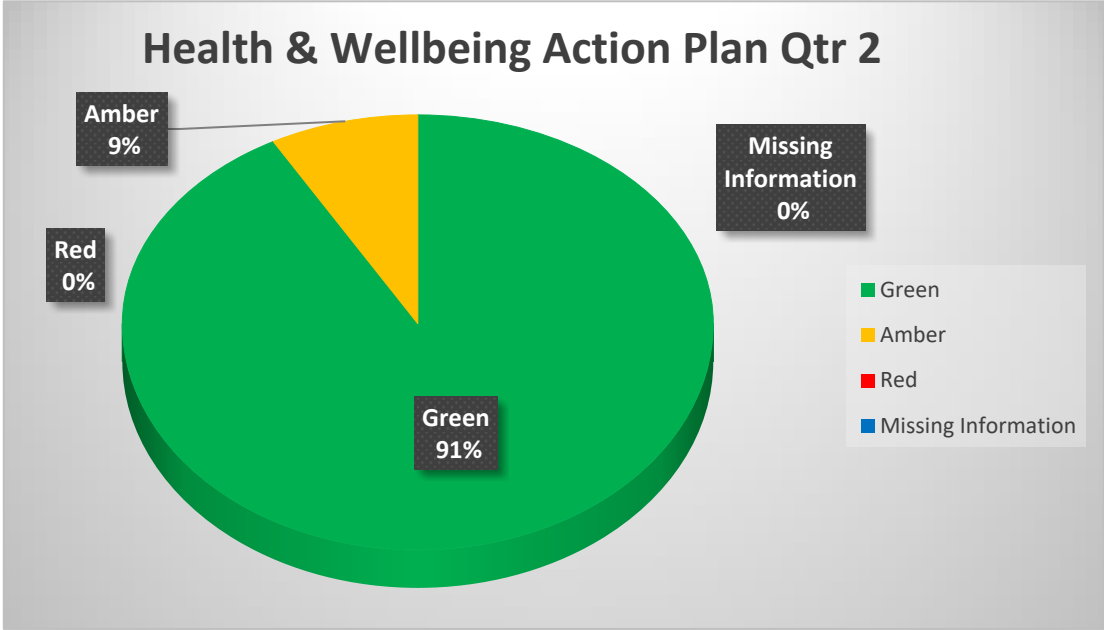


**SEVENOAKS DISTRICT
HEALTH & WELLBEING
STRATEGY & ACTION PLAN
2022-2023**

**Quarter 2 Monitoring Report
1 July 2022 – 30 September 2022**

Appendix A



Green	21
Amber	2
Red	0
Missing Information	0

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Ref	2022-23 Priority Action	Lead Agency	Other Partners	Status	Comments
Starting Well Actions					
SW1	Support a reduction in obesity and excess weight in children	KCHFT School Health Team	Health & Wellbeing Partnership	Green	Through the CCG this has now been set up as a priority for partner agencies. A sub group has been set up to look at targets such as:- Fast Food Cooking Skills Food in Schools Breakfast Clubs SDC Health & Communities Team will be running a family cooking programme in November, this programme has got 10 families on there.
SW2	Enable Sevenoaks District Mothers to maintain breastfeeding for the first 6 months of their child's life	KCHFT Health Visiting Service		Green	Health Visitors and Children Centre's have been helping running new mums courses and breastfeeding initiatives
SW3	Support a smokefree home for Sevenoaks residents and enable more Sevenoaks Mothers to quit smoking during pregnancy	KCHFT Smoking Cessation Service	Health Team	Green	In Quarter 2 there have been 4 Quit Dates set by Sevenoaks Residents, two of whom was a pregnant mother.
SW4	Prevent the illegal consumption of alcohol in under 18's and subsequent hospital admissions resulting from excessive alcohol consumption	Kenward Trust	Sevenoaks District Council Licensing Team CSU	Green	This work is ongoing. Licensing & CSU look at proxy sales with retailers and education. Kenward Trust have engaged with a over 300 young people

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					<p>on the dangers of drinking. This quarter</p> <p>The Best Bar None (BBN) scheme for licensed premises is being rolled out in the district. Officers from Licensing, Community Safety and Police assess the premises against criteria in the BBN survey. There are 3 pubs that have received certificates for BBN</p>
SW5	Support Sevenoaks children and young people to adopt healthy lifestyle choices.	KCHFT School Health Team	Local Children's Partnership	Green	<p>This is a priority for the LCP and they meet quarterly. Schools have been putting in more healthy options for young people</p> <p>The LCPG has been working with schools as part of their PHSE programme to promote healthy lifestyles and increase healthy lunch options for young people at school.</p>
Living Well Actions					
LW1	Continue to provide services that contribute towards the reduction of smoking in Sevenoaks District with particular targeting for at-risk groups.	KCHFT Smoking Cessation Service		Green	In Quarter 2 there have been 4 Quit Dates set by Sevenoaks Residents, one of whom was in routine/manual occupations.

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					Service referrals can be made as self-referrals or through services such as a GP.
LW2	Improve the diagnosis rate of Diabetes for Sevenoaks residents	KCHFT NHS Health Check Service		Green	<p>The NHS Health Check plays an essential role in improving the diagnosis rate of diabetes in the Sevenoaks area as it provides a mechanism to check people's cholesterol, identify those at risk and refer individuals for clinical follow-up.</p> <p>17 Sevenoaks GP Practices are supporting or fully delivering NHS Health Checks. 4220 invite letters have been sent out to those who are eligible to receive an NHS Health Check. 22% of these have taken up the NHS Health Check.</p> <p>The NHS promotes the 'Healthier You' NHS Diabetes Prevention Programme, identifying people at risk of developing type 2 diabetes and referring them onto a nine-month, evidence-based lifestyle change programme.</p>

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					<p>Residents can 'self-refer' to the Diabetes Education Referral Hub (for Type 1 and 2) by visiting the hub's website The Diabetes Education Referral Hub can be found at www.diabetes-education-km.co.uk/. The hub provides structured education support.</p> <p>GPs will promoted World Diabetes Day this quarter</p>
LW3	Encourage more Sevenoaks residents to consume alcohol within lower risk levels and limit hospital admissions for alcohol specific conditions	Change, Grow, Live	Sevenoaks District Council Health Team KCHFT One You Team	Green	<p>The One You service has advisers trained to deliver Alcohol Identification and Brief Advice and Alcohol Extended Brief Intervention.</p> <p>Qtr 1 - 22% of clients attending Initial Appointment in this quarter were identified as having Increasing Risk or higher score when completing AUDIT-C. (17 Increasing Risk, 2 Possible Dependency). 100% of these were given Alcohol Identification and Brief Advice Intervention.</p>

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					<p>At our one-to-one lifestyle advisor intervention, one client (3%) was identified to have an AUDIT score of increasing risk and as a result was offered Alcohol Identification and Brief Advice intervention.</p>
LW4	<p>Support Sevenoaks adults to adopt healthy lifestyle choices that facilitate weight loss and increases in physical activity</p>	<p>Sevenoaks District Council Health Team</p>	<p>Sencio Everyone Active</p>	<p>Green</p>	<p>Qtr 2 - 32% of clients attending our one-to-one lifestyle advisor intervention are supported to set a goal to increase their physical activity. 92% of clients attending our one-to-one lifestyle advisor intervention are offered brief intervention to change their diet.</p> <p>92% of clients on our 1-2-1 weight loss intervention, demonstrate weight loss at the close of the service.</p> <p>94% of clients on our group weight management intervention demonstrate weight loss at the end of the intervention.</p>

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LW5	Adapt the physical design of Sevenoaks District so that healthy lifestyle choices become a routine part of residents lives	Sevenoaks District Council Planning Team	Sevenoaks District Council Health Team	Green	<p>Through funding Our Parks started in Sevenoaks, Swanley, Westerham and Edenbridge which were free classes for people to participate. They are light outdoor aerobics, stretches and use of outdoor gym equipment</p> <p>Sevenoaks District Council have implemented a Movement Strategy to increase the active commutability of the district.</p> <p>We have worked with Town & Parish Councils around Healthy Walks and some will be set up in November</p>
LW6	Provide adapted health improvement services targeted at specific populations (where needed) to ensure all residents can benefit from good physical health	Involve Kent	Sencio Everyone Active	Green	<p>Both Sencio and Everyone Active have provided services to ensure everyone can benefit. Both operators received KCC 'Reconnect' funding in Spring to deliver a summer programme to engage more children and young people in exercise and healthy activities.</p> <p>The summer programme was really successful and saw a</p>

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					<p>number of young people and families taking part in physical activities.</p> <p>Communities Team have delivered 1 women swimming lessons in all leisure centres and more are booked for Qtr 3</p> <p>Through the Universal Wellbeing Contract, Involve Kent current fund seven activities for 55+ adults in Quarter 2. These activities are delivered by; Sevenoaks & Tonbridge Age UK, Every Step Counts, North West Kent Countryside Partnership, Kent Wildlife Trust, North Kent Mind, Everyone Active, Croydon Petanque Club and Actively Involved.</p>
LW7	Encourage Sevenoaks District businesses and organisations to consider the Health and Wellbeing of their organisation and employees	Kent & Medway Healthy Workplaces Programme	Sevenoaks District Council Health Team	Green	<p>Silver Award was submitted in August 2022</p> <p>Two new businesses/organisations have started to take part in the Kent</p>

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					& Medway Healthy Workplaces programme.
LW8	Promote Cancer Screening initiatives to encourage more residents to take up Cancer screening when eligible.	All Organisations		Amber	Breast screening takes place at Darent Hospital. T Swanley Town Centre have been working with NHS for the screening to come to Swanley and this will take place in December.
Ageing Well Actions					
AW1	Improve the diagnosis rate of dementia in the district	Health & Wellbeing Partnership		Green	Primary Care Networks in the district have trained GPs who will carry out checks including, medical history, blood or urine tests and do a short mental test. GPs can make referrals to The Memory Clinic where specialists can assess and make a diagnosis. The Clinic is currently held at Darent House next to Sevenoaks Hospital. The Partnership will promote Dementia UK, who can be contacted on 0800 888 6678 for their leaflet on getting a diagnosis.

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					<p>2 new dementia cafes have been set up. One at Bat n Ball Café which was opened in Qtr 2 and Sevenoaks Hospital will be Qtr 3</p>
AW2	<p>Provide specialist services targeted at improving the quality of life of residents affected by dementia</p>	<p>Sevenoaks Area Dementia Friendly Community & Swanley Area Dementia Friendly Community</p>		Green	<p>Through Funding a new dementia café opened in Feb 22 and has an average of 22 attendees each week.</p> <p>Walk Push Run was held in May 22 with approx. 300 attendees</p> <p>Age UK's Dementia day care runs at Hollybush Day Centre two days a week. Dementia trained staff offer a range of stimulating activities to aid memory as well as health and wellbeing support. Dementia Day Care is currently available on Mondays and Wednesdays.</p> <p>Age UK's Independent Living Support Service offers dementia support in the home for clients living with dementia at any stage.</p>

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					<p>2 new dementia cafes have been set up. One at Bat n Ball Café which was opened in Qtr 2 and Sevenoaks Hospital will be Qtr 3</p> <p>Age UK launched its Memory Loss and Dementia Pack in July 2022. Please visit https://www.ageuk.org.uk/bp-assets/globalassets/sevenoaks-tonbridge/original-blocks/our-services/local-information-packs/memory-loss-and-dementia-sevenoaks.pdf</p>
AW3	Work with older residents to prevent falls and limit the potential for hip fracture in older residents	Involve Kent, West Kent Falls Prevention Service & Virgin Care Falls Team	Age UK Sevenoaks & Tonbridge Sevenoaks District Health Team Sencio Everyone Active	Green	Involve Kent have launched a postural stability course in Otford and Swanley.
AW4	Ensure residents can receive support to stay safe, healthy and independent in their own homes for as long as possible	Sevenoaks District Council Private Sector Housing Team		Green	<p>Through the work of the Private Sector Housing Team, houses have been adapted to ensure that residents can stay safe and well in their own homes.</p> <p>Annual funding has been renewed as part of the Better</p>

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					<p>Care Fund to provide Disabled Facilities Grants and Safe and Secure Grants, supporting home adaptations.</p> <p>A Hoarding Co-ordinator has been appointed to deliver personalised support to customers in their homes aiming to address and reduce the risks connected to their hoarding.</p>
AW5	Promote the importance of staying well at winter in older populations	Sevenoaks District Council Health Team	All Public Supporting Organisations	Green	<p>We had meetings and worked with the GPs and delivered information session at their COVID drop ins during September. Also promoting Silver Sunday for October.</p> <p>Warm Spaces is being looked into being developed and will be launched in October.</p> <p>The Council's 'Here for You' information leaflet provides households with information on the rising cost of living and local community support.</p>

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					The Council is supporting eligible pensioners with a cost of living payment as part of the Kent Household Support Fund
All Life Courses					
ALL1	Target services towards areas and residents of greatest need without preventing all residents from accessing support.	All Organisations delivering client centered services	Health & Communities Team	Green	Through Involve and SDC there have been a number of community initiatives delivered across the District that have now been taken on by local communities or Town Councils such as card club and art projects
ALL2	Enable more professionals to have conversations with residents on health and wellbeing	Kent County Council - MECC		Green	<p>Make Every Contact Count is adopted by the district's key voluntary sector organisations and as a result referrals are made to other support services.</p> <p>Imago and Involve provide centralised Care Navigator support and are able to support referrals with health and wellbeing support, alongside referrals to other agencies, including the Council. Primary Care Networks also link to the Care Navigator support.</p>

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					ReferNet also helps with all referrals that come into the One You Service to help residents with health and wellbeing.
ALL3	Ensure non-digital advertising is employed to promote services to those residents with limited digital access.	All Organisations delivering client centered services	Compaid	Green	<p>Inshape magazine has promoted a number of health initiatives including health walks and why weight</p> <p>The Council works with Imago to publish a Community Services Directory, which is shared with Primary Care Networks.</p> <p>Compaid commissioned to deliver digital training and provide devices and data to support customers with limited digital access.</p>
ALL4	Support the reduction of wider determinants of health that can have a negative impact on resident's mental health.	Imago Community and Involve Kent		Green	Sevenoaks Primary Care Network is working in partnership with the Council to deliver a programme of information drop-ins (for housing, benefits, community activities and groups, volunteering) with older people

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					<p>as part of Silver Sunday. This has continued in Qtr 2</p> <p>The Council has worked in partnership with West Kent Housing Association and DLUHC to deliver 11 units of accommodation for rough sleepers and single homelessness with low level support needs, including mental health.</p> <p>Two job fairs were hosted in partnership with WKHA over the summer in Swanley and Sevenoaks.</p>
ALL6	Encourage more client-facing organisations to engage in Mental Health Awareness and Mental Health First Aid training	West Kent Mind & North Kent Mind		Amber	West Kent Mind will be delivering Mental Health First Aid Training in October