

Director of Public Health's
Annual Report 2023

Community matters



Health and wellbeing of the
population of Bolton

**Bolton
Council**

With thanks to communities and colleagues from across the borough for their contributions and sharing their case studies.

Thank you to the editorial and design team for bringing this report together including Clare Jackson, Evangelie Dunn, AnneMarie Carr, Shan Wilkinson, Tracy Lumer, Lucy Heaton, Chris Kirk and Sam Mason.



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Foreword

I'm pleased to present my annual report on the health and wellbeing of Bolton's population for 2023. This year the report looks at how the health and wellbeing of our local communities can be supported through community asset-based approaches.

Last year's report explored some of the challenges that people and communities in Bolton face to their health and wellbeing, focusing on mental health and wellbeing, and considering the implications of rises in the cost of living and ongoing impacts from the Covid-19 pandemic.

A key outcome following last year's report is that work has now advanced on an anti-poverty strategy for the borough. Appendix 2 presents a review of the actions arising from last year's recommendations.

A summary profile of 'Bolton population's health and wellbeing: Key statistics' can be found in Appendix 1 of this report and provides an updated summary of key health statistics for the population. Overall, our analyses show that across many key indicators, the health and wellbeing of Bolton's population has worsened in recent years, and we are seeing a widening of the existing inequalities in health between Bolton and the country on average.

The impact of the Covid-19 pandemic is amongst the factors driving this, though the decline in population health was evident before the pandemic.

This year's report looks at health and wellbeing from a different perspective. Often, when we look to understand what is influencing the health of individuals and communities, we focus on ill health and disease. This is an important approach and informs the development of services to address these issues. However, we can also consider what factors promote good health and sustain wellbeing.

To do this we look to understand what strengths and resources in our communities are helping them to stay well, sometimes referred to as a community asset-based approach. The introduction of this year's report provides a brief summary of the research evidence base for community asset-based approaches, and introduces ways these approaches can be used in practice.

Community asset-based approaches aren't new, and in Bolton, we already recognise the opportunities of asset-based working.

This includes developing a key resource of Bolton's asset-based community development principles, strengthening communities through Community Alliance work, and building upon the work of the Community Champions programme. Examples of these and more 'Bolton case studies' are presented in this report.

The report concludes with a recommendation for embedding these approaches and resources to support working together and sharing good practice on community development and codesign throughout the borough.

I hope you enjoy reading this report and find it a useful resource.

Lynn Donkin,
Director of Public Health



Introduction

Why community-centred action matters for improving the public's health.

Historically, local councils and public bodies have taken an approach to improving health which is deficit-based. This means that they try and improve health by focusing on what they identify are problems for people and communities, and target services at these perceived areas of need. However, evidence shows that when services take an approach which starts by looking at community assets rather than community challenges, communities are better able to address those challenges.¹

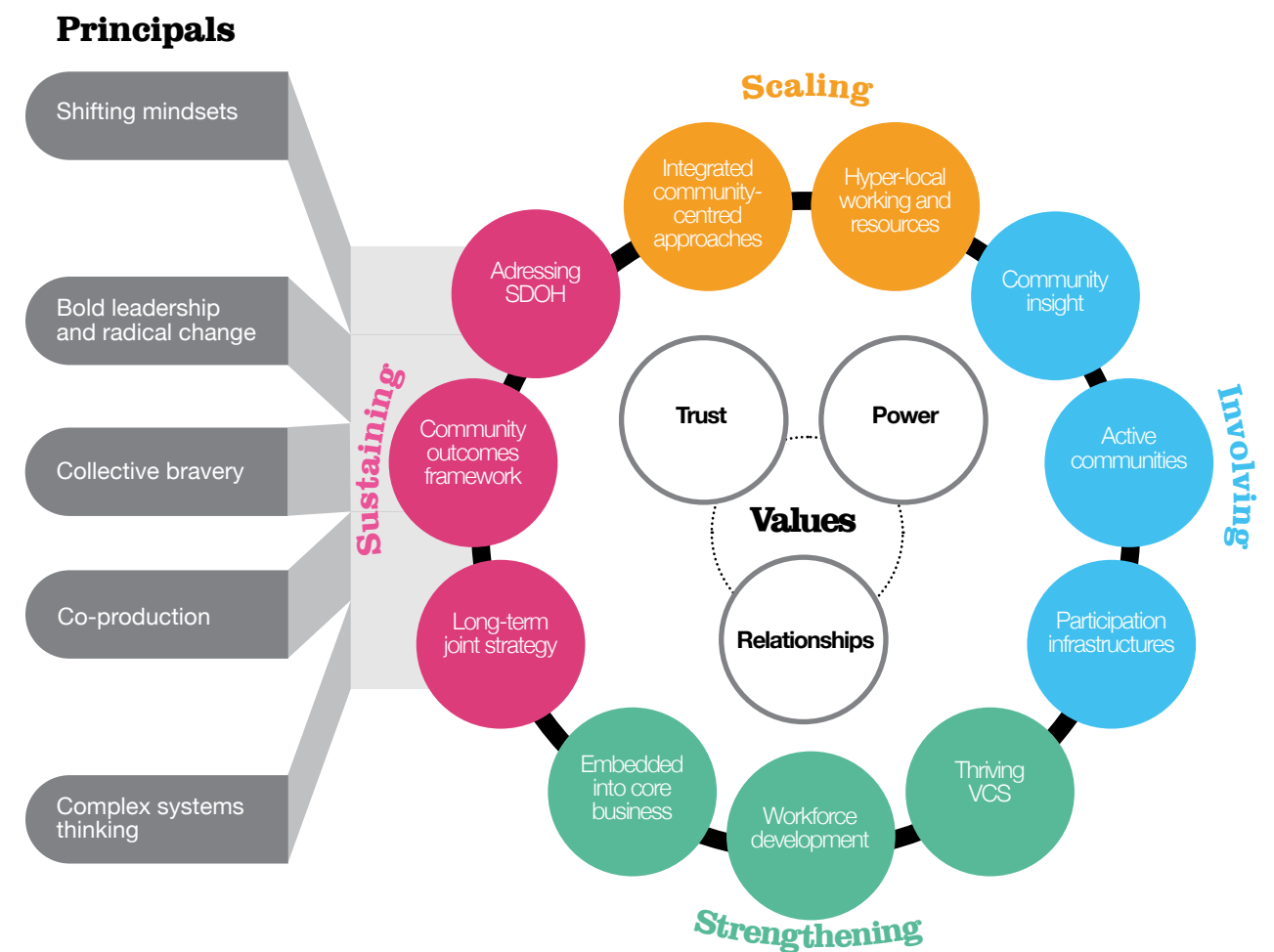
This isn't about public bodies shying away from their responsibilities, nor is it about ignoring the challenges faced by communities. An asset-based approach doesn't mean reducing available services, nor is it about reducing funding. Rather, this approach is about

empowering communities to be co-creators of their own health and wellbeing, and supporting them in partnership to identify their own needs and build upon the assets they already have. In this section we outline the evidence base and frameworks in Bolton which support this way of working, and describe how to put these principles into practice.

A helpful model was produced by Public Health England that identifies the components that support effective community action for improving the public's health. This model highlights the values of power, trust and relationships (Figure 2).²



Figure 1: Eleven elements of community-centred public health: a whole system approach (SDOH = social determinants of health).



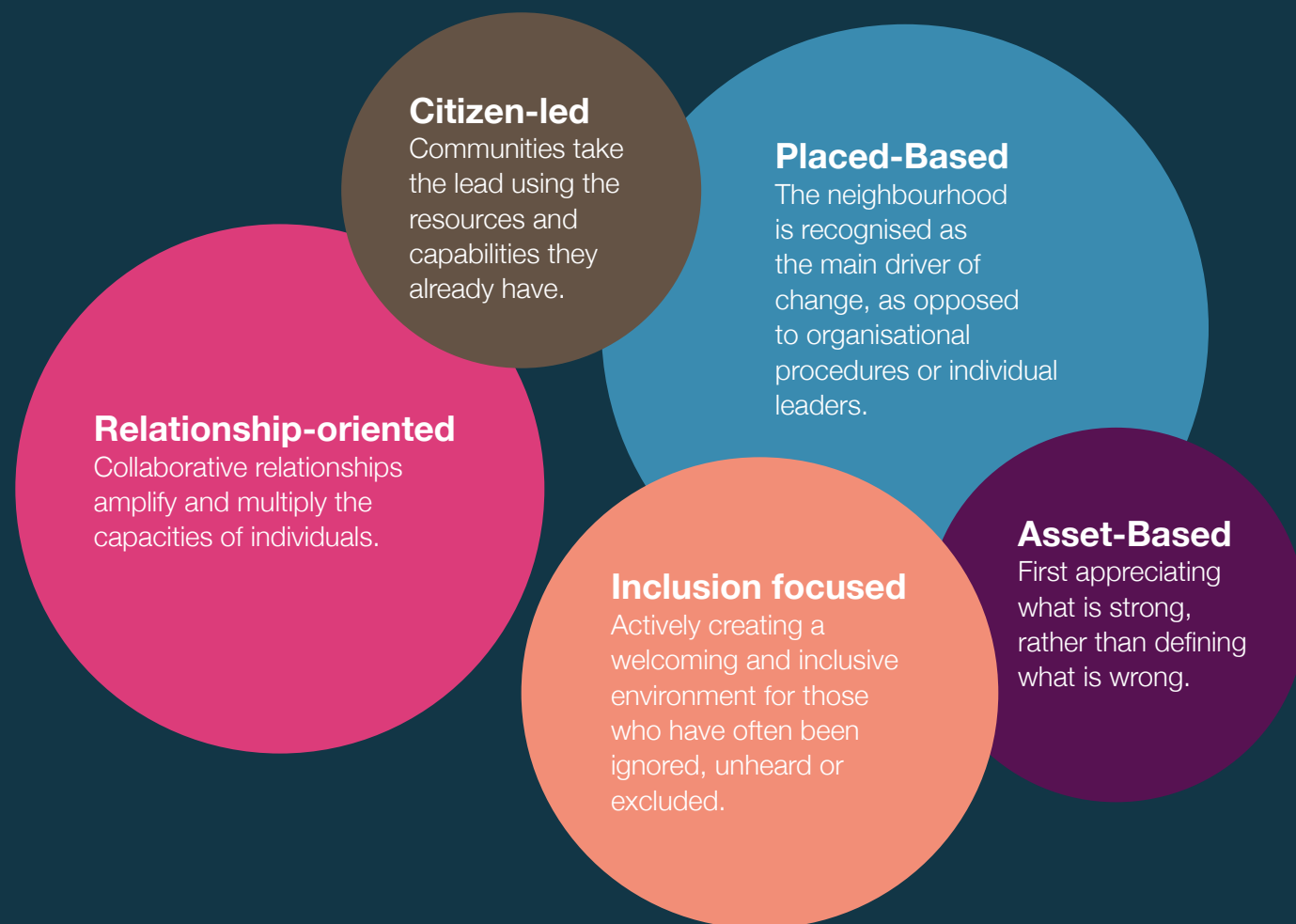
Source: Community-centred public health: Taking a whole-system approach (publishing.service.gov.uk)

¹ Improvement and development Agency (2010) A glass half-full. How an asset based approach can improve community health and well-being. http://www.local.gov.uk/c/document_library/get_file?uuid=bf034d2e-7d61-4fac-b37e-f39dc3e2f1f2&groupId=10180
² Community-centred public health: Taking a whole-system approach (publishing.service.gov.uk)

What is asset-based community development (ABCD)

Asset Based Community Development (ABCD) is a way of enabling sustainable community development based upon the strengths and potential of communities. Assets can be thought of as any collective knowledge, skills, talents, or resources that belong to the community and may help it solve local problems. ABCD starts from the belief that communities themselves can take the lead in identifying and utilising assets which are often unrecognised.³ This process empowers individuals and communities to work together to develop their own solutions.

The key principles which underpin ABCD are:



³ www.nurtureddevelopment.org/asset-based-community-development/

Figure 2:

What are community health assets?

All communities have health assets that can contribute to positive health and wellbeing



Source: Community-centred public health: Taking a whole-system approach (publishing.service.gov.uk)



Resource:

Bolton's Community Engagement Principles

As part of the development of asset-based ways of working in Bolton, a group of community engagement principles have been co-developed with the NHS, VCSE sector and Bolton Council.

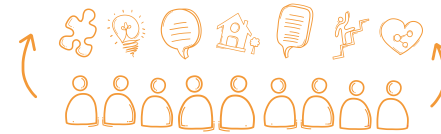
These principles identify how we can engage with communities in ways which recognise their strengths and capabilities. The principles are not in any particular order; they are all as important as one another and are intended to be used together.



Figure 3: Bolton Community Engagement Principles

Asset-based

Appreciating everything communities can do for themselves and creating the space and conditions for them to utilise and develop their asset and play to their strengths.



Inclusion focussed

Working with community champions who can communicate effectively with people in their local communities as they already have trusted relationships.



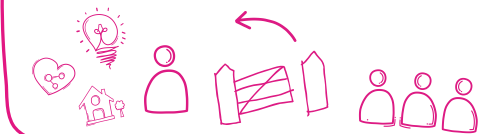
Collaboration and boundary spanning

Being able to establish bridges with other groups and organisations. Boundary spanning can be defined as "the efforts by an organisation to establish connections both within and outside the organisation"



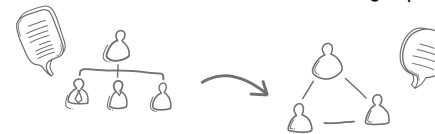
Gate opening (not gate keeping)

Bringing people and communities together who wouldn't ordinarily work together. Encouraging them to share opportunities and resources without creating channels that rely on particular groups or individuals.



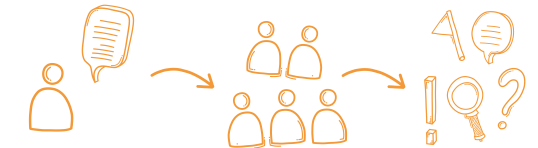
Connecting

Understanding the needs, preferences and aspirations of our communities and connecting them to others who share them and/or who have gifts and resources which may help meet these needs. These connections are often surprising and simple and make a big impact.



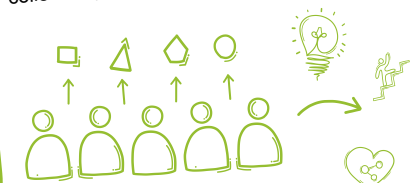
Capacity building

Working alongside our communities. Not doing to people or for them. Capacity building so people and groups can do more for themselves and respond to emerging challenges and opportunities. Creating a sustainable approach which is supportive and realistic.



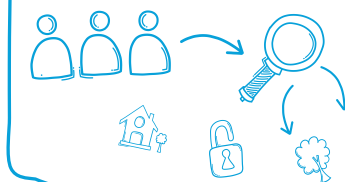
Diversity and difference

Appreciating and understanding the different communities and the power that these differences bring to what can be achieved collectively.



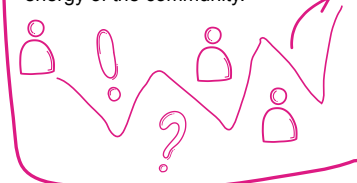
Visibility

Trust is built through a 'boots on the ground' approach where people are very visibly doing the work which in turn helps to build relationships and accountability.



Embrace the Chaos

The informal and unstructured nature of working with communities is embraced and there is an understanding of the need to embrace this and work at the pace and with the energy of the community.



Opportunities:

for embedding for asset-based approaches in Bolton

There are a number of key strategies and Boards in Bolton, and for Greater Manchester as a whole, that already recognise the value of this approach and provide opportunities to embed more widely.

Active, Connected and Prosperous; Bolton's Vision for 2030

The Active Connected Prosperous Board is the key local partnership that brings together senior leaders from across the voluntary, community and faith sector, the private sector, the university, colleges and schools, health, emergency services and the council, to deliver local priorities for our communities. The partnership launched 'Bolton's Vision 2030' in 2017 as the long-term vision to achieve an Active, Connected and Prosperous borough. Underpinning the Vision are six outcomes providing a framework through which we can deliver our community asset-based approaches to health and wellbeing.



Bolton's Locality Board

The Locality Board brings together senior leaders from the local NHS, local authority and the VCSE sector. The primary purpose of the Locality Board is to set the strategic direction and implement the health, care and well-being system across Bolton.

Bolton Community Engagement Steering Group

The community engagement steering group is made up of stakeholders from various backgrounds. The Board guides planning and engagement activities across the system to ensure a more coordinated approach in embedding asset based community development, ensuring this is well coordinated.

The primary aims are to:

- Ensure all community voices are heard and included in the decision making process
- Promote openness in planning, execution and communication of community engagement activities
- Be responsive to community needs, concerns and feedback
- Ensure consistency across the system when supporting communities

The community engagement steering group is a valuable mechanism for fostering collaborative relationships across the system. This has been achieved by having a shared purpose and creating a learning environment that fosters shared practice.



Marmot City Region and 'Fairer Health for All' in Greater Manchester

Fairer Health for All is Greater Manchester's response to the recommendations made by Professor Sir Michael Marmot, an international expert in health inequalities, on how to address local health inequalities in his 2021 review (Build Back Fairer in Greater Manchester; Health Equity and Dignified Lives).⁴

The Fairer Health for All Framework provides a shared approach and consensus of priority action across the system to advance equity, inclusion and sustainability and deliver health and care services that better meet the needs of communities we serve. It provides tools and resources to enable us to collaborate, share and learn with our public and VCSE partners. www.gmintegratedcare.org.uk/fairer-health-for-all

Greater Manchester VCSE Accord

The GM VCSE Accord, is a three-way collaboration agreement between the Greater Manchester Combined Authority and the Greater Manchester Integrated Care Partnership and the GM Voluntary, Community and Social Enterprise (VCSE) Sector. It is key way in which partnership working is supported locally in order to improve outcomes for our communities and citizens.

www.greatermanchester-ca.gov.uk/media/5207/gm-vcse-accord-2021-2026-final-signed-october-2021-for-publication.pdf

Greater Manchester's 'Live Well' movement

Live Well is Greater Manchester's (GM) movement for community-led health and wellbeing. It is led by communities and supported by public services. Live Well partners have a shared commitment to ensure everyone feels healthy, supported, and connected through a wide variety of information, activities and support, designed and delivered with, for and by our communities.

Bolton's community-led work has been highlighted as an example of good practice in workforce development. We have been chosen to receive investment from the programme to support this work with the ambition to create a collective Asset Based Community Development approach to enabling people and creating places where everyone can Live Well. We will do this by building an inclusive training and development offer that recognises and grows knowledge, skills and leadership in communities alongside paid workers from across the system.

www.gmintegratedcare.org.uk/livewell

⁴ Build Back Fairer in Greater Manchester: Health Equity and Dignified Lives - IHE (instituteofhealthequity.org)

Asset-based community development (ABCD)

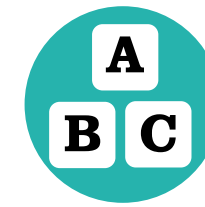
in action across Bolton

In Bolton, we've partnered with communities to enhance health and wellbeing through asset-based approaches.

This involves leveraging individual, community, organisational, and physical assets. We collaborate across diverse organisations, addressing various areas like mental health, physical activity, cost of living, and climate change.

This section presents some examples of our work.

This approach isn't one-size-fits-all, rather these examples highlight a range of activities underway across our borough.



Start Well

A whole school approach to improving health and wellbeing

In Halliwell in Bolton, a primary school has embraced the Asset Based Community Development (ABCD) approach to enhance community engagement. Using the "Opening School Facilities" funding, the school has transformed its premises into a valuable community asset, providing a safe space for local children.

This initiative emerged through a co-designed process involving the school, parents, and community members, ensuring that the project resonates with the specific needs and aspirations of the community.

The school's facilities now serve as a vibrant hub and a space for the community to use, offering a safe and interesting environment for various activities such as football, dance, and multi-sport.

From after-school programmes to weekend events, the space has become a focal point for social interaction and community usage. The ABCD approach facilitated the identification of hidden community talents, with residents contributing to the programmes as volunteers.

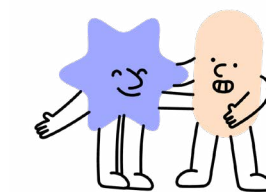
Strengthening community networks through Family Hubs

Bolton Family Hubs are working to provide a clear single point of access for services that support children of all ages and their families.

They do this by making firm connections between services and professionals, and building on the strengths of Bolton's communities.

The Bolton Family Hub Network includes the delivery of services from a range of community venues including schools. The network approach aims to ensure that families can go to the people that they know and trust who can then direct them to the service they need, or they can access that service in their local community.

An example of this is the Solihull parenting course which will be facilitated by BreastFeeding Together in partnership with Flowhesion Foundation. These are two community based VCSE groups, delivering a parenting support group from All Souls Church building in the heart of the community.



Part of
**Bolton
Family Hubs
Network**

www.bolton.gov.uk/bolton-start-well-family-hubs



Live Well

Community orientated commissioning for health and wellbeing

ABL is a community-driven healthcare service started by Bolton GPs and based at Bolton NHS Foundation Trust. ABL is committed to reducing health inequalities and promoting healthy behaviours. In partnership with Bolton council, ABL is providing wellness, weight loss and stop smoking virtual and community-based support to the residents of Bolton, to ensure our people have accessible support to remain well.

Moving forward, ABL will be working closely with the developing Locality Integrated Neighbourhood Teams to provide joined up, community-based health and wellbeing services for Bolton. www.yhbolton.co.uk



Bolton Active Lives Strategy:

Building our approach with local people

In a coordinated approach to the delivery of the Active Lives Strategy in Bolton, over 50 partners have collaborated on an Asset Based Community Development approach.

Through this collaborative approach, community assets have been identified and mobilised, co-creating initiatives with different communities. For example, tailored activity opportunities have been codesigned in partnership with local grass root clubs and leisure facilities, ensuring accessibility for all.

GP Federation and Bolton CVS:

Delivering health clinics in the heart of communities

This project was a collaboration between Bolton's GP Federation and Bolton CVS, aimed at addressing health inequalities within communities across the borough. It involved supporting voluntary, community and social enterprise (VCSE) groups to host health clinics in community settings. As well as offering Covid-19 vaccinations in areas where uptake had previously been low, these clinics were a chance for people to receive health checks and key public health messages, in a non-clinical, more familiar environment.

Bolton at Home Manbassadors:

A social movement for improving mental wellbeing

The concept of the Manbassadors project is to reach out to isolated men, engage them and offer meaningful conversations to tackle high rates of male suicide and mental health issues. The case study below is shared with the permission of those involved.

Manbassadors David and Barry set up a new 'In Your Corner Club' at Daisy Hill Football Club. A Community Development Officer working for Bolton at Home thought this new group would be ideal for a gentleman she knew in the community. He was recently bereaved after his wife had passed away and he wasn't getting out of the house, other than to walk his dog.

The gentleman was invited to join the In Your Corner Club and built a positive relationship with David and Barry. At one 'In Your Corner' session, the new member asked Barry, 'what did you do this weekend?'. Barry opened up about how it had been the anniversary of his wife's passing, which resonated with the new gentleman. They have since connected with each other and developed a friendship, proving that men are stronger together.

Women's Health Network

Following the publication of the National Women's Health Strategy, system partners in Bolton have come together to develop local priorities for improving women's health. A recent successful bid for funding will see a women's health hub to test out new approaches to providing integrated care, reducing barriers to access for our most vulnerable women. The hub will build on our system-wide engagement around women's health to test out approaches in other areas; for example, launching a menopause-specific cognitive behavioural therapy (CBT) group.

Next Steps: building social capital into commissioning

Next Steps is a network of likeminded communities, groups and individuals who have lived experience of addiction and problematic drug and alcohol use. It offers advice and support via regular drop-ins across Bolton, along with access to social activities, volunteering and development opportunities.

Whilst Next Steps is driven by the lived experience of members, staff members are also employed by Bolton's locally commissioned treatment service to provide support to the network. Next Steps also operates a community fund into which local self-help groups and individuals can bid for funding to further develop their ideas to support the growth of recovery in Bolton.



Age Well

Warm Spaces Programme: Creating community connections

The Warm Spaces Programme comes in all shapes and sizes, including churches, libraries and community centres, utilising community assets as part of a place-based approach. The spaces bring people together and create a safe space for social connections. They enable those attending to meet new people, share experiences and grow in confidence.

At the Oldhams Estate in Astley Bridge, the Warm Space runs from the Family Hub and offers a friendly and accessible environment for all ages. As well as a popular Wiggle Tots session, there is also now a group of older people who attend every week and feel that this helps to reduce loneliness and isolation. The space also offers computer access, free Wi-Fi and some light refreshments for anyone that may be finding the cost of living a struggle.

www.warmwelcome.uk

Integrated health and care neighbourhood teams: Delivering services in the heart of communities

The neighbourhood model is intended to support the delivery of integrated health and care, aimed at addressing population need. The new neighbourhood integrated teams will be offering NHS, social care, mental health and wellbeing on neighbourhood footprints.

Each integrated neighbourhood team will initially consist of a:

- Neighbourhood Lead
- District Nurses
- Adult Social Workers
- Community Assessment Officers
- Therapists
- Mental Health Practitioner
- Community Pharmacists
- Pharmacy Technicians



Bolton's Fund: Strong partnerships to improve health and wellbeing of local people

Bolton's Fund brings together funding for community action from Bolton Council, NHS Greater Manchester (Bolton Locality), Bolton at Home and Bolton CVS. Bolton's Fund grants fund projects and activities that benefit people and communities across the borough and is co-designed with partners and allies with a focus on acting on current community insight.

Queens Park Bowling Club has accessed small grants from two rounds of Bolton's Fund to support essential maintenance and keep the clubhouse open during the winter. This has enabled the club to offer activities such as dominoes, table bowls, pool and to provide hot food and drinks to the club members.

This has reduced social isolation and provided support for their members during the cost-of-living crisis at a time when many couldn't afford to heat their homes.

Ken Holcroft, Chairman, said:
 "The grant to keep the club open in winter was a godsend. We got people coming back who we hadn't seen socially since Covid-19. It's just livened the club up wonderfully well, they're going home happy, and people are just not on their own due to new friendships."

Bolton's
 Fund Investing in our communities



Prosperous

Bolton at Home and Bolton CVS Peer Navigators: employment and development opportunities for residents

Peer Navigators are salaried Bolton at Home staff recruited from the neighbourhood they live in. They act to ensure members of their community can access local services and opportunities in a timely manner.

Bernadette, one of the first Peer Navigators, described herself as being at an all-time low before starting her Peer Navigator journey. She was unemployed, depressed, anxious and receiving weekly food parcels.

Bernadette has lived in a Bolton at Home property all her life, felt she knew everyone in her local community and was very aware of the local needs. Through the Peer Navigator role, supported by Bolton at Home staff, Bernadette's confidence has increased significantly.

“I built a great rapport and people wanted my help as they knew I wouldn't judge as I had experienced first-hand the problems we faced as a community.”



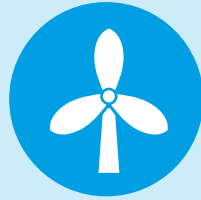
Bolton Wanderers in the Community: promoting social value

Bolton Wanderers in the Community (BWIC) is a charity with the mission to use the power of Bolton Wanderers Football club to deliver positive change by connecting people and allowing communities to thrive and succeed.

As part of their strategy, BWIC has engaged young people in Bolton to develop resilient and safe communities. BWIC has done this by developing different projects, including engaging over 450 primary school children in “Show Racism the Red Card” workshops, mentoring young people working with the Youth Offending team, and providing 21 young people with work placements across Bolton Wanderers in the Community.

www.bwicc.org.uk





Clean and Green

Five Ways Happy Days Walk: Asset-mapping in practice

Using an ABCD approach, the Five Ways Happy Days Walk project in Great Lever has brought together several community assets to create an interactive community map. The map visualises a walk which passes the entrance to four schools, Deane and Derby Cricket Club, Sunnyside Park and Morris Green.

The two-mile route features five waymarks and each waymark gives people the chance to find out about one of the five ways to wellbeing - being Connected, Learning, Being Active, Taking Notice and Giving Back to others.

Working alongside voluntary groups including Lever Edge Environmental Group and Deane and Derby Cricket Club has been key to ensuring the interactive foldout map is something the community will use.

The foldout map also features a wildlife checklist, local historical points of interest, educational material about looking after the environment, QR codes that link to a local Bike Library, and physical activity and volunteer opportunities nearby via the **Let's Keep Bolton Moving** website.



Bolton Food Waste Study: Community-based participatory research

Bolton Food Waste Study is funded by the National Institute for Health and Care Research (NIHR) and developed in partnership with Bolton's communities. The research aims to answer the following question:

'How can our communities in Bolton come together to make sustained change and accelerate our progress towards net-zero carbon emissions?'

Working with co-researchers from the community, food waste was selected as a topic around which to develop a community intervention. The study aims to understand what, why and how much edible food is wasted in households, and if a community approach can support food waste reduction.

Below is a reflection from one of the co-researchers:

“It is the process of the research itself that is important, not just the final findings... we have an active role, we're not simply 'subjects' to be studied. This makes the study more complicated, but being realistic, life is messy!”





Safe, strong and distinctive

Bolton Central Library: a new civic space co-designed with and for local people

Central to this renovation is the creation of a new mezzanine floor which has community use at the heart of it's design. The new community mezzanine floor provides space for games groups, craft and knitting groups, local interest groups and much more.

This programme of activity makes the library an equitable social space, a place where anybody can come and take part, or simply spend time in a warm space. For some, it will reduce the impact of loneliness and isolation, and for others it will simply bring entertainment. Both are important to a healthy and happy population.



£4m
Bolton Central Library has recently undergone a £4 million investment through the Towns Fund Programme.



Halliwell Community Alliance: Civic Pride in Communities

In September 2023, the Council's Area Working Team through the ABCD approach sought to find passionate individuals, residents and community groups in Halliwell who were invited to develop and drive the formation of a Community Alliance, through an asset-based approach.

In January 2024, the Halliwell Community Alliance organised a Big Community Conversation with stakeholders including churches, mosques, secondary and primary schools. From these discussions, social action was identified as a priority, which led to a local ward wide "Week of Action" during which 300 bags of litter were collected. The Community Alliance also supported the "Halliwell in Bloom" initiative by installing flower planters across key roads, with community pillars such as churches and mosques taking ownership of flower planters on street furniture.

Bolton College: Improving health through community learning

E-Bug is a health improvement programme that aims to promote positive behaviour change among children and young people to support infection prevention and control efforts, and to respond to the global threat of antimicrobial resistance.

E-Bug provides free resources for educators, community leaders, parents, and caregivers to educate children and young people. It aims to ensure that they can play their role in preventing infection outbreaks and using antimicrobials appropriately. In developing the e-bug programme we have used the Bolton Community Engagement Principles to support our approach, co-producing the programme with community groups and Community Champions to develop something that meets the needs of our local populations.
www.letskeepboltonmoving.co.uk/community-learning.php



Recommendation

Bolton Council and their partners build upon their current successes in working with communities to adopt and embed community development principles presented in this report, alongside a commitment to codesign where possible across all our partnerships.

Glossary

Allied Health Professionals – a diverse group of clinicians who deliver high-quality care to patients across a wide range of care pathways and in a variety of different settings. Examples include dietitians, physiotherapists, occupational therapists and speech and language therapists.

Asset-based community development (ABCD) – an approach which builds on the assets that are found in the community and mobilises individuals, associations, and institutions to come together to realise and develop their strengths.⁵

Asset mapping – a process which involves identifying institutions, individuals, and citizen associations existing within communities that serve as positive resources.

Bolton's Fund – an investment programme for the voluntary, community and social enterprise (VCSE) sector in Bolton, bringing together funding from Bolton Council, Bolton CVS, Bolton at Home and local NHS partners.

Cognitive behavioural therapy (CBT) – is a talking therapy that can help you manage your problems by changing the way you think and behave. It is most commonly used to treat anxiety and depression but can be useful for other mental and physical health problems.

Communities – groups of people that may or may not be spatially connected, but who share common interests, concerns or identities.⁶

Community-based participatory research (CBPR) – an equitable approach to research in which researchers, organisations, and community members collaborate on all aspects of a research project. CBPR empowers all stakeholders to offer their expertise and partake in the decision-making process.

Community engagement – a way of working with communities to create sustainable outcomes, processes, relationships, discussion, decision-making, or implementation.

Five Ways to Wellbeing – 5 evidence-based actions you can take to help improve your mental health and wellbeing. These are connect, be active, take notice, keep learning and give.

GP Federation – a collective group of GP Practices within a defined geographical area with a common aim to work together at scale in order to deliver high-quality patient-focused services, close to the population they serve.

Health inequalities – unfair and avoidable differences in health across the population, and between different groups within society.

Joint Strategic Needs Assessment (JSNA) – the process which looks at the current and future health and care needs of local populations to inform and guide the planning and commissioning (buying) of health, wellbeing and social care services within a local authority area.

Making Every Contact Count (MECC) – an approach that uses the day-to-day interactions that people in organisations have with people in communities, to support them in making positive changes to their health and wellbeing.

National Institute for Health and Care Research (NIHR) – The NIHR is funded by the Department of Health and Social Care to improve the health and wealth of the nation through research. Working in partnership with the NHS, universities, local government, other research funders, patients and the public, the organisation funds, enables and delivers world-leading health and social care research that improves people's health and wellbeing and promotes economic growth.

Net Zero – means cutting carbon emissions to a small amount of residual emissions that can be absorbed and durably stored by nature and other carbon dioxide removal measures, leaving zero in the atmosphere.

The Prevention Concordat for Better Mental Health – describes the shared commitment of signatories to work together through local and national action, to prevent mental health problems and promote good mental health. The concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities.

The Towns Fund for England – a £3.6 billion central government fund to support the 'levelling-up' agenda across towns in England.

Voluntary, community and social enterprise (VCSE) – a term for organisations which includes local community and voluntary groups, registered charities, foundations, trusts, social enterprises and co-operatives.

⁵ Asset Based Community Development (ABCD) - Nurture Development

⁶ Health Promotion (who.int)



Appendix 1

Bolton population's health and wellbeing: Key statistics

Bolton's population on average experiences poorer health than England, and there are big differences in health of different population groups which sees the poorest health outcomes amongst the most disadvantaged communities.

Life expectancy

Life expectancy is an important indicator of overall population health, and inequalities in health.

Life expectancy at birth is the average number of years a baby born in a particular area can be expected to live if they experienced that area and time's age-specific death rates over the rest of their life.

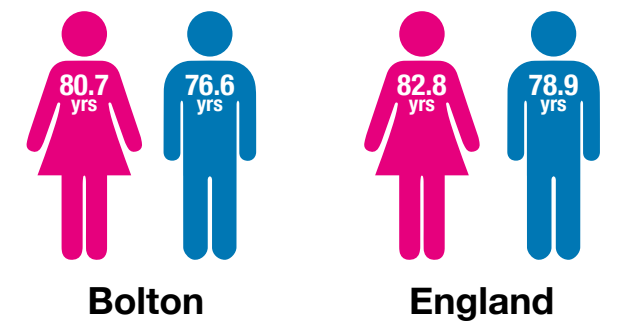


Table 1: Life expectancy at birth is significantly worse than England (2020-22). Public Health Outcomes Framework - at a glance summary (phe.org.uk)

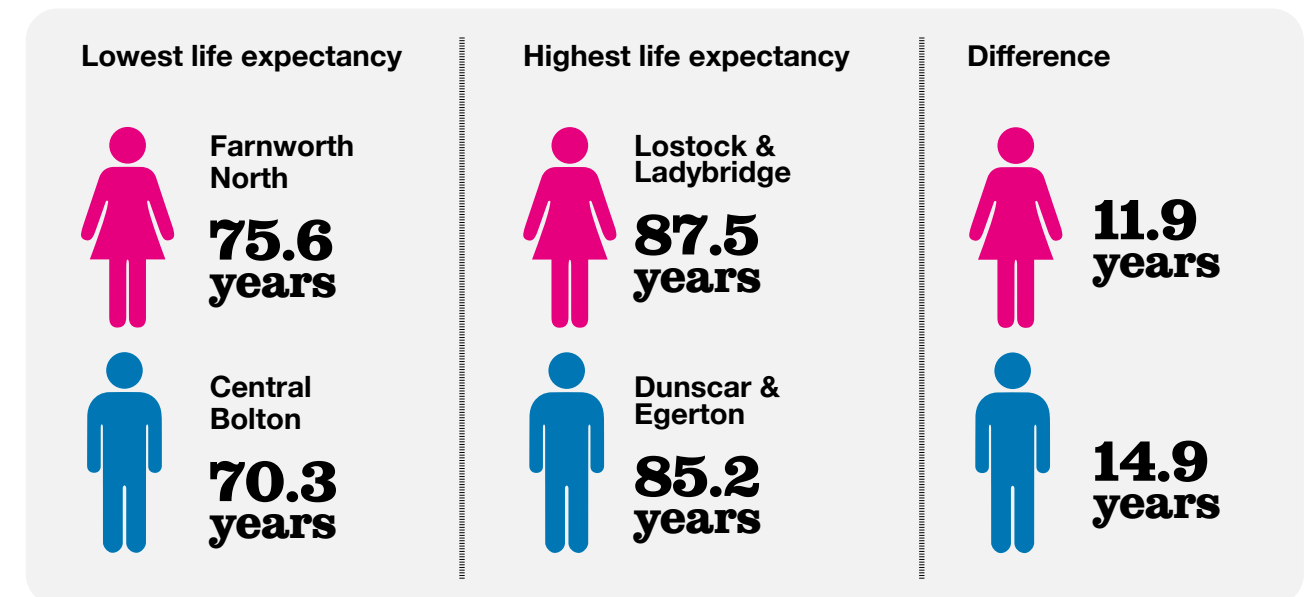


Table 2: Life expectancy within the borough varies by over a decade. (2016-20)⁷

We are seeing life expectancy reducing and inequalities in health widening between Bolton and the country on average. From the early 2000s there was a general upward trend and increase in life expectancy. Around 2013 this increase slowed and plateaued. Since 2017 we have seen life expectancy declining in Bolton, and the decline has been larger than that seen regionally or nationally.

⁷OHID Fingertips Local health. Local health, public health data for small geographic areas - Data - OHID (phe.org.uk)

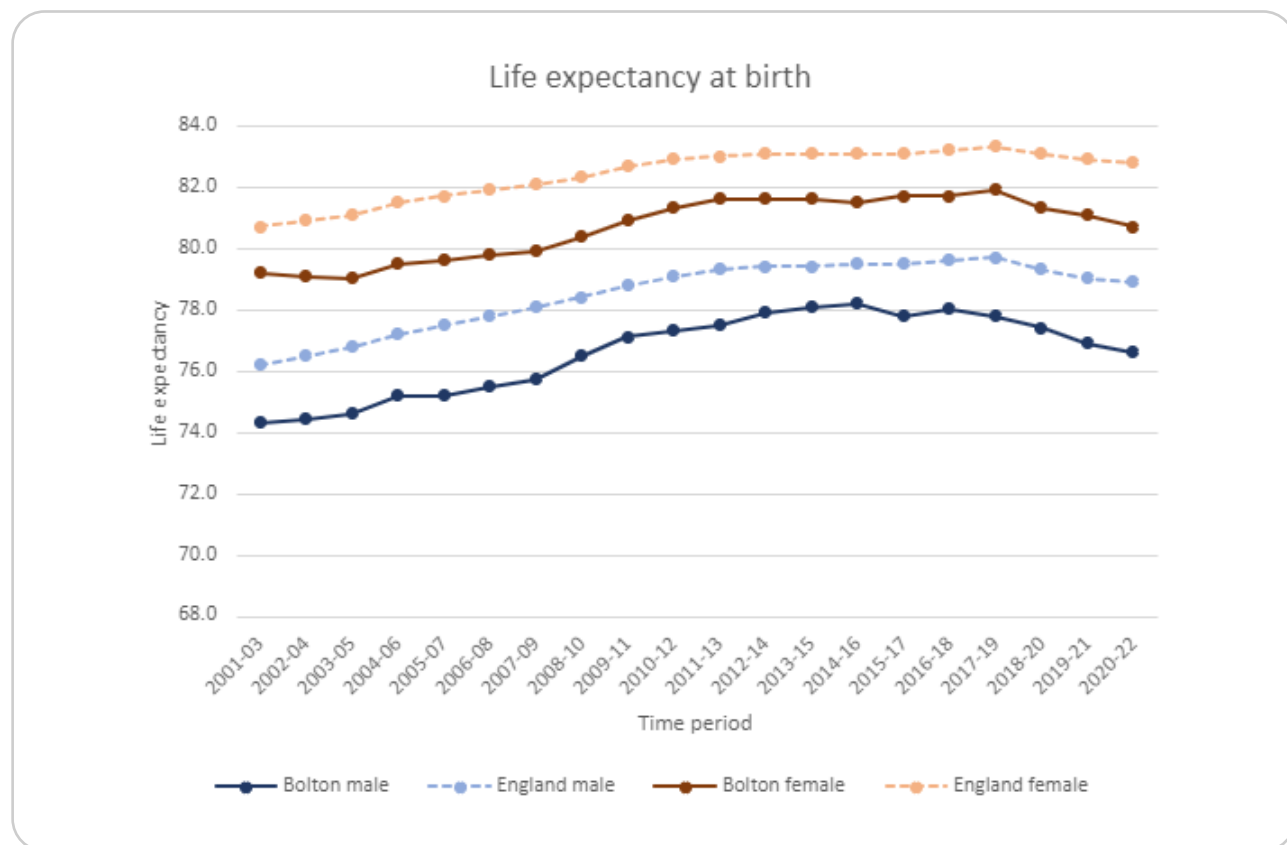


Table 3: Trends in life expectancy at birth in Bolton for men and women between 2001 and 2022, compared to the England averages. Source: Public Health Outcomes Framework - Data - OHID (phe.org.uk)

Healthy life expectancy

Healthy life expectancy is the average number of years a baby born in a particular area can be expected to live in good health, if they kept that area and time's age-specific death rates and ratings of health the same for the rest of their life. This refers to self-rated health, but self-rated health is a good predictor of service usage.

Healthy life expectancy at birth is significantly worse than England (2018-20) for males although latest figures for females it is similar to England.

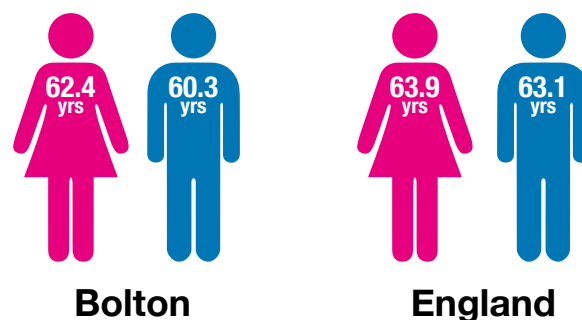


Table 4: Healthy life expectancy at birth (2018-2020), Bolton compared to England average.⁸

Healthy life expectancy (2018-2020)

- Women in Bolton spend around 18 years of life in poor health, and men 16 years
- Men in Bolton spend longer in poor health than regional or national average

⁸OHID Fingertips public health outcomes framework Public Health Outcomes Framework - Data - OHID (phe.org.uk)

Causes of the causes: wider determinants of health in Bolton

Disadvantage	Bolton is amongst the 20% most deprived local authorities in England ⁹ 26% of the Bolton population live in an area that is among the 10% most deprived nationally; 45% of the population live in an area that is among the 20% most deprived nationally ¹⁰
Education and qualifications	38% of Bolton's residents aged 16-64 have a highest level of qualification at Level 4 (e.g. CertHE, HNC) or above ¹¹ 64% of Bolton children achieve a good level of development at the end of Reception year, significantly worse than that seen in England as a whole ¹¹
Employment	66% of Bolton residents aged 16-64 are in employment, while 5% are unemployed and seeking work ¹² 30% of Bolton residents aged 16-64 are economically inactive (not working or seeking work). Of these, the largest proportion at 29% are long term sick ¹²
Money and resources	Average full time monthly pay among Bolton residents is £2,344. This is among the 10% lowest in Great Britain outside London and the South East ¹³ Bolton has a high proportion of children living in poverty at 42%. Bolton ranks among the highest 5% of local authorities in Great Britain ¹⁴
Crime	There were 47 violent crime reports per 1,000 population in 2023, fewer than the previous year ¹⁵ There were 41.2 per 100,000 population hospital admissions for violence, significantly worse than England as a whole ¹⁶
Community	67% of Bolton residents agreed that their local area is a place where people look out for each other ¹⁷ 27% of adults (age 16+) feel lonely at least some of the time ¹⁸ The main reasons Bolton residents make a journey are shopping (20%), commuting (16%) education (13%). Many of Bolton's neighbourhoods already have a range of facilities close by, and Bolton scores fairly well on the 'barriers to housing and services' domain of the indices of deprivation ¹⁹

⁹ 34/317 local authorities, rank of average score. Analysing the English Indices of Deprivation 2019 <https://public.tableau.com/app/profile/uk.public.sector/viz/TheIndicesofDeprivation2019/LandingPage>

¹⁰ mid 2022 LSOA population estimates. Bolton JSNA <https://www.boltonjsna.org.uk/deprivation#deprivation>

¹¹ 2022/23 Indicator 90631 Child and Maternal Health - Data - OHID (phe.org.uk)

¹² Nomis Labour market profile, Jan-December 2023 Labour Market Profile - Nomis - Official Census and Labour Market Statistics (nomisweb.co.uk)

¹³ Median full time gross annual salary 2022 district and unitary councils outside London and the South East. ONS Earnings and hours worked, place of residence by local authority: ASHE Table 8 - Office for National Statistics (ons.gov.uk)

¹⁴ 2021/22 Child Poverty Statistics - End Child Poverty

¹⁵ 2023. ONS recorded crime by community safety partnership area Recorded crime data by Community Safety Partnership area - Office for National Statistics (ons.gov.uk)

¹⁶ Directly standardised rate. 2020/21 - 22/23. Indicator 11201 Local Authority Health Profiles - OHID (phe.org.uk)

¹⁷ Weighted percentage. GM residents survey waves 6-12 March 2023-March 2024 combined

¹⁸ Indicator 93758 2019/20 Productive Healthy Ageing Profile - Data - OHID (phe.org.uk)

¹⁹ GM Travel Diary Survey 2022 Greater Manchester Travel Diary Survey 2022 - district summaries - data.gov.uk

Housing	<p>The average monthly rent for a two bedroom property is £600, lower than for Greater Manchester as a whole²⁰</p> <p>In Bolton, there are 18.8 households per 1000 who are homeless and the council has a duty to support²¹</p> <p>15% of Bolton residents are in fuel poverty²²</p> <p>27% of Bolton adults are physically inactive, doing less than the equivalent of half an hour's brisk walk a week²³</p> <p>12% of Bolton adults walk for travel at least 3 days a week, while less than one percent cycle for travel at least 3 days a week – both significantly worse than England as a whole²⁴</p>
Transport	<p>74% of Bolton residents' journeys are no more than 5 km (up to 20 mins to cycle): 38% of these are currently made by walking or cycling, and 55% by car or van. 47% of Bolton residents' journeys are no more than 2 km (up to 25 mins to walk, or 10 mins to cycle): 55% are currently made by walking or cycling, and 41% by car or van²⁴</p> <p>Public transport trips often involve a walk to a station or stop, 7% of Bolton residents' trips are made by public transport, 29% by active modes, and 69% by car or van</p>
Smoking	<p>Among adults with a long-term mental health condition aged 18+ 28% are current smokers²⁵</p> <p>14% of adults aged 18+ smoke²⁶</p>
Alcohol	<p>Bolton performs better than England and the North West region for admission episodes for alcohol-related conditions, having a directly standardised rate of 391 per 100,000²⁷</p>
Nutrition	<p>24% of Bolton residents aged 16+ meet the recommended '5 a day' portions of fruit and veg, significantly worse than England as a whole. This is an indicator of a broader healthy diet²⁸</p> <p>43% of Bolton residents live in areas that are in the 20% highest risk of food insecurity²⁹</p> <p>43% of 5 year olds have visually obvious dental decay³⁰</p> <p>Bolton has a high density of fast food outlets, at 113 per 100.000 residents³¹</p>

²⁰ Oct 2022- Sept 2023. ONS Private rental market summary statistics in England. Private rental market summary statistics in England - Office for National Statistics (ons.gov.uk)

²¹ 2022/23 indicator Local Authority Health Profiles - OHID (phe.org.uk)

²² 2021 indicator Productive Healthy Ageing Profile - Data - OHID (phe.org.uk)

²³ 2022/23 Physical Activity - Data - OHID (phe.org.uk)

²⁴ Bolton JSNA, GM Travel Diary Survey 2022 Physical activity – Bolton JSNA

²⁵ OHID Smoking profile, 2022/23 indicator 93454 Smoking Profile - Data - OHID (phe.org.uk)

²⁶ Public health outcomes framework, 2022 indicator 92443 Public Health Outcomes Framework - Data - OHID (phe.org.uk)

²⁷ 2022/23 indicator 93764 Local Authority Health Profiles - Data - OHID (phe.org.uk)

²⁸ Public health outcomes framework, 2022/23 indicator 93982 Public Health Outcomes Framework - Data - OHID (phe.org.uk)

²⁹ 2021 Indicator 93864 Fingertips wider determinants of health profile. This is a synthetic indicator based on the a synthetic indicator based on the University of Southampton's Food Insecurity Risk Index. It is calculated based on demographics of households and individuals at greatest risk of food insecurity using measures such as: low income; household composition; mental ill health; distance to food store. Wider Determinants of Health - Data - OHID (phe.org.uk)

³⁰ 2021/22 indicator 93563. Public health outcomes framework. Public Health Outcomes Framework - Data - OHID (phe.org.uk)

³¹ 2014 indicator 92937 Wider Determinants of Health - Data - OHID (phe.org.uk)



Appendix 2

Update on 2022 Annual Report recommendations

Recommendation	Action	Recommendation	Action
1. Build on the rapid partnership response to the cost-of-living pressures by producing a system-wide Poverty Strategy for Bolton	A borough wide anti-poverty strategy is being developed alongside key partners in Bolton including the council, social housing providers and the voluntary sector and in partnership with Greater Manchester Poverty Action (GMPA).	5. Deliver the Prevention Concordat for Better Mental Health Plan	<ul style="list-style-type: none"> The 'Be kind to your Mind' web portal has been co-designed with children and young people to engage and promote use of the portal. Mental Health Support Teams have been mobilised across 29 Schools in Bolton. A 'Chatty Benches' pilot has been installed in Horwich & Blackrod, Farnworth & Kearsley. Development of a Money Advice Referral Tool (MART) is underway.
2. Provide energy bill, food bill and car fuel consumption advice and support	<p>A comprehensive package of support is being delivered via the Household Support Fund.</p> <p>Resident drop in events – taking support and advice into local communities such as Bolton Library, Bolton Wanderers in the Community and Bolton Market.</p> <p>The 4 F's project – specifically providing drop in events for school communities.</p> <p>Advice services including:</p> <ul style="list-style-type: none"> • Money Skills Service • Starts With You • Citizen's Advice Bureau • Age UK • Hoot Credit Union • Social Housing Providers 	6. Make every contact count – for staff and residents	Mental Health and Wellbeing Training is available for anyone volunteering or working in Bolton. 1,800 people have accessed training to date, resulting in positive wellbeing conversations taking place in individual volunteering, personal and working roles.
3. Continue to develop and promote the Joint Strategic Needs Assessment (JSNA)	The JSNA continues to be proactively updated, with core content contained in the web pages regularly added to and reviewed. This year the JSNA and analysts from BRAIN have supported and contributed to a number of key programmes across Bolton including in the operationalisation of Bolton's health and care neighbourhoods, as a place to share definitive datasets and in drawing together population insights. The JSNA ageing well project is nearing completion, with outputs on falls already published and dementia to be published soon. This will inform the multi-agency Age Well Strategy.	7. Improve measurement of mental wellbeing using a new Toolkit	Co-designed work has been undertaken to produce a draft version of the Mental Wellbeing Toolkit. This has been used to support and engage partners in developing chapters of the Mental Health JSNA. A final Mental Wellbeing Toolkit is planned for launch in April 2024.
4. Embed 'proportionate universalism' ³² ; resourcing and delivering universal services at a scale and intensity proportionate to the degree of need	Proportionate Universalism has been incorporated within the Locality Plan for Bolton and is considered a fundamental principle in delivery plans and strategies. This is strengthened by the implementation of Fairer Health for All in Bolton, including the Leadership Academy.	8. Make it easy to access and navigate holistic mental health and wellbeing support	<p>The mental health page on the Let's Keep Bolton Moving website has been updated, and shared widely via distribution lists, social media assets and via partners.</p> <p>A wellbeing toolkit booklet has been promoted online and in person, which includes hints and tips and national, regional, and local support.</p> <p>Co-design workshops have been undertaken to improve the Be Kind to Your Mind website for children and young people.</p>

³² Proportionate universalism and health inequalities (healthscotland.com); Macdonald W, Beeston C, McCullough S. Proportionate Universalism and Health Inequalities. Edinburgh: NHS Health Scotland; 2014.

Additional resources and finding out more

Community asset-based approaches

assets.publishing.service.gov.uk/media/5c2f65d3e5274a6599225de9/A_guide_to_community-centred_approaches_for_health_and_wellbeing_full_report.pdf

www.local.gov.uk/sites/default/files/documents/glass-half-full-how-asset-3db.pdf

How to commission in an asset-based way

www.local.gov.uk/how-commissioning-supporting-community-development-and-community-building

Bolton community-centred resources

Let's Keep Bolton Moving (letskeepboltonmoving.co.uk)

Bolton's Fund www.boltoncvs.org.uk/funding/boltons-fund/

Bolton CVS www.boltoncvs.org.uk/

Bolton JSNA

Bolton JSNA www.boltonjsna.org.uk

- This and previous Public Health Annual Reports are available on the home page
- New and notable - includes census information and latest updates
- Our place - includes maps and information on different areas of Bolton
- Our people - includes differences between people in Bolton and what people have told us

Cost of living support

Bolton Household Support Fund www.bolton.gov.uk/benefits/household-support-fund

Bolton at Home cost of living support www.boltonathome.org.uk/cost-of-living

Warm Spaces www.warmwelcome.uk

Mental health support

Be Kind to Your Mind website for Children and Young People www.bekindtomymind.co.uk/

Mental health and wellbeing training www.bolton.gov.uk/mentalhealthtraining

5 Ways to Wellbeing libguides.bolton.ac.uk/c.php?g=679811&p=4849625

Bolton at Home Manbassadors www.boltonathome.org.uk/bolton-manbassadors/