

**The promotion of self-care and social prescribing in Wyre
Task Group - Scoping Document**

<p>Review Topic</p>	<p>To understand the contribution of District Councils in supporting health and healthy communities.</p> <p>In particular to investigate how the council contributes to the promotion of self-care and social prescribing in Wyre.</p> <p>Self-care describes a conscious act a person takes in order to promote their own physical, mental and emotional health.</p> <p>Social prescribing is a way for local agencies to refer people to a link worker. Link workers give people time, focusing on 'what matters to me' and taking an holistic approach to people's health and wellbeing. They connect people to community groups and statutory services for practical and emotional support.</p>
<p>Chair</p>	<p>Tbc</p>
<p>Group Membership</p>	<p>Tbc</p>
<p>Officer Support</p>	<p>Democratic Services Officer, Marianne Unwin.</p>
<p>Purpose of the Review</p>	<p>District Councils are well connected and collaborative and can link up local service provision; they work in partnership with social care services, the NHS, local voluntary and charity sector groups, businesses and other agencies such as the police to support public health. In short, district councils make a very important contribution to weaving the social fabric of their areas and seeking to create and sustain healthy places for people to be born, grow, live, work and age well.</p> <p>With this in mind, the review aims to identify areas of improvement to promote and facilitate self-care to residents, this will ensure that people stay well in their community and assist with reducing time spent in primary care settings such as GPs for non-clinical issues. In addition, the review aims to identify how the council can support the wellbeing of residents through social prescribing.</p>
<p>Essential Criteria (at least one must be marked)</p>	<p><input checked="" type="checkbox"/> A council priority (as set out in the Business Plan)</p>

	<input checked="" type="checkbox"/> A matter of significant, demonstrable public concern, as raised through ward councillors, local media etc.
Role of Overview and Scrutiny in this Review (mark all that apply)	<input type="checkbox"/> Holding Executive to account – Key Decision <input checked="" type="checkbox"/> Holding Executive to account – performance based <input checked="" type="checkbox"/> Community champion <input checked="" type="checkbox"/> External partnership <input type="checkbox"/> Contribution to policy development <input type="checkbox"/> Policy review <input checked="" type="checkbox"/> Statutory duties / compliance with codes of practice
Aims of Review / Terms of Reference	<ul style="list-style-type: none"> • Understand what the council offers regarding health and wellbeing. • Understanding the council’s involvement and engagement with local Social Prescribing Networks • Investigation of the value for money and outcomes of the current offer. • Identify and recommend opportunities for improvement. <p>Suggested key areas of focus:</p> <p>Independence Have an understanding of the different types of support the council provides to ensure residents can live safely and comfortably in their own homes, including home adaptations and handyperson services, affordable warmth and energy efficiency and how these services help residents to have more control over their health and wellbeing. Understand the new pilot project (Health and Housing Coordination) operating from Care and Repair into local hospitals / social care services.</p> <p>Physical activity and mental health Have an understanding of the leisure and green spaces and health programmes the council organise or contributes to.</p> <p>Community outreach and advice services Have an understanding of how the council works with organisations, specifically regarding the contribution to social prescribing and what the referral process looks like.</p>

<p>What specific value can Scrutiny add to this work area?</p>	<p>District councils are not formally responsible for public health as detailed in the Health and Social Care Act 2012, but they still have a huge role in it. They are providers of key services, which have a direct impact on the social determinants of health, such as housing, planning, leisure, recreation and environmental health that directly affect the health of the population. District councils are the closest level of local government to their communities.</p> <p>The review will identify areas of strategic focus to assist the council to achieve its corporate objective (as set out in the Business Plan). The council has the ambition to empower healthier communities, which involves collaborating with residents and local stakeholders to support and maximise opportunities for improving health and wellbeing across the community. This review should assist with how this could be explored and identify additional opportunities to achieve this ambition.</p>
<p>Methodology</p>	<ul style="list-style-type: none"> • Interview expert witnesses • Comparative research • Site visits • Consultations • Written submissions
<p>Limits of Review</p>	<p>The review should be limited to investigating the services Wyre Council provides and/or its work with organisations regarding health and wellbeing.</p> <p>The review will exclude looking at matters relating to planning and housing stock.</p>
<p>Potential Expert Witnesses</p>	<ul style="list-style-type: none"> • Leisure, Health and Community Engagement Portfolio Holder • Corporate Director Communities • Head of Housing and Community Services • Leisure, Healthy Lifestyles and Communities Manager • Lancashire and South Cumbria Integrated Care Board representative • Wyre Primary Care Network Lead(s) • Local Social Prescribing Network leads
<p>Documents to be considered</p>	<ul style="list-style-type: none"> • Wyre Council's Business Plan • Shaping Health Places: Exploring the District Council Role in Health – LGA 2019 • The District Council Contribution to Public Health – Kings Fund

	<ul style="list-style-type: none"> • Just What the Doctor Ordered: Social Prescribing a Guide for Local Authorities – LGA 2018 • Wyre Council Website – wellbeing activities, sport and fitness opportunities, care and repair, disabled facilities grants, housing options and homelessness, affordable warmth and home energy insulation, environmental health information including pest control and pollution. • State of Wyre Report 2021 • Life in Wyre Survey 2018
Risks	<p>The topic may become too broad.</p> <p>Unrealistic recommendations.</p>
Level of Publicity	Low.
Indicators of a Successful Review	<p>A clear recommendation to Cabinet influencing future decisions regarding the provision of health and wellbeing services.</p> <p>In addition, the review will investigate:</p> <ul style="list-style-type: none"> • That the Council continues to purposefully engage in the promotion of health and wellbeing. • That the council does all it reasonably can to ensure residents stay independent and well in their communities to help reduce the numbers of people presenting at health care settings for non-clinical matters. • That the council has a collaborative and harmonising approach that results in co-ordinated and preventative action.
Approximate Timeframe	2 – 3 months
Projected Start Date	December 2022