

# The West Sussex Wellbeing Programme

## People and Places



LIVING AND WORKING WELL

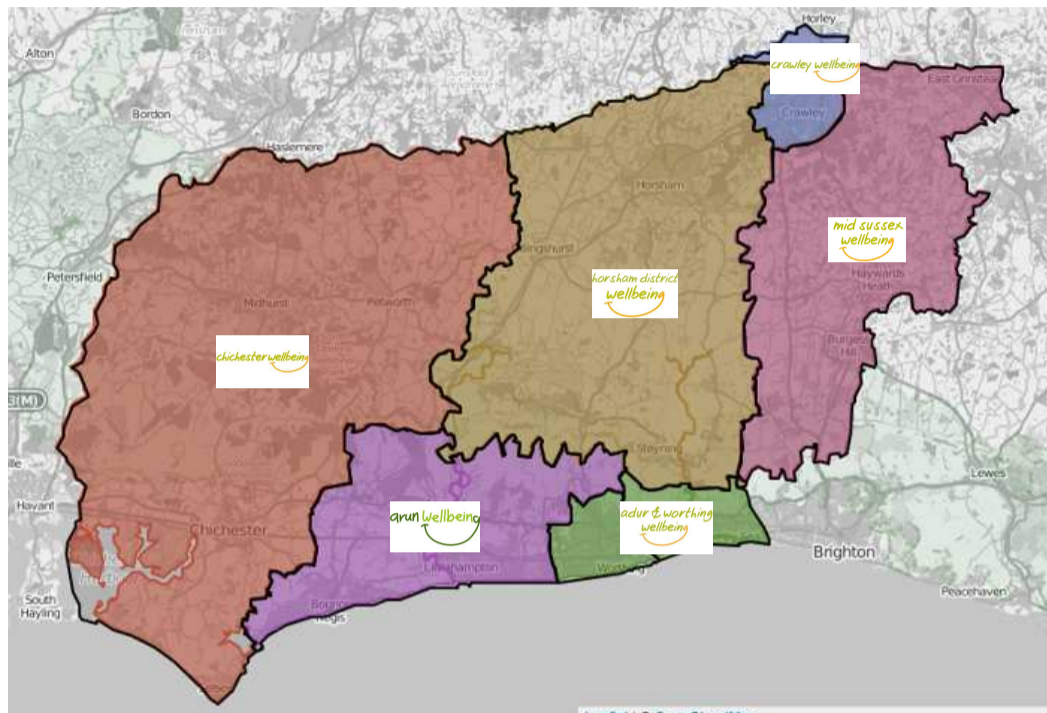


**i** An adult integrated lifestyle programme delivered through a partnership forged between West Sussex County Council and seven District and Borough Councils.

Developed with the initial aim to reduce cardiovascular disease & health inequalities using local knowledge and solutions - broadened out to address wellbeing including wider determinants.

**Objectives** - To deliver a **large scale prevention programme**, a **one stop shop** for support and **locally designed** to meet community needs

### Working in partnership....



- Seven Wellbeing 'Hubs' countywide
- Delivered by each District and Borough Council
- Three year Partnership agreement (which commenced April 2019)
- Partnership co-design of service specification and annual business plans
- Local issues and barriers worked through together for best outcomes using public health specialist support

### Benefits of this approach

- **Districts and Boroughs bring rich local knowledge and assets** which the programme taps into e.g. green space and leisure as well as providing the infra-structure
- **West Sussex: delegate the budget and delivery and provide hands-on support from public health specialists** to joint business planning, design of programmes and evaluation
- **Co-produced with 'can-do' flexibility**
- The local programmes form **a network across which good practice can be shared**

### The programme....

- A safe 'front door' through which:
- Wellbeing Advisors support individuals on all issues people present with including multiple risk factors
- 1:1 person centred - non-clinical
- Evidence-based interventions e.g. tier 2 weight management and physical activity opportunities
- Signposting and referral to locally tailored programmes
- Wellbeing website - with a high hit rate - offering information, advice, secure referrals and national campaign messages

[www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)

### Who is being supported...



Most individuals were **aged 40-54 years (working age)**



**65% women**

**In 2017/18 over 9,000 people who lived or worked in West Sussex supported**



**152 local businesses** improved staff wellbeing with their local Wellbeing Hub



Increasing reach into **most deprived areas**

### Meeting national and local priorities...

- Programme supports **delivery of the West Sussex Public Health Vision** and the Joint Health and Wellbeing Board Strategy
- **Teams act as public health leaders in District and Borough Health and Wellbeing partnerships** (or equivalent) with a local network of key partners (particularly health and social care).
- Wellbeing teams contribute to **Primary Care Networks** (Local Community Networks and Communities of Practice)
- Wellbeing will be central to the local delivery of the **NHS Long Term Plan**

### Continuous Improvement....

**Future plans for 2019/20 onwards include**

All will be co-designed with District and Boroughs in partnership, continuing to build on our established and trusted collaboration



Expanding the **falls prevention** programmes



Delivering **NHS Health Checks** and **Stop Smoking** working alongside GPs and Pharmacies, targeting areas of deprivation



**Making Every Contact Count (MECC)** leaders - highly effective in delivering themselves; wellbeing teams have potential to support other organisations to implement MECC



Explore an enhanced **workplace health offer**

### Feedback...

I am so grateful for the help that the Wellbeing Team has given me.

I feel better because I am moving and I know that I am now eating better too.

It feels like there is light at the end of the tunnel now and I know that I can get some help from Carer Support if I need it.

**(Arun Wellbeing)**

The course has helped me to feel confident about myself.

The support offered has helped me to develop healthier habits such as weekly meal planning, portion control, and stress reduction which I now ensure I take responsibility for every day.

**(Horsham Wellbeing)**

I've always had problems managing my weight...I wanted to start doing something about it and stop worrying about whether I was the biggest person in the room...The Wellbeing service provided somewhere for me to go and talk to someone without feeling judged or criticised.

My Wellbeing Advisor helped me find my own solutions and her 1-1 support has been crucial to my success.

**(Arun Wellbeing)**