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| HIGH LIFE HIGHLAND REPORT TO BOARD OF DIRECTORS31 March 2022 | AGENDA ITEM REPORT No HLH / /22 |

## **HEALTH AND WELLBEING UPDATE & NEW DRAFT STRATEGY - Report by Chief Executive**

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| **Summary**The report provides the new draft Health and Wellbeing Strategic Plan (2022–2027), which has been revised in line with the new High Life Highland Business Plan (2022– 2027), for consideration along with the regular six-monthly progress update on the Health and Wellbeing Plan (2019–2024). It is recommended that Directors: 1. approve the new draft Health and Wellbeing Plan (2022-2027) at **Appendix A**; and
2. note and comment on the six-monthly update.
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| **1.** | **Business Plan Contribution** |
| 1.1 | This report supports the highlighted Business Outcomes from the High Life Highland (HLH) Business Plan:1. **Seek to continuously improve standards of health and safety.**
2. Commit to the Scottish Government’s zero carbon targets and maintain the highest standards in environmental compliance.
3. **Use research and market analysis to develop and improve services to meet customer needs.**
4. Increase employee satisfaction, engagement and development to improve staff recruitment and retention.
5. **Improve the financial sustainability of the company.**
6. **Value and strengthen the relationship with THC.**
7. Develop and deliver the HLH Corporate Programme and seek to attract capital investment.
8. **Use research and market analysis to develop and deliver proactive marketing and promotion of HLH and its services.**
9. Initiate and implement an ICT digital transformation strategy across the charity.
10. **Develop and strengthen relationships with customers, key stakeholders and partners.**
11. **Deliver targeted programmes which support and enhance the physical and mental health and wellbeing of the population and which contribute to the prevention agenda.**
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| **2.** | **Draft Health and Wellbeing Plan (2022–2027)** |
| 2.12.22.32.42.52.62.72.82.9 | High Life Highland has identified 11 new business outcomes within the new Business Plan (2022–2027). The new Business Plan includes one specific new outcome (listed in the Business Plan as outcome 11) for health and wellbeing:Deliver targeted programmes which support and enhance the physical and mental health and wellbeing of the population and which contribute to the prevention agendaAligned to the new Business Plan and new outcome for health and wellbeing, to support High Life Highland services to deliver on Business Outcome 11, a health and wellbeing plan has been drafted (**see Appendix A**). The actions outlined in the new draft Health and Wellbeing Plan (2022–2027) seek to embed health improvement and health promotion as fundamental parts of service delivery, through all High Life Highland services, with a focus on supporting the reduction of health inequalities in Highland through the framework set by the public health priorities for Scotland.Data is at the heart of High Life Highland’s efforts to support health and wellbeing in Highland communities. Priorities for action within the plan have been identified based on need and the best available evidence, which includes health and demographic data for the region. The Head of Health and Wellbeing is the lead officer for the delivery and implementation of the health and wellbeing plan and will support all services in their endeavours to deliver on HLH’s Business Outcome 11 within their operational plans and everyday practice. As part of each of High Life Highland’s services operational plan actions, all services are developing a health improvement plan based on the Health and Wellbeing Plan. Services will be supported by the Health and Wellbeing Team in the development and implementation of their improvement plans. In discussion with NHSH it has been agreed to align HLH’s Business Plan outcome for health and wellbeing with the public health priorities for Scotland.* healthy places and communities
* early years
* mental wellbeing
* harmful substances
* poverty and inequality
* healthy weight and physical activity.

A range of priority actions, aligned with each of the public health priorities for Scotland have been identified in the plan, which will be delivered across all High Life Highland services. The Health and Wellbeing Plan also serves to articulate the ways in which High Life Highland contributes to the health and wellbeing of Highland communities, including how the organisation contributes to the Community Planning framework. To monitor progress in implementing the health and wellbeing plan, High Life Highland Board Directors will receive a bi-annual update where the areas of work listed in the action plan will be RAG rated. The action plan will be refreshed annually (aligned with timescale when service operational plans are refreshed). |
| 2.10 | It is recommended that Directors consider and approve the new plan in **Appendix A**.  |
| **3.** | **Six monthly update - Health and Wellbeing Plan (2019-24)**  |
| 3.1 | The implementation of the Health and Wellbeing Plan (2019–24) has continued in the last 6-month reporting period. New opportunities have been maximised by High Life Highland to ensure the organisation has continued to play an important part in reducing inequalities as well as supporting and improving the health and wellbeing of people in Highland communities. |
| **4.**  | **Cardiac Rehabilitation, Parkinson’s Exercise, Falls Prevention Exercise** |
| 4.14.24.3 | High Life Highland has continued to deliver Cardiac Rehabilitation and Parkinson’s Exercise classes both face-to-face and online. The hybrid delivery model has been well received by participants and health professionals. A new online offering has also been developed for falls prevention exercise and is scheduled to go live in April 2022. The partnership between High Life Highland, NHS Highland and 3rd sector organisations remains strong and is very helpful in driving developments and improvements. The partnership work is further strengthened by group meetings which take place every 6–8 weeks, which include clinicians from the health service, representatives from relevant 3rd sector organisations as well as the operational teams who are delivering the service in leisure facilities.Participant numbers at these classes are very encouraging, with attendances at Parkinson’s exercise classes exceeding pre-pandemic levels by 33% and attendances at Cardiac Rehabilitation classes reaching 85% of those before COVID-19. |
| **5.** | **Research studies with University of the Highlands and Islands (UHI)** |
| 5.1 | Following the successful implementation of a “home based exercise” research study, led by UHI, the findings of the research have been selected for presentation at the conference of the International Society of Behavioural Nutrition and Physical Activity in Phoenix, Arizona in May 2022. |
| 5.2 | The research study’s main findings that will be discussed at the conference include: the way the classes increased physical activity for the participants and increased participants motivation to meet goals. The study also found that participants felt they missed the element of human connection at the classes and expressed a desire for more social engagement, but also recognised that the online classes helped to improve their wellbeing/mental health as well as their fitness/strength.  |
| 5.3 | The partnership with UHI continues to strengthen and High Life Highland has been asked to support three further studies with UHI in the coming months: one study will be comparing home and online exercise, one other study is interested in the impact of physical activity on older adults with low weight and another larger study which will enable testing the scalability of a successful programme by Edinburgh University Museums called Prescribe Culture. The Prescribe Culture study is a heritage-based, social prescribing initiative which will be partly delivered through High Life Highland museums, archives and countryside rangers services.  |
| **6.** | **New Active Health programme** |
| 6.1 | High Life Highland has secured financial support from NHS Highland to develop and implement a new Active Health programme. Active Health will be developed in collaboration with health and social care professionals and other 3rd sector organisations to support (predominantly older) adults who are experiencing vulnerabilities connected to their health and wellbeing.  |
| 6.2 | The Active Health programme will deliver a range of rehabilitation and physical and social activities which will support people with long term health conditions. The activities within the programme will be entirely evidence based and will focus on what people are physically able to do rather than the health condition they have been diagnosed with. This will provide a holistic and inclusive programme which will enable improved physical and mental health outcomes. |
| 6.3 | The Active Health programme will be available to people with a wide range of long-term health conditions including: * cancer;
* chronic pain;
* Parkinson’s disease;
* type 2 diabetes;
* cardiovascular disease;
* people at risk of falling;
* Neurological conditions.
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| 6.4 | The Active Health programme will be delivered as group exercise sessions, including time for socialising at the end of each session, as a tiered service. The focus of the activities will be rooted in evidence and best practice guidance and will enable participants to:* improve and maintain physical health and wellbeing;
* improve and sustain mental health and wellbeing;
* reduce reliance on acute health and social care services;
* minimise recurrence of health service intervention;
* maintain and improve strength and balance to help prevent falls;
* enable people to live as independently as possible;
* meet others and keep connected within their community;
* build rapport and support with others who may have similar challenges and experiences.
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| 6.5 | A team of highly qualified and experienced practitioners will deliver the Active Health programme through High Life Highland’s community leisure service. Health professionals will be supported and encouraged to refer or sign-post patients to the activities as part of a co-designed referral pathway.  |
| 6.6 | The activities will be offered as a hybrid of online classes and face-to-face classes. The Active Health programme will also link in with a range of other programmes in Highland, including the new Community Link Worker programme and new Digital Inclusion programme, which is making digital devices available to people through the community library service. |
| **7.**7.17.27.37.4 | **Partnership Work with NHS - Director of Public Health Annual Report**Each year the NHS Highland Director of Public Health is required to produce a report which outlines how public health objectives have been delivered. The 2022 report, by Dr Tim Allison, focussed on improving mental health and wellbeing and reducing suicide rates across Highland. Dr Allison highlighted that there is a consistently higher rate of deaths by suicide in the NHS Highland area than the Scottish average and that a public health approach to reduce deaths by suicide and improve mental health and wellbeing is important, and widely regarded as the best way to achieve sustained reductions in suicide rates.High Life Highland was asked to contribute to the report to include the work undertaken on behalf of the Community Planning Partnership’s (CPP) Mental Health Delivery Group which consulted young people about the impact of the COVID-19 pandemic to help the partners with planning and implementing initiatives and services for young people.  Being asked to contribute to the Director of Public Health’s Annual Report is a reflection of the good partnership working which continues to grow and strengthen between High Life Highland and NHS Highland.  |
| **8.** | **Implications** |
| 8.1 | Resource Implications – there are no additional resource implications arising from this report. |
| 8.2 | Legal Implications - there are no new legal implications arising from this report. |
| 8.3 | Equality Implications – there are no new equality implications arising from this report. |
| 8.4 | Risk Implications – there are no new risk implications arising from this report.  |

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| **Recommendation**It is recommended that Directors: 1. approve the new draft Health and Wellbeing Plan (2022-2027) at **Appendix A**; and
2. note and comment on the six-monthly update.
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Designation: Chief Executive

Date: 3 March 2022

Author: Lynn Bauermeister, Head of Health and Wellbeing