

Clinical Commissioning Group Governing Body
Paper Summary Sheet
Date of Meeting: 26 November 2013

For: PUBLIC session PRIVATE Session

For: Decision Discussion Noting

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| Agenda Item and title: | GOV/13/11/21 Public Health Annual Report |
| Author: | Maggie Rae, Corporate Director, Wiltshire Council |
| Lead Director/GP from CCG: | Jacqui Chidgey-Clark, Director of Quality and Patient Safety |
| Executive summary: | <p>The Director of Public Health has a statutory responsibility to produce an annual report for Public Health. The Health and Social Care Act 2012 states: “The director of public health for a local authority must prepare an annual report on the health of the people in the area of the local authority. The local authority must publish the report. “</p> <p>The purpose of the report is to inform the CCG of Public Health’s activity in Wiltshire during 2012-13.</p> <p>The report is also available electronically on the Council website.</p> |
| Evidence in support of arguments: | This is a record of Public Health programmes during 2012-13 |
| Who has been involved/contributed: | The report is prepared by the Public Health team with support and contributions from a range of providers of Public Health commissioned services |
| Cross Reference to Strategic Objectives: | N/A |
| Engagement and Involvement: | The report is available on the Council website and Wiltshire Intelligence Network. It was presented to Wiltshire Council Cabinet meeting in September and will be presented to Health Select Committee in January 2014. |

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| Communications Issues: | None |
| Financial Implications: | None |
| Review arrangements: | This report will be produced on an annual basis. |
| Risk Management: | None |
| National Policy/ Legislation: | The Director of Public Health has a statutory responsibility to produce an annual report for Public Health. The Health and Social Care Act 2012 states: "The director of public health for a local authority must prepare an annual report on the health of the people in the area of the local authority. The local authority must publish the report." |
| Equality & Diversity: | |
| Other External Assessment: | NA |
| What specific action re. the paper do you wish the Governing Body to take at the meeting? | To note the publication of the Public Health Annual Report 2012-13. |



Wiltshire's Annual Public Health Report 2012/13



Wiltshire Council
Where everybody matters



Welcome



Maggie Rae, Corporate Director,
Wiltshire Council

It has been an exciting year and we are embracing new opportunities to continue to improve the quality of life, sense of wellbeing and health of the people in Wiltshire.

Welcome to the Annual Public Health Report for 2012/13 which captures public health in its last year as part of the NHS family.

In April 2013 public health services were transferred to Wiltshire Council. It has been an exciting year and we are embracing new opportunities to continue to improve the quality of life, sense of wellbeing and health of the people in Wiltshire.

Last year public services worked closer together and with local communities. Public services worked closer together and with local communities too. 2012 was a unique year seeing thousands of local people across Wiltshire celebrate and join in with the events to celebrate the London Olympic Games and the Queen's Diamond Jubilee. The Olympic Torch passing through the county inspired communities to come together and a legacy programme has emerged that is encouraging and supporting more people to lead active and healthy lives.

This report highlights what we have been doing to improve health and make Wiltshire an even healthier place in which to live. Our key focus is the importance of early intervention as this will be key to achieving our vision. This report updates on our intervention work and our overall achievements in 2012/13.

I would like to thank NHS Wiltshire, Wiltshire Council and my public health team for supporting the public health agenda in Wiltshire, and for working together to ensure the smooth transition of public health services from the NHS into the council. I look forward to working with the new organisations, including the Clinical Commissioning Group and NHS England's area team.

My team and I have been warmly welcomed by colleagues in Wiltshire Council and I am delighted to be working in the new environment and integrating public health into the council's mainstream business and services. The transfer provides a platform for us to build on our existing relationship with public protection and work more closely with other council services and local communities. I look forward to updating this work next year.

Maggie Rae

Introduction

The success of public health is measured by achieving positive health outcomes for the population and reducing inequalities in health. These are the two high-level outcomes which need to be achieved in public health. These, and other indicators, are important so that we know not only how long people live, but how well they live at all stages of their life.

Wiltshire is a healthy place to live, with life expectancy in general continuing to rise. The most recent data show male life expectancy has, for the first time, reached 80 years. This, and the improvements in female life expectancy, is a fantastic achievement for our population.



In Wiltshire life expectancy is now 80.1 years for men and 83.8 years for women. This is better than the England averages of 78.9 years for men and 82.9 years for women.

However, there remains a gap in life expectancy between the most and least deprived communities in Wiltshire. The gap in life expectancy for men between the most and least deprived communities is 6.6 years and for women is 3.8 years. Wiltshire public health programmes support improving life expectancy and reducing the gap in life expectancy to improve and protect health and wellbeing, and improve the health of the poorest fastest.

Public health is about helping people to stay healthy, and protecting them from threats to their health.

From www.gov.uk

What is public health?

The key aims of public health are to:

- protect the local population from ill health
- prevent disease
- promote healthy lifestyles
- reduce health inequalities

The work of public health is often unseen but over the course of a lifetime will benefit everyone. Public health helps people to protect their own health and provides protection from threats to their health. This involves encouraging people to make healthy choices and looking at the environments we live in to keep local communities healthier.

When a risk to a population's health, such as an outbreak of disease or extreme weather conditions, is identified, it is public health specialists who, with their partners in the emergency services, work behind the scenes to help co-ordinate a response and combat the threat to health.

Public health manages infectious diseases, ensures health resilience and provides information about vaccines, screening programmes and how to access support.

Wiltshire Council and public health

Last year has seen an extensive reorganisation of the structure of the NHS in England. These changes have had an impact on how services are run in Wiltshire and public health has been returned to local authority responsibility.

Wiltshire has been operating an integrated model of public health with close working between the council and the NHS for a number of years and the new arrangements mean this can be built on to ensure that protecting and improving public health remains a priority. The public health team is now part of a wider service area within the council providing public protection, housing and social care.

Public health vision and priorities

Last year the priorities for Wiltshire were brought together into a single comprehensive and succinct report, the Joint Strategic Assessment (JSA) for Wiltshire. The key health and wellbeing priorities in 2012/13 were to:

- identify and support complex and vulnerable families
- reduce the harms associated with alcohol and drug misuse
- support increasing numbers of people with long-term health conditions to manage their health and needs
- improve people's mental health and emotional wellbeing
- reduce the number of long-term care home placements.

Last year has seen progress towards meeting these priorities and as a result Wiltshire residents will have healthier lifestyles. We are making headway in preventing obesity and tackling other lifestyle issues. The health and wellbeing of local people is vital in helping to deliver the council's priorities to protect the most vulnerable in our local communities; to boost the local economy; and to help create stronger communities.

The vision for the future of public health in Wiltshire will be shaped by what has already been achieved, how our population is changing and what is best for local communities. Wiltshire Council is one of the largest unitary authorities in the country. With a population of almost half a million people, Wiltshire is home to many unique and distinct communities. Public health aims to work with these communities to help them become more resilient and to encourage and enable people to have healthier, longer and more active lives.





During 2012/13 the focus was on the transfer of responsibility for public health services from the NHS to the council. This focus ensured that services were seamless.

Changes to governance arrangements mean that Wiltshire Council now has commissioning responsibility for a wide range of public health services, including:

- tobacco control and smoking cessation services
- alcohol and drug misuse services
- public health services for children and young people aged 5–19
- tackling obesity and promoting healthy eating
- increasing levels of physical activity
- public mental health services
- dental public health services
- supporting, reviewing and challenging delivery of immunisation and screening programmes
- comprehensive sexual health services
- encouraging behavioural and lifestyle changes to prevent cancer and long-term conditions
- informing people of screening programmes and health checks to increase life expectancy and quality of life.

In the next year, our priorities will include reducing the number of people who smoke, helping to diagnose cancer and other life threatening diseases sooner, combating alcohol and drug misuse, enabling people to lead more active lifestyles and improving mental health and wellbeing.

The public health and council service teams will continue to work with existing partners and forge new relationships to help build solutions with local communities so that the demand on public services is reduced. This will help us to provide high quality services to those who need them most. Public health services are designed to reflect population changes.

► From transition to transformation

Early intervention

Early intervention is at the heart of everything we do along with our commitment to support residents to be healthier, happier, and live longer; particularly for those who are most in need and most vulnerable. There is substantial evidence that supports intervening early as the most cost effective way of doing things.

This is why we are adopting an early intervention approach so that we can deliver sustainable improvements benefiting all our residents.

Early intervention is not a big bang or a quick fix approach. It is a sustained long-term programme of hard work. Many benefits will only become apparent over the course of a generation; however there will be some more immediate results along the way. To be successful, it requires a shared vision to implement a countywide programme. To achieve real change, we will work with communities and partners to endorse, plan and fund an organisational and cultural shift towards early intervention.

Getting the best start in life

Children and young people

It is vital that we put in place measures to reduce health inequalities before birth and throughout childhood. Early intervention primarily focuses on the development of a sound social and emotional grounding in early childhood to improve long term health and wider social outcomes.

Pregnancy and pre-school

Wiltshire has a strong universal provision to support pregnant women and their children. This is delivered by GPs, midwives, health visitors and school nurses. The Healthy Child Programme (HCP) provides a programme of regular health and development reviews, screening tests, immunisations, health promotion and parenting support from pregnancy up to 19 years.

Children's Centres offer a range of additional support services and provide an ideal opportunity to deliver targeted services. Public health is currently looking at what additional intensive support could be delivered locally for families that are most likely to face difficulties.

Wiltshire Council is delighted to have been selected, in partnership with Swindon Borough Council, to become one of 20 Early Intervention Places nationally. This will involve working in partnership with the Early Intervention Foundation – which will provide support on the evidence base and latest learning on the most effective early intervention programmes, innovative approaches to funding and commissioning and specialist advice and guidance on effective mechanisms for evaluating impact.

Free swimming at the leisure centre pools in Wiltshire during school holidays has given many children and their parents a great deal of pleasure and has encouraged a more active life style



► From transition to transformation

Young adults and prevention

Public health services continued to use a targeted approach to deliver the National Chlamydia Screening Programme in 2012/13, with provision primarily through GPs. Over the last year, the programme has been expanded to include gonorrhoea testing, which can be carried out on the same sample and alleviates the need for a young person to undergo more than one test.

Between January and December 2012 around 8,500 young people aged 15–24 years of age were screened for chlamydia with 8.8% testing positive. Our rate of positivity was higher than both the South of England (7.2%) and England (7.7%) averages, which would suggest that our targeted approach is reaching the right young people.

In 2012, 8,500 young people aged 15–24 years of age were screened for chlamydia

Preventing road traffic accidents

The number of people killed or seriously injured on roads in Wiltshire reduced by 10% between 2011 and 2012. In 2012/13 the Road Safety Partnership, led by Wiltshire Fire & Rescue Service, ran a new safety campaign aimed at Year 5 and 6 pupils across Wiltshire. Flashing high visibility arm bands were given to all Year 5 and 6 pupils, making children more noticeable as they walk to and from school on dark mornings and evenings, thus preventing accidents and injuries.

The Road Safety Partnership also continued to deliver the Safe Drive Stay Alive Campaign, which uses powerful personal testimony and dramatic video footage to raise awareness of the tragedy and suffering caused by road traffic accidents. More than 7,000 young people in Wiltshire saw Safe Drive Stay Alive last year, with many giving really positive feedback on the sessions.

Community Speedwatch

Another initiative to reduce road traffic accidents was the highly successful Community Speedwatch scheme. Wiltshire has 72 Community Speedwatch groups, with another 20 groups being trained. Community Speedwatch is a partnership with the council, police and local communities.

It highlights the dedication of local people helping to address speeding matters in local areas. Volunteers monitor and record the speed of motorists. They wear yellow, high-visibility jackets and act as a deterrent to prevent motorists from speeding. Persistent identified offenders are sent warning letters. If drivers continue to exceed the speed limit, the police will take action.

Abbeyfield School's approach to supporting young people's health and wellbeing

During 2012/13 Abbeyfield School worked towards achieving Young People Friendly status. The Young People Friendly quality assurance scheme in Chippenham checks a wide range of criteria to ensure that students are getting the best quality service. This includes involving young people in development and evaluation of young people's services. A focus group was established and it reviewed the venue selected for 'drop-in' advice and support. It raised concerns that the venue was not in the right location and would inhibit young people from attending.



As a result of their review and recommendations young people can now access help and support every Thursday lunchtime from a vibrant and well attended multi-agency 'drop-in' centre located in an area they considered to be more appropriate. The area is welcoming and relaxed and staffed by students and professionals. Young people can now access the help and support they need and minor concerns can be addressed before they become problems and have an impact on their sense of wellbeing and general health.

It is really relaxing and allows me to be open and honest without being judged.

A Year 9 student

► From transition to transformation

Supporting family wellbeing

Uncovering the hidden harm caused by substance misuse

Children of parents with alcohol and drug problems are more likely to have poor health and socio-economic outcomes, be involved in crime and anti-social behaviour and experience problematic alcohol and drug use themselves. It is important to uncover hidden harm at the earliest opportunity and to take action to prevent long-lasting damage.

A Hidden Harm Needs Assessment was carried out in 2012/13 to ascertain the extent of the issue in Wiltshire.

The findings indicate:

- Mental ill health, domestic violence and offending behaviour are key factors associated with hidden harm.
- In Wiltshire, around 9% of parents feel they have engaged in alcohol or drug use that they believe has had a negative impact on them or their children.

The impact of alcohol and substance abuse was vividly brought to life at a Wiltshire conference through the words of a survivor who described her journey from childhood to involvement in drugs, to motherhood, to where she is today.

The findings from the conference are being used to roll out the Hidden Harm Protocol across frontline services, to continue to provide training on hidden harm and what is available to support families, and to further develop the role of the Hidden Harm Link Workers in ensuring that families receive the support and interventions they need so that the adverse outcomes associated with hidden harm are prevented.

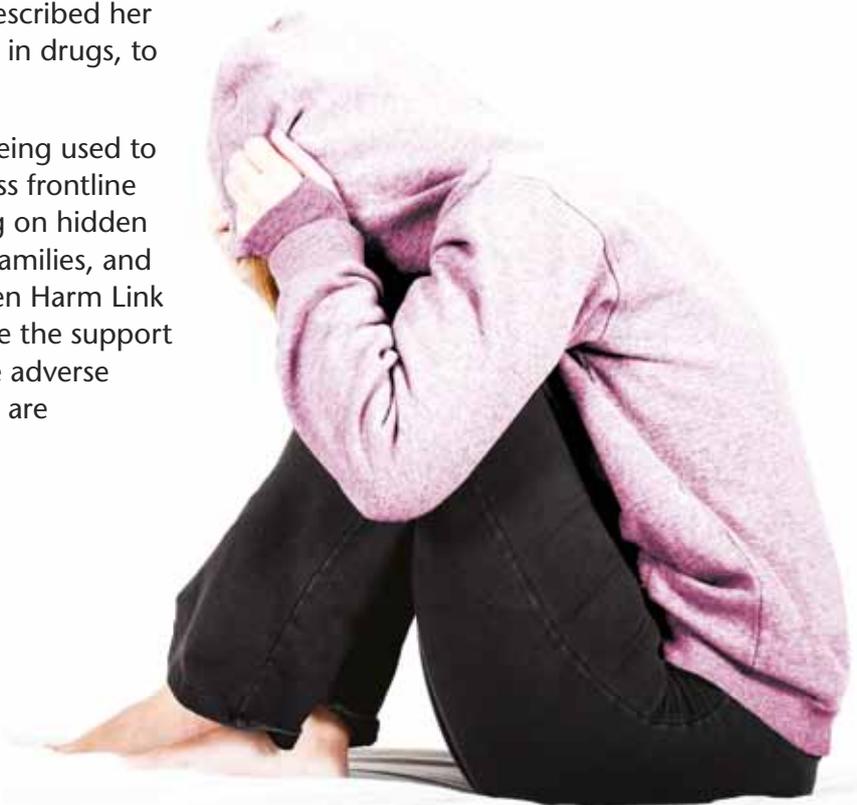
Domestic abuse

Domestic abuse can take many forms including psychological and emotional abuse, physical violence, physical restriction of freedom, sexual violence and financial abuse. The impact of abuse includes the immediate physical effects and the enormous effect on the mental health and wellbeing of victims and their families.

Wiltshire has an established multi-agency Domestic Abuse Reduction Group (DARG) that is responsible for the delivery and implementation of the Domestic Abuse Reduction Strategy and Implementation Plan.

The county was successful in becoming a pilot site for the Domestic Violence Disclosure Scheme (DVDS) in July 2012. Wiltshire was one of four police forces that tested two types of processes for disclosing to an individual the previous violent offending history of a new or existing partner, when it is deemed a pressing need by professionals.

The Young People's Positive Relationship Programme is a 12-week programme open to both men and women. It focuses on improving attitudinal understanding of their behaviour and the impact this has on others around them. It focuses on developing skills and strategies for young people to use to improve their behaviour, improving relationships between the young person and their victim or family and improving feelings of safety.



► From transition to transformation

Keeping a check on our health

Early identification of risk through a cardiovascular disease assessment is a key factor in the prevention of premature mortality and long term disability associated with heart disease, stroke or diabetes. Wiltshire has a county-wide service for NHS Health Checks provided by GPs. The NHS Health Check programme is a cardiovascular disease risk assessment for eligible patients on GP registers aged 40 to 74. Individuals are invited to attend for a NHS Health Check at five year intervals.

In 2012/13 over 30,000 NHS Health Checks were offered in Wiltshire and more than 14,700 completed. In addition to the formal call and recall NHS Health Checks service, GP practices and public health have provided outreach activities to increase awareness of cardiovascular disease. These activities included blood pressure and cholesterol checks. When individuals were identified as being at potential risk of cardiovascular disease they were advised to see their GP.

In 2012/13, more than 30,000 NHS Health Checks were offered in Wiltshire

Screening identifies early signs of disease and saves lives

Early identification of disease in people who are not yet displaying any symptoms is crucial in improving survival rates and reducing mortality. Screening is a process of identifying apparently healthy people who may be at increased risk of a disease or condition. They can then be offered information, further tests and appropriate treatment to reduce their risk of any complications arising from the disease or condition.

Screening programmes start during pregnancy and are offered at various stages of a person's life.

There are currently six antenatal and newborn screening programmes:

- Sickle cell and thalassaemia
- Infectious diseases in pregnancy
- Down's syndrome and foetal anomaly ultrasound screening
- Newborn hearing
- Newborn and infant physical examination
- Newborn blood spot

The following screening programmes are available to young people and adults:

- Diabetic eye screening programme
- Abdominal aortic aneurysm screening programme

The following cancer screening programmes are available to adults:

- Breast cancer
- Cervical cancer
- Bowel cancer

In addition the following related programmes are available:

- Prostate cancer risk management
- Chlamydia screening



Active Health

Wiltshire Council, in partnership with the NHS and DC Leisure, has developed the Active Health scheme. Active Health is the name given to physical activity opportunities for people referred by a medical professional.

The project includes referrals to tackle obesity, to support rehabilitation after a stroke, heart attack or cardiac intervention and strength and balancing classes. The reasons for referral can be wide ranging and the opportunities for exercise are available across the county in leisure centres and other local facilities, at a concessionary rate.

► From transition to transformation

Managing infectious disease

Diseases such as measles or whooping cough are highly infectious and can easily spread from person to person. Health protection services use a range of strategies to minimise the risk to the wider population and prevent large outbreaks of illness.

The easiest and most effective way to protect a community from infectious disease is to ensure high take-up of all the recommended immunisations and vaccinations. The national Joint Committee for Vaccinations and Immunisations (JCVI) monitors the activity of diseases and in 2012, due to a rise in the number of deaths in infants from Whooping Cough (also known as Pertussis), they recommended the introduction of a Pertussis vaccination for pregnant women.

The JCVI announced in 2013 that children would be offered protection from Rotavirus, a virus which causes sickness and diarrhoea. There are plans to offer children protection from Seasonal Flu as early as 2014.

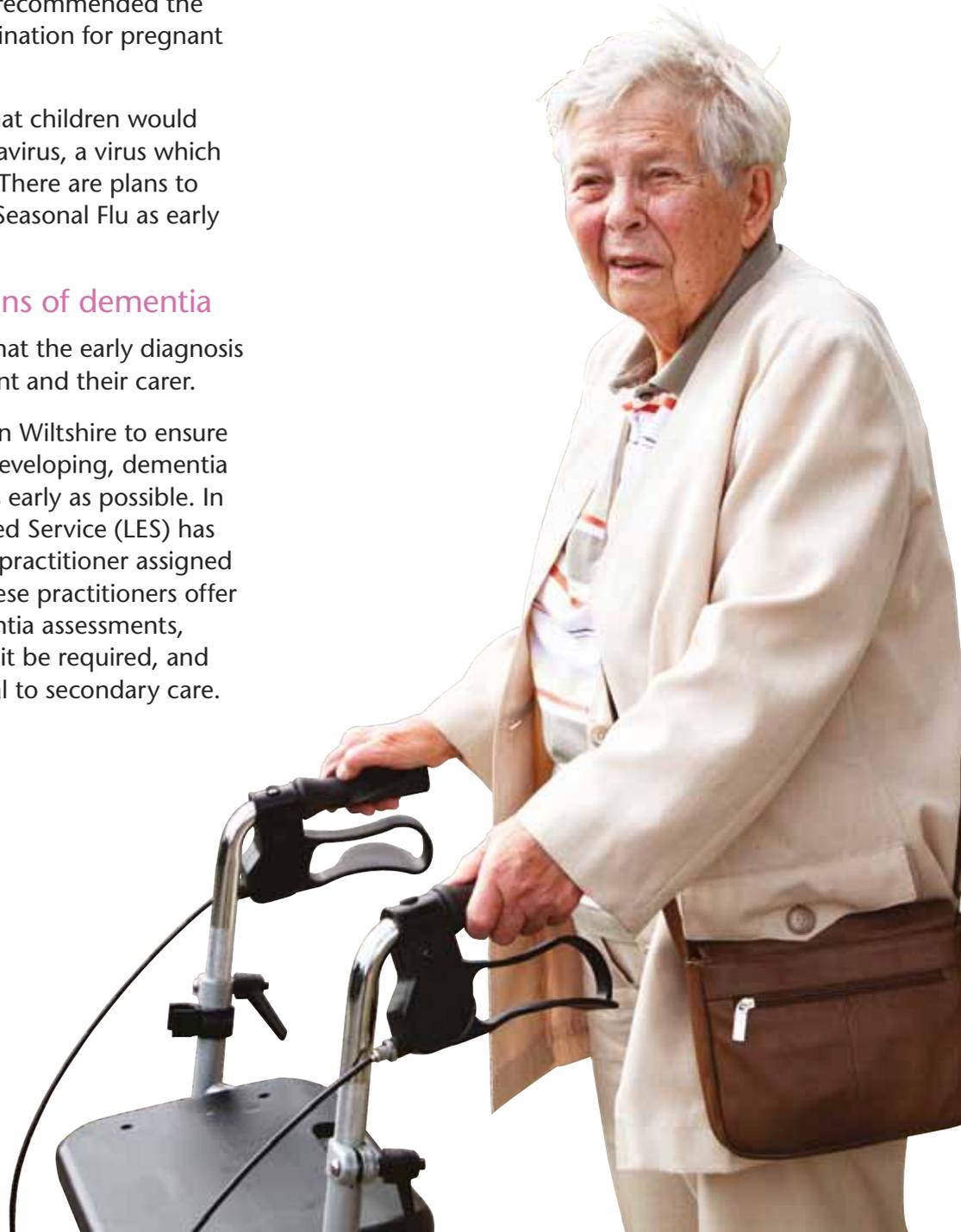
Recognising the early signs of dementia

There is compelling evidence that the early diagnosis of dementia can help the patient and their carer.

Initiatives are already planned in Wiltshire to ensure that people who have, or are developing, dementia are identified and supported as early as possible. In primary care, a Locally Enhanced Service (LES) has started with a nurse or named practitioner assigned to a cluster of GP practices. These practitioners offer assistance with complex dementia assessments, oversee further testing, should it be required, and recommend patients for referral to secondary care.

Although total population screening for dementia is not recommended, those attending for their NHS Health Checks will be given information about the signs and symptoms of dementia and encouraged to take an assessment, if appropriate.

It is predicted that as the age of the population rises there will be an increase in the number of people suffering from dementia which, if left unchecked, will have a significant impact on services. However, public health is working to mitigate the increase by addressing the risk factors such as obesity, high blood pressure, high alcohol consumption and diabetes.



► From transition to transformation

Understanding when and where to intervene

Public health intelligence provides a vital role in early intervention. Data and information about people and past events is analysed to help make decisions about where and when early intervention is most needed and can make the biggest difference. Analysing data on area deprivation can reveal which groups and places have the worst outcomes.



Some examples of where public health intelligence has informed early intervention are outlined below.

Breastfeeding

Data have been gathered at various times about whether mothers and babies are breastfeeding: including at delivery; at around 10 days when seeing a midwife; at the first visit from the health visitor; and at the six to eight week mother and baby health check. The data are analysed on where the mother lives, her age and who provides her healthcare services. Resources and initiatives are then targeted to areas with low breastfeeding rates and at stages when intervention is most likely to prolong breastfeeding.

Childhood obesity

Data obtained through the National Childhood Measurement Programme (NCMP), which measures children in Reception and Year 6, are analysed to look for areas of the county that have higher numbers of obese or overweight children.

Obesity prevention programmes are then located in the right places and offered to the right children and families.

Falls

Records about people who are admitted to hospital, often in an emergency because of a fall, have been analysed to identify parts of the county where rates are highest. This has led to the development of work to explore the data on the underlying reasons why people fall, where they fall and what healthcare services they receive to treat any injuries they may sustain.

Bowel cancer screening

Analysis of the take-up of bowel cancer screening was carried out based on the deprivation level of the people invited for screening. It found that the lowest uptake was in the areas with highest deprivation. This information, combined with similar analysis by GP practices, has enabled promotion of the screening programme to be targeted in the areas with lowest take-up.

▶ What we have achieved in Wiltshire

As well as focussing on prevention and intervention Wiltshire's public health team developed a number of innovative and specialist projects to support people during different phases in their lives.

Helping you keep healthy

The Health Information Support Service

A Health Information Support Service (HISS) provides easy access to health advice and information in 12 of Wiltshire's libraries, offering weekly, half-day, drop-in sessions with health professionals. Here is just one of many cases where the service has helped to change someone's life:

I had noticed Mrs B, a lady in her 60s, wandering around the library coughing. I took the opportunity to approach her, to introduce myself and my role within the Health Information Support Service and to ask about her cough and health in general.

She explained that she seldom left the house as she works full-time caring for her disabled husband. As we talked, it became clear that she considered her husband's health and wellbeing to be her top priority. She appeared isolated and was receiving very little support as his carer.

I informed her about the role of Carers Support and how she could access their help and I took the opportunity also to mention the importance of seeking her GP's advice about her cough. I suggested that, whilst contacting the practice, she could also register as a carer, as this would be beneficial for both Mr and Mrs B.

Mrs B subsequently came in to see me to thank me for my help and advice and to tell me that life had improved immensely since we initially talked. She had seen her GP who had arranged a full health check and all was well. She told me that as a result of our discussions, she had felt able to seek support as a carer and that she now also recognised the importance of her own health.

A member of the HISS team

Smoking cessation and tobacco control

Good tobacco control measures and high quality stop smoking services can have a significant impact on improving the wider determinants of health. There is a strong social gradient to smoking, in that those from more deprived backgrounds are more likely to smoke and more likely to suffer from the poor health outcomes associated with smoking. They are also more likely to spend a disproportionate amount of their income on tobacco.

The good news is that the number of smokers in Wiltshire continues to fall, with just over 17% of people now smoking compared to 20.8% in 2010. However, the number of smokers increases to 25.9% in some of our more deprived areas and whilst there have been reductions in this group, it remains higher than the Wiltshire and England averages.

The Wiltshire Stop Smoking Service has been important in its actions to reduce the numbers of smokers in the county. It supported over 5,000 people in 2012/13, of which 2,902 successfully stopped smoking. All those who gave up improved their financial position, as well as their health, with a 20-a-day smoker saving over £2,500 a year.

Tackling illegal tobacco

The public health and public protection teams worked together to run a campaign aimed at raising awareness of illegal tobacco; which costs the south west region around £211 million.

Illegal tobacco is unregulated, which means that it often contains more harmful chemicals than ordinary tobacco. It is cheap to buy and so is very attractive to younger smokers and those with lower incomes and it brings criminals into our communities.

The campaign resulted in:

- an increase in the number of reports and intelligence from the public about where illegal tobacco is being sold, which is helping with prosecutions and reducing trade in this area
- 243 people signed a pledge in support of the campaign to stop the illegal tobacco trade
- 278 people have wanted to tell their local councillor about their concerns on this issue
- more than 500 people talked to the public health and public protection teams during an event at the Shires Shopping Centre, in Trowbridge and 350 people received information.

▶ What we have achieved in Wiltshire

Changing lives

Chris, aged 58, from Trowbridge stopped smoking successfully with support from his stop smoking advisor at Bradford on Avon Health Centre. Since quitting in November 2011, he has saved about £3,500 and has managed to have an extra holiday and he now plays more sport.

He said to his advisor,

It is no exaggeration that stopping smoking has completely changed my life. I can breathe more easily, my circulation has improved and I don't get so stressed. I am no longer living from one smoking opportunity to the next.

Chris from Trowbridge

Get Wiltshire Walking

Get Wiltshire Walking (GWW) is a public health project designed to encourage people to take part in gentle exercise in their local community. Geoff, who is 66 years of age, was overweight and suffered from high blood pressure and raised cholesterol levels. He had been recently been diagnosed with Type 2 Diabetes.

At the suggestion of a neighbour, Geoff joined the Melksham 'Get Wiltshire Walking' group. He was initially dubious about how the group would help him. However, he soon began walking two or three times a week. In time he was up to four walks a week and decided to get a dog so that he would have to walk every day.

Within two years Geoff had lost two stone, his blood pressure and cholesterol were lower and his diabetes was under control. Geoff now walks about six miles a day.

In addition to my improved health, walking has given me greater confidence and enhanced my social life. I have now trained as a volunteer walk leader and my weight loss continues.

Geoff, Melksham GWW group

Health Trainers

Health Trainer services support adults who want to have a healthier lifestyle, but are unlikely to make and maintain the required changes without one-to-one support. Health Trainers are recruited from local communities and reach out to people who are at a greater risk of poor health. They work on a one-to-one basis to assess clients' health and lifestyle risks. They also help signpost and support clients to access existing specialist services and activities.

The current service includes:

- one Health Trainer linked to the Wiltshire Addiction Support Project (WASP) – focusing on those in the second phase of recovery from drugs and/or alcohol
- two Health Trainers linked to the Probation Trust
- one Health Trainer – supporting family members of Army personnel
- Erlestoke Prison Health Trainer Programme – 44 prisoners have trained as Health Trainers by completing the Level 3 City and Guilds Health Trainer Certificate.

Fuel poverty

Some 30,000 households in Wiltshire live in fuel poverty; these are households which spend more than 10% of their income to maintain adequate heating. Those living in fuel poverty typically live in damp, cold houses with poor insulation and expensive fuel sources or tariffs. All household members are at risk of developing respiratory conditions, especially the very young and old.

Families in fuel poverty are likely to be suffering from depression and to becoming isolated and undernourished. Public health has supported a range of interventions including a hospital discharge service, crisis fund, Surviving Winter Grants and the Warm and Well Advice line.

► What we have achieved in Wiltshire

Wiltshire Wildlife Trust

In 2011, Wiltshire Wildlife Trust (WWT) and the public health team set up a 'green exercise' project to help people at risk of mental health difficulties. Outdoor activity is particularly beneficial for good mental health and the Wiltshire countryside offers many opportunities. Planned conservation activities – which include coppicing, tree planting, scrub and pond clearance, willow fencing and woodland crafts – are available in supervised sessions at WWT reserves in different parts of the county. Around 35 people attend the sessions every month, and most of these stay within the programme for six months.

Personally the project has helped me realise that I am not as bad as I feel. It's good to talk to people outside of your normal surroundings, instead of always burdening friends and family. The project has opened up a whole new world for me.

Green Exercise project volunteer

Useful links

Wiltshire Council: www.wiltshire.gov.uk

Public health in Wiltshire:
www.wiltshire.gov.uk/publichealth

The Health and Wellbeing Board – Further information on the work of the Health and Wellbeing Board is available on the Wiltshire Council website

The Wiltshire Intelligence Network:
www.intelligencenetwork.org.uk

No Worries!, a sexual health service for young people:
www.facebook.com/NoWorriesWiltshire/info

Smokefree Wiltshire:
www.wiltshirestopsmoking.co.uk

Wiltshire CCG:
www.wiltshireccg.nhs.uk

Active Health: www.wiltshire.gov.uk/activehealth



