



Report sponsor: Robyn Dewis, Director of Public Health

Report author: Sharon Dale, Health Manager, Derby County Community Trust

## **Derby County Community Trust's health provision**

### **Purpose**

- 1.1 To inform the Health and Wellbeing Board (HWB) of the health programmes delivered through Derby County Community Trust's (DCCT) Health Department.
- 1.2 DCCT's health programme aims to work collaboratively across the city to improve the health and wellbeing of residents in the city by reducing health inequalities, promoting healthy lifestyle with a focus on early intervention, prevention, and health promotion.

### **Recommendation(s)**

- 2.1 For the Health and Wellbeing Board to note the report, recognising the breadth of work delivered by DCCT and for the Board.
- 2.2 For the HWB to consider DCCT as a key delivery partner and are integral in health and wellbeing plans moving forward.

### **Reason(s)**

- 3.1 Following the pandemic, DCCT have highlighted the importance for the need to work innovatively with our partners, building upon existing partnerships and developing new ones. The rapidly changing world around us means that there is a need to take a flexible approach to delivering health and wellbeing programmes to those living in Derby and Derbyshire.
- 3.2 DCCT offer a diverse range of health programmes across the city which link into the NHS' Core20PLUS5 strategy, taking into consideration the national picture which plays a fundamental role in supporting the Health and Wellbeing Board outcome indicators and the local and national requirements for our programmes.

### **Supporting information**

- 4.1 DCCT is funded through a multitude of external partners, which include Public Health (city and county), Macmillan, English Football League (EFL), DCCT's Board of Trustees, Primary Care Networks (PCN) - North and South, Primary Healthcare Derby Ltd. We offer free 6-to-12-month lifestyle services for people (and families) aged 3 to

90+. We deliver non-traditional health programmes across all community settings, adjusting the way we engage and deliver to meet the needs of the target audience.

Our Strategy sets a framework for coordinated action across the following priorities:

- Supporting children and families
- Enabling active living
- Eat Healthier.

4.2 The health team consists of 24 specialist workers, offering targeted intervention services for:

- Children and young people's weight management
- Children and young people's emotional and mental wellbeing
- Substance misuses
- Older people
- Cancer pre-hab, rehab and palliative care
- Long term health conditions
- Adult male emotional and mental wellbeing
- Cardiac rehab
- Menopause
- Long Covid
- Pain management
- Ethnic diverse and lower socioeconomic communities.

4.3 The health programme links into 4 outcomes within the Health and Wellbeing Boards outcome indicators:

- Improve the number of children & adults who are a healthy weight
- Reduce harmful alcohol consumption
- Improve participation in physical activity
- Improve mental health & emotional wellbeing.

4.4 Referrals to the programmes can be self-referral (with the exception of substance misusing clients), or through a range of partner organisations we work with – i.e. Derby City Council's Livewell service, School Nursing teams, schools, University Hospitals of Derby and Burton (UHDB), PCN's, Community and Voluntary sector organisations, mental health services, etc.

4.5 Services delivered are multifaceted and include physical activity, nutrition and emotional health and wellbeing. More recently, in partnership with participants, we have introduced a social element to the programmes, which includes themed lunches, day trips away, intergenerational activities, Green gym, etc. We currently deliver over 45 community-based sessions each week across the city.

- 4.6 DCCT are committed to supporting all residents to make healthy lifestyle choices and to take steps to prevent disease. We recognise the work DCCT deliver comes under the umbrella of chronic disease, with this in mind we are currently in the process of writing our Chronic Disease Plan for the trust, with an aim to work with stakeholders including non-government, voluntary and private sector organisations to deliver better health outcomes for residents in the city and county.

### **Public/stakeholder engagement**

- 5.1 DCCT has and will continue to work with community-based organisations and our current and new partners to design and develop healthy lifestyle programmes to expand our community reach and breakdown barriers to participations, to ensure services are accessible to those most in need.

### **Other options**

- 6.1 None

### **Financial and value for money issues**

- 7.1 None

### **Legal implications**

- 8.1 None

### **Socio-Economic implications**

- 9.1 We recognise that individual populations have different health needs and priorities, subsequently we have developed a targeted programme around engaging ethnically diverse communities and those who would not normally access health provisions. The vast majority of our engagement and delivery programmes are aimed at this cohort/within targeted locations in the city in order to deliver a more equitable service. We currently have a number of Community Health Champions, attached the various groups, who actively promote and support the work we deliver.

### **Climate implications**

- 10.1 As the majority of our provisions are community based therefore reducing the need for people to travel across the city.

### **Other significant implications**

- 11.1 None

This report has been approved by the following people:

<b>Role</b>	<b>Name</b>	<b>Date of sign-off</b>
<b>Legal</b>		
<b>Finance</b>		
<b>Service Director(s)</b>		
<b>Report sponsor</b>	Alison Wynn, Assistant Director of Public Health	29/08/2023
<b>Other(s)</b>		

<b>Background papers:</b> <b>List of appendices:</b>
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