3](#) aims to achieve 60% of all pupils traveling to school by walking or cycling by 2026 and to improve cycle parking by schools.
- The reception year (aged 4-5) prevalence of overweight (including obese) children in Wokingham for 2016/17 was 18%.
- The year 6 (aged 10-11) prevalence of overweight (including obese) children in Wokingham for 2016/17 was 26.6%.

1.1 Introduction

Physical inactivity is a global health crisis, responsible for an estimated 5 million deaths worldwide. Around 16.8 million adults in England are insufficiently active, putting them at a significantly greater risk of heart and circulatory disease and premature death. In contrast, physical activity contributes to a wide range of health benefits and can improve health outcomes irrespective of whether individuals achieve weight loss. Research shows that doing regular physical activity can reduce the risk of coronary heart disease and stroke by as much as 35%. Keeping physically active can also reduce the risk of early death by as much as 30%.

Being physical active is important across the life course, from the youngest children to the oldest adults, all people benefit from moving more; especially those who face barriers to being more active including people with disabilities. Reducing inactivity in the population can deliver cost savings for health and social care services but the benefits of physical activity extend further to improved productivity in the workplace, reduced congestion and pollution through active travel, and healthy development of children and young people, including diversion from anti-social behaviour.

Sedentary behaviour is an independent risk factor to physical inactivity. It refers to a number of individual behaviours in which energy expenditure is very low and sitting or lying is the dominant mode of posture. The [BHF](#) estimates that the average man in the UK spends the equivalent of 78 days each year sitting. The average woman in the UK spends around 74 days each year sitting

Related to physical inactivity and sedentary behaviour is the issue of overweight and obesity. The UK is experiencing an epidemic of obesity and there is concern about the rise of childhood obesity and the implications of obesity persisting into adulthood.. The government's [National Child Measurement Programme](#) (NCMP) measures the heights and weights of children in Reception (aged 4-5) and Year 6 (aged 10-11) in state schools for population monitoring of child BMI and in order to engage parents in discussions about their child's weight. The total NCMP participation rate in Wokingham was 97% in 2016/16.

Young people in Wokingham live comparatively healthy lifestyles compared to other areas, but there is little room for complacency as overall lifestyle risks in England contribute to around 40% of ill health and early death. There are predictions that the generation who are children now will have shorter life expectancies than their parents if current trends in physical activity and obesity continue on their current trajectory.

We also know that access to green spaces considerably increases people's likelihood of being physically active. Wokingham Borough Council Countryside Services look after 381 hectares of countryside sides, which includes 217 hectares of country parks, 105 hectares of nature reserves and 59 hectares of Suitable Alternative Natural Greenspaces (SANGs).

The built and natural environment in which we live strongly influences our behaviour, including our travel patterns and physical activity levels as well as our social connectivity. Wokingham is in the process of going through some major developments in terms of new housing. By 2026 there will be in excess of 13,500 new homes in the Wokingham Borough. This presents an opportunity to plan new spaces that promote healthy behaviours including physical activity.

1.2 Starting Well

Early Years

The government [guidelines](#) for those under the age of 5 is that physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments. All under 5 year olds should minimise the amount of time spent being sedentary for extended periods of time.

The benefits of movement include:

- Development of motor skills
- Improves cognitive development
- Contributes to a healthy weight
- Enhances bone and muscular development
- Supports learning of social skills

Source: [Department of Health and Social Care, 2011](#)

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Preschool Age

Children of preschool age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours) spread throughout the day. Most UK pre-school children currently spend 120-150 minutes a day in physical activity, so achieving this guideline would mean adding another 30-60 minutes a day.

The benefits of being active for at least 180 minutes a day include:

- Improved cardiovascular health
- Contributes to a healthy weight
- Improved bone health
- Supported learning of social skills
- Developed movement and co-ordination

Source: [Department of Health and Social Care, 2011](#)

Obese Young Children

Around one in five (18%) children aged 4 to 5 (Reception year) in Wokingham were overweight or obese in 2016/17. Wokingham had one of the lowest prevalence's of obese children aged 4-5 years in 2016/17 with 6%. This was lower than the South East region with 8.5% and the prevalence in England of 9.6%.

Source: [NHS Digital, National Child Measurement Programme](#)

1.3 Developing Well

Children and Adolescent Lifestyle

The government guidelines for physical activity state that young people aged 5-18 years should have 60 minutes and up to several hours every day of moderate to vigorous intensity activities. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at last three days a week.

Source: [Department for Health and Social Care, 2011](#)

Being regularly physically active is vital for a child's development and will help to lay the foundations for a healthy and active life. There are many physical benefits for children such as improving cardiovascular fitness, assisting with the development of fine motor skills and helping to establish connections between different parts of the brain.

Physical activity also has important benefits for wider wellbeing; research has shown that regular physical activity can help children to concentrate better at school, learn skills in cooperating and improve their mental health. Exercise has been found to have a positive effect on creating mentally healthy children by releasing feel-good brain chemicals that may ease depression.

Source: [Healthline, 2017](#)

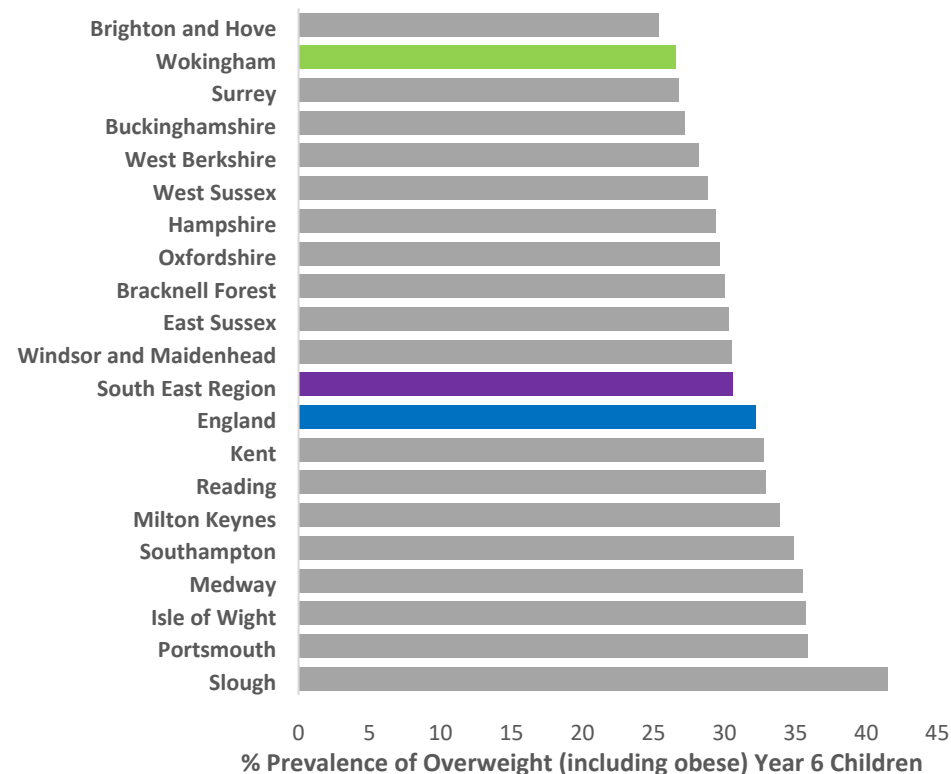
In Wokingham, the [percentage of 15 year olds that are physically active for at least one hour per day seven days a week](#) is just 15.5%. Although this is greater than England at 13.9%, it is around the average for the whole of the South East Region.

Moreover, when looking at sedentary time (somewhat inactive), the [percentage of 15 year olds with a mean daily sedentary time which is over 7 hours per day](#) is at 62.9%. This is lower than both England (67.8%) and the South East region (68.6%) and is among the lowest in the region which is between 76.3% and 60.8%.

Obesity in Children and Adolescents

Around one in four (26.6%) children aged 10-11 (Year 6) in Wokingham were either overweight or obese in 2016/17. This is among the lowest rate in the South East Region and lower than the England prevalence of 34.2%.

Figure 1 Prevalence of overweight (including obese) Year 6 children in the South East



Source: [NHS Digital, National Child Measurement Programme, 2016/17](#)

Children with Disabilities

It can be more challenging for children and young people with physical or learning disabilities to meet physically activity recommendations than it is for other children. Research shows that many barriers to participation exist for children with disabilities. Understanding and removing these barriers is crucial to ensuring all children enjoy the many health benefits of being physically active.

Parents of children with a disability report that one of the biggest barriers to participation in sports is social stigma. The children’s charity Variety fund that nationally, over a third (36%) of parents reported that their child had experienced negative social attitudes to their health problem or disability in relation to sport.

Source: [Variety, The Children’s Charity](#)

Taking part in physical activities with others of similar ability could help to boost confidence and social interaction. There has been countless research papers highlighting the positive impact that physical activity can have on the mental wellbeing of a person of any age, for example a paper written by the [Mental Health Foundation](#) in 2013.

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Travel to School

An important contributor to our level of activity is how we get about day-to-day. If children (or adults) do not regularly walk anywhere, they are missing one of the fundamental activities which contributes to health. The same factors apply to wheel-chair users or others with impaired mobility – using one’s own body to provide the energy to get around. Travel to school is a good marker of children’s active travel patterns.

Wokingham Picture

Opportunities for walking are well developed in the urban areas of the Borough. Footways are generally well surfaced, lit and connected by a range of crossing paths. This is reflected by the overall numbers of children that walk to school. The latest school census data regarding travel to school was collected in 2012.

Table 1. How pupils travel to Wokingham Schools (2012)

	Walk	Cycle	Car	Car Share	School Bus	Public Bus	Train	Taxi	Other
2010	46.53%	6.31%	31.89%	4.19%	5.36%	1.82%	1.19%	0.7%	0.47%
2011	48.24%	5.87%	30.83%	4.42%	5.14%	1.68%	1.17%	0.75%	0.22%
2012	49.50%	5.50%	30.0%	4.40%	5.27%	1.72%	1.15%	0.64%	0.12%

Source: [Wokingham Borough Council](#)

This latest data shows that walking to school has increased by nearly 3% between 2010 and 2012 and travel by car reduced by almost 2%. Wokingham’s [Local Transport Plan 3](#) aims to achieve 60% of all pupils traveling to school by walking or cycling by 2026 and to improve cycle parking by schools.

Wokingham Services

Wokingham Children’s Centre play sessions are aimed at improving the physical health of children. The activities are planned to help children achieve their developmental milestones. Children are also encouraged to eat healthy between play sessions. The centre also provides ‘cooking healthy on a budget’ and ‘cooking from scratch’ programs to targeted families which are offered in partnership with Bracknell and Wokingham College.

The Kicks programme aims to encourage young males and females, who may otherwise be difficult to reach, to be a part of a team and uses physical activity to bring them together. The scheme offers free football sessions and offers a number of additional workshops on a range of topics including bullying, healthy eating and substance misuse.

The government’s physical activity [guidelines](#) for adults (aged 18-64) is to have at least 150 minutes, over a week, of moderate to vigorous intensity activity. It is

also advised that adults should undertake physical activity to improve muscle strength on at least two days a week.

Research suggests the benefits of being active on a daily basis include:

- Reduces risk of a range of diseases e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety.

The cost of inactivity has consequences for health and also places a substantial cost burden on health services through the treatment of long-term conditions and associated acute events such as heart attacks, strokes and falls.

Wokingham Picture

In 2016/17, 71.2% of adults aged 19 and over in Wokingham achieved at least 150 minutes of physical activity per week in accordance with the recommended guidelines. This was significantly better than the England figure of 66.0% and similar to the deprivation decile average of 70.0%.

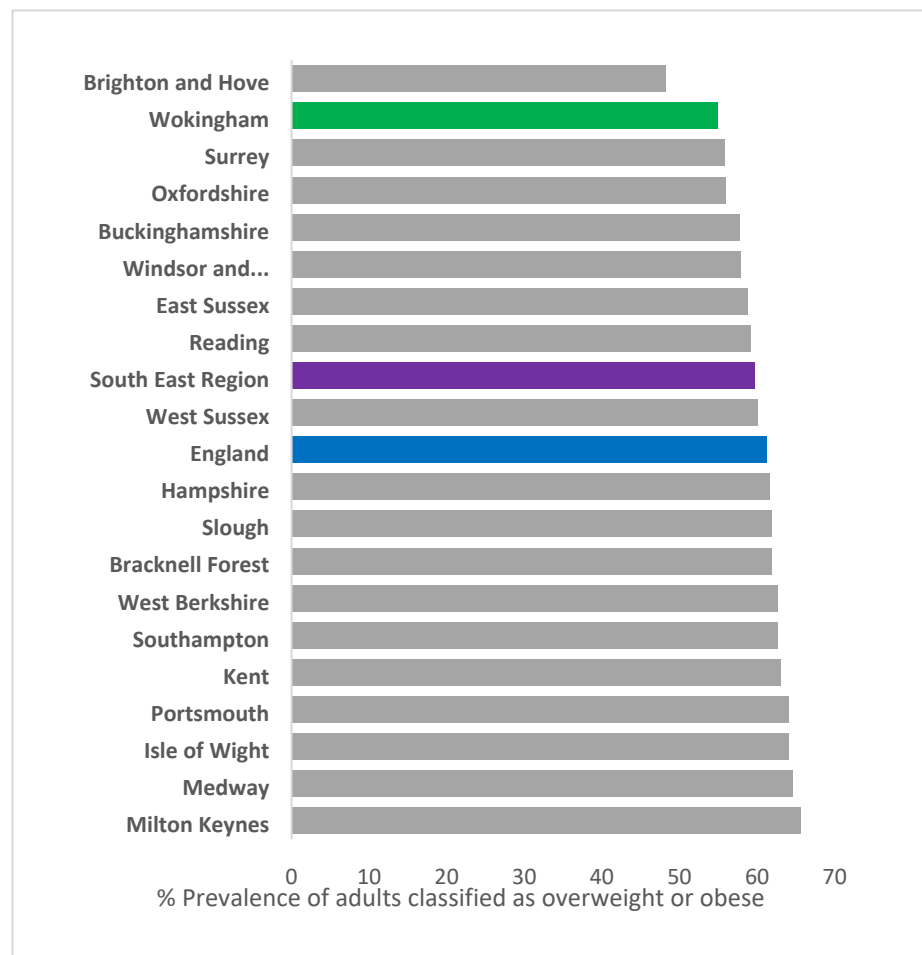
In 2016/17, 17.3% of adults aged 19 and over in Wokingham completed less than 30 minutes of physical activity per week and were therefore defined as 'physically inactive'. This was significantly better than the England figure of 22.2% and similar to the deprivation decile average of 18.4%.

Source: Public Health England (based on Active Lives Survey, Sport England) 2016/17

Overweight and Obesity in Adults

Over half (55%) of adults in Wokingham are either overweight or obese. Though Wokingham has one of the lowest rates of overweight and obesity in the region, this is a significant proportion of the adult population at greater risk of preventable long term illness and reduced life expectancy.

Figure 2 Prevalence of adults (aged 18+) classified as overweight or obese in the South East Region



In October of 2017, 8,350 patients in Wokingham CCG were on the GP Obesity

Register. This was 6.6% of the population aged 18 and over, which was lower than the national figure of 9.7% (QOF, 2017)


Transport

Transport across the U.K is monitored by the Department for Transport (DfT). Transport includes travel by car, bus, tram, rail, air, walking or cycling. As a local highways authority, Wokingham Borough Council has a responsibility to monitor how people commute to work in or through the borough.

Walking and cycling, also known as 'active travel' not only provide health benefits to the individual through increasing physical activity, but also have positive impacts on the wider community including reducing air pollution, and increases the number of people of all ages out on the streets, making public spaces seem more welcoming and providing opportunities for social interaction.

([PHE working together to promote active travel](#))

Wokingham Picture

 Wokingham in 2014/15, around 82% of adults were walking for more than 10 minutes at least once per week which is around average for the South East Region, and higher than the national figure of around 81% but only 47% walked for more than 10 minutes at least five times per week. This

Wokingham has the second highest percentage of adults who do any cycling at least once a month at 23.3% with the South East Region at 16.8% and England only 14.7%. Around 8% of adults in Wokingham cycle at least three times per week.

Source: [Department for Transport, Active People Survey, Sport England, 2014/15](#)

With excess of 13,000 new homes in development in the Wokingham Borough, there is plenty of opportunity for utilisation of new green spaces.

Wokingham Services

My Journey Wokingham is a borough-wide sustainable travel campaign that aims to help and inspire Wokingham residents, employees and students to travel by alternative modes. My Journey helps residents and employees of Wokingham borough, travel by modes other than single car use. This is done through a range of projects including creating maps, attending community events, organising cycle training, led walks & bike maintenance sessions and producing personalised travel packs for residents.

1.5 Ageing Well

According to [NICE guidelines](#), in order to stay healthy or to improve health, older adults need to do two types of physical activity each week. These are aerobic and strength exercises. It also advises that older people should be exercising in a safe environment for 30 minutes a day (which can be broken down into 10 minute bursts) on at least 5 days a week; this could be shopping, doing housework, gardening, walking or cycling for example.

Older adults at risk of falls, such as people with weaker legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week. This could be doing yoga, tai chi or dancing.

Physical activity in older age has benefits to physical health, in particular musculoskeletal health and reducing risk of falls as well as having a positive effect on mental health and wellbeing, and increasing social contact.

1 in 5 people are over 65 and this is set to rise to 1 in 3 by 2033. The number of "oldest old" (over 85) has doubled in the past decade and the percentage of people dying before 65 has remained constant for the past 20 years.

Wokingham Picture

Wokingham Borough Council offer two sports and leisure services specifically designed for people aged over 60. These are SHINE and Steady Steps. SHINE offer 67 classes and 19 different activities such as aquacise, bowls, line dancing, pilates and many more. In January 2018 there were 1,261 active service users.

In Wokingham there were around 570 hospital admissions due to falls in those aged over 65 in 2016/17. This represents around 2% of adults over 65 in the area and is a similar rate to the England average. Around 130 adults over 65 who fell suffered a hip fracture a rate of 0.47%, lower than the England average of 0.58%.

Source [Public Health Outcomes Framework](#)

The Steady Steps, Falls Prevention exercise programme 60+ currently has 519 names on the database; of these 88 are currently active participants and 21 on a waiting list. There are 3 venues with 9 sessions running a week under this service. The table below breaks down the Steady steps participants by age group. The highest number of participants comes from the 81-90 age group.

Table 2: Participants in the Steady Steps falls prevention programme (2018)

Age group	Number
60 - 70	36
71 - 80	164
81 - 90	243
90+	31
Total	474

Source: Wokingham Borough Council, 2018

There are also a number of transport services that assist the older people of Wokingham in getting out and about and giving them the opportunity to visit other areas of the borough as well as attend any medical appointments or simply to go shopping.

Wokingham Services

The Earley Volunteer Driver Bureau (EVDB) is a local charity who use volunteer drivers to provide lifts in their private cars for elderly and/or mobility-restricted

Earley residents to places such as the hospital, dentist or to other medical appointments. They also undertake trips to clubs, shops and day centres. Keep Mobile provides transport for elderly and people with disabilities within the Wokingham and Bracknell boroughs. Keep Mobile can also offer a passenger assistant to travel with them if needed.

1.6 The Environment

The environment can shape our behaviour, so there is opportunity to design the neighbourhoods and towns with activity in mind. The links between access to green space and levels of physical activity are well-established in research, which

shows higher levels of physical activity in areas with more green spaces ([Ellaway et al. 2005](#)).

The ways in which the natural environment can improve health are complex and intertwined with many factors. These are broad themes that have appeared from the research in this field, namely:

- Stress reduction
- Improved environmental quality
- Greater social cohesion
- Increased physical activity

Source: [WHO, 2016](#)

Wokingham Picture

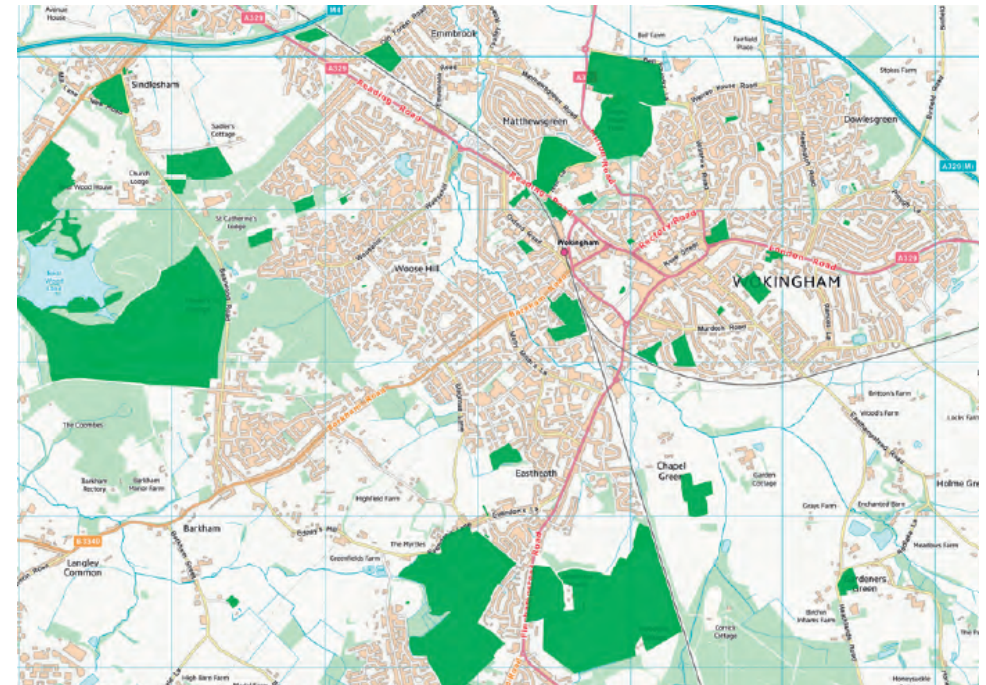
Wokingham Borough had 96,100 registered cars in 2017, equivalent to approximately 1.5 cars per household. This was the third highest out of all of the Berkshire authorities. As Wokingham is a more urbanized borough (classed as predominantly urban), the roads are classed as less rural than neighbouring authorities such as West Berkshire. As a result, our residents are exposed to more roads than other local authority populations.

Wokingham, benefits from a well-connected rail network, with easy access to Reading, a major rail hub, Gatwick airport, one of the U.K's busiest airports and the capital city London. Having easy access to reading ensures Wokingham rail users are never far away from getting to any destination in the U.K.

Local Transport Plan setting out the long-term transport strategy for the borough; particularly for the four new communities being created to accommodate the majority of the construction of over 13,000 new homes in the borough as identified in the Local Development Framework Core Strategy. A big part of the local strategy is to improve the quality of life for residents by having transport in the borough that is inclusive and enhances the economic, social and

environmental prospects of the borough whilst promoting the safety and health and wellbeing of the residents that use it. ([WBC Local transport plan 2011-2026](#))

Figure 3 showing the current green space in Wokingham town centre



Source: [Ordnance Survey OpenData \(2018\)](#)

Wokingham Borough has a number of country parks that are enjoyed by those within the borough and people who travel a distance to visit them, such as:

- California Country Park
- Dinton Pastures Country Park
- Aldermoore Nature Reserve
- Highwood Nature Reserve

- Healthlake – Special Scientific Interest Site
- Rook's Nest Wood Country Park
- Charvil Country Park
- Keephatch Park Nature Reserve
- Lavell's Lake Nature Reserve

2. Reducing Social Isolation and Loneliness

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Key Messages

- Living alone is strongly associated with social isolation. The estimated number of elderly population living alone in Wokingham borough is 10,442. This number is estimated to increase by 25% by 2025.

- Adults who are users of social care can be quite socially isolated; less than half (48%) have as much social contact as they would like.
- Adults who provide unpaid care to friends and relatives are also at risk of isolation. Just over a third (36%) of adult carers have as much social contact as they would like.
- 7.3% of children and young people in Wokingham are estimated to have a diagnosable mental health disorder; this equates to a total of 1,828.
- There are around 443 children and 465 adults in Wokingham who need support for their learning disabilities. It's estimated that 85% of young disabled adults aged 18-34 feel lonely. (Scope, 2017).
- Over 1 in 10 mothers are thought to be affected by post-natal depression which can be exacerbated by social isolation. It is estimated that around 300 mothers in Wokingham are affected each year.

2.1 Introduction

Social isolation is about separation from social or familial contact, community involvement or access to services, whilst loneliness is a subjective feeling which may or may not relate to observable isolation. People can be isolated without

feeling lonely, and can be lonely without being isolated, although the two often go together.

Social relationships and interactions are vital to human health and wellbeing, and without them the stress response triggered can have a significant impact on both physical and mental health.

[Research suggests](#) that weak social connections carry a health risk that is more harmful than not exercising, twice as harmful as obesity, and is comparable to smoking 15 cigarettes. A [report](#) collating evidence of the effects of loneliness and isolation found that socially isolated people are:

- 3.4 times more likely to suffer depression
- 1.9 times more likely to develop dementia in the following 15 years
- 1.8 times more likely to visit a GP
- 1.6 times more likely to visit A&E
- 1.3 times more likely to have emergency admissions
- 3.5 times more likely to enter local authority funded residential care.

Though often associated with ageing, social isolation and loneliness does not just affect the older population; anyone of any age can suffer. Groups that are more vulnerable to social isolation include people who:

- Live in rural communities or deprived urban communities
- Live alone; widowed or divorced;
- Are retired or not employed
- Are struggling financially
- Are in poor health physical or mental health,
- Have limited mobility, visual or hearing impairment
- Have a change in life e.g. new baby or family bereavement

By the very nature of these issues the scale of the suffering is often hidden. Social isolation can be measured by asking the population about the frequency of their

social contacts, also by measuring participation in social activities and. Loneliness is usually assessed by asking questions about experience of feelings, for example: “How often do you feel you lack companionship?”

The likelihood of people experiencing social isolation and loneliness can also be measured by identifying risk factors for social isolation in the population, including those characteristics listed above.

2.2 Starting Well

The arrival of a baby can leave new parents feeling isolated. While pregnancy does offer opportunities to create new social networks, for example through

antenatal groups, [surveys](#) suggest that around one in five mothers feel they don't have friends or family or friends nearby who they can turn to.

Social isolation is a known risk factor for postnatal depression and is associated with poor self-rated health in mothers. Postnatal depression is thought to affect around 1 in every 10 women within a year of giving birth, though some [surveys](#) suggest the figure might be closer to 3 in 10. It can also affect fathers and partners, although this is less common.

Perinatal mental health refers to the mental health of mothers during pregnancy and after birth of the child. Postnatal depression and anxiety are common perinatal mental health issues. Other less common but serious conditions include postpartum psychosis and post-traumatic stress disorder.

Table 2. Estimated incidence of perinatal mental health issues in Wokingham

Total number of live births (2016)	1,809
Estimated number of cases each year of:	
depression and anxiety (mild-moderate)	270
depression (severe)	55
Post-traumatic stress disorder (PTSD)	55
Postpartum psychosis	5

Source:
Perinatal

Mental Health Profiles, Public Health England

Health Visitors have a crucial role in assessing and promoting perinatal mental health. Face-to-face contact with a health visitor offers an opportunity to assess and provide support to mothers struggling with mental health issues.

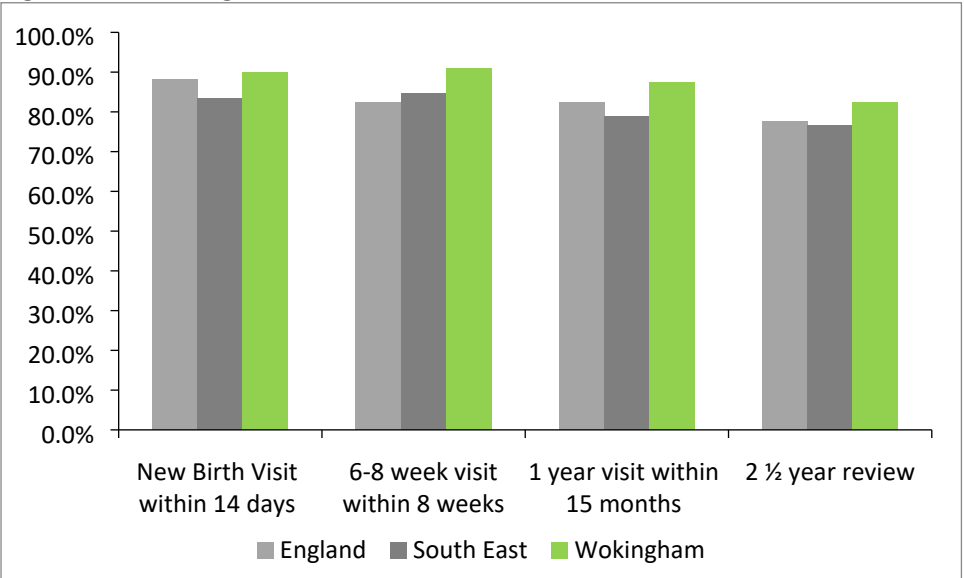
Health Visitors typically have five points of contact with mothers and babies from before birth to age 2½ years. Around 37% mothers in Wokingham received a first face-to-face contact with a health visitor before birth of the baby during 2016/17, compared to the average in England of approximately 40%.

Coverage of visits after the birth is much higher; 90% of women and children receive a face-to-face New Birth Visit (NBV) within 14 days which is higher than

the national average; 91% of infants received a 6-8 week review by the time they were 8 weeks old, also higher than the national average.

Around 7% of mothers are referred onwards following a maternal mood assessment at the 6-8 week review. This equates to 123 mothers from Wokingham

Figure 4. Percentage of Health Visitor visits within recommended timeframe



Source: [Health visitor service delivery metrics 2016 to 2017](#)

Maternal depression can severely impact early childhood development, and development in early childhood in turn has a significant impact on factors such as educational attainment, employment and health and wellbeing.

Social disadvantage is a risk factor for postnatal depression; the impact of which can exacerbate health inequalities over the life course and lead to disadvantage across generations.

Wokingham Services

The National Childbirth Trust (NCT) is a national charity with branches in Wokingham and in Crowthorne and Sandhurst, providing new parents support and impartial advice so that they can decide what is best for their family, also introducing them to a network of local parents to gain practical and emotional support.

Home Start is a family support charity. Home Start offers visits and free support to young families with at least one child under five years old; this can involve emotional support, practical help with getting to appointments or shopping or information and links to other organisations including health and educational services.

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2.3 Developing Well

Children and young people can become socially isolated due to adverse life events

or circumstances, including experience of abuse and neglect, domestic violence or substance misuse in a parent.

Having a long term condition or a disability or being a carer are also risk factors for having less social contact. An estimated 85% of disabled young adults from the 18-34 year old age group feel lonely ([Scope, 2017](#)).

Young people may also become socially isolated as a result of bullying. Bullying is often related to socially ascribed identities, such as those related to gender, ethnicity, sexuality or physical appearance.

Homophobic and racially motivated bullying and harassment are common in schools, as well as bullying related to weight. Nearly half of lesbian, gay, bisexual and trans young people have been bullied for being LGBT at school and more than 16,000 young people miss school due to bullying ([NSPCC Bullying statistics](#)).

Social isolation in childhood is associated with poor mental health. Children who experience social isolation are more likely to have poor educational attainment and lower incomes in adulthood; they are also at greater risk of smoking, obesity and psychological distress in adulthood. (PHE [Reducing social isolation across the life-course](#))

Wokingham Picture

In 2017 there were 443 children with a learning disability known to schools in Wokingham borough. This equates to a rate of around 15 per 1,000 children which is significantly lower than the England rate of 35 per 1,000 children. Around 2,800 children were assessed to have special educational needs (SEN).

There were 20 children in Wokingham with parents in treatment for alcohol addiction and 16 children with parents in treatment for drug addiction, with around 230 children aged under 16 providing unpaid care for friends and relatives in 2011/12.

Around half of 15 year olds in Wokingham reported having been bullied in 2015/16 compared with the 57% average across the South East. School absenteeism rates are significantly lower in Wokingham than the England average, though even with low rates over 2015/16 there were around 680 primary and around 970 secondary school children persistently absent from school (missing more than 10% of classes).

(Source: [Public Health England Child and Maternal Health Profiles](#))

Children in Need

A 'child in need' is a child who requires support of local authority social services to support health or development. This includes children on child protection plans or who are looked after, children who are young carers as well as children with disabilities. There were a total of 667 children assessed to be in need of local authority support in Wokingham in 2017.

Table 3. Children in Need in Wokingham according to type of need (2017)

Primary need identified	Number
Abuse or neglect	193
Child's disability or illness	157
Family dysfunction, stress or absent parenting	128
Parent's disability or illness	30
not stated	158

Around a third of children in need in Wokingham (33%) are persistently absent from school (defined as missing more than 10% of classes) compared to the national average of 30%. Absence from school can lead children and young people to having fewer social contacts and becoming more isolated.

(Source: [Department for Education characteristics of Children in Need](#) (2016/17))

Prevalence of mental health problems

Poor mental health is both a risk factor for and a potential outcome of social isolation in children and young people. Measuring the true prevalence of mental health problems in the population is challenging but for this age group is especially difficult. Estimates are largely from national and local surveys and from records of service use.

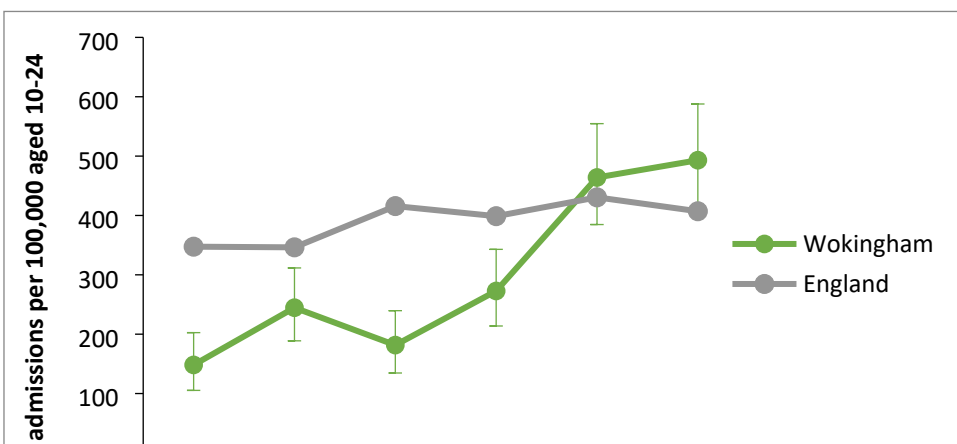
Based on surveys of mental health of children and young people it is estimated that 7.3%, of those aged 5-16 (around 1,800 children) in Wokingham have a mental health disorder. This is lower than the estimates for the South East (8.5%) and England (9.3%).

Conduct disorders (including aggression and anti-social behaviour) are the most common type of mental health disorder affecting an estimated 4.1%. Around 730 children (2.9%) are thought to have an emotional disorder (anxiety and depression) and a further 1.1% have hyperkinetic disorders.

(Source: [Children and Young People's Mental Health and Wellbeing Profile](#), PHE)

Figure 5. Hospital admissions due to self-harm in those aged 10-24*

Source: [Public Health England](#), 2015 *data quality concerns



population, higher than the England average of 407 per 100,000 (Figure 2). There are some concerns over the quality of the data and so these figures should be interpreted with caution.

The Mental Health Services Dataset reports data on use of mental health services. These reports show that as of March 2017 there were 1,315 active referrals to general mental health services for those aged up to 18 and 2,825 open referrals to children's and young people's mental health services.

(Source: [Mental Health Services Monthly Statistics](#), NHS Digital)

Wokingham Services

Relax Kids helps children, young people and families to manage stress, anxiety and difficult feelings whilst boosting self-esteem, confidence and improving sleep whilst in a relaxed environment. Relax Kids provides classes that focus on mindfulness for children whilst encouraging creativity, confidence and calm, and promoting healthy habits. They also run a Story Massage stand-alone session as part of a group or 1:1 which involves combining the benefits of positive touch with the creativity of words.

More Arts is an independent arts development charity that champions all art forms. More Arts fund workshops at Wokingham Hospital and workshops via Soulscape which all use the medium of art to enable children to freely express themselves and live in the moment.

SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service) is a free, confidential service that is offered for parents, carers, children and young people. SENDIASS provides impartial information, advice and support relating to all aspects of SEN and Disabilities, including health, social care, and personal budgets to children and young people up to the age of 25 with SEND and their parents/carers.

ASD Family Help charity is a 'User Led' independent and voluntary group that offers support, advice and activities for individuals on the autistic spectrum, their parents, carers and professionals within Wokingham and West Berkshire Boroughs in Berkshire. Support can include activities for autistic children and young people, life and relationship skills for teens and social activities to include siblings and young carers.

Building for the Future provides play, therapy and support for children with additional needs and their families. This includes multiple leisure activities in their specially adapted community centre. Parents and carers can also find support and socialise.

Berkshire Vision is a charity for the blind and visually impaired. For visually impaired children and their families, Berkshire Vision have organised events approximately once a month which is supported either by staff members of volunteers. The charity has a sports programme which delivers specially adapted activities for visually impaired adults.

2.4 Living and Working Well

Adults aged 16-64 are thought to be less likely to experience loneliness or social isolation, though loneliness is less well studied in this age group. We do know that men at greater risk of social isolation and tend to have fewer local social connections.

Life transitions are also important and can lead to isolation. Loss of employment or housing or breakdown of a relationship can all have a significant effect on social connectedness.

Being in work protects against social isolation both through providing income and access to social networks. Employment rates in people with long-term health conditions, disabilities, and in people with mental health disorders are lower than for others in the population, increasing risk of isolation in these groups.

As well as the association between isolation and deprivation, there is also a link between isolation and various social identities. People who identify as black or ethnic minority (BME) are at greater risk of social isolation and are more likely to be diagnosed with mental condition. Lesbian, gay, bisexual and transgender (LGBT) people are also at increased risk of being socially isolated.

(Source: PHE [Reducing social isolation across the life-course](#))

Both people who *receive* social care support and those who *provide* unpaid care for friends or relatives may lack the social contact and support that they would like. Providing care and support can also have a direct impact on health and wellbeing independent to the effect of social isolation.

Almost three quarters of respondents to Carers UK's the [State of Caring 2018 survey](#) who are currently providing care said they had experienced stress or depression as a result of caring, while over half said their physical health had worsened as a result of caring.

Wokingham Picture

Adults with a disability or long term physical or mental health conditions

Around 18,000 people in Wokingham responding to the 2011 census reported having a long term physical or mental health condition or a disability.

GP records also provide a useful source of data on health needs, though often underestimate true population needs as they only measure those seeking care. GP records over 2016/17 show that in Wokingham there are around 8,600 adults (7.8% of the adult population) recorded as having a diagnosis of depression. This is significantly lower than England average (9.1%). Around 780 people were recorded as having a diagnosis of schizophrenia, bipolar affective disorder or other psychoses.

(Source: [Public Health England: Mental Health and Wellbeing JSNA](#))

In Wokingham in 2016/17 there were around 480 people of all ages recorded on GP Practice registers as having a learning disability. Estimates based on the Health Survey for England suggest that around 11,500 adults in Wokingham had a physical disability (2012). A total of 2,120 working age people in Wokingham were in receipt of Disability Living allowance as of 2014.

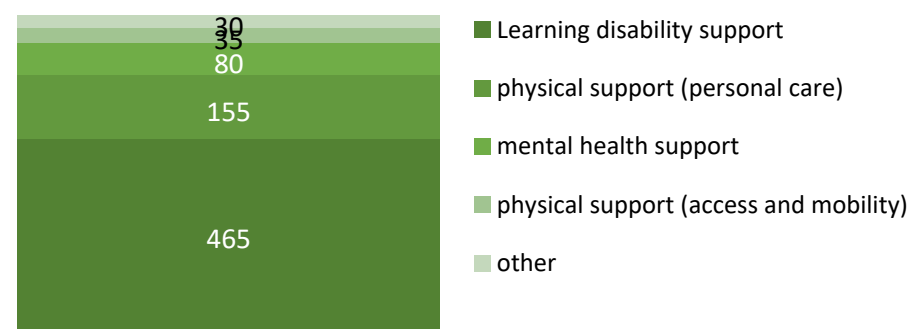
Adults supported by local authority adult social care services

Adult social care services in Wokingham received over 4,600 requests for support from new clients in the 2017/18 financial year. A quarter of these requests (1,145) were from adults aged between 18 and 64. Of the 1,145 working age adults requesting support, around 14% (165) received long term care, 5% received short term care, 8% received low level support and 50% were signposted to universal services.

A total of 765 adults in this age group were accessing long term social care support over 2017/18. The majority of these adults (60%) required support for a learning disability [Figure 6].

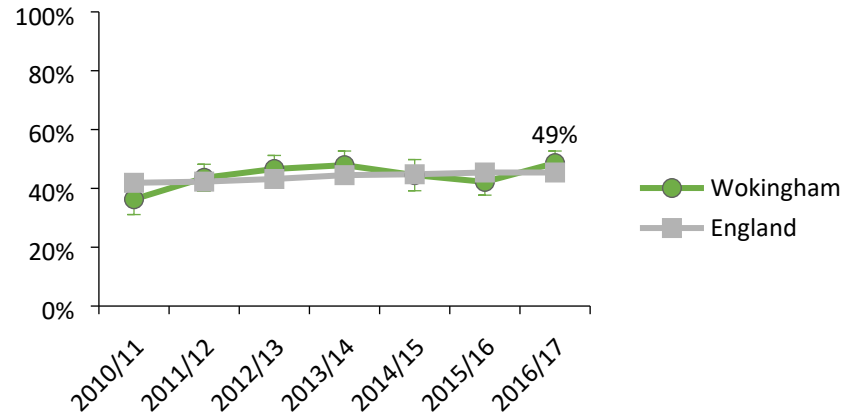
(Source: [Adult Social Care Activity and Finance Report](#), NHS Digital)

Figure 6. Adults aged 18-64 accessing long term social care support according to primary support need 2017/18



The Adult Social Care Outcomes Framework (ASCOF) measures how well care and support services achieve the outcomes that matter most to people. The ASCOF draws on data collected as part of Adult Social Care Survey. This asks service users about their experiences of care, including their experiences of social connectedness. Figure 4 shows that only around half of service users in Wokingham felt they had as much social contact as they would like.

Figure 7. Proportion of adult social care users who have as much social contact as they would like (2016/17) Source: [Adult Social Care Survey – England \(NHS digital\)](#)

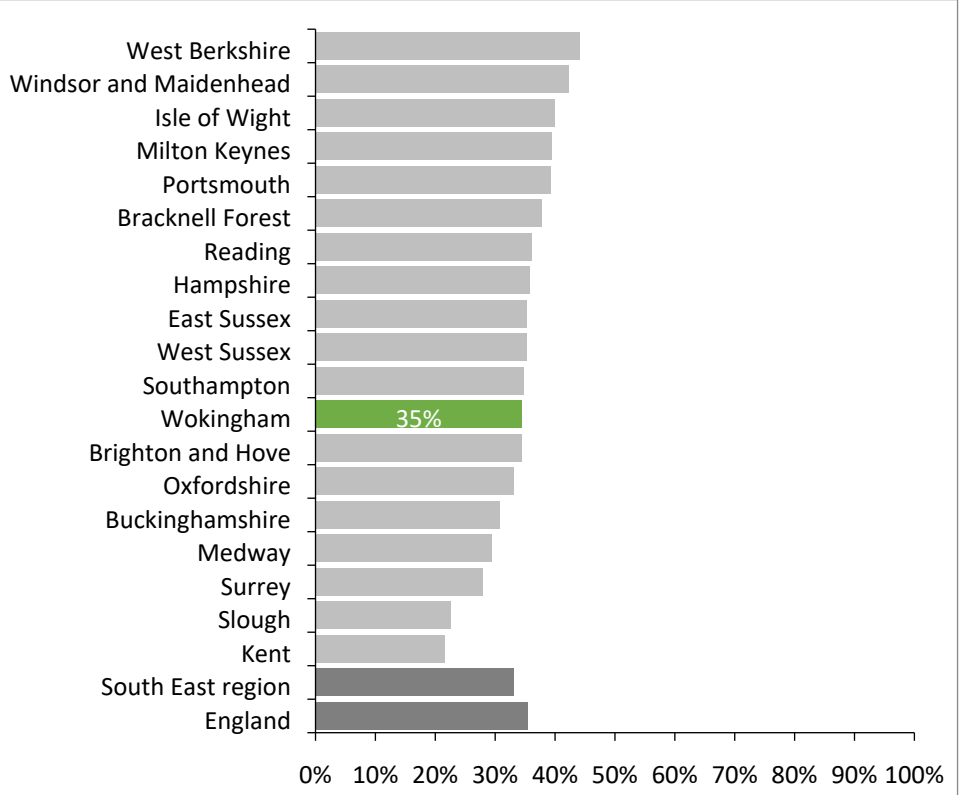


Adults providing unpaid care

The 2011 census estimated that around 2,300 adults in Wokingham were providing unpaid care for friends or relatives. The Personal Social Services Survey focuses on a smaller group of carers; those who provide unpaid care to adult social care service users. Figure 5 shows that only 35% of carers surveyed in Wokingham have as much social contact as they would like. This is similar to the national average.

Figure 8. Proportion of adult carers (age 18+) who have as much social contact as they would like (2016/17)

Source: [Personal Social Services Survey of Adult Carers \(NHS digital\)](#)



Wokingham Services

Unlock Your Wellbeing provides training in mental health first aid, wellbeing, stress management, resilience, happiness, mental health recovery and life coaching.

Depression Xpression holds a monthly support group which is run by peers, for anyone who is affected by depression or anxiety.

The Berkshire MS Therapy Centre provides information and support alongside a wide range of therapies to help local people living with MS and their families and carers.

Parity for Disability provides developmental day services for people with profound and multiple disabilities aged 18 and over. They also provide a music therapy service.

CLASP (Caring, Listening and Supporting Partnership) is a self-advocacy group for people with learning disabilities in the Wokingham Borough. CLASP runs a weekly drop in coffee shop and offer a signposting service and support for adults. The group develop independence plans with their members based on their specific needs.

Dementia Care is a service provided to Wokingham residents aged 65 and over with a dementia diagnosis, their carers and families. They also provide support groups and an Understanding Dementia course for carers.

SEAP have an IMHA (Independent Mental Health Advocacy) service which helps people who have been detained under the Mental Health Act which includes compulsory treatment orders in the community.

Crossroads Care provides 1:1 home based respite breaks to support carers who provide unpaid care to a family member or friends who are suffering illness, disability, frailty, a mental health problem or an addiction. The care worker will take over the carer's responsibilities to give them a break. Crossroads Care also provides cover for carers to attend any health related appointments or any hospital admissions.

The MS Society has a support group for carers of people with MS, who meet on the monthly at various venues to have a couple of hours of respite from caring and enjoy a lunch in the company of others who understand the problems of caring.

2.5 Ageing Well

For older adults, retirement and/or unemployment can result in losing connections with colleagues and friends which can lead to social isolation. Retirement may also mean living on a lower income, which can also have an impact on likelihood of participating in social events.

Living alone is strongly associated with social isolation. Older people living alone are particularly vulnerable to social isolation if they also have a long term physical or mental health condition, reduced mobility or a visual or hearing impairment. People who live alone are not always visible to services and may be hard to reach to provide advice and support.

Older people are particularly affected by transport links; a report by the International Longevity Centre found that 12% of older people would like to visit their family more often and over three quarters cited transport or mobility issues as the reason for not being able to do so. Assisted travel arrangements can provide a means for older people with restricted mobility to get out and about.



Wokingham Picture

The number of people aged over 65 in Wokingham borough is estimated to increase by 17% between 2018 and 2025 from 29,600 to 34,514.

(Source: [ONS](#))

People in Wokingham live long and comparatively healthy lives. Life expectancy at 65 in Wokingham is 22.3 years for females and 19.7 years for males; this is higher than both England and the South East. Healthy life expectancy is an estimate of how many years a person might live in a 'healthy state'. For Wokingham, healthy life expectancy at 65 is 14.1 years for females and 13.4 years for males.

(Source: [Public Health England Outcomes Framework](#))

People with long term conditions and disabilities

The Health Survey for England has been used to estimate the prevalence of sensory impairment:

- 27,929 people are estimated to have some hearing loss. 64.3% of these people are aged 65 and over.
- 2,576 people aged 65 and over are estimated to have a moderate or serious visual impairment.

While it has been found that generally older people report higher levels of happiness than those of working age or younger (Measuring National Well-being Programme conducted ONS April 2018), mental health problems including dementia are an important cause of ill health.

As shown by the table, the estimated prevalence of dementia and depression amongst those aged 65 and over is going to increase; this is also likely to be linked with the anticipated growth of the number of older people in Wokingham.

Table 4. Number of estimated population aged 65 and over with dementia and depression: *Source: POPPI, June 2018*

	2017	2020	2025	2030	2035
Wokingham: Total Population aged 65+ and predicted to have dementia	2,013	2,212	2,682	3,204	3,726
Wokingham: Total Population aged 65+ and predicted to have severe depression	784	843	977	1,098	1,117
Wokingham: Total Population aged 65+ and predicted to have depression	2,485	2,656	2,965	3,363	3,670

People living alone

In 2017 it was estimated that there were 10,442 people aged 65 and over in the Wokingham borough who lived alone which is equal to 36% of this population group (Source: POPPI). This number is estimated to increase by 25% by 2025 which would be around 13,099 older people living alone.

Table 5. Estimated numbers of Wokingham population aged 65 and over who live alone by gender and age group *Source: POPPI, June 2018*

	2017	2020	2025	2030	2035
Males aged 65-74	1,500	1,520	1,580	1,820	1,920
Males aged 75 and over	1,938	2,210	2,686	3,026	3,434
Females aged 65-74	2,490	2,550	2,520	2,880	3,120
Females Aged 75 and over	4,514	5,063	6,283	7,015	7,747
Total population aged 65-74	3,990	4,070	4,100	4,700	5,040
Total population aged 75 and over	6,452	7,273	8,969	10,041	11,181

The 2011 census showed that Bulmershe and Whitegates and Twyford wards had the highest proportion of one-person households aged 65 and over.

People accessing social care services

During the year 2016/17, 415 people aged 65 and over in the Wokingham borough accessed support met by a nursing or residential care setting funded by Wokingham Borough Council.

During 2016/17, only 48% of Wokingham service users aged 65 and over reported that they felt that they had as much social contact as they would like. This can be compared against the average for England of 43%. Although Wokingham has a slightly higher percent than the England average, this still shows that over half of service users in Wokingham aged 65 and over do not have as much social contact as they would like.

In a residential care setting in 2016/17, 56.9% of people reported having as much social contact as they want with the people that they like, 32.5% reported that they had adequate social contact with people, 8.7% felt they had some social contact but not enough and 1.9% felt they had little contact and felt socially isolated. For those in a nursing care setting, these were 50.5%, 34.5%, 11.5% and 3.5% respectively.

Wokingham Services

Wokingham Volunteer Centre runs a Transport Scheme which provides residents of the borough a means to attend a wide range of destinations for all types of medical appointments and treatments. Volunteer drivers stay with the client for the duration of their appointment, acting as a companion.

Crowthorne Community Minibus provides a social amenity bus for the disabled and elderly residents of Crowthorne; enabling them to get out and about with likeminded people and enjoy a variety of trips.

The Earley Volunteer Driver Bureau (EVDB) is a local charity who use volunteer drivers to provide lifts in their private cars for elderly and/or mobility-restricted Earley residents to places such as the hospital, dentist or to other medical appointments. They also undertake trips to clubs, shops and day centres.

Keep Mobile provides transport for elderly and disabled people within the Wokingham and Bracknell boroughs. Keep Mobile can also offer a passenger assistant to travel with them if needed.

COATS (Crowthorne Old Age to Teen Society) is a charity that seeks to promote the welfare of the older people in and around the Crowthorne area. Run at Pinewood Avenue, the charity provides companionship and services for local older people. At the centre, professional staff provide healthy freshly prepared lunches, teas and stimulating activities in a warm and friendly environment.

Men's Shed is a project charity aimed at older men in the Wokingham borough. The Project aims to shares skills and interests including woodwork and furniture restoration, tool renovation, milling and gardening.

St Sebastian's Church run the Jubilee club which is a weekly group for the over 60s. The group holds talks, games, outings and tea and cake. The club also offers home communion to house-bound members of the congregation. There is also a 'Friends' group which is run to encourage friendships between people with similar interests and situations who are on their own.

3. Narrowing the Health Inequalities Gap

Key Messages

- Wokingham is the least deprived borough in Berkshire and is the 2nd least deprived out of 326 local authorities in the country – but inequalities still exist!
- Men among the most deprived 10% of the borough can expect to live an average of 4.5 fewer years than the least deprived and over 7 fewer years in full health. For women the gap is wider at 5.5 years.
- As well as the deprivation gap, inequalities in health outcomes also exist according to ethnicity, age, gender and sexual identity, disability and mental health.
- Health in pregnancy and early years is generally good, however, only half of children receiving free school meals are 'ready for school' aged five compared with over three quarters of their peers.
- Wokingham's average KS4 results (GCSE equivalent) are among the top 10% in the country, however, young people receiving free school meals are scoring almost 40% lower than their peers.
- Despite one of the lowest rates of smoking in the country, routine and manual workers are twice as likely to smoke as those in other occupation groups
- Compared with other local authorities in the South East employment rates across all sectors in society are good in, however, big gaps in employment remain for the most vulnerable in society.
- Availability and affordability of housing in Wokingham is a challenge. In winter heating costs are a significant burden for the 4,446 of households that are classified as fuel poor.

3.1 Introduction

Health inequalities are avoidable differences in health outcomes between different groups in the population, that arise due to the social and environmental conditions in which people are born, grow, live, work and age.

The Marmot Review '[Fair Society, Healthy Lives](#)' commissioned by the Department of Health and published in 2010 described the health inequalities facing England, and identified actions that were likely to have the biggest impact on reducing those inequalities:

1. Give every child the best start in life
2. Enable all children and young people to maximise their capabilities
3. Create fair employment and good work for all
4. Ensure healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill health prevention

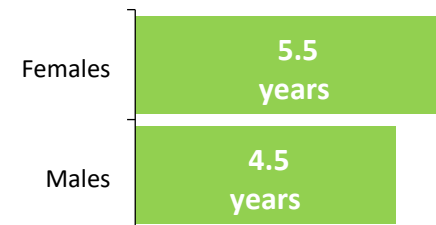
1 Marmot also described how reducing inequalities will not be achieved by focusing **88** solely on the most disadvantaged in society. We need to address the social and environmental determinants of health for the whole population, but actions should be at *“a scale and intensity that is proportionate to the level of disadvantage”*.

As well as the deprivation gap, inequalities in health outcomes also exist according to ethnicity, age, gender, disability, gender identity and sexual identity.

The life expectancy gap

Men among the 10% least deprived in Wokingham are expected to live 4.5 years longer than those among the 10% most deprived. The difference in life expectancy for women between the most and least deprived in Wokingham is 5.5 years. Both men and women in these most affluent areas are expected to live an extra 7.1 years of full health compared with those in the most deprived

Figure 9. Wokingham's Deprivation Gap in Life Expectancy



(Source: [PHE Public Health Outcomes Framework 2014-2016](#))

Breakdown of the Life Expectancy Gap by Cause of Death

In Wokingham the gap in life expectancy between most deprived fifth and the least deprived fifth of the population is due in large part to cancer deaths, which accounts for 41% of the gap in life expectancy.

This is followed by circulatory disease (in males just over 25% and in females around 15% of the difference is due to circulatory diseases and respiratory diseases (in males around 11% and in females around 18% of the difference is due to respiratory diseases.

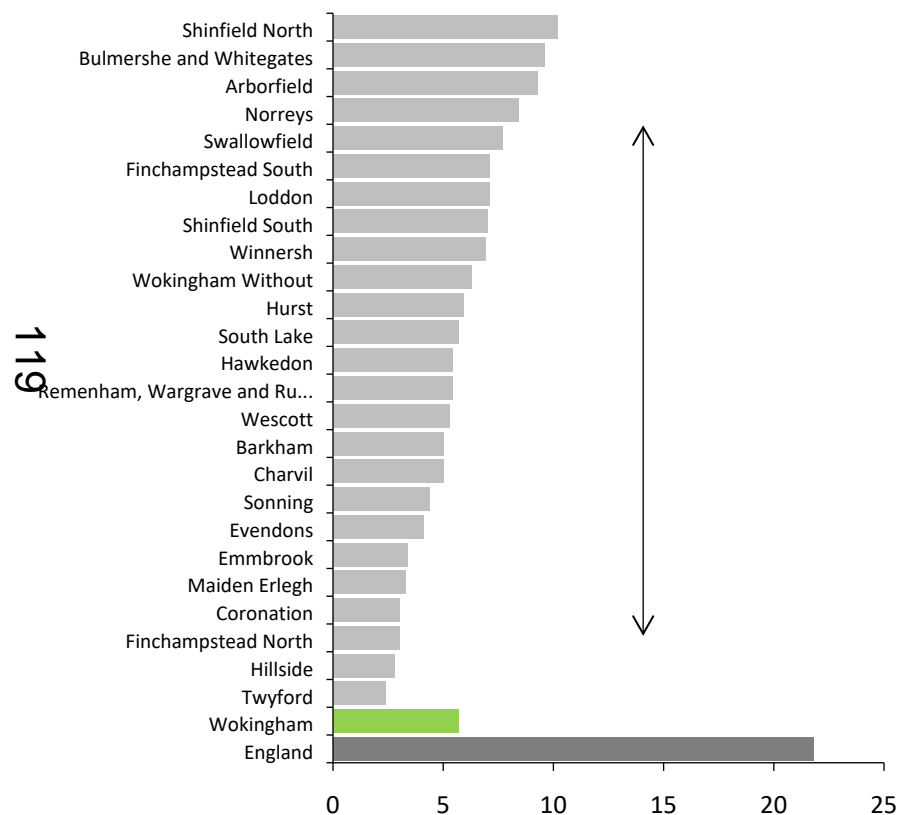
All of these conditions are collectively known as “non-communicable diseases” and share many of the same behavioural risk factors including unhealthy diet, physical inactivity, smoking and excess alcohol consumption.

(Source: [PHE Segment Tool](#))

3.2 Measuring Deprivation

In order to understand how social disadvantage or deprivation affects health and wellbeing it is important to be able to describe it and measure it.

Figure 10. Wokingham wards according to deprivation score (IMD 2015) (Source:



[PHE](#))

Deprivation relates not only to the amount of money you have, but also your access to resources and services. The Index of Multiple Deprivation (IMD) measures relative deprivation for small areas across England across seven domains of deprivation including; Income; Employment; Education, Skills and

Training; Health Deprivation and Disability; Crime; Barriers to Housing and Services; and Living Environment. According to IMD scores Wokingham is the least deprived borough in Berkshire and the second least deprived out of 326 local authorities in the country.

Local Deprivation Analysis

In 2017 Wokingham United Charities (WUC) produced a local analysis of deprivation by very small area – the lowest level at which data is available – the Lower Super Output Area. They used the national ranking of IMD 2015 for the nine wards within the five parishes which cover the charity’s “areas of benefit”. When they ranked the LSOAs the three wards that contained Wokingham’s most deprived small areas were Wokingham Without, Norreys and Finchampstead South.

The table below shows these wards according to their ranking in each domain and suggests that employment, child education, child income and geographical barriers as the greatest challenges in these wards.

(Source: Wokingham United Charities)

Table 6. Deprivation domain ranking in three deprived wards in Wokingham

Ward Name	Wokingham Without		Norreys		Finchampstead South	
LSOA	Wokingham 020A		Wokingham 013C		Wokingham 018D	
Overall Deprivation	4		4		5	
<div> <div>120</div> <div> <div>↑</div> <div>↓</div> </div> <div>Lowest Score</div> <div>Highest Score</div> </div>	Employment	2	Geographical Barriers	2	Child Income	3
	Child Education	3	Employment	3	Geographical Barriers	3
	Geographical Barriers	4	Child Income	3	Crime	4
	Adult Income	5	Adult Income	4	Employment	4
	Health and Disability	5	Crime	4	Adult Income	5
	Crime	6	Health and Disability	6	Health and Disability	8
	Child Income	7	Outdoors Environment	10	Outdoors Environment	8
	Outdoors Environment	7	Child Education	10	Child Education	9
	Adult Skills	8	Adult Skills	10	Indoors Environment	10
	Indoors Environment	8	Wider Barriers	10	Wider Barriers	10
	Wider Barriers	9	Indoor Environment	10	Adult Skills	10
	Key: Top 30% nationally		Bottom 30% nationally			

3.3 Starting Well

Children in poverty

Income Deprivation Affecting Children Index (IDACI) measures the proportion of children aged 0 to 15 living in income deprived families. In Wokingham 6.8% (a total of 2,176) children under 16 were living in income deprived families which is significantly lower than the England average ([PHE 2018a](#)). Analysis by the charity End Child Poverty suggests that when housing costs are taken into account a total of 3,718 children were living in poverty in Wokingham, with rates ranging from 4.1% in Hurst to 17.6% in Swallowfield and 24% in Bulmershe and Whitegates [See Appendix A]

(Source: [End Child Poverty Percentage of children in poverty, July-Sept 2017](#))

Pregnancy and Birth

A healthy woman is more likely to give birth to a healthy baby. Factors such as smoking, alcohol consumption, obesity, social isolation and stress can have a significant impact on the health of both the mother and the unborn child.

These factors in pregnancy may lead to babies being born early or at very low birth weight. Low birth weight in babies (defined as weight at birth <2.5kg) can be an indicator of poor health in later life. Disadvantaged mothers are more likely to have low birth weight babies than mothers from less deprived backgrounds.

Wokingham Picture

Wokingham has the lowest low birth weight rate in Berkshire at 4.8% which is significantly lower than the average for England. In 2016 there were 81 babies born weighing less than 2.5kg in Wokingham.

Over 2016/17 only 3.8% of mothers in Wokingham were smokers at the time of delivery. This is amongst the lowest rate in the country, however, performance

hasn't always been this good – in 2011/12 there were over double the number of women still smoking at the time of delivery.

(Source: [PHE Child and Maternal Health Profiles](#))

Early Years

Approximately 80% of brain development takes place by the age of 3. These early years in a child's life are crucial in shaping physical, social, emotional and educational development.

(Source: [Wave Trust. 2013. From Conception to Age Two: the Age of Opportunity.](#))

Health Visiting teams lead and deliver the Healthy Child Program for all children aged 0-5. This is a service that delivers screening, immunisations, health and development reviews, and advice around health, wellbeing and parenting.

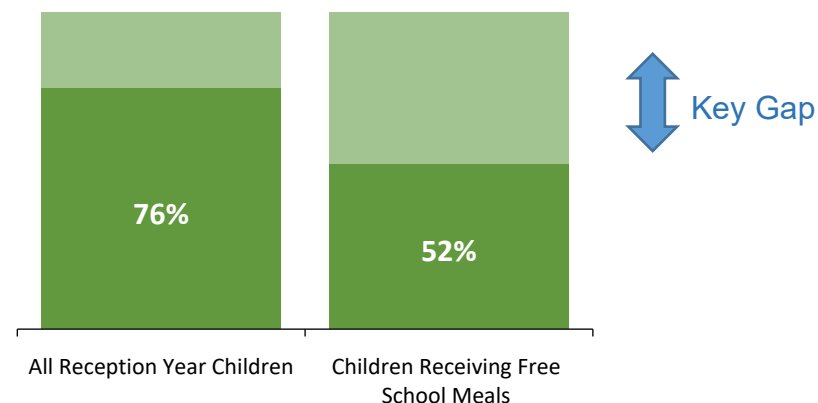
~~On~~ Child development including communication and language; physical, personal, social and emotional development; literacy; and mathematics is also measured in Reception Year of School. This measure is known as “school readiness”.

Wokingham Picture

Over three quarters of five year olds in the academic year 2016/17 achieved a “good level of development” on assessment at the end of Reception year compared with 52.3% of children receiving free school meals.

Despite having amongst the highest levels of school readiness across the South East, the levels of school readiness in those receiving free school meals is among the poorest in the South East.

Figure 11. School Readiness of 5 year-olds in Wokingham



Wokingham Services

Stop smoking services in Wokingham supported 5 pregnant women to quit over the last year.

Wokingham Children's Centre gets children ready for school by offering support to targeted families via workshops and programs which help with this significant transition in a child's life.

Wokingham has a high uptake in health visiting reviews, compared to other local authorities in the South East region and in England as a whole. 87.2% of new birth visits by Health Visitors were conducted within first 14 days – similar to the England average.

3.4 Developing Well

Looked After Children

Children under the care of local authorities (looked after children) often have greater health needs, in particular emotional and mental health needs, than those of their peers. They are also less likely to have their needs met by health services and suffer poorer health outcomes than their peers.

(Source: [Local Government Association](#))

As of March 2017, there were 77 children and young people in the care of Wokingham Borough Council, the majority aged 11 years or older. Wokingham has a rate of children in care of 20 per 10,000, significantly lower than the England average of 60 per 10,000 and the South East average of 48 per 10,000.

(Source: [Wokingham Borough Council](#))

Children in Need

A child in need is one who has been assessed by children's social care to be in need of services. These services can include, for example, family support (to help keep together families experiencing difficulties), leaving care support (to help young people who have left local authority care), adoption support, or disabled children's services. The rate of children in need in Wokingham was 175.40 per 10,000 in 2017 and the trend is increasing.

Children with Special Educational Needs (SEN)

In January 2018, of the approximately 2,800 children and young people assessed to have a special educational need in Wokingham, 867 had a Statement of Special Educational Needs (SEN) or Education, Health and Care (EHC) plan. This was an increase on figures from January 2017 when there were 802 statements or plans in place. The majority of children and young people with statements/plans are placed in Special schools (22.7%); followed by Post 16 education (17.1%).

(Source: [Local Government Association](#))

Children Eligible for Free School Meals (FSM)

Free school meals (FSM) are available in England to children who receive, or whose parents receive various benefits.

Since September 2014, state funded schools in England have been required to also provide free lunches to all pupils in Reception, Year 1 and Year 2, who are not otherwise entitled to benefits-related free school meals. Data related to children eligible for FSM only relates to those children entitled to benefits-related FSM.

Wokingham has the lowest proportion of primary school children eligible for FSM in the South East Region at 5.1% compared with 6.6% in neighbouring Bracknell Forest and over 18% in Southampton.

Childhood Obesity

Children who are overweight are more likely to be overweight or obese in adulthood. Obese adults are at twice the risk of dying prematurely than the rest of the population. Evidence also shows that at the time of leaving primary school children from the most deprived 10% areas in England are three times as likely to be obese than those from the least deprived.

(Source: [National Obesity Observatory](#) and [Childhood Obesity: A Plan for Action](#))

On leaving primary school around a quarter of children in Wokingham are either overweight or obese. This is significantly lower than the average in England (one in three children) and is among the lowest in the South East though remains a significant number of children at risk of poor health.

Education and Training

As of January 2018 there were a total of 80 schools in Wokingham. 53 of these are state-funded Primary schools, 10 are state-funded Secondary Schools, and 2 are state-funded Special Schools. Nearly 30,000 pupils attend schools in Wokingham.

Success in education brings many advantages for health and wellbeing and improving educational outcomes across the social gradient, including in children from the most deprived families, is crucial to reducing health inequalities.

Studies have shown that in young people, the time spent not in education employment or training (NEET) can have a detrimental effect on physical and mental health, and increase the likelihood of unemployment, low wages, or low quality of work later on in life

(Source: [Parliamentary Report Young People Not in Education Employment or Training](#))

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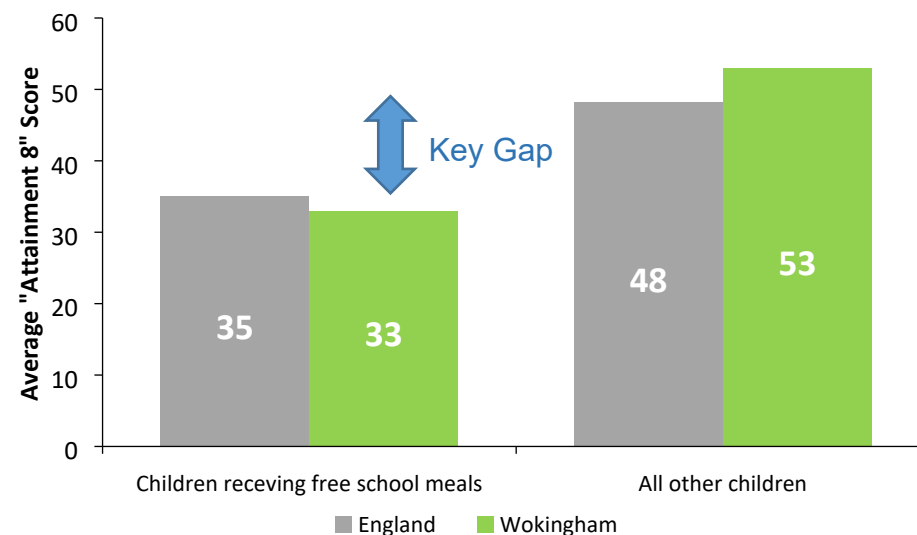
Wokingham Picture

The results of GCSEs or equivalent qualifications are measured as “Attainment 8 Scores” a measure of average performance across 8 topics including Maths and English. In 2016/17 the average Attainment 8 Score for all children in Wokingham was 51.7, while children eligible for free school meals achieved an average score of 33.3 (non FSM eligible scored an average 53) and children in care achieving 28.3.

In 2016 almost all (96%) State school pupils completing key stage 4 (GCSE or equivalent) in Wokingham went on to an education or employment/training destination. Percentages are lower for disadvantaged pupils (88%). This means that in 2016 there were a total of 140 teens aged 16-17 in Wokingham not in education, employment or training (NEET).

(Source: Department for Education, 2018)

Figure 12. Average GCSE or equivalent scores across 8 subjects in 2016/17



Wokingham Services

ABC to Read provides schools with volunteer reading mentors, train parent helpers so they have the skills and understanding to support children and train parents to enable them to help their own children to read at home. ABC to Read provide 1:1 support within primary school settings for children that struggle to read and lack confidence.

3.5 Living and Working Well

Severe Mental Illness

As well as the gap in life expectancy associated with deprivation there is also an important gap in life expectancy associated with severe mental illness. Those with a severe mental illness (SMI) have around a 5 times greater risk of death in middle age than the rest of the population.

Over the year 2016/17 there were 892 people registered with Wokingham CCG GPs who were recorded as having serious mental illnesses including schizophrenia, bipolar affective disorder and other psychoses. This is equivalent of 0.55% of the population, significantly lower than 0.81% of the population affected across the South East.

(Source: [NHS Digital](#); Qof 2016/17)

Physical and Learning Disability

People with physical and or learning disabilities are more likely to experience poor health than others in the population. They are also more likely to experience barriers to access to services including health care services.

The [Understanding Society Survey](#) demonstrated that people with a learning disability were more likely to experience socioeconomic disadvantage including poor employment, low income and poor or insecure housing, than those without a learning disability.

In 2015/16 there were 480 adults in with a learning disability getting long term support in Wokingham and around 18,000 people according to the 2011 census who considered themselves to have a disability or a long term health problem.

(Source: [Wokingham Health Profile 2017](#) and [PHE Learning Disability Profiles](#))

Smoking

Smoking is the biggest single cause of preventable death in England and is an important contributor to the gap in life expectancy between the most and least deprived groups in the country. Smoking causes nearly a fifth of all cancer cases in the UK.

(Sources: [PHE Health Matters](#) and [Cancer Research UK](#))

Smoking doesn't just affect the individual; it can also impact on the wider household. Research by the Royal College of Physicians estimates that around 300,000 GP visits and around 9,500 hospital admissions in the UK each year are due to childhood illnesses related to second-hand smoke exposure.

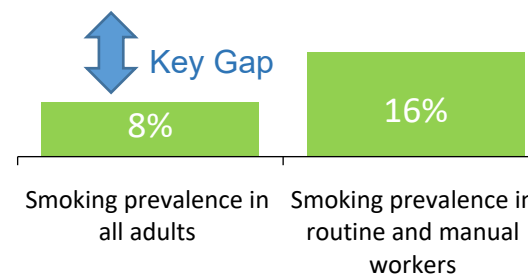
Wokingham Picture

In 2107 the rate of cigarette smoking in Wokingham (8.1%) was significantly lower than the England average, and the lowest across the East Region. Despite this relatively low rate there are still over 10,000 people in Wokingham who are current smokers and at risk of smoking related diseases.

Routine and manual workers in Wokingham are twice as likely to smoke as those in other occupations; this is a similar socioeconomic gap to the England average.

(Source: [PHE Tobacco Control Profile](#))

Figure 13. Prevalence of smoking (current smokers) 2017



Employment

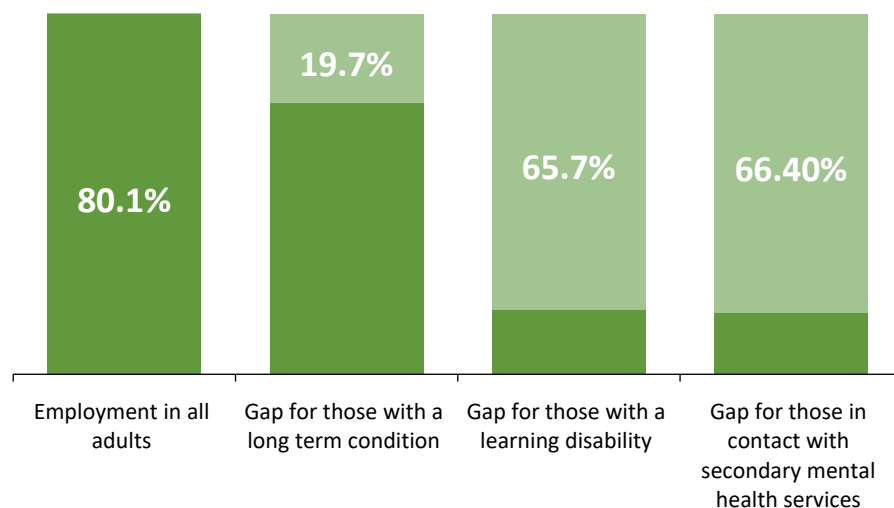
As outlined by PHE and LGA in its [Guide for Local Authorities on health and work](#) part of supporting people to achieve their potential in life is looking at how to enable them to enter the job market and maintain economic independence for themselves and their families. This is especially important for individuals with long term conditions and disabilities.

Wokingham Picture

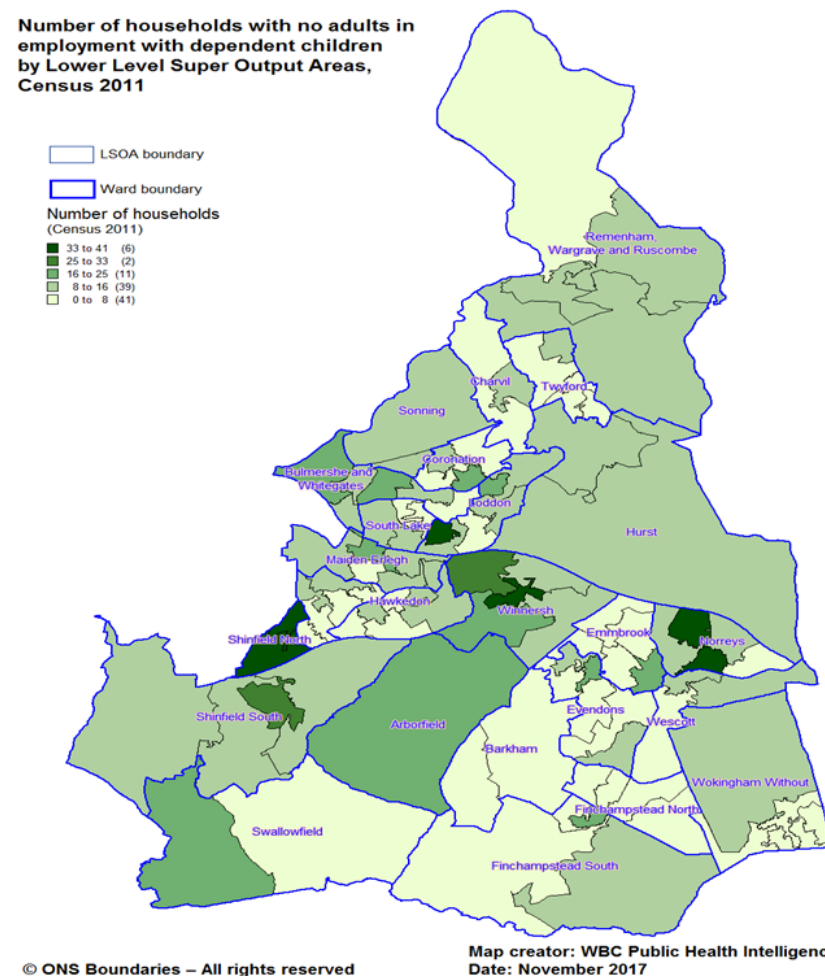
In 2016/17 over 80% of adults aged 16-64 in Wokingham were employed, among the highest employment rates in the South East.

Not all groups in the community have equal opportunities for employment; the figure below illustrates inequalities in employment for those with long term conditions, receiving secondary mental health care and with a learning disability.

Figure 14. Gap in employment between population groups and overall employment rate in Wokingham 2016/17



The map below shows the number of households with no adults in employment that have dependent children in each small area in Wokingham. This is based on 2011 Census; more recent data on household composition is not available. The areas with the highest concentration of households with no adults in employment with dependent children are Winnersh, Norreys, Shinfield North and South Lake wards (rates of 33-41%).



Housing and Homelessness

Having safe and secure housing is essential to health and wellbeing. Risks to health come from living in homes that are cold and damp, are overcrowded or inaccessible to those with disabilities, or do not provide a sense of safety and security.

Housing affordability is also a key factor. Evidence suggests that there is an association between unaffordable housing and poor mental health, over and above the effects of financial hardship on mental health. Housing affordability affects where people live and work and therefore can impact on quality of housing, community cohesion, and time spent commuting.

Wokingham Picture

The 2011 Census counted 60,332 households in Wokingham; this figure has increased to 64,409 households in 2017. The number is due to increase substantially over the next decade as Wokingham Council is required to set aside land for house building. The household mix of new housing developments is up to the developers, so it is difficult to project with any degree of accuracy. Wokingham Council uses the ONS population projections, while bearing in mind that they are broad brush, rather than precise.

Wokingham borough has two traveller caravan sites with a combined capacity of 35 caravans. The Gypsy and Traveller Accommodation Assessment (2017) projected a need for 90 pitches in the borough by 2036.

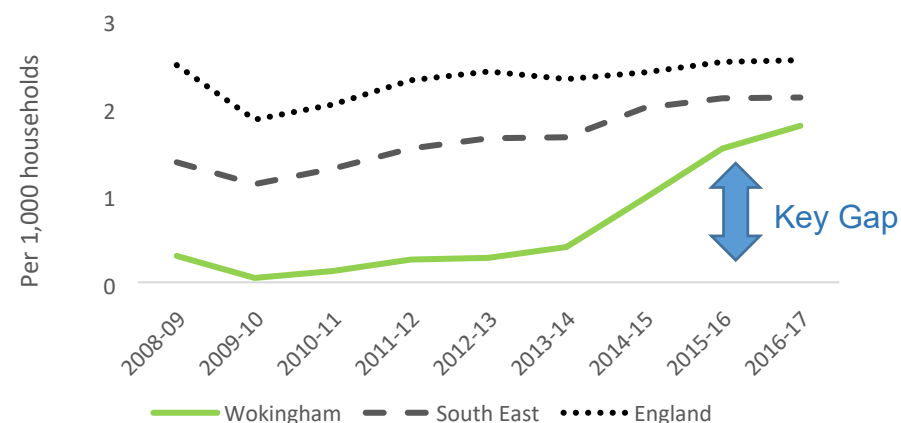
As of March 2017 there were 1,876 people on Wokingham Borough Council's Housing Register. This compares to 1,759 recorded in the previous quarter; an increase of 117 people. The majority of applicants on the register are in need of a 1 bed property (50%), with 32% in need of a 2 bed property.

The number of households in Wokingham borough becoming homeless or in priority need is rising. More temporary accommodation is now available within

Wokingham borough so that homeless households can be offered temporary accommodation locally.

Despite numbers remaining below regional and national average, there has been a rise in the number of households being accepted as homeless and in priority need in recent years. In fact, the rate of increase within Wokingham borough has been higher than national trends since 2014/15 though overall figures remain relatively low (Figure 15 below).

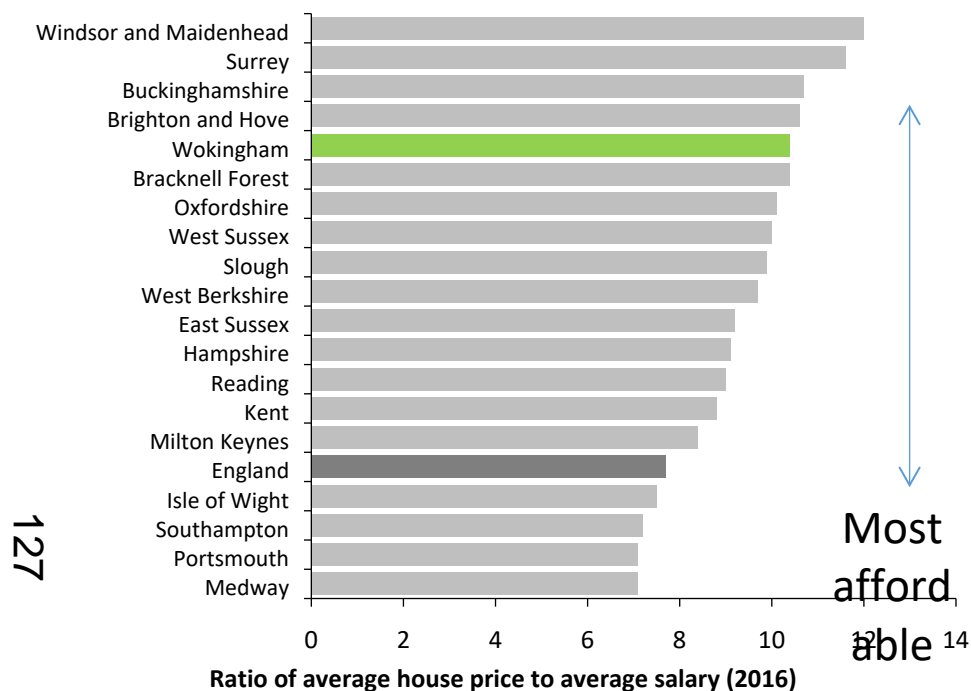
Figure 15. Numbers accepted as homeless and in priority need per 1,000 households 2008/9 – 2016/17



(Source: [Wokingham Homelessness Strategy 2014-19](#))

In 2015/16, 23% of supported working adults with learning disabilities were living in unsettled accommodation in Wokingham borough. Despite this being in-line with regional South East trends, it is above the national average. However, improvements have been made in recent years with 78% of adults with a learning disability living in stable and appropriate accommodation in 2016/17; which is better than both regional and national average.

Figure 16. Affordability of homes in the South East (Ratio of house price:salary)



Wokingham Services

Berkshire West Your Way aims to make support genuinely self-directed for everyone they work with. Your Way works alongside individuals as they overcome obstacles and move forward with their life. This includes managing their mental health along with entering education, returning to work, solving housing issues or organising finances.

The Community Council Berkshire provides advice to communities that are considering community-led housing projects, including evidencing need and advice on the different models of the scheme.

Wokingham Mental Health Association serves the Wokingham locality and provides a drop-in centre for company, advice, relaxation and friendship. They also have a befriending service for those who are recovering from mental health problems.

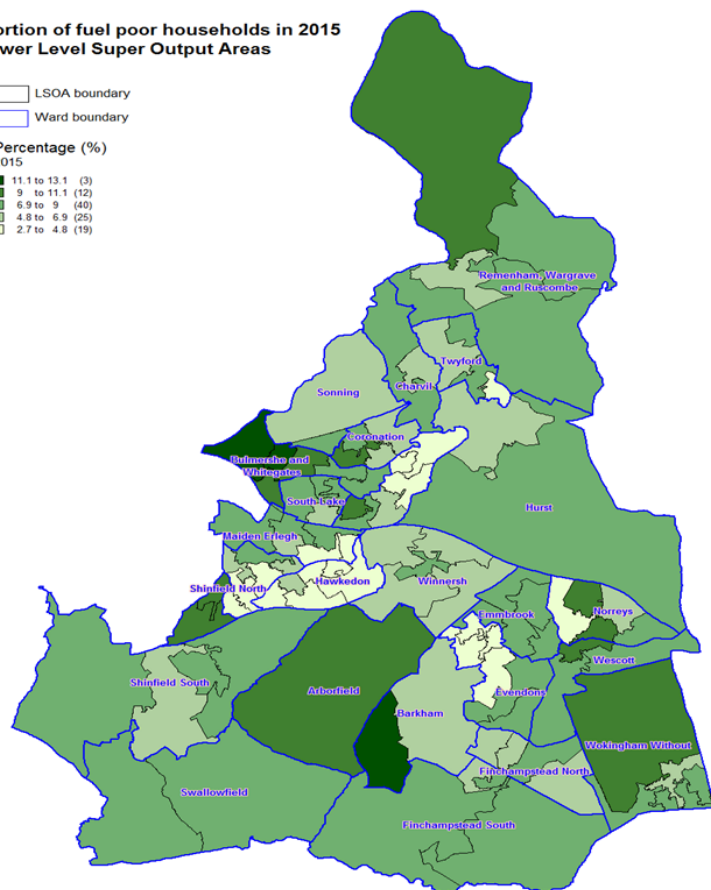
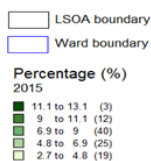
Wokingham Children's Centre also links in with the benefits advisor from the Troubled Families program who helps the homeless claims and any benefits they may be entitled to.

The Wokingham Direct Family Information Service, hosted by Wokingham Borough Council, signposts residents to the council tax, benefits and housing section of the WBC website and the Housing section of the services directory. Within this, WBC provide support around registering for council housing, homelessness, housing benefit, shared ownership and tenant services. The service also includes an adult directory which holds information relating to housing for the elderly, adults with a disability and vulnerable adults.

Wokingham Foodbank works with 70 Agents who support a wide variety of people in need who encompass many of the groups mentioned in the JSNA. Whilst the foodbank does not directly work with people, they indirectly help by providing food parcels and financial help with gas and electricity.

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Fuel poverty is a state when members of a household cannot afford to keep adequately warm at a reasonable cost, given their income. This means that it's affected not only by income but also by the energy efficiency of the home, and cost of fuel. People who are vulnerable to poor health as a result of fuel poverty and cold homes are the elderly, the very young and those with a disability or a chronic illness



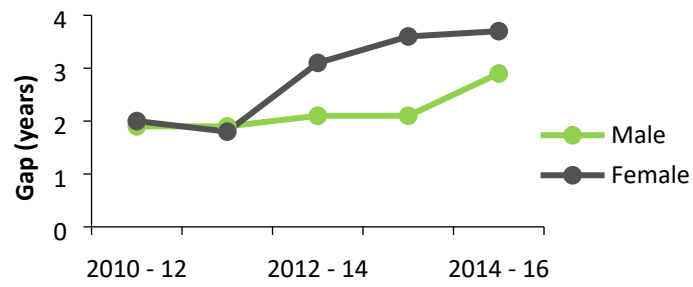
Map creator: WBC Public Health Intelligence
Date: November 2017

Excess Winter Deaths

Health Status for Adults over 65

Women aged 65 years in Wokingham can expect an additional 22.3 years life expectancy and males an additional 19.7 years. The gap between life expectancy in the most and least deprived groups in Wokingham is 2.9 years in men and 3.7 years in women. Unfortunately this trend is towards an increasing gap in life expectancy between the most and least deprived 20% of the borough at age 65 for both men and women as illustrated in figure 17 below.

Figure 17. Gap in life expectancy at age 65 between most and least deprived quintiles (Source: Public Health England)



Appendix A Additional Tables and Figures

Table 2 Estimated number and proportion of children in poverty by ward

(Source: [End Child Poverty Percentage of children in poverty, July-Sept 2017](#))

Ward Name	BEFORE HOUSING COSTS		AFTER HOUSING COSTS	
	Number	%	Number	%
Arborfield	45	5.4%	73	9.0%
Barkham	26	2.9%	43	4.8%
Bulmershe and Whitegates	270	15.2%	426	24.0%
Charvil	49	6.5%	80	10.6%
Coronation	64	5.2%	107	8.6%
Emmbrook	88	5.1%	146	8.5%
Evendons	97	4.8%	161	7.9%
Finchampstead North	51	4.0%	85	6.7%
Finchampstead South	89	7.6%	145	12.5%
Hawkedon	135	6.0%	222	10.0%
Hillside	53	3.3%	88	5.4%
Hurst	17	2.5%	29	4.1%
Loddon	154	7.3%	252	11.9%
Maiden Erlegh	104	5.0%	173	8.4%
Norreys	192	10.1%	311	16.4%
Remenham, Wargrave and Ruscombe	61	5.7%	100	9.4%
Shinfield North	82	9.2%	133	15.0%
Shinfield South	132	8.0%	216	13.2%
Sonning	33	5.3%	56	8.9%
South Lake	62	6.3%	103	10.4%
Swallowfield	67	10.9%	108	17.6%
Twyford	57	4.6%	95	7.7%
Wescott	45	4.1%	74	6.8%
Winnersh	174	7.6%	284	12.4%
Wokingham Without	80	4.5%	133	7.4%
Wokingham	2,259	6.5%	3,718	10.8%