

Public Health Practitioner: Uttlesford

The Health & Wellbeing Board and associated partners have been at the centre of the Covid 19 Pandemic response and remain the key driver in addressing health inequalities throughout the district. It has been recognised by the board members the need to maintain the levels of collaboration and communication that have been established during the pandemic in particular the partnership approaches and heightened levels of communication and information sharing. The aim is to build more ultra-local evidence relating to health inequalities to enable more targeted whole system approaches, avoid duplication and devise systems and projects that best serve the needs of the community. In the coming months we will be refreshing and launching Uttlesford's new Health & Wellbeing Strategy. The new strategy will reflect what we have learnt during the pandemic and will be aligned with neighbouring West Essex local authorities and wider Essex County Health & Wellbeing Strategy and levelling up plans



Uttlesford Health and Wellbeing Board is administrated by the Public Health Senior Health Improvement Officer. The Board is independently chaired and is made up of a partnership of local organisations and members and officers from Uttlesford District Council, together with representatives from West Essex Clinical Commissioning Group, Essex County Council, EPUT, GP's, Active Essex and community and voluntary sector organisations. The board meets on a by monthly basis and also has focus groups and priority leads for each strategic priority. Sub groups:-Social Isolation ,Eat Well-Uttlesford Food Alliance, Age Well, Warm Homes, Physical Activity- Active Uttlesford and Mental Health.

Key Priorities

- The refresh and launch of a new Health & Wellbeing Strategy

Prioritise :-

- Loneliness & Isolation
- Mental health
- Physical health and wellbeing
- Aging well
- Eating well
- Build on and utilise the community assets to help address health inequalities and build resilience



Touch Point Stansted

Support and guidance from PHP and grant funding from the Uttlesford Health & Wellbeing Board have enabled Touch Point a newly form Charity in Stansted to facilitate an array of connected community services which address issues such as mental health and wellbeing, social isolation, digital exclusion, employability and economic recovery, as well as financial stress and debt management.

Activities include :

- Weekly Bereavement Café – Fortnightly session 10-12 people attending each week
- Weekly singing for all/Dementia Café 13-14 people attending each week
- Weekly walking group – 11 each group
- Coach to 5k group starting April – 15 registered to take part
- Community Café every Thursday & Friday – Free tea and coffee – average attendance 130 over the 2 days.
- Venue for Strength and Balance Service with a 70% increase in local referrals since partnership formed.

How is the Public Health grant managed in your area?

To date Uttlesford Health & Wellbeing Board has disseminated small grants to deliver health improvement outcomes which has been coordinated by the Public Health Senior Health improvement officer. There is a planned review of processes and policies relating to all community development and health improvement grants so that all funding and projects can be aligned with local strategic plans and more targeted in its approach..

Activity Levels

Active adults 60%

Inactive adults 23.3%



Mental Health

Severe mental health conditions 2017/18 was 0.62 %

This was the lowest prevalence compared across the other Districts in Essex



Social Value

- 1,299 residents supported
- 11,675 completed tasks
- 647 referrals to services
- 80 Vulnerable families provided with food and slow cookers
- Over 300 Christmas Hampers for most vulnerable residents in the district



