



Live well in Richmond 2019/2021

Healthy choices are influenced by our environment, communities and wellbeing. We will drive forward preventative approaches at all levels – engaging communities, utilising local assets (e.g. parks) and targeting approaches to reach those most at risk.

Support people to stay healthy and manage their long-term health conditions	Promote mental wellbeing and support those who experience poor mental health to avoid mental health crisis	Reduce health inequalities for people with learning disabilities
Action	Action	Action
<ul style="list-style-type: none"> Promote prevention and early identification of long-term conditions – by increasing the uptake of health checks and providing information on healthy lifestyles Develop and roll out the social prescribing offer across the borough by March 2020 Proactively support people with complex health and care needs by bringing health and care professionals together around the individual – through primary care networks, across the borough by March 2020 Transform the way people access outpatient hospital appointments so that more care is received closer to home Expand IAPT (psychological therapies) to include people with long-term conditions to meet the 22% access target by March 2020 Support a culture of health and wellbeing by providing healthy working environments which support those working with long-term conditions, so that by 2021 all health and care organisations have signed up to the Healthy Workplace Charter 	<ul style="list-style-type: none"> Ensure people with serious mental illness get support for their physical health as well as their mental illness - 60% of people on the GP serious mental illness register by March 2020 Build on the work of the multi-agency interface group and emerging primary care networks to proactively support people with complex mental health needs Increase access to the IAPT (psychological therapies) services for all, with a specific emphasis on vulnerable groups to meet the 50% recovery target and the 22% access target by March 2020 Implement Richmond's Suicide Prevention Strategy to improve identification of risk and access to support, so that we see a reduction in suicides year on year Review and redesign the mental health crisis model and pathway to provide responsive access and effective mental health support by March 2020 	<ul style="list-style-type: none"> Increase the uptake of GP annual health checks for those with learning disabilities to at least 75% by March 2020 to ensure they receive support and care for their health needs Support Mencap to deliver the Treat Me Well campaign across Richmond health providers Continue to support people to access Choice Support - a dedicated, support employment service for people with learning disabilities
<p>We will take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
Impact	Impact	Impact
<ul style="list-style-type: none"> People “at risk” or diagnosed with a long-term condition will have the knowledge to self-manage their condition, and will recognise the triggers and take early action to prevent a deterioration in their condition Social prescribing will be available for local people in the borough People with complex health and care needs will receive joined up care and support to help them manage their conditions. This will achieve a 15% reduction in avoidable hospital admissions Over the next 5 years outpatient hospital appointments will reduce by 30% in line with the NHS Long Term Plan People with long-term health conditions will report good mental wellbeing People with health needs will experience a better environment at health and care workplaces across the borough 	<ul style="list-style-type: none"> 60% of people who are registered on the mental illness register at their GP practice will have annual physical health checks and follow-up interventions People with a serious mental illness will receive joined up holistic care The number of people who experience positive mental wellbeing through the local IAPT service (psychological therapies) will increase The number of people who take their own lives will reduce year-on-year Workplace sickness absence due to poor mental wellbeing will reduce The number of people who attend A&E in a mental health crisis will reduce by 50% 	<ul style="list-style-type: none"> 60% of people with a learning disability, who are on their local GP practice register, will receive an annual physical health check and effective support The number of people with a learning disability who die prematurely will reduce Staff at services who support or deliver care to people with a learning disability will recognise individual needs and adjust their approach as outlined in the Treat Me Well Campaign