



THREE RIVERS DISTRICT COUNCIL HEALTHY HUB PROPOSALS 2019-2021

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Project Overview

- Background
- Project Objectives
- Scope and constraints
- Delivery Approach
- Resourcing
- Benefits/ dis benefits
- Key risks



Background

- Three Rivers Local Strategic Partnership agreed a new Community Strategy 2018-23 in June 2018. The 5 themes of the strategy are:
 - Housing
 - Ambitious
 - Independent & Resilient
 - Health & Wellbeing
 - Safety



Housing

Key Priorities

- **Residents have good quality, affordable housing and temporary accommodation**
- **Residents are supported to live independently and maintain their tenancies and homes**
- **We work together to make our residents safe in their accommodation**
- Build more affordable housing;
- Build or supply more temporary accommodation;
- Implement the Joint Housing Protocol for children and families;
- Ensure the right support / services are promoted and available for residents, such as Safe & Well visits, Herts Independent Living Service, Floating Support and Citizens Advice Service;
- Promote access to the Disabled Facilities Grant.



Ambitious

- Key Priorities

- **Residents attend, engage and enjoy high quality education and learning environments and experiences**
 - **Residents are supported to secure work and get closer to the labour market including apprenticeships and skills development**
- Target educational and learning opportunities in areas of greatest deprivation;
 - Champion apprenticeships in all sectors including providing opportunities across our organisations;
 - Create opportunities using the Apprenticeship Levy, including considering how to support small to medium-sized organisations;
 - Promote learning, work placement and employment opportunities including employment open days;
 - Respond to transport / access issues for education and employment;
 - Maximise the local benefit and impact of Hertfordshire Local Enterprise Partnership



Independent & Resilient

- Key Priorities
- **Residents are able to manage their finances and debt**
- **Residents are able to manage their own health, social care and support**
- **Residents have the life skills and access to the resources they need to live independently and cope with challenges to sustain their independence**
- **Residents live in supportive communities**
- Promote access to organisations that provide all types of advice and support, including the Citizens Advice Service;
- Promote access to preventative services e.g. Wellbeing Service, Social Prescribing, Community & Social Groups;
- Target services in areas of greatest need;
- Collectively use HertsHelp, Community Navigators & Families First to promote early intervention & Self-Help




Health & Wellbeing

- Key Priorities
- **Residents have opportunities to be physically and mentally healthy**
- **Residents have access to health and social care, especially the vulnerable**
- Promote access to and on-going participation in physical activity opportunities;
- Promote access to mental health services;
- Develop a joint pathway for dual diagnosis with regards to drugs, alcohol and mental health;
- Target services in areas of greatest need and towards groups of greatest need;
- Promote access to health & social care services, through HertsHelp and Families First



Safety

- Key Priorities
- **Residents are safe from crime and antisocial behaviour**
- **Residents are safe from abuse, neglect, violence, bullying, discrimination and exploitation**
- **Neighbourhoods are safe for people to live, work and socialise in**
- Target joint action at the strategic priorities for crime & disorder as identified by the Three Rivers Community Safety Partnership;
- Jointly tackle the fear of crime by promoting consistent messages, individual citizen responsibility and self-help;
- Champion safeguarding and early help for children, adults at risk and other vulnerable groups;
- Promote access to Victim Support services.



Serious Violence and Exploitation



Drawing The Lines – a public health framework for violent crime



A multi-partnership approach

- Community Safety Partnership
- Watford and Three Rivers Families First Partnership
- Three Rivers 11-19 Strategy Group
- Three Rivers Adults with Complex Needs Group

ACEs

Adverse Childhood Experiences (ACEs) in Three Rivers

ACEs are stressful events occurring during childhood that directly affect a child (e.g. child maltreatment) or affect the environment in which they live (e.g. growing up in a house where there is domestic violence)

How many adults in Three Rivers have suffered each ACE?

CHILD MALTREATMENT



Verbal abuse
24%



Physical abuse
14%



Sexual abuse
6%

CHILDHOOD HOUSEHOLD INCLUDED



Parental
separation
16%



Domestic
violence
15%



Mental
illness
10%



Alcohol
abuse
11%



Drug use
4%



Incarceration
3%

Three Rivers Scale of Risk

For every 100 adults in Three Rivers 43 have suffered at least one ACE during their childhood and 8 have suffered 4 or more



Figures based on population adjusted prevalence in adults aged 18-69 years in Three Rivers

The Impact of ACEs

ACEs increase individuals' risks of developing health-harming behaviours

Compared with people with no ACEs, those with 4+ ACEs are*:

- 2** times more likely to currently binge drink or have a poor diet
- 3** times more likely to be a current smoker
- 4** times more likely to have had sex while under 16 years old or to have smoked cannabis
- 4** times more likely to have had or caused unintended teenage pregnancy
- 8** times more likely to have been a victim of violence in the last year or ever been incarcerated
- 10** times more likely to have been a perpetrator of violence in the last year

The potential for Prevention

In Three Rivers preventing ACEs in future generations could reduce levels of:



Early sex
(before age 16)
by 36%



Unintended teen pregnancy
by 43%



Smoking
(current)
by 24%



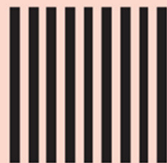
Binge drinking
(current)
by 20%



Cannabis use
(lifetime)
by 42%



Heroin/crack use
(lifetime)
by 52%



Incarceration
(lifetime)
by 50%



Violence perpetration
(past year)
by 60%



Violence victimisation
(past year)
by 56%



Poor diet
(current; <2 fruit & veg portions daily)
by 13%

Three Rivers Physical Activity Strategy 2018-21

- Strategy and action plan revised in 2018 to reflect on national changes to measurement of physical activity levels:

Indicator	Baseline	2018/19	2019/20	2020/21
KPI 1: Inactive adults aged 16 and over (<30 mins of activity per week)	15.9%	14.4%	13.9%	13.5%
KPI 2: Active adults aged 16 and over (150+ mins of activity per week)	71.6%	72%	72.5%	73%
KPI 3: To achieve a year on year increase in the number of adults who have taken part in sport and physical activity at least twice in the last 28 days	83.5%	84%	84.5%	85%
KPI 4: To achieve a year on year increase in the number of adults who have volunteered to support sport and physical activity at least twice in the last year	19.1%	19.5%	20%	20.5%

Source: Active Lives, Sport England



Developing work on Mental Health

- Arts on Prescription
- Community Support Service (Herts Mind Network)
- Physical Activity on Referral for people with Mental Health
- Spot the signs
- MHFA
- Time for change
- Dementia
- Dance with Parkinsons
- 'You Can' Adults with Complex Needs key presenting issue
- 66.7% of families first cases have this as a presenting issue (most common issue)



Domestic Abuse

- IDVA
- Domestic Abuse Caseworker
- Domestic Abuse Perpetrator
- Presenting issue in 45% of Family first assessments in Three Rivers
- Key feature of Adults With Complex Needs 'You Can' Pilot



Poverty

- Increasing demand on CAB regarding debt
- Increasing rent arrears with housing providers for tenants on Universal Credit
- Increasing demand on Foodbank
- 33.3% of families first cases present this as an issue



Housing

- Impact of new homelessness prevention – increasing requirement to have action plans and support available
- Limits to affordable housing solutions
- Provision of local temporary accommodation
- Partnerships to joint venture new builds on shared assets
- Need for a JHP for adults with complex needs



Social Isolation

- Many of our local partnership services have a navigator/social prescription role – they focus on the client group rather than the organisations
- Working to engage people upstream
- Mapping our community assets to identify gaps
- Identifying non-statutory funds to deliver our Community Strategy priorities

Three Rivers Health Hub



Objectives

1

- To consolidate the coordinated local deliver of TRDC and Partners services that improve health and wellbeing

2

- To reduce poverty
- To reduce social isolation

3

- To improve health and wellbeing and reduce the impact of adverse experiences



Scope and Constraints

- Community Safety Team
- Families First Housing Challenge Keyworker
- Herts Mind Network
- Refuge
- Housing Team & Residential Environmental Health
- Leisure Development and Play
- Active Watford & Three Rivers
- PARS and Arts on Prescription
- CAB
- Benefits service
- Serious Violence Reduction Project



Constraints

- Local links to:
- CGL Spectrum
- Families First
- Community Navigators
- HCC funded voluntary sector
- Herts Help
- Families First Portal

Not commissioned locally

- Limited to how these services can integrate with local multi-agency arrangements to support community access when District level views are not at the forefront of County-wide commissioning agendas. .



Delivery Approach

- Public health funding to support demand pressures
- Public health funding to support pilot service development areas
- Long term sustainability supported by local partnership funding solutions
- Evidence gathered from Public Health support pilot work to evidence base larger trust fund and grant bids

Resources

Service Area	£	%
Community Safety (including contributions to Housing Challenge, Domestic Abuse, Community Support Service)	194,580	5.04%
CAB	303,340	7.85%
Housing Need	607,030	15.71%
Environmental Health Residential	99,620	2.58%
Housing Benefit	672,800	17.41%
Leisure Development	1,806,870	46.77%
TRDC Health and Wellbeing Projects	40,000	1.04%
Partnership Contributions to Mental Health, Domestic Abuse and Violence/Youth Exploitation (OPCC, Thrive, Watford CH)	85,286	2.21%
Partner Contributions to Active Watford and Three Rivers	24,166	0.63%
Public Health Contribution	30,000	0.78%
Total costs per year	3,863,692	100.00%



Benefits and Dis-Benefits

Benefits

- Small contribution to a whole system approach
- Sustainability of core funding post Public Health Contribution
- Supports a whole system approach to reducing violence
- Likely increase in funding next year from Police and Crime Commissioner
- Plans for LSP CIC
- TRDC has secured it loss of Government revenue grant so funding unlikely to be cut

Dis-benefits

- Monitoring and evaluation will need to fit into existing systems for services commissioned by community safety partnership



Risks

- Range of providers pull focus into different areas
- Demand for services outstrips capacity to deliver and obtain additional resources
- Change In national policy and statutory duties puts additional burdens on local resources resulting in cuts to some elements of the hub