

PLACE BASED NEEDS ASSESSMENT

RUGBY TOWN NORTH (NEWBOLD AND BROWNSOVER)

EMERGING THEMES, ISSUES AND RECOMMENDATIONS (FINAL DRAFT)

Warwickshire Joint Strategic Needs Assessment 2018

Report produced by Public Health Warwickshire



INTRODUCTION

Following the review of routine datasets and local intelligence relating to the health and wellbeing needs in the Rugby Town North area, five key themes were identified. These issues were then discussed in more detail to gain local stakeholder insight at an event held on the 14th June 2018 and at a number of community engagement sessions throughout September and October 2018. The five themes under discussion were:

- Pressures on local services
- Employment Training and Skills
- Young People (including Youth Services)
- Mental Health and Wellbeing
- General

Stakeholder summaries, engagement event reports and a full list of stakeholder comments are available in the stakeholder report.

The following is a summary of the issues discussed and the high level recommendations are outlined below. A more detailed action plan will be developed to deliver these recommendations.

PRESSURE ON LOCAL SERVICES

ISSUES

Rapid population growth through housing, migration and higher birth rates in the area appears to be adding extra pressure on local services. The asset mapping shows there to be a particular lack of services in the North of Rugby Central. In relation to health services, stakeholders highlighted increasing delays in accessing GPs and services at St Cross Hospital. Stakeholders also raised concerns around a lack of services targeting young people and not enough community spaces. Transport issues such as access to bus routes and increasing traffic were also raised as a concern. Concern was raised around accessing the UHCW site as the main acute hospital site for residents, including issues around the lack of car parking. This is magnified by limited access to primary care appointments and anecdotal evidence suggested that people are then using A&E as an alternative. Residents in general have poorer lifestyles with more people smoking, higher levels of obesity and increased levels of alcohol and drug misuse in the area. Rates of breast cancer are higher in the area while screening uptake is lower than the rest of Warwickshire.

RECOMMENDATIONS

- To increase provision of services and review funding, such as GP hours, out-of-hours services and improving staffing particularly in the North of the town.
- To ensure the provision of lifestyle services in the area is better aligned to the higher levels of demand.

- Review transport options to the North of Rugby Central, to include consideration of improved bus routes, with more direct routes into town.
- Review transport provision across Rugby Borough and Warwickshire, particularly for vulnerable patients.
- Better use existing community spaces to meet local needs. Also consider introduction of new community spaces within new developments or regeneration, which are available for community use.
- Raise concerns and seek to increase access and parking at UHCW site.
- Analyse A&E attendances for residents in the Rugby Town North Area.
- Consider targeted work to better understand barriers to breast screening and increase uptake and raise awareness of breast cancer in the area.

EMPLOYMENT TRAINING AND SKILLS

ISSUES

As the population is rapidly growing in Rugby, the evidence suggests there are not enough school places to match the increasing demand, with no sixth form places in North Rugby. In addition, there are significant educational attainment gaps in some areas. In general, people with disabilities continue to have reduced access to employment and training. Other barriers to accessing work and training for non-English speaking residents is the ability to speak, read and write in English. Access to ESOL (English for Speakers of Other Languages) training is currently oversubscribed in the area. Other barriers to gaining work are low wages. There are not many opportunities to access training particularly adult learning. This is magnified by a lack of information on training and education generally. Feedback included that the “system” currently does not appear to take personal circumstances into consideration when advising about work and training. For example, mental health issues or family issues may mean someone is not ready to work but receives sanctions. Poor or limited IT skills have been highlighted as an issue locally, particularly in those who are long term unemployed, across generations. In addition, there is limited training provision available for those who are long term unemployed who wish to re-train.

RECOMMENDATIONS

- Improve access to school places including sixth form provision particularly in areas where there is significant housing development and population growth.
- Review provision and access to programmes in place to support people with disabilities into work within the area.
- Improved access to ESOL courses and increase ESOL trainers within the area.
- Increase access to work coaches provision within Rugby Central.
- Improve access to information on adult training and other types of training available.
- Improve training of staff and access to health and social care support for people in difficult circumstances who may not be ready to work.
- Increase workplace provision for those who are long term unemployed.
- Improve training offer specifically in relation to IT skills needed for employment, including basic computer skills and retraining opportunities locally.

YOUNG PEOPLE

ISSUES

The participants felt there was a general lack of mental health and wellbeing services for young people in the area. The services that are available are also very limited in scope and access can be an issue (e.g. long waiting times). This could be as a result of funding restraints. There is a need for more engagement with families and parents in particular to understand the experiences and behaviours of young people today. Families also need to be provided with information on services and support to speak to young people. Young people need more safe community spaces and activities for them to access locally. There was a perception that services do not tend to engage with young people to gain their views. The connection between physical and mental health was raised and the need to increase and encourage young people to be active, including use of outdoor space.

RECOMMENDATIONS

- Review and improve access to young people services, specifically mental health and wellbeing services, including shorter waiting times, based on evidence of need.
- Increase the types of services available for young people using a wide range of mediums that are young people friendly, for example, face to face, phone support, online support, drop-in.
- Encourage and increase outdoor sports provision to increase activity and improve mental health and wellbeing.
- Undertake some more specific engagement with families, consulting young people on the types of services and views on current services to make improvements in provision.
- Provide more information for parents on challenges that young people face.
- Service providers, planners and the voluntary sector to coordinate efforts to better meet the needs of young people. Develop a strategy to support the delivery of services for young people, including mental health in the voluntary sector to support the sector and develop skills.

MENTAL HEALTH AND WELLBEING

ISSUES

In recent times, the mental health service has seen a significant increase in demand. Rates of self-harm are high in this area compared to X. There is a general lack of access and little or no out-of-hours services in the area. There is a gap in provision for young people. The perception is that mental health services are underfunded currently. Diagnosis of mental health issues are often slow and intervention delayed due to lack of funding or staff. Schools

and the wider education system should be more involved in encouraging good mental health in children (learning resilience and coping strategies). There are a lack of community spaces in the area and the stigma around mental health still persists in the communities. Parents need to know how and where to access information and to recognise signs of concerns in children and young people. People's living circumstances plays a part in mental wellbeing and there is a lack of outside spaces particularly with the significant increase in development in Rugby. Isolation was also raised as an issue locally impacting on mental health and wellbeing. Rates of caring are higher in the area and particular rates of young carers, with concern raised around support levels for carers.

RECOMMENDATIONS

- Review and seek to improve access to mental health services e.g. more out-of-hours services.
- Review? the provision and access to mental health services, including self-harm across the pathway for children and young people with a view to improving access across the area from good signposting, diagnosis to early intervention.
- Raise awareness amongst parents, schools and the wider public on mental health issues and good mental health.
- Ensure there are good open outdoor spaces in all parts of Rugby as well as community spaces for the public to interact and exercise.
- Review the provision of support and services for carers and in particular young carers.

HOUSING

ISSUES

The population in Rugby has been rapidly growing in recent years. Housing was an issue raised across all the previous themes. There is a lack of affordable housing in the borough despite the rapid developments currently taking place in Rugby. Homelessness is becoming a growing concern. There appears to be a disparity in provision of services in the North of Rugby, with Coton Park having more services than Brownsver in the south of the JSNA area.

RECOMMENDATIONS

- Where possible, ensure that housing developments take into account the health and wellbeing needs of the local population.
- Proactively plan services to meet the demands of population growth, mental health, primary care and emergency care using evidence from the JSNA.
- Better use of data/information/intelligence is needed to inform planning e.g. more school places and GP appointments needed due to housing growth and bike lanes.
- Encourage residents and remove barriers to making healthy lifestyle choices. Encourage physical activity e.g. more bike lanes.
- Review and consider how to increase social housing and affordable housing in the area. For example, incentivise private landlords to take social housing tenants.

- Families need to be supported more intensely to avoid crisis, consider more single contact family liaison workers to address issues proactively.
- Consider the use of neighbourhood plans or neighbourhood plan like approaches in deprived areas to take account of local needs in the planning process.

GENERAL

ISSUES

Universal Credit has been rolled out across the borough to replace the benefits system. It is not yet known how well this is working. Families need more support to manage finances as well as health and social care issues. Physical health and obesity are growing concerns and residents need to be encouraged to make healthy choices. There is still a lack of joined up working between social care, healthcare services and the local authority. There are issues with GP access especially in Rugby Town North. Rugby Town North is a diverse area and services need to respond to this diversity in the delivery of local services.

RECOMMENDATIONS

- Proactively plan services to meet the demands of population growth, mental health, primary care and emergency care using evidence from the JSNA.
- Better use of data/information/intelligence is needed to inform planning e.g more school places and GP appointments required due to housing growth and bike lanes.
- Encourage residents and remove barriers to making healthy lifestyle choices. Encourage physical activity e.g. more bike lanes.
- Families need to be supported more intensely to avoid crisis, consider more single contact family liaison workers to address issues proactively.
- Address disparity in services in the north ensure there is equity in access to services across Rugby.
- Review and improve transport links between Rugby Town North and the town centre.
- Increase support for families and encourage community engagement.
- Better access to support residents where English is a second language.