

# KEY AREA 1: Creating a healthier place and resilient communities

Key Area 1 Deep Dive

Health and Wellbeing Board

9 December, 2021

**DRAFT**

# Our commitments

## Integrate healthier places in all policies

We will ensure that all of our policies and strategies across the system include specific actions on improving health and health equity through creating good housing, employment opportunities, active travel links and other economic and commercial conditions in Barnet



## Create a healthier environment

We will create healthier choices locally with a focus on improving access to clean air, water, healthy food and physical exercise



## Strengthen community capacity and secure investment to deliver healthier places

We will facilitate networking and capacity building between local communities and promote safety and cohesion while preventing violence and crime. We will make domestic abuse and violence against women and girls everyone's business.



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There is so much excellent work underway to make Barnet a healthier place! Today will be highlighting just *some* of these areas. Partners will be presenting brief updates on the following workstreams:

## Integrate Healthier Places into All Policies

- Healthier High Streets
- Town Centres

## Create a Healthier Environment

- Sustainability
- Air Quality

## Strengthen Community Capacity

- Domestic Violence Against Women and Girls (DVAWG) Strategy
- Health Champions
- Make Every Contact Count (MECC)
- Social Prescribers

# Integrate healthier places in all policies

We will ensure that all of our policies and strategies across the system include specific actions on improving health and health equity through creating good housing, employment opportunities, active travel links and other economic and commercial conditions in Barnet



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# Healthier High Streets

## Challenge

- Residents see accessibility of healthier food as a barrier to making Barnet a healthier place
- Building stronger communities was identified as a resident priority; ensuring high streets are accessible and welcoming for all will make our communities more resilient

## Inputs

- Multidisciplinary team to identify workstream priorities
- Programme Action Plan developed
- Public Health Business Engagement Officer to support implementation

## Actions

- Improve communication with businesses (online and in-person)
- Work with businesses to develop and improve operational resources for workstream(s) implementation
- Conduct a programme evaluation to understand barriers to workstream(s) uptake

## Short/Mid Term Outcomes

- Collective understanding of the role local business can play on health
- Businesses feel empowered to take action
- Structure in place to launch additional healthier high street workstreams (e.g., alcohol smart serve & healthier convenience shops)



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# Barnet's Growth Strategy

A Growing  
Borough

A Connected  
Borough

An  
Entrepreneurial  
Borough

A Borough of  
Thriving  
Town Centres

A Great  
Borough to  
Live In and  
Visit



## More town centres in Barnet than any other London borough...

### Where we're going - Growth Strategy goals and next steps...

- Strengthened identity and diversification of town centres
- Joined-up service delivery for high streets
- New, high-quality workspace
- Thriving evening economy

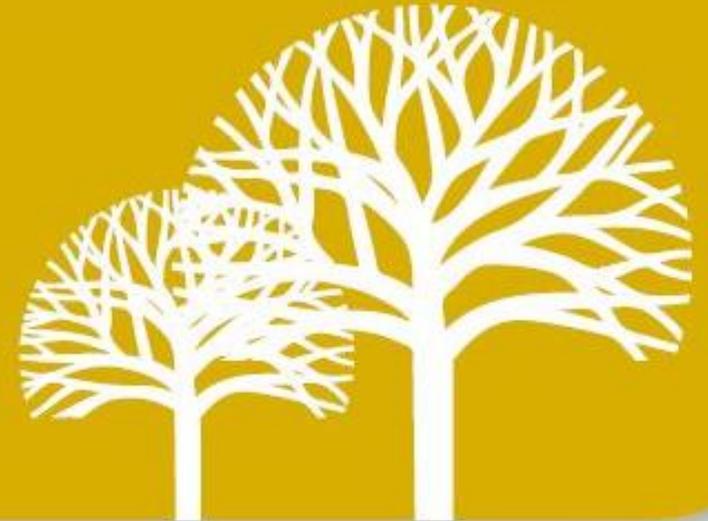
### What we've done...

- Support for businesses, 'Shop Safely, Shop Local'
- Secured extra £23.5M for priority town centre investment
- Finchley Square starting on site 2022: over 3,000 sqm of new public realm, seating, lighting, trees; active travel, Healthy Streets Principles
- West Hendon Broadway, Burnt Oak and Golders Green next in line
- Major town centre revitalisation programmes for Edgware and North Finchley



# Create a healthier environment

We will create healthier choices locally with a focus on improving access to clean air, water, healthy food and physical exercise



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## Tree Planting, Air Quality Audits, Air Quality Communications & Awareness



*“I have been working at Barnet Hospital for 10 years, but it was only at the beginning of the pandemic that I started cycling to work. I did my first journey with a colleague who already cycled; I hadn’t realised how easy the journey could be. 90% of my route is on a cycle path and I feel really good by the time I get to work. I want people to realise you don’t have to be this hard core cyclist, wearing all the gear etc. and you don’t have to cycle every day. But when the weather is nice, it can be really pleasant.” -Daniel Epstein, Consultant at Barnet Hospital*

- A Sustainability Strategy Framework has been produced and will be discussed this evening at Policy & Resources Committee (9<sup>th</sup> December 2021). The report and appendix can be found online: <https://barnet.moderngov.co.uk/ieListMeetings.aspx?Committeeld=692>
- New webpages have been produced and a communications plan developed which links to the wider national picture, and specifically the agreements reached at COP26 and within the government's recently launched Net Zero Strategy. They include:
  - Actions the Council is already taking to ensure the borough is more sustainable
  - detail on the forthcoming Sustainability Strategy
  - Advice for residents and businesses on how they can become more sustainable
  - A statement from the Leader of Barnet Council

More info can be found here: <https://www.barnet.gov.uk/sustainability>

## The framework includes the following:

- **Baseline** – an overview of the baseline and the key findings
- **Strategy Framework** – inc. info on actions already taken in each of the below areas, as well as the actions we are proposing
- **Barnet as a place:**
  - Housing and buildings (inc. new and existing private housing and our own housing stock)
  - Transport (inc. EV charging)
  - Renewable energy and waste
  - Business, skills and partner organisations
  - Natural environment and biodiversity
  - Communication activity
- **Barnet as an organisation:**
  - Supply chain (inc. sustainable procurement and working with existing suppliers)
  - Council operations (inc. corporate estate, energy procurement and fleet)
- **Net Zero Ambition** – Building on the commitments outlined in the Leader’s Statement, the Sustainability Strategy framework includes detail on the net zero ambition of the council as an organisation and as Barnet as a place.

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**Following approval of the recommendations from P&R Committee on 9<sup>th</sup> December, work will continue on the development of the Sustainability Strategy. This includes:**

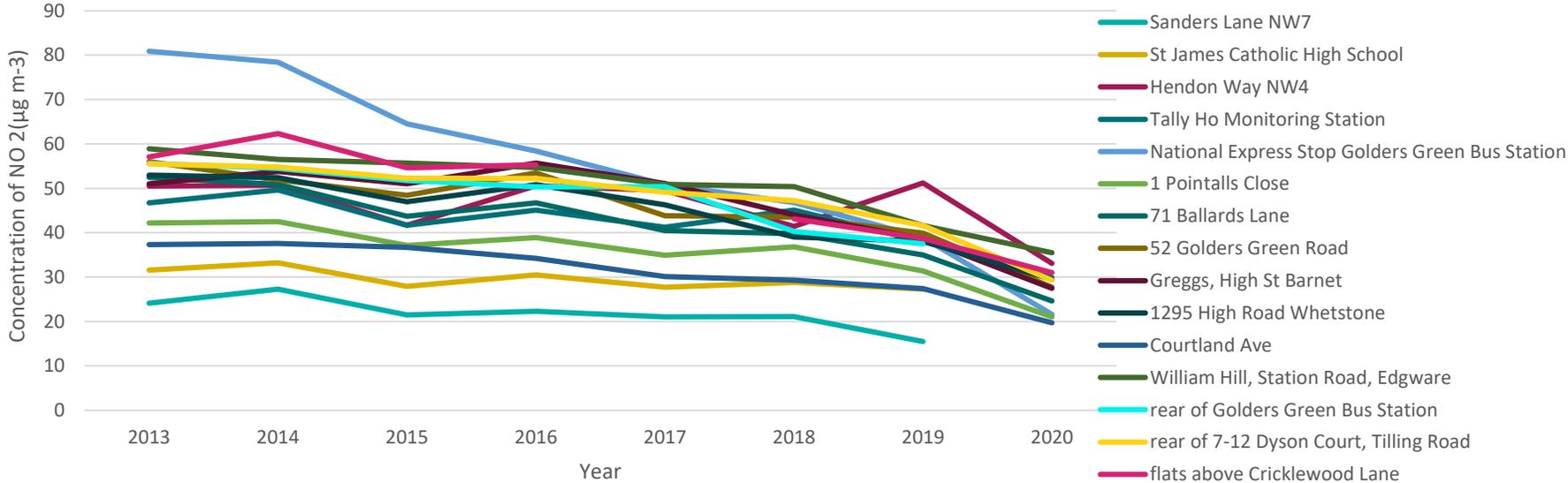
- **Engagement with residents and businesses and a full public consultation**
- **Development of the Sustainability Strategy for adoption**
- **Development of the commitments outlined in framework and further work to develop feasibility studies and implementation plan**
- **We will continue applying for funding and grants as and when it emerges**
- **Continue to communicate with residents and businesses about the actions we are taking, how the strategy is developing and how they can become more sustainable**

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## Air quality improvement Update:

- Best air quality in Barnet since 1992 NO<sub>2</sub> survey began
- Only 2 sites above objectives in 2019 – 0 in Lockdown 2020 (24% less pollution)  
13/17 sites exceeded objective in 2013 pre DRS.

7 Year Trend in Nitrogen Dioxide Concentrations



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## Improvement in Air quality - Lower Nitrogen Dioxide and Particulates 1992-2021 AQ Action Plan

- Cleaner engines for vehicles, London Low Emission Zone for HGV's, Ultra Low Emission Zone
- New Boilers Low NO2- new developments sustainable energy: air source heat pumps, solar and sustainable transport options for cycling, walking, electric vehicle hire, less parking
- Cleaner Non road machinery on construction sites(12% pollution) reducing smoke from JCB's & generators
- Improved public realm- Barnet High street North Finchley: more room for pedestrians, less parked cars and congestion on A roads
- A1000 experimental Cycle lane 8-24% less pollution on 3 monitoring sites
- Now measuring PM2.5 smaller particles that enter lungs at Martin school- 3 school audits- mosts Gold sustainable school travel STARS for any London Borough
- **Over 150 Electric vehicle charge points to date**, 51 Km of 20mph roads, tree planting near busy roads absorbing pollutants- less pollution from 90+ permitted LAPPC processes

## Next Steps

- Feedback from residents has shown that congestion is the third most important issue.
- Reducing parking on busy A roads will help to not just reduce congestion, but also air pollution and will also help aid sustainable transport.
- We will conduct air quality audits at selected schools
- Planting trees along busy roads will continue
- The forthcoming Sustainability Strategy will work to improve air quality
- We will increase awareness on air pollution, especially among vulnerable residents (<https://www.barnet.gov.uk/.../air-quality/air-quality-monitoring>)

# Strengthen community capacity and secure investment to deliver healthier places

We will facilitate networking and capacity building between local communities and promote safety and cohesion while preventing violence and crime. We will make domestic abuse and violence against women and girls everyone's business.



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# Domestic Violence Against Women & Girls

## Domestic Abuse and Violence against Women and Girls Strategy 2021-2024

**February 2021 – October 2021**

**Soft consultation**

**29th October – 20th December  
2021**

**Full public consultation**

**21st January 2022**

**Final Strategy presented to Safer  
Communities Partnership Board for approval**

**8th March 2022**

**International Women's Day - Official launch  
of the new strategy**

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## Soft Engagement Outcomes

Our strategy to be renamed 'DA & VAWG Strategy' 2021-24

### 2017-20 Priority objectives

1. Preventing Violence against Women and Girls
2. Improving outcomes for victims and their children
3. Holding perpetrators to account
4. Enhancing joint working practices between agencies

### 2021-24 Priority objectives

1. Early intervention and prevention of Domestic Abuse and VAWG
2. Support all victims and survivors to report, access help and recover
3. Pursue perpetrators and improve their engagement with behaviour change interventions to eliminate harm to victims and their families

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## Update

- Domestic Abuse Act training being delivered to the multiagency partnership
- Recommissioning of VAWG services
- New Culturally Integrated Family Approach (CIFA) to Domestic Abuse Perpetrator Programme successfully funded by Home Office and being delivered in Barnet, Brent & Enfield
- Ongoing delivery of Advocacy service, MARAC, perpetrator programmes and IRIS

## Next Steps

- The public consultation for the draft DA and VAWG Strategy 2021-2024 is now live on Engage Barnet. You can find the draft documents and information about how to have your say here  
<https://engage.barnet.gov.uk/da-vawg-strategy>
- Roll out of Independent Domestic Violence Advocate (IDVA) and Young Peoples IDVA (YIDVA) Training to statutory and VCS providers working in front line roles on VAWG
- White Ribbon accreditation in progress

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# Health Champions

## HEALTH CHAMPIONS RECRUITMENT FLYER

# BECOME A COVID-19 HEALTH CHAMPION

COVID-19  
HEALTH  
CHAMPIONS



### Do you want to help your family and friends?

Anyone living, working or studying in Barnet can get involved.



### Get live updates on COVID-19

Receive the latest information and government guidelines on how to stay safe and healthy.



### Become a COVID-19 Health Champion

Join our network of local people to help during the COVID-19 pandemic.



### Spread the word

Share this COVID-19 information with your family, friends, work colleagues and the wider community.



### You can help to stop the virus

Keeping our communities well informed will help minimise the risk of the virus spreading.

**Register to become a Champion**  
Visit: [www.engage.barnet.gov.uk/health-champions](http://www.engage.barnet.gov.uk/health-champions)  
Email: [barnethealthchampions@groundwork.org.uk](mailto:barnethealthchampions@groundwork.org.uk)

Together, we can make sure everyone in Barnet has the information they need to stay safe and healthy.



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## كن بطلاً صحياً في أزمة كوفيد-19

احصل على تحديثات مباشرة عن كوفيد-19  
احصل على أحدث المعلومات والإرشادات الحكومية حول كيفية الحفاظ على سلامتك وصحتك.



هل تريد مساعدة عائلتك وأصدقائك؟  
يمكن لأي شخص يعيش أو يعمل أو يدرس في بارنيت (Barnet) المشاركة.



ساعد في نشر الكلمة  
شارك معلومات كوفيد-19 هذه مع عائلتك وأصدقائك وزملائك في العمل والمجتمع الأوسع.



كن بطلاً صحياً في أزمة كوفيد-19  
انضم إلى شبكتنا من السكان المحليين للمساعدة خلال جائحة كوفيد-19.



سجل لتصبح بطلاً  
قم بزيارة: [www.engage.barnet.gov.uk/health-champions](http://www.engage.barnet.gov.uk/health-champions)  
البريد الإلكتروني: [barnethealthchampions@groundwork.org.uk](mailto:barnethealthchampions@groundwork.org.uk)

يمكنك المساعدة في وقف انتشار الفيروس  
سيساعد إبقاء مجتمعاتنا على اطلاع جيد في تقليل مخاطر انتشار الفيروس.



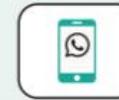
معاً، يمكننا التأكد من حصول كل شخص في بارنيت (Barnet) على المعلومات التي يحتاجها للبقاء آمناً ومتمتعاً بالصحة.



## DEVENIȚI UN CAMPION AL SĂNĂȚĂII ÎN CONTEXTEL COVID-19



Doriți să vă ajutați prietenii și familia?  
Orice persoană care locuiește, lucrează sau studiază în Barnet se poate implica.



Primiți actualizări în timp real cu privire la COVID-19  
Primiți ultimele informații și instrucțiuni guvernamentale cu privire la modalitățile de păstrare a siguranței și a sănătății.



Deveniți un campion al sănătății în contextul COVID-19?  
Puteți să vă alăturați rețelei noastre locale pentru sprijin pe durata pandemiei COVID-19.



Răspândiți vestea  
Răspândiți aceste informații referitoare la COVID-19 în rândul familiei, prietenilor, colegilor de muncă și comunității mai largi.



Puteți să ajutați la stoparea virusului  
Informarea corectă a comunităților va ajuta la minimizarea riscului de răspândire a virusului.

Cum să vă înregistrați pentru a deveni un campion  
Vizitați: [www.engage.barnet.gov.uk/health-champions](http://www.engage.barnet.gov.uk/health-champions)  
Email: [barnethealthchampion@groundwork.org.uk](mailto:barnethealthchampion@groundwork.org.uk)

Împreună ne putem asigura că toate persoanele din Barnet dețin aceste informații de care au nevoie pentru siguranța și sănătatea lor.



# 268

## HEALTH CHAMPIONS REGISTERED

# 21

## Barnet Wards covered



**BARNET COVID-19 WEEKLY ROUND-UP**  
7 November – 13 November 2021



Average no. of COVID-19 cases

**175** Per day



Increased from around 163 last week

Admissions & bed occupancy have decreased in the last week

Infection rate per 100,000

**330** For the last 7 days



Increased from 215 per 100,000 population last week

Higher than the London rate of 260 per 100,000 population

Cases in specific settings in the last week

- 57 cases associated with schools have been reported in the last week.
- 5 staff members and no residents in care homes have tested positive in the last week.

Community positivity has decreased to LOW (3.8%)

Vaccination uptake

**259,500** Received 1<sup>st</sup> dose  
**236,600** Received 2<sup>nd</sup> dose

Everyone aged 12+ can book a vaccine. All Children aged 12-15 will also be invited for vaccination in school or a GP Practice if clinically extremely vulnerable (CEV)

First dose uptake is around 72.7% for all ages (12 & over)



# 80

current infographics



COVID-19 HASN'T GONE AWAY



## Underhill, Woodhouse & Totteridge with the largest number of Champions



# 197

on WhatsApp Broadcast

# 111

on WhatsApp Group

# 71

## Zoom Sessions

# 48 Info

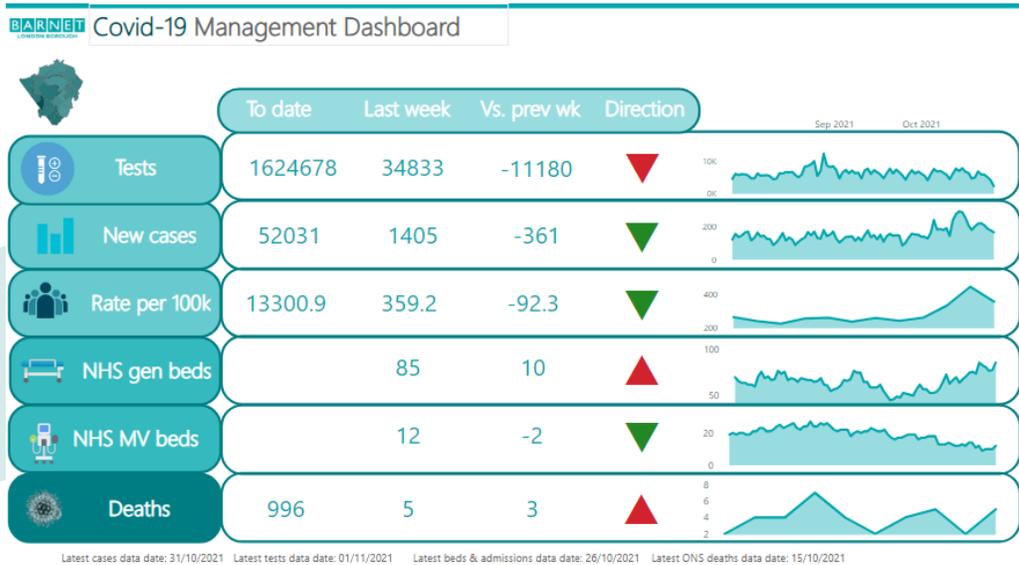
# 18 Welcome 5 Focus Groups

# 48

## Friday Facts e-newsletters

# Information sessions

48 information sessions covering a whole range of topics



the listening place



# Infographics

**BARNET** LONDON BOROUGH

**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## EXERCISING OUTSIDE

Exercise outdoors in a park, green space or garden

Outdoor sports facilities can open

Avoid busy times if you can

Stay safe in the dark - wear reflective gear

Organised outdoor sport is allowed

**Who can I exercise with?**

- Individually
- Your household, support bubble or childcare bubble
- In a group of up to 6 people, or 2 households, outdoors, keeping two metres apart
- As part of an organised outdoor sport team

**Returning to England from a NON-RED LIST country**

From 24th October 2021

**FULLY VACCINATED**

If you're returning to England from a **NON-RED LIST COUNTRY** and are fully vaccinated (14 days after second dose of an NHS approved vaccine), you must:

- Complete the passenger locator form
- Take a lateral flow test on 'day 2' (these must be purchased from government approved providers, they cannot be NHS lateral flow tests)

**NOT FULLY VACCINATED**

If you're returning to England from a **NON-RED LIST COUNTRY** and are **NOT** fully vaccinated, you must:

- Complete the passenger locator form
- Take a pre-departure lateral flow test (rapid test)
- Quarantine for 10 full consecutive days in the place mentioned in your passenger locator form. The day after arrival counts as 'day 1'
- Take a PCR test on 'day 2' and 'day 8' (You can choose to pay for a private COVID-19 test on or after 'day 5' after arriving in England. If the test is negative, you can end your quarantine)

Check the government website to stay up to date with travel guidance:  
[www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19](http://www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19)

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**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## GET YOUR SECOND DOSE OF THE COVID-19 VACCINE

**Why?**  
The second dose gives you better and longer lasting protection. This kicks in 2 weeks after getting the second vaccination.

**The second dose gives you better protection against the Delta variant,** as shown by Public Health England research. The Delta variant is more transmissible than previous variants is now the predominant variant in the UK.

**When?**  
You can now receive the second COVID-19 vaccine 8 weeks after your first one. You can still book and get it now, even if you had your first dose of the vaccine more than 8 weeks ago.

**What?**  
You will receive the same vaccine as the one you received for the first dose. Except in very rare circumstances. You may have some mild side effects after your second dose. These may range from a sore arm, a fever, feeling tired, or a headache. You can take paracetamol to ease symptoms. They usually disappear 48 hours after the vaccination.

**How?**  
You don't need to wait to be invited for your second dose. You can book your second appointment yourself or bring your existing appointment forward to 8 weeks (after first dose). Call 119 or visit: [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/)

**North Central London NHS Clinical Commissioning Group**

**KEEP BARNET SAFE**

**BARNET** LONDON BOROUGH

**COVID-19 HEALTH CHAMPIONS**

## WHAT IS LONG-COVID? (ALSO CALLED POST-COVID SYNDROME)

Someone with Long-COVID has symptoms that develop during or following getting COVID-19, which continue for more than 12 weeks and are not explained by another diagnosis.

Up to 1 in 10 people have ongoing symptoms that match the current definition of Long-COVID (NICE definitions): [www.nice.org.uk/guidance/ng188](http://www.nice.org.uk/guidance/ng188).

Most people with Long-COVID will have relatively mild symptoms which will pass in time. Others will have symptoms that continue for longer periods of time and impact their day-to-day life. They will need further assessment.

**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## THANK YOU FOR DOING THE RIGHT THING

**HANDS**  
Wash your hands to reduce the spread of COVID-19

**FACE**  
Wear a face covering to protect others

**SPACE**  
Keep 2 metres apart from anyone outside your household

**TOGETHER WE ARE KEEPING BARNET SAFE**

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**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## THANK YOU FOR DOING THE RIGHT THING

### Roadmap out of lockdown: Changes from 12 April 2021

**Businesses**  
The following can now open:

- All retail
- Hairdressers and beauty salons
- Outdoor hospitality
- Liveware and community centres

**Sports and activities**

- Indoor leisure centres, including gyms and swimming pools, can open
- All children's activities are allowed
- Indoor parent and child groups can take place with up to 15 parents

**Travel**

- Domestic overnight stays are allowed but only with members of your household or support bubble
- No international holidays

**Events**

- Weddings, receptions and wakes can now take place with up to 15 people

guidance remains the same.

Keep 2 metres apart from others

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**COVID-19 HEALTH CHAMPIONS**

## 5 ways to wellbeing

# CONNECT

- Take time each day to contact a loved one
- Call a family member or neighbour who may be feeling lonely
- Have a virtual lunch with a colleague

**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## THE VACCINE LOWDOWN

Points to remember and share about the COVID-19 vaccine

- Be ready to tell your friends and families
- Be ready to stay safe after getting the COVID-19 vaccine
- Be ready to do after getting your first dose of the COVID-19 vaccine

**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## WEEKLY ROUND-UP

**Infection rate per 100,000**  
175 Per day (Increased from around 163 last week)

**For the last 7 days**  
330 (Higher than the London rate of 260 per 100,000 population)

**Cases in specific settings in the last week**

- 57 cases associated with schools have been reported in the last week.
- 5 staff members and no residents in care homes have tested positive in the last week.

Community positivity has decreased to **LOW** (3.8%)

**Vaccination uptake**  
259,500 Received 1st dose  
236,600 Received 2nd dose

First dose uptake is around 72.7% for all ages (12 & over)

Everyone aged 12+ can book a vaccine appt  
Children aged 12-15 will also be invited for vaccination in school or a GP Practice if clinically extremely vulnerable (CEV)

**COVID-19 HEALTH CHAMPIONS**

Meet outdoors as much as possible and let fresh air circulate indoors.

Be responsible when meeting vulnerable people outside your household.

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**KEEP BARNET SAFE**

**COVID-19 HEALTH CHAMPIONS**

## COVID-19 HASN'T GONE AWAY

**5 ways to wellbeing**

# CONNECT

**THE VACCINE LOWDOWN**

Points to remember and share about the COVID-19 vaccine

- Be ready to tell your friends and families
- Be ready to stay safe after getting the COVID-19 vaccine
- Be ready to do after getting your first dose of the COVID-19 vaccine

Get your second dose 8 weeks after getting your first one

To learn more about the COVID-19 vaccine, visit: [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)  
Barnethealthchampions@groundwork.org.uk

# Health Champions in campaigns



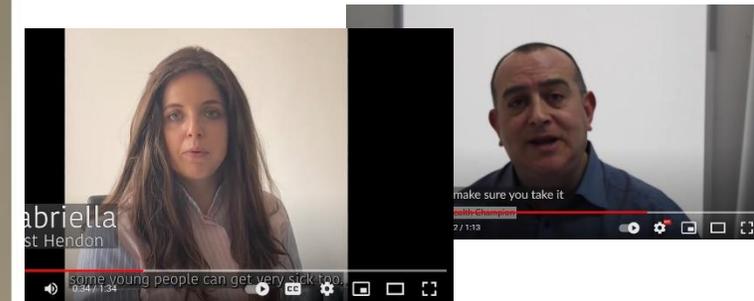
“I feel privileged that I can help people get accurate information”  
– Health Champion

“I most enjoy the sense of having made a contribution towards the fight against the pandemic” – Health Champion

Rory, Barnet Health Champion, said:

“It’s a mutual relationship between the Champions and the council. We’re encouraged to feedback what’s happening locally to help ensure we are supporting the needs of Barnet community.

“It’s amazing to make a difference and join fellow Champions who come from a variety of backgrounds, faiths, and ethnicities. We learn so much from each other.”



## Autumn/Winter Plan

### COVID-19 prevention

Booster jab, Evergreen offer, young person vaccinations, mask wearing

Vaccine confidence, Plan A/B

### Winter wellness

Flu jab, A&E only if necessary, Staying home if unwell

### Mental and physical wellbeing

Mental health

## Future Opportunities

### Wider topics

CVD/Diabetes Prevention

Bereavement Support

Suicide Prevention

### Useful PH Resource

Consultations

Testing messages / comms

Wider reach into our communities

**DRAFT**

# Make Every Contact Count (MECC)



- Launched interactive eLearning module jointly with LB Enfield in September 2021
- Published 19 newly designed factsheets covering an array of topics. 10 more in progress
- Started to socialise the MECC module within the LBB workforce – CMT approved
- Beginning to explore wider partner mobilisation across the ICP (including COVID-19 Health Champions)

To access the training and factsheets, visit:  
[www.barnet.gov.uk/MECC](http://www.barnet.gov.uk/MECC)

## BE SMOKE FREE

### FACTS AND FIGURES

<b>90%</b> COPD diagnoses caused by smoking	<b>80,000</b> people die per year from tobacco use in England	<b>1 in 10</b> adults smoke in Barnet
<b>25%</b> Increased risk of miscarriage	<b>2x</b> risk of heart attack	<b>12-15</b> years of life lost
<b>80%</b> of cigarette smoke is invisible	<b>50%</b> increase risk of stroke	

### HELP AND ADVICE

- Smoking is the single greatest cause of preventable death, disability, ill-health and social inequality.
- It is never too late to stop smoking and you don't have to do it alone. For every 2 people that stop smoking, 1 premature death is prevented.
- **You are 3x more likely to quit smoking successfully with help from the Barnet Stop Smoking Service which offers expert support.**
- Stop smoking aids or medication can reduce the nicotine cravings and improve your chances of quitting. Nicotine-containing e-cigarettes or vaping is recognised to offer a 95% reduction in risk.
- Smoking is costly. With an average cost of £12 per day (pack of 20), over a month that's £365 and in a year £4,380. What else could you spend that on?
- When you stop smoking you will help protect the health of your loved ones and your pets.
- You should stay at least 8 steps outside a building to smoke, to prevent side-stream and secondhand smoke harming those inside.

Last updated: 28.08.2021

[barnet.gov.uk](http://barnet.gov.uk)



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## Next steps

- Increase workforce awareness across ICP of MECC and encourage uptake of the available eLearning module, where appropriate for their roles
- Highlight additional factsheet topics for development – can be wider than health & wellbeing
- Identify priority teams and organisations to undertake a more in-depth face-to-face training offer

In the longer term, we seek to co-design a tiered approach to a MECC programme in Barnet, with the potential to build a network of MECC Champions

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# Social Prescribing; What is Social Prescribing?

- Key component of the NHS long term plan is to build a universal personalised care approach within the health and care system
- Enables health and care professionals to connect people community-based services, groups and activities to meet their non-medical needs
- Offers 1-1, short term support to help patients to identify what matters to them and how they can improve their situation or wellbeing



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- The service started in **December 2019**
- A total of **18 Social Prescribing Link Workers**
- Age UK Barnet has managed the service since **June 2020**
- **All Primary Care Networks have signed-up**

# Social Prescribing in Barnet: Summary 2020/21

**12,424** total number of appointments made



2/3 referrals were female

**50%** increase in referrals this year

**87%** patients said their wellbeing improved

## Most common referral reasons in people 75+

1. Social support (loneliness and isolation)
2. Carers support
3. Mental health support

**3224** total number of referrals



highest rate of referrals in those aged 85 and over



no GP appointments were booked during a social prescribing intervention

## Most common referral reason in young people aged 18-35

1. Mental health (depression and anxiety)
2. Housing, welfare, benefits and employment

**DRAFT**



**Social Prescribing Advisory Group set up to improve engagement with the wider voluntary and community sector**



**Elemental software/case management system allows community groups to create logins to update service information and see performance on prescribing**



**Preliminary conversations held with the RFG to set-up referral pathways**



**Evaluation – analysis of the impact on GP attendance and secondary care usage**

# Key Area 1: Summary

- **Collaboration across the council and partners to achieve Key Area One outcomes**
- **This deep dive has highlighted just some of the amazing work that has been done and what is planned for the future**
- **Next Steps:**
  - **Bringing updates and/or highlight reports to the Health & Wellbeing Board on a regular basis**
  - **Keep tracking progress against targets**
  - **Increasing collaboration across stakeholders**
  - **Health and Wellbeing Strategy to go to other Boards across the council to raise awareness and help increase collaboration**
- **Does the Health & Wellbeing Board like this format for the deep dives of the HWBS areas?**
- **Feedback and suggestions are much appreciated and will help future deep dives and updates**