

To: Ashford Health and Wellbeing Board
From: Marion Gibbon: Public Health Consultant & PH Lead for Ashford CCG
Title: The Public Health Resource and Programme for Ashford Health and Wellbeing Board
Author: Marion Gibbon (KCC), Wendy Jeffries (KCC), Abi Mogridge (KCHT)

Date: 4th October 2013

1. Introduction:

This paper describes the commissioning resource that Public Health Kent (now part of Kent County Council) are responsible for and provides a brief description of this resource currently serving Ashford. The paper does not include public health programmes that are outside of this allocation that are running in Ashford H&WBB. Under new commissioning arrangements public health will also be provided from the National Commissioning Board and via Public Health England. These programmes will not be covered in this paper.

2. Public Health in Kent County Council

After the Health and Social Care Act was passed and from April 1st 2013, top tier Local Authorities have become responsible for a number of functions that were previously performed by the Primary Care Trusts in England.

From April 1st 2013 Kent County Council has become responsible for:

- planning services based on assessing needs of local populations
- securing services that meet these needs
- monitoring and evaluating the quality of care provided

In most cases these services are not isolated from complex and integrated clinical and social care pathways and will in future be aligned closely with district councils, Clinical Commissioning Groups and the National Commissioning Board.

The place where this work will be effectively commissioned in partnership and monitored and evaluated will be the local district and CCG level Health and Wellbeing Boards e.g Ashford H&WBB.

The overall current public health budget that has transferred to Kent County Council is approximately £42.1 million and 40% (£17.6 million is allocated via commissioning to Kent Community Health Trust in block contract). Staffing costs account for £4 million approximately (9%) and 30% of the budget commissions drug and alcohol services via Kent Drug and Alcohol Team. This leaves £8.2 million of funds that must be allocated to deliver the Public Health Outcomes Framework. The outcomes framework for public health concentrates on increasing life expectancy and reducing the gap in life expectancy between communities. The programmes are currently commissioned and delivered pan-Kent in order to maximise efficiency and retain the integrity of services.

The reason why 40% of the budget is commissioned from KCHT is historical as before 2010 the KCHT service was part of the Kent PCT Public Health Teams.

Under new commissioning arrangements at the KCC and alongside Health and Wellbeing Boards Locally, these arrangements will be scrutinised and aligned.

3. Health Improvement Services that KCC are responsible for the following programmes:

1	Children's health	Healthy Child programme for school-aged children including school nursing	4 million
2	Sexual Health	Contraception over and above the GP contract Testing and treatment of sexually transmitted infections (excluding HIV treatment) Sexual health advice, prevention and promotion.	13 million
3	Public Mental Health	Mental health promotion, mental illness prevention and suicide prevention	100k & block contract
4	Physical activity	Local programmes to address inactivity and other interventions to promote physical activity. The Healthy Club	300k & block contract
5	Obesity programmes	Local programmes to prevent and address obesity e.g. National Childhood Measurement Programme and Weight Management Services	2 million & block contract KCHT
6	Drugs misuse	Drugs misuse services, prevention and treatment	10 million combined
7	Alcohol misuse	Alcohol misuse services, prevention and treatment	
8	Tobacco control	Local activity, including stop smoking services, prevention activity, enforcement and communication activity	2.61 million
9	Nutrition	Locally led initiatives	351k & block contract

10	NHS Health check programme	Assessment and lifestyle interventions	2.41 million
11	Reducing and preventing birth defects	Population level interventions to reduce and prevent birth defects (with Public Health England)	Block contract and PHE
12	Health at work	Any local initiatives on work place health	None specified
13	Dental public health	Epidemiology, dental screening and oral health improvement, including water fluoridation (subject to consultation)	132k
14	Accidental injury prevention	Local initiatives such as falls prevention services	None specified
15	Seasonal mortality	Local initiatives such to reduce seasonal deaths	315k

4. Public Health Provision in Ashford

4.1 Healthy Weight: Fresh Start (Adult)

The healthy lifestyles service consists of a team of people who can support people who want to change their lifestyles. The healthy weight team help their clients lose weight and make long-term changes to their lifestyle.

Using British Heart Foundation guidelines, Fresh Start is delivered by your local pharmacy adviser and involves a weekly appointment to discuss your personal weight loss plan. The programme focuses on, and includes advice and support on, health eating, physical activity, recipes and meal ideas, beating the cravings and much more. It's a free service.

It consists of 12 one-to-one appointments, over three months, with a Fresh Start adviser in a local venue. The sessions will be tailored to your needs.

For a full list of venues and address details, please phone 0800 849 4000 (option two)

Health Walks (Adult)

Ashford

Walking for Fitness

Day: Mondays
Date: Ongoing
Location: Conningbrook Hotel Car Park, Canterbury Road, Kennington, Ashford, TN24 9QR
Time: 9.30am for 9.45am start
Length: Approx 90 mins
Contact: Sally 01233 626597.

Smarden Charter Hall

Day: Mondays
Date: Ongoing
Location: Smarden Charter Hall, Chessenden Lane, Smarden, Ashford TN27 8NF
Time: 10am for 10.15am start
Length: Approx 40 to 60 mins
Contact: 0800 849 4000 option 6.

Learning Disability Forum

Day: Mondays
Date: Ongoing
Location: Victoria Park, Ashford TN23
Time: 10.15am for 10.30am start
Length: Approx 60 mins
Contact: 0800 849 4000 option 6.
For people with learning disabilities only, referral required. Wheelchair friendly.

Walk & Talk Tenterden

Day: Tuesdays
Date: Ongoing
Location: St Andrew's Catholic Church, 47 Ashford Road, Tenterden, TN30 6LL
Time: 10.30am for 10.45am start
Length: Approx 90 mins
Contact: Janet 01580 762526.

Dogs on leads welcome.

Hamstreet Surgery

Day: Wednesdays
Date: Ongoing
Location: Hamstreet Surgery, Ruckinge Road, Hamstreet, Ashford, TN26 2NJ
Time: 1pm for 1.15pm start
Length: Approx 45 to 60 mins
Contact: 0800 849 4000 option 6.

Wittersham Walkers

Day: Wednesdays
Date: Ongoing
Location: St John the Baptist Church, Wittersham, TN30 7EA
Time: 10am for 10.15am start
Length: Approx 60 mins
Contact: Yvonne 07944 183798.
Dogs on leads welcome.

New Hayesbank Surgery

Day: Wednesdays
Date: Ongoing
Location: New Hayesbank Surgery, Bybrook, Kennington, TN24 9JZ
Time: 9.30am for 9.45am start
Length: Approx 60 to 75 mins
Contact: 0800 849 4000 option 6.

Ashford Library

Day: Thursdays
Date: Ongoing
Location: Ashford Library, Ashford Gateway Plus, Church Road, Ashford, TN23 1AS
Time: 10.30am for 10.45am start
Length: Approx 60 mins
Contact: 0800 849 4000 option 6.
Dogs on leads welcome.

Tenterden Trekkers

Day: Fridays
Date: Ongoing
Location: Zion Baptist Church, High Street, Tenterden, TN30 6BB
Time: 10am for 10.15am start
Length: Approx 60 mins
Contact: 0800 849 4000 option 6.

Singleton Environment Centre

Day: Fridays
Date: Ongoing
Location: Singleton Environment Centre, Wesley School Road, Singleton, Ashford TN23 5LW
Time: 9.30am for 9.45am start
Length: Approx 75 to 90 mins (Two walk options available)
Contact: 0800 849 4000 option 6.

Shadoxhurst Weekend Walk

Day: Saturdays
Date: Ongoing
Location: Kings Head Car Park, Woodchurch Road, Shadoxhurst, Ashford, TN26 1LQ
Time: 9.45am for 10am start
Length: Approx 90 mins
Contact: 0800 849 4000 option 6 or Kathryn 01233 732883.

Charing Surgery

Mondays:
Time: 9.50am for 10am start
Length: Approx 60 mins (around three miles)
Intermediate: Easy pace but a bit quicker than beginners.

Tuesdays:
Time: 10.20am for 10.30am start
Length: Approx 35 to 40 mins (around one mile)

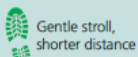
Beginners: Not too far or too fast. No hills or stiles. Great for new starters or those who walk with a stick.

Thursdays:
Time: 2.20pm for 2.30pm start
Length: Approx 90 mins (around four miles)

Harder walks: Incorporates footpaths, hills and stiles.



Walk your way to health



Gentle stroll, shorter distance



Brisk walk, slightly further distance



Faster pace, longer distance or rough ground

Please note the colour symbols are meant as a guide only. All walks may vary slightly. Please ring the contact details for each walk for more information or future dates.

Exercise Referral

This scheme helps people, aged 16-years-old or over, to make long-term lifestyle changes and take responsibility for their own health. It consists of a 12-week tailored exercise programme. Exercise programmes will be based on the reason for referral, health status and personal preferences. Classes include: Active for Life, Aqua for Life, gym programmes, yoga, pilates and swimming.

There are currently 6 exercise referral sites, with a total of 718 accessing the scheme from January to present, 74% of those referred had a BMI greater than 25.

Change 4 Life Clubs (Children)

Part of Health and Wellbeing Services, the Healthy Weight Team support families to make changes for a healthier future. We believe that healthy kids are happy kids and if families are ready to make some changes, we are here to help.

The free Change 4 Life clubs are for all families with children aged 7-11 who want to eat well, move more and live longer. The club includes fun games, activities and interactive

sessions on the eatwell plate, 5 a day, the importance of being active and why our bodies need energy.

It lasts an hour and a half each week for 5 sessions and is based on the Change4Life messages.

Following the club, families can become members of the online Healthy Club. So they can keep up-to-date with what is going on in their local area, helping to provide with motivation for a healthier lifestyle.

For more information please phone 0800 849 4000 (option five)

Ready, Steady, GO! (Children)

Part of the services provided by the Healthy Weight Team, this is a comprehensive and targeted weight management programme consisting of physical activity, nutrition and behaviour change for children aged from seven to 11-years-old who are above the 91st centile and for families to encourage long-term lifestyle changes.

This programme runs over 18 weeks and provides continual support to families that register. There is a pre-programme assessment and this is followed by fun and interactive information sessions about healthy eating and physical activity. Practical sessions include cook and eat and a supermarket tour, as well as continuing learning to encourage and help families to make small, healthy changes. The sessions are free.

For more information please phone 0800 849 4000 (option five)

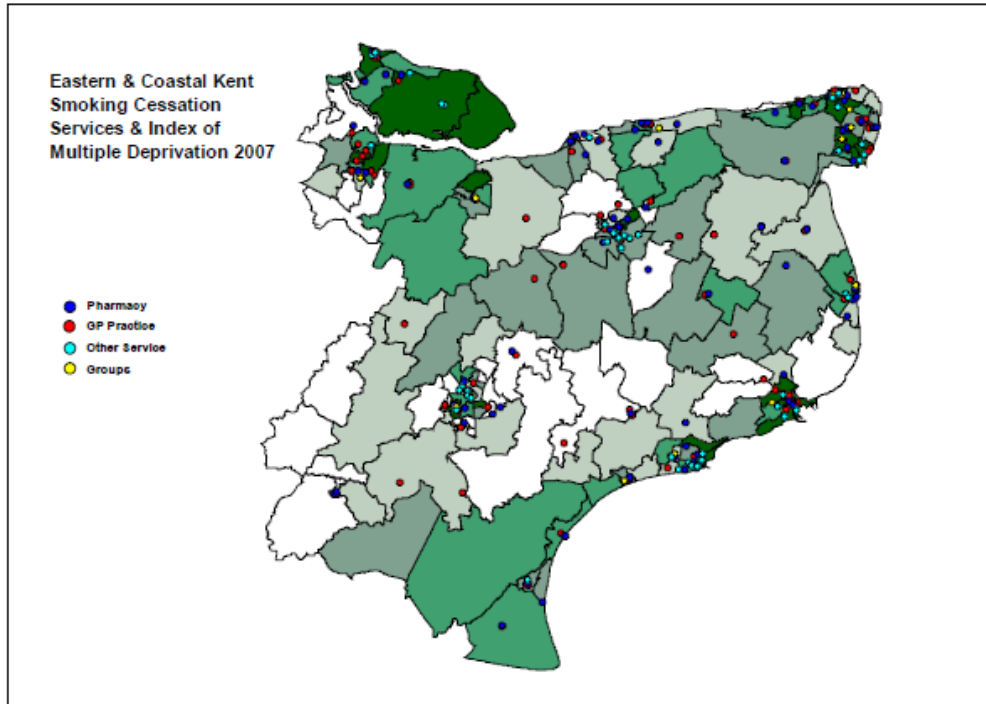
The Healthy Club

The Healthy Club which is a virtual club to help the people of Kent improve their health and wellbeing has just been launched. A future development of this resource will be to provide local focused information for health, social care and community pharmacy staff to enable them to sign-post their clients to activities that support their health and wellbeing. Are there suggestions on how this resource can be improved? The web address is www.healthyclub.nhs.uk

4.2 Stop- smoking:

The stop smoking service has a Kent wide target of over 9000 quits, the target for Kent is not currently being met.

In Ashford there are 17 GP surgeries (2 have satellites) and 17 community pharmacies that offer support for people to stop smoking.



The stop smoking service includes Quit Clubs, rolling groups, drop-ins, phone advice, one-to-one counselling and web-based interventions across a variety of venues including hospitals, GP surgeries, pharmacies, community centres, supermarkets, libraries, children’s centres and workplaces.

The core team within the Stop smoking service delivered the following quits in Ashford over the last three years:

4.3 Children and Young people H&W service:

Is a specialist health improvement service, working to national guidance such as the Healthy Child and Healthy Schools programmes. We work to give children the best start in life and endeavour to ensure they are safe, healthy, happy and able to make most of their abilities.

Healthy eating, physical activity and support for emotional health and wellbeing are crucial to healthy growth and development. Learning how to take responsibility for your own and others’ health and wellbeing needs to start early.

They support managers, teachers and support staff of schools and other settings to ensure the places where children and young people grow, play and learn promote healthy behaviour. We work to make sure there is easy access to healthy options and quality personal social and health education (PSHE), which nurtures understanding of health issues and gives the skills to manage risks and take control over lifestyle choices.

They provide advice, training, resources and support materials on policy and curriculum development, teaching and learning, support services and strategies to involve the whole school community to identify, plan for and monitor improved outcomes.

Ashford has **96% of 54 schools** that have achieved Healthy School status and **48%** of those are engaged with the Healthy Schools Enhancement Program supporting primary and special schools with Healthy Weight , Healthy Lifestyles and secondary schools with Adolescent Risk Taking, including a focus on Healthy Relationships and Sex Education, Emotional and Mental Health.

4.4 Health Trainer service:

In Ashford area there are 5 Health Trainer (HT) host sites and health trainers are employed for a total of 45 hours per week.

Health Trainers work in various areas of deprivation e.g Gateways, children's centres and libraries. (after review of Q1 data it indicates that all clients seen were registered with a GP and therefore, the HT service has not supported anyone to register with a GP.

Some positive points from the recent HT report are as follows:

- over 50% of the clients seen in Quarter 1 were from quintile 1-2 which shows that the health trainers are reaching their target group
- 35 people reported achieving or part achieving their goal (71.4%)
- 12 people reported they did not achieve their goal (24.4%)
- 2 people had not completed.
- One of the health trainers are delivering weight management support within Ashford which is linked to the Fresh Start Programme offered by the weight management team. This HT is also offering group support and there are currently 5 people involved in this.

A recent evaluation report stated that a large percentage of clients were not registered with a GP and the HT enabled the patients to obtain preventative and generic appropriate care. *Please see my comments above*

4.5 Health Checks:

KCHT have been commissioned to provide the NHS Health Check programme in Ashford since April 2013.

All GP Practices in Ashford are signed to deliver NHS Health Checks to their eligible population. In quarter 1, 2131 people received their invitation to a check and 700 people took up the opportunity to receive one at their GP practice.

KCHT are developing an outreach programme in partnership with their Health Trainer service to target certain population which are at high risk of cardiovascular disease due to their lifestyle choices or ethnic background.

4.6 Healthy Living Pharmacies

The HLP framework is a tiered commissioning framework aimed at achieving consistent delivery of a broad range of high quality services through community pharmacies to meet local need, improving the health and wellbeing of the local population and help to reduce health inequalities. HLP status will be a future requirement for Public Health services commissioned via community Pharmacy.

There are two accredited Healthy Living Pharmacy in Ashford CCG locality, one based at Charing Surgery and also Kamsons in Bank Street, Ashford. Both Pharmacies passed the accreditation process with no conditions that must be met and are now part of the new Kent HLP network.

4.7 Sexual Health

KCC Update on current position:

KCC are currently making arrangement to go out to tender on sexual services. This follows a detailed review of current services which provided opportunity for users and stakeholders, including GPs, to be involved in:

- a questionnaire via survey monkey
- focus groups
- telephone interviews

In addition we have conducted a GP Nexplanon audit and audits of the pharmacy emergency hormonal contraception programme.

KCC will be hosting a meet the market event 22nd October re: the tendering of sexual health services at Sessions House, Maidstone. Interested organisations can register their attendance via the link below.

https://www.kentbusinessportal.org.uk/procontract/supplier.nsf/frm_opportunity?openForm&opp_id=OPP-HIS-KENT-9A5K8J&contract_id=CONTRACT-KENT-9A5K33&org_id=ORG-KENT-8YKEYH&from=

My colleagues in the public health business team will be inviting stakeholders and requesting clinical representatives from clinical commissioning groups to support us in the tendering and procurement process.

National chlamydia screening programme (15 -24 yr olds) There has been change to one component of this programme, that is, change to the providers of the laboratory service for the National Chlamydia Screening Programme in Kent. The contract was awarded to one provider, Source Bioscience which commenced on August 1st.

Engagement with the clinical leads for the coordination of the NCSP locally has been key to supporting us with the planning and mobilisation of this contract. This service requires GP practices to directly post all screens for this programme. The forms to be completed are different to those previously used. Females can opt to do a vaginal swab or provide a urine sample and males a urine sample.

The address for returns which are pre printed and pre paid on the boxes is:

Source BioScience, 1 Orchard Place, Nottingham Business Park, Nottingham, NG8 6PX

All results from this screening programme are provided by the chlamydia screening office to your patients.

Chlamydia screening in the general population

The system and processes you have remain unchanged.

Long acting reversible contraception (LARC)

The LARC enhanced service for contraception has been reviewed with GP and local medical council support. A service agreement with KCC will be issued in the next few months following change to faculty training, expected to be announced in November. A training programme for updating competency and accreditation amongst GPs is being planned.

GP practices in Ashford signed up to the LARC enhanced service:

- ✓ Hamstreet surgery
- ✓ Hollington surgery
- ✓ Ivy court surgery
- ✓ Kingsnorth medical centre
- ✓ New Hayesbank surgery
- ✓ Sellindge surgery
- ✓ Singleton surgery
- ✓ St Stephens medical centre
- ✓ The Charing surgery
- ✓ The Willesborough health centre
- ✓ Woodchurch
- ✓ Wye surgery

Provision of services by Kent Community Health Trust

The Sexual Health Service has transformed and is now provided in a Hub and Spoke model with the Hubs offering level 3 GUM and Contraception and the Spokes offering a full range of contraception and asymptomatic screening.

The Hub in Ashford is at the recently refurbished Vicarage Lane Health Centre and by November 2013 it is anticipated that this will provide a fully integrated GUM and contraception one stop sexual health service for Ashford. Currently the Hub is open 4 days a week and offers a range of contraception and asymptomatic screening and the GUM services are provided at the William Harvey Hospital three times a week. The service is in discussion with a termination provider to explore the provision of medical termination from the Hub.

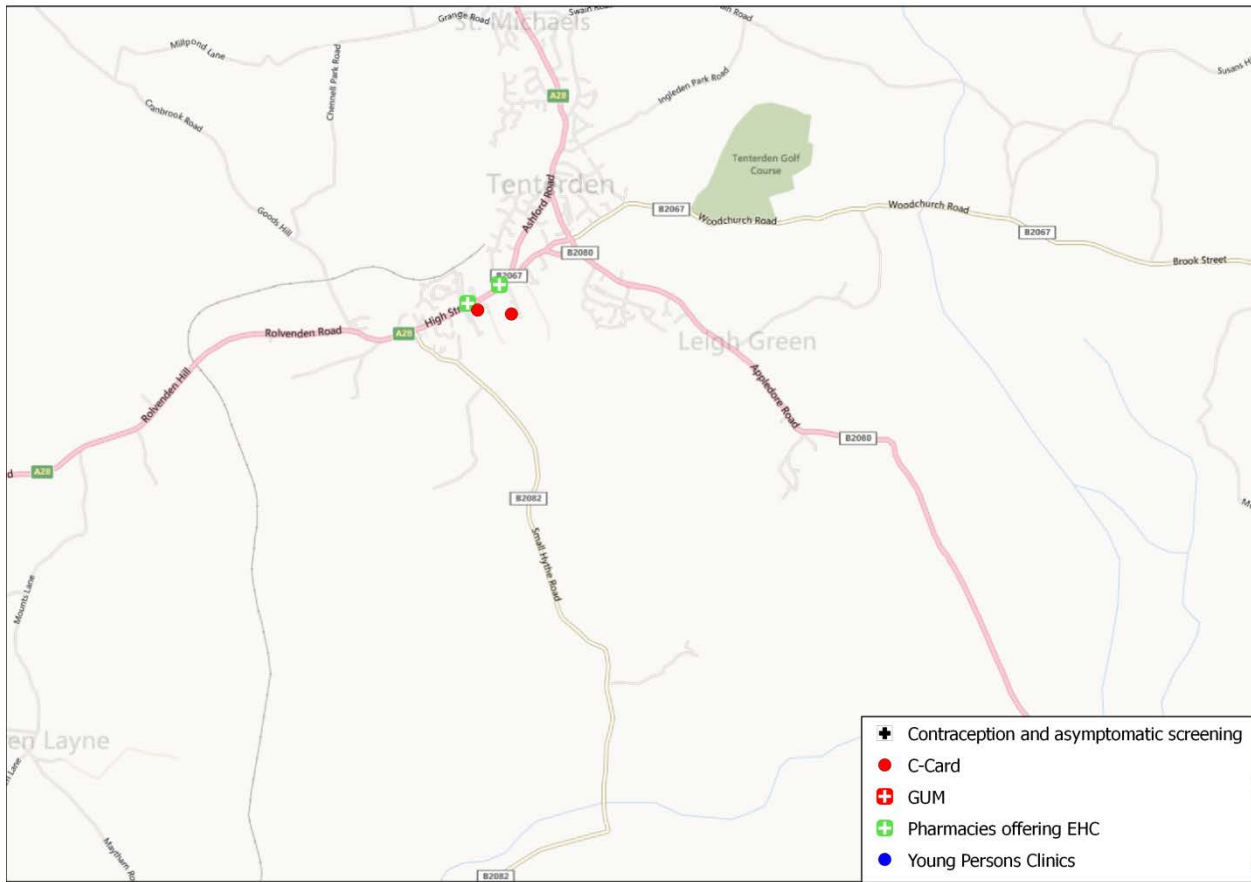
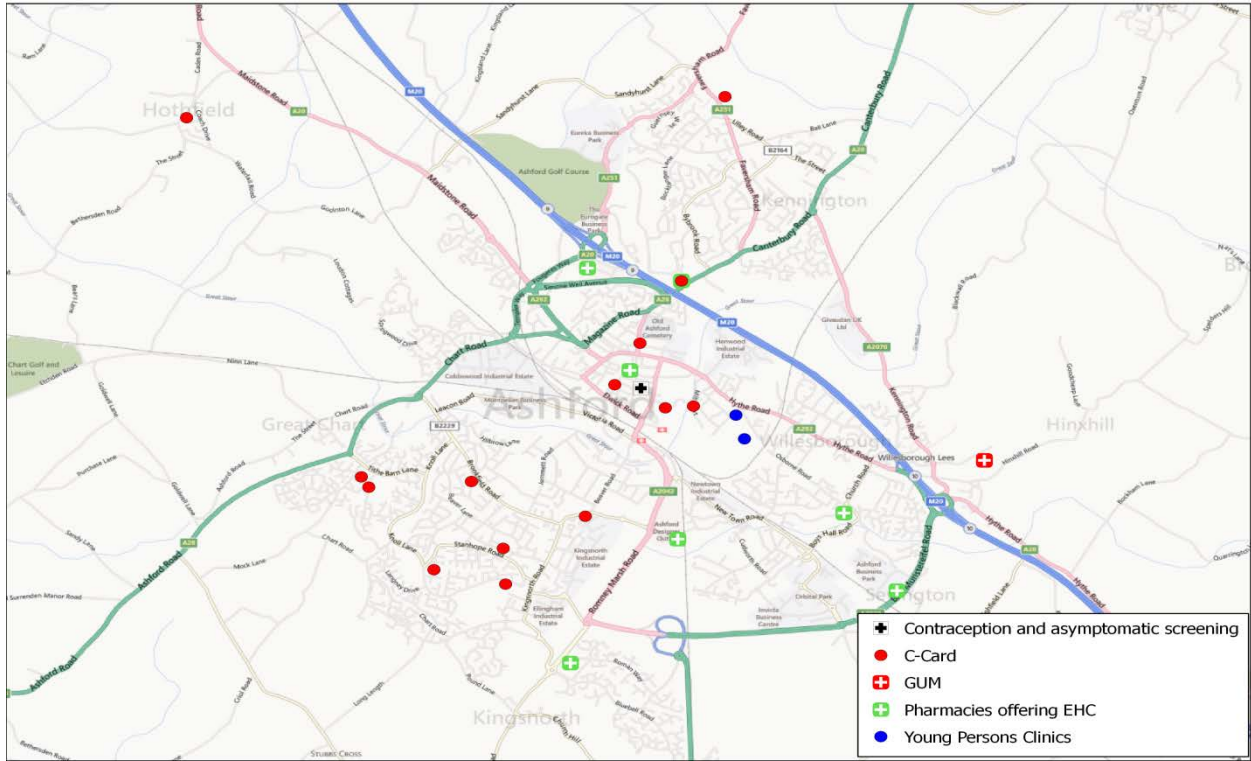
Whilst commissioned by Specialist Commissioning HIV services are integral to the GUM services and clinics are provided in Ashford at WHH, Thanet at QEQM, Sheppey at the SMH and Folkestone at the RVH.

The sexual health service offers a specialist and universal service and is consultant led employing a range of staff from clinical nurse specialists to specifically trained health care assistants. They provide sexual health young people's services which include specific clinics in health and non-health settings, sexual health outreach nurses, chlamydia screening, teenage pregnancy prevention services and behaviour change interventions.

The service operates a Kent wide free condom scheme called the C Card and in Ashford there are 60 outlets for condoms. They have a website www.kentsexualhealth.nhs.uk and an App which signposts to the free condom sites. GPs can refer to outreach nurses and are encouraged to directly provide the C Card condom scheme and Chlamydia screening.

The service has a strong training arm and is the main provider of sexual health training for GPs and secondary care staff as well as providing training to non-health professionals on basic issues such as teenage pregnancy and condom use.

Map of sexual health clinics



4.8 Drug and Alcohol Services

The funding for Drug and Alcohol services are geared more towards Drug Detox but recent changes in policy have enabled funding to also be used for Alcohol needs – however quality and targets for Drug Treatment still have to be met. Plans to commission A&E liaison nurses are being progressed.

Brief Interventions for Alcohol are also provided via Pharmacy and by Health Trainers.