


Rural Vulnerability Sevenoaks District

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Rural Vulnerability - The Facts



Lack of community or local support networks

DISCONNECTED

UK: 3.6m say TV is their main form of company (over 65's)

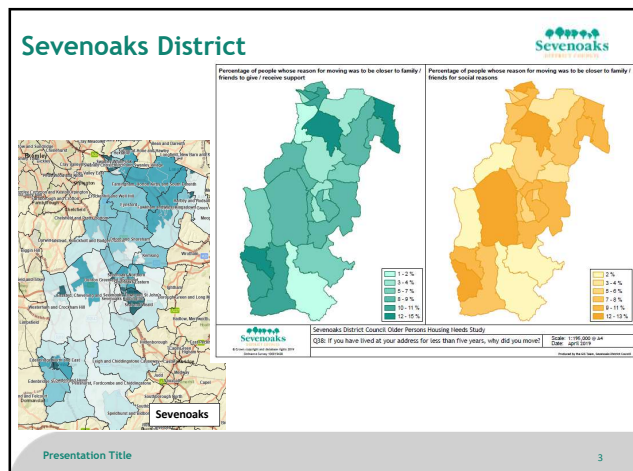
2/3 GP's: See up to 5 people a day who are lonely/isolated

UK: 1 in 20 feel lonely 'often' or 'always'

3.5 times more likely to need residential care

3.4 times more likely to suffer depression

SDC: older people increase by 37% by 2036



The King's Fund Report

'District councils are in a good position to influence many factors of good health'
'A full and equal partnership'

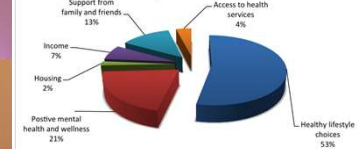


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Duncan Selbie - DCN Conference



What is the most important determinant of your health?



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Relative contribution of the determinants of health

Health Behaviours 30%	Socio-economic Factors 40%	Clinical Care 20%	Built environment 10%
Smoking 10%	Education 10%	Access to Care 10%	Environmental Quality 5%
Diet/Exercise 10%	Employment 10%	Quality of care 10%	Built Environment 5%
Alcohol use 5%	Income 10%		
Poor sexual health 5%	Family/Social Support 5%		
	Community Safety 5%		

Source: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute. Used in US to rank counties by health status

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...Plus the District offer - creating a holistic assessment

Figure 1: Model of wider determinants of health & wellbeing



District Offer:

- Housing Advice
- Homelessness
- Housing Standards
- Debt advice
- Employment
- Community Safety
- Social isolation
- Voluntary networks
- Access to green & open space
- Licensing, Planning etc.

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Housing and Health



"Our home is not just a dwelling place. It should be a place of comfort, shelter, safety and warmth; a place to raise family, welcome friends, and a springboard for all our other daily activities. In short it is the main setting for our health throughout our lives."

"Research shows that one in five homes present a risk to health and wellbeing, particularly from excess cold and falls."

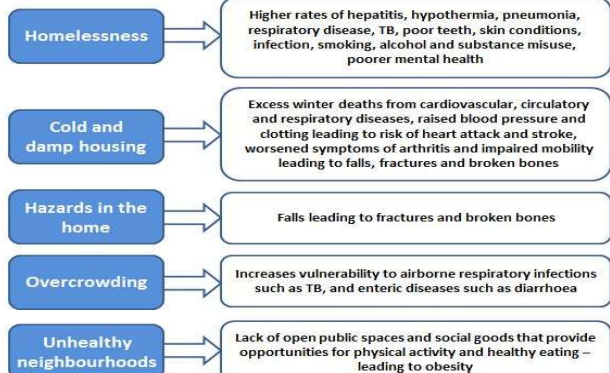
"Bringing together health and housing is fundamental if we are to rise to the challenge to improve the nation's health."

Public Health England: Bringing together housing & public health
Kevin Fenton - 2015

SuperHERO Advice Service

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Housing and health inequalities



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Rural Housing Week 2018



- Unprecedented level of interest and activity
- 9 x additional local housing needs studies carried out in the last year alone
- 12 x projects at various stages of development
- Draft Local Plan to specify 5-year rolling programme of surveys
- Celebrated Rural Housing Week in Summer 2018 at an event in Leigh and attended by Tom Tugendhat MP



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Community Land Trusts (CLTs)



- Funding received from MHCLG
- Set up a West Kent CLT hub
- New model of delivery
- Improved options for parish/town councils and community groups
- So far, held three West Kent promotional events
- Potential first scheme in Sundridge

Community Land Trusts take responsibility and control of the future of their community... these are local organisations formed in response to local problems and embody the principles of communities taking control.



Hedge Barton retrofit project



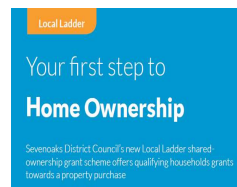
- Pilot low-carbon retrofit project
- £200k from affordable housing planning gains
- Energy efficiency improvements for older residents
- Thermally-inefficient mobile homes; fuel poverty; high bills
- Able to identify other housing and health issues during project works
- Also providing housing advice; DFGs; One You etc
- Won a recent Environmental Award



'Local Ladder' Scheme



- Shared-ownership grant deposit scheme
- Assist low-income households onto housing ladder
- Free-up social and low-end private rented housing
- Prevent out-migration of locally-defined Essential Workers
- Supports family members in rural communities to continue to live and support each other
- Other housing options are limited



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'Sevenoaks Switch and Save'



- Supporting people living in fuel poverty and high energy bill
- 220 households assisted to switch to cheaper energy suppliers
- £63,600 savings achieved for households
- 15 x energy surgeries held for the community and particularly older and vulnerable people
- Numerous articles, advertisements and promotional activities
- Also identified other housing and health-related issues through the service



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DFGs and other funding



- Around £1.5m spent so far this financial year, including additional funding provided in January 2018 by DCHLG
- New Housing Assistance Policy
- Discretionary funding now made available to 'Your Home, One You'
- Equipment to support independence at home - small changes - big difference
- Funding vol. sector for targeted projects



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'Pop-up, Pop-in' Project

- Over 1,000 participants to date, in partnership with Age UK
- Referrals into support services to those living in rural areas and isolated, such as home adaptations
- Holistic support and falls prevention advice to older people - a meeting point to combat loneliness in their local community
- Chair-based exercise sessions
- The Council provided £40k community funding for the project



Sevenoaks & Tonbridge
ageUK

Pop in and see us for tea/coffee and biscuits
Meet others, get help to stay independent at home, learn balance & strength seated exercises. Or just chat with us

Choose from any of our local venues below:

CHIDDINGTON at the Old Rectory, High Street TN30 7AH
on Thursdays 13th Dec, 24th Jan & 21st Feb at 1:30-3:30pm

CHIDDINGTON CAUSEWAY at The Causeway Hall, TN11 1LJS
Tuesdays 10:30-12:30 - 11 Dec, 8 & 22 Jan, 5 & 19 Feb, 5 & 19 Mar

COVING at Cowden Village Hall, Chardlers Mead TN30 7HJ
Thursdays 10:00-12:00 - 13 Dec, 10 & 24 Jan, 7 & 21 Feb, 7 & 21 Mar

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Hoarding Project

- West Kent Mind, funded by SDC Better Care Fund
- 12 week programme and ongoing support from Declutter Buddies
- Over 30 residents supported to date, 100% have engaged and made improvements in decluttering
- Resulted in no SDC reports of filthy and verminous properties all summer
- "It changed my life. I learned new things and how to look after my belongings better."*
- "Thank you for listening understanding and being kind, patient and wise."*



New Beginnings
A new approach to help people who hoard

Are you feeling down about clutter in your home?
Are things getting out of hand?

You are not alone...

1 in 2 people in every 100 have a problem with hoarding. It can be caused by life events or mental/physical health problems.

New Beginnings offers a non-judgmental approach to decluttering with group work and one-to-one support. We will help you set your own goals and priorities to declutter. For more information, and to refer yourself or someone else, call 01732 744256 or visit westkentmind.org.uk/new-beginnings

New Beginnings is funded by Sevenoaks District Council and can be accessed by anyone who lives in the Sevenoaks district.

Sevenoaks | Mind | West Kent

West Kent Mind

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Hospital Discharge Scheme Housing Co-ordinator & Discharge Packs



Savings (Darent Valley Hospital)
Over 500 patients assessed
If we save only one night for each one of these patients, that equates to £225,000 in savings
80% received property and welfare support (decluttering, beds, carer key safes, equipment)

£ Cost
Poor housing costs over £1.4b
The average cost for an inpatient stay is £450 per night

From January 2014 to January 2017, NHS patients spent 197,054 days awaiting transfer or a care package



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Community Safety Partnership Priorities

Our 7 priorities are:-

- Domestic Abuse
- Serious & Tactical Crime incl OCG, Crime Trends and County Lines
- ASB incl Environmental
- Acquisitive Crime
- Substance Misuse
- Safeguarding
- Doorstep Crime & Scams incl Cyber Crime



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Community Safety Unit (CSU)



- SDC CS Officer + Police co-location - Council offices
- CSU Daily tasking - over 600 ASB/Community Safety issues p.a
- Partnership approach to tackle local issues - Environmental Visual Audits (EVA)
- Tackling serious and tactical crime include OCG's
- Community MARAC - 20 individuals/families per month
- Dealing with ASB and Acceptable Beh. Agreements (36 p.a)
- PACT meetings with communities - action plan with residents
- CCTV, West Kent Housing, Community Wardens, PCSO's
- Leads of Safeguarding referrals and support
- Support for vulnerable residents at risk of Scams
- Launched new wellbeing café (mental health crisis support)

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HOW ARE YOU?

ONE YOU KENT

Sevenoaks District Council Services and Approach



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Kent One You Service: One-to-one support



BECAUSE THERE'S ONLY
ONE YOU



SMOKING
Quitting is the best thing you'll ever do!
Find out how it will change your life



DRINKING
Choosing to drink less booze can
bring lots of health benefits



ADAPTATIONS
Home equipment to suit your needs
and reduce falls



WORK
Help you to train, volunteer
or get into work



EATING
What you eat is important to your
health and weight! Help to eat well
every day



MOVING
Small changes to your day to be more
active makes a big difference



HOUSING
Housing advice to help you find a
suitable and affordable home



LONELINESS
Help you to meet new people and
get involved in your community



SLEEP
Getting a good night's sleep helps you
stay healthy. Help to sleep more soundly



STRESS
Too much stress takes its toll. Help to
take simple steps to stress less



HOME
Help with housing, clutter,
heating, safety and hazards



BUDGETING
Help you with your money:
Benefits, debt, household bills and
budgeting



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'One You' Health Hub



- 'One You' Advisers, funded by KCC Public Health
- Received over 640 referrals - 42% GP's, with goals and outcomes achieved for 266 closed cases
- Targeted 'One You' advertising on social marketing campaign to deprived & rural wards
- Based in GP surgeries and community venues: Swanley, Edenbridge, Otford, Sevenoaks town and New Ash Green
- Housing, health and wellbeing outcomes achieved - overall quality of life improved
- 'On the Road' for rural communities and events



HERO and Super-HERO



- Launched at the 2017 Housing Forum alongside new Housing Strategy
- Now have four HERO officers in post including a Senior
- Trained to deliver health brief intervention advice as well as debt, Benefits, housing and employment support
- Helped over **2,000** residents, **40%** helped onto correct Benefits, reduces debt by around **£800** per person
- Works in partnership with GP's, Children's Centres, Housing Associations and One You Advisers



"Your advice has changed my life, I cant think you enough."

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Hub model for integrated public health Preventative services



One You Advisers

Working from GP surgeries and other settings dealing with the non-medical reasons why people visit the GP - even if the symptoms are medical:

- Asthma caused by damp housing
- Anxiety caused by debt (HERO)
- Range of issues caused by loneliness
- Falls prevention (DFGs)
- Addictions



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'One You, Your Home'



- Holistic assessment in the home - adults with complex needs, referred by GP's
- Over 170 patients supported to date
- Based in Swanley and Edenbridge - ran in partnership with Age UK
- Reduction in unnecessary GP visits and improved health, social and wellbeing outcomes
- Featured for combating isolation on BBC South East News
- *"Done with a smile and lots of patience...one super person, thank you."*
- *"Biggest thank you in the world, words cant express how grateful we are."*



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One You Service - Vulnerabilities



Very Common

- Lonely and isolated
- No hot water/heating
- High fall risks around the home
- Low mood and anxiety
- Filthy and severe hoarding
- Overweight and depressed
- Low mobility
- High level of GP appointments and calls each week

High and Complex Needs

- Prematurely stopped hospital discharge plan
- Carers struggling with personal care
- Deaf patient with no support - constant texting/appointments with GP
- Visual impairment - 9 DNA appointments with GP
- Soiled mattress and sofa
- High energy bills and complex debt
- Low self-esteem, mental health issues, panic attacks
- Chronic pain after surgery
- Taking letters to GP to explain

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What is Have Put In Place



Very Common

- Replacement beds and mattresses
- Attending weight management programmes
- Adaptations and aids (ramps, grab rails, raise/recline chairs)
- Help to claim: Benefits, Attendance Allowance and PIP
- Trusted assessor equipment: raised toilet seat, frames, stools
- Referrals to:
 - Age UK: lunch & day services, befriending and bathing services
 - Community health: community and incontinence nurses (at home)
- Support into local interest groups

Other Help

- Homes cleared and cleaned (hoarding/filthy)
- Referral for respite and personal care
- Carer support in place
- Helped to attend Support Groups
- Helped into volunteering locally
- New wheelchairs and mobility frames
- Access to community transport schemes
- Large grants for boiler replacement
- Grant for window and door replacements - warmer homes
- Attending walking groups, healthy eating and nutrition courses

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CASE STUDY 1 (HERO & Health)

- 40 year old man, medically retired from army, returned home to 'normal family life'
- Couldn't cope at home (felt like being in a small box) - anxiety and severe mood
- Marriage breakdown, no access to children
- No one to talk to, needs to "man up, he's a soldier"
- Panic attacks, numerous suicide attempts and sectioned previously
- Nightmares prevented sleep, drink to help - up to a bottle of spirits a night

Actions & outcomes:

- Completed SSAFA referral, received £3,960 to pay debts
- Referral to 'Combat Stress' - home assessment, dialogised with PTSD
- Accepted into Rehab Centre - assessment and treatment plan
- Supported into 1 bed flat near family with white goods from charity
- Son now living with him - grant: son's college interview clothes
- Supported to get Benefits
- Charity funded camera and bike, set up m.h walk
- Run Brighton marathon
- Currently not fit for work - volunteering in local hospice gardens



CASE STUDY 2 (One You Your Home)

- 70's, osteoarthritis, chronic pain after surgery
- Deaf - difficulty communicating
- Unable to wash properly
- Some basic disability aids
- Low mobility - difficulty accessing groups
- Very lonely and isolated
- Numerous GP visits each week ref. pain
- Rings/texts surgery constantly for other advice (help with mail)

Actions & outcomes:

- Home, health/wellbeing assessment
- Grant for new bed and mattress (£80) to relieve some pain, non-slip mattress
- Grant for wheelchair to go out with friends
- Assessed for Care Package for personal care
- Going to community centre and joined groups including lunch club with Age UK
- Less pain and sleeping better, local engaged with local support
- Community Nurse visits at home
- Wheelchair made her feel more confident to go out
- Not seen her GP in six weeks
- Texts Adviser for other advice



Our approach so far...



Housing & Health advice on the road



Roll-out of MECC (frontline services and partners)



Working with health on social prescribing



Roll out of integrated One You Kent Services



Use our Communication Tools



Access to local leisure and open spaces




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Sevenoaks

Thank you for listening

Any Questions?



SMALL CHANGES CAN MAKE A HUGE DIFFERENCE

THERE IS ONLY **ONE YOU**

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