



WELLBEING STRATEGY

Calderdale 2022 - 2027

Living a Larger Life



WORKING TOGETHER FOR HEALTHY LIVES

‘Our vision for Calderdale in 2027 is to be a place where we can realise our potential whoever we are, whether our voice has been heard or unheard in the past.

A place where **talent** and **enterprise** can thrive. A place defined by our innate **kindness** and **resilience**, how people care for each other, are able to recover from setbacks, are full of hope.

Calderdale will stand out, be known, and be **distinctive**. A great place to visit, but most importantly, a place to **live a larger life.**’

This vision for Calderdale was written before the COVID-19 pandemic. It is more relevant than ever now, as we learn to live with COVID-19 and recover from its impacts on our health and wellbeing, and on the things that help us be healthy. During the pandemic, many people’s health and wellbeing has worsened and we urgently need to address this.

Our Health and Wellbeing Strategy is about how **we (individuals, families, communities, organisations and local politicians)** can make Calderdale a place where people live longer, safer, healthier lives. Refreshing the original Health and Wellbeing Strategy 2022 – 2027, provides us with the opportunity to do so.



A handwritten signature in black ink that reads "Tim Swift".

Tim Swift,
Chair of the Health and Wellbeing Board

What makes Calderdale a special place?

We conducted a 12 month review of where we were after the vision for Calderdale was written, and this was what some people said made Calderdale special.

Kind and Resilient

“ We now have 40 women who voluntarily support other women to breastfeed ”

“ Calderdale has some amazing assets and the biggest asset is the people ”

Enterprising and Talented

“ ...a viable place for companies to found or grow ... it's called the 'Gigabit Valley' now ”

“ There's a real growing digital ecosystem in Calderdale, and it's only going to grow and grow ”

“ There are lots and lots of examples of where students are doing really incredible things in their own field ...too many to count, and I guess that's the measure of success ”

Distinctiveness

“ We've collectively told a positive story to potential visitors about Calderdale being a vibrant, distinctive cultural destination - so much so that National Geographic Traveller put Calderdale as no. 7 on their Global Cool list ”

“ Looking after our landscape so it can look after people and place ... People are so proud of their place, the creativity that it brings into the area. So it's looking at developing that and bringing people along with us ”

“ There's lots of places that would give their right arm to have the buildings that we have here, the spirit that this town has ”

“ What's happened in Halifax ... has really, really cemented these market towns and our place in the Yorkshire landscape ”

Only by working together can we make the difference needed

COVID-19 has negatively impacted on people's physical and mental health and wellbeing, exacerbated inequalities, and placed enormous challenges on services. For Calderdale communities to get the health and wellbeing recovery they deserve, the following four principles have to underpin everything that we do.

- **Joining up services to change lives for the better.** All partners working together to achieve agreed health and wellbeing outcomes.
- **A focus on prevention.** Shifting more of our focus towards enabling people to be well and preventing ill health.
- **Addressing health inequalities.** Working for good health and wellbeing for everyone, by tackling root causes of ill health.
- **Empowered and resilient communities.** Enabling communities to play their part in creating health and wellbeing, making the most of what exists in our communities.

To achieve our aim of enabling everyone to live a larger life, we need to support good health and wellbeing throughout the course of our lives, so we have one priority goal for each life stage:

Starting Well. Babies, very young children aged 0-5 and expectant families.

Developing Well. Childhood and young adulthood (ages 6-25).

Living & Working Well. Working age adults.

Ageing Well. With a focus on older people, aged 50 and over.



The goal: Children are ready for school

What happens in pregnancy and early childhood impacts on our physical and emotional health for the rest of our lives. Being ready for school prepares us to make the most of school so that we can learn, develop relationships, know how to behave and ultimately flourish and reach our potential.

Improving readiness for school in Calderdale means addressing differences that result from where we live, our gender and ethnicity, and whether we have additional support needs.

A survey of 58 primary schools in England highlighted that 76% of those starting school in September 2020 needed more support with communication than in previous years. 96% of schools surveyed highlighted concerns about speech and language development.

We need to improve the support available such as maternity, parenting and childcare support for those with disabilities.

In 2018-19, just over 70% of children in Calderdale were ready for school, lower than the England average.

We also need to address causes of family stress, many of which have significantly worsened during the COVID-19 pandemic. These include poverty, debt, unsuitable accommodation and domestic abuse.

In Calderdale in the 12 months to January 2021, eligibility for free school meals increased from 19.0% to 21.5%.

How will we know if this goal has been achieved?

Narrowing of the gap in Calderdale children who have a good level of development at the end of reception, between those receiving the pupil premium and those not receiving the pupil premium (the gap was 25.1% in 2019)





The goal: Every 15 year old has hope and aspiration

The wellbeing of our children and young people is vital if they are to be active participants in society, their communities and their families. Hope and aspiration helps children and young people growing up in Calderdale to have a good childhood, and positive life chances, with less involvement in risky behaviours.

Increasing hope and aspiration of 15 year olds means addressing challenges that our children and young people encounter, depending on their own, family and community circumstances.

Nationally 50% of 16-24 year olds previously without mental health issues reported high levels of depressive symptoms during lockdown, and 53% experienced more stress.

15 year olds need to be able to get the most out of school to build hope and aspiration. There will be fewer excluded from school and a greater focus on having good mental wellbeing.

Outside school, there need to be opportunities for young people to be involved in activities that they enjoy and that open up choices for them to reach their potential and allow them to play their part in shaping our future.

We also need to make it more achievable for all young people to get their foot on the jobs ladder with good quality jobs providing regular income.

Young people's employment was disproportionately impacted during the pandemic with 57% of job losses in Calderdale between March 2020 and April 2021 being in the under 25s.

How will we know if this goal has been achieved?

Increased percentage of Year 10 pupils in Calderdale who feel happy with what may happen to them in the future (60% in July 2021) and a smaller percentage of Year 10 pupils in Calderdale with low life satisfaction (28% in 2021).



The goal: Working age people have good emotional health and wellbeing and fewer suicides

Good health and wellbeing for people of working age, and enabling people to work for longer in good health are important. Being physically and socially active can work wonders for emotional health and wellbeing, whatever your age, health status, ability or gender. The effects of a positive working life and supporting people to return to work are important.

The need to reduce suicides and the risk of suicide is particularly urgent in Calderdale.

Calderdale has a significantly higher suicide rate, 15.6 per 100,000 people, than nationally and regionally.

At the same time we need to improve everyone's mental health. The pandemic focused attention on social isolation and loneliness. We need to strengthen the foundations for good mental health through good quality jobs and strong, vibrant communities.

There was a 8% decline in mental health in the UK over the first two months of lockdown during the pandemic.

We also need to address inequalities in mental health caused by people's individual situations, such as poverty, gender, unemployment, domestic abuse, disability, housing issues.

Referrals to adult social care for mental health assessments increased by 14% in 2020 compared with the previous year.

How will we know if this goal has been achieved?

Improvement in the percentage of working age people with good mental wellbeing (57% in October 2021) and reduction in overall suicide rate (15.6/100,000 people 2018-20).





The goal: Older people have strong social networks and live in vibrant communities

Health as we age is fundamental to our quality of life, allowing us to remain independent, work, get involved in our local community and maintain social connections. Older people make valuable and important contributions to society and should enjoy a high quality of life. Retirement is an increasingly active phase of life where people have opportunities to continue contributing to society by working for longer or volunteering in their communities, enabling them to care for their own wellbeing by working, and looking after their health.

Calderdale is working to become an Age Friendly Borough where older people participate in community life and places are designed so that older people feel included and valued. This will help reverse some of the isolating impacts that people felt as part of pandemic, particularly those who 'shielded'.

There has been an 96% increase in referrals for mental health assessments for over 75s for 2020 compared to 2019 in Calderdale within an overall increase of 14% in referrals for mental health assessments.

Nationally during the pandemic, 3/4 of bereaved carers said their loved one didn't get all the care and support they needed and nearly 2/3 said their loved one's pain wasn't fully managed.

To make the most of their communities, older people will need to feel confident, valued and safe, as well as being physically able to access the community. This needs to extend ultimately to a good death, with the community supportive of those in their final days and weeks of life.

How will we know if this goal has been achieved?

Increase in the percentage of older people who agreed or strongly agreed that they felt they belonged to their immediate neighbourhood (to be measured in February 2022).



Everyone in Calderdale can play their part in living a larger life

Everyone can play a part in achieving the four goals of this strategy. As a programme for each of the four goals is developed, it will set out clearly what Health and Wellbeing Board partner organisations will do, what organisations and communities will do together, and what people and communities can do to help achieve the goal.

What Calderdale Health and Wellbeing Board partner organisations will do

- Be honest and transparent, communicating and sharing the progress made and admitting mistakes
- Inspire and enable people, businesses and communities to get involved
- Provide joined up, easy to access support services for those who need help to achieve our four priority outcomes

What organisations and communities will do together

- Talk and listen to each other and recognise differences across Calderdale
- Use our respective resources, skills and assets to achieve our four priority outcomes
- Develop and deliver community-based plans to achieve our four priority outcomes across the borough and in neighbourhoods

What Calderdale residents and communities can do

- Live the Vision for Calderdale
- Get involved in your local community
- Look after your own and loved ones' health and wellbeing and strive to improve it

