



Vision

Ladywood district is a district that will focus on providing its residents with equitable access to and uptake of opportunities that are provided by the integrated health and social care system of Birmingham. The district will also focus on ensuring that the most vulnerable individuals and groups are a priority.

Aims

- Improve the resilience of our communities and people, recognising that the wider and social determinants are key
- Improve the uptake of citywide health and wellbeing services; improve the health and wellbeing of our most vulnerable residents

Ladywood District Health and Wellbeing Strategy DRAFT 2015/16

Priorities: Excess Weight; Reducing Alcohol Consumption; Improving Mental Health and Wellbeing

| Themes | Objective | Outcome | Sample Actions | Measure | Target |
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| <p>The overarching priority for this strategy is to identify and create opportunities that allow residents to:</p> <p>Start Well</p> <p>Live Well</p> <p>and Age Well.</p> | The establishment of a health theme group which can routinely use its abilities to identify opportunities, provide solutions and create sustainable opportunities for improving the health and wellbeing of the residents of Ladywood | <ul style="list-style-type: none"> • Improve mechanisms for 'getting things done'. • Common approaches • Support people to start well, live well, and age well. • Increase the awareness of the wider and social determinants of health • Ladywood Health and Wellbeing Centre is an exemplar for Ladywood with reference to the delivery of services in the community | <ul style="list-style-type: none"> • Hold a district convention to call for members • Develop a terms of reference and governance structure • Develop a set of milestones and a dashboard for monitoring performance • Review the opportunities for interventions at Ladywood Health and Wellbeing Centre • Identify and implement interventions at Ladywood Health and Wellbeing Centre | <ul style="list-style-type: none"> • Strategic group utilising overview and scrutiny functions established • Clearly defined plan and milestones for achieving the objectives • Opportunities for common approaches identified • Common approaches established | <ul style="list-style-type: none"> • Established • Milestones achieved • Approaches in place • Annual Convention |
| | To create a district which uses the platform of the five-ways-to-wellbeing to provide opportunities for being connected, being active, taking notice, keeping learning, and giving. | <ul style="list-style-type: none"> • Improving common approaches to promoting positive mental wellbeing and reducing mental ill health • Support people of all ages to improve their mental wellbeing and reduce mental ill health | <ul style="list-style-type: none"> • Mapping organisations, priorities and groups • Hold a five-ways-to-wellbeing workshop • Implement the guidance for promoting the five-ways-to-wellbeing • Transformation of approach to working with partners and providers | <ul style="list-style-type: none"> • Opportunities for common approaches identified • Clearly defined approach to implementing the five-ways-to-wellbeing • Common approaches established | <ul style="list-style-type: none"> • Established and maintained • Established and rolled out • Established and maintained |
| | To work with partners to develop and implement sustainable ways to prevent harmful and hazardous drinking. | <ul style="list-style-type: none"> • Improve access to the management of alcohol and substance misuse treatments services • Improve opportunities for prevention | <ul style="list-style-type: none"> • Stakeholder workshop • Systematic approach to accessing treatment services • Identify opportunities for increasing access to, & uptake of the NHS Healthcheck | <ul style="list-style-type: none"> • Opportunities for common approaches identified • Common approaches established | <ul style="list-style-type: none"> • Established and maintained • Established and maintained |