Fairer Delivery Plan Delivering the outcomes of the East Renfrewshire Community Plan

- Residents' mental health and well-being is improved
- Residents are safe and socially connected within their communities

About this document

This Delivery Plan is a short, focused document, setting out how partners will work together to improve mental wellbeing and reduce social isolation.

Pages 4 and 5 contains some information about why this outcome is important to our partners and communities.

Pages 6 and 7 set out an "outcome diagram" which shows the "critical activities" partners will carry out.

Page 8 shows the data that will be gathered and reported on to monitor progress.



The East Renfrewshire Community Planning Partnership is committed to promoting positive mental health and wellbeing through an early intervention approach and tackling loneliness and isolation in our communities. Both outcomes are closely interlinked and many partnership activities will contribute to both outcomes, therefore the approach to delivering these outcomes is brought together in this single delivery plan. A delivery group of key partners from the Health and Social Care Partnership (HSCP), a wide range of Council departments (including the Communities Team, Community Safety and Housing), voluntary sector services and the Culture and Leisure Trust has come together to deliver on this outcome. This will ensure maximum impact and effectiveness of services and resources.

The priority outcomes are based on the views gathered in extensive community engagement with residents and communities in 2017. Community views and concerns emerged about mental health and wellbeing as well as evidence of an increasing number of people consulting GPs around mental health and wellbeing issues including low level anxiety and depression. This delivery plan is focused on an early intervention approach to promoting wellbeing, through self-help and community support. This is separate to the strategic approach in place to support people with specific mental health conditions through appropriate medical care and support services, which is a high priority in the HSCP Strategic Plan. Specific mental wellbeing supports for young people are a priority within the Integrated Children's Services Plan.

Our engagement identified loneliness and isolation as an issue for many within our communities and led to identifying social isolation as a priority area. Demographic changes projected in our population also emphasised the need to prepare for increased numbers of older people and increased numbers of single person households. During our engagement, residents also repeatedly highlighted the benefits and importance of a strong sense of community, social connections together with feeling safe. These issues are high on the agenda at national level with a national mental health strategy in place and the Scottish Government's 'A Connected Scotland' plan which highlights the role of connected communities in tackling social isolation and loneliness. East Renfrewshire's outcome delivery approach will contribute to national efforts around mental health and social isolation.



The work to develop this delivery plan acknowledges a range of good work already underway by partners. New engagement approaches will provide opportunities for people to get more involved in their community and reduce isolation – including Voluntary Action East Renfrewshire's Market Places and the HSCP's Talking Points.

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Through Talking Points people can talk to different health and care staff and community volunteers about what matters to them and identify support within their own communities. Early mental health and wellbeing support is being provided in primary care through GP Practice based link workers. The roll out of 10 local Talking Point venues in partnership with the Third Sector and the Libraries Service will be the main way that we ensure critical activities relating to mental well being and social isolation are influenced by service user and resident views.

At Talking Points, residents will be offered the opportunity to have a good conversation about what matters to them, whether this be about living a healthier lifestyle, having meaningful activities to do, or living independently in their own home. The Talking Points team supports people to identify their own personal outcomes, develop their own plan to achieve these, taking into consideration all their personal resources and complimenting these with supports offered by local groups and organisations, including the HSCP. Work in Fire and Rescue, Police Scotland and Trading Standards and Prevention Services has highlighted the links between social isolation and safety. Through fire home safety visits the Fire and Rescue service can identify those who are isolated and, through improved links with partners, refer people on for support. Joint activity around door step crime and scam telephone calls by Trading Standards/Prevention Services and Police Scotland indicates the growth in this type of crime where vulnerable and isolated people are sought out as victims. Partnership working is coming up with practical steps to prevent such harm.

It is recognised that the availability and accessibility of transport issues presents a challenge in achieving socially connected communities. Improving transport is also a priority in the Community Plan.

4.1 Residents' mental health and wellbeing is improved

Population Outcome	Intermediate Outcome	Our contribution		Critical Activities
The outcome we want is	We will know we are making good steps along the way WHEN	So what we need to achieve is		Ву
East Renfrewshire residents are safe and live in supportive communities	Residents' mental health and wellbeing is improved	Improved wellbeing and resilience in people and communities	-	Promoting the benefits of exercise and access to green space, particularly for groups most vulnerable to mental ill-health Promoting positive attitudes and challenging stigma
				(communications programme) Providing programmes focused on improving mental health and wellbeing to specific target groups
		Improved wellbeing and resilience in workplaces		Ensuring robust processes in place to measure staff wellbeing (such as staff surveys, Healthy Working Lives)
				Promoting access to mental wellbeing self-help resources and improving access to online resources
		A prevention and early intervention approach to enhancing wellbeing	Г	Providing early mental health and wellbeing support in primary care through GP Practice based link workers
				Undertake local work to support national suicide prevention plan: Every Life Matters
			Г	Identifying and raising awareness of safe public - places for vulnerable people in the community through I am me: Keep Safe project
		Better response to distress		Ensuring clear pathways across and between public - sector organisations for people experiencing mental

5.1 Residents are safe and more socially connected within their communities

Population Outcome	Intermediate Outcome	Our contribution		Critical Activities
The outcome we want is	We will know we are making good steps along the way WHEN	So what we need to achieve is		Ву
Older people and people with long term conditions in East Renfrewshire are valued; their voices are heard and they enjoy full and positive lives	Residents are safe and are more socially connected within their communities	Communities have access to information and resources		Maximising the use of different resources and tools to engage with residents innovatively (inc. Market Places, libraries and Talking Points)
				Developing and maintaining a comprehensive community directory of local groups & services for signposting & referral
				Building the capacity of communities to develop and deliver their own inclusive activities
			Г	Increasing awareness of the 'Talking Points' locations as an approach to support and link people with local assets to find more local sustainable solutions
		Socially isolated people are identified and connected to their communities	-	Working with local community groups to engage with groups and individuals at most risk of social isolation
		More people feeling safe in their communities		Using data to identify crime and disorder trends and patterns within communities and inform targeted actions
			Г	Identifying and raising awareness of safe public places for vulnerable people in the community through I am me: Keep Safe project
			H.	Expanding Telecare provision
				Identifying and raising awareness of harm reduction and safety measures for the most socially isolated
			Г	Co-ordinating a multi-agency approach to prevent falls in the home
		Reduced unintentional harm in the home	-	Delivering fire home safety visits which signpost individuals to relevant services & identify fire & non-fire related risks in the home
				Raising awareness in recognising signs of isolation and ensuring that services are engaging directly with residents

Critical indicators

	Indicator	2016-17 Value	2017-18 Value	2018-19 Value	2019-20 Target	2020-21 Target	2021-22 Target
1	% of adults with a strong sense of belonging to their community	62%	66%	63%	64%	65%	65%
2	% of adults who have someone they can rely on for help	72%	68%	70%	70%	72%	72%
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Reporting on our progress

The Performance and Accountability Review (PAR) is a group of senior representatives from partner organisations. It has responsibility for overseeing our progress towards a Fairer East Ren and we will report on progress twice per year and publish updates on our webpages at **eastrenfrewshire.gov.uk/communityplanning** As we continue to deliver a Fairer East Ren we will create opportunities for working together with local people to ensure the plans meet their needs.



Notes

If you are part of a community group and are delivering, or would like to deliver activities that contribute to this outcome, we would like to hear from you. You can use this space to make any notes and develop ideas. Our contact details are on the back page.





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Contact for further information

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