

Public Health Practitioner: Epping Forest

The focus of the past 12 months have been increasing our partnerships and collaboration with the West Essex CCG. This has resulted in EF leading on a variety of projects across West Essex such as the Strength and Balance Service as well as the Adult Inclusion Lifestyle Project. EFDC also lead on the West Essex Health Inequalities Committee and its Built Environment sub group. We have also continued to coordinate the Health and Wellbeing Board and its action groups, resulting in the delivery of a variety of projects across all age ranges.



In West Essex the Epping Forest Health and Wellbeing Board is part of the One Health and Care Partnership. The board is chaired by the portfolio holder for Housing and Communities. There are three thematic action groups that sit under the board chaired by strategic partners. The Public Health Officer is the golden thread between the board and the action groups. The officer works with the chairs to ensure the board's priorities are delivered through partnership projects in each of the action groups.

Key Priorities

- Development and Progression of the Health and Wellbeing Board Partnership Action Plan
- Contract management for West Essex Strength and Balance service
- Develop links with planning colleagues in West Essex to increase importance of HIA
- Progress a the RWJ model approach to health inequalities,
- Line and project manage the West Essex Adult Inclusion Officer as well as additional population health roles.



SAS – Strength and Balance Service

Thanks to partnerships developed with the West Essex CCG we have been able to secure funding to deliver a local strength and balance service. We have been able to secure this funding now 2 consecutive years. Through out 2020 working in partnership with the colleagues from Harlow and Uttlesford we were able to deliver a hybrid service which was delivered face to face and online during the lockdown which benefited 132 residents.

In 2021 due to the underspend on venue hire we were given the greenlight by the CCG to invest the funds to increase capacity in the service. This took the form of each authority employing a Falls Prevention Officer to deliver the service within each locality. This increased capacity has allowed each area to deliver a minimum of 5 classes per week in each district. So far engaging 152 participants across West Essex.

How is the Public Health grant managed in your area?

The Public Health Grant is administered by the Public Health Officer.

When a grant application is received the officer sends the applications to the chairs of the action groups for comments and approval.

Activity Levels

68%

Active adults (EF)

19%

Inactive adults (EF)



Mental Health

15%

Estimated prevalence of common mental health disorders in adults 16 +



Social Value

152 Strength & Balance Participants Across West Essex



54 Residents trained in suicide awareness

30 families supported through talking teens programme

