

## **STOCKPORT HEALTH PROMISE 2015/16**

### **Report of the Director of Public Health**

#### **STOCKPORT HEALTH PROMISE 2015**

##### **Introduction**

As part of the comprehensive health service established under the National Health Services Acts, Stockport Council has responsibility for ensuring measures to improve the health of the people. Whilst in part this is discharged by commissioning certain specific services, it is also a function which requires the commitment of the whole of the Council and the collaboration of its partners. The following Health Promise reflects this breadth of commitment given by the Council and partners to improving health. It is expected that this will be added to year on year as the commitment of other partners to achieving Public Health outcomes increases.

##### **Children and Young People: The best start in life.**

1. As part of the Health Promise Stockport Council's staff who work with vulnerable children and families have started new ways of working to increase integrated working for the most effective use of resources and improve outcomes for children, young people and families. Under the 'Stockport Family' approach workers will use restorative approaches that support relationships to be built, maintained and repaired when differences arise, and work with families to support their solutions for children's well-being.
2. Front line workers will be trained in 'Health Chat' in order to maximise the benefits of this strength based approach. Stockport Homes is also committed to continuing to offer this training to staff and will include it within its annual training programme.
3. Stockport Council staff in Children's Centres and Children and Family Centres work closely with Health Visitors jointly providing skilled and effective targeted support to parents of babies and young children.
4. Stockport Council's staff working with vulnerable children and families will continue
  - Promotion of breastfeeding, working with local communities, especially in parts of the borough where this is low, following close joint analysis of data and evidence.
  - Support to reduce ante natal and post natal smoking
  - Support for maternal mental well-being via targeted delivery of group based interventions including 'Living Life To The Full'
  - Support for early years social, emotional, behavioural cognitive and physical development
  - Integrated work towards a reduction in teenage conceptions and increase in positive personal relationships
  - Supporting work to reduce childhood accidents including the promotion of home safety with parents of early years

- Actively work to promote strong parenting for secure and healthy parent/child relationships, including the delivery of the Family Nurse Partnership programme
  - Actively work with substance misusing parents to promote healthy development of their children
  - Promotion of healthy eating with parents of early years
  - Actively work with parents to promote healthy weight in children and families
  - Actively work with children and parents to reduce obesity levels through promoting increased physical activity and encouraging healthy eating choice
  - Actively work to reduce alcohol and substance misuse by young people.
  - Actively work with children affected by parental substance misuse, including promoting improving health and emotional wellbeing and promoting healthy lifestyle (healthy eating, exercise, hygiene, prevention of substance misuse, developing positive coping strategies)
  - Actively work with parents and grandparents of substance misusing children, to improve mental wellbeing, and reduce further ill health by developing positive coping strategies and reducing negative coping strategies to stress.
5. Stockport Council's children's social care staff will work with colleagues across Stockport Council and partnerships to develop our health provision to our Care Leaving population to ensure that they have timely access to mainstream and specialist health services, which meet their physical and mental health needs.
  6. Stockport Council's children's social care staff will work with our partners to develop the extended offer to meet our corporate parenting responsibilities to our children up to 25-28.
  7. As part of the Stockport Health Promise Stockport Council's children's social care staff have already started to develop links with health prevention and promotion services to improve the health of Stockport's most vulnerable children. In particular Stockport Council part funds the Health Visiting post within the front-door into social care recognising the significant impact that an integrated approach to assessment and risk analysis has.
  8. Stockport Council's children's social care staff will continue to
    - Promote good physical health through involvement of LAC specialist nurse and safeguarding HV
    - Promote emotional health and mental well-being and services such as KITE and Child and Adolescent Mental Health Services, (CAMHS).
    - Promote a healthy diet and lifestyle in team around the child, child protections and Looked After Children plans and reviews
    - Reduce drug, substance and alcohol misuse through links with MOSAIC
    - Reduce smoking through links with MOSAIC
    - Promote sexual health awareness and education
    - Improve awareness and education about risk and healthy relationships
    - Reduce teenage pregnancy and reduce unplanned pregnancies
    - Improve access to local community services and self-help groups/support.
  9. Stockport Council's youth offending service will promote healthy lifestyles/choices visual and promotional materials displayed throughout the service.
  10. Stockport Council's youth offending service will involve children and young people in physical activities through reparation: eg sports, horticultural activities.

11. Stockport Council's youth offending service will
  - Help young people make positive choices e.g.: sexual health (including distribution of condoms) diet, mental wellbeing and keeping safe incorporated into supervision and intervention plans.
  - Ensure young offenders can access speech and language services.
  - Provide direct input from youth offending service health practitioner to all young people on the caseload re. GPs and dentistry.
  - Provide a dedicated LAC social worker to ensure the needs of the LAC population known to the youth offending service receive appropriate health support and guidance.
12. Stockport Council's youth offending service will deliver the Respect DA programme working with children and young people in order to reduce potential for domestic abuse towards parents/carers.
13. Stockport Council's youth offending service will deliver one-to-one and group work programmes around alcohol and substance misuse in partnership with MOSAIC.
14. Stockport Council will:
  - Commission activities for children and young people with a disability that promote physical exercise and well being
  - Promote healthy lifestyles for children and young people with a disability via our frontline staff
  - Provide and promote short breaks for parents and carers to increase mental health and wellbeing and to enable them to continue to care effectively for their son/daughter
  - Support children and young people with a disability to access appropriate services to meet their health needs
  - Promote healthy eating options for children with autism
  - Personalise services that better meet health and care needs of children and young people with a disability/additional needs
15. As part of the Health promise Stockport Council has already started
  - Development of the local offer to enable young people with a disability and their parent/carers to understand what is available and how they can access it
  - Have more of an emphasis on healthy eating in faddy food groups for children with autism and sensory issues
  - Work more effectively with CAMHS and other services to ensure services for children and young people are accessible, timely and meet identified need
16. Stockport Council will continue
  - A variety of short break programmes that introduce and encourage children with disabilities to engage in sporting activities
  - Work with partners to develop the new mental health service for children
  - Work to implement the new 0-25 agenda for children and young people with disabilities that will better coordinate planning, assessment, resource and transition.
  - Introducing personalisation for children which will put families more in control of provision and how this can meet need. This will be done via the introduction of personal budgets.
17. Stockport Council will promote improvements in the dental care of vulnerable children by

- Working with partners to encourage families to register with a dentist
  - Providing toothbrushes and toothpaste to buy at cost in Children's Centres
  - Raising information about dental care in multi-agency meetings, e.g. Neighbourhood Boards
  - Making every contact count and think about positive dental care with the children we work with
  - Promoting awareness of dental advice and support with early education providers.
18. Stockport Homes will work with the Childhood Accident Co-ordinator to consider the best approach in promoting home safety and continue to install home safety equipment funded by Public Health.
  19. Stockport Council will explore promoting and developing the Play Streets programme in targeted neighbourhoods
  20. Stockport Homes will continue the provision of 'Your Local Pantry', linking with local groups to expand availability further, providing families with access to healthy and affordable food. The 'Your Local Pantry' scheme will also explore the viability of provision of items via 'Healthy Start' vouchers.
  21. Stockport Homes will promote healthy lifestyles to residents through a range of media including via 'Stockport at Home' newsletter and online messages

### **Schools Health and Well Being**

22. The Council will encourage and support schools to recognise the importance of healthy lifestyles including having a healthy diet, maintaining good oral health and maintaining a healthy weight.
23. The Council will continue to encourage and support schools to deliver better educational outcomes, promote healthy behaviours and reduce risky health behaviours such as smoking, behaviour likely to cause injury and alcohol and drug misuse among children and their families.
24. The Council will continue to support schools to develop life skills such as problem-solving, tolerance and confidence in order to build self-esteem and resilience to peer and media pressure and bullying.
25. The Council will ensure that schools are aware that physical activity improves educational attainment
26. The Council will encourage and support schools to incorporate more physical activity within and beyond the curriculum, in order to increase children's moderate and vigorous activity levels and reduce levels of sedentary behaviour.
27. The Council will encourage and support Stockport schools to implement a planned, age appropriate, progressive programme of Relationship and Sex Education.
28. The Council will support schools in continuing and developing dissemination of good practice and sharing intellectual resources in order to incorporate public health messages across the school curriculum

29. The Council will establish a steering group to develop a cohesive approach to service provision to support all pupils but particularly those at risk which will enhance the Stockport Family approach. This will consider best practice in developing robust and well communicated pathways to support early intervention.
30. Stockport secondary schools will continue to develop and deliver a high quality relationships and sexual health education as part of their PSHE curriculum. This will continue to support young people in Stockport to keep themselves healthy and give them an age-appropriate understanding of healthy relationships, and how to stay safe from abuse and exploitation.
31. Stockport Schools' Sport Partnership will support the increase of children and young people's participation in high quality physical education, physical activity, competition and community links in schools and colleges
32. Stockport Schools' Sport Partnership will use Change4Life to increase participation for the least active in schools/colleges
33. Stockport Schools' Sport Partnership will deliver targeted activities in schools/colleges
34. Stockport Council will provide delivery support for School Travel Plans
35. Stockport Schools' Sport Partnership will support school staff to promote and model physical activity in a positive way
36. Feeding Stockport will develop growing groups in schools as an alternative to sports based activities and link into community based projects

### **Active and Safe travel.**

37. The Council will continue to organise the Walk-a-day programme of rambles on our ROW network.
38. Through the Greenspace Forum the Council will foster links between Friends Groups (who need volunteers) and disadvantaged groups who need outlets.
39. The Council will provide walking routes on line for people to download and promote the 'Green A-Z'.
40. The Council will offer Health Watch, FLAG, Stockport4Health and other health-based organisations the opportunity to promote health & fitness to the public by notices in our car parks.
41. The Council will set up/encourage more 'social' exercise groups for lunchtime including walking, swimming, dancing, climbing etc.
42. The Council will provide more cycle stands in car parks.
43. Stockport Homes will work with Transport for Greater Manchester and The Council to increase the number of public cycle storage opportunities in estates
44. The Council will support and encourage healthy and sustainable modes of transport.
45. The Council will continue to pursue the development of linked-up walking and cycling networks.

46. The Council will ensure that walking and cycling is built into any strategic development proposal on the borough's highway network.
47. Stockport Homes will support this initiative by linking in with tenants and residents associations.
48. Stockport Council will utilise external grant opportunities to further develop the quality of existing walking and cycling routes, including Public Rights of Way
49. Stockport Council will develop an enhanced Guided Walk programme
50. Stockport Council will increase awareness of and access to active travel as an attractive and viable form of transport
51. Stockport Council will provide cycle and walk leader training
52. Stockport Council will establish evidence of the costs to public health and other Council budgets of developers not implementing existing sustainable transport (including active travel) related planning policies
53. Stockport Council will establish an active travel working group
54. Stockport Council will review the Stockport Council Travel Plan to ensure the promotion of physical activity is a priority
55. Stockport Council will support the continued development of active travel to and from school/college
56. Stockport Homes will support this initiative further by being an active member of the Physical Activity Strategy Steering Group.

### **Health and Spatial Planning.**

57. The Council will further develop its new system for including public health advice in relation to planning applications
58. The Council and Stockport Homes will offer and promote healthy and sustainable food choices as part of the Sustainable Food Cities Programme. This will include the appointment of a co-ordinator in January 2014, employed by the Kindling Trust, the establishment of 'Feeding Stockport' Partnership in 2014 and the agreement of 3 year Sustainable Food Action Plan in 2014.
59. The Council will ensure wider understanding of the legal basis for considering health as a material factor in planning decisions and will seek to identify a group of councils prepared to share the costs of test cases.
60. Stockport Council will attach high priority to ensuring that all new major developments have walking and cycling designed into them
61. Stockport Council will review design guidelines to make them more appealing for active play and promote clear connectivity to greenspaces
62. Stockport Council will undertake an evidence based revision of supplementary planning documents with a focus on design to encourage physical activity and reduce sedentary behaviour
63. Stockport Council will consult on planning applications to continue to include Public Health and to include reference to physical activity and the promotion of non-obesogenic design (including new schools)
64. Stockport Council will ensure inclusion of the streetscape when looking at ways that planning can assist in promoting physical activity
65. Stockport Council will review indicators in the annual Authority's Monitoring Report around the provision of new development that enables improvement to new sustainable transport,

children's play, open space, green infrastructure, indoor and outdoor sports and recreation facilities

66. Stockport Council will ensure greater focus on stair location and design in planning applications
67. Stockport Council will endorse sustainable design and construction approaches which support developments that result in enabling daily activity
68. Stockport Council will ensure policies result in development which contributes to integrated walking and cycling networks
69. Stockport Council will review local planning policy to support delivery of a Living Streets programme
70. Stockport Homes will continue to work with Stockport Council, communities and key stakeholder to raise awareness of the social, environmental and well-being benefits of greenspaces including parks, open spaces, allotments and play spaces.

## **Country City**

71. The Council will review and refresh Country City and formally establish its status in the planning system.
72. By the summer of 2016 it will secure the basis for a recommendation to members to support the principle of greenspace-compatible development, revise the Council's existing Sustainable Design & Construction Supplementary Planning Document (SDC SPD) to ensure it reflects the approaches outlined in Country City as well as containing an updated business case for sustainable design and construction methods that support good public health and re-launch revised SDC SPD with support for approaches from relevant Portfolio holders as well as Executive Council backing. It will hold a launch event for developers
73. By the summer of 2016 it will co-ordinate provision of low cost / no cost locally available training on sustainable design and construction to enable local developers to embrace the design approach and understand the benefits. This work should include local and/or national best practice examples of all the aspects of green space compatible development outlined in this section of the Action Plan. This work should tie in with planning work around raising the profile of Green Infrastructure.
74. By the summary of 2016 it will ensure that existing relevant planning policy and any revisions of such are robustly evidenced in terms of cost benefit and social benefit of greening the built environment, including public sector budget implications, in order to provide robust information in terms of viability discussions.
75. Over the next two years it will ensure that the JSNA and other Council strategies / policies and action / implementation plans reflect the need for green space compatible development acknowledging the public sector budget benefits as well as social / economic and environmental benefits to Stockport's residents / businesses.
76. The Council will continue to encourage green roofs. Within the next two and a half years it will establish links to a building project that could incorporate a green roof into the design; engage relevant project's lead officer to take forward green roof as part of development.
77. On the issue of Green Security the Council will engage Greater Manchester's Directors of Public Health to approach GM Police regarding Secure by Design Standard and any health implications that this standard may engender
78. On the issue of Green Security the Council will produce a promotional leaflet for developers.
79. The Council will seek low cost methods of making council buildings aesthetically attractive

80. The Council will encourage staff to make their workplace more aesthetically attractive and run a competition for those doing the most in staff areas and those front line departments doing the most in public-facing areas.
81. The Council will encourage schools to make the school more aesthetically attractive and run a competition
82. The Council will adopt procedures which will allow communities to improve public realm
83. Stockport for Health and Well Being will encourage other organisations to take part.
84. The Council will promote JSNA work on supportive text for planning regarding Green Infrastructure, sustainable transport, sustainable urban drainage and measures to address urban heat effect
85. The Council will review its approach to urban heat effect
86. The Council will pursue the development of local guidance and provision of training for planners and developers on the process of HIA and the importance of green space compatible development
87. The Council will articulate during the development of the GMSF and then implement in its own Local Plan measures to develop an evidence base that supports successful implementation of health relevant planning policies, develop an appropriate and deliverable HIA Policy for local plans, assess existing Planning Policy and local Guidance for robustness and capacity in terms of promoting green security and green infrastructure, promote greenspace-compatible development
88. The Council will ensure that walking and cycling are prioritised in TCAP.
89. The Council will explore using using the new simplified powers for definitive map adjustments to pursue the lost ways project more actively and see if it is possible to complete the map for the former CB area.
90. The Council will empower volunteers to work on rights of way improvement.
91. The Council will carry out exploratory work for partial pedestrianisation of the A6 between Heaton Lane and Longshut Lane, subject to appropriate arrangements for buses, cyclists and access to Stockport Station and Stockport Exchange
92. Stockport Homes and Feeding Stockport will increase opportunities for community gardening and growing spaces
93. Stockport Council, Stockport Homes and Life Leisure will provide a range of green space and leisure facility environments that are appealing and conducive for physical activity for all ages within the Borough
94. Stockport Council will work in partnership with stakeholders, such as Friends Groups to encourage active use of parks and greenspaces
95. Stockport Homes will continue to build new homes for both rent and shared ownership. All the new build properties will meet or exceed building regulation requirements in relation to insulation, heating and comfort levels.
96. Stockport Homes will continue to invest in existing stock in particular targeting properties with expensive to run inefficient heating systems and replacing them with new efficient heating systems. Stockport Homes will also continue with insulation programmes and the installation of renewable technology such as PV panels. These programmes are designed to address fuel poverty and the comfort levels of customers' homes

## **Resilience and Inclusive communities**

97. Council services and Stockport Homes will access and will support groups and organisations to access and manage funding that promotes health & wellbeing, most recent examples being the Big Lottery Wellbeing Fund (Stockport's Food & Fitness for Families), Adult Social

Care accessing various EU funds around sustainable living and NHS Homeless Discharge Fund.

98. The Council will continue to lead on input to Manchester MHealth Ecosystem and ECH Alliance.
99. Stockport 4 Peace in conjunction with Stockport 4 Health will organise a programme of work on awareness of international public health issues.
100. Stockport Homes will expand the provision of physical activity within community settings
101. Stockport Schools' Sport Partnership will develop leadership and volunteering opportunities within schools and colleges
102. Life Leisure and Sport Stockport will support the development of the community voluntary sector to promote physical activity
103. Stockport Schools' Sport Partnership and Life Leisure will develop improved school/community sports and activity partnerships
104. Stockport Council, Life Leisure and Stockport Schools' Sport Partnership will support practitioners working with all age groups to develop their physical activity knowledge and expertise
105. Stockport Council will work with community development to support the growth of grass-roots community-led physical activity
106. Stockport Homes will continue to offer training via the successful Skills for Life programme aimed at improving healthy lifestyles.

## **Workplace Health**

107. The Council will promote services to businesses (eg the "Good Work: Good Health Charter) that will improve the health and wellbeing of their workforce and promote the health and wellbeing of the Council staff.
108. Stockport Homes is committed to supporting and enhancing the social, physical and psychological well being of all its employees based on the national Investors in People, Health and Wellbeing good practice Award which was achieved and has been retained following review since 2012
109. The Council will support the growth of the low carbon business sector in Stockport through our grant scheme and business support.
110. The Council will support the establishment of healthy food outlets in the town centre through our grant scheme and business support.
111. The Council will facilitate and encourage businesses to develop collaborative healthy offers and alternatives.
112. Stockport Council, Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust and Life Leisure will support workplaces to be active places including encouraging the use of stairs in buildings
113. Stockport Council, Stockport Homes, Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust and Life Leisure will encourage regular active breaks during work time

114. Stockport Council will offer cycling and walking incentive schemes
115. Stockport Council and Stockport Homes will link with Cycle loan to develop 'bike loan' schemes
116. Stockport Council and Life Leisure will promote the Workplace Challenge with major employers
117. Stockport Council will provide opportunities for staff to be physically active through the Workforce Health and Wellbeing Group
118. Life Leisure will use Acti-life to promote an active lifestyle within the workforce
119. Stockport Council will promote physical activity as part of the Stockport Together Health and Wellbeing programme for all staff
120. Stockport Council will promote workplace building design to support active commuting
121. Stockport Council, Stockport Clinical Commissioning Group, Stockport Homes, Stockport NHS Foundation Trust and Life Leisure will promote 2x10 minute walk breaks per day for staff with sedentary occupations
122. Stockport Council, Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust and Life Leisure will promote the option of standing workstations and standing meeting rooms within the workplace
123. Following on from the success of the 'Fitness 15' initiative, Stockport Homes will widen the scope of what's on offer for staff in 2016 under the rebranded 'Wellbeing 16'.
124. Stockport Homes will develop it's pool of Mental Health First Aiders under the 'Active Listeners' scheme, offering additional support to staff who may be experiencing emotional distress and poor mental wellbeing.
125. Stockport Homes will provide additional ad hoc health opportunities including free fruit, blood pressure checks and massages

## **Other**

126. The Council's Trading Standards and Licensing teams will continue to work with the Police and other partners to tackle the problems of illicit tobacco and the impact that it has on communities.
127. The Council will erect signs in selected areas within parks (such as children's play areas) indicating that they are smoke free.
128. Life Leisure will develop an active and professional fitness and sports workforce through accredited providers
129. Stockport Council, Stockport Homes and Life Leisure will use both traditional and social media to promote the benefits of physical activity and the risks of being sedentary
130. Stockport Council will promote physical activity through the Health Chat programme with providers
131. Stockport Homes are committed to signing up to a set of Health and Wellbeing Pledges devised by all housing organisations across Greater Manchester.

## **Healthy Ageing**

132. Build on the work to date to promote increased awareness of social isolation and loneliness of older people as a significant risk factor to health and wellbeing, by extending this approach

more widely to people with physical and sensory disabilities, people with mental health problems and carers.

133. Continue to expand our knowledge of the factors which reduce independent living and the factors which promote resilience and wellbeing through insight gathered from the new preventative contracts and the early work through the multi-disciplinary teams. Capture this for wider use across providers, the Council and partners.
134. Improve the awareness of the benefits and promotion of appropriate physical activity across the domiciliary care sector and residential care settings, identifying appropriate partnerships through which to promote these messages, including promotion of the home exercise guide.
135. Continue to seek opportunities to apply the principles and content of the Health and Wellbeing Check (for older people) to other appropriate settings and contacts with older people, including Stability Services and hospital wards / clinics.
136. To ensure that a series of appropriate public health / lifestyle questions are incorporated into the initial conversation with service users who are being supported through the integrated health and social care hubs.
137. To improve the understanding and identification of falls risk amongst social care practitioners, in particular with a view to intervening early with aids and adaptations in the home environment
138. Stockport Homes supports the healthy ageing strategy and will continue current events in sheltered schemes and seek to explore other opportunities to run specific programmes to the within the wider community through the continuation of an Older Person's Activities Co-ordinator.
139. Stockport Council and Age UK Stockport will ensure access for older / vulnerable people to locality level activities
140. Age UK Stockport, Step Out Stockport and Life Leisure will support activities for more vulnerable people for maintaining / improving balance and mobility
141. Stockport Council will promote regular physical activity, as an effective means by which to support healthy ageing
142. Stockport Homes will continue with the delivery of the Older Persons Strategy and Action Plan in collaboration with partners
143. Stockport Homes will review support services delivered to Older People and seek to ensure services are delivered on a wider footing
144. Stockport Homes will deliver roles within the Wellbeing and Independence Network focussing on older people, disabled people and carers, work will include the provision of practical advice and support to sustain independent living including adaptations, repairs and maintenance, income maximisation, wellbeing and independence in the community and additional activities.
145. Stockport Homes will provide an annual winter welfare check for vulnerable elderly tenants ensuring they are ready for the colder winter months.
146. Stockport Homes will promote dementia awareness in local communities

### **Prevention in Social Care**

147. Substantially enhance the social model of self-care through the preventative commissioning work and the Proactive Care workstream by taking steps to grow social action and community capacity which will create informal but organised support for individuals, families and communities
148. To continue to work towards addressing the health inequalities of people with learning disabilities through an annual review of the Learning Disability Self-Assessment Framework

## **Lifestyle and Behaviour Change.**

149. The Council will train front line staff in the public health skills necessary for making every contact count.
150. Stockport Homes will seek to make every contact count, for example, reviewing access points into services with a view to forming links to, and promoting, use of primary care services and/or other appropriate programmes.
151. The Council has recently submitted the CLEAR self-assessment on how we are locally progressing the tobacco control agenda. We will be assessed on this in March 2014 and following this will consider all of the recommendations alongside the Local Government Declaration on Tobacco Control.
152. Stockport Homes will continue to work with relevant agencies to promote and support customers and staff in knowing about and being able to access smoking cessation services, as well as linking in with the Family Nurse Partnership, to help reduce the number of younger mums smoking in pregnancy.
153. The Council's Trading Standards and Licensing teams will continue to work with the Police and other partners to tackle the problems of illicit tobacco and the impact that it has on communities.
154. The Council will erect signs in selected areas within parks (such as children's play areas) indicating that they are smoke free.
155. Life Leisure will encourage a more physically active Stockport across all ages, through the provision of high quality leisure facilities.
156. Life Leisure will work in partnership with external agencies to provide sport and physical activity opportunities which can impact positively upon criminal activity and anti-social behaviour.
157. Life Leisure will continue to develop innovative and forward-thinking initiatives such as the Health Hub, PARiS and All Together Active to support inactive children and adults with chronic illnesses to better manage their health through physical activity.
158. Life Leisure will focus on addressing health inequalities and develop partnerships with external organisations to reinforce positive health messages within the Neighbourhood Management priority areas.
159. Life Leisure will offer and promote family offers within leisure facilities across the borough
160. Life Leisure will ensure that leisure facilities are accessible to all across the borough
161. Life Leisure will develop large scale and targeted community interventions (including the big event series)
162. Life Leisure will provide support for voluntary sector sports club infrastructure development in priority areas
163. Life Leisure will deliver events in green spaces where participation involves physical activity

164. Stockport Council, Age UK Stockport, Stockport Homes and Life Leisure will engage with older people to provide and promote opportunities to reduce sedentary behaviour
165. Stockport Council will work with parents/carers to limit the amount of time young children are restrained in highchairs, pushchairs or car seats
166. Stockport Council and Stockport Homes will develop family and home-level interventions targeted at reducing screen-based sedentary behaviours in children and young people
167. Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust, Life Leisure and Stockport Council will support sedentary people with moderate medical conditions to increase their physical activity levels (including referral to Physical Activity Referral in Stockport [PARiS])
168. Life Leisure will deliver targeted sports opportunities within the community
169. Life Leisure and Stockport Homes will utilise grants and external funding opportunities to support doorstep activity
170. Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust, Life Leisure and Stockport Council will support overweight or obese children and young people aged 5 – 13 years to increase their physical activity levels (including referral to All Together Active [A2A])
171. Stockport Council and Stockport NHS Foundation Trust will ensure physical activity is addressed within all lifestyle intervention and support programmes
172. Stockport Council will use both regional and national physical activity initiatives to help address wider health determinants
173. Stockport Council, Stockport Homes, Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust and Life Leisure will promote and support the use of Apps, pedometers and accelerometers to change behaviour
174. Life Leisure will develop and expand the use of Acti-life to change behaviour within the wider population

### **Stockport Clinical Commissioning Group.**

175. The Stockport Clinical Commissioning Group and the Council will continue the integration of health and social care through Locality Hubs and in that context will seek to put in place a pattern of care which optimises resources through prevention, early diagnosis and the more efficient harmonisation of services and clinical pathways.
176. The Stockport Clinical Commissioning Group will pursue a campaign to increase levels of early diagnosis of hypertension.
177. The Stockport Clinical Commissioning Group and NHS Greater Manchester will explore developing the role of community pharmacists in prevention.
178. The Stockport Clinical Commissioning Group, the Stockport NHS Foundation Trust the Council and Stockport Homes will pursue a “making every contact count” programme.

### **Health Protection.**

179. The Council’s Neighbourhood Management Teams and Stockport Homes will encourage local people to make full use of immunisation and screening services.

180. The Council's social care staff and Stockport Homes will promote the importance of the pre-winter flu immunisation amongst staff and service users.
181. The Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust, local GPs, NHS Greater Manchester, Stockport Homes and the Council will aim to further increase uptake levels of flu vaccination in Stockport in the 2014/15 programme, especially where it is lower than the generally excellent levels in the Borough as a whole

### **Public Health resources.**

182. The Council is currently engaged in a major exercise to ensure that its services achieve the best outcomes that are possible within increasingly limited resources. In that exercise it will ensure that the value of preventive approaches both to achieving outcomes and to reducing cost will be fully recognised.
183. The Council is currently engaged in a major exercise to ensure that its services achieve the best outcomes that are possible within increasingly limited resources. In that exercise it will ensure that the health of the people is seen as an important outcome wherever its services can assist.
184. The Council is currently engaged in a major exercise to ensure that its services achieve the best outcomes that are possible within increasingly limited resources. In that exercise it will recognise the value of empowered and resilient communities.

### **Drug and Alcohol Misuse.**

185. Stockport Homes is committed to tackling anti-social and other related behaviour as a result of substance misuse and will join the Substance Misuse Group.
186. As part of this membership Stockport Homes will consider an improved offer to those affected by substance misuse issues (specifically alcohol related) where housing is 'key' to recovery.
187. Stockport Homes will also continue to work in close partnership with drug and alcohol services in Stockport and continue to provide home detoxes within temporary accommodation schemes
188. Stockport Homes will contribute a package of training in schools around homelessness and anti-social behaviour.
189. Stockport Council, Stockport Homes and Life Leisure will work with other services to promote and engage hard to reach groups in physical activity

### **Mental Health and Well Being.**

190. The Council will extend the pathways access and recovery model already used in mental health to people with long term conditions as part of the integrated care model.

191. Stockport Homes will promote the destigmatisation of mental health and the promotion of well-being through its staff: - health and wellbeing events, training and wider staff support. Opportunities to access support will also be offered to customers.
192. Stockport Homes will play an active part in the Stockport Suicide Collaborative Group and support and promote Wellbeing Week.