



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