

Public Health Practitioner Impact Template – Epping Forest

Purposes of report:

- To show the impact of the role, the scale of the role and breadth of relationships
- To show the details of the role and what has been able to be achieved
- To showcase how the role is a catalyst of change as its embedded in the heart of a community to make a difference.
- To show the impact that the PHP role has had within the district.

Section A – Background

1. A brief summary of what has been achieved over the past year in your area. Perhaps include how Covid-19 pandemic has impacted this.

As Covid-19 restrictions eased in August 2020 the Epping Forest Health and Wellbeing Board embarked on work to understand the impact the virus and the associated restrictions had on our community. With the support of Epping Forest Community, Culture and Wellbeing Team a survey was conducted to understand the needs of our most deprived wards. The report emended below then went on to inform the health and wellbeing priorities the district and create the social recovery action plan.



Report - Paternoster
& Shelley Health & Wi



Social Recovery
Map.ppsx

Over 2021/22 we have continued to progress the work within the social recovery action plan to ensure a coordinated and joined up approach between system partners from all sectors. Through the thematic action groups (Start Well, Be Well, Age Well) that sit under the Epping Forest Health and Wellbeing Board, we have leveraged funding and delivered a wide array of projects to meet the aims of the social action plan. Please see impact report below;



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Health&WellbeingBoa

The survey and action plan also set the foundations for the Epping Forest Health and Wellbeing Board to lead on a partnership approach to tackling Health inequalities in Epping Forest. Using the Robert Wood Johnson model as a basis we are beginning to embark on a geographic whole systems approach to tackling health inequalities. The aim is to bring system partners both private and public sector together to make a fundamental difference to one of the districts most deprived wards. At the moment we are embarking on a system mapping process to build support for the approach.

In addition to health inequalities work we are also leading projects across West Essex. Epping Forest District Council have been commissioned to deliver the strength and balance service contract from the West Essex CCG. In partnership with Harlow and Uttlesford Council we deliver a community based strength and balance service aimed at increasing physical activity and reducing the risk of falls.

We also deliver the West Essex Adult Inclusion Lifestyle project. The project funded through the West Essex CCG aims to engage adults with learning disabilities into community based activity to improve health outcomes. Both projects are contract managed and line managed by the public health officer.

Further to the above Epping Forest District Council representative Chairs the West Essex Health Inequalities Committee, and the Public Health Officer leads and chairs the Built Environment Sub Group. The group membership is public health and planning officers with the aim to influence change in planning policy to improve health outcomes of West Essex residents and reduce health inequalities.

2. Learnings taken from the past year in your area

The key learning has been the complexity of the system, within the health and social care system. We have found that particularly with commissioned health services, internal communication and collaboration between different departments can be poor. This results in a difficulty in engaging the correct officer or department in development of initiatives, projects or priorities. It has also caused duplication or wasting resources when something as simple as data sharing could have been the solution.

From an Epping Forest point of view we have learnt that we need to be better at promoting services and projects delivered by ourselves or partners, in a more concise and direct way.

Impact reporting has also been an area of learning as we have tried to bring about standardised monitoring for partnership projects. Though this has been successful as a reporting framework was developed and used by partners to report back to the board. Impact reporting through quantitative data has been more difficult. Therefore more work will be required to ensure an understanding of the need for standardised monitoring across system partners.

3. Key priorities

- Development and Progression of the Health and Wellbeing Board Partnership Action Plan which meets the aim of the Social Recovery Plan, including increasing active membership of the thematic subgroups. With the aim of bringing about better system working.
- Contract management for West Essex Strength and Balance service including supporting the progression and promotion of service to ensure increased referrals
- Develop links with planning colleagues to ensure HIA are submitted and validated as part of the standard planning process and increase knowledge awareness and uptake of the LiveWell Accreditation
- Progress the RWJ model approach to health inequalities, by building partnership support to the way of working.
- Line and project manage the West Essex Adult Inclusion Officer as well as additional population health roles as they are onboarded.

4. How the district is run

i.e. HWB (including brief membership), position of the strategy, where the role sits and whether they are engaged with the Alliance/NHS

The Public Health Improvement Role is based within the Community Culture and Wellbeing Services which is in the Housing and Wellbeing Directorate. The role directly reports to the Community, Culture and Wellbeing Service Manager.

The officer is responsible for the development and progress of the Health and Wellbeing Board and the boards action plan which is delivered by the thematic action groups that sit under the health and wellbeing board (Start Well, Be Well, Age Well). The Epping Forest Health and Wellbeing Strategy will be refreshed in 2022 in line with The Essex Joint Health and Wellbeing Strategy. Consultation on the strategy will begin in March 2022, and the process will also involve the development of a new action plan to meet the identified priorities.

Membership of the Health and Wellbeing Board;

Epping Forest District Council

West Essex Clinical Commissioning Group

Essex County Council – Public Health

Essex County Council – Social Care

Essex Partnership University Trust (EPUT)

Active Essex

Essex Child & Family Wellbeing Service

Essex County Fire and Rescue Service (ECFRS)

Voluntary Action Epping Forest

Pharmacies

Faith Group Representative

Optometrists

Chairs of Action Groups

Clinical Directors of Epping Forest Primary Care Networks North & South (PCN)

5. How do you see these roles moving forwards with the Alliance maturity?

There is an ever-growing collaboration between the West Essex CCG, Epping Forest District Council and the Epping Forest Health and Wellbeing Board particularly around the need to combat health inequalities where EFDC are taking the lead with the development of a geographical approach. This has ensured that EFDC are also central to the two Epping Forest PCN plans. How this collaboration will evolve remains to be seen as the West Essex CCG becomes part of the Hertfordshire and West Essex ICS. There is a worry that being the smaller part of what is a regional ICS will mean that the priorities of West Essex will be lost. However thanks to the strong partnership that has been developed in West Essex and in Epping Forest between system partners collaboration is strong at a local level. The public health officer role has been central to this, by development and supporting integration and collaboration of partners.

6. How is the Public Health grant managed in your area?

i.e. managed through internal projects or grant-funded out- no more than one paragraph

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.

The officer is then responsible for compiling comments and feeding back to applicants on the result of their application within four weeks of when the application is received.

SECTION B – Statistics

- Physical activity levels in your district – 2018/19 and then most recent as comparison (Active Lives data)

	Epping Forest	
	2018/19	Most recent
% physically active adults aged 16+	67.4%	68.1
% physically inactive adults aged 16+	19.5%	19.9%
% physically active children and young people aged 5-16	44.7%	NA
% less active children and young people	NA	NA

Active Lives Survey data

- Public health profile of district – taken from Fingertips

Indicator	Epping Forest
Life expectancy at birth (males) (2018-20)	80.4
Life expectancy at birth (females) (2018-20)	84.0
Inequality in life expectancy at birth (males) (2017-19)	5.6
Inequality in life expectancy at birth (female) (2017-19)	4.3
Emergency hospital admissions for intentional self-harm (2020/21) per 100,000 population	70.8
Killed or seriously injured (KSI) casualties on England's roads (historic data) (2016-18)	348

Hip fractures in people aged 65 and over (2019/20) age standardised rate per 100,000	471
Estimated diabetes diagnosis rate (2018)	72.3%
Estimated dementia diagnosis rate (2021)	79.4%
Admission episodes for alcohol-specific conditions – under 18s (2017/18 – 19/20)	18.1
Admission episodes for alcohol-related conditions (2020/21) age standardised rates per 100,000	345
Smoking prevalence in adults (current smokers) (APS) (2019)	13.2%
% of adults classed as overweight or obese (2019/20 data)	62.1%
% of Reception classed as overweight or obese (2019/20 NCMP data)	20.9%
% of Year 6 classed as overweight or obese (2019/20 NCMP data)	32.4%
Under 18s conception rate / 1000 (2019)	14.5
Smoking status at time of delivery (2020/21)	9.7%
Smoking prevalence in adults in routine and manual occupations (18-64) – current smokers (APS) (2019)	28.7%
Average attainment 8 score (2019/20)	51.7
% people in employment (2020/21)	75.2%
Statutory homelessness (2017/18)	0.5
Violent crime – hospital admissions for violence (including sexual violence) (2017/18 – 2019/20)	35.7
Excess winter deaths index (Aug 19 – Jul 20)	8.5%
New STI diagnoses (excl chlamydia <25) / 100,000 (2020)	932
TB incidence (three-year average) (2018-20)	3.6

*value suppressed for disclosure control due to small count

Other data of interest - Data obtained from Fingertips

Indicator	Epping Forest
% of total population living in the 20% most deprived areas (IMD 2019)	1.3%
% Older adults affected by income deprivation	11.2%
% children in relative low-income families (under 16s) (2019/20)	9.7%
Fuel poverty (2019)	8.2%
% households in temporary accommodation (2019/20)	2./1000
Total households on housing waiting list	1376
Percentage of adults walking for travel at least 3 times per week	24.1%
Percentage of adults cycling for travel at least 3 times per week	1.3%
% Adults suffering from Loneliness	15.10%
Suicide rate (data 2018-2020)	7.4/100,000

Gap in employment rate between those with a Long term condition and overall employment rate	15.9%
Adults with no qualifications	23.85%
Recorded hospital admissions for falls 20/21	570

3. Mental Health stats level of prevalence those living with poor Mental Health etc

15 % Estimated prevalence of common mental health disorders in adults 16+

4. Social value impact (the districts value)

Project delivery / community investment in 2021/22

A total of five projects have been funded from the Public Health Grant;

Buckhurst Hill Baptist Church – Baby Loss Awareness Week

- Lighting up of church and delivery of activities to support bereaved families and raise awareness of baby loss awareness week. Over 100 families attended activities.

Spark – Talking Teens

- Training for Spark charity workers to be trained to deliver - The Talking Teens Programme to support parents/carers to build positive relationships with their teens. Delivery of 2 six week talking teens programmes
- The parents attending were parenting 19 teenagers between them, 12 of whom had special needs of some description, such as ASD or ADHD, anxiety or depression
- Quotes from participants

Key message I took was I am a better parent than I believe!’

‘I think it was well managed with the right content and size of group.’

‘Lots of fab information and a greater understanding of teens!’

‘I would definitely recommend, it’s so useful to understand yourself and your teenagers. I would like one for teenagers to help them understand what is going on with them.’

‘It’s so helpful to know everyone is going through the same situation, not alone.’



Project Evaluation
Report - EF Public He

Mind in West Essex – Suicide Awareness Hub

- To expand suicide awareness hub into Epping Forest
- 56 residents have completed free online training.
- The hub has received 548 unique visitors who have accessed the resources.
- Free face to face training now offered to wider community aim to train local businesses.

Rainbow Services – Thriving Communities

- The Thriving Communities Fund will support local voluntary, community, faith and social enterprise (VCSFSE) projects that bring together place based partnerships to improve and increase the range and reach of available social prescribing community activities – especially for those people most impacted by COVID-19 and health inequalities.
- 3 projects funded in Epping Forest



LGC update for
steering group meeting

Epping Team Ministries – Support project for survivors of domestic abuse

- Funding awarded in March 2022 – project to be delivered in 22/23 financial year

SECTION C – Case Studies

1. Describe an opportunity where you have influenced and share its impact.

You could use an example of how you have grown projects within the district as part of your role, how you have lead or facilitated a solution. Or perhaps both.

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.

2. Describe a project or case study where Public Health budget has been used with a multi partner delivery, alongside its impact and outcomes, as well as showcasing how the relationship helped to solve a health issue.

Following consultation with residents in our two most deprived wards and partners through the action groups. One of the districts identified health and wellbeing priorities was to support positive mental health particularly amongst working age adults. As a result, through the Be Well action group and the links with Mind In West Essex. Public Health funding was used to expand Minds awareness hub into Epping Forest.

The expansion of the hub through the funding has resulted in 56 residents completing the free online training. All 15 Epping Forest Community Champions trained. All partner who are members of the Be Well Action Group trained. Public facing business (hair dressers, beauticians) in the priority wards trained. PCN multi-disciplinary teams trained. 548 residents accessing the free online resources.

The partnership developed with Mind has also led to the development of 'Project You'. This project funded through Active Essex is a specialist physical activity project for residents accessing mental health services. The project delivers physical activity and mindfulness by an EFDC Health and Wellbeing Officer, and additional mental health support through EPUT's mental health coaches. The project piloted with the Epping Forest North PCN is now being expanded into the South PCN.

The links created through this priority and the Be Well Action group have also supported the development of a Mens Shed project to support the mental wellbeing of male residents of Epping Forest. The project is funded through suicide prevention funding managed by Mind in West Essex. It will be delivered by Voluntary Action Epping Forest and hosted and supported by the Epping Forest District Museum.

SECTION D – Practitioner Relationship Snapshot

In order to show the impact of your work and the relationships that you have created in your area, please detail below a full list of your relationships, links and projects or programmes you have helped initiate. Please detail the key organisation/board/strategic partner and then each further bullet point will showcase the links and arrows from this.

Boards / Partnerships / Networks

- Epping Forest Health and Wellbeing Board and Sub Groups (Start Well, Be Well, Age Well)
- West Essex Health Inequalities Committee & Built Environment Sub Group
- West Essex SEND Network
- West Essex Children's Partnership Board
- Epping Forest North & Epping Forest South PCN
- West Essex Mental Health Forum
- West Essex Strength and Balance Steering Group
- West Essex Adult Inclusion Project Steering Group

Key organisations

- [West Essex CCG](#)
- [Essex County Council \(Public Health\)/Adult Social Care](#)
- [Uttlesford DC](#)
- [Harlow Council](#)
- [Essex Police](#)
- [Essex County Fire and Rescue](#)
- [Essex University Partnership Trust](#)
- [Essex Local Pharmacy Committee](#)
- [Active Essex](#)
- [Harlow and Gilston Garden Town](#)
- [Epping Forest North and Epping Forest South PCN](#)

- Voluntary Action Epping Forest
- Red Balloon Foundation
- Citizens Advice
- British Red Cross
- Epping Team Ministry's
- Alzheimer's UK
- Loughton Voluntary Service
- Mind in West Essex
- Epping Team Ministries
- Places Leisure
- Place Services
- Rainbow Service Harlow
- Uttlesford CVSU
- Uttlesford Citizens Advice
- Futures in Mind
- Phoenix Futures
- Epping Multi Academy Trust
- DWP
- St Clair Hospice

- Refresh Epping Forest Health and Wellbeing Strategy
- Ninefields Robert Wood Johnson Project
- West Essex Health Inequalities Committee Built Environment
- Social Active Strong – West Essex Strength and Balance Programme
- West Essex Adult Inclusion Lifestyle project
- PCN Health Inequalities
- Line Management of Adult inclusion officer/Epping North social prescriber/Epping North Health Coach

Strategic partners – blue

Delivery or community partner – green

Projects or programs and initiatives – red