



**HEALTH & WELLBEING PARTNERSHIP
ACTION PLAN 2024-25
DRAFT**

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www.sevenoaks.gov.uk

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Please contact us on 01732 227000 stating your language and telephone number

Introduction:

The Sevenoaks District Health & Wellbeing Partnership is a subgroup of the Sevenoaks District Local Strategic Partnership.

Terms of reference:

- To be a strategic group that will develop structures and processes for partnership working that improve health and reduces health inequalities amongst the population of the Sevenoaks District.
- To ensure a partnership approach to joint working to create a district wide holistic approach to improve health and wellbeing.
- To provide a structure for partners to work together in relation to identifying shared priorities, develop collaborative working, joint capacity building and information exchange.
- To improve communication between partners and agencies and enable a better understanding of each organisations roles and targets regarding health improvement.
- To identify local health needs through sharing existing evidence held by partners and undertaking additional local needs assessments as appropriate.
- To oversee the delivery of the Choosing Health priorities and jointly identified needs and produce and monitor an operating plan.
- To evaluate the work of the group on a continuing basis in order to contribute to the knowledge base of what is effective in locality partnership development and working.
- To provide a structure for coordinated activity which addresses health inequalities targets contained in the Sevenoaks District Community Plan, Local Plan, the Kent and Medway Integrated Care Strategy, the Choosing Health Agenda and other relevant strategies which may arise from time to time.
- To work collaboratively through the partnership to deliver the priorities outlined in the Kent and Medway Integrated Care Strategies including Shared outcome 1: Give children and young people the best start in life, Shared outcome 2: Tackle the wider determinants to prevent ill health, Shared outcome 3: Supporting happy and healthy living and Shared outcome 4: Empower people to best manage their health conditions.

Information on the Partnership

Budgets: Many partner agencies are faced with depleting budgets and savings needing to be made, both as a result of covid, worsening national finances and cost of living. This will impact upon this action plan being delivered both in terms of resources available for delivery, staff and grants available. This has been considered in the formation of this Health & Wellbeing Plan and how those resources available can be best used to ensure the delivery of the identified priorities.

Cost of Living: The increased pressure of the Cost-of-Living Crisis continues to impact on residents as well as individual agencies. These impacts need to continue to be monitored by partners and the impact on delivery against our priorities.

The Action Plan

The Action Plan sets out the overall targets for the Health & Wellbeing Partnership. It does not include details of the numerous activities already undertaken by partners, town and parish councils, the voluntary sector and others as part of their day-to-day work, but highlights activities in addition to core work, which partners will undertake throughout the forthcoming year.

Funding and monitoring

Funding for the actions included within the Action Plan is available from a number of sources, including partners' own budgets, KCC Public Health, and other small amounts of funding from a variety of sources.

Quarterly monitoring will take place to ensure that individual projects continue to deliver positive results as well as value for money and that this Action Plan is on target.

Equalities

In preparing the action plan, issues such as equality and diversity were considered. The Health & Wellbeing Partnership recognises that everyone has a contribution to make to our society and a right to access services without being discriminated against or disadvantaged because of their:

- Race, colour, nationality, ethnicity.
- Gender, marital status or caring responsibility.
- Sexual orientation.
- Age.
- Physical or mental disability or mental health.
- Religion or belief.
- Health status.
- Employment status.

Priorities:

Priority 1 Wider Determinants of Health

Objectives:

- To have a consistent approach with partners on delivering health initiatives across the District
- To maintain the Partnership through Quarterly meetings and regular updates.
- Support for families in poverty – In light of the stark inequalities across Sevenoaks and the impact of the cost-of-living crisis. Explore opportunities for work on hygiene poverty/banks and opportunities for apprenticeships/initiatives to support the long term unemployed.
- Partners to have Health in all Policies embedded through their organisation by 2025

Smart Targets:

- Increase the number of residents attending community health groups/sessions by 5%.
- Partners to have Health in all Policies embedded through their organisation by 2025
- Number of Disabled Facilities Grants allocated.

Priority 2 Health Behaviours

Objectives:

- Contribute to a reduction on excess weight in children. (The indicator (year 6 excess weight) by PCN show the rate is worse than the England average for Swanley and Rural PCN but not for Sevenoaks PCN.)
- Increase residents' knowledge of Healthy lifestyle behaviours and strategies and facilitate Health Eating through educational and practical Cooking Courses, Early Help Programmes & Local Children's Partnership
- Help residents through Cost of Living by providing information on local services and initiatives
- Utilise links with parishes.

Smart Targets

- 80% of attendees of Why Weight to complete the course and 60% of completers maintain weight loss
- Support the uptake of local health checks by 5%
- Increase membership to all three Leisure Centres and Lullingstone Golf Course each qtr.

Priority 3 Places & Community

Objectives:

- Work on the stigma on mental health and work with partners on local services available especially for men and young boys
- To work with KCC on delivering the Public Health Strategy's priorities.
- Number of Homelessness Preventions
- Explore causes of high A&E Attendances for 0–4-year-olds
- Support the elderly through various support programmes

Smart Targets

- Deliver eight creative engagement programmes to support improved mental health and wellbeing for 100 people across West Kent.
- Provide counselling support to 100 people across West Kent
- Increase membership to the Online Better Together Community by 5% especially around health initiatives
- Increase Digital Inclusion and reduce isolation in rural communities (baseline to be determined).
- Increase opportunities for accessing mental health programs and physical activity programs for residents from under-represented groups.

Ref	2024-25 Priority Action	Lead Agency	Other Partners	By When
Wider Determinants of Health				
WDH1	Provide supportive working and volunteering opportunities for people living with mental health issues. 65% of staff and 50% of volunteers at West Kent Mind have lived experience of mental health issues.	West Kent & North Kent Mind	ALL	March 2025
WDH2	<p>Support Improve awareness and increase referrals to Dementia Cafes</p> <p>Promote local Dementia Forget-me-not Cafe Groups and Activities of which there are 6 in the district per month.</p> <p>Deliver dementia awareness session delivery to different departments and businesses through local plan, shop safe and parish councils.</p> <p>Promote the various local and national dementia helplines.</p> <p>Attend GP Locality training days to talk about Dementia, bringing together experts in dementia, GP's, District Nurses etc.</p> <p>Deliver Run Walk Push at Knole Park in May 2024</p>	<p>The Good Care Group</p> <p>Sevenoaks Area Dementia Friendly Community</p>	ALL	March 2025
WDH3	Embed a Health in All Policies approach at SDC and work with partner agencies to embed this in their organisation	SDC Communities and Health Team	All	March 2025
WDH4	Update on how the Workplace Travel Plan is working/being delivered across the district.	Planning Team at SDC	<p>Kent Transport KCC Whole Systems Obesity Team KCC Kent Connect</p>	March 2025

WDH5	Adapt the physical design of Sevenoaks District so that healthy lifestyle choices become a routine part of resident's lives.	Sevenoaks District Council Planning Team	Sevenoaks District Council Health Team	March 2025
WDH6	Encourage more client-facing organisations to engage in Mental Health Awareness and Mental Health First Aid training – 500 people across West Kent engage in MH training.	West Kent Mind & North Kent Mind	Mind (National) Multiply KCC	March 2025
WD7	Seek out, Consider and promote opportunities to reduce Cost of Living Impact on residents.	SDC People & Places KCC Financial Hardship	All	March 2025
WD8	Offer opportunities to access leisure centres for those who might not be able to afford it. Provide concessions for children in care, explore funding for other programmes. Provide a concessionary rate to increase the opportunity for disadvantaged groups to access facilities	Everyone Active	All	March 2025
WD9	Identify external funding to provide low-cost activities within areas identified as a high deprivation area.	Everyone Active	All	March 2025
WD10	Provide free open days for the local community to access the centre. Sites to host an Everyone Active free open day at least once a year.	Everyone Active		March 2025
WD11	Provide opportunities for local residents to get into employment. Attend employment fairs to promote work opportunities. Work with College's in Sevenoaks to help provide people with employment opportunities/ Advertise jobs through Sevenoaks channels.	Everyone Active		March 2025
WD12	Work with educational partners and employment organisations to deliver apprentice programmes – minimum of 3 apprentices per year. Provide a minimum of 12 work experience placements for local school children. Provide 5 work placements for people and adults with disabilities per annum. Advertise and employ locally.	Everyone Active		March 2025

	<p>Provide opportunities for volunteers to support events such as open days, events, national fitness day etc.</p> <p>Provide a pathway between school, everyone active coaching programmes and club access.</p> <p>Provide discounted or fully funded qualifications and courses including NPLQ, Swim England teaching qualifications and sports coaching courses</p>			
Health Behaviours:				
HB1	Continue to provide services that contribute towards the reduction of smoking/vaping in Sevenoaks District with particular targeting for at-risk groups.	KCHFT Smoking Cessation Service	All	March 2025
HB2	Improve the diagnosis rate of Diabetes for residents. Work with partners on action to be able to deliver this and help residents to identify early signs of diabetes	Living Well, Taking Control' Partnership between charities Health Exchange and Westbank Community Health and Care.	KCHFT NHS Health Check Service	March 2025
HB3	Deliver a local cooking/healthy eating project online and face to face. Deliver in rural areas	SDC Communities and Health Team	All	March 2025
HB4	Support adults to adopt healthy lifestyle choices that facilitate weight loss-access to Why Weight courses and advice. Increase number of referrals and maintain of weight Increase core strength, flexibility, physical health and cardio of over 65s, increasing activity and levels of participation for those with disabilities. To increase the amount of activities available to those who are disabled.	Sevenoaks District Council Health & Communities Team/Everyone Active	Everyone Active	March 2025
HB5	Increase uptake of One You Kent service at Edenbridge Memorial Health Centre	Sevenoaks District Council Health & Communities Team		November 2024
HB6	Promote healthy living throughout the centres. Support adults to adopt healthy lifestyle choices that facilitate increases in physical activity. Deliver a number of community initiatives at all 3 Leisure Centres and Lullingstone Golf Club.	Everyone Active	Sevenoaks District Council Health Team	March 2025

	Increase awareness and opportunities for women and girls across the sites. Support women post-natal and anti-natal recovery and exercise.			
HB7	Explore opportunities for chair-based exercise programs in Northern Parishes and deliver sessions where possible	Maturity Movers	All	March 2025
HB8	Explore opportunities for small group, health condition-specific exercise programs in community.	Maturity Movers	All	March 2025
HB9	Support adults living with chronic conditions to adopt healthy lifestyle choices that facilitate increases in physical activity-Exercise Referral scheme. Directly deliver the Exercise on Referral and Cardiac Rehab sessions – A reduced concessionary membership for 12 months to be provided to those who complete the Exercise on Referral, Cardiac Rehab and Why Weight programmes.	Everyone Active	Sevenoaks District Council Health Team	March 2025
HB10	Identify local BAME/faith groups and consult with them around their needs and demand for activities to increase usage within BAME groups (Excel women & faith groups)	KCC Public Health		March 2025
HB11	Provide adapted health improvement services targeted at specific populations (where needed) to ensure all residents can benefit from good physical health	Involve Kent	Everyone Active	March 2025
HB12	Support children and young people to adopt healthy lifestyle choices and increase activity to include Family Fun Days. Provide casual sports for young adults.	Sevenoaks District Local Children's Partnership/Everyone Active	KCC-ALL	March 2025
HB13	Promote the Daily Mile scheme with local schools. Work with the local schools to deliver this	KCC Youth teams KCC Public Health Team		March 2025
HB14	Increase the number of Basic Health Checks (including blood pressure) completed in the district.	KCHFT	Everyone Active Pharmacies	March 2025
HB15	Establish a robust network of walking groups on all abilities across the district.	SDC Communities and Health Team Every Step Counts	All	On Going

HB16	Work in community and schools to increase awareness of vaping risks, aiming to reduce number of young people taking up the habit.	Kenwood Trust	KCC Youth Team	March 2025
HB17	Increase Healthy Start Uptake – both scheme registrations and vitamins registration Maintain and build on FSM registrations	KCC	All	March 2025
HB18	Work with the local Primary Care Networks on delivering their outcomes on mental health and Cost of Living support initiatives.	Sevenoaks PCN	SDC Health & Communities Team	March 2025
HB19	Investigate funding opportunities with HCPs to deliver healthcare needs initiatives across the district	SDC Communities and Health Team	All	March 2025
HB20	Investigate any available insight behind increased admission to hospital for 0–4-year-olds in Swanley (cold homes, immunisations uptake, overcrowding, GRT Community)	KCC Public Health SDC Communities and Health Team	All	March 2025
HB21	NHS Health Checks (including blood pressure) to be offered across the 3 Leisure Centres. Fitness teams to provide a basic health MOT including blood pressure, provide basic exercise advice and signpost to classes and activities.	Everyone Active	All	March 2025
HB22	To contribute to the ‘best start in life’ for physical health for under 5s and offer opportunities for children to learn fundamental skills in sport. To increase physical activity of young people by the end of Key Stage 2 (year 6) to develop healthy attitudes towards physical activity and work to reduce obesity levels. Inclusive holiday programmes for children with disabilities To provide holiday camps for children to attend for the day/week of holiday/s	Everyone Active	All	March 2025
Places and Communities:				
PC1	Work with older residents to prevent falls and limit the potential for hip fracture in older residents Include number of people attending and new referrals. Establish delivery of falls prevention training / intervention	Involve Kent, West Kent Falls Prevention Service	Sevenoaks District Health Team	March 2025

		Age UK Sevenoaks & Tonbridge Vitality Hub Everyone Active	Everyone Active	
PC2	Assist residents to live independently and keep them safe in their homes. Assist residents to discharge from hospital and provide grants to facilitate this. Introduce adult social care activities to leisure centres across the district. To support socialisation of those over 65 – In England more than 2 million people over the age of 75 live alone	Sevenoaks District Council Private Sector Housing Team/Everyone Active	Imago	March 2025
PC3	Set up and run joint initiatives (silver cafes) to tackle scams, phishing, whaling	All	All	March 2025
PC4	Promote the Better Together Online Community Hub, increase number of new services on the portal and increase number of users. To offer non-traditional sports hall activities at leisure centres.	Health & Communities Team/Everyone Active	All-health, voluntary-statutory	March 2025
PC5	Explore and promote the Joy app, social prescribers referring tool for residents and professionals. Get the number of uptakes onto the app.	All		March 2025
PC6	Working with Community Rail to set up young people initiatives	Railway Partnership		March 2025
PC7	Investigate opportunities for increasing number of volunteers for Dial a Ride service	Volunteer Forum IMAGO	All	March 2025
PC8	Develop and deliver men’s mental health drop-in programs and sessions. Explore potential of offering single-session/one-at-a-time therapy.	SDC Communities and Health Team	All	March 2025
PC9	Deliver community initiatives with Health & Communities Team	Sevenoaks District Health and Communities team	All	March 2025
PC10	Work with partners to improve accessibility opportunities for clients who experience digital inclusion barriers due to cost, connectivity issues etc. Assist older customers with using EA Digital Platforms	Kent County Council Compaid/Everyone Active		March 2025
PC11	Ensure non-digital advertising is employed to promote services to those residents with limited digital access.	KCC Compaid	All	March 2025
PC12	Increase number of community digital champions across the district (how many individuals have accessed the service)	KCC	Compaid	March 2025

			Sevenoaks District Health and Communities team WKHA Voluntary forum	
PC13	Increase attendance at local community events promoting digital services available through KCC digital hubs in local Libraries	KCC	Compaid Sevenoaks District Health and Communities team WKHA Voluntary forum	March 2025
PC14	Reported updates on the Air Quality Action Plan, which commits the District Council to carrying out 32 measures over a 5-year period (2022-2027) which aim to reduce pollution and or population exposure	SDC Environmental Team		March 2025
PC15	Seek opportunities to collaborate with the Family Hubs in Sevenoaks to support families in poverty.	SDC,	KCC	March 2025
PC16	Provision of Making Every Contact Count training to the partnership and wider voluntary sector	KCC Public Health	All	March 2025
PC17	Support clubs and organisations Offer spaces, build partnerships to ensure that local clubs and organisations are fully supported. Work with local clubs to run fitness days at site - Could link this with the annual open days.	Everyone Active	All	March 2025

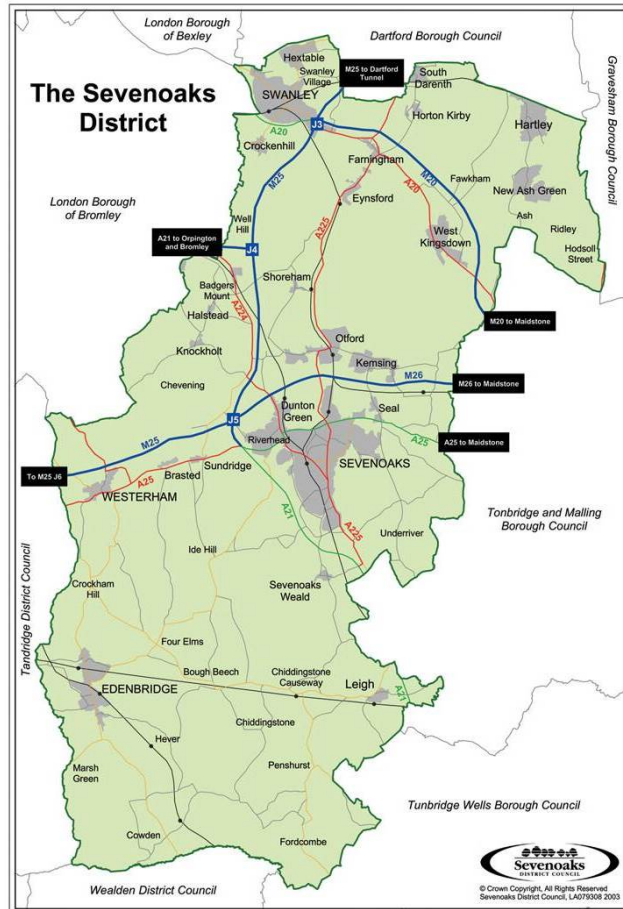
Membership of the Health & Wellbeing Partnership and contact details

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<p>West Kent Health and Care Partnership Dartford, Gravesham and Swanley Health and Care Partnership www.kmhealthandcare.uk/about-us/our-system/health-and-care-partnerships</p>	<p>Kent Surrey and Sussex CRC Ltd Maidstone Corporate Centre 3rd Floor, Maidstone House King Street Maidstone Kent, ME15 6AW Tel: 01622 239147 www.ksscrc.co.uk</p>	<p>KCC Social Services The Willows, Hilda May Ave, Swanley Kent BR8 7BT Tel: 0300 041 1400 www.kent.gov.uk</p>	<p>Imago 17-19 Monson Road Tunbridge Wells Kent TN1 1LS Tel: 01892 530330 www.imago.org.uk</p>
<p>KCC Early Help & Preventative Service C/o Swanley Youth Centre St. Mary's Road Swanley Kent BR8 7BU Tel 01322 615275 www.kent.gov.uk</p>	<p>West Kent Mind 34 St John's Rd, Sevenoaks TN13 3LW 01732 744950 www.westkentmind.org.uk/</p>	<p>The Good Care Group 120 Leman Street London E1 8EU Tel: 0203 728 7577 Fax: 020 3728 7576 www.thegoodcaregroup.com /</p>	<p>West Kent Housing Association 101 London Road Sevenoaks Kent TN13 1AX Tel: 01732 749400 www.westkent.org</p>
<p>Kenward Trust Kenward Road Yalding, Maidstone Kent ME18 6AH Tel: 01622 814187 www.kenwardtrust.org.uk</p>	<p>Everyone Active Sevenoaks Edenbridge Swanley Lullingstone www.everyoneactive.com/</p>	<p>Change Grow Live (Drug and Alcohol Services) 18 Mount Pleasant Road Tunbridge Wells TN1 1QU www.changegrowlive.org/westkent/help#contact</p>	<p>DAVSS PO Box 530 Tunbridge Wells Kent TN2 9TB Tel: 01892 570538 www.davss.org.uk</p>

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<p>AGE UK Sevenoaks Hollybush Court, Hollybush Cl, Sevenoaks TN13 3UX 01732 741558 www.ageuk.org.uk/sevenoaksandtonbridge/</p>	<p>COMPAID Trust Unit 1 Eastlands, Maidstone Rd, Paddock Wood, Tonbridge TN12 6BU 01892 834539 www.compaid.org.uk/</p>	<p>SEVENOAKS PCN www.sevenoakspcn.gpweb.org.uk/</p>	<p>Every Step Counts everystepcounts17@gmail.com www.everydayactivekent.org.uk/activities/every-step-counts-sevenoaks/</p>
<p>Porchlight head office 18-19 Watling Street Canterbury, CT1 2UA 01227 760078 headoffice@porchlight.org.uk www.porchlight.org.uk/</p>			

What is the Sevenoaks District like?

Sevenoaks District continues to be one of the safest places to live in Kent. Sevenoaks is a large District lying to the south east of London with an overall area of just over 143 square miles (370 square km). It is long and relatively narrow measuring 20 miles north-south by about 7 miles east-west. The Thames Gateway lies to the north, Surrey and East Sussex to the west and south and the rest of Kent, including Tonbridge and Tunbridge Wells to the east and south east. Despite adjoining the outer edge of London it is predominantly rural with 93% of the District as Green Belt.



Train services to London take just under 30 minutes from Swanley and just under 30 minutes from Sevenoaks.

Sevenoaks District is perceived to be affluent but this masks local pockets of urban and rural deprivation. For example, Swanley St Mary's ward falls within the 10% most deprived wards in Kent and the South East (2015, Indices of Multiple Deprivation).

11.6% of children under 16 (2,465) live in low-income families in receipt of Child Tax Credit where rural deprivation is more isolating than poverty in the towns. The majority of children living in poverty (73.9%) live in lone parent families.

According to the Kent County Council housing led population forecast projections, the population of Sevenoaks District is forecast to grow by more than 13,500 by 2028.

The 2017 mid-year population estimates (Office for National Statistics) show that Sevenoaks District has a population of 119,400 residents and the third lowest population density in Kent measured at 3.1 persons per hectare.

According to Kent County Council the number of people over 65 is forecast to rise by 41.1% by 2036 (10,400 people) and the number of people over 85 is forecast to rise by 97.2% by 2036 (3,500 people).

Enquiries to:

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