



# HEALTH AND WELLBEING ROUND UP

ISSUE 03 – DECEMBER 2014



## CELEBRATION TIME FOR RE:FRESH VOLUNTEERS

A recent health event brought together over 70 volunteers to celebrate their work for the Council's award-winning re:refresh initiative.

Providing well over six thousand hours of support in 2013-14, re:refresh volunteers are involved in many different health and wellbeing projects in Blackburn with Darwen, enabling more local residents to lead a healthier, happier life.

The event at King George's Hall saw the volunteers gathered together to be thanked for their time and efforts with eight people on the night also nominated for a special award. The eight nominees' stories were heard with each volunteer in attendance able to cast a vote.

Read the full story [here](#)



## SUPPORTING INFLUENCE ON HEALTH AND WELLBEING BOARDS

This annual survey asks the voluntary, community and social enterprise (VCSE) sector about engagement with health and wellbeing boards – what is working well, what could work better and what support would help? The aim of the survey is to capture how VCSE engagement with health and wellbeing boards is changing over time.

The survey is aimed at each of:

- voluntary sector representatives on health and wellbeing boards
- Healthwatch representatives on health and wellbeing boards
- the wider voluntary, community and social enterprise sector

It asks about routes into the health and wellbeing board- how the VCSE sector is able to influence the joint strategic needs assessment, the health and wellbeing strategy and local commissioning. They hope to capture how engagement with the boards is changing over time. They also include a new question, looking at HWB use of local Compacts.

The closing date for this survey is 23 January 2015. Access the survey [here](#)

## SIGN UP NOW FOR DRY JANUARY



The Council is backing Dry January 2015 and inviting people to go alcohol free for 31 days.

The Public Health and re:refresh teams are working with partners including VOICE and ADEPT and The Mall Blackburn, Blackburn College and other employers to put out the invitation to sign up and see if the borough can beat the 500 sign-ups achieved last year.

Dry January can be used to create conversations about alcohol and give you a different perspective on your alcohol routines and drinking on a regular basis. It's the chance to ditch the hangover, lose weight, save money and make a real difference to your and your family's lives.

[You can sign up here](#)

## BLACKBURN GETS THE GO AHEAD FOR PLANS TO FURTHER INTEGRATE HEALTH AND SOCIAL CARE

Plans for how Blackburn with Darwen will spend £12m of public funding to improve health and social care services in the borough have been approved by NHS England.

The Better Care Fund (BCF) was announced by the government in June 2013 to help bring together health and social care. The ambitious programme encourages the NHS and local government to pool some of their budgets and bring their staff together in shared teams so that they can provide better, more joined up services to local people.

Find out more [here](#)

## EMERGENCY WINTER FOOD PACKS

The Warm Home Healthy People programme (funded by Blackburn with Darwen Borough Council) is now running for the third year. This year instead of the slow cooker and veg pack they are providing families and individual with food packs to compliment The Food Bank.

Clients that are vulnerable and struggling to eat this winter are being provided with nutritional ingredients and recipes to feed them for at least a week, with other essential goods to sustain them further.

This programme is now open and they are taking referrals until 28 February 2015 for the winter period. There are no specific criteria for eligibility, but ideally clients need to be in receipt of one or more of the following benefits:

- Income Support
- Job Seekers Allowance
- Employment Support Allowance
- Disability Living Allowance or PIP
- State Pension
- Any other circumstances can be discussed between Healthy Living and the referrer

For further details visit this [website](#)

## LOCAL RESIDENTS GATHER FOR SPECIAL WELLBEING SERVICE LUNCH

Around 100 people who've had help to improve their health by the Council's Wellbeing Service gathered for a special Christmas lunch recently.

The event at King George's Hall brought together all those people who have accessed the Council's exercise referral programme – just one of a wide range of services available via the Wellbeing Service to support the health and wellbeing of Blackburn with Darwen residents.

Exercise referral is available for people who have any health or medical problems and would benefit from improving their lifestyle via structured exercise sessions and healthy eating advice. Two people from Blackburn who've accessed falls prevention classes via the Wellbeing Service are James Warner, 83, and Hilda Salter, 87, both from Blackburn.

Read the full story [here](#)

## Reports

**National Voices**

People shaping health and social care



## I'M STILL ME : A NARRATIVE FOR COORDINATED SUPPORT FOR OLDER PEOPLE

This document, produced in collaboration with UCLPartners and Age UK, sets out how integrated care and support looks and feels to older people and is written from their point of view. It outlines five themes that older people say are key to coordinated support: independence, community interactions, decision making, care and support and terminology. Read the report [here](#)

## CONNECTING HEALTH AND WELLBEING BOARDS A SOCIAL MEDIA GUIDE

Health and wellbeing boards (HWBs) have faced a steep learning curve since assuming their full statutory role in April 2013. Through the Health and Wellbeing System Improvement Programme, the Local Government Association (LGA) has worked with communications specialists at Comms2point0 to:

- understand the potential of social media for health and wellbeing boards
- assess the extent to which they are realising that potential
- provide guidance on how social media might support their aims and objectives

This work was undertaken in response to requests from people working with health and wellbeing boards where there was a real desire for social media to be used effectively to help the boards shape policy, explain decisions and deliver objectives. Find out more [here](#)

### HEALTH SURVEY FOR ENGLAND

The Health and Social Care Information Centre has published the results of the 23<sup>rd</sup> annual health survey for England. It covers the adult population aged 16 and over living in private households in England.

Health Survey for England series was designed to monitor trends in the nation's health, to estimate the proportion of people in England who have specified health conditions, and to estimate the prevalence of certain risk factors and combinations of risk factors associated with these conditions.

To view all the series of publications follow this [link](#)

### FUTURE NEWSLETTERS

If you have an initiative or information you would like to share with our partners and want it including in the newsletter, please contact Andrea Gregson on (01254) 666944 or send an [email](#) we would love to hear from you.

Follow us on Twitter

[@BwDPublicHealth](#)

Visit Blackburn with Darwen's Public Health page [here](#)

## Key messages

Blackburn  
with Darwen

**50+**  
**Partnership**

Posi+ive about age

### ROUND UP OF EVENTS / INFORMATION

#### "Take Control, Self Care for Life"

In October the 50+ Partnership held its annual event for the Partnership Panel members at King Georges Hall. The event was well attended with over 100 people taking part. The day was a mix of group activities, speakers and self care information. There were demonstrations of the latest assistive technology equipment, seated exercise routines and quizzes on what to do when faced with certain medical problems. Click [here](#) for the full event report

#### Healthy Ageing Group

The Blackburn with Darwen Healthy Ageing Group is a sub-group of the 50+ Partnership and meets quarterly. Look at the key messages [here](#)

#### Lancashire Fire and Rescue – Safer Together

Over the last few years nearly half of the fire deaths in Lancashire have occurred over a three week period at the end of December and early January. Over 90% of people losing their lives at this time of year are older people living alone with no working smoke alarm.

Everyone in the county can help them achieve their objectives; if you have an older relative, a friend or neighbour, please check that they have a working smoke alarm, if they don't, please pass their details on to Lancashire Fire and Rescue so they can help make them safer this winter. You can do this by phoning freephone 0800 169 1125. Find out more [here](#) and to download the poster.

## **TROUBLED FAMILIES PROGRAMME – PARTNER UPDATE**

Last month Blackburn with Darwen Borough Council received confirmation that we had achieved the target set by Troubled Family Unit (TFU) to be considered as an early starter. As such we will be able to draw down additional funding from the Department for Communities and Local Government (DCLG) in January 2015 ahead of the national roll out of the expanded programme in April 2015.

The expanded Troubled Families Programme will retain the current programme's focus on families with multiple high cost problems and continue to include families affected by poor school attendance, youth crime, anti-social behaviour and unemployment. However, it will also reach out to families with a broader range of problems, including those affected by domestic violence and abuse, with younger children who need help, where crime and anti-social behaviour problems may become intergenerational and with a range of physical and mental health problems.

To be eligible for the expanded programme, each family must have at least two of the following six problems:

1. Parents and children involved in crime or anti-social behaviour
2. Children who have not been attending school regularly
3. Children who need help: children of all ages, who need help, are identified as in need or are subject to a Child Protection Plan
4. Adults out of work or at risk of financial exclusion or young people at risk of worklessness.
5. Families affected by domestic violence and abuse
6. Parents and children with a range of health problems

Tanya Gallagher, Troubled Families Programme Manager, will be contacting relevant partners in the coming weeks to discuss the Troubled Families Outcomes Plan and she is more than happy to meet with you to discuss further or to attend team meetings.

If you would like more information Tanya can be contacted on (01254) 588829 or by email [tanya.gallagher@blackburn.gov.uk](mailto:tanya.gallagher@blackburn.gov.uk)



## **BLACKBURN WITH DARWEN LOCAL SAFEGUARDING CHILDREN BOARD**

The key messages from the meeting held on 10 December 2014 can be found [here](#)

## upcoming events

### **FREE KEEP SAFE AND WARM IN WINTER EVENT**

This event is being held on Wednesday 14 January 2015 from 11.00 am – 12.00 pm at Your Support Your Choice, Town Hall Street, Blackburn.

Full details are available [here](#)

### **LOOKING AFTER YOURSELF TRAINING WORKSHOP**

This workshop is taking place on 17 March 2015 at 1.30pm at Audley and Queen's Park Neighbourhood Learning Centre.

Further details can be found [here](#)

### **NOMINATIONS LAUNCHED FOR THE 1V COMMUNITY AWARDS 2015**

The 1V Community Awards celebrate the very best of community people and groups in Blackburn and Darwen. This is the third year of the awards which look to award those that have gone over and above their normal roles in society to help those most deprived and disadvantaged. One Voice will be announcing the winners at the One Voice Annual Dinner on Saturday 21st February 2014.

You can nominate individuals/groups in the categories listed below. This year you can nominate yourself. Each entry requires 100 words or more detailing the reasons as to why the individual/organisation should be shortlisted for the said award.

These are the categories:

- Man of the Year
- Woman of the Year
- Youth of the Year
- Institute of the Year

The closing date for nominations is 17 January 2015.

If you need any further details, please email: [info@onevoicenetwork.org.uk](mailto:info@onevoicenetwork.org.uk).

For regular updates please follow them on Twitter (@1VoiceBlackburn) and Facebook (<https://www.facebook.com/OneVoiceBlackburn>).