

# Public Health Practitioner: Braintree District

Braintree District Council are currently reviewing their Health and Wellbeing Panel, their priorities and the livewell strategy. The Health and Wellbeing Panel grant has funded valuable community projects over the last year such as mental health first aid training, local walking groups, companion calls to people living with dementia and men's shed.



## How is your area set up and who does it work with?

Braintree has a Health and Wellbeing Panel, which is administrated by Braintree District Council. The panel is a partnership of local organisations made up of officers from Braintree DC, for example the Community Services Manager, Leisure, Health & Heritage Manager and the Public Health Practitioner, together with representatives from Essex County Council, Active Essex, Mid Essex Clinical Commissioning Group and different local community and voluntary sector organisations.

## Key Priorities

Our main priorities agreed by the Health and Wellbeing Panel are the following:

- Supporting children to have the best start in life
- Supporting older people to age well
- Supporting children and adults to have good mental health
- Tackling obesity in adults and children
- Hip fractures in over 65's.

These are currently being reviewed as part of the Health and Wellbeing Panel review.



## Stay at Home, Grow Your Own Case Study

The Public Health grant was used to fund the Stay at Home, Grow Your Own project involving Braintree District Council, Abberton Rural Training, Witham Community Hub and Community360. This project was initially piloted in Maldon and created to support residents to stay at home and grow their own. Promoting healthy eating and being more active during the Covid-19 pandemic. Encouraging more sustainable lifestyles, family time outdoors, mental wellbeing, as well as being a route to further education for economically inactive adults.

150 free packs were delivered throughout the Braintree district in June 2020 and two volunteer groups in the area agreed to deliver the packs to residents.

- 26 participants chose they were 'very happy' or 'happy' with their grow your own kit.
- 71% grew with other family members.
- 13% said they became 'much more active' and almost half (48%) said they became 'a bit more active' when growing their own.
- 45% said they felt mentally well for being outside and having something enjoyable to do at home.
- 32% said they felt better than they were before the kit arrived.
- 6% said they would have had to see their GP if it had not been for the kit.
- 21% said they now know how affordable growing at home is.
- 47% of participants said they love fresh fruit and veg and will try to eat more of it in their diet.

## How is the Public Health grant managed in your area?

The Public Health grant is used through a combination of both internal health projects/initiatives and applications for small grants which are coordinated by the Public Health Practitioner. These small grants are for up to £1000 for any project that meets one or more of our health and wellbeing panel priorities.



## Activity Levels

- 58% Active adults
- 32.1% Inactive adults
- 43.3% Active children
- 34.1% Less active children



## Mental Health

- 14.7% Estimated prevalence of common mental health disorders of population ages 16 & over (2017)
- 2767 Referrals in 18/19 received from MECCG across all entry points



## Social Value

- 150 Participants took part across the three Xplorer events in the summer holidays
- 81 Residents participated in the Bocking and Blackwater 3k fun run

