

# Wokingham Borough Joint Health and Wellbeing Strategy 2017-2020



**WOKINGHAM**  
BOROUGH COUNCIL

# Our Context

- Increased demand for health and social care services, at a time of downward pressure on NHS and local authority budgets means local authorities, the NHS and their partners are having to consider new ways of working which enables them to deliver services.
- Included in this is the re-drawing of 'organisational' boundaries through the introduction of STP footprints, the potential implications of Brexit on the health and social care workforce and ongoing austerity measures in other service areas such as education, housing and transport – all of which contribute to the wellbeing of our local population.
- Developing the role of Health and Wellbeing Boards and ensuring they are fit – for – purpose has never been more critical.

# Our Priorities

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Enabling and  
empowering  
resilient  
communities

Promoting  
and  
supporting  
good mental  
health

Reducing  
health  
inequalities  
in our  
Borough

Delivering  
person-  
centred  
integrated  
services

## **Enabling and empowering resilient communities**

- Wokingham is the least deprived upper tier local authority in the country and enjoys better outcomes than most of England; but inequalities exist across the Borough.
- Most deprived areas are Shinfield North, followed by Arborfield, Bulmershe & Whitegates; Norreys and Finchampstead South.
- We will look to build social capital and resilience in and with our communities, targeting our most deprived LSOAs and the SDLs across Wokingham , including supporting the work of voluntary and community sector services
- Key partnerships will collaborate to drive community resilience and preventative action, appropriately coordinated and targeted (Community Safety Partnership, LSCB, STP Prevention strand)

## **Promoting and supporting good mental health**

- About half of adults who experience mental health conditions experience their first symptoms before the age of 14.
- We must continue to implement the recommendations from the 5 Year Forward View for Mental Health and address fragmented and poorly coordinated specialist mental health services and out of area placements.
- We will work closely with Berkshire West 10, to implement our joint Emotional Health and Wellbeing Strategy.
- We will develop better systems for early intervention and prevention, building community resilience and ensuring timely information and support for people facing crises.
- We will provide perinatal support for women in the Borough and support carers within our communities to access the support they need

## Reducing health inequalities in our Borough

- Overall Wokingham enjoys health and wellbeing that is comparable or better than the national average.
- Yet there are pockets of deprivation which are hard to overcome and influence the outcomes for some of our most vulnerable citizens.
- We will seek to reduce health inequalities and provide services to those areas which need most support, through adopting preventative approaches in our health and social care services; working with communities; developing integrated services and targeting public health resources.
- We will achieve this by improving access to CAMHS services, improving rates of physical activity; piloting an NHS healthcheck project in Woodley and Winnersh.

## Delivering person-centred integrated services

- Total older people's population 65 and over will have increased by 48% by 2030 based on current census information.
- Of these there will be an increase of 13% with limiting long term illnesses whose day to day activities are limited a lot.
- We need to plan services now, which will be fit-for-future by preventing people being unnecessarily admitted to hospital or using A&E services; promoting self-management and developing services which care for people in their own homes where possible.
- We will use the BCF to implement innovative integrated services and develop enhanced partnerships across statutory services (RBH, Fire Rescue and Police services) and the third sector to identify and support frail elderly

The Wokingham Borough Joint Strategic Needs Assessment gives a picture of the priorities within the borough and describes our population and their needs.

It can be found at:

[jsna.wokingham.gov.uk](https://jsna.wokingham.gov.uk)

The Action Plan for this strategy can be found at:

[www.wokingham.gov.uk](https://www.wokingham.gov.uk)

For more information on this strategy please contact the public Health team at:

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