

People in Bucks are generally healthier than the national average however many people still suffer from potentially preventable conditions such as heart disease, stroke, diabetes, some cancers and some forms of dementia. In addition many people living in our more deprived areas have poorer health over their lifetime than people living in the least deprived areas.

The information below is for partners and highlights public health services and programmes to help people stay healthy. We would encourage partners to refer people to these services and get involved in the projects that help people and communities stay well.

Many of the programmes are **countywide** but some may be focused in areas of higher health need such as our more deprived areas and the wards chosen as part of the Opportunity Bucks programme. Opportunity Bucks is a partnership programme in Buckinghamshire designed to level up outcomes across Buckinghamshire across several domains including the built environment, education, skills, employment and health and wellbeing. It focuses on the 10 wards experiencing the poorest outcomes across multiple indicators of inequality within Buckinghamshire.

We are very grateful to all our partners who work with us on these projects.

For further information or to get involved in these public health projects please contact: phadmin@buckinghamshire.gov.uk

Most initiatives listed are countywide. Where initiatives are only available in specific Opportunity Bucks wards/towns, they are listed. Some initiatives have eligibility criteria, underlined hyperlinks have been added where available.

Opportunity Bucks wards:

High Wycombe:

- Booker, Cressex and Castlefield
- Totteridge and Bowerdean
- Ryemead and Micklefield
- Abbey
- Terriers and Amersham Hill
- West Wycombe

Aylesbury

- Aylesbury South West
- Aylesbury North West
- Aylesbury North

Chesham

WHAT'S HAPPENING NOW



REDUCING CARDIOVASCULAR DISEASE (CVD)

- **Free NHS Health Checks** – to reduce cardiovascular risks for residents aged 40-74. (Exclusions apply see website for more info)
- **Blood Pressure Pilots** in faith settings to increase access and information around cardiovascular risk. (**Aylesbury/High Wycombe**)



SMOKE FREE ENVIRONMENTS

- **Smokefree Parks & Playgrounds** - working with communities to install clear smokefree signage.
- **Smokefree Sidelines** - initiative to discourage smoking and vaping at youth football sidelines.



LIVING HEALTHIER LIVES

- **Live Well Stay Well** – Free service that helps people to lose weight, quit smoking, get more active and manage their diabetes. (NB: New service commences 1st April 2023 – details may change)
- **BetterPoints Bucks app** – be rewarded for making healthy choices with potential to do targeted promotions in levelling up wards.
- **Health Equity Fund** – funding for projects reducing health inequalities for ethnic minority groups.



SEXUAL HEALTH

- **bSHaW (Buckinghamshire Sexual Health and Wellbeing)** - offers a free, confidential sexual health service covering a range of issues including contraception and the prevention and treatment of sexually transmitted infections.

WHAT'S HAPPENING NOW continued....



MENTAL WELLBEING

- **Champion the Change** - addressing mental health stigma and discrimination, raise awareness and encourage men, ethnic minorities, children & young people and employees to have conversations about mental health.
- **Suicide Bereavement Support Service** - delivers first contact bereavement support after suicide, listening support and practical and advocacy support.
- **Saving Lives Grants** - Phase 1 and 2 grants focussed on suicide prevention among men and boys (**High Wycombe, Chesham, and Aylesbury**). **Wave 3 funding** will focus on Children and Young People's projects promoting emotional wellbeing for CYP through out-of-school activities.
- **Mental Health Training** - training for frontline staff and professionals in the community, voluntary and public sector to promote mental health and prevent mental illness.
- **Suicide Prevention Training** - training for frontline staff and professionals in the community, voluntary and public sector to prevent suicide.
- **Peer Support in Schools** - a peer mentoring programme to raise awareness of, and normalise conversations about, mental health in schools and augment peer mentoring schemes in primary and secondary schools. Next cohort recruitment 2023.



ALCOHOL AND DRUG SERVICES

- **One Recovery Bucks** - integrated adult substance misuse treatment service in Buckinghamshire for people aged 18 or over who misuse drugs or alcohol and/or who are affected by someone else's substance misuse.
- **Here4YOUth** - offers advice, support and guidance to young people who may have drug or alcohol misuse problems, signposts to other support services and works with those impacted by domestic drug and alcohol use. They work with children as young as 10 years old.



GETTING MORE ACTIVE

- **Active Communities Park Walks** - Nine local park walks across **Aylesbury and Wycombe** which offer everyone an opportunity to be a little more active.
- **Simply Walk** - provides a variety of volunteer led walks for all abilities across Buckinghamshire. There are over 60 walks countywide with walks within Opportunity Bucks wards; **Booker, Cressex and Castlefield, Ryemead and Micklefield and Chesham**
- **Play Streets** - sessions involve low-key, temporary road closures, on quiet residential streets outside of rush hour and organised by neighbours, creating safe spaces for children to play out together and for people to connect informally on their doorstep.



EATING BETTER

- **Grow It, Cook It, Eat It** - a community food growing and cooking project, increasing access to healthy meals and free fresh fruit and vegetables across Buckinghamshire.
- **Slo-plates Project** - working with community organisations to provide slow cookers, air fryers and recipes to residents experiencing food insecurity.
- **Grow to Give** - a scheme that allows local allotment holders to donate their surplus produce from their allotments to food banks (most allotments located in **Aylesbury, High Wycombe and Chesham**)



CHILDREN & YOUNG PEOPLE

- **Health Visiting & School Nursing services** - supporting every child, with extra help for those that need it.
- **Buckinghamshire Healthy Schools Award** - an online toolkit for school self-evaluation leading to a 3-year award on completion to support a whole school approach to health and wellbeing.

WHAT'S COMING SOON



REDUCING CARDIOVASCULAR DISEASE (CVD)

- **Health Kiosks in Community Settings** – providing residents with an easy way to check their height, weight, blood pressure and other helpful health readings
- **Blood Pressure Take Home Loan Kits** - providing the public with kits to take their blood pressure at home.



MENTAL WELLBEING

- **Community Conversations about Mental Health** - will bring communities together with key partners to identify and respond to issues affecting mental health and wellbeing for inequalities groups. **Primarily in Opportunity Bucks wards or ethnic minority groups.**



LIVING HEALTHIER LIVES

- **Early Years Support Programme for Healthy Eating, Physical Activity and Oral Health** – bite sized workshops for residents as well as workforce development, training and resources across a range of topics, **(delivered in collaboration with family centres and targeted early years providers)**
- **Healthy Libraries Programme** – being piloted February – April 2023 in 5 libraries. Will deliver a co-ordinated programme of health and wellbeing activities, events, and information days in Libraries, based on the needs of local communities.
- **Health Literacy/Skilled for Health Courses** - a programme of Health Literacy/English Language courses for adults whose first language is not English being relaunched in the Spring.
- **Healthy Ageing Projects** – a range of projects which address healthy ageing.
- **Healthy Place Shaping** - development of a toolkit to enable a place-based assessment of the wider determinants and the impact on health e.g. jobs, where we live, education and public transport.



GETTING MORE ACTIVE

- **Balanceability** - prepares 2–4-year-olds to ride a bicycle using a balance bike. It's delivered through structured sessions with support resources and will be delivered in Family Centres. The pilot family centres include; **Mapledean (Wycombe), Castlefield (Wycombe), Southcourt (Aylesbury), Elmhurst (Aylesbury)**
- **Love Exploring app** - encouraging communities to explore their local area, parks and green spaces through walking, using games, guided trails and quizzes. Games will be developed in parks and green spaces within **Opportunity Bucks wards.**



EATING BETTER

- **Healthy Start Social Marketing Campaign** – to increase uptake of the healthy start scheme with eligible families and increase awareness with retailers about how they can support families.
- **Food Environment Audit** - mapping of Fast Food Outlet density in **Opportunity Bucks wards** according to proximity and health outcomes.

HOW CAN YOU GET INVOLVED?



SUPPORT YOUR COMMUNITIES TO

Create and promote a Play Street (especially within ethnic communities)

Promote Simply Walk and identify key individuals to become walk leaders/volunteers

Help create a Love Exploring zone in your area

Encourage faith settings to be part of the blood pressure pilot

Encourage local businesses to sign the Employer's Pledge to Champion the Change and commit to change how people think and act about mental health in the workplace

Encourage local schools to engage with the peer support in schools programme when recruitment opens.

Help gather insight and increase awareness of healthy start with residents and local businesses

Encourage organisations to access the Health Equity Fund

Identify volunteer cooking tutors or become one yourself (Grow it Cook it Eat it)

Promote community growing sites within local communities (Grow it Cook it Eat it)

Donate surplus fruit and vegetables to food banks (Grow to Give)

Know about, promote and use the BetterPoints app

Identify local football clubs to have smokefree sidelines

Identify local parks & playgrounds to be smoke free



ATTEND AND PROMOTE TRAINING

Alcohol brief advice training

Wellbeing in Sexual Health training

Making Every Contact Count (MECC) training

Mental Health First Aid training

Suicide prevention training

Active medicine training



BE PART OF MULTIAGENCY NETWORKS

Live Longer Better Alliance

Whole System Approach to Obesity

Healthy Ageing Collaborative

For more information or to get involved please contact **Public Health**

phadmin@buckinghamshire.gov.uk