

Promoting Health and Wellbeing in Working

Our Priorities

Based on joint strategic priorities coming from STP, LJCG and Health and Wellbeing Boards.

- **Priority 1: Promoting Mental and Emotional Wellbeing**
- **Priority 2: Improving Wellbeing of Carers in Woking**
- **Priority 3: Promoting Independence, Inclusion and Resilience**
- **Priority 4: Supporting good quality of life for people with dementia and their carers**
- **Priority 5: Enabling Healthy choices so that people can live well**

Described what these priorities mean in Woking and drawn up a collaborative action plan

Our Priorities

Promoting Mental and Emotional Wellbeing	Improving Wellbeing of Carers in Woking	Promoting Independence, Inclusion and Resilience	Supporting good quality of life for people with dementia and their carers	Enabling Healthy choices so that people can live well
<ul style="list-style-type: none"> • Woking employers are aware of mental health and know how to promote good mental wellbeing amongst their employees • Woking communities are mental health aware and know how to signpost someone who needs support • Woking residents know how to look after their own mental and emotional wellbeing • Young people in Woking are aware of their mental and emotional wellbeing and know where to go for help if they need it 	<ul style="list-style-type: none"> • Carers are supported to remain in their caring role through accessing appropriate training and support in their local community, including health-checks and respite • Carers know how to access the information and advice they need, and are signposted to it by other organisations they come into contact with. • Young carers are recognised and supported both in their caring role and in preparing for their own future • Employers in Woking are carer aware and carers are supported in their work place 	<ul style="list-style-type: none"> • Developing and promoting a holistic range of care and support that enables people to live independently for as long as possible • Promoting opportunities for Woking residents to connect, and to reach those who are hidden, and engage them in activity that reduces social isolation • Understanding, supporting and developing community initiatives that increase community cohesion, including accessible opportunities for those from different ethnic backgrounds and with care and support needs. • Promoting personal and community resilience and self-care 	<ul style="list-style-type: none"> • Increasing awareness of dementia and encouraging communities to become dementia friendly • Promoting, supporting and developing community support opportunities for people with dementia and their carers 	<ul style="list-style-type: none"> • Promoting smoking cessation and avoidance • Improving weight management and exercise levels across the Borough • Promoting alcohol moderation

What Are We Doing About These Priorities?

Wellbeing of Carers in Woking	Independence, Inclusion and Resilience	Quality of life for people with dementia and their carers	Healthy Choices
<p>Carers Action Plan To develop and adopt a Carers Action Plan covering the council's services including carers digital offer, workplace support for carers, employer awareness.</p>	<p>Inclusion Flyer Create a list of activities and opportunities in the two LSOAs with highest social isolation and greatest number OP (E01030972 and E01030991) to include in info pack.</p>	<p>Dementia Action Plan To develop and adopt a Dementia Action Plan covering the council's services including access to corporate buildings, recording of information and support offered.</p>	<p>Stoptober Campaign to quit smoking in October.</p>
<p>Carer Support Flyer Create flyer for carers including some key support opportunities e.g. telecare, GP registration and health checks</p>	<p>Older Person Info Pack Create info pack to give to each OP household in E01030972 and E01030991. Community staff to visit households in two areas, give pack and signpost people to local opportunities.</p>	<p>Set up LDAA in Woking</p> <ul style="list-style-type: none"> • Woking Steering LDAA now formed. • Increase number of LDAA in the Borough to cover all wards or similar organisations and make them self sufficient . • Added quick links to be added to WBC webpage linking to registration pages on Alzheimer's UK to help groups • Add links to Dementia Chapter and Getting Along programme and Library Reading well resource 	<p>Alcohol Awareness Literature and training being run to help staff identify at risk drinkers.</p>
<p>Distribute Carer flyer Distribute carer flyer to every household in priority identified areas which include Mayford, Old Woking, and Sutton Green.</p>	<p>Data Collect data on take up of opportunities from households in the two at risk areas (E01030972 and E01030991).</p>	<p>Identification/Trigger Points Identify potential partner key transition points eg Bedser Hub, Woking Hospice, ASC, Dementia Navigators, Alzheimer's UK, voluntary sector</p>	<p>Alcohol Identification and Brief Advice (IBA): Further alcohol IBA training is being arranged with CCGs for early 2018. Alcohol IBA is included in the prevention mandate for Surrey Heartlands STP and a workshop is being held on 27th Oct to map alcohol prevention across the clinical work streams.</p>

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<p>Carers Prescription Agree protocols with NHS that enable Woking BC to be the first Council in Surrey to allow staff to refer residence for a carers prescription</p>	<p>Equip community Connect with social and community opportunities in . E01030972 and E01030991. Ensure they have appropriate info to signpost their members on to other available support e.g. HIA, dial-a-ride, DFG</p>	<p>Engage with local business's in Woking Town centre To engage local Business's to be more Dementia Friendly and be part of the Woking LDAA. Provide specific Dementia Awareness training for Woking Shoppers staff</p>	<p>Substance misuse services Review and develop the provision of substance misuse services locally through the mobilisation of a new integrated service by March 2018</p>
<p>Carers Training Carryout a training programme to improve knowledge and understanding of the role of carers and launch the carers prescription</p>		<p>Dementia Friendly Cinema Viewings Explore the possibility of Ambassadors holding Dementia Friendly viewing sessions.</p>	<p>Alcohol CLEAR peer review with Bucks and East Sussex Public Health has been completed. Reflection has been undertaken and learning from CLEAR will be used to develop revised alcohol strategy and action plans.</p>
<p>Carers Information Develop a dedicated Carers Section on the Councils website and link to other relevant websites.</p>		<p>Herbert Protocol Investigate the development and promotion of the Herbert Protocol with Surrey Police to assist in finding any residents who are missing.</p>	<p>A suicide safer Woking working group has met and agreed a work plan. Members include SABP, Samaritans, Rail, Community Connections, CCG, Woking Borough Council have agreed the key priority groups.</p>
<p>Identify Carers Include 'think you're a carer?' advert in local newsletter already distributed to households in E01030993, E01030991 and E01030979. See if local social media could promote.</p>		<p>Dementia Information Produce a leaflet that advises of all Council dementia services.</p>	<p>Surrey Illicit Tobacco Roadshow completed working with Trading Standards and Quit 51. The roadshow ran in Redhill, Woking, Staines and</p>

What Next?

Priority 1: Promoting Mental and Emotional Wellbeing

- How do we identify people with poor emotional or mental wellbeing?
- How do we ensure every organisation people come into contact with are able to identify and offer support?

Opportunities:

- Mind Matters – improving access to psychological therapies service.
A free NHS service allowing people to access psychological support either face to face, online or over the phone. Self-referral, so the person doesn't have to attend their GP.
- Wheel of Wellbeing training
Prompts of the factors that help improve our emotional wellbeing. Training available to staff and residents to help them think how they could improve their own wellbeing and the wellbeing of those they work with or support.
- Making Every Contact Count training
Training to help staff or volunteers take up opportunities to talk about health and wellbeing and feel confident to signpost a person on to additional support.

