



COMMUNITY LEADERSHIP OVERVIEW AND SCRUTINY COMMITTEE

AGENDA

DATE:	Tuesday, 15 April 2025
TIME:	7.30 pm
VENUE:	Committee Room, Town Hall, Station Road, Clacton-on-Sea, CO15 1SE

MEMBERSHIP:

Councillor Steady (Chairman)
Councillor Barrett (Vice-Chairman)
Councillor Davidson
Councillor Doyle
Councillor Ferguson

Councillor Griffiths
Councillor Keteca
Councillor Oxley
Councillor Platt

Most Council meetings are open to the public and press. The space for the public and press will be made available on a first come first served basis. Agendas are available to view five working days prior to the meeting date and the Council aims to publish Minutes within five working days of the meeting. Meeting papers can be provided, on request, in large print, in Braille, or on disc, tape, or in other languages.

This meeting will be filmed by the Council for live and/or subsequent broadcast on the Council's website. The whole of the meeting will be filmed, except where there are confidential or exempt items, and the footage will be on the website for up to 24 months (the Council retains one full year of recordings and the relevant proportion of the current Municipal Year). The Council will seek to avoid/minimise footage of members of the public in attendance at, or participating in, the meeting. In addition, the Council is obliged by law to allow members of the public to take photographs, film, audio record and report on the proceedings at public meetings. The Council will only seek to prevent this should it be undertaken in a disruptive or otherwise inappropriate manner.

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DATE OF PUBLICATION: Monday, 7 April 2025

AGENDA

7 **Report of the Assistant Director (Corporate Policy & Support) - A.3 - Health and Wellbeing Strategy (Pages 5 - 16)**

To enable the Committee to consider the Council's draft Health and Wellbeing Strategy, as outlined in the appendix to the Portfolio Holder report submitted to Cabinet on 21 February 2025.

Date of the Next Scheduled Meeting

The next scheduled meeting of the Community Leadership Overview and Scrutiny Committee is to be held in the Town Hall, Station Road, Clacton-on-Sea, CO15 1SE at 7.30 pm on Tuesday, 17 June 2025.

Information for Visitors

FIRE EVACUATION PROCEDURE

There is no alarm test scheduled for this meeting. In the event of an alarm sounding, please calmly make your way out of any of the fire exits in the hall and follow the exit signs out of the building.

Please heed the instructions given by any member of staff and they will assist you in leaving the building and direct you to the assembly point.

Please do not re-enter the building until you are advised it is safe to do so by the relevant member of staff.

Your calmness and assistance is greatly appreciated.



Draft Health & Wellbeing Strategy

Tendring District Council



1. Introduction
2. Why We Need a Strategy
3. Tending Population Health
4. Health Index
5. Our Vision
6. Partnership working
7. Our Priorities
8. Timeline
9. Questions

Introduction

This Strategy will highlight how the Council can work with its partners to deliver a preventative and wider determinants approach, which will be based on data and insight to ensure the approach is targeted.

As part of this, maintaining a flexible approach to adapting to changing circumstances will be crucial to success



Why we need a strategy

Tendring has increasing numbers of those living with long term conditions, some of which are preventable

Tendring is in the bottom 10% of most deprived Lower Tier Local Authorities. Evidence shows that those living in the most deprived areas of England face the worst health inequalities and experience the worst social determinants such as poor housing, employment opportunity or access to transport and have the worst health outcomes.

Tendring has the highest percentage of residents aged 65 and over, at over 30.3%, compared to Essex at 29.5%. and a national figure of 18%. This is expected to continue to rise to 32% over the next 10 years

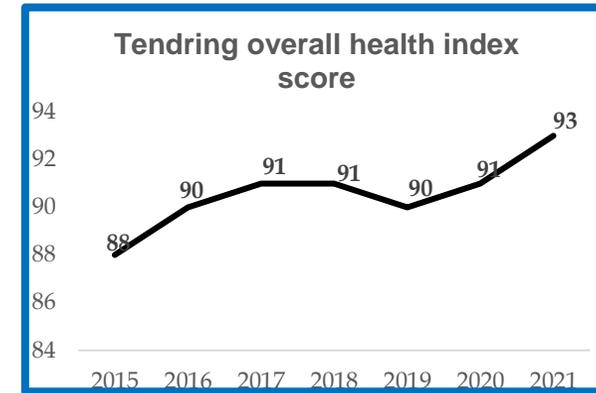


Health Index Improvements

Although there are many challenges, the Health Index score for Tendring shows continued improvement.

The Health Index provides a single value for health that can show how health changes over time. A score of over 100 indicates better performance when compared to the England 2015 position. A score below 100 indicates a worse performance.

The 2021 Health Index Score for Tendring is **92.9** this shows a good improvement when compared to the 2015 score of 88, and the figure is improving yearly.



Most notably, the key areas of improvement, which contributed to the increase in the overall score in Tendring are broken down as follows



Tendring Population Health

The latest figures for 2018-2022 show that the healthy life expectancy for males in Tendring is 61.9 and for females is 63. These figures are below the England average and also the Essex average of 65.1 (male) and 65.8 (female)

The latest suicide figures have shown a recent increase from 11.3 (2020-22) to 14.9 (2021-23) and are currently the highest rate across the districts in Essex.

The rates of overweight/obesity are reduced in year six children. However, the rate in reception age children has increased and is now the highest in Essex.



Our Vision

“

Vision

To support residents to live healthier, fulfilled and independent lives for longer.

”

Partnership Working

By working with partners, some fantastic initiatives have been developed across the District including:

Essex Pedal Power & The Active Outdoor Gym- Helping to get people active

Sailship- *Helping adults to improve and support their mental health, self-esteem and help build confidence through a range of activities including gardening*

Wellbeing Hubs in Schools- 33 Wellbeing Hubs in primary schools across North Essex to help children and families build emotional resilience and wellbeing.



Our Priorities

1. The Wider Determinants of Health

Work with Partners to address the ongoing impacts of the increased cost of living, reduce barriers to healthcare and increase opportunity for employment.

2. Improve Wellbeing & Resilience

Work with partners across the system to encourage improved mental health to build resilience, seek to influence partners to bring investment into the area and continue to support Wellbeing Hubs in schools.

3) ^{Progress} Encouraging a healthier lifestyle

Work with colleagues to Improve physical activity across all ages and encourage a healthy diet. Work with the community to enable residents to try new activities and encourage those with long term conditions to stay well and live independent lives.

4. Improve Long Term Condition Prevention and Management

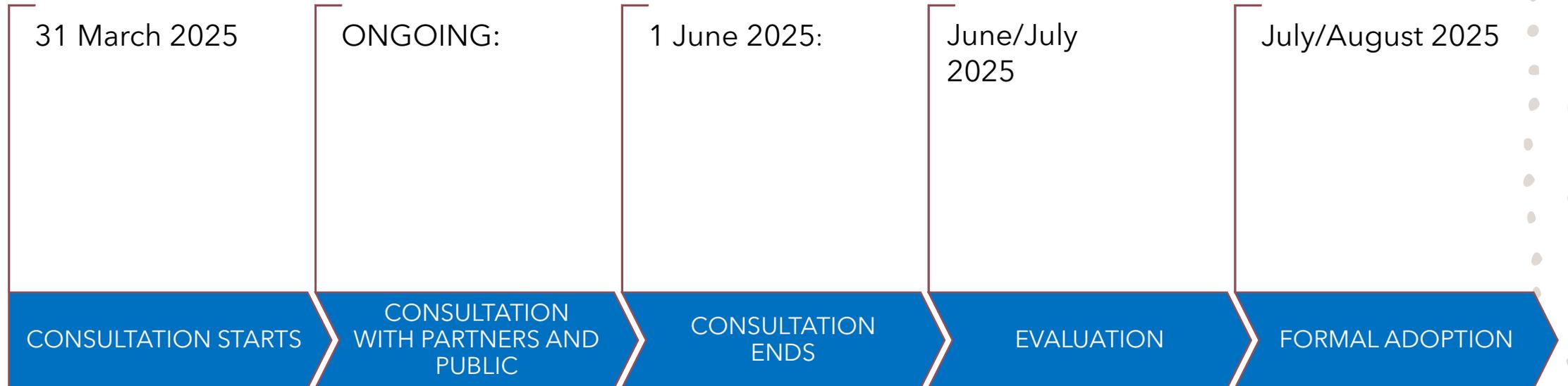
Work with health partners to help those with existing long-term conditions maintain an independent and fulfilling life, and to create initiatives to help prevent certain long-term conditions

5. Suicide Prevention

Work with partners to understand the issues around suicide locally, and to determine proactive action to deliver effective interventions

Timeline

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Questions-

1. Do you feel that the strategy identifies the issues for Tendring Residents?
2. Do you feel that the priorities will help to address those issues?
3. How well do the priorities link with your organisation?
4. Is there anything else you would like to see added to the priorities or delivery plan?
5. Do you have any additional comments or suggestions

Thank you



John Fox



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[Tendring Health & Wellbeing Strategy](#)

