

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

- ❖ To reduce the % of physically inactive adults
- ❖ To reduce the prevalence of overweight (including obesity) children in reception (4-5 years)
- ❖ To reduce the prevalence of overweight (including obesity) children in Year 6.
- ❖ To improve the % of activity level for children and young people
- ❖ To improve the % of physical active adults
- ❖ To increase the % of adults walking for travel at least 3 days per week
- ❖ To increase the % of adults cycling for travel at least 3 days per week
- ❖ To reduce the % of adults (aged 18+ years) classified as overweight or obese
- ❖ To engage and support Wokingham Borough Council staff to get physically active

What has been achieved since December 2020?

- ❖ The first Health and Wellbeing Action group took place and was well attended, membership confirmed having been extended to include virtual links with the local BME, Community engagement and VCS leads as appropriate. An additional objective was added to support and engage staff to be physically active. The second meeting is booked for February 11th 2021 and will focus on reporting mechanisms and short term outcomes.
- ❖ National lockdown has now been in place since before Christmas meaning all local leisure services and centres are closed as per national guidance. Locally the team continue to promote online content and this also continues to be developed to engage and support residents to be able to be physically active and to exercise at home.

Home Workout Videos -SHINE

There are 18 exercise videos on YouTube ranging from Tai chi to Zumba + an additional 11 recordings that were made in December.

These are available and suitable for all residents, not just Shine members

Also available on SHINE website

Wokingham Active Kids (WAK) Videos

1st WAK recording going on Social Media weekend 30th January 2021.

Aim is to promote 2 – 3 clips / week on social media.

Currently in the planning stages of providing schools with support for PE lessons.

- ❖ Specialist Sports & Leisure Programmes local referral pathways from GPs – contact between the Lead for the programmes and Berkshire West CCG continue to be on hold due to current lockdown – this will be resumed as soon as is appropriate following national guidance.
- ❖ **Workplace health**
Restarted 2nd week of October (paused during Lockdown 2.0)
Offered Circuits (inside), Bootcamp (outside), Swimming, Spinning and Pilates
- ❖ Berkshire West NHS Integrated Care Partnerships as the Executive Group have approved Physical Activity as a Prevention Priority for 2021. Emphasis is on

supporting ICP staff health and wellness and to specifically help staff to become more physically. These include a management platform to support BW ICP organisations to develop a more strategic staff healthy movement programme including a simple online support tool for benchmarking, staff surveys and useable template documents. (Available immediately), a month-long workplace challenge to encourage staff across the BW ICP to become more active and a customised staff health and wellness portal. Longer term work will be looking to map the local network in order to work on whole systems change to enhance provision of physical activity to the general public but are starting with staff. The three activity and wellbeing programmes are:

- Workplace Movement <https://www.workplacemovement.co.uk/>
- Buddyboost
- Road to Health <https://www.roadtohealthgroup.com/healthy-days-video>
- ❖ The Long Term Health Programme Lead along with Public Health Team have established links with the local Cancer Rehabilitation Team at Royal Berkshire Hospital and it is planned to work together on ensuring there is promotion of local offers to people undergoing or post-cancer treatment and that possible pathways are established.
- ❖ My Journey work October to December 2020 has been continuing to offer Road Safety shows aimed at KS1 and KS2 to 653 children and Road Rangers Shows to pre-schools to 112 children.
- ❖ My Journey has been continuing to train new cyclists across the borough having adapted the course to ensure social distancing. 417 children were trained on Bikeability Courses (aged 9 years+), 38 Children (aged 4-8 years) attended Bikeability Learn to Ride sessions and 60 children attended Balance Bike Club, (aged 2-4) in this period despite limited access to schools and smaller groups due to COVID. In addition, 328 children from seven schools received scooter training.
- ❖ 26 Adults received adult cycle training, however lockdown three has prevent further adult cycle training session from taking place.
- ❖ This year 171 residents took part in Love to Ride's Winter Wheelers campaign (1st December to 25th December 2020), compared to 104 in 2019. A combined 14,934 miles were cycled during this campaign and a total 828lbs of CO₂ was saved if the equivalent mileage had been undertaken in an average car.
- ❖ Wokingham's Air Quality Project launched in October 2020, recent work during lockdown is engaging local KS1 and KS2 children in a competition to build their own bee house to support air quality and a healthy environment. Stakeholder meetings continue.
- ❖ Work continues on commissioning a local tier 2 weight management provision for adults and children and young people.
- ❖ Get Berkshire Active have been offered free training for health professionals to enhance skills and confidents in having conversations with patients about promoting physical activity. There are also other opportunities to link this training to other local offers within the community and voluntary sectors is also underway and this work is also being linked up with the local *Making Every Contact Count*. Work is ongoing to ink this to local programmes and training offers.

What are the opportunities to improve or progress?

- ❖ The ICP priority and funded opportunities offers an opportunity to engage local staff in activity and to gather local data regarding activity and health and wellbeing that can inform future work and commissioning.
- ❖ Continue to work to 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 created an opportunity for local partners to come together to plan how this national campaign can be both supported and localised. Work is ongoing to communicate and promote national messages and local activity offers that support these messages in line with national guidance through lockdown.
- ❖ There is currently a gap in both Tier 2 children and young people and adult weight management though work continues to have an evidenced based local offer in place for 2021 and to follow this with a full procurement process for provision in 2022.
- ❖ There continues to be a gap in Tier 3 Adult weight management services across Berkshire West – this is an opportunity for partners to jointly review this.
- ❖ Programme/s of work or opportunities for improving childhood health e.g. targeting children for improving physical activity/reducing weight requires further scoping.
- ❖ 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
HWB Action Group Meetings continue	February 11 th 2021	Sports & Leisure/Public Health
Review pathways into local walking & cycling training programmes – specifically from health-based settings i.e. GPs, Social Prescribers.	Commenced September 2020 – no deadline set but remains on hold due to National lockdown and COVID restrictions	WBC Sports & Leisure Team/ Berkshire West CCG
Tier 2 Children and young people and Adult Weight Management service WBC offer – work is underway to procure a local offer for 2021 which will link to and compliment national Better Health Campaign. This will be followed by a full procurement for a local offer in 2022	Ongoing work is underway to develop a specification to meet local needs	Public Health & WBC Sports & Leisure Services
Ongoing expansion of programmes within the new Bulmershe facility	Continue to be on hold due to National lockdown and COVID restrictions	WBC Sports & Leisure Team
Promotion of additional/new physical activity programmes across all venues with a view of increasing referrals and usage numbers	Continue to be on hold due to National lockdown and COVID restrictions	WBC Sports & Leisure Team
Implementation of ‘Escape Pain’ programme	Continue to be on hold due to National lockdown and COVID restrictions	WBC Sports & Leisure Team
Joint working with local leisure provider to identify ways of reaching specific target groups within WBC communities	On hold due to National lockdown and COVID restrictions.	WBC Sports & Leisure Team
Scoping of school based initiative/programmes which aims to increase physical activity for school age children. The team are currently in the planning stages of providing schools with support for PE lessons during National lockdown	On hold due to National lockdown and COVID restrictions	WBC Sports & Leisure Team, Public Health & Education

<p>To support ICT work to support staff health and wellness and to specifically help staff to become more physically. Priority is to promote and implement three funded activity and wellbeing offers</p>	<p>Ongoing</p>	<p>WBC Sports & Leisure Team, Public Health</p>
<p>Continue to offer Bikeability training in a few schools, for the children of keyworkers. My Journey will continue to offer community walking and cycling activities. There are two bike trails programmed for the February half term and the team are planning more in Earley/Woodley/Shinfield. Scooter training is booked in February at 4 schools, to train 81 keyworker children</p>	<p>January to March 2021</p>	<p>MY Journey Team</p>

Priority 2	Reduce social isolation and loneliness
<p>To reduce Social isolation and improve outcomes for children and young people, older people, people with mental health problems and Carers.</p>	<ol style="list-style-type: none"> 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 are the key updates for December?

- ❖ WBC Adult and Community Learning Services continue to deliver all of their courses online since April 2020, and have been able to adapt to the challenges of teaching various classes remotely for students with varying levels of computer literacy. Prior to the pandemic, some of the courses were able to cater to adults with learning difficulties. However since the commencement of online tuition, the service continues to face challenges with engaging adults with learning difficulties (due to limitations of video conferencing. Certain classes remain popular – such as a class to help parents manage their children’s anxiety. The team suspects that this increase in demand is due to a rising tide of children and young people struggling with the social isolation of the third lockdown.
- ❖ Many community outreach services which are run by Wokingham’s libraries have been paused. This is due to both lockdown restrictions and also many library staff members being redeployed to other council roles in response to the pandemic. In Wokingham, only 3 of the borough’s 11 libraries are currently running a click on collection service (Woodley-, Wokingham-, and Lower Earley Libraries). Both the home library service and books on prescription services – which greatly help to tackle social isolation and loneliness have resumed as of January 2021.
- ❖ The Optalis Supported Employment service have been managing the demand for employment support. Over the last month they have supported many individuals who have needed extra guidance to remain stimulated and motivated whilst remaining at home, ensured individuals who are still looking for work continue to move closer to the employment market by undertaking remote training, interview practice and applications where appropriate. The team has also continued to provide employment support to those who have been deemed as key workers to ensure they are able to work within the guidelines laid out by the government and remain safe at work. This service is continuing to see an increase in demand as a result of employment pressures caused by the third lockdown.

- ❖ The link visiting scheme continues to offer a suite of online training for volunteers and clients: Psychological First Aid, Diploma in Mental Health, and Emotional Support for families bereaved by COVID deaths and Digital Wellbeing.

Opportunities to improve or progress

- ❖ The Council's Drug and Alcohol service (SMART) continues to see an increase in Alcohol related referrals. Service managers are suspecting the reason for this to be linked with anxieties caused by unemployment, financial instability and further anxieties caused by lockdown, loss of employment, bereavement, debt & financial instability.
- ❖ Wokingham Borough Council's Sports & Leisure Team have paused all of their face-to-face services, due to lockdown restrictions. One such service involves providing physical activities for residents with mild-moderate mental illness (at risk of loneliness and social isolation). Engaging this particular cohort with online content (Online workout videos), continues to present challenges to the nature of mental health difficulties that are being managed by the clients and their carers. The team are preparing to enhance their provision for this group once lockdown restrictions ease.
- ❖ Current Adult community learning and Library services are solely delivered online and require users to be computer literate. There is still a need to support disadvantaged residents who are digitally excluded. A digital exclusion action group has been recently setup to support and combat these challenges. This council initiative is being headed by Nicholas Spencer (Digital Delivery PMO Manager)

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.	Ongoing	WBC Digital exclusion team which is being headed by Nicholas Spencer (Digital Delivery PMO Manager)
Increase uptake (among social care users) into the following specific activities which help to tackle social isolation and loneliness: - Home Library Service - Alzheimer's Cafes - Reminiscence Groups meetings - Art Journaling Sessions	Ongoing	WBC Libraries Service
Ensure local VCS deliver adequate befriending support to vulnerable residents in need of social interaction as a result of government restrictions, 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.	Ongoing	WBC Sports and Leisure Team
Increase number of younger 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.	Ongoing	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.	Ongoing	WBC Wokingham Schools Hub And WBC Emotional Wellbeing leads

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 & WBC Adult & Community Learning Team.
Increase capacity for delivering community-based drug and alcohol treatment for adults and young people in Wokingham.	Ongoing	SMART Wokingham (Provider)

Priority 3	Narrowing health inequalities
<p>To reduce the gap between a child born in the most and least deprived area will experience over their life time</p>	<ol style="list-style-type: none"> 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 fixed 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 has been achieved since December 2020?

- ❖ First meeting of the Wellbeing Board's Inequalities Action Group convened January 13th. Next meeting is booked for February.
- ❖ Work has commenced on mapping of key strategies across Wellbeing Board partners, including priorities of each partner.
- ❖ Local Public Health and RBH Maternity Services have continued to contribute to work and actions being overseen through BOB LMS Prevention Work stream. WBC have continued to support key messages for the BOB *#ReadyforPregnancy* Campaign. Recruitment for a Prevention Lead Post is underway.
- ❖ Referrals, caseloads and job outcomes for the Individual Placement and Support (IPS) Employment Service started to increase during the latter part of Q2, although August was quiet. The Team continue to maintain positive engagement with all clients they support, despite COVID-19 and remote working. The economic climate for unemployed clients continues to be challenging.
- ❖ Out of the 405 Wokingham residents engaged with the Individual Placement and Support (IPS) Employment Service, 227 reported as either being in employment or participating in meaningful activity – this is approximately 56% of people, which is higher than the local target of 50% and also the highest across Berkshire.
- ❖ The Council's Executive have approved the joint tendering of 0-19's (health visitors and school nursing services) with Reading Borough Council and West Berkshire Council – with whom we share a common existing provider. Public Health and Children and Young People are working together to review the service and will also be seeking input from internal and external partners on what works well and what could change/improve within a new service provision.
- ❖ The Breastfeeding Network (BfN) have continued to successfully maintain their 6 weekly support sessions during COVID-19. 10 trainees are registered on the course

and these are all on track to complete the course. The technology is working well including breakout rooms to allow some pair/ group work. There has been some impact due to Covid, e.g. children home from school isolating, but extra support is being offered to help trainees stay up-to-date with training. A virtual breastfeeding group started in December with the additional aim of reducing social isolation by giving local mums opportunity to 'meet' other local mums in the area. This group aims to complement the 1-2-1 breastfeeding support BfN deliver

- ❖ The School Nursing and Health Visiting Services (0-19) have continued to respond the changes for schools and COVID. They are still working on a slow, gradual return to face to face for all services. The School Nursing advice and support line was '*relaunched*' to parents and young people in September through the use of a film made by School Nursing to young people themselves via social media and newsletters. Enuresis clinics were anticipated to revert to being face to face and/ or video dependent on clinical judgement, parental choice and government restrictions at the time. Medical conditions training – will mostly continue via cluster training virtually. However, government guidance allowing, some visits will be made face to face in schools to train regarding administration of emergency medication for seizures if this is felt necessary/ appropriate. Every child that missed the 2 – 2 ½ year check (ASQ) has been offered an appointment slot, even if they are now approaching 3. Targeted families who did not attend are followed up. CiC reviews – there is felt to be an increase of CiC, however, accurate numbers are required from LAs to get the full picture. If there is an increase, consideration has to be given to what the impact is on PH nursing service in terms of capacity.
- ❖ The reciprocal arrangement with School Nursing and the Immunisation Team remains active but the ability for each to support each other has been impacted on by school closures and national lockdown. This has affected the planned flu vaccinations and could have a knock on effect to other planned vaccination schedules. Discussions about the NCMP continue between the Department of Health & Social Care and the Secretary of State. We understand announcements are likely to be linked with Government announcement about the wider Obesity agenda, within the context of COVID recovery.
- ❖ 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. A meeting with the local provider is set for March 2021.
- ❖ 113 residents accessed the local *Smokefreelife Berkshire* service in Q2 (Jul, Aug, Sept) and set a quit date and 76 successfully quit, and 48 of quitters came from local target groups, including 3 pregnant women and 25 who work in routine and manual roles. A further 107 residents set a quit date (October, November and December) – outcome of these quits will be known in April.
- ❖ The Smokefreelife Berkshire service continue to allow free access to their app, Quit with Bella, for all Berkshire West residents.
- ❖ Wokingham Public Health, Involve, Thames Valley Cancer Alliance and RBH Cancer Rehabilitation Service have created links and are providing mutual promotional support to broaden the reach of support and advice available for people living with cancer, particularly during the pandemic.

- ❖ A Physical Health Checks for people with Serious Mental Illness [SMI] Working Group has started to work on looking at ways of improving (number and quality) health checks to eligible residents.
- ❖ NHSE/I are running two campaigns across the region #Quit4COVID and #KeepWarmKeepWell, GP information packs are currently available and local partners officers are identifying ways to support this.
- ❖ Smokefree home project work continues, the Smokefree Home Booklet is now available via the Public Protection Partnership website and local housing associations have been engaged to help support promoting this campaign. Results to date have been positive.

What are the opportunities to improve or progress?

- ❖ Sexual Health Services – a national e-sexual and reproductive healthcare framework has been developed. The framework offers customers a way of conveniently, efficiently and effect way of contracting with providers who specifically offer e-sexual and reproductive health services. There is a Berkshire West opportunity to review this to identify if it could support any gaps in the local system. Long Acting Reversible Contraception access has also significantly reduced during COVID and there is a need to look at building local capacity so as to ensure women have access to their choice of contraception. The audit of local provision has been severely impacted on by local vaccination programme (see below)
- ❖ Referrals into Health Visitors from Maternity Service – there has been some progress made improving the referral (% and quality) to health visitors, there are further opportunities to look at ways this could be improved.
- ❖ A review is required on notifications procedures for when a child goes into care. Key partners such as Berkshire West CCG/GPs and School Nurses have a key role in supporting these children and there is anecdotal information/current view that there is a time-lag with these notifications – which needs further interrogation. Unsure if this is a local issue or this relates to out of area notification for children.
- ❖ Due to COVID, the opportunity to create a local Personal Social and Health Education (PSHE) network has been impacted on. Whilst some links have been made, further work is required for it to be formally created so as to further support schools to deliver consistent and quality PSHE.

Priority 3: ACTIONS		
ACTION	BY WHEN	OWNER
Smokefreelife Berkshire - review referral and pathways from GPs	January 2020	Berkshire West CCG and Smokefreelife Berkshire
BfN training sessions are in progress – 10 volunteers are registered and on track to complete the training	8 th October – 28 th January 2021	BfN/Public Health

Community Alcohol Partnership (CAP) are scoping Winnersh as a new CAP area.	Scoping work underway, start date TBC	Community Action Partnership, Public Protection Partnership, Community Safety Partnership
Recovery audit of local LARC and other contraception's services	January/February 2021	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
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	In Progress – final dates pending national guidance	Berkshire West CCG/RBH Midwifery Services
Regular Personal Social and Health Education (PSHE) networks meetings to be created for both secondary and primary schools.	January- March 2021 Consultation with schools is needed	Schools Leads with support from Public Health/Education
Healthy Schools Award offer to be delivered to schools in Spring 2021, training scheduled in November 2020	Training was delayed due to National local down and schools priorities. Training is being rescheduled and Launch Schools Autumn 2021	Wokingham Public Health, West Berks Public Health, School Improvement
Beat The Streets Campaign	Spring/Summer 2021	My Journey Team & Partners
Re-commissioning of new 0-19(25) Healthy Child Programme for Wokingham Borough Council	1 st April 2022	Berkshire West Local Authorities (Wokingham, Reading, West Berkshire)

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