
Outcome 5 – People lead active, healthier & more independent lives Progress Report

Recommendations

- Area Community Planning Groups are asked to note the contents of this paper.
- Members are asked to consider and record any local actions that can be delivered under the new outcome 5 actions in section 2.

1. Summary

Outcome 5 of Argyll and Bute's Community Plan is to enable *people to lead active, healthier and independent lives*. This paper provides an update for the four Area Community Planning Groups about health and wellbeing activity during 2019.

2. Successes and key achievements to date for Outcome 5

A review of outcome 5 was conducted during spring 2019. In 2017 outcome 5 became a component of the Health and Wellbeing Partnership. This group was led by the Public Health Department of Argyll and Bute Health and Social Care partnership (HSCP). It existed for approximately 6 years but latterly experienced difficulty recruiting members and maintaining momentum. The review of outcome 5 consisted of:

- Reviewing attendance rates and meetings of the Health and Wellbeing Partnership and a survey of membership.
- A joint planning day with eight Health and Wellbeing Networks in Oct 2018.
- A survey of area community planning groups in April 2019.
- An open stakeholder meeting for outcome 5 in May 2019.
- Discussions with other outcome leads about their leadership approaches.
- Specific joint scoping with outcome 6 regarding mental health activity.
- A further review of the eight health and well being networks was carried out in autumn 2019.

Further detail of this review is available here -

<http://healthyargyllandbute.co.uk/review-of-the-partnership-approach-to-health-and-wellbeing-in-argyll-and-bute/>

Finding and Recommendations of this Review

The review of the Health and Wellbeing Partnership concluded that a strategic partnership meeting is not necessary to enable outcome 5 to progress and there are a number of other mechanisms in place to enable partnership working. This centres on each activity having its own planning and delivery mechanisms and lead officer.

The survey of Area Community Planning Groups was completed by 55 respondents, the key findings were as follows:

- 72.2% were aware of outcome 5 in the Community Plan to “Enable people to live active, healthier and independent lives.
- 27.6% thought that outcome 5 is well connected with area Community Planning Groups.
- 38% thought that Linking People with Support in their Community was the top Joint Health Improvement Plan priority for their community
- 69% were aware of the local Health and Wellbeing Network

The planning event in May 2019 identified the scope of outcome 5 is so big that there is a danger of efforts being so finely spread there could be little impact on long term health and wellbeing outcomes. The following table identifies the key activities that emerged from group discussions. These priorities were subsequently discussed and agreed by the CPP Management Committee.

ACTIVITY	
1.	Branding and promotion of Argyll and Bute’s natural assets (in order to increase physical activity levels).
2.	Valuing the environment and the benefits of the environment to people living in Argyll and Bute (in order to link to the CPP agenda to address climate change).
3.	Promote the self-management of long term health conditions

3. Risks

There are no significant risks in the delivery of outcome 5. The requirement for partners to support planned activity is noted.

4. Opportunities and Progress

There is significant activity under the health and wellbeing banner throughout Argyll and Bute and a wide range of partners are committed to improving health and wellbeing outcomes for our population. Much of this activity is community led and is not dependent on Community Planning oversight to progress, however the CPP can

have a role in enabling co-production and sharing good practice throughout local communities.

Activity 1 - Branding and promotion of Argyll and Bute's natural assets

This is a new activity that emerged from the May 2019 planning event and is based on several long term outcomes of the community plan; namely to draw people into Argyll and Bute either to live or for tourism in order to grow the population and/or contribute to the economy; and to enable our population to be more physically active by accessing the outdoors. The activity overlaps with the intentions of outcome 1 that the economy is diverse and thriving. There are already a number of promotional activities in place for example #abplace2b, Wild about Argyll and Explore Argyll and there is no intention to duplicate effort. However, new opportunities exist in the 2020 with the national campaign of the Year of the Coast and Waters.

Activity 2 - Valuing the environment and the benefits of the environment to people living in Argyll and Bute

The climate change agenda is huge and there is recognition of the long term threat to population health and wellbeing. The development session in May 2019 recognised the need for the CPP to be sighted on climate change but much of what is required to be done to reduce carbon emissions is beyond and outwith the scope of outcome 5.

Initial discussions have identified a number of potential activities that can benefit the environment in Argyll and Bute some of which may have the added benefit of enabling people to be more physically active. These include:

- Plastic free towns.
- Beach cleans.
- Promotion of reduce, reuse, recycle.
- Sharing of current good practice eg role out of Eco-school accreditation to wider communities.

Activity 3 - Promote the self-management of long term health conditions Living Well In Argyll & Bute

This is the most well established activity in outcome 5 with particular successes in the following areas:

- Review and updating of the partnership approach to health and social care Locality Planning Groups (June 2019).
- Same with Alcohol and Drug Partnership (August 2019).
- Needs assessment for Type 2 Diabetes and additional funding of £42k for weight management in 2019-20.
- A new Living Well strategy to support people to live healthier lives was launched in September 2019, this was the culmination of 18 months'

work. This can be viewed here – www.healthyargyllandbute.co.uk/wp-content/uploads/2019/09/Living-Well-Strategy-2019.pdf

Living Well Strategy Detail

With our increasing older population people are living longer with long term conditions this is causing an increased pressure on services. The Living Well Strategy aims to achieve a shift in how people are supported with an increase in people accessing third sector led services within our communities and improved understanding of how people live with their conditions. The Living Well strategy aims to promote a more preventative and partnership approach.

The Living Well Strategy sets out the following key outcomes:

- **People-** People living in Argyll and Bute have the tools and support they need to support them to Live Well
- **Community-** There are a wide range of local services to support people to Live Well
- **Workforce-** Staff are able and motivated to support the people they see to Live well
- **Leadership –** Effective Leadership is in place to support the delivery of the Living well strategy

5. Summary

Wide ranging engagement activity has taken place during 2019 to develop and update the outcome 5 activity plan. This engagement activity has highlighted the commonality between outcomes and identified the opportunity to strengthen our partnership approach to improving health and wellbeing in Argyll and Bute. The support of Area Community Planning Groups is important in developing an appropriate and effective plan.

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