

**Torfaen County Borough Council
and Torfaen Local Health Board**

**Health, Social Care and Well-being
Strategy**

2008 – 11

**“Working Together for Better
Well-being”**

**Stakeholder Summary and
Consultation Document**

What is the Health, Social Care and Well-being Strategy and who is involved?

The Health, Social Care and Well-being Strategy is a document that Torfaen County Borough Council and Torfaen Local Health Board will prepare together to support and enhance the development of local health and social care services from 2008-11 and beyond. It will also cover the “wider determinants” of health and well-being – the big issues, setting out the influences that lifestyle, housing, education, jobs and transport has in how well we feel as individuals, and as a community. This document builds on the first Strategy which was published in 2005.

In support of the strategy, we established the Torfaen Health and Well-being Partnership Board in 2005 with other agencies including the Gwent Healthcare NHS Trust, Torfaen Voluntary Alliance, Gwent Police, user/carer representatives, the National Public Health Service and voluntary sector representatives. The Partnership Board aims to promote a shared vision, joint planning and better communication between all agencies.

Many other organisations have influenced the development of this second strategy so far through contributing to a Needs Assessment, which has summarised information from across the private care homes sector, schools, carers and various voluntary sector forums, as well as national and local research findings.

But we are also keen to know more about your views, because we believe that the strategy’s success depends on local communities being supported to help themselves, as well as shaping our vision and priorities.

So, we have produced three documents which are aimed at helping us to get more local opinions and actions;

- This **summary Consultation Document**, with a supporting questionnaire – which will be widely distributed and discussed during October, November and December 2007.
- A **Technical Document**, from which this summary is drawn. This includes much more detailed information on needs, services, anticipated future changes and so on, and is available as a working draft at (www.torfaen.gov.uk/healthandsocialcare). A final version will be available from Monday 15th October.
- A comprehensive **Needs Assessment**, which is available at www.torfaen.gov.uk/healthandsocialcare You should read this if you want to know more about why we identified the particular issues highlighted in this summary.

The Needs of People in Torfaen

Our **Health, Social Care and Well-being Needs Assessment**, completed in July 2007, was one of the first phases of work involved in developing the Strategy. This assessment aimed to include as much information as possible about local health and well-being, and to consider the impact locally of some major health and social challenges. The influence of many of the social issues remain consistent with our findings from that first strategy – Education, Poverty and Community Development are all major determinants of health and well-being in Torfaen, and require concerted and sustained attention.

The **Needs Assessment** confirmed some very serious challenges affecting the health and well-being of people in Torfaen:

- Our people have, on average, shorter and less healthy lives than people elsewhere in Wales.
- There are high levels of long term illness, of disability and of death from coronary heart disease.
- Our population is ageing and the numbers of older people are growing – and older people locally have a high level of ill health, impairments and physical discomfort that may require health and social care support.
- There is significant deprivation and economic inactivity amongst adults in some parts of the Borough, contributing to poverty amongst children and young people in many families in Torfaen.
- Local people have one of the lowest levels of physical activity in Wales, and this is linked to increasing levels of obesity which, in turn, leads to poorer health. More people smoke in Torfaen and eat a less than healthy diet.

There is much that can be done to change this situation and this is the great challenge for the implementation of the Strategy – and for the people of Torfaen.

Unless we prioritise action effectively, and make sure that all partners and individuals are addressing the causes of poor health and well-being, we will be no better off ten years from now.

This effort must be co-ordinated by all partners, and everyone in Torfaen should be concerned about the quality of the lives of themselves and their neighbours. The strength of our communities, the commitment locally to partnership working and our experiences of what has worked (and not worked) from the first strategy; provide a good basis for us to take things forward.

The Need for Change in Health and Social Care

The need for change is well established at a national and local level. The **Technical Document** contains a more complete analysis of the key factors – with national policy to modernise services, tightening resources, and demographic change being three of the biggest influences – and which mean that the pace of change has to be accelerated.

In 2004, the Wanless report made the case for some extensive changes. It highlighted the poor health that is widespread in our communities and the unhealthy lifestyles of many people. The report also stressed how both the NHS and Social Services are overstretched to such an extent that we will fail to tackle ill-health unless much more is done by all of us to prevent illness and promote independence.

Since that report there has been a lot of policy development, aimed at;

- Moving the NHS from being a national sickness service that treats illness, to a national health service that also prevents it (*Designed for Life*).
- Local authorities extending their role and commitment to making a major contribution to health improvement (*Route to Health Improvement*).
- Encouraging and supporting people to take care of their own and their families' health (*Health Challenge Wales*).
- The NHS and local government working closely together in managing the causes of ill health and in reducing pressure on our hospitals, so that more people can be treated quickly and effectively (*Fulfilled Lives and Supportive Communities*) and
- Closer attention being given to the economic, social and environmental causes of ill-health, and greater strategic direction to the resources for tackling them (*Well Being in Wales* and *Community Planning*).

A range of other factors are also requiring us to change our way of working. These include:

- the growing proportion of the local population aged over 65;
- financial constraints – with the Local Health Board, the Council and the Gwent Healthcare NHS Trust all required to achieve annual financial balance with less “real term” resources and more demand on services.
- a dramatic change in service users' expectation of health and social care, where people want to be supported to live at home and remain independent wherever possible;

- advances in clinical practice and quality of health care, which means that more drugs and treatments are available and standards are improving, so that choices have to be made about priorities;
- the need to implement the workforce change to support the European Working Times Directive, Single Status, and workforce development to address skill shortages, skill mix and workforce supply pressures;
- technological advances that continue to revolutionise the way in which health and social care can be provided, and can help to create efficiencies and savings e.g. Telecare.

Within secondary care a major review of hospital services in the greater Gwent area has led to a new programme of planned improved clinical services, which have received public endorsement. Plans include a specialist critical care centre, based in Torfaen, as well as a local general hospital. This will mean that most healthcare can be provided safely within the county borough. Some specialist services will still need to be accessed outside the greater Gwent area, where it would not be safe or efficient to provide the service locally.

A primary care estates strategy has been developed, consulted on in 2005 and agreed by the Welsh Assembly Government in 2006. The aim of this strategy is to ensure we have sufficient capacity and quality of primary care services, which include family doctors, community nurses, pharmacists, dentists and optometrists, to meet future needs across the borough. A hub and spoke model of service delivery has been agreed and this will lead to the development of up to 3 primary care resource centres, which will support a range of health, social care and well-being services. We have prioritised North Torfaen as the first area for service development and have developed a rolling programme for Mid and South Torfaen.

In addition a regional commissioning support unit has been established, to support Local Health Boards in their commissioning role by providing a framework for strategic decision making on the range, level and location of future hospital services in the South East Wales area.

Our Vision and Key Themes

The Torfaen Community Strategy provides a shared vision of where we want to be by 2015 – specifically, to create opportunities that will make sure that;

- People are able to work, live and play because they are healthier.
- People of all ages and in all areas feel safe.
- Through education people are able to make informed choices about their lives.
- Residents and businesses have developed their skills to embrace new technologies and global competition whilst treasuring their past.
- People appreciate and enjoy the environment.
- People are able to find housing in the communities of their choice.
- Organisations have a citizen focus.
- People have an opportunity to make changes and influence organisations.
- Torfaen and its people are well networked with each other and with the rest of the world.
- People and organisations working together are the solution to achieving a better quality of life for people in Torfaen.

A significant part of delivering the Community Strategy's vision is to have clarity around the "job" of the Health, Social Care and Well-being Partnership Board within that. The Partners have spent time thinking through and describing the principles that they will all work to between 2008 and 2011.

All of Torfaen's Health, Social Care and Well-being partners are committed to "Improving Together for a Better Torfaen", and to

- Ensuring that all public policies, not just health policies, contribute in some way to improving our citizens' health.
- Creating social and physical environments that actively encourage and support well being.
- Developing citizen's personal skills and knowledge (including through the provision of information) to support and promote health and well-being.
- Strengthening communities to support individuals.

- Ensuring that services are effective, efficient, accessible and targeted to highest need.
- Ensuring that services have a stronger role in improving the quality of life for those who have health and social care needs.

No single approach or agency is capable of delivering the scale and pace of change that is so obviously needed in Torfaen. Through adopting a “four pronged” approach, a healthy balance of activity can be planned to address

- **Life circumstances** - the wider determinants...mainly through a concerted commitment to developing *healthy public policy* across all organisations...at the same time as...
- Promoting healthier choices to improve **lifestyles**...mainly through refocusing existing work and developing new evidence based *projects*...and
- **Improving health and social care outcomes**...mainly through promoting *independence* and choice,
- **Service provision** . . . a focus on *efficiency, outcomes* and *new service models* to enable and support the above

We consider that the themes in the following section are central to achieving this vision, and we have highlighted them in the **Technical Document**.

How We Propose to Improve Health, Social Care and Well-being

The needs of local people and the necessity for change require that to improve health and well-being in the long term we need to focus our efforts on tackling the causes of problems in each of these areas.

These strategic themes have been identified as particularly important, either because they represent a continuation of existing Health, Social Care and Well-being themes and priorities, or (in a few cases) because they are additional themes that have been added as a result of the latest needs assessment and consultation work to date.

Each strategic **theme** (with the Partnership Board agreeing that “strategic” is defined as meaning long term and “whole system” in nature) is then supported by an **overall aim**, which sets out the change that we need to be working towards (the “shared outcome”) that we all want to achieve in the final strategy. Many of these aims will be measured and monitored against “shared outcome indicators”. These are a way of ensuring that the results (the “outcomes”) that we are seeking require all partners to address them (“shared”).

In the Technical Document each overall aim is supported with a small number (usually 2-4) of **key actions** that – based on the available evidence – seem to represent the best way of filling the “gaps” that the Health, Social Care and Well-being Strategy will need to address. Concentrating on the “gaps” will mean that the final strategy will deliver additional benefit (“added value”) to the existing activities of the many single organisations, and existing collaborations. Other organisations and ‘partnerships’ exist which are already addressing nationally imposed “must do” targets so this Strategy will not duplicate effort there.

We want your views through this consultation exercise on the themes, overall aims and some of the possible key actions for the future.

In the final strategy, these will then represent the **commissioning framework**, against which all partners’ activities and plans can be referenced. For the next three years – depending upon the final nature of the **joint financial strategy** now being developed by the Local Health Board and the Council – service areas and directorates will be required to develop specific activities and projects that address the agreed areas.

In this way, **mainstream resources** of the Council and the Local Health Board will become increasingly targeted at delivering the Health, Social Care and Well-being strategy, and activities (including low and no cost changes) will be generated in sufficient volume to make change more commensurate with the scale of our challenges.

The relationship between these themes and the main issues we have identified – and for which local action will be developed – is summarised

below: these represent the most likely areas of work, and this consultation will help to prioritise a smaller number for further development within the final strategy.

Overall priorities will be set, taking into account a range of other factors, such as the number of people affected, the rate of change, and the strength of the evidence.

Life Circumstances

Theme 1: Tackling Poverty

Issues: deprivation, poverty (including child poverty) and worklessness

Theme 2: Improving community development and empowerment

Issues: housing and homelessness, transport and citizenship

Theme 3: Education, skills and training

Issues: life long learning and skills; to access employment and make healthy lifestyle choices

Theme 4: Community safety

Issues: Accident prevention, injuries and falls; local environments and at home and crime reduction

Lifestyles

Theme 5: Substance misuse

Issues: Smoking, alcohol and drug misuse

Theme 6: Healthy living

Issues: Sexual health, nutrition, physical activity and obesity

Improving health and social care outcomes

Theme 7: Vulnerable adults and carers

Issues: Mental health, disabilities, older people and carers

Theme 8: long term limiting illnesses, and screening

Issues: heart disease, stroke, respiratory diseases, neurological and muscular problems

Service provision

Theme 9: Promoting independence and choice

Issues: delayed transfers of care and independent living

We recognise that working together to address these issues requires us to contribute to individual and community empowerment, and to better co-ordinate the work of partners across the statutory, voluntary and independent sectors – including everyone concerned with the environment, transport, crime and disorder, housing, economic development and regeneration, education and lifelong learning, leisure and culture. That means not just Council services but businesses and factories, shops, schools and other youth organisations.

At the end of this summary there are three different forms that can be used by you to tell us what you think about;

- The **importance** that you attach to the issues that we have identified: by returning the questionnaire in Appendix 1 you will be helping us to set priorities and make choices.
- Whether we have any **missing issues** of particular importance or significance, based on your experience: by returning the form in Appendix 2 you will be helping to ensure that the strategy is as comprehensive as possible, and/or that a particular can be drawn to the attention of the most appropriate partner.
- Providing more information for our ongoing **Needs Assessment**; by returning the form in Appendix 3 you can tell us about groups, activities, research or information that will help us to improve our understanding of local needs.

All forms can be returned by e-mail or to the **freepost** address provided, and we would encourage you to comment by using one or more of these forms.

You can also feed your views in through a number of the meetings and events that are also planned, and an up to date list of these can be found at www.torfaen.gov.uk/healthandsocialcare

Life Circumstances

1. Tackling poverty

Life circumstances are important factors that impact directly on the well-being of both individuals and communities. The higher the deprivation, higher the prevalence of risk factors such as physical inactivity, smoking, obesity and lack of a healthy diet; in turn these are linked to poor health outcomes as well.

Our **overall aim** is to reduce poverty, including child poverty, and some of the key **actions** that will help to work significantly towards this aim are to;

- Promote access to affordable credit by supporting the Torfaen Credit Union
- Develop debt and benefit advice services in a range of new settings
- Provide benefit awareness training for healthcare staff

Poverty is strongly associated with worklessness and an **overall aim** is to improve the working environment to enable more people to work. Some of the **key actions** to work significantly towards this aim include;

- Developing the capacity to better support workplace health initiatives to keep people healthy at work
- Providing more support for those with health problems back into work e.g. Pathways to Work
- Supporting opportunities for local people to be employed in health & social care and the 'healthy lifestyle industry' and encourage new service providers into the area.

2. Improving Community Development and Empowerment

For positive state of well-being, people need to feel part of a community, whether that is where they live, where they work or learn, their social networks of families and friends, or where they receive help and support. It is important that people are empowered to live in and move around between communities and to access facilities and amenities that are part of their life. Our **overall aim is** to improve people's opportunities to have their own front door and to live in warm, safe and healthy homes. Some of the **key actions** to help us to work significantly towards this aim include;

- Developing support for those with health problems such as mental illness and drug dependency, to ensure tenancies can be maintained and homelessness prevented
- Implementing more home energy efficiency schemes, in particular for vulnerable groups and those with chronic disease
- Raise awareness amongst healthcare staff who visit patients in their homes of what fuel poverty is, the associated health problems, and services available to patients that assist with heating costs
- Promoting safe alternatives to car usage such as walking and cycling and promoting green travel plans

3. Education Skills and training

The Children and Young People's Framework will take the lead on promoting the health and well-being of children and young people in Torfaen, and will base its work around the outcomes sought by WAG's Every Child Matters policy document.

The aim will be to ensure all children and young people have access to appropriate education that enables them to achieve their full potential in their local community irrespective of their individual, circumstances or difficulties. The Single Children's Plan will be consulted on in Spring 2008; The Children and Young People's Partnership has identified improved personal, social and health education as a key priority and the Council will continue to work closely with Partners to ensure children and young people have relevant appropriate information in respect of substance misuse, alcohol and tobacco, sexual health and diet and exercise.

The Health Social Care and Well-being Partnership Board will therefore concentrate most of its work on filling the gaps relating to education, skills and training for adults of working age, and beyond. At present Torfaen is a place where many people still have difficulty with the basic skills of literacy and numeracy. This has a fundamental impact on all aspects of their lives, and contributes to a lower level of economic activity. The **overall aim** is to "champion" the adult basic skills agenda more effectively, and some **key actions** are to;

- Strongly support the development of a collaborative approach to Convergence Funding
- Carry out more workforce development planning in collaboration with all the relevant Sector Skills Councils
- Develop and promote "well-being" related further and higher education courses

- Support the enhancement (with the C&YPF) of the Healthy Schools programme

4. **Community Safety**

Accidents are a major cause of avoidable ill health, injury and death. Most accidents are preventable but, for preventive action to be effective, it must be co-ordinated across a range of agencies and be recognised as a priority. The Council and Gwent Police have recently invested in more Police Community Support Officers which is helping to reduce fear of crime by providing an increased police presence in local communities. In relation to accidental injury, the **overall aim** is to reduce the death rate and the rate of serious injury from accidents. Some **key actions** that work towards this aim include;

- Improving the coordination of accident prevention initiatives across the Borough
- Develop and deliver home accident prevention initiatives
- Support organisations to prevent work placed accidents
- Continue to acknowledge and address people's fear of crime and improve their safety in local communities

5. **Healthy Lifestyles**

Health and well-being is influenced by a complex interaction of environmental and life style factors. For example smoking, diet and physical activity are influenced by family, social and community networks, as well as living and working conditions and the wider cultural and socio-economic environment. Many health professionals are already engaged in giving health promotion information and we want to continue this positive joint working. GPs, dentists, nurses, therapists, pharmacists and opticians, specialist consultants and surgeons, all play a part in advising people on healthy lifestyles when providing their own services. We need to ensure that everyone providing services to citizens are able to encourage and support healthy lifestyle choices.

Torfaen has high rates of smoking and low rates of healthy eating and physical activity. This needs to be addressed as a matter of urgency, as these contribute significantly to the high incidence of conditions such as cardio vascular disease, cancer, strokes, high blood pressure, diabetes and obesity.

Heart disease and cancer are the two most common causes of death in the borough, as they are for Wales as a whole. For both of these diseases the mortality rate in Torfaen is higher than the Welsh average. Cancer causes about 150 deaths for local people under 75 each year, with no real change over the last 10 years.

Tobacco control

In order to achieve a uniformed approach to tackling the needs of Torfaen residents in relation to tobacco/smoking related issues, a Tobacco Control Forum has been established. The work of this forum needs to be strengthened with greater commitment from stakeholders to focus concerted effort to progress the **overall aim**, which is to reduce smoking prevalence in Torfaen. Some of the **key actions** to work significantly towards this aim are

- To reduce prevalence of illegal sales of tobacco to under 16's, smuggling and counterfeiting, and tobacco advertising and promotion
- To increase access to smoking cessation information and support
- To increase smoking education/prevention work with young people.

Substance misuse

Substance misuse seriously affects individuals' health and well-being, and can also have a significant impact on family, friends and the wider community, as much crime and disorder is related to substance misuse.

Alcohol is the most commonly misused substance in Torfaen.

Among adults, (Welsh Health Survey 2003/05) 20 per cent of adults in Torfaen reported binge drinking in the past week. Torfaen ranked the seventh highest in Wales for adults whose average alcohol consumption was above the recommended guidelines.

Of those referred 'drug misusers' in Torfaen, where the main problem is specified, alcohol accounts for almost *double* all other drugs misused.

With the opening of the Pontypool multi-agency substance misuse base imminent, information and support will be more accessible locally and it is anticipated that there will be more accurate data on prevalence of substance misuse being reported in Torfaen in the near future. This will help us plan the future services. The **overall aim** is to reduce levels of drug misuse and binge drinking in Torfaen, with some **key actions** being

- To provide evidence based education and information on drugs and alcohol
- Provide harm minimisation services for those involved in drugs.
- To reduce drug & alcohol related crime.
- To support people with their substance misuse problems to improve their quality of life

Physical activity

Physical activity is widely acknowledged as the BEST buy in public health today.

In Torfaen, the age standardised proportion of adults who reported meeting the target for healthy physical activity is just 22 to 27 per cent; lower than the Welsh average and seventh lowest for participation in healthy physical activity of the 22 LHB/LA areas. The final strategy will have an **overall aim** to increase participation in physical activity within Torfaen, with some **key actions** that work significantly towards this aim being

- To raise awareness of the importance of participating in physical activity for both physical and mental well-being
- To improve and increase access to local 'doorstep' physical activity opportunities
- To improve, co-ordinate, train and retain volunteers and professionals
- To increase physical activity levels for people at work; encouraging group participation, giving social and physical benefits; impact on reducing sickness levels and absenteeism

Food for health

Alongside being more active, more often, a varied and balanced diet providing sufficient energy and an adequate supply of essential nutrients can enhance health and well-being. Obesity and poor diet create a considerable health and economic burden. Evidence shows that an unhealthy diet is a significant factor in a variety of serious illnesses, such as: cardiovascular disease, cancer, non-insulin dependant diabetes & osteoporosis. Improved diet is one of the easiest ways to improve health. A positive change across the Borough would have a major impact in reduction of chronic diseases.

Torfaen is ranked 8th highest of the 22 LHB/LA areas in Wales for adults with obesity with 55.7 per cent of adults who are overweight or obese. This is higher than the Welsh average of 54.1 per cent.

The *Torfaen Action on Food for Health (TAFfH) Strategy* group works to map current activity in Torfaen, identify specific needs and gaps and provide focus for action. The actions identified as a result of the work of this group need to be supported by the HSCWB Strategy, with the **overall aim** being to increase the number of people eating healthily across Torfaen. Some **key actions** that will contribute to the above aim are

- To raise awareness of the importance of a healthy balanced diet.
- To increase access to training programmes for the general public in skills to improve nutrition.
- To increase access and availability of healthy food options.
- To promote and deliver a range of evidence based healthy eating initiatives, ensuring that healthy eating initiatives are provided for a variety of populations in appropriate settings.

Obesity

Unhealthy diets and lack of physical activity have contributed to the increase in the proportion of the population who are obese. Research for the Torfaen Health and Environment Survey follow-up 2007 indicates that the percentage of Torfaen residents who are overweight or obese has increased from 48.2% in the initial survey in 2002 to 55.7% in 2007. There needs to be a strong commitment to our **overall aim** of reducing the prevalence of obesity in Torfaen. Some **key actions** are likely to include;

- Developing systems to monitor the prevalence of overweight and obesity amongst children and adults.
- Developing community-based weight management support.
- Developing interventions which address the link between obesity and emotional well-being.

Teenage conception and sexual health

Emotional well being is a key factor influencing unplanned teenage conceptions and sexually transmitted infections, which continue to be a matter of concern in Torfaen and are now the highest among all LHB/LA areas in Wales. There are approximately 218 babies per year being born to mothers aged under 20, many of whom are unplanned

Unplanned pregnancy and parenthood are associated with a range of negative consequences. Generally, teenage mothers and their children suffer poor social, economic and health outcomes. Lack of education and training reduces the long term potential among teenage mothers to improve their situation. This issue requires urgent focus by the community and statutory services to work with young people to change

“risky” behaviours, thus reducing unplanned conception rates and also provide adequate support to young parents.

Between 2003 and 2004 there was an increase in the number of new cases of HIV/AIDS, gonorrhoea, anogenital chlamydia, herpes and warts diagnosed in GUM clinics in Wales.

The **overall aim** is to reduce teenage conceptions and improve sexual health, with **key actions** including;

- Developing media and communications to promote positive sexual health.
- Working with schools to provide appropriate sexual health advice to children and young people
- Developing community based contraception & advice services.
- Improving access to sexual health services.

7. Vulnerable adults and carers

People in Torfaen can become vulnerable to experiencing severe disadvantage for a range of reasons whom all partners recognise as requiring more help and support. As with other themes and issues in the strategy, the focus here is on the “gaps” that we believe exist, and so the areas where more attention is particularly required.

Mental well-being is influenced by many factors, including genetic inheritance, childhood experiences, life events, individual ability to cope and levels of family and social support, as well as factors like adequate housing, employment, financial security and access to appropriate health and social care. Racism, homophobia, ageism and other forms of discrimination also affect mental health and can be an underlying cause of mental health problems.

Everyone has mental health needs, whether or not they have a diagnosis of mental illness, therefore the need for mental health promotion is universal and of relevance to everyone. Our **overall aim** is to promote good mental health and well-being, and **key actions** to work significantly towards this aim are around:

- Supporting individuals to help themselves
- Promoting self-help guides and support groups
- Strengthening communities.

- Reducing structural barriers to social inclusion and active citizenship that can improve mental health.

Many older people are socially isolated due to mobility problems or perhaps loss of a partner, friend or family; many of them suffer from poor mental health as a result. The Council is developing more community activities for older people to join in where a hot meal is provided alongside some social contact, advice and information on a range of health and well-being matters as well as quizzes and discussion groups. The voluntary sector also provides a range of clubs and groups that older people can join in.

Torfaen has a dedicated Carers Centre which provides support and information to over 300 members. This has continued to develop over the past twelve months. In addition to this a Carers Strategy Group has been established and is looking at ways to improve services including respite provision. A 5 year commissioning plan for Carers is being developed jointly by the Council and the Local Health Board to ensure the health and well-being of Carers are addressed alongside those people they care for.

Many adults with a physical disability or a learning difficulty need extra support to enable them to live as independently as possible. Very often adults are living with parents who have provided the majority of care but who are no longer able to provide as much support, due to their own health needs. We need to develop new service models that support people with their own tenancies wherever possible.

Detailed accounts of the issues and actions relating to Gypsy Travellers, ethnic minority groups and people with disabilities, can be found in both the Council and Torfaen Local Health Board equality schemes. The Disability Equality schemes and Racial Equality schemes can be found at:

www.torfaenlocalhealthboard/raceequality

www.Torfaenlocalhealthboard/disabilityequality

www.torfaen.gov.uk/raceequality

www.torfaen.gov.uk/disabilityequality

The partnership take these matters into consideration in meeting the health and well-being needs of people in these groups and will conduct health and equality impact assessments whenever significant changes in policy or services are being planned.

8. Long term limiting illnesses

Nearly 25% of the population of Torfaen have a limiting long term illness. Living with a long term condition can have a profound effect on all areas of life, particularly on the social life and independence of individuals, their families and other carers. The **overall aim** is to improve prevention, detection and management of long term

conditions, through an integrated, holistic approach, based on targeted, proactive population management, effective self-management and community support.

Some **key actions** to work significantly towards this aim are:

- Promote shared responsibility to maintain health and well-being by supporting independence and effective active self care and management, both at home and in the care settings in which people with long term conditions live.
- Develop services to promote and manage the early identification of patients vulnerable to deterioration and complications so that resources are better targeted to highest needs.
- Provide support and care for people with complex health and social needs, managed by an identified care co-ordinator for holistic cross agency assessment and integrated health and social care management.

Prevention of ill health

After clean water, vaccination is the most effective public health intervention in the world for saving lives and promoting good health. Coverage rates of at least 95% are desirable in order to achieve “herd immunity” and protection for those who have not been immunised. Statistics reveal that there is still some considerable distance to go in terms of achieving an appropriate level of coverage.

Many agencies have a role to play in promoting and facilitating the delivery of immunisation programmes designed to protect the population of Torfaen from various key communicable diseases. Reaching the 95% coverage target as an **overall aim** will require a co-ordinated multi-agency approach and should focus on three **key actions**.

- Improve access to immunisation and screening programmes
- Raise awareness of the importance of immunisation and screening
- Adopt a multi-agency approach to the delivery of immunisation and screening programmes

9. Promoting Independence and Choice

Health and Social Care partners want to promote independence and promote choice so that more people are supported to live in their own homes for as long as possible.

Intermediate care cover a range of services that either prevent people from going into hospital if their medical treatment can be met elsewhere (such as at home or in a short stay unit) or, help to discharge people quicker from hospital by providing rapid response care, adaptations and other services that mean people can come home from hospital as soon as their medical treatment has finished.

The Council has recently reconfigured their home adaptations team and will soon have a bespoke Disabled Persons Service to offer advice to individuals and families and then install adaptations in the home that will enable people to live independently.

Other services also promote independence such as Direct Payments and Telecare, as well as service developments to promote independence by improving advice and support and signposting to agencies which can provide early intervention and prevent reliance upon critical care.

Many people are at risk of falling, especially older people, and they can often have injuries that limit their independence and choice of lifestyle in the long term, often resulting in long stays in hospital, where their mobility decreases further. Work is currently taking place to identify people at high risk of falling and develop services to offer advice and support to prevent falls and to improve treatment and after care support to get them back to full mobility as soon as possible.

Delayed transfers of care are a major source of concern in the health and social care community, which need effective co-ordinated action across the health and social care pathway by the local authority, local health board, primary and community care, voluntary sector, independent sector and the Gwent Healthcare NHS Trust. The **overall aim** is to promote more independent living and within this to particularly reduce the numbers of patients experiencing a delay in their transfer of care from hospital to the community.

Some **key actions** to work significantly towards this aim

- Significantly widening the range and quantity of alternatives to residential care for those who are no longer able to remain in their own homes.
- Avoiding unnecessary admissions and improving hospital discharge by supporting hospital staff with more effective discharge planning and developing more capacity in intermediate care services
- Develop and deliver falls prevention initiatives for older people to reduce the risk of injury and hospitalisation as a result of a fall

What happens next?

Once consultation has been completed, we will analyse the feedback and incorporate them into a revised version of the Technical Document. This will become our new **Health, Social Care and Well-being Strategy for 2008-11**, and careful thought given to how it will drive the business plans of the Council and the Local Health Board. Three key building blocks for us to achieve our vision are focusing on outcomes, better commissioning and developing new service models. These are dependant upon better integrated planning and service delivery, and the Strategy and Partnership Board arrangements need to help us achieve this.

There are already effective examples of joint working; the Joint Commissioning Group has been established, and has an ambitious work plan, as detailed in the Technical Document.

Developing this relationship further will be critical in moving from a project based approach to one which makes wider, systematic change, by developing “healthy public policy” through;

- Evidenced based decision making
- Citizen focussed, outcome based planning and commissioning
- Wider use of Health Impact Assessment
- A joint financial strategy, and
- Staff and organisational development programmes, supported by
- Capital investment in buildings and IT

Within the Council in particular, the strategy will be used to internally commission actions **across the whole organisation** in response to the aims and objectives set out in the final Strategy. Similarly, partners will revise their business plans in response to the final Strategy.

This booklet provides a summary of the main Technical document and Needs Assessment. If you are interested in knowing more about our proposals, please have a look at the Technical Document, which is available from local libraries or the Council's Civic Centres. The document can also be viewed on the Council's and Local Health Board's Internet sites (in final form from Monday 15th October). We welcome your comments on our proposals to improve health, social care and well-being in Torfaen. Please send your completed questionnaire and comments to Sue Browne, Health and Well-being Development Manager, at Torfaen County Borough Council, Civic Centre, Pontypool, NP4 6YB. Telephone 01495 766147. E-mail: healthandwellbeing@torfaen.gov.uk .

Health Social Care and Well-being – the important issues

The overall aims and key actions mentioned in the sections above are listed here. Please indicate with a tick (✓) whether you strongly agree, agree, are undecided, disagree or strongly disagree, with each aim and key action.

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
1. Tackling Poverty					
To reduce poverty, including child poverty					
• Promote access to affordable credit by supporting the Torfaen Credit Union					
• Develop debt and benefit advice services in a range of new settings					
• Provide benefit awareness training for healthcare staff					
To improve the working environment to enable more people to work					
• Developing the capacity to better support workplace health initiatives, to keep people healthy at work					
• Providing more support for those with health problems back into work e.g. Pathways to Work					
• Supporting opportunities for local people to be employed in health & social care and the 'healthy lifestyle industry' and encourage new service providers into the area.					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
2. Improving Community Development and Empowerment					
To improve people's opportunities to have their own front door and to live in warm and safe and healthy homes					
<ul style="list-style-type: none"> • Developing support for those with health problems such as mental illness and drug dependency, to ensure tenancies can be maintained and homelessness prevented 					
<ul style="list-style-type: none"> • Implementing more home energy efficiency schemes, in particular for vulnerable groups and those with chronic disease 					
<ul style="list-style-type: none"> • Raise awareness amongst healthcare staff who visit patients in their homes of what fuel poverty is, the associated health problems, and services available to patients that assist with heating costs 					
<ul style="list-style-type: none"> • Promoting safe alternatives to car usage such as walking and cycling and promoting green travel plans 					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
3. Education Skills and training					
To “champion” the adult basic skills agenda more effectively					
• Strongly support the development of a collaborative approach to Convergence Funding					
• Carry out more workforce development planning in collaboration with all the relevant Sector Skills Councils					
• Develop and promote “well-being” related further and higher education courses					
• Support the enhancement (with the C&YPF) of the Healthy Schools programme					
4. Community Safety					
To reduce the death rate and the rate of serious injury from accidents					
• Improving the co-ordination of accident prevention initiatives across the Borough					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
• Develop and deliver home accident prevention initiatives					
• Support organisations to prevent work placed accidents					
• Continue to acknowledge and address people’s fear of crime and improve their safety in local communities					
5. Healthy Lifestyles					
To reduce smoking prevalence in Torfaen					
• To reduce prevalence of illegal sales of tobacco to under 16’s, smuggling and counterfeiting, and tobacco advertising and promotion					
• To increase access to smoking cessation information and support					
• To increase smoking education/prevention work with young people.					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
To reduce levels of drug misuse and binge drinking in Torfaen					
• To provide evidence based education and information on drugs and alcohol					
• Provide harm minimisation services for those involved in drugs.					
• To reduce drug & alcohol related crime					
• To support people with substance misuse problems to improve their quality of life •					
To increase participation in physical activity within Torfaen					
• To raise awareness of the importance of participating in physical activity for both physical and mental well-being					
• To improve and increase access to local 'doorstep' physical activity opportunities					
• To improve, co-ordinate, train and retain volunteers and professionals					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
<ul style="list-style-type: none"> • To increase physical activity levels for people at work; encouraging group participation, giving social and physical benefits; impact on reducing sickness levels and absenteeism 					
To increase the number of people eating healthily across Torfaen					
<ul style="list-style-type: none"> • To raise awareness of the importance of a healthy balanced diet. 					
<ul style="list-style-type: none"> • To increase access to training programmes for the general public in skills to improve nutrition 					
<ul style="list-style-type: none"> • To increase access and availability of healthy food options. 					
<ul style="list-style-type: none"> • To promote and deliver a range of evidence based healthy eating initiatives, ensuring that healthy eating initiatives are provided for a variety of populations in appropriate settings. 					
Reducing the prevalence of obesity in Torfaen					
<ul style="list-style-type: none"> • Developing systems to monitor the prevalence of overweight and obesity amongst children and adults 					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
• Developing community-based weight management support.					
• Developing interventions which address the link between obesity and emotional well-being.					
To reduce teenage conceptions and improve sexual health					
• Developing media and communications to promote positive sexual health					
• Working with schools to provide appropriate sexual health advice to children and young people					
• Developing community based contraception & advice services.					
• Improving access to sexual health services.					
7. Vulnerable adults and carers					
To promote good mental health and well-being					
• Supporting individuals to help themselves.					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
• Promoting self-help guides and support groups					
• Strengthening communities.					
• Reducing structural barriers to social inclusion and active citizenship that can improve mental health					
8. Long term limiting illnesses					
To improve prevention, detection and management of long term conditions, through an integrated, holistic approach, based on targeted, proactive population management, effective self-management and community support					
• Promote shared responsibility to maintain health and well-being by supporting independence and effective active self care and management, both at home and in the care settings in which people with long term conditions live					
• Develop services to promote and manage the early identification of patients vulnerable to deterioration and complications so that resources are better targeted to highest needs					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
<ul style="list-style-type: none"> • Provide support and care for people with complex health and social needs managed by an identified care co-ordinator for holistic cross agency assessment and integrated health and social care management. 					
A co-ordinated multi-agency approach					
<ul style="list-style-type: none"> • Improve access to immunisation and screening programmes 					
<ul style="list-style-type: none"> • Raise awareness of the importance of immunisation and screening 					
<ul style="list-style-type: none"> • Adopt a multi-agency approach to the delivery of immunisation and screening programmes 					
9. Promoting Independence and Choice					
To promote more independent living and within this to particularly reduce the numbers of patients experiencing a delay in their transfer of care from hospital to the community					

Overall aim and objectives	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
<ul style="list-style-type: none"> • Significantly widening the range and quantity of alternatives to residential care for those who are no longer able to remain in their own homes. 					
<ul style="list-style-type: none"> • Avoiding unnecessary admissions and improving hospital discharge by supporting hospital staff with more effective discharge planning and developing more capacity in intermediate care services 					
<ul style="list-style-type: none"> • Develop and deliver falls prevention initiatives for older people to reduce the risk of injury and hospitalisation as a result of a fall 					

RETURN THIS QUESTIONNAIRE BY 30TH DECEMBER 2007 TO:

**Health Social Care and Well-being stakeholder consultation, FREEPOST RRRC-BAAG-JSCS,
Torfaen County Borough Council, Floor 5 Civic Centre, Pontypool, NP4 6YB**

Or email to healthandwellbeing@torfaen.gov.uk

APPENDIX 2

Health, Social Care and Well-being Strategy Priorities

Please could you take the time to complete this form and tell us the following:-

Who you are and what organisation you work in or with?			
Name			
Group/ Agency			
Address			
Post Code		Telephone No	
E-mail			
Please describe your group/agency's key function or role?			
What, if any, particular target audience or user group do you have? Eg children, tenants etc			
In your experience what are the top three or four burning issues that impact on well-being that are either not being dealt with or are getting insufficient attention? These can be as broad or as defined as you wish, but please include in your answers:			
What is the impact of the issue – ie “there is not enough things for young people to do so they become bored and . . . “			
How did you come to that opinion? Is it based on consultation, experience or both? If you have the consultation information please refer to it and if possible supply a copy with the questionnaire.			
Are you aware of anything being done about it at the moment?			
What course of action would you recommend to deal with it? Please include any funding opportunities you may be aware of and evidence of effectiveness if you have it.			
Issue 1			

Issue 2	
Issue 3	
Issue 4	

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