

Community Theme Action Plan

Timescale	Action	Action to Mitigate or Opportunity	Accountable organisation	Lead Name	Target Start	Target End	Resource/Capacity required	Priority Essential Important Desirable
Short Term within 6 mths	Promotion of One You Kent service to increase number of people making lifestyle changes. This will be complimented through the promotion of the Better Health PHE campaign. This will be both through the new online delivery method as well as with an aim to return to face to face delivery.	Action to Mitigate	TWBC	Rebecca Bowers	15/06/2020	Ongoing	OY team	Essential
	Return to face to face delivery in community venues	Action to Mitigate	TWBC	Rebecca Bowers	01/10/2020	Ongoing	OY team	Essential
	Address the widening gap in health inequalities through targeted work with hard to reach clients groups that may have been disproportionately affected by Covid. Includes BAME, areas of deprivation, males and learning disabilities (in line with OYK target groups)	Action to Mitigate	TWBC	Rebecca Bowers	01/09/2020	Ongoing	OY team	Essential
	Restart Health Walks across the borough to create more free physical activities alongside the social element that Health Walks offer	Opportunity	TWBC	Rebecca Bowers	27/07/2020	01/12/2020	OY team	Essential
	Set up a 1:1 walk buddy programme supporting people that do no physical activity to get more active.	Opportunity	TWBC	Rebecca Bowers	01/09/2020	Ongoing	OY team	Desirable
	Promote outdoor gyms by putting on a schedule of events with personal trainer at outdoor gyms across the borough	Opportunity	TWBC	Rebecca Bowers	15/09/2020	Ongoing	OY team	Desirable
	Health Team to receive Mental Health First Aid training	Action to Mitigate	TWBC	Rebecca Bowers	01/08/2020	30/09/2020	OY team	Important
	TWBC staff to receive Psychological First Aid Training - sent to teams in June/July - to review numbers that completed this training and any other departments that would benefit	Action to Mitigate	TWBC	Rebecca Bowers	01/06/2020	Ongoing	OY team	Important
	DfT Emergency Transport fund - KCC will be delivering the following schemes in Tranche 1: -One way in High Street, RTW (to allow for wider pavements for pedestrians) -Bus gate scheme on Commercial Road in Paddock Wood to facilitate more walking and cycling -Access only scheme for Reynolds Lane in Southborough to facilitate more walking and cycling -20mph scheme for RTW town centre -Light segregation on A26 cycle route between RTW town centre and Southborough	Opportunity	TWBC	Hilary Smith	01/08/2020	Ongoing	Economic Development Manager	Important
	Improved communications with GPs on the health prevention services available within West Kent. Communication coordinated by the Self Care & Prevention Group, linked with Involve and Kent Sport	Opportunity	Self-care and Prevention Group	Tony Jones	15/08/2020	15/09/2020	Health Improvement Team Leader	Important

	Develop a West Kent local offer and recommendations on how we might begin to address the widening inequalities gap.	Action to Mitigate	Self-care and Prevention Group	Tony Jones	01/09/2020	Ongoing	Health Improvement Team Leader	Important
	Restart Active Signposting initiative which was suspended over the Covid period	Action to Mitigate	Self-care and Prevention Group	Yvonne Wilson	01/09/2020	01/10/2020	Health Improvement Team Leader	Essential
	Physical Activity Clinical Champion to restart the delivery of training to Health Care teams across Tunbridge Wells. This will be delivered digitally from the Autumn aiming to increase awareness of health benefits of physical activity. This will be supported by the One You Team to provide local information on the support available for patients.	Opportunity	PHE	Sally Retallick	01/10/2020	Ongoing	OY team	Desirable
	Kent Sport developing Everyday Active website which has database of physical activity opportunities across Kent. Accessible for clients with personalised search options and abilities to set goals	Opportunity	Kent Sport	Mike Potter	01/08/2020	30/09/2020	Everyday Active Champion	Important
	Training available across West Kent for organisations due to the impact of covid on mental health - Suicide Prevention and Awareness - Mental Health First Aid Training	Action to Mitigate	West Kent Mind	Stevie Rice	01/09/2020	01/10/2020	N/A	Important
	Development of anxiety and stress awareness workshops/tasters and video snippets to support the community experiencing these signs	Action to Mitigate	West Kent Mind	Stevie Rice	01/09/2020	01/10/2020	N/A	Important
	Digital Befriending scheme to support those with mental health issues who need some support to get online and access services, social groups and to connect with friends and family	Action to Mitigate	West Kent Mind	Stevie Rice	01/09/2020	01/10/2020	N/A	Important
	Kent and Medway Healthy Workplaces Programme and award scheme is launching in October 2020. This aims to support businesses of all sizes and sectors across Kent and Medway with findings ways to support staff health and wellbeing.	Opportunity	Medway Council	N/A	15/10/2020	Ongoing	N/A	Important
	Social Prescribing Link Workers to return to face to face delivery in GP Surgeries	Action to Mitigate	Involve Kent	Lizzie Low	12/01/2020	Ongoing	N/A	Important
	Making Every Contact Count Training to front facing department in TWBC to increase brief advice given to residents to make lifestyle changes 1. Online training module 2. B online training offer	Opportunity	TWBC	Rebecca Bowers	01/01/2021	31/03/2021	Health Improvement Team Leader + staff time from various departments	Important
	Development of Exercise on Referral Scheme to improve accessibility due to long waiting list in Fusion Sports Centres.	Opportunity	TWBC	Rebecca Bowers	01/01/2021	31/03/2021	OY team	Important
	Establish links between the primary care MH team and OYK service. Partnership working with the recruitment of their Physical Health Nurses to improve referrals into OYK service - recruitment dates TBC	Opportunity	TWBC	Rebecca Bowers	01/01/2021	Ongoing	OY team	Desirable

Medium Term 6 - 12 mths	Link with local community groups across the borough, many of which have been established or strengthened due to Covid. This will help the team to work at a community level to promote key health messages especially in those areas of deprivation.	Opportunity	TWBC	Rebecca Bowers	01/09/2020	Ongoing	OY team	Desirable
	New outdoor gym in Cranbrook to provide free physical activity opportunities in the area	Opportunity	TWBC	Mark Lawrence	01/08/2020	31/03/2021	Everyday Active Champion	Desirable
	Sports Partnership in The Weald (Cranbrook focus) to increase access to physical activity opportunities. Shared best practice and opportunities across these groups to create more cohesive approach	Opportunity	TWBC	Mark Lawrence	01/09/2020	31/03/2021	Everyday Active Champion	Desirable
	Promotion of Cycling Prescription scheme with GP Surgeries as part of national Obesity Strategy - dates TBC	Opportunity	TWBC	Rebecca Bowers	01/01/2021	31/03/2021	OY team	Important
	2015 Cycling Strategy is being updated to form a Local Cycling & Walking Infrastructure Plan (or LCWIP). Includes design of Low Traffic Neighbourhoods for RTW and PW and also inter-urban routes between RTW-PW-Tonbridge-RTW	Opportunity	TWBC	Hilary Smith	01/10/2020	31/03/2021	Economic Development Manager	Important
	Work in partnership with West Kent Mind on their project for a "Web of Wellbeing" using a community centred approach to improve poor mental health and maintain good mental health. Tunbridge Wells will be the pilot area for this project subject to successful Comic Relief Funding application. This will work in partnership with the OY Team as well as other services in the borough. This will focus on a rural area of the borough, or an area of deprivation (TBC)	Opportunity	West Kent Mind	Stevie Rice	01/04/2021	Ongoing	OY team support role	Desirable
	Community engagement drive specifically to understand the emerging communities of need in response to Covid-19 and where our services are now needed most	Opportunity	West Kent Mind	Stevie Rice	01/04/2021	Ongoing	N/A	Desirable
Long Term later than 12	Increased partnership working across council departments through Health in All Policies	Opportunity	TWBC	Rebecca Bowers	01/04/2021	31/03/2022	Health Improvement Team Leader	Important
	Increased volunteering opportunities at a community level for mental health services	Opportunity	West Kent Mind	Stevie Rice	01/04/2021	31/03/2022	N/A	Desirable
	Continue work on West Kent Mind project for a "Web of Wellbeing". Once piloted, replicating this in other areas across Tunbridge Wells and West Kent.	Opportunity	West Kent Mind	Stevie Rice	01/04/2021	31/03/2022	N/A	Desirable