

Health & Wellbeing Board Action Plan Highlight Report

August 2017

Supporting all children, young people and families to make healthy choices	Daily Mile To increase physical activity, at least 27 schools are delivering the Daily Mile. 12 more schools are preparing to introduce it next year.	Fluoride Varnish Rates of fluoride application are up to 67% from 59% in 2014. Barnsley is 4th in the country for the highest % of applications.	Smoke Free Zones All play parks across the borough and the town centre zone are now smoke free	Training for Midwives A new video for Midwives to cover issues such as risks of smoking in pregnancy.
Improving early help for mental health	Training for Businesses Mental Health First Aid training for business through the workplace health charter	Training for staff Relevant frontline staff are also being training in perinatal mental health	Secondary Schools The 4:Thought programme provides early brief and solution focused interventions young people.	Mental Health and employment Work is underway to develop a local programme to help people with mental health into employment.
Improving services for older people	Back on your feet Helping front-line staff to provide a first line of treatment following a fall.	Berneslai Homes spend approximately £2 million per annum to reduce falls in social housing.	Dementia Champions Numbers are increasing within GP practices and Pharmacists. Dementia Friends training is available to business in the borough	Support for Dementia Carers More people are accessing the web based support - www.dementiacarer.net
Changing the way we work together	BREATHE The integrated respiratory service for Barnsley is underway.	Community Midwives Maternity care has improved with the roll out of community hubs. 89% of women now see 3 midwives or less.	Food Access Network Bringing together people providing food to people on low income. A joined up approach.	Workplace Wellbeing Charter 23 work places have registered and 5 have achieved charter status. ASOS is the first company nationally to achieve excellence status in 8 areas of the charter.
Building strong and resilient communities	Live Well Barnsley The local online directory service is being developed with details of more and more community services and groups be added. https://www.livewellbarnsley.co.uk/	My Best life The Social Prescribing service helps people with health needs to connect to activities in their community to improve wellbeing. People are referred to the service GPs. GP buy-in so far is good.	Carers Strategy Has been co-produced with service users & carers. Work is now underway to develop the action plan.	Community Involvement BMBC have won a Local Government Chronicle Award for their work in developing the Barnsley Deal.

Case Studies from My Best Life

Jenifer

Following the loss of her husband Jenifer* had suffered with mental health and emotional turmoil, leading to unemployment, large debts, food and fuel poverty and social isolation. Struggling to cope and having no self-esteem, Jenifer felt like she had nothing to live for and had tried to take her own life several times. This was not only hard on Jenifer but also on her family. Jenifer was referred to My Best Life Service by her GP.

Jane*, the Advisor from My Best Life spent time listening to Jenifer and finding out that the life she had lead before her husband die was full of love, friendship, joy and fulfilment. Slowly, but surely Jenifer began to have hope once again and felt able to re-build her life. Jane helped Jenifer to clear the debt from her utility account, accessed food from food banks, put in a claim for additional benefits until she is well enough to go back to work, and consider volunteering opportunities, to build up her confidence. Jenifer is now in a much better place mentally and is going for a daily walk and making it to a few coffee mornings to interacting with other people. This is the start of Jenifer's journey and she is looking forward to life's little pleasures such as taking her granddaughter to the park.

Jane spent approximately 8 hours with Jenifer.

Alice

Alice* had only recently move to Penistone when she had an operation on her knee, limiting her ability to get out and about and her ability to work. Alice was going through a divorce and was concerned about managing her finances. Suffering from social isolation, Alice became lonely and depressed and was therefore referred to My Best Life Service by her GP.

Emma*, the Advisor from My Best Life worked with Alice to empower her to take action meet her goals and ambitions, and signed posted Alice to other local services that could help.

Alice joined Penistone Job Club and has applied for part-time opportunities as well as taking a volunteering opportunity helping with the community gardens. Alice is looking to join a local sewing class and has attended a coffee morning in the village. To help her get out and about more, and to see her friends and family, Alice has bought herself a car
Alice is being supported by both DIAL and StepChange, to take charge of her finances and she hopes to soon find employment.

*All names have been changed to protect identity.