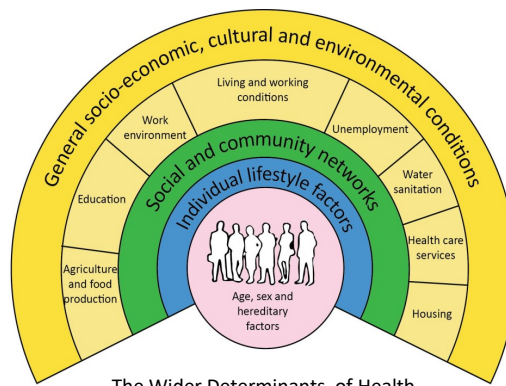
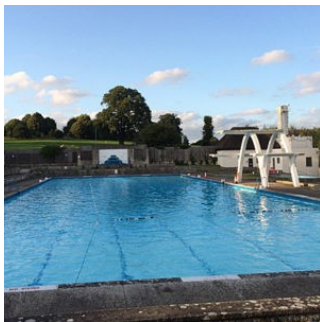
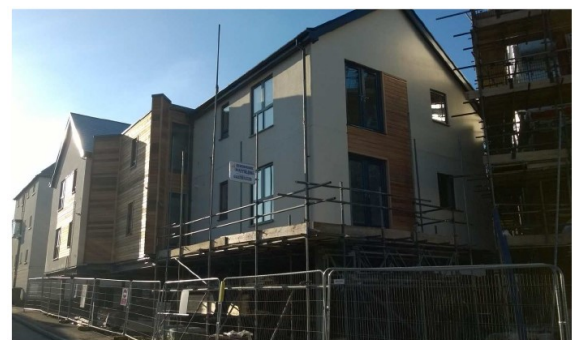


Stroud District Council Health & Wellbeing Plan 2019-2021



The Wider Determinants of Health



Why write a Health and Wellbeing Plan?

Supporting the health and wellbeing of residents is a fundamental reason for the existence of district councils. Stroud District Council creates a Health and Wellbeing Plan to pull together the golden thread of health and wellbeing that runs throughout the work of the council.

While this document cannot mention every piece of work that impacts wellbeing, it does indicate the breadth of wellbeing work undertaken by the council and areas of focus over the next three years.

This document also illustrates how the wellbeing needs of the District are ascertained and therefore how priorities for this Plan have been determined. It also shows how this Plan feeds into other strategies both within Stroud District Council and for Gloucestershire County.

Contents

1. The wider determinants of health
2. Gloucestershire Mental Wellbeing commitment and how to set health and wellbeing priorities
3. Stroud District population profile
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6. Priority 1: Supporting Healthy Lifestyles
7. Priority 2: Developing Stronger Communities
8. Priority 3: Improving Housing
9. Priority 4: Protecting the Public and the Environment
10. Priority 5: Partnering the Statutory, Voluntary and Community Sectors

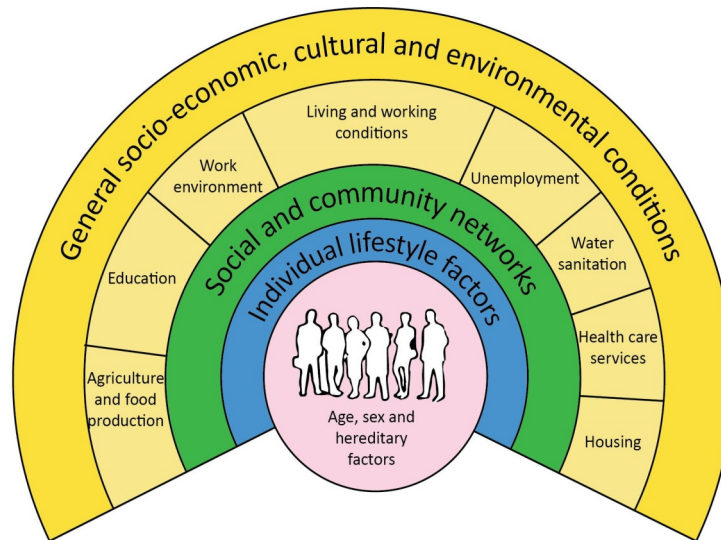
The wider determinants of health... ...what keeps us healthy and why it matters.

The range of factors that affect our health and wellbeing involve much more than health services. After genetic and behavioural factors, there are a number of wider social factors that impact health outcomes.

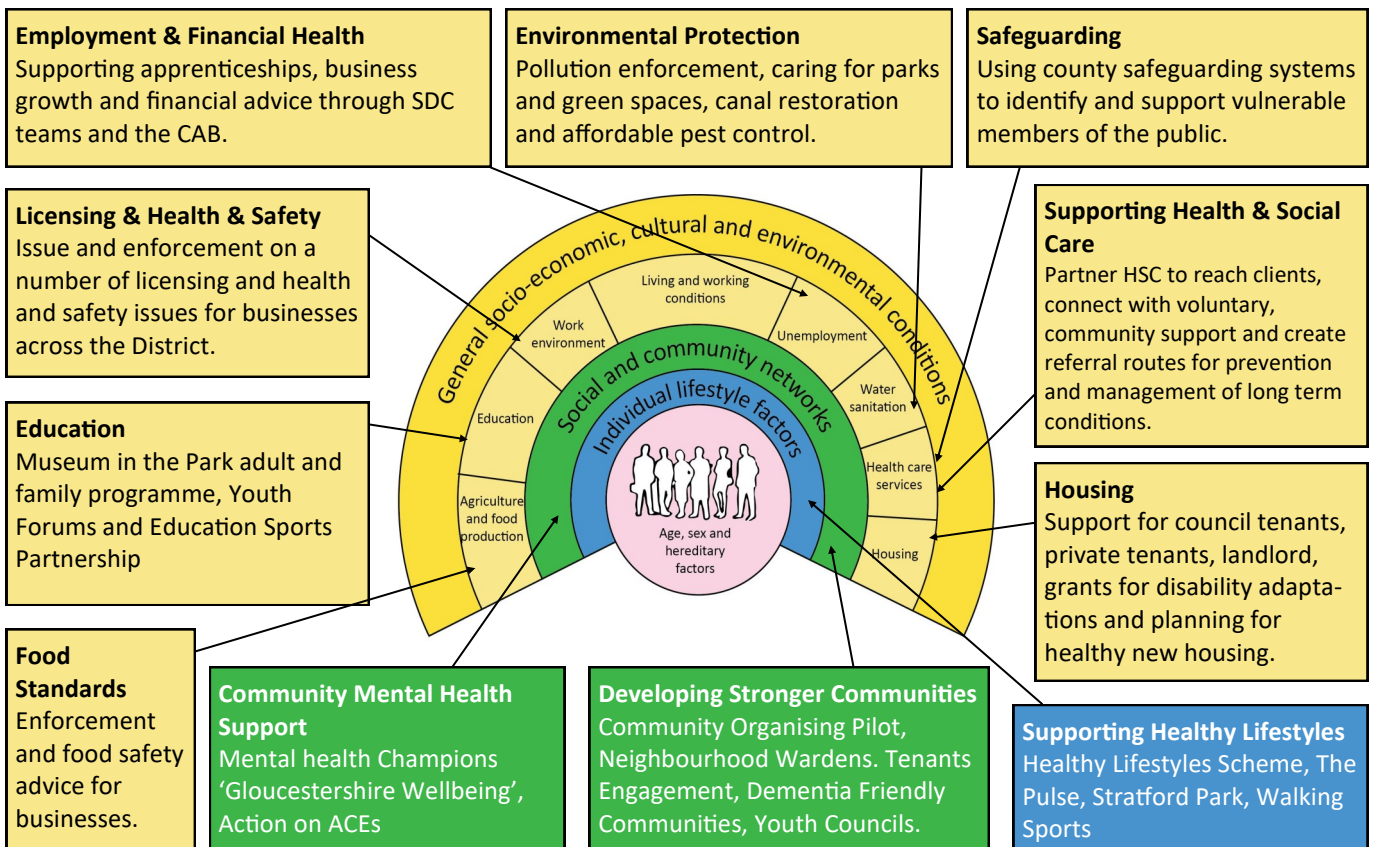
The model below shows the wider factors that impact our health, called the wider determinants of health. Unequal distribution of the wider determinants of health account for 40-50% of the variation in health outcomes. Most of these wider determinants of health fall under the remit of district councils. It is therefore well within the power of Stroud District Council to make an important impact on the health outcomes of our District.

The Wider Determinants of Health

Dahlgren and Whitehead 1991



The diagram below shows some of Stroud District Council's services that affect the wider determinants of health. Except for individual genetic factors, it is clear that District Council services affect almost every part of the model.



Gloucestershire Wellbeing — Commitment for Mental Health



Good mental health underpins all health and wellbeing. Stroud District Council has signed up to the Gloucestershire Wellbeing Commitment 'GloW'. We recognise the need for prevention-focussed leadership and action throughout the system to promote better mental health. The use of more upstream

interventions will ensure that wellbeing is promoted and protected earlier, preventing the development of mental ill health.



Positive actions for better mental wellbeing

All of the actions in this Stroud District Health & Wellbeing Plan have been developed with the aim of improving the mental health of Stroud District residents. Some of these actions aim to promote awareness and reduce stigma around seeking support and talking about mental health and many aim to contribute to the prevention of mental illness.

How do we decide what health and wellbeing work to prioritise?

Statutory Duty

There are a number of health and wellbeing duties that District Councils are required to perform by law, otherwise known as our statutory duty.

Licensing	Council Housing
Food Safety	Tenant Engagement
Environmental Protection	Homelessness Prevention
Private Sector	Planning Enforcement
Housing Improvement	Local Planning
Safeguarding	Flood Management
Waste Management	Civil Emergency Planning

Using Local Insight

For non-statutory health and wellbeing functions the Council must establish what health needs might be prevalent now and as the population changes.

The Council must also use local knowledge of towns and villages to understand where needs are being met locally or where residents need more support.

How much power the Council has to meet the health and wellbeing needs of the population must also be considered. This may mean considering working in partnership with other agencies or working with residents. Resident-led solutions are increasingly being used to improve wellbeing.

Working alongside County Priorities

Gloucestershire Health & Wellbeing Board

In 2019, after a county-wide consultation the Gloucestershire Health & Wellbeing Board agreed the seven priorities below.

- Physical activity
- Adverse Childhood Experiences (ACEs)
- Mental wellbeing
- Social isolation/loneliness
- Healthy lifestyles
- Early years / Best Start in Life
- Housing

The Health and Wellbeing Board's priorities largely compliment Stroud District Council health and wellbeing priorities. The County has different statutory duties to the District which is why Early Years /Best Start in Life, and tackling 'Adverse Childhood Experiences' feature in their strategy. While these are not named specifically in the SDC plan, much of the District's work will impact these priorities for the County.

Stroud District Health & Wellbeing Profile

What do our health partners tell us?

Public Health Gloucestershire provide profiles for each district comparing a number of health indicators against regional and national statistics. The graphics below illustrate statistics relating to wellbeing that inform the priorities of this Plan.

Injuries and Ill Health


179.8 hospital stays for self-harm compared to 185.5% average for England.

70.6% diagnosed diabetes rate in over 17 year olds compared with 78% for England.

604 hip fractures in people aged over 65 compared to 578 average for England.

70.6% dementia diagnosis in people aged over 65 compared to 67.5% for England.

Weight of Year 6 pupils:



1% are underweight
68% are normal weight
16% are overweight

Difference in life expectancy at birth for a child born in 2016

84 for richest boy
For poorest boy....77
(84 and 74 for Gloucestershire)

87 for richest girl
For poorest girl....84
(85 and 79 for Gloucestershire)

Cold Homes

18.5% excess deaths in winter due to cold conditions. ****
(compared to 17.9% for England)

Carers


11.4% of Stroud population are providing unpaid care for someone (the Gloucestershire figure is 10.4%)

The majority of these cares are over the age of 50.

Carers are at an increased risk of social isolation, physical and mental health issues through their caring commitments.

Children's Mental Health — Online Pupil Survey

The 2018 Gloucestershire Online Pupil Survey found that in Stroud District the following had poor or very poor mental health:

 12% of primary school pupils
25% of secondary School pupils
38% of year 12/FE pupils

Child Poverty

11% children live in poverty (compared to 14% in Gloucestershire)

What does Sport England tell us?

Sport England carry out an 'Active Lives' survey every year by telephoning 600 people in each district at random and asking them about their activity levels. While Stroud activity levels have been higher than the rest of Gloucestershire for some

time, this is largely because there is a high number of very active in Stroud which pulls the average levels up. Most concerning is the fact that the number of totally inactive or fairly inactive people in Stroud District is rising.

November 2017 - 2018

	Inactive	Fairly Active	Active
England	25.1%	12.3%	62.6%
Gloucestershire	22.1%	11.5%	66.4%
Cheltenham	20.8%	11.0%	68.1%
Cotswold	19.8%	13.1%	67.2%
Forest of Dean	20.1%	10.3%	69.5%
Gloucester	27.5%	10.9%	61.6%
Stroud	18.9%	12.4%	68.7%
Tewkesbury	25.1%	11.2%	63.8%

In terms of health outcomes, being fairly or totally inactive has the highest impact on health outcomes. Increasing low activity levels to be fairly or moderately active has the greatest benefits to health, compared to someone who is already moderately active doing a bit more. For this reason, anything the District Council can do to increase the activity of Stroud's least active residents should reap the biggest health and wellbeing rewards.

What do Stroud District residents tell us?

In a 2017 Gloucestershire County Council survey of community health and wellbeing needs, the top priority for health and wellbeing was access to local leisure services. As a District Council, we have influence over local providers for sport and physical activity as well as in house delivery at The Pulse and through the SDC Health and Wellbeing service.

Our work with the Voluntary and Community Sector tells us that residents who have no access to transport struggle to access social and health activities which impacts their wellbeing. This issue informs how we plan and deliver services, wherever possible using local venues or locations on regular bus routes.

What do our Schools and Youth Service tell us?

The Online Pupil Survey is delivered annually and creates a detailed picture of how young people feel about a variety of issues. As an anonymous survey, it is a powerful tool to highlight issues that may otherwise stay hidden.

Issues around self esteem, healthy body image and mental health are prevalent in Stroud District as they are nationally.

In addition to the OPS, Stroud District Council also has a dedicated Youth Service, facilitating youth forums across the District and an elected Youth Council.

Areas for concern for our young people are access to mental health services and a lack of knowledge about how to access sexual health information across the District. This was picked up by the SDC Youth Service and the young people involved with the Youth Service have adopted sexual health awareness as one of their projects for 2019.

How is our population changing?

Creating a Health and Wellbeing Plan must take into account how the population of the District will change.



Stroud has the fastest ageing population in Gloucestershire. This is because the District is popular with older residents who choose to stay or move here but it is an expensive place to live for our younger population who frequently move away to find affordable housing. This disparity creates an issue in terms of community balance and staffing problem for key workers needed to sustain a healthy economy and care for the population.

An ageing population should not be viewed only in negative terms. It also creates an opportunity for a voluntary workforce who are experienced, skilled and interested in making their communities better. There are many examples of this in Stroud District which can be encouraged through the District Council actions in this Health and Wellbeing Plan.

How healthy and affordable is our housing?

There are currently 51,000 households in the District with 47,640 private homes, 5160 properties in the ownership of the council and 1640 housing association homes.

Many of the District's properties are categorised as 'hard to treat' in terms of fuel efficiency improvements with 32% being of solid wall construction and 16% off the gas network. The District Council offer a range of help, advice and interventions to help owner-occupiers, private tenants and landlords keep their properties in a safe and healthy condition.

There is an assessed need for 446 new affordable homes every year in the District. The District Council work with a wide range of Registered Providers (housing associations) as well as rural and community housing groups in order to maximise the delivery of new affordable homes. We also have our own in-house development programme to provide new council housing which has delivered 236 homes to date.

Whilst single person households and households containing two adults and no children comprise over 60% of this sector, there has been a significant growth in the number of households with children in rented housing and they are over-represented in this tenure relative to the wider population – around 15% of households with children now live in the private rented sector. Affordability in the private rented sector is an increasingly important issue, with rents rising faster than earnings. Nearly 40% of households spend over 30% of their income on housing and more than 15% spend over 50% of their income on housing. Younger people, older people and those with disabilities living in private rented properties are more likely to spend an excessive proportion of their income on rent.

Almost **40%** of households spend over **30%** of their income on housing.



More than **15%** spend over **50%** of their income on housing.

SDC Priorities for Health & Wellbeing Plan 2019-2022

Based on population health data, local information, our statutory duties and the scope of our influence, the following Health & Wellbeing issues have been prioritised.

Priority 1. Supporting Healthy Lifestyles

Priority 2. Developing Stronger Communities

Priority 3. Improving Housing

Priority 4. Protecting the Public and our Environment

Priority 5. Partnering the Statutory, Voluntary and Community Sectors

These align with other SDC Strategies and Plans as shown below.

SDC Corporate Delivery Plan Priorities 2018-2022

The current Corporate Delivery Plan aligns with the new Health and Wellbeing Plan priorities as follows. This Plan will inform the next iteration of the Corporate Delivery Plan.

Leading a community that is making Stroud District a better place to live, work and visit for everyone.

- **ECONOMY**—Help create a sustainable and vibrant economy that works for all
HWB Priority 1 —supporting healthy lifestyles to encourage a healthier population.
- **AFFORDABLE HOUSING**—Provide affordable, energy efficient homes for our diverse and changing population
HWB Priority 3 and 4—improving housing and protecting the environment
- **ENVIRONMENT**—Help the community minimise its carbon footprint, adapt to climate change and recycle more
HWB Priority 4—protecting the environment
- **HEALTH AND WELL BEING**—Promote the health and well being of our communities and work with others to deliver the public health agenda
HWB All Priorities—All five priorities support this.
- **DELIVERY**—Provide value for money to our taxpayers and high quality services to our customers
HWB Priority 2 and 5 —Developing Stronger Communities and Partnering the Statutory, Voluntary and Community Sectors supports the effective delivery of local services and helps the community to meet their own needs where appropriate.

SDC Housing Strategies

Improving Housing is a key priority in the Health and Wellbeing Plan which is answered in both the new Housing Strategy and the Older People’s Housing Strategy published by Stroud District Council in 2019. As well as developing quality housing for the changing needs of the District’s residents, both strategies aim to develop well connected communities and protect those at risk of poor housing or homelessness. All of these priorities are reflected throughout the Health and Wellbeing Plan.

SDC Housing Strategy Priorities 2019-2024	SDC Older People’s Housing Strategy Priorities 2019-2023
<p>Making the Best Use of Existing Housing Our Role as a Landlord Improving Private Sector Housing Housing Needs: Other Types of Accommodation</p> <p>Support for Residents Housing Advice and Homelessness Health and Wellbeing: Tackling Fuel Poverty Low Carbon Development Tackling Health Inequality Older People’s Housing Housing- Related Support</p> <p>New Affordable Homes Developing New Council Houses Enabling Self-Build Rural and Community Housing</p>	<p><i>To provide good quality older people’s housing which meets a variety of current and future needs – where people want to live.</i></p> <ol style="list-style-type: none"> 1. Understand what current and future tenants want from their homes as they age and how this can be achieved. 2. New homes should be designed to be dynamic allowing flexibility and adaptability for the future. 3. Increase the desirability of our older people’s accommodation to encourage downsizing and improve the lives of tenants. 4. Quality homes which provide a range of options which 'enable' tenants to live independently for longer. 5. Understand how affordable our homes and services are for our tenants and SDC. 6. Engage with other agencies and community groups to improve partnership working; reducing social isolation and improving health and wellbeing.

SDC Tenant Involvement and Empowerment Strategy 2019-2024

In 2019 SDC adopted a strategy that takes a new approach to tenant involvement and empowerment. Effective tenant engagement is central to good governance, business improvement and customer service but it is also key to developing well connected communities and improving health and wellbeing.

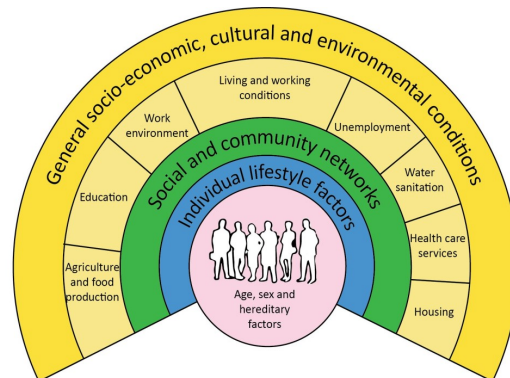
The new Tenant Involvement and Empowerment Strategy aims to:

1. Demonstrate the outcomes and value for money of involvement
2. Provide a wide range of involvement opportunities, which give tenants influence over local strategic decision-making
3. Increase involvement and use of tenant intelligence to drive service improvements
4. Make better use of technology for involvement
5. Provide training, capacity building and other support for both residents and staff

These aims align with all the priorities in the new Health and Wellbeing Plan, especially Priority 2: Developing Stronger Communities and Priority 3: Improving Housing.

Priority 1: Supporting Healthy Lifestyles

What we do now



Working with Schools and Colleges

SDC support physical activity in schools by supporting the District Schools Partnerships and supporting an annual Girls Football Tournament in partnership with SGS College.



Health and Wellbeing at the Museum in the Park

The Museum in the Park strives to be a place that builds pride in the past, present and future. With a core commitment to health and wellbeing, the Museum's broad range of activities enrich the spiritual, intellectual, emotional and social lives of visitors and volunteers and makes the most of their rich collection, visiting exhibitions, artists and the stunning environment of the park and garden. In 2018/19 so far the Museum has had 63,328 visits in person, 4,740 volunteer hours (equivalent to 2.5FTE) and 1,457 school pupils in 49 engagements. The Museum has a well established record of supporting activities to benefit mental health and people with long term conditions like dementia. All staff are trained in dementia awareness and they host a fortnightly gentle walk, run by Fair Shares that provides invaluable peer support for carers of people with dementia.



In 2018 the Museum hosted a Mindful Photography exhibition by participants from 'Arts on Prescription' courses. These courses are delivered by an arts charity 'Artlift' and local artist and bring together people with mental and physical health challenges who have been referred by a health professional. Due to the benefits to self-esteem, confidence and wellbeing, the courses have been added to Artlift's core programme funded by the Clinical Commissioning Group.

County Mental Health Partnership Working

SDC sits on several County groups to support better mental health and improve awareness. The Council have signed the GLoW, Gloucestershire Wellbeing Pledge to support mental wellbeing in the county. SDC also contribute to working partnerships like the Reducing Stigma group to coordinate county wide campaigns.

Mental Health Champions

In 2018 SDC elected three Councillor Mental Health Champions to encourage all committees to be aware of the mental health impact of their decisions.

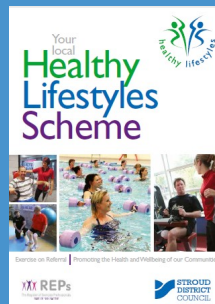
The Pulse

SDC's own leisure centre underwent major improvements and now offers a varied programme of activities to promote the benefits of exercise. Exercise is not always about fitness goals, weight loss and strength. It can also help boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression and dementia. Taking part in regular exercise classes and gym sessions is a fantastic way of meeting new people and maintaining a healthy lifestyle. Future plans include a focus on raising awareness of how to manage long term conditions and wider aspects of wellbeing.



Healthy Lifestyles Scheme

This well established scheme of activities and classes support the management and prevention of long term conditions, increases physical activity levels and improve social connections. Run in partnership with clinical partners and qualified instructors, the scheme has benefited 1000s of people.



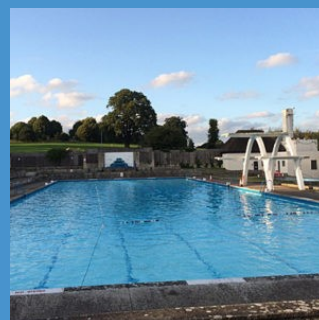
Walking Sports

Walking Rugby, Netball and Football have all been developed in partnership with the sports governing bodies and now run weekly sessions with great participation in both the physical and social aspects of the sessions.



Stratford Park Improvements

SDC manage the Leisure Centre contract and are developing the surrounding park as a hub for healthy activity in Stroud. Future plans include the heating of the Lido, the first ever Stroud Park Run and a new marked walking route around the park. In addition, management of the natural environment and planting in the park has developed to become more sustainable and to create more biodiversity.



Gloucestershire Moves

Gloucestershire Moves is a county wide approach to increasing physical activity levels by dealing with policy, infrastructure, the workplace, schools, communities and individuals all at once.



All Districts in Gloucestershire have joined the movement and will be delivering projects to target specific groups facing barriers to activity and change our over all culture to make being active the norm. This is a long term project. Partly funded by Sport England the initiative is an attempt to tackle inactivity levels in an innovative and evidence based way.

Health and Wellbeing Case Study

Your local Healthy Lifestyles Scheme



1582 attendances at Better Balance classes in 2018



1632 attendances at Cardiac, Respiratory & Cancer rehab in 2018



34% increase in Exercise Referrals in 17/18



370lbs in weight lost by participants on the Exercise Referral Scheme in 17/18



257cm total reduction in waist circumference by Exercise Referral Participants in 17/18

Healthy Lifestyles Scheme

Many people with the worst health inequalities cannot access typical gyms and sports groups. We deliver safe, supportive activities to help targeted groups get active and stay well.

We work in partnership to provide targeted health initiatives which aid recovery and prevent relapse for long term health conditions. The Healthy Lifestyles Scheme includes :-

- Cardiac Rehab
- Respiratory Rehab
- Better Balance
- Cancer Rehab
- GP Exercise on Referral
- Health Walks

In 2017/2018 we had 3814 attendances on our Healthy Lifestyles classes, a 33% increase on the previous year. 2018/2019 is looking to increase again with Better Balance alone having 1582 attendances to date.

Our costing model meant that a whole year of healthy lifestyles classes in 2017/18 only cost the authority £177.80. With current growth we forecast the scheme will generate income in 2018/2019.

"With the current pressures on NHS services, having community groups available like these to signpost people to be doing the right, evidence based exercises to support them is invaluable."

**Meghan Martin,
Clinical Specialist
Falls Physiotherapist**



Walking Sports

We work with sports' National Governing Bodies (NGBs) and local providers to run walking football, netball and rugby. Individuals get together enjoying the competitive sport they used to love without the high impact or strenuous level of activity. So far in 2018/19 there have been 1178 cumulative attendance at the sessions.

" Changed my life for the better after my husband died, I reconnected with old friends and have made new ones"



Girls Football Tournament for 8-11 yr olds

From primary school age girls start to drop out of sport which affects their mental and physical health as teenagers. SDC started a girls football tournament in 2000. We now work in partnership with SGS College, Forest Green Rovers and Gloucestershire FA to deliver the annual competition. This year 240 girls from 24 schools competed and local girls clubs attended to encourage the girls to keep playing outside of school.



Three Year Focus for Priority 1. Supporting Healthy Lifestyles

Improve local access to Sexual Health 'C-Card' Scheme

Develop local education about the 'C-Card' contraception scheme to improve young people's awareness of the need for and access to contraception. This includes becoming a distribution point at SDC and working with others to create more 'C-Card' points.

Target: Develop C-Card distribution point at SDC in 2019.

From 2020, Youth Council—work with local pharmacies and other public organisations to encourage more local C-Card distribution points across the District.

Support Gloucestershire Moves initiative.

See previous page on Gloucestershire Moves. Create cultural change towards increased physical activity across the District.

Target: 2019 Work with GM on using Wheel of Behaviour Change for a Young People's Referral Scheme.

2020 Sit on GM steering group to shape future work of GM.

Create a Young People's Exercise Referral Scheme for Fitness and Mental Health

Learn from the success of our adult scheme and from the experience of our health partners and SDC Youth Workers. This scheme should be used to benefit both the fitness and mental health of our young people.

Target: 2019 Pilot new scheme in partnership with SDC Youth Services

Create a New Mum's Post-Natal Mental Health Exercise Referral Scheme

Work with 'OneFitMama' fitness organisation and Home Start parenting support charity to create supportive exercise sessions for mothers with mental health issues. Evidence shows the value of social contact with other mothers experiencing mental health issues and the benefits of regular physical activity on emotional wellbeing.

Target: 2019 Pilot a leisure centre based scheme and a community venue based scheme. 2020 Increase numbers as viable.

New Park Run

Work with Park Run volunteers to establish a weekly run in Stratford Park. Park Runs have proven to be an accessible and inspirational approach to increasing physical activity for people from all walks of life. They also increase participants' sense of community.

Target: 2019 Support new Park Run.

**2020 increase volunteer numbers from SDC staff at Park Run
Maintain support for the run and maintenance of the route.**

Why...

Through their own research, The SDC Youth Council have found very low awareness of contraception services across young people in District. In addition, their audit of pharmacies showed little evidence of the county funded C-Card scheme.

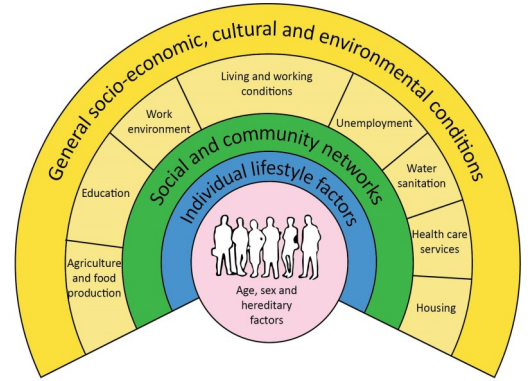
Existing approaches to increasing physical activity for the totally inactive have proved unsuccessful across the globe. Several academic models indicate a whole systems approach may be the best way forward.

District statistics on childhood obesity are on the increase, with 15% of year 6 pupils now obese. There is currently no scheme in place to support families who need help in managing weight. 12% of primary school pupils and 25% of secondary school pupils in the district report having poor or very poor mental health.

A recent 'Mothers in Mind' pilot by the CCG and local families charity Home Start, revealed a lack of support for pre- and post-natal mental health. In addition there is no targeted provision for physical activity specifically to support mothers with post-natal depression.

Physical activity levels in the District are falling. Particularly we have an increasing number of fairly inactive and totally inactive people. Moving these people into the moderately active category will provide major benefits to their long term health.

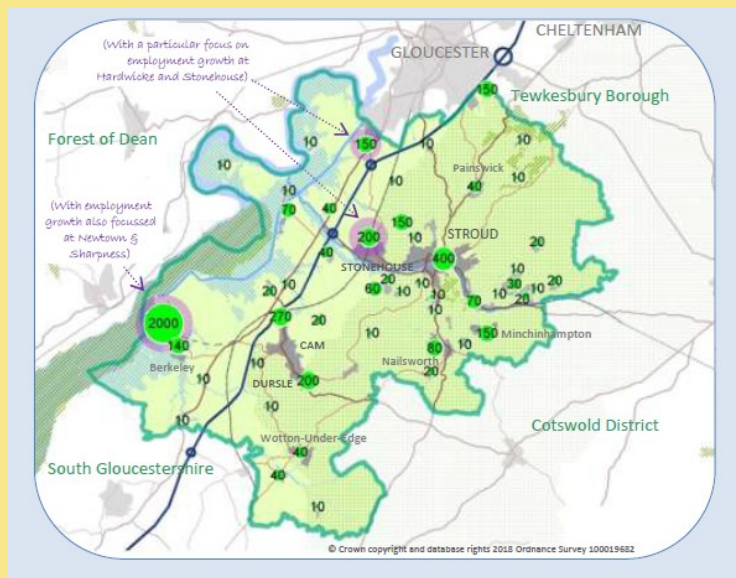
Priority 2: Developing Stronger Communities



What we do now

New Housing Development

Working with planners and housing developers to create healthier new communities that considers the impact of the built environment, active travel, the natural environment and community development.



Health & Wellbeing Partnership

The Stroud District Health and Wellbeing Partnership has 190 members from the statutory and voluntary sectors. The partnership is a well used conduit for local information sharing and helps community groups and services to know what is available to them across the District. The Partnership also holds a number of forums a year to discuss local wellbeing issues in more depth. In 2018 the members discussed mental health, carers, drugs and alcohol services for young people and increasing physical activity amongst other things. The Partnership helps the statutory services and voluntary and community sectors to build good working relationships that support healthier communities.

Stroud District Youth Council

A place where young people have their own voice in the District and the county and where influence on decision making can really happen. This is also achieved through the local Youth Forums across the District.

SDC Youth Service are working on a number of projects where young people are designing and delivering communities events or activities.



Community Development Pilot in Forest Green

This two year pilot has been funded through the Clinical Commissioning Group and Public health to test the impact of community development on the wellbeing of a community.

Each district in Gloucestershire is trialling a different approach and the whole project is being evaluated by UWE. In Forest Green they are using a 'Community Organising' approach which has been well evidenced in other parts of the country.

The project has created a network for the districts to share good community development practice and should lead to future health funding for this kind of work.



A Sense of Community

These are 5 of the top loves you told us about:

- It's quiet and peaceful with beautiful views
- There is a good sense of community with lovely neighbours and good people
- People have family and friends close by
- Great connection with Forest Green Rovers
- Sense of freedom; can go on long walks anywhere

Your Concerns

These are 5 of your top concerns:

- Lack of things for young people (13 years old +) to do and the rising prices of houses for the next generation
- Drug & Alcohol activity in the area
- The amount of traffic associated with the main hill
- Fears the community isn't being well looked after with litter, dog mess, cracked roads and pavements around the area
- Young people feel pushed out and intimidated by young adults

New Tenant Involvement and Empowerment Strategy

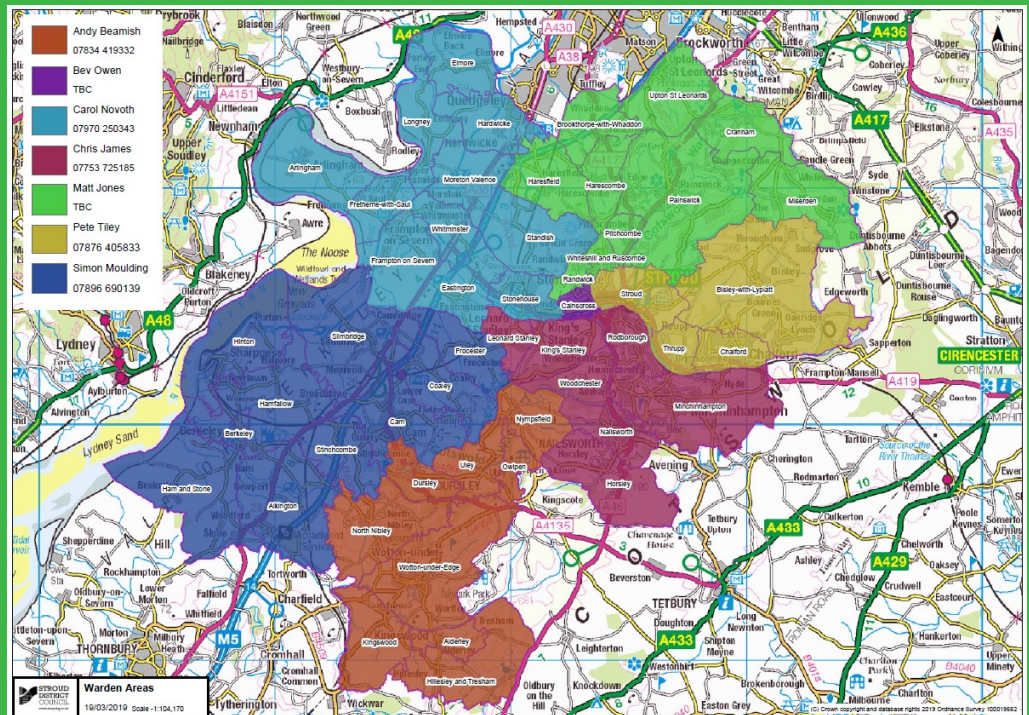
The new strategy is a radical change to tenant engagement to make it accessible, representative of our tenants community and easier for them to have a voice at the council. The new approach will also learn from Community Development practice



Neighbourhood Wardens

Resolving concerns and working with local residents and agencies at an early stage saves problems from escalating and needing greater resources further down the line. With multiple agencies often involved with neighbourhood issues or vulnerable residents, the District Council Wardens are well placed to lead partnership work in support of communities. The Wardens will also check up on local issues and support vulnerable members of the communities by linking them to services that can help.

There are now eight Wardens each covering their own patch of the District.



Museum in the Park: A hub for community

Evidence from Understanding Society 2018, a major household longitudinal survey, demonstrates that people who participate less often in heritage-related activities have lower life satisfaction and poorer physical and mental health. Furthermore, people who ceased visiting heritage sites also reported significant declines in physical health, mental health and life satisfaction. (NatCen 2018)

Great programming is underpinned by general health and wellbeing – delivering events and activities that encourage people to discover and explore. The Museum’s Thursday afternoon talk series has proved very successful as well as walks, family workshops on different themes, adult learning workshops and a changing programme of exhibitions.

In addition volunteering roles in the Museum and the Garden create new connections and opportunities to contribute to community.



STROUD YOUTH VOICE

The online home for young people’s voice in the Stroud district



The Local Youth Forum groups exist to support localities with large youth populations. They welcome young people from 11-18 years to develop local projects and campaigns, seek greater cohesion and changes that benefit the whole community.

The Stroud District Youth Council is a democratically elected group representing the district’s 12,500 11-18 year olds. SDYC engage in local democracy, scrutinise and influence decision making that affects young people and design and deliver projects.



Three Year Focus for Priority 2: Developing Stronger Communities

Health Impact Assessments for New Housing Development

Working with County partners to explore the value of Health Impact Assessments on our planning process.

Target: 2019 Explore how other English councils implement HIAs using research provided by the Gloucestershire Public Health team.

2020 –21 Consider how an HIA process for the SDC Local Plan.

Community Development Network

Strongly connected communities improve quality of life, including combating social isolation, anti-social behaviour and the impacts of long term conditions. Resident-led community development is working well across the county and there are several development workers employed by different agencies across our District.

Target: 2019 Create a network to share good practice for community development workers in our District.

2020 Through new network, Initiate more resident –led community projects using models of good practice.

Dementia Friendly Communities

In 2016 SDC pledged to work towards becoming a Dementia Friendly District. Following principles of good community development, residents are leading their own projects to make their towns and villages more dementia friendly.

Target: 2019 Work with charity Fair Shares to develop Dementia Friendly Walks in four new communities.

2020 Develop two more walks and continue to grow group walking groups into wider dementia friendly volunteers, including awareness training.

Neighbourhood Wardens

A review of the warden service showed that more resource was needed to adequately cover the whole District.

Target: 2019 Increase number of Neighbourhood Wardens from six to eight.

2020-21 Involve Wardens in Community Development Network and Health & Wellbeing Partnership to share knowledge and practice.

Continue Good Tenant Involvement & Empowerment Practice

The new Tenant Involvement & Empowerment Strategy is improving practice within the council. Continue to improve through joint working with *Strengthening Local Communities* and *Intensive Engagement* projects and local good, evidence based practice through the new Community Development network.

Target: 2019 Continue to build tenant participation in Housing Committee as per new Tenant Involvement Strategy.

2019-2020 Explore better tenant engagement approaches in Stonehouse as part of joint agency Intensive Engagement project. Use learning from Strengthening Local Communities pilot.

2019 - Include Housing Officers and Neighbourhood Wardens in new Community Development network .

2020 Embed good practice into other areas of the Council.

Why...

The wider determinants of health evidence the need for quality housing and well connected communities to improve health and wellbeing.

More effective community development approaches are needed because:

1. statutory resources are shrinking and traditional services are restricted to only those with the highest need.
2. solutions developed by the community, for the community have been proven to provide longer lasting positive change.

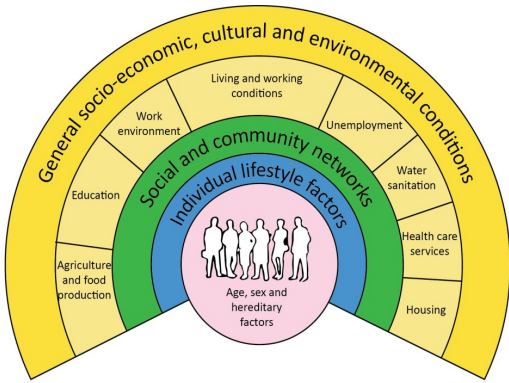
Current dementia diagnosis rates are around 80% for over 65s in the District. The ageing population means that more residents will have dementia or be caring for some who does. Not all aspects of living with dementia can be improved through health services, much of the support needed lies within the community, places and businesses where people spend their time.

Changes in other statutory services means there are fewer uniformed officers on the streets picking up on local concerns and vulnerable people.

As the largest landlord in Gloucestershire, how SDC manages our Estates has a major impact on the wellbeing of our communities. Traditional council led approaches to neighbourhood issues can result in high demand on services and disengagement of tenants from solutions.

Priority 3: Improving Housing

What we do now



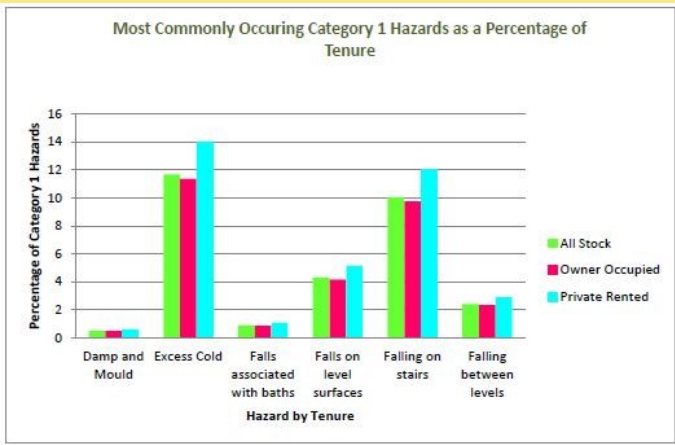
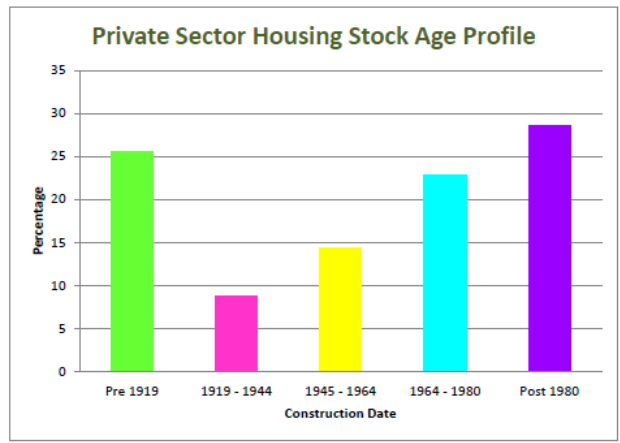
Council Tenants

Stroud District Council is the only Council in Gloucestershire which has retained its housing stock in direct council management and we are the largest landlord in Gloucestershire. Tenants Services provides the housing management function for the Council. This service covers all landlord functions including repairs and maintenance, gas servicing, resident involvement, rent and income collection and management of tenancy including lettings. SDC is also committed to a programme of building new council houses to increase the range of affordable homes in the District. This has delivered 236 homes to date.



Private Sector Housing Renewal

In the Stroud District there are 47,110 private sector dwellings, these include dwellings that are owner occupied, dwellings that are owned by private landlords and dwellings owned by Registered Providers. Of these dwellings, 25% were built before 1919 with 36.5% of private rented dwellings built before 1919. A significant part of the stock is classified as 'Hard to Treat' where occupiers are likely to be in fuel poverty with 32% of solid wall construction and 16% in off gas areas. 26% of private sector dwellings in the District have category 1 hazards present.



This is higher than the national average of 22%. SDC's Private Sector Housing Renewal Policy outlines assistance for homeowners and tenants living in the private rented sector for interventions that will make a difference to their wellbeing or address health inequalities. Assistance can be in the form of grants, loans, advice, materials or to directly carry out work for the repairing, improving, extending, converting or adapting housing accommodation.

Warm and Well

Warm and Well is Gloucestershire's jointly funded advice line, providing free and impartial energy efficiency advice. Advice is given on a range of areas from simply 'top tips' for saving energy in the home to complicated renewable energy systems.



Warm and Well also offer home visits to owner occupiers and private tenants to further advise on energy efficiency.

By working in partnership with the Warm & Well Scheme SDC have assisted in the installation of 548 energy efficiency measures to homes and brought in an additional £600,000 of external funding towards the cost of those measures.

Homelessness Prevention

Homelessness has been increasing both nationally and locally. The focus on homeless prevention has been further strengthened by the introduction of the Homeless Reduction Act 2017 April. The council has a number of statutory duties to prevent homelessness., including carrying out a review of homelessness in the area and developing a homelessness strategy. Stroud District Council has performed consistently well compared to other councils in the South West. We have had high numbers of homeless preventions as measured by central government, relatively low numbers of households in temporary accommodation and cost effective use of funds to prevent homelessness.

The Housing Advice Team has developed a variety of methods to help prevent homelessness including:

- Grants for deposits and agency fees to access private rented homes
- Mediation for young people and their families, and for couples
- Sanctuary scheme for victims of domestic abuse to enable them to remain safely in their homes.
- Double deposit payments for landlords in lieu of having a guarantor.
- Support for people leaving hospital to secure suitable accommodation if they cannot go back to their previous home.
- Support to access Discretionary Housing Payments and the financing of a specialist debt advice worker in Stroud Citizens Advice.
- Provision of rent guarantee insurance.
- Payment of rent arrears to secure a tenancy at risk (where extenuating circumstances have resulted in arrears).
- Referrals to specialist community based housing support.
- Renegotiation fee to bring rents in line with Local Housing Allowance rates.
- Paying for other solutions to tenancy breakdown e.g. clearing garden or property, providing sound insulation.
- Setting up direct payment of Housing Benefit.
- Training to support organisations to ensure accurate advice is given at the earliest opportunity, and that the organisations are aware of the help available from the Housing Advice Team.
- Advertising our services in all GP surgeries, health centres and community outreach venues.

Improvements for Council Tenants

Top achievements in the last 5 years

- Brought our gas servicing in-house rather than contracting it out.
- Successfully recovered several properties where fraud was a factor in the original letting or application for the Right to Buy.
- Developed and delivered an 'obsolescence' strategy to deal with stock which is beyond economic repair
- Minimised the impact of welfare reform in relation to the spare room subsidy (bedroom tax) and the roll out of Universal Credit by developing approaches which are informative, supportive and effective.
- Delivered renewable energy solutions including fitting 329 properties with Air-Source Heat Pumps and 612 properties with Solar PV.

Three Year Focus for Priority 3: Improving Housing

Implement New Housing Strategy

Making the best use of existing housing, support for residents and develop new affordable homes.

Target: 2019-2021—Use SDC Housing Strategy Group to oversee implementation of the plans in the new Housing Strategy.

Implement New Older People's Housing Strategy

To provide good quality older people's council housing which meets a variety of current and future needs – where people want to live.

Target: 2019-2021—Use SDC Housing Strategy Group to oversee implementation of the plans in the new Older People's Housing Strategy

Consult on and Update Local Plan

A new Local Plan must be approved in order to agree how and where new homes may to be developed.

Target: 2019 Final draft consultation of new Local Plan

2020 Pre-submission consultation

2021 Modify post-consultation

2021-22 If all agreed, adoption of new Stroud District Local Plan

Use increased funding to improve 'Park Homes'

£500k has been made available in the County for Park Home improvements.

Target: 2019-21 Use established links to work with Park Home sites to target areas for improvement and spend our District allocation of the funding.

Continue to develop the role of the Disabled Facilities Grant

SDC plays a leading role in the Better Care Fund partnership work, both in facilitating the DFGs and in shaping how future funding may be used.

Target: 2019 Promote DFG more widely through local networks like the Health and Wellbeing Partnership and Know Your Patch.

2020 Explore innovative ways of using the Better Care Fund to alleviate health inequalities and improve the wellbeing of vulnerable people.

Why...

Public Health data indicates that inadequate housing contributes to health inequalities.

Stroud District does not have enough housing to meet local demand, including affordable homes.

Private rental prices are increasing. The District has a high percentage of homes of non-traditional construction or without central heating making residents vulnerable to cold, damp and high fuel costs.

41% of households in Stroud are made up of only older people (age 55 and over) and Stroud is likely to see an increase of approximately 78.5% of single people of pensionable age retiring in the District. Due to the popularity of the District to people of pensionable age, this increase is likely to impact Stroud more than any other District in Gloucestershire.

The minimum numbers of houses needed in the District has been agreed.

A Local Plan helps to manage the process of how planning affects the local economy and jobs, town centres, local housing needs, green spaces and community facilities.

Park Homes count in the 'Hard to Treat' housing category where residents are four times more likely to suffer from Long Term Conditions like respiratory disease.

Disabled Facilities Grants enable vulnerable people to live better at home by adapting and improving their houses. The BRE report The Full Cost of Poor Housing (2016) estimated that *'leaving vulnerable people living in the poorest 15% of England's Housing is costing the NHS £1.4 billion per annum in first year treatment costs.'*

Stroud Rural Sustainable Drainage (RSuDS) project

The award winning Stroud RSuDS project is an innovative six year Natural Flood Management project working to reduce flood risk and restore biodiversity throughout the catchment of the River Frome and all its tributaries.

SDC are working with landowners to implement natural flood management techniques and restore natural drainage where it is safe and feasible to do so. This includes working with local community flood groups, land owners, farmers and partner organisations to implement a range of measures that will reduce flood risk but also improve water quality and enhance the biodiversity of the streams, brooks and the wider River Frome catchment.



Green Infrastructure, Sport and Recreation Study

The Council believes that providing a wide range of good quality open spaces and recreational facilities of this kind is essential for the health and wellbeing of local people and is working with Ethos Environmental Planning to carry out a District wide Green Infrastructure, Sport and Recreation Study. This covers a wide range of recreational open spaces, parks, natural green spaces, playing pitches, outdoor sport facilities and children’s play spaces; as well as indoor sports halls, swimming

Canal Restoration

The next phase of canal restoration will link Stroud to the rest of the national waterways, which will make a momentous shift in the usability and appeal of the District’s canal. A complex piece of work that will involve re-routing of waters systems and re-building of bridges, the Stroud Connection project will renovate disused parts of the canal system and create opportunities to engage with the surrounding nature and history of the waterways in the new improved sections of the canal.



Environmental Protection

Enforcement against ground, air and water, pollution and noise nuisance. This is a statutory function for a district council and requires careful customer service skills to deal with complaints as well as working with professionals from the Police, Environment Agency and health services.

Household Waste Recycling

Since Stroud District Council radically changed the way waste is collected in 2016, recycling rates have shot up and the amount of residual waste thrown away has plummeted. Stroud District Council work with Ubico to provide environmental services that benefit residents, visitors and business. Our 61% rate of recycling is one of the best in the country, whilst we send the least amount of waste, per household to landfill. The District wide, resident waste and recycling scheme, has recently been nominated for two performance related awards and the council has been praised by Government chiefs for its ‘comprehensive’ recycling service.



Animal Welfare

District Councils have a number of statutory duties in relation to animal welfare, including the licensing of businesses involving live animals and the responsibility for stray dogs. Stroud introduced it’s own Animal Welfare Charter in 2017 to cover all aspects of the Council’s Animal Welfare policy which include dealing with anti-social behaviour orders for pet owners and making preparations for animal welfare in a civil emergency.



Canal Restoration and Health & Wellbeing

A report on Scottish canal regeneration estimated that for every £1 invested in the canal towpath network there is a return of £7 of health benefits. Well connected canal towpaths are extensively used for different forms of active travel e.g. walking, jogging and cycling and allow access to nature for people with mobility issues who may find woodland or hill paths impossible to access. In addition to increasing outdoor exercise, the reports also suggests that the activities of Scottish Canals are helping to reduce deprivation in some of Scotland's most disadvantaged communities. Engagement with voluntary and community sector organisations helps to get more local people involved with the canal restoration. They make communities more attractive, engage residents and foster civic pride.

In Stroud District, thriving canal and towpath activities will develop communities and help to address concerns about social isolation and physical activity levels for all ages.



Stroud District Community Safety Partnership Strategy

2017-2021



Stroud District Community Safety Partnership

In 1998 the Crime and Disorder Act placed a legal obligation on the District Council, the Police, the Health Authority and the County Council to work together in reducing crime and disorder, and the fear of crime.

The Partnership's first strategy was written in 1999 and had been reviewed on a regular basis since that time.

The strategy for 2017 - 2021 is aligned to the Police and Crime Commissioner's plan (PCC), but also incorporates specific issues that cause concern to Stroud District residents

For example SDC are undertaking a new collaborative working approach with Community Safety colleagues, with joint operations involving Neighbourhood Management Officers and Neighbourhood Wardens tackling instances of fly tipping, anti-social behaviour and drug misuse.

SDC also work with Gloucestershire Constabulary to identify cases involving 'County Lines' criminality, which seeks to exploit children and young people in the selling of drugs.

Three Year Focus for Priority 4: Protecting the Public and the Environment

New Environment Policy

SDC requires an updated Environment Policy to ensure the Council is focused on the commitments needed to reduce its impact on the environment and responds to climate change. This includes the district wide programme Stroud District Carbon Neutral by 2030.

Target: 2019 Publish new SDC Environment Policy to include commitments in response to climate change.

Homelessness Prevention

Develop better temporary housing options for homelessness prevention to reduce the use of unsuitable and high cost temporary accommodation.

Target: 2019 Convert an SDC property to provide three units of temporary accommodation.

2020-21 Explore the possibility of purchasing or building bespoke temporary accommodation within the District.

Stratford Park Lido

Respond to consultation by submitting Heritage Lottery to make improvements.

Target: 2019 Submit HLF Bid with hope of winning £250k.

2020-21 If successful, begin small scale improvements to Lido before swimming season. Carry our large scale improvements once swimming season ends in September.

Improvements to Nailsworth—Woodchester— Stroud Cycle Path

County funding is available to re-surface the cycle path and allow more users to easily travel on the multi-use path. This would reduce the amount of car use between the communities along the path and create more opportunities for healthy travel, social contact and access to nature. This is particularly important for older residents who want to travel by bike but cannot cope with the uneven surface or for those who are no longer able to drive.

Target: 2019 Apply for funding to enable Gloucestershire Highways to re-surface the entire track.

Protecting Tenants

Safeguard tenants who are the victims of abuse.

Target: 2019 Create a Policy supporting the victims of Domestic and Mental Abuse.

Increase the Health & Wellbeing Benefits of the Canal Restoration to Local Communities

SDC have commissioned local community development organisation "Creative Sustainability" to deliver a series of community-led, inclusive events to support local people and communities in engaging with the canal and wildlife heritage and ensure that they are involved in all the project's activities. People will find out more about wildlife conservation along the canal banks, the old canal archives, their local built heritage and engineering projects.

Target: 2019 Deliver initial engagement events within the canal project area. 2020 Create more community-led canal projects. 2021 Include new canal community groups in next restoration phase.

Why...

Stroud District Council is a large employer and a significant resource user and we therefore recognise that our operations and service delivery have a significant impact on the

The use and cost of temporary accommodation has escalated and there is not enough to meet demand. Use of accommodation such as Travelodge and Premier Inn has increased. At times, there has been no accommodation available within the District and families have had to be placed as far away as Bristol.

In 2017 residents responded overwhelmingly to a consultation on the future of Stratford Park Lido. The listed outdoor pool is much loved. Users stated improvements they would like to see, including pool heating and pool side renovation.

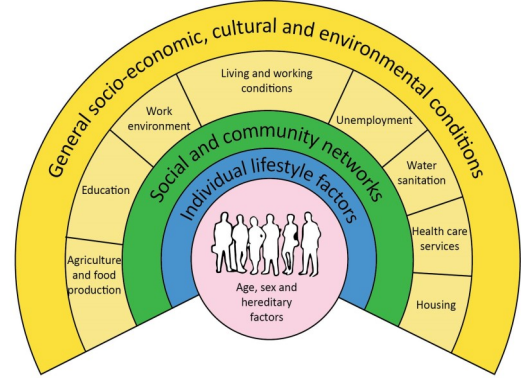
A recent survey of Stroud District residents shows that the uneven surface of the current path prevents many from cycling or walking. They stated they would definitely use an improved surface rather than travelling by bus/car or using other routes.

Currently victims of domestic abuse are at risk of losing their tenancy if they choose to leave their property to escape an abusive partner.

The Heritage Lottery Fund awarded £842,000 development funding to continue work on the canal restoration project ahead of an application for a full grant of £9 million in 2019. The next phase requires that the health and wellbeing benefits of the canal be further developed in collaboration with nearby communities and canal users.

Priority 5: Partnering the Statutory, Voluntary and Community Sectors

What we do now



Stroud District Health & Wellbeing Partnership

The partnership has over 190 members from the voluntary and statutory sectors. It offers networking opportunities for front line staff to share local challenges and opportunities find project partners and pass on information quickly. The Partnership e-mailing list is one of the most used conduits for local information in the District.



Partnering Adult Social Care

SDC support Gloucestershire Adult Social Care to disseminate funding that will support the VCS in the District. SDC also co-chair the Know Your Patch networking events are being funded through Adult Social Care as a way to encourage their front line staff to connect with the voluntary and community sector who support their clients. In Stroud we have been able to promote this widely through our existing Health & Wellbeing Partnership.



Pooling County Health and Social Care Resources

In Gloucestershire the District Councils, Health providers and County Commissioners have pooled resources to create the Better Care Fund, a joined up approach to improving aspects of health and social care by working together across the whole system.

In particular Stroud District's Housing Improvement team and Health & Wellbeing team work closely with Commissioners to improve housing for vulnerable residents and to create community fitness classes to promote self management of long term conditions like frailty.



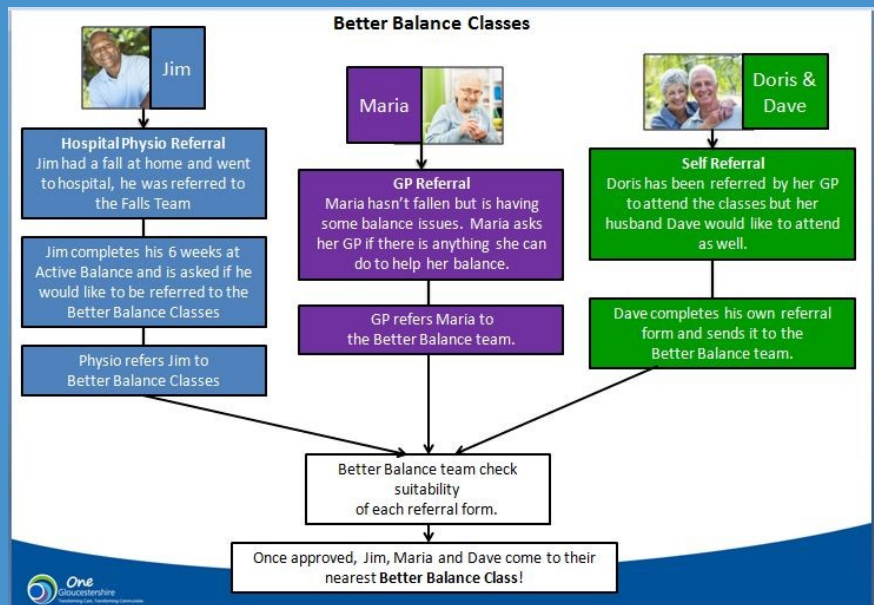
Integrating with NHS Partnerships

In Stroud, the District Council has been recognised for integrating well with our NHS partners to help them to understand aspects of the population outside of their health remit and to create prevention and self management activities that compliment NHS services. Our Healthy Lifestyles Scheme is a perfect example of how this can work well.

Moving forward NHS colleagues have now asked to join other District partnerships as a recognition of how much they impact the wider determinants of health

Healthy Lifestyles Scheme

Many aspects of the SDC Healthy Lifestyles Scheme are delivered in partnership with clinical professionals like GPs and Physiotherapists as well as fitness instructors, gyms and leisure centres. Without partnership working the scheme would not be possible.



Action on ACEs—Adverse Childhood Experiences

The Gloucestershire Health and Wellbeing Board is championing a campaign to raise awareness of the impact of ACEs and how taking a trauma-informed approach may improve outcomes for the public.

SDC are supporting the campaign and will be promoting their work. IN 2019 a film introducing the campaign was shown in Stroud to around 200 people.



Action on ACEs film

Dementia Friendly Communities.

SDC are working with the voluntary organisation Fair Shares and the county Dementia Education and Training Service to support local towns to become dementia friendly.

The work is all led by volunteers with an interest in dementia. Residents are setting up memory cafes, promoting dementia activities through social media, delivering training, creating a dementia friendly business scheme and working with GP surgeries to be more dementia friendly.



Dementia Friendly Communities

Would you like to help your town or village to be dementia friendly?

Examples of what our volunteer groups do:

- Raise awareness of dementia through newsletters, social media and people we know
- Promote training to local groups
- Support local shops & cafes to be dementia friendly
- Encourage and promote social opportunities for people living with dementia and carers eg. set up a new nature walk or social group

To join a local group of volunteers contact the Health and Wellbeing at Stroud District Council 01453 754177 or hwh@stroud.gov.uk

DAA Dementia Action Alliance Gloucestershire Strategy for Gloucestershire

Would you like to be more dementia aware? We are running free one hour dementia awareness training throughout 2018. We'll talk about myths, find stories about dementia, where to go for advice and the small things we can do to help people who are living with dementia.

To book a place contact: 01453 754177 or hwh@stroud.gov.uk



Our partnership has 190 members from voluntary and statutory agencies. With a small amount of officer time, we host five themed forums a year to discuss local priorities, a busy email information exchange and special networking workshops.

This year our Partnership helped to disseminate one-off Adult Social Care funding which resulted in more projects being funded in Stroud than any other Gloucestershire district.



Strengthening Communities

Strong communities are healthy communities. Our residents and community groups are a fantastic resource but they need development and support to work well with the voluntary and statutory sectors. Our partnerships and community projects help the Council, residents, health services and the voluntary and community sector make best use of local resources and influence health decision makers to improve wellbeing in our district.

"This networking workshop has been incredible. I have met all kinds of community organisations with expertise that my clients need. I feel like I don't have to carry it all on my own. Adult Social Care doesn't have to provide all the answers."
Local Social Worker



The Stroud District HWB partnership is great to keep the community connected and updated on what we are all doing; it's also a chance to build partnerships and work on bids for joined up services across the district.

The partnership is responsive to what we need, we're involved in raising issues and setting the agenda for relevant discussions, it is co-production in action.

Also, so many of us smaller charities don't have all the in-house expertise we need to deal with increasingly complex issues, so this is an opportunity to access the expertise from across the community.

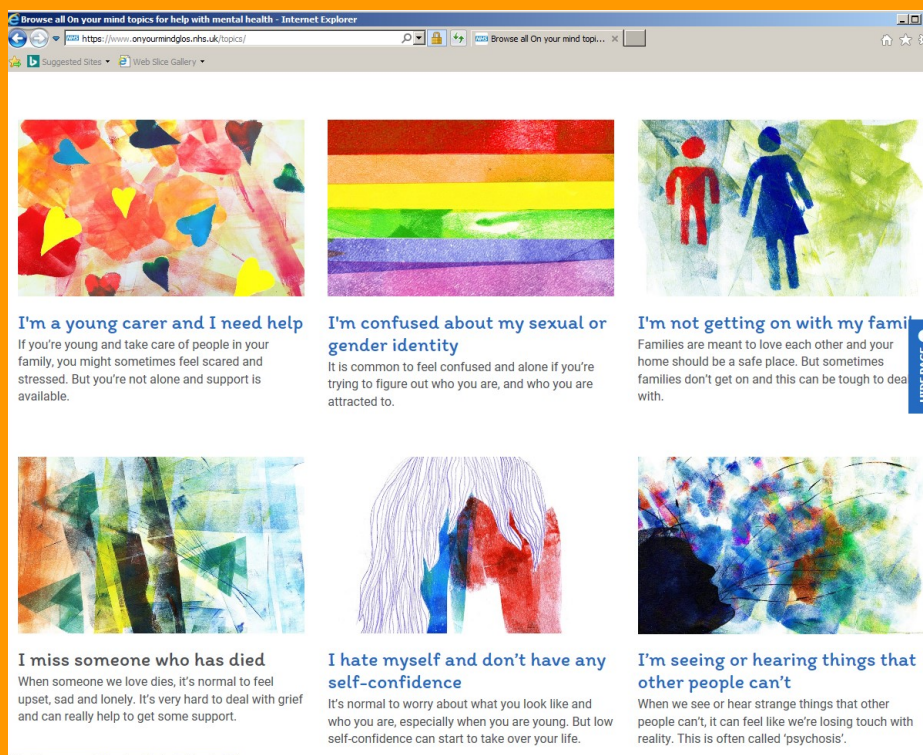
Indigo Redfern, GL11 Community Hub, Cam.

Mental health website to support young people and parents.

Stroud District's Youth Council partnered with the Clinical Commissioning Group to work on a website that would provide information and advice on a variety of mental health subjects for young people and parents.

Dr Jeremy Welch, Clinical Lead for Children and Young at NHS Gloucestershire Clinical Commissioning Group said:

"Young people in Gloucestershire told us they often find it difficult to talk about their mental health; they worry that people will judge them and treat them differently.



We found that children and young people want to know what help and support is available to them locally and nationally. They want to know how they can help themselves and which websites they can trust. That is why we have created the [On Your Mind](http://www.onyourmindglos.nhs.uk) website."

The resulting website www.onyourmindglos.nhs.uk is a thorough directory made accessible through language that ordinary people can understand and images created by the young people and a local artist.

Three Year Focus for Priority 5: Partnering the Statutory, Voluntary and Community Sectors.

Develop 'Compassionate Stroud' community sign-posting pilot

Frome in Somerset trained volunteers to have knowledge of local health and wellbeing self-help and services to sign-post people in their networks. The 'Compassionate Frome' approach has helped people from all walks of life reach help in their town. Emergency health appointments have reduced and more appropriate early help has increased.

Target: 2019 Take lead on pilot in partnership with Stroud Town GPs, volunteers, Community Wellbeing Service and Stroud Town Council.

Continually grow HWB Partnership and Know Your Patch Network to include health and VCS sector across District .

The Voluntary Sector and NHS partners need our support, to access each other and the strength that comes from working effectively together with one voice.

Target: 2019-21 Continually promote partnerships and keep events relevant and useful by preparing topical content and responding to member feedback.

Gloucestershire Dementia Action Alliance

The national Dementia Action Alliance initiative is a vehicle for good partnership working around dementia. The Forest of Dean are leading on this to create an action plan for Districts, community and health partners.

Target: 2019 Support FoD In setting up DAA and recruiting members. 2020-21 Input to DAA plans and share good practice from Stroud Dementia Friendly work.

Raise Awareness of Mental Health Issues and Support

Working with NHS and VCS partners around mental health across the District.

Target: 2019 Use National Awareness Days to promote awareness, prevention and support. 2020 Promote improvements in MH services for young people through HWB Partnership. Ensure MH staff attend Know Your Patch networks to meet VCS partners.

Develop Dementia Walks in partnership with Fair Shares

Following from the success of their Gentle Park Walks and Using funding from Adult Social Care, Fair Shares are supporting volunteers to develop their own dementia friendly walking groups. Walking gets people into nature and create supporting relationships for carers.

Target: 2019-21 Develop 6 news walks in with residents in the District.

Partner the VCS to develop a Skate Park User Group

Community Roots developed a successful skate park user group in Gloucester Park who raised funding for a total renovation.

Target: Employ Community Roots development worker to get to know regular skate park users and explore issues. 2020 Develop Friends of the Skate Park group so the young people can plan and carry out their own park improvements.

Why...

As mental health issues and social isolation impact on more people, understanding how to access self-help or services is essential but statutory services are too limited to reach into communities effectively.

With decreasing resources and rising demand, the health and care services have been through a transformation to meet their future challenges. In Gloucestershire this has highlighted the need to be more involved with services outside of the NHS who are tackling or preventing problems that impact health.

As dementia rates rise with the ageing population, a collaborative approach is needed between statutory and community partners to enable people to live well with dementia for longer.

With one in four people living with a mental health issue at any given time, awareness raising is needed to encourage people to de-stigmatise the subject, know how to get help and self manage.

Evidence shows that accessing nature is fundamental to wellbeing and can be difficult for people living with dementia and carers. A recent national survey highlighted that carers are likely to be isolated and have no peers to talk to about their caring challenges.

Anti social behaviour and dangerous vandalism to the flood lights in Stratford Park Skate Park was causing problems for the users and costly repairs for the Council.