



livewell

in the Epping Forest District



Epping Forest District
Health & Wellbeing Strategy
2018-2028



CONTENTS

Foreword	Page 3
Background	Page 4
Local Picture	Page 6
Our Vision	Page 8
Our Aim	Page 8
How Will We Do It?	Page 9
Helping ourselves – Useful Tools	
• 5 Ways to Wellbeing	Page 11
• livewell in the Epping Forest District	Page 12
How Will We Measure Success?	Page 14

FOREWORD

As a lifelong resident of the Epping Forest district, I am proud to represent the people and place where I live. We have the benefit of easy access into London via the Underground, along with direct access to one of the most beautiful natural forests in the country, from which our district takes its name. Much of our area is rural with green open spaces, protected wildlife habitats and outstanding historic buildings, and this all helps to make Epping Forest a great place in which to live, work and do business.

In the majority of our wards people enjoy good health and we have below average levels for smoking, diabetes and substance misuse compared to other parts of Essex. Surveys tell us that 70% of Epping Forest residents rate their general health as good. However, we do recognise that there are health inequalities in some of our wards and we are working closely with partners from Essex County Council Public Health, the West Essex Clinical Commissioning Group and third sector organisations to address this and reduce the impact of disadvantage and low household income on residents' health and wellbeing.

We know that we need to encourage more people to take part in regular, physical activity. Equally, we recognise the importance of good mental health and healthy relationships across all age groups. The Epping Forest district has an ageing population and we are particularly committed to addressing the needs of our older residents. We appreciate how important it is to our older residents that they remain living independently in their own homes for as long as possible and, through working with our partners, we are keen to support this.

Ultimately, by supporting our residents to improve their health and wellbeing we will help reduce the pressure on our local GP's and the Accident and Emergency department at Princess Alexandra Hospital, which continues to be significantly stretched.

Having listened closely to local peoples' views, along with those of professionals, the Epping Forest District Health and Wellbeing Strategy defines what we mean by health and wellbeing and sets out the district's vision and priorities for the next ten years. The Strategy explains how we will address health inequalities that exist in our area including; working better together with our wider health and third sector partners, across boundaries, and more closely with our planners, housing and environmental health staff.

Our Council and partners are committed to ensuring that this Strategy is implemented across the Epping Forest district and consequently health and wellbeing is a key focus in our Corporate Plan 2018-2023.

"Our vision is that Epping Forest District has a culture and environment that promotes and supports good health and wellbeing for everyone"



Cllr Chris Whitbread
Leader, Epping Forest District Council

BACKGROUND

This Strategy sets out the aims and aspirations of the Epping Forest Health and Wellbeing Board to improve the health and wellbeing of everyone living in the Epping Forest district.

The Board is made up of representatives from Epping Forest District Council, Essex County Council Public Health, West Essex Clinical Commissioning Group and a wide range of local health and third sector organisations.

We are mindful that all dimensions of deprivation impact significantly on health and wellbeing and we are committed to reducing health inequalities in our communities.

With a higher than average ageing population who can suffer with more complex, long term conditions which often result in increased reliance on services, we know that we must work more efficiently together to address key issues.



We want the Epping Forest district to be a place where:

- Our children and young people have the best start in life, grow up healthy and happy with the skills to reach their full potential
- Our older people feel connected, valued, celebrated and supported within their communities
- Our residents lead healthy, happy and active lives and are equipped with the resilience to cope with life's changes and challenges
- Our residents have good access to employment opportunities, as well as working environments that encourage healthy lifestyles and positive health and wellbeing
- Our residents can eat healthily through access to fresh, nutritious, locally sourced food and where the type and quantity of fast food outlets is reviewed and managed
- The local physical environment lends itself to supporting good health and wellbeing through good design, access to a range of interesting and stimulating open spaces, active travel including; cycling and walking, and formal recreational opportunities for all age groups

In the next ten years we will address the health inequalities that exist in our district, which contains wards that are amongst some of the most deprived in Essex. A collaborative response will enable us to pool our resources and combat the challenges of declining funding for public services, both within the NHS and local authorities, and to face these challenges head on.

Working as a collective partnership the Epping Forest District Health and Wellbeing Board will:

- Provide leadership and direction to improve health and wellbeing within the district
- Raise the profile and be a voice for good health and wellbeing
- Identify what our local health priorities are and review these on an annual basis
- Work together with key partners to deliver a collaborative approach to funding, activity coordination and delivery for all in the community

LOCAL PICTURE

In general terms, the health of people in the Epping Forest district is better than the England average.

Deprivation:

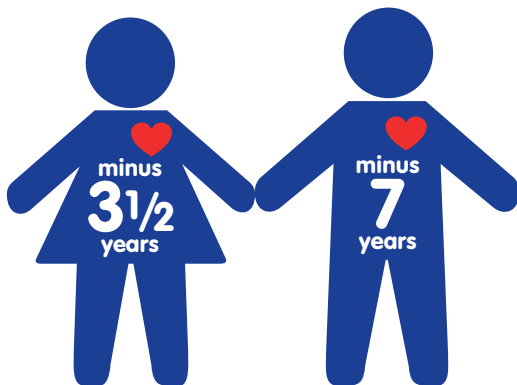
as a whole is lower than average, although it is estimated that 14.4% (3,400) children live in poverty.



3,400
children in poverty

Life Expectancy:

is 7 years lower for men and 3.5 years lower for women in the most deprived areas of Epping Forest compared to more affluent areas.



Unemployment:

in over 16 year olds in Epping Forest is estimated to be 5.7%. This is less than the England average of 7.2%.



5.7%
England 7.2%

Population Increase

is expected to grow
from 128,100 people
to 155,700
by 2035

Physical Activity:

60.5% of adults are physically active, however, only 21.8% of adults are doing enough physical activity to benefit their health (i.e. exercising 3 or more times per week).

21.8%
exercise 3 or more
times a week



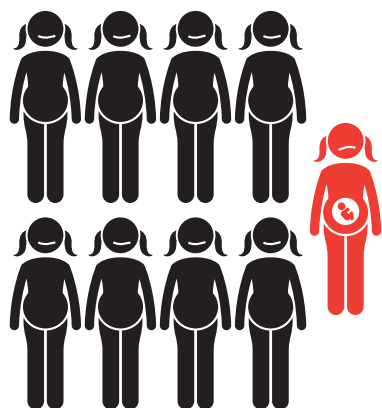
Smoking:

20.2%
of adults
are
smokers



Sexual Health:

Low rate of teenage pregnancy. Average level of chlamydia testing and percentages testing positive.



Obesity:

63.9% of adults and 17.9% of 10 - 11 year old children are overweight or obese.



Mental Health:

Local agencies see a range of poor mental health cases across the district amongst children, young people and adults.

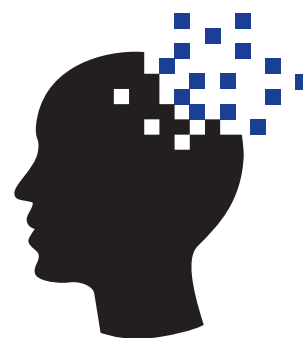
Depression
Anxiety
Self-harming
Thoughts of suicide

help!

Dementia:

1,780 people aged over 65 in Epping Forest are thought to have dementia. This figure is estimated to rise to 2,770 by 2030.

1,780
rising to
2,770
over 65's
by 2030



OUR VISION

Our vision is that the Epping Forest district has a culture and environment that promotes and supports good health and wellbeing for everyone.

OUR AIM

Our aim is that Epping Forest District residents, across all demographics, have the opportunity to lead healthy and fulfilling lives and we have adopted the following themes of work to achieve this:

Startwell:

All children and young people have access to early help and have the best start in life

Bewell, Staywell and Workwell:

All working age adults know how to be well, stay well and work well

Agewell:

All adults who are aged sixty five and above live safe, healthy and independent lives for as long as possible

These three themes offer a 'whole life course' approach to supporting and promoting health and wellbeing, meaning that action to reduce health inequalities starts before birth and continues through to older age. We recognise the importance of the following in ensuring holistic wellbeing:

- **Physical Activity**
- **Good Mental Health and Wellbeing**
- **Healthy Relationships**

These approaches will be at the very heart of delivering our health interventions, building confidence in the community to seek support, keeping people safe (safeguard) and helping people to support one another.

HOW WILL WE DO IT?

Wherever possible we want to support individuals and communities to take responsibility for their own health.

We will work to:

- **Empower Individuals, Promote Self-Care and Strengthen our Communities:**
Improving health and wellbeing through a range of interventions, promotions and campaigns. We will work to champion peer support and foster a culture of care. This approach will make it everybody's responsibility to look out for one another and help to tackle serious issues such as dementia, loneliness and social isolation.
- **Work in Partnership and Collaboration:**
Identifying and removing barriers, sharing resources and working together.
- **Tackle Inequalities:**
Ensuring that needs are understood and interventions are targeted where needed.
- **Focus on Prevention and Early Intervention:**
Preventing the wider causes of ill health and poor lifestyle choices, to lessen the dependency on frontline services and health-related work.
- **Drive Sustainability:**
Ensuring that we retain services.
- **Maximise Local Assets and Access Resources and Funding Opportunities.**
- **Make use of Technology and Increase Communication and Engagement:**
Using technology to improve access to information and proactively telling people about the services available. We will inform people of how they can get involved with activities and events and using the "livewell in the Epping Forest District" platform to help communicate health and wellbeing activities, messages and campaigns.
- **Behaviour Change:**
Supporting people to make positive behaviour changes.



HELPING OURSELVES – SOME USEFUL TOOLS

5 Ways to Wellbeing

Resilience is fundamental to our capacity to get the most out of life, for ourselves, our families and our communities. **‘The 5 Ways to Wellbeing’** tool promotes five ways that are proven to help keep us well, both physically and mentally.

1

Be Active:

You don't have to go to the gym if it's not for you, but things like taking a walk, cycling or even gardening can have benefits on health. We want to help people find an activity that they enjoy and encourage them to make it part of their daily life going forward.

4

Give:

People need to know that even the smallest act can count. Whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering within the community, can improve mental wellbeing and help people build new social networks.

2

Take Notice:

This is about being more aware of the present moment, including thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

5

Connect:

Connecting with people including; family, friends, colleagues and neighbours, is great for wellbeing and we will encourage people to spend time developing these relationships.

3

Keep Learning:

Learning new skills can give people a sense of achievement and new confidence. So, we will encourage people to sign up for courses such as; cooking, learning to play a musical instrument, how to fix your bike or other things around the home etc.

livewell in the Epping Forest District

All Local Authorities in Essex, along with wider partner agencies, have come together to collaborate on the health and wellbeing agenda. We are committed to working towards achieving better health outcomes for people across the whole of Essex.



The **livewell** campaign, and associated website, has been designed to provide information about all that is on offer in Epping Forest, and across wider parts of Essex, to improve health and wellbeing.



The brand promotes the following messages:



Supporting
children and
families to get
the best start in
life.



Being active on a
daily basis is not
only important for
physical
wellbeing, but it
can greatly benefit mental
wellbeing too.



Eating a healthy,
balanced diet is
crucial for
ensuring our
bodies receive

important nutrients for growth
and repair and we maintain a
healthy weight, at any stage of
life.



How happy or
sad we feel is
not always
detected by
others, yet how
we feel can greatly influence
how well we eat, how active we
are and generally how we live
our lives. It is therefore just as
important to feel well
throughout our lives.



Seeking help
and support is
not a weakness;
it's a sign that
you are facing

your challenges. There are
numerous services available
within your area that can help
with various topics, such as
alcohol support, smoking
services and weight
management sessions for
adults and children.



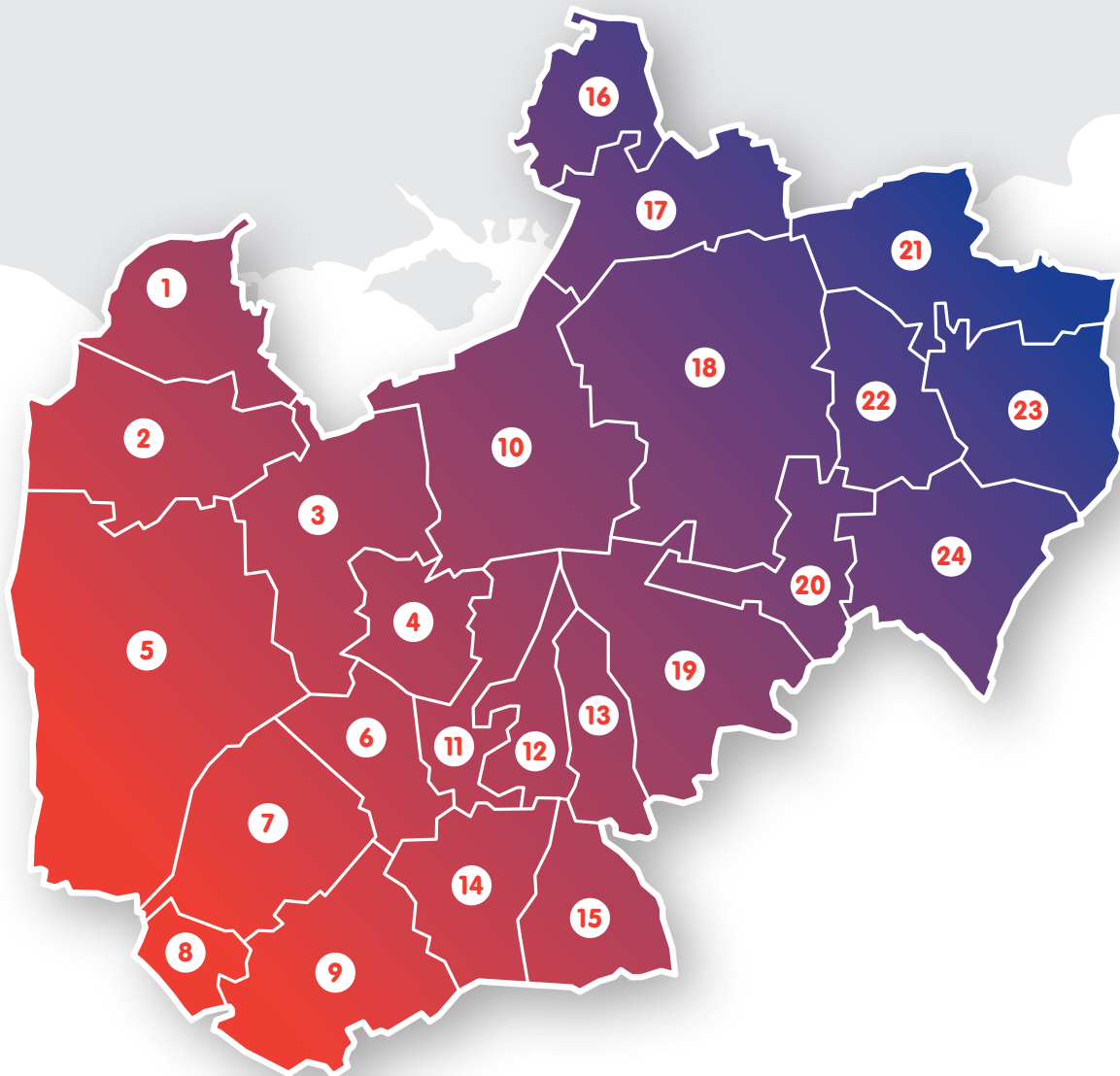
We are all
ageing, and we
all know people,
whether they
are relatives or
friends, that are older than us.
In the UK, there are now more
people over the age of 60 than
under the age of 18. Therefore,
being aware of how to live
healthily into old age, and the
support that is available is
important.

HOW WILL WE MEASURE OUR SUCCESS?

- Success will be measured by the delivery of set objectives against each of the priorities.
- We will review the Epping Forest Health and Wellbeing Action Plan on an annual basis.
- Partners will regularly report on progress to the Epping Forest Health and Wellbeing Board who will take responsibility for overseeing the delivery and successful implementation of the Strategy through the work of partnerships.
- Whilst this is a ten-year strategy it will be refreshed every two years by the Epping Forest Health and Wellbeing Board.



OUR EPPING FOREST DISTRICT



1. Roydon
2. Nazeing
3. Epping Upland
4. Epping
5. Waltham Abbey
6. Theydon Bois
7. Loughton
8. Buckhurst Hill
9. Chigwell
10. North Weald Bassett

11. Theydon Garnon
12. Theydon Mount
13. Stapleford Tawney
14. Lambourne
15. Stapleford Abbots
16. Sheering
17. Matching
18. High Laver, Little Laver
Magdalen Laver,
Moreton

19. Stanford Rivers
20. Ongar
21. Abbess Roding,
Beauchamp Roding,
Berners Roding
22. Fyfield
23. Willingale
24. High Ongar



If you are interested in being involved with promoting health and wellbeing in the Epping Forest district, please contact the Council's Community, Health and Wellbeing Team at:

Epping Forest District Council
Civic Offices
323 High Street
Epping
CM16 4BZ

Email:
ContactUs@eppingforestdc.gov.uk
Telephone:
01992 564000