



# HEALTH AND WELLBEING PARTNERSHIP

Ribble Valley Strategy, 2025-28



Ribble Valley  
Borough Council

[www.ribblevalley.gov.uk](http://www.ribblevalley.gov.uk)

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## Health and Wellbeing Partnership

Health and Wellbeing Boards are a statutory forum where political, clinical, professional and community leaders from across the care and health system come together to take action to improve the health and wellbeing of their local population and reduce health inequalities.

The Ribble Valley Health and Wellbeing partnership has evolved by bringing together key organisations to strategically evaluate the services of the Ribble Valley. By listening to the voice of Ribble Valley residents, the partnership ensures that the implementation of the new NHS 10-year plan meets the needs of people in the Valley.

The Ribble Valley health and wellbeing primary care services are delivered by two Primary Care Networks (PCN's) – Preston (North and East) and Ribblesdale as part of the East Lancashire Alliance.

The Lancashire and South Cumbria Health and Care Partnership incorporate a wealth of services including the Lancashire and South Cumbria Integrated Care Board (ICB), the Voluntary, Community, Faith and Social Enterprise Alliance (VCFSE) and Lancashire and South Cumbria NHS Foundation Trust (LSCFT) alongside other delivery partners.

Other statutory organisations such as Lancashire County Council, Lancashire Police and Lancashire Fire and Rescue Service are also closely linked via the workshops, partnership meetings and the Community Safety Partnership (CSP).

## Community Safety Partnership

The Ribble Valley Community Safety Partnership (CSP) is closely linked to the Health and Wellbeing Partnership and takes a World Health Organization view of crime and community safety priorities. Its members include Ribble Valley Borough Council, Lancashire County Council, Lancashire Police, Lancashire Fire and Rescue Service, HM Probation Service, NHS colleagues and voluntary and community partners.

A monthly youth panel meeting provides the opportunity for partners to hear from young people's services and secondary education providers. East Lancashire partnership meetings provide an overview of the needs and services available in bordering areas.

## Community Voice

The partnerships work closely with community organisations to determine priorities and ensure that services are shaped by the residents who use them. The Ribble Valley has many village halls, parish councils, community and faith-based organisations who are supported and attended by services. Health Watch has carried out multiple targeted engagement activities for the Ribble Valley working closely with our partners. Ribble Valley Borough Council distributes the 'People's Survey- Life in the Ribble Valley' every two years. People with lived experience are involved in shaping services,

via regular conversations and engagement opportunities. This recently included the local youth council and young people's outreach services engaged in the improvements to castle grounds facilities and leisure facilities. Businesses meet regularly with our economic development officers to determine their priorities and events are hosted which reach our farming and rural community. Information is shared via existing networks such as the Community Voluntary Support (HRV-CVS) and National Landscapes Bowland Farmer's newsletter.

## Membership

### Primary Care

Dr Chris Dalton- Clinical Director, Ribblesdale PCN

Dr Zac Patel- Clinical Director, Preston PCN

Laura Feeney- PCN Coordinator and Digital Lead

### Lancashire Place Partnership

Jackie Moran- Integrated Place Leader (East)

Pamela Deeley- Place Development and Delivery Officer

### Ribble Valley Borough Council

Nicola Hopkins- Director of Economic Development and Planning

Adam Allen- Director of Community Services

Sarah Wells- Partnership Officer

Tracy Balko- Health and Fitness Development Officer/ RV TaAF Network Lead

Harriet McCarthy- Long Term Health Conditions Workstream Lead

Cllr Mark Hindle- Elected Member (*Chair*)

Cllr Mary Robinson- Elected Member

Cllr Nick Stubbs- Elected Member

### Lancashire County Council

Marie Demaine- Public Health Specialist- Health Improvement Team

Richard Bibby/ Laurie Cruickshanks- Social Care RV Community Team Manager

Sue Hopkinson- Children and Young Adults

### Lancashire and South Cumbria NHS Foundation Trust

Amy Devine- Director of Operations

Mental health practitioner

### East Lancashire Hospital Trust

Jeanette Finch- Complex Case Manager, Ribblesdale Integrated Neighbourhood Team

Arif Patel- Director of Partnerships

Cheryl Forest- Chief Nurse for Community

### VCSFE

Elaine Barker- Chief Officer, Hyndburn and Ribble Valley CVS

Allison McGruer- Community Lead, HRV-CVS

Peter Lumsden- Lancashire Regional Connector, Gather Movement- Faith Sector

Angela Bennett- Carer's Link

Alison Read- Age UK

East Lancashire Hospice

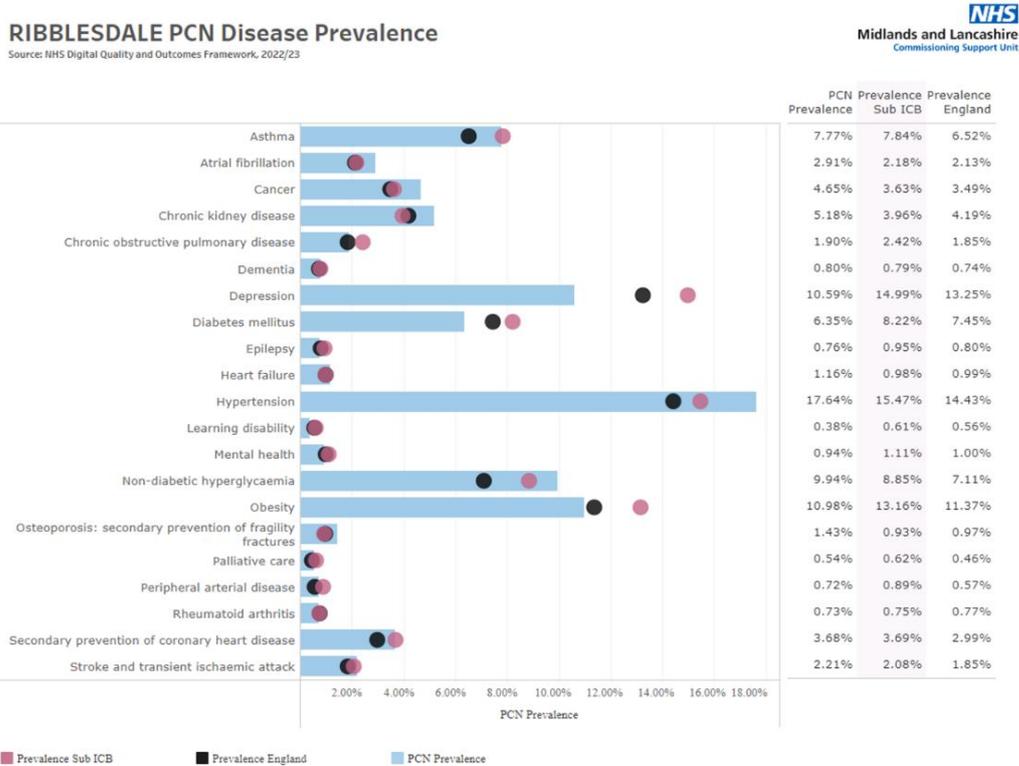
Peter Lumsden- Gather Movement

# What Does Data Tell Us?

The Ribble Valley is a rural area with a population of over 61,000. A higher-than-average percentage of these are older people. The population is mostly white British. Employment levels are higher than the national average, and the average for Lancashire, with main industries being manufacturing and hospitality. House prices are higher than average for Lancashire but lower than the average for England and rental prices have seen significant increases over the last 5 years. The crime level is low.

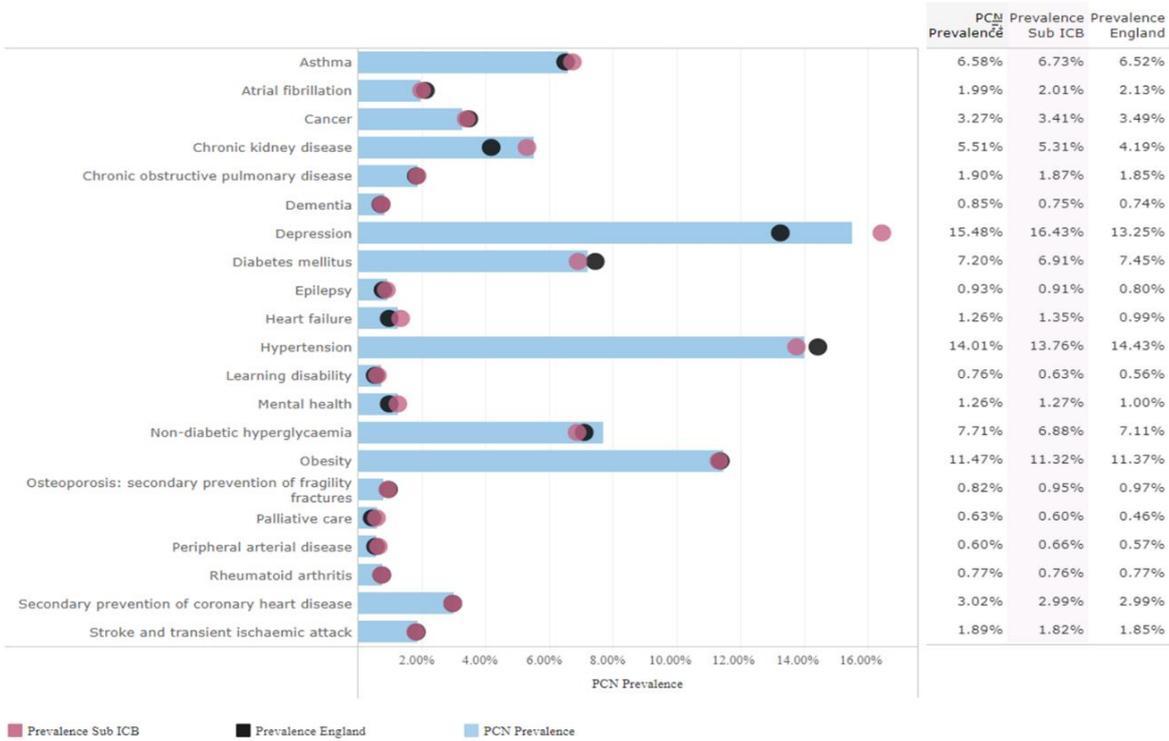
Public Health data highlights areas of concern as higher levels of obesity and emergency hospital admissions for young children, adults with cardiovascular conditions, fuel poverty, limited access to health services, internet and leisure activities, limitations of the public transport network, higher than average suicide rates and concerns for higher numbers of older people living alone.

Qualitative information from communities and key partners, such as GP's, does highlight the need for better access to young people's mental health services and neurodivergent assessments, improved transport links to help older people access community activities which reduce isolation and loneliness. Data also suggests there is hidden misuse of drugs and alcohol and domestic abuse. These areas are also covered by the Community Safety Partnership strategy.



# PRESTON NORTH & EAST PCN Disease Prevalence

Source: NHS Digital Quality and Outcomes Framework, 2022/23



## Indicator

Suicide rate (Persons) New data 2022 - 24 Directly standardised rate - per 100,000

Better 95% Similar Worse 95% Not compared

Recent trends: - Could not be calculated → No significant change ↑ Increasing & getting worse ↑ Increasing & getting better ↓ Decreasing & getting worse ↓ Decreasing & getting better

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	-	16,657	10.9	10.8	11.1
Lancashire	-	470	14.3	13.0	15.6
Pendle	-	45	18.3	13.3	24.4
Burnley	-	43	17.8	12.8	24.0
Lancaster	-	66	17.7	13.6	22.6
Preston	-	66	16.4	12.6	21.0
Hyndburn	-	34	15.7	10.8	21.9
Chorley	-	45	14.3	10.4	19.2
Ribble Valley	-	23	14.1	8.8	21.2
South Ribble	-	38	13.1	9.2	18.0
Wyre	-	36	12.2	8.4	17.1
West Lancashire	-	36	11.1	7.7	15.5
Rossendale	-	18	9.6	5.7	15.3
Fylde	-	20	8.5	5.0	13.3

Source: Office for National Statistics

## Ribble Valley Strengths

Residents and partners have demonstrated the strong partnerships and collaboration between statutory, voluntary and community organisations. As a rural area, the Ribble Valley has many village halls, parish councils and faith sector organisations who provide support on a regular basis to residents in their local community. This is provided by dedicated volunteers providing access to lunch clubs, sports clubs, parent and toddler groups and activities bringing people together. Statutory and voluntary organisations link closely to these providing information and support. Voluntary organisations are supported by the Hyndburn and Ribble Valley Community Voluntary Support (CVS). Longridge residents are supported by the Preston CVS. The CVS organisations support communities to develop opportunities and link more vulnerable residents to local opportunities. HRV-CVS has recently worked in collaboration with another organisation to develop a befriending service and Preston CVS has worked with Regenerate (Age Concern) to bring this to Longridge. The Good Things Foundation provides support around digital inclusion including the National Databank project to provide sim cards to those with no internet access.

As a previous example, ambulance data showed a high number of falls for over 65's 2022-23; partners decided to jointly promote the Steady On! service who visited lunch clubs regularly and greatly increased the number of mobility assessments completed for the area. This also allowed residents to be referred to the Integrated Care services preventing hospitalization and supports people to apply for Attendance Allowance and access carers.



Whalley Elevenses Christmas Lunch



Steady On! promoted by Waddington Parish Council

It is recognised that services work well together and refer for support at the earliest opportunity reducing risk and preventing further harm. Statutory and voluntary services continue to develop efficient and effective ways of assessing and supporting needs preventing people from 'falling through the gap'. Bespoke options are developed within partnership meetings to meet the needs of rural and farming communities such as financial support to deliver specialist trauma first aid to farmers, the Farming Stronger

for Longer project and cardiac rehabilitation classes, exercise classes and walking sessions for residents in rural and urban areas.

RVBC offers a range of grants to support residents with disabilities and neurological conditions to make adaptations to their home to make them more accessible. Grants to support with boiler repair and replacements and discretionary payments for those living with financial hardship are also available. RVBC also offers grants to community and voluntary services and activities related to culture and recreation. A Sport England grant is also available to encourage organisations to develop opportunities and increase participation in sport activities.

The operation of Leisure Facilities, sports development and Up and Active health improvement programmes aim to create the most accessible, inclusive and supportive environment in which to participate in cultural and physical activity. Residents of the Borough can benefit from participation in a range of opportunities designed to meet their needs and comprises Aquatic activity at Ribblesdale Pool, Outdoor 3G Artificial and grass playing pitches at Edisford, and personalised health improvement programmes through a referral or self-referral basis, to guide clients with cardiac rehabilitation, weight management, and long-term health and mental health conditions. The department undertakes continuous insight work to understand the health challenges facing residents and has identified and implemented focussed work to increase physical activity levels in communities in isolated rural areas. Working in partnership with health services to improve mental health has also been a focus of the team, as has exploring attitudes to participating in physical activity amongst school children and young people.



RVBC Up and Active service offers a range of activities based on the needs of residents:

- 'Functional Fitness' Exercise Referral
- Community 'Weight Management' Programme
- 'Heartwatch' Community Cardiac Rehabilitation
- 'Best Foot Forward' Postural Stability Programme
- 'Supervised Gym' Exercise Referral
- Walks (various)
- Aqua For Health
- Stretch and Flex classes

*"I started walking with Up and Active Ribble Valley after the sad loss of my springer spaniel shortly after retiring, which has left a big void in my life. I like being outdoors and in nature. It's so good for my mental health and wellbeing. The group is very welcoming and friendly. The walks are varied and suitable for all abilities. ...Thank you, Catherine for all the work you do organising the walks which offer both physical and social benefits for everyone."* Susan



Services and residents work closely together to demonstrate the need for better transport links to relieve food poverty and support people to access wider services. This has recently been successful in the re-establishment of the Hodder Valley bus service incorporating a stop at Roefield Leisure, Ribblesdale Pool and Padel Centre. Significant investment has been made by RVBC into the refurbishment of the pool and leisure facilities in Clitheroe, and a new pump track has been constructed for Longridge and further investment will see improvements to the park in the castle grounds. RVBC has distributed thousands of pounds of funding to rural projects including improvements to community buildings and playgrounds to ensure that local people retain access to community venues and facilities.



The Family Hub network has developed into a strong partnership in the Ribble Valley providing more support for families and in particular children under the age of 5 years. Plans to increase targeted youth services are welcome and the partnership is working hard to increase available providers.



Longridge Pump Track

## Priority Areas

Following broad consultation and evaluation of the Valleys key health related metrics, the Health and Wellbeing Partnership has established its key priorities. These are:

- Mental Health and Suicide Prevention
- Social Isolation and Community Connection
- Dementia Day Care Support Services
- Substance Misuse
- Increasing physical activity for at risk groups
- Expanding estates

These were determined through a combination of workshops and discussions with organisations, residents and scrutiny of the many data sources available. A further

priority area is ensuring the effective sharing of information and improved access to community and service directories.

Together with the ICB strategy to bring health care into the community through the creation of community hubs, this will bring voluntary and community organisations closer to statutory services and reduce one of our key vulnerabilities around distance to access primary care services.

## Key Actions

The associated action plan can be found [here \(to be linked when published\)](#).

## Data and Information Sources

- Local authority health profiles | fingertips | department of health and social care / public health
- Login made - Lancashire County Council / health inequalities dashboard
- LSC Integrated Care Board: New services introduced to improve the lives of those with dementia
- Isabstrategic-planfinal.pdf
- Addressing Health and Social Care Challenges in Rural England - Rural Services Network
- lancashire-suicide-prevention-and-reducing-self-harm-strategy-and-action-2024-2029.pdf
- Suicide prevention strategy: action plan - GOV.UK
- Foundations for wellbeing - Lancashire County Council
- 20240613\_Lancashire\_WFW-Phase-2-Final-Report-1-1.pdf
- Northwest ambulance service
- Drug and alcohol related deaths (DARD)
- Adult substance misuse treatment statistics 2023 to 2024: report - gov.uk
- From harm to hope: a 10-year drugs plan to cut crime and save lives - gov.uk
- Dementia alliance
- Pan Lancashire arrangements for self-neglect and hoarding
- Hyndburn and Ribble Valley CVS- community groups
- Ribble valley borough council people's survey
- Primary care networks
- Trussell Trust
- Community Safety Partnership
- Lancashire county council highways and transport draft strategy