

1 **Ensure adequate support for vulnerable adults and support independent and safe living**

Background/Key Issues

One of the primary aims of adult social care is to promote the independence of vulnerable, often older, people, particularly to help them to live as long as possible in their own home. The Council works with customers and their carers to assess the risk to individuals and their needs in undertaking identified activities of daily living (e.g. washing, bathing, getting out and about) via a national assessment process called Fair Access to Care Services (FACS).

Current Activity

An Older Person Needs and Aspirations Study will be sent out to 1200 people in the city to gain feedback relating to people's housing needs and aspirations; their current or expected care requirements; whether they require adaptations / aids in their homes to help them to live independently for longer and whether they require any energy efficiency measures in their home. In addition Sunderland City Council are compiling the evidence relating to people living in the City with mental health; learning disabilities and physical disabilities. Once all of this information is assessed it will be compiled into a Housing Strategy for Accommodation with Care during 2010.

Sunderland City Council's Health, Housing and Adult Services provide a range of services to adults with a social care need and their carers, following an assessment of need. These services are provided citywide and include:

- Home care
- Day care
- Short breaks
- Equipment
- Supported accommodation
- Residential Care
- Intermediate Care
- Advice on welfare rights
- Direct payments
- Support at home through assistive technology
- Companionship Scheme
- Carers Emergency Scheme

Health, Housing and Adult Services (HHAS) are implementing a commissioning strategy for accommodation solutions for vulnerable people including supporting resettlement for people with disabilities and extra care for older people.

An extra care scheme for older people is being developed in Hetton. The scheme will provide around 46, two bedroom apartments and communal facilities. 24 hour care and support will be on site, from the Council's Social and Health Care Staff with housing support from Housing 21 Court Manager. The Scheme will support tenants who are over the age of 55 who have social care needs, and also be the hub of outreach to older people in the local community.

The Sunderland Active Bus can promote safe living and support in assisting people to live healthy and active lifestyles

SAFC Foundation deliver sessions on substance misuse, peer pressure, confidence and self esteem raising through games, football and classroom activities

SAFC Foundation have a full time young people's counsellor who works in the Kickz project

Nexus have a social inclusion team who support vulnerable adults. In conjunction with Social Services, individual travel plans are developed and assistance is given to enable and empower those who need support to travel independently

Total Place is a new initiative that looks at how a 'whole area' approach to public services can lead to better services at less cost. It seeks to identify and avoid overlap and duplication between organisations – delivering a step change in both service improvement and efficiency at the local level, as well as across Whitehall. Sunderland is included in one of the 13 pilot schemes across the Country and is looking at how health services can be delivered more effectively.

Action

Provide more information on mobile health provision e.g. Sunderland Active Bus, to ensure that all areas of the Coalfield have access to services

2 Easier access to health services e.g. GPs and hospitals

Background/Key Issues

There are six GP surgeries within the area. Two are located in Shiney Row, two in Houghton, and one each in New Herrington and Hetton le Hole. The Coalfields is the only area in the city with no hospital or Primary Care Centre. However, A new primary care centre is being built adjacent to Houghton Sports Centre. Residents satisfaction with GP and hospital provision is in line with the City level.

Current Activity

The NHS Operating Framework for the NHS in England 2008/09 sets out the Government's key priority for improving routine access to GP services in evenings and at weekends, requiring PCTs to ensure that at least half of their practices offer extended opening to patients. 50 of the 55 GP surgeries within Sunderland have extended opening hours including late nights and Saturdays.

3 Provide adequate support to improve wellbeing (including mental wellbeing)

Background/Key Issues

The key principles of the Wellness Service is to shift the balance from treatment services to preventative measures and provide Wellness opportunities either as an alternative or support for treatment. Promoting healthy lifestyles such as healthy cooking and eating, smoking cessation and low level exercise are all beneficial to the overall wellbeing.

Current Activity

The Wellness service provide a range of physical activity opportunities to increase levels of activity which contributes to improved mental health and well-being.

Sunderland Mind helps people take control of their mental health. They do this by providing high-quality information and advice, and campaigning to promote and protect good mental health for everyone

Ecominds is a grant programme which helps people with experience of mental distress get involved in local environmental projects that improve mental and physical health. Ecominds, which is run by Mind as an award partner of the Big Lottery Fund, is looking to fund smaller projects with grants of up to £20,000 due to the phenomenal success of the other funding sizes. The closing date for applications is June 2010.

Supporting local groups to speak out against mental health discrimination, The Open Up Initiatives scheme offers support, mentoring, training and help with expenses to people with experience of mental distress who want to challenge discrimination in their local area. For more information www.mind.org.uk

Gaps

Locally delivered, community based activities need to be available in all areas. Lack of funding for community groups may result in support for residents not being available in some areas.

Action

Gather more information regarding healthy lifestyle activities commissioned by the Sunderland Teaching Primary Care Trust (STPCT)

4 Provide more accessible sporting and exercise facilities

Background/Key Issues

The key principles of the Wellness Service is to shift the balance from treatment services to preventative measures and provide Wellness opportunities either as an alternative or support for treatment. As a result of a fully engaged scenario with a range of key partners the service reaches and impacts on the individuals that are most in need and subsequently is contributing to reducing the inequalities that are so prevalent within Sunderland.

Current Activity

The Community Wellness programme enables residents to access Wellness facilities at a local level. Community Wellness venues are currently located at Easington Lane Access Point (ELCAP) and YMCA Herrington Burn

The Wellness Service is in the process of developing, producing and marketing a citywide walking programme. The programme will involve developing a number of 'way marked' routes in 10 city parks, two in each of the city's five areas. Dependent on the size of the park, routes will typically be 1, 2 or 3 miles in distance and will be suitable for walkers, runners, wheelchair users and pushchairs.

Sport and Leisure provide an affordable pricing policy for Sunderland City Council leisure facilities ensuring affordable opportunities exist for all.

Sport and Leisure are constructing a new swimming baths and sports complex in Hetton. A new programme of sporting and exercise opportunities will be available following the opening of the complex early in 2010

SAFC Foundation work with primary schools in the area to deliver a one hour session each week including team games to compliment topics in the classroom and work with two secondary schools to deliver lunchtime and after school clubs

The Fit for Footy Sunderland Active Bus will carry out health checks, promote active and healthy lifestyles and provide advice, guidance and support to enable people to access sporting activity

A new City-wide exercise referral and weight management programme provides greater choice of activities for patients. Exercise referral activities currently take place in Houghton Sports Centre and ELCAP

Exercise classes for people over 50 are tailored to the needs of individuals and include both seated and standing exercise. The classes improve mobility, balance and co-ordination which decrease the likelihood of falls and increase ability to continue to live independently into old age

5 Address issues around lack of public transport in some areas

Background/Key Issues

Some parts of the Coalfield area feel they do not have adequate transport links to access all relevant health services/provision. Public transport services and road and rail links

Current Activity

The Link Up service is available to enable people to get closer to local health provision than the main bus service may provide. Nexus provide a taxi bus service to Kepier Health Centre and a taxi card scheme for people with a disability provides a £2.50 discount on taxi rides

The 168 service in Hetton has been modified to ensure access from Moorsley

Private companies run buses from Hetton and Houghton to Sunderland Royal Hospital and the NHS operate Patient Transport Services to take patients to and from their appointments. Doctors, Dentists and Midwives can arrange this depending on patient needs

Services run to Houghton Sports Centre, and Go Ahead have changed the 35 service to pass the Silksworth Sports Centre

Nexus work with Compass to provide group travel. Community Travel and Community Centre provision is provided by Compass, subsidised by Nexus

Gaps/Needs

There is little provision for bus accessibility at some healthcare sites (e.g. turning circles, adequate roads etc..)

There are still some areas of the Coalfield with limited public transport provision

Actions

Nexus to ensure full consultation with the Committee and local residents on the Secured Services Network

Request information from planners regarding bus accessibility at the new Primary Care Centre at Houghton