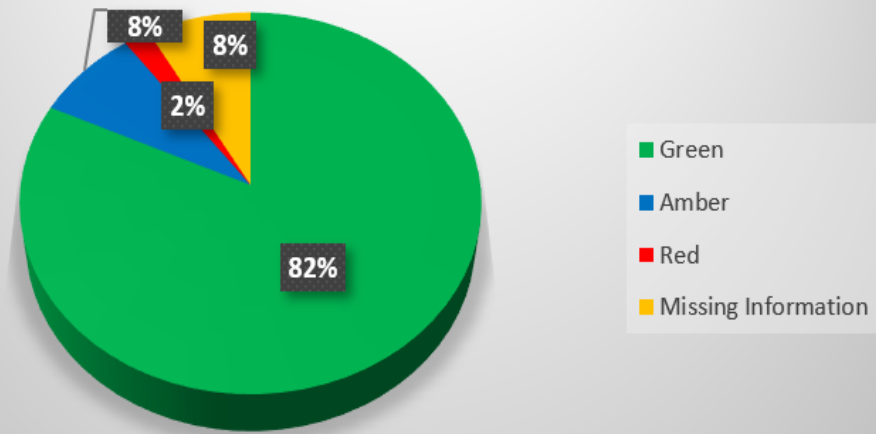




**Health & Wellbeing Action Plan 2023-24**  
**Qtr 2 Monitoring**  
**1 July 23 – 30 September 23**

## Health & Wellbeing Action Plan 2023-24 Qtr 2



Green	41
Amber	4
Red	1
Missing Information	4

Ref	2023-24 Priority Action	Lead Agency	Other Partners	Update Qtr 2	Status
<b>Wider Determinants of Health</b>					
WDH1	Provide supportive working and volunteering opportunities for people living with mental health issues. Keep people with MH in the workplace	West Kent & North Kent Mind	ALL	<p>Sevenoaks counselling report that - "In the feedback post counselling many of our clients report they have been able to stay in or have returned to the workplace."</p> <p>West Kent Mind actively engage our clients in appropriate volunteering role to strengthen and empower their self-confidence. We have a number of 'lived experience' volunteer role within the organisation, for example within our recent LGBT project, which enables up to elevate the voices of clients that traditionally go unheard as well as getting real life feedback on what works and what doesn't.</p> <p>We also see our volunteering opportunities as part of someone longer journey with their mental health. Oftentimes, we hear clients report that they want to give something back when they are ready and able to do so and usually to this is to support someone else.</p> <p>We continue to work with organisations in Sevenoaks District to embed mental health training into their business. Training around mental health, as part of an employer's commitment to employee wellbeing, can help to create mentally healthy workplaces. Our training aims to decrease the stigma around mental illness, and the negative and discriminatory attitudes towards those living with mental ill health, creating more positive and supportive environments for employees living with mental health conditions, which in turn supports them to stay in employment.</p>	
WDH2	Seek opportunities to open up Royal Society for Protection of Birds premises to free parking facilities	SDC Health & Communities Team	ALL	Jolanda spoke to Sevenoaks rep for RSPB. Update that there are reserves that RSPB look after in Sevenoaks, the nearest one is Broadwater Warren RSPB Reserve in Tunbridge Wells. It is unlikely that parking fees will be waived there as they are already overrun and under resourced to deal with visitors.	

				<p>However, if people are interested in birdwatching, the Causeway at Bow Beach, and can park for free along the Causeway.</p>	
WDH3	<p>Deliver dementia friendly training to different departments+ businesses.</p> <p>Promote local Dementia Forget-me-not Cafe Groups and Activities of which there are 6 in the District per month.</p> <p>Promote dementia awareness session delivery to different departments and businesses through local plan, shop safe and parish councils.</p> <p>Promote the Dementia Showcase taking place at the Kent Showground Detling in May 2023.</p> <p>Promote the ADSS dementia helpline and Dementia support Coordinators via networks and partner comms.</p>	<p>The Good Care Group</p> <p>Sevenoaks Area Dementia Friendly Community</p>	ALL	<p>Through the Kent Working to become Dementia Friendly Scheme under the Kent Dementia Action Alliance - I have been working with Edenbridge Town Council to encourage and make Edenbridge business and town DF. 5 business have signed up to the scheme and pledges, there is dementia training hosted by Edenbridge Town Council in October, they have a dedicated space on their website also.</p> <p>There are now 7 groups, each has a different feel and some people attend more than one - They are being patronised by approximately 150 people a month, we are receiving referrals through our website, from ADSS, Sevenoaks Memory Clinic and some GP surgeries.</p> <p>This has to happen in conjunction with SDC, to be picked up at the review workshop and ongoing work.</p> <p>This was a very - very successful event arranged and driven by the Kent Dementia Action Alliance attended by an estimated 104 possibly more stall holders from a range of business and clinical services NHS / KMPT etc. - It was attended by hundreds of people and also included the Kent Dementia Awards. Feedback was excellent from both attendees and professionals who had stands. There is an event feedback forum and report available on request.</p> <p>We signpost through our Cafe's to people who are struggling or who need assistance from their dementia coordinators.</p> <p>We promote signposting to Dementia Uk for those who are struggling or who need information or urgent support through their help lines.</p>	

	<p>Promote Dementia UK helpline and website,</p> <p>Promote Alzheimer's Society's Dementia Connect Website and helpline.</p> <p>Attend GP Locality training days to talk about Dementia, bringing together experts in dementia, GP's, District Nurses etc.</p>			<p>We promote signposting to Dementia Uk for those who are struggling or who need information or urgent support through their help lines.</p> <p>This needs to be set up through SDC GP locality and PPG groups , access is difficult directly but we are willing to provide or set up awareness and subject specific talks.</p>	
WDH4	Deliver the local business support scheme.	SDC Economic Development Team	Local Businesses	<p>Business support is being delivered through West Kent Business programme funded from the UK Shared Prosperity fund offering mentoring, advice and training as well as a micro grant scheme. Delivery of both the Local business actions in the UKSPF programme and the West Kent Rural Grants scheme (funded via the Rural England Prosperity Fund) are delivering well as per the investment plan for activity. In addition the Economic Development Strategy (2022-27) covers many actions around supporting businesses within the District, the annual report shows that 86% if actions are either green or Amber showing good progress on year 1 of a 5 year programme.</p>	
WDH5	Embed a Health in All Policies approach at SDC and help other agencies achieve this as well	SDC Communities and Health Team	All	<p>The Health in All Policies approach is underway at SDC with notes from the workshop run by LGA being finalized and re-distributed to attendees for comments and insights before recommendations being brought back to SMT for further actions.</p>	

WDH6	<p>launch a new Workplace Travel Plan, including:</p> <ul style="list-style-type: none"> <li>• Walking-Walk to work / at lunch. Lunchtime health walk –</li> <li>• Car sharing-Car share to work. Promote / sign up to car share scheme.</li> <li>• CyclingCycle to work / at lunch. Lunchtime bike ride</li> <li>• Bike maintenance / cycle proficiency training</li> <li>• Promote Cycle2Work scheme.</li> <li>• Public Transport-Take the train or bus to work/Promote workplace travel</li> </ul>	Planning Team at SDC		<p>Work on a new Workplace Travel Plan is underway. In May we undertook a staff survey to capture travel preferences, barriers to change and how receptive staff are to considering more sustainable, healthy and environmentally friendly choices. The survey was open for 3 weeks and we received 160 responses, representing 39% of the total workforce. Following this, we held a staff focus group to explore the survey results and discuss ideas further. The survey results and notes from the focus group have since been shared with all staff. Car sharing, using pool vehicles and the introduction of a reward scheme were the top 3 incentives coming out of the survey, and so the Plan will be drawn up to focus on these. We plan to launch it W/C 24 July and will hold a 'sustainable travel week' to promote it.</p> <p>We launched the new Workplace Travel Plan in Summer 2023, following a staff survey and focus group which helped us to understand current travel preferences, barriers to change and level of receptiveness to more sustainable ways of travelling, for both commuting and business travel. The Plan was launched as part of a 'Sustainable Travel Week', which alongside promoting the Plan gave staff an opportunity to try out an e-bike, go on a group lunchtime walk, book out a pool car and hear the experiences of those who already car share or cycle to work. Going forward, the Plan will be closely monitored to measure the impact it's having.</p>	
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	challenge				
WDH7	Adapt the physical design of Sevenoaks District so that healthy lifestyle choices become a routine part of resident's lives.	Sevenoaks District Council Planning Team	Sevenoaks District Council Health Team	<p>Following the completion of the Sevenoaks Urban Area Local Cycling and Walking Infrastructure Plan (LCWIP) earlier this year, we have been successful in securing funding from Active Travel England to progress 3 of the walking, wheeling and cycling routes identified, to create safe and attractive alternatives to the car for short journeys. We have also begun work on a Swanley LCWIP, anticipated to be completed by the end of 2023.</p> <p>Work on developing three new walking, wheeling and cycling routes, as identified in the Sevenoaks LCWIP, is continuing to progress well. We have also begun work on a Swanley LCWIP, which is progressing well and anticipated to be completed by the end of 2023.</p>	
WDH8	Encourage more client-facing organisations to engage in Mental Health Awareness and Mental Health First Aid training	West Kent Mind & North Kent Mind	MIND (National)	<p>Sevenoaks district council communities' team have commissioned Head in the Game to run a 12-week men's mental health support group for residents who are seeking support to improve their mental health and reduce risk of suicide. The sessions will involve mental health support and football sessions and are scheduled to start in October 2023. The organisation utilises service users to train and upskill them in assisting with delivery of sessions going forward.</p>	
WD09	Seek out, Consider and promote opportunities to reduce Cost of Living Impact on residents.	SDC People & Places	All	<p>SDC continues to do a quarterly newsletter that goes out to all staff, town and parish councils, community groups, partner agencies and public. The website is regularly updated with any information.</p> <p>Our Warm Spaces website is live with a list of places that are available for people wanting to meet, get advice on cost of living and a warm space to go to</p> <p><a href="#">Warm Spaces   Sevenoaks District Council</a></p>	

				<p>CANWK actively seeks out and promotes opportunities to reduce the impact of rising costs of living by the promotion and delivery of all of our advice services. Our advice seeks to provide holistic support to enable local people to better manage rising costs of living, with all clients being office debt and money advice, income maximisation advice and energy advice, irrespective of why they contacted CANWK. During Q2 we supported 127 Sevenoaks residents with debt and money advice, 189 Sevenoaks residents with benefits advice and 44 Sevenoaks residents with energy advice.</p> <p>KCC also have arrange of resources available to residents. More details can be found here:  Families in need of support can use the following links to access support:  Financial hardship support links:  Kent County Council's own site: <a href="#">Cost of living support - Kent County Council</a>  Money and Pensions Service – Money Helpers: <a href="#">Free and impartial help with money, backed by the government   MoneyHelper</a>  Money Advice and support: <a href="#">Money Advice and Debt Advice - Citizens Advice in North &amp; West Kent (citizensadvicenwk.org.uk)</a></p>	
WD10	Source funding avenues to run interventions that address cost of living challenges experienced by residents across the district.	SDC People & Places	All SDC Departments	<p>The Community Mobilisation Grant went out in August and bids were appraised in September with 6 projects being awarded funding. The second round of bids will go out in January.</p> <p>The Household Support fund helped foodbanks across the District and a Cooking Course will start in October.</p> <p>CANWK has secured additional funding from KCC to continue delivering the Kent Money Advice Hub. This is accessible via telephone or video-at-home advice via the website <a href="http://www.kentmoneyadvicehub.com">www.kentmoneyadvicehub.com</a></p>	



WD11	Seek out opportunities for interventions and projects based in areas of deprivation in the district	SDC Communities and Health Team	All	The Health Inequalities project in Swanley and northern parishes continues. Stakeholder and client insight is gathering resident feedback and common themes that will inform the design of interventions to address areas of need.	
<b>Health Behaviours:</b>					
HB1	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	All	At the moment all SF provision in Sevenoaks is being supported by telephone contacts but work is underway to establish face to face client meetings. A new member of staff has been recruited into post of advisor for Sevenoaks.	
HB2	Improve the diagnosis rate of Diabetes for residents	Living Well, Taking Control' Partnership between charities Health Exchange and Westbank Community Health and Care. info@lwtcsupport.co.uk	KCHFT NHS Health Check Service	<p>Living Well, Taking Control are the providers for the National Diabetes Prevention Programme. They have been providing this service since August 2022 and it is going so well, that I thought that it might be a good idea to link in with other services to see what else we can offer patients to enable them to maintain the healthier lifestyles changes that they are making. Local coach, Samantha who covers Sevenoaks is doing really well with her groups and adds a new one each month, sometimes two. The programme is going really well, and we are averaging about 12 new groups a month in Kent and Medway. I think September is going to be the busiest month so far with people coming back from their holidays and joining us. I wanted to see where we were after one year as we did have a very large backlog from the previous provider, but it seems that the referrals are coming in frequently and the ICB for Kent and Medway NDPP are an asset and we do have a lot of support from them.</p> <p>Looking to see what can be offered to patients within the community when programme finishes; sign post them to other services that can help them continue their healthy lives and also if there is anything in the area that they could join whilst on the programme. Maybe walking groups etc.</p>	

				<p>A sign posting document is being built up, looking to collect posters or fliers to be made available for our groups.</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> <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 <a href="http://www.diabetes-education-km.co.uk/">www.diabetes-education-km.co.uk/</a> The hub provides structured education support online and face to face throughout the county.</p>	
HB3	Encourage more Sevenoaks residents to reduce consumption of alcohol within lower risk levels and limit hospital admissions for alcohol specific conditions.	Change, Grow, Live	One You Team	<p>The One You Kent team deliver brief intervention in alcohol to all clients completing an initial assessment. Those whose alcohol consumption is over the maximum recommended alcohol units of 14/week up to 19 units/week are provided with extended brief intervention and also enrolled in alcohol behaviour change sessions.</p> <p>Those who score more than 19 units/week are referred on to CGL for more in-depth intervention and support. During Q2, 59 clients were provided with brief intervention, 3 clients accessed the extended alcohol Brief Advice Intervention. Staff accessed training on holding extended brief interventions with clients who need the extra support.</p>	
HB4	Support adults to adopt healthy lifestyle choices that facilitate weight loss- access to Why Weight	Sevenoaks District Council Health & Communities Team	Everyone Active	<p>The One You Kent provides weight loss support to residents in Sevenoaks who have a BMI of 30-40 with up to 1 chronic health condition.</p> <p>During Q2, 11 clients accessed the diet intervention, 2 clients participated in the physical activity intervention and 5 clients were offered the 1:1 weight management intervention.</p>	

HB5	Support adults to adopt healthy lifestyle choices that facilitate increases in physical activity	Everyone Active	Sevenoaks District Council Health Team	<p>The One You Kent Lifestyle service support clients to increase physical activity. During Q2 59 clients were provided with brief intervention in physical activity and all of them were encouraged to set goals around physical activity.</p> <p>The “Steps to wellbeing” walking scheme continues to deliver regular moderate-intensity walks to residents. During Q2, 45 walks were delivered with over 1746 attendances throughout the district.</p> <p>Everyone Active: Throughout September across all centres we ran a £1 joining fee promotion, available online and in centre.</p>	
HB6	Support adults living with chronic conditions to adopt healthy lifestyle choices that facilitate increases in physical activity-Exercise Referral scheme	Everyone Active	Sevenoaks District Council Health Team	<p>The scheme is open to the public and is on track to meet its target of 30 people accessing the scheme. To date, 21 people have joined the scheme and management are preparing a piece of work with local GPs to promote the scheme going forward.</p>	
HB7	Provide adapted health improvement services targeted at specific populations (where needed) to ensure all residents can benefit from good physical health	Involve Kent	Everyone Active	<p><b>Sensory Lighting and Sound System – White Oak</b></p> <p>In September the installation of White Oak Leisure Centres Sensory Lighting and Sound System was completed. White Oak Leisure Centre will be looking to maximise the use of the system offering SEN swimming lessons with local schools and partners as well as extending the use of the system to birthday pool parties.</p> <p><u>Involve run the following classes in Sevenoaks:</u>  Stay Fit Classes  Oxford Village Hall, TN14 5PQ Monday 1pm – 2.30pm FREE  New Ash Green Youth &amp; Community Centre, New Ash Green DA3 8JY Mondays 2pm – 3.30pm FREE  For further details and booking contact us at <a href="mailto:impact@involvekent.org.uk">impact@involvekent.org.uk</a></p>	

				<p>Age UK Maidstone, Sevenoaks and Tonbridge  Pop Up Mobility, Strength and Balance Classes £3.50 (includes tea /coffee)  Causeway Hall, Chiddingstone Causeway TN11 8JS - Alternate Mondays 10.45am - 12.15pm  Cowden Village Hall (TN8 7HU) - Alternate Thursdays 10.00am - 12.00pm  The Eden Centre, Edenbridge TN8 6BY - Alternate Thursdays 10.30am - 12.00pm  Dunton Green Pavilion, Dunton Green TN13 2UR - Every 2nd Wednesday of the month 1.30pm - 3.30pm  The Howard Venue, Swanley BR8 7LG Every 1st &amp; 3rd Wednesday of the month 1.30pm - 3pm  All Souls Church Hall, Crockenhill Every 2nd &amp; 4th Tuesday of the month 10.30am - 12pm</p>	
HB8	Support a reduction in obesity and excess weight in children through improving access to PA and other activities, especially in deprived areas.	Everyone Active	KCC Youth team	During the school summer holidays additional junior gym sessions were added to the gym timetable to allow 11-15-year-olds additional time to access the gym facilities from 12:30-15:30.	
HB9	Support a smokefree home for residents and enable more Sevenoaks Mothers to quit smoking during pregnancy	KCHFT One YOU Team Smoke Free Pregnancy - Home Visits.	ALL		Missing Information
HB10	Prevent the illegal consumption of alcohol in under 18's and subsequent hospital admissions resulting from	KCC Trading Standards Kent Police	KCC Public Health		Missing Information

	excessive alcohol consumption																																																	
HB11	Support children and young people to adopt healthy lifestyle choices and increase activity.	Sevenoaks District Local Children's Partnership	KCC-ALL	Everyone Active supported Sevenoaks District Council's Family Fun Day in Swanley Park on 3rd August. We ran a rowing competition and family circuit classes as well as giving away prizes and freebies throughout the day. Those participating in our rowing competition rowed over 10km in total and saw participants of all ages taking part.																																														
HB12	Number of Basic Health Checks (including blood pressure) completed in the district.	KCHFT	Everyone Active Pharmacies	KCHFT health Checks team have conducted the following health checks for each surgery in the district during Q2:																																														
				<table border="1"> <thead> <tr> <th>Surgery Name</th> <th>No. of patients invited</th> <th>No. of Health Checks completed</th> </tr> </thead> <tbody> <tr> <td>Amherst Medical Practice</td> <td>318</td> <td>170</td> </tr> <tr> <td>Borough Green Medical Practice</td> <td>380</td> <td>126</td> </tr> <tr> <td>Braeside Surgery</td> <td>150</td> <td>82</td> </tr> <tr> <td>Cedars Surgery</td> <td>0</td> <td>0</td> </tr> <tr> <td>Devon Road Surgery</td> <td>627</td> <td>237</td> </tr> <tr> <td>Edenbridge Medical Practice</td> <td>500</td> <td>77</td> </tr> <tr> <td>Hildenborough Medical Group</td> <td>200</td> <td>84</td> </tr> <tr> <td>Jubilee Medical Group</td> <td>1,046</td> <td>458</td> </tr> <tr> <td>South Park Medical Practice</td> <td>252</td> <td>143</td> </tr> <tr> <td>St Johns Medical Practice</td> <td>0</td> <td>110</td> </tr> <tr> <td>Temple Hill Group</td> <td>0</td> <td>56</td> </tr> <tr> <td>The Oaks Partnership</td> <td>200</td> <td>90</td> </tr> <tr> <td>The Otford Medical Centre</td> <td>400</td> <td>82</td> </tr> <tr> <td>The Westerham Practice</td> <td>0</td> <td>15</td> </tr> </tbody> </table>	Surgery Name	No. of patients invited	No. of Health Checks completed	Amherst Medical Practice	318	170	Borough Green Medical Practice	380	126	Braeside Surgery	150	82	Cedars Surgery	0	0	Devon Road Surgery	627	237	Edenbridge Medical Practice	500	77	Hildenborough Medical Group	200	84	Jubilee Medical Group	1,046	458	South Park Medical Practice	252	143	St Johns Medical Practice	0	110	Temple Hill Group	0	56	The Oaks Partnership	200	90	The Otford Medical Centre	400	82	The Westerham Practice	0	15	
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				Tonbridge Medical Group	216	148		
				Town Medical Centre	0	3		
				Warders Medical Centre	624	230		
				<b>Total: 4,913</b>		<b>Total: 2,111</b>		
HB13	Work with Community Safety Partnership (CSP) on Domestic Abuse and Substance Misuse services to help residents find the right support through health services	HTWAT CSP	ALL	CANWK has supported 6 Sevenoaks district residents with issues related to domestic abuse and substance misuse. Within this advice, we offer signposts and referrals to other specialist support agencies and health services.				
HB14	Establish a robust network of walking groups on all abilities across the District	SDC Communities and Health Team Every Step Counts	All	The Steps to Wellbeing is a collaborative partnership between the Health Team at SDC and Ever Step Counts who oversee and manage a wide network of low intensity and moderate intensity walks throughout the districts. Currently there are 4 moderate walk routes and 8 low intensity walk routes available to residents on a weekly, by-weekly and monthly basis. Details are published online on our website and social media channels and posters are also put up on notice boards community boards and other local areas where people get together.				
HB15	Education around Cannabis consumption risks and risk factors, prevention and intervention	Kenwood Trust	CSP-Schools-Youth Groups	We are going into schools and have more booked for Qtr 3.				
HB16	Education around the increase of the uptake of vaping by young people	Kenwood Trust	KCC Youth Team	Vaping package is being drafted for roll out.				
HB17	Increase Healthy Start Uptake – both scheme registrations and vitamins registration	KCC	ALL	Attached below are district and postcode data. As you can see Sevenoaks is performing at national average and behind the Kent average.				

	Maintain and build on FSM registrations			<p>Below is the District Healthy Start vitamin data for Sevenoaks. Linked to this I have attached a new poster and leaflet we have produced, linked to the <a href="http://www.Kent.gov.uk/healthystart">www.Kent.gov.uk/healthystart</a> page. We are in the final stages of sorting our HS Champion training, which we will share with you before the Autumn, which it would be great if you could share through your channels.</p> <p>Sevenoaks; Jan-23 to Jun-23  Total eligible 723  Total claiming 445  Scheme uptake (%) 61.50%  Vitamins (household) 26  Vitamins (%) 5.84%</p>	
HB18	Work with the local Primary Care Networks on delivering their outcomes on mental health and Cost of Living including Social Kitchen	Sevenoaks PCN	SDC Health & Communities Team	<p>Project 1: Health and Wellbeing Coaches  Total referrals: May: 22, June: 56, July: 36  Project 2: Social Kitchen  Cohort 1 completed, 8 attendees. 100% enjoyed the sessions and 100% would recommend to a friend.  Cohort 2 starting this Thursday at Bore Place, 8 sign ups so far.  Project 3: Kent Young Carers  Over 60 staff attended Young Carers Awareness Training  All 6 activity days booked in – first to start in August  Project 4: Children’s Mental Health  Kooth: 680 children have received signposting to sign up so far  Spurgeons: Counselling all ready to go in Knole, Trinity and Weald Schools from September  Project 5: Parent Mental Health  First cohort going live in beginning of August, struggling for sign ups – could do with a boost in signposting (have attached the poster but ignore the first date as it was pushed back)  Project 6: Care Coordinators  Attending foodbank visits, plans to deliver Esther training to all staff in Sept/Oct  Project 7: Children’s Healthy Lifestyles  First evening was well attended by around 60 parents, positive feedback given. May look to repeat in new school term.</p>	

				CANWK's Money and Mental Health Team and Perinatal Mental Health Team are funded by KCC under their suicide prevention programme, in recognition of the impact debt and money problems (alongside other practical challenges in life) have on people's mental health and wellbeing. The teams receive referrals from mental health, community and health service practitioners and provides holistic advice at the pace needed by these most vulnerable clients. During Q2, the teams have provided support for 19 Sevenoaks residents experiencing practical problems alongside their mental health issues.	
<b>Places and Communities:</b>					
PC1	Work with older residents to prevent falls and limit the potential for hip fracture in older residents Include nr of people attending and new referrals	Involve Kent, West Kent Falls Prevention Service Age UK Sevenoaks & Tonbridge Vitality Hub	Sevenoaks District Health Team Everyone Active	<p>The GoodCare group can offer this support through forget-me-not cafes although Age Uk have these groups through pop up Sue and her classes run by age uk. We will refer to them if people need this support More can be done.</p> <p>We have the following classes in Sevenoaks</p> <p>Involve Kent Stay Fit Classes Otford Village Hall, TN14 5PQ Monday 1pm – 2.30pm FREE New Ash Green Youth &amp; Community Centre, New Ash Green DA3 8JY Mondays 2pm – 3.30pm FREE Age UK Maidstone, Sevenoaks and Tonbridge Pop Up Mobility, Strength and Balance Classes £3.50 (includes tea /coffee) Causeway Hall, Chiddingstone Causeway TN11 8JS - Alternate Mondays 10.45am - 12.15pm Cowden Village Hall (TN8 7HU) - Alternate Thursdays 10.00am - 12.00pm The Eden Centre, Edenbridge TN8 6BY - Alternate Thursdays 10.30am - 12.00pm Dunton Green Pavilion, Dunton Green TN13 2UR - Every 2nd Wednesday of the month 1.30pm - 3.30pm The Howard Venue, Swanley BR8 7LG Every 1st &amp; 3rd Wednesday of the month 1.30pm – 3pm</p>	



				All Souls Church Hall, Crockenhill Every 2nd & 4th Tuesday of the month 10.30am - 12pm	
PC2	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		<p>A regular "Here to Help" leaflet containing information on support available is compiled quarterly and published to staff and residents. It is kept updated and improved regularly</p> <p>This requires SDC and their networks to plan strategy and bring together the right people to promote and plan. Age UK can be a part of this and of course one you can add this to their offer. perhaps a conversation.</p>	
PC3	Promote the importance of staying well at winter in older populations, to include Warm Spaces and Hospital Discharge Scheme	Health & Communities Team Private Sector Housing HERO Team	All Public Supporting Organisations	<p>Our Warm Spaces website is live with a list of places that are available for people wanting to meet, get advice on cost of living and a warm space to go to</p> <p><a href="#">Warm Spaces   Sevenoaks District Council</a></p>	
PC4	Promote the Better Together OnLine Community Hub, numberr of new services on the portal	Health & Communities Team	All-health, voluntary-statutory	<p>The Hub is regularly promoted during community events and in online forums for organisations to participate and publish their services for residents.</p> <p>Community team have attended community events, such Family Fun days, Fetes, Information coffee mornings.</p> <p>The team used use platform to book participants for the 2 Funding workshops.</p> <p>Community hub is regularly promoted on social media and article in Inshape magazine.</p> <p>9 new member on the platform</p>	
PC5	Source free premises for partners to use in-kind, for potential satellites for example training for falls prevention/stop smoking sessions etc	Sevenoaks District Health & Wellbeing Action Team		SDC has offered partners use of one large and two small meeting rooms within its council offices. In addition, both Age UK and Dementia Cafes have made their sessions available to partners wishing to promote their services to attendees.	

PC6	Improve awareness and increase referrals to Dementia Cafes	The Good Care Group	Sevenoaks District Health & Wellbeing Action Team	An annual Run, Walk, Push event in Knole Park is sported by SDC and partners with membership from organisations and residents throughout the district.  We are receiving signposting referrals from memory clinics and ADSS, more can be done to raise awareness through Inshape.	
PC7	Work with PSB to explore more breastfeeding-friendly environments in the district	PSB	All	Posters received by KCC consultant and work is undergoing to display those within the reception premises at SDC.	
PC8	Deliver a local cooking/healthy eating project	SDC Communities and Health Team	All	Families slow-cooker sessions are currently being delivered. Attendance is optimal and participants are finding the course very informative and enjoyable.	
PC9	Explore the option to deliver school holiday activities/food programs	Everyone Active Millwall Community Trust	All		Missing Information
PC10	Maintain and expand Youth Mentoring Project, increase referrals and partners	SDC Communities and Health Team	All	The Youth Mentoring Programme has accepted 8 referrals between the start of July 2023 to end of September which is a slight increase from the previous referral rate. A large number of those young people supported are missing education time. A new pilot is being launched in November and will provide a weekly drop-in session for young people not in school or struggling with school attendance.	
PC11	Develop and deliver men's mental health drop-in programs and sessions. Explore potential of offering single-session/one-at-a-time therapy.	SDC Communities and Health Team	All	The Health Team Leader has secured funding for Head in the Game a 12-week mental health initiative for me involving a weekly football session and also discussing mental health. This will start on 30 October 2023.	
PC12	Assess what gaps in MH provision there are (Need for therapy	Sevenoaks Counselling North Kent Mind West Kent Mind	All		Missing Information

	and support groups has been shown in ongoing consultation, further work with other organisations is being developed to assess what gaps in provision there are.)				
PC13	Run Workshops & Courses for: Coping with Life Skills Mental Health Awareness Understanding Stress Understanding Anxiety Returning to work skills (including CV and interview skills)	RightMind	All	The workshops will commence in March 2024	
PC14	Set up and deliver Support Groups/talking therapy groups: Bereavement and Loss Mental Health Support Group Over 65/retirement support group General/open support group	RightMind, Sevenoaks Counselling	All	Sevenoaks counselling are not currently offering group working. We will need to look at this target and change it.	
PC15	Deliver Support/Counselling support for Sevenoaks residents on a 1-2-1	RightMind Sevenoaks Counselling.	All	The number of counselling sessions we provided increased by 19% compared with last year. We have recently appointed 4 new counsellors to work with adults 1:1, couples and CYP which will increase our capacity still further. In addition we have a play	

	basis, counselling and talking therapy.			therapist starting with us in October to offer play-therapy for younger children.	
PC16	Deliver community initiatives with Health & Communities Team	Sevenoaks District Health and Communities team	All	Families slow cooking programs, silver Sundays, walking rugby and a number of health initiatives were planned and delivered during Q2. In addition the health and communities attended a number of family fun days, summer fetes and community events to promote services, hand out thousands of smoothies and answer health questions and queries of attendees.	
PC17	Training to more professionals on health initiatives so that they can have conversations with residents on health and wellbeing	Health & Communities Team	All	This piece of work is being developed within the health and communities team, to arrange Making Every Contact Count training to teams and services that work with clients directly, such as housing, customer solutions and community development. We will report on developments in the next quarter.	
PC18	Work with partners to improve accessibility opportunities for clients who experience digital inclusion barriers due to cost, connectivity issues etc.	Kent County Council Compaid		<p>TRANSPORT: Kent Carrier / Dial-a-Ride service – bookable accessible transport delivered for KCC in the Sevenoaks area. KCC membership required to book on to the service, with collection / drop off from home. ( service for those over 85 / living in a rural area more than 500 metres away from a bus stop or railway station / or those with a mobility impairment or other medical condition that makes travelling on public transport difficult.) Carers or companions can also travel.</p> <p>Compaid’s Out &amp; About service also operates in Sevenoaks for anyone with mobility issues requiring accessible transport. Registration directly with Compaid and bookable via phone</p> <p>DIGITAL SKILLS: We currently offer 1:1 personalised sessions with West Kent Housing, supporting residents to gain the necessary skills to use digital devices and get online safely. We offer support across various areas – from accessing services, CVs, online safety, application forms to online banking and shopping. These sessions currently run Tuesdays and Wednesdays at WKH’s hubs at Sevenoaks and Swanley. Referrals through WK Housing.</p>	

				CANWK delivers the National Databank scheme – providing free SIM cards for people who cannot afford them. This can make an enormous difference to clients where cost is a barrier to digital inclusion. We have supported 5 Sevenoaks District residents withing the national databank scheme during Q2.	
PC19	Ensure non-digital advertising is employed to promote services to those residents with limited digital access.	KCC Compaid SDC	All	A resident magazine, in Shape, is distributed quarterly to about 82000 households across the district. It contains a wealth of information on what’s available at the council, partner organisations and other support available regionally dn nationally. Flyers and posters are regularly utilised in advertising projects programs and other forms of sup[port available to residents.	
PC20	Explore opportunities for how outside space can be more accessible to older people	Every Step Counts	All	ESC continues to run their 8 gentle walks which are well attended. We have 2 new trained walk leaders to help us deliver the walks. We are planning to encourage more walkers to join our Eynesford and Greatness walks.  A consultation with the right people in the room would be useful to further explore this.	
PC21	Air Quality Action Plan commits the District Council to carrying out 32 measures over a 5-year period (2022-2027) which aim to reduce pollution and or population exposure	SDC Environmental Team		Air quality monitors are available in two areas of the district, Bat and Ball crossing and Greatness Park. They report results directly to:  <a href="https://www.londonair.org.uk/LondonAir/Default.aspx">https://www.londonair.org.uk/LondonAir/Default.aspx</a>  The latest results are both at a low level of 1. (1-3 result is categorised as low) Species            Air Pollution Index/Value Nitrogen Dioxide:    1 Ozone: 1 PM10 Particulate:    1	