

Health & Wellbeing Strategy 2022-2027



OUR VISION

**Working with our communities, we will build a future for the people of
Harborough district that gives them the best life chances and opportunities
through:**

Community leadership to create a sense of pride in our place

Promoting health and wellbeing and encouraging healthy life choices

Creating a sustainable environment to protect future generations

Supporting residents and businesses to deliver a prosperous local economy

INTRODUCTION

There are many factors that contribute towards a person's mental, physical and social health and wellbeing – many of which may change throughout a person's life.

These include;

- Personal characteristics including sex, age, ethnic group, and hereditary factors
- Individual 'lifestyle' factors including behaviours such as smoking, alcohol use, and physical activity
- Social and community networks and support including family and wider social circles
- Living and working conditions including access and opportunities in relation to jobs, housing, education and welfare services
- General socioeconomic, cultural and environmental conditions including factors such as disposable income, cost of living and availability of work.

This strategy will support the Council to work with partners and the community to improve health and wellbeing through taking action on the wider factors that contribute to health and wellbeing - ensuring that we utilise our collective resources effectively.

OUR DISTRICT

Harborough District is a fantastic place to live, work and visit and is a beautiful part of rural England. It represents many good things about life – the bustle and friendliness of our market towns, the quality of our built heritage and local landscape, the proximity to larger centres for specialist healthcare and services and a relatively safe and tranquil place to live and work.

However, we still face some key challenges. These include;

- An ageing population and associated health conditions
- Limitations in transport infrastructure and the rural isolation experienced by some of our communities
- Increased cost per capita to deliver services across a large rural area
- Pockets of hidden deprivation and inequality
- Rising incidence of physical inactivity
- Higher housing costs and lower local wage levels

OUR AIM

To have a culture and environment that promotes and supports health and wellbeing for all, to significantly improve health and wellbeing outcomes and reduce district wide health inequalities by 2027 working with partners and our community across Harborough District

STRATEGIC PRIORITIES

We have identified six cross-cutting strategic priorities for Health and Wellbeing in Harborough district between 2023 and 2028:

Our priorities been arrived at via

- Strategic assessment of opportunities and challenges for the district
- Engagement with residents and partners via surveys and roadshows
- Review of national and local datasets, including Population Projections, the Local Authority Health Profile and Index of Multiple Deprivation.

1. Quality homes for all

Housing conditions are important contributing factors to health. We need to make sure that new and existing housing in the district meets the population needs in terms of availability, affordability, quality, design and function.

We will

- Promote high design standards for new housing
- Improve living accommodation within the district
- Support vulnerable adults and older people to remain independent in there homes
- Provide energy efficiency advice and measures
- Build services and pathways to housing for vulnerable groups

2. Community Infrastructure and services

Access to nature, community places and services can support residents to improve health and maintain a healthy lifestyle. We need to work with partners and local communities to plan and deliver community infrastructure.

We will

- Secure and invest in community infrastructure through the s106 process
- Support the preparation of Neighbourhood Plans and local health and wellbeing objectives
- Work in partnership to ensure green spaces are accessible
- Work in partnership to improve access to canals and waterways

3. Skills, jobs and income

Personal development, having a job and income to meet needs are important contributing factor to health and wellbeing. We need to work with partners and businesses to support training and skill development, growth and jobs in the district.

We will

- Develop training opportunities that contribute towards health and wellbeing
- Local employment average salary levels are sufficient to allow residents to live and work locally
- Ensure advice and support for vulnerable residents to manage debts and access full benefit entitlement/ maximise income

4. Stronger Communities

The communities' people are born, live, work and socialise in have an influence on how healthy they are. We need to work with 'assets' within communities, such as skills and knowledge, which can be mobilised to support health and wellbeing, particularly working with marginalised groups to reduce health inequality

We will

- Enable funding and support for the voluntary and community sector to support health and wellbeing outcomes
- Work in partnership with specialist charities that can help tackle health inequalities
- Increase awareness of the rapidly ageing population and health related conditions e.g. dementia

5. Mental Health

Mental health is an important part of well-being. It is all about how people think, feel, and behave. We need to support people to reach a balance between life activities, responsibilities, and efforts to achieve positive mental health and resilience to manage challenges.

We will

- Develop awareness of mental health in the workplace
- Work with Early Help services to support young people to improve mental health
- Work with health services to promote the central access point
- Support the local delivery of crisis cafes in Market Harborough and Lutterworth

6. Physical activity

Regular physical activity can help develop your thinking, learning, and judgment skills as well as keeping these sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better. We need to support more people to be physically active, more often.

We will

- Support partners to deliver and commission physical activity sessions for children and young people
- Develop pathways into physical activity accessible for everyone in the district
- Develop place led physical activity opportunities - particularly for hard-to-reach groups
- Increase the health and wellbeing offer at Leisure Centres and increase participation - particularly for hard-to-reach groups
- Work with businesses to promote wellbeing at work
- Improve air quality in both the Kibworths and Lutterworth

ACTION PLAN

We will measure our success through an action plan, which will be updated every year.