

KEY PRIORITY AREAS SUMMARY OF PROGRESS FOR WOKINGHAM

Priority 1

Creating physical active communities

To increase physical activity and reduce inequalities in health and wellbeing of people with long term conditions

- 1) To reduce the % of physically inactive adults
- 2) To reduce the prevalence of overweight (including obesity) children in reception (4-5 years)
- 3) To reduce the prevalence of overweight (including obesity) children in in Year 6.
- 4) To improve the % of activity level for children and young people
- 5) To improve the % of physical active adults
- 6) To increase the % of adults walking for travel at least 3 days per week
- 7) To increase the % of adults cycling for travel at least 3 days per week
- 8) To reduce the % of adults (aged 18+ years) classified as overweight or obese

What have we recently achieved?

- ❖ Services responded quickly to COVID-19 and have followed Government guidance, closing services and notifying residents in a quickly and timely manner. WBC and partners have been preparing for the safe reopening of services and schemes – some of these have re-started successfully.
- ❖ WBC and partners have worked hard to ensure safe reopening of green spaces, parks and promoted the safe use of facilities where possible to continue to promote physical health and wellbeing during COVID-19;
- ❖ Referral numbers to the local Sport & Leisure programmes up to COVID-19 remain consistent and attendance levels to programmes had continued to rise. Participants continue to complete the programmes they are referred through to.
- ❖ A new online booking system has been implemented for school camp sessions which aim to allow residents to easily book. This was previously a paper-based system.
- ❖ My Journey Team have high demand for local cycling initiatives – particularly for children and young people where they have waiting lists.

What are the opportunities to improve or progress?

- ❖ Review pathways into local walking & cycling training programmes – specifically from health-based settings i.e. GPs, Social Prescribers.
- ❖ NHS England launch of the Better Health campaign has created an opportunity for local partners to come together to plan how this national campaign can be both supported and localised. There is currently a gap in Tier 2 and 3 Adults weight management services, although scoping work has started on the former (See Appendix C for Healthy Weight Briefing).
- ❖ Programme/s of work targeting children for improving physical activity/reducing weight need further scoping – although work has started within the Healthy Schools offer.
- ❖ Long Term Health Gym has the potential to expand through the provision of additional sessions and space.
- ❖ The opening of Bulmershe Leisure Centre provides a new facility for residents and access to new programmes.

- ❖ Develop work programme to identify how best to increase target group participation across programmes and services, including specifically looking at falls risk in older resident and targeting of school camps.
- ❖ To undertake 6 month follow up surveys on participants of local programmes to help measure the impact of initiatives;
- ❖ Expand resources to prevent schemes specifically targeting children from holding waiting lists – note waiting list for My Journey initiatives.

Priority 1: ACTIONS		
ACTION	BY WHEN	OWNER
Review pathways into local walking & cycling training programmes – specifically from health-based settings i.e. GPs, Social Prescribers.	Tbc	WBC Sports & Leisure Team/ Berkshire West CCG
Tier 2 Adult Weight Management service WBC offer – further scoping required to both implement a local offer but also now compliment national Better Health Campaign.	December 2020	Public Health & WBC Sports & Leisure Services
Reopening of WBC Leisure Services	August 2020	WBC Sports & Leisure Team
Opening of new Bulmershe facility	August 2020	WBC Sports & Leisure Team
Promotion of additional/new physical activity programmes across all venues with a view of increasing referrals and usage numbers	Ongoing	WBC Sports & Leisure Team
Implementation of ‘Escape Pain’ programme	tbc	WBC Sports & Leisure Team
Joint working with local leisure provider to identify ways of reaching specific target groups within WBC communities	December 2020	WBC Sports & Leisure Team
Scoping of school based initiative/programmes which aims to increase physical activity for school age children.	December 2020	WBC Sports & Leisure Team, Public Health & Education
Create, advertise and run sports specific sporting camps at range of locations	August/September 2020	WBC Sports & Leisure Team

Priority 2

Reduce social isolation and loneliness

To reduce Social isolation and improve outcomes for children and young people, older people, people with mental health problems and Carers.

- 1) Increase the % of adult social care users who have as much social contact as they would like (18+years)
- 2) Increase the % of adult carers who have as much social contact as they would like
- 3) Reduce the % of 16-17 year olds not in education, employment or training (NEET) or whose activity is unknown
- 4) To reduce the rate of children in need due to family stress or dysfunction or absent parenting
- 5) To increase employment of people with mental illness or learning disability
- 6) Reduce hospital admissions due to substance misuse
- 7) Reduce hospital admissions as result of self-harm (15-19 year olds)

What have we recently achieved?

- ❖ WBC Adult and Community Learning Services have been able to adapt to lockdown measures and are delivering all education courses online to a variety of students including those who are social care users. They are leveraging functionality of webtools such as ZOOM to allow students to foster social networks.
- ❖ Certain parts of the Voluntary and Community Sector have maintain a good level of provision for vulnerable social care service users; with the link visiting scheme offering many of its support programmes remotely.
- ❖ The Optalis Employment Supported Employment service have adapted well to issues emerging from the pandemic. They have been working well with individuals who have been furloughed or lost employment and as a result have become socially isolated and lonely. They have delivered remote training on transferrable skills, interview practice and applications advice. For vulnerable clients at greater risk of social isolation (those with mental illness) bespoke employment workbooks have been devised.

What are the opportunities to improve or progress?

- ❖ Many of the council's library activities have been put on hold over the COVID period. But now that libraries have started to reopen (beginning of August) social activities have started to resume and more effort needs to made increase uptake.
- ❖ Sports and Leisure team services have been significantly affected by COVID – with many local sports sites being closed over the last 4 months. There is a great opportunity to improve access to outdoor activities and online services to connect vulnerable residents who are shielding as well as their carers.
- ❖ The Council's Drug and Alcohol service has seen a recent increase in Alcohol related referrals from the community mental health team. Substance misuse is another key risk factor for social isolation and loneliness so addressing this issue will bring multiple benefits to the community.

Priority 2: ACTIONS		
ACTION	BY WHEN	OWNER
Ensure more residents in the borough (including social care users) are connected through improving technology skills; Deliver Basic IT courses for residents who want to learn how to connect safely and productively using social media.	December 2020	WBC Adult and Community Learning Team
Increase uptake (among social care users) into the following specific activities which help to tackle social isolation and loneliness: - Books on prescription scheme - Alzheimer's Cafes - Reminiscence Groups meetings - Art Journalling Sessions	December 2020	WBC Libraries Service
Ensure local VCS deliver adequate befriending support to vulnerable residents in need of social interaction as a result of COVID bereavement, disability or any other long-term illness.	Ongoing	Wokingham Involve - Local Support Organisation for Voluntary, Community and faith groups in Wokingham.
Increase uptake of carers (and cared for) to use leisure activities at reduced rates.	December 2020	WBC Sports and Leisure Team
Increase number of young people (16-24) enrolling onto online courses and working alongside local learning-provider partners to equip young people with skills to gain long term employment.	December 2020	WBC Adult and Community Learning Team
Education Welfare Officers to identify children in need through school attendance problems. Deliver tailored support to parents - helping them to understand how to protect the wellbeing of their children.	December 2020	WBC Wokingham Schools Hub

Increase capacity for delivering tailored support to residents (with learning difficulties and mental illness) so that they can obtain and maintain employment through Supported Employment Pathway or Individual Placement and Support.	Ongoing	Optalis Supported Employment Service
Increase capacity for delivering community-based drug and alcohol treatment for adults and young people in Wokingham.	Ongoing	SMART Wokingham (Provider)
Improve outreach to vulnerable children at risk of emotional, behavioural or mental health difficulties.	TBC	Wokingham CAMHS Service

Priority 3

Narrowing health inequalities

To reduce the gap between a child born in the most and least deprived area will experience over their life time

- 1) Reduce the gap in employment rate between those in contact with secondary mental health service and overall employment rate (Persons, 18-69 years)
- 2) Reduce the number of children living in low income families (all dependent children under age 20)
- 3) Reduce infant mortality (Persons, <1 year)
- 4) To improve school readiness: % of children with free school meals status achieving a good level of development at the end of Reception (Persons, 5 years ;)
- 5) Improve Free School Meal % uptake amongst all pupils (school age)
- 6) Improve average attainment 8 score among children eligible for Free School Meals.
- 7) Reduce primary school fix period exclusion: rate per 100
- 8) Reduce secondary school fixed period exclusion: rate per 100
- 9) Decrease the prevalence of women smoking at time of delivery (all ages)
- 10) Decrease the prevalence of smoking in routine and manual workers, current smokers (18-64 years);

What have we recently achieved?

- ❖ The Individual Placement and Support (IPS) Employment service responded quickly to COVID-19 and despite job outcomes being negatively impacted, the team have sustained positive engagement with all clients throughout Q1 2020.
- ❖ More than half of people in contact with the Community Mental Health Team, with care plans, reporting being in employment or undertaking meaningful activity – the highest across Berkshire.
- ❖ Citizen Advice Bureau have help lead on the response to COVID-19 by operating the ‘one-front door’ number operating in WBC area. During Q1 2020/21 1,836 local residents accessed their service – their usual average per quarter is 754. This figure includes the ‘one-front door’ numbers.
- ❖ 17% of people accessing the Citizens Advice Service for the year 2019/20 reported being from a BAME background (where ethnicity was reported) – for Q1 2020/21, this slightly increased to 18%.
- ❖ 94% of customers accessing the Citizen’s Advice Bureau rated the service as good or excellent in Quarter 4 2019-20. This is usually sought face-to-face and therefore not able to be reported for Q1 2020/21.
- ❖ 100% of people accessing the Citizen’s Advice Bureau’s Transform service in 2019/20 were successfully supported to maintain their accommodation and 88% of people referred to this service accepted their support.
- ❖ In 2019/20 Transform also supported 11 homeless families with primary support needs and 1 with secondary support needs.
- ❖ During 2019-20, a total of £143,606.21 of income was generated for residents through a combination of Housing Benefit paid to rent accounts, additional benefits applied

for, successful grant applications, and in providing support for debt repayments. This is more than the £100k year-end target the service has.

- ❖ The two vacant Tenancy Sustainment Officer posts have been recruited to.
- ❖ RBH Maternity Services responded quickly to COVID-19 adapting services in line with Government guidelines and local system requirements. Services for local women and families have continued with some adjustments to ensure compliance.
- ❖ RBH Maternity Services have successfully secured funding for further training on addressing excess weight gain during pregnancy – further scoping is being undertaken by the team to plan the next stages of this work.
- ❖ Over 80% of new Mum's were supported by RBH Maternity Team to initiate breastfeeding.
- ❖ The Breastfeeding Network (BfN) have successfully maintained their 6 weekly support sessions during COVID-19; 5 sessions have been with the health team and one has been with the midwife. 22 women who contacted the national BfN network identified themselves as being from the WBC area.
- ❖ The School Nursing Service (0-19(25) Healthy Child Programme was suspended due to school closures and staff being redeployed to support COVID-19. The service has now resumed offering online virtual support to young people.
- ❖ Local consultation with schools (pre-COVID) has helped identify a local offer to support primary schools with the delivery of consistent and quality Personal Social and Health Education (PSHE), including relationships and sex education (RSE) for secondary schools – the new health curriculum includes links to teenage pregnancy and infant mortality.
- ❖ Wokingham Borough Council currently holds the school catering contact for 34 of the 50 schools. The WBC contract is with Caterlink and positive work is being undertaken to increase these figures. Caterlink report meeting and exceeding the current national school food standards. They also report being sugar smart and reducing added sugar.
- ❖ Over half of smokers who accessed the specialist stop smoking service in 2019/20 were from a target group;
- ❖ In 2019/20, nearly 60% of smokers remained as quit at 12 weeks;
- ❖ Of the pregnant women who access the service, 2/3 successful quit at both 4 and 12 weeks;
- ❖ Over 10% of successful quitters in 2019/20 were from a BAME background.
- ❖ The annual 'Smoking & Drinking Amongst Young People' survey has been completed – with three Wokingham schools participating, providing important local intelligence in behaviours amongst young people;

What are the opportunities to improve or progress?

- ❖ Health & Wellbeing Board Partners to look at opportunities to set up regularly reporting on inequalities specifically for work/services for target groups such as BAME.
- ❖ Wokingham Borough Council continues to identify opportunities for all voluntary sectors organisations to assist and support us in achieving positive outcomes for residents.
- ❖ The 'One-Stop Door' provided by Citizen Advice Bureau continues. The team hold a wealth of both qualitative and quantitative information regarding issues affecting residents – there may be an opportunity for the service to contribute to analysis undertaken by the local authority and influence future decision making particularly in response to recovery.
- ❖ The Tenancy Sustainment Team for WBC would welcome the opportunity to share further information with the HWB to further improve awareness of the Tenancy Sustainment

Officers that will maximise the effectiveness of cross team working in supporting our residents.

- ❖ COVID has impacted on the implementation of training around smoking in pregnancy for midwives – as outlined in the Saving Babies Lives Care Bundle V.2.
- ❖ Some local LARC Contraception service remain disrupted due to COVID. Providers (GPs and the specialist integrated sexual health clinic) are following national guidance which includes extending the life of LARC products and offering women alternative contraception. There is an opportunity to look at local data and reporting on all contraception to help inform future planning of services for women.
- ❖ BfN potentially have more Wokingham volunteers than training places. The virtual operation of the service during COVID-19 has identified new ways of engaging with mothers and this will be incorporated into future service delivery models.
- ❖ Caterlink are supportive of any future healthy schools programme. In addition Caterlink confirmed they are happy to offer training for school meal assistants in local schools to help support a positive dining experience which the School Food Plan 2016 outlined had a positive impact on school meal uptake.
- ❖ Number of pregnant women accessing the local stop smoking services is not reflective of the estimated prevalence locally. Commissioners have an opportunity to review this to help inform the commissioning of a new service (current timeline is October 2021);
- ❖ Review the service experience of those who SAQD but were not successful in quitting smoking – to help inform new service provision;
- ❖ There is an opportunity for Personal Social and Health Education (PSHE) network to be created so as to further support schools to deliver consistent and quality PSHE - this has been done in other areas such as West Berkshire.

Priority 3: ACTIONS		
ACTION	BY WHEN	OWNER
Reporting on inequalities for future HWB	November 2020	All HWB member organisations
Stoptober Campaign – with targeted communication around smoking in pregnancy;	September/ October 2020	Smokefreelife Berkshire/Public Health & Communications Team
Look to expand BfN training opportunity for local volunteers.	September 2020	BfN/Public Health
Consultation on new stop smoking services – planned commissioning	December 2020	Berkshire West Local Authorities (Wokingham, Reading and West Berkshire)
Recovery plan for local LARC and other contraception's services	November 2020	Public Health/Berkshire West CCG and local providers
12 Tobacco Awareness School session are planned	End of March 2021	Tobacco Control Alliance Coordinator (PPP)/Public Health
Wokingham Borough Council/ Citizen's Advice Bureau ongoing partnership to help identify potential opportunities for helping to improve resident outcomes – for both adults and children	Quarterly contract review meetings	WBC Contract Lead/Citizen's Advice Bureau

The Tenancy Sustainment Officers are permanent members of staff who provide ongoing support for residents that is embedded as 'business as usual'.	Ongoing	Tenancy Sustainment Team (WBC Housing, Income and Assessment)
Training for local midwives around the smoking in pregnancy in line with the Saving Babies Lives Care Bundle	TBC	Berkshire West CCG/RBH Midwifery Services
Healthy Schools implementation	September/October 2020	Primary & Secondary Schools/Education with support from WBC Public Health
Personal Social and Health Education (PSHE) network to be created	Tbc	Schools Leads with support from Public Health/Education
Beat The Streets Campaign	Spring/Summer 2021	My Journey Team & Partners
Consideration of the re-commissioning of new 0-19(25) Healthy Child Programme jointly across the Berkshire West footprint.	October 2020 (decision)	Berkshire West Local Authorities (Wokingham, Reading, West Berkshire)

DESCRIPTION OF KEY SERVICES, PROGRAMMES OR WORK FOR WOKINGHAM

Berkshire West Tobacco Control Alliance and Public Protection Partnership - there is a programme of work from the Alliance targeting illegal sales, support for health promotion/education in schools, gathering and acting on local intelligence of illegal tobacco and there is an open offer of support for supporting with smoke free policy across the borough i.e. in housing, or in business; There is a local Berkshire West Tobacco Control Alliance Coordinator who sits within the Public Protection Partnership/Trading Standards (West Berkshire).

Breastfeeding Network - local breastfeeding support service helping mothers; coordinating and training volunteers to help support new Mum's with breastfeeding initiation and ongoing support and advice.

Caterlink provider of Free School Meals - Wokingham Borough Council currently holds the school catering contact for 34 of the 50 schools. The WBC contract is with Caterlink. Caterlink meet and exceed the national school food standards, are working to be sugar smart and now engage regularly with schools, parents and carers and pupils.

Children Centres are free to use for all expectant mum's (children unborn) and all other children under 5, parents, grandparents and any other carers, including professional home carers. They provide an important role in supporting families, offering confidential advice and help on all sorts of matters ranging from child development to benefits to getting to work, or preparing for school. Services and programmes include NHS antenatal classes, Well Baby clinics, BfN (Breastfeeding Network) support groups, parent and toddler activity sessions, baby play sessions and they also promote the safer sleep initiative.

Citizens Advice Bureau [CAB] the local Wokingham CAB offers a number of important services to resident. The main service offers support to all residents benefits advice, advice on unemployment, relationship advice and housing and support, including those complex cases (see Transform services below)

Community Mental Health Team - as a key part of care planning with people, the CMHT capture and report on employment or "meaningful activity". The latter is described as something that is outside of the persons contact with BHFT/CMHT e.g. attending a group or OPTALIS employment support

Contraception Services - Wokingham Borough Council [WBC] Public Health are responsible for commissioning of Long Acting Reversible Contraception (LARC) through local GPs and Emergency Hormone Contraception (EHC) through local Pharmacies. Berkshire West CCG are responsible for commissioning of other contraception services; The Florey Clinic (based at RBH) commissioned by WBC also operates a confidential, open access service to all residents. This include offering of contraception for women aged <25 years. They also have 3 specialist nurses working with vulnerable groups, including vulnerable young people and women.

Healthy Schools/RSE Education - from Autumn 2020 it will once again be compulsory for primary and secondary schools to have implemented a programme of both relationship education (primary) and relationships and sex education (secondary).

Health Visitors deliver the 0-5 element of the Healthy Child Programme. The service is universal, providing an invaluable opportunity from early in a child's life to identify families that are in need of additional support and children who are at risk of poor outcomes.

The Programme aims to:

- help parents develop and sustain a strong bond with children
- support parents in keeping children healthy and safe and reaching their full potential
- protect children from serious disease, through screening and immunisation
- reduce childhood obesity by promoting healthy eating and physical activity
- identify health and wellbeing issues early, so support and early interventions can be provided in a timely manner
- focus on the health needs of children and young people ensuring they are school ready (SEND Code of Practice 0 – 25 years, 2017)
- make sure children are prepared for and supported in all child care, early years and education settings and especially are supported to be 'ready for to learn at two and ready for school by five.

Individual Placement and Support (IPS) Employment Service - Berkshire Healthcare Foundation Trust can assist individual to find paid work, prepare for employment and support people already in the workplace, once they have started a new job. It is an evidenced-based approach to supported employment. Individuals are assigned an employment specialist who will work closely with the person and the healthcare professionals in the community mental health teams.

Maternity Services - the local midwifery team from Royal Berkshire Healthcare Foundation trust deliver maternity care based on best practices guidance. They have recently started on working to Saving Babies Lives Care Bundle V2 - which aims to be bring together the five elements of care that are widely recognised as evidence based/best practices for maternity care and reducing perinatal mortality. Elements include reducing smoking in pregnancy, risk assessment, prevention and surveillance of pregnancies at risk of foetal growth restriction, raising awareness of reduced foetal movement, effective foetal monitoring during labour, reducing pre-term births. This includes looking at wider aspects of issues which affect pregnancy such as maternal weight gain during pregnancy and obesity; Maternal mental health (utero environment can be affected by anxiety, depression). Identification or management of other comorbidities during pregnancy e.g. diabetes.

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

Optalis Supported Employment Service:

Deliver tailored support to help residents (with learning difficulties and mental illness) obtain and maintain employment through Supported Employment Pathway or Individual Placement and Support.

Smokefreelife Berkshire - This is the local specialist Stop Smoking Service available for free to all smoking residents. There are referral pathways from local maternity services for women/partners who are identified at booking as smokers; This is also a service which aims to target populations who either have high prevalence or have poorer health outcomes for example people with serious mental illness, people in routine and manual working roles. This is co-commissioned service with Reading & West Berkshire.

SMART Wokingham:

SMART Wokingham is the Council's Substance Misuse Recovery Service. This service delivers community-based drug and alcohol treatment for adults and young people in Wokingham. They deliver tailored training courses training and unstructured support.

Tenancy Sustainment Team - When a Rent Officer who manages the rent accounts identifies residents who require additional support, then a referral is made to the Tenancy Sustainment Officers. Additional support covers many different aspects (that will support residents with children who are in a low income family) that includes specialist advice and support claiming benefits, supporting residents with a hoarding disorder, applications for grants, working with council Officers within Social Services, supporting residents who have multiple debts, working with external agencies such as Wokingham Foodbank, and much more. Where required, residents circumstances are discussed at the monthly Housing Panel meetings (Housing staff and Social Services staff) to ensure we are working together to maximise support for residents.

WBC Adult and Community Learning Service

This is a council service which provides residents in the borough (including social care users) with a variety of educational online courses which help to improve employability. Courses include (but aren't limited to: ICT skills, improving literacy and numeracy).

Wokingham Borough Council Sports & Leisure Services offer a number of different programmes or scheme:

Long Term Health Programme - Exercise support to people living with a long-term health condition in our bespoke rehab gym

GP Referral Programme - 24-week physical activity scheme for people, who don't have active lifestyles, have one or more medical conditions and are over 16.

Mindful Health and Wellbeing - Promote and encourage positive mental wellbeing through regular participation in physical activity.

Cardiac Rehab Wokingham Borough - 10 week Cardiac rehabilitation programme is designed for those who have experienced a cardiac condition within the last 12 months.

Cancer Rehabilitation Wokingham Borough - Programme of exercise classes for those people affected by cancer.

Steady Steps- The specialist group exercise based sessions are designed to improve: Muscle strength, Balance, Flexibility, Co-Ordination and Confidence.

Wokingham Active Adults with Additional Needs – Activities such as Zumba, Line Dancing and Pilates

Activities for people with dementia - programmes for people living with dementia

Ageing Actively - activities for older people - older residents who are experiencing loneliness or feelings of isolation to take up physical activity. Dedicated Peer Mentors can be assigned to offer full support to people who are lonely or feel isolated.

Leisure Centres - Offer sessions under 'Healthy Community' - targeted groups - carers, BME, additional needs and deprivation.

Adults with additional needs - activities for those with additional needs

Mini soccer - Basic Soccer Skills for four to seven year olds Sessions will include, passing, dribbling and shooting, Goal keeping, Fun games, Agility, balance and coordination, Mini world cup, Penalty shoot outs and Small sided games.

Sport specific Holiday Camps - such as cricket, football, netball, athletics and trampolining

Multi Sports Holiday Camps - a range of activities offered through the school holidays such as swimming, tennis, football, martial arts, trampolining etc.

Tennis courts, coaching and holiday camps

Children and young people attending leisure centres such as swimming, play and bounce, soft play, gym memberships etc.

Children with additional needs - trampolining for children with additional needs

Leisure Centres - Participating in (gym, swim, classes, racket sports etc.)

SHINE - (Some Health Improvements Need Exercise) is a physical activity programme for adults 60 and over living in the Wokingham Borough

Walking for Health - Every week there are 17 volunteer led walks across the whole of Wokingham Borough

Tennis - There are 12 tennis courts available at Cantley Park and three at Chestnut Park.

Wokingham CAMHS Service (Child and adolescent mental health services):

This is a specialist service delivered by Berkshire Healthcare NHS Foundation Trust. They provide tailored support for children, young people and their families who are experiencing emotional, behavioural or mental health difficulties.

Wokingham Borough Libraries Activities

Deliver a variety of social activities to foster friendship networks and tackle social isolation. These activities include: Books on prescription scheme, Alzheimer's Cafes, Reminiscence, Groups meetings, Art Journalling Sessions and more.

Wokingham Outreach Carers Service

This council service delivers tailored support to all resident-carers in the Borough; information advice and guidance. Signposting to other organisations. Short break accommodation and access to carers support groups.

This page is intentionally left blank