

Date: Wednesday 25 September 2024 at 2.00 pm

Venue: Jim Cooke Conference Suite, Stockton Central Library, Church Road, Stockton on Tees, TS18 1TU

Cllr Robert Cook (Chair)
Cllr Lisa Evans (Vice-Chair)

Cllr Pauline Beall
Cllr Steve Nelson
Cllr Stephen Richardson
Cllr Sylvia Walmsley
Carolyn Nice
Fiona Adamson
Peter Smith
Matt Storey
Cllr Diane Clarke OBE

Cllr Dan Fagan
Cllr David Reynard
Cllr Marcus Vickers
Majella McCarthy
Sarah Bowman-Abouna
Dominic Gardner
Karen Hawkins
Lucy Owens
Jonathan Slade

AGENDA

- 1 Apologies for absence**
- 2 Declarations of interest**
- 3 Minutes**

To approve the minutes of the last meeting held on 31 July 2024 (Pages 7 - 10)
- 4 Community Spaces Monitoring Report** (Pages 11 - 36)
- 5 Draft Joint Health and Wellbeing Strategy** (Pages 37 - 56)
- 6 Members' Updates**
- 7 Forward Plan** (Pages 57 - 58)

Members of the Public - Rights to Attend Meeting

With the exception of any item identified above as containing exempt or confidential information under the Local Government Act 1972 Section 100A(4), members of the public are entitled to attend this meeting and/or have access to the agenda papers.

Persons wishing to obtain any further information on this meeting, including the opportunities available for any member of the public to speak at the meeting; or for details of access to the meeting for disabled people, please

Contact: Michael Henderson on email Michael.henderson@stockton.gov.uk

KEY - Declarable interests are:-

- Disclosable Pecuniary Interests (DPI's)
- Other Registerable Interests (ORI's)
- Non Registerable Interests (NRI's)

Members – Declaration of Interest Guidance



Table 1 - Disclosable Pecuniary Interests

Subject	Description
Employment, office, trade, profession or vocation	Any employment, office, trade, profession or vocation carried on for profit or gain
Sponsorship	Any payment or provision of any other financial benefit (other than from the council) made to the councillor during the previous 12-month period for expenses incurred by him/her in carrying out his/her duties as a councillor, or towards his/her election expenses. This includes any payment or financial benefit from a trade union within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992.
Contracts	Any contract made between the councillor or his/her spouse or civil partner or the person with whom the councillor is living as if they were spouses/civil partners (or a firm in which such person is a partner, or an incorporated body of which such person is a director* or a body that such person has a beneficial interest in the securities of*) and the council — (a) under which goods or services are to be provided or works are to be executed; and (b) which has not been fully discharged.
Land and property	Any beneficial interest in land which is within the area of the council. 'Land' excludes an easement, servitude, interest or right in or over land which does not give the councillor or his/her spouse or civil partner or the person with whom the councillor is living as if they were spouses/ civil partners (alone or jointly with another) a right to occupy or to receive income.
Licences	Any licence (alone or jointly with others) to occupy land in the area of the council for a month or longer.
Corporate tenancies	Any tenancy where (to the councillor's knowledge)— (a) the landlord is the council; and (b) the tenant is a body that the councillor, or his/her spouse or civil partner or the person with whom the councillor is living as if they were spouses/ civil partners is a partner of or a director* of or has a beneficial interest in the securities* of.
Securities	Any beneficial interest in securities* of a body where— (a) that body (to the councillor's knowledge) has a place of business or land in the area of the council; and (b) either— (i) the total nominal value of the securities* exceeds £25,000 or one hundredth of the total issued share capital of that body; or (ii) if the share capital of that body is of more than one class, the total nominal value of the shares of any one class in which the councillor, or his/ her spouse or civil partner or the person with whom the councillor is living as if they were spouses/civil partners have a beneficial interest exceeds one hundredth of the total issued share capital of that class.

* 'director' includes a member of the committee of management of an industrial and provident society.

* 'securities' means shares, debentures, debenture stock, loan stock, bonds, units of a collective investment scheme within the meaning of the Financial Services and Markets Act 2000 and other securities of any description, other than money deposited with a building society.

Table 2 – Other Registerable Interest

You must register as an Other Registrable Interest:

- a) any unpaid directorships
- b) any body of which you are a member or are in a position of general control or management and to which you are nominated or appointed by your authority
- c) any body
 - (i) exercising functions of a public nature
 - (ii) directed to charitable purposes or
 - (iii) one of whose principal purposes includes the influence of public opinion or policy (including any political party or trade union) of which you are a member or in a position of general control or management

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Health & Wellbeing Board

A meeting of Health & Wellbeing Board was held on Wednesday 31 July 2024.

Present: Cllr Bob Cook (Chair), Cllr Lisa Evans, Cllr Diane Clarke, Karen Hawkins, Sarah Bowman Abouna, Peter Smith, Cllr Steve Nelson, Cllr Sylvia Walmsley, Fiona Adamson, Dominic Gardner, Majella McCarthy, Matt Wynne, Lucy Owens

Officers: Michael Henderson

Also in attendance:

Apologies: Cllr Pauline Beall, Michael Houghton, Cllr David Reynard, Cllr Dan Fagan, Cllr Stephen Richardson, Jonathan Slade, Matt Storey, Cllr Marcus Vickers

1 **Declarations of Interest**

There were no declarations of interest.

2 **Minutes of the Meeting held on 26 June 2024**

RESOLVED that the minutes be confirmed as a correct record and signed by the Chair.

3 **Healthwatch Annual Report**

Members considered the Healthwatch Annual Report 2023/2024. The Board received specific updates relating to Healthwatch's reviews of Dentistry and Drugs and Alcohol.

Discussion and key points:

- The Board noted the challenges, for residents of the Borough, in accessing dentistry services and recognised the need for national reform. ICB had been delegated responsibility for dentistry from NHS England and planned significant investment across its area, which included Stockton.
- Members were informed that the finalised Dentistry report, by Healthwatch, would be presented to the Board as soon as available.
- It was explained that anyone in need of urgent dental care should initially contact local dentists. However, if they were unable to secure an urgent appointment they should ring 111, where they would be triaged and directed to emergency dental care, if appropriate.
- Future commissioning of dental services would be flexible and look at targeting patients in most need, as well as general care and prevention.

RESOLVED that the Annual Report and updates on Dentistry and Drugs and Alcohol be noted.

Joint Health and Wellbeing Strategy

The Board considered a presentation relating to the final stages of the development of the Joint Health and Wellbeing Strategy.

The presentation made recommendations relating to the approach, timeline and content of the Strategy.

RESOLVED that the recommendations, as detailed in the presentation, be approved and the draft Health and Wellbeing Strategy be presented to the Board's September meeting.

4 Health Protection Collaborative - Update

The Board considered a presentation relating to health protection issues produced by the Health Protection Collaborative.

Discussion and key points, included:-

- Information on shingles and the shingles vaccine would be forwarded to Board members.
- Flu vaccination cohorts had been announced and would commence on 1 September. Covid vaccination cohorts would be announced shortly.

RESOLVED that the update and discussion be noted.

6 Health and Wellbeing – Function and Development

It was explained that, during the recent workshop sessions, to develop the new Health and Wellbeing Strategy, for the borough, it had been agreed to revisit the functions of the Board, the format of Board meetings and the opportunity for Board development. The first proposed steps for the Board's consideration and approval were:

- Arrange development sessions to follow the next three Board meetings. The sessions would potentially receive some external facilitation.
- Amend terms of reference as necessary

The report proposed areas of focus for the development sessions:

- Board Function, added value, oversight, co-production, assurance, impact/performance.

Each development session would consider what the discussion would mean for the Board's Terms of Reference.

Discussion:-

It was important that impact/performance data was contextualised e.g. a narrative provided if the local system was an outlier in any area

RESOLVED that the proposals for the Board's development sessions be approved.

Members' Updates

There were no updates

7 Health and Wellbeing Board – Forward Plan

It was agreed that non urgent items be deferred to future months to allow as much time as possible on the development sessions that would follow the next three meetings.

Right Care Right Person to be deferred to October.

Winter Plans to potentially come in September

Draft Joint Health and Wellbeing Strategy – September

Development sessions and a resetting of the Forward Plan, in January, would provide an opportunity to balance the business being considered across children and adults. Presentations as a system was considered the best approach.

RESOLVED that the Forward Plan be noted.

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Community Spaces in the Borough of Stockton-on-Tees



Annual Evaluation September 2024

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Executive Summary

This report provides an overview of the Community Spaces scheme and the main issues highlighted through monitoring conversations gathered between March and June 2024. In addition, current challenges and recommended priorities for 2024/25 are outlined.

Key points to note from this report include:

- Currently, there are almost 70 venues registered as Community Spaces across the Borough. This includes all five the '*Bread and Butter Thing*' Hubs. Most venues operate throughout the year. A list of the venues is attached as appendix 2.
- 87% of Community Spaces provided a response to this year's annual monitoring. The majority stated that they were content with the scheme and would like to remain part of it for 2024-25.
- Most venues also expressed an interest in joining a Community Spaces Network. The launch of this network in June 2024 is covered within the report and indicates how feedback from monitoring conversations is already being implemented.
- Social isolation and the cost of living (struggling to pay utility and food bills) remain the two key reasons people attend a Community Space.
- Through the Community Spaces scheme, residents have accessed a range of advice and support services, such as debt management and employment and training.
- A lack of additional funding is still a key concern which prevents venues from increasing their offer to residents, i.e. opening for more days or introducing new activities.
- Several venues requested support with accessing additional funding.
- Examples of training and development opportunities requested by venues included mental health first aid, food hygiene and welfare and benefits training.
- The Winter Warm Boxes project (the distribution of boxes containing essentials to keep residents warm in their own homes) was highly regarded and all venues hoped that this would be repeated for Winter 2024/25.
- A major development within the Community Spaces scheme is the Warm Welcome. The success of the Thornaby Warm Welcome, which has resulted in the creation of a Warm Welcome in Billingham, is outlined within the report.
- Case studies from monitoring conversations, attached as appendix 1, evidence the invaluable work that has been achieved through the Community Spaces scheme.

Conclusion

£60,000 of Public Health funding has secured the continuation of the Community Spaces initiative for 2023/24 and 2024/25. This has enabled venues to build on what was achieved in the first phase of the Warm Spaces scheme and work towards long-term sustainability. Considering the increasing financial pressures on local authorities and the Council's Powering Our Future transformation programme, it is imperative that Community Spaces venues are empowered to achieve this long-term sustainability by accessing wider funding and are supported with funding bid applications.

The feedback reveals that it is apparent that there is an ongoing need for residents to be supported through the Community Spaces initiative. Several case studies gathered as part of this year's monitoring process have revealed that these spaces have played a pivotal role in preventing suicide and assisting with homelessness and domestic violence. Integral to this is the commitment from providers, Council staff and partners to accurately signpost and refer members of the public to the correct services and specific contacts within those services.

Looking forward, the Fairer Stockton-on-Tees (FSOT) team has established a network for Community Spaces providers to sustain and improve the Community Spaces offer across the Borough. Quarterly in-person events will be organised to provide training, networking and will include guest speakers who can provide services or sessions in venues. The FSOT team also compile fortnightly emails containing information on relevant funding and events which may be of interest to Community Spaces venues. This example evidences the team's attempts to maintain ongoing dialogue with venues. FSOT staff are also willing to conduct more regular visits to venues to support their development, where there is a need.

Recommendations

For the year 2024-25, it is recommended that:

1. The FSOT team, and representatives from partner organisations Thirteen and Catalyst, will assess the Community Spaces applications for 2024/25 and explore alternative options with venues who would still like to support residents, but the Community Spaces scheme is not appropriate for their venue/business model.
2. In-person quarterly Community Spaces Network events are arranged. These events will provide an opportunity for venues to come together, share ideas, be provided with updated information on funding and training. This will serve as a basis for venues to become more sustainable in line with the Council's Powering Our Futures programme.
3. Further joint working with Public Health on social isolation issues are explored.
4. Information on funding and training opportunities are regularly distributed via email to venues as part of the plan to increase the sustainability of the Community Spaces scheme.

5. Funding for Winter Warm Boxes 24/25 will be obtained by working with partner organisations, such as the Stockton and District Information and Advice Service and exploring options through Corporate Social Responsibility.
6. The FSOT and Community Engagement Team will work with Community Spaces venues to distribute Winter Warm Boxes.
7. Outreach support is provided for issues identified. For example, through work with Cleveland Police to arrange community safety drop-ins. Additional pension credit drop-ins, Employment and Training Hub on Tour sessions will also be arranged. Wider promotion of such sessions is also recommended.
8. FSOT continue to participate in Warm Welcome network and increase number of Community Spaces registered with Warm Welcome.
9. There will be increased promotion of the free SBC Community Transport Service and the Volunteer Drivers Scheme, to address transport issues for residents trying to access Community Spaces.
10. Options to ensure that there is at least one Community Space in each ward are explored.
11. Annual monitoring will take place in April 2025.

1.0 Introduction

1.1 Since its inception in 2022 (as the Warm Spaces scheme), the Community Spaces initiative has continued to develop from strength to strength, and there are currently almost 70 venues across the Borough of Stockton-on-Tees. A directory of venues with contact details, opening times and facilities available is included in the [Council website](#).¹ These range from Council-owned buildings to churches, community centres to cafés, each offering a non-judgemental ‘warm welcome’ to residents who may be struggling with the cost of living or social isolation. A list of participating venues is also included in this report as Appendix 2.

1.2 This report provides an overview of the key issues highlighted through monitoring conversations gathered between March and June 2024. This is accompanied by a series of case studies to emphasise the continuing importance of the Community Spaces scheme to the Borough’s residents. Finally, the report concludes with an evaluation of the current challenges and recommended priorities for the year ahead.

¹ <https://stockton.gov.uk/community-spaces-directory>

2.0 Background

2.1 Several areas within the Borough of Stockton-on-Tees are categorised as the most deprived in the country, meaning that the increasing cost of living has had a significantly detrimental effect on our residents, many of whom are already impoverished.

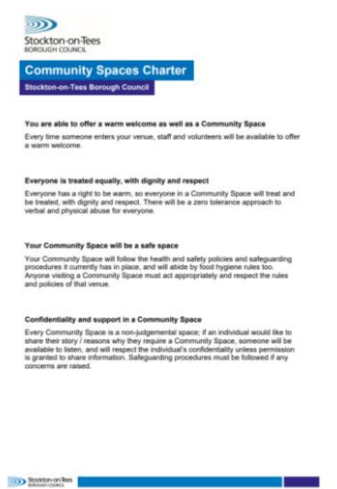
2.2 The establishment of the Warm Spaces scheme in October 2022, initially as a direct response to increasing utility bills, has provided a lifeline for a wide range of residents. Interim consultation exercises were carried out in December 2022 and February 2023 to gain early insight from venues and to serve as a mechanism for the FSOT team and partners to act on emerging issues in support of the network. An annual evaluation was carried out in June 2023. These initial evaluations revealed that the label 'Warm Spaces' may not be helpful in terms of its associated stigma for those who needed to attend venues solely open for the scheme and attendance in warmer weather may be negatively affected if people misunderstood what was being offered.

2.3 Consequently, in mid-2023, the Warm Spaces initiative was rebranded to 'Community Spaces' as a headline, using 'Community Spaces with a warm welcome' where a strapline was appropriate, to reflect the year-round provision offered that goes beyond heated public spaces to include community interaction and access to support services.

2.4 A charter has been developed that all Community Spaces venues have signed up to. The charter also outlines what is expected of any member of the public who attends.²

2.5 The newest Community Space is New Life Centre, Billingham, which also operates as a Bread and Butter Thing hub. This means that all five of the Bread and Butter Thing hubs are now also operating from Community Spaces.

2.6 Through collaboration, ongoing funding support and the tireless work of staff and volunteers across the Community Spaces venues, residents have been provided with safe spaces where they can access support, advice, socialise and often receive a warm drink and/or meal.



² https://www.stockton.gov.uk/media/3696/Community-Spaces-Charter/pdf/Community_Spaces_Charter.pdf?m=1690798342227

3.0 2024 Monitoring Evaluation and Feedback

3.1 Between March and June 2024, in-person monitoring visits were undertaken by Council officers, and staff from Catalyst and Thirteen, to gather feedback from participating venues. It was imperative that information was gathered through a conversational process so that representatives from each venue, who had given up their time to provide feedback, were reassured that they had been listened to. This has resulted in a better understanding of the successes achieved through this scheme and areas where venues need further support or advice.

3.2 58 of the 67 (87%) Community Spaces responded to the annual monitoring. A list of responding venues is included in this report as Appendix 3.

3.3 The key findings from the annual monitoring conversations are:

Attendance

3.4 Social isolation and the cost of living (struggling to pay utility and food bills) have remained the two key reasons for people to attend a Community Space, which are also viewed as a safe space and environment. For example, staff and volunteers at St Columba's Church, Billingham have observed, "*Some come just for the free homemade soup.*"

3.5 The following feedback received from Stockton Hope at St Andrew's has been echoed by most other Community Spaces venues: "*People's needs seems to have moved from food to needing social contact with others. They support each other with their problems.*"

3.6 Those attending Community Spaces have received advice and support with debt and debt management, benefits, addiction (drugs and alcohol), and welfare support, mental health problems, and employment and training. One example is the Employment and Training Hub's (E&T) 'Hub on Tour'. At these sessions, E&T Hub staff provide advice and assist with employment and training queries. To date, the 'Tour' has included or will include visits to a range of Community Spaces, including libraries and all Tees Active Leisure sites. Generally, 4-5 people are provided with assistance per session, but many residents have also taken information leaflets to pass on to family members and friends. Also, Hub staff are always open to attending any venues where there is a need.



3.7 Although there is a general increase in attendance figures during the winter months, most venues operate as a Community Space all year round. This has provided a sustained social element for residents across the Borough who rely on these spaces for friendship and support.

3.8 Several venues mentioned that attendance figures rise during school holiday times as this is a time when parents/grandparent/carers require extra support with feeding and entertaining children.

3.9 Many of the venues have existing activities or groups, such as baby and toddler sessions, which run during their Community Space 'time'.

3.10 Provision for asylum seekers and refugees has also been incorporated into the scheme and a weekly drop-in session is held at St Peter's Church, Stockton. Around 60 people attend for food, company, activities and English as a Second Language (ESOL) classes.

3.11 The provision offered varies across the venues. For example, at Tees Active leisure centre sites and the Arc, Stockton, members of the public can access a space anonymously during opening hours to simply stay warm and dry. Other venues, such as Norton Grange Community Centre, provide free weekly community meals, run a food pantry and provide emergency food parcels.

3.12 In general, venues are run by a mixture of paid staff and volunteers who prepare and serve food and serving drinks and deliver activities, such as bingo and quizzes.

3.13 With regards to why someone might not attend a Community Space, several churches responded that they felt that people might feel unsure or intimidated about entering a church or feel that they must be a Christian to access their space. Assistance with publicity to dispel these myths was requested by some churches.

3.14 Other venues stated that there was still a stigma associated with accessing a space to use services such as a foodbank. However, it appears that emphasising the social aspect of venues has reduced this stigma in places across the Borough.

3.15 One venue raised concerns that Community Spaces might be viewed as something that mainly older people accessed because they largely operate during working hours. Other venues expressed that they would like to open more but would need more funding to open on additional days.

3.16 In some areas, near Stockton Town Centre, high levels of crime were felt to be a barrier to people attending Community Spaces.

3.17 Transport was also raised as a key issue preventing people from attending a venue across the Borough, including Port Clarence and Thornaby. The following feedback from Five Lamps Warm Welcome, Thornaby highlights this problem:

"We have an elderly couple who come from sheltered accomodation, this is their only social outlet. They can only come because we pick them up in our minibus. The male particularly has very limited mobility and can't get on the public bus. This is the highlight of his week, he comes and makes friends , plays Bingo and Dominoes. We are very sadly going to have to stop offering this service as the cost of the fuel is £30 a week. We would appreciate any support in keeping this service alive."

3.18 Figures suggest that the SBC Community Transport scheme is being under utilised for people to access a Community Space. In April 2024, only 1 resident used the service to attend a venue, and this reduced to zero in June 2024. Further investigation into this issue needs to be conducted as a matter of urgency so that residents do not miss out on accessing a space and making important social connections if transport is the key barrier.

3.19 Efforts to resolve transport issues include the creation of the Stockton Volunteer Driver Service (SVDS). This scheme has been part-funded by SBC to recruit and coordinate volunteer drivers to give lifts to people who may be isolated or have difficulties accessing public transport. The aim of the scheme is to help reduce isolation and to increase access to social activities, support and health services. The first journey, in June 2024, took Noreen from her home in Billingham to the Warm Welcome social event in Thornaby. Noreen commented:

'It is a marvellous thing what you are doing and an absolute godsend for me. My husband passed away in December 2023 and getting out to social events like the Warm Welcome means the world to me.'



Additional Funding

3.19 As mentioned above, funding remains a key hindrance for venues maximising the provision they can offer and the number of residents they can reach through this scheme.

3.20 Only three venues stated that they had received funding through the Council's Food Aid Fund and only one venue had received funding through Catalyst's Reducing Inequalities Fund.

3.21 Other external funds received included a £500 Red Balloons Peer Support Network bursary granted to Lighthouse Mental Health Drop-In Centre. Stockton Baptist Church had also received around £2000 from the Tees Valley Combined Authority. Newtown Resource Centre was provided with an extra £500 from Thirteen specifically to support its Community Spaces work. Therefore, there is a recognised need to work alongside Community Spaces to support them in accessing additional funding.

3.22 During the monitoring process, many churches commented on the poor condition of their buildings and their frustration at their ineligibility to access certain types of funding because of their status as a religious organisation. In response, all churches within the Community Spaces scheme were provided with information on specific funding streams for churches/religious buildings.

Access to Support and Advice

3.23 The vast majority of venues had provided information on or made referrals to the following:

- Foodbanks/Community pantries
- SBC Cost of Living online hub/ Given Cost of Living Support booklet
- Citizens Advice Bureau (SDAIS)
- SBC Services- Social Care/ Housing/ Homelessness/ Welfare Support
- Mental Health Support

Revenues and Benefits advice has been provided by Council officers across several venues. Most recently, five Pension Credit Awareness Sessions have taken place during June 2024. The selected venues were: Stillington Village Hall, Thornaby Warm Welcome, West End Bowling Club, Ingleby Barwick Friendship Café, and Challoner House. There was greater engagement with the sessions at some venues, such as West End Bowling Club, who stated they would welcome another session. Other venues, such as Stillington Town Hall, stated that the single session was sufficient for their group/residents. Over 50 residents engaged with these sessions and, so far, 6 direct referrals have been made.

3.24 Positive feedback included the following example from Ingleby Barwick Friendship Café:

“Just wanted to say a huge thank you for organising for Janet to attend our cafe yesterday. She was so lovely and I know a number of people talked with her. She fitted in beautifully, I would appreciate it if you would pass on our thanks and appreciation to her. She enjoyed the session herself so you are always all very welcome to come and join in with us. God bless you all.”

3.25 Other examples of services and advice provided include drug sample sessions via Public Health at Rivers of Life Church, Stockton and Police Community Support Officers (PCSOs) drop-in sessions at the Willows Centre, Stockton.

3.26 The Diocese of Durham has also funded a Parish Nurse Project which is currently running at St Mary’s, Norton. Options to explore the expansion of this to other qualifying church venues across the Borough and to promote this to the wider public is included in the Anti-Poverty Strategy and Action Plan

3.27 Many venues have provided mental health support and advice through their own organisations. Arc, Stockton offered to support wellbeing and mental health services by allowing them to use the venue to deliver services and events as this would complement existing workshops.

Training/ development opportunities

3.28 The following were suggested as requests for additional training and development opportunities:

- Mental health first aid training
- Food hygiene.
- Manual handling.
- Understanding chaotic/addiction driven behaviour.
- Dementia awareness training
- Conflict management.
- Citizens Advice training
- Loneliness and social isolation training
- Supporting asylum seekers and refugees.

Warm Boxes

3.29 Venues praised the Warm Boxes project, remarked on the quality of items provided through this and there was a consensus that this project would be welcomed and valued again in Winter 2024. Venues were asked which items they would like to be included in Warm Boxes, if funding was available to deliver this in 2024. Suggestions included:

- Hand warmers
- hot water bottles
- blankets (including hooded blankets)
- flasks
- hygiene packs
- sleeping bags
- tents
- coats
- microwaveable heat packs
- duvet covers
- hats
- gloves.

3.30 Venues commented that Warm Boxes should be delivered earlier than the previous year, and from November onwards so boxes could be distributed before the cold weather began.

Community Spaces Scheme Development 2024-2025

3.31 Most venues desired to remain a Community Space for 2024-2025 and were interested in participating in a networking event.

3.32 A handful of spaces reported that their venue had not been utilised as a Community Space or had little engagement with the scheme. One example of this was the Onsite Building Trust which oversees seven community centres across the Borough. Residents were able to access centres 24/7 but only as a place to keep warm. Through the monitoring conversation, it became apparent that, moving forward, it would be better to concentrate on two of its sites, Ragworth Community Centre and Norton Grange Community Centre. Options to explore the development of a children's soft play offer at Ragworth and to ensure the sustainability of the

community meal and pantry offer at Norton Grange are recommended for inclusion in the scheme's action plan for 2024-25.

Suggestions for improvements to scheme

3.33 When asked for suggestions for improvements to the Community Spaces scheme, the main response was focused on increased promotion/advertising of spaces by the Council to attract more people and increase awareness of activities and groups on offer. This could include promotion through GP surgeries. It was also suggested that there should be a 'spotlight on a venue' in each edition of Stockton News.

4.0 Case Studies – The Warm Welcome

4.1 The Warm Welcome at Thornaby Pavilion Indoor Bowls



Launched in May 2023, The Warm Welcome at Thornaby Pavilion Indoor Bowls is a perfect example of the development of the Council's Warm Spaces offer into the wider Community Spaces initiative. It also provides evidence of the value of effective partnership working between the Council, the Borough's Voluntary Community and Social Enterprise Sector (headed by Catalyst Stockton-on-Tees), Thornaby Town Council, and one of the Council's leisure, sport and wellbeing partners, Tees Active.

The weekly drop-in sessions were an instant success and provided a community service to local residents and additional funding from Thornaby Town Council has secured a continuation of the Warm Welcome sessions. As well as providing a social space for residents, events and training have also been incorporated. This includes cookery, scam awareness, and fire safety, chair-based exercises and bowling sessions. The success of the sessions at Thornaby Pavilion has led to a second venue in Thornaby, Five Lamps, running Warm Welcome sessions.

Feedback from residents emphasises the importance of the sessions:

- *It was a great atmosphere to walk into. Now it's my go to place and why I was determined to get out of the house and come today.*
- *This has got me out of a lonely space.*
- *This is one of the highlights of the week for me and my wife.*
- *I really enjoy coming here as it helps me to relax and relieve the tension.*
- *It is lovely to see friends and play games together. All for free and it gets us out and into company.*

"We have a man who was brought to one of our sessions by a social prescriber from Mind. He was lonely and suffering from very poor mental health after losing his mum a few months prior. With no family and no friends the professional recommended Warm Welcome as a way to meet new people. He started off very quiet but Warm Welcome being the place he is, he got welcomed onto a big table of people and hes' never looked back. He now is a very active member of the Warm Welcome group, volunteers each week making drinks and talking to new people. He even goes to businesses and asks for raffle prizes and bingo prizes for the group. He is engaged and a lot happier in himself. He is looking forward to getting out with us on our first ever trip this summer."

4.2 The Warm Welcome at Billingham Forum – Launched 16th July 2024

Following the success of the initial Warm Welcome in Thornaby, funding was secured from Billingham Town Council and Billingham Legacy Fund to pilot a Warm Welcome in Billingham. The funding has paid for six months room hire at Billingham Forum to gauge interest and support from the local community.

Extensive publicity was undertaken in the run up to the launch session on the 16th July, this included Billingham Communities Facebook, SBC social media, Tees Active and BTC social media along with traditional leaflets and posters which were distributed to local venues i.e. library, cafes, shops and community centres.

As a result of the publicity in advance of the session, several local residents made contact to offer support and volunteer. Contact was also made with a resident who had previously run something similar in another area of Billingham which had recently folded. This resident also offered their surplus refreshments and encouraged their 'regulars' to attend the new session.

Over 25 people attended the initial session from the community. A further 17 staff from local care homes were also invited to see how the session would run to encourage them to bring their residents to future sessions. Everyone was offered a tour of the Forum Theatre to go backstage and have their turn on the stage.

The session was a real success, with people playing cards and bingo and getting to know each other. Several people had arrived on their own and were welcomed and introduced to new people. One lady had brought her father, but both were soon chatting to other people, and the session provided a bit of respite for this lady. Links have been made with social prescribers and STEPS and information on the Volunteer Drivers Scheme was also distributed.

From some initial discussions, upcoming sessions will hopefully include chair yoga and healthy eating demonstrations.



5.0 Community Spaces Thank you and Network Launch Event 27th June 2024

5.1 The first Community Spaces thank you event was held on 27th June, at the Stockton-on-Tees Employment and Training Hub, to recognise and celebrate the hard work of the scheme's staff and volunteers across the Borough. A Community Spaces network has been established to provide a forum for the almost 70 venues which are part of the Council's expanding Community Spaces initiative. The network will meet quarterly, with the next event scheduled for October at one of the Community Spaces, the Lighthouse Drop-in Centre.

5.2 The event included:

- An update on the Community Spaces Monitoring
- Information on Community Spaces funding for 2024-25
- A presentation provided by Heather Sykes (Catalyst) on funding and bid writing support
- A workshop focused on sharing achievements and challenges
- An opportunity for venues to network and to receive advice and support



6.0 Conclusion and Recommendations

Conclusion

6.1 £60,000 of Public Health funding has secured the continuation of the Community Spaces initiative for 2023/24 and 2024/25. This has enabled venues to build on what was achieved in the first phase of the Warm Spaces scheme and work towards long-term sustainability.

6.2 Considering the increasing financial pressures on local authorities and the Council's Powering Our Future transformation programme, it is imperative that Community Spaces venues are empowered to achieve this long-term sustainability by accessing wider funding and are supported with funding bid applications.

6.3 The feedback reveals that it is apparent that there is an ongoing need for residents to be supported through the Community Spaces initiative. Several case studies gathered as part of this year's monitoring process have revealed that these spaces have played a pivotal role in preventing suicide and assisting with homelessness and domestic violence. Integral to this is the commitment from providers, Council staff and partners to accurately signpost and refer members of the public to the correct services and specific contacts within those services.

6.4 Looking forward, the Fairer Stockton-on-Tees (FSOT) team has established a network for Community Spaces providers to sustain and improve the Community Spaces offer across the Borough. Quarterly in-person events will be organised to provide training, networking and will include guest speakers who can provide services or sessions in venues.

6.5 The FSOT team also compile fortnightly emails containing information on relevant funding and events which may be of interest to Community Spaces venues. This example evidences the team's attempts to maintain ongoing dialogue with venues. FSOT staff are also willing to conduct more regular visits to venues to support their development, where there is a need.



Recommendations

6.6 For the year 2024-25, it is recommended that:

1. The FSOT team, and representatives from partner organisations Thirteen and Catalyst, will assess the Community Spaces applications for 2024/25 and explore alternative options with venues who would still like to support residents, but the Community Spaces scheme is not appropriate for their venue/business model.
2. In-person quarterly Community Spaces Network events are arranged. These events will provide an opportunity for venues to come together, share ideas, be provided with updated information on funding and training. This will serve as a basis for venues to become more sustainable in line with the Council's Powering Our Futures programme.
3. Further joint working with Public Health on social isolation issues are explored.
4. Information on funding and training opportunities are regularly distributed via email to venues as part of the plan to increase the sustainability of the Community Spaces scheme.
5. Funding for Winter Warm Boxes 24/25 will be obtained by working with partner organisations, such as the Stockton and District Information and Advice Service and exploring options through Corporate Social Responsibility.
6. The FSOT and Community Engagement Team will work with Community Spaces venues to distribute Winter Warm Boxes.
7. Outreach support is provided for issues identified. For example, through work with Cleveland Police to arrange community safety drop-ins. Additional pension credit drop-ins, Employment and Training Hub on Tour sessions will also be arranged. Wider promotion of such sessions is also recommended.
8. FSOT continue to participate in Warm Welcome network and increase number of Community Spaces registered with Warm Welcome.
9. There will be increased promotion of the free SBC Community Transport Service and the Volunteer Drivers Scheme, to address transport issues for residents trying to access Community Spaces.
10. Options to ensure that there is at least one Community Space in each ward are explored.
11. Annual monitoring will take place in April 2025.

Appendix 1

Case Studies from Monitoring Conversations 2024

A lady who has just had her fifth baby attended the hub, and all family members have ADHD. The family have just moved into a new home where the upstairs windows don't have any locks on. The Family Hub made a referral to get locks installed and this was sorted as soon as possible.

Billingham Family Hub

Someone who attends has mental health challenges and cares for his elderly mother and being able to be here for a space for him has been something that has kept him from going over the edge when things have gone badly.

- St Paul's

Another man comes who is a victim of domestic abuse. His little boy has been taken into foster care and he has been very mentally unwell. He has started coming to our sessions again and is making real progress. He sees it as a safe space. –

Salvation Army

A gentleman and his wife recently moved to the village from Bradford and didn't know anyone. They came along to the Community Space drop-in and were immediately accepted. People made them welcome and then helped them find tradespeople to help them renovate their house. They shared their knowledge of the area and where to access services. They made a point of sharing local history which was really kind and interesting. The couple both now volunteer at the centre and the local church. –

The Wilson Centre, Long Newton

People come to our volunteers with their personal problems and we listen and direct them to help if needed. One lady has been coming for over a year and she just needs to chat to us and unload her problems. She has had issues around housing and is struggling to get the right advice. She comes regularly with her children and we make a fuss of the kids. We have also supported homeless people and we let one put up his tent in our garden. –

St Chad's

In the Wednesday lunch group we provide a space for people to boost their confidence, give them a voice and create a safe space, giving them a feeling of belonging. –

Stockton Parish Church

The Lighthouse is my bolthole. I have a lot of problems and stress at home, but when I come here I can just be myself. I don't have to take part in activities if I don't want to. I don't have to hide what I am feeling or going through. I can step out of my real life situation and find my escape here. We are not judged, regardless of the issues we are struggling with, including alcohol addiction. The person who leads this service is like the glue that keeps it all together. He is a Godsend to us all and the person I turn to for help. –

Lighthouse

An elderly guy whose wife was taking his money and was making him take money from the bank. Starfish are working/worked with housing support, financial, safeguarding, crisis, mental health, GP and pharmacy teams. With all teams attending Starfish to support him and his wellbeing. Starfish have an ongoing relationship with his social worker. – Starfish

We have given our community a purpose, they look forward to dropping in for a coffee and seeing a friendly face. – Challoner House Community Centre

A couple who moved from Thornaby and who have attended the community space built new friendships with new members and are now members of the church giving them a sense of purpose and belonging - Rivers of ...

The feedback we receive is centred on how much people value it and the community themselves asked for it to be extended throughout the year. Several women who used to be part of a women's group but lost touch have reconnected and reformed their group through the Community Space. - Norton Methodist

One lady who uses a mobility scooter one year ago struggled to leave her flat. She started coming to the café / space and now comes regularly and has built up a relationship with Tracy. Her confidence has really grown and now gets out more to other activities as well. - Café Billingham

Gentleman was looking for Newtown Guest House as he was homeless – Called Moses Project and got number for the Guest House. Gave the days and times of Moses Projects and he used the phone to call the Guest House and arrange accommodation. Used the centre to charge his own mobile and was given tea and refreshments while he waited. – Newtown Resource Centre

The key issues are around loneliness and the need for companionship. People are happy to come to us. It is warm and comfortable and a focal point of the village. They talk about their problems and this really helps people.” The Wilson Centre, Long Newton

A young woman came into their venue and upon talking to their staff became very emotional, disclosing domestic abuse issues she was dealing with. Lakota staff supported her emotionally and made a referral to partner agency, A Way Out. Should the venue not be an open Community Space, the woman may not have felt comfortable to attend the venue and therefore make the disclosure which has opened avenues to support her. – Lakota

A man was sent to Redhill Hub on discharge from hospital. He needed help from the homeless team and was suffering with alcohol addiction. Although we didn't have the resources to support him on site, we were able to contact colleagues at SBC housing team and make an appointment for him to be seen that day. He had no means of transport and no money so we bought him a bus ticket and printed off the timetable for him to be able to make his appointment in Central Stockton. It is a good thing that we had the knowledge and contacts to be able to help him. – Redhill Family Hub

The sessions have grown month on month and now have a number of regular ladies that attend. They noted that they were missing the Chair based exercise that they used to attend at another community venue. The volunteers noted this and put a free arm chair exercise video on in their hall every Tuesday which is loved and looked forward to by the attendees. – St Columbas

A man came to us who was absolutely at rock bottom. He had been recently bereaved and was suffering some addiction problems. We managed to find help through CAB and the Moses Project. Now this person comes to help out at our drop-ins. It is lovely to see him so much better. He also now has a job. – Stockton Hope at St Andrew's

Been over a year and look forward to a Tuesday it's the company and chance to mix with a nice lot of people and made a lot of friends. Came along with my friends to start with. People who run are excellent and very warm and welcoming – St John's

Appendix 2

List of participating venues in Community Spaces in Stockton-on-Tees by ward

67 venues across 27 wards – 23 wards covered (85%) / 4 wards uncovered (15%)

- **Billingham Central (4)** – Billingham Family Hub, Billingham Forum, Billingham Library, Café in the Park (John Whitehead Park)
- **Billingham East (2)** – Low Grange Community Centre, St Columba's Church
- **Billingham North (0)**
- **Billingham South (1)** – High Clarence Primary School
- **Billingham West and Wolviston (0)**
- **Bishopsgarth and Elm Tree (0)**
- **Eaglescliffe East (1)** – Tees Valley Community Church
- **Eaglescliffe West (2)** – Eaglescliffe Community Centre, The Wilson Centre (Long Newton)
- **Fairfield (2)** – Fairfield Library, Grangefield Youth and Community Centre
- **Grangefield (2)** - St Paul's Church, St John the Baptist Church
- **Hardwick and Salters Lane (2)** – Aspen Gardens, Stockton Hope at St Andrew's Methodist Church
- **Hartburn (2)** – Greens Lane Methodist Church, West End Bowling Club
- **Ingleby Barwick North (1)** – The Rings Community Hub
- **Ingleby Barwick South (2)** – All Saints Academy, Ingleby Barwick Library
- **Mandale and Victoria (5)** – Five Lamps (The Youthy), Victoria Park Café, Thornaby Library (Gilmour Street), Teesside Vineyard Church, The Community Hub
- **Newtown (3)** – Newtown Community Resource Centre, St John The Baptist Church, St Paul's Church
- **Northern Parishes (1)** – Stillington Village Hall
- **Norton Central (4)** – Frederick Natrass Centre (Tees Valley Music Service), Norton Grange Community Centre, Norton Library, Norton Methodist Church
- **Norton North (1)** – The Glebe Community Centre
- **Norton South (1)** – Christ Church Mission
- **Ropner (5)** – Parkfield Lighthouse Limited, St Peter's Church, Stockton Family Hub, Yarm Road Methodist Church, The Place To Be (Starfish)
- **Roseworth (4)** – Ragworth Community Centre, Redhill Family Hub, Roseworth Library, St Chad's Church
- **Southern Villages (0)**

- **Stainsby Hill (4)** – Eltham Community Centre, Thornaby Central Library, Thornaby Family Hub, Thornaby Library (Gilmour Street)
- **Stockton Town Centre (10)** – ARC, Lakota Hub, Roseberry Community Consortium, Splash, Stockton Baptist Church, Stockton Central Library, Stockton Parish Church, Stockton Salvation Army, The Willows Centre, Rivers of Life Christian Fellowship
- **Village (1)** – Robert Atkinson Centre
- **Yarm (3)** – Challoner House Community Centre, Yarm Library, Yarm Methodist Church Hall

Appendix 3

List of responding venues

1. Billingham Forum
2. Splash
3. Thornaby Pool
4. Warm Welcome at Thornaby Pavilion
5. Stockton Central Library
6. Fairfield Library
7. Ingleby Barwick Library
8. Norton Library
9. Roseworth Library
10. Thornaby Library (Gilmour Street)
11. Thornaby Central Library
12. Yarm Library
13. Billingham Library
14. Redhill Family Hub
15. Stockton Family Hub
16. Thornaby Family Hub
17. Billingham Family Hub
18. Grangefield Youth & Community Centre
19. Stillington Youth & Community Centre
20. Glebe Community Centre
21. Ragworth Neighbourhood Centre
22. Eltham Crescent Community Centre
23. Robert Atkinson Community Centre
24. Café in the Park (John Whitehead Park)
25. St Columba's Church, Billingham
26. High Clarence Primary School
27. The Wilson Centre
28. St Paul's Church
29. St John the Baptist Church
30. Stockton Hope at St Andrew's Church
31. West End Bowling Club
32. Greens Lane Methodist Church
33. The Rings Community Hub
34. Five Lamps The Youthy

35. The Lighthouse Drop-in Centre
36. Victoria Park Café
37. Newtown Community Resource Centre
38. St Mary's Church
39. St Mary's Parish Hall
40. St Michael's and All Angels Church
41. Norton Grange Community Centre
42. Norton Methodist Church
43. Jubilee Church (Yarm Road Methodist Church)
44. St Peter's Church
45. The Place To Be (Starfish)
46. The Lighthouse Mental Health Drop-In Centre
47. St Chad's Church
48. Arc
49. Lakota Hub
50. Stockton Baptist Church
51. Roseberry Community Consortium
52. Stockton Parish Church
53. Rivers of Life
54. Stockton Salvation Army
55. The Willows Centre
56. Challoner House
57. Yarm Methodist Church
58. The Meadowings Community Centre

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AGENDA ITEM

REPORT TO HEALTH AND WELLBEING BOARD

25th September 2024

REPORT OF DIRECTOR OF PUBLIC HEALTH

JOINT HEALTH AND WELLBEING STRATEGY

SUMMARY

Since the spring of this year, we have been working on developing the new Joint Health and Wellbeing Strategy (2025-2030) for Stockton-on-Tees. This marks the third such strategy from the Stockton-on-Tees Health and Wellbeing Board. With this new approach, we are focusing on creating a more cohesive, borough-wide strategy rooted in local action. The plan will be underpinned by a joint delivery plan and outcomes framework and overseen by the Health and Wellbeing Board to ensure closer alignment across initiatives.

The Strategy's aim is to bring together ambitions and commitments across the Council, local organizations, partners, and the community to improve health and wellbeing while reducing inequalities. The Health and Wellbeing Board (HWB) serves as the statutory body responsible for providing strategic direction, oversight, and assurance to address health, wellbeing, and inequalities across the Borough.

RECOMMENDATIONS

It is recommended that the Health and Wellbeing Board:

- Review and approve the final draft content of the Joint Health and Wellbeing Strategy.
- Approve the next steps toward completing the final Strategy document, including design, layout, executive summary, and foreword, as well as the development of the delivery plan and outcomes framework that will support the Strategy.

DETAIL

1. **Developing the Strategy:** The strategy has been developed through a collaborative, inclusive, and evidence-based approach, ensuring it aligns with the needs and aspirations of local communities in Stockton-on-Tees. The approach and priority areas have been shaped by:
 - a. **Reflecting on the past:** A review of the previous Health and Wellbeing Strategy, assessing successes, challenges, and lessons learned.
 - b. **Collaborative input:** Analysing relevant existing strategies and plans from across the Council and its partners.
 - c. **Evidence and best practices:** Reviewing the evidence base, national and regional policies, and learning from other localities' health and well-being strategies.
 - d. **Local health insights:** Drawing on local data that highlights the overall health and well-being of the Borough and the factors influencing it.
 - e. **Diverse perspectives:** Workshops with Health and Wellbeing Board members and consultations across the Council, local organizations, and partners.
 - f. **Community voice:** Incorporating feedback from various consultations, surveys, focus groups conducted over the last few years, as part of service reviews, health needs assessments, strategy development, as well as input from the residents' survey.
2. **Timeframe of the Strategy:** The draft Strategy has a 5-year timeframe, recognising the need for commitment to collective goals for a sustained period to drive meaningful improvement whilst acknowledging the ongoing evolution of the national and local context and policy.
3. **Theme and focus of the Strategy:** Through this strategy, we will place a greater focus on our collective efforts to improve the wider determinants "**building blocks**" that contribute to health and well-being. Our collective ambitions are set out through **four priority focus areas**, where we can have the most significant impact and offer the greatest opportunities for collaborative working over the coming years.

The key content of the strategy was presented to the Board in slide deck format during the July Health and Wellbeing Board meeting. The final draft of the document has remained mostly unchanged since then.

4. Next Steps

- Design work, with the communications team will be undertaken on the Strategy once the content is agreed.
- A 'user-friendly' executive summary will be co-produced with the Making it Real Board following HWB approval of the Strategy.
- A final version of the Strategy document will then go to Cabinet.

- The Strategy will also be presented and discussed with the ICB place sub-committee, to ensure alignment with the place sub-committee's plan.
- A joint delivery plan and an outcomes framework will be developed, and a final draft brought to the HWB in December for review and approval. The Strategy, delivery plan and outcomes framework will then shape the forward plan for the Board.
- The development of the Strategy, delivery plan and outcomes framework is supported by the series of Board development sessions in September to December 2024.

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Stockton-on-Tees Joint Health and Wellbeing Strategy 2025-2030

Working together to strengthen the building blocks of health and wellbeing

1. Introduction

This is the third Joint Health and Wellbeing Strategy from the Stockton-on-Tees Health and Wellbeing Board. With this strategy, we are developing a more coordinated, borough-wide approach, grounded in local action, supported by a joint delivery plan, and overseen by the Health and Wellbeing Board to ensure stronger alignment.

The Role of the Health and Wellbeing Board: The Board plays a crucial role in fostering greater coordination and integration across local organizations, partners, and communities. Its aim is to collectively improve the health and well-being of local residents while narrowing the health inequalities that persist across the borough.

The Local Health and Wellbeing System: Stockton-on-Tees is fortunate to have a solid foundation of strong partnerships, a vibrant voluntary, community, and social enterprise (VCSE) sector, and many strengths within local communities. Examples include:

- **Team Stockton:** The borough's 'Place Leadership Board' unites local leaders and the community to create a shared vision for the area and to work collaboratively to achieve it. Tackling the social and economic factors that affect health, and well-being is a key focus.
- **The Local VCSE:** The sector plays a vital role in prevention and early intervention, particularly in reaching disadvantaged and marginalized groups. A "Making it Real" (MiR) Board, comprised of individuals with lived experience, has also been established.
- **The Council's Powering Our Future Programme:** This direction is transforming how the Council works alongside partners and the local community to create better outcomes for all.
- **Integrated Care Board (ICB):** Across the Northeast and North Cumbria, the ICB, which brings together the NHS and its partners, has adopted the "Better Health and Wellbeing for All" strategy. This plan places a strong emphasis on addressing inequality and prioritizing early prevention.

Where this strategy adds value: This strategy unites the ambitions and commitments across the Council, local organizations, partners, and the community to improve health and well-being and reduce inequalities across the Borough. By bringing these efforts together, we are able to:

- Gain a clearer understanding of our collective actions and how they are interconnected.
- Apply a health perspective to all policies and strategies, assessing their positive or negative impact on health and well-being.
- Identify where we can have the most significant impact, offering opportunities for better coordination, collaboration, and efficient use of our collective resources.

2. Developing the Strategy

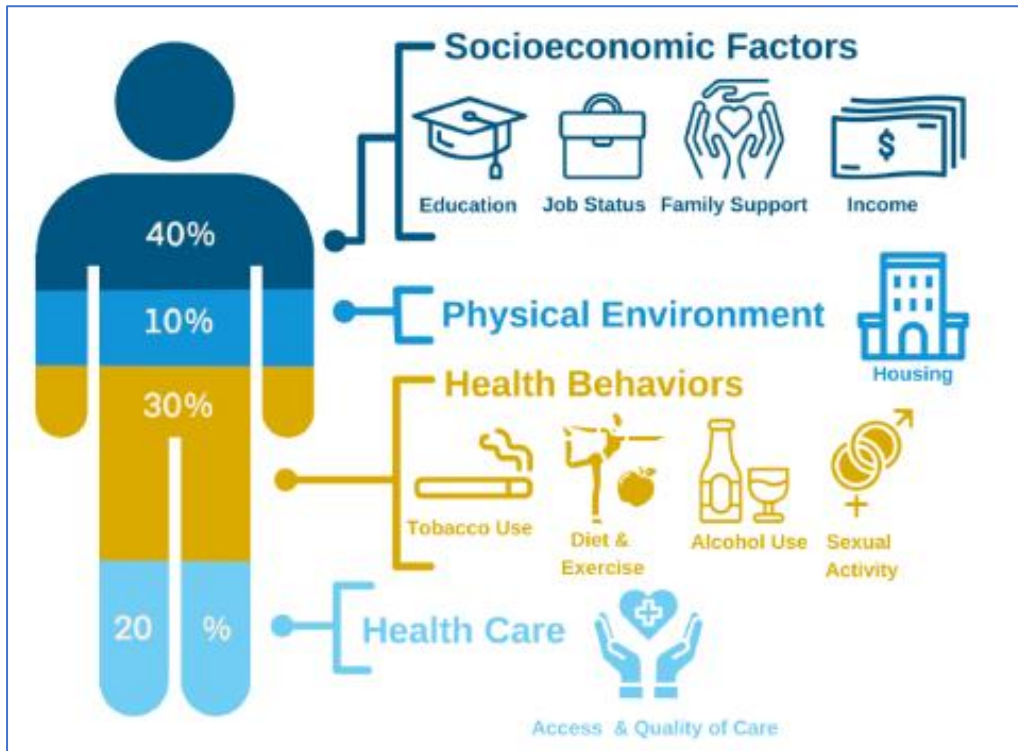
The strategy has been developed through a collaborative, inclusive, and evidence-based approach, ensuring it aligns with the needs and aspirations of local communities in Stockton-on-Tees. The approach and priority areas have been shaped by:

- **Reflecting on the past:** A review of the previous Health and Wellbeing Strategy, assessing successes, challenges, and lessons learned.
- **Collaborative input:** Analysing relevant existing strategies and plans from across the Council and its partners.
- **Evidence and best practices:** Reviewing the evidence base, national and regional policies, and learning from other localities' health and well-being strategies.
- **Local health insights:** Drawing on local data that highlights the overall health and well-being of the Borough and the factors influencing it.
- **Diverse perspectives:** Workshops with Health and Wellbeing Board members and consultations across the Council, local organizations, and partners.
- **Community voice:** Incorporating feedback from various consultations, surveys, focus groups conducted over the last few years, as part of service reviews, health needs assessments, strategy development, as well as input from the residents' survey.

3. Our collective approach and guiding principles

Through this strategy, we will place a greater focus on our collective efforts to improve the **building blocks** that contribute to health and well-being. Research shows that factors like education, quality employment, family support, and the surrounding environment (such as housing and green spaces) play a fundamental role in shaping health and well-being. In fact, these factors together have a greater impact on overall health and well-being than access to healthcare, important though this is.

What has the biggest influence on people’s health and wellbeing?



<https://www.uclahealth.org/sustainability/our-commitment/social-determinants-health>

We have a significant opportunity to improve the life chances of all local residents by working together to create the strongest foundations for health and well-being, building on our many existing local strengths. To steer our collaborative efforts, we will implement **five core principles** and **five key ways of working**.

DRAFT NARRATIVE – PRIOR TO DOCUMENT DESIGN AND FORMATTING

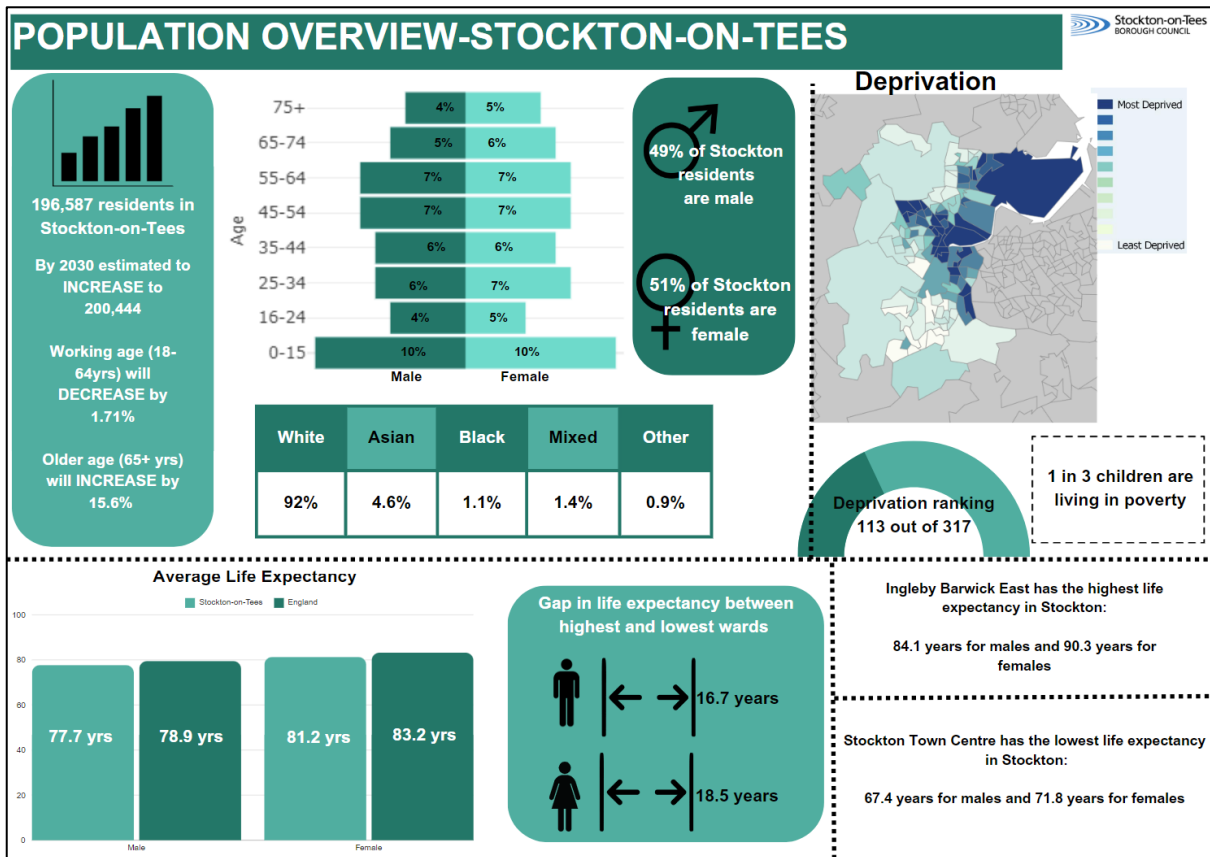
Five core principles:

- **Health is everybody's business:** The most effective way to tackle the broader determinants of health is to incorporate a health perspective into all policies and strategies, evaluating their potential impact on health and well-being. This is known as the "Health in All Policies" approach.
- **Communities at the centre:** Working alongside all our communities to understand what is important to them and what would help them to be healthier. By building on the many strengths within local communities, we will work together to create tailored approaches and services that address their specific challenges.
- **Commit to prevention and early intervention:** Through a life course approach, across all stages of life, from childhood to old age, acknowledging how early experiences influence long-term health outcomes.
- **Levelling the playing field:** Communities across the borough do not all have the same opportunities to live in good health and wellbeing. Our collective action across communities, organisations and services will seek to leave no one behind, acknowledging the complex web of factors that affect health and wellbeing for individuals and communities.
- **Placed based approach:** Our approach will be rooted in local communities and places. A local-first approach will help make the most of local knowledge, networks and resources to provide tailored support. Where it adds value and maximises resources, we will also continue to collaborate with our partners across places and beyond the Borough.

Five ways of working to be smarter with how we work and use collective resources:

- **Greatest impact:** We will work together to ensure the greatest impact based on evidence, for our collective resources.
- **The whole is greater than the sum of the parts:** We will seize all opportunities to better coordinate, integrate and implement shared approaches to key local issues. Evidence shows this delivers better outcomes.
- **Creative and taking measured risks:** We will pilot new ideas, continuously learn, and assess their potential for scaling across our local system.
- **Open to challenge:** Committed to regularly evaluating our impact and adjusting course when necessary.
- **Manage expectations:** We will establish a clear framework for co-production with partners and communities, setting out how and where local people can shape work to improve health and wellbeing and how this will happen. Whilst, respecting the rights of local communities to get involved as much or as little as they are able or wish to.

4. Stockton-on-Tees: Population at a glance



We are the largest Borough in the Tees-Valley with approximately 200,000 residents, with areas of affluence sitting alongside areas of deprivation. More than 25% of our wards are in the 10% most deprived in the country. Health inequalities remain a key challenge in the borough, most acutely demonstrated by the life expectancy gap of 16.7yrs for men and 18.5yrs for women between people living in the most deprived wards and those living in the most affluent wards. This gap in life expectancy is one of the widest in the country and has been persistent for some years despite significant efforts across organisations.

5. Strategic focus areas for 2025- 2030

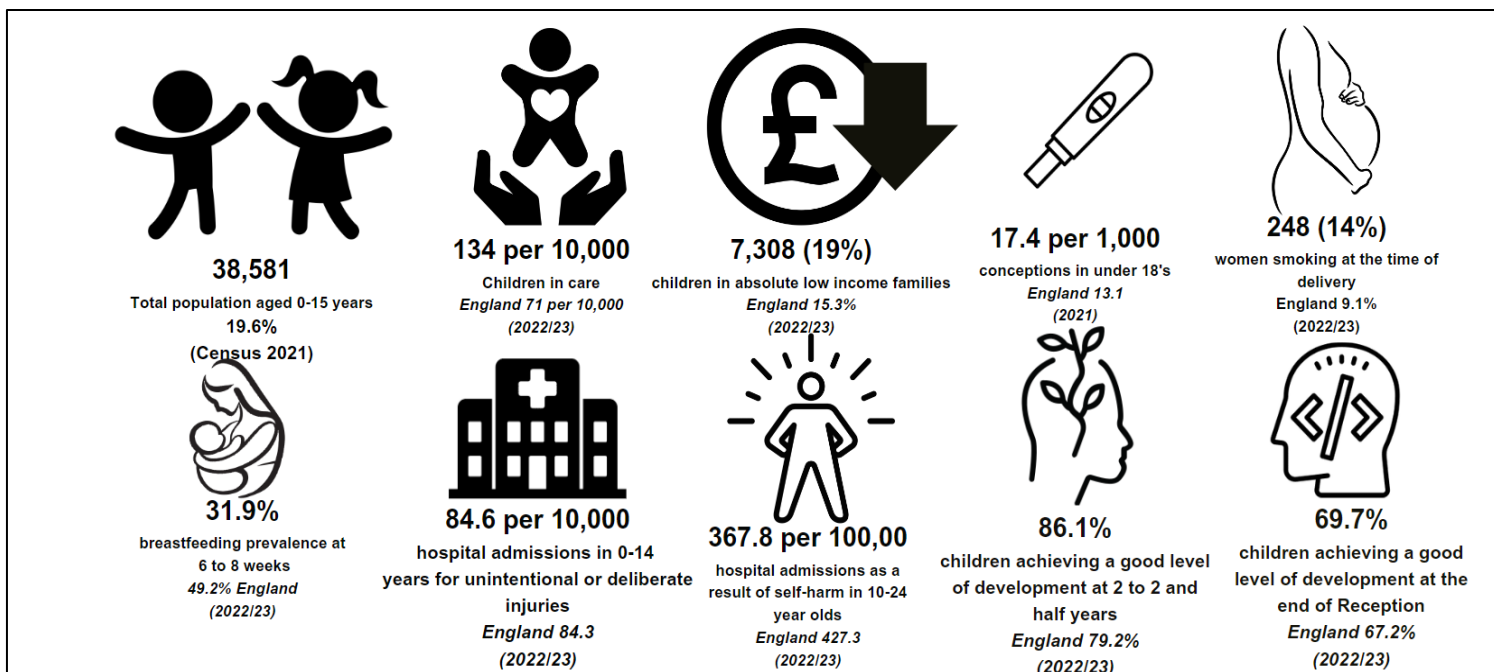
This strategy has **four priority focus areas** where we can have the most significant impact and offer the greatest opportunities for collaborative working over the coming years.

- **All children and families have the best start in life**
- **Everyone has a healthy standard of living**
- **Everyone lives in healthy and sustainable places and communities**
- **Everyone lives long and healthy lives**

DRAFT

FOCUS AREA 1: All children and families have the best start in life

Snapshot: Facts and figures



Approximately 39,000 children and young people (ages 0-15) live in Stockton-on-Tees, representing about 20% of the overall population in the Borough. 19% of these children and young people are from low-income families and 58% receive free school meals. In 2022/23, there were more than 550 children in our care, a rate of 134 per 10,000 children, against a national rate of 71 per 10,000 children.

In the Borough, teenage pregnancy rates are higher than the England average. 14% of pregnant women are smoking at the time of delivery, and breastfeeding prevalence (6-8 weeks) stands at 31.9% compared to the England average of 49.2%. At year 6, 39.4% of children are overweight or obese, higher than the England average.

86.1% of children in the borough are achieving a good level of development at 2 to 2 and a half years, higher than the England average. Likewise, 69.7% of children are achieving a good level of development at the end of reception which is above the England average.

What have communities told us

Some key themes from various consultations, surveys, focus groups

- Knowledge and awareness of services and prevention offers
- Support for children with special educational needs and disabilities (SEND)
- Coordination between services
- Access to mental health and emotional wellbeing provision
- Advice and support for breastfeeding
- Identification of young people's needs at the earliest opportunity
- Support for transition periods

DRAFT NARRATIVE – PRIOR TO DOCUMENT DESIGN AND FORMATTING

Why is this a key focus?

A good start in life is essential for the lifelong health, well-being, and future opportunities of children and young people. Quality care before and during pregnancy, combined with the right support from early childhood through school and into adulthood, provides the best foundation for life-long health outcomes.

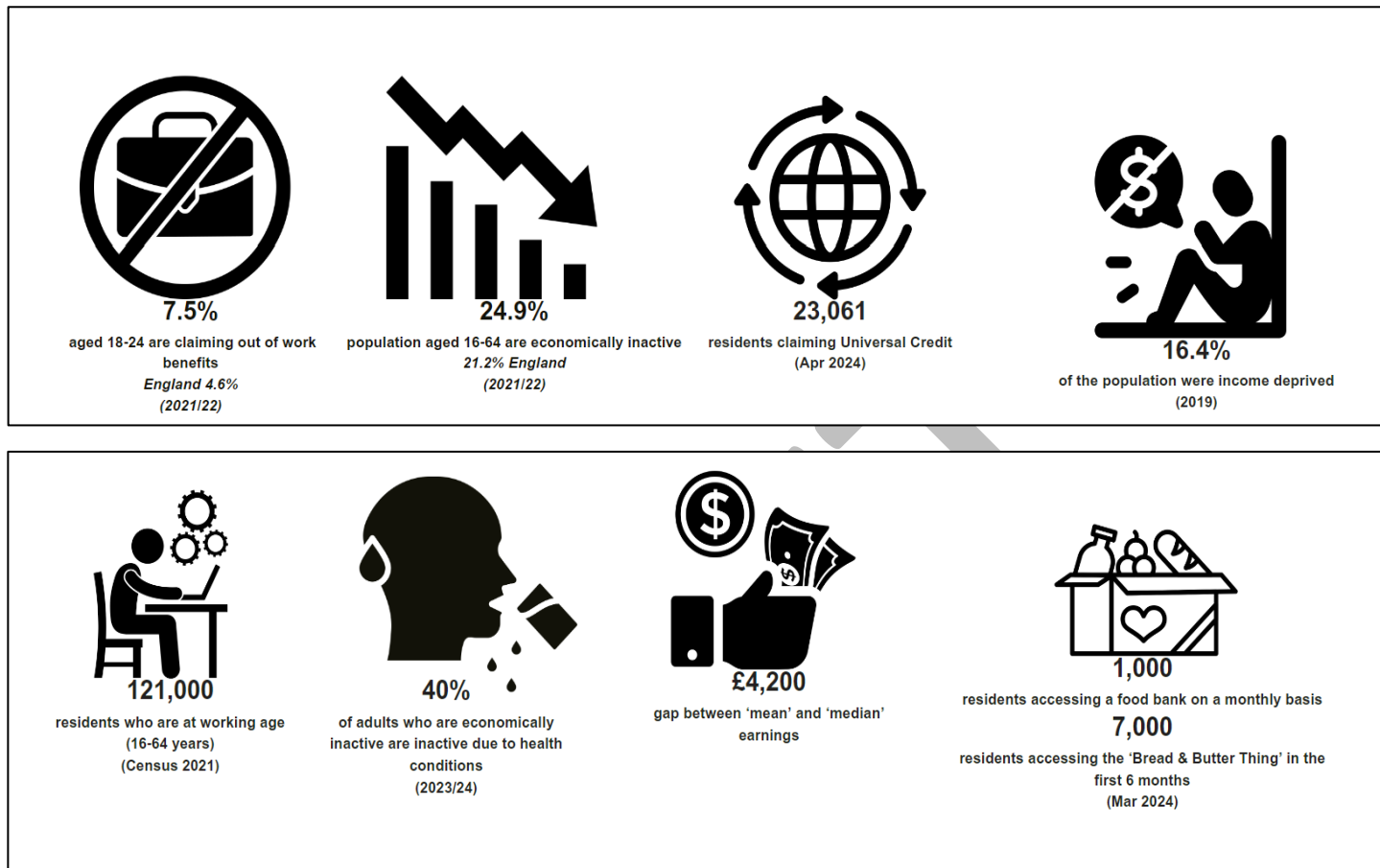
By investing in early childhood development, supporting parents, improving the home learning environment, promoting school readiness, bolstering resilience and mental health in young people, and providing targeted support to families in greatest need, we can ensure that every child is given the opportunity to reach their full potential.

Commitments

- **Early years:** Children and families are supported to develop a child's early speech, language and communication and provide a positive home learning environment.
- **Inclusive:** Children with Special Educational Needs and Disabilities have their needs met and Stockton-on-Tees is a Borough where all children and young people are included regardless of their need, background or vulnerability.
- **Early intervention:** Children, young people and their families have access to support as early as possible to prevent problems from escalating.
- **Corporate parenting:** Children in our Care and Care Experienced Young People are supported to enable them to achieve their full potential.
- **Safe from harm:** Children and young people are safe from harm and safe in their communities, protected from bullying, neglect and abuse in the home, online and in the community.
- **Transition:** Ensure there is a joined-up pathway that fully supports young people in their transition to adulthood.
- **Mental health and wellbeing:** Improve access to early support and care for children and young people through schools, primary care and community services.
- **Health and emotional wellbeing in schools:** Supporting schools to offer a holistic approach that promotes healthy behaviours and supports all children to build their resilience, emotional literacy and coping skills.

FOCUS AREA 2: Everyone has a healthy standard of living

Snapshot: Facts and figures



Stockton-on-Tees has some of the highest poverty and deprivation rates in the country. In 2021/22, 19% (7,298) of children were living in absolute low-income families in the Borough, compared with 15.3% nationally. 7.5% of the population aged 18-24 (965) are claiming out-of-work benefits against 4.6% nationally. As of April 2024, there were 23,061 people claiming universal credit in the Borough.

In 2021/22, 24.9% of population aged 16-64 were economically inactive against 21.2% nationally. The main reason for economic inactivity is health conditions.

Reliance on food banks has increased with data from 'Stockton & District Information and Advice Service' stating that the top reasons for referrals were rising cost of essentials, priority debt, impact of health, low sufficient income, and budgeting issues. There are 5 hubs across Stockton for residents to access the 'Bread & Butter Thing'. Within the first six months, almost 7,000 people across the Borough have utilised The Bread-and-Butter Thing Hubs.

DRAFT NARRATIVE – PRIOR TO DOCUMENT DESIGN AND FORMATTING

What have communities told us

Some key themes from various consultations, surveys, focus groups:

- Housing costs and access to affordable housing
- Rising cost of food
- Stigma associated with poverty
- Training and upskilling needs
- Access to foodbanks and pantries
- Lack of jobs
- Rising energy bills

Why is this a key focus?

There is a well-established link between the money and resources a person has and their mental and physical health. People with the lowest incomes, those at risk of or living in poverty (lacking enough for basic essentials), are at the highest risk of poor mental and physical health. They often face barriers to accessing nutritious food, safe housing, healthcare, and opportunities for education and employment.

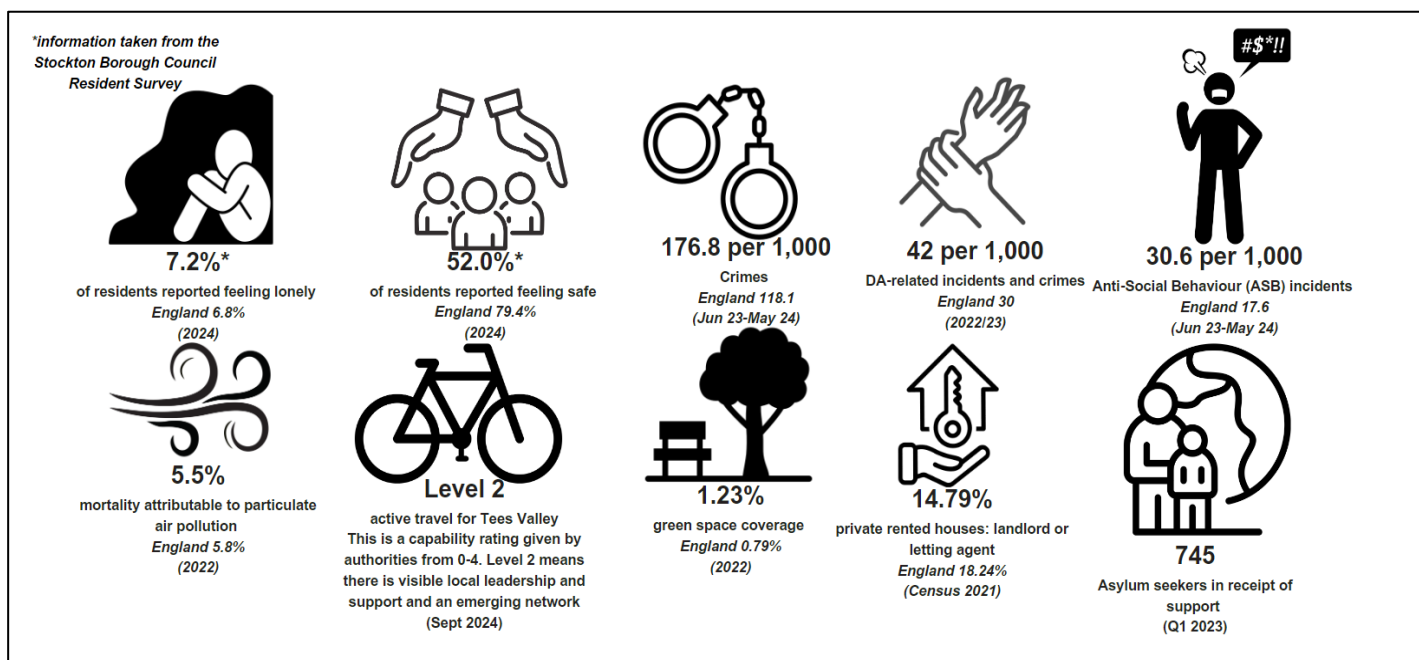
There is also clear evidence that employment can improve health, resilience, and well-being, but it needs to be good quality work. This means fair pay, a safe and supportive environment, where people have opportunities for growth and development.

Commitments

- **Poverty:** We will work to tackle the contributing causes as well as providing direct support, advice and information to people, families, households directly affected by poverty.
- **Equality and poverty impact assessments:** As a Council we will ensure that our policies, practices, and decision-making processes are fair, do not present barriers to disadvantaged and protected groups and those affected by poverty. This will be supported through the systematic use of equality and poverty impact assessments.
- **Food insecurity:** We will ensure people and households who face food insecurity (when people don't have enough to eat and don't know where their next meal will come from) are able to access nutritious food while working to address the underlying causes of food poverty.
- **Housing:** Ensure access to secure, affordable and quality housing, particularly for people and families with the greatest vulnerabilities.
- **Healthy workplace:** We will make Stockton-on-Tees a recognised place of good work and fair pay. As many employers as possible offering safe and supportive workplaces, that promotes and support staff health and wellbeing.
- **Addressing inequality:** We will provide support for skills, education and training to give people better chances to access the job opportunities available. We will focus efforts on communities that have more prevalent issues with lower skills and lower wages, as well as people facing barriers, such as those living with a disability or those with long term health conditions.

FOCUS AREA 3: Everyone lives in healthy and sustainable places and communities

Snapshot: Facts and figures



The resident survey was conducted last year across Stockton-on-Tees, results show that just over half of residents feel safe and 7.2% reported feeling lonely. Crimes, domestic abuse incidents and Anti-Social Behaviour (ASB) are currently all higher than the England average, however, there have been some improvements resulting in crime and ASB rates decreasing. Stockton currently has the lowest rates in the Cleveland force area.

Mortality rates attributable to air pollution continue to be lower than the England average. A Stockton-on-Tees Air Quality Strategy is currently in production, which will set out specific measures to support reduction of PM2.5 air pollution levels.

Stockton-on-Tees has similar rates of asylum seekers in receipt of support to Middlesbrough, however, the other authorities within the Tees Valley (Darlington, Hartlepool, and Redcar and Cleveland) remain lower.

What have communities told us

Some key themes from various consultations, surveys, focus groups:

- Loneliness (social isolation)
- More ways to facilitate physical activity
- Support people to eat more healthily
- Struggling to achieve healthy diet and weight stigma
- Affordability and availability of healthier foods
- More green space closer to homes
- More cycle routes and signposting
- Social and cultural barriers preventing people with disabilities to engage in physical activity

DRAFT NARRATIVE – PRIOR TO DOCUMENT DESIGN AND FORMATTING

Why is this a key focus?

The places where we live (our homes and neighbourhoods), the communities we are part of, the natural environment, how we travel; all have a significant influence on our mental and physical health and wellbeing.

Healthy and sustainable places and communities are ones where people feel safe and included, social connections are strong, and environments facilitate healthy, active lifestyles for all ages. Evidence shows that creating such spaces can reduce the risk of long-term chronic conditions, improve mental health, and enhance overall quality of life.

Commitments

- **Neighbourhood design:** When planning new developments, or improvements to our existing neighbourhoods, we will prioritise opportunities for social interaction and physical activity, improving neighbourhood walkability, and access to local amenities.
- **Green space:** We want everyone to enjoy spending time in the natural environment, with accessible and attractive countryside, parks, recreation grounds, and other natural areas, that more people of all abilities and ages want to use (walking, running, children's play, formal and informal sport).
- **Leisure facilities:** We will invest in and improve our leisure facilities, to ensure that there are accessible and affordable sport and leisure opportunities, supporting increased physical activity and social connection.
- **Active travel:** We will reduce the barriers that stop people from choosing to travel actively to schools, colleges and work. Delivering improvements in walking, wheeling and cycling infrastructure, and improving access to public transport, in order to support active travel for people of all abilities and ages.
- **Food environment:** Stockton-on-Tees has a healthier food environment where good food is easily accessible, affordable and which meets diverse cultural and nutritional needs. Healthy food should not be a luxury, and therefore everyone should be able to eat healthily every day, no matter who they are, what they do or where they live.
- **Air quality:** We will reduce air pollution by working with partnerships and networks to influence policy and planning decisions. Increase awareness by providing education on the health impacts of poor air quality and promoting behaviours that improve air quality, with a particular focus on areas and communities that experience the worst air quality.
- **Community safety:** To make Stockton a safer place where people are protected from serious harm and live in communities which are safer and welcoming.
- **Domestic abuse:** We want everyone living or working in Stockton-on-Tees to feel safe, supported and protected from domestic abuse, regardless of their age, sex, gender, sexuality, disability, socio-economic status, faith or background.

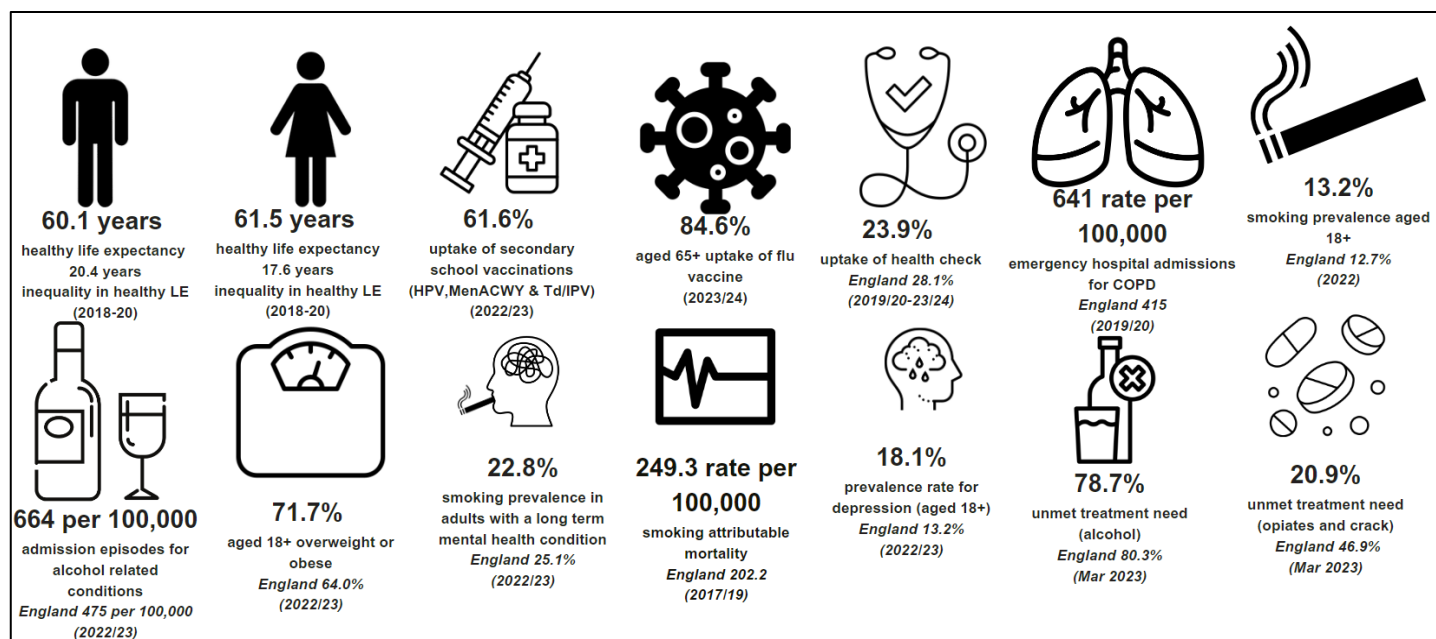
DRAFT NARRATIVE – PRIOR TO DOCUMENT DESIGN AND FORMATTING

- **Community resilience:** We will work with communities to strengthen resilience through evidence-based public health initiatives, fostering community networks and supporting education on emergency preparedness, including the health and environmental effects of the climate change emergency as well as future pandemics. Communities most likely to be negatively impacted will be prioritised.
- **VCSE:** We will continue to support and work with a vibrant and growing voluntary, community & social enterprise sector (VCSE) in Stockton-on-Tees.
- **Co-production:** We will have a clear and consistent approach to co-production with communities and take all opportunities to embed this into practice. Whilst, respecting the rights of local communities to get involved as much or as little as they are able or wish to.
- **Social isolation and loneliness:** we will work together with communities to tackle the contributing causes, encourage and facilitate more ways to connect within the community, as well as providing support for people at greatest risk or impacted.
- **Inequalities:** We will work together with marginalized and disadvantaged groups and communities to better understand their needs, helping to address the barriers they face and ensuring fair access to support and care.

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FOCUS AREA 4: Everyone lives long and healthy lives

Snapshot: Facts and figures



Healthy life expectancy is a measure of the average number of years a person would expect to live in good health. In our Borough we see a significant gap of 16.7yrs for men and 18.5yrs for women between people living in the most deprived wards and those living in the most affluent wards.

In terms of access to preventative programmes, 62% of adolescents are taking up the offer of secondary school vaccinations, whereas around 85% of those over 65 years are taking up the offer of flu vaccines. For screening, there is a 24% uptake of the free NHS Health Checks.

72% of adults in the Borough are overweight or obese. Whilst there has been a decline over the years in overall smoking rates in the Borough, it is still higher than the national average. In addition, there are differences between groups and communities locally, with higher smoking rates in people with severe mental illness and routine and manual workers.

In 2022/23, there were 664 per 100,000 admissions for alcohol related conditions, significantly higher than the England average. In terms of mental health, the rate of people living with depression is 18% in the Borough, higher than the national average.

What have communities told us

Some key themes from various consultations, surveys, focus groups:

- Supporting young people with anxiety about vaccination
- Addressing distrust and vaccine misinformation
- Flexibility of venues and times to access services
- Access to holistic mental health support and services
- Coordinated and joined up services for people with multiple needs

DRAFT NARRATIVE – PRIOR TO DOCUMENT DESIGN AND FORMATTING

Why is this a key focus?

It is crucial not only to help people live longer lives, but also to ensure that most of those years are spent in good mental and physical health. Supporting people to make healthier choices empowers them to manage behaviours like smoking, diet, physical activity, and alcohol consumption, which can greatly improve their chances of staying healthy for longer.

Early diagnosis of risk factors and conditions provides an opportunity for timely support, promoting self-care and helping to prevent the onset of long-term chronic conditions. While many people are confident in seeking services to improve and manage their health, some groups require additional support and targeted services to achieve the same level of access and benefit.

Commitments

- **Vaccinations:** We will support and promote vaccination programmes to prevent serious illness caused by communicable diseases. Through partnerships and networks with the NHS, UK Health Security Agency and community organisations, we will improve vaccination uptake, with a focus on communities with greater barriers to access.
- **Screening:** We want all residents of Stockton-on-Tees to be able to access all available screening for circulatory disease, respiratory disease and cancers.
- **Smoking:** We will reduce the number of people smoking across all communities, whilst providing focused support for people with low incomes, living with mental illness and pregnant women.
- **Healthier Weight:** As well as tackling the wider causes of obesity, we will support those who are already experiencing overweight or obesity to make sustainable behaviour changes.
- **Alcohol related harm:** We will reduce alcohol related harm in Stockton-on-Tees whilst ensuring that alcohol can be enjoyed responsibly.
- **Drug related harm:** We will reduce the number of people using drugs through primary prevention initiatives and tackling the drivers contributing to drug misuse. We will treat addiction as a long-term health condition, breaking down stigma, and ensuring early help and treatment to reduce drug related harm.
- **Mental Health:** We will continue working to reduce stigma within our communities, enhance access to early support and care, and prioritize strengthening community-based integrated services.
- **Independence:** We will provide the right support at the right time to people to prevent, reduce or delay the need for ongoing support and maximise their independence.
- **Complex and multiple needs:** For people experiencing complex and multiple needs, we will look for all opportunities to better coordinate and deliver holistic support and care, rather than siloed.

6. How we will deliver and monitor the strategy

- **A joint delivery plan:** Underpinning the strategy will be the development of a joint delivery plan, with measurable objectives, activities, timelines and responsibilities.
- **Outcomes framework and Dashboard:** A set of high-level outcomes and process milestones will be developed, that can be monitored over time.
- **Feedback from communities:** We will engage with our communities to gather their feedback on our progress and ensure we are also responding to emerging needs.

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HEALTH AND WELLBEING BOARD - FORWARD PLAN

<p>30 October 2024</p>	<ul style="list-style-type: none"> • Health Protection Collaborative Update (Sarah Bowman, Rob Miller) • Winter Plans (ICB) • Right Care, Right Person (Dominic Gardiner) • Members' Updates • Forward Plan
<p>27 November 2024</p>	<ul style="list-style-type: none"> • Integrated Mental Health Strategy Group (Sarah Bowman Abouna) • SEND Strategic Action Plan • BCF Schemes and Quarter 2 (Yvonne Cheung) • Members' Updates • Forward Plan
<p>18 December 2024</p>	<ul style="list-style-type: none"> • Alcohol Strategic Group Update (Sarah Bowman Abouna/Mandy McKinnon) • Tobacco Alliance Update(Sarah Bowman Abouna/Mandy McKinnon)
<p>29 January 2025</p>	<ul style="list-style-type: none"> • Health Protection Collaborative Update (Sarah Bowman, Rob Miller) • Members' Updates • Forward Plan
<p>26 February 2025</p>	<ul style="list-style-type: none"> • Members' Updates • Forward Plan
<p>26 March 2025</p>	<ul style="list-style-type: none"> • Domestic Abuse Steering Group Update (Sarah Bowman Abouna/Mandy McKinnon)

	<ul style="list-style-type: none"> • Members Updates • Forward Plan
30 April 2025	<ul style="list-style-type: none"> • Health Protection Collaborative Update (Sarah Bowman, Tanja Braun, Rob Miller) • Members' Updates • Forward Plan

To be scheduled:

- Multiple Complex Needs – Peer Advocacy Pilot (**Sarah Bowman Abouna/Mandy Mackinnon**)
- Pharmacy Provision/ Update on Community Pharmacies (**ICB**)
- Primary Care Update (GPs, dentists and optometry) (**ICB – Emma Joyeux**)
- Fairer Stockton on Tees (**Jane Edmonds, Haleem Ghafoor**)

Scheduled items Frequency:

- Domestic Abuse Steering Group Update (March and September) (**Sarah Bowman Abouna/Mandy McKinnon**)
- Alcohol Strategic Group Update (June and December) (**Sarah Bowman Abouna/Mandy McKinnon**)
- Integrated Mental Health Strategy Group (May and November) (**Sarah Bowman Abouna/Tanja Braun**)
- Tobacco Alliance Update (Usually June and December) (**Sarah Bowman Abouna/Mandy McKinnon**)
- SEND Strategic Action Plan (Usually May and November)
- Health Protection Collaborative Update (Usually January, April, July and October) (**Sarah Bowman, Tanja Braun, Rob Miller**)