



Wandsworth Health and Care Plan Summary

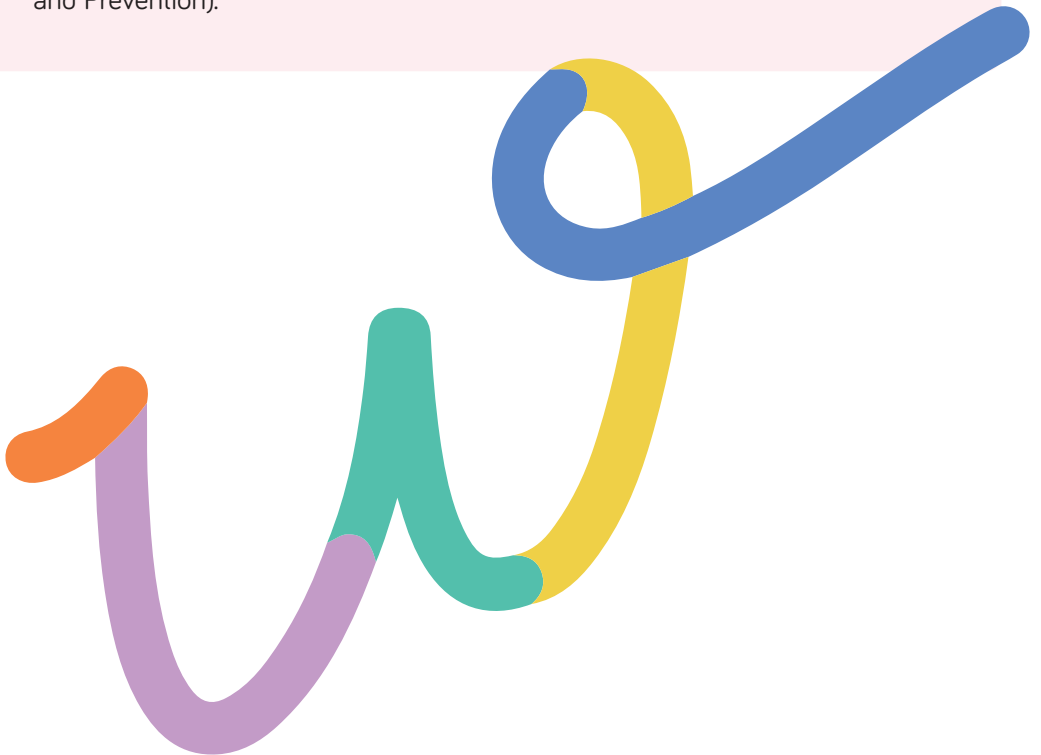
2022 to 2024



Wandsworth 'our place'

In Wandsworth we have been working together to identify the priorities for 2022-24. Health, social care, voluntary sector and wider 'place' partners have been delivering health and care services collaboratively in the borough. Through the disruption of the pandemic our partners and communities came together to meet the challenge. While many of the previous priorities remain important, COVID 19 has brought some into sharper focus so we have updated this plan to reflect the changing needs of people in Wandsworth.

Our Health and Care Plan covers the life course - Start Well, Live Well and Age Well - with priority projects within each. There are three overarching themes that feature across the life course (Integration, Health Inequalities and Prevention).





Our place

- Wandsworth is a vibrant borough with over 30 parks covering a fifth of its area, including five miles of riverfront.
- The population is the second largest population in inner London and is mobile, young, educated and economically active.
- Wandsworth has one of the highest employment rates in the country, at almost 80% with five vibrant town centres.
- The poverty rate of 21% is below the London average of 27%.

87%

of babies are first fed
breastmilk, putting Wandsworth
among the top 3 boroughs



The proportion of secondary
school pupils with emotional,
social and mental health needs
was 4 per 100 children,
this is much higher than those
in primary school

The proportion of looked after
children, whose emotional
wellbeing is a concern, was low
better than the proportion for
London and England



18%

of adults are
physically inactive



of the adult population
is classified as
overweight or obese

61%

of the expected number
of people with diabetes
have been detected, which is
the 7th lowest in London



residents
live alone



residents report that they
drink over 14 units of
alcohol per week,
the highest proportion in
any London borough

There is a
high rate of emergency
admissions for falls
in people aged 65+, although
the trend is decreasing







Our vision

After talking with our residents and communities, we have revised the health and care vision:

Wandsworth is a place where people are supported to live healthy, fulfilling lives in thriving communities.

We will work together to make a difference to the people of Wandsworth to ensure everyone:

-  Has the same life chances, regardless of where they are born or live.
-  Can live healthy, independent, fulfilling lives.
-  Can be part of dynamic, thriving and supportive communities.
-  Has equal access to health and social care services.



What we've achieved so far

Health and care partners work collaboratively to deliver services to Wandsworth residents. Integrated working between NHS and adult social care has led to people being discharged from hospital and returning home more quickly; their recovery supported by health and care teams in the community.

Mental health support teams are now in place in some schools, helping young people build emotional resilience. Teachers have been trained in mental health first aid and teams of clinicians are based in children's social care. A pilot project to improve access to mental

health services for Black, Asian and Minority Ethnic young people has launched.

The talking therapies and digital mental health service, Talk Wandsworth has strengthened its links with community organisations, through dedicated wellbeing workers, improving recovery rates.

More diabetes champions have been recruited to work with us, helping residents understand the condition. By sharing their experience, our champions help others live longer and more confident lives. What we have learnt has informed our joint diabetes action plan.



What people have told us

We have heard from a large number of people from all walks of life in Wandsworth. They have told us what is important to them, what they need from health and social care services and how we can strengthen and support the vibrant communities in the borough.

You said that it was important to address health inequalities and retain a strong focus on improving mental health for children and young people. We also heard that you wanted to build on the partnership with the community that we saw through the pandemic- a key enabler to improving people's health and wellbeing.

- There should be greater provision of emotional wellbeing services for children and support for parents - some services in the wider community are currently not easy to access with long waits.
- Some people felt children and young people should be involved in the wider group and community rather than doing healthy activities in isolation.
- Easy and quick access to mental health services was highlighted as important by many.
- There should be easy access to people with expertise to help, advise and provide information, including prevention and self-management to keep well.
- The barriers to accessing diabetes self-management services should be explored.
- Intergenerational projects with schools and young people should be included in our plans to reduce social isolation.
- There should be more support in place for people with dementia, including lifestyle services and cognitive rehabilitation.
- Working together with communities to deliver health and care. There have been some excellent examples of this during the pandemic, we want to do more of it.
- We recognise the wider determinants of health; how issues such as poverty and specifically food poverty are linked to wellbeing, in some cases compounding disadvantage and negative outcomes.



Our Health and Care Plan 2022-24

The Wandsworth Health and Care Plan is focused on the areas where we can have the greatest impact by working collectively to improve health and wellbeing.

Within each life course of Start Well, Live Well and Age Well, three overarching themes have been identified:



1. How services can be more joined up

Recognising that health and wellbeing is about the whole person (social, physical and psychological) and that people are part of whole communities and families. We want to work together to improve support that unites physical, mental and social care and empower people to lead happy fulfilling lives. Integrated working across health and care and the community provides the opportunity to deliver the best possible results for the people of Wandsworth.



2. Health inequalities

Collectively focus on reducing barriers to access, improving experience and outcomes, through greater co-production, meaning that services are designed and delivered with the community and residents as equal partners.



3. Prevention

Taking a proactive approach, maximising opportunities to take early action and supporting people to live a healthy life.



Our Plan



Start well

Obesity

We will work together to reduce childhood obesity through better information sharing and encouraging the use of community assets.

Children and young people's mental health

We will expand our successful trailblazer programme to all schools to improve mental health access and support for children and young people.

Risky behaviours

We will continue our partnership working to proactively provide support and interventions to protect our children and young people.

Addressing inequalities

We will respond to the health needs assessment on children and young people's mental health and work together to address the recommendations.



Live well

Addressing ethnic inequalities in mental health

We will implement and test new community-led models to improve access, experience and outcomes in mental health for everyone and reduce inequalities.

Diabetes & cardiovascular disease

We will work together to develop and expand community health checks and health clinics, enabling people at risk of diabetes or cardiovascular disease to be identified in a safe space in their community, empowering them to take control of their own health.

Respiratory

We will work together to improve identification, diagnosis and access to support for people with a respiratory condition.



Age well

Integrating services

We will join up community reablement and recovery services to support timely hospital discharge and recovery at home.

We will continue to strengthen our information sharing across health and social care.

Care & nursing homes

We will strengthen our support and offer to care and nursing homes, including homes with residents with a learning disability or dementia.

Falls prevention

We will improve the reach of the falls prevention service by working in partnership with the voluntary sector to deliver more services in the community.

Digital

We will embrace innovation and the use of digital technology to support residents to live the best life they can for as long as possible and reduce social isolation.

Social Prescribing

We will work together to develop and expand our social prescribing offer for people coming out of hospital.

How will we know if we've made a difference?

We want to keep talking, listening and responding to your thoughts and feedback as part of a longer continuing dynamic conversation.

We want to work together to monitor and review our progress on this plan.

