

# Public Document Pack

## PRESENTATION SLIDES

### **POLICY AND PROJECT ADVISORY BOARD - TUESDAY, 25TH JULY, 2023**

The following presentation slides were used at the Policy and Project Advisory Board meeting.

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We'll be  
starting soon

Meeting of the  
Policy and Project Advisory Board  
25th July 2023



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AGENDA ITEM No. 2

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# Meeting of the Policy and Project Advisory Board 25th July 2023



**Councillor Marina Munro  
In the Chair**



# Meeting of the Policy and Project Advisory Board 25th July 2023

## Item 1 – Minutes





# Meeting of the Policy and Project Advisory Board 25th July 2023

## Item 2 – Addressing Inequalities – Mental Health and Wellbeing



# Policy and Project Advisory Board

Addressing Inequalities – Mental Health and Wellbeing

# Purpose

- To understand:
  - The current mental wellbeing situation in the Borough
  - Existing and planned provision for Mental Health services available for residents.
- To explore current activity supporting mental wellbeing and the prevention of mental illness.
- To consider whether the Council signing the Prevention Concordat for Better Mental Health would be beneficial
- To consider implications and proposed changes for the Council's Supporting Communities Strategy as a result.



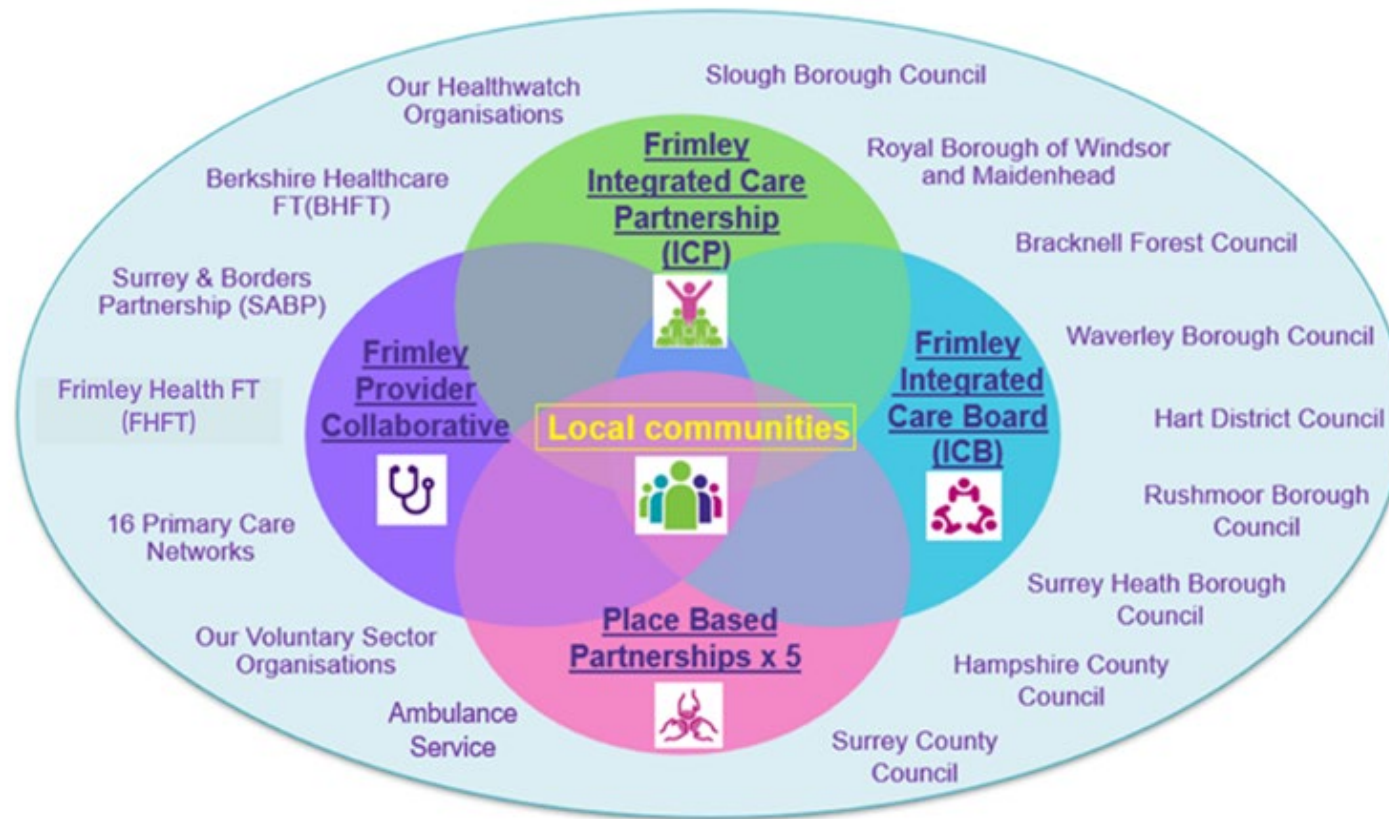
# Approach to discussions

1. Introduction to the Concordat
2. Conversation around documents provided:
  - Frimley ICS – Healthier Communities Strategy and NHS Joint Forward Plan
  - Hampshire CC – Mental Wellbeing Strategy
  - Rushmoor BC – Supporting Communities Strategy
3. Next steps

# Concordat

- Prevention Concordat for Better Mental Health Programme
- Shared commitment to prevent mental health problems and promote good mental health
- Addresses:
  - Protective factors
  - Risk factors
- To be recognised as a signatory we need to:
  - Agree to the consensus statement
  - Produce an action plan

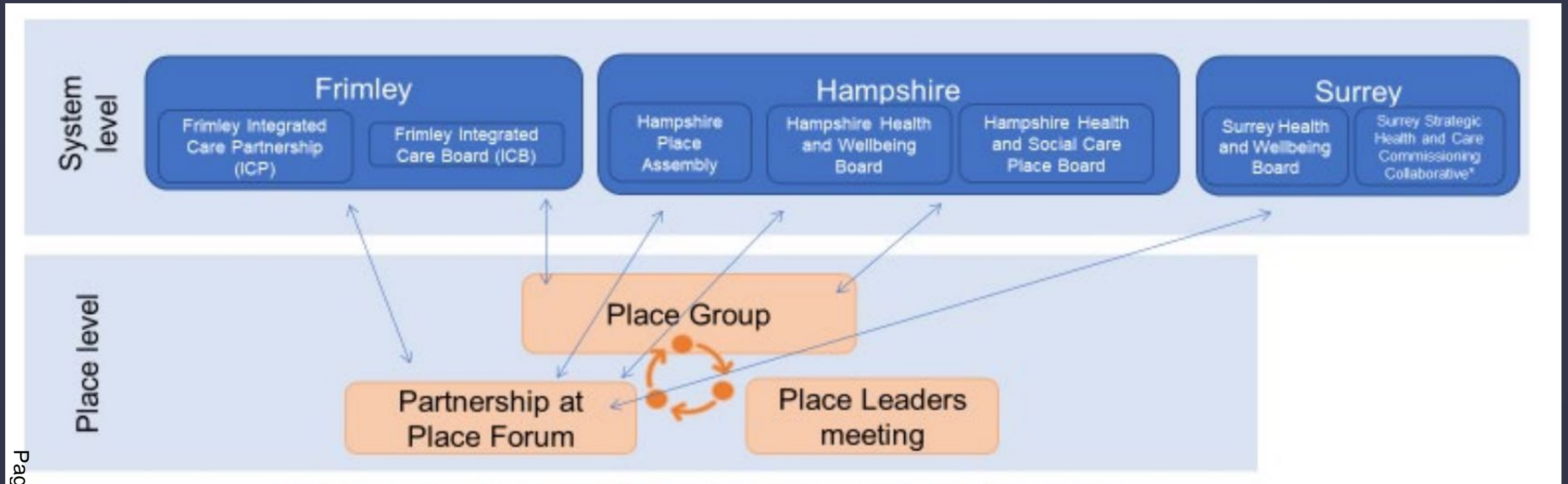
# The Frimley Integrated Care System



# About the Joint Forward Plan and how it relates to other system strategies and plans



# Health 'at Place'





# Creating Healthier Communities Strategy Refresh

March 2023

Frimley Health and Care Integrated Care System





# Frimley ICS - NHS Joint Forward Plan

2023/24 – 2027/28

This Joint Forward Plan has been approved by the Boards of:

- Surrey and Borders Partnership NHS Foundation Trust
- Berkshire Healthcare NHS Foundation Trust
- Frimley Health NHS Foundation Trust
- NHS Frimley Integrated Care Board

In June 2023



# Hampshire Mental Wellbeing Strategy and Suicide Prevention Plan





# Supporting Communities Strategy

**Emma Lamb**

**Community & Partnerships Manager**

# SUPPORTING COMMUNITIES IN RUSHMOOR

## Council Plan

### PEOPLE

*Empowering and connecting communities and enabling people to live healthy and sustainable lives to fulfil their aspirations.*

### PLACE

*Ensuring our towns are family-friendly, safe, vibrant, and sustainable places - now and in the future*

## Supporting Communities Strategy

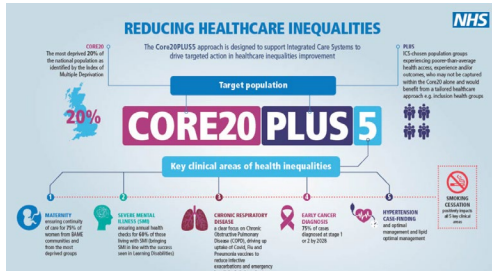
Young People (aspirations)

Economic Hardship

Mental & Physical Health

Connecting Communities

Cost of Living



- Supporting Families Programme
- Climate Change Competition
- Rushmoor Youth Influence Group

- The Grub Hub
- Virtual Job Club
- My Space project
- Cost of Living Support

- Wellness Walks
- Balance Glide & Ride
- Blood Pressure Checks
- SEEDL
- Talk Mental
- Gardening Projects
- Tackling Obesity

- Repair Café
- Homes For Ukraine
- PEBL
- Holiday Activities and Summer holiday support

- Website
- Support to Warm hubs
- Cost of Living Report



# Supporting Health and Wellbeing at borough level

- Aldershot & Farnborough Health Inequalities
- Social Prescribers – regular meetings and collaboration
- GP Referrals – provided by Places Leisure – aim to increase number of referrals per month
- Local targeted projects Hypertension (PEBL)
- Voluntary Sector – Gardening & Walking Projects
- Rushmoor Link - Creation of Directory to promote activities

## Aldershot Pools & Fitness centre GP Referral & Cardiac Rehab Phase IV 12 week programme



Our GP referral programme is designed to improve participant's rehabilitation, health and wellbeing. Complete Phase III and continue your rehabilitation journey with our Cardiac Rehab phase IV.

For more details and to book your space,  
please call the centre on **01252323482**

**Places Leisure**  
Part of Places for People

Because Community Matters

### New Aqua Inclusive Fit

Starting Wednesday 19th July 2.00pm-2.30pm

Includes active exercises with tropical party music

Suitable for those with learning disabilities and any associated special needs

For more information and to book visit [aldershotpools.placesleisure.org](http://aldershotpools.placesleisure.org)

Operated by Places Leisure working in partnership with Rushmoor Borough Council. **RUSHMOOR** BOROUGH COUNCIL

**Places Leisure**  
Part of Places for People

Because Community Matters

### New classes to reduce pain

Designed to support those suffering with pain, increasing muscular strength and mobility, allowing you to become more active!

Starting Tuesday 4th July 1.00pm - 1.30pm  
Free - Pain Low Back

Starting Thursday 6th July 1.00pm - 1.30pm  
Free - Pain Joints

For more information and to book, visit [aldershotpools.placesleisure.org](http://aldershotpools.placesleisure.org)

Operated by Places Leisure working in partnership with Rushmoor Borough Council. **RUSHMOOR** BOROUGH COUNCIL

# SUPPORTING HEALTH & WELL BEING



Supporting Communities



Community Lottery



Food & Fuel Poverty



Sport & Well being



Public Health

## SOME OF THE PROJECTS ...



Increasing Activity



Tackling Obesity



Cost of Living Hub



Healthy Walks



SEEDL



# UNLIMITED FREE MENTAL WELLNESS EVENTS

# Next steps

**What do you want to focus on in the next session?**



# Meeting of the Policy and Project Advisory Board 25th July 2023

## Item 4 – Work Plan





The meeting  
has now  
finished



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