

One Halton Health and Wellbeing Strategy

2017-2022



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Councillor Rob Polhill

Leader of the Council and Chair of the Health and Wellbeing Board

Welcome to our ***One Halton Health and Wellbeing Strategy***.

The new One Halton Health and Wellbeing Strategy 2017 – 2022 is an overarching strategy to improve health in Halton. It has been jointly developed after consultation with Halton Borough Council, NHS Halton Clinical Commissioning Group, the voluntary sector, Community Health Services, Health Watch, the blue light services, housing and local community groups.

Our first Health and Wellbeing Strategy 2013 - 2016 provided us with an excellent platform to take forward our good track record of partnership working. It enabled us to focus extra effort on a few key health challenges for local people. The new strategy seeks to build on this work so improving health is embedded in all our systems and within the local community.

Through the One Halton model, that engages local people and all partners, we propose that we start now to radically change the way we do things so that by 2022 fewer people will be suffering from poor health. Effective prevention and early action can deliver a 'triple dividend' by helping people to stay well and live healthy lives, thus reducing the demand for costly services and creating the conditions for a prosperous economy. We will take a whole systems approach and focus on people and places. We know that people who have jobs, good housing, meaningful activities and are connected to families and community feel, and stay, healthier. We will work at scale to implement evidence based interventions and mobilise local communities to engage in their own health. We recognise the need to shift services into the community and make use of and build upon community assets.

We will work across the life course with identified and agreed priorities in each age group. As we go through the next five years and achieve our ambitions in those priorities we will then review our strategy and replace that priority with a new one.

With Halton's strong commitment to good health for all, integrated partnership, joint budgets, collaborative design, good quality and innovative services I am sure we can achieve our ambition.



Cllr Rob Polhill



Our vision: One Halton working together to improve the health and wellbeing of the people of Halton so they live longer, healthier and happier lives

Our priorities 2017-2022:



Children and Young People: improved levels of early child development



Generally Well: increased levels of physical activity and healthy eating and reduction in harm from alcohol



Long-term Conditions: reduction in levels of heart disease and stroke



Mental Health: improved prevention, early detection and treatment



Cancer: reduced level of premature death



Older People: improved quality of life

Our priorities contribute to our shared outcomes:

- More Halton children do well at school by reaching a good level of development educationally, socially and emotionally.
- Healthy fit workforce to drive economic prosperity with fewer people suffering long term conditions from the age of 50.
- More people will be supported to stay well and live independently for as long as possible.
- People lead full, active lives using a wide range of facilities within local communities including good quality housing, parks, arts and cultural facilities, leisure services and safe cycling routes.
- Reduced demand on services, improved quality and access.
- More efficient use of financial resources.

Delivering this Strategy

Ultimate responsibility for the implementation of the Strategy lies with the One Halton Health and Wellbeing Board, however, in order to deliver our vision and priorities we need everyone who lives and works in Halton to take an active role. We are passionate about improving the health and wellbeing of people living in Halton. Local residents, statutory, voluntary, community and commercial organisations all have an important role to play in achieving this goal.

The One Halton Health and Wellbeing Strategy sets the framework for the commissioning of health and wellbeing services in Halton with a particular emphasis on prevention and early intervention. It does not replace existing strategies, commissioning plans and programmes, but influences them.

Integration is key to our strategic approach with all partners working together to deliver: joint commissioning, culture change through community development, training for all staff in how to deliver health messages so every contact counts, development of multi-disciplinary teams and joint advocacy and policy work.

Ultimate responsibility for the monitoring of the implementation of the Strategy lies with the Health and Wellbeing Board who are accountable to the public.

A governance structure and One Halton priority groups will oversee the development and delivery of these priorities. Each group will be responsible for the development of an action plan setting out what all stakeholders will do to deliver the outcomes we want. They will use a life course approach and ensure each action plan includes action to maximise prevention and early intervention, provide high quality treatment based on need and supports people in both the short and long term.



The One Halton Health and Wellbeing Strategy is our borough based plan to improve the health and wellbeing local people, their families and communities. This includes all people who live and work in Halton regardless of their age, gender, ethnicity, sexuality or occupation.

Our collective principles are that Halton people live healthy lives in vibrant communities; there is a fundamental change towards people managing their own health through the development of local care organisations that are mostly in the community with hospitals only used for specialist care. Hospitals will work together so everyone can benefit from high standards of specialist care and we will share clinical and non-clinical functions across lots of organisations.

Our purpose is to improve the health and wellbeing of the population of Halton by empowering and supporting local people from the start to the end of their lives by preventing ill-health, promoting self-care and independence, arranging local, community-based support whenever possible and ensuring high-quality hospital services for those who need them. We want to support people to stay well in their homes, in particular to avoid crises of care that can result in hospital admission. General practices will support and empower individuals and communities by promoting prevention, self-care, independence and resilience. We will work with local people and with partner organisations including healthcare providers and the voluntary sector. This will ensure that the people of Halton experience smooth, co-ordinated, integrated and high-quality services to improve their health and wellbeing.



Through signing up to deliver this One Halton Strategy we are jointly:

- 🎯 Taking **ownership** of where we are now. We all recognise progress has been made but that there is more work to do.
- 🎯 Being **responsible** for delivering on the agreed priorities and actions set out within this strategy.
- 🎯 Making a **commitment** to make things better. For us to be successful all partners in Halton need to play their part including our local people.
- 🎯 Being **accountable** for developing systems that deliver more joined up approaches to delivering services.

Halton has a vibrant and an active, participative, General Practice community. We have 16 practices all of whom are involved and engaged in the development of the Halton Vision and General Practice Forward View. We are extremely proud of the progress we have made and the commitment from our partners to continuously improve the health and wellbeing of the population of Halton.

With our members we commit to delivering better care, better health and better value; investing in a sustainable provider landscape within a system that holds everyone to account.

Our vision as set out within our GP strategy is about “Involving everybody in improving the health and wellbeing of the people of Halton” with key values focused on People, Partnership, Openness, Caring, Honesty, Leadership, Quality and Transformation. Our commitment is to stabilise general practice, develop teams and partnerships, transform services and invest primary care.



As outlined we will only be successful in delivering this strategy if all partners (including local people) play their part. We have therefore agreed principles of working together. In order to deliver the One Halton Health and Wellbeing Strategy all partners will work in the following ways:

- Engage with and understand the needs of our local communities
- Early intervention to prevent ill health
- Early identification and support for clinical conditions
- Skills developments to ensure people have the confidence to manage their own health and wellbeing
- Ensure people are at the centre of planning and delivery of services
- Work with local primary care, community and hospital providers to deliver accountable care
- Engage with and include the voluntary and third sector in all programmes

In order to do this we need to:

- Engage with people to better understand their motivation and offer options
- Work as integrated teams
- Ensure consistent communications across health and care providers
- Find or identify those people who do not access care
- Provide the very best in care, now and in the future
- Act as advocates for policies that reduce health inequalities
- Consider the impact of poverty and how this can be tackled
- Use innovative solutions, such as digital applications, to provide care and information

This will help us to:

Build a social movement

Reduce variation in care across the borough and compared to England

Identify and further develop community advocates and champions

Develop a wide range of on-going community conversations

Reduce unnecessary demand and help focus services on those most in need

Make the most of 'back office' services to increase efficiency



In Halton we have a good track record of partnership working to improve health and wellbeing. The Halton Health and Wellbeing Board was established in 2013 and one of its first actions was to develop a Health and Wellbeing Strategy to improve the health of the local population.

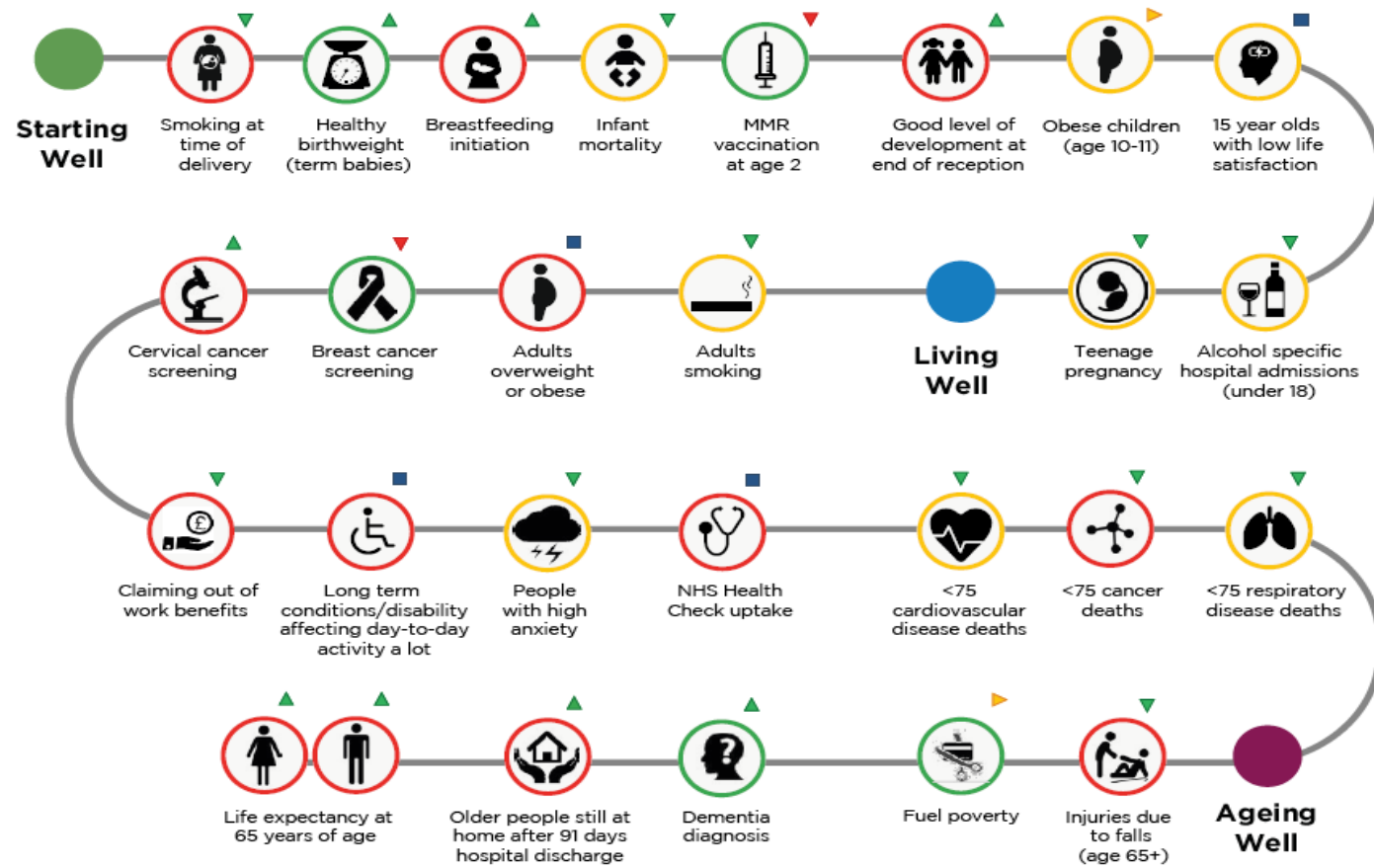
Halton's first Health and Wellbeing Strategy covered the period 2013 to 2016 and set out the vision for Health and Wellbeing in Halton. The Strategy was the overarching document for the Health and Wellbeing Board outlining the key priorities the Board has focussed on over the past three years.

We are pleased to report that good progress has been made against the original priorities, including:

- An increase in the number of children achieving a good level of development by the end of reception
- A reduction in the number of young people admitted to hospital due to drinking alcohol
- An increase in early diagnosis of cancer and cancer deaths reducing
- Extra investment in falls prevention services
- A major review of child and adult mental health services in Halton

Full details of the progress made against the original priorities are outlined in Appendix 1

A comparison to the North West



HALTON FACTS

Population

About **126,350** people live in Halton.
By 2030, this is projected to change:

age 0-18 ↓ 3.7%
age 19-6 ↓ 47.6%
age 65+ ↑ 46.4%

Deprivation

48% of Halton's population live in the top **20%** most deprived areas in England.

Child Poverty

24.5% of children aged 0-15 live in poverty in Halton

KEY

Direction of travel

- ▲ Improved since last period
- ▶ Similar to last period
- ▼ Worse than last period
- No Comparator

Statistical significance to North West

- Better
- No different
- Worse

How did we decide on our priorities?

The new One Halton Health and Wellbeing Strategy needs to reflect current priorities from elsewhere in the system whilst maintaining a local focus that is evidence based and reflects local people's views. Since 2013 when first strategy was published there have been significant developments within the policy landscape. The new strategy is aligned with developing system level plans across Local Authorities and the NHS.

The priorities are backed by a strong evidence base considering the local Joint Strategic Needs Assessment, NHS benchmarking and performance data against the range of national as well as local targets. They cover the two biggest killers locally as well as issues that reduce the quality of people's lives. We have listened to our local communities in deciding both the priorities themselves and some of the key actions needed. We have also chosen the priorities based on where we believe we need to enhance current activity.

One Halton priorities have been developed using the following approach:

- Engagement – with GPs, partners and providers as well as patients and public – this is the research phase to ascertain what needs to change and how it can change. This stage lays the foundations for the programme and determines effective buy-in
- Consultation – once firm plans are in place, the CCG will consult with all stakeholders on plans before they are approved and implemented
- Informing – targeted communication will run through the entire programme to ensure all stakeholders are kept informed at every stage of the programme

For this strategy further consultation has been undertaken by One Halton portfolio directors using pre-existing networks and forums for engagement e.g. Halton Peoples Health Forum. For each priority a set of key actions were identified. There was wide spread community support for all the key actions we had identified as being needed to tackle each priority.

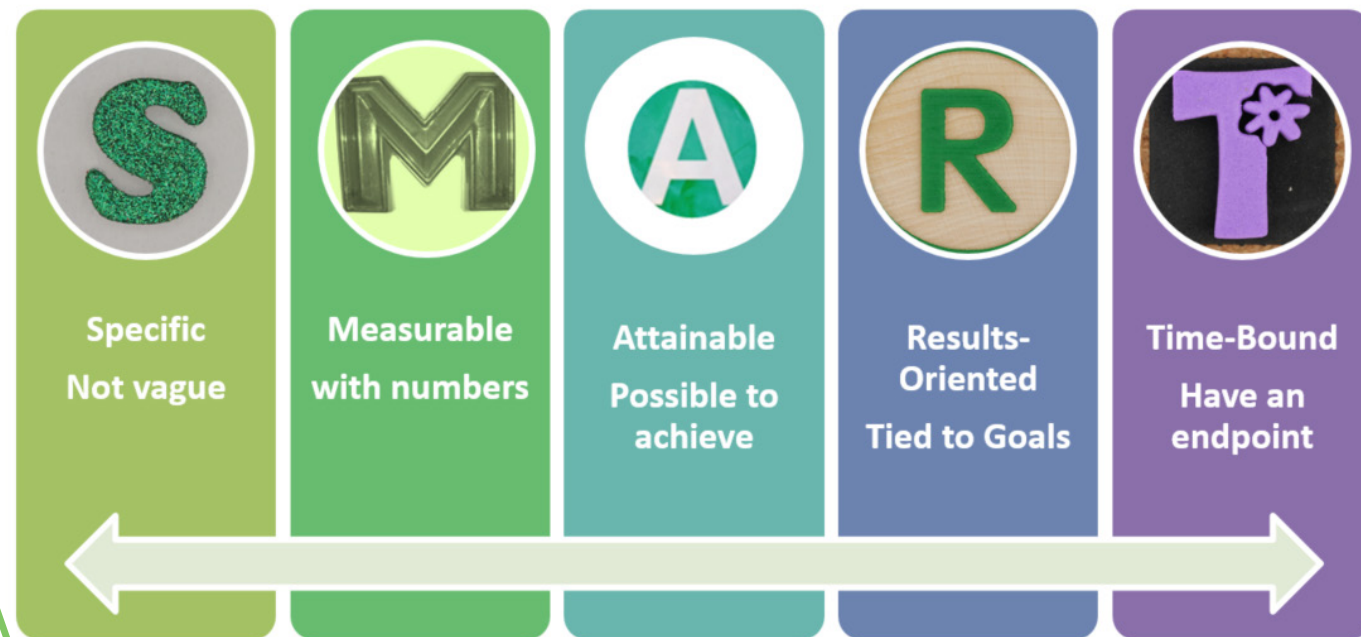
A fuller 'Story behind each of the priorities' is covered over the next few pages.



How will we know if we have been successful?

A governance structure and One Halton priority groups will oversee the development and delivery of these priorities. Each group will be responsible for the development of an action plan setting out what all stakeholders will do to deliver the outcomes we want. They will use a life course approach and ensure each action plan includes action to maximise prevention and early intervention, provide high quality treatment based on need and supports people in both the short and long term. Objectives developed will be *SMART*.

A *SMART* objective is:



Ultimate responsibility for the monitoring of the implementation of the Strategy lies with the Health and Wellbeing Board who are accountable to the public.



The Story behind the priorities

Improved levels of early child development

What is the issue?

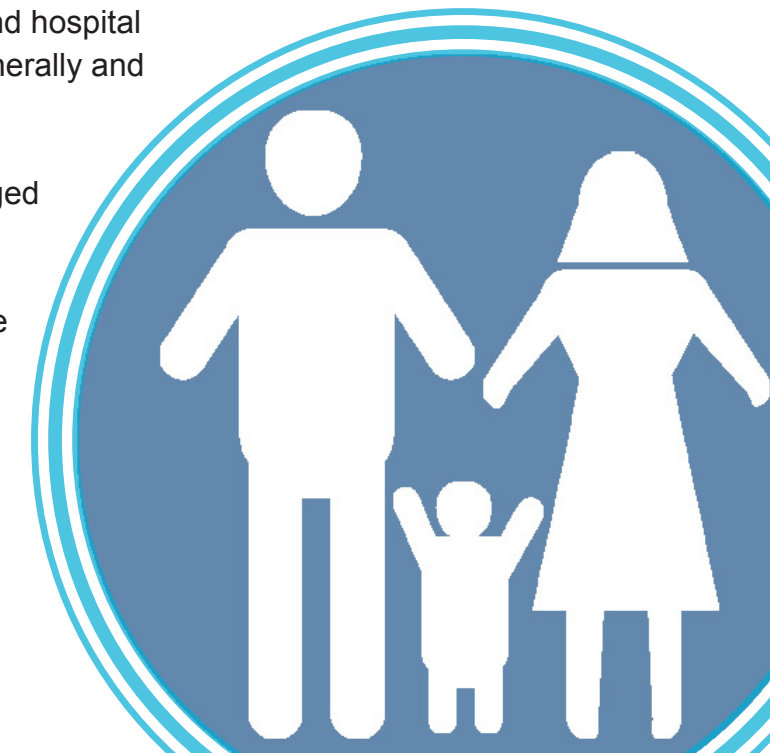
- By 3 years of age children in families living below the poverty line are 8 months behind in language and 9 months behind in school readiness compared to those with incomes above the poverty line.
- Activities such as daily reading, regular bedtimes and library visits can improve cognitive development
- Despite improvements, 2016 data shows Halton still has one of the lowest percentage of children achieving a good level of development at age 5 in England: 61.9% of Halton children compared to 66.7% for England
- Accidental injury levels are higher than nationally at 180.1 per 10,000 Halton children aged 0-4 years of age compared 129.6 per 10,000 in England

3 Key actions partners and the public feel are important

- Enhancing school readiness programmes.
- Additional action to prevent child accidents.
- Expanding parenting programmes and local Home Start schemes.

Outcomes: what would success look like?

- Improvement in the percentage of children achieving a good level of development at age 5.
- Reduction in Child poverty levels.
- Reduction in percentage of women smoking at time of delivery.
- Increased percentage of women breast feeding (initiation and at 6-8 weeks).
- Reduction in the rate of A&E attendances and hospital admissions amongst those age under 5 (generally and due to accidents).
- Reduction in under 18 conception rates.
- Increased reading skills in primary school aged children.
- Increased influenza vaccination uptake amongst pregnant women and young people aged under 5.
- Increased reading skills in primary school aged children.



Generally Well: increased levels of physical activity & healthy eating and reduction in harm from alcohol

What is the issue?

- ⊙ Obesity levels in early childhood and in adults are above the national level with 11% of 4 and 5 year olds and 31% adults obese.
- ⊙ There are clear links with heart disease, stroke, cancers, respiratory and dementia
- ⊙ Only 45% adults eat at least 5 portions of fruit & vegetables per day and less than half (48%) take enough exercise. Levels of exercise are lower than England (57%) and are especially low amongst women
- ⊙ There are been significant improvements in the level of hospital admissions due to alcohol, especially for those aged under 18. However, levels remain higher than nationally for both under 18s and amongst the whole population: under 18s 48.6 per 100,000 in Halton compared to 36.6 per 100,000 for England with 805 per 100,000 all age in Halton compared to 641 per 100,000 for England as a whole

3 Key actions partners and the public feel are important

1. Mapping the public's access to fresh food.
2. Enhancing the infant feeding programme.
3. Promoting women's exercise programmes.

Outcomes: what would success look like?

- ⊙ Increased percentage of children and adults achieving recommended levels of physical activity
- ⊙ Increased percentage of children and adults meeting the recommended '5-a-day' of fruit and vegetables on a 'usual day'
- ⊙ Reduced levels of children and adults who are overweight and obese
- ⊙ Reduced rates of hospital admissions due to alcohol for those aged under 18
- ⊙ Reduced overall rates of alcohol-related hospital admissions
- ⊙ Reduced death rates due to alcohol-related liver disease



Long term conditions: heart disease and stroke

What is the issue?

- ⊙ Despite improvements in the number of people with long term conditions diagnosed, there is still under diagnosis of hypertension (high blood pressure) where only about 61% of Halton people thought to have the condition are diagnosed.
- ⊙ Death rates from heart disease continue to fall but remain the second single biggest killer in Halton. The borough still ranks one of the lowest in England: ranks 126 out of 150 local authorities for heart disease and 111 out of 150 local authorities for stroke (where 1 is the best and 150 the worst).
- ⊙ Smoking prevalence has reduced to 20.1% but this is still higher than the England average of 6.9%.

3 Key actions partners and the public feel are important

1. Screening in the community for atrial fibrillation (irregular heartbeat).
2. Enhancing early diagnosis of heart disease and self-care programmes.
3. Increasing screening for hypertension (high blood pressure) in community pharmacies, general practice and other community settings.

Outcomes: what would success look like?

- ⊙ Reduce smoking prevalence overall and amongst routine and manual groups and reduce the gap between these two groups
- ⊙ Increase the percentage of adults who undertake recommended levels of physical activity and eat at least five portions of fruit and vegetables per day.
- ⊙ Improve early detection and increase the proportion of people treated in line with best practice and reduce the variation at a GP practice level.
- ⊙ Reduce the level of hospital admissions due to heart disease, stroke and hypertension.
- ⊙ Reduce the premature (under 75) death rate due to cardiovascular disease and stroke.



What is the issue?

- 1 in 4 people attending their GP seek advice on mental health problems
- Levels of hospital admissions due to self-harm are significantly higher than England, 307.4 per 100,000 compared to 191.4 per 100,000 for England
- 8,365 (8.4% of patients aged 18+) are diagnosed with depression, a higher rate than the England average.
- 30% of people with dementia are not diagnosed.
- Many social factors make children more at risk of development mental health problems. Halton has poorer outcomes than England for many of these and an estimated 10.2% of 5-16 year olds with mental health problems

3 Key actions partners and the public feel are important

1. Review the current Child and Adolescent Mental Health Services
2. Enhancing services for adults with personality disorders
3. Redesigning adult mental health services

Outcomes: what would success look like?

- Improved diagnosis rate for common mental health problems and dementia
- Reduced level of hospital admissions due to self-harm
- Improved access to talking therapy services and increased percentage completing treatment and percentage recovery
- Improved overall wellbeing scores and carers' wellbeing scores
- Reduced excess under 75 mortality in adults with serious mental illness (compared to the overall population)
- Increased percentage of care leavers with good mental health



What is the issue?

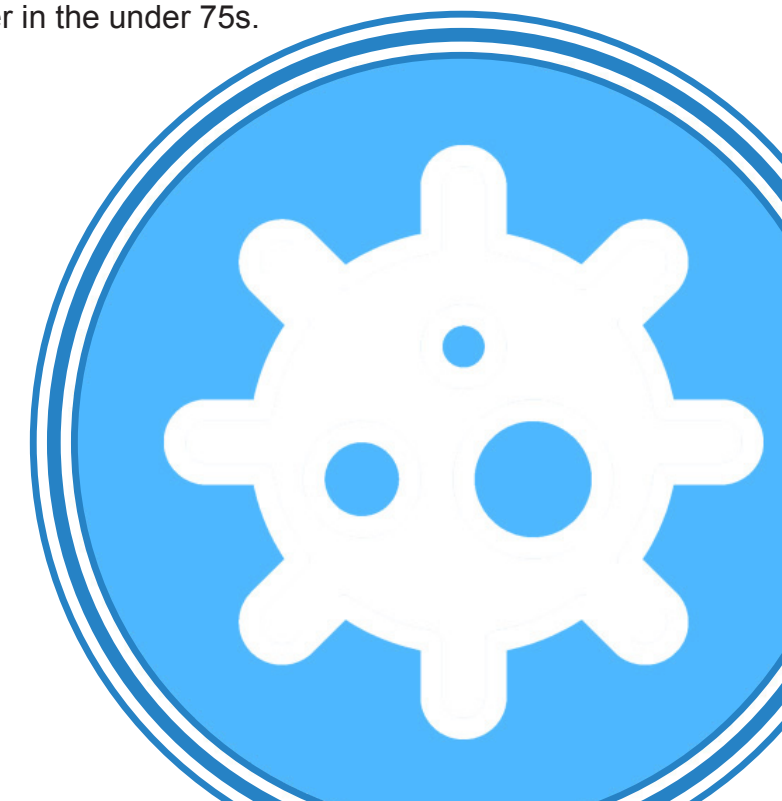
- Death rates remain some of the highest in the country with Halton ranking 142 out of 150 local authorities. It is the single biggest cause of death locally
- The rate of new cancers per year (incidence) is highest for lung (121.5 per 100,000 Halton compared to 79.8 for England), bowel (82.5 per 100,000 compared to 72.9 for England) and breast (187.8 per 100,000 compared to 169.9 for England).
- Smoking rates have been falling but remain above the national average, 20.1% of Halton adults smoke compared to 16.9% for England.
- The proportion of cancers caught early has been rising and is similar to the England average at 51.5%.
- Cancer screening rates have improved but are still lower than nationally. This is especially so for bowel screening uptake which is 50.1% in Halton compared to 57.6% for England

3 Key actions partners and the public feel are important

1. Enhancing the public awareness of early detection programmes.
2. Developing a new Tobacco Control Strategy and Action Plan.
3. Enhancing support for bowel screening to improve uptake.

Outcomes: what would success look like?

- Reduced smoking prevalence overall and amongst routine and manual groups and reduce the gap between these two groups.
- Increased uptake of breast, cervical and bowel screening.
- Improved percentage of cancers detected at an early stage
- Improved cancer survival rates (1 year and 5 year).
- Reduction in premature death due to cancer in the under 75s.



Improved quality of life for older people

What is the issue?

- Halton has a higher than average aging population and this trend will continue. The 65+ population increased by 3% between 2001 and 2011 compared to a 1.6% increase across England as a whole
- Compared to the national average Halton men aged 65+ live 1.4 years less than men across England as a whole with Halton women living 2.3 years less.
- Halton women spend 50.6% of their lives disability free. The figure for men is 51.3%. This compares to the England averages of 53.2% for women and 57% for men
- The numbers with dementia increased from 634 in 2010/11 to 934 in 2015/16. It is predicted this rise will continue
- Older people are concerned about remaining healthy, independent and connected to others
- The service older people most frequently cite as being of concern to them is transport

3 Key actions partners and the public feel are important

1. Marketing campaign on how to prevent loneliness.
2. Develop an older people's transport group.
3. Develop a directory of services for older people.

Outcomes: what would success look like?

- Increased life expectancy at age 65
- Increased disability free life expectancy at 65
- Improved access to transport
- Reduced levels of loneliness
- Reduction in level of hospital admissions due to falls and hip fractures
- Increased uptake rates for Influenza, pneumococcal and shingles vaccination
- Reduction in permanent admissions to residential and nursing homes



Example of how we are already working as “One Halton”

Case study 1: Well North: Well Halton

A Department of Health response to the Due North Report published in 2014 which highlighted the disparity in health outcomes between the north and the south of England. Well North's goals are to :-

- address inequality by improving the health of the poorest, fastest
- increase resilience at individual, household and community levels
- and reduce levels of worklessness, a cause and effect of poor health

The programme must be delivered the most deprived 10% of areas in the country. Well North seeks to make visible previously invisible at-risk people and attempt to solve, rather than manage, their illnesses and anxieties. Underpinning Well North is the recognition that for health inequalities to be addressed effectively, interventions must be built on developing community based programmes, which enable empowerment, control, self-determination and the freedom to lead lives that people have reason to value. Halton's approach is centred on three hubs:

1. Windmill Hill – building on community assets to support a bottom up approach for an Intergenerational Family Centre with Multidisciplinary teams, including a long term solution of access to medical services.
2. Halton Brook – building on a well-established community sector and multiple physical assets which lacks the expertise to capitalise on these in a way that will make them sustainable.
3. Well Widnes (Virtual Community Health Hub) – Building opportunities to create “start up and support” business models in the wards of Kingsway and Ditton between the public, private and voluntary, community and social enterprise (VCSE) sector to design, implement and govern a potential community Hub to stimulate entrepreneurship to improve the health and wellbeing of our local population.



Case study 2: Healthy New Towns

Halton's Healthy New Town (Halton Lea) is all about people and community. People's needs and desires for a better environment, better housing and healthy community living. Our aim is to achieve this by designing-out elements which contribute to local poor health and designing-in better information, technology and services that promote health and wellbeing. To achieve all of this our immediate priorities and aims are:

1. To develop a Masterplan for the Healthy New Town project: This will involve a regeneration of the current hospital site and the derelict buildings adjacent to Runcorn Shopping Centre
2. Focus on Runcorn Shopping Centre (RSC): Halton Lea will not just be a place to shop, but a meeting place for health and social care knowledge exchange, local presentations, information about training and local employment as well as social interaction. We will link the RSC with the hospital site, multidisciplinary teams and the Halton Lea community via 'Community Navigators'
3. Halton Hospital site: We aim to reduce health inequalities and create a better community where people can access health and social care services more easily. This will improve their quality of life and wellbeing
4. Digital Technology as a cross-cutting theme: This will be a cross-cutting theme. Our aim is to link the Hospital site, Runcorn Shopping Centre and the Halton Lea community digitally. This will allow people to have access to services and information wherever they happen to be. We will continue to explore digital solutions to help support self-management, particularly among those with long-term conditions living at home



Members of the One Halton Health and Wellbeing Board



Priority	Some key actions delivered during the 2013-16 strategy lifetime	What impact has this had	Why it remains a priority or not
Alcohol	<ul style="list-style-type: none"> Alcohol Strategy developed Public Health Annual Report on Alcohol showcased local action Halton chosen by the Home Office to be a Local Alcohol Action Area 	<ul style="list-style-type: none"> Hospital admission rates for under 18s have been falling. Halton levels are now similar to England and lower than the North West rate Alcohol related admissions amongst adults have also been falling, closing the gap. However, Halton rates remain higher than England 	<p>The partnerships we have developed and the actions plans they have been implementing are now well established. These will continue. This means we no longer need to keep Alcohol as a local priority.</p>
Cancers	<ul style="list-style-type: none"> New cancer strategy developed Halton Action on Cancer partnership established 	<ul style="list-style-type: none"> Cancer incidence increasing and now higher than England level Screening uptake remains lower than England increase in percentage of cancers diagnosed at an early stage with levels similar to England Cancer death rates under 75 years continue to fall. However, some increases recently, including cancer deaths considered preventable HPV vaccination rate higher than England and North West. Smoking prevalence decreased amongst adults as a whole and for routine and manual workers. However, the gap remains. Figures for 2015 also show an increase from the downward trend 	<p>We continue to strive towards improving preventative action, early detection and treatment. There have been some significant gains such as reduced smoking prevalence and increased survival rates. However, as Halton still ranks as amongst one of the poorest areas for cancer outcomes (primarily death rates under age 75) we need to keep a focus on cancers.</p>
Child Development	<ul style="list-style-type: none"> Early years strategy developed New partnership group established to oversee its implementation 	<ul style="list-style-type: none"> Infant death rates as well as healthy weight at birth and obesity of Year 6 children have all been improving and are now similar or better than the England average Both smoking at time of delivery and breast feeding initiation rates are worse than the England average. However, there have been improvements in both indicators Obesity levels at Reception age remains higher than England Improved proportion of children achieving a good level of development at end of reception ('school readiness'): 37% in 2013 to 61.9% in 2016. However, there remains a substantial gap between Halton and England Child poverty was 25.9% in 2011 and fell to 23.6% in 2013 	<p>As the data shows we have made improvements in many outcomes for young children. The main indicator being used to judge the success locally, 'the proportion of children achieving a good level of development at the end of reception' has improved. However, we recognise our progress has been slow compared to some similar boroughs. As such we need to maintain a focus on this work.</p>
Falls amongst older people	<ul style="list-style-type: none"> Falls Strategy developed Extra investment in falls prevention services Links with care homes Fire Service home safety checks include consideration of falls hazards and referrals where appropriate 	<ul style="list-style-type: none"> Following a slight reduction between 2012/13, the rates have seen small year on year increases Admissions due to hip fractures decreased in 2012/13 but have since increased again 	<p>We have seen significant reduction in the number of people admitted for hip fractures but not a reduction in falls. We will continue this work and continue to monitor outcomes through the Healthy Ageing priority work programme.</p>
Mental Health	<ul style="list-style-type: none"> Mental Health Strategy across all ages developed, with an action plan Major review and adult mental health services Improved access to 'talking therapies' known as IAPT 	<ul style="list-style-type: none"> Self reported wellbeing scores have been falling It is estimated nearly 20% of adults 16-74 years have common mental health problems. 8.4% have a diagnosis of depression. These are higher levels than England Referrals, percentage entering and completing IAPT have all increased. Levels entering IAPT treatment higher than England with levels completing similar Admissions due to self harm statistically higher than England and North West Suicide rates similar to England 	<p>Despite some improvements, mental health remains the single biggest cause of ill health and disability in Halton. Services have been reviewed but not all new models of care have been fully implemented yet. We therefore need to maintain a focus on this area.</p>

We'd love to hear from you

Do you have stories about a local group you are involved with? Do you have any comments about this strategy or any of the ideas in it?

Please contact us at:

Halton Borough Council
Runcorn Town Hall
Heath Road
Runcorn
WA7 5TD

Telephone: 0303 333 4300

