OLI Health & Wellbeing Network (Oban, Lorn & Inner Isles of Lismore, Kerrera, Easdale, Seil and Luing)
Joint Health Improvement Local Action Plan
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Argyll and Bute has a good track record for prioritising working in a preventative way to identify and solve health problems before they arise. The new Joint Health Improvement Plan (JHIP) covers a 5- year period to 2017-2022 sets out what we want to achieve for a healthier Argyll and Bute. Our outcomes are informed by National Outcomes and locally agreed measures in Argyll and Bute's Community Plan. The JHIP plan can be viewed on our website:

http://healthyargyllandbute.co.uk/wp-content/uploads/2013/03/JHIP-2017-22.pdf

The health improvement approach favoured in Argyll and Bute centres on building better communities with a wide range of services and activities in these communities. This is in the knowledge that people live good lives in vibrant communities. We call this an "assets based approach" to health which is different to a "deficits approach" i.e. looking for a health problem and then trying to find the solution.

This local action plans sets the objectives for 2017-18 . This plan has been developed with support of OLI Health & Wellbeing membership and will focus on the 4 Themes identified in the strategic Joint Health & Wellbeing Plan 2017-22

It should be noted that health inequalities is relevant to all of the priorities and we should all be asking how "inequalities sensitive" our health improvement practice is, for example, are those most in need benefiting from the activity.
Throughout our plan areas to consider are:

- An "assets" based approach to investing in healthy communities
- Social determinants of health eg housing, access to employment, access to services, transport, income, remoteness etc.
- Protected characteristics – age, gender, race etc
- Physical health eg long term health conditions, disability, mental wellbeing, etc.
- Areas of deprivation
- Health literacy individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. e.g Self directed support
- Identified gaps in service provision noted by our local membership

This action plan will support the Local Health & Wellbeing network objectives to promote healthy lifestyles. Each year Argyll and Bute's Public Health Department allocates a budget for a small grant fund. This is administered by the Health and Wellbeing Networks to support local health improvement activity. Grant recipients must demonstrate their project is able to demonstrates that it meets at least one of the locally agreed strategic priorities. Awards are usually in the region of several hundred pounds up to a maximum of £2000.

Theme 1 – Getting the best start in life

JHIP PLAN

Giving children a good start in life enables them to go on to be healthy adults. Ways of giving children a good start in life include: pre and during pregnancy support; breastfeeding and healthy weaning; active lifestyles; and alleviation of poverty.

What assets do we have locally which support this outcome ? OLI Local activity/ Member Sharing:ALISS System/ ABAN;Local network activity/Service delivery range of partners

Local Outcome : Activity which increases the number of vulnerable families able to access, engage and receive provision which gives children a good start in life.

What are the key target groups for our local area?

Vulnerable families (adverse effect to lifestyle)

Gaps identified : whole family activity; young vulnerable adults (carers) - practical help; activity - preventative work; post birth – not on radar/isolation / loneliness; face to face support;

Planned /anticipated activity which will support outcome? Are there additional resources/activities /interventions which would assist ? What methods will we adopt/support to achieve outcome?

Network knowledge of existing services- updates and communication via members/links to other local partnerships - **Themed meeting Sept completed** - Children Services staff attendance - **Regular attendance social work staff. Service plan follow up meet to be arranged for March 2018**

Member feedback from attendance at practitioner locality meetings – Children & Families (GIRFEC) **- not meeting but raised by network to Service Manager.**

Support social activities/ services to island and rural which meet our outcome - **funded projects**

Support activities which increase engagement and address "gaps" in key target groups noted above - **face to face support; practical support**

Is our outcome being achieved/progressed? (e.g Numbers/ Case studies/ Monitoring reports/ Network activity)

What activity have we funded 2017 which supports this outcome? Funded - Youth Café - support group ; Homestart – Sleep counselling course to support new service delivery; Lismore playpark – community group raising funds to create playpark on island of Lismore

Theme 2 Working to ensure fairness

JHIP PLAN Health inequalities continues to be a priority. One of the best ways to improve health is to increase income levels. Other areas of fairness include: race, religion, disability, age, gender, sexual orientation, marital status and pregnancy. Our rural geography will also be noted as a barrier to engagement.

What assets do we have locally which support this outcome ? OLI Local activity/ Member sharing:ALISS System/ ABAN;Local network activity

Local Outcome
More individuals engaging in activity which supports healthy lifestyle choices

What are the key target groups for our area?
All ages; Isolated ;Invisible elderl;Rural – access to services – face to face support **;** delayed discharge; Access to transport- Glasgow services

Planned /anticipated activity which will support outcome? Are there additional resources/activities /interventions which would assist ? What methods will we adopt/support to achieve outcome?

Activities which support " active" lifestyle; self motivation addressing behaviour change
Transport review - theme meeting Nov 2017 – Sue Pagan / Joan Best _ **report requested; members updated awaiting TSi report .**
Listening / Sharing session – Local Health & Social Care Partnership – Locality Manager – Annie MacLeod – **Supported comm/ engagement outreach sessions; update to network Nov 2017 postponed as Annie MacLeod has left post. Phil Cummins to attend future meeting early 2018**
Support activities which increase engagement to address "gaps" in key target groups noted above - **presentations to network**

Is our outcome being achieved/progressed? (e.g Numbers/ Case studies/ Monitoring reports/ Network activity)
What activity have we funded 2017 which supports this outcome?
Themed meeting completed
Presentations to network – Ali Energy; CAB and HEEPS various network meetings
Funded – Appin transport; LOHO –new outreach activity; Digital sessions - CLD

Theme 3 - Connecting people with support in their community

Health problems can be caused or made worse by social issues like loneliness, relationship breakdown, debt or homelessness. Enabling people to access community and support is called social prescribing.-

What assets do we have locally which support this outcome ? OLI Local activity/ Member sharing:ALISS System/ ABAN;Local network activity

Local Outcome : To support activity which improves wellness and well-being in Oban Lorn & Inner Isles area

What are the key target groups for our area?
Look beyond fitness for wellness; Reducing isolation ; teenagers that do not connect with services; Mental Health service provision (particularly young people); Transport (all ages); wrap around care (particularly islands /remote rural); out or hours support

Planned /anticipated activity which will support outcome?
Are there additional resources or activities /interventions which would assist? What methods will we adopt/support to achieve outcome?

Increase awareness - Promote local interventions/ healthy villages - **co ordinator input to feasibility study**
Awareness and information sharing session – social prescribing June Meeting - **facilitated session LOHO and members**
Activity which promotes positive mental health- community arts/ music/ gardens/ outdoors-
Support activities which increase engagement to address "gaps" in key target groups noted above
**** This theme is likely to have activity which will crossover with other themes identified in local plan**

Is our outcome being achieved/progressed? (Numbers/ Case studies/ Monitoring reports/ planned network activity)
What activity have we funded 2017 which supports this outcome?

Funded - Taynuilt – compost toilet garden project; new outreach areas LOHO ; Dunollie Links – New routes project; Mindfulness pilot - WHHA

Theme 4 Focusing on Wellness not illness

Enabling people to be as healthy as possible and focus on wellness instead of illness. Doing this by building capacity in communities for healthy living and continuing to focus on assets for health i.e. what keeps us healthy

Local Outcome

Increase the focus on "wellness" building capacity of individuals and communities to encourage healthy lifestyle choices

What are the key target groups for our area?

Isolated by place; mobility; vulnerability; Social generic participation**;** Transitions

Areas/individuals – below the radar/ not on system; remoteness, isolation/ loneliness

Planned /anticipated activity which will support outcome?
Are there additional resources/activities /interventions which would assist ?
What methods will we adopt/support to achieve outcome?

Signpost /Network knowledge and links to existing activities/ partnerships - **agenda item updates all meetings plus circulation emails**

Services/ activity which supports maintenance of independent lifestyles – community led initiatives -

OLI network Seminar - October 2017 Mar 2018

Support activities which increase engagement to address "gaps" in key target groups noted above

Is our outcome being achieved/progressed? (Numbers/ Case studies/ Monitoring reports/ planned network activity)
What activity have we funded 2017 which supports this outcome?

Funded – Ardchattan – Heart defibulator; Appin – new local care support service; AB Rape Crisis – additional support hours;
Seminar arrangements – March 2018 - Self investment for resilient services