

Public Health Practitioner: Harlow District Council

Over the past year Harlow has received Wave 4 Suicide Prevention funding and grant funded 6 projects in the community. 37 Harlow residents accessed the Strength and Balance service, and we are now working through the waiting list of over 100 people. Harlow accessed 10,000 from Active Essex to increase physical activity and reduce health inequalities – over 500 residents benefited from this project directly and more indirectly.



Harlow has a Health and Wellbeing Partnership Board, which is chaired by a Lead Councillor and managed by the Community, Leisure and Cultural Services Manager. The Public Health Practitioner administers these meetings. The Board is a partnership of local organisations made up of members and officers from Harlow District Council, together with representatives from the West Essex Clinical Commissioning Group, Essex County Council, Active Essex, as well as community and voluntary sector organisations.

Key Priorities

Review/rewrite our current Health and Wellbeing Partnership strategy to align with Essex's Joint Health and Wellbeing Strategy and the new emerging JSNA data. And to factor in the changes in priorities due to the pandemic.



Multi-Partner Delivery

The PH grant funded a contribution to the running of the Harlow Activity Groups, enabling Carers First to continue running them for the benefit of people with dementia and their Carers in a Covid-safe way. The 'Active Minds' and 'Keeping Active' groups are for people with mild to moderate dementia or memory problems in Harlow who would benefit from physical and/or mental stimulation and fun. The clients attending the groups were able to get out of their house to a safe, stimulating environment against a background of anxiety over catching Covid-19.

Due to the pandemic, delivery needed to ensure risks were reduced regarding transmission of the virus and to ensure clients and their carers had sufficient confidence to attend. Social distancing meant reduced numbers and some of the activities were adapted. These measures have meant that many clients have felt safe enough to return to the clubs to interact with others, maintain and increase their activity levels and stimulate their memory and cognition.

How is the Public Health grant managed in your area?

The grant fund in Harlow is split between the three sub-groups that sit under the Board. There is an application process and local organisations can apply for funding up to £1500 per project. The applications are sent to the Chair and Lead of the selected sub-group and to the Public Health Practitioner. Each application is judged on the priorities of the sub-group the project has applied too. Successful projects must complete a feedback form at the end of their project, and these feedback forms are used to create an end of year report for the board.

Activity Levels



54.8%

Active adults

29.8%

Inactive adults

Mental Health



0.81

prevalence of severe mental health conditions

Social Value



437

People benefited from a rehabilitation activities project run by Harlow Stroke Group Support.

200

Older residents attended a Safe and Social Event.

