



**Joint Health Improvement Team
Annual Report 2020-2021**

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Introduction

Our Joint Health Improvement Team (JHIT) Annual Report for 2020-2021 provides a snapshot of key pieces of work during the last 12 months. Our overall aim is to reduce inequalities in health by promoting good health throughout the life stages; building capacity and capability within our communities and workforce and creating healthier future for all.

We have aligned our report to Scotland's Public Health Priorities and to provide an update on the key work areas highlighted in last year's report. The new management structure within JHIT has been confirmed since January 2021 and we have also had a significant change following Barbara Jessop's, Health Improvement Specialist Maternal and Infant Nutrition decision to retire at the end of March following a long and successful time in the team.

While some programmes of work continued during the COVID-19 pandemic, all areas of delivery were adapted in response to COVID-19 guidelines and social distancing required. As well as adapting practice in relation to our core work all members of the team have contributed to the COVID-19 response through leading new programmes and services; supporting delivery and providing evidence based advice.

I am very proud of the way that the team have responded positively to adapt to changes not only in what we do but how we do it. JHIT colleagues have delivered one-to-one interventions; developed and delivered group work and training and also hosted a community engagement event on virtual platforms while working from home. We have built stronger links with existing and new partners and had to find ways of keeping in touch and supporting each other.

JHIT staff have demonstrated their skills, flexibility and passion to make a difference for people in Borders and I hope that this report brings the flavour of the successes achieved by JHIT despite a year of significant challenge.

Fiona Doig

Head of Health Improvement/Strategic Lead Alcohol and Drugs Partnership

Joint Health Improvement Team (JHIT)

JHIT is part of NHS Borders Public Health Department and the staff team includes members from both NHS Borders and Scottish Borders Council.

Our team is led by the Head of Health Improvement/Strategic Lead Alcohol and Drugs Partnership.

We have three lead roles who support their dedicated teams in the following areas:

Public Health Lead for Children and Young People/Child Health Commissioner

- Maternal and Infant Nutrition
- Child Healthy Weight
- Children and Young People's Emotional Health and Wellbeing
- Healthy Relationships

Health Improvement Lead for Adults and Health and Social Care

- Wellbeing Service
- Adult Mental Health and Wellbeing
- Health Promoting Health Service

Health Improvement Lead for Communities and Vulnerable Groups

- Healthy Living Network
- Older People
- Training and Development
- Community Justice
- Poverty and Inequalities

This work is delivered with the support of our Administration Team and Data and Performance Officer.



JHIT COVID-19 Response



The way JHIT delivered its work changed significantly during the year, however, we also made a significant contribution to the direct COVID-19 response from March 2020 and, while some staff returned to the team over the course of the year, we did not have our full staff complement return until April 2021. JHIT staff led the development of three new areas of work:

Shielding

Shielding co-ordination was led by the Head of Health Improvement and supported by Public Health and wider colleagues including staff from Scottish Borders Council. This involved ensuring timely addition of new people to the shielding list; ensuring referring colleagues were aware of criteria and processes and liaising with Scottish Borders Council. In addition, to ensure people who were shielding understood what this involved and were able to access support, over 2100 calls were made to individuals during April - May 2020. The shielding list is still maintained by Public Health staff.

Community Infection Control Advisory Service (CICAS)

The CICAS team was set up by the Public Health Lead for Children and Young People/Child Health Commissioner as a direct response to the need for national and local guidance. CICAS provided support for care homes and other residential community providers around infection control procedures, risk assessments, access and use of PPE. Working jointly with the Infection Control Team CICAS was staffed by nursing colleagues from the wider organisation and supported by Public Health/JHIT Personal Assistant. From 1st October 2020 CICAS was brought under direct responsibility of our Infection Control colleagues.

Test & Protect

JHIT staff also played leadership roles in what eventually became the Test and Protect services. From March onwards Health Improvement Specialists and Practitioners supported the health protection advice and management and early set-up of the Testing Team. Two members of staff took on Team Lead positions within the Contact Tracing Team and ensured the implementation of new systems and support to a staff team from all areas of the organisation many of whom were deployed due to not being able to work in their usual roles.

JHIT COVID-19 Response

PPE Training

Two members of staff who are experienced trainers were deployed in March to act as trainers for PPE in the Borders General Hospital and subsequently in community settings.

Acute Support

We had a number of staff volunteer to work in the acute hospital and one member of staff was deployed early on to work on one of our acute wards.

Further Admin Support

All members of our administrative team took on co-ordination and administrative roles for Problem Assessment Groups and Incident Management Teams for Health Protection.

In addition to those specific roles outlined many of the team were involved in making shielding phone calls, contact tracing and other 'ad hoc' requests to support the work of the wider Public Health Team and organisation.

The skills, experience and enthusiasm of JHIT staff played a huge contribution in all sorts of ways and it has been good to welcome people back.

JHIT staff have also contributed to the new workstreams within NHS Borders:

NHS Borders Staff Wellbeing Group

Early in the pandemic NHS Borders convened a Staff Wellbeing Group which helped facilitate early responses to the impact on staff, for example, provision of formal and informal psychological support for staff. JHIT staff have been active members of the group since its inception.

NHS Borders Health Inequalities Work

NHS Borders has established a Health Inequalities Steering Group and is in the process of developing a programme approach to maximise the impact of the organisation on mitigating health inequalities.

This work has gathered focus in response to the evidence the disproportionate impact of the pandemic on people experiencing health inequalities.



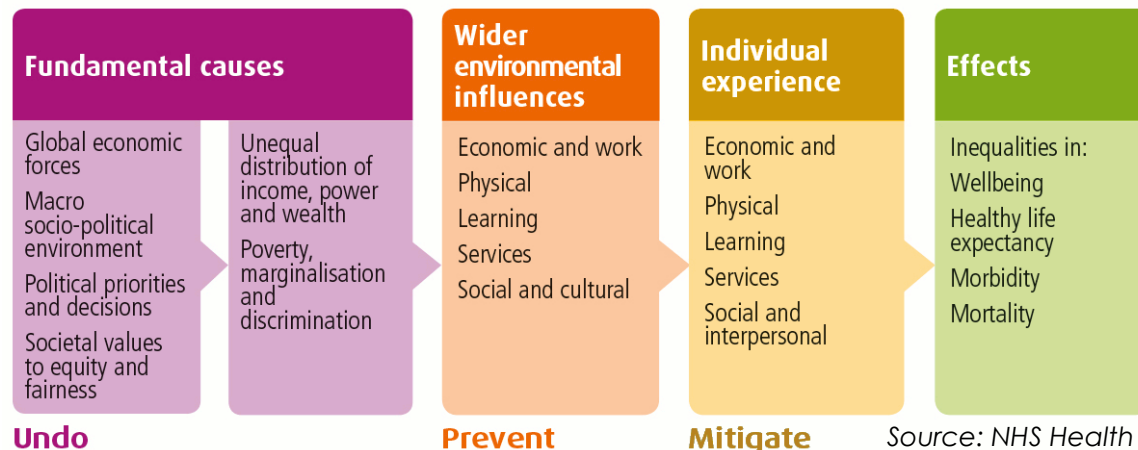
Public Health Priorities for Scotland

Public Health Priorities

The Scottish Government has agreed a clear set of related and inter-dependent priorities for Scotland which are:

- 1 **A Scotland where we live in vibrant, healthy and safe places and communities**
- 2 **A Scotland where we flourish in our early years**
- 3 **A Scotland where we have good mental wellbeing**
- 4 **A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs**
- 5 **A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all**
- 6 **A Scotland where we eat well, have a healthy weight and are physically active**

The agreed priorities reflect public health challenges to focus on over the next decade to improve the public's health.



Source: NHS Health Scotland

Economic, environmental and social factors all influence the health of individuals and communities. Poverty, early life experience, neighbourhood environments and social contexts are at the heart of health inequality. Actions need to be taken over time across all these areas as well as by addressing individual experiences.

Public Health Scotland

Public Health Scotland (PHS) is Scotland's national organisation for Public Health and brings together the three domains of Public Health: Health Protection, Health Improvement and Healthcare Public Health.

In 2020 PHS published its Strategic Plan and have adopted the following as its focus:

- COVID-19 recovery
- Mental wellbeing
- Community and place
- Poverty and children

These areas are likely to continue to shape the work of JHIT going forward.

Activities Overview

Mental Health Improvement / Suicide Prevention



- **241** people took part in digital mental health improvement and suicide prevention training
- **40** people took part in memorial event for people who have died by suicide
- Young people's wellbeing guide uploaded to **12,500** school pupil's ipads
- **170** responses to our men's mental health survey
- **2** Breathing Space benches installed in the Borders

Quit Your Way* (Apr - Dec 20)



- Quit attempts **328**
- Total quits at three months post quit date **98**
(*as this is a three month target people who quit in March will not be followed up until June 2021)

Healthy Start Vitamins

- Women's **1658**
- Children's **398**

New Vitamin D

- Children's **360**

Breastfeeding in the Borders Support (BiBS)



- Volunteers **32**
- BiBS requests at discharge **339**
- Near Me Referrals **20**

Wellbeing Service

- New referrals **1950**
- Average **163** per month
- Consultations **11,340**



Walk It

- Walks **107**
- Participants **994**
- Walk Leaders trained **62**



JHIT Training

- Participants **515**
- Courses **56**

Training and Capacity Building



Learning and Skills for Health

Building community capacity is a core health improvement function. Our 'Learning and Skills for Health' training programme is for everyone; staff, partners and the wider community. Learning and Skills for Health has a specific focus on wellness and what we can all do to help build a culture of health.

Health improvement training equips participants with the knowledge and skills to raise and discuss a health and wellbeing issue with confidence, so that they can support people to make small changes which cumulatively can make a big difference. Participants come from a variety of organisations including local authority, NHS, third sector, volunteers, private individuals.

During 2020-21 we moved to online delivery for training which allowed us to reach more people than in our previous year. In 2020-21 there were 515 individual attendances for training compared to 498 in 2019-20.

Our Offer

Our training and capacity building offer reflects the Public Health Priorities although many, while aligned across one area will also influence wider priorities. We have presented courses offered to partners below.

<p>1) A Scottish Borders where we live in vibrant, healthy safe places and communities</p>	<ul style="list-style-type: none"> • Facilitation skills to help with research into older people's experience of COVID-19
<p>2) A Scottish Borders where we flourish in our early years</p>	<ul style="list-style-type: none"> • Child healthy weight toolkit • Sleep training • Solihull
<p>3) A Scottish Borders where we have good mental wellbeing</p>	<ul style="list-style-type: none"> • Be suicide alert • Give yourself breathing space with NHS24 • Looking after your mental health • Mental health improvement / suicide prevention informed level • Mental health improvement / suicide prevention informed level plus • Preparing for a challenging winter • Supporting young people
<p>6) A Scottish Borders where we eat well, have a healthy weight and are physically active</p>	<ul style="list-style-type: none"> • REHIS - elementary food and health

Priority 1

A SCOTLAND WHERE WE LIVE IN VIBRANT, HEALTHY AND SAFE PLACES AND COMMUNITIES

Greenhouse Project

The JHIT works in partnership with Scottish Borders Council's Community Justice Team to grow a wide range of seasonal produce at a greenhouse site in Galashiels.

Produce is distributed back into the community through service settings and activities that support children and families.

The project has developed incrementally to offer new activities

- REHIS training & cooking classes with community justice clients
- Live cookery classes in early years settings
- Recipe bags to support home cooking and healthier meals
- Welfare boxes and food distribution during COVID-19
- Distribution of plants to encourage home growing

Produce distributed included

Spring onions, onions, leeks, rocket, mint, coriander, sage, rosemary, fennel,

oregano, spinach, parsley, basil, cucumbers, sweet peppers, carrots, beetroot, radish, pea pods, jalapeno chilli, rhubarb, courgettes, thyme, cayenne chilli, broad beans, tomatoes, potatoes.

Galashiels Early Years Centre

The Early Years Centre used the produce to top up 300 food parcels for children and families.

Families reported

- Eating more varied and healthier diets
- Tasting new foods
- Cooking more home made meals

New partnerships have developed in the last year with

- Children 1st
- Action for Children
- LINKS Eyemouth

Feedback from all services suggests the produce helped

- Families to cook healthier meals and grow their own produce
- Services to maintain connections with families



"Thank you so much for the fresh veg last week, I managed to make a pan of soup and a tomato sauce for pasta. We are currently in rent arrears and struggling to get through the week, your food top ups make a huge difference." (Parent)



"Overall I am extremely glad and grateful for the opportunity to work with the Unpaid Work Team and the NHS Health Improvement Team, I hope the partnership will continue." (Early Years Centre Manager)

Priority 1

A SCOTLAND WHERE WE LIVE IN VIBRANT, HEALTHY AND SAFE PLACES AND COMMUNITIES

Older People's Survey

The Borders Older Peoples Planning Partnership (BOPPP), one of the Health & Social Care Partnership's engagement and planning groups, wanted to engage with older people to gain a better understanding of how they experienced COVID-19. The purpose of the engagement was to review services during the pandemic and inform our planning for the future.

Health Improvement staff contributed to

- Project planning
- Training design, co-ordination and delivery
- Implementation of project
- Analysis of findings

Staff support

We invited staff to support engagement with older people throughout November and December 2020 and we provided induction training on MS Teams.

The training aimed to:

- Provide the background to the engagement with older people

- Define the approach we are taking and clarify what we will do with the information you gather
- Introduce you to the technical aspects of the questionnaire process and citizen's space
- Share some good guidance for a conversational style approach
- Advise you of the next steps following on from your input

We wanted to hear from older people themselves how they experienced the lockdown by asking them

- What worked well?
- What challenges they experienced?
- How can we improve the support provided to ensure older people stay safe and well?

Final reports are in development, initial analysis suggests that overall older people felt well supported by services.

Key areas for development include

- Mental health and wellbeing
- Social support



Independent Responses
332

Semi Structured
Conversations
155

Total Survey Responses
487

Priority 2 A SCOTLAND WHERE WE FLOURISH IN OUR EARLY YEARS

Programme for Government Funding

In 2020/2021 we received 'Programme for Government' funding to increase breastfeeding rates and reduce breastfeeding drop off rates at 6 - 8 weeks following birth.

The funding covers three areas of work

- Raising awareness of breastfeeding in Eyemouth: a whole community approach (2019-Feb 2021)
- Breastfeeding in the Borders Peer Support (BiBS) Programme
- Work towards Baby Friendly Accreditation, supporting the Infant Feeding Advisor with education, audit, evaluation of audit findings, and implementation of recommendations with the aim to achieve sustainability in 2020

Work taken forward with this funding includes

- Increased Public Acceptability of Breastfeeding Eyemouth Project
- BiBS Programme

- UNICEF Breastfeeding Friendly Initiative (BFI)

Increased Public Acceptability of Breastfeeding Eyemouth Project 2019-February 2021

The national Breastfeeding Friendly Scotland Scheme was launched in 2019. 21 businesses signed up within the in the local area which will encourage breastfeeding families to feel confident and supported whilst feeding in public.

The Early Learning and Childcare settings in Eyemouth are currently piloting the Breastfeeding Friendly Scotland Early Learning Scheme.

Pre and post questionnaire from the project has highlighted an improvement in attitudes towards breastfeeding across the town.



Breastfeeding in the Borders Support (BiBS) Group



Virtual group

- Launched in November, running every Monday
- Between November 2020 and end of March 2021 20 people have signed up, 5 of whom signed up during pregnancy
- Total attendance in this time period at group is 38

"The group was so much help to me, not only with breastfeeding support but also with general mum advice"

"I feel uplifted when I come off the call, it really sets me up for the week"

"I am so glad you set up this group, I wouldn't have felt confident joining a group face-to-face"

Priority 2 A SCOTLAND WHERE WE FLOURISH IN OUR EARLY YEARS

UNICEF Breastfeeding Friendly Initiative (BFI)

On the 8th December 2020 NHS Borders achieved UNICEF - Sustainability Gold Award for Maternity Services. We are the third board across Scotland to achieve this prestigious award, and the initial UNICEF feedback reflected on the submission of an 'outstanding' portfolio.



Virtual Weaning Video Clips

In response to COVID-19, the Community Food Workers were unable to deliver face to face weaning information sessions for families who are reaching this key transition milestone. To adapt to a new 'virtual' way of life they created a series of weaning information video clips to share through social media, via the NHS Borders Bumps, Babies & Beyond Facebook page.

Bitesize video clips with top tips for getting started with weaning, first foods

to try, simple homemade recipes and general tips and advice have been developed and uploaded, for a universal audience. The video clips are intended to guide parents through the weaning process and cope with any challenges that might arise. This approach will ensure the right support at the right time is accessible to parents in the comfort of their own homes.

The seventeen weaning video clips were released on Tuesday 16th June 2020 and shared by a number of partners including NHS Borders Facebook page and the Early Years Centres' Facebook pages.

Once all our video clips had been released, we asked for some feedback. In our feedback survey we asked if there is anything else they would like to see.

"Short, simple messages and informative descriptions to choose which to view. Also a good variety of topics"

"Perhaps extending the series to cover moving forward from first tastes and early weaning to build up to meals, lumpier foods etc."

Video Clips Reached
16,138 people

Views
825

Reactions, Comments,
Shares
194



Priority 2 A SCOTLAND WHERE WE FLOURISH IN OUR EARLY YEARS

Virtual Weaning Plus Video Clips

Following on from the weaning video clips, and taking into consideration the feedback we received, we then went on to compile a new set of video clips for moving onto the next stage of weaning, with information taken from our weaning plus information sessions. The eight new weaning video clips were released on 10th September 2020.

Video Clips Reached
4,215 people

Views
276

Reactions, Comments,
Shares
114



Virtual Weaning Question and Answer Sessions

Although the video clips filled a gap in the service, as COVID-19 continued to prevent face to face sessions from taking place, we were concerned that there was still limited opportunity for families to ask questions and receive person centred advice.

We launched a monthly virtual weaning Q&A, tips and advice session on Thursday 17th December 2020 through the digital platform MS Teams. This has continued on into the New Year taking place on the last Wednesday of every month. These sessions allow families to get answers to any questions or queries in regards to weaning their babies, whilst allowing them the opportunity to meet other families. Since beginning these sessions, 11 families have attended the sessions.

“Very useful resource (especially for first time mums) and well presented. Thank you for taking the time to run the online session”

Healthy Beginnings: MAP of Behaviour Change Learning Programme



The Healthy Beginnings: MAP of Behaviour Change Learning Programme has been developed as an early intervention and prevention approach to child healthy weight for early years practitioners. This will provide practitioners working in early years services with the opportunity to enhance existing and learn new behaviour change skills and techniques. The training programme has been led by NHS Borders with support from Scottish Borders Council and developed by NHS Education for Scotland (NES).

111 Participants
16 Workshops

Partners Attending
Health Visiting, School Nursing, Oral Health, Early Learning & Child Care, Early Years Centres, Early Years Modern Apprentices and 3rd Sector

Priority 3 A SCOTLAND WHERE WE HAVE GOOD MENTAL WELLBEING

Promoting Good Mental Health and Wellbeing During COVID-19

COVID-19 specific resources for improving and protecting mental health and for preventing suicide were produced and were posted online, shared via social media, circulated to the community assistance hubs and sent to partner organisations.

We collated a 'resilient communities toolkit'. This provided sources of help and support available for mental health and wellbeing during the first lockdown. We circulated this signposting information pack to community assistance hubs, community groups, Community Learning and Development, the Shielding Team and third sector partners.

We also co-ordinate weekly wellbeing information and messages for health and social care staff working on the frontline.

Caring and Connected Communities Campaign

We developed a plan for an Autumn communications campaign focused on 'Caring and Connected Communities' and involved partners in creating content for two newsletters that went out with media releases in October and December 2020.



Posts made via Small Changes Big Difference Facebook page
124 posts

Most popular post reached
6,300 people

Instagram was also launched to try to reach a younger audience via social media.

You Matter We Care – Breathing Space Partnership



During 2020 we had a partnership with national NHS 24 service 'Breathing Space', Scotland's emotional support helpline. This involved increased advertising of the helpline via radio adverts, washroom panels and digital advertising and two awareness sessions. Breathing Space benches were launched on World Kindness Day and Breathing Space Day 2021 – one at Huntlyburn Space to Grow garden launched on World Kindness Day in November 2020 and one in Duns, launched by Berwickshire Housing Association at their new Springfield development on Breathing Space Day in February 2021.



Priority 3 A SCOTLAND WHERE WE HAVE GOOD MENTAL WELLBEING

After a Suicide Working Group

We continue to seek input from people who are bereaved by suicide in the Borders to shape our work. This year 40 people took part in the "Light Up Their Life" lantern making project as a way for people to remember those who have died by suicide. Working with Alchemy Film and Arts, the group are also making a video as part of the Scottish Mental Health Arts Festival in May 2021.



Increased Availability of Digital Training and Capacity Building

The pandemic meant that face to face training could not be delivered and as it became clear that we would have to cancel more Applied Suicide Intervention Skills Training and Scottish Mental Health First Aid Training, we refocused our approach to deliver other training online to help meet the demand.

"I found the training really informative. It was delivered in a very welcoming, inclusive way and I have enjoyed taking part."

"I have already discussed training sessions with colleagues, and will encourage colleagues to consider doing the training themselves."

"I am now more aware of how to pick up on the signs that someone may be having suicidal thoughts and feel better prepared on how to help that person going forward."

Young People's Mental Health and Wellbeing

We co-produced a new version of the young people's self-help guide for mental health via online focus groups with young people and partners; Young Scot, Youth Borders and Community Learning and Development.

We launched the new guide via a new six week campaign #BordersWellbeing, based on the Six Ways to Be Well, alongside a new health and wellbeing Young Scot microsite and uploaded it to 12,500 school pupils' iPads.



Priority 3 A SCOTLAND WHERE WE HAVE GOOD MENTAL WELLBEING

See Me Toolkit: Tackling Mental Health Stigma and Discrimination in Schools

The See Me toolkit is for anyone who is interested in learning more about the impact that stigma and discrimination has on people who struggle with their mental health, and wants to do something to make things better.

Module 1 of the toolkit

Is an interactive online learning which took place over 3 sessions with S6 pupils.

Learning Outcomes

After working through this module students will have:

- An increased understanding of mental health stigma and discrimination
- A greater awareness of the impact of mental health stigma and discrimination
- An increased knowledge of the ways we can reduce mental health stigma and discrimination across various settings
- Information on where you can access resources to continue your development

In 2020 S6 pupils registered

132

Total attendance of staff
and pupils over 3 sessions

286

See Me
End mental health
discrimination



Priority 4

A SCOTLAND WHERE WE REDUCE THE USE OF AND HARM FROM ALCOHOL, TOBACCO AND OTHER DRUGS



Wellbeing Service
Live Well Feel Better

The Wellbeing Service

Provides evidence based, early interventions supporting lifestyle change to increase physical activity, reduce weight and eat healthily, quit smoking and support emotional wellbeing. The service is currently delivered via telephone and video call and in GP surgeries. During COVID-19 all consultations have been offered by telephone or video call.

The Wellbeing Service is embedded into primary care and operates across the Borders. Although referrals dropped during the first three months of the pandemic from April to June 2020, they picked up during the second half of the year. The service offered an enhanced range of services to support mental health and wellbeing, with the addition of Psychological First Aid from April 2020. During 2020, emotional health and wellbeing referrals rose as a proportion of all referrals.

Consultations
January - December 2020
11,340

New Referrals
January - December 2020
1,950

Referrals Split
Emotional Wellbeing **63%**
Smoking **20%**
Lifestyle **17%**

Oh Lila



All Early Years Centres and nurseries including private and voluntary are ensuring at least 2 staff members from each establishment are trained in the use of a resource called Oh Lila. Oh Lila is a child friendly resource suitable for use with children aged 3 to 6 years and aims to build resilience and protective factors in young children, helping them to develop social skills and encouraging them to communicate.

This programme provides people working with young children the expertise and confidence to better identify vulnerable children supporting them to intervene at an earlier stage. Despite a pause in the delivery of Oh Lila Training, 120 participants have received training with a further 2 courses planned for 2021 to provide a session for the remaining staff.

Priority 5

A SCOTLAND WHERE WE HAVE SUSTAINABLE, INCLUSIVE ECONOMY WITH EQUALITY OF OUTCOMES FOR ALL

Child Poverty

A Child Poverty Strategic Group was established within Scottish Borders in 2019. Members have developed and an agreed action plan and activity report submitted to Scottish Government. JHIT lead the Financial Inclusion Group which is a sub-group of the above and has developed work including:

- Pilot in Galashiels Health Centre where an Early Years money advisor was present during the midwifery clinic - this work has been paused due to COVID-19
- Health Visitors are now routinely asking about money worries at every contact and refer on to the SBC Financial Support and Inclusion Team where required

This work is supported by the Money Worries Leaflet (2019) which is used by Health Visitors and Midwives.

**Referrals to Financial Support Team
April 2020 – March 2021
430**

The majority of these were direct referrals from Health Visitors. The Financial Support and Inclusion Team increased benefits.

**Pregnant women and families with young children increased benefits
£1.3 million**

Best Start Grant

We continue to support the Best Start grant scheme.



In total from March 2020 - March 2021 1,925 Best Start and Best Foods Grants applications were made, 73% were authorised in Scottish Borders this is above the average for Scotland.

**March 2020 - March 2021
Total claim for Scottish Borders families
£458,545**

Universal Credit



The Government increase in Universal Credit of £20 per week and the new Scottish Government benefits and grants were a very welcome boost to young families during that period. With introduction of the new Scottish payments and grants families were surprised to find that they had additional entitlement and benefits.

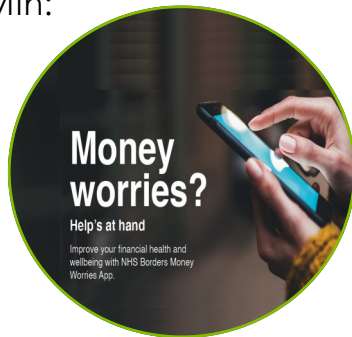
**For the cases referred gains reached
£50,000
over 5 month period to March 2021**

Priority 5 A SCOTLAND WHERE WE HAVE SUSTAINABLE, INCLUSIVE ECONOMY WITH EQUALITY OF OUTCOMES FOR ALL

Money Worries App

Good financial health has a positive impact on our overall health and wellbeing. To mitigate the impact of ongoing welfare reform and the wider impact of COVID-19 we developed a Money Worries App. The app is intended to help people access quality assured information and support to prevent money worries escalating. The app is a digital directory with quality assured national and local information and links to help with:

- Money
- Health
- Housing
- Work



Key Outcomes

- The app was developed in response to consultation
- The app has been co-produced by NHS Borders, Scottish Borders Council, Citizen's Advice Bureau and TD1 Youth Hub, Early Steps Parents Group
- The app reflects the voice of parents living in the Scottish Borders
- 55 people signed up as a volunteer to test the app during the testing phase
- The app was successfully launched on 16th March 2021

Next Steps for the Project Team

- Generate a series of video clips to increase awareness from a housing, health and work perspective
- Reconnect with partners to confirm launch and build further engagement through conversations



Media Release & Social Media Asset	Reach	Engagement	Shares
NHS Borders Social Media	10,478	123	28
Scottish Borders Council Social Media	6,353	29	10
CAB Video Clip	4,763	388	14

Priority 6

A SCOTLAND WHERE WE EAT WELL, HAVE A HEALTHY WEIGHT AND ARE PHYSICALLY ACTIVE

Child Healthy Weight (CHW) Minimum Standards, Pathway, Training and Programme for Families

With the release of the Scottish Government Child Healthy Weight (CHW) Minimum Standards; a new child healthy weight pathway is being established in the Scottish Borders. This is to facilitate children and young people (aged 27th months – 18 years) and their families to get the support they need, to promote healthy eating and stay active.

In order to implement the CHW standards a toolkit was developed in partnership with NHS Borders/NHS Fife CHW Leads. The CHW toolkit provides information and resources for health professionals to successfully implement the standards. It provides a one stop shop of current guidelines and advice regarding both nutrition and physical activity.

Toolkit training was then developed by NHS Borders and has been provided to all our Health Visitors and School Nurses.

The training covered a variety of topics including childhood obesity, introduction into raising the issue, stigma, new pathway and programme, nutrition and physical fitness/activity.

Overall the training was well received and ensured key workers working with and measuring children's weight in Borders are following a consistent approach, well informed and know where to refer children/families that may require support.



“Thanks so much for this training. It was informative and I found it useful to have things presented in a way that had examples of how to use the tools available”
– School Nurse

“The training was a useful update on the issues surrounding childhood obesity”

Fit4Fun Families



A new CHW service for children, young people and families is in development.

Once referred/self referred into Fit4Fun Families the CHW Service Team will triage individuals and families into the appropriate programme and level of support.

JHIT will lead on the Tier 2 Fit4Fun Families programme which will be delivered by an experienced team in either a group or 1:1 setting depending on individual requirements.

Fit4Fun will support children/young people and their families to make positive lifestyle changes, it is family focused and offers practical tips for healthy eating and getting more active. We will work with families to identify specific goals they want to achieve, tailoring sessions to give the right support.

Priority 6

A SCOTLAND WHERE WE EAT WELL, HAVE A HEALTHY WEIGHT AND ARE PHYSICALLY ACTIVE



Whole Systems Approach (WSA) Eyemouth

The Scottish Borders is one of five areas in Scotland to have secured funding to deliver a WSA to community planning in Eyemouth. There are three main phases:

- Collectively form an understanding of the issue, context and wider system
- Create a plan for action collaboratively with a wide set of stakeholders; actions should be aligned and jointly prioritised
- Learn and refine as you go by involving stakeholders and embedding monitoring and evaluation

The first of two digital workshops was held on 31st March 2021 to give Eyemouth residents and other stakeholders the opportunity to get involved using this approach and help develop a community led plan for the area. Based on local priorities, the overall aim was to look at ways of supporting local residents to become healthier and fitter, with a particular focus on children, young people and

health inequalities generally. This workshop helped us to develop a shared understanding of

- What already exists and works well to influence healthy weight among the local population in Eyemouth
- Key priorities and what matters to people in Eyemouth, so that we can develop a community led action plan

A wide range of local participants joined us and we took advantage of digital tools to capture the discussions and outcomes, produced four causal maps and developed our vision statement.

Next Steps

Production of a draft action plan based on the priorities identified and meet with local stakeholders to:

- Agree actions and identify leads to deliver on these
- Invite stakeholders to chair future meetings to embed our community led approach
- Develop our communications plan so that we take advantage of the full range of channels and share what's taking place locally
- Work with stakeholders to develop a proposal for phase 2 grant funding

Links Lockdown

This programme of work in Eyemouth responded to COVID-19 continuing to provide nutritional support to children and families through the distribution of meal bags.

This work made a contribution to community planning priorities; tackling food and fuel poverty and promoting and increasing digital access.

Further funding has been received to continue the development of this project.

Participation Data

Recipes bags designed 10
Meal bags delivered 375
Families 74 Children 161
Volunteers 5

Digital Engagement

Posts 10 Comments 1851
Reactions 4492
New members 75
Number of active members 185

Priority 6

A SCOTLAND WHERE WE EAT WELL, HAVE A HEALTHY WEIGHT AND ARE PHYSICALLY ACTIVE

Good Mood, Good Health, Good Food



Health Improvement developed the Good Mood, Good Health, Good Food resource during the COVID-19 pandemic, in response to a request from Youth Borders.

Youth workers had adapted their food security work to provide home deliveries and virtual cooking sessions with children, young people and families. Staff were looking for support to enhance this offering including:

- Nutritional information
- Recipes
- Cooking on a budget
- Staying well

A virtual training session was offered to Youth Borders using MS Teams. The session was co-facilitated by Health Improvement and Youth Borders trainers, engaging 4 staff members from Community Learning & Development, TD1 Youth Hub and Youth Borders.

The training aimed to

- Explore the resource
- Build staff capacity to deliver health and cookery sessions in a socially distanced environment

The training session included

- An Eatwell Guide question and answer session
- Portion size and energy
- Sugar activity guessing game
- Links to the Hi 5 Youth Award

Session feedback

“Good knowledge from this resource to look at what a baseline would be to get someone started on healthy cooking and eating”

“Money vs. skills vs. realistic help to make lifestyle changes, show and share ideas to young people”

Paths to Health - Walk It



The aim of the Paths to Health Walk it Project is to support and develop walks in all locations in the Scottish Borders. Walk-It forms part of the national initiative to improve Scotland's health. The project is co-funded by NHS Borders and Scottish Borders Council.

Walk-It aims to

- Encourage exercise as part of a healthy lifestyle
- Promote walking as a way of getting fit & managing stress
- Create a safe, social and inclusive walk
- Build links with partners and networks
- Recruit, train & support volunteers
- Have fun!

2020-21 Data
107 led walks
994 attendances
62 Walk leaders trained
8 Dementia friendly walks

<https://www.scotborders.gov.uk/downloads/download/1392/walk-it-annual-report>

Looking Forward / Next Steps

From April 2021 we have welcomed back our staff from their deployed roles to the COVID-19 response. As well as welcoming back our returners we are looking forward to some new members of the team following the management restructure and recruitment to vacant posts.

We look forward to further developing existing work relating to the Public Health Priorities which we expect may be realigned in response to COVID-19 recovery.

Continuing work programmes include:

- Implementing delivery of Fit 4 Fun Families programme
- Building on existing financial inclusion work including increasing the reach and use of the Money Worries App
- Pursing 'phase 2' of the Whole System Approach in Eyemouth
- Wellbeing Service
- Reviewing our training offer based on this year's experience

Over this year we expect to have an increased focus on mental health and wellbeing through the work led by team members including and in supporting the Children and Young People's Leadership Group commissioning of local services.

We are also leading work in NHS Borders on embedding the United Nations Charter on the Rights of the Child and have commissioned work relating to experiences of mental health in both men and people of colour.

We are looking forward to continued contributions to NHS Borders Staff Wellbeing Group; Health Inequalities Programme and Scottish Borders Council's Anti-Poverty Strategy.

Need to contact us

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