

Health and Wellbeing

An update from Hampshire County Council

Winter 2016

Welcome to the winter edition from Councillor Patricia Stallard

Councillor Patricia Stallard, Hampshire County Council's Executive Member for Health and Public Health

Welcome to the winter edition of the Health and Wellbeing Newsletter.

It's at this time of the year, that we must do all we can to protect ourselves against winter bugs and try to keep the pressure off GP surgeries and Accident and Emergency departments. Annually, there are around 52 million GP appointments and 3.7 million A&E visits for conditions for which people could have been treated at home or with a pharmacist's advice. Your pharmacist can give advice and recommend treatments for minor health conditions such as coughs, colds, sore throats and skin rashes. We could save ourselves and our GPs time, if we went to a pharmacy, and no appointment is needed. [Find a pharmacist near you.](#)

Keeping on the theme of staying well, I was delighted to attend the recent launch of the County Council's new public health plan, [Towards a Healthier Hampshire](#). It outlines the Authority's public health priorities for the next five years and proposals for delivering them. This is an ambitious strategy but we cannot deliver it without working with many different people and organisations. In this way we will ensure that the health, wellbeing and choices of local people remain central to everything we do.

Starting well - ensuring every child can thrive

A new public health nursing service for all Hampshire children aged 0-5 will start in spring 2017

A new innovative approach to delivering joined up care for Hampshire's 0-5 year olds and their families has been commissioned by Hampshire County Council.

[The new service delivered by Southern Health NHS Foundation Trust](#) brings together the existing health visitor and family nurse partnership services, (which provide intensive support for

very vulnerable young families for up to two years), with expertise provided by the well established charity, Barnardo's.

Views needed from parents of children with additional needs

Hampshire County Council is calling on parents and carers of children with special educational needs and disabilities (SEND) to give their views on the Government initiative to extend the amount of free childcare for 3 and 4 year olds up to 30 hours a week from 2017. Parents and carers of children with SEND are asked to complete an online childcare survey that is on the [Hampshire Local Offer web pages](#).

Email childcare@hants.gov.uk for more information.

Social and emotional support for young people

Almost [£1 million of Children's Services grant funding](#) has been agreed for 2017, to help benefit youth support across Hampshire, including £164,000 to support young carers. The 53 projects to be funded, will be delivered as part of the County Council's new Family Support Service.

The Family Support Service will bring together the work of early help hubs, children's centre services and youth support services in to a single, joined-up service for vulnerable families with children aged 0-19 years (and young adults with learning difficulties or disability up to age 25 years).

Living well - empowering people to live healthier lives

County Council funds further development of mental health wellbeing centres

Hampshire County Council is committing nearly £6 million over the next five years to supporting the expansion and development of the county's network of community based [mental health wellbeing centres](#).

Jointly commissioned by the County Council and Hampshire's five Clinical Commissioning Groups (CCGs) as part of an £8 million contract with the voluntary sector, the Wellbeing Centres provide a range of services to support people with mental health problems.

Alcohol Awareness Week

Hampshire County Council marked the recent [Alcohol Awareness Week](#) by raising awareness of the changes to the Chief Medical Officer's advice on sensible drinking limits - encouraging people to find out how much alcohol they drink each week.

Men and women are advised to drink no more than 14 units a week on a regular basis, (the equivalent to drinking six pints of average-strength beer or 10 small glasses of low-strength wine), to spread their drinking over three or more days, if they want to cut down and to have several drink-free days each week. Here are some [Top tips on cutting down on your alcohol intake](#)

Hampshire County Council working in partnership to tackle domestic abuse

In Hampshire an estimated 44,000 females and 25,000 males experience domestic abuse a year. Hampshire County Council, is supporting the [16 days of Action Against Domestic Violence](#) which started at the end of November.

There is help for victims and their families from the [Integrated Domestic Abuse Service for Hampshire \(IDASH\)](#).

The service offers a confidential support service to women, men, children and young people experiencing domestic abuse. Victims of abuse, and those working with them, can ring a confidential helpline – 03300 165112 - to get immediate information as well as referral to the most appropriate service for ongoing support.

Walking for health

Did you know that it is recommended that adults do at least 150 minutes a week of moderate physical activity? Meanwhile, the recommendation for children is at least 60 minutes every day, and preferably more.

Every year the Ramblers organise a [Festival of Winter Walks](#) to help more people to get outdoors and enjoy the beauty of Britain's wintry landscapes.

The County Council has five [country parks](#) which are perfect places to explore on foot this winter.

Ageing well - supporting people to remain independent, have choice, control and timely access to high quality services

Third annual ping pong event for over 65s a big success

The third annual Ping Pong competition for over 65s supported by Hampshire County Council took place recently and was branded a resounding success. More than 50 people took part, of which almost half were complete beginners to the sport.

The most senior player on the day was 89 year old Nancy Johnson from West End who was runner up in the over 75s women's category. [Find out who the winners were](#) on the County Council's website.

Healthier communities - helping communities to be strong and support those who may need extra help

Green light for £14 million investment in housing for people with learning and physical disabilities

The Leader of Hampshire County Council, Councillor Roy Perry has given the go ahead to phase one of a [£24 million two-year investment programme to develop around 100 assisted living units for people with learning and physical disabilities.](#)

Councillor Perry has approved a financial commitment of £14.6 million for the initial phase of the project which will create five developments - providing accommodation in one bedroom or studio flats with supporting communal spaces for staff and group activities, for 63 people with learning disabilities and/or physical disabilities, who are currently receiving adult social care support.

Hitting the Cold Spots

As the weather turns colder and some families or vulnerable people struggle to keep their homes warm, Hampshire County Council's Hitting the Cold Spots initiative can help.

The county-wide fuel poverty project offers advice and support to people who are having trouble staying warm during the winter. This includes home visits and grants for improvements to heating systems, emergency heaters and funding for repairs.

For more information about eligibility for the scheme or to contact the team visit the [Hitting the Cold Spots webpages](#) or call: 0800 804 8601.

Keeping Hampshire healthy – priorities for improving the public’s health for the next five years

A new five year plan, [Towards a Healthier Hampshire](#), outlines the County Council’s health priorities and how they will be tackled. With 1.3 million residents, Hampshire’s population is becoming more diverse, getting older, living longer and with more people experiencing lifestyle related illness. The plan identifies five priority areas of work to help improve the health and wellbeing of the county’s residents.

Each priority area has a number of specific objectives, which will be the focus of work for the public health team and partners over the next five years. You can find out more on the [Towards and Healthier Hampshire webpages](#).

Stay well this winter in Hampshire – get vaccinated against flu to protect yourself and others

Hampshire County Council is encouraging those who are most at risk from catching flu, to take up their vaccination this winter, as flu immunisation remains the most effective method to help protect against influenza. The NHS offers the flu vaccine free of charge to people most at risk from catching flu and developing serious complications.

This includes anyone who is the main carer for an elderly or disabled person at home, pregnant women, the over 65s and others with certain existing health condition such as diabetes and asthma. The County Council is also again providing free flu vaccines to its frontline health and social care staff who work with elderly or vulnerable groups.

NHS Choices has more information about [Flu and the vaccine](#) and what to do if you have flu.

Hampshire to continue to invest in life changing technology

The Leader of Hampshire County Council, Councillor Roy Perry, has committed to continuing investment in new technology to help the thousands of Hampshire residents who need support from adult social care each year.

He made the pledge at the Hampshire Innovate conference at Winchester Guildhall in November. Innovate, organised by the County Council’s telecare partners PA Consulting,

brought together designers and developers to showcase the latest innovations in assistive technology.

Councillor Perry also praised the County Council's award-winning [telehealthcare Partnership](#) with PA Consulting's Argenti telecare consortium.

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