

Lisburn & Castlereagh

Community

ACTION PLAN 2018
2019

Theme 3: Health and Well-being

Outcome 3

We live healthy,
fulfilling and long lives



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We live healthy, fulfilling and long lives

Action 3.1 *Be Active Lisburn and Castlereagh*

Why are we doing it?

3.1.1 There are unacceptably low levels of physical activity – particularly people with disabilities, females and people in areas of need

3.1.2 There is a 59% gap in preventable deaths between Lisburn and Castlereagh as a whole and the most disadvantaged areas

3.1.3 18.5% of Year 1 and 26.2% of Year 8 children were overweight or obese in 2015

What is our target?

3.1.1 Increase the numbers of people participating in physical activity and sports clubs

3.1.2 Reduce the numbers of preventable deaths and reduce heart disease, obesity, some cancers and mental health issues

3.1.3 Reduce the numbers of Year 1 children and Year 8 children overweight or obese

How are we going to achieve it?

3.1.1 Establish an obesity prevention group to look at nutrition, healthy eating & weight management and other obesity prevention priorities by March 2018

3.1.1 Map existing services and create action plan by March 2019

3.1.1 Establish baseline figures to inform action plan September 2018

3.1.2 Monitor actions post-March 2019

3.1.3 Continue to promote the Daily Mile initiative throughout the Council area

Who is going to do it?

- **SportNI (Conleth Donnelly)**
- BHSC
- Community and voluntary sector
- DfC
- EANI
- LCCC
- NIFRS
- Outdoor Recreation NI
- PHA
- SEHSCT
- The Waterways Community

What resources do we need to do it?

- Partners' time

What supporting outcomes does this address?

- People of all ages are more physically active more often
- Older people age actively and more independently to stay well and connected
- Good health will no longer be dependent on where we live or what income we have
- We enjoy good mental health

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Action 3.2 *Dundonald Health & Well-Being and Community Hub*

Why are we doing it?

3.2.1 There are declining numbers of adolescent girls participating in physical activity

3.2.2 This leads to impacts on health, well-being and academic achievement

What is our target?

3.2.1 Increase the numbers of adolescent girls participating in physical activity

3.2.2 Improve health, well-being and academic achievement in adolescent girls

How are we going to achieve it?

3.2.1 Work with four post primary schools to increase the numbers of girls engaged in physical activity

3.2.2 Work in partnership to fully understand what makes girls engage in PE, sport and physical activity and create opportunities for participation

Who is going to do it?

- **LCCC (Brendan Courtney)**
- BHST
- EANI
- Local schools
- PHA
- SE Trust
- Sports deliverers
- Sport NI
- Youth Sport Trust

What resources do we need to do it?

- Support from Youth Sport Trust

What supporting outcomes does this address?

- All children and young people have an equal chance to fulfil their educational potential
- Children and young people are physically active and enjoy good mental health
- People of all ages are more physically active more often
- There is participation and volunteering in public and community life, arts, culture and sport by people of all backgrounds

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Action 3.3 *Creating a community of Lifesavers by strengthening the Chain of Survival*

Why are we doing it?

3.3.1 There are 1400 Out of Hospital Cardiac Arrests (OHCA) in NI annually and less than 1 in 10 survive to leave hospital

3.3.2 For every minute without cardiopulmonary resuscitation (CPR) and defibrillation the chances of survival decrease by 10%

3.3.3 The number and location of Automated External Defibrillators (AED) is unknown

3.3.4 Bystanders are afraid to intervene during an OHCA

What is our target?

3.3.1 & 3.3.2 Increase the number of people trained in CPR

3.3.1 & 3.3.2 Increase the number of people trained in AED

3.3.3 All Public Access Defibrillators will be registered with NI Ambulance Service (NIAS)

3.3.4 Increase the number of people willing and able to respond to an OHCA

How are we going to achieve it?

3.3.1 & 3.3.2 Encourage community groups, sporting organisations, businesses & schools to have CPR training

3.3.3 Baseline and map current Public Access Defibrillator (PAD) sites and explore the potential for further development of new PAD sites

3.3.3 Encourage all AED owners to register their devices on NIAS website by December 2018

3.3.4 Explore the potential to identify additional areas for Community First Responder Schemes

Who is going to do it?

- **LCCC (Sandra Pinion & Brona Turley)**
- British Heart Foundation
- Community and Voluntary Sector
- Economic Development
- Education Authority NI (EANI)
- Libraries NI
- NI Ambulance service
- NIFRS
- PSNI - PCSP
- Sport NI

What resources do we need to do it?

- No additional resources needed as yet

What supporting outcomes does this address?

- Our home environments are safe and healthy
- Good health will no longer be dependent on where we live or what income we have

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Action 3.4 *Age Friendly*

Why are we doing it?

3.4.1 We have an increasing ageing population. In 2017 17.3% of the population were over 65. In 2032 23.4% of the population will be over 65 in Lisburn and Castlereagh and they deserve to be celebrated

3.4.2 There is a lack of awareness around what is available for older people

3.4.3 There is a lack of coordination of services

3.4.4 Participation in social and physical activities is too low

3.4.5 There is a and will be a rise in dementia and uncertainty of what to do

What is our target?

3.4.1 AF Strategy to be in place by April 2019

3.4.2 Increase promotion of activities for older people

3.4.3 Increase co-ordination of services for older people

3.4.4 Increase the number to 14,000 participants in the Active Ageing programme between March 17 and April 18

3.4.4 Increase physical and social activity in ageing population

3.4.5 Recruit 50 befrienders

3.4.5 Increase number of people attending dementia training

How are we going to achieve it?

3.4.1 Establish Age Friendly Alliance & Action Plan by March 2019

3.4.2 & 3.4.4 Promote CSAW and Active Aging projects in accordance with programme in LCCC area

3.4.3 Map services for older people and identify gaps

3.4.5 Draw up recruitment plan from partners to recruit 50 befrienders to reduce social isolation by March 2018

3.4.5 Roll out appropriate dementia training across all partners by March 2018

Who is going to do it?

- **LCCC (Gareth McCausland)**
- Age Friendly Alliance
- BHSC
- Community & voluntary sectors
- EANI
- LibrariesNI
- NIFRS
- PHA
- Private businesses
- SEHSCT
- SportNI
- The Waterways College
- Youth Council

What resources do we need to do it?

- No additional resources needed as yet

What supporting outcomes does this address?

- Older people age actively and more independently to stay well and connected
- People of all ages are more physically active more often
- Good health will no longer be dependent on where we live or what income we have
- Poverty and disadvantage is reduced
- We enjoy good mental health

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Action 3.5 *Good Mental Health*

Why are we doing it?

3.5.1 Incidents of self-harm are 79% higher in the most deprived areas compared to LCCC as a whole

3.5.2 The suicide rate is 85% higher in the most deprived areas compared to LCCC as a whole

3.5.3 The numbers of people on prescriptions for mood and anxiety disorders has been rising since 2011

3.5.4 Mental health impacts on a range of other health issues - there is a growing number of people in Lisburn and Castlereagh on the Mental Health Register – 819 in 2015 and 831 in 2017

3.5.5 There is an unacceptably high level of stress related absences in the workplace

What is our target?

3.5.1 Reduce the incidents of self-harm

3.5.2 Reduce the numbers of suicides in Council area

3.5.3 Increase emotional resilience

3.5.4 Increase co-ordination of health services impacting on mental and physical health

3.5.5 Reduce levels of stress related workplace absence

How are we going to achieve it?

3.5.1, 3.5.2, 3.5.3 & 3.5.5

Provide core training programmes (e.g. mental health first aid, Safe Talk, ASIST, the Recovery College, Drug and Alcohol Responders) to increase capacity within key services and the public - ongoing

3.5.3 Consider doing a household survey on emotional resilience (with PHA) by March 2018

3.5.4 Connect with Communities of Interest Group to explore how CP can help them to have a more effective mental health programme and signposting service in Lisburn and Castlereagh

3.5.4 Map services for mental and physical health by December 2018

Who is going to do it?

- **PHA (Barbara Porter)**
- BHST
- Housing Associations
- Inspire Wellbeing
- LCCC
- Libraries NI
- Local businesses
- NIHE
- Resurgam
- SEHST

What resources do we need to do it?

- Can be delivered within existing resources

What supporting outcomes does this address?

- We enjoy good mental health
- Children and young people are protected from harm
- Children and young people are physically active and enjoy good mental health

How will the actions be monitored?

The Community Planning Partnership is required to make arrangements to monitor progress against meeting the Community Plan outcomes, and the effectiveness of the actions taken for the purpose of achieving those outcomes. The Council must publish a statement once every two years on actions taken and outcomes achieved and community planning partners must provide the Council with relevant information to enable the Council to collate the information. The first statement must be produced by May 2019.

It is the responsibility of each appropriate partner to report feedback

and monitoring to the lead partner for any action. The lead partner will report to the chairperson of the TAP Group, who will report to the SCPP. There will be an annual review of statistics therefore monitoring will take place every six months if necessary in order to assess if actions are achievable, relevant and making a difference. If actions are failing to achieve outcomes, reprioritising will happen.

Therefore, it is of benefit to the representatives of the Council, statutory partners and support partners to gain an understanding of the various roles, remits and responsibilities of their

respective organisations including their legal duties, resource limitations and accountabilities to other agencies as early as possible in the process. Regular reporting gives partner organisations opportunities to raise concerns about deliverability at an early stage.

Where agreed actions are not being progressed, reasons for this should be reviewed with the partners and appropriate action taken to assist progress or amend the Action Plan. The Council is responsible for accountability to the public by publishing a statement on progress every two years.

Abbreviations:-

AED	Automated External Defibrillators	HRP	Historic Royal Palaces
AF	Age Friendly	LAC	Looked After Children
ASIST	Applied Suicide Intervention Skills Training	LBAP	Local Biodiversity Action Plan
BHSCT	Belfast Health & Social Care Trust	LCCC	Lisburn & Castlereagh City Council
BRT	Belfast Rapid Transit	LDP	Local Development Plan
CCMS	Council for Catholic Maintained Schools	LEAs	Local Enterprise Areas
CP	Community Planning	LNT	Lagan Navigation Trust
CPD	Central Procurement Department	NIAS	NI Ambulance Service
CPR	Cardiopulmonary Resuscitation	NICVA	Northern Ireland Council for Voluntary Action
C-SAW	Castlereagh Safe and Well programme	NIFRS	NI Fire & Rescue Service
CYPSP	Children and Young People's Strategic Partnership	NIHE	NI Housing Executive
DAERA	Department of Agriculture, Environment and Rural Affairs	NIYLT	NI Young Life and Times Survey
DEA	District Electoral Area	OHCA	Out of Hospital Cardiac Arrest
DfC	Department for Communities	ONC	Ordinary National Certificate
DfE	Department for Education	ORNI	Outdoor Recreation NI
DfI	Department for Infrastructure	PAD	Public Access Defibrillator
DIIB	Dundonald International Ice Bowl	PCSP	Policing and Community Safety Partnerships
DoJ	Department of Justice	PHA	Public Health Agency
DTNI	Development Trust NI	PSNI	Police Service NI
EANI	Education Authority NI	RDP	Rural Development Plan
EIL	Early Intervention Lisburn	SCPP	Strategic Community Planning Partnership
ERDF	European Regional Development Fund	SEHSCT	South Eastern Health & Social Care Trust
FSME	Free School Meals Entitlement	SERC	South Eastern Regional College
GVA	Gross Added Value	TWC	The Waterways College
HCN	Housing Community Network	VAT	Value-Added Tax
HLF	Heritage Lottery Fund	YMCA	Young Men's Christian Association