

**WEST SUSSEX PREVENTION AND WELLBEING PROGRAMME**

The Prevention and Wellbeing Implementation Project (PWIP) is a joint project between the NHS Sussex West Sussex Public Health directorate and West Sussex County Council Adult Social Care directorate, aligning four work streams:

- Prevention Assessment Teams (joint health and social care assessment teams)
- Information and advice (joint public health and social care)
- Adults services commissioning and the voluntary sector (social care)
- **Prevention and Wellbeing Programme (public health, district and borough councils)**

Prevention and Wellbeing Programmes in West Sussex are being established to increase the visibility of health and wellbeing services across the Districts and Boroughs, and to provide a single route for signposting people to appropriate services which meet their requirements.

The objectives of the Programmes are:

- To support behaviour change and reduce social isolation.
- To reduce the consequences of locally agreed priority behaviours such as unhealthy eating, alcohol misuse, smoking and low levels of physical activity.
- To act as a hub of information for members of the public wishing to change behaviours to improve their health, increase social interaction and overall wellbeing.
- To be a referral point for GPs, health and social care professionals, and other partners with patients / clients requiring support to change unhealthy behaviours.

Each local authority in West Sussex will have its own 'Wellbeing Hub' which will be central to the delivery of the Prevention and Wellbeing Programme. The Wellbeing Hubs will have an in-depth knowledge of local health and wellbeing opportunities. The Hubs are a universal service, to be accessible for all, but they will also be targeted to those experiencing greatest inequalities. The information given at the end of this briefing further defines the Hub functions.

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N.B. Standardised email and website addresses will be implemented in due course.

## WRAP AROUND HEALTH AND WELLBEING SERVICES

Along with the development of the Hubs, the Health and Wellbeing Programmes are to agree priority outcomes which will be delivered through wrap around health and wellbeing services. To help to inform and confirm these priority outcomes, localities are using the Joint Strategic Needs Assessment, local health profiles, stakeholder consultation and Health and Wellbeing Partnership Action Plans and input.

The public health workforce will provide support to the District and Borough Councils to help inform wrap around services, providing for example, information on evidence base from literature reviews, social research and customer insight.



### **Development of hub**

Arun Wellbeing was originally launched in October 2009, with the Arun Wellbeing team based at Arun Civic Centre, Littlehampton, but providing some outreach through events and activities district-wide, a telephone enquiry service and a website, and referral to a range of local projects. Arun Wellbeing also focused on funding projects, largely delivered through the third sector, that helped meet the Arun Wellbeing and Health Partnership priorities around improving mental and physical health for people of all ages.

### **Wrap around health and wellbeing services**

Following consultations internally, with partners and with providers, priorities for the programme are currently being discussed and agreed at council, public health and partnership level, to inform the commissioning process for additional wrap around services in the autumn.



### **Development of Hub**

The Council's cabinet have approved the further development of the Wellbeing Hub and the proposed model for Chichester District.

### **Wrap around health and wellbeing services**

Draft priorities have been selected from data sources and with support from the Health and Wellbeing Partnership. Discussions have taken place with an internal officer group looking at the Council's wider contribution to the outcomes. A meeting with the voluntary and community sector took place to understand how they can contribute to the outcomes and deliver services through a commissioning process.



### **Development of Hub**

Crawley Wellbeing was launched in January 2009 with specific aims which include increasing levels of physical activity and reducing numbers of people overweight and obese, reducing health inequalities within Crawley and "joining up" services. Crawley Wellbeing also offers personal advice and support around wellbeing issues from its base in K2 Crawley Leisure Centre, via face to face, telephone and website support. The service will continue to develop based on local need in line with new specification.

### **Wrap around health and wellbeing services**

Crawley Wellbeing offers a variety of support programmes and provides 1:1 advice on various topic areas. The team delivers innovative and creative physical activity programmes to help address local health and wellbeing issues. For further information please visit the website or contact the Hub directly.

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### **Development of Hub**

An in-house working group, including Members, has been developed between Worthing and Adur Councils to create two Hubs appropriate to each area, which only require one management and reporting structure to cut down on administration costs. The service will be developed in line with the service specification.

### **Wrap around health and wellbeing services**

A number of priorities are being focused on for the hubs including: life expectancy (physical activity, healthy eating, cancer prevention); social isolation, and; alcohol misuse. A stakeholder event was held with partners at the end of July.

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### **Development of Hub**

Members gave approval for the Wellbeing Hub proposals on 21st July. The Hub will be based at Horsham District Council Offices, providing dedicated information and advice, with the face to face Hub element to be provided on an outreach basis.

### **Wrap around health and wellbeing services**

The Programme will address a number of priorities, with a particular focus on physical activity, healthy weight and an ageing population, with other priorities currently being agreed based on stakeholder input and health intelligence.

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### **Development of hub**

The Hub will be based at Mid Sussex District Council Offices, providing dedicated information and advice, with the face to face Hub element to be provided on an outreach basis.

### **Wrap around health and wellbeing services**

A Mid Sussex District Council Commissioning Board has been established.

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## Functions of the Wellbeing Hubs

The delivery of a Wellbeing Hub is the first stage of the delivery of the wider Prevention and Wellbeing Programme, the specification and contracting agreement for which both parties have been jointly working on. The Wellbeing Hub will have managers and support staff and provide the following functions:

- To serve as the source of advice, information and coordination of local services that can be accessed by the population who need them to meet their health and wellbeing needs.
- To enable partner organisations to act in a more integrated and innovative way to empower people and communities to make healthier choices in their lives.
- To develop and maintain an accessible “one stop” source of information on wellbeing in each District or Borough.
- To provide “face to face”, telephone and online contact with the public and maintain an up to date database of local wellbeing services for adults of all ages with particular emphasis on those services that support behaviour change in people with increased risk of developing cardiovascular disease and cancer, and that support improved social interaction.
- To establish core service deliverables, for example: standard hours of access and signposting functions to the related health and wellbeing services (e.g. smoking cessation services, motivational interviewing).
- Suitably skilled and trained staff.
- Communication and marketing of the Wellbeing Programme.
- To enable adults, particularly those who are vulnerable, to be more linked with appropriate local services.
- To increase the awareness of the importance of wellbeing to residents and professionals across the locality.
- To establish a method of ensuring that voices of the most vulnerable within communities are heard on matters of wellbeing.
- To monitor contact, in terms of needs and demographics, in order to inform future service delivery.