

## **Getting to Know: Cowdenbeath Area Health & Social Care Locality Planning**



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# Getting to Know: Cowdenbeath Area Health & Social Care Locality Planning

## ABOUT US Fife Health and Social Care Partnership Vision

*To enable the people of Fife to live independent and healthier lives.*

## ABOUT US Fife Health and Social Care Localities

April 2016 triggered one of the biggest transformations of health and social care services in Scotland – to have health and social care services delivered jointly, locally and as effectively as possible.

In Fife, this meant a vast range of services from NHS Fife and Fife Council's Social Work Services transferred over to Fife's Health and Social Care Partnership to meet this aim and to support people to live healthy, independent lives.

### Services within Integration include:

- all adult and older people social work services
- community health services e.g. district nursing, physiotherapy and mental health services
- children's community health services e.g. health visiting
- housing services which provide support services to vulnerable adults and disability adaptations; and
- the planning of some services provided in hospital e.g. medical care of the elderly.

Localities provide one route, under integration, for communities and professionals (including GPs, acute clinicians, social workers, nurses, Allied Health Professionals, pharmacists and others) to take an active role in, and provide leadership for, local planning of health and social care service provision.

Localities aims to achieve the aspirations we share for health and social care integration, with partners across the health and social care landscape, and their stakeholders, focussing together on our joint responsibility to improve outcomes for people.

### Localities must

- a) Support the principles that underpin collaborative working to ensure a strong vision for service delivery is achieved. Robust communication and engagement methods will be required to assure the effectiveness of locality arrangements.
- b) Support GPs to play a central role in providing and co-ordination care to local communities, and, by working more closely with a range of others – including the wider primary care team, secondary care and social care colleagues, and third sector providers – to help improve outcomes for local people.
- c) Support a proactive approach to capacity building in communities, by forging the connections necessary for participation, and help to foster better integrated working between primary and secondary care.

## ABOUT US Fife Health and Social Care Localities

### Partners participating in localities:

- ❖ General Practice
- ❖ Primary Care
- ❖ Secondary Care
- ❖ Housing
- ❖ Social Work and Social Care
- ❖ Third, voluntary and independent sector
- ❖ Communities

Link to [Scottish Government Localities Guidance](#) document.

# ABOUT US Making it Happen in Cowdenbeath Area

## Governance of H&SC Locality Planning and Reporting Route

**H&SC Locality Planning Wider Stakeholder Groups:** are made up of representatives of all key stakeholders (local community groups, operational staff, third sector, independent sector and mentors) and **contribute to the development of priorities for each locality, ensuring a grass routes approach in response to local need**

**H&SC Locality Planning Core Groups and Leads** are made up of key professionals, practitioners and people who use services, **who are responsible for the planning and delivery of these priorities on behalf of their locality**



### Strategic Direction – Reporting Route

- Fife H&SCP Strategic Planning Group – Localities Sub Group
- Fife H&SCP Strategic Planning Group
- Fife H&SCP Senior Leadership Team
- Fife H&SCP – Integrated Joint Board

### Planning our Priorities

- Achieving Pharmaceutical Excellence
- Alcohol Framework 2018: Preventing Harm
- Community Led Support Programme
- Ending Homelessness Together: A High Level Action Plan 2018
- Fife Children’s Services Partnership
- Fife Council – Local Housing Strategy 2015-2020
- Fife H&SCP Strategic Plan for Fife (2019-2022)
- Getting it Right for Every Child (GIRFEC)
- Keys to Life Strategy
- Mental Health Strategy 2017-2027
- National Health & Wellbeing Outcomes
- NHS Fife Clinical Strategy 2016-2021
- Plan 4 Fife 2017-2027
- Primary Care Improvement Plan, GMS Contract
- Public Health Priorities for Scotland
- Public Health Strategy
- Rights, Respect and Recovery: Alcohol and Drug Treatment Strategy
- Scotland’s Digital Health and Care Strategy
- Scotland’s National Dementia Strategy 2017-2020
- Sexual Health and Blood Borne Virus Framework 2015-2020 Update

Link to [Governance](#) document.

Link to [Terms of Reference](#) document.

Link to [Roles & Responsibilities](#) document.

# The Journey



# ABOUT US Making it Happen in Cowdenbeath Area

## Fife Health & Social Care Strategic Plan 2019 – 2022 – Strategic Priorities

<b>PRIORITY 1</b>	Working with local people and communities to address inequalities and improve health and wellbeing outcomes across Fife
<b>PRIORITY 2</b>	Promoting mental health and wellbeing
<b>PRIORITY 3</b>	Working with communities, partners and our workforce to effectively transform, integrate and improve our services
<b>PRIORITY 4</b>	Living well with long term conditions
<b>PRIORITY 5</b>	Managing resources effectively while delivering quality outcomes

## National Health and Wellbeing Outcomes

The National Health and Wellbeing Outcomes are high-level statements of what health and social care partners are attempting to achieve through integration and ultimately through the pursuit of quality improvement across health and social care.

By working with individuals and local communities, Integration Authorities will support people to achieve the following outcomes:

<b>OUTCOME 1</b>	People are able to look after and improve their own health and wellbeing and live in good health for longer
<b>OUTCOME 2</b>	People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community
<b>OUTCOME 3</b>	People who use health and social care services have positive experiences of those services, and have their dignity respected
<b>OUTCOME 4</b>	Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services
<b>OUTCOME 5</b>	Health and social care services contribute to reducing health inequalities
<b>OUTCOME 6</b>	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being
<b>OUTCOME 7</b>	People using health and social care services are safe from harm
<b>OUTCOME 8</b>	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide
<b>OUTCOME 9</b>	Resources are used effectively and efficiently in the provision of health and social care services

# ABOUT US Making it Happen in Cowdenbeath Area

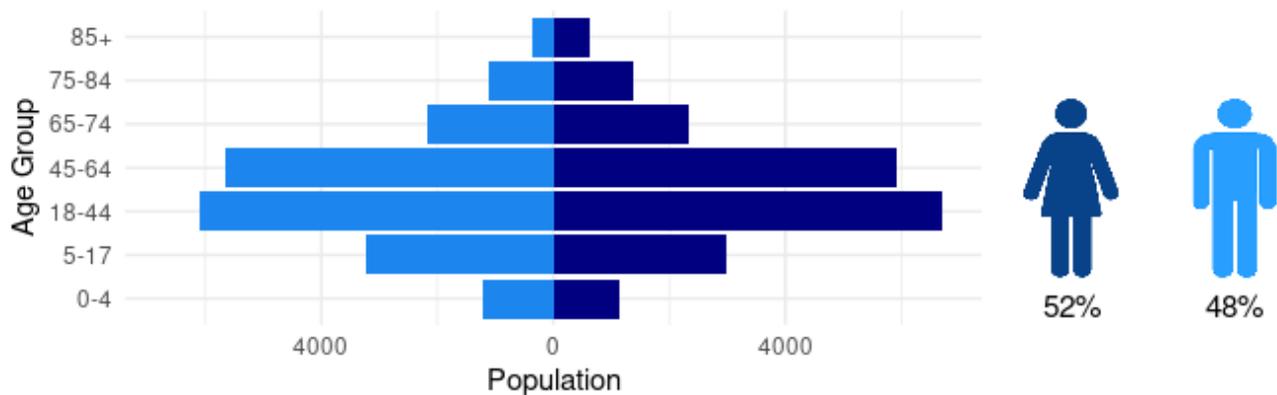
## Highlights of what the Health & Social Care Data for Cowdenbeath Area tells us:

(Source: Public Health Scotland Cowdenbeath Area Locality Profile July 2020)

### Demographics

For the most recent time periods available, Cowdenbeath Locality had a total population of **40,895** people, where **48%** were male, and **19%** were aged over 65.

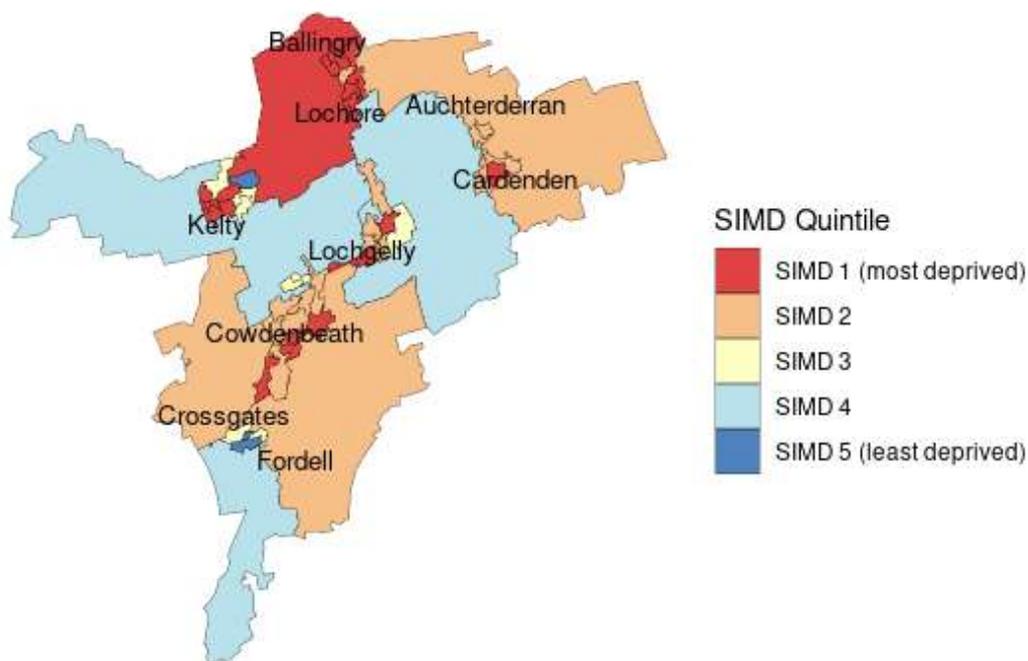
In 2018, the total population of Cowdenbeath locality was **40,895**. The graph below shows the population distribution of the locality.



Source: National Records Scotland

The population in Cowdenbeath is estimated to **decrease** by **0.22%** from 2018 to 2025.

Of the 2018 population in Cowdenbeath, **37%** live in the most deprived SIMD Quintile, and **5.6%** live in the least deprived SIMD Quintile.



Source: Scottish Government, Public Health Scotland

# ABOUT US Making it Happen in Cowdenbeath Area

## General Health

### Life Expectancy

#### Cowdenbeath Locality had:

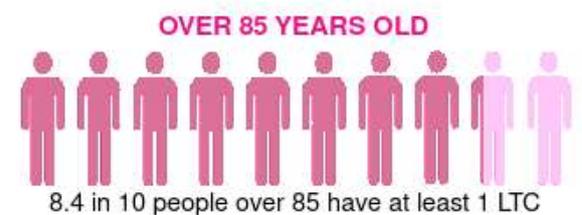
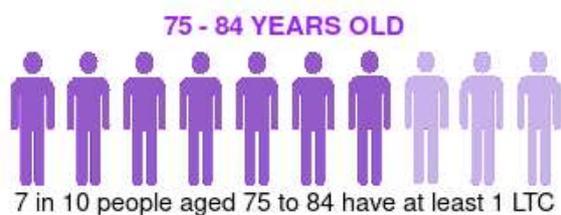
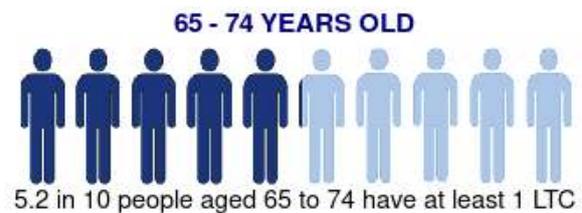
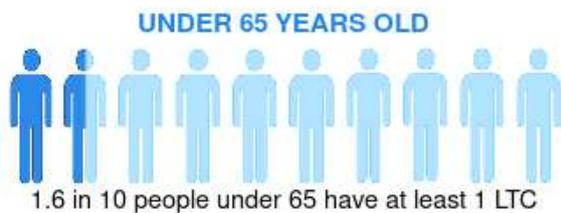
An average life expectancy of **76.2** years for males and **78.5** years for females.



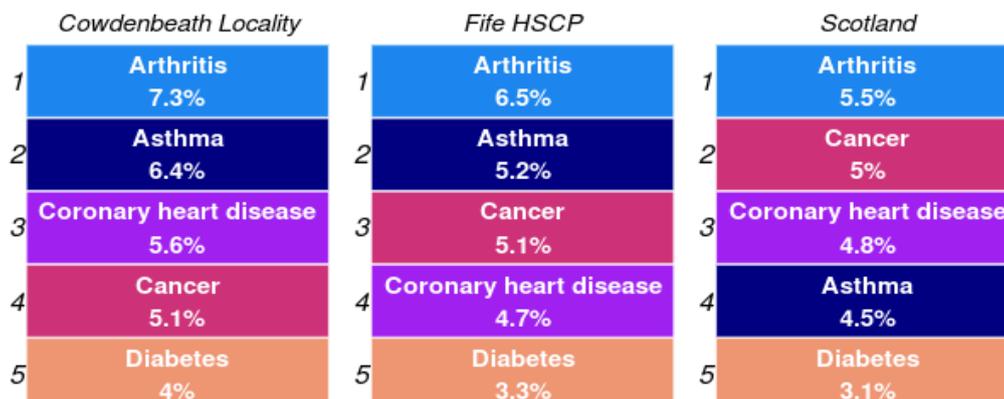
	Locality	Partnership	Health Board	Scotland
Female	78.5	81	81	81.1
Male	76.2	77.2	77.2	77.1

### Long-Term Physical Health Conditions and Multimorbidity

In the financial year 2018/19, in Cowdenbeath Locality, **25%** of the total population had at least one physical long-term condition (LTC).



### Top 5 Physical Long-Term Conditions



## ABOUT US Making it Happen in Cowdenbeath Area



### **Anxiety, Depression, and Psychosis Prescriptions**

In the 2018/19 financial year, **23%** of people were **prescribed medication for anxiety, depression, or psychosis (ADP)** in Cowdenbeath Locality. This is a **2.4% increase** from the previous financial year.

### **Lifestyle and Risk Factors**

Mental and physical wellbeing has close ties with people's lifestyles and behaviours. Financial security, employment and location are influences that often have a bearing on these choices. Issues can develop when alcohol, smoking or drug use shape lives.

#### **For the most recent time periods available, Cowdenbeath had:**

- **246** drug-related hospital admissions per 100,000 age-sex standardised population. This is a **37% increase** since 2011/12 - 2013/14 (3 financial year aggregates). This is a **higher rate of admissions** than for Scotland (181).
- **910** alcohol-related hospital admissions per 100,000 age-sex standardised population. This is a **28% increase** overall since 2011/12.
- **18** alcohol-specific mortality per 100,000 age-sex standardised population. The rate of alcohol-specific deaths is currently lower in Cowdenbeath than the rate in 2009 - 2013 (**-24% change**).
- a **56%** uptake of bowel cancer screening for the eligible population.

# ABOUT US Making it Happen in Cowdenbeath Area

## Summary of findings from the Cowdenbeath Area H&SC Wider Stakeholder Group event held in November 2019

### Mental Health

- Increased promotion/awareness of what is available
- Think differently.
- Consider barriers.
- Parkrun.
- Housing related comments.
- Consider Benefits.
- Outdoor pursuit – greater example by elderly population.
- Linking services.
- Taking people out of their comfort zone.
- Meadow's accessible to everyone.
- Support access outdoors – not just at the weekends.
- LACs access – third sector increase access.
- Increase community skills-based training (CBT/decider).
- No statutory intervention – make a referral then wait – risk of harm.
- AHP – physio – knowledge – what is my scope of practice?
- Volume is increasing.

### The Well

- Promote The Wells and what they offer more.
- Think about where The Wells are located.
- Think about what services/teams attend The Wells.
- Phone in on days when not operating or days when are operating but can't come to The Well.
- Community take over eventually – need to tap into community run groups.
- Pathway through the corporate Contact Centre – progressing to online.

# ABOUT US Cowdenbeath H&SC Locality Plan 2020/21

Our priorities moving forward, sees us focussing on:

WELLBEING & SOCIAL ISOLATION

SUPPORTING MENTAL HEALTH

CARER SUPPORT

H&SC PUBLIC REPRESENTATION

LOCALITY COMMUNICATION

For further information regarding the priorities that H&SC Locality Planning will be delivering in Cowdenbeath locality area, click on the [Cowdenbeath H&SC Locality Plan 2020/21](#) document.