

## A.7 APPENDIX

**Tendring**  
District Council



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**Tendring Health & Wellbeing Strategy**



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## 1. Foreword



*This new Health and Wellbeing Strategy seeks to set out how, by working with partners, we can help deliver improvements to the health and wellbeing of our population; recognising the challenges, but at the same time appreciating the strong assets we have in terms of our place, our communities and our partners.*

*We know that our population faces challenges in terms of their health and wellbeing; for example increasing numbers of older residents, deteriorating mental health, increasing obesity and a growing need for people to be more active. This is often exacerbated in our most deprived communities.*

*However, at the same time there is huge opportunity with some of the best open space and coastline in the County, a thriving community sector and a partnership approach which is developing a preventative place-based agenda to protect our communities going forward.*

*The Strategy aligns with the Council's Corporate Plan and wider strategies including the Sport and Activity Strategy and the Economic Development Strategy. It also aligns with the key strategies of our partners including the Joint Forward Plan in our Local Health Alliance and the Joint Health and Wellbeing Strategy developed by Essex County Council. With everyone striving to work together, towards the same priorities and objectives, we can better improve the quality of life for our residents.*

*To be effective any actions need to be evidence based and this Strategy is firmly based on local insight and knowledge identified by the Council and its partners.*

*The opportunity offered by partnership working with the North East Essex Health and Wellbeing Alliance (The Alliance) provides a powerful basis to drive change. The Alliance sees a number of key organisations coming together as partners to support the health and well-being of the communities in our place and this Strategy feeds in to and supports the shared objectives within the Alliance.*

*In particular, I welcome the emerging Alliance Place Plan which sees a focus on the wider determinants of health to ensure we can start to address some of the issues causing ill health using an early intervention and preventative approach.*

*There are welcome positive results for our District, in particular the continued increase in the Health Index score for Tendring. This Strategy seeks to build on and help support a sustainable change in the Health Index, and to see improvements in the healthier life expectancy of our residents.*

*The Council's Health & Wellbeing Board has a collaborative approach to addressing the wider determinants of health and has been joined with the Community Safety Partnership in recognition of the shared agenda and incredibly close links between community safety and health and wellbeing.*

*As already mentioned, this strategy aligns with the Council's Sport and Activity Strategy and clearly identifies the importance of physical activity and the contribution it can make to overall health and wellbeing and wider benefits. Similarly, there is close alignment with our Economic Development Strategy and a clear understanding that improving attainment, skills and employment directly affects the long-term improvement of health and wellbeing for our residents.*

*There are already many great examples of how a partnership approach to address the wider determinants of health can make a real change to our communities, an exemplar being the Essex Pedal Power scheme which has seen in excess of 2000 bikes being given away and has led to increased activity, employment opportunity, reduced social isolation and increased resilience.*

*This Strategy seeks to build on these great examples and deliver an early intervention and preventative approach to support the health and wellbeing of our communities.*

*I recognise with devolution now approaching and the potential for local government reform as well that they may impact on the Strategy as different arrangements for local government come into place. However, the aligned partnership approach including the emerging 10 year place plan from the Alliance means an early intervention, preventative approach focusing on the wider determinants can be implemented.*

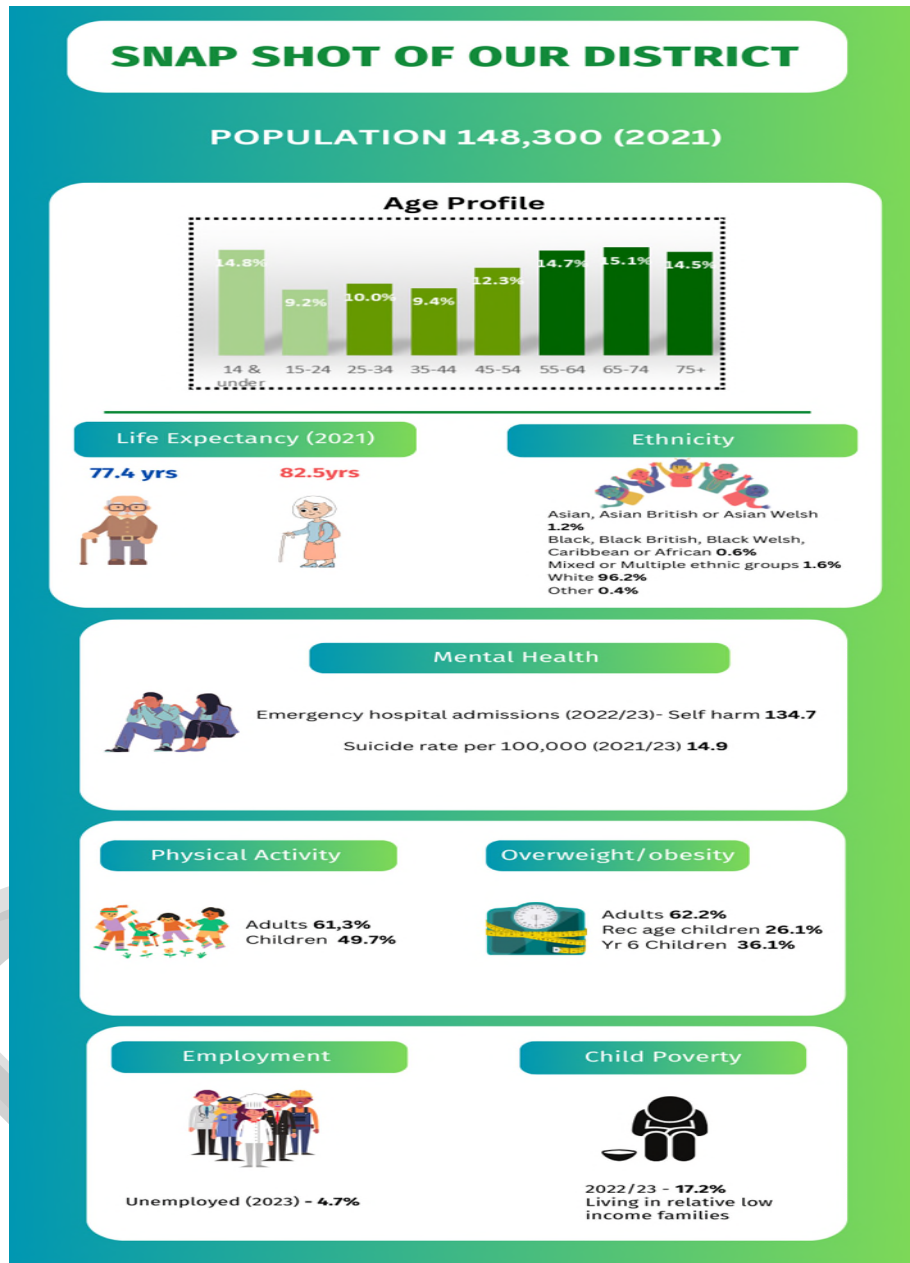
*This is consistent with current Government thinking within their 10 Year Health Plan that recognises the importance of prevention. This means the Strategy is well placed to provide consistency over that period of local government reorganisation.*

*Councillor Gina Placey*

*Portfolio Holder for Partnerships*

*and Chair of the Tendring Community Safety Partnership and Health and Wellbeing Board*

**IMAGE-** Tendring



Data correct at time of publication

## 2. Executive Summary

The Health and Wellbeing Strategy sets out how we can improve the health and wellbeing of Tendring residents, and in doing so help residents to lead a healthy, fulfilled and independent life for longer.

Tendring is a great place to live and work, with an abundance of assets including 36 miles of outstanding coastline with stunning beaches and long stretches of promenades, allowing free access to outdoor activity.

The coastline is a significant draw for tourists which means there is a thriving tourism industry, increasing footfall in the area, and offering opportunities for employment.

However, there are still many challenges such as lower levels of physical activity, increased levels of overweight and obesity, and more people living with long term conditions, particularly in Clacton and Harwich, than other areas in Essex.

The latest data shows only a 3.84% increase in the average Gross income when compared to the previous year. Taking into consideration the much higher cost of living, there are concerns that the number of residents who experience poor mental health, including those for the first time, will increase.

With the high proportion of older people in the district, and a lower than average healthy life expectancy, residents may live for many years in poor health.

There are wider concerns around those in employment, transport barriers and deprivation, there is an increased risk of isolation, contributing to poor mental health.

The Chief Medical Officers Annual Report 2021 into coastal communities highlighted some of the issues that face residents living on the coast. Some of the major points from the report which are clearly demonstrated within Tendring include older people retiring to the area who have more and increasing health problems. However, the same healthcare provision is not available in the areas they retire to when compared to the more urban areas they originated from.

**“The prevalence of multimorbidity (people with more than two illnesses or diseases) is between two and three times greater in the plus 75-year-old population relative to working age adults, and an ageing population will have a greater health and care need”**

*North East Essex Integrated Care Board Joint forward plan 2024-2029*

The report highlights that, despite the significant efforts of local leaders, coastal communities across the country continue to have a high burden of health challenges across a range of physical and mental health conditions, often with lower life expectancy and higher rates of many major diseases.

Exacerbating this is the difficulty of attracting NHS and social care staff to work in peripheral areas like Tendring. Overall coastal communities have 14.6% fewer medical trainees, 15% fewer consultants and 7.4% fewer nurses than the national average even though the healthcare needs are greater.

As identified for wider coastal communities, Tendring has an oversupply of guest houses which have now become houses in multiple occupation (HMOs) where there is a concentration of deprivation and ill health. HMOs also tend to encourage the migration and concentration of vulnerable people often with multiple and complex health needs.

**“Overcrowding can lead to increased rates of intestinal and respiratory infection and risks to mental health from frequent sleep disturbance as adults share beds or bedrooms with children”**. *The Marmot Review 2010- 10 years on report*

There are often significant issues in relation to transport opportunities, which may also limit job opportunities. Attracting staff can be difficult in peripheral areas, and this peripheral nature can also shorten catchment areas for health services. However, the report also identifies that there are benefits in terms of living near to the coast with better access to outdoor space for exercise, social contact and lower air pollution.

Despite these challenges, and as a result of investment, and a desire to think differently where needed, there is much to feel optimistic about.

There are strong communities, and an improving Health Index, (a measure of health in our area), which is encouraging to see.

The Council is committed to promoting health and wellbeing, and recognises the role it plays in addressing the wider determinants of health through its core business:  
Developing a positive socio-economic environment through employment and skills creation and supporting wellbeing in schools to encourage learning.  
Improving the built environment by supporting affordable housing provision and addressing poor housing.  
Encouraging a healthier lifestyle through access to leisure centres, including those in poorer health through the Back to Health Scheme.

Addressing these wider determinants of health is likely to impact individual behaviours, including better lifestyle choices, leading to improved health. This may have the biggest impact on the health and wellbeing of our residents.

The Council has long-standing relationships with our partners through our local Alliance, Public Health and Active Essex. As a joint place-based approach develops around the wider determinants of health, building resilience in communities and supporting opportunities for a healthier lifestyle including those with long term conditions, there is huge potential for improving health and wellbeing.

It is proposed that this Strategy will be reviewed in three years' time in 2028 to ensure it is still current.

**Vision**

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

**IMAGE**

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### 3. Why we need a Strategy

Tendring has strong assets in terms of its strong communities. A diverse and great place to live with a stunning coastline which provides great access to beaches, walks along miles of promenade, cycle paths and coastal towns. The more rural areas of the District offer beautiful open spaces and parks.

There are also some excellent potential employment and skills opportunities developing, including the Garden Community development to the west of the district, and Freeport East, which will have its main hub in Harwich.

At the same time, there are some significant challenges facing the area, and since the last strategy in 2018 there have been many challenges that impact on the health and wellbeing of residents.

The impact of the Covid 19 pandemic in terms of social isolation, deconditioning and mental health has highlighted the need for increased support and development of community resilience. The increased cost of living has had a significant impact on families who are already struggling to make ends meet, as well as others, who find themselves struggling for the first time.

Tendring is now in the bottom 10% of most deprived Lower Tier Local Authorities and is the only one in Essex in this category.

Although the latest data also shows a 3.84% increase in the average gross income on the previous year, this needs to be considered against the significant cost of living increases. The average salary within Tendring of just over £31,000 is 6.5% below the average in the UK. Tendring has the highest percentage of jobs (20%) with pay at two thirds below UK hourly gross median pay.

Tendring has real challenges especially in coastal populations, with Bluehouse ward having 25.2% of children living in child poverty (the proportion of children living in households with income less than 60% of the national median). Within Harwich and Kingsway it is 23.2%.

Evidence shows that those living in the most deprived areas of England face the worst health inequalities, especially in relation to healthcare access, experience and outcomes.

This Strategy will work alongside other strategies and policies, both in place, and emerging and with reference to those strategies of our partners.

The Council's Corporate Plan identifies the importance of working with partners to help deliver safer, healthier, well connected and inclusive communities.

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.

This Strategy aligns closely with The Essex Joint Health & Wellbeing Strategy 2022-2026 and wider Council strategies, for example the Sport and Activity Strategy as physical activity is a critical wider determinant of health. Providing support to residents to have the opportunity to undertake more activity will contribute to the effective prevention and management of many health conditions, as identified by the Department of Health, including those which most significantly affect our populations such as heart disease, diabetes, frailty, cancer and poor mental health.

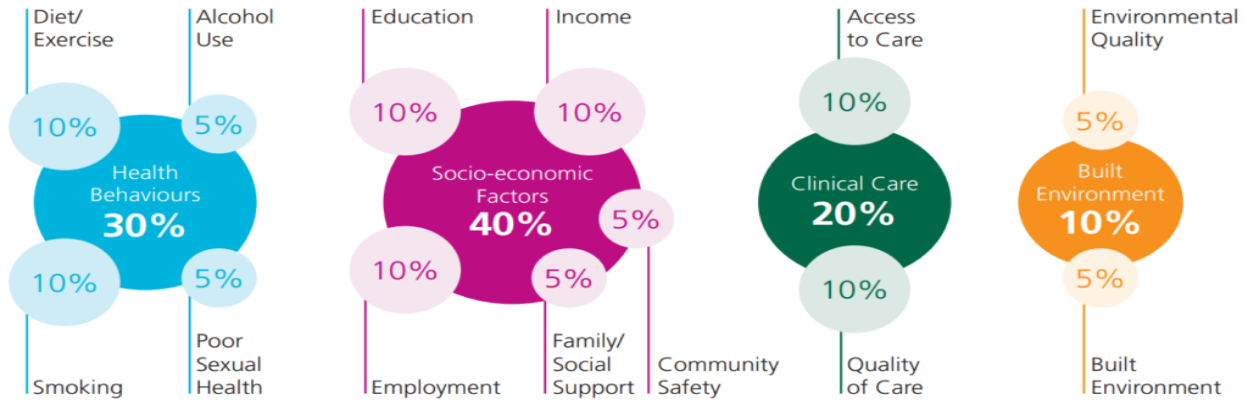
Tendring has increasing numbers of those living with long term conditions, some of which are preventable. Through the Strategy the Council will work with partners to address the reasons and factors behind this, and look at how to prevent future incidences, whilst supporting those living with long-term conditions.

**IMAGE**- Tendring

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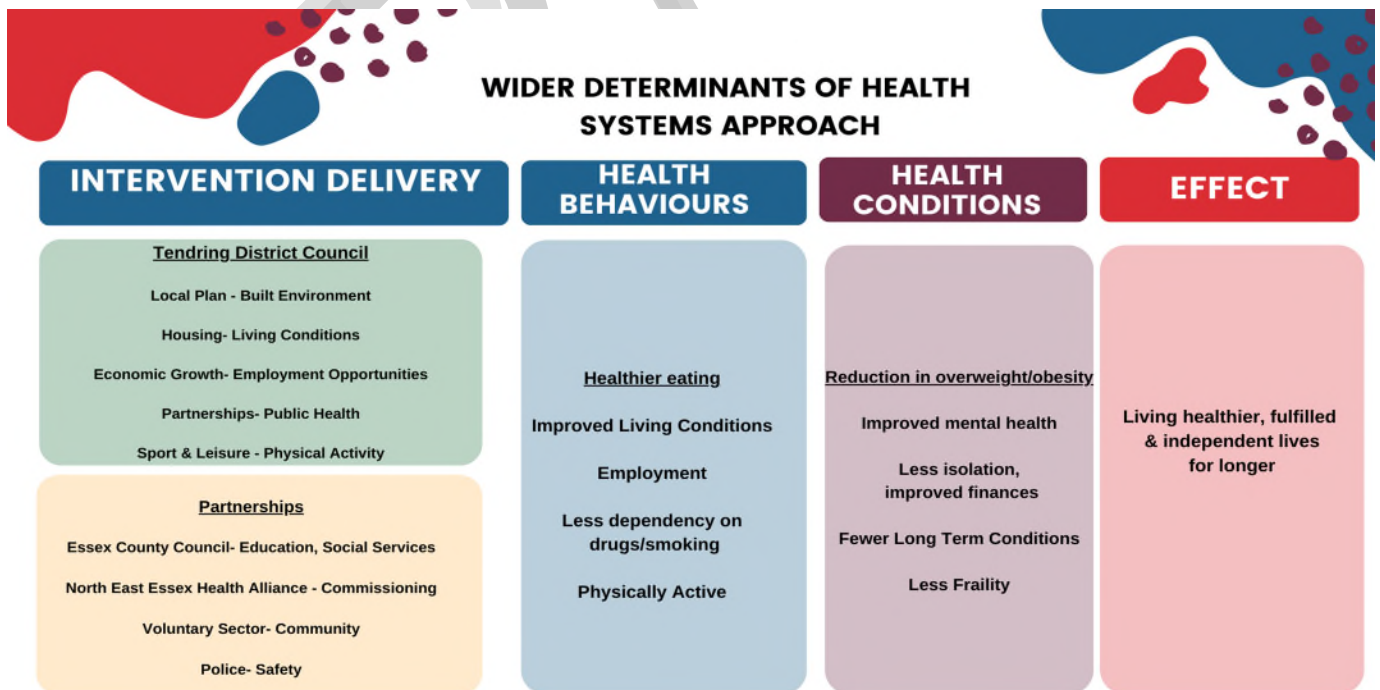
## The Wider Determinants of Health

The Robert Wood Johnson Foundation approach to the social determinants of health provides a framework which recognises the contributing influences on health – the causes of the causes.



The mechanisms by which the wider determinants influence both mental and physical health can be complex. The Health Index, which is now improving in Tendring, demonstrates that there is no single solution, however improvements are possible through a series of diverse interventions.

These interventions are across a wide number of our partners, and we will seek to work together on shared objectives to make a real difference.



The use of data in each area will help address where the focus will be seeking to address challenges, building on existing success and to address health inequality.

Socio-economic Factors		
Education	Unemployment	Income
<p><b>KS1 reaching good level of development</b></p> <p>2022 51.1% 2023 <b>55.7%</b></p> <p><b>KS2 higher level in reading, writing &amp; Maths</b></p> <p>2022 45% 2023 <b>52.0%</b></p> <p><b>KS4 achieving grades 9-4 in Eng &amp; maths</b></p> <p>2019 51.5% 2022 <b>55.1%</b></p>	<p><b>Age 16-64 years unemployment</b></p> <p>2022 4.6% 2023 <b>4.7%</b></p>	<p><b>Ave amount of money remaining after paying direct and indirect taxes and receiving benefits</b></p> <p>2019 £19,000 2021 <b>£19,916</b></p>
<p><b>Sources :JSNA</b> <a href="#">Search Datasets</a>   <a href="#">Essex Open Data</a>                      Socioeconomic – Education      Socioeconomic - Employment      Socioeconomic - Income                      Data correct at time of publication</p>		
Health Behaviours		
Lifestyle		Dependencies
<p><b>Overweight/Obesity</b></p> <p>Reception age children</p> <p>2022/23 <b>24.9%</b> 2023/24 <b>26.1%</b></p> <p>Year 6 Children</p> <p>2022/23 <b>39.4%</b> 2023/24 <b>36.1%</b></p> <p>Adults</p> <p>2021/22 64.5% 2022/23 <b>62.2%</b></p>	<p><b>Physical Activity</b></p> <p>Children &amp; Young adults</p> <p>2021/22 <b>43.7%</b> 2022/23 <b>49.7%</b></p> <p>Adults</p> <p>2022/22 63.5% 2022/23 <b>61.3%</b></p>	<p><b>Population of Smokers</b></p> <p>2021/22 15.4 2022/23 <b>11.3</b></p> <p><b>Admission episodes for alcohol related conditions</b></p> <p>2021/22 449 2022/23 <b>426</b></p> <p><b>Deaths from drug misuse</b></p> <p>2019/21 7.2 2020/22 <b>6.9</b></p>
<p><b>Sources JSNA:</b> <a href="#">Search Datasets</a>   <a href="#">Essex Open Data</a>                      Health Behaviours- Obesity      Health Behaviours Diet &amp; Exercise      Health Behaviours Tobacco Use                      Health Behaviours Drug &amp; Alcohol Use                      Data correct at time of publication</p>		

IMAGE

#### 4. Tendring Population Health

The population within Tendring is growing and has expanded by 7.3% since the last census to 148,300 residents.

The majority of the population live in the coastal communities around the fringe of the district.

The Government's new mandatory housebuilding targets for local authorities will require the Council to plan for significant housing growth through the review of its Local Plan at an average rate of 1,034 homes a year, which could see the rate of population growth increase substantially in future years.

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.

Correspondingly there are lower levels of children and young people (16%) and those between 16-64 (54%) compared to Essex (19% and 60% respectively).

28% of Tendring's neighbourhoods (Lower Support Output Areas (LSOA's)) are in the 20% most deprived nationally. Only 4.1% of residents live in the three least deprived groups, which compares to an average of 30% in other areas.

There has been an almost 20% increase in people claiming out of work benefits between March 2020 and January 2022.

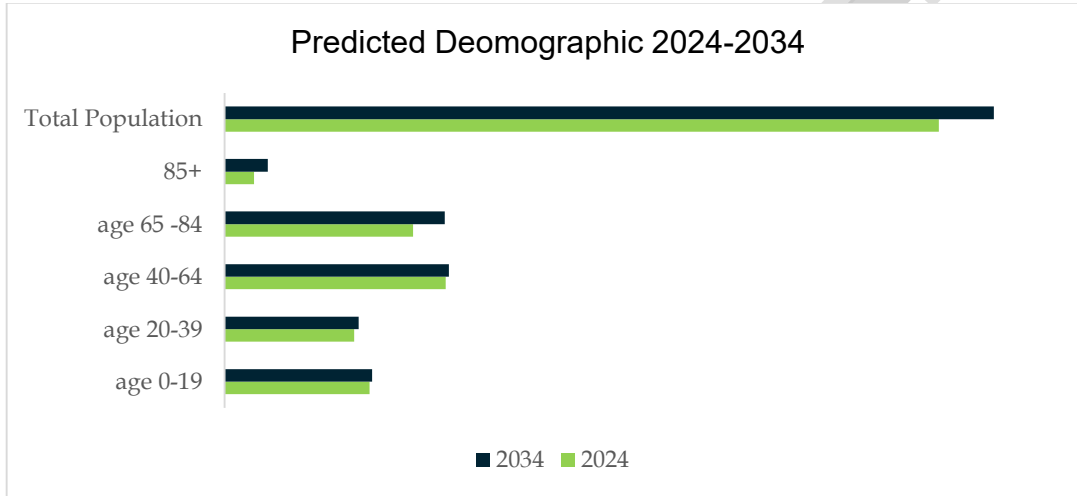
Tendring has high levels of residents living with long term conditions, some of which are life limiting, and in some cases preventable, such as COPD.

The smoking of tobacco and other substances are the main contributors to those experiencing COPD. The diagnosis of COPD at a much younger age is being reported by health partners, and this is linked to the smoking of other substances. This results in more people living in poorer health for longer.

This Strategy supports the themes of the Corporate Plan 2024-28 by supporting our communities through community leadership, and in the key areas of working with partners to improve quality of life promoting safer, healthier, well connected and inclusive communities.

In order to understand the current profile for Tendring, data from the following sources will be used:

- Census 2021
- Office for National Statistics (ONS) Health Index for England
- Essex Joint Strategic Needs Assessment 2022.
- The Health Index



Source: The Office for National Statistics

Life Expectancy

Healthy life expectancy is the number of years a baby born today is expected to live in 'good health', provided that current mortality and health trends remain fixed over their lifetime.

There is significant inequality in healthy life expectancy across Essex, and the gap between the areas with the highest & lowest healthy life expectancy is widening over time.

Tendring has the highest under 75 mortality rates in Essex at 388 per 100,000 population.

The Suffolk and North East Essex Integrated Care Board Joint Forward Plan identifies the reduced life expectancy across the wider area, that those living in the most deprived wards are experiencing, compared to those in the least deprived wards, as on average 7.4 years for men and 5.9 years for women.

The latest figures for 2018-2022 show that the **healthy life** expectancy for males in Tendring is 61.09 and for females is 63. These figures are below the England average.

Taking into consideration that the life expectancy for males is 77.4 this means that men in Tendring are likely to live for approximately 16 years in poor health. Although the life expectancy for females is higher at 82.5 for females, if the healthy life expectancy is 63 years, females are likely to live for 19.5 years in poor health.

Although different causes of death contribute to this variation in life expectancy, leading causes include circulatory conditions, cancer and respiratory conditions and also poor mental health.

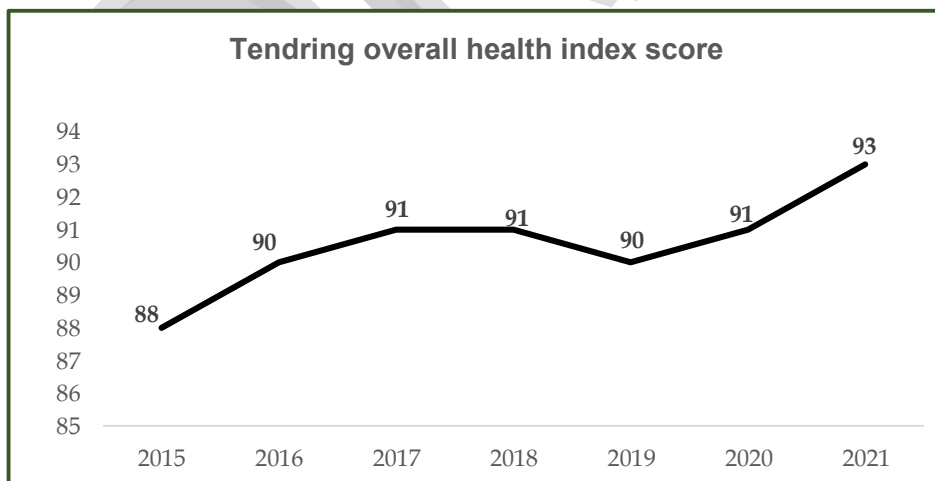
Several underlying risk factors may be involved and include tobacco, high body mass index, diabetes, dietary risks, high blood pressure and alcohol. These factors are driven by wider causes such as access to employment and therefore economic stability, how physically active individuals are, or the type and stability of their housing and its tenure.

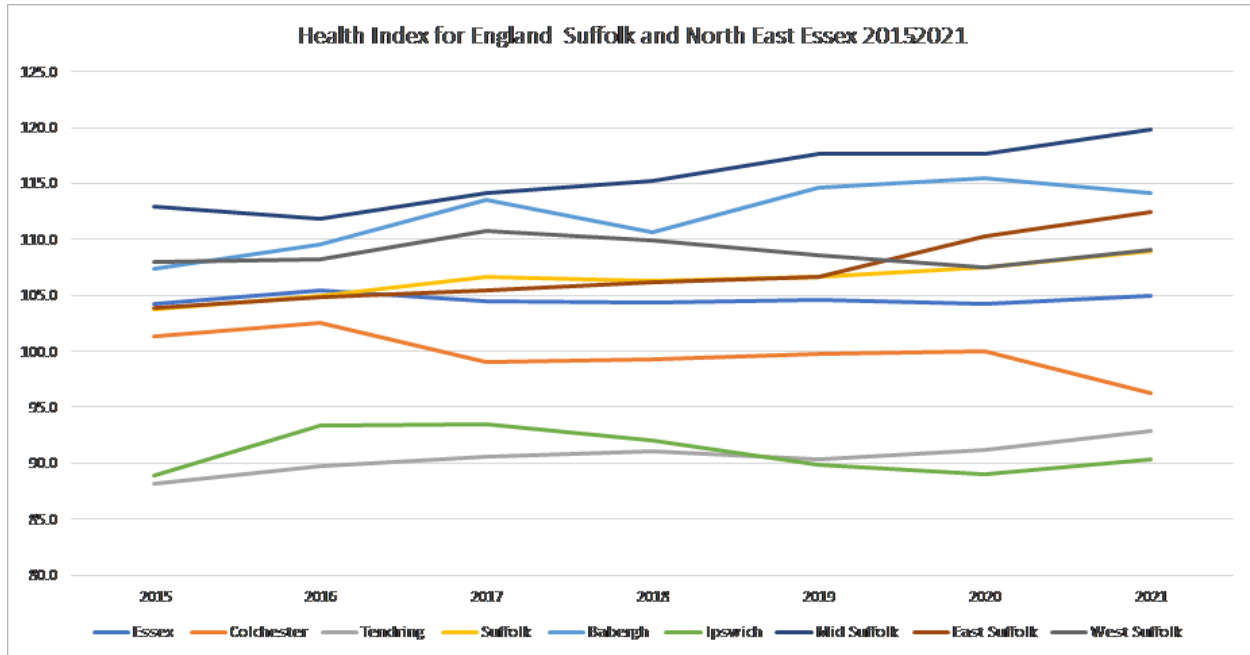
If an early intervention approach is not adopted which addresses the underlying causes such as housing, physical activity, skills and employment, then the goal of supporting people around developing a healthier lifestyle cannot be fully realised.

Health Index

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.





The Health Index shows a sustained improvement within Tendring but also identifies that Tendring still lags behind other areas in terms of the wider area within the Integrated Care Board footprint of Suffolk and North East Essex.

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

**Healthy People**

- Frailty
- Self- Harm
- Infant Mortality
- Personal Wellbeing
- Happiness
- Life Satisfaction

**Healthy Lives**

- Behavioral risk factors
- Alcohol misuse
- Physical Activity
- Sedentary behaviour
- Sexually Transmitted Infections
- Smoking
- Early Years Development
- Pupil Attainment
- Teenage Pregnancy

**Healthy Places**

- Living Conditions
- Job Related Training
- Air Pollution

Source: [Health Index Dashboard | Essex Open Data](#)



## Healthy People

Key areas of change within this domain include a significant deterioration in terms of children's social, emotional and mental health and also broader mental health conditions. However, there has been an increase in the happiness and life satisfaction scores. The rates of infant mortality and self-harm are reduced.

The rates of hospital admissions due to self-harm have fallen from 170.8 (2021/22) to 134.7 (2022/23). This appears to be a consistent trend across Essex, however, the Tendring rate is the highest in Essex.

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. Suicide remains a key focus for Alliance partners due to historically high numbers in Tendring.

Partners in The Health Alliance and local Police are reporting that poor mental health continues to be a real area of concern for Tendring.

The Council has responded to this and has supported young people in terms of their mental health and resilience by helping to deliver the Wellbeing Hubs in primary schools to help equip young people with a rucksack of skills to develop resilience and address concerns. This includes working with their families as well.

In addition, the Council jointly funds with three other partners the Mental Health Hub operated by our partners at Citizen's Advice Tendring. The Mental Health Hub helps deliver support and resilience to those facing lower level, but enduring mental health challenges via a 12 month supported placement in their charity shop. The scheme addresses mental health concerns, physical wellbeing, employment skills and support in accessing wider services.

The aim is to give volunteers a tailored, positive move-on at the end of their 12 month placement, including entry into paid employment, through to finding the perfect social group.

As a major employer in Tendring, the Council has a Wellbeing Policy for staff and supports the workforce by providing a free and confidential Employee Assistance Programme (EAP). The EAP can provide practical information, fact sheets and packs, resource information on support services in your local area and even short-term face-to-face or telephonic counselling. The website offers extensive resources including interactive tools and regular online seminars.

## Healthy Lives

Changes within this domain include deteriorations in terms of drug misuse, pupil absence, young people in education, training or employment and childhood obesity.

There have been significant reductions in sexually transmitted infections and smoking.

In terms of pupil attainment, Tendring tends to have the lowest performance on most attainment measures (Good Level of Development – assessed at the end of reception year, Key Stage 2 – assessment in relation to English and Maths at the end of primary school and Key Stage 4. One measure of which is passes at GCSE English and Maths).

However, the latest 2023 data is promising and shows that there is an improvement in the level of attainment in Key Stage 1 and Key Stage 2 children. There is also a slight improvement in the figure for Key Stage 4 children.

Although, according to the latest figures, the rates of overweight/obesity are reduced in year six children, the rate in reception age children has increased and is now the highest in Essex.

This corresponds with the rates of physical activity in children/young adults which are increasing, however the rate has fallen in adults compared to 2021/22 figures.

The Council has worked with Active Essex to deliver the Local Delivery Pilot (LDP) Scheme which has, for example, included Essex Pedal Power in Jaywick and West Clacton and also Harwich to help improve physical activity. It also provides wider benefits around community connection, dealing with social isolation and loneliness, and accessing employment.

Other LDP schemes have included gamification via Beat the Street and Street Tag, which have been accessed by large numbers of people as a free, fun way to access their areas. The key role of our partners at Community Voluntary Service Tendring in delivering Beat the Street, has led to very high levels of participation

### **Focus on Success:** Beat the Street

*“The first time I walked, I did it for eight miles. When I am on my bike I usually do between 12 and 16 miles. It has been a good experience - it got me walking further and I managed to fix my bike which has been hanging around in my summer house. My legs are stronger, and I have been sleeping a bit better. I walk wherever I can, and I have been more inclined to jump on my bike”.*

### Healthy Places

Although there is some deterioration in patients being offered acceptable GP appointments and levels of personal crime, this domain has improvements across the board including internet access, low level crime, air pollution, overcrowding and job-related training.

The level of those economically active stands at just over 70%. Tendring has an unemployment rate of 4.7% (ONS April 2023- March 2024)

The Council works with the Alliance to help deliver a digital access support team to assist residents who are struggling to engage digitally. As part of this work, platforms have been sited across GP surgeries to allow access to wider services direct from the GPs.

The Council also merged its Community Safety Partnership and Health and Wellbeing Board, as there is a strong common theme across both areas and this will help shape and drive improved partnership working going forwards. The Community Safety Hub, based within the Council and working effectively with partners has helped to deliver reductions in crime and enhanced public engagement.

Work has also been undertaken, funded by the Health Alliance, where the Council and Essex Partnership University Trust (EPUT) work more closely together to support those residents that council staff are interacting with, who also have a mental health need. This helps to provide the right support at the right time and to maintain residents' tenancies.

**IMAGE**

## 5. Partnership Working

The Council clearly sets out in its Corporate Plan the importance of community leadership and has one of its key themes as working with partners to improve the quality of life. A partnership approach is therefore essential to help address some of the challenges the area faces.

### Community Safety Partnership and Health and Wellbeing Board

The Council's Health and Wellbeing Board originally set up in 2013 and which brings partners together to focus on how to improve health and wellbeing has been joined with the Community Safety Partnership. This allows closer cooperation with our community safety partners to deliver on shared priorities for example around mental health, or addressing anti-social behaviour so people feel safe in our area.

### Integrated Care Board (ICB)

The NHS Suffolk and North East Essex Integrated Care Board (ICB) plans and buys healthcare services for our population. This function is commonly referred to as 'commissioning'.

The ICB work closely with local government and the NHS providers in our area. To ensure that the needs of smaller, local areas are addressed, the ICB has delegated some authority to the North East Essex Health and Wellbeing Alliance.

The ICB remains accountable for all of its functions, including those it has delegated.

### North East Essex Health & Wellbeing Alliance

The Alliance is made up of a range of partners, across North East Essex (Colchester and Tendring) including Tendring District Council. All of the member organisations have a strong background of working within their own fields to improve the health and wellbeing of our area.

By coming together collaboratively and taking a preventative rather than reactive approach, this will provide an opportunity to make long term improvements to our population's health.

Health inequalities are caused by a complex mix of environmental and social factors which play out in a local area, or place. This means that local areas have an important role to play in reducing health inequalities and addressing deprivation.

The Alliance is developing a Place Based Plan approach which recognises people access most of their health and care services in the place where they live, including the support to stay well.

The Plan focusses on how the community, statutory and voluntary sector can work together to understand the issues, interconnections and relationships, so as to coordinate action and investment to improve the quality of life for those communities.

The five priorities in the emerging plan are:

- Childhood Asthma
- COPD
- Hypertension
- Frailty
- Suicide

The drivers of these priorities are some of the wider determinants of health and so there is proposed to be a focus on

- Housing
- Physical activity
- Skills and Employment
- Social isolation and loneliness

The Council already works with Alliance partners to deliver the emerging place-based approach, and this will continue.

## IMAGE

### **Focus on Success – Clacton Diagnostic Centre**

The Clacton Diagnostic Centre seeks to provide high quality diagnostic services close to those who may otherwise struggle to access services which may have been too far or too expensive to access. The centre includes new CT, blood testing and cardio-respiratory suites, where patients can have lung function tests, echocardiograms and ECGs. It operates seven days a week, from 8am to 8pm, and provides appointments that are closer to home and more accessible and convenient to patients. In addition to benefitting from shorter waiting times, the centre has also provided employment opportunities for local people. The Council supported the initial bid for funding for the centre and will continue to work with partners to support this facility.

*“After waiting for a while for an appointment at Colchester hospital, I was really lucky to be offered an appointment at Clacton, on a Sunday. The staff were really friendly, and it was easy to park”*

### Tendring Education Strategic Board

The Council hosts the Tendring Education Strategic Board with partners from Essex education, schools and wider providers, which supports improvements in education and has as a key priority working together to improve attainment and skills.

There are key working groups under the Board which focus on attendance and skills to give young people the best chance of accessing the opportunities that they aspire to. This is done by providing support around attainment and helping them to understand the career opportunities available and assisting them to take up those opportunities by working with schools, education providers and employers.

### North East Essex Economic Board

A partnership of local authorities in the area working together as a catalyst to drive forward economic growth. Each has committed funding specifically to support local businesses with advice, guidance and training, as well as skills programmes to boost the life chances of local residents and help them into work.

The partnership also works to encourage businesses to engage with, and benefit from, the opportunities around Freeport East and its associated tax relief.

### The Voluntary Sector

The voluntary sector are a critical partner both to the Council and the wider system by effectively supporting our community working closely with residents and helping facilitate opportunity for them.

CVS Tendring helps to lead and support voluntary action and empower local people by promoting and developing the community and voluntary sector. The wider voluntary and community sector is made up of a broad range of partners which work closely with the Council and this strategy seeks to strengthen that partnership for the benefit of our residents.

The voluntary sector were crucial in the success of the response through the pandemic and the Council worked with partners including the voluntary sector to support the most vulnerable who were effectively assisted with food parcels, access to medication and support to prevent isolation.

They are crucial in helping to address issues facing our communities and in particular those who are most deprived and provide an opportunity for the Council to support those most in need.

We will work with partners in the voluntary sector to support initiatives which align with our priorities.

### Focus on Success- Sailship

*Sailship is situated in Clacton, and is funded by the Health & Wellbeing Alliance.*

*Sailship receives referrals from Open Road to help adults to improve and support their mental health, self-esteem and help build confidence through a range of activities including gardening, yoga, walks and arts and crafts.*

*In addition to this, older people are supported to live safely and independently as they grow older. A range of activities are offered including sing a longs, therapeutic horticulture, and gentle structured exercise.*

*Free transport is provided via Tendring Community Transport for those who need it.*

Transport is one of the key challenges facing our communities who are most in need and especially as most of the communities are located around the coastal fringe often with poor interconnection. Similarly, there is a large rural area which is not served by strong support or road and transport links.

This Strategy recognises the opportunity to work across our different partners within the community by using existing relationships to support Harwich Connexions and Tendring Community Transport to help address issues around transport, and more widely with the opportunity provided by active travel. This is in line with the Sport and Activity Strategy, to identify opportunities to provide services close to where our residents live.

### The Essex Joint Health & Wellbeing Strategy 2022-2026

This Strategy aligns with the Essex Joint Health and Wellbeing Strategy (JHWS) which provides an opportunity for shared outcomes, and which has the following priorities:

- Improving mental health and wellbeing
- Physical activity and healthy weight
- Supporting long term independence
- Alcohol and substance misuse
- Health inequalities & the wider determinants of Health

Working with partners through local initiatives, the overall aim of the JHWS is to see an improvement in health and wellbeing outcomes for people of all ages, and a reduction in health inequalities, by having a focus on supporting poor health prevention and promoting health improvement.

### Essex Wellbeing, Public Health & Communities Business Plan 2022-2025

In addition to a focus on Mental Health, the business plan focusses on reducing the prevalence of the following key public health issues:

- Smoking
- High Systolic Blood Pressure
- High Fasting Blood Glucose
- High Body Mass Index
- High LDL Cholesterol
- Alcohol Use



Reducing the prevalence of these in our population will reduce the likelihood of developing certain life limiting long term conditions such as Heart Disease, Diabetes and Respiratory Disease.

### Essex Healthy Weight Strategy 2024-2034

The Strategy identifies how widespread and damaging excess weight is, that it can be preventable, and that it is not entirely a free choice for Essex residents to prevent and manage excess weight on their own.

The Strategy recognises that weight is objective, but a 'healthy' weight is more complex, so there is more to defining individual health than BMI alone.

Excess weight can be associated with many poor health outcomes including Heart Disease, Stroke, Type 2 Diabetes and Cancer. It is the greatest contributor to years of healthy life lost.

The reason why people become an unhealthy weight is complex, so mainly focussing on individual behaviour will not work. We need to also focus on the wider determinants, such as the local food and physical activity environment, which can hinder the ability for residents to be a healthy weight.



## Conclusion

The shared priorities highlight that the challenges that are faced in Tendring are shared across Essex, although often they may be more exacerbated within Tendring. This provides an opportunity for a greater focus from partners within the Tendring area and the potential to access future funding opportunities.

This Strategy seeks to support the promotion of safer, healthier, well connected and inclusive communities. This can be achieved by working with partners across government, public, private and third sectors. Existing relationships are well developed, for example via the joint funding of posts such as the Public Health Improvement Coordinator and close partnership working within the Alliance.

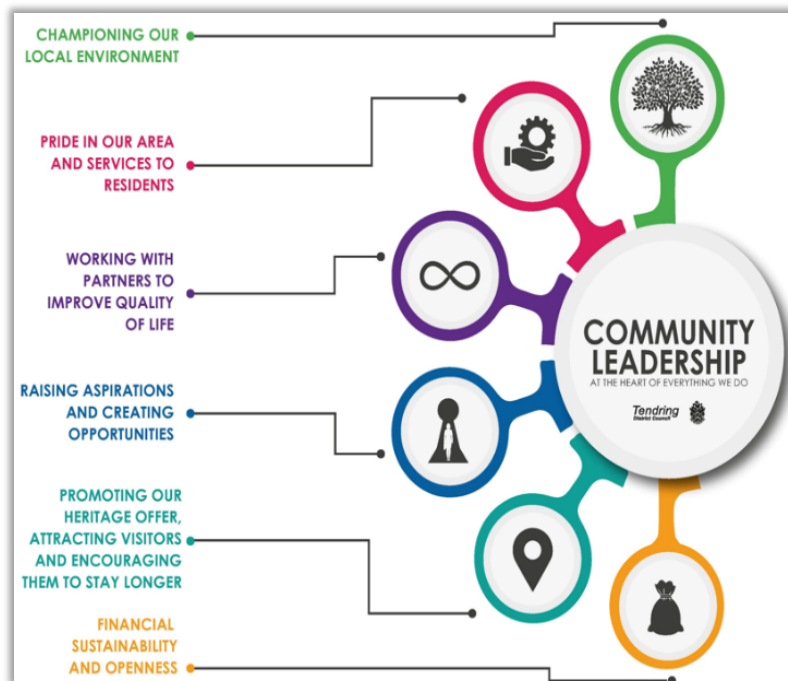
This Strategy is set amongst one of the most challenging times for many in society. A place-based approach allows alignment of system partners to deliver a range of improvements and support which collectively, will help to address health inequality as already evidenced by the improving Health Index score. Improvements in the **healthy** life expectancy of our residents, will also be a focus and a marker of our success.

IMAGE

## 6. The Corporate Perspective

The Council plays a key role in addressing many of the wider socio-economic factors and health behaviours including physical activity, skills and employment and housing and these are all strongly reflected within the Council’s Corporate Plan.

At the centre of the Plan is a theme of community leadership to help provide the opportunity to support communities where they are by working with them in an asset-based community development way and with a focus on a number of key areas.



More broadly there are a number of other Council strategies which are inextricably linked, and which specifically address the wider determinants of health and the wellbeing of residents



## Housing

Housing is a key determinant of health, and everyone in Tendring should have access to a home that meets their housing needs and provides a safe and healthy environment in which they can live. Sadly, this is not the case for some.

By supporting affordable housing provision, addressing poor housing and supporting sustainable tenancies the Council can effectively address a key determinant of health and wellbeing.

As a landlord of over 3000 homes the Council has a clear role in providing good quality homes and aims to set the standard for how affordable rented housing should be managed.

Homelessness is a problem in the district as it is in most others. The Council's Housing Solutions services work to support those who find themselves homeless. This service includes the provision of temporary accommodation and support to provide a more permanent home.

The quality and condition of housing, especially rented housing, is something that has been in the spotlight for a few years. The Council has an active Environmental Health service that works to ensure the safety of privately rented housing. This involves liaising with landlords and taking enforcement action where it is necessary to bring about an improvement in conditions.

A key project for the Council is the Jaywick Sands Healthy Homes service. Focusing on poor quality privately rented housing in the Brookland and Grassland area of Jaywick, this Health Alliance funded project aims to bring about an improvement to some of the poorest quality housing in the district.

By addressing poor housing and supporting sustainable tenancies the Council can effectively address a key determinant of health and wellbeing.

The purpose of the Housing policy clearly identifies this and includes such areas as:

- Provision of dry, warm and healthy homes for tenants and leaseholders
- A zero-tolerance approach to damp and mould and effective investigation and remedial work to eradicate it
- Provision of appropriate advice and guidance to tenants

The Damp and Mould Policy specifically recognises both the mental and physical health effects of damp and mould and how its prevention supports the management of some respiratory conditions. This will include childhood asthma, a key focus area for Alliance partners.

Between April 2023 to April 2024, the Council allocated 149 properties from general stock and 36 for sheltered housing. Tenancy support and advice is also provided to support residents maintain their tenancies which would otherwise directly affect their health.

**Image** - housing

## Planning

The Council has a Local Plan, which in an overarching way, can support the provision of appropriate housing, employment land and green space which is critical as the district's population expands. There are strategic objectives for Education and Healthcare which include:

- Working with Public Health to promote and encourage healthy lifestyles through developments and planning to ensure that the people of Tendring have opportunities to be as healthy as possible.
- Working with partners including Public Health, to avoid a concentration of fast-food takeaways, where the number of outlets would be likely to harm public health objectives, particularly in deprived communities, local areas of poor health and near schools.
- Require the provision of a Health Impact Assessment (HIA) on developments of 50 or more dwellings, residential institutions and non-residential developments with 1,000 square metres or more gross internal floor space.
- HIA's are to be carried out following advice and best practice from UK Health Security Agency and the Essex Planning Officers Association.

The Council is working with partners in Public Health to ensure that appropriate responses are made to HIA's to ensure they support residents' health and wellbeing.

The Local Plan is in the process of being reviewed and, amongst other things, it must be updated to reflect changes in Government policy and the introduction of mandatory housebuilding targets.

The updated Local Plan will need to identify locations to deliver an average 1,034 homes a year. This will require close working with partners to ensure longer-term strategies for the provision of medical and healthcare services are aligned. This will help to ensure that the likely patterns of future growth are planned for, and delivered in a way that is efficient, and supports the wider objectives of the Health and Wellbeing Alliance.

## Employment

The Council's Economic Strategy identifies the challenges the area faces, noting a decline in performance in Clacton and Jaywick and the importance of participation of communities and the need for long-term prosperity. Also identified is the importance of the port and visitor economy to Harwich and the opportunities within the care and green energy sector.

The objectives of the Strategy include targeting growth locations and sectors, supporting the skills agenda for residents, supporting innovation, and the importance of housing in driving the economy for a strong labour market and increased spending.

To help address some of these issues the Council has supported the regeneration of the beaches at Clacton, the Sunspot market site at Jaywick, the development of the diagnostic hub at Clacton Hospital, and leading the delivery of the £60 million Levelling Up Funding, which will see significant investment and opportunity in Clacton and Harwich and Dovercourt

The Council works alongside other local authorities and businesses in partnership to identify barriers to local economic growth and to stimulate a prosperous economic future for our District. The Economic Growth Team works to bring employment opportunities into the district.

Providing employment opportunities will directly impact the wider determinants of health as residents access employment and have greater income which leads to improved health outcomes.

## Physical Activity

The Council's Sport and Activity Strategy acknowledges the role that increased physical activity can have in improving general health and wellbeing and how it assists in combatting many serious conditions such as heart disease, strokes, diabetes and obesity.

The Council runs leisure facilities in Clacton, Dovercourt and Walton which have over 600,000 visits per year and includes staff who specifically work with those living with diseases such as respiratory conditions, diabetes and cancer. The Strategy has a broader approach and also focusses on how to support our communities becoming more active where they are.

The Strategy seeks to provide a framework for access to facilities and opportunities for activity across all age groups, and in particular recognises the need for a partnership approach which works closely with health partners.

The Sport and Activity Strategy is a key contributor in terms of how the Council will address some of the wider challenges facing the health of our population.

## Wider Council Provision

A number of services provided by the Council directly impact on the health and wellbeing of residents. These include the benefits team which helps support those on low income by, for example allocating £11,847,267.66 in 2023/24 to residents on low incomes.

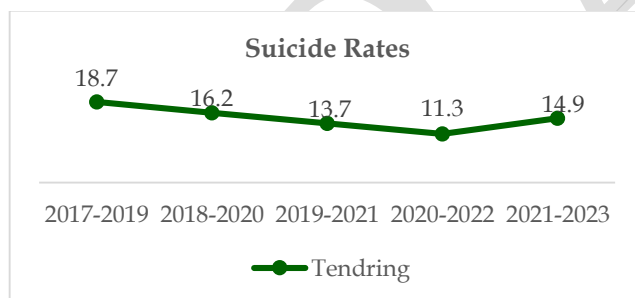
The environmental health team ensures the provision of safe food, air, water and environmental quality. Wider services also deal with complaints from residents which can severely impact their mental health for example around noise nuisance.

The Council has the potential to work with significant funding from government in terms of Levelling Up funding.

A number of projects have been developed which will have a huge potential impact on residents' health and wellbeing such as the potential for an inclusive cycling track, redevelopment in the civic quarter of Clacton based around the library and opportunities at the Leisure Centre.

Across the Council there is also the potential to help address some of the overarching issues for example around mental health and specifically suicide.

There is a high incidence of suicide within Tendring and this has historically been the case:



HM Coroner is the only person that can make a determination of suicide. Coroners verdicts often come sometime after the death, in some cases this can be a year or more later.

The latest figures show an increased level, highlighting that there is much work to be done, the figure is lower than the level seen in 2017-2019.

Besides a wider system approach working with partners to try to understand the actions that can be taken to address this, the Council has an opportunity to support and educate staff on how to recognise if someone has suicidal feelings and help to support them to receive help.

Previously Councillors have undertaken suicide awareness training and the Council also delivers mental health first aid training across services to help provide support to those in need.

A wider approach on addressing suicide has also been undertaken in line with partners with Essex County Council leading a group specifically focused on how partners can collaborate in North East Essex to help address the high incidence in the area which has led to this being a priority.

The Alliance has recently launched the Frontline Referral App, which health professionals can access and make referrals for support at a local level. Access to local support is important for those experiencing poor mental health. Residents can also access this, and in some cases self refer.

The SOS bus has been utilised by partners and located in Clacton and Jaywick. Key support partners were available to offer a range of advice and signposting for local residents.

The Council will continue to work with partners and facilitate initiatives that help to reduce the rates of suicide.

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## 7. Strategic Objectives

The key strategic objectives are as follows:

- Address the wider determinants of health including housing, physical activity, skills and employment and social isolation via a partnership place-based approach.
- To improve health and wellbeing and build resilience by working with partners to deliver support at a local place-based level.
- To work to provide opportunities for a healthier lifestyle for example around physical activity.
- Provide support and information for people to manage long term conditions.
- Work with partners to seek to deliver improvements in mental health, in particular for suicide reduction.
- Increase the healthy life expectancy of residents and continue to see improving Health Index Scores

### Scope

- To implement the Strategy there will be a focus on data available in order to understand the health and wellbeing of Tendring residents, the challenges faced and potential opportunities.
- A key factor of this Strategy is to further develop partnerships, particularly through the Health Alliance, to identify shared objectives and to work in a collaborative way to address these.
- There will be a focus on how we can influence the wider determinants of health to support residents to adopt healthier behaviours, leading to improved health outcomes.



## 8. Strategic Priorities and Delivery Plan

Based on the information gathered from data, insight gained through our partnership working, and in order to achieve our vision, our strategic priorities are set out below. Data is correct at time of publication.

### 1. Wider Determinants of Health

#### Focus on Tendring

- 28% of our neighbourhoods (Lower Super Output Areas) are within the 20% most deprived nationally
- Tendring has the highest level of economic inactivity in Essex and the lowest levels of gross income
- Educational Attainment levels are improving, but still the worst in Essex

#### What we will do

- Work with Partners to address the ongoing impacts of the increased cost of living to reduce the stress for those in fuel and food poverty.
- Work with colleagues and partners to look at employment to increase the opportunity for employment and educational attainment
- Work with partners to reduce barriers to healthcare

**Delivery:**

*In order to improve socio-economic factors that impact on the health of Tendring residents we will:*

Project	Details	Delivery/ Budget	Timescale
Employ a Fuel Poverty Officer until May 2025 (further funding currently being aligned)	To support families most in need to reduce fuel poverty, change to improved tariffs for better heating options, support insulation provision and increase benefits uptake	TDC Health Inequalities Fund	Short term
Provide a Family Solutions offer in Clacton and extend the provision using partnership funding to cover Harwich and work across the district	To support those children and families most in need and in particular those not accessing services, so they receive appropriate support and to develop a community forum to help bring support together within the community to provide ongoing support	TDC Health Inequalities Fund & TDC	Short term
Deliver a Housing Benefits and Early Intervention Officer post within the Children's social care team.	This post will provide bespoke housing and benefits advice and support to families who do not engage, as part of a wider multi-disciplinary team who can deal holistically with family's challenges.	TDC Health Inequalities Fund	Short - Medium term
Support the Tendring Education Strategic Board to deliver improvements in terms of skills and attendance to ensure young people obtain skills which can be matched to employment opportunities when they leave school	Work in conjunction with the Economic Growth Team to hold employer engagement events and reverse jobs fairs and science, technology, English, arts and maths (STEAM) events to inspire young people around career opportunities. To understand the potential future employment opportunities and link these to the skills agenda.	Officer time	Short - Long term
Access partnership funding to support the employment of two Community Support Employments Officers to work with the Job Centre	To provide holistic support to those furthest from the jobs market.	Department of Work and Pensions funding	Short - Long term

Apprenticeships	To continue to deliver apprenticeships and consider working with other providers and employers such as Colchester Institute, East Suffolk and North Essex Foundation Trust and Career Track to deliver further apprenticeships	TDC  Essex County Council- Public Health	Short - Long Term
Use partnership funding to help deliver housing and environmental improvements in Jaywick	To improve residents' accommodation addressing hazard such as excess cold and damp which could for example lead to childhood asthma and to help build community pride and resilience	TDC and Health inequalities funding	Short - Long Term
Work with partners including our Health Alliance to deliver a place-based approach	Focus on key issues affecting our neighbourhoods particularly around the wider determinants of health and using a joint approach to improve resident's lives and reduce barriers to healthcare	TDC/Health Alliance Officer time  Budget to be determined	Short - Long Term
Planning	Work with colleagues in planning in relation to the Health Impact Assessments to create healthy places and seek to improve the obesogenic environment by reducing the number of fast food outlets	Officer Time	Short - long term

## **2. Improving Wellbeing & Resilience**

### **Focus on Tendring**

- The estimated prevalence for mental disorders in Tendring is 17.1 compared to the regional figure of 14.9.
- In those aged 65+ the estimated prevalence for mental disorders in Tendring is 11.5 compared to a regional figure of 9.5.

### **What we will do**

- Work with partners across the system to encourage improved mental health to build resilience and help residents to live a more fulfilled life.
- Seek to influence partners to bring in investment into the area to support improved mental health
- Continue to support Wellbeing Hubs in Schools

**IMAGE**

**Delivery:**

*In order to improve wellbeing and build resilience we will:*

Project	Details	Delivery/ Budget	Timescale
Wellbeing Hubs in Schools	Continue to support 33 Wellbeing Hubs in primary schools across North Essex to help children and families build emotional resilience and wellbeing and to develop materials to help share the learning and support future hubs.	TDC/Partners.  Budget to be determined	Short - Long Term
Integrate Physical Activity into Wellbeing Hubs in schools	Invest in a training programme to upskill the leads at the wellbeing hubs and provide resources to deliver physical activity integrated sessions. To enhance health and wellbeing outcomes further.	TDC/Active Essex  Budget to be determined	Short-  Long Term
Mental Health Hub	To support delivery of a mental health recovery programme as a single point of access to provide holistic assessment and intervention for vulnerable residents who have ill mental health	TDC/Partners  Budget to be determined	Short - Long Term
Dig For Jaywick and other gardening initiatives	Deliver the Dig 4 Jaywick project within Jaywick to provide therapeutic activities for those with learning difficulties or ill mental health, raising self-esteem, addressing social isolation and providing an opportunity to volunteer. In addition to seek to support wider gardening initiatives in the community.	TDC  Public Health funding & external funding to be determined	Short - Long Term
Information and Advice provision	To allocate funding via a procurement approach to help residents access services	TDC Time Officer	Short – Medium Term

### **3. Encouraging a Healthier Lifestyle**

#### **Focus on Tendring**

Physical Activity levels in adults has fallen to 61.3% compared to the Essex average of 67.9%

- 26.1% of reception children are overweight including obesity which is the highest in Essex and in year 6 it is 36.1% which is the third highest in Essex
- However, 62.2% of adults are overweight including obesity compared to a regional average of 68%

#### **What we will do**

- Work with colleagues to Improve physical activity across all ages and encourage a healthy diet, which will help residents to avoid developing certain preventable illness
- Work with the community to enable residents to try new activities and meet new people.
- Encourage those with long term conditions to stay well and live independent lives

IMAGE

Delivery:

*In order to support residents to adopt a healthier and more active lifestyle we will:*

Project	Details	Delivery/ Budget	Timescale
Active Outdoor Gym	Designed to prevent falls and rehabilitation to those in need. Situated at York Road Holland on Sea.	£65,000 – Sport England funded	Short - Long Term
Park Play	Continued support of Park Play located across the District	Officer time	Short - Long Term
Essex Pedal Power	Continue to provide support for Essex Pedal Power to provide a free quality bike to support residents to become more active, access work and cheaper food.	Officer Time	Short – Long term
Place based work in line with deepening funding from Sport England	Build on the legacy of the Local Delivery Pilot and developing place-based working to continue to deliver work to increase activity levels in our deprived communities for example, by building capacity within the Council but also within our community partners	TDC/Active Essex  Budget to be determined	Short – Long Term
Essex Healthy Weight Strategy	Work with Public Health partners to support delivery of the strategy across Tendring, including the Bite Back scheme being undertaken at Tendring Technology College	Public Health Essex	Short – Long Term
Active Wellbeing across Tendring	To expand the Active for Life programme to other communities in Walton and Dovercourt. To facilitate connection with health care and support services at the proposed Active Wellbeing Hub at Clacton. For example, offering the chance for flu vaccinations/ health checks etc to be held on days when activities are taking place. Expansion of the Reconnect Programme currently operating from Clacton Leisure Centre, to other areas of the District. Activating the wider Active Wellbeing Hub including the creation of a new £1.4 million inclusive cycling facility, mainly funded through the Government Levelling Up programme.	TDC/Active Essex  Budget to be determined	Medium – Long Term

#### **4. Improve Long Term Condition Prevention and Management**

##### **Focus on Tendring:**

- COPD in Tendring is 3.0% compared to the regional figure of 1.8
- Childhood asthma prevalence in Tendring is 4.5% compared to the regional figure of 3.0%
- The Prevalence of Hypertension in Tendring is 20.5 compared to the regional figure of 15.5
- The % of people over 17years with Type 2 Diabetes is 9.8% compared to the regional figure of 7.4%

##### **What we will do:**

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

IMAGE



Delivery:

*In order to ensure that residents living with long term conditions are able to live independent and fulfilling lives we will:*

Project	Details	Budget	Timescale
Sing for Lung Health	Work with local community choirs to support those living with certain respiratory conditions to lead fulfilled and independent lives	TDC  Public Health Grant Costs to be determined	Short - Medium term
Know Your Numbers	Deliver initiatives to encourage residents to have regular blood pressure checks to detect Hypertension	TDC  Public Health Grant – Cost to be determined	Short – Long Term
Childhood Asthma	Work with partners to deliver health messaging and utilise housing interventions to determine risks around excess cold and dampness and provide an appropriate response	Health Alliance/TDC  Public Health Grant – Cost to be determined	Short – Long Term
Falls Prevention	Seek to improve strength and balance for those at risk of falls through provision of suitable activities and connection to partners for support. The Active Aging Gym will also support those to help prevent falls. Housing inspections to identify slip and trip hazards and take remedial actions	Health Alliance/TDC  Public Health Grant – Cost to be determined	Short – Long Term
Type 2 Diabetes	Work with partners to deliver health messaging	Officer Time	Short – Long Term
Long Term Condition management and prevention	Use data and insight to influence partners as to the best use of financial and wider resources in the District	Officer Time	Short – Long Term
Community & Voluntary Sector Partnership	Support the community and voluntary sector to help those with long term conditions	Officer Time	Short – Long Term

Jaywick and wider housing interventions	To have a focus on addressing damp and mould in Council and leasehold properties to seek to reduce respiratory conditions	Officer Time	Short – Long Term
Activating a Health Creation System through Place Partnerships	Support the North East Essex Health & Wellbeing Alliance to implement and embed bold and ambitious place-based systemic action, Including: Preventative Health creation in neighbourhoods - Developing hyper local integrated place partnerships models alongside communities.	TDC/Active Essex  Budget to be determined	Medium-Long term

**IMAGE**

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## 5. Suicide Prevention

### Focus on Tendring

- Tendring has the highest rate in Essex for suicide at 14.9 compared to the regional figure of 8.8.
- Tendring has the highest rate of emergency admission due to intentional self-harm at 134.7 compared to the regional figure of 98.

### What we will do:

- Work with partners to understand the issues around suicide locally.
- Work with partners to determine proactive actions that can be taken to help deliver effective interventions in relation to suicide

### IMAGE

*Delivery – in order to help build wellbeing, support and resilience*

Project	Details	Budget	Timescale
Funding Allocation	Consider allocating some of the public health grant for open call for community projects to apply for funding. Projects will be required to meet set criteria and must have a focus on suicide prevention work	ECC public health grant	Short- Long Term
Dual Diagnosis	To engage with the dual diagnosis team that provide support to those with a dual diagnosis of dependencies and poor mental health	TDC/Health Alliance  Budget to be determined	Short - Long Term
Essex County Council Strategies	Working with partners including Health and Essex County Council to determine strategies that support the reduction of suicides.	TDC -Officer Time	Short – Long Term
Community Support	Connect with groups who seek to improve wellbeing with a focus on suicide prevention in all age groups and feed this back to the Community Safety Partnership and Health & Wellbeing Board.	Officer Time	Short – Long Term
Training and Development	Work with partners to understand how suicide prevention work can be effective. Including training and development. Offer Mental Health First Aid training to staff which includes suicide training	TDC Partners	Short-Long Term
Partnership Working	Support the delivery of the North East Essex Suicide Prevention Operations Action Plan. Southend Essex and Thurrock (SET) Suicide Prevention Partnership aim to reduce the rate of suicide across greater Essex. Also providing support for those left behind. We will work to support this.	Partners  Officer Time	Short-Long Term
The Sanctuary- MIND Mid and North East Essex	Support the delivery of the Sanctuary in Tendring, who work to support those experiencing a mental health crisis or need support to stay well. Seek to increase opportunities for more activities and events in Tendring.	Partners  Officer Time	Short – Long Term

**IMAGE**

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## Appendix 1- Strategy Alignment & Partnerships

Essex Joint Health & Wellbeing Strategy 2022-2026

[Essex Joint Health and Wellbeing strategy | Essex County Council](#)

Essex Healthy Weight Strategy

[Essex Healthy weight strategy 2024 to 2034 | Essex County Council](#)

Wellbeing, Public Health & Communities Business Plan 2022-2025

[Wellbeing, public health & communities business plan 2022 - 2025 \(essex.gov.uk\)](#)

Can Do Health and Care- Suffolk and North East Essex Integrated Care Strategy 2022

['Can Do' Health and Care - Suffolk & North East Essex Integrated Care System \(sneeics.org.uk\)](#)

Suffolk & North East Essex Integrated Care Board- Joint Forward Plan 2024-2029

[Joint Forward Plan 2024 - 2029](#)

Tendring Economic Strategy

[Regeneris Report \(tendringdc.gov.uk\)](#)

Tendring Creative & Cultural Strategy

[Tendring Creative and Cultural Strategy 2019 - 2024 \(tendringdc.gov.uk\)](#)

Tendring Local Plan

[LOCAL PLAN SECTION 2](#)

Tendring Sport and Activity Strategy (link to be inserted)

North East Essex Place Based Plan (emerging)

### Partnerships

North East Essex Health Alliance

Essex County Council

Tendring Education Strategic Board

Tendring Future Skills Board

Community Voluntary Service Tendring and the community sector

Integrated Care Board

Active Essex

## Appendix 2 – Data

### Disease 2022/2023

#### Stroke – **2.7%** ( Essex - 1.9)

The percentage of patients with stroke or Transient Ischemic Attack as recorded on practice disease registers (proportion of total list size) **up 0.1** 2021/22

#### Diabetes - **9.8%** ( Essex - 7.4%)

The percentage of patients aged 17 years and over with Diabetes Mellitus as recorded on practice disease registers. **Up 0.3** 2021/22

#### Coronary Heart Disease – **4.5%** (Essex 3.%)

The percentage of patients with Coronary Heart Disease as recorded on practice disease registers. **Stable** 2021/22

#### Chronic Obstructive Pulmonary Disease (COPD) - **3%** (Essex - 1.86%)

The percentage of patients with COPD as recorded on practice disease registers. **Stable** 2021/22

#### Chronic Kidney Disease – **7%** (Essex - 4.6%)

The percentage of patients aged over 18 yrs with CKD stages G3a to G5 as recorded on practice disease registers. **Up 1.3%** 2021/22

#### Hypertension – **20.5%** (Essex- 15.5%)

The percentage of patients with established hypertension as recorded on practice disease registers (proportion of total list size) **Up 0.5%**

#### Cancer – 5.1% (Essex 3.6)

The percentage of patients with cancer as recorded on practice disease registers. **Up 0.8%**

#### Dementia – **1.27** (Essex 0.84)

The number of people on GP practice registers as a proportion of the people registered at each practice. **Stable** 2021/22

#### Osteoporosis - **0.46%** (Essex 0.49)

The percentage of patients aged over 50 as recorded on practice disease registers. **Up 0.1%** 2021/22

Type 2 Diabetes 9.8 (Essex 7.4) The percentage of patients aged 17 yrs and over as recorded on practice disease registers **up 0.3**

Source: [JSNA Health Outcomes - Length and Quality of life dashboard | Essex Open Data](#)

**IMAGE**

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