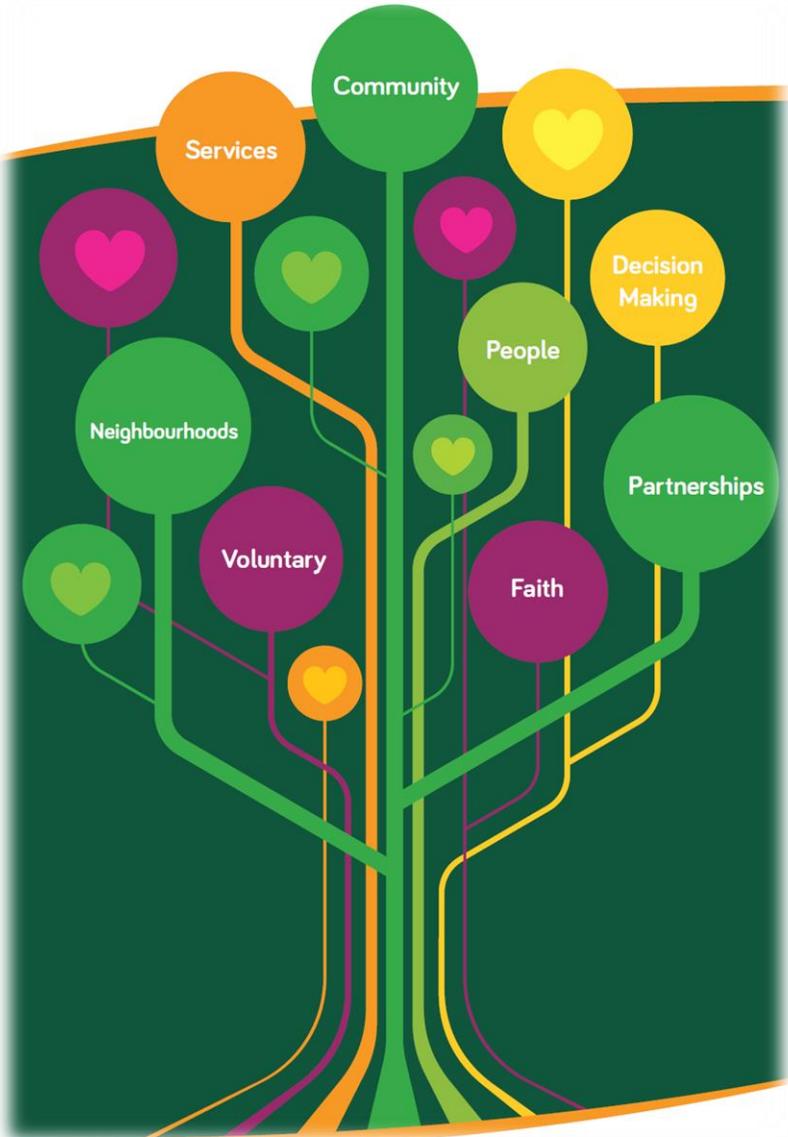




# ONE PLAN for HEALTH- Nantwich and Rural

This plan sets out our aims and key delivery areas we want to focus on with our partners to develop our communities. This is the place where Nantwich and Rural Care Community and Connected Community partners, working with residents come together, with a shared vision - to identify gaps in services, codesign and co-deliver projects to strengthen our communities. The plan presents opportunities for all partner contributions including: the voluntary, community and faith sector, public and private sector organisations and welcomes local businesses and residents alike to become involved. Driven by residents needs and community partners aspirations, together we will deliver improved access to local support, and improved health experiences, as a result of our projects. The **ONE PLAN** is the catalyst for change and improved community wellness.



See the drivers for change below:



**Vision** “To build resilience and create a healthy, supportive community for all, across Nantwich and Rural. To work collaboratively to design and deliver collective goals to inspire resident participation. Together enabling positive change”

**Mission** - Together, tackling local priorities we will work WITH residents, and together we will build safe and healthy communities with services in the right place at the right time. We aim to increase our support to communities by building a combined approach across sectors, developing a locality working infrastructure across Nantwich and Rural, harnessing the skills of local PEOPLE, maximizing resources that exist within SERVICES and targeting support to those who need it most. This will enable our communities to become more enterprising in reducing dependency on statutory services and assisting those communities of higher need to address the inequalities which impact on their lives. This will be our recipe for a good life that:

- Empowers resident led initiatives and volunteers and welcomes new residents into our communities.
- Supports the care of our vulnerable
- Connects People to People, people to services, people to neighbourhoods, people to VCF sector, and people to decision making
- Develop thriving and sustainable volunteering opportunities
- Reduces health inequalities and isolation
- Focus on prevention and early intervention

**Tools to support delivery** - Social Value Framework, Volunteer portal, Social Value Awards, Crowdfunding, Research and Intelligence, Community Assets, Bright Idea Fund, External Funding, CESAP, Care Community 20k funding investment, a vibrant VCP, and development of Connected Community Centers



“The more parent and resident fingerprints that can be found on a project, the more likely it is that project will be meaningful and sustainable”

Cormac Russell

“Be the change you want to see in the world” Gandhi

## Background context

To explain the One Plan for Health themes, why they are drivers for change/improvement, and highlight its supporters. The document aims to give Nantwich residents and service providers a clear understanding of the work of the partnership and what we as a growing diverse collective, of volunteers, community, public and private businesses, are trying to achieve. Later highlighted will be the projects that are being delivered as a result of our collaborations that all aim to grow services and activities to improve our recipe for a good life! The plan also intends to link with other work under development and important to maintaining a vibrant community and includes: green environmental projects, Covid Recovery research and intelligence, social value, and the codesign of the Live Well for Longer plan in the development stages. The document will be reviewed on a quarterly basis and updated and shared publicly.

## Overview of One Plan partners, themes and open invitation to join us

**Together we are stronger.** What we mean by partners – the One Plan offers opportunities for all and welcomes all levels of support, and is inclusive of the people living and working across Nantwich & Rural. Our partnership membership is all about investing in relationships and building trust and is open for anyone who wants to keep in touch with what we do and support our work and campaigns. The One Plan for Health and its diverse partners highlight how proud we are of our cross-sector partnership network that provides insight, expertise and is reflective of local need and aspirations.

**Our 5 key motivators** which form the top priorities locally needing improvement include the themes below.

- Dementia
- Loneliness and isolation
- Young people's engagement
- Mental Health
- Health Inequalities - interventions tackling local health priorities

We also recognise that within these themes a common thread is linked to the environment, public realm, nature and outdoor opportunities. All of which help to elevate the importance of heritage and preserve public realm and our shared environment, and include green themed projects and carbon zero focused projects for the wellbeing of the towns businesses, residents and visitors.

We really want residents to be at the heart of our work and would welcome their contributions to work with us, working together to create and support Nantwich communities that can thrive. If you are a new resident in the area or new to this kind of work or you have years of experience to share with us, you'll fit right in and know you belong. Current partners include: residents, individuals and groups that work within the voluntary, faith and community sector, professionals from the public sector including health and social care, Nantwich Town Council, Cheshire

East Council, elected members, education, Police, and social landlords, as well as partners from local businesses. Our collaborative approach to improving our communities brings partners together for the benefit of mutually agreed outcomes that benefit our community, this is an important feature of our partnership style and our ability to achieve our sustainable health and wellness collective goals.

Our codesigned and co-delivered projects and pledges large and small can be seen within the link at the bottom of this document, helping us to be transparent in our working, to elevate and value everyone's contributions, and monitor progress of our collective delivery.

### Benefits of becoming engaged with the partnership

#### **For organisations**

- Cost effective access to participants through collective engagement and improved service delivery
- Offers opportunities for you to develop/deliver your organisations CSR where it will have the most impact across communities where it will be valued, and monitored for outcomes, with reports shared
- Flexible access – donations of time or skills sharing to suit your business. Opting to co-design any project of interest for optimum relevance to the needs of your organisation's priorities whilst still contributing to community
- Networking
- Gain recognition for your organisation and enhance your reputation

#### **For residents and volunteers**

- Work with a series of inspiring partners from across all sectors
- Becoming empowered, gaining new leadership skills and knowledge and influencing positive change in your own community
- Gain new ways of thinking and fresh perspectives, new ideas, best practice and tools to take away
- Enhance employability opportunities
- Friendship with like-minded people

### Why these themes? Background information of the priorities for improvement

**Dementia** – The Nantwich North and West wards has a higher proportion of residents in the 65+ age band, 40.4% comparison to the Cheshire East average, 30% of pensioners living alone. 2 additional drivers for this work include working towards becoming an accredited

DF town, and to improve access to participatory activities in Nantwich. This reflects the growing ageing population and is a priority for a number of organisations including statutory & voluntary sector. The impact on services and individuals is growing, affecting not only budgets, but resident's quality of life. With increased partners support we can begin to co-design/deliver projects and develop services to match the needs of our community that helps to keep both those experiencing dementia and their carers and family connected to our community.

**Loneliness and isolation** - The Institute of Health Equity report November 2021 states our rural villages of Wrenbury, Bunbury, Audlem have the highest levels of fuel poverty across Cheshire East and are all above the national average. Isolation directly related to the Covid pandemic in Cheshire East over 25000 people shielded including the most clinical extremely vulnerable. Nantwich also has a higher than national average of older people over 65, and higher than national average of pensioners living alone.

**Young People's Engagement and mental health** - The Institute of Health Equity report November 2021 states that pupils eligible for Free School Meals (FSM) at High School level in Cheshire East perform worse than the England. Our schools also experience higher levels of pupil absences than the national average. Between April – Sept 2021 – 60 Nantwich young people registered with Kooth the 3<sup>rd</sup> highest across 20 hubs in Cheshire East. The need is to create young peoples engagement opportunities has been impacted by Covid and the disconnect and isolation they have experienced in both their social life and education. The partnership seeks to improve the offer of space for them to feel supported that offers different options for positive experiences in their community. This work aims to improve mental health in young people – projects are being designed and informed by consultation with an approach that offers creative, physical and informative engagement, delivery to be flexible but include in school and within community venues.

## Mental Health

Mental health is everyone's business individuals, families, employers, educators and communities all need to play their part, good mental health and resilience are fundamental to our physical health and our relationships, education, training, work and to achieving our potential.

Below is a chart that highlights how mental health is linked to the CEC corporate plan and the NHS evidence based steps to wellbeing. Challenges of mental health can affect everyone, it is likely that every one of us has experienced mental health issues or knows someone who has. 1 in 4 adults experience at least one diagnosable mental health problem in any given year. Mental health is the single largest cause of disability in the UK costing the economy an estimated £105 billion a year. The rate of mental health problems in children is 1 in 10, with 50% of all mental health problems established by the age of 14 and 75% by the age of 24 [1]. Despite these figures approximately only 25% of people with a mental health problem receive ongoing treatment [2]. Those with mental health issues have disproportionately higher rates of mortality than those without and with the number of people with mental disorders estimated to grow by 15% by the year 2020 [3] mental health should be a key priority across all health and social care sectors.

Corporate Plan Outcome	NHS Evidence Based Steps to Wellbeing
<p><b>Education: supporting residents early to provide a great start in life.</b> For Mental Health this means working with educational establishments to support the mental and physical well-being of students. Education is not just about formal study but supports people to learn essential life skills, develop resilience and create meaningful, positive relationships with others.</p>	<p><b>Keep learning:</b> Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike? Find out more in <a href="#">Learn for mental wellbeing</a>.</p>
<p><b>Environment: Protecting and enhancing the quality of place in the borough.</b> For Mental Health this means creating safe communities, encouraging active lifestyles and ensuring access to green and pleasant spaces for people to relax and enjoy. Being out of doors is known to reduce stress, improve mood and enhance physical health.</p>	<p><b>Be mindful:</b> Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about yourself. <a href="#">Be for mindful for mental wellbeing</a></p>
<p><b>Health: we are committed to supporting the most vulnerable residents, whilst enabling others to support themselves and lead a prosperous and healthy lifestyle</b> For Mental Health this means ensuring that we work with partners to intervene early to prevent the onset of mental ill health and to support those people with already established mental ill health to maximise their autonomy and independence</p>	<p><b>Be Active:</b> You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more in <a href="#">Get active for mental wellbeing</a>.</p>
<p><b>Communities: we will enable and empower individuals and communities to thrive independently in a supportive environment; working together, engaging and collaborating with partners, with the voluntary sector, with business, and most importantly with residents themselves.</b> For Mental Health this means supporting individuals to be resilient, connected and confident in their local communities.</p>	<p><b>Connect:</b> Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships. Learn more in <a href="#">Connect for mental wellbeing</a>.</p> <p><b>Give to others:</b> Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more in <a href="#">Give for mental wellbeing</a>.</p>
<p><b>Economy: we are committed to ensuring that the growing economic prosperity of this area creates opportunities for everyone who lives here.</b> For Mental Health this means creating opportunities for people with mental health problems to enter/re-enter the employment market and to support the 1 in 3 employees who will experience a mental health problem in any one year.</p>	<p><b>Keep learning:</b> Learning new skills can give you a sense of achievement and a new confidence. This could in turn lead to employment, voluntary opportunities. Find out more in <a href="#">Learn for mental wellbeing</a>.</p>

## Local Nantwich mental health data

- Nantwich and Rural has seen the largest rate of growth in QOF prevalence of all Care Communities in Cheshire East. The recorded number of people with depression has more than doubled in Nantwich and Rural since 2014/15
- Activity levels for Cheshire and Wirral Partnership (CWP) delivered Mental Health (MH) services have increased since April 2019 for Nantwich and Rural Care Community. This peaked at 1, 000 contacts in July 2020 but in recent months has remained high at ~700 per month. This is a significant increase on pre-pandemic levels
- Higher demand for Mental Health services for registered patients who live on the fringes of the geography include Wistaston and Wrenbury.
- Data collected in September 2021 says that there are 291 people in the Nantwich and Rural community who were identified with SMI - Severe Mental Health Illness and Kiltarn has the highest number of people on that register which is 113 and Audlem has 34

**Health Inequalities** - Nantwich and Rural Care Community serves the population of Nantwich and its surrounding villages including Audlem and Wrenbury. This is a population of approximately 33,000 people. The geography is based upon the registered lists of the five GP Practices and include: Audlem Medical Practice, Kiltearn Medical Centre, Nantwich Health Centre, Tudor Surgery and Wrenbury Medical Centre. Care Communities are about the local community. They include the local GP network but local people themselves as well as a primary care team, including Community Mental Health Teams, District Nurses, Occupational Health, Community Physio, Midwives, Dentists, Opticians, Pharmacists and other community specialists. As well as partners from Social Care, Public Health, Education, Town Planners, Local Employers, Third Sector, Local Sports Groups, Parish Councils and of course the Communities themselves. **The idea of the Care Community is to arrange care, interventions and provide innovative health solutions in partnership with the local community that suit the needs of a whole population**

### Cheshire East ICP Priorities

Priority Area	ICP Lead	Care Community Lead	Funding
ICP - Respiratory Health	Delivery of a set of agreed system wide health inequalities	Restoration of N&R breathless diagnostic service	ICP
ICP – Cardiovascular Health	Develop streamline workflows, pathways and interventions specific to CVH to reduce variation in outcomes and spread.	PCN/Care Community Obesity Pathway	ICP
ICP – Children’s Hubs	In the pilot stages 2 child health hubs in Crewe and Macclesfield		ICP
ICP – Mental Health and Wellbeing	Establish a whole system approach to tackling issues in social prescribing and mental health across adults,		ICP



One plan projects.xlsx

For the **One Plan for Health in Nantwich and Rural project delivery** please open this link