



TO COUNCILLOR:

Mrs R H Adams
G A Boulter

F S Ghattoraya
J Kaufman (Chair)

Mrs L Kaufman
Miss A Kaur

And To Whom It May Concern

I invite you to attend the following meeting to consider and to discuss the items on the agenda below.

Meeting: Health and Wellbeing Board
Date and Time: Tuesday, 26 July 2022, 1.30 pm
Venue: Council Offices, Bushloe House, Station Road, Wigston, Leicestershire, LE18 2DR
Contact: Andrew Dingley (Community & Wellbeing Manager)
t: (0116) 257 2709
e: jennifer.mackenzie@oadby-wigston.gov.uk

Yours faithfully

Council Offices
Wigston
06 September 2022

Mrs Anne E Court
Chief Executive



Meeting ID: 2126

<u>ITEM NO.</u>	<u>AGENDA</u>	<u>PAGE NO'S</u>
1.	Welcome by Chairman, Councillor Jeffrey Kaufman	
2.	Minutes of the Previous Meeting	3 - 7
3.	Community & Wellbeing Team Update Lucie Mugridge, Community Physical Activity Health and Sport Assistant, and Ross Levy, Community Health Improvement Officer, Oadby and Wigston Borough Council.	8 - 20
4.	Oadby and Wigston Integrated Leadership Group Update Sue Renton, Health and Well Being Team Leader / Senior Social Prescribing Link Worker, Oadby and Wigston PCN / GP Surgeries.	21 - 23
5.	Turning Point Presentation	24 - 38

- 6. Youth Engagement Activator Update** **39 - 46**
Simon Frear, Youth Engagement Activator, Oadby and Wigston Borough Council
- 7. Any Other Business** **47 - 62**
- 8. Apologies for Absence**

**You can access all available public meeting documents
and audio-visual live streams and recordings electronically on:**



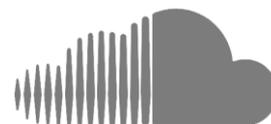
Our website **oadby-wigston.gov.uk** under **'Your Council'** and **'Meeting Dates, Agendas & Minutes'**



Your smart **iPad, Android** or **Windows** device with the intuitive **'Modern.Gov'** app



Our **YouTube** Channel available at **bit.ly/3vji3FY** or smart device with the **'YouTube'** app.



Our audio platform **soundcloud.com/oadbywigstonbc** or smart device with the **'SoundCloud'** app

Agenda Item 2

**MINUTES OF THE MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT/BY
REMOTE AUDIO-VIDEO CONFERENCE (MICROSOFT TEAMS) ON TUESDAY, 26 APRIL
2022 COMMENCING AT 1.30 PM**

PRESENT

Mr J Kaufman Chair



Meeting ID: 2122

COUNCILLORS

Mrs R H Adams
Mr G A Boulter
Mrs L Kaufman

OFFICERS IN ATTENDANCE

Mr A Dingley Community & Wellbeing Manager
Mr R Levy Community & Wellbeing Officer
Ms J Mackenzie Community Health Improvement Officer
Ms L Mugridge Graduate Community Physical Activity, Health & Sport Assistant

OTHERS IN ATTENDANCE

Ms L Baginskis Active Together
Ms M Flynn Leicestershire County Council
Revd L Gill Helping Hands
Ms S Jagot GP Social Prescribing Link Worker
Ms S Renton Leicestershire County Council
Ms T Staines Cross Counties Healthcare PCN
Mr J Watkins Glenfield Surgery

35. WELCOME BY CHAIRMAN, COUNCILLOR JEFFREY KAUFMAN

,

36. APOLOGIES FOR ABSENCE

H Khan
J Barroclough
J Parton
J Curtin
L Monk
Dr Varakantam
J Purdie
J Naylor
N Swan

37. MINUTES OF THE PREVIOUS MEETING

All actions completed.

The minutes of the meeting of the HWBB held on the 18 January 2022 to be taken as

read, confirmed and signed by the Chair.

38. HEALTH & WELLBEING BOARD PRESENTATION

Jennifer Mackenzie and Ross Levy, Community Health Improvement Officers, Oadby and Wigston Borough Council.

J Mackenzie and R Levy presented a year summary of their work from April 21-22 on the Community Champions scheme.

R Levy highlighted the successes of their work, including being a public facing team having completed over 50 events. R Levy also stated the challenges they have faced, such as boosting community capacity and leadership amongst residents, stating the importance of volunteers and that their involvement is crucial to supporting longevity of programmes. J Mackenzie spoke of the Covid 19 community response and recovery they have supported.

The team delivered 8 continuous health and wellbeing programmes, working with a range of partners and organisations to provide a holistic offer in the Borough. Over the last year, the team have worked towards tackling health inequalities in the Borough, those already existing, and those impacted by Covid 19. Health inequalities targeted including smoking, food education, Type 2 Diabetes, physical activity and routine health screenings.

R Levy and J Mackenzie shared qualitative and quantitative feedback of programmes. They collect robust feedback on all programmes and events to improve the service and monitor impact. On all programmes, feedback has been very positive with 100% satisfaction rate, 100% likeliness to recommend to a friend, 100% rated aspects of the programme as 'good' or 'very good' and 80% 'agree' or 'strongly agree' that they feel healthier.

Cllr L Kaufman commented that the team started as a small acorn, and are now an oak tree, expressing her thanks for all the work the team has done over the past year

A Dingley extended his thanks the team on their growth and impact over the last year.

Chair thanked for an interesting presentation. Chair asked if the numbers are quantified? Do we monitor improvements?

A Dingley responds that participants are tracked through commissioning reporting.

Participant numbers and other data is collected and monitored over the year.

R Levy commented they are grateful for everyone's partnership and collaboration in the Borough. He further commented that the team are targeting none digital channels to capture those hard to reach, highlighting that we need to improve capacity of community in order to engage with greater number of people.

39. PHYSICAL ACTIVITY COMMISSIONING PLAN FOR 2022/23

Andrew Dingley, Community and Wellbeing Manager, Oadby and Wigston Borough Council.

A Dingley presented an update of the Health and Wellbeing Team's remit for 22-23.

The framework that the work is delivered against is produced by Active Together, the aim of this is so that all districts deliver a consistent and cohesive approach across Leicestershire.

Sport and physical activity fits into our locality and wider strategic plans in a variety of ways, such as housing, conservation, food poverty and local plans. The Health and Wellbeing team will continue to support wider Public Health programmes such as Weight Management Service, Quit Ready and Pre & Post Natal. We will adopt a flexible response to transformational work and emerging opportunities identified through monitoring, evaluation and a learning culture.

Chair thanked A.Dingley for his presentation.

Cllr L Kaufman also thanked A.Dingley. She would like to know the numbers of participants. Cllr L Kaufman also asked whether A.Dingley was working with planning?

ACTION: A.Dingley to send over participant numbers for 21-22.

A Dingley responded that he and a Planning Officer sit on the Active Planning Forums, a district wide group looking at involving health and wellbeing in planning discussions. He also stated that feedback is provided on the Local Plan and that every plan that is proposed, the Planning Officer considers the health and wellbeing of the residents with the support of the Health and Wellbeing team.

L Gill commented that on Slide 3, A.Dingley said monitoring and evaluation was a learning culture. L Gill raised concerns about how we are listening to our residents, questioned how we are adapting our actions to the feedback and voices.

A Dingley responded the team are delivering regular community pop ups, but we understand it is our responsibility to use different community connectors to do the listening for us. For example, A.Dingley mentioned Local Area Coordinators like M Flynn, who has a strong connection with community.

R Levy stated that the residents forums also provide a platform for residents to have a say. The team try to follow 'you said we did' framework to provide needs-led programmes.

L Gill agreed that engagement with the 'gate keepers' is paramount. He mentioned that he appreciates the size of team, so would recommend using gate keepers to engage with different communities.

M Flynn agreed valid points raised about community connectors, but we are moving forward as the dialogue is working in the Borough. The Health and Wellbeing team always turn up to conversations, and people are taking ownership in the community now, such as the Mental Health forum. Events are being delivered like the uniform exchange, with every step of these events including members of the community.

L Mugridge highlighted our engagement events give residents an opportunity to voice their concerns and needs.

Cllr L Kaufman stated that hopefully soon, we will return to letterbox for those hard to reach residents.

Chair commented that it is often the same faces at every residents Oadby forum. Need to diversify.

A Dingley responded that the resident forums will be hybrid in future to allow for more to attend.

40. UPDATE FROM OADBY AND WIGSTON LOCALITY GROUP

Sue Renton, Health and Well Being Team Leader / Senior Social Prescribing Link Worker, Oadby and Wigston PCN / GP Surgeries.

Chair highlighted there was an outstanding action from previous minutes with S Renton regarding home visits on vaccinations.

S Renton responded the action is on-going. It is a current focus for staff and it is being performed with Oadby and Wigston Primary Care Network (PCN).

S Renton introduced herself as Health and Well Being Team Leader and Senior Social Prescribing Link Worker for Oadby and Wigston PCN.

The PCN covers 5 surgeries across borough. Patient population of 45,000. PCN has now got a website. Went live on the 25th April.

Website details: <https://www.oadbyandwigstonpcn.co.uk/>

From a previous Health Summit in 2019, developed a working group to look at health inequalities in Borough. In the past, the group had planned a big event, but it was cancelled due to Covid-19. Despite this, partnership work continued and the enthusiasm of partners enabled the group to progress to a formalised group known as the Oadby and Wigston Integrated Leadership Team (OWLS). Work has included supporting food banks, prescription collections and befriending as a few examples. The aim is to support wellness of individuals and create a healthy community through collaborate working.

Partners include Oadby and Wigston Borough Council, Leicester County Council such as the Local Area Coordinators , Adult Social Care, Helping Hands, Police, Fire Service and

more.

In December 2021, the group developed a business development plan. This includes different working groups and leads. The working groups are as follows:

- Tackling health inequalities is led by A.Dingley
- Improving mental health and wellbeing is led by J.Blackett
- Support and promotion of the Community Energy Champions in Helping Hands is led by L.Gill
- Access to general practice is led by S.Renton
- Increase physical activity is led by J.Mackenzie
- Joint working, referral pathways and shared database is led by N.Swan
- Increasing the number of Active Practices is led by L.Baginskis.

The working groups report on a quarterly basis.

The OWLS have made great progress. Successes include blue social prescribing programme, first mental health forum, new community energy champion, physical activity opportunities and active practices offering walks alongside their patients.

In summary, the Hub Club is a great example of what we are achieving. It is a clear demonstration of partnership work across sectors. Early stages attendance of 12-15 people. In future dates, there will be health checks, fire service workshops and more. Chair asked how do we engage with the patients of the surgery that is outside the PCN? S Renton responded there are two surgeries not part of the PCN; Spectrum Health and Cross County Medical Centre. T Staines is from Cross Counties is in attendance, work closely with them.

Chair raised concerns that Spectrum Health are accepting patients from outside the Borough. Asked is that something we should be concerned of?

S Renton said she cannot comment as not have any information on this. Recommended to contact Spectrum Health direct.

41. ANY OTHER BUSINESS

Chair thanked everyone for their presentations.

L Mugridge promoted the Wellbeing event that is taking place Monday 9th at the Winchester Pool and Snooker Club 3-7pm. Extends invite to everyone on call.

ACTION: L Mugridge to send out information on wellbeing event.

Chair suggested meeting is face to face.

A Dingley confirmed the next meeting will be hybrid.

42. NEXT MEETING DATE

Next meeting date Bushloe House Council Chambers at 1.30pm on the 26th of July 2022.

THE MEETING CLOSED AT 2.49 pm



Chair

Tuesday, 26 April 2022



Active Oadby and Wigston



Previous Key Successes & Challenges

Successes	Challenges
Partnership working- diverse range of partners from across public, private and third sector	Boosting community capacity- improving leadership amongst the community
Public facing team- over 50 events completed	Effectiveness of non-digital access channels to communicate key messages to target groups
Impact: “Really nice group of people with the same purpose in mind and a supportive leader/instructor with the knowledge to help with any worries or concerns.” (Active Oadby and Wigston programme participant)	Understanding and demonstrating the longer-term impact of our work- what happens to participants 6 months, a year down the line?

Overcoming challenges

Challenges

Boosting community capacity- improving leadership amongst the community

Effectiveness of non-digital access channels to communicate key messages to target groups

Understanding and demonstrating the longer-term impact of our work- what happens to participants 6 months, a year down the line?

Volunteer fair – new volunteers on board – rough numbers? Collab with PCN to help with capacity?

Continuing with com engagement – pop ups/agms/resident forums/flyer drops/etc/SCAG

Always ongoing – listening to the community – consultation through movement is KEY

Community pop ups and engagement



Local partner collaboration

"Working with the Oadby and Wigston Borough Council and Active Oadby and Wigston team is **incredibly beneficial for the staff, students and families that we work with and support. We can signpost students and families to fun and impactful projects and therefore help them keep maintaining the benefits of physical activity.** Furthermore, we can work together to **plan and facilitate community events** that can increase the opportunities for community members to access different physical and mental well-being activities. For example, we recently held a 'Games for Everyone Festival' at South Wigston High School, this included inclusive target sports, arts and crafts and wheelchair basketball, and not only was the turnout great but the feedback we received was immensely positive - showing a real engagement and need of this type of initiative. **Working collaboratively is ideal for all parties and ensures that we can provide the best support possible for those families we work with.**"

Learning South Leicestershire School Sports Partnership



Local partner collaboration

"Local Area Coordination Teams in Oadby, Wigston and South Wigston all work in close partnership with Ross, Jen and Lucie; Our working relationship is extremely valuable to the residents as they get to know what sessions are being held, and where, and are provided with up-to-date information. LAC's are able to support people to attend the groups, introduce them to Ross, Jen and Lucie which in turn helps the residents become more independent.

One person I met through ASC referral was Oadby resident 'PA' who was struggling with low mood and confidence due to not being able to cope within work environments, and having to stop work due to his deteriorating mental health. PA was happy for me to support him initially, so gradually I introduced him to Jen, Ross and Lucie – who all made him feel valued and welcomed in their sessions. PA managed to increase his confidence through attending regular Wellbeing Walks and Let's Grow at Brocks Hill, and he registered with the Walking Football group; his health and wellbeing improved so that after a while he was able to link into services at Work & Skills Leics and make an appointment with an officer to look for alternative areas of employment. "



Our programmes

- 1-1 walks
- Group walks x3
- Seated Activity
- Walking Football
- Get Moving Together
- Let's Grow
- Let's Grow Juniors
- Care to walk
- Inclusive Tennis
- Active Ladies
- Waterways wellbeing
- Ladies only walk
- Hub Club
- Dementia Walk
- Diabetes and Health
- Exercise referral
- Steady Steps

Programme spotlight – Oadby Group Walk

"A great opportunity to chat and to be out in the fresh air. It's wonderful that while walking we can have a pleasant chat and a laugh."



The Wednesday group went a walking,
laughing, joking and simply talking, down the
alley ways, streets and park, so good it was

for our 

We'd love to see you there next week, come
join us if it's friendship, and healthy exercise
you seek.

~ Page 16 ~

Participation Inspiring Poetry!

I walk through the park and hear dogs bark
and smell the flowers, the trees wave and
whisper in the breeze, the birds chatter and
sing their song , the beauty of which to my
heart doth bring a peace of which I have
search for long. It lifts my spirits and brings a
spark. There's no better thing than to walk in
the park.



Programme spotlight – Seated Activity



'I have been going to the seated activity class for some time now I would like to say I have found this very beneficial to me, both mentally and physically. It's helped me exercise despite my rheumatoid arthritis. There is a good group and it's really nice to meet new people.' Seated Activity Participant



Programme spotlight – Get Moving Together

~ Page 18 ~



<https://twitter.com/ActiveOadbyWigs/status/1545335570926379008>



WHAT NEXT

~ Page 19 ~



Thank you

active.together@oadby-wigston.gov.uk

www.activeoadbywigston.org.uk



Active Oadby & Wigston



@activeoadbywigs



@ActiveOadbyWigs



activeoadbywigston

Oadby & Wigston Integrated Leadership Team – update for OWBC HWBB – 21st July 2022

The group meets monthly and is made up from a wide range of agencies and services with the aim to support wellness for individuals and create a healthy community within the borough of Oadby, Wigston and South Wigston, through collaborative working.

In December 2021, a group development plan was agreed, with seven work areas; these have all been successfully achieved. (See below). Future focus will be on increasing the level of engagement with VCSE groups and developing new work areas towards Autumn 2022

Context	Action	Outcome
Tackling health inequalities across OWI	A review of local data indicates that the percentage of patients in the OWI PCN that are physically active @ 58.6% is significantly lower than the national best @ 80.2%. The NHS 'Live Well' website states that people who exercise regularly have lower risk of developing many chronic conditions such as heart disease, type 2 diabetes, stroke and some cancers. It also states that research shows that physical activity can also boost self-esteem, mood, sleep quality and energy as well reducing the risk of stress, clinical depression, dementia and Alzheimer's disease.	The decision was made to focus on a health inequalities plan for patients that are not physically active within the PCN area. This plan is a shared enterprise between OWI PCN and OWBC.
Improve mental health & wellbeing in our community	<ol style="list-style-type: none"> 1. Establish a weekly drop-in for residents to have a 'safe space' to go to. 2. Establish the Oadby & Wigston Mental Health forum 	<ol style="list-style-type: none"> 1. Five key agencies worked together to establish a new drop-in centre held weekly in the Kings Centre on Bull Head Street <ul style="list-style-type: none"> • OWBC • OWI PCN • Helping Hands • Trussell Trust • Hope Church <p>An average of 25 residents attend each week to access peer support and to share and learn from each other as well as guest speakers</p>

		<p>2. The Oadby & Wigston Mental Health Forum meets quarterly and gives agencies the chance to share information, opportunities and support to provide more of a seamless MH service across the borough</p>
<p>Support is needed to equip people with the knowledge to make simple lifestyle changes to save energy and reduce bills.</p>	<p>Promote the new role of Community Energy Champion, employed by Helping Hands</p>	<p>The new Energy Champion is out and about across the borough, speaking to people in many settings. She has a regular presence at the Hub Club every Thursday afternoon.</p>
<p>Good access to general practice is an important element of quality care. The coronavirus pandemic caused considerable changes to how patients access GP services which has led to some patient groups experiencing inequalities in their experience of accessing general practice.</p>	<p>Patients from all practices in the borough, have the chance to complete a questionnaire on their experience of accessing general practice.</p>	<p>The PCN has developed an 'Enhanced Access Plan', that will allow for new and innovative ways for people to get the help that they need from a wide range of clinical staff and services. This will be implemented in Autumn 2022</p>
<p>Physical activity and healthy eating are essential elements of a healthy lifestyle.</p>	<p>Promote and educate on the benefits and importance of physical activity and provide the opportunity for residents to be physically active.</p> <p>Support children and young people's health and wellbeing through physical activity.</p>	<p>OWBC Community & Well Being Team have a pro-active approach to increased opportunity for people to engage in new, enjoyable ways to exercise</p> <ul style="list-style-type: none"> • Family friendly games and activities • Weekly walks • Rounders

		<ul style="list-style-type: none"> • Blue Social Prescribing • Free e-Bike training through LCC • Youth well-being sessions • 'Get Moving' days
<p>Effective joint working requires a common understanding of local networks and resources.</p> <p>Information governance / best GDPR practices provides an obstacle to effective joint working between agencies.</p>	<p>Develop a network of the correct referral pathways.</p> <p>Develop a shared database of referred individuals with different access levels (for GDPR) so that a joint plan can be developed, monitored and evidenced long term.</p>	<p>Proposed Information Sharing Agreement is being reviewed by OWI PCN legal team for adoption across services within the OWL Group</p>
<p>The critical role of healthcare professionals to increase activity among people has been highlighted in the national physical activity framework</p>	<p>Increase the number of Active Practice registrations across Oadby and Wigston</p>	<p>Bushloe GP surgery will shortly become the first registered Active Practice across LLR.</p>



The Turning Point Leicestershire Crisis Service

Presented By Eliza Deakins

Turning Point Contact details

- Demmie-Lou Weston, Team Leader (Leicestershire Crisis house / service)
 - demmie-lou.weston@turning-point.co.uk
- Sian Deacon, Helpline Co-Ordinator (Mental health central Access Point)
 - sian.deacon@turning-point.co.uk
- Eliza Deakins, Community Partnership lead (Crisis Cafés)
 - Eliza.deakins@turning-point.co.uk
- Karen Russell-Haines, Operations Manager
 - karen.russell-haines@turning-point.co.uk



If you require any leaflets / business cards about the Mental Health Central Access Point or Crisis Cafés, please email the appropriate staff member

The Turning Point Leicestershire Crisis Service

Our team consists of **Mental Health Recovery workers** and **Peer Support workers** who offer person-centred, solution focused support

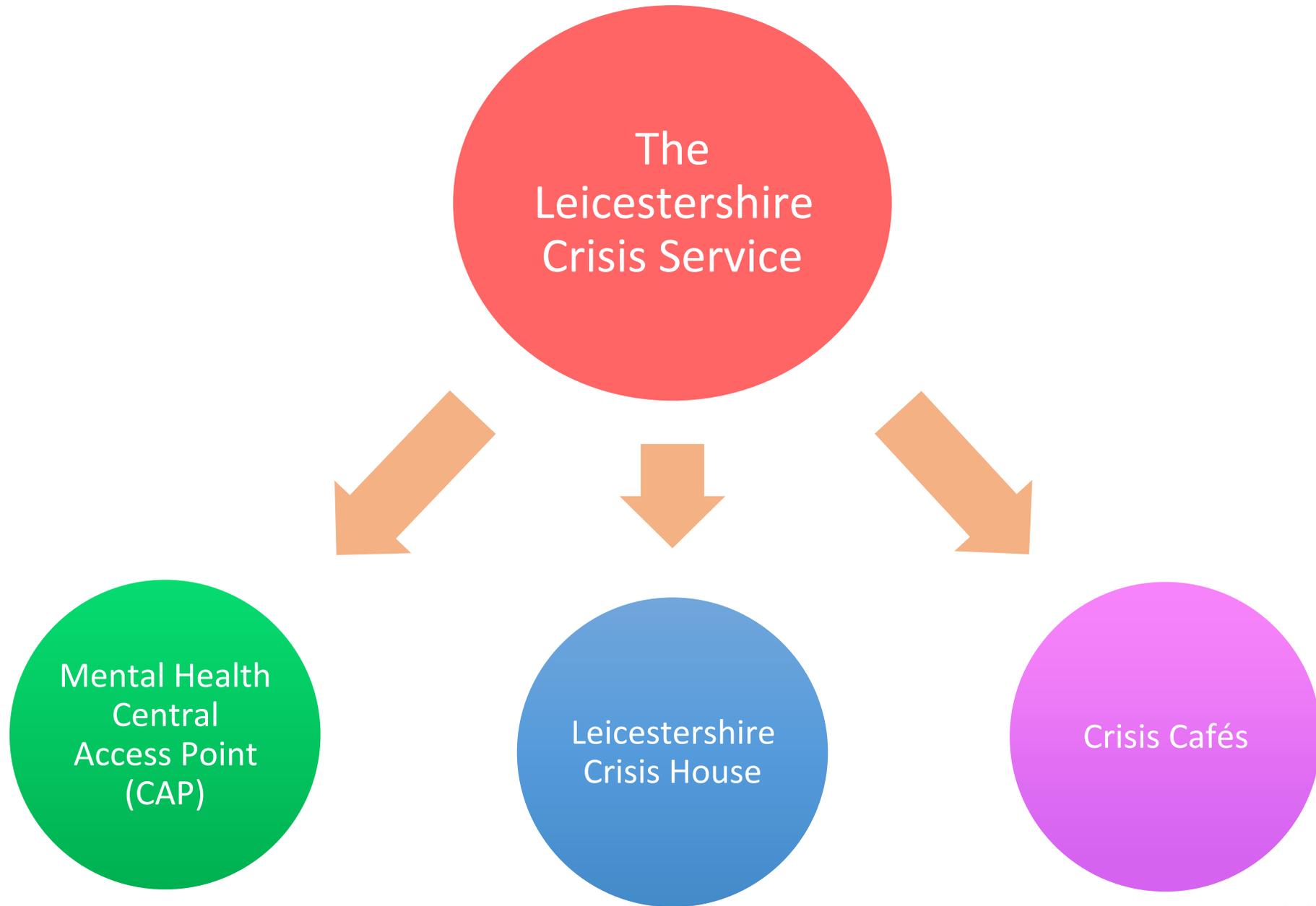


~ Page 26 ~

We support those who have concerns of entering or being in a **mental health crisis**
This includes supporting **families** and **friends**



Our support is informed by training in **safety planning skills, crisis survival** skills, cognitive behavioural practice and dialectical behavioural practice



Mental Health Central Access Point

0808 800 3302

Free phone line available 24 hours, 7 days a week



Launched in April 2021



Available to those residing in Leicester, Leicestershire and Rutland



Delivered by Turning Point and NHS Leicestershire Partnership Trust Staff
Multidisciplinary team



Mental Health Central Access Point

What is the Process and Remit?

~ Page 29 ~



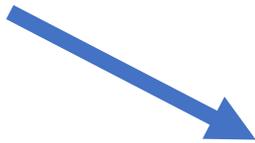
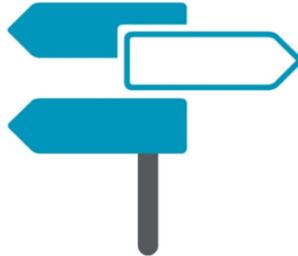
Calls are answered and **initially triaged** by Turning Point Mental Health Recovery workers and Peer support workers



Callers can receive solution focussed **emotional support** and learn **psychosocial techniques** to help manage their mental health



Callers can be signposted to other **local** appropriate services that may help them with their difficulties or circumstances



Callers can be offered a **Clinical Triage if needed**, which may enable them to receive further support with specific mental health teams (secondary care)

A clinical triage is where a mental health clinician assesses a service user's needs and level of risk and safety to themselves or others

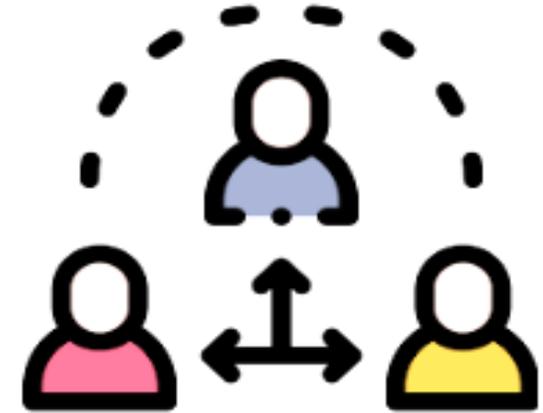
Anyone can ring if they concerned about their own or someone's mental health

Mental Health Central Access Point

What is the Process for Professionals?

Professionals can refer service users to MHCAP by the telephone or through email

- lpt.capreferrals@nhs.net
- GPs can send referrals using PRISM



It is best practice that email referrals contain: **referral reason;** **urgency;** and **risk to self / others**

The referral will be reviewed by the co-ordinating clinician on-site, who will best determine the **urgency of the referral** – this may **differ** from the urgency initially stated.

Typical Service User Contact Times

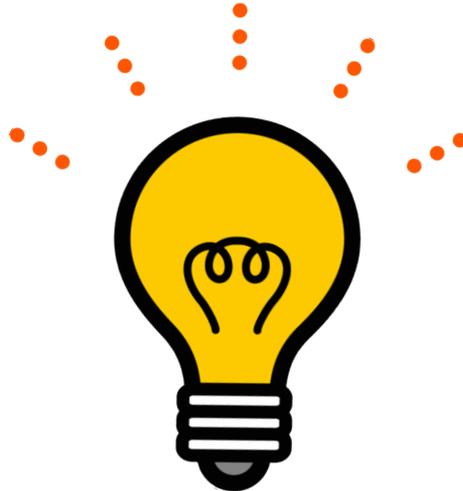
Urgent referrals	0 – 24 -48 hours
CMHT Referrals	5 days
Routine	Up to 1 week

Mental Health Central Access Point

0808 800 3302

Important things to remember...

NHS 111 will transfer all mental health calls to us - save time and contact us directly



When calling about someone else, try and gain consent to talk about them before you call. We can still support you if not, but we may need consent to talk to them directly at some point

Professionals: Referrals will not be taken without consent

If service users are already under a secondary mental health team, e.g. A Community Mental Health Team, or they have a doctor or nurse responsible for your care, discuss any concerns with them first before contacting MHCAP

The Leicestershire Crisis House

What is the Process for Professionals?

~ Page 32 ~



The Crisis House provides offers a **7 night stay** to individuals experiencing a **mental health crisis**

Typically, service users present with **suicidal ideation**, often having attempted suicide within the past week

The Crisis House encourages recovery and stability from service user's mental health crisis; it helps to **prevent hospital admission** for mental health

Service users are offered **24/7**, person centred, **solution focussed support** in the form of **WRAP plans**, **safety plans** and **interventions** focussed on **crisis survival skills**

The Crisis House only accepts referrals from those under the **clinical care of the Crisis Team**



Crisis Cafés



Crisis Cafés

What are Crisis Cafés?

Crisis Cafés offer those over 18 years old a **safe space** where they can **drop in** within opening hours, relax and unwind. They can grab a **hot or cold drink, a biscuit or cake**, and interact with individuals who have similar experiences or feelings



Crisis cafés are available for anyone - whether they simply need to **offload about their day**, need to **socialise** or they feel that they are in **crisis and at breaking point**, Crisis Cafés will **always** offer a warm welcome



What can I Expect from a Crisis Café?

Opportunities to partake in a **confidential 1-1 session** with staff, where you can learn about different **coping strategies** and **crisis survival skills** to help manage your mental health

Signposting to different services that may **further support you** or your family

Opportunities to talk to **other attendees** who may be in a similar situation to yourself

Opportunities to access **mental health resources** such as magazines and leaflets

A **safe social space** where you can relax and take a break

Various activities such as mindful crafting, drawing and painting, card games and board games



Crisis Cafés

Further support from Crisis Cafés

~ Page 36 ~



Crisis cafés can be used as an **alternative to A+E** (unless service users need urgent physical care).

If an attendee is of **particular concern**, staff can liaise with Clinicians to arrange a **clinical triage** at the **Urgent Mental Health Care Hub**

There are **3 crisis cafés** available at the moment to attend:

General Location	Address	Opening Hours
Leicester City	The David Wilson Foundation Centre (at) St Martins House 7 Peacock Lane Leicester LE1 5PZ	Tuesdays 9:00-17:00
Loughborough	Loughborough Wellbeing Centre Asha House 63 Woodgate Loughborough LE11 2TZ	Monday and Friday 17:00-23:00
Market Harborough	The Symington Building Adam and Eve Street Market Harborough LE16 7LT	Wednesday 12:00-20:00
Hinckley	Pathways Centre at Hinckley Baptist Church Baptist Walk Hinckley Leicestershire LE10 1PR	Wednesday 13:00-18:30
Oadby and Wigston	TBC	Expected Saturday 12:00-20:00

We have won funding for **2 more Cafés**, 1 in **Hinckley** and 1 in **Oadby and Wigston**



Thank you for your time

We welcome any questions 😊

Youth Engagement Activator (Simon Frear)

Oadby & Wigston

School & Community (Complete, Current Sessions, & Forward Planning)

Job Role

- To support our local children & young people overcome the effects of the pandemic in relation to their mental health
- To help children & young people to re-integrate and re-socialise back into school and the community
- Work with local schools and other providers to identify children who need support and intervention
- To listen to youth voice and respond to the need by tailoring our programmes in accordance.
- Provide health and wellbeing opportunities through both physical activity and holistic approaches
- Work with local key partners e.g. SSPAN's, Healthy School's Team, Public Health, Local Clubs, GP's, Community groups, Children's and Families Wellbeing Service & our own District Councils.

How are we going to achieve this?

- We will work to better the health (particularly the mental health) of our young people by creating sport, physical activity, and wellbeing programmes.
- We can provide intervention programmes to overcome barriers and find out what the young people want, we will achieve this by responding to Youth Voice through informal consultation work.
- Our aim is to create sustainable pathways with other organisations to promote continuous support.

Locality Updates (PRE/complete)

Wigston Academy



- Health Fayre (supporting role)
- Year 8 open-sessions
- Year 10 Basketball sessions
- Recreational sport sessions (Yr 9)
- After school female Yoga
- Arts & Crafts (Year 7)
- 'Open door consultations & support'

Gartree High School



- Wellbeing Ambassador training (supporting role)
- Taekwondo/Martial Arts Confidence building sessions (group 2)
- Taekwondo/Martial Arts Confidence building sessions (group 1)

Beauchamp College



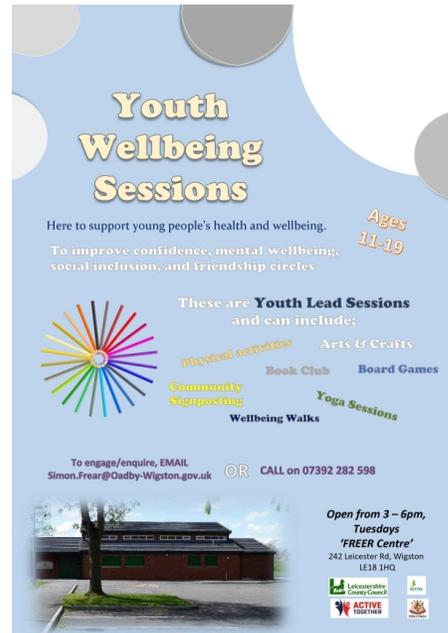
- Boxercise (Group 1)
- Boxercise (Group 2)
- After school female Yoga
- 'Open door consultation & support'



Locality Updates (Current)

Youth Wellbeing Sessions

Freer Centre (Wigston)



- 'Youth Setting & Open/Safe Space'
- Youth Lead Sessions
- To improve confidence, mental wellbeing, social inclusion, and friendship circles
- Networking & Supported by other public services, charities, work forces, etc.

Target Audience:

Our focus remains on those youths aged **11-19** who have difficulties with their mental wellbeing, loneliness, disengaged from society, or those who're looking to greater their general wellbeing and confidence levels.

Next Move:

- We're looking for volunteers to support the growth of these session. Preferably First Aid Trained
- Further Networking & Signposting with other services



Locality Updates (Future)



Our Connections with remain with Beauchamp College, Gartree High School, and Wigston Academy.

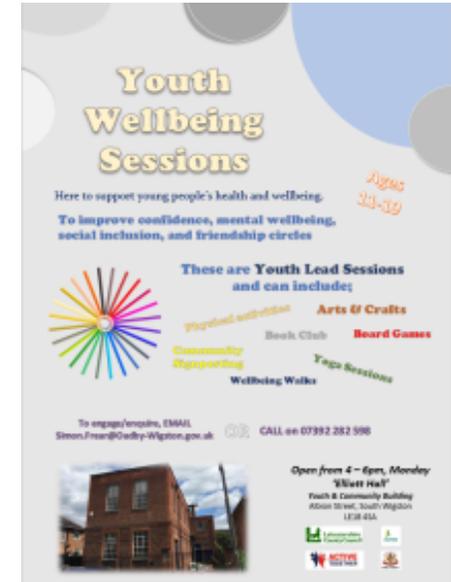
New activities and sessions will derive from youth engagement, Pastoral Care discussions, and Head of Year discussion.

A new connection with South Wigston High School will also be targeted

Youth Wellbeing Sessions

Elliot Hall (South Wigston)

- 'Youth Setting & Open/Safe Space'
- Youth Lead Sessions
- To improve confidence, mental wellbeing, social inclusion, and friendship circles
- Networking & Supported by other public services, charities, work forces, etc.



Next Move:

- To **confirm Elliot Hall** as a location & **confirm a start date** for opening
- We're looking for volunteers to support the growth of these session. Preferably First Aid Trained
- Further Networking & Signposting with other services

Monitoring, Evaluation, Data collection

Forms of YEA Data Collection:

- Images of student involvement & student creations
- Case Studies & Individual youth case studies
- Base & End session (8) Monitoring and Evaluation forms
- Session registers
- Staff feedback forms
- YEA reports



How can we contact our Activator?

If you would like to discuss further or would like to know more information regarding the Activator programme, please contact your local Youth Engagement Activator:

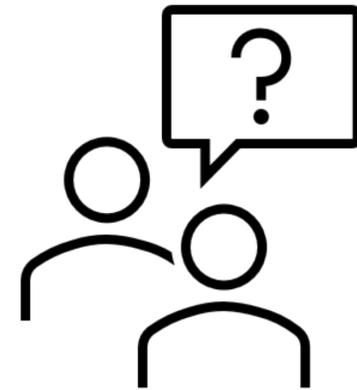
Name: Simon Frear

Locality: Oadby & Wigston

Email: Simon.Frear@oadby-wigston.gov.uk

Phone: 07392 282 598

Any Questions?



Health Inequalities in Oadby and Wigston

Produced by the Health & Wellbeing department of Oadby and Wigston Borough Council with support from Leicestershire Public Health and Active Together.

Whilst every effort has been made to ensure the accuracy of the information contained within this report, Oadby and Wigston Borough Council cannot be held responsible for any errors or omission relating to the data contained within the report.

The Health Inequalities Annual Report is a report produced as part of the Oadby and Wigston Health and Wellbeing Board and the Oadby and Wigston Integrated Leadership Team, and presents a comprehensive analysis of health inequalities in areas of Oadby and Wigston areas across a range of indicators.

This document will be reviewed July 2023.

Census 2021 data has not been included.



Contents

1.0	Demographics	4
1.1	Age and gender	4
1.2	Ethnicity	4
1.3	Religion	5
2.0	Economic Activity	5
3.0	Occupation	6
4.0	Deprivation	6
5.0	Life expectancy at birth	7
6.0	Emergency Hospital admissions	9
7.0	Mortality (all ages)	10
7.1	Premature Mortality (less than 75 years)	11
8.0	Child Health	12
9.0	Schools	12
10.0	Teenage Pregnancy	13
11.0	Limiting long-term illness	13
12.0	Behavioural risk factors	14
13.0	Disease Prevalence	14
14.0	Access to Health Assets and Hazards (AHAH)	15
15.0	References	16

List of Tables

Table 1. Population estimates in Oadby and Wigston.....	4
Table 2. Ethnicity in Oadby and Wigston.....	4
Table 3. Religion in Oadby and Wigston.....	5
Table 4. Economic Activity in Oadby & Wigston.....	5
Table 5. Average Overall Deprivation Score in Oadby, Wigston and South Wigston.....	7
Table 6. Emergency Hospital Admissions in Oadby, Wigston and South Wigston.....	10
Table 7. Mortality, all ages, in Oadby, Wigston and South Wigston.....	11
Table 8. Child Health in Oadby & Wigston.....	12
Table 9. Behavioural Risk Factors in Oadby and Wigston.....	14

List of Figures

Figure 1. Local authority of Oadby and Wigston Borough.....	4
Figure 2. Life expectancy at birth (male) for Oadby and Wigston.....	7
Figure 3. Life expectancy at birth (female) for Oadby and Wigston.....	7
Figure 4. Life expectancy at birth (male) for Oadby and Wigston.....	8
Figure 5. Life expectancy at birth (female) for Oadby and Wigston.....	9
Figure 6. People with Limiting Long Term Illness in Oadby and Wigston.....	13

1.0 Demographics

The Borough is located to the southeast of the city of Leicester and comprises the three centres of Oadby, Wigston and South Wigston. The Borough has an area of around 9 square miles, of which approximately two thirds is urban.



Figure 1. Local authority of Oadby and Wigston Borough

1.1 Age and gender

Table 1. Population estimates in Oadby and Wigston

Gender	Female	Male	Total
	29,490	27,823	57,313

1.2 Ethnicity

Table 2. Ethnicity in Oadby and Wigston

Ethnicity	Oadby & Wigston	England average
White British	70.6%	79.8%
White-non-British	2.5%	5.7%
Asian	22.3%	7.8%
Black	1.2%	3.5%
Mixed	2.1%	2.3%
Other ethnic group	1.4%	1.0%

1.3 Religion

Table 3. Religion in Oadby and Wigston

Religion	Oadby & Wigston	England average
Christian	48.4%	59.4%
Hindu	9.1%	1.5%
Sikh	6.5%	0.8%
Muslim	5.8%	5.0%
Jewish	0.2%	0.5%
Buddhist	0.2%	0.5%
Other religion	0.5%	0.4%
No religion	23.2%	24.7%
Religion not stated	6.1%	7.2%

2.0 Economic Activity

Table 4. Economic Activity in Oadby & Wigston

	Oadby & Wigston	England
Economically Active	68.9%	69.9%
Economically Inactive	31.1%	30.1%
No qualifications	22.6%	22.5%
Level 1 qualifications	13.3%	13.3%
Level 2 qualifications	15.1%	15.2%
Level 3 qualifications	14.7%	12.4%
Level 4 qualifications and above	24.8%	27.4%
Apprenticeship	4.3%	3.6%
Retired	15.0%	13.7%
Student (including full-time students)	8.7%	5.8%
Looking after home or family	2.7%	4.4%
Long-term sick or disabled	1.5%	4.0%

Significantly higher than England	
Not significantly different to England	
Significantly lower than England	

3.0 Occupation

Most common industry worked in is wholesale and retail trade; repair of motor vehicles and motorcycles (19.1%), human health and social work activities (13.2%) and education (12.6%).

The most common occupations are lower managerial, administrative and professionals occupations at 19.5%, Intermediate occupations 14.8%, and semi-routine occupations 13.1%. The least common occupations are having never worked and long-term unemployed 3.7%, Lower supervisory and technical occupations 6.7% and small employers and own account workers 8.6%.

4.0 Deprivation

Oadby and Wigston ranks 249 out of 317 on the Index of Multiple Deprivation (IMD) 2019 local authority rank.

Oadby has less areas categorised as the most deprived areas nationally in comparison to Wigston. Wigston has five Lower layer Super Output Areas (LSOAs) that are in the 30% most deprived areas nationally.

Wigston Fields Ward is ranked 6,709 in the UK, making it the most deprived area in the Borough, whilst Wigston St Wolstans is the least deprived at 31,582 in the UK.

South Wigston (22.3) on average, has the highest deprivation score in Oadby and Wigston (13.0) and is higher than Leicestershire (12.3) and England (21.7).

Oadby and Wigston separately, and as a district, are both significantly better than England for income deprivation, child poverty and older people in deprivation domains.

South Wigston is significantly worse than England in the child poverty domain and is not significantly different for income deprivation.

Table 5. Average Overall Deprivation Score in Oadby, Wigston and South Wigston

Indicator	Oadby	Wigston	South Wigston	Oadby & Wigston	England
Income deprivation (2019)	6.7	10.0	13.2	8.6	12.9
Child poverty (2019)	7.6	14.9	20.9	11.8	17.1
Older people in deprivation (2019)	11.0	10.5	11.7	10.7	14.2

Significantly higher than England	
Not significantly different to England	
Significantly lower than England	

5.0 Life expectancy at birth

The trends for life expectancy in Oadby and Wigston for males and females, show that life expectancy at birth for males in 2018-20 (79.5) is similar to the national average (79.4), while for females in 2018-20 (84.6), it is significantly better than the national average (83.1).

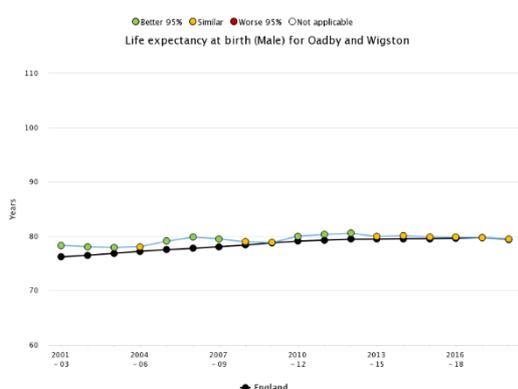


Figure 2. Life expectancy at birth (male) for Oadby and Wigston

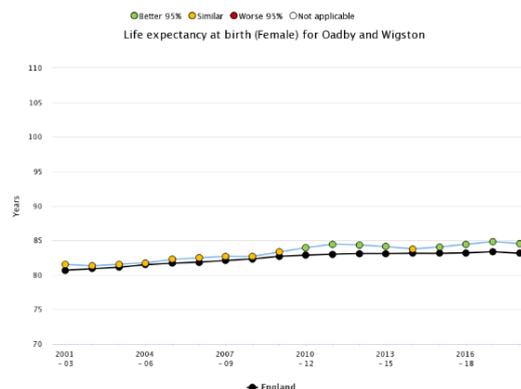


Figure 3. Life expectancy at birth (female) for Oadby and Wigston

The inequality of life expectancy considers the range in years of life expectancy across differences of deprivation (from most to least deprived areas).

For males, Oadby and Wigston has the 129th largest inequality of life expectancy at birth in England out of 306 Lower tier local authorities. In females, the inequality is better at 164th largest inequality in England out of 306 Lower tier local authorities.

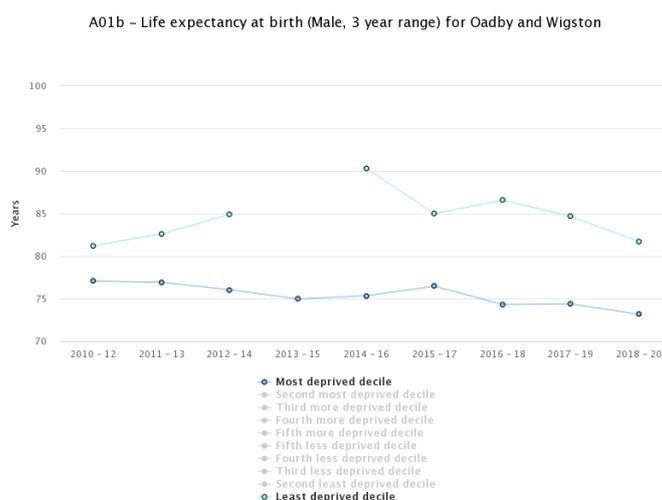


Figure 4. Life expectancy at birth (male) for Oadby and Wigston

Life expectancy in males in the least deprived decile has decreased from 84.7 years in 2017-19 to 81.7 years in 2018-20.

In the same time period in the most deprived decile, life expectancy at birth in males has decreased from 74.4 years to 73.2 years

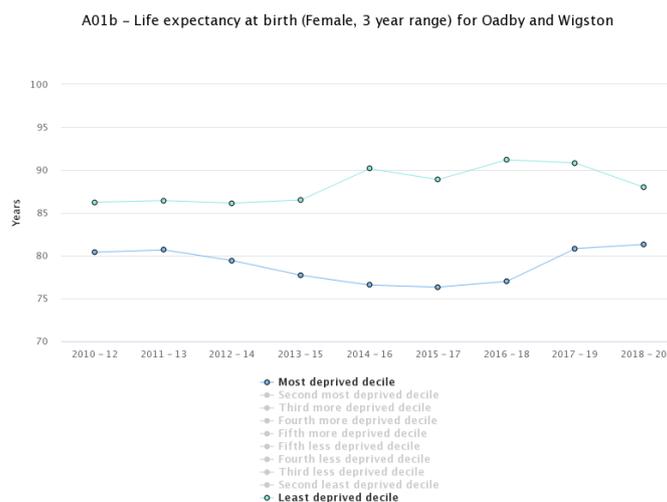


Figure 5. Life expectancy at birth (female) for Oadby and Wigston

In females, life expectancy in the least deprived decile has decreased from 90.8 years in 2017-19 to 88.0 years in 2018-20

In the same time period in the most deprived decile, life expectancy at birth in females has increased from 80.8 years to 81.3 years.

The gap in inequality in life expectancy at birth in males between most and least deprived decile is 8.5 years. For females, it is 6.7 years.

6.0 Emergency Hospital admissions

Oadby compares better than England for emergency hospital admissions for all causes and Chronic Obstructive Pulmonary Disease (COPD). However, compares worse than England for Myocardial Infarction (MI) admissions.

Wigston and South Wigston both compare worse for admissions for all causes and COPD than England, and are not significantly different to England for MI admissions. South Wigston is also significantly higher than England for stroke admissions.

Wigston compares better than South Wigston and Oadby and Coronary Heart Disease (CHD).

Table 6. Emergency Hospital Admissions in Oadby, Wigston and South Wigston

Indicator	Time Period	Oadby	Wigston	South Wigston	England
Emergency hospital admissions for all causes	2015/16 to 2019/20	96.0	109.0	126.0	100
Emergency hospital admissions for CHD	2015/16 to 2019/20	102.3	82.4	116.1	100
Emergency hospital admissions for stroke	2015/16 to 2019/20	95.7	109.2	134.8	100
Emergency hospital admissions for MI	2015/16 to 2019/20	119.7	95.4	127.0	100
Emergency hospital admissions for COPD	2015/16 to 2019/20	72.0	135.2	222.4	100

Significantly higher than England	
Not significantly different to England	
Significantly lower than England	

7.0 Mortality (all ages)

Oadby compares significantly better than England for all causes, all cancer, all circulatory disease, respiratory diseases, and causes considered preventable. Wigston is significantly better than in England for respiratory diseases. South Wigston is significantly worse than England for all causes and causes considered preventable. CHD and Stroke were not significantly different for Oadby, Wigston and South Wigston.

Table 7. Mortality, all ages, in Oadby, Wigston and South Wigston

Indicator	Time Period	Oadby	Wigston	South Wigston	England
All causes	2015 to 2019	83.7	97.6	112.1	100
All cancer	2015 to 2019	76.6	99.4	114.1	100
All circulatory disease	2015 to 2019	80.9	94.3	104.4	100
CHD	2015 to 2019	83.9	95.3	106.9	100
Stroke	2015 to 2019	79.4	84.8	83.6	100
Respiratory diseases	2015 to 2019	77.6	85.0	109.6	100
Causes considered preventable	2015 to 2019	65.9	104.7	161.6	100

Significantly higher than England	
Not significantly different to England	
Significantly lower than England	

7.1 Premature Mortality (less than 75 years)

Oadby is significant better (lower) than England for all causes, all cancer and circulatory disease mortality for those under 75 in 2015-2019. Wigston is not significantly different for all indicators, and South Wigston is significantly worse (higher) for all indicators.

8.0 Child Health

The Under 18s conception rate per 1000 is better in Oadby & Wigston than the Leicestershire and England rate.

Breastfeeding initiation in Oadby and Wigston is significantly worse than Leicestershire and England.

Table 8. Child Health in Oadby & Wigston

Indicator	Time Period	Oadby & Wigston	Leicestershire	England
Under 18s conception rate / 1000	2019	8.5	15.4	15.7
Smoking Status at time of delivery	2020/21	8.8	12.6	9.6
Breastfeeding initiation	2016/17	69.3	69.7	74.5
Infant mortality rate	2018-20	2.6	4.2	3.9
Year 6: Prevalence of obesity (including severe obesity)	2019/20	17.9	20.8	21.0

Significantly higher than England	
Not significantly different to England	
Significantly lower than England	

9.0 Schools

There are 14 primary schools, 4 secondary schools, and 1 special school in Oadby & Wigston.

There are 3 establishments that provide post 16 Education in the Borough: Oadby Beauchamp College, Wigston College and North Warwickshire and South Leicestershire College.

10.0 Teenage Pregnancy

In 2017-19, the rate of teenage pregnancy in South Wigston was significantly higher than the Leicestershire average but performed similarly to the national rate. Oadby North & East performed significantly lower than both the Leicestershire and National average for this time period.

11.0 Limiting long-term illness

The percentage of people with a limiting long-term illness in Oadby and Wigston in 2011 is 17.3%, this is better (lower) than England (17.6%). Oadby and Wigston district also has a lower proportion of people of working age (aged 16-64) with a limiting long-term illness (10.6%) than England (12.7%).

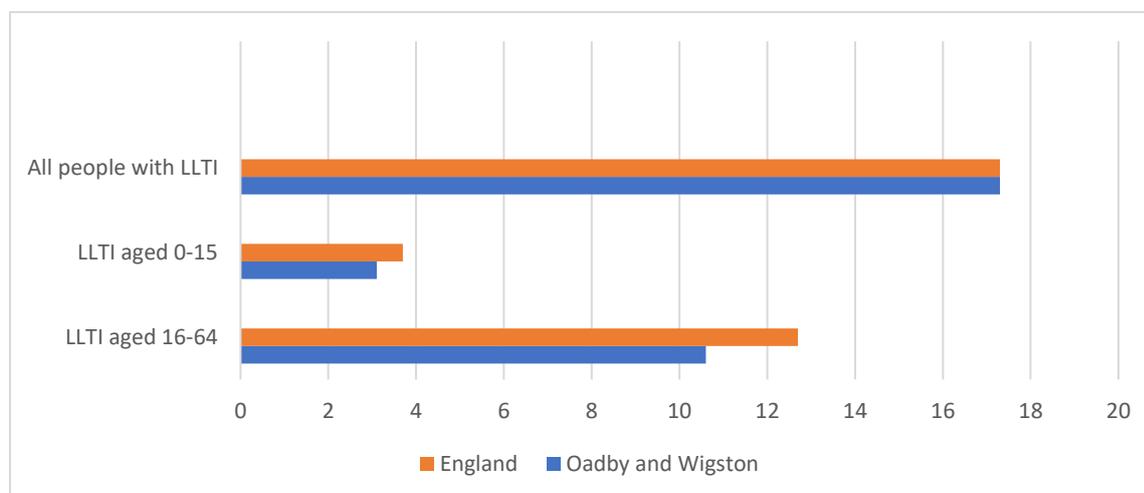


Figure 6. People with Limiting Long Term Illness in Oadby and Wigston

12.0 Behavioural risk factors

Table 9. Behavioural Risk Factors in Oadby and Wigston

	Oadby and Wigston	England
Adults eating 5 portions of fruit or veg on a usual day 2019/20	57.3%	55.4%
Hospital admission rate for alcohol-related conditions (per 100,000 population) 2018/19	649	664
Smoking Prevalence in adults 2019	10.0%	13.9%
Physically active adults 2019/20	58.6%	66.4%
Adults classified as overweight or obese 2019/20	56.4%	62.8%
New STI diagnoses rate (excl. chlamydia aged <25) (per 100,000)	416	619

Significantly higher than England	
Not significantly different to England	
Significantly lower than England	

13.0 Disease Prevalence

Out of 21 diseases stated on Quality and Outcomes Framework, 11 are worse in Oadby & Wigston than England, 9 are better, and 1 is not significantly different.

The Cardiovascular diseases that are higher than England average are Atrial Fibrillation, Heart Failure, Hypertension, Stroke, and Transient Ischaemic Attack. CHD and Peripheral Arterial Disease are lower than England average.

Clinical diseases are better than England Average.

High Dependency including cancer and palliative care are higher than the England average. Diabetes Mellitus (17+) is lower than England average, and Chronic Kidney Disease is not significantly different.

Mental Health & Neurology diseases including Dementia and Depression are higher than the England average. Epilepsy, learning disabilities, and other mental health are all lower than the England average.

Musculoskeletal diseases are higher (worse) than England average.

Respiratory diseases such as Asthma is worse than England, but COPD is lower than England average.

14.0 Access to Health Assets and Hazards (AHAH)

The AHAH Health Services domain (CDRC 2017) in Oadby and Wigston (13.2) is a better health related environment than England (20.1).

In mean distance in kilometres of retail environments and health services in Oadby and Wigston, 10 domains are compared to England.

In England, the mean distance in kilometres to retail environments is greater than Oadby and Wigston, including tobacconists, off licenses, pubs/bars/nightclubs, fast food, and gambling outlets.

The distance to health services is less in Oadby and Wigston than England. The health services included are leisure centres, pharmacies, dentists, A&E hospitals, and GP surgeries.

15.0 References

Figure 1: Local authority displayed with full resolution clipped boundary:

[OpenStreetMap](#) contributors, [CC-BY-SA](#), [Nomis](#) <https://www.openstreetmap.org/copyright>

Age & gender: Annual Population Estimates Office for National Statistics 2020

Ethnicity in Oadby & Wigston: Census 2011

Religion in Oadby and Wigston: Source Census 2011

Economic Activity in Oadby & Wigston: Office for National Statistics Annual Population Survey 2021

Average Overall Deprivation Score in Oadby, Wigston and South Wigston: Average Overall Deprivation Score Indices of Multiple Deprivation Scores, 2019 & Indices of Deprivation: 2019 and 2015

Life expectancy at birth male and female for Oadby and Wigston: Public Health Outcomes Framework (PHOF), 2022

Emergency Hospital Admissions in Oadby, Wigston and South Wigston: Office for Health Improvement & Disparities (OHID), NHS Digital, 2021

Mortality, all ages, in Oadby, Wigston and South Wigston: Office for Health Improvement & Disparities (OHID), produced from ONS data, 2021

Child Health in Oadby & Wigston: PHE fingertips <https://fingertips.phe.org.uk/>

People with Limiting Long Term Illness in Oadby and Wigston: Census 2011

Behavioural Risk Factors in Oadby and Wigston: PHE fingertips <https://fingertips.phe.org.uk/>

Access to Health Assets and Hazards (AHAH): CDRC 2017

