

**"Working Together To Improve Health and Wellbeing in Lancashire"
A Joint Collaborative between Lancashire Adult Learning & Public Health**

SPECIAL BRIEFING

FOREWORD – DR SAKTHI KARUNANITHI – DIRECTOR OF PUBLIC HEALTH

It is my pleasure to be introducing this special briefing to you. Adult learning is a key component in improving the wellbeing of our residents and since the transition of public health into Lancashire County Council in April 2013, we have made good progress in working together with the adult learning services in pursuing our goal to improve health and wellbeing. The opportunities presented by this partnership could help us test innovative ways of improving awareness on health issues as well as connect people to share their experiences of learning. This briefing demonstrates the avenues that we have been working together across the organisation, and hopefully trigger new ideas. I wish you well in further enhancing our joint working and serving our communities.

PURPOSE OF SPECIAL BRIEFING

The briefing paper has been compiled to share with public health colleagues, the Lancashire Adult Learning Team and locality leads in the Environment Directorate to initiate stronger collaboration across programmes of work which are public health focused and aid primary prevention. There are a number of common themes that are already in place which are already being delivered across a range of settings and targeted at communities of interests. It is intended that over a period of time common agendas are formulated to have an integrated approach to LCC programmes of work such as the Integrated Health & Wellbeing Framework, health literacy, sustainable food Lancashire, health champions, social prescribing and much more. We anticipate that once colleagues have read this paper they can start to make links and connections to their local initiatives on public health.

INTRODUCTION



In April 2013, Lancashire County Council took on the responsibility of providing the government mandated Public Health service, previously carried out by the NHS. The County Council has taken on a new role that will see it play a bigger part in helping people to improve and protect their health. The County Council and the NHS will work together to tackle some of the key issues that affect people's health and wellbeing, helping people to stay healthy and prevent illness. This includes work on a whole range of things including diet, tobacco and alcohol, sexual health, children's health, mental wellbeing and long-term conditions. This will help tackle the wider determinants of health and to work together with our colleagues across all the Directorates to find pioneering and effective ways to reduce health inequalities in our county.

Tackling health inequalities is a real area of focus for Lancashire County Council. The County Council Cabinet and Management Team aims to embed Marmot priorities into the organisation and to use Marmot principles to inform the organisational re-design,

have a focus on prevention, social value and scaling up our use of community assets approaches.

HEALTH LITERACY

Health literacy is a determinant of health which is socially determined. Evidence (WHO, Solid Facts) shows that having higher levels of health literacy enable individuals to participate more fully in society and to exert a higher degree of control over daily events.

Lancashire County Council is taking a three staged approach to addressing health literacy in Lancashire:

1. Raising literacy/numeracy levels of the adult population through access to skills based courses; these are everyday functional skills on reading, writing and counting.
2. Making health choices and behaviour change easier through effective health promotion information and campaigns; as well as having interactive skills to gain new knowledge, discuss and participate in health decisions.
3. Providing good guidance and support for people with long term conditions and promoting self-care; ensuring the individual can take greater control over their personal health circumstance based on health information and treatment.

A short animation DVD is in the process of being produced in order to raise awareness of health literacy and its importance. It is anticipated this resource will be finalised by July 2014.

A copy of the World Health Organisation document Health Literacy: The Solid Facts can be downloaded from <http://www.euro.who.int>

WORKING TOGETHER TO IMPROVE HEALTH AND WELLBEING IN LANCASHIRE:

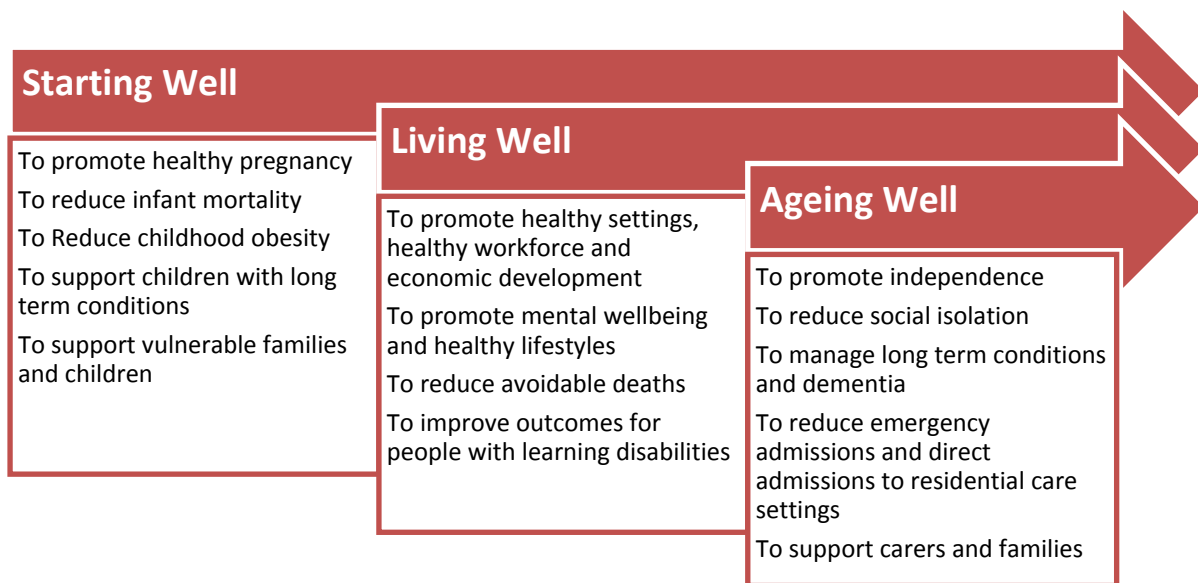
LCC's Public Health vision is: "...that Lancashire's citizens, communities and organisations are healthy and resilient. By making sure that we have an effective local public health service we can support people's wellbeing now, and help to develop a healthier future for everyone." The vision will be delivered through the four public health priorities as set out in Figure 1 below:

Figure 1. Public Health Priorities	
1 - Address the impact of the economic downturn on health and wellbeing	2 - Tackle health inequalities
3 - Reduce the impact of long term conditions and an ageing population	4 - Improve quality, safety and health resilience

Lancashire Adult Learning (LAL) contributes significantly towards this vision and priorities as well as addressing those set out within the Health and Wellbeing Delivery Plan (Figure 2) by developing and delivering a programme of adult learning which addresses the factors that influence the health and wellbeing of citizens and their

families, enabling the local population to achieve a healthier future. Overall, a coherent and holistic approach is required to work towards reducing the incidence of long term conditions, supporting individuals and those around them to live well and maintain good health.

Figure 2 Health and Wellbeing Delivery Plan



Work is being developed across the LAL Service to devise a programme of learning which helps to address the issues of health inequality across Lancashire and provide citizens with the skills to improve and maintain their own health and wellbeing, within local community settings and neighbourhoods.

TYPES OF PROVISION

HEALTH AND WELLBEING

LAL delivers a range of accredited and non-accredited courses in accordance with the Health and Wellbeing Curriculum Framework, which underpin some key programmes of work such as sustainable food and general wellbeing. The courses include First Aid, Health and Safety, Food Safety, Cookery and Nutrition, Complementary Therapies, Exercise and Fitness. These courses also aim to further develop health literacy skills where appropriate. Courses are delivered in a variety of locations, including the college facilities as well as community venues such as libraries, community centres, health centres, church halls, schools/children's centres and partnership facilities where available. Courses are delivered to suit all ability levels ranging from Pre-Entry to Level 3 qualification courses.

Funding for Community Learning is prioritised for people who are both materially and socially disadvantaged. There is evidence that participation in learning transforms destinies by developing confidence, providing motivation and training which can increase employability prospects and the digital and financial literacy of individuals. This strengthens communities by creating stronger, more self-sufficient and pro-active citizens. Family learning has been found to be particularly beneficial. County-wide advancements around the LCC Digital Inclusion agenda contribute to the development of people's digital literacy skills, ensuring that they can access readily available information about their health and self-management of long-term conditions, including

the ability to order prescriptions and book appointments online. Providing ICT skills beyond the use of social media sites will prepare people for the 'Digital by Default' society that we are becoming.

Informed evidence as demonstrated within the Marmot report on empowerment, participation and confidence building tells us that community learning increases wellbeing, not just because of the subjects taught, but the actual process of attending courses contributes to the principles for 5 Ways to Wellbeing.

The programme caters for a number of population groups, including:

- Senior citizens and work in partnership with Age UK – Courses are often delivered within centres of Supported Living Housing and consist mainly of Chair Based Exercise and Falls Prevention type classes, although they often incorporate healthy eating.
- People living in areas of high deprivation – teaching adults how to improve their health and wellbeing. Exercise on prescription in Hyndburn provides an excellent example of collaborative working with the NHS where GPs have referred people to this exercise programme. Learners have been able to develop gentle exercise strategies that promote self-management and understand what they can do to improve their lifestyle.
- Adults from ethnic minority groups – courses are developed in the community in partnership with groups such as Sahara and Pendle Women's Centre.
- Carers – giving support for their own healthy lifestyle (healthy eating, stress relief and exercise options) as well as those they care for. Working closely with LCC's carers strategy officer, and linking to the National carers strategy 2008-18 putting carers at the heart of 21st-century families and communities
- Courses are delivered in Galloway's centres across Lancashire, and in partnership with local groups in Burnley, Accrington and Over Kellett, for people who are blind or visually impaired. A comprehensive suite of courses has been delivered and is tailored to the needs of this cohort of learners, creating a framework for confidence building and helping to improve the quality of people's lives, health and wellbeing. This programme includes: personal and social development courses, positive wellbeing, independent living skills such as healthy lifestyle and cookery.
- Children's Centres – working with parents to provide courses such as Paediatric First Aid, Healthy Eating etc.
- Health/Day Centres including a variety of activities for people with Alzheimer's or Dementia.
- Volunteers – from a variety of organisations, access courses relevant to their needs e.g. Emergency First Aid at Work, Paediatric First Aid Foundation & Qualification
- Employability – Empowering Parents, Hubs, Bail Hostels. Delivering First Aid courses, H&S and Food Hygiene.
- Supporting people in Need - Counselling and Drug Awareness

AWARENESS COURSES

(Further details available in Annex 1)

- Mental Health
- Dementia Awareness
- Dyslexia Awareness
- Disability Awareness
- Managing Hearing Loss
- Autism & Asperger's Awareness
- Safeguarding
- Breast Awareness

PERSONAL AND SOCIAL DEVELOPMENT

The Personal and Social Development Curriculum provides a framework for building learners' confidence and self-esteem where courses are designed to enable learners to achieve skills in communication, self-awareness and establishing social relationships. This programme supports many individuals with low levels of self-confidence to participate in activities in ways that will give them more control over their lives, helping them to develop a sense of well-being, physical, mental and emotional health. Key target learners (listed below) are engaged through successful partnership working, where vulnerable people are able to make progress, achieve personal learning goals, and make choices about developing a healthy lifestyle.

- People recovering from drug or substance abuse
- Blind/Partially sighted
- Unpaid carers
- People suffering from mental ill-health
- People with learning difficulties
- People with physical disabilities
- Long-term unemployed
- Travellers
- Vulnerable & isolated older learners
- Minority ethnic groups
- People living in areas of high deprivation

"Arts on prescription", is an example of successful PSD provision, delivered through a 'social prescription' model. This has provided opportunities for people with mild to moderate mental health problems to participate in structured learning in a flexible and informal environment, in the heart of the community where some have chosen this type of non-medical intervention to support their recovery. The majority of people who have attended these courses have expressed that they have experienced benefits to health and wellbeing, providing a lasting impact through wider social networks, less isolation and weekly attendance on courses. Many learner have acquired new skills that they were able to use away from class to help them to maintain their wellbeing

COMMUNITY HEALTH AND WELLBEING PROJECTS WITH THIRD SECTOR ORGANISATIONS

- Leonard Cheshire Disability charity
- UK Older People's Campaign
- World Mental Health Campaign
- Age Concern
- Regenda –Sheltered Housing
- Arts on Prescription
- More Music
- Lancashire Women's Network
- Learn Share Grow
- Emmaus
- Women's Centre
- Women's Refuge
- Disability Equality
- Caritas Care
- Express Yourself
- Community Deaf Awareness and British Sign Language project

CONTRIBUTION TO ECONOMIC GROWTH AND DEVELOPMENT

Lancashire Adult learning delivers accredited learning from Entry level to level 5. The types of programmes we deliver include; employability skills, functional skills, vocational courses and work-based learning. Work-based learning programmes include; apprenticeships, pre-apprenticeships, traineeships and stand-alone qualifications. Our strategy is to engage with learners in deprived communities to develop skills that meet local employer demand. Many of the learners we work with have a range of complex health needs including mental health and substance misuse. Our delivery plans include how we will support these learners and we work with a network of external support organisations that provide additional support.

Our SME partnerships allow us to offer work placements for learners that are supported by bespoke education and training that meet the needs and interests of employers. We support local employers to recruit new employees and provide work-based learning that contributes to the growth of the business and meets some of the LEP priorities. In addition to this, we support employer networking to link employers with similar business interests to add value and build capacity. We also support employers to embed education and training within their organisations by providing training and support for their staff.

For further information, please contact:

Lancashire Adult Learning	Public Health
Linda Carter – Assistant Principal	Gulab Singh – Specialist in Public Health
Karen Wignall - Curriculum Manager	Jenny Paul – Senior Public Health Coordinator

AWARENESS COURSES

Mental Health

Introduces learners to some of the causes of mental ill health and explores some of the common myths and preconceptions that are frequently linked to a mental health diagnosis and the associated impact this may have on an individual's wellbeing.

Dementia Awareness

Gives people a better awareness and understanding of Dementia and Alzheimer's, covering what Dementia actually is and how to develop the Person Centred Approach. Also discusses the difficulties facing people with Dementia including their carers and explore some coping strategies.

Dyslexia Awareness

Raises awareness of the different issues surrounding dyslexia and explores some of the common ideas dyslexia along with accepted definitions. Also examines some of the impact of dyslexia and develops knowledge of the rights of those who have dyslexia.

Disability Awareness

Looks at the social and medical models of physical disability and give an insight into the difficulties faced by people who have a physical disability. Raises awareness of different types and causes of physical disability and how society can support and enable people to access their environment and the community.

Managing Hearing Loss

With a large section of the population, 1 in 6 people having some degree of hearing loss, they and the people they come in contact with are affected by this. On the whole people do not receive any advice on how to manage this and this can be frustrating for all concerned. With a few simple tips, communication and everyday life can become a lot easier and less frustrating.

Autism & Asperger's Awareness

As soon as we meet a person we make judgements about them. From their facial expression, tone of voice and body language we can usually tell whether they are happy, angry or sad and respond accordingly. People who are on the autistic spectrum can find this difficult. The course explores this difficulty and the varying degrees of the "autistic spectrum", what issues can arise and how this impacts as well as some approaches to support.

Safeguarding

Provides a basic introduction to the issue of safeguarding and raises awareness of the types of abuse which may occur and how to intervene to safeguard all vulnerable adults who are potentially or actually at risk. Reference to key legislation and local initiatives will be included throughout to help identify statutory and individual responsibility.

Breast Awareness

Designed to make people more breast aware which can have benefits to health the course explores a variety of topics including why it is important to be breast aware, how to be breast aware and the issues surrounding breast screening.