

Draft

**H & W board
Action Plan**

PROJECTS/ACTIONS	Priorities:	Specific Outcomes	LEAD	Cost breakdown	resource 2017-18	actual spend	TOTAL RESOURCE 2018-19	actual spend (2018/19)	underspend	Proposed Projects for 2019- 20	Proposed Projects for 2020-21	timescale	M&E	Notes	Links with partners /other priorities
Cycle Brentwood	PH and obesity	Map out 6 rides (minimum). Linking to all 3 train stations	Trailnet/Cycle Brentwood Group	mapping, marketing	8,000		1,000			1000		ongoing	Through surveys at stations need to record commuter activity as a baseline figure for adult population	Introduce new rides for families and basic ride training	Sustainable travel (ECC);
Outdoor Gym Installation Table tennis table (permenant)	PH and obesity	install 1 gym in Warley Playing Fields and 3 outdoor premenant table tennis tables	JG/SA	installation Equipment Mapping	20000		2500	Carry forward for 20/21 to look at 2 tables going into baytree centre site	2500	3000		Gym to be installed in spring 2019, TTT for summer in key areas	Obesity levels at all time high-65% adults and 27.7% of 10/11 year olds are overweight or obese.	SA - an extra £20,000	Work with Parks to ensure Outdoor Gym is used by local people. Link with local boot camps.
Outdoor Gym PT sessions working with local families	PH and obesity	target 20 local families to get active and	JG	PT/boot camp session = £25 per hour x 52 weeks = £1,300 Large lockers =?	0		2500	carry forward for 20/21 to add to budget	2500	1300		Project to roll into 2019-20 to start April 2019	Obesity levels at all time high-65% adults and 27.7% of 10/11 year olds are overweight or obese.	Identify inactive families; risk of obesity through local schools/childrens centre.	Active Brentwood joint project; Provide/Virgin Care/Chidrens Centres, Local schools Link in with Communities project at ECC (Kirsty O'Callaghan)
Dementia Friendly Training (BBC)	Ageing Well & Mental Health	upskill BBC staff, especially front line staff and offer community spaces to external organisations	JG/LG	venue = £120 (4 sessions x 1.5hrs) Healthy Lunch for staff = £150 x 4 = £600	0		720	2 sessions delivered for staff = £240 (food) venue costs= £ 100 total so far=£340		£380 left to spend on 2 more sessions for 2019/20.		Jan - April 2019	1230 residents over 65 years of age have dementia and this is expected to rise by 41% to 1,740 by 2030.	Delivered via Essex Dementia Friendly Communities Coordinator/ Alzheimer's Society	Offer out to all partners
Unpaid carers project	Ageing Well & Mental Health	Provide restbite and support group for those unpaid carers	JG		0		2000					roll into 2019/20	Lack of support for Unpaid carers	No detail as yet	
Loneliness cafes, social isolation projects (road shows with community hub) and signposting/support for the Dementia projects and Hub set up	Ageing Well & Mental Health	provide social opportunitites for people suffering with dementia as well as support for their family/carers.	JG	volunteer expenses = £150 Tea Party venue, tea and cake (merrymeade) = £800 promotion - leaflets/posters = £100	0		£1,050	Merrymeade costs = £200 contribution		2000		Special event to be organised for Christmas Holidays - Friendship cafe at Merrymeade to be launched (28th Dec - 1pm- 3.30pm) Once a month Friendship cafes (First Monday of every month.)	Recent research has shown that: Lacking social connections is a comparable risk factor for early death as smoking 15 cigarettes a day Loneliness has a worse impact on health outcomes than well-known risk factors such as obesity and physical inactivity Loneliness increases the likelihood of mortality by 26%.		Link with other groups, usch as Fire service, Ageing well group
Livewell Campaign	ALL	Promotion	JG	3 - 4 months promotion with a marketing company, to promote the brand and link in the different projects running. Livewell Banner	100							ongoing	Need to increase brand awareness. Engage with partners - Health colleagues to use logo.		
TuckIN	PH and obesity	engage a minimum of 14 local businesses to sign up for TuckIN (50 in total)	EH	contractor to cover EH work whilst signing up businesses £53 per inspection			2500	roll into 19/20 for MH small grants		1000		ongoing	Increase awareness of the scheme to more businesses and the general public (from evaluation event - businesses feel the need for an awareness campaign)		
TuckIN celebratory Event /Awards	PH and obesity	Promote and engage businesses to continue the good work - award categories for TuckIN businesses	JG	Sports Awards cost - Food and drink = £500	0		500					Every November.	.		
										500					

TuckIN Evaluation Event	PH and obesity	Host an evaluation event to provide M&E and feedback	EH	Venue cost - 0 Healthy breakfast and drink = £250 Nudge up costs to evaluate=?	0	250	66 (merrymead); brewery event - may 2019 £	0	0	Nov-18	JG to support	
Healthy eating project (TuckIN) targeting schools ? Linking in with Livewell Child - look at Braintree's evaluation/model	PH and obesity	Education and amending lifestyle choices	JG	different options for education/awareness of healthy eating/lifestyles in schools					1500	May 2019 onwards		
Mental Health Small Grants	Mental Health	To pick up on worthwhile projects out in the community which BBC may not be aware of, to support and in turn each project will have specific outcomes, which be reported back to the H&W board.	LG/JG			3000			5000	To launch in Jan - award by April	M&E provided by the individual projects that are awarded funding	
Social Isolation project	Mental Health	Focusing on teenagers and adults facing social isolation (roadshow?)	JG		0	0			1000	2019-20		
Intergenerational project	Mental Health & Ageing Well	Essex Dance Association or Leah Farrel	Sheltered Housing/local schools		0	150			2000	2019-20		
Active Champion Project (linking with FIM to start)	all				0	1,000			0	October 2018 onwards		
Running of the Health and Well-being Board Setting up of delivery groups in the 3 priority areas	all	all partners	JG	Room hire (2hrs x 4 at £20ph) £160 + refreshments - £40 total = £200 Meeting expenses/petrol/parking= £150		350			350	quarterly meetings: Jan; April; July; Oct		
Livewell Brentwood Mobile Community Hub (with promotion of the LiveWell brand)				Re-vamp of old trailer to make appealing and road worthy		1000	roll into 19/20		2000		Need to increase brand awareness. Engage with partners - Health colleagues to use logo.	/
Contingency for projects (or any new projects identified)					na	0			1000			
Total project spend					28,100	18,520			21650			