



## Newsletter

August 2016

[www.nypartnerships.org.uk/healthandwellbeing](http://www.nypartnerships.org.uk/healthandwellbeing)



**Creative Coffee, which operates in County Hall, Northallerton, for staff, visitors and local residents, is an initiative by Creative Support, a social care provider funded by the County Council's Innovation Fund and backed by its supported employment service. It helps disabled people or carers into work or training, and helps employers support disabled people in work. The picture shows County Councillor Clare Wood (right) at the venture's first anniversary**

## Improving lives of people with learning disabilities

North Yorkshire County Council, the NHS and partner organisations have been working together to improve the lives of people with learning disabilities in the county over the last few years.

People have told us that what matters most and will enable them to "live well and longer" is being supported to become more independent; lead healthier lives; be part of their communities; have more choice and control; feel ready for adulthood; gain meaningful employment, and support carers and families.

While continuing to build on previous successes, partners recognise there is still room for improvement, so the County Council and the NHS are now developing a joint strategy for people with learning disabilities in North Yorkshire 2016-2021 called Live Well, Live Longer.

Currently in draft, the strategy outlines ways to improve the lives and outcomes for people with learning disabilities and address many of the day-to-day challenges they face.

Delivering the strategy will require radically

rethinking how both organisations commission and provide services, and how they can better access existing health services. Unlike previous learning disability strategies, Live Well, Live Longer focuses on delivering outcomes both for individuals and organisations. The strategy has been informed by local and national data, statutory requirements, feedback from an online questionnaire and stakeholder engagement with people who use services and their carers. The majority of people who responded to consultation agreed with the following ambitions and priorities set out in the strategy

- choice and control;
- health inequalities;
- moving back into the county;
- social inclusion;
- supporting families and carers; and
- preparing young people for adulthood.

The Health and Wellbeing Board has commented on the draft strategy and has also been updated on the work being done in North Yorkshire in response to the national 'Building the right support programme' for people with a learning disability.

## One year on with alcohol action

In 2015, the Health and Wellbeing Board produced an alcohol strategy based on information gained from an extensive public consultation.

Its ambition is to work with partners "to reduce the harm caused by alcohol to individuals, families, communities and businesses in North Yorkshire while ensuring that people are able to enjoy alcohol responsibly".

One year on, a progress report outlines the work under way and the support available to people who are struggling with high-risk drinking.

This includes:

- investing in personal, social and health education (PSHE) programmes in schools;
- working with trading standards officers to stop underage sales of alcohol;
- developing training programmes for health professionals;
- providing local health information to policy-making organisations to influence alcohol licensing regulation; and
- investing in the 95 Alive road safety partnership to publicise messages about the risks of drink-driving.

## Finding fitness with Finding Dory

North Yorkshire County Council is supporting a national campaign to encourage children to get the exercise they need during this summer's school holidays. Run by Public Health England through its Change4Life programme and with support from Disney, the campaign is called 10-Minute Shake-Up with Disney and is themed around the film, Finding Dory. It includes



family swim sessions and 10-Minute Shake-Up activities to help children get the 60 minutes of physical activity they need each day. The swim sessions run from 22 July until 4 September and provide an hour of in-water storytelling for the whole family led by trained instructors. Swim sessions can be booked at [www.disney.co.uk/justkeepmoving](http://www.disney.co.uk/justkeepmoving).

## Making a promising start

One of the Joint Health and Wellbeing Strategy's key themes is Starting Well, and significant progress is being made towards achieving its priorities.

These priorities are aligned with those of Young and Yorkshire, the County Council's children's and young people plan.

This is now in its second year and key programmes have been developed, including the Scarborough Pledge, Achievement Unlocked, Future in Mind and the 0-19 Healthy Child Service.

Fifty-three per cent of the Year 2 targets have been, or are about to be, achieved. There is still a lot of work to do, but a number of strengths can be identified, including:

- more children attending good or outstanding schools;
- a significant reduction in the number of looked-after children, and children on child protection plans;
- a continued reduction in the teenage



**County Councillors Janet Sanderson and David Chance launch Healthier Choices, a free, fun programme developed by the County Council to help young people and their families make positive changes to their diet and enjoy a healthier lifestyle. It is an important part of its 0-19 Healthy Child Service.**

conception rate; and

- an increased percentage of pupils making expected progress in mathematics at KS4.

### Gathering views on tackling obesity

The Health and Wellbeing Board is consulting on its Healthy Weight and Healthy Lives strategy 2016 to 2026 to tackle obesity.

Its priorities are:

- supporting children's healthy growth and healthy weight;
- promoting healthier food choices;
- building physical activity into daily lives;
- providing weight management support;
- ensuring people have access to information and resources to make healthy choices; and
- building healthier workplaces.

The consultation runs until 26 August at [www.northyorks.gov.uk/hwhl](http://www.northyorks.gov.uk/hwhl).

### North Yorkshire sets up Safe Places

North Yorkshire has launched a scheme to create Safe Places where people can go to get help if they are feeling anxious or at risk.

The scheme has been established by the County Council, North Yorkshire Police, district councils and partner organisations. Registered Safe Places display the 'Safe Place' symbol so anyone who feels anxious or at risk – be it because they have learning difficulties, disabilities, frailty, dementia or mental health problems – knows they can go in and get help.

For further information, visit [www.northyorks.gov.uk/safeplaces](http://www.northyorks.gov.uk/safeplaces).

## County performs on health

The 2015-2020 Joint Health and Wellbeing Strategy was approved by the Health and Wellbeing

Board in November 2015 following which a performance framework was developed to ensure that progress against delivery of the strategy could be reported to Health and Wellbeing board. The Board received the first report which highlighted that:

- North Yorkshire is performing better than the England average in eight out of fourteen indicators;
- indicators in the Live Well and Dying Well themes all show that North Yorkshire performs above the England average;
- indicators in the Age Well theme are performing least well against the England average and are likely to be challenging given increasing demand and tighter budgets;
- Connected communities indicators are more local, so for some national comparison is unavailable. However, superfast broadband is a national programme where North Yorkshire continues to perform well.

The Health and Wellbeing Board will continue to receive progress reports.