

THEME: ENJOYING GOOD HEALTH AND WELLBEING

Theme lead: Public Health

Group members: To be finalised

Outcomes	Actions	Timeframe	Progress	RAG
<p>Increased health life expectancy</p> <p>More people enjoying good mental health and well being</p> <p>Increasing the number of well-paid and fair jobs for local people</p>	<p>CPP to commit to addressing health and socio-economic inequalities by:</p> <ul style="list-style-type: none"> • Developing and completion of a template for baselining status as anchor institutions • Developing and completion of a template for baselining position for paying due regard to the Fairer Scotland Duty • Developing guidance for promoting good health and wellbeing 		<p>Survey templates for anchor organisations and FSD/ health in all Policies have been developed and circulated to members of the Joint Programme Board.</p> <p>Update re good mental health and wellbeing outcome:</p> <p>New Mental Health Improvement and Suicide Prevention Action Plan 2022 – 2025 approved by the Mental Health Partnership Board in October 2022 called 'Creating Hope in the Scottish Borders'. The vision for this action plan is to increase the number of people in good mental health at every age and stage of life and to reduce the number of suicide deaths in the Scottish Borders, whilst working together with partners and communities to tackle the inequalities that contribute to poor mental health and suicide. The 2022 data report 'A Picture of Mental Health in the Scottish Borders' will be updated in 2023 and used to monitor indicators including Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) scores.</p>	
	<p>Partners proactively engage in the Health and Wellbeing Area Partnerships/Locality</p>		<p>One of the overarching principles in the Creating Hope Action Plan is to undertake partnership engagement in the creation and delivery of the plan. The Area Partnerships were included in</p>	

	<p>Working Groups to develop local plans in each of the 5 localities and influence the direction of resource.</p>		<p>the engagement process for developing the plan in 2022. Two of the areas of action in the plan are 'Mentally Healthy Communities' and 'Suicide Safer Communities' and further proactive engagement with localities will be undertaken to take these actions forward in 2023.</p>	
	<p>The Partnership to effect change by advocating for reducing health inequalities aligning to the overarching purpose of the CPP to reduce inequalities.</p>		<p>One of the overarching principles in the Creating Hope Action Plan is to advocate for all plans and policies in the Scottish Borders to address the social, environmental and individual determinants of mental health (taking a Public Mental Health approach).</p> <p>This means ensuring wider community planning aims and actions consider mental health impacts in order to reduce deaths by suicide, reduce risk, build protective factors and support people and communities affected by suicide. Many actions that are effective in reducing suicide and promoting better mental health lie out-with the health sector and within local planning partnerships (as well as other agencies).</p> <p>We will do this by working with partners in 2023 to integrate mental health and wellbeing into Impact Assessments. Guidance for promoting good mental health and wellbeing will be produced in line with the action plan.</p>	
<p>Increased volunteering numbers throughout the Borders which will provide additional support to those in need, and increased</p>	<p>Current volunteering landscape to be considered & opportunities to be promoted and maximised.</p>			

levels of wellbeing both for volunteers and those who are being supported				
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