

Appendix A: Health & Wellbeing Action Plan 2020-2024 UPDATE JANUARY 2021

Table 1: Children and Young People

What we're doing now	Why we're doing it	Delivery model	Status update
Home Start Grant Funding for new parents	A child's future is determined before they are born. The Home Start programme is targeted to parents with young children under the age of 4 living in the most disadvantaged areas of the District and supports the Countywide priority of giving children the best start in life.	Funding provided for Home Start via the Service Support Grants.	GREEN: Service has been adapted to provide ongoing support online.
Holiday Sports Camps	To provide opportunities for children from all backgrounds to participate in sport activity to build confidence, improve educational attainment (direct link between children who play sport and educational attainment), social and community cohesion. These events are supported by volunteers from the young leader programme via School Sports Partnership.	Sport camps Disability school athletic sport.	RED: These were cancelled in 2020. Delivery is being adapted and updated and plan to re-open in 2021.
Mini Olympics for year 4 pupils	Promoting sport in schools. 44 schools across South Cambridgeshire attending with 1600 pupils introduced to a wide range of sports and involving 128 volunteers from the 8 secondary schools. Children who engage in sports early adopt healthy lifestyle habits which are more likely to continue into adulthood. There is a strong correlation between sporting activity and educational attainment	South Cambs Schools Sports partnership (Total event cost £4300)	RED: Event cancelled in 2020. Plans to start again this year.
Wild Minds	Working in partnership with Milton Country Park and a psychological therapist to provide an 8 week course for young people (aged 14-18) with poor mental health unable to access mental health services via primary care.	Funded by Let's Get Moving	GREEN: Cohort 1 complete end October 2020 Cohort 2 delivered Nov 2020
Working with vulnerable families	Through our housing officers, identifying families who may be struggling and working across agencies to provide wrap around support.	Housing Support Officers and Complex Case Officer	GREEN: Service continues to be delivered by HSOs
Advice Services	To provide debt counselling and advice services such as CAB and Disability Cambridgeshire to families in need of additional support	Funding provided for voluntary sector organisations via the Service Support Grants.	GREEN: All services have adapted their models to provide ongoing support.
Future Plans	Why we're doing it	Delivery model	Status Update
Nutritional Wellbeing in Schools	New funding from Public Health providing access to schools to provide nutritional wellbeing together with measures such as Whole School Approach to Health and Wellbeing.	Healthy Lifestyles Contract Public Health (formerly LGM)	GREEN: Nutrition lesson plans have been completed and adapted to enable teachers to deliver the lessons.

Table 2: Healthy Behaviours and Lifestyles

What we're doing now	Why we're doing it	Delivery model	Status Update
Creating an Active Travel Toolkit	To guide planners, developers and officers in creating truly active environments in new communities to encourage residents to adopt more active healthier lifestyle behaviours as soon as they move in. Encouraging more people to travel by cycle or on foot will not only create safe more sustainable environments in which children can play, it will improve population-based activity levels, increase community cohesion and improve air quality. To be included in the next Local Plan and create an Active Travel SPD.	Planning, policy, S106	AMBER; First draft complete and with Officers for input.
Health Impact Assessments (HIA)	Using the Health Impact Assessment tool to work with developers and planners to ensure new settlements promote health and wellbeing through good quality housing, equitable access to local amenities, open green space and play areas.	Sustainable Communities Officers	GREEN: HIA's have continued throughout Covid
Equalities Impact Assessments (EqIA)	Use of the Equalities Impact Assessment tool for all new policy, projects and major planning applications to ensure disadvantaged or vulnerable people are not discriminated against.	Planning, policy	GREEN: Complete
Creating healthy new communities through the planning system	Working closely with developers and planners to create new communities which design-in active lifestyle, promote physical activity, health and wellbeing via high quality housing, easy access to green space, amenities and healthcare, and community development learning from what works well at Northstowe.	Planning, policy, S106	GREEN: Ongoing work
Active and Healthy 4 Life (Exercise on referral)	Exercise Referral scheme for adults with a medical condition. Delivered at sports centres across the district. Continue to work with PCNs to improve and increase referral rates across the District.	Local Sports Centres Sports co-ordinator contractor	RED: Delivery cancelled since Lockdown 1. The service is currently being adapted to provide participants with greater options to undertake activity both indoors and out.
Healthy Lifestyles Contract "Healthy You" (formerly Let's Get Moving)	A County funded programme aimed at those most in need to encourage participation in physical activity. Participating in physical activity improves physical health, e.g. can help reduce obesity, reduce risk of developing diabetes, heart disease and other chronic illnesses and positively impacts mental wellbeing.	Funded by Public Health and hosted by SCDC promoted by Project Officer post.	GREEN: New contract commenced on 1 st July 2020
Active New Communities	HNT programme/Sport England funded programme to support physical activities in new communities including Northstowe and Hauxton.	HNT and Sport England	RED: Activities ceased since lockdown 1. Officers continue to work with communities to bring PA programmes back once it's safe to do so.
Promoting greater activity in the workplace via national initiatives i.e. cycle to work day; lunch time walks,	To improve employee morale, encourage more inter-departmental cohesion, create an enjoyable working environment, improve physical activity levels and support mental wellbeing for employees.	Officer support and Everyone Health (funded by CCC).	GREEN; HR have supported staff via online lunchtime

various activities in the recreation room; learn at lunch sessions. Mental Health First Aiders,			wellbeing sessions; individual departments have organised social gatherings beyond work hours .
Early intervention and prevention to support debt and prevent homelessness	To help residents to maintain tenancies, reduce stress and maintain good mental health, to the benefit of the individual and their families.	CAB, Reach (Via service support grants), housing support	GREEN: Ongoing service provision from the voluntary sector
Investment in community-based art-therapy groups.	Arts on prescription. Offering residents suffering with poor mental health alternative therapies to managing mood, anxiety and depression.	Part-funded by service support grants.	GREEN: Service has adapted its provision to ensure people can continue to participate at home.
Community Safety initiatives across the age groups	Domestic Abuse training for front line staff; communications on a range of issues such as Hate Crime, Scams, Domestic Abuse and Sexual Violence and Hoarding. The development of a range of toolkits to build community resilience in the face of vulnerability to crime	CSP	GREEN: Community based participation in the development of local toolkits is underway.

Future Plans	Why we're doing it	Delivery model	Status Update
State clear health and wellbeing objectives in the Local Plan	To make clear to those seeking to develop and build that only developments which address our criteria will meet planning approval.	Planning policy	GREEN: On course
Apply the 10 principles from the Healthy New Town Network and the best innovations from our work at Northstowe Healthy New Town and apply the learning to new planning applications.	To ensure every new site is a healthy new town to address inequalities between new sites and create consistency on what new residents can expect when moving into a new settlement.	Planning policy	GREEN: Ongoing
The Health Impact Assessment SPD will be revised and updated.	To reflect new policy and evidence in which to work with developers and planners to create new developments which produce a net gain in health	Planning policy	AMBER: Delayed due to COVID
Secure from major developers S106 funding for the phasing arrangements for early delivery of community spaces such as parks, greens spaces, orchards and allotments in new communities.	To ensure that new developments promote health and wellbeing from the outset giving opportunities for the early residents to have access to quality open green space, parks to promote mental and physical wellbeing.	Planning policy	GREEN: Ongoing
Creation of a "Top Ten Tips to future proof your home" – sharing best practice for private homeowners wishing to extend or build new homes.	Sharing our learning, expertise and best practice in creating quality lifetime homes for residents wishing to build their own home and extend their existing home to promote good health and independent living for as long as possible.	Planning policy	AMBER: To be delivered
Continue to invest in mental health first aiders in the workplace	To create a more supportive working environment, signposting employees to various voluntary sector support to prevent escalation of symptoms leading to crisis, improve productivity and reduce absenteeism.	Training provided by Everyone Health (free)and delivered by Officers	GREEN: On course

Working with PCNs within an integrated neighbourhood delivery model to wrap support around the individual.	To create more seamless access to services for our residents, prevent escalation of symptoms leading to crisis and support independent living and delayed transfer of care into hospital or social care. This will be a multi-agency approach working with health and social care partners and the voluntary sector.	Officers	GREEN: On course The Meridien PCN has recently received funding approval to become an integrated neighbourhood and links to SCDC established to determine work priorities
To set up a Council partnership with an external agency that can deliver low carbon, energy efficiency and fuel poverty services to all residents.	Helping to meet the Council's Business Plan to be 'Green to our Core' and working towards a carbon neutral future. Helping to tackle fuel poverty which has an adverse impact on health and wellbeing due to cold and damp homes.	Housing and Environmental Health	GREEN: LEAP contract started in August 2020
Agree an Air Quality Strategy and review the air quality monitoring network.	To ensure that we maintain or improve the good level of air quality our residents currently enjoy and review the ongoing monitoring network so that it takes full account of future air quality changes resulting from the high growth across the District.	Environmental Health	GREEN: Ongoing
Set emissions standards for Private Hire and Taxi vehicles	Set emissions standards (Euro 5 and 6) for Private Hire and Taxi vehicles to reduce CO2 and NOX	Licencing, policy	GREEN: Ongoing
Develop a Health in All Policies Approach (HiAP)	Develop an approach to all policies which systematically takes into account the health implications of the decisions made; targeting the key social determinants of health.	Officers	GREEN: Ongoing

Table 3: Mental Health

What we're doing now	Why we're doing it	Delivery model	Status Update
New community development. Learning from the issues relating to mental health in the early development of Cambourne and applying this learning to all new developments	To ensure all new communities offer early residents the opportunities to meet and connect with each other; employing community development workers to bring people together and ensuring that early infrastructure is provided through S106 funding.	Officers	GREEN: Ongoing
Early intervention and prevention via our housing officers to support debt and sustain housing for those in need.	To help prevent individuals and families from falling into debt/or helping them to manage debt and to help sustain tenancies.	Housing Officers including Housing Advice Officers	GREEN: Ongoing
Providing temporary homes during the most severe weather for rough sleepers	To offer temporary respite to rough sleepers during the harshest of weather conditions	Housing	GREEN: Ongoing. SCDC provided temporary housing to rough sleepers during the first lockdown.
Mental health crisis support	A local 'Crisis Care Concordat implementation plan aimed to prevent mental health crisis in community settings and reduce the use of section 136 of the Mental	CCC/SCDC	GREEN: Ongoing

	Health Act signed by this Council.		
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Future Plans	Why we're doing it	Delivery model	Status Update
Creation of a Mental Health Officer post. Developing a business case using the reallocation of resources to enable the appointment of a mental health worker to work with families struggling with anxiety, depression, drug and alcohol addictions to improve the wellbeing of the individual, their immediate family, (often young children) and their neighbours.	Housing officers currently spending greater amounts of time on a small number of tenants who present with quite complex mental health needs, but which don't meet the thresholds for NHS intervention. Freeing up time for housing officers to work a broader caseload and prevent escalation of symptoms of resident leading to crisis and possible loss of tenancy	Housing, Neighbourhood Services.	RED: Work was progressing to second a member of staff from CPFT but due to Covid, the project has been stalled by NHS. Alternative solutions are being considered.
Training for all front-line staff in early identification of drug and alcohol addiction.	To identify residents and families at risk or early on and signpost to services to avoid escalation of symptoms	Change, Grow, Live external provider (free training).	AMBER: Yet to be delivered.
Continued investment in mental health first aiders within the workplace	To provide peer to peer support and an alternative outlet for colleagues who want to talk/need support to help prevent the escalation of symptoms of poor mental health.	External provider	GREEN: Ongoing

Table 4: Ageing Well

What we're doing now	Why we're doing it	Delivery model	Status Update
Invest in the Mobile Warden Schemes to enable older people to continue to live independently in their own homes if they choose	To enable older people to continue to live independently in their own homes if they choose	Parish Councils, Age UK, Grant Funding	Schemes have adapted their services to meet the demand for Covid and continued to deliver support throughout.
Invest in Care Network independent living schemes	To enable vulnerable people to continue to live independently in their own homes if they choose.	Grant Funding	Ongoing. The charity adapted delivery of the scheme to ensure support has continued since March 2020.
Offer the Housing Options for Older People service across tenure for those wishing to consider alternatives. This is tenure neutral	To enable people to remain living and ageing well in age-appropriate housing, avoiding early hospital or care admission	Housing officers and promotion of service through social media and magazine	Ongoing
Create flexible homes to support independent ageing through the joint housing strategy.	To enable people to remain living and ageing well in age-appropriate housing, avoiding early hospital or care admission	Planning, housing	Ongoing

Planning and building the right number of homes to meet demand for older peoples housing needs using the HOPSR ⁽³⁾ . and ECDA tools ⁽⁴⁾ and developed under the HNT programme	To provide the right supply of homes which give people greater choice by building attractive homes in places where people want to live eg good accessibility, close to amenities etc	Planning, housing	Ongoing
Investment in the Home Improvement Agency (HIA).	To enable residents to apply for adaption to homes to enable them to remain living independently for as long as possible avoiding earlier hospital or care admission	Housing.	Delivery is ongoing
Investment in the Age UK Handyperson scheme	Tenure neutral scheme enabling residents to apply for minor work/jobs to keep their homes functioning, enabling them to live comfortably and longer in their own homes for as long as possible avoiding earlier hospital or care admission	Grant funding	This service has continued to deliver vital services throughout lockdown i.e. helping to fit grab rails to enable early discharge from hospitals.
Promote the Community Lifeline scheme to residents.	To offer remote support to vulnerable residents at risk of falling etc	Housing	Delivery continues
Work with the Falls Prevention teams	To identify and refer those at risk to the falls teams at CPFT and promote strength and balance classes and community based activities	Housing officers	Strength and Balance classes put on hold. Everyone Health, a main deliverer of the classes attempted to move classes to Zoom but take up was poor due to the demographic.
Invest in digital care within our new communities	Tech-enabled care together with services such as the Lifeline enable residents to be monitored to detect early signs of deterioration in health plus more immediate connectivity to carers, families and health professionals should something go wrong.	Housing, new communities	Ongoing
Promote the Parish toolkit to address isolation and loneliness in our rural communities.	To encourage more parishes and groups to engage in activities which create community and social cohesion to help prevent isolation and loneliness	Development Officers	The Covid voluntary groups are the main sources of contact for older people who would normally have participated in village based activities. They are working with older people to ensure their social and

			practical needs continue to be met.
Provide support to Parishes and Community Groups to develop local initiatives which benefit the wider community	Helping groups and parishes set up locally driven initiatives which support local people.	Care Network	Social interaction activities have ceased but CN continues to provide support to individuals and groups to maintain communication.
Invest in community transport schemes such as the Royston and District Community Transport Scheme and Care Network Community car schemes. Continue to produce the transport directory.	Lack of community transport negatively affects the most vulnerable people in our society including the elderly, and those on low incomes. Continued investment will enable independence and social connection to those that would otherwise not have the means to travel beyond their village and access healthcare and other necessary amenities	Funding via the service support grants.	These schemes have suffered badly as a result of Covid with a drop in usage, many volunteers aged 70+ and costs of vehicle maintenance remaining high.
Support the publication of COPE, the newsletter aimed at keeping local older people connected and in touch with the outside world.	To keep older people connected. Many older house-bound people who do not have or want access to the internet rely on this form of newsletter as a source of information on what's going on locally.	COPE	This service has continued to produce newsletters and keep in touch with members by phone.
Promote the Community Rail Partnership	To encourage modal shift to more active travel by promoting cycling and walking routes and public transport options to and from stations, and promoting rail use as a key part of sustainable and healthy journeys	Project officer	Ongoing although many activities have stopped due to social distancing regulations and public concern for using public transport
Specialist advice for voluntary sector	To provide specialist advice for the voluntary sector in terms of access to various sources of grant funding, training and general support	CCVS	Ongoing
Providing support to help families and individuals maintain their tenancies	To help vulnerable families maintain tenancies to help avoid homelessness	Cambridge Cyrenians Cambridge Re-Use Cambridge Womens Aid	Ongoing
Support the Military Veterans Covenant	To help support retired military service personnel who re-settle in the District on a range of issues such as benefits, housing and welfare.	Project Officer	Ongoing

Future Plans	Why we're doing it	Delivery model	Status Update
District wide cover of the Mobile Warden Scheme	To enable greater access for older/vulnerable people access to a supportive scheme which enables them to continue to live independently in their own homes,	Parish Councils / Age UK Grant funding	7 new schemes covering an

	avoiding earlier admission into care or hospital.		additional 21 parishes have been set up.
Work with our Parishes to create recognised Dementia Friendly communities across the District	To enable those living with dementia and their families and carers to remain living safely in their local communities and to feel supported and understood. This will help avoid early admission into care or hospital.	Parishes, planning, housing	Much of this work has been put on hold.
Provide safeguarding and dementia friendly training to frontline staff and licenced taxis	To ensure those living with dementia feel well supported. To enhance knowledge of taxi drivers to support people living with dementia and who may be lonely or living in isolation.	Cross council and licencing officers	Delivery ongoing
Develop a Council owned exemplar scheme of age-exclusive apartments at Northstowe.	To ensure that the Council is at the forefront of developing the next generation of affordable rented homes specifically targeted at older people, that promotes an active lifestyle and supporting residents to live safely and independently for as long as possible.	Council newbuild programme	Delivery ongoing
Organise a Parish toolkit roadshow across the District to show case community-based solutions to tackle social isolation	To inspire local communities and provide practical advice and support, peer to peer, to Parishes and community groups interested in learning more about how to tackle social isolation.	Project officer	Due to be delivered in April 2020 but cancelled due to Covid