



## DPH Progress Report 2023/24

[2023-24-phar-taking-community-centred-approach-health-wellbeing.pdf](#)

Report on progress against each of the four recommendations from last year

Recommendation	Progress Content
<p>1. <b>Identify strengths and enable communities to take control Recognise everyone and every community as having something to offer, with strengths and assets to be revealed, and take steps to empower people and communities in decision-making to build independence and resilience.</b></p> <p>This will involve moving away from viewing people as service users with problems to be solved to people and communities being co-creators of their own health.</p> <p>HDRC Southampton offers a platform to help achieve this. It will involve our community in setting priorities for the research needed to inform decision-making. This programme also provides an opportunity to upskill local people in research methods, therefore, investing in our local residents and providing a pool of community researchers for future evidence building.</p> <p>For example, through undertaking peer research to enable voices of those with lived experience to be incorporated into the evidence used in decision-making.</p>	<p>HDRC Southampton has been busy engaging with local communities to understand the issues that are most important to them. For instance, in April, the team hosted an engagement event in the inner city where they shared fabulous food made by <a href="#">Easy TZ Meals</a> with local residents and heard what they love about the area and what they would want to improve. This insight has been summarised into priorities issues which include crime, domestic abuse and green spaces.</p>   <p>Fly-tipping was raised as a major priority so the HDRC Team has worked with council colleagues and local residents to co-design chalk stencils to be used in hot spot areas. This approach has been found to reduce fly-tipping in other areas, and it's roll out in Southampton will be monitored to see if it works here too.</p>



The HDRC has gathered evidence from young people across the city to understand what is most important to them and is funding a cohort of young people to undertake research on these issues through the [Next Generation](#) programme.

The next step is to involve these young researchers, other community members, academics, policy makers and wider stakeholders in communities of practice around key issues. Together these groups will define research questions, apply for funding and take forward research to address the issues, improve health and reduce health inequalities.

**2. Build support around families, communities and neighbourhoods, not professions and focus on prevention and early intervention Move to place-based working with communities at the heart, rather than working via professional specialisms/silos.**

- Mobilise around communities and a joint goal.
- Create strong and trusted local partnerships that cross organisational boundaries – statutory, voluntary and community sector and communities themselves.
- Aim to break down silo working within departments and organisations and improve multi-disciplinary working.
- Co-commission at a community or neighbourhood level. • Redesign systems to create the conditions for good health and to prevent crisis or intervene early.

Saints Foundation, the charitable wing of Southampton Football Club, has a well-established Senior Saints programme. The programme aims to support people over 60 to improve their health and maintain their independence through a mixture of physical activity and social connection. This year the programme has moved into four hubs across the city as part of an integrated neighbourhood working approach in partnership with NHS, social care, public health and other voluntary and community sector organisations. These hubs offer participants of the Senior Saints programme, as well as other residents accessing the hubs, the opportunity to benefit from additional health and wellbeing offers. The hubs are held on Mondays at Test Park SO16, Tuesdays at Thornhill Baptist Church SO18, Wednesdays at YMCA Newtown SO14, and Thursdays at St Patrick's Church SO19. Current partners and offers are as follows:

- Prioritise factors that protect against poor health, improve wellbeing, and create health, rather than treating disease.



## Our Partners and Offers

Please click on the links to be directed to the Partner's Website for further information

Plans to provide future offers from - Citizens Advice Service, Red Cross/Shaw Trust, Adult Social Care, Communicare and Southampton Mental health Network, HIOWH Integrated Services, Targeted Lung Cancer Screening, Specsavers, Southampton Food Partnership, HSBC, Old Netley Bowls Club, Mountbatten, Silbstar, SCC Libraries, HIOWH Integrated COPD Service, HIOWH MSK Services, Pharmacy Technicians, HIOWH Podiatry, Alton Primary Care-Roving vaccination clinics, Board in The City

- [Senior Saints](#) - Chair and circuit exercise, walking football, walking cricket
- [Stroke Association](#) - Music, gentle chair exercise, art, skittles, chat, bingo, trips, talks, games and fun
- [LWP Health and Wellbeing Advice and Guidance](#) - Health checks and signposting
- [LWP Kidney Health Programme](#) - 6 weeks: Education and awareness
- [LWP Well Leg Club](#) - 10 weeks: Education, dressings and social connection
- [Parent Support Link \(PSL\)](#) - Free support services to family and friends of people who are using substances and/or drinking problematically
- [HealthWatch](#) - Community engagement/feedback/navigation-Health & Social Care issues
- [Southampton Voluntary Services \(SVS\)](#) - Community development work (possible community engagement in the future)
- [NHS Diabetes Prevention Programme/Xyla Services](#) - Programme awareness, know your risk assessments
- [Social Care in Action](#) - Health, Wellbeing and Care Services
- [Health Inclusion Team \(SPCL\)](#) - Health checks and vaccinations
- [Social Prescribing \(various PCNs\)](#) - Health checks and signposting
- [The Environment Centre](#) - Clean air champions scheme
- [Unpaid Carers Support](#) - Advice/peer support/information/events/carers assessments when applicable
- [Age UK Southampton](#) - Information and advice for older people and those who support them, including useful booklets & factsheets
- [Hampshire & IOW Fire & Rescue](#) - Cooking safety campaign
- [Read Easy Southampton & Isle of Wight](#) - Free read coaching for adults
- [Neighbourhood Policing Teams](#) - Support and guidance
- [NHS Diabetic Eye Screening programme](#) - Education and awareness
- [NHS England South East - WT&E Thames Valley & Wessex Dental Directorate](#) - Oral health support
- [Wessex Cancer Alliance](#) - Know the Signs awareness raising
- [Oasis](#) - Community Pantry
- [Hampshire Citizens Advice Macmillan Service](#) - Macmillan Cancer Support

**3. Prioritise communities with poorer health outcomes to reduce health inequalities and assess the impact of a community-centred approach Through HDRC Southampton, make greater use of evidence, insight, data and technology to inform who is at greater risk of poor health.**

- Use population health data to identify the issues creating health inequalities.
- Work with communities to identify their assets, to determine how to best support, and how to build and develop these assets. In collaboration with partners, HDRC Southampton can support new and innovative approaches to evaluation such as combining quantitative measures with qualitative storytelling.
- Change what we measure to capture health and social outcomes that matter to people.
- Measure improving protective factors that help people avoid poor health outcomes, rather than only the poor outcomes.
- Include stories and a citizen voice, particularly from people from marginalised communities.

In 2023, as part of the Uniting the Movement strategy, Sport England announced a £250 million investment into areas of the country with the greatest need, to tackle inactivity. The Southampton neighbourhoods of Thornhill, Millbrook/Redbridge and Weston were identified for some of this [Place Partnership](#) investment. Partners from across the system are now working with these communities to understand how this investment should be spent to best support our most inactive residents to move more. A major aim of the investment is to ‘test and learn’ new approaches to supporting people to be active. For instance, a micro-granting scheme is supporting grassroots organisations to run new activities and community based projects recommended by young researchers are now being implemented. All these initiatives will be evaluated and, if successful, rolled out further.

**4. Shift mindsets to embed a different relationship between communities and organisations Create organisational culture change to work in a different way - changing mindsets and beliefs.**

- Train and upskill workforces to help develop behaviours, knowledge and skill set to have a different conversation with communities

Southampton City Council is establishing new leadership and relationship arrangements between itself; Voluntary, Community and Social Enterprises; and wider local key partners.

The development of the Southampton Early Advice & Support (SEAS) service is a community focussed approach that will improve the health

- Bold leadership and commitment at every level to promote and give permission to change the way we work
- A strong narrative to explain and tell the story of why change is needed both internally and externally.

and wellbeing of those who use the service and will enhance and improve how the Council engages with residents and communities.

It will see a shift in commissioning, to a new co-ordinated contract arrangement that will deliver Early Advice and Prevention activities to residents across the city.

The SEAS Alliance model will help organisations in the city work together more closely with key areas of focus including support for unpaid carers, Special Educational Needs & Disabilities (SEND), advice & information for children & young people, flexible direct support to meet different population needs as well as advice and navigation in relation to adult social care, welfare & benefits, immigration, employment & fuel poverty.

This new arrangement will be up to a ten year commitment, providing the VCSE certainty about resource coming to them and will give the Council greater opportunity to adapt services based on the needs of people in the city as they change over time.

Expected benefits:

for staff there will be, better access to training & sharing knowledge across the VCSE and statutory services including co-location and partnership working in community hubs.

for residents; there will be consistent messaging for people requiring early advice and support as well as greater connectivity between organisations.