



South West London

Health & Care
Partnership

Start well, live well, age well

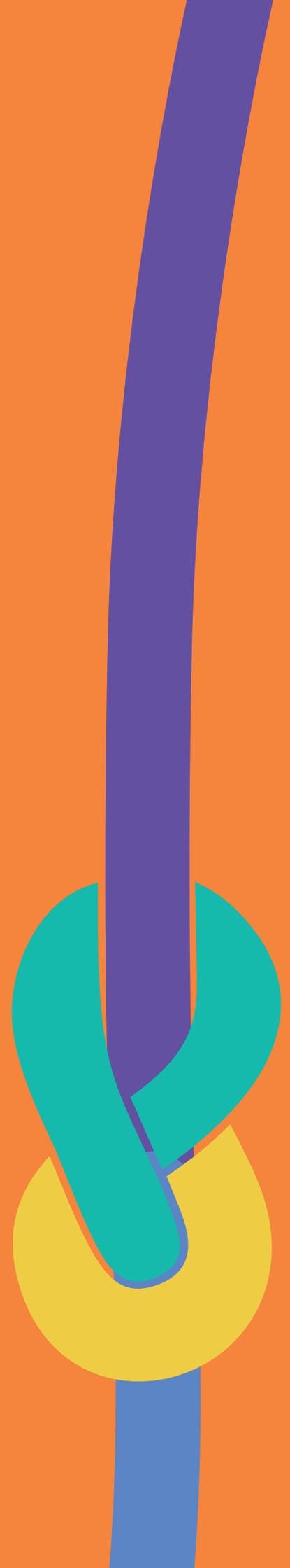
The Royal Borough of
Kingston upon Thames

Health and Care Plan Summary

2019-2021

The NHS, Kingston Council, voluntary sector and Healthwatch are working more closely together to make services better connected and more joined up. Together, and with the support of local people, we have developed the Kingston Health and Care Plan which describes our vision, priorities and actions to meet the health and care needs of local people and deliver improvements in their health and wellbeing.

In this leaflet we summarise the actions we will take in the areas of: start well, live well and age well. To read the full health and care plan for the borough of Kingston, or for more information, please visit our website: www.kingstonccg.nhs.uk





Start well in Kingston 2019/2021

What happens in early life, starting from conception, affects health and wellbeing in later life. Prevention is critical to ensuring that children and young people can fulfil their potential.

Maximise the mental wellbeing and resilience of our children and young people	Improve the health of children and young people with a focus on tackling childhood obesity	Give children and young people with special educational needs and disabilities opportunities to flourish and be independent
Action	Action	Action
<ul style="list-style-type: none"> Ensure that there is an emotional wellbeing programme in all of our schools by April 2021. This will include wellbeing support, training and information to students, parents and staff Provide easy access to online resources and digital counselling by March 2020 to improve emotional wellbeing and strengthen resilience Work with young people to develop mechanisms to involve them in the design, commissioning, delivery and promotion of peer-led services to reduce involvement in risk-taking behaviours Improve the quality of the experience and outcomes for young people who transition from children's to adult mental health services Provide support and advice to parents and carers to develop their confidence in caring for their child 	<ul style="list-style-type: none"> Implement healthy campaigns and initiatives in partnership with schools and other community organisations. This will improve the dietary habits and weight management of children and young people Promote and support roll out of the Daily Mile (getting all children to run for 15 minutes a day in school) in all the borough's primary schools by April 2021 Support vulnerable families to access healthy and affordable food by implementing a Good Food Group and tackling food insecurity in partnership Enhance parent programmes that promote healthy eating and active play for 0-5 year olds in children's centres & in the community by March 2021 Support the statutory, voluntary and community sector to develop and promote the prevention activities on offer, including use of Connected Kingston, Kingston's Social Prescribing platform 	<ul style="list-style-type: none"> Work with children and young people, parents and carers to ensure they can have their say and are involved in decisions about their own education, health and care support Promote the local SEND website so that more children, young people, parents, carers and professionals are aware of its value as a one-stop shop for information on local health and care services Provide all schools with specialist therapeutic consultation support so that they can modify and improve their school spaces and environments for learners with SEMH needs Improve the quality and timeliness of education, health and care plan assessments and reviews to ensure they support and achieve the agreed outcomes, promote resilience and independence and provide good value for money Co-design with young people, parents/carers and professionals an improved local therapies offer, to be in place by March 2020 Establish a local neuro developmental service for children and young people to include access to pre-and post-diagnostic support by March 2020
<p>We will take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
Impact	Impact	Impact
<ul style="list-style-type: none"> Timely access to support and local counselling will be available for children and young people, seven days a week through the digital offer Incidences of self-harm and its impact will reduce because children and young people will receive better support Young people, with identified mental health needs, will have a planned and smooth transition between child and adult mental health services Children and young people, including those who are caring for others, will have their emotional wellbeing and mental health needs identified early. And they will be referred to appropriate services for support The number of young people, who smoke, drink alcohol and use cannabis regularly, will reduce 	<ul style="list-style-type: none"> The number of children and young people who are overweight, including those who are obese, will reduce Healthy eating and active play for 0 to 5-year-olds will be available in children's centres through enhanced parent programmes A Good Food Group will be put in place to help vulnerable families to access healthy and affordable food The Transport for London STARS programme (which inspires young Londoners to think differently about travel and its impact on their health and wellbeing) will expand. School travel plans will also be developed to ensure children and young people are engaged in active travel Practitioners & champions will be trained to use Connected Kingston and in the Make Every Contact Count approach, and be able to provide advice on healthy eating and active lifestyles to parents and young people 	<ul style="list-style-type: none"> Children, young people, parents and carers will be actively involved in the planning of health and care services which impact them. They will also be more aware of how to access local health and care services, and because of this, use of services will increase Children and young people's needs will be better met in local schools and by health and care services Children and young people who use local therapy services will have shorter waiting times for assessment appointments. And feedback from parents about therapy services will improve Neuro-developmental assessment will be completed within 12 weeks of referral



Live well in Kingston 2019/2021

Healthy choices are influenced by our environment, communities and wellbeing. We will drive forward preventative approaches at all levels – engaging communities, utilising local assets and targeting approaches to reach those most at risk.

Support people to have good physical and mental health and prevent ill health	Support people to manage long-term conditions	Reduce health inequalities for those with poor health
<p>Action</p> <ul style="list-style-type: none"> Build on Connected Kingston, the social prescribing model across Kingston, ensuring that the web-site of community based activities, community champions and community connectors can be accessed by partners, residents and unpaid carers Promote health checks and national screening programmes, particularly amongst those at greatest risk of ill health Promote health improvement initiatives for weight management, stop smoking services, physical activity opportunities and reduce alcohol consumption Implement the Thrive Kingston mental health and wellbeing strategy. This will focus on wellbeing; early intervention; community connections; access to services and support, joined up care and employment 	<p>Action</p> <ul style="list-style-type: none"> Promote prevention and early identification of long-term conditions by increasing the uptake of health checks Build the capacity and capability within the community to support self-management promoting health and independence including social prescribing options Proactively support people with complex health and care needs by bringing health and care professionals together around the individual – through primary care networks, across the borough by March 2020 Expand IAPT (psychological therapies) to include people with long-term conditions to receive support for their mental wellbeing and provide referrals to social prescribing support by March 2020 	<p>Action</p> <ul style="list-style-type: none"> Promote health improvement initiatives and services, particularly to those at most risk of health inequalities Ensure multi-disciplinary case management allows individual access to services required to support them to optimise their health, regardless of the complexity of their underlying conditions Proactively support people with complex health and care needs by bringing health and care professionals together around the individual – through primary care networks, across the borough by March 2020 Ensure people with a learning disability or a serious mental illness have an annual physical health check with their GP Implement the Kingston All Age Learning Disabilities Strategy with a focus on: health and wellbeing; developing and maintaining independence; developing and maintaining social and community connections
<p>We will take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
Impact	Impact	Impact
<ul style="list-style-type: none"> Local people will be supported to manage their health and wellbeing. This will reduce the reliance on health and care services The uptake of health checks and screening will increase, and people will receive timely advice and treatment as required, with improved outcomes More local people will join or be referred to health improvement initiatives which are available across the borough Health outcomes for people with serious mental health issues will improve. This will include an increase in access to health checks There will be more support for people who have a serious mental illness to get employment through the Individual Placement Support Programme 	<ul style="list-style-type: none"> People “at risk”, or diagnosed with long-term health conditions, will have the knowledge to self-manage their conditions. They will recognise the triggers to take early action to prevent a deterioration in their condition The number of people living with long-term conditions, who have an annual health check, will increase People with complex health and care needs will be supported to better manage their conditions. They will experience joined up care and support which will result in reduced avoidable hospital admissions People with long-term health conditions will report good mental wellbeing 	<ul style="list-style-type: none"> Increased uptake of prevention services by disadvantaged groups and those living in areas of deprivation More people with complex health and care needs will experience joined up holistic care 60% of people registered with a GP practice, who have a serious mental illness or learning disability, will receive an annual physical health check and follow up interventions The number of people with a learning disability or a serious mental illness dying prematurely in Kingston will reduce Referrals to healthy lifestyle service for people from disadvantaged backgrounds will increase Health and social care services will recognise the individual needs of people with a learning disability and adjust their approach when supporting or delivering care



Age well in Kingston 2019/2021

Whilst people are living longer, many older people are also living with a reduced quality of life due to ill health or disability, or experience loneliness and isolation.

Maximise people's independence and resilience to enable them to live well at home where that is their choice	Reduce loneliness and isolation for everyone particularly older people and their carers	Enable people to live and end the last years of their life well
<p>Action</p> <ul style="list-style-type: none"> Review the community offer, which includes day centres and voluntary sector activities, so that people have access to information and support that promotes independence and self-help and enables people to access the right services first time by March 2020 Help people to reduce risks in the home such as falls, reducing fuel poverty and increasing the use of assistive technologies (such as alarms) Re-design the pathways for integrated community based urgent care services and home first services for people following discharge from hospital by March 2020 Identify and proactively support older people with complex health and care needs by bringing health and care professionals together around the individual – through primary care networks, across the borough by March 2020 Explore opportunities to improve local sheltered accommodation provision and housing support for older vulnerable people 	<p>Action</p> <ul style="list-style-type: none"> Create opportunities for social connections so that people have local places to go that bring together the young, adults and older people by: increasing the range and coverage of befriending groups, promoting dementia friendly communities and public places, and developing community hubs Promote wellbeing and healthy lifestyles and activities for all older people through less social prescribing and Making Every Contact Count Work with local care home providers to ensure the mental health and emotional wellbeing of older people is promoted, and actively reduce people experiencing depression/anxiety due to loneliness and isolation 	<p>Action</p> <ul style="list-style-type: none"> Improve services and support for people with dementia by implementing the Kingston Dementia Strategy together, and developing new dementia care home facilities in the borough Support people to plan for their old age and train staff to have compassionate conversations, including about death and dying Improve end of life care by developing a compassionate approach, to include progressing delivery of Kingston's end of life care strategy, and improved advanced care planning
<p>We will take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
<p>Impact</p> <ul style="list-style-type: none"> People will be supported to live independently and in their own home for as long as they are able to The number of people using assistive technology will increase The number of people who require a social care assessment will reduce More people will still be at home 91 days after being discharged from hospital into reablement Unnecessary hospital admissions will reduce by 15% for people with complex health and care needs who have a care plan 	<p>Impact</p> <ul style="list-style-type: none"> Opportunities for people in Kingston to remain connected to others and improve their health and wellbeing, will increase Social prescribing will be available for local people across the borough Reduction in people who report feel lonely and isolated Care homes will have programmes in place to support the mental wellbeing of their residents 	<p>Impact</p> <ul style="list-style-type: none"> The number of people diagnosed early with dementia and have access to support, will increase. This will be at least in line with the national dementia diagnosis standard (66.8%) The coverage of advance care planning and use of Coordinate My Care will increase across all settings The number of people who die in their place of choice will increase by 50% Emergency admissions to hospital and A&E attendance in the last year of someone's life will reduce by 50%