

West Lothian is a place where everyone has the opportunity to enhance their mental and physical health and wellbeing

Health and Wellbeing Partnership Delivery Plan

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West Lothian
COMMUNITY PLANNING PARTNERSHIP

LOIP – Health and Wellbeing Pillar

The Health and Wellbeing Partnership will focus on:

- Developing a preventative approach to population level mental wellbeing
- Developing a preventative approach to alcohol
- Developing a whole systems approach to improving the food and physical activity environment



Mental wellbeing: Process to develop delivery plan

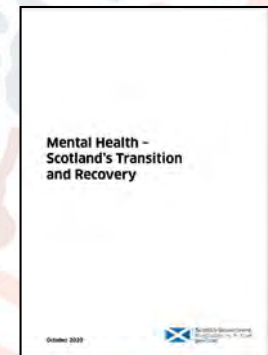
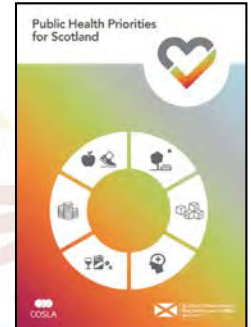
Item No. 6

- Scoping exercise
- Presentation to the Health and Wellbeing Partnership
- Creation of a partnership working group focused on adult mental health and wellbeing: prevention and early intervention
- Creation of summary overview document to outline the focus, definitions and direction for this piece of work
- Discussion with the NHS Lothian lead public health consultant for mental health



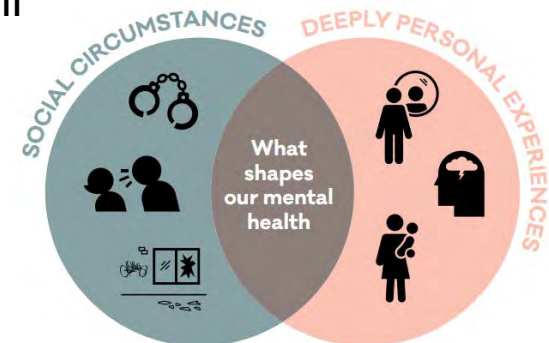
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- Public Health Priority 3 'A Scotland where we have good mental wellbeing'.
- Scottish Government's COVID-19: mental health - transition and recovery plan outlines a focus is needed on both population wellbeing and on mental ill health.
- Scottish Government Mental health and wellbeing strategy
- Linked local partnership workstreams
- Recognition that outcomes are impacted by a range of other work underway linked to wider determinants of health



Added value:

- Upstream prevention
- Universal approach to good mental wellbeing for all
- Targeted work with groups at higher risk



Objective: develop a preventative approach to population level mental wellbeing

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Outcomes	Actions
<ul style="list-style-type: none">• Increased positive mental health and wellbeing• Reduction in anxiety and depression• Reduced loneliness and isolation	<ul style="list-style-type: none">• Identify existing relevant community insights and opportunities for further engagement to inform plans• Create a high-level map of assets/resources/support for mental wellbeing and identify any gaps• Develop a West Lothian specific '6 Ways to Wellbeing' model• Develop a communications plan to share key messages with the public• Develop a plan to raise basic awareness and upskill communities/third sector/services around wellbeing• Develop a targeted inequalities workstream for those in the most deprived areas (and any other agreed groups)• Connect with open space strategy and nature network to capitalise on the assets available for '6 Ways to Wellbeing'

Alcohol: Process to develop delivery plan

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- Local need identified
- National data/local data (where available)
- Literature review
- Review of existing policy
- Engaging with local partners
- Working group established – membership



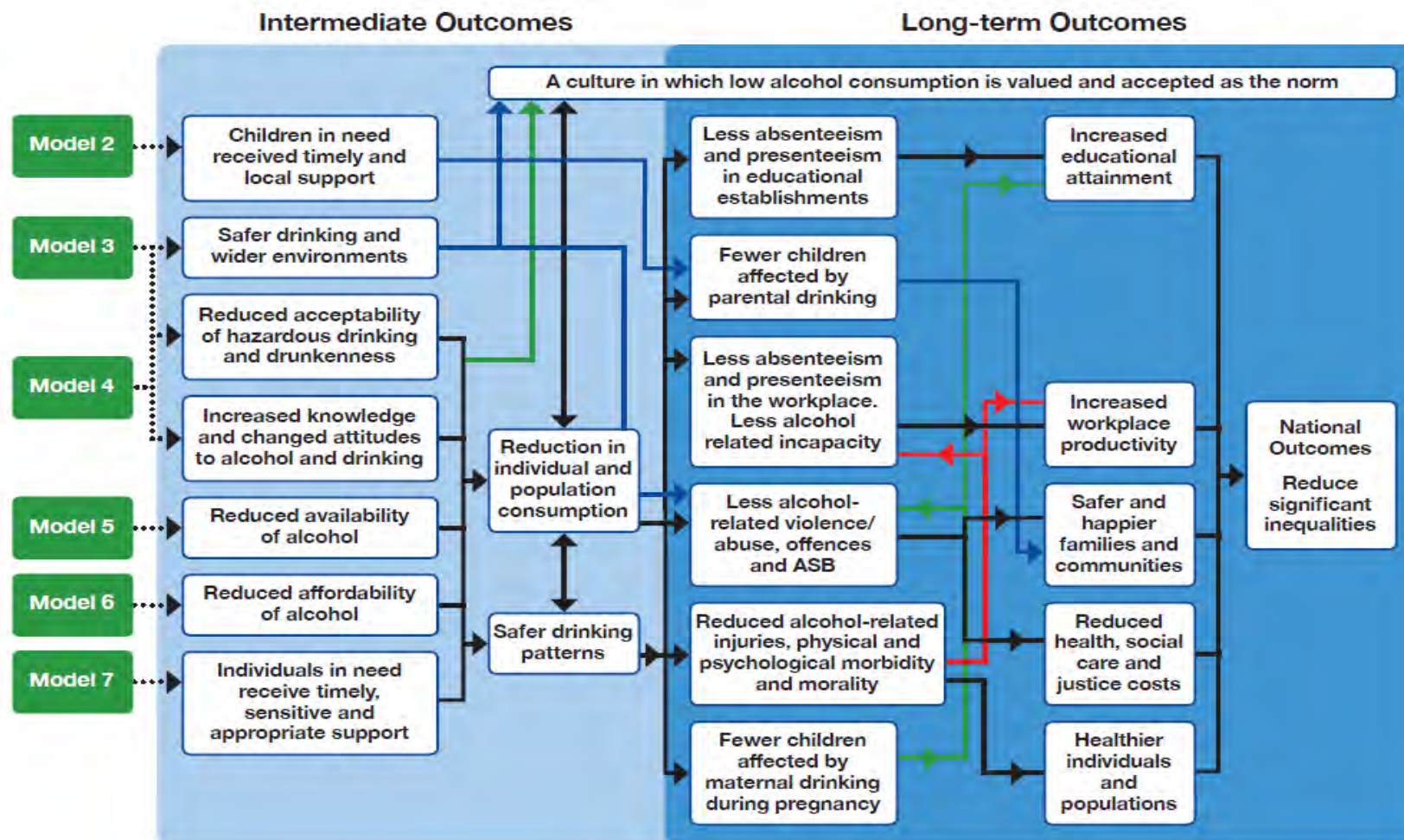
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Key strategies

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Key Strategies	Key themes – prevention/early intervention	
Public Health priorities (4) (2018) A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs	Inequality a key driver of harmful consumption – tackling the underlying determinants One of top 3 preventable ill health conditions in Scotland Need to focus on upstream approaches	
Alcohol Framework (2018)	Putting children and young people at the centre of prevention activity Minimum pricing review Research required to understand the changing nature of online/delivery sales Protect young people from alcohol marketing Consult with people and communities on marketing Recognise the relationship between alcohol and community safety – increase resilience to individuals and communities	
UNCRC – 45 Articles on the Rights of the Child	Articles 2, 3, 6, 12	
Rights Respect Recovery	Everyone deserves the right to live a life free from the harms of alcohol Fewer people develop problem use Reducing the source of health inequalities is at the heart of upstream approaches Address stigma as a way to prevent and reduce harm – including lived experience Early intervention for those most at risk of developing harmful levels of use Revise and improve education (formal/informal setting and population wide and targeted)	





Objective: develop a preventative approach to alcohol

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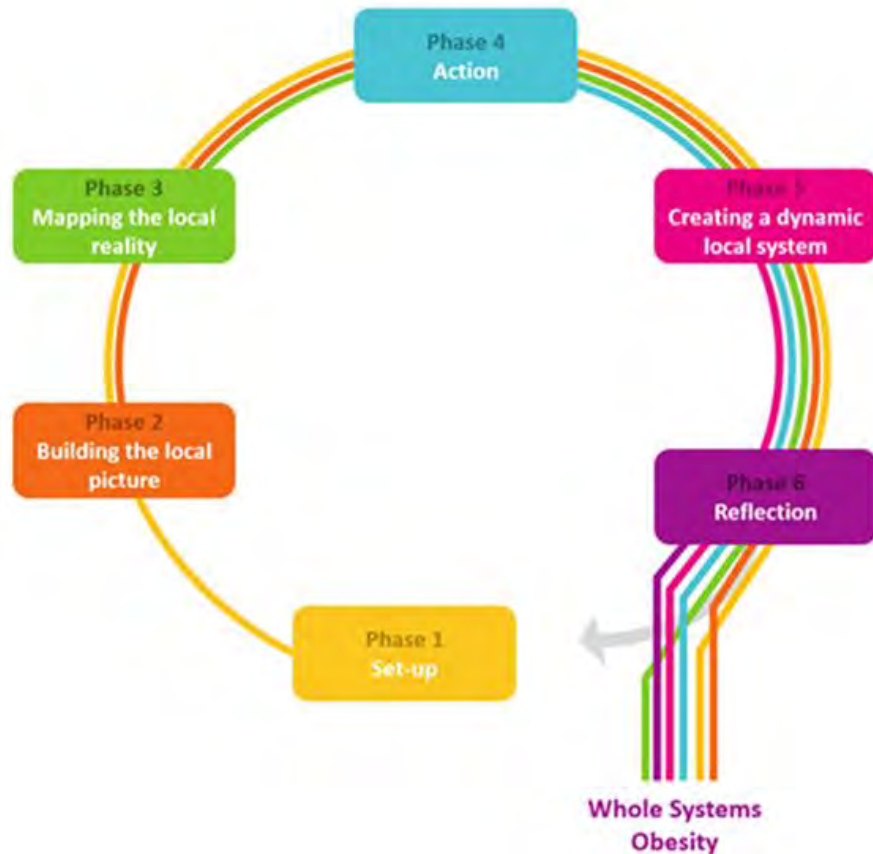
- Work alongside the ADP to reduce stigma and discrimination around alcohol and develop a human rights-based approach to prevention activity engaging those with lived/living experience
- Work with the Licensing Forum to collate information and evidence on alcohol-related harm and approaches for reduction
- Work with Education (formal and informal) and other partners to review the approach to alcohol prevention, and explore peer learning and delivery methods
- Undertake a scoping exercise on alcohol-free spaces in West Lothian

Food and physical activity: Key strategies

Item No. 2

Nationally	Regionally	Locally
<p>A Health Future-Scotland's Diet and Healthy weight Delivery Plan (2018)</p> <p>A Healthier Future – Framework for the Prevention , Early Detection and Early Intervention of Type II Diabetes (2022)</p> <p>Public Health Priority 6 A Scotland where we eat well, have a healthy weight and are physically active</p>	<p>East Region Partnership Board for Type II diabetes developed</p> <p>Work streams include:</p> <ul style="list-style-type: none"> • Weight Management • Children and young People • Employer • Whole Systems Approach <p>Opportunity for funding from the East Region to pilot Whole Systems Approach in 1 area = Whitburn was identified</p>	<p>The Community Planning Partnership Board committed to preventing Type II Diabetes and reducing obesity by supporting West Lothian as a national pathfinder area for Whole Systems Working</p> <p>Health and Wellbeing Partnership is the advisory group and oversees the approach</p> <p>Leeds Beckett Model of Whole Systems Working (Leeds Beckett University)</p>

Whole Systems Working : Process to develop delivery plan



Leeds Becket Model followed

Working group developed

2 workshops undertaken with practitioners/managers/ services local to Whitburn

Public online survey (76 responses)

Action Plan developed

Funding secured from East Region Collaborative



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Objective: To develop a Whole Systems Approach to improve the food and physical activity environment

Outcome	Actions
<p>More people are physically active</p> <p>More people can eat well</p> <p>More people can access, and engage with, activities, services and assets which aim to support healthy weight and the prevention of type 2 diabetes</p>	<ul style="list-style-type: none"> • Develop a Whole Systems Approach to reduce obesity and type 2 diabetes in Whitburn using the Leeds Beckett model linking to food and physical activity • Action plan developed in conjunction with partners and local communities • To build the capacity of practitioners to support good conversations on food and health, physical activity and mental health and wellbeing • Learning from the whole systems approach is shared to inform work on the Local Development Plan and whole systems activity in other West Lothian communities



Action Plan Areas



Overview

Item No. 6

Area	Outcome	Actions
Develop a preventative approach to population level mental wellbeing	<p>Increased positive mental health and wellbeing</p> <p>Reduction in anxiety and depression</p> <p>Reduced loneliness and isolation</p>	<ul style="list-style-type: none"> Identify existing relevant community insights and opportunities for further engagement to inform plans Create a high-level map of assets/resources/support for mental wellbeing and identify any gaps Develop a West Lothian specific '6 Ways to Wellbeing' model Develop a communications plan to share key messages with the public Develop a plan to raise basic awareness and upskill communities/third sector/services around wellbeing Develop a targeted inequalities workstream for those in the most deprived areas (and any other agreed groups) Connect with open space strategy and nature network to capitalise on the assets available for '6 Ways to Wellbeing'
Develop a preventative approach to alcohol	<p>Reduced Stigma</p> <p>Reduced harm from alcohol to individuals and communities</p> <p>Individuals and communities have developed resilience and have choices</p>	<ul style="list-style-type: none"> Work in partnership with the ADP to develop a human rights-based approach to prevention activity that engages those with lived/living experience Work in partnership Education and other partners to review the approach to alcohol prevention, and explore peer learning and delivery methods Work in partnership with the ADP to reduce stigma and discrimination around alcohol Work in partnership with the Licensing Forum to collate information and evidence on alcohol-related harm and approaches for reduction Undertake a scoping exercise on alcohol-free spaces in West Lothian
Develop a whole systems approach to improving the food and physical activity environment	<p>More people are physically active</p> <p>More people can eat well</p> <p>More people can access, and engage with, activities, services and assets which aim to support healthy weight and the prevention of type 2 diabetes</p>	<ul style="list-style-type: none"> Develop a Whole Systems Approach to reduce obesity and type 2 diabetes in Whitburn using the Leeds Beckett model Action plan developed in conjunction with partners and local communities To build the capacity of practitioners to support good conversations on food and health, physical activity and mental health and wellbeing Learning from the whole systems approach is shared to inform work on the Local Development Plan and whole systems activity in other West Lothian communities

LOIP PILLAR: IMPROVING HEALTH & WELLBEING						
Objective	ACTION <i>What steps will you take to achieve your short-term outcome</i>	Short Term Outcome (1-2 years)	Medium Term Outcome (5 years)	Long Term Outcome (10 years) <i>What does success look like?</i>	Responsible partner agencies	Measurement (1–2-year outcome measures) How will we demonstrate progress?
Develop a preventative approach to population level mental wellbeing	<p>Identify existing relevant community insights and opportunities for further engagement to inform plans</p> <p>Create a high-level map of assets/resources/ support for mental wellbeing and identify any gaps</p> <p>Develop a West Lothian specific ‘6 Ways to Wellbeing’ model (assets focused)</p> <p>Develop a communications plan to share key messages with the public</p> <p>Develop a plan to raise basic awareness and upskill communities/ third sector/services around wellbeing</p>	<p>People have a greater awareness of what can help improve their wellbeing</p> <p>People know where to go for information and support</p> <p>The workforce (including Third Sector) has access to information and support</p> <p>Pathways include prevention/early intervention e.g. social prescribing</p>	<p>Increased positive mental health and wellbeing</p> <p>Reduction in anxiety and depression</p> <p>Reduced loneliness and isolation</p>	<i>West Lothian is a place where everyone has the opportunity to enhance their mental and physical health & wellbeing</i>	<p>NHS Lothian</p> <p>West Lothian Council</p> <p>Voluntary Sector</p> <p>Gateway West Lothian</p> <p>Nature Scot</p> <p>West Lothian Leisure</p> <p>Other Third Sector</p> <p>Organisations as agreed</p>	<p>Qualitative feedback from communities and staff/volunteers on the 5 Ways to Wellbeing model:</p> <ul style="list-style-type: none"> - Awareness - Usage - Impact

	<p>Develop a targeted inequalities workstream for those in the most deprived areas (and any other agreed groups) to include making connections with key services such as the Anti-Poverty Service and Housing to increase awareness of, and links to, available resources and support</p> <p>Connect with open space strategy and nature network to capitalise on the assets available for 6 Ways to Wellbeing</p>					
<p>Develop a preventative approach to alcohol</p>	<p>Work with Education (Formal and Informal) and other partners to review the approach to alcohol prevention, and explore peer learning and delivery methods</p> <p>Work alongside the ADP to reduce stigma and discrimination around alcohol</p> <p>Develop a human rights-based approach to prevention activity that engages those with</p>	<p>People and key stakeholders have increased awareness of the relationship between the wider determinants of health and alcohol use</p> <p>Reduced stigma associated with seeking support for alcohol use</p> <p>Those with lived experience and their wider support</p>	<p>Reduced Stigma</p> <p>Reduced harm from alcohol to individuals and communities</p> <p>Individuals and communities have developed resilience and have choices</p>	<p><i>West Lothian is a place where everyone has the opportunity to enhance their mental and physical health & wellbeing</i></p>	<p>NHS Lothian West Lothian Council WLDAS Youth Action Project Police Scotland ADP Licensing Officer (advisory capacity only)</p>	<p>Qualitative feedback from service users on experience of accessing support services</p> <p>Pre- and post-education session awareness of alcohol and associated health determinants and harms</p> <p>Feedback from the Licensing Board on the usefulness of information and</p>

	<p>lived/living experience in partnership with the ADP</p> <p>Work with the Licensing Forum to collate information and evidence on alcohol-related harm and approaches for reduction</p> <p>Undertake a scoping exercise on alcohol-free spaces in West Lothian</p>	<p>network inform prevention work</p> <p>The Licensing Forum is strengthened and provides clear information and advice to the Licensing Board, including the views of young people and communities</p> <p>Increased awareness of the availability of alcohol-free spaces in West Lothian</p>				<p>advice provided by the Licensing Forum</p> <p>Completed scoping exercise on alcohol-free spaces in West Lothian with recommendations to inform further CPP discussion and decision making.</p>
<p>Take a whole systems approach to improving the food and physical activity environment</p>	<p>Develop a Whole Systems Approach to reduce obesity and type 2 diabetes in Whitburn using the Leeds Beckett model</p> <p>Action plan developed in conjunction with partners and local communities</p> <p>To build the capacity of practitioners to support good conversations on</p>	<p>Partnership working between statutory services, Third Sector and communities is strengthened</p> <p>People have local access to physical activity</p> <p>People have local access to affordable healthy food and the knowledge to produce healthy meals</p>	<p>More people are physically active</p> <p>More people can eat well</p> <p>More people can access, and engage with, activities, services and assets which aim to support healthy weight and the prevention of type 2 diabetes</p>	<p><i>West Lothian is a place where everyone has the opportunity to enhance their mental and physical health & wellbeing</i></p>	<p>NHS Lothian West Lothian Council Whitburn Community Development Trust</p>	<p>Number of people accessing local activities which support eating well and increased physical activity</p> <p>Number of practitioners trained in HENRY and evaluation of impact</p> <p>Case studies on impact on whole systems approach on local</p>

	<p>food and health, physical activity and mental health and wellbeing</p> <p>Local practitioners are trained in the HENRY approach</p> <p>Learning from the whole systems approach is shared to inform work on the Local Development Plan and whole systems activity in other West Lothian communities</p>	<p>Practitioners are more able to have effective conversations with families on healthy eating and nutrition by undertaking the HENRY programme</p> <p>Practitioners to be trained in Mental Health First Aid</p> <p>Local Development Plan reflects the importance of community assets which support people to eat well and be physically active</p>				<p>people and communities</p>
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