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| HIGH LIFE HIGHLAND  REPORT TO BOARD OF DIRECTORS  26 MARCH 2024 | AGENDA ITEM  REPORT No HLH / /24 |

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

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| **Summary** The report provides the regular six-monthly progress update on the health and wellbeing activity including the implementation of the Health and Wellbeing Plan (2022-2027). Some examples of the work which has taken place to support health and wellbeing in Highland communities are included within the report.  It is recommended that Directors:   1. note the progress made to date; and 2. comment on the update. |

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| **1.** | **Business Plan Contribution** |
| 1.1 | High Life Highland’s (HLH) purpose is Making Life Better. The HLH Business Plan contains eleven Business Outcomes which support the delivery of this purpose, and this report supports the following highlighted outcomes from the 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.** |
| **2.** | **Background** |
| 2.1 | The Health and Wellbeing Strategy (2022 – 2027) outlines how HLH will deliver its Business Plan outcome regarding the implementation of targeted programmes which makes life better by supporting and enhancing the physical and mental health and wellbeing of the population, and which contribute to the prevention agenda. **Appendix A** provides a summary and RAG rating of the action plan, from the Health and Wellbeing Strategy (2022 – 2027). |
| 2.3 | The focus of the health and wellbeing work is to embed health improvement approaches and health promotion at the core of service delivery, in all HLH services. Some examples of the work which has taken place since the last update to the Board (August 2023) are included in this report. |
| **3.** | **Active Health Programme** |
| 3.1 | The HLH Active Health Programme offers people with a range of long-term health conditions access to exercise classes in leisure facilities which support their physical, mental and social health and wellbeing. |
| 3.2 | The programme is delivered mainly in person, predominantly in leisure facilities (although some classes are also delivered in libraries) with some classes delivered online, including: Cardiac Rehabilitation; Parkinson’s Exercise; Falls Prevention Exercise; You Time (older adults programme) and Cancer Rehabilitation. More detail about many of these activities are outlined in the HLH Health and Wellbeing Report, which formed part of the progress updates to The Highland Council in November 2023, attached in [**Appendix B**](https://www.hlhinfo.com/userfiles/file/Board/Meetings/Board_Meetings/2024/28032024/F-Item-14-HWB-Update-THC-Progress-Update-Nov-2023-App-B.pdf). |
| 3.3 | More than two and a half thousand individual people took part in the classes offered in the HLH Active Health Programme between January to December 2023 and the programme continues to be an important part of the overall programming in the organisation. |
| 3.4 | The evidence which demonstrates the protective effect of physical activity for many chronic conditions including coronary heart disease, obesity and type 2 diabetes, mental health problems and social isolation is compelling. The regularity of physical activity is important too, particularly in ensuring the benefits from physical activity can be experienced in full to reduce the risk of disease, manage existing conditions and develop and maintain physical and mental function. Participants in the HLH Active Health Programme tend to be regular attenders of activities, for example, the Otago falls prevention classes tend to have an average of 175 total participants each month, with an average of 530 total attendances – which equates to an average attendance of 3 times per month per participant. |
| **4.** | **Lochaber Redesign** |
| 4.1 | NHS Highland is undertaking a redesign process for it’s community based services in the Lochaber district to help improve health and wellbeing outcomes for people who live in the area. There are a few projects which are being taken forward as part of the redesign work including: Developing Care at Home Service; Frailty Service; Single Point of Access; Waiting and Keeping Well. |
| 4.2 | HLH has been asked, by NHS Highland, to lead on the Waiting and Keeping Well Project. This project is focussing attention on prevention and early interventions to support people to maintain independence at home for as long as possible and also to support people who may be experiencing extended waiting periods for treatment such as specialist outpatient appointments or diagnostic tests to remain active and independent. |
| 4.3 | The project goals include:   * Creating capacity to invest in promotion of self-management and prevention activities to support people in the Lochaber area to stay healthy and well, living independently at home. * Establishing clear pathways to community-led support, including all sectors. * Delivering evidence-based interventions and record appropriately. * Broadening Social Prescribing to include all communities. * Making information which supports health and wellbeing publicly available. |
| 4.4 | This redesign work is aligned to several strategic programmes of work at National and NHS Highland Board level, including: NHS recovery plans; NHS Highland Together We Care Strategy; and the Highland Outcome Improvement Plan (HOIP). |
| 4.5 | There is an opportunity to build on the strong foundations established between HLH and NHS Highland as part of this redesign work. For example the project has the potential to support the expansion of existing pathways from health to HLH by including and linking more NHS services to the Active Health programme detailed above, enabling more people to be referred to access HLH activities that will support people to keep well in their communities. |
| **5.** | **Osteoarthritis Pathway** |
| 5.1 | HLH is working with NHS Highland to improve the support and management of patients with hip and knee osteoarthritis throughout Highland. |
| 5.2 | Osteoarthritis is very common condition and usually affects the joints in the body which bear most weight, such as the knees and feet as well as joints that are used a lot in everyday life, such as the joints of the hand. People affected by osteoarthritis usually experience joint pain and many people worry that exercising will increase their pain and may cause further joint damage. However, while resting painful joints may make them feel more comfortable in the short term, too much rest can increase stiffness and it is well evidenced that exercise helps to maintain and improve muscle strength and strong muscles support and protect joints that are affected by arthritis. |
| 5.3 | The types of physical activity which are recommended for people with osteoarthritis include strengthening and aerobic exercises. HLH offers a wide range of classes across the leisure programme which are accessible to people affected by osteoarthritis which involve strengthening and aerobic exercises. In addition to this a number of HLH Tutor Coach colleagues have been upskilled and trained to deliver pain management exercise classes (called ESCAPE-pain) which are specifically designed for people with osteoarthritis – these classes have been delivered by HLH since 2021. |
| 5.4 | A new referral pathway is now being scoped to enable clinicians to refer any suitable patients to HLH classes in leisure centres to improve their outcomes when they are affected by osteoarthritis. The pathway is at the early stages of development and it is likely to include opportunities for clinicians to refer patients to HLH at a variety of stages of their treatment – e.g. when they are getting treated in Primary Care as well as when they have been referred to Secondary Care including when they may be waiting for a procedure (such as a hip/knee replacement) to help ensure their optimum condition prior to treatment. |
| 5.5 | At the time of writing this report (21 February 2024) the published number of patients admitted for treatment in orthopaedics is 725 and the median waiting time is 25 weeks – these figures elucidate the potential number of people which HLH can help once a pathway is established with NHS Highland. |
| **6.** | **Active Highland Strategy** |
| 6.1 | The Active Highland Strategy Group co-ordinates a multi-agency response to promote physical activity and particularly to support disadvantaged individuals and groups to bring about change in their lifestyles and to further the opportunities to become active in their local communities. |
| 6.2 | HLH is a proactive partner in the Active Highland Strategy Group and has been playing a key part in the systems-based approach to creating a new Active Highland Strategy alongside agencies such as NHS Highland, Sport Scotland and Public Health Scotland. |
| 6.3 | Systems-based approaches are increasingly being used when responding to complex public health issues such as increasing population levels of physical activity. Public Health Scotland defines a systems-based approach as involving applying systems thinking, methods and practice to better understand public health challenges and identify collective actions.[[1]](#footnote-2) |
| 6.4 | A range of activity has taken place to help shape the new Active Highland Strategy including a stakeholder event, hosted by HLH, plus additional consultation, with various groups and organisations including community planning partners. |
| 6.5 | The Active Highland Strategy Group is now at the stage of defining a series of evidence based priorities and actions that can be applied locally to enable more people to be more active more often. |
| **7.** | **Implications** |
| 7.1 | Resource Implications – there are no additional resource implications arising from this report. |
| 7.2 | Legal Implications - there are no new legal implications arising from this report. |
| 7.3 | Equality Implications – there are no new equality implications arising from this report. |
| 7.4 | Risk Implications – there are no new risk implications arising from this report. |

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| **Recommendation** It is recommended that Directors:   1. note the progress made to date; and 2. comment on the update. |

Designation: Chief Executive

Date: 21 February 2024

Author: Lynn Bauermeister, Head of Health and Wellbeing

**Appendix A: Health and Wellbeing Action Plan RAG Ratings**

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| Scotland’s Public Health Priorities | Action | Date | RAG |
| Healthy places and community | * Deliver new and improved activities in HLH facilities including targeting older people and people with health conditions * Provide trusted health and wellbeing information, in digital and other media through libraries and other services * Continue to support the Highland Green Health Partnership through representation at partnership meetings and taking forward priority actions identified where possible * Work with 3rd sector partners to facilitate, enable and attract voluntary groups such as walking groups to utilise HLH facilities and encourage engagement in HLH activities * Deliver Prescribe Highland Heritage activities through museums and countryside rangers * Deliver a range of programmes and activities through HLH Adult Learning and Youth Work teams * Provide safe and inclusive spaces for people to meet in HLH café’s and catering services, maximising outdoor spaces for catering where possible | Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24 | G  G  G  G  G  G  G |
| Early Years | * Provide facilitated reading and storytelling for personal growth and therapeutic support in libraries including Book Bug sessions * Develop provision of holiday activity programmes such as ‘Schools Out’ in summer * Augment parent and toddler swim sessions to be programmed in all facilities * Deliver the Youth Music Initiative Programme through KODALY music education including targeting the most vulnerable as part of inclusive delivery practices * Provide family learning and literacy opportunities through Adult Learning and Youth Work team in targeted communities to improve educational outcomes * Facilitate visits for childcare and school groups to cultural facilities including Highland Folk Museum outdoor classroom and at Inverness Museum and Art Gallery | Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24 | G  G  G  G  G  G |
| Mental Wellbeing | * Continue to be a proactive partner in the CPP Mental Health Delivery Group to support the implementation of its action plan * Deliver wellbeing initiatives for young people through the Youth and Sport Services * Deliver and grow the HLH “You Time” programme in libraries and leisure centres with a focus on targeting older adults to enable reduced social isolation and loneliness * Enable access to music instrumental tuition (which facilitates good mental wellbeing and personal development for participants) * Provide short walks into nature and other wellbeing focussed walks/activities through countryside rangers * Deliver targeted projects – using nature to improve mental health outcomes * Help reduce social isolation and loneliness in vulnerable adults through Adult Learning team by providing accessible group work, digital skills and removing barriers to digital connectivity * Deliver Learn with Lorna sessions through the archive service which support participants social connectedness and help to reduce loneliness * Offer high quality volunteering opportunities through the archive and museums services * Deliver initiatives through museums, art galleries and archives that support mental wellbeing through engagement with cultural opportunities. * Support and assist people affected by dementia and their carers via a range of activities and programmes, including archives providing care homes with reminiscence resource packs and museums developing and delivering the House of and Shinty Memories projects * Delivery Green Health Link Worker pilot for Cairngorms National Park Authority in Badenoch and Strathspey | Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Sep 23 | G  G  G  G  G  G  G  G  G  G  G  G |
| Harmful Substances | * Update internal policies and arrange training to reflect the ‘People First - Language Matters’ approach * Deliver HLH's commitments to the Planet Youth programme a collaboration between NHSH and HLH Youth and Sport Services * Work closely with a range of referring partners to ensure that learning is available through the Adult Learning Service which is accessible for those living with the impact of harmful substances * Programme learning opportunities for young people to enable them to make informed choices about substance us and work closely with Highland Drug and Alcohol Partnership on joint initiatives through Youth Services. | Mar 24  Mar 24  Mar 24  Mar 24 | A  G  G  G |
| Poverty and Inequality | * Provide training opportunities for the workforce in topics related to poverty and inequality * Develop an approach to augmenting trauma informed practice across the workforce * Promote and preserve the Budget offering for *highlife* membership * Facilitate social interaction and empathic help and support – (face-to-face and digital) through libraries * Offer free to access and targeted programmes (towards communities which have locality plans as part of the work of Community Planning partners) to reduce inequalities through Adult Learning Service * Provide free accessible youth work provision and focus the work at those at risk of poorer outcomes. | Mar 24  Mar 24  Mar 24  Mar 24  Mar 23  Mar 24 | G  G  G  G  G  G |
| Healthy Weight and Physical Activity | * Develop the Active Health programme targeting people with a range of health conditions including:   + cancer; chronic pain; Parkinson’s disease; type 2 diabetes; cardiovascular disease; people a at risk of falling; neurological conditions. * Deliver commissioned services for NHSH such as:   + Live It healthy weight programme   + Digital Inclusion programme for people with Type 2 Diabetes   + Physiotherapy in leisure centres * Support the development and implementation of the Active Highland Strategy and Disability Sport Strategy * Embed physical activity and nutrition into existing Youth and Adult Learning programmes and activities wherever relevant, inc. healthy snacks at youth club settings, after school food provision to reduce food insecurity, health walks, bushcraft, and outdoor activities (with HLH Rangers and Outdoor Activities colleagues). * Collaborate with UHI on research studies relating to healthy weight and/or physical activity * Maximise opportunities to provide healthy freshly made food for consumption in all HLH catering outlets | Mar 24  Mar 24  Mar 24  Mar 24  Mar 24  Mar 24 | G  G  G  G  G  G |

1. [Public Health Scotland – Systems-based Approach to Physical Activity in Scotland](https://publichealthscotland.scot/media/16184/a-systems-based-approach-to-physical-activity-in-scotland.pdf) [↑](#footnote-ref-2)