Shared Prosperity Fund Wellbeing Strategy

HM Government

LEVELLING UP

Tamworth Borough Council

Community Together CIC

Working Together for a Better Future

Contents

Introduction

Community Together CIC was commissioned on 4th January 2023 to conduct a feasibility study to inform three strategies as part of phase one implementation of the 'Shared Prosperity Fund' (SPF). Findings from the studies will be shared with the Shared Prosperity Board partners and inform commissioning arrangements for year 2 and year 3. Tamworth Borough Council are the responsible body, coordinating the SPF Board, the implementation plan and oversight of the delivery of the plan.

Over the course of 11 weeks, we set about putting together this Wellbeing Strategy as one of three we have been asked to produce, the others being a Voluntary Community Sector Enterprise (VCSE) Strategy, and a VCSE Commissioning Strategy.

In this strategy we provide:

- **Wellbeing baseline data**
- **Consult with key partners, general public, and local authority officers on the strategy**
- **Lay out the challenges and opportunities**
- **Produce priorities and principles to guide investment**

The delivery drivers will be determined by the interventions list under Communities and Place of the Shared Prosperity Funding (SPF) and the strategy will look to address the following interventions:

- **E9: Funding for impactful volunteering and/or social action projects to develop social and human capital in local places.**
- **E11: Investment in capacity building and infrastructure support for local civil society and community groups**
- **E13: Community measures to reduce the cost of living, including measures to improve energy efficiency, and combat fuel poverty and climate change.**
- **E14: Feasibility Study**

The interventions in this strategy highlighted above, will then feed into the VCSE Strategy. Determining the success of delivery relies on a robust strong voluntary sector, that is sustainable and resilient to challenge, followed by the Commissioning Strategy which strengthens the relationship between the authority and the VCSE community but also provides a framework to deliver targeted outcomes and value for investment.

The chosen interventions align with the findings from the recent Staffordshire and Stoke on Trent Citizens Inquiry which highlighted the following:

- **(E:9): People who were asked what helps them stay well responded that their main priority was 'Connectivity' having people, family, friends, they wanted more opportunities to meet, to talk, to volunteer'**
- **(E:11): People wanted to feel more of a sense of community where they lived. They wanted to know what community groups are operating on their doorstep. Knowing this information would help them to get involved in their local community. They could also identify if there was something missing.**
- **(E:13): People reported that the cost of living and having access to affordable food was a concern for them.**

How the strategy was developed

6th February 2023 Digital Survey's Launched

Online Responses:

Wellbeing Consultation 475 Responses

Voluntary Sector Consultation 88 Responses

Commissioning Strategy Consultation 35 Responses

Hours of face-to-face consultation conducted 32.5

Face to Face Consultations

01/03/2023 – VCSE Network Consultation –Tamworth Mental Health Network

03/03/2023 – Midlands Partnership Foundation Trust Mental Health Service

08/03/2023 – Public Health SCC

09/03/2023 – TBC Housing

13/03/2023 – TBC Councillors Martin Summers

14/03/2023 – TBC Sports and Leisure

14/03/2023 – Staffordshire Fire and Rescue

15/03/2023 – VCSE Network Consultation - Tamworth Employment Action Group

17/03/2023 – Tamworth Neighbourhood Policing

17/03/2023 – PCN

28/03/2023 – Support Staffordshire

29/03/2023 – SCVYS

Electoral Ward Digital Survey Responses

Ward	Responses
Amington	75
Belgrave	69
Glascote	49
Stonydelph	39
Castle	60
Wilnecote	40
Mercian	41
Spital	22
Trinity	35
Bolehall	45
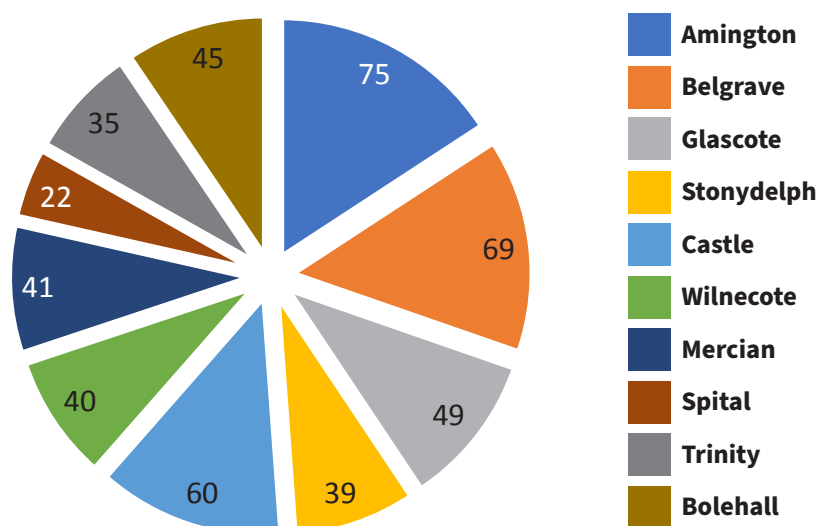
Ages	Numbers
18 to 25	55
26 - 65	202
66 - 75	160
75+	58

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How the strategy was developed

Post coded Areas

B77 4EA	Brookweed
B77 3PA	Amington Road
B77 2DX	Caradoc
B77 4DJ	Gayle
B78 3NB	Manor Road
B77 4HZ	Foxglove
B77 2JD	Holsworth
B77 5EX	Hedging Lane
B78 3RD	New Street
B79 7JS	Albert Road
B77 2JF	Hamble
B79 7RR	Meadow Park
B77 3EX	Scott Road
B77 2AD	GlascoteRoad
B79 7UB	Kentwell
B77 2JB	Launceston Close
B78 3NJ	Affleck Avenue
B79 7RD	Halford Street
B77 4AB	Levett Road

Post coded Areas

B77 4EJ	Madrona
B77 2EU	Bancroft
B79 8LU	Campbell Close
B77 5NX	Goldcrest
B79 OAA	Ashby Road
B77 5QB	Carey
B77 5FD	Peel Drive
B77 3EJ	Graystone Avenue
B79 8AA	Upper Gungate
B79 8HZ	Thackery Drive
B77 4DH	Ealingham
B77 4JA	Ellerbeck
B79 7RW	The Forge
B77 1NR	Grayling
B77 2JR	Hayle
B79 7BJ	Lichfield Street
B77 3AQ	Ridgewood Rise

Challenges to Wellbeing

- An ageing and growing population
- Challenges at the start of children's lives and as they grow and develop
- Inequalities in health outcomes and access to health and care services
- Pockets of food and fuel poverty (cost of living pressures)
- Poor mental health and wellbeing, social isolation and loneliness
- Poor health outcomes caused by health-related behaviors
- Pressure on services caused by increasing long term conditions on frailty
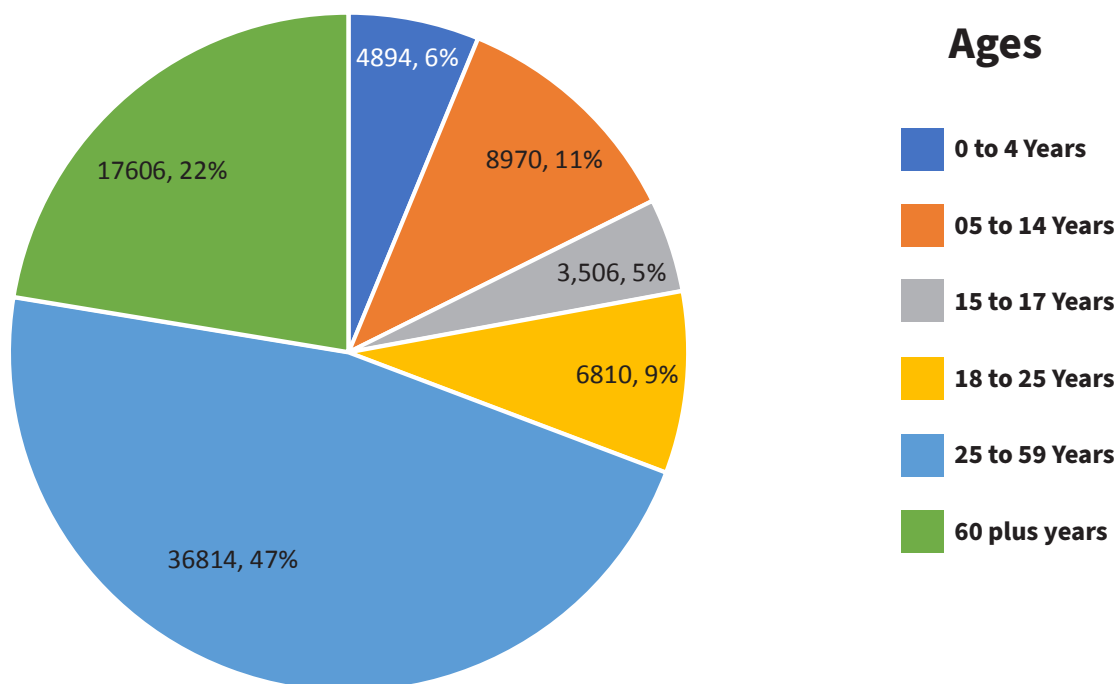

Population 78,600 as of 2021

1,100 (1.4%) Identify Asian or Asian British.

471 (0.6%) Identify Black, Black British, Black Welsh, Caribbean or African

Ages

- 4894, 6% — 0 to 4 Years
- 8970, 11% — 05 to 14 Years
- 3,506, 5% — 15 to 17 Years
- 6810, 9% — 18 to 25 Years
- 36814, 47% — 25 to 59 Years
- 17606, 22% — 60 plus years

Corporate Vision

We looked at the recent publication of the local authorities Corporate Plan which has been published covering the period of 2022 to 2025. We have gone through the report and pulled out the following which aligns with this strategy and the council's vision.

Aims of vision that align with wellbeing strategy

Improving existing walkways

Ensure more people can access services digitally

Increasing sense of neighbourhood and place

Community safety

Reducing waste, encouraging more recycling

A clean and tidy town

Education 'My Tamworth' Customer Portal

In 2021/2022 over 1700 repairs were raised prompting an innovation to create 'How to Video Guides' for routine maintenance such as bleeding a radiator, unblocking a waste pipe, etc.

It's noted that at The State of the Borough Debate 25th October 2022, a motion was passed that reads "We as a Council reconfirm our commitment to the intentions of the motion 26th November 2014 that we put the vulnerable in our society as a key priority for Tamworth Borough Council"

2014 Motion Carried reads -The Leader and the CEO meet to create a report to Cabinet defining where we need to take this Council, what sort of Council do we need to be going forward to ensure the Vulnerable are the priority and share it with all Councillors.
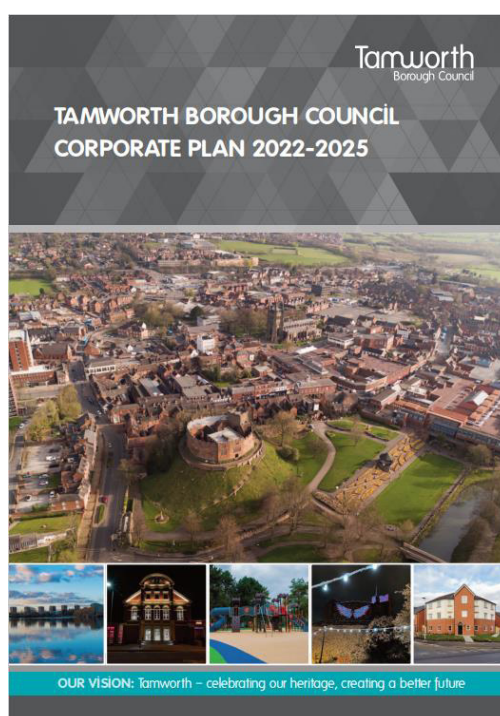
Priority 1: Supporting good mental health and wellbeing for children and young people (CYP)
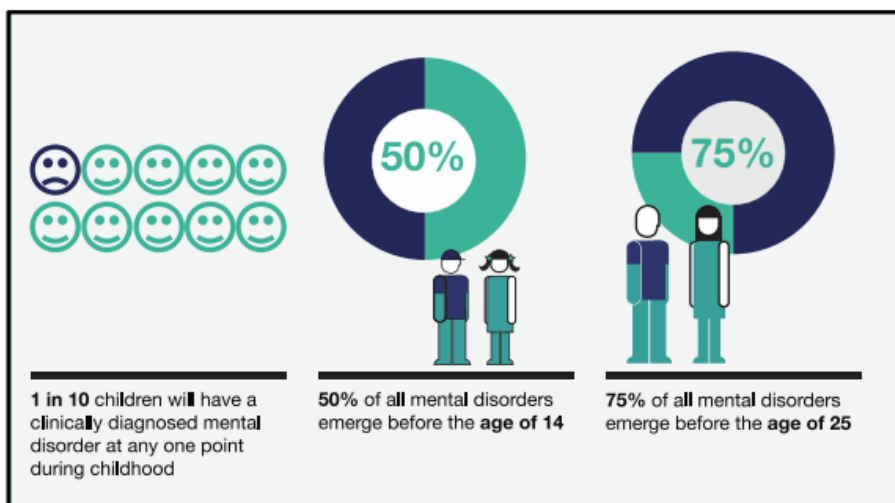
Why is it important?

The mental and emotional health of CYP is as important as their physical health and wellbeing. Mental health problems are a leading cause of disability in children and young people and can have long-lasting effects; 50% of those with lifetime mental illness experience symptoms by age 14 -20.

The three key issues affecting the mental and emotional welfare for local CYP are:

i.   Limited access to mental health education and services to support children and young people and prevention services;

ii.   Limited resources, and the impact of Covid-19 and the lockdowns on the ability to access service;

iii. The waiting time to access Child and Adolescent Mental Health Services (CAMHS)

How does this impact health inequities?

Children from households in the poorest areas are more likely to experience severe mental health problems than those from the richest areas. Besides social factors, other important contributors to mental health and wellbeing amongst CYP include general health and physical activity. We know that mental health conditions that start at a young age often persist into later life and limit CYP's opportunities to thrive in both education and in the job market. Closing the gap in CYP mental health and wellbeing in the borough of Tamworth is key to ensuring all CYP have the best chance of making the most of the opportunities available to them and fulfilling their potential. Besides social factors, other important contributors to mental health and wellbeing amongst CYP include general health and physical activity .

1 in 10 children will have a clinically diagnosed mental disorder at any one point during childhood

50% of all mental disorders emerge before the **age of 14**

75% of all mental disorders emerge before the **age of 25**

Priority 1: Supporting good mental health and wellbeing for children and young people (CYP)

What does the Tamworth data tell us?

15,641 (19.9%) households included a couple with dependent children

4,894 (6.2%)Pre Schoolers-0-4 Years

13,634 (17.3%) 5–18-year-olds in Full Time Education

12,654 (16.1%) Children in the borough live in low-income households

44.1% Significantly worse than the national average GCSE attainment (average attainment 8 score)

Priority 1: Supporting good mental health and wellbeing for children and young people (CYP)

Feedback from partners

"Under 5's not being ready for school, more support to get parents to access provision"

"More activities for Special Educational Needs and Disabilities Children"

"Born to Move sessions in schools"

"Working with sports group diversionary activities"

"More safe spaces for youth 'hang out' informal places"

"Activities not too structured for teens 'chill with your mates' types activities"

"More signposting within schools"

"Wilnecote Youth Centre opportunities with Cornerstone Housing who offered peppercorn rent to a community organisation"

"Collaborative working with community groups to reduce summer secondary fires with diversionary activities, similar to collaborative working with Winter Warmer Packs and Home Safety Checks "

"Would like to see more outreach youth work and co producing activities with young people, not seen 'done to, but done with'"

"Learning domestic skills at a young age"

"More parent peer support groups"

"Getting young people to lead activities, peer ambassadors"

"Getting young people ready for the world of work"

What's in our influence?

- **Sports & Leisure**
- **Use of assets**
- **VCSE Capacity Building**
- **Outdoor cages**
- **Community Safety**
- **Partnerships**
- **Communications**
- **Grant Schemes**

- Aim to enable young people to thrive by helping them to build their resilience and have life skills to overcome normal challenges and stresses.

- Use evidence to commission activities, peer support, interventions to prevent and reduce the risk of poor mental health at the individual, family and community levels.

- Recognise the diversity of our youth population and use this in the co production of commissioned young people services i.e. youth council.

- Encourage early intervention and closer working with schools, particularly in the communication of commissioned activities.

- Engage and support service providers, including charities, and voluntary organisations who work with children and young people helping them to improve their mental wellbeing and become more resilient.

- Improve the process for transition to adulthood and into adult services for our young people, starting the planning early and including young people themselves so that the process is as smooth as possible.

Priority 1: Supporting good mental health and wellbeing for children and young people (CYP)

Assets and open spaces

- Where possible allow use of outdoor spaces, outdoor cages where diversionary activities can take place.

- Influence and facilitate partnership between Wilnecote Youth Centre and community organisation(s) that support youth activities to take on the running of the centre to open more opportunities.

Sports and leisure

- Consider sport related diversionary tactics for teens.

VCSE

- Consider an outreach youth project to gain an insight into what young people want to do, recruit peer ambassadors and signpost to existing activities.

- Encourage more formal safe spaces and places for young people to hang out with their friends.

- Consider an upskilling project for young people around domestic skills and readiness to work to help transition young people to adulthood.

- Consider maximising family incomes through form filling and budgeting skills activities to prevent financial exclusion.

Partnerships

- Work with the emerging 'Youth Council' to feed into youth activity providers to make decisions around commissioning of youth activities, provide feedback and be peer information ambassadors for provision in the community.

- Using connections with early years provision to look at gaps in children under 5 being school ready.

- Identify opportunities with our fire service partners to look at how youth diversionary tactics can prevent the rise of secondary fires during school holidays.

Priority 2: Supporting good mental health and wellbeing for all adults

Why its important?

Mental health problems in adults represent the largest single cause of disability in the UK. Adults could be affected by mental health issues at any time. It impacts on all aspects of our lives, and both influences and is influenced by physical health. Adult mental illnesses also has a ripple effect on their family, unpaid carers and wider society. In 2019/20, an estimated 17.9 million working days were lost due to work-related stress, depression or anxiety in Great Britain.

The key issues are:

i. Upskilling individuals to be more resilient with day-to-day pressures such as domestic skills, form filling, applications for benefit maximisation as well as hidden disability badges, blue badges and other forms that will help residents.

ii. Lack of knowledge of what goes on within communities whether that be town wide or 'on the doorstep' services and how this is communicated to residents so they can access community provision better;

iii. Improving interventions that maintain mental health within the community.

How does this impact health inequities?

Inequities also exist in adult mental ill-health across protected characteristics, including sexual orientation, sex, ethnicity, and whether they belong in socially excluded groups (e.g., people experiencing homelessness, asylum and refugees). People with severe mental illness (SMI), such as psychosis and bipolar disorder, have a life expectancy of up to 20 years shorter than the general population. Much like inequities in physical health, mental illness is also closely linked to broader social inequalities which are complex and interrelated, such as unemployment, discrimination and social exclusion. Therefore, tackling mental health inequalities also requires addressing these broader social inequalities.

What the Tamworth data tells us

8,567 (10.9%) identified as being disabled

5,776 (7.3%) claiming Universal Credit

4,323 (5.5%) population provide 20-50 Hours unpaid care

3,379 (4.3%) population provide 19 Hours or less unpaid care

4,716 (6%) of the population identify as LGBTQIA+

3,615 (4.6%) of population claiming out of work benefits

14,148 (18.0%) live in socially rented housing

12.5% second highest in County GP recorded depression in adults aged 18+ (2019/20)

Priority 2: Supporting good mental health and wellbeing for all adults

## What the consultation tells us?

Mental Wellbeing

Mental Wellbeing **32%** of people said Mental Wellbeing was a moderate barrier.

22% Mental Wellbeing effected their ability to engage was the main barrier.

46% their mental wellbeing had little or no impact on their ability to engage.

Digital Skills

62% of people surveyed said they had access to the internet mainly through a Smart Phone. Only **5%** felt very confident or confident about using their devices. **33%** also said they didn't have confidence, didn't feel safe online or could afford a laptop or computer.
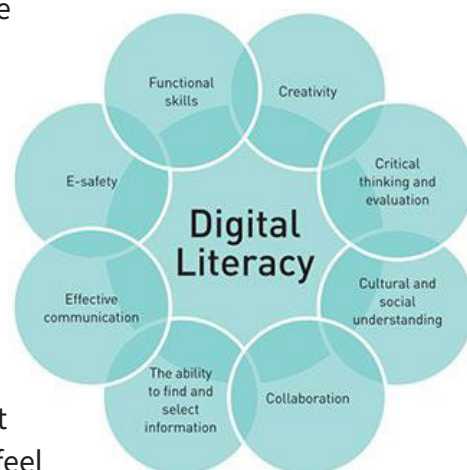
Social Support Networks

62.5% of people surveyed were very satisfied or satisfied with their current support network, and **37.5%** Dissatisfied.

Feeling Satisfied

45% of people surveyed feel very satisfied or satisfied with themselves. **32.5%** are very dissatisfied or dissatisfied with themselves, and **22.5%** neither feel satisfied or dissatisfied.

Feeling Safe

55% of people surveyed feel safe most of the time or all of the time, and **45%** feel moderately safe or less safe.

Importance of outdoor spaces on Health and Wellbeing

65% of people surveyed say that access to open green spaces was important to maintaining health and wellbeing.

Feeling Part of the Tamworth Community

60% of people surveyed strongly agreed they felt part of the Tamworth Community, compared to **40%** who said they do not feel part of the community.

Physical Environments

42.5% of people surveyed said their physical environment was very good or good and **47.5%** were neither good nor poor and only **10%** said it was poor.

Priority 2: Supporting good mental health and wellbeing for all adults

Feedback from partners

"Loneliness and Isolation is having a massive impact in our community"

"More help with form filling services"

"Not enough outreach identifying people who need support"

"Door knocking speaking to people, bringing services to people, rather than inviting people to services"

"More tenant involvement in coproduction of support will help support tenant mental health and wellbeing"

"Use of open spaces and introduction of 'Friendly Benches within Communities" or "Chatty Benches" Schemes to encourage conversation places"

"Bespoke befriending for older population high rise flats (Town Centre)"

"Digital Skills Adult learning opportunities"

"Grow your own events at supported housing schemes"

"Knit and Knatter groups at supported housing schemes"

"Domestic skills learning, including cooking, basic DIY, hygiene etc"

"Information on services provided by other means other than IT or Tamworth Herald"

What's in our influence?

- **Sports & Leisure**
- **Use of assets**
- **VCSE Capacity Building**
- **Outdoor cages**
- **Community Safety**
- **Partnerships**
- **Communications**
- **Grant Schemes**

- Tackle the social factors that create risks to mental health and wellbeing, such as social stressors related to debt, unemployment, insecure housing, trauma, discrimination, as well as social isolation and loneliness.

- Work with local communities, voluntary sectors and diverse groups to re-build mental resilience and tackle stigma of mental health; all in order to promote an informed, tolerant and supportive culture.

- Continue to recognise the importance of social connection, green spaces for mental wellbeing.

- Promoting access and signposting to activities that promote wellbeing, such as physical activity and stronger social networking to improve health.

- Improve access to, quality and efficient services that are available to all who need them, including improved digital offerings for those who can and prefer to use them.

- Work with professionals in workplaces and other settings; using a preventative approach to break down the barriers between physical and mental health and ensure both are treated equally.

- Improve access to support for mental health crisis and develop alternative models which offer sustainable solutions, such as peer mentoring.

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Priority 2: Supporting good mental health and wellbeing for all adults

Assets and open spaces

- Consider a Friendly Bench Scheme in a locality to pilot and work with an organisation to take ownership to coordinate regular activity and opportunities for community to engage.

- Work with the residents of High-Rise Social Club building to create a senior's hub to ensure access is available for tenants and can deliver a schedule of social activities run for and by the residents.

- Work with local residents to look at the feasibility of a Good Neighbour's Scheme

Sports and Leisure

- Consider working with sports groups to develop a 'By prescription' working with local Social Prescribing Team to build a programme of older people's physical activities such as walking football, walking groups, badminton for over 50s, seated exercise, yoga, in and outdoor bowling.

VCSE

- Consider an outreach project to identify lonely isolated residents, to inform, engage in community activity.

- Consider a once-a-year engagement day within each of the ward areas so residents have local engagement opportunities.

- Work with an organisation(s) that take the pressures off everyday life with practical support such as form filling, shopping assistance, gardening, decluttering and cleaning.

- Develop existing Business Community Connector Scheme to improve sign posting directory to include 'connector cards; to be given out to the public for better sign posting of services.

Partnerships

- Work with Tamworth Mental Health Network to raise awareness of the VCSE Sector and statutory support available.

- Consider re introducing locality forums bringing together organisations working bespoke in an area to identify locality needs and work together to address issues as they arise.

Priority 3: Supporting individuals at high risk of poor health outcomes to live healthy lives

Why it is important?

Differences in health status between groups of people can be due to a number of factors, such as income, geography (e.g., urban or rural) and disabilities. The health needs of those groups at high-risk for poor health outcomes could place heavy and unpredictable demands on health services and must therefore proactively be identified and addressed.

The broad issues impacting groups at high risk are:

i. Lack of easy access to healthy activities and food;

ii. Limited availability of information about health and wellbeing services;

iii. Increased loneliness and isolation.

iv. Barriers to accessing GPs and primary health services

How does this impact health inequities?

In order to close the gap between groups with existing health inequities, it is important to adopt a "proportionate universalism" approach. This means allowing some form of effective targeting or tailoring of services to different groups that are at greater risk of poor health. This should take place within a broader framework, i.e., where the general services or provision is already available for all.

27,824 (35.4%) Classed as overweight 2nd highest area in the county.

Out of 10 GP Practices 574 people official diagnosis of Dementia (2022 Figures)

Out of 10 GP Practices 9,790 (12.5%) people are registered having type 2 diabetes (2022 Figures)

Life expectancy is 9.4 years lower for men and 7.8 years lower for women in the most deprived areas of Tamworth than in the least deprived areas

The rate for alcohol-related harm hospital admissions is 728, worse than the average for England.

Priority 3: Supporting individuals at high risk of poor health outcomes to live healthy lives

Feedback from partners

"More activities that help with cardio exercises"

"More access to health foods and healthy cooking skills sessions"

"Walking football sessions"

"Activities that encourage men to talk"

"Building relationships in the voluntary sector for better introduction to other support services"

"Hand holding, building people's confidence to access services"

"Getting more people into volunteering who are at high risk of poor health outcomes"

"Healthy Places that promote physical activity and encourage active travel i.e. Walking"

"Places that help people to access and choose healthier food options"

"More groups that encourage social interaction"

"Training for VCSE groups on health conditions and basic tips to support people"

"More sessions at outdoor gym spaces, show people how to use the equipment"

"More exercise by prescription"

"Integrated solutions with NHS Partners, GP Networks"

What's in our influence?

- **Sports & Leisure**
- **Use of assets**
- **VCSE Capacity Building**
- **Outdoor cages**
- **Community Safety**
- **Partnerships**
- **Communications**
- **Grant Schemes**

- Support activities that promote raising awareness of dementia in line with our Dementia Friendly Community status.

- Improve identification and support for unpaid carers of all ages. Work with unpaid carers and partner agencies to promote the health and wellbeing of unpaid carers.

- Support people with learning disabilities, engaging with and listening to them, through working with voluntary organisations, in order to concentrate on issues that matter most to them.

- Increase the visibility of existing services and signposting to them, as well as improving access for people at higher risk of poor health outcomes, working with and alongside voluntary and community organisations who are supporting these groups.

- Support activities that deliver both physical and mental wellbeing support.

Priority 3: Supporting individuals at high risk of poor health outcomes to live healthy lives

Assets and open spaces

- Consider training for VCSE groups to use the outdoor gym equipment and carry out sessions.

- Consider support for grow your own projects and looking at more places and spaces such as herb planters working with VCSE Groups.

- Consider health promotion of places and spaces such as nature reserves, parks, outdoor gyms etc to increase walking and exercise participation.

Sports and Leisure

- Consider investment in older adult sports activities such as walking football, over 50s badminton, walking and talk groups.

VCSE

- Consider training volunteers to be walk leaders, cycle leaders, seated exercise tutors, to build capacity of qualified volunteers and support more sessions in the community either new or as part of their own activities.

- Support existing peer support groups or create new ones where applicable such as alcohol and substance misuse peer support groups or peer support groups for people effected by domestic abuse.

- Training for VCSE groups on health conditions and basic tips to support people.

Partnerships

- Put on a 'Health Summit' within the town to include all partners, residents and promote health lifestyles, demos and key speakers.

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Priority 4: Improving connectivity

Why it is important?

The recent citizens inquiry that took place in Belgrave, Glascote, Stonydelph and the older population in the Castle Ward i.e., high-rise flats highlighted that connecting people was overwhelming a priority for people to help them stay well in their community. Members of Tamworth Borough Council also highlighted loneliness as a priority in a motion to full council on Tuesday 28th February 2023, loneliness and isolation are serious public health issues that deserve more attention.

The broad issues impacting groups at high risk are:

i. Cost of accessing activities or services

ii. Limited availability of information about health and wellbeing services

iii. Increased loneliness and isolation

iv. Transportation/mobility

How does this impact health inequities?

Not being connected increases people's likelihood of being lonely and isolated which affects mental and physical health. The effect of loneliness and isolation can be as harmful to health as obesity or smoking 15 cigarettes a day. Lonely individuals are at higher risk of the onset of disability, loneliness puts individuals at greater risk of cognitive decline.

What the consultation tells us

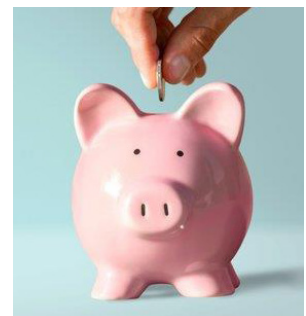**Does your financial situation stop you doing the things you would like to do?**

Not at all **25%**

A Little **20%**

A Moderate Amount **22.5%**

Very Much **22.5%**

Extremely / Completely **10%**

Activity Engagement

87.5% of people surveyed said they are not engaged with activities in their local community, only **12.5%** were attending regular organised activities in their community.

Getting out and about

57.5% of people surveyed said they were not satisfied with their current transport options.

Volunteering

60% of people surveyed volunteer either weekly or at least once a month and **40%** do not currently volunteer due to time or other issues such as illness or disabilities as a barrier.

Priority 4: Improving connectivity

Feedback from partners

"Buddy schemes"

"Increasing the number of community champions"

"Increase awareness of community help points"

"Community notice boards to promote what's on locally"

"Remember not everyone is on social media or internet so traditional forms of communications should still apply i.e., flyers"

"Removing transport as a barrier to engage"

"Increasing activities that maximise people's incomes and take stress out of everyday life for people"

What's in our influence?

- **Sports & Leisure**
- **Use of assets**
- **VCSE Capacity Building**
- **Outdoor cages**
- **Community Safety**
- **Partnerships**
- **Communications**
- **Grant Schemes**

- Work with partners to facilitate better communications on what's available in the community whether that be social activities, support groups or statutory services, increasing awareness amongst statutory, voluntary and private sector to share information whether face to face, online, through social media or email.

- Support projects that increase volunteering opportunities

- Support places to encourage conversations whether that be in open spaces for example a 'Friendly Bench' project or indoors for example creating 'Chatty Tables'.

- Explore the benefits of Compassionate Communities Scheme for Tamworth.

- Encourage more outreach, going out into communities to identify lonely and isolated residents.

Priority 4: Improving connectivity

Assets and open spaces

- Consider the benefits of community notice boards and how they could help share information with communities, to support people who are not digitally included and also promote bespoke local activities. Maybe an adoption scheme by community organisations.

VCSE

- Consider supporting Support Staffordshire to create a resources section online via their website, that members only can access.

- Consider looking at capacity with community transport options such as 'Wheel Connections' community transport and day trip organisations to work closely together to remove transport as a barrier for those who don't have their own transport, can't afford transport or have mobility issues.

- Consider increasing form filling services to develop home visits and increasing people's incomes so less financially excluded.

- Consider working with VCSE Sector to create a map of digital hubs mapping out existing hubs that provide digital assistance and create new ones where there are gaps.

Partnerships

- Consider developing an annual VCSE sector fayre around volunteers week to promote community organisations to gain new participants, new volunteers and increase their networks.

Priority 1: Supporting good mental health and wellbeing for children and young people (CYP)

- Aim to enable young people to thrive by helping them to build their resilience and have life skills to overcome normal challenges and stresses.

- Use evidence to commission activities, peer support, interventions to prevent and reduce the risk of poor mental health at the individual, family and community levels.

- Recognise the diversity of our youth population and use this in the co production of commissioned young people services i.e. youth council.

- Encourage early intervention and closer working with schools, particularly in the communication of commissioned activities.

- Engage and support service providers, including charities, and voluntary organisations, in the recovery and resilience in our children and young people.

- Improve the process for transition to adulthood and into adult services for our young people, starting the planning early and including young people themselves so that the process is as smooth as possible.

Priority 2: Supporting good mental health and wellbeing for all adults

- Tackle the social factors that create risks to mental health and wellbeing, such as social stressors related to debt, unemployment, insecure housing, trauma, discrimination, as well as social isolation and loneliness.

- Work with local communities, voluntary sectors and diverse groups to re-build mental resilience and tackle stigma of mental health; all in order to promote an informed, tolerant and supportive culture.

- Continue to recognise the importance of social connection, green spaces for mental wellbeing.

- Promoting access and signpost to activities that promote wellbeing, such as physical activity and stronger social networking to improve health.

- Improve access to, quality and efficiency of services available to all who need them, including improved digital offerings for those who can and prefer to use them.

- Work with professionals in workplaces and other settings; using a preventative approach to break down the barriers between physical and mental health and ensure both are treated equally.

- Improve access to support for mental health crisis and develop alternative models which offer sustainable solutions, such as peer mentoring.

Priority 3: Supporting individuals at high risk of poor health outcomes to live healthy lives

- Support activities that promote raising awareness of dementia in line with our Dementia Friendly Community status .

- Improve identification and support for unpaid carers of all ages. Work with unpaid carers and partner agencies to promote the health and wellbeing of unpaid carers.

- Support people with learning disabilities, engaging with and listening to them, through working with voluntary organisations, in order to concentrate on issues that matter most to them.

- Increase the visibility of existing services and signposting to them, as well as improving access for people at higher risk of poor health outcomes, working with and alongside voluntary and community organisations who are supporting these groups.

- Support activities that deliver both physical and mental wellbeing support.

Priority 4: Improving connectivity

- Work with partners to facilitate better communications on what's available in the community whether that be social activities, support groups or statutory services.

- Increasing awareness amongst statutory, voluntary and private sector to share activity information whether face to face, online, through social media or email.

- Support projects that increase volunteering opportunities.

- Support places to encourage conversations whether that be in open spaces for example a 'Friendly Bench' project or indoors for example creating 'Chatty Tables'.

- Explore the benefits of Compassionate Communities Scheme for Tamworth.

- Encourage more outreach, going out into communities to identify lonely and isolated residents.

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Data Sets Information Gathered from

ONS Data

Mercian GP data

Census 2021

Staffordshire Observatory – Tamworth Profile

NHS Tamworth Profile

SPF Wellbeing Survey Question Results

SPF VCSE Survey Question Results

SPF Commissioning Question Results

Tamworth Police

Support Staffordshire State of the Sector Report 2021

SCVYS State of the Sector Report

Staffordshire Connectors

Do-It Website

Tamworth Borough Corporate Plan

The Local Plan

NVCO Annual Report