

## Appendix 1: Joint Health and Wellbeing Strategy actions' implementation plans

<b>Priority action</b>	<b>1: Family Fusion</b>
<b>Description</b>	Multi-component programme for very unhealthy weight children and their families
<b>Champion(s) / Officer lead(s)</b>	Dr Ruth Wallis
<b>Governance</b>	Children's commissioning board (obesity workstream)
<b>Key stakeholders</b>	Public health, school nurses, schools, GP practices, children's centres
<b>Outcome success measures</b>	Reduction in BMI in children attending the programme
	Reduction in waist circumference
	Reported changes in eating behaviour
	Reduction in sedentary behaviour and increase in physical activity
<b>Implementation milestones</b>	<ul style="list-style-type: none"> <li>▪ Commissioning and delivery of programme</li> <li>▪ Alignment with obesity pathway development</li> <li>▪ Engage health professionals in publicity/awareness raising</li> <li>▪ Engage children's centres, schools GPs and other stakeholders as partners</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>▪ Review of all children and adults' health improvement referral programmes including referral criteria, programme content and effectiveness</li> <li>▪ Inform the development of an evidence-based programme of prevention and weight management for children, families and adults</li> <li>▪ Inform the re-commissioning all health improvement services</li> </ul>
<b>Evidence base</b>	<ul style="list-style-type: none"> <li>▪ NICE obesity pathway and clinical guidance</li> <li>▪ Southwark Public Health Joint Obesity Review 2012</li> </ul>
<b>Allied action plan options</b>	<ul style="list-style-type: none"> <li>▪ Healthy schools</li> </ul>

<b>Priority action</b>	<b>2: Pop-up children's centres</b>
<b>Description</b>	Roaming "children's centre" providing information and advice, including signposting, at community locations, for example housing or social services offices, and GP surgery
<b>Champion(s) / Officer lead(s)</b>	Cllr Dora Dixon-Fyle and Patrick Holden / Merrill Haeusler
<b>Governance</b>	Children's and Families' Trust
<b>Key stakeholders</b>	Children's centres, early help teams, economic development including Southwark Works, JobcentrePlus, public health, Community Action Southwark, Southwark Clinical Commissioning Group, GPs, community health services, housing/environment
<b>Outcome success measures</b>	Percentage of local young families engaged with local children's centre
	Take-up of key childhood immunisations
	Take-up of free early education entitlements (2, 3 and 4 year olds)
	Gap between Southwark and London employment rates
<b>Implementation milestones</b>	<ul style="list-style-type: none"> <li>▪ Establish virtual 'team' for roadshow of services supporting young families, eg advice, outreach and customer staff</li> <li>▪ Activity includes checking eligibility of key entitlements and benefits plus signposting to health, housing, leisure and early help services, eg smoking cessation or immunisation check-ups</li> <li>▪ Identify venues (link to pop-up wellbeing shops) and/or mobile units, such as shopping centres, housing offices or hospital grounds; first pilot proposed at Surrey Docks Health Centre</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>▪ Children's centres' strategy</li> <li>▪ Ofsted inspection preparation</li> <li>▪ Development of coordinated multi-agency outreach programme</li> </ul>
<b>Evidence base</b>	<ul style="list-style-type: none"> <li>▪ Early Intervention Foundation best practice guides</li> <li>▪ Ofsted children's centres inspection framework</li> <li>▪ Marmot, Field and Munro Reviews</li> </ul>
<b>Allied action plan</b>	<ul style="list-style-type: none"> <li>▪ Pop-up wellbeing shops</li> </ul>

<b>Priority action</b>	<b>3: Healthy schools</b>
<b>Description</b>	Revived and refocused healthy school programmes to target key health issues for local children and families. This will take a prevention/early intervention approach and include a biennial survey of pupils (SHEU)
<b>Champion(s) / Officer lead(s)</b>	Dr Ruth Wallis and Romi Bowen
<b>Governance</b>	Children's commissioning board
<b>Key stakeholders</b>	Schools/Heads' Executive, public health, youth service, special education service, GPs, CCG, youth offending team, community safety, school nurses
<b>Outcome success measures</b> (indicators including via school survey)	Sexual health: teenage conceptions and Chlamydia; % awareness/knowledge Substance misuse: under-18 alcohol misuse and admissions; percentage awareness/knowledge Emotional health and wellbeing: percentage awareness/knowledge; bullying (inc sexual), self-harm Health protection: vaccination coverage, infection control Healthy weight: excess weight in 4-5 and 10-11 year olds Oral health: tooth decay (percentage mdf) First time entrants to the youth justice system Teaching staff: trained (e.g. INSET) and confident
<b>Implementation milestones</b>	<ul style="list-style-type: none"> <li>▪ Introduce C-card scheme to improve young people's access to sexual health advice and contraception, by Easter</li> <li>▪ Complete review of existing activity in schools</li> <li>▪ Explore link to London Healthy Schools programme</li> <li>▪ Maximise use of health huts and opportunities from Free Healthy School Meals programme</li> <li>▪ Design Healthy Schools programme and commission it</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>▪ Links to schools' use of pupil premium</li> <li>▪ School nursing review and reconfiguration</li> <li>▪ Align with relevant strategies e.g. child and adolescent mental health, substance misuse and sexual health</li> </ul>
<b>Evidence base</b>	<ul style="list-style-type: none"> <li>▪ PHSE curriculum programmes</li> <li>▪ Department for Education evaluations</li> <li>▪ London Healthy Schools Programme guides</li> <li>▪ Change 4 Life</li> </ul>
<b>Allied action plan</b>	<ul style="list-style-type: none"> <li>▪ Family fusion</li> </ul>

<b>Priority action</b>	<b>4: Pop-up health checks</b>
<b>Description</b>	Roaming health check clinic covering key long term conditions, diseases and health risk factors, visiting community hubs such as pubs, churches and high streets as well as employers, to support increased take-up of health checks, especially among at-risk population
<b>Champion(s) / Officer lead(s)</b>	Cllr Catherine McDonald / Dr Ruth Wallis
<b>Governance</b>	Health and social care partnership board
<b>Key stakeholders</b>	GPs, public health, director strategy and commissioning, CAS, primary and community health services, foundation trusts, employers' groups, community engagement
<b>Outcome success measures</b>	Percentage of eligible population offered a health check Take-up of NHS health check programme among eligible population (sub-focus on co-morbidities and at-risk communities) Percentage recorded diabetes prevalence Percentage HBA1c (increased detection impaired glucose intolerance) Percentage with CVD risk >= 20% Reduced inequalities in cardiovascular disease mortality Smoking prevalence
<b>Implementation</b>	<ul style="list-style-type: none"> <li>▪ Identify 'clusters' of known health risks and at-risk cohorts; eg: high levels</li> </ul>

<b>milestones</b>	<p>of obesity, diabetes and hypertension in BME communities in Peckham and Camberwell; or high levels of smoking, cancer and chronic obstructive pulmonary disease in white working class men in Rotherhithe, Bermondsey and Nunhead</p> <ul style="list-style-type: none"> <li>Identify potential venues to reach identified 'clusters', for rolling programme from January to March 2014 – eg working men's clubs; local employers or community/church venues</li> <li>Promote through print, broadcast and social media campaigns alongside targeted outreach to places at-risk cohorts frequent (eg churches, community groups, barber shops), plus use of community/organisational champions, and targeting of families with known health risks</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>Joint programme review with Lambeth, January to April 2014, to explore strengths and areas for development, including detailed analysis of 'clusters', to develop service reconfiguration proposals</li> <li>Test these new approaches from April 2014, eg pilot ways to expand patient choice, such as choice of location, appointment times and practitioner seen by (community settings, weekend openings, greater use of community practitioners) or test more proactive follow-up service</li> <li>Improve information sharing and cross-targeting with key prevention and treatment programmes</li> <li>Link through from volunteering strategy, community engagement programme and economic development strategy</li> </ul>
<b>Evidence base</b>	<ul style="list-style-type: none"> <li>Department of Health and Public Health England NHS Health Check Programme best practice guidance</li> <li>Cardiovascular risk checks – national statement</li> </ul>
<b>Allied action plan</b>	<ul style="list-style-type: none"> <li>Pop-up wellbeing shops</li> </ul>

<b>Priority action</b>	<b>5: Pop-up wellbeing shops</b>
<b>Description</b>	Temporary lease of empty shops to local start-ups or social enterprises with a health or wellbeing product or service
<b>Champion(s) / Officer lead(s)</b>	Cllr Peter John / Stephen Gaskell
<b>Governance</b>	Corporate services
<b>Key stakeholders</b>	Economic development, property lettings, public health, CCG, GPs, foundation trusts, community engagement, libraries, CAS, employers forums
<b>Outcome success measures</b>	<p>Number of local small/medium sized businesses</p> <p>Community cohesion</p> <p>Self-reported wellbeing</p>
<b>Implementation milestones</b>	<ul style="list-style-type: none"> <li>Identify one location per community council area; units potentially available in Elephant and Castle, Peckham and through regeneration sites in Bermondsey etc</li> <li>Develop funding/allocation mechanism through extension of Town Centre Growth Fund to identify tenants, alongside promotion to voluntary and community sectors</li> <li>Use venues as location for pop-up children's centre or health checks and as signposting service for key health issues</li> <li>Also exploring potential link-ups with local groups running relevant services, such as Southwark Carers' massage or Southwark Pensioners' Centre's older people health services</li> <li>Could support start-ups and local businesses through local investment readiness programme and national start up support</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>Embed in area planning, economic development and community engagement strategies, and Council Plan schedules as appropriate</li> <li>Utilise as part of wider outreach approach to health and wellbeing</li> </ul>
<b>Evidence base</b>	<ul style="list-style-type: none"> <li>Healthy High Streets</li> <li>Economic Development Strategy</li> </ul>
<b>Allied action plan</b>	<ul style="list-style-type: none"> <li>Pop-up health checks</li> <li>Pop-up children's centres</li> </ul>

<b>Priority action</b>	<b>6: Silver surfers</b>
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<b>Description</b>	A library-style lending scheme giving pensioners access to iPads to support their independence and improve IT skills; scheme supported through adult education environment or by pairing pupils through schools network
<b>Champion(s) / Officer lead(s)</b>	Cllr Peter John and Eleanor Kelly
<b>Governance</b>	Library Service, headed by Adrian Whittle
<b>Key stakeholders</b>	Libraries, Heads' Exec, schools, adult social care (day centres and care homes), specialist education, adult learning,
<b>Outcome success measures</b>	Self-reported wellbeing
	Social isolation
	Adult IT skills
<b>Implementation milestones</b>	<ul style="list-style-type: none"> <li>▪ Identify older people groups (day centres, nursing homes, other) and linked young people/pupil groups</li> <li>▪ Identify funding or existing iPads for use, opportunities likely through existing technology and innovation funds</li> <li>▪ Pilot programme through Home Library scheme, which currently provides books and DVDs to the housebound</li> <li>▪ Also exploring links with Southwark Pensioners' Centre and visually impaired group based there; with the centre potentially acting as a base for project coordination, promotion and training</li> <li>▪ Link to Adults' Learning one-to-one IT training courses for older people, eg lessons on how to use Skype, online shopping, emailing etc</li> <li>▪ Anticipate launch by Easter</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>▪ Consider in development of local telecare approaches</li> <li>▪ Basis for future intergeneration projects</li> <li>▪ Long-term loans of iPads funded through social care personal budgets as appropriate</li> </ul>
<b>Evidence base</b>	<ul style="list-style-type: none"> <li>▪ Age UK Loneliness and Isolation Review</li> <li>▪ Intergenerational project evaluations, eg Manchester's Generations Together programme</li> </ul>
<b>Allied action plan</b>	<ul style="list-style-type: none"> <li>▪ Pop-up wellbeing shops</li> </ul>

<b>Priority action</b>	<b>7: Southwark special sports</b>
<b>Description</b>	Borough-wide school sports day for children and young people with a special educational need or disability.
<b>Champion(s) / Officer lead(s)</b>	Romi Bowen / Merrill Haeusler
<b>Governance</b>	Heads' Exec SEN group, and children's commissioning board
<b>Key stakeholders</b>	Schools, Heads' Exec SEN group, public health, SEN, children with disabilities and transition teams, youth service, sports and leisure team/Fusion, London PE & School Sports Network
<b>Outcome success measures</b>	Participation in the day
	Take-up of disability sports or disability activities
	User satisfaction
<b>Implementation milestones</b>	<ul style="list-style-type: none"> <li>▪ Event proposed for June/July, as single day at which children try out range of sports including volleyball, gymnastics, trampolining or boccia</li> <li>▪ Each activity would be managed by a London PE/Sports Network coach and supported by junior sports leaders from across Southwark schools so the event has a wider reach than special educational needs and disability (SEND) children</li> <li>▪ Builds on existing disability sports programme by London PE/Sports Network at Bacon's College, which is hugely popular with schools</li> <li>▪ Align with Southwark Youth Games, which takes place over the spring and summer</li> </ul>
<b>Longer-term milestones and alignments</b>	<ul style="list-style-type: none"> <li>▪ Event could be embedded in and extended through holiday activities schemes and SEND Local Offer, for example week-long activities programme with 'sports competition' on final day</li> <li>▪ Extend scope through Inclusive and Active 2 strategy</li> </ul>

<b>Evidence base</b>	<ul style="list-style-type: none"><li>▪ Inclusive and Active 2 Strategy</li><li>▪ PE curriculum and sports funding</li></ul>
<b>Allied action plan</b>	<ul style="list-style-type: none"><li>▪ Healthy schools</li></ul>