

2022 - 2024

HEALTH STRATEGY

**DERBY COUNTY
COMMUNITY TRUST**

INTRODUCTION

Derby County Community Trust work with thousands of people across Derby and Derbyshire who may be living with health inequalities for a wide range of reasons.

We work to achieve four key outcomes of: Supporting Good Health and Wellbeing, Developing More Active Communities, Optimising Life Chances and Building Community Pride.

Evidence suggests that more than a third of some long-term health conditions may be preventable by lifestyle modification. Recognising these risk factors is a key driver within this strategy and we aim to proactively support improving the health and wellbeing of Derbyshire residents. Subsequently, the Health department seeks to deliver targeted health intervention programmes aimed at reducing health inequalities and promoting healthy lifestyles to people living in Derbyshire. We aim to focus on early intervention, prevention and health promotion to achieve this.

Our two year Health strategy focuses on the areas which we can make the biggest differences to improve the wellbeing of individuals to live longer and happier lives by keep people healthy and physically and mentally active.

We will ensure all our health programmes link to and reflect the national NHS Core20PLUS5 strategy which aims to support the reduction of health inequalities. We will also work closely with communities to listen to what they tell us and tailor responses to meet the needs of our diverse population. As part of our response, we will endeavour to recognise individual population groups have different health needs and priorities.

Improving the social determinants of health requires collaborative action by a variety of sectors to drive improvements to local people's health and wellbeing. Following to the pandemic, Derby County Community Trust have highlighted the importance for the need to work innovatively with our partners, build on existing partnership and develop new ones. The rapidly changing world around us means that we will need to take a flexible approach to all health programmes we deliver. This will be based on the information we have at the time and the ever-changing climate following the Coronavirus pandemic.

We may be operating in uncertain times, but our drive and our ambition as a Trust remains the same. Our aim over the next two years is to make the biggest impact on people's social, emotional, mental and physical health and wellbeing.

DIVERSITY OF STAFF TEAM

Derby County Community Trust's health team currently consists of 24 full time staff members with a wide range of professional backgrounds, offering a variety of clinical and non-clinical support to community members.

We deliver non-traditional health initiatives across all community settings within Derbyshire, adjusting the way we engage and deliver programmes to meet the needs of the target audiences.

Current specialisms in the health team include:



Early years



Teachers



Nurses (including cancer lead and midwifery specialisms)



Holistic therapist/ reflexologist



Yoga



Cardiac rehabilitation



Cancer Rehabilitation



Pre and post-natal exercise



Exercise referral



Substance recovery specialist



Community coaches

OUR HEALTH STRATEGY SETS A FRAMEWORK FOR COORDINATED ACTION ACROSS THE FOLLOWING PRIORITY AREAS

SUPPORTING CHILDREN AND FAMILIES: The developmental periods of early life are a critical window of opportunity when the foundations for best health across the lifespan are established. The health of children and young people are critically impacted by the health and wellbeing of the parents/family. A positive start in life helps children develop to their fullest and increase the likelihood that they will become healthy and resilient adults.

ENABLING ACTIVE LIVING: Leading an active life improves our health and wellbeing. Moving more and sitting less has been shown to improve our physical and mental health and reduce the risk of developing chronic diseases such as type 2 diabetes, cardiovascular disease and some cancers. For children, being physically active is important for healthy growth, learning and development and establishes patterns of healthy behaviour leading into adulthood.

EATING HEALTHIER: Eating well can help maintain a healthy weight, prevent chronic disease and establishing good eating patterns at an early age will improve lifelong relationships with food. By using a multi-component approach that combines physical activity and healthy eating interventions will support children, young people and adults to lead a happier, healthier life.

OUR OVERALL STRATEGY USES A LOGIC MODEL APPROACH TO RESPOND TO LOCAL NEED. OUR OVERARCHING OUTCOMES AND HOW WE LOOK TO ACHIEVE THEM ARE LISTED BELOW:





OBJECTIVE 1

To support children and young people to lead healthier lifestyles:

OBJECTIVE 1

The best start in life provides important foundations for good health and wellbeing throughout an individual's life. Social and economic disadvantage is often associated with poorer health outcomes, which include mental wellbeing amongst children and young people and childhood obesity.

Through the work we deliver within low-income areas, often with higher-than-average numbers of ethnically diverse communities, we will address emotional wellbeing, resilience, and child weight management.

HOW WE DELIVER:

- Deliver training to staff to increase their knowledge, skills and confidence to deliver physical activity
- Provide a menu of activities which will address sedentary behaviour for all children in school
- Deliver physical literacy assessments to Year 2 children
- Weigh and measure every child in school, plus measure their fitness level
- Deliver a multi-component service incorporating physical activity, healthy eating and behavioural change techniques
- Provide community and school-based sessions
- Support overweight and obese children and their families to work towards personal goals which lead to sustained behaviour changes
- Improve parents' knowledge and confidence to support their children to move more and eat well

RELEVANT PROGRAMMES:

Live IT, Active Schools

OBJECTIVE 2

To support those in early years foundation stage to have the best start in life.

OBJECTIVE 2

We will offer a six-week programme for Early Years Foundation Stage children along with mentoring support for Early Years practitioners, which includes a range of activities to develop good physical development, knowledge and understanding of healthy eating and supporting physical literacy milestones.

In addition, we will offer a six-week programme for children in Foundation Stage 2 who have been identified as overweight or obese.

FOCUS ON REDUCING OBESITY IN CHILDREN, YOUNG PEOPLE AND ADULTS.

HOW WE DELIVER:

- Support schools with the Early Years curriculum through the three prime areas of learning: communication and language, physical development and personal, social and emotional development
- Give staff practical ideas and resources to use across the school day to support physical activity and healthy eating
- Increase parents' knowledge, understanding and confidence in how to support their child with a healthy lifestyle
- Improve the physical development of children
- Deliver interactive play sessions, supported by DCCT staff, whilst their parents attend an informal learning workshop

RELEVANT PROGRAMMES:

Rammie's Little Movers, Little Live ITs

OBJECTIVE 3

To support children and young people to improve their mental wellbeing and become more resilient

OBJECTIVE 3

Mental health and wellbeing can be negatively influenced by a number of risk factors, but it can also be influenced positively through the engagement of physical activity and community involvement.

We aim to improve the mental wellbeing of young people (11-25) across Derbyshire, by arming them with the tools to improve their confidence and self-esteem, providing them with a voice on social action and breaking down barriers surrounding mental health.

HOW WE DELIVER:

- Improve children and young people's mental wellbeing and resilience
- Increase pupils' confidence around two key milestones (SATs and transition to secondary school) within their academic journey
- Provide young people with the opportunity to develop and deliver social action projects
- Improve the skills of young people through the delivery of a Sports Leader qualification
- Develop a pool of young volunteers

RELEVANT PROGRAMMES:

Winning Minds, Tackle It, Girls GREAT Hub



OBJECTIVE 4

To improve the mental health and wellbeing of males aged 18+

OBJECTIVE 4

Nationally mental health problems are on the rise, in particular since the COVID pandemic and its isolating consequences. Suicide is the biggest cause of death for men under the age of 45 with men three times more likely than females to take their own life. To address this, we will deliver a targeted programme which will support males (18+) who suffer from mild mental health issues, offering them a secure and friendly space to socialise, talk openly and create a positive and relaxed atmosphere where people can meet others who may be experiencing similar mental health issues. Those with more significant mental health needs will be signposted to clinical support beyond our programmes.

HOW WE DELIVER:

- Develop a programme specifically aimed at men with mild mental health issues
- Support males to access physical activity sessions to support in their health and wellbeing
- Enable males to discuss issues prevalent to themselves in a safe and confidential space
- Develop a pool of volunteers/peer mentors

RELEVANT PROGRAMMES:

Team Talk, Tackle It (17-25)



OBJECTIVE 5

To support substance misusing adults to remain abstinent

OBJECTIVE 5

Various risk-taking behaviours have been correlated with poor health outcomes. Drug use-related risks include physical and mental health issues, crime, violence and anti-social behaviour.

Derby County Community Trust will continue to work in partnership with Derby Drug and Alcohol treatment service on a referral basis to support individuals recovering from alcohol and substance misuse. This programme will offer a safe and protected environment to support in the individual's recovery and community reintegration for those who are committed to working towards remaining abstinent.

HOW WE DELIVER:

- Provide a relapse prevention programme which enables people accessing the programme to lead less chaotic lives through using physical activity
- Develop a personalised programme and care plan to support people to achieve their personal goals
- Offer interventions to substance misusing individuals returning to the community from prison
- Improve social and community re-integration
- Support individuals to access training, education and employment
- Promote social inclusion, health, wellbeing and reduce stigma

WE WOULD LIKE TO SEE HEALTH AND WELLBEING IN DERBYSHIRE BE BETTER, FAIRER AND SUSTAINABLE.

RELEVANT PROGRAMMES:

Active Choices



OBJECTIVE 6

To support adults with long term health conditions to improve their health and wellbeing

OBJECTIVE 6

More and more people in the UK are living with long term health conditions, including diabetes, COPD, asthma and arthritis. Subsequently the proactive management of people with long term health conditions is a key priority for the NHS.

Derby County Community Trust is working in partnership with health practitioners to enable people to self-manage their conditions by delivering an integrated and personalised care programme to help people to lead healthier lifestyles.

HOW WE DELIVER:

- Support people to improve their mental wellbeing through adapting physical activity to meet their needs
- Support people to become more active and change unhealthy behaviour with tailored advice, plans and reviews
- Enable people to identify their goals and choices to improve their wellbeing
- Equipping individuals with the knowledge to improve their lifestyle choices
- Develop a peer led social support network

RELEVANT PROGRAMMES:

Health and Wellbeing, Fit Fans

OBJECTIVE 7

To support those who have had a cardiac event to get back to as full a life as possible

OBJECTIVE 7

Phase IV Cardiac Rehabilitation is a crucial part of recovery and prevention for anyone who has suffered a cardiac event or has attended the NHS Cardiac Rehabilitation Phase III programme.

Derby County Community Trust will work in partnership with University Hospitals of Derby and Burton (UHDB) on a referral basis to implement a Phase IV Cardiac Rehabilitation programme. The programme will reinforce positive lifestyle changes and support participants to become active and healthy in a friendly and safe environment.

We will aim to improve individuals physical and psychological wellbeing, focus on reducing risk factors and support people to live with their condition

HOW WE DELIVER:

- Support lifestyle changes to help improve heart health conditions
- Increase confidence around safe exercise
- Support people to improve their physical activity, mental wellbeing, diet and stop smoking

**WE WANT TO PROVIDE
A STRONG FOCUS ON
PREVENTION AND EARLY
INTERVENTION**

RELEVANT PROGRAMMES:

Cardiac Rehabilitation





OBJECTIVE 8

To promote wellbeing across ethnically diverse communities

OBJECTIVE 8

We know that individual populations have different health needs and priorities and have found through many of our health initiatives that the uptake from ethnically diverse and lower socio-economic communities is extremely low. Derby County Community Trust have identified that there is a need to change the way we work and deliver programmes accordingly.

We will continue to work in partnership with ethnic minority groups to tailor responses that meet the need of their population groups, to subsequently deliver a more equitable service, and support the reduction health inequalities. By tackling health inequalities in these communities, we will also raise awareness around preventable or recognisable health conditions, with a focus on cancer signs, symptoms and preventative measures.

HOW WE DELIVER:

- Raise awareness around cancer signs and symptoms, cancer prevention and cancer screening
- Improve skills, knowledge and education around healthy lifestyles
- Provide wellbeing services in community venues which are accessible and affordable
- Ensure material is translated where appropriate to improve our reach and accessibility
- To empower and motivate individuals to make positive lifestyle choices which will support their self-management
- Raise awareness amongst health professionals of the services available
- Develop a pool of champions who will support the passing on of positive health messages to their peers

RELEVANT PROGRAMMES:

Wellbeing For All

OBJECTIVE 9

To support those living with and beyond cancer

OBJECTIVE 9

One in two people will be identified as having a cancer diagnosis in their lifetime and therefore be living with and beyond cancer. Active Recovery is a targeted wellbeing programme which supports cancer patients plus their 'buddy' – a significant other. We will support cancer patients before, during and after their treatment with the aim to use tailored physical activity to reduce side effects, improve psychological and physical wellbeing, grow their support network and improve their quality of life.

The programme encompasses two initiatives:

Prehab – aimed at people waiting for their treatment, aiming to support them to get physically fit in readiness for their treatment.

Rehab – aimed at newly diagnosed patients and those who have had a diagnosis within five years, offering lifestyle support.

HOW WE DELIVER:

- Increase the skills and knowledge amongst health practitioners around the benefits of physical activity in preventing or managing side effects of treatment
- Work in partnership with Integrated Care System Board and care services to ensure our offer is embedded within the care pathway
- Develop and deliver a community-based lifestyle programme, which encompasses physical activity, healthy eating, stop smoking and social sessions
- Offer social support networks which offers peer to peer support

RELEVANT PROGRAMMES:

Active Recovery





OBJECTIVE 10

To promote healthy aging

OBJECTIVE 10

Promoting healthy lifestyles in older people and encouraging early intervention and disease management have important roles in keeping participants healthier for longer. This can improve health and wellbeing in later life and reduce projected health and social care costs for our aging population.

We deliver a healthy lifestyle programme for older people which aims to address loneliness, isolation and physical inactivity.

HOW WE DELIVER:

- Offer a reminiscence programme linking to dementia friendly groups
- Provide accessible community-based activities covering physical and social activity
- Offer a safe environment which people can meet likeminded individuals
- Support people to stay active, healthy and socially engaged
- Support people to maintain independence through keeping fit

These are our 10 key objectives that we are currently working on, however, we are always looking to improve and extend our delivery. We have identified three new objectives to focus on over the next two years.

RELEVANT PROGRAMMES:

Forever Active

These are our 10 key objectives that we are currently working on, however, we are always looking to improve and extend our delivery.

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OBJECTIVE 11

Supporting people with Long COVID to aid their recovery

OBJECTIVE 12

To support women through the menopause

OBJECTIVE 13

To improve the mental and physical health of people using green spaces

OBJECTIVE 11

Supporting people with Long COVID to aid their recovery

OBJECTIVE 11

Research suggests that there are around 2 million people suffering from long COVID,

which is often multi-symptomatic with different, often complex, effects for each individual, impacting on their daily living. It has also been identified that there is a lack of support and available interventions due to the virus still being in its infancy.

We will work in partnership with health practitioners, and Derby University to become an integral part within the medical referral pathway, offering rehabilitation support to those suffering from post-COVID syndrome.

HOW WE DELIVER:

- Provide a targeted individualised approach to holistic health and wellbeing
- Provide wellbeing services in community and a virtual service which is accessible to all
- Empower and motivate individuals to make positive lifestyle choices which will support their self-management and recovery
- Develop a personalised programme and care plan to support people to achieve their personal goals
- Raise awareness amongst health professionals of the services available

**WE WANT EVERYONE
TO LEAD HAPPIER AND
HEALTHIER LIVES**

OBJECTIVE 12

To support women through the menopause

OBJECTIVE 12

In the UK, there are around 13 million peri- or post-menopausal women, which is the equivalent to one third of the entire UK female population. Each woman experiences the menopause in their own way which has an impact on their emotional and physical health.

Evidence has shown that eating a balanced diet and keeping physically and psychologically active would assist women who are menopausal. In partnership with health practitioners across the Integrated Care System, Derby County Community Trust will work with individuals to manage and deliver a holistic programme.

HOW WE DELIVER:

- Undertake research to identify the need and services available
- Identify women's wants and needs by developing focus group discussions
- Talk to health care practitioners and work in partnership with them
- Develop a programme in partnership with women
- Use the skill sets of the entire Health team to deliver a holistic offer of activities

PROMOTE MENTAL HEALTH AND EMOTIONAL WELLBEING

OBJECTIVE 13

To improve the mental and physical health of people using green spaces

OBJECTIVE 13

The importance of being outdoors in relation to people's mental and physical wellbeing has been emphasised over the course of the COVID pandemic. In response, the NHS long term plan around personalised care outlines the positive impact that nature-based interventions can have on an individual's health.

We will develop a programme around green gym activities, encompassing activities such as growing activities, fishing, walking and cycling, all of which will improve the mental and physical health of people taking part.

HOW WE DELIVER:

- Develop partnerships with social prescribers, health practitioners and voluntary organisation across Derbyshire
- Develop a diverse range of green social activities across Derbyshire
- Identify referral pathways into alternative green gym activities for participants
- Develop community-based activities which will support people with their mental and physical wellbeing
- Embed green social prescribing into all our health and wellbeing programmes
- Support food banks with the produced grown
- Develop a grow, cook and eat programme for families



DERBY COUNTY COMMUNITY TRUST'S HEALTH TEAM'S PROMISE IS TO

Evaluate our performance against our objectives and reflect on we have learnt, through reviewing emerging trends that may affect what we deliver, and how we deliver it. Whilst this will be a more complex way of working, we believe that realigning resources will be the best way for us to achieve our objectives by working more closely with our partners to achieve maximum outcomes for people living in Derbyshire.

We will work with community-based organisations to design and develop a healthy lifestyle programme to expand our community reach and breakdown barriers to participation, to ensure our services are accessible to those most in need. We will work closely with community members to build on their strengths, increase skills, knowledge, education and attempt to change attitudes towards healthier lifestyle. By supporting living well through empowering and motivating individuals to make positive lifestyle choices, we will support their self-management.

The rapidly changing world around us means that we will need to take a flexible approach to all programmes we deliver, and not be afraid to adapt or flex our delivery as needed.

RECOGNISING OUR PARTNERS

Derby County Community Trust's Health team recognise the importance of external funding and partnership across our delivery. Without our partners' ongoing support and collaboration, many of our programmes would not be available or accessible to all.

As an organisation we are committed to improving the health and wellbeing of people living in and across Derbyshire and welcome our partners' continued support.



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