

2002-2006 Update

Our Health Matters!

North Edinburgh Health Plan



Summary of objectives

5 key principles

5 key principles underpin the Plan and informed this review of **Our Health Matters!**

- local people's views and opinions inform all work
- our work links with initiatives at national, regional and city wide level
- we encourage the active involvement of all stakeholders
- we identify best practice and disseminate this information
- we establish and maintain clear communication links with other Social Inclusion Partnership Groups which are dealing with issues that have health and health inequalities implications

Objective 1

To alleviate the high levels of stress experienced by local people.

Objective 2

To identify, tackle and improve the life circumstances that underlie poor health.

Objective 3

To ensure local people have equity of access to health related services, resources and information.

Objective 4

To alleviate the high levels of isolation and loneliness experienced by older local people.

Objective 5

To promote and support healthy patterns of living and healthy environments.

Objective 6

To ensure people receive support and have the opportunity to explore feelings associated with loss and bereavement.

Objective 7

To address issues of food poverty and healthy eating.

Introduction

Our Health Matters! the North Edinburgh Health Plan aims to create a healthy community by improving the physical, mental and social health and well being of local people. The Plan is a key element of the North Edinburgh Social Inclusion Partnership (SIP) strategy and specifically targets health inequalities in ways that are informed by the experience and opinions of local people.

The Plan was first published in 1999 following a major community consultation exercise. Two hundred and fifty people completed questionnaires and focus group discussions were held with twenty seven community groups. The information gathered was collated to establish the main health priorities for local people, which in turn gave the Plan its framework of 7 key objectives.

Given the range of factors that impact on health and their complex interaction, no single organisation is entirely responsible for encouraging and maintaining good health, therefore it is essential that **Our Health Matters!** harnesses the energies of the health sector, the local authority, voluntary organisations and the local communities themselves. Implementation of the Plan has been co-ordinated by the SIP's Health and Social Care Planning and Implementation Group (see page 11 for membership).

The work of the Health and Social Care Group has meant that much has been achieved since **Our Health Matters!** was first launched, including a successful £1 million bid to the New Opportunities Fund to establish a local Healthy Living Centre. This updated Plan reflects these achievements and tackles the challenges that remain.

Health

Health is affected by everyday life and is as much about the quality of people's emotional and social situations as about their experience of disease or disability. People's experience of being healthy can be characterised as follows:

- feeling vital and full of energy
- having positive self-esteem
- having a sense of purpose in life
- feeling connected to the community
- having the ability to enjoy things
- having good social relationships

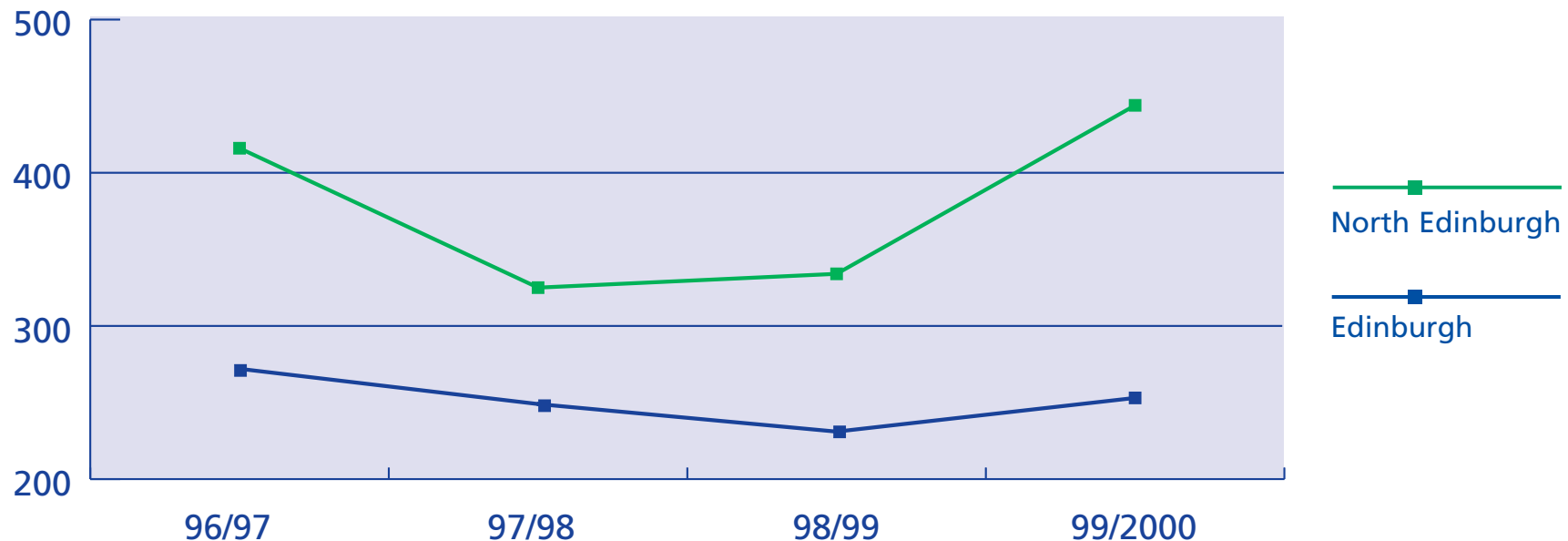
Health Inequalities

Health inequalities are the differences found in various aspects of health between different groups in society. Over the last twenty years, in general, life expectancy and prosperity have increased and death rates from major diseases have fallen. However, despite this, the gap between those at the top and bottom of the socio-economic spectrum has persisted and has in fact increased in Scotland during the late

eighties and early nineties. This health gap between socio-economic groups exists virtually irrespective of the type of health indicator and socio-economic measures chosen for comparison and analysis. Moreover, those who benefit most from social, fiscal and health advances are generally not those who are in greatest need (Health Inequalities in the New Scotland, HPPU & NHS Scotland, 2002).

In Edinburgh there is clear evidence that health inequalities exist particularly in North Edinburgh where poor levels of health are clearly discernible and are amongst the worst in Scotland.

Mortality Rates per 100,000 aged 0-64



Health Concerns

The first phase of developing the Health Plan took the form of a community consultation which asked people living in North Edinburgh to identify their health concerns.

The results demonstrated that people living in North Edinburgh were acutely aware that poverty, stress, poor housing, unemployment and the environment, fundamentally affect their health.

The Health Plan's Objectives relate closely to the priorities identified through the consultation and clearly reflect local people's concerns:

- Stress was the most commonly identified health concern. The causes of stress were seen as lack of money, high food and fuel prices and relationship difficulties.
- People said they responded to stress by smoking, drinking alcohol and coffee, and taking prescribed medicines or drugs bought on the streets.
- Many people said that they felt anger and frustration when trying to deal with service providers.
- Older people feared becoming isolated and lonely. People of all ages said that the absence of an affordable transport system prevented access to the full range of public services.
- The local leisure centre was considered by some as being too expensive to use.
- The subject of bereavement arose in a number of groups, where people said that they were struggling to cope and that it was affecting their health.
- Some groups expressed the need for specific services. Classes in parenting skills were mentioned, either for themselves, or as a way of supporting others from 'troublesome families'. Significant concern was expressed about the unruly behaviour of some young people.
- Carers participating in the consultation wanted respite facilities outwith their own homes and information about support services.
- Better housing, improvements to the general environment, reduction of crime, more employment and increased income were identified as being of prime importance to improving health.
- Giving up smoking, eating a healthier diet and taking more exercise were also recognised as ways of improving personal health.

Research

Since the launch of the plan in May 1999 additional consultations, research and evaluations have taken place which have helped to inform this review. They include:

- A report for NEAR (North Edinburgh Area Renewal) entitled 'Service Provision to Women, Young People and Children Experiencing Violence' (1999).
- Research into and a report entitled 'Young People and Alcohol in Greater Pilton' (2000).
- Independent research through Edinburgh Community Mediation (1999) entitled 'The Effects of Neighbourhood Disputes on Health' concluded that neighbour disputes affect the health of all involved.
- An external evaluation of the PROP Stress Centre (1999) identified gaps in services for those with mental health problems.
- Research undertaken by University of Edinburgh (1999) showed that local people reported the most serious problems affecting their health were; drugs, alcohol, smoking, poverty, unemployment, cleanliness of environment and poor housing.
- A Health Impact Assessment, undertaken by the Scottish Needs Assessment Programme (SNAP) and the North Edinburgh Health and Social Care Group (1999) demonstrated the effect that poor housing conditions, including fuel poverty and poor insulation, were having on the health of local people.
- An external evaluation (1999) of Mums Supporting Mums, a service providing individual and group support for women experiencing postnatal depression, found that 70% of women using the project experienced male violence.
- Research (2000) into the needs of isolated, older people identified that local people required free accessible transport to enable them to actively participate in community activities.
- A participatory appraisal project (2000) conducted by local people with one hundred and fifty local residents, demonstrated overwhelming support and demand for all the activities which form **Our Health Matters!**

Framework for Action

Objective 1

To alleviate the high levels of stress experienced by local people.

Examples of Achievements

- Expansion of the counselling service through provision of an Out of Hours service.
- Mental Health Worker post established to develop services and support to local people experiencing mental ill health.
- Provision of out of hours phone line service to women and young girls experiencing sexual violence.
- Information leaflet developed and distributed around mental health issues for young pregnant women.
- Substance Misuse Forum established.
- Ongoing development of work with families with drug and alcohol problems.
- Community Psychiatric Nurse appointed to carry out alcohol support work.
- Project to support those with a dependency on alcohol.
- Secondary prevention of drug and alcohol misuse amongst young people being addressed through detached streetwork.

Priorities for Action

- To continue to increase awareness and understanding of the impact of stress and mental distress on the lives of individuals, families and communities.
- To identify and develop appropriate support services for those experiencing stress and mental distress.
- To continue to identify gaps in services for people experiencing mental distress.
- To seek resources to enable more alcohol reduction work to be developed within existing services.



Objective 2

To identify, tackle and improve the life circumstances that underlie poor health.

Examples of Achievements

- Health Impact Assessment on Housing carried out. Recommendations being taken forward through Housing Planning and Implementation Group.
- Issues that contribute to ill-health such as poverty, unemployment, poor housing and environment being taken forward through NEAR
- Fuel Poverty Project established.
- Training for health practitioners on fuel poverty issues.
- Welfare rights service linked to General Practices.
- CHART Training for local primary health care workers has resulted in greater partnership working and service developments

Priorities for Action

- To continue to evaluate the health implications of relevant policies and strategies using Health Impact Assessments (HIA) and research studies.
- To develop further community development training on health issues for local people and workers.
- To support the development and implementation of Lothian Primary Care Trust's Anti Poverty Framework.

Objective 3

To ensure local equity of access to health related services, resources and information.

Examples of achievements

- Seminars on good practice in the production of publicity material.
- Consultation with the community on the Lothian Local Health Plan.
- Patchworks Child Health Resource developed.
- Health Road Shows held at venues throughout the area.
- Community Conference held on refugees and asylum seekers.
- Hospital Action Group established to campaign to improve access to new Edinburgh Royal Infirmary and retain services at local hospital.
- Better Health for Better Communication project established

Priorities for Action

- To identify and tackle barriers to accessing services, resources and information.
- To improve access to primary health care and social work services.
- To encourage service providers and policy makers to be informed by local opinion.
- To keep the community informed of the development of new services.
- To develop access to information through the use of information technology and other media, particularly for identified target groups – young people, older people and disabled people.
- To identify academic partners to develop and implement a research project to explore access to the new Edinburgh Royal Infirmary and its impact on the uptake of services for local people.
- To develop accessible information about health services for local people
- To initiate discussion with hospital trusts, community health services and other partners to improve the information available to patients at the point of discharge from hospital and community treatment centres.
- To monitor the implementation of the Health Inequalities and Maternity Services Policy.

Objective 4

To alleviate the high levels of isolation and loneliness experienced by older people.

Examples of achievements

- Audit of services for older people was carried out.
- Older People's conference held.
- Elderly Forum established.
- Mental Health Worker employed to work with older people at weekends.
- Provision of community minibuses to increase involvement of older people in community activities.
- Development of home visiting service to isolated older people.
- Development of new accessible services to expand the participation of older people in community and neighbourhood centre-based activities.

Priorities for Action

- To identify gaps and develop appropriate services for older people.
- To identify the number of isolated older people and hidden carers.
- To develop effective referral systems to local services for older people.

Objective 5

To promote and support healthy patterns of living and healthy environments.

Examples of achievements

- Expansion of physical activities targeted at non-participants.
- Health Promotion and physical activity initiatives for children developed through New Community Schools and Sporting Chance.
- Healthy Respect programme developing work with parents and young people on sexual health.
- Pilot project established to monitor level of violence against women, children and young people.
- Interventionist activities developed to challenge and eradicate violent behaviour by men towards women and children.
- Health Promotion initiatives: StaySafe, Want2Quit, HeartStart Plus-Lothian.
- Physical activity audits have been carried out by Lothian Health, Pilton Partnership and Move It Project.

Priorities for Action

- To develop and support health promotion initiatives in local schools and community settings which support healthy lifestyles.
- To develop health promotion initiatives which address issues of violence in the community.
- To develop a co-ordinated approach to Breakfast Club provision in the area.
- To monitor the implementation of the community pharmacy prescribing policy, targeting head lice.

Objective 6

To ensure people receive support and have the opportunity to explore feelings associated with loss and bereavement.

Examples of achievements

- Funding for research study into the needs of young people facing issues of loss and bereavement secured.
- Loss and bereavement continues to be addressed through existing services, for example, one-to-one support and group work through the Stress Centre and the counselling service at Pilton Community Health Project.
- Pilot loss and bereavement support group organised and run.
- Mental Health Worker post established to develop further local loss and bereavement support services.

Priorities for Action

- To establish a separate working group to progress work on loss and bereavement issues effectively.
- To develop and support services that reflect the identified needs of adults, young people and children facing loss or bereavement.
- To conduct a research study on the impact of loss and bereavement on young people.
- To deliver training for local volunteers and workers on supporting people who experience loss and bereavement.

Objective 7

To address issues relating to food poverty and healthy eating.

Examples of achievements

- Circulation of food mapping summary resulted in new links with community groups.
- Ready Steady Baby project to promote breastfeeding.
- The relocation of breakfast club and increased uptake of initiative at Craigroyston Community High School.
- Schools Nutrition Advisory Group re-established at Craigroyston School.
- Snack Attack initiative established in local schools.
- Development of Barri Grubb services – expansion of home deliveries, taster sessions.
- Milk Token Initiative underway.

Priorities for Action

- To develop and support existing community-based food initiatives that tackle the barriers to healthy eating and food poverty.
- To roll out the Milk Token Initiative to other areas in the community and develop training and support for volunteers to participate in this work.
- To promote the expansion of Snack Attack provision within schools, for example, extend to all Primary 1 children.
- To continue to develop appropriate initiatives to meet the specific needs of children, young people, pregnant women and isolated people.
- To assist in the implementation of Lothian's Breast Feeding Strategy.

Implementation

Sub-groups will be set up to implement this plan. These sub-groups will have responsibility for setting out and securing the detailed action. They will report back to the Health and Social Care Planning and Implementation Group which will have responsibility for co-ordinating the Plan's implementation.

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NEAR Structure

Steering Committee Membership

City of Edinburgh Council
Communities Scotland
Edinburgh's Telford College
Greater Pilton Community Alliance
Jobcentre Plus
Lothian & Borders Police
Lothian University Hospitals NHS Trust
Scottish Business in the Community North Edinburgh
North West Edinburgh LHCC
Pilton Partnership
Scottish Enterprise Edinburgh and Lothian
Scottish Gas
Waterfront Edinburgh Limited

Planning & Implementation Groups

Learning & Employment
Children
Young People
Community Safety
Health & Social Care
Leisure, Culture & Environment
Shopping
Communications
Housing
Digital Inclusion
Anti-racism
Anti-violence
Business Support Group

Members of Health and Social Care Planning & Implementation Group

North Edinburgh Area Renewal (NEAR)
City of Edinburgh Council
Pilton Partnership
Pilton Community Health Project
North West Edinburgh LHCC
Lothian University Hospitals Trust
PROP Stress Centre
NEDAC
Edinburgh Community Food Initiative
Lothian Primary Care Trust
Greater Pilton Carers Resource
Pilton Elderly Project
Greater Pilton Community Alliance
Granton Information Centre
Lothian Health

North Edinburgh Health Plan

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愛丁堡北區健康及社區照護計劃

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