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North East Essex Live Well Funding Engagement Event

January 2023

North East Essex Live Well Tree

Our Live Well Domains and the outcomes they are designed to deliver



The work of these teams will continue to be central to our approach to delivering change in North East Essex

Live Well Domain – CCG and Partner Aligned Programmes of Work

Cross Cutting Themes = Reducing inequalities – Housing – Transport – Social Isolation – Financial Resilience –
Neighbourhood Development – Digital

Alliance Partnerships development = Integration - Outcomes and reporting - Covid Recovery Oversight - Voluntary Sector development - Anchors

Start Well Lee Bailey

- CYP EWMHS
- Education attainment /Ready for school
- Early learning and Health visiting
- Children's Asthma (ESNEFT)
- Children's Weight Support (ESNEFT)
- Maternity and Neonatal support
- SEND
- CYP safe and fulfilling lives
- Children's Hospice care



Feel Well – George Davison

- Adult MH Programmes
- Suicide prevention
- LD and Autism Programmes
- Reducing Loneliness
- Connected communities
- Community Micro Enterprises
- Alcohol and drug task support



Be Well – John Fox / Michelle Tarbun

- | | |
|--|--|
| ▪ Prevention /
Healthy Lifestyles | ▪ Management
Sports Local |
| ▪ Personalisation and
PHB | ▪ Delivery plan
Clacton place and
Healthcare Academy |
| ▪ Primary Care and
PCN development | |
| ▪ Social and Green
Prescribing | |
| ▪ Adult Obesity and
weight management | |
| ▪ Population Health | |



Age Well – Mark Shorter / Lynn Stimson

- Improved life expectancy >65
- Frailty
- Dementia
- Care homes support
- Falls prevention
- Carers
- NICS, UCRS and community care



Stay Well – Christina Collins / Bobby Jones

- Reablement, D2A, Discharge and Home first
- LTC management (including Diab, Resp, CVD, Stroke, Neuro)
- Cancer
- Oral and Eye Health
- Planned and non emergency Care
- Emergency care – Front door and Right Time, Right Care, Right Place



Die Well – Karen Chumley

1. Each person is seen as an individual
2. Each person gets fair access to care
3. Maximising comfort and wellbeing
4. Care is co-ordinated
5. All staff are prepared to care
6. Each community is prepared to help.



Our neighbourhoods share common challenges but are unique. We need to focus on supporting them to address their individual needs

Colchester North

- Rural character
- Largest number of individual community response groups/online assets formed or promoted through the Covid1-19 pandemic
- Prominent sports centres – including Colchester United in the area and highest number of community halls

Colchester Central

- Demographics changing; location of greater part of veterans and armed forces population
- Faith groups very active
- Highest take up of Citizens Advice Services in Colchester
- MH peer group and formal service concentrated here (pre Covid)

Colchester South

- Distinct character of different wards and varying take up of community support services
- Centres of significant activity – i.e. West Mersea and University
- Highest BAME populations by ward and lowest; older populations in Mersea and younger populations centred around University
- Key assets include green prescribing, leisure and community cohesion – i.e. interest groups

Tendring West

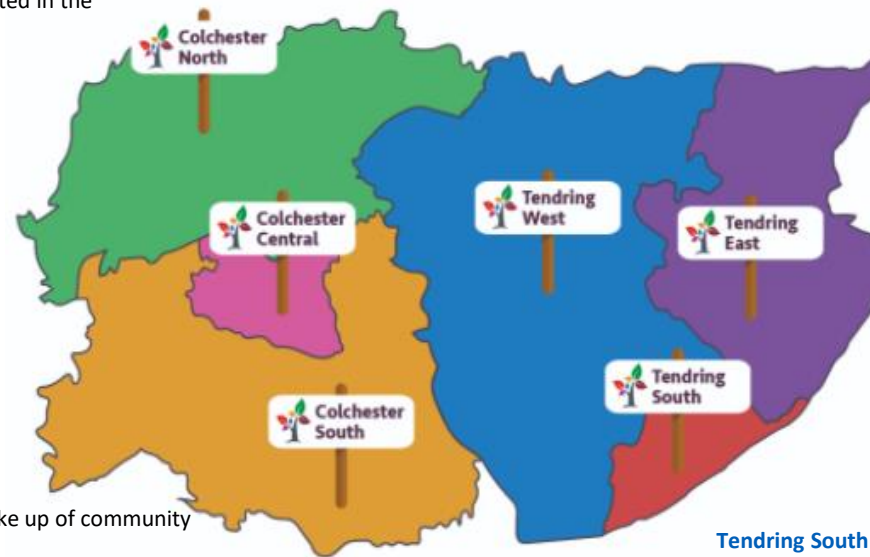
- Highest levels of pupil attainment
- Highest levels of car ownership
- Strong rural communities
- Lowest levels of vulnerability from Covid-19

Tendring East

- Public transport links are poor – geographical isolation
- Strong community in Harwich & Dovercourt
- Poor educational attainment – lack of affordable facilities for children and young people
- Run down coastal towns
- Changing population – citizens moving in

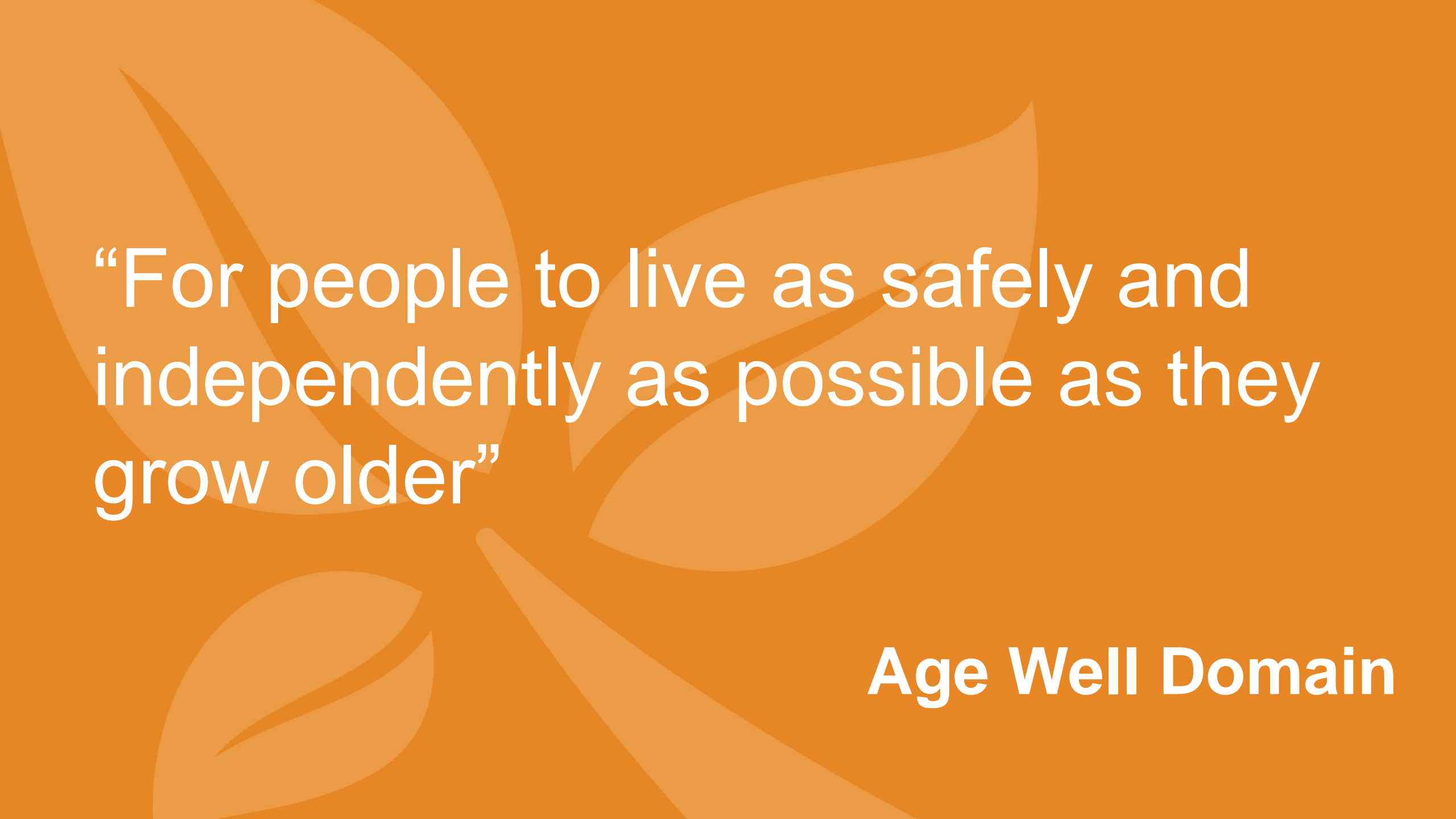
Tendring South

- Lowest life expectancy in Essex – all bottom 10 LSOAs in Tendring are in this neighbourhood
- Concentration of services – MH, homelessness, drug & alcohol – highest demand for services
- Poor educational attainment
- Highest % of older people living alone



Overarching Criteria

- All applications must be able to demonstrate that they will support and offer a solution that reflects and contributes to the overarching outcomes and priority areas listed.
- Encourage partnership working.
- Projects will need to demonstrate an exit strategy.
- Funds can be used for capital and/or revenue.
- Please highlight whether your project covers Colchester, Tendring or both.
- Projects can run for up to two years from funding allocation date.

The background of the slide is a solid orange color. Overlaid on this background is a large, stylized graphic of a plant with several broad, rounded leaves. The leaves are rendered in a lighter shade of orange than the background, creating a subtle, layered effect. The leaves are arranged in a way that suggests growth and vitality.

“For people to live as safely and
independently as possible as they
grow older”

Age Well Domain

Age Well

Population projection (2021 census)

Tendring 148,287

Colchester 192,700

Split of approximately 51/49%
F/M in both areas

Number of Older People (65 plus years)

Tendring 43,900

Colchester 34,300

% of population over 65

Tendring 29.6%

Colchester 17.8%

Full Problem Statement

Older people can have complex health and social care needs, long-term conditions, functional, sensory or cognitive impairment, and are the highest cost and volume group of service users. With dementia accounting for more expenditure than heart disease and cancer combined, it is important that we prevent frailty, and further deterioration in those that are already frail within our population.

Physical activity in older adults is also below the national average in both Tendring and Colchester, which we know results in increasing or worsening frailty conditions, resulting in more falls and subsequent reliance on emergency services which are already overstretched.

We recognise that many older people in crisis with frailty will manage better in the home environment, but only with support systems which are suitable to fulfil all their health and social care needs. Quite often this will fall at the feet of family or friends initially to support with care arrangements, therefore it is important to enhance access to support for carers who provide such an important and pivotal role in keeping the older population safe at home.

30% of people in Tendring and 10% of people in Colchester are living in the most deprived quintiles, and with the cost of living crisis causing older people not to heat their homes, or eat nutritional food, their health is deteriorating more rapidly purely due to financial constraints.

Age Well

Outcome:

For people to live as safely and independently as possible as they grow older

The purpose of the Age Well fund is to address the priority outcome:

- For people to live as safely and independently as possible as they grow older

The Funding can be used to:

- Improve levels of physical activity in older adults >65
- Improve outcomes for carers – specifically advocacy and/or respite
- Cost of living – specifically support for vulnerable older adults to deal with practicalities
- Improve mental health for older adults >65

Suggestions on how these priorities can be achieved:

- Giving people the skills and tools to know how, and where to access the support they need to remain independent (develop signposting systems/health pathways for people)
- Work with older people in our communities at risk of becoming frail, or who are already frail to access the right support in a timely manner
- Deliver innovative physical activity sessions for older people
- Work directly with carers to develop individual respite solutions that fit around a person caring role
- Provide an accessible advocacy service specific to carers to support their needs
- Develop practical solutions to tackle the ongoing cost of living crisis for older vulnerable adults

Age Well

Outcome:

For people to live as safely and independently as possible as they grow older

Fund Value

- Total funding available is £249,000
- Tendring District = £127,000 – Colchester District = 122,000

Applications

- Grants starting from £5,000 up to £50,000.
- Grants over £50,000 will be considered but would encourage a partnership approach.
- All funding will be allocated by November 2023 and all funds distributed by March 2024

Projects

- Will run for up to 2 years from funding allocation date

Who Can Apply

- The grant fund invites applications from not-for-profit organisations and public sector partnerships

Age Well

Outcome:

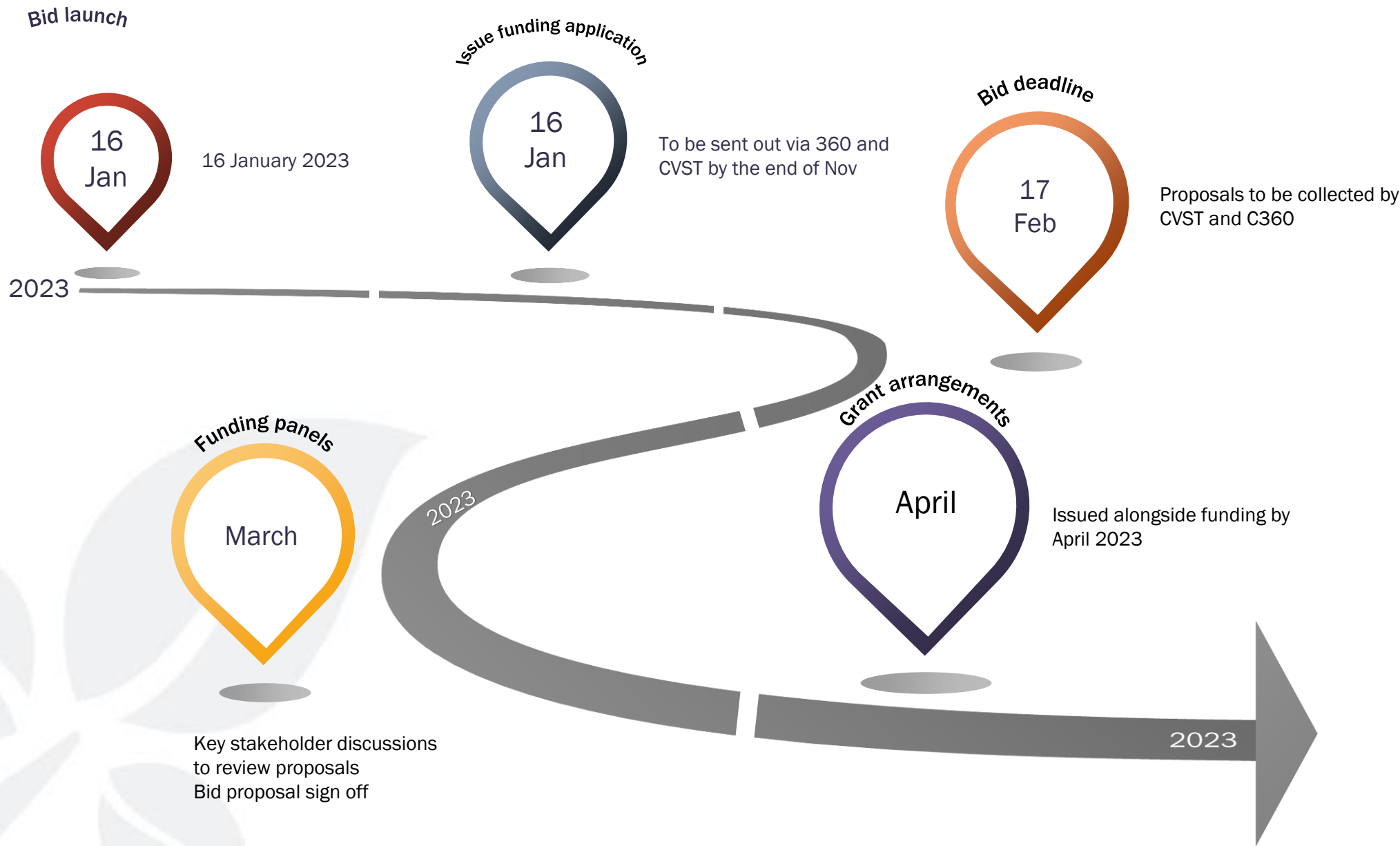
For People to live as safely and independently as possible as they grow older

How it will be managed?

C360 and CVS Tendring, the local infrastructure organisations for Colchester and Tendring are providing administrative support for managing the funds and development of applications.

The Age Well Domain Steering Group have established a funding panel from system partners that will assess, evaluate and award grants based on the criteria set and the outcomes the programme of work is looking to achieve

High Level Delivery Timeline



A 3D illustration featuring a single red puzzle piece standing vertically on a grey puzzle floor. The red piece is positioned in the center-left of the frame, with its top surface facing the viewer. The text "Q & A" is printed in a large, white, sans-serif font across the top of the red piece. The background consists of a grid of grey puzzle pieces, some of which are slightly raised or recessed, creating a sense of depth. The lighting is soft, casting gentle shadows on the surrounding pieces.

Q & A

Thank you!



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