

Update to Community Leadership Overview and Scrutiny Committee in respect of addressing poor mental health and its drivers and actions to address aspiration under the Health and Wellbeing Strategy.

Tendring Health & Wellbeing Strategy

The newly approved Health & Wellbeing Strategy outlines how the Council works with our partners to deliver a preventative and wider determinants approach based on data and insight in order to support residents to live healthier, fulfilled and independent lives for longer. Within the strategic priorities are ***Addressing the Wider Determinants of Health*** which focuses on improving the wider issues that impact health outcomes including deprivation, employment, educational attainment, housing and social isolation. Another strategic priority focuses on ***Encouraging a Healthier Lifestyle*** which includes supporting people to become more physically active, where we know that physical inactivity has a negative impact on mental health. Another strategic priority focuses on ***Improving Wellbeing and Resilience***, recognising that Tendring has higher rates of poor mental health than many other areas and that by taking a preventative approach, particularly with young people, we can strengthen their resilience and establish aspiration to succeed and confidence to prevent poorer mental health in the future.

Wellbeing Hubs in Primary Schools

The Council supports 30 Wellbeing Hubs in primary schools across Northeast Essex which help children and families build emotional resilience and wellbeing and develop materials which allow the learning to be shared to support future hubs. Recently this has expanded to include investment in a training programme to upskill teaching staff to integrate physical activity into the Hub sessions to further enhance health and wellbeing outcomes. This pilot in 8 Hub schools, is funded by the Active Essex Foundation.

Tendring Junior Ambassador Project

This funded project is aimed at encouraging children below senior school age to become more involved in their community, build resilience, and share experiences. Children in year 5/6 are invited to take part and then come together and share their thoughts and feelings at an event at the Town Hall. The project aims to provide new and challenging experiences for children, to encourage children to build resilience and emotional wellbeing through shared experiences and to encourage an awareness of cultural diversity and to respect each other's cultures and values. In 2024, 17 primary schools took part, a total of 665 children.

Citizens Advice Tendring Mental Health Hub

The Council provides funding 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. Building the skills and confidence of participants who volunteer at a shop in Clacton in order to support them into employment in the longer term.

Dig4 Jaywick Community Garden

The Council supports the delivery of the Dig4 Jaywick project which provides 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 supporting wider gardening initiatives in the community. New Community Regeneration

Partnership funding will help deliver equipment and a classroom at the Dig4 Jaywick site which will provide an opportunity to engage more broadly with residents including young people.

Advice and Guidance service for Tendring

Funding the delivery of an advice and guidance service for the whole of Tendring. The service will offer confidential and impartial online and in-person support on a range of issues such as benefits, housing, consumer issues and debt and money advice.

Partnership working in suicide prevention

Working in partnership on suicide to inform and deliver interventions aimed at prevention and the reduction in incidents. Suicide prevention interventions are informed by a range of data and insight, including Real Time Suicide Surveillance (RTSS) and Office for National Statistics data. This insight allows us to respond to changing trends. One intervention example is the installation of crisis support signs at Stone Pier in Harwich which is considered to be a site of high risk for those suffering mental health crisis and suicidal ideation. The Council will continue to connect with and support 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.

Fella's Forum

Funding to support a Fella's Forum for Harwich, delivered by Healthwatch Essex - an early intervention programme of support targeted at men with the aim of reducing rates of suicide. The forum is set up to bring men of all ages together where they can discuss their physical, mental health, their interests or anything else that is on their mind. This will be a timely piece of work in an area of Tendring where we know there are currently high rates of suicide.

The Sanctuary - MIND Mid and North East Essex

Support the delivery of the Sanctuary in Tendring by being an effective partner. The Sanctuary work to support those who work to support those experiencing a mental health crisis those who need support to stay well. The Council will help seek to increase opportunities for more activities and events in Tendring.

Active Outdoor Gym

Installation of an Active Aging Outdoor Gym in Holland-on-Sea specifically designed to build strength and balance to reduce the risk of falls, suitable for all ages. Community activation funding has also supported the delivery of weekly strength and balance sessions at the site.

ParkPlay

The Council has supported the set-up of ParkPlay at four locations across Tendring. Participants take part in free games and activities for all ages at local green spaces every Saturday morning, run by local community members.

Essex Pedal Power - Clacton & Jaywick and Harwich & Dovercourt

The Council continues to support the large-scale project Essex Pedal Power which provides free quality bikes to support residents to become more physically active, and to better

access their local area, employment and education opportunities. Since launching, Essex Pedal Power has made a positive impact to the lives of those who have received a bike, as well as creating new community cycling groups, a cohort of volunteers and regular learn to ride training sessions. Statistics show that riders have increased their life satisfaction score, decreased their anxiety score, and significantly decreased their car journeys.

PlayZones

Four new PlayZones will be developed across Tendring at Clacton Leisure Centre, Dovercourt, Jaywick Sands and Walton-on-the-Naze. These sites will provide accessible and inclusive outdoor spaces for a range of sports and physical activities all year round.

Active Wellbeing funding

The Council is developing a new grant scheme which will support projects that deliver outcomes across the shared objectives of Sport & Leisure and Health & Community, including increased levels of physical activity, community engagement and resilience, reduced levels of social isolation, increasing aspiration in sport and more broadly as well as supporting long term condition management and prevention. The Health and Wellbeing Strategy is closely aligned with the Sport and Activity Strategy, both of which aim to support healthy lifestyles by improving physical and mental health.

Jaywick Healthy Housing Team

A key initiative delivered by the Council to improve housing and environmental conditions in Jaywick through enforcement, landlord engagement and tenant support by a team working in the community. Strong integration with the work of our health partners at the Alliance. The project has links with local GP practices, the Acute Respiratory Infection Hub, and social prescribers to build a referral process that can support people with their health alongside their housing conditions.

Tendring Younger Persons Crucial Crew

The Tendring Younger Persons Crucial Crew is an annual event aimed at Year 6 pupils. It provides interactive, scenario-based learning to help children understand how to stay safe and make informed choices, including personal safety, health and wellbeing.

Tendring Education Strategic Board (TESB) & Tendring Future Skills Partnership

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

Tendring Future Skills Partnership – was established as part of the work of the TESA, with a focus on developing young people's skills and raising aspirations to give them the best chance of accessing the opportunities that they aspire to. Helping them to understand the career opportunities available and assisting them to take up those opportunities by working with schools, education providers and employers.

Working with partners, recent activities to support the priorities of the Tendring Future Skills Partnership have included STEAM events (science, technology, engineering, arts and maths) for primary school children. Supporting the My Future, My Tendring programme

(raising career aspirations through online workshops delivered by entrepreneurs/professionals from varied occupations/employment sectors). As well as funding for a mentoring programme in secondary schools to support young people (identified by schools) who would benefit from additional support at the post 16 phase.

Housing and Benefits Early Intervention Officer

The Council funds a Housing and Benefits Early Intervention Officer who provides specialist resource and expertise to support Tendring's most vulnerable families as part of a multi-disciplinary team. This post provides 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 families' challenges. Housing and benefits support has been a hugely successful addition to the team and this specialism supports at least 72% of referrals, over 60 of whom have been homeless or on the brink of homelessness.

Fuel Poverty

The Council funds a Fuel Poverty Officer who works within the Jaywick Energy Hub to deliver impartial and accurate advice and guidance to Tendring residents including families facing financial hardship with respect to fuel poverty. More than 84 clients supported so far, the majority from CO15 (Clacton & Jaywick).

Family Solutions

The Council supports funding Family Solutions provision across the district. Family Solutions officers support those children and families most in need and in particular those not accessing services, so they receive appropriate support. This work includes the development of a community forum to help bring support together within the community to provide ongoing support.

Community Transport Buses

Through a grant process, the Council has the delivery of increased community transport via the provision of additional mini buses. Two of the buses will provide local community transport and one will support the provision of transport for 10–18 year olds facing difficult personal circumstances to access alternative education and support services.

Aspiring Athlete Programme

The Sport & Leisure Team are welcoming applications for the Aspiring Athlete programme, supporting young performance level sportspeople with access to free gym & swim training facilities at the council's leisure and health centres and free physiotherapy at the University of Essex.

UK Shared Prosperity Fund – Sports & Activity Grants

The Council are delivering Sports & Activity Grants aimed to fund after-school sport for young people in Tendring, inclusive access to grassroots sports participation, as well as developing coastal physical activity programmes for community groups. Working in partnership with community providers has allowed the council to fund sporting and recreational initiatives for at-risk/isolated community groups.

Sport & Leisure Strategic Funding

The Sport & Leisure Team will be launching the first year of funding grants for sport and activity to deliver on the council's Sport & Activity Strategy until 2028. The strategic outputs of these funding opportunities will create strong partnerships with local community groups/clubs to address health inequalities and a sense of place through physical activity.