

# **Flintshire Public Services Board**



## **A Well-being Plan for Flintshire 2017 - 2023**

**Draft (November 2017)**

## Resilient Communities

This means:

- Enabling and inspiring communities to be confident, cohesive, and forward thinking
- Developing an approach that ensures that when any public service is working in an area that additional skills and capacity are strengthened within that community.
- Co-ordinating an approach across public service delivery that maximises the impact of community benefits.
- Further developing community ownership models including Community Asset Transfers (CATS), micro social enterprises and community shares.

### Why is this a priority for the partners?

- ✓ Effective, successful and resilient places have the ability to resolve their own problems, respond to and bounce back from economic, social and environmental issues.
- ✓ Resilient communities are well connected within the area and to other agencies and organisations outside of their community.
- ✓ A well connected community is able to work with the public agencies co-operatively to determine priorities for that community and be a key partner in delivering these priorities.
- ✓ This approach requires a workforce in the public sector that is skilled in working with communities to support determination of their priorities and enable their delivery.

### What is the evidence behind this story?

- Research shows that 'Resilient Communities' have support from all sectors to solve problems, are well connected and able to make decisions.
- Public sector bodies have provided support and capacity to specific communities of need; however this work has not always been sustainable once the intervention ceases.
- Public services can change the emphasis of their work in communities from direct support and intervention to a more co-operative style of working where local communities determine their own priorities and identify solutions.

### What are we committed to doing?

- ✓ Learning lessons from previous community based work so that future work has a significant and long term impact.
- ✓ Changing our ways of working so that whenever public services work with communities we build on and develop the skill levels within that community.
- ✓ Working jointly with communities to understand, develop and implement long term aspirations and plans that build on the strengths of that community.

## What specific actions will we take to support these commitments?

- ✓ Train and develop key public sector employees in these different ways of working.
- ✓ The Public Services Board will agree a set of community benefits<sup>1</sup> that will support local communities and that can be delivered by the community and social organisations, public organisations, and private organisations.
- ✓ Develop opportunities for residents to be more active in their communities which leads to improvements in health and well-being.
- ✓ Design and develop projects with the community in areas such as the Holway, Flint and Shotton so that the community is able to determine the priorities and have the skills and capacity to continue the work in the long term.
- ✓ Establish new tools such as ‘Community Shares’<sup>2</sup> and ‘Social Prescribing’<sup>3</sup> that enable communities to develop their local assets and improve their health and well-being.
- ✓ Support the development of community networks that can be co-ordinated and maintained by local communities.
- ✓ Change our long term physical planning for communities so that it enables the development of community buildings and natural and green spaces that better connect people.

## Where should we see an impact?

- ✓ Ways of working changed across all sectors that strengthens communities
- ✓ The strength of community and social organisations that are able to provide support to local people increased
- ✓ Opportunities for people to improve their health and well-being increased
- ✓ Use and appreciation of the natural environment and use of the outdoors increased
- ✓ Take up of economic activity by local people increased
- ✓ Quantity and quality of benefits that support local communities (‘community benefits’) increased

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<sup>1</sup> Delivery of added value through the Community Benefits is linked to the procurement of contractors on capital build programmes. They can also be delivered through grant awards and Community Asset Transfers. They ensure wider social, environmental and economic issues are taken into account during the project life cycle.

<sup>2</sup> Community Shares are non-transferrable, withdrawable share capital unique to Co-op and Community Benefit Society Legislation and can be used as a method to engage the community in becoming shareholders (owners) of community businesses.

<sup>3</sup> Social Prescribing is a means of enabling primary care services to refer patients with social, emotional or practical needs to a range of local, non-clinical services, often provided by the voluntary and community sector.

**Links with other priorities:**

- ✓ **Economy and Skills** – developing skills for employment opportunities, reducing worklessness and the impact of social reform
- ✓ **Community Safety** – making communities safer
- ✓ **Well-being and Independent Living** – providing information and support for people to take responsibility for their own health and that of their own families
- ✓ **Environment** – developing greater access opportunities to the green infrastructure

## Well-being and Independent Living

This means:

- Providing information and support for people to take responsibility for their own health and that of their families.
- Targeting interventions where individuals and families have the most to gain.
- Delivering more services closer to home.
- Building and strengthening the Care Sector.

### Why is this a priority for the partners?

- ✓ There is a strong evidence base as well as a social responsibility to direct our focus on the prevention of ill health, reduce health inequity and accommodate most people's preference to stay active and independent within their own community.
- ✓ A focus on early years has the potential to bring benefits to the individual and reduced demand on services over the full life course.
- ✓ In order to support residents with more complex needs, we need to maintain and then strengthen the care sector for both care home and domiciliary service<sup>4</sup> provision, both of which are currently fragile.
- ✓ Life expectancy is increasing whereas an increase in healthy life expectancy is not assured. The consequence is that more people are likely to require support in the management of chronic conditions and/or increasing dependency as a result of frailty or dementia for example.
- ✓ There are significant challenges in meeting current and projected workforce demands in both health and social care.
- ✓ The Social Services and Well-being Act reinforces the need to support residents to maintain good health and reduce reliance on services.

### What is the evidence behind this story?

- Influencing the development of children to maximise their health, social and educational development is most effective when done as early as possible.
- People born in the most deprived areas of Flintshire are, on average, likely to die 7 years earlier than people born in the most affluent areas of the county.
- Life expectancy is predicted to continue to improve, and the population of those aged 65 years is expected to grow from 31,000 in 2015 to 46,100 by 2039.
- The number of people aged 65 years and over who need to be looked after in a care home is expected to almost double by 2035 with the number requiring specialist nursing care expecting to show a significant increase.
- The number of Flintshire residents living with dementia will rise by about 1,350 (66%) by 2030.
- In order for Flintshire to meet the need for care home beds by 2030, a further 554 residential care beds and 304 nursing care beds will be required.

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<sup>4</sup> Domiciliary Services are those provided to a person within their own home

### What are we committed to doing?

- ✓ Provide information and support for people to take responsibility for their own health and that of their families and communities.
- ✓ Target work and interventions where individuals and families have the most to gain.
- ✓ Deliver more health and social care services closer to home.
- ✓ Build and strengthen the care sector.

### What specific actions will we take to support these commitments?

- ✓ Explore and make best use of opportunities to promote mental health and wellbeing.
- ✓ Ensure links with other PSB priority work areas to maximise promotion of health and wellbeing opportunities, e.g. Get Flintshire Moving (Resilient Communities), combat substance misuse (Community Safety)
- ✓ Introduce the Community Resource Team and multi-agency, co-located Single Point of Access.
- ✓ Implement agreed Public Health priorities, with a focus on those with the most to gain.
- ✓ Ensure that the health needs of Looked After Children<sup>5</sup> are assessed and met, including through the provision of key health promotion materials being made available to foster carers and residential care staff.
- ✓ Fully implement the Early Help Hub<sup>6</sup> to support children, young people and their families.
- ✓ Develop and implement an “Ageing Well in Flintshire” Plan which will not only support people to age well but also help develop communities for the benefit of people of all ages.
- ✓ Develop robust pathways for care home residents requiring hospital admission to help them return home with minimum delay.
- ✓ Ensure that the County’s approach to regeneration supports and promotes work within the Care Sector.
- ✓ Increase current in house provision of bed based capacity for short term care and to support Discharge to Assess<sup>7</sup> in a community setting through the use of pooled budgets.
- ✓ Promote and protect the health of our workforce by encouraging them to access opportunities to improve and maintain health (e.g. national screening programmes, Making Every Contact Count (MECC), flu vaccination).

### Where should we see an impact?

- ✓ Indicators of health and wellbeing in the population improved
- ✓ Indicators of health inequalities improved

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<sup>5</sup> Looked After Children are children under the care of the Local Authority

<sup>6</sup> The Early Help Hub is a multiagency project led by the North Wales Police which aims to improve the ‘journey’ for families at greater risk of worsening problems with an emphasis on information, advice & assistance

<sup>7</sup> Discharge to Assess takes place when the person is medically fit to leave hospital and requires an assessment to determine the level of support they will need at home.

- ✓ Levels of care home bed and domiciliary support sustained and increased
- ✓ Number of community based or led activities to promote healthy living and “ageing well” increased
- ✓ Number of people supported outside of the acute hospital setting increased
- ✓ Level of information, assistance and support offered through the Single Point of Access and Early Help Hub increased
- ✓ Opportunities for people to move more and reduce sedentary behaviour increased

**Links with other priorities:**

- ✓ **Resilient Communities** – enabling and inspiring communities to become confident, cohesive and forward thinking
- ✓ **Environment** – developing greater access opportunities to the green infrastructure
- ✓ **Economy and Skills** – developing skills for employment opportunities, reducing worklessness and the impact of social reform
- ✓ **Community Safety** – tackling drugs and alcohol / reducing re-offending