

HEALTH AND WELLBEING

Each chapter in the draft Neighbourhood Development Plan is under constant review and refinement. Not all of the Appendices are yet available but they will be posted on the website as and when they are ready. The text in the chapters should be sufficient, however, to enable you to respond to the questions which are in the leaflet and repeated at the end of the section for your convenience.

Objectives

- Prevention of health inequalities, promotion of early intervention and addressing the wider social determinants of health e.g. housing, education, employment, social isolation.
- To ensure accessible health support and increasing the capacity of facilities to keep pace with any increase in population size, and the diversity of an ageing population, the increase in young families living/ moving into Stansted and surrounding areas where housing development is agreed or planned including **1150 Henham and Elsenham and 2,200 Stortford Fields**
- To add specialist healthcare facilities, to develop mental health programmes across all age groups and in particular for young people (8.7% of 5-16 year-olds in Uttlesford – have a diagnosed/mental health disorder) and the increasing numbers of those with dementia (79% increase to 1,920 by 2030 in Uttlesford) – link to info from
- Mobilising Place and Community (Joint Health and Wellbeing Strategy 2018-2022) e.g. developing the use of physical space/building design, developing community spaces and green space to support activity and connect people, accessibility to key services and facilities
- Provision of a second licensed dispensing pharmacy service

The current position

It is important to stress the importance of– where/how people live/work and socialise- spend their leisure time to our health and well- being; there needs to be a vision on how and where we live, with the environment/access and design all promoting and supporting our health and well-being.

Although Uttlesford has no areas of distinct inequality- The Profile of People Living in Uttlesford 2016- states “... Stansted South Wards are areas with a lower life expectancy than others in the district, which may indicate health inequalities.”

- *Health Centre in Lower Street* – In 2014 a new Health Centre replaced the cramped and limited accommodation at the previous surgery.
 - As at March 2021 the patient list is 11,300 of which 944 live in Bishop’s Stortford, Hertfordshire – where the surgeries are at capacity, some with closed lists. This represents an increase of approximately 100 in two years and is currently rising, and set to rise further with the East Herts development of Stortford Fields with approximately 2,200 dwellings in progress. The GP surgery also serves surrounding villages including Birchanger, Farnham and Manuden, whilst a small proportion of residents are registered at the Elsenham Surgery and, to a much lesser extent, at Newport.
 - The diagram of the catchment area for the surgery outlines the need to consider the impact of developments in East Herts as well as our Essex localities within the catchment- the surgery could reach capacity in the next two years as registration is dependent on the CM24 postcode. The Primary Medical Care Policy and Guidance Manual 2021 4.6.4 also states GP practices are able to register new patients who live outside the practice area without obligation to provide home visits or services out of hours.
 - There are no known plans currently to merge Elsenham surgery which has 6,833 patients listed with that of Stansted.
 - The current staffing establishment at Stansted Surgery is :
 - 4 General Practitioner partners
 - 1 salaried General Practitioner
 - 1 Advanced Nurse Practitioner

- 2 Practice Nurses
- 2 healthcare Assistants
- 1 Phlebotomist

The surgery currently undertakes a full range of enhanced services e.g. minor surgery, phlebotomy and hosting medical students to provide additional funding to increase services.

- o Other health services available at the Health Centre and shared amongst the 5 Uttlesford Primary Care Network service include:

- 3 Pharmacists
- 1 Social prescriber
- 2 Physician Associates
- 1 Paramedic
- 1 Care Co-ordinator
- 1 Health and Wellbeing Coach
- 2 Physiotherapist (1 in progress of recruitment)
- 1 integrated Mental Health Practitioner

Investment to recruit an additional Pharmacist/Dietician and Paramedic is currently under review.

- *Pharmacies* – although there are two pharmacies only Boots in Cambridge Road is licensed to dispense. The Stansted Pharmacy is located beneath the Health Centre. The Pharmaceutical Needs Assessment due to be reviewed in 2020 (delayed due to the Covid- 19 pandemic to March 2022) – clearly illustrates a need for a second dispensing licence to be agreed to meet the needs of the South Ward in particular, especially given the building lease is due to cease in 2021 for Boots on Cambridge Road. (see Appendix ? which outlines the needs evidenced and action taken to date).
In addition, the increasing role of pharmacists and pharmacies e.g. Advanced Services, Medicines Discharge Service- effective from February 2021, the Community Pharmacist Consultation Service will be required to support the increasing population numbers from Stansted and the surrounding areas, with probable further resources and staff being required to meet the demands of the surgery’s increasing population in the catchment area.
- *Dental Practices* – there are three located within the parish. One is located beneath the Health Centre, one in Chapel Hill and one at Norman’s Way. Two of these take NHS patients.
- *Physiotherapists* – three practices located at Cambridge Road, the Health Centre and Forest Hall Road.
- *Chiropractor* – one located at Cambridge Road and one in Blythwood Gardens.

- o Trends:

- Society is changing and we are living longer
- Loneliness and isolation are impacting our lives
- We are living longer alone

- We need to plan our physical built and green space environment to mitigate against health inequality and promote healthy lifestyles and positive wellbeing – developing the extent to which a place can satisfy the physical and psychological needs and demands of its residents – Ministry of Housing, Communities and Local Government – Better Design for Better Places 2018)
- “To create healthy places, it involves working with many stakeholders. You have to liaise with PCT’s, local community groups and businesses to understand any issues they have in regards to healthy placemaking. There has to be collaboration with many public and private stakeholders”- Design Council 2018

What will be needed in the next fifteen years?

When evaluating the requirements for health services and facilities there are three additional background factors which should be borne in mind:

- Further residential development is likely but the volume of new-builds and the speed of construction is uncertain - although we are aware of:
 - Recent Developments agreed/ in place - (see objective 2)
 - Proposals awaiting planning consent - Bloor- Bentfield/Land West of Pennington Lane = 168 houses; plus possible appeal on Mill Road, Henham = 45 houses
- Development in the past decade has been mainly in the east of the village thus changing the balance of the population. Chapel Hill creates the divide between Cambridge Road, Bentfield Green and the Hargrave Estate all sitting to the west, with Foresthall Park and the Mountfitchet Estate to the east.
- Uttlesford has the second longest average travel time by public transport or walking to reach key services – especially in Stansted and is reflective of it's rural nature.(CCG)
- The elderly population is will increase from 18.9% too 26.5% by 2035- services need to be planned to meet the demands of this group of residents.
- The CCG have stated that “A more significant role for primary care is required, although we need to be aware of workforce and other pressures; this needs appropriate funding and resource.” – with one of the drivers in the vision being improved co-ordination and triage between 111 or equivalent services – pharmacies? Also cited as a driver are - a focus on the multi-disciplinary team and the primary care role of co-ordination – we need to be clear who and how these services will be provided to such a growing community.
- The ward of Stansted South (incorporating Foresthall Park and the Mountfitchet Estate) is assessed as having a lower life expectancy than others in the district and reducing any health inequalities must be built into planning when developing future health programmes and facilities.
- Developments on our border with East Herts, Elsenham and Henham will impact on the capacity and quality of health services.

The policies needed to meet future needs should include the following:

- *GP Surgery* – based on a rising patient list (assuming 1348 new dwellings in the practice catchment area and @2.3 people per household (not including Bloor and Henham = an additional increase of 3,100 in the population eligible for surgery access) additional doctors and support staff would need to be recruited and funded as listed below:
Further staffing for an increased list to the maximum for the Health Centre of 15,000 patients would be an additional:
 - 1 FTE General Practitioner
 - 1 Practice Nurse
 - 2 Administrative Assistants
 - 1 Receptionist
- *A second dispensing pharmacy* should be licensed and SMPC will continue to bring pressure on NHS England to agree. The alignment of the second pharmacy to the Health Centre is crucial and would meet the needs of the growing population living in the east, negating the need to walk up the steep Chapel Hill. This is a significant issue that needs to be addressed sooner rather than later.
- *Prevention rather than cure* – improving wellbeing – this will involve communicating and planning collaboratively by assessing local health and care needs and assets – developing services people need to stay well from integrated community wellbeing support services – Connecting with and involving community participation -Enabling and supporting through design - Healthy play and leisure, Healthy

eating and Active travel within compact communities. The collaboration between local authorities, health and wellbeing boards etc, developers, communities and other stakeholders using the Building for a Healthy Life 12 as endorsed by Homes for England principles – see appendix?????

- *Seeking ways to benefit the mental and physical health of the young.* Even if Covid-19 ceases to be a major issue in the next two years, the legacy of the pandemic is likely to leave scars – not least on the young. Apart from timely access to appropriate medical services, delivery of which lie outside the scope of the Neighbourhood Development Plan or the power of the Parish Council. Opportunities to socialise and be active are needed. Ideas and proposals will be considered in the chapter covering Community and Leisure, Sports but seeking ways to develop the range of activities centred on the Youth Centre/ Youth Service and widening the range of cultural and sporting options merit consideration. Developing the proposals and accessing funding will involve the Parish Council, UDC, Active Essex and developers.

POLICIES

SMH1	To ensure that medical services in the parish are provided at a level to keep pace with a rising and ageing population.
SMH2	To pursue consent from NHS England to license a second pharmacy, serving the south ward, to dispense prescriptions.
SMH3	To support preventative action, not least by pursuing policies which encourage physical and mental activity.

CONSULTATION QUESTIONS

- 1 Are there any specific local health needs or issues which need to be addressed?**
- 2 Does the local GP practice meet your needs?**
- 3 Looking forward, the emphasis must be on the prevention of ill-health so that people can enjoy more healthy years of life. Do you agree and recognise that changes in lifestyles will be necessary?**
- 4 Do you consider that a second dispensing pharmacy is needed close to the GP surgery? Would you use this pharmacy if dispensing is permitted?**
- 5 If you need support from medical or social services at home, are your needs being met?**
- 6 Do you have problems travelling to receive medical services? If so, would you stated your difficulty?**
- 7 What other actions would promote and support health and wellbeing in the community?**
- 8 If you are living with dementia or caring for someone who is, what further help would assist you?**

Sources

- South Uttlesford Primary Care Network Annual Plan 2020/2021
- Primary Medical Care Policy and Guidance Manual 2021
- NHS West Essex Clinical Commissioning Group – Clinical Quality/Patient Safety
- Design Council Healthy Placemaking 2018
- NHS Reset-A New Direction for Health and Care -2020
- Health and Wellbeing in Uttlesford- Strategy for 2017-2022
- Essex Joint Health and Wellbeing Strategy 2018 – 2022
- Joint Strategic Needs Assessment 2019 – Uttlesford Local Authority Profile
- Public Health England -Uttlesford Local Authority Health Profile 2019
- 5 Year Strategic Plan for West Essex health and Care System 2015-2020 (published 2014)
- Health and Wellbeing in Uttlesford- A Strategy for 2019-2022
- Building for a Healthy Life – Homes England July 2020

Consultation

Uttlesford Health and Wellbeing Board

Director for Public Health

Clinical Governance, Pharmacy and Primary Care Lead ECC

Essex Health and wellbeing Board

West Essex Clinical Commissioning Group

South Uttlesford primary Care Network

Stansted Surgery