

Chichester Wellbeing business plan 2019/20 summary

Overview of the hub service

The Wellbeing Advisors, based at Westgate Leisure Centre, are trained in motivational interviewing and behaviour change techniques to work with individuals on a one to one basis supporting them to make lifestyle changes to reduce their risk of heart disease, stroke, cancer and type 2 diabetes.

They each see approximately 4-5 clients a day for a variety of interventions including one to one appointments or 30 min MOTs, they also deliver workshops and talks to community groups. They work at outreach venues to ensure the service is available across the district, in particular, GP practices in Petworth, Loxwood and Selsey.

Overview and evidence for additional projects

Adult weight management – delivered in house

According to the PHE Health profiles in (2016/17) 58.5% of the adult population of Chichester was overweight. Excess weight is a key risk factor for heart disease, stroke, some cancers and type 2 diabetes and is therefore a priority for the Wellbeing service.

- We will run 12 weight management programmes each over 13 weeks, at venues in Chichester, Selsey and Midhurst. We will also run regular weekly drop in sessions at Westgate where people who have completed the weight management course can have a weight in and we are able to monitor their progress over time.

Pre diabetes programme – delivered in house

The percentage of people with type 2 diabetes who have a diagnosis in Chichester is 71.8%, this is worse than the England average which means there are estimated to be a further 29.2% who have the disease but are not diagnosed. This is a priority for Chichester Wellbeing as type 2 diabetes can be prevented in its early stages. The long term impact of type 2 diabetes can lead to heart disease, stroke, kidney failure and circulatory problems.

- We will run 10 Prediabetes workshops which provide advice and information on how to reduce the risk of type 2 diabetes along with an onward referral to a Wellbeing Advisor for continued support.

Workplace health – delivered in house

Evidence suggests that being in work has positive health benefits. Workplaces are the ideal setting to reach the working age population and as a service we are able to work with employers to encourage them to support the health and wellbeing of their staff. As a service we value being able to tackle issues such as weight management, physical activity, alcohol consumption and stress management with working age people. Chichester Workplace Health Advisor also targets SMEs and manual workers as evidence shows smoking prevalence is higher in manual workers at 23% than the general population at 15%.

NB: it is also important to note that we also have good working relationships with agencies who work directly with people who are not in work.

- We will work with 12 businesses new to the service in 2019/20 and continue to engage and support 15 previously engaged businesses with their health and wellbeing.

First steps to fitness and falls prevention – commissioned from Everyone Active Chichester

71% of the Chichester population are considered to be active to the recommended level and whilst this is encouraging it still means that 29% are not active to the recommended level for health and wellbeing. Physical activity and weight loss go hand in hand. Physical activity helps with weight management and preventing and managing conditions such as coronary heart disease, type 2 diabetes, stroke, mental health problems, musculoskeletal conditions and some cancers. It has a positive effect on wellbeing, mood, sense of achievement, relaxation and release from daily stress.

- This project will work with adults enrolled on the adult weight management programme and individuals referred by a Wellbeing Advisor for support to be more active.

Preventing falls in an aging population is key to ensuring independence and mobility is maintained. NICE guidelines recommend older adults (65 years and over) who are at risk of falls should incorporate physical activity to improve balance and coordination on at least 2 days a week. This service links closely to locally delivered strength and balance courses where people have the opportunity to take part in the recommended 'dose' of physical activity and to make social connections that are important for mental and emotional wellbeing.

- Everyone Active will be delivering 10 Falls Prevention workshops throughout the year and onward referral to their own and other local strength and balance courses.

Family Wellbeing

The National Childhood Measurement Programme shows nationally and regionally that child obesity is increasing from the initial measure in year R to the follow up in year 6.

- The Family Wellbeing Programme is unique to Chichester (and Arun) and will provide a bespoke service face to face with 30 families. These families often lead chaotic lifestyles, where parents or children may have mental health problems, are school refusers and struggle with self-esteem and confidence. Often these are the reasons why the child has become overweight and by tackling these wider issues we are able to demonstrate excellent outcomes.

Wellbeing Home

The ratio of excess winter deaths in Chichester at 267 in 2017 is not significantly worse than the England average but the rural nature of the district and the type of housing available exacerbates the issue. In the rural areas there are people living in cold homes with solid walls and are off gas so are dependent on expensive solid fuel or oil to heat their homes. The impact of living in a cold home on health means increased risk of heart disease and stroke. It is often older people who have reduced mobility and are isolated that struggle to afford to heat their homes and are therefore at greater risk, or families living on a low income in social or private rented housing.

- This project will visit people in their homes, provide support to save money on fuel bills, make onward referrals for heating and insulation grants and identify health conditions and vulnerabilities that require additional support.

Budget plan

Total budget for 2019/20 £257,969

| Wellbeing Hub | £ |
|--|----------------|
| Wellbeing Advisors and office support team | 90,000 |
| Resources and printing | 5,000 |
| Training | 1000 |
| Westgate Room hire | 12,000 |
| Hub total | 108,000 |

| Additional projects supporting the hub | Cost | Provider |
|--|----------------|-----------------------------------|
| Workplace Health | 31,100 | Delivered internally |
| Weight Management | 31,100 | Delivered internally |
| Wellbeing home | 17,800 | Shared with Arun Wellbeing |
| Family Wellbeing | 30,000 | Commissioned from START |
| First Steps To Fitness /Falls prevention | 30,000 | Commissioned from Everyone Active |
| Contribution to the countywide Wellbeing website maintenance | 1,000 | Commissioned from V Sense |
| New project TBC | 8,917 | |
| Total | 149,917 | |
| | | |
| Grand total | 257,969 | |