



## Healthier Communities Theme Group Terms of Reference

### Overall Aims of the Group

One Epping Forest is the local strategic partnership for the Epping Forest District. It brings together representatives of service-providing organisations to identify key problems and work together to develop effective solutions to improve the economic, social and environmental wellbeing of the district. The Healthier Communities Theme Group is one of four Theme Groups tasked with delivery of the partnership's strategy.

The Healthier Communities Theme Group will act as a strategic partnership for the commissioning of health improvement and wellbeing for the population of Epping Forest, ensuring that resources are focused on those services that have the greatest health need. It will advise statutory partners, ensuring services deliver agreed outcomes in health and wellbeing as set out in the Sustainable Communities Strategy.

### Objectives

The core objective of the group will be to:

**Reduce the gap in life expectancy between those wards where life expectancy is lowest and the average for the district.**

This core objective will be achieved through work on the following objectives.

1. Provide targeted opportunities to engage in a healthy active lifestyle.
2. Improve access to services for marginalised groups.
3. Improve information sharing between services and commission research.
4. Improve health knowledge by involving local people in developing and implementing health interventions

### Remit

The group will:

1. Work with relevant agencies, develop agreed clear outcomes and appropriate metrics to measure continuous progress toward agreed health and wellbeing objectives.
2. Monitor the performance of statutory bodies and their progress towards agreed objectives and LAA targets, regularly reporting to the LSP Board.
3. Identify and concentrate on those interventions that can best be delivered through working in partnership across both statutory and non-statutory bodies.
4. Achieve efficiencies by identifying, wherever possible, opportunities for shared services and joined-up services to deliver objectives.
5. Establish Task and Finish teams to undertake specific projects on behalf of the Theme Group, and ensure effective communication and reporting lines between the Theme Group and the Task and Finish team.
6. Develop close links with the community, ensuring consultation at an early stage with appropriate groups and individuals on all priorities and initiatives.

7. Take a strategic overview of other Theme Groups and statutory groups within the district to ensure that strategic planning of services and infrastructure takes proper account of health objectives.
8. Develop a work programme and monitoring and review process including direction of relevant PRG projects. This will include quarterly reports to the LSP Board and an annual report that will be available to the public on the LSP web site.
9. The work programme developed must deliver agreed LAA targets.

## Membership

	First Name	Last Name	Office	Organisation	Position on TG
1.	Pam	Hall	Deputy Director of Public Health	West Essex PCT	Chair
2.	Patrick	Arnold	Assistant Chief officer	Voluntary Action Epping Forest	
3.	Brian	Rolfe	Councillor – Community Wellbeing portfolio holder	EFDC	
4.	Catherine	O'Connell	Chief Executive	West Essex PCT	
5.	John	Houston	LSP Manager WE Children's Trust Board member	EFDC	
6.	Derek	Macnab	Deputy Chief Executive	EFDC	
7.	Caroline	Skinner	Senior Health Improvement Specialist	West Essex PCT	
8.	James	Warwick	Sports Development Officer	EFDC	
9.	Yvette	Wetton	West Essex Area Co-ordinator Link Officer to WE Forum	ECC	Vice Chair

Additional members may be co-opted as and when needed.

## Meetings

To be held every two months and will not be open to the public.

## Chair

The Chair of the Theme Group shall be appointed by the main One Epping Forest Board for a two-year term of office.

## Vice Chair

The Vice Chair of the Theme Group shall be appointed by the members of the Theme Group for a two-year term of office, if necessary through a simple majority vote of members attending the meeting at which the Vice Chair is to be appointed.

## **Work being undertaken by Epping Forest District Council's Sports and Health Development Team to Reduce Health Inequalities**

### **Special Educational Needs Trampolining Project**

Epping Forest District Council aims to help children with special educational needs in the district's mainstream primary schools improve their self-esteem and reach their educational potential and attainment.

The aim of the project is to improve the self-esteem and attainment of special educational needs children in local primary school through the use of rebound therapy and Trampolining. Special Educational Needs Trampolining takes place on Wednesdays, Thursdays and Fridays at Epping Sports Centre, 25 Hemnall Street, Epping CM16 4LU.

### **MEND**

MEND stands for '**Mind Exercise Nutrition ... Do it**' and is a family-based 9 to 10 week intervention aimed at reducing childhood obesity. It is a programme whereby the parents and children take part and so the whole family is involved in improving their health and is more sustainable for the family to implement and improve their health in the long-term.

The parent is integral to the programme and sustaining healthy changes for the family. Referrals are made by self-referral but can also be made by GP practices and community nursing staff and other professionals in contact with families / children.

This programme has been well-evidenced in random controlled trials and there is evidence that improved BMI is sustained after 1 year after the trial. The National Institute of Health and Clinical Excellence (NICE) reports that there is evidence to halt obesity in children where interventions involve the family or parents / carers. This project is being delivered in partnership with West Essex Primary Care Trust and Tottenham Hotspur Foundation.

For information and details of the MEND programme please contact James Carstairs:

- by telephone on 01992 564567 or by email to [jcarstairs@eppingforestdc.gov.uk](mailto:jcarstairs@eppingforestdc.gov.uk)

### **Dyspraxia**

Co-ordination and core skills programme for children with Dyspraxia. These sessions are held at Epping Sports Centre on Tuesdays from 3:30pm to 4:30pm.

For more information contact Fabrizio Luca Ferrari:  
by telephone on 01992 564220 or by email to [fferrari@eppingforestdc.gov.uk](mailto:fferrari@eppingforestdc.gov.uk)

### **Superstars**

Superstars is a 10 week programme incorporating the Fit for Life / Bodycare and Parent Training Programme (PTP) in partnership with Tottenham Hotspur Foundation. It is delivered to every primary school in the Epping Forest District. The Superstars programme would be delivered during curriculum time and includes new elements with literacy outcomes.

The aims of the programme are:

1. To improve educational engagement and health outcomes for vulnerable children in Epping schools
2. To reduce levels of obese and overweight children in schools
3. To promote healthy lifestyles
4. To prevent overweight children
5. To recruit other parents through the parent trainers steering group

## **Active Health**

Active Health is an exciting new project to provide physical activity and healthy eating sessions to people aged over 50 in Epping, Harlow and Uttlesford.

David Hogg is the Active Health Development Officer and co-ordinates the project as part of Epping Forest District Council's Sports and Health Development team. The project is funded by Age Concern East via the Big Lottery. The project involves working with a range of partners such as Harlow and Uttlesford District Councils, West Essex Primary Care Trust, voluntary organisations and groups, sheltered housing accommodation and local community groups.

The aim of the project is improve the health and well being of older people and allowing them to become more physically active and involved in the community.

## **Seated Exercise**

A very gentle exercise class taken whilst sitting in a chair with the main focus on mobility and improving quality of life.

These sessions take place on Thursday mornings at:

- Parsonage Court, Rectory Lane, Loughton, IG10 2BB from 10am to 10:30am
- Frank Bretton House, Basons Way, Ongar, CM5 9BS from 11:30am to 12 noon

## **Movement Class**

A fun social class that involves balance, stretching, strength and fitness trainings for over 50's. Ideal if you're looking to take up exercise for the first time.

- Thursdays at Epping Hall, St John's Road, Epping, CM16 5JU from 6pm to 8pm
- Fridays at Fyfield Village Hall, Ongar, CM5 0RG from 2pm to 2:45pm

As well as nutritional workshops and weekly Nintendo wii clubs at sheltered housing accommodation throughout the three districts.

## **Lifewalks**

Lifewalks is a walking for health scheme organised by Epping Forest District Council Leisure Services, is approved by local doctors and hospitals, and the Epping Forest Primary Care Trust.

It is part of the national campaign **Walking - the way to health** and is a recognised accredited scheme which is promoted by Natural England and British Heart Foundation. Every week, Lifewalks offers a choice of group walks across the Epping Forest District, which are led by specially trained staff and you do not have to live in the District to join Lifewalks.