

PLACE BASED NEEDS ASSESSMENT

BILTON AND TOWN CENTRE

APPENDICES

Warwickshire Joint Strategic Needs Assessment

2019

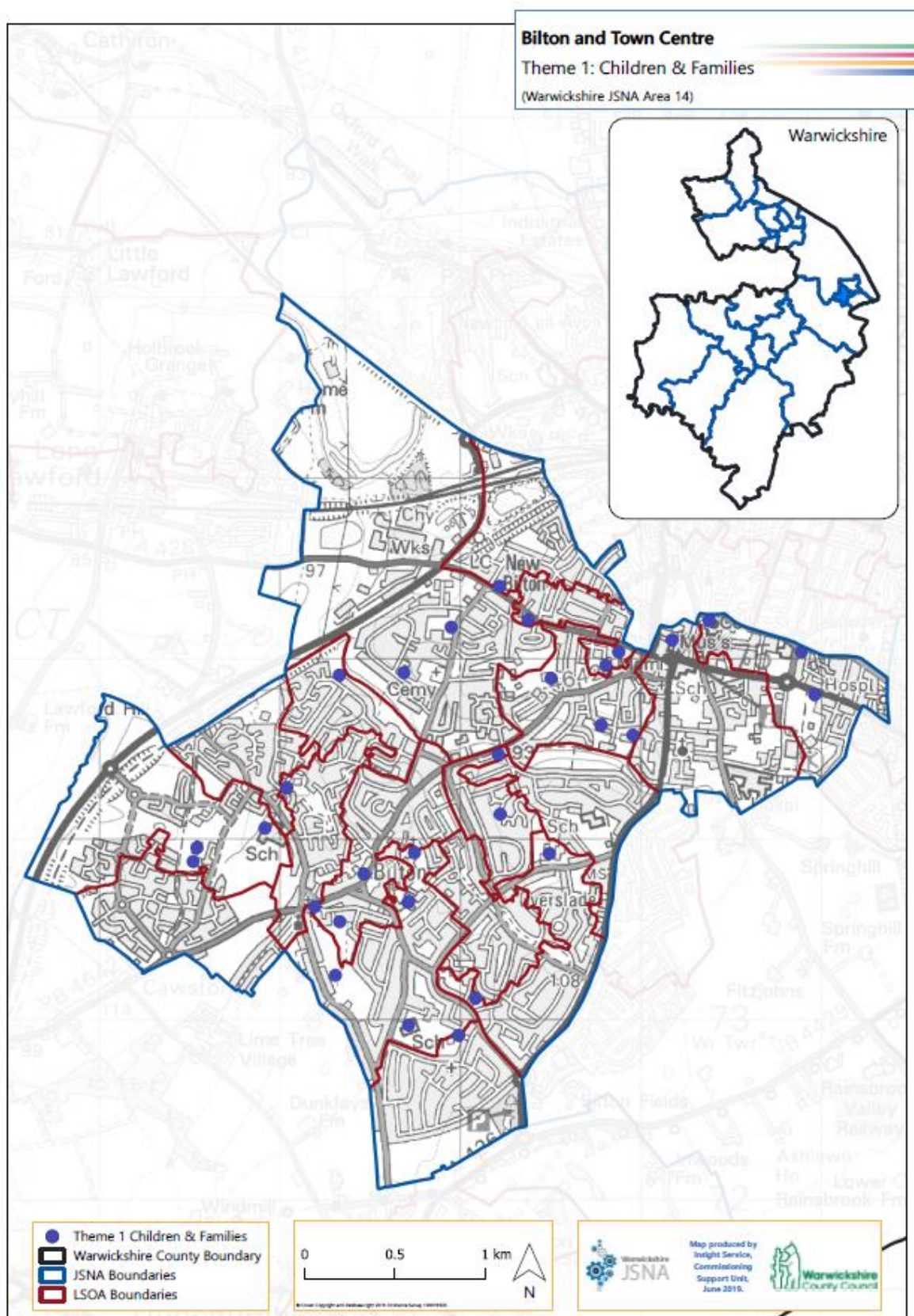


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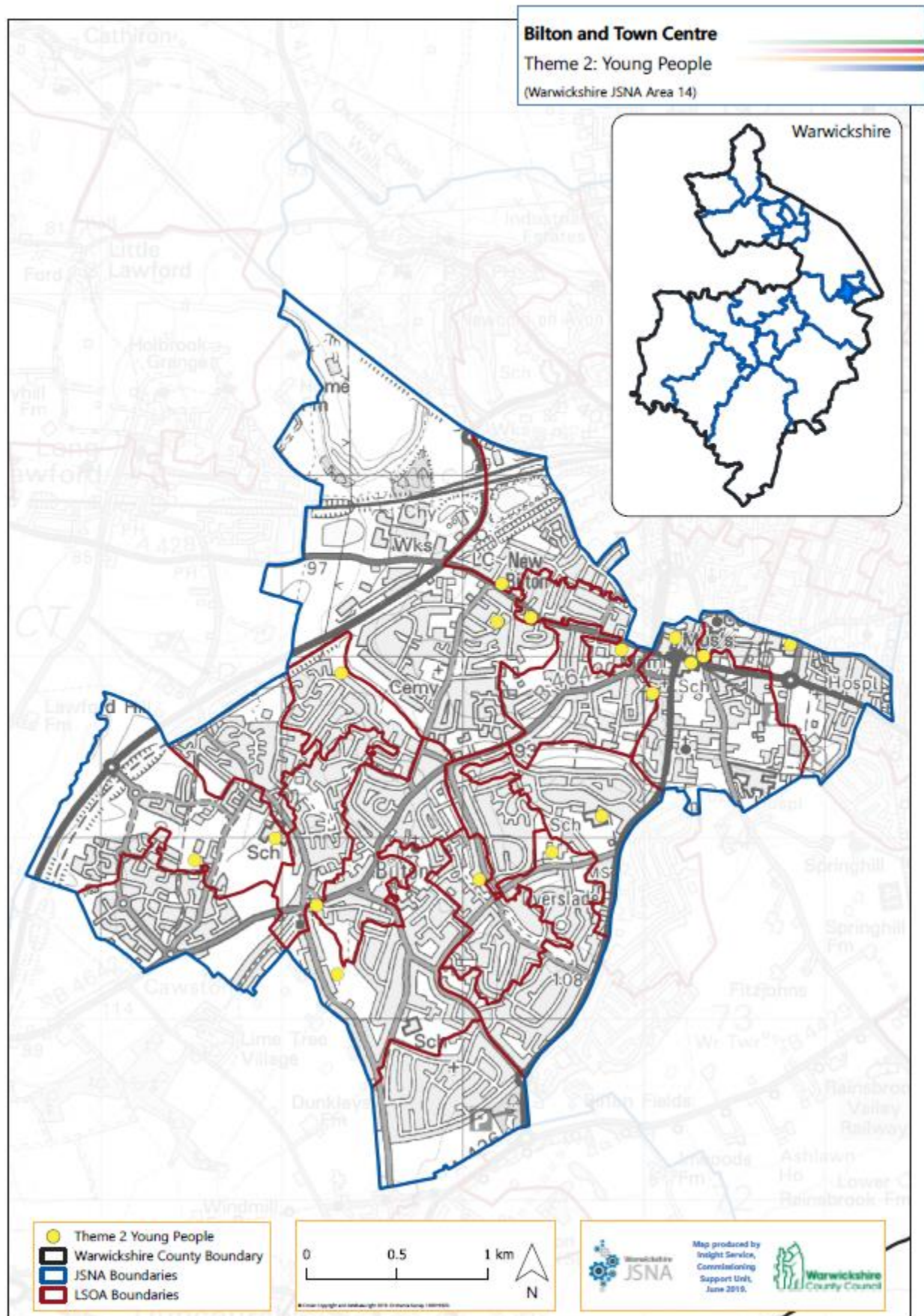
APPENDIX A

Theme 1: Children & Families



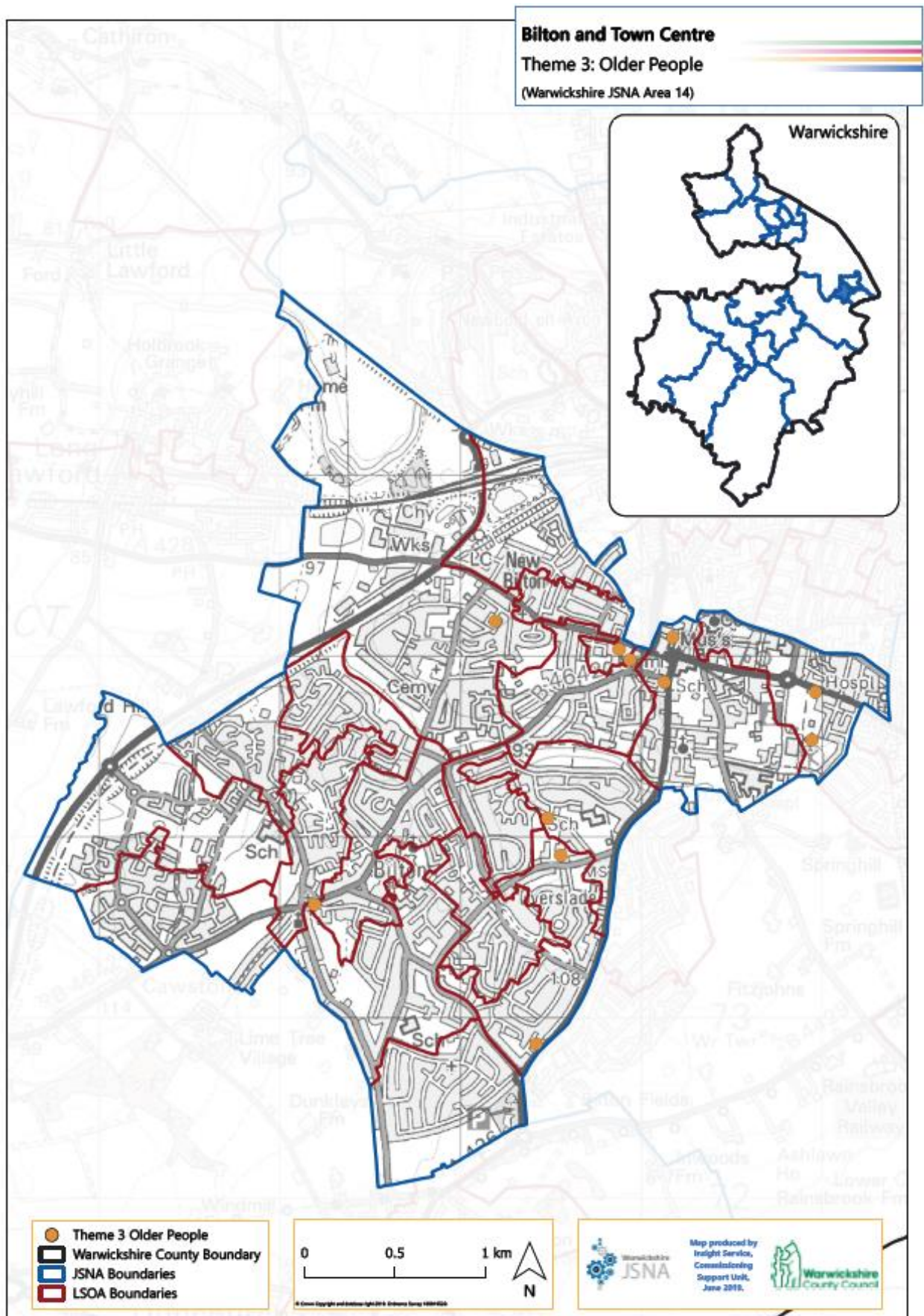
Organisation / location	Activities, classes, event
Daisykins Nursery	Day nursery
Rugby Library	Rhyme Time, Story Stomp, Book Magic, Chatterbooks, Code Club, Lego Club, Reading Hack, Spark Young Writers Group
Rugby Museum and Art Gallery	Little Discoveries (under 5s), children's activities in school holidays
Bilton C of E Middle School	Sports clubs, martial arts, choir, gardening, French and Spanish, Messy Church
Henry Hinde Infant School	Busy Bees day nursery
Scout Hut, 11 th Rugby Admirals Scout Group	Uniformed Groups
Bilton Tots Day Nursery	Nursery
Humpty Dumpty Day Nursery	Nursery
The Crescent School	Nature Trails Nursery
St Oswald's Church Hall	Toddler Group
Oakfield Children's Centre	Children's Centre, Baby Groups, Stay and Play
Brooke School	Early years centre
Bawnmore County Infant School	Nursery
St Marie's County Infant School	Nursery
Blue Windmill Nursery	Nursery
Baptist Church Hall	Nursery
Cawston Community centre	Soft play, baby and toddler classes, Uniformed groups, Children's classes
Cawston Grange Primary School	Nursery
Bilton High School	Nursery
Adventure Zone Indoor Play and Party Centre	Soft play
St Mark's Church Bilton	Toddler group
Bilton Evangelical Church	Toddler group
St Matthew's Church Hall	Toddler group
St Andrew's Church	Toddler group
Rugby United Reformed Church	Messy church
Scout Hut	Uniformed groups
Rugby High School	Little Kickers Football
Rugby Children's Service team	Early Help and intervention, Children's social care team
St Mathew's Bloxham Primary School	School, nursery
Glow Bambino	Baby group

Theme 2: Young People



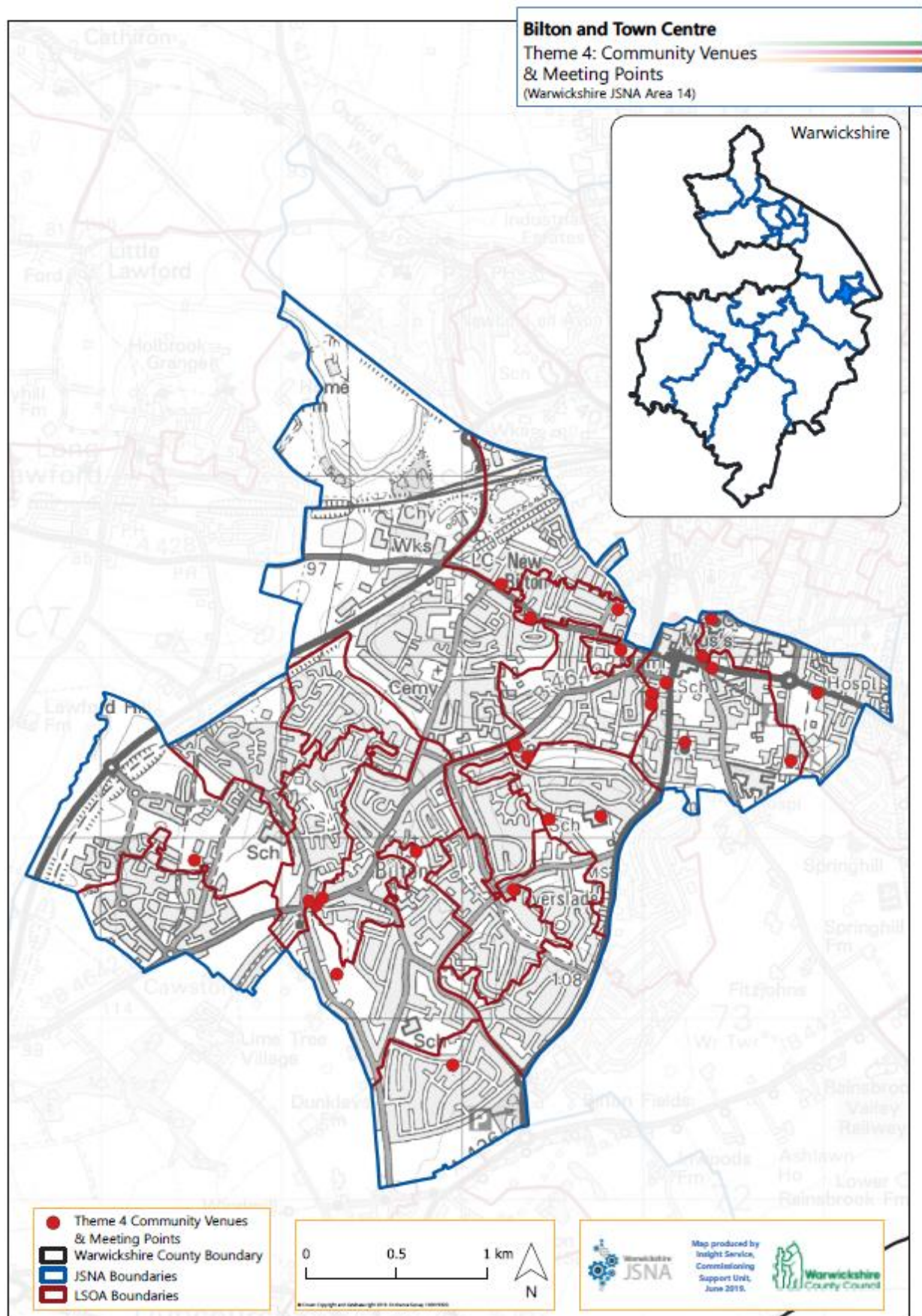
Organisation / location	Activities, classes, event
Lawrence Sheriff School	Duke of Edinburgh award
Rugby Library	Young Adults Groups and activities, Young writers' groups
Rugby Museum and Art Gallery	Young adults activities
Dryden Place Community Centre	STEM activities for young people
Scout Hut, Freemantle road	Uniformed Groups
St Oswalds Church Hall	Youth Group
Rugby School	Cadets, Duke of Edinburgh Award
Macready Theatre	Theatre – dance, music, comedy and spoken word
The Bradby Club	Youth club
Brooke School	Cheerleading, Skills for Life
Harris C of E school	Youth activities
Cawston Community Centre	Uniformed Groups
Bilton High School	Duke of Edinburgh Award
Bilton Evangelical Church	Youth Group
St Matthew's Church Hall	Uniformed Groups
Scout hut, Alyn Road	Uniformed Groups
Rugby Life Christian Centre	Youth Groups
Young Person's Hostel	Hostel for homeless young people, aged 18-25

Theme 3: Older People



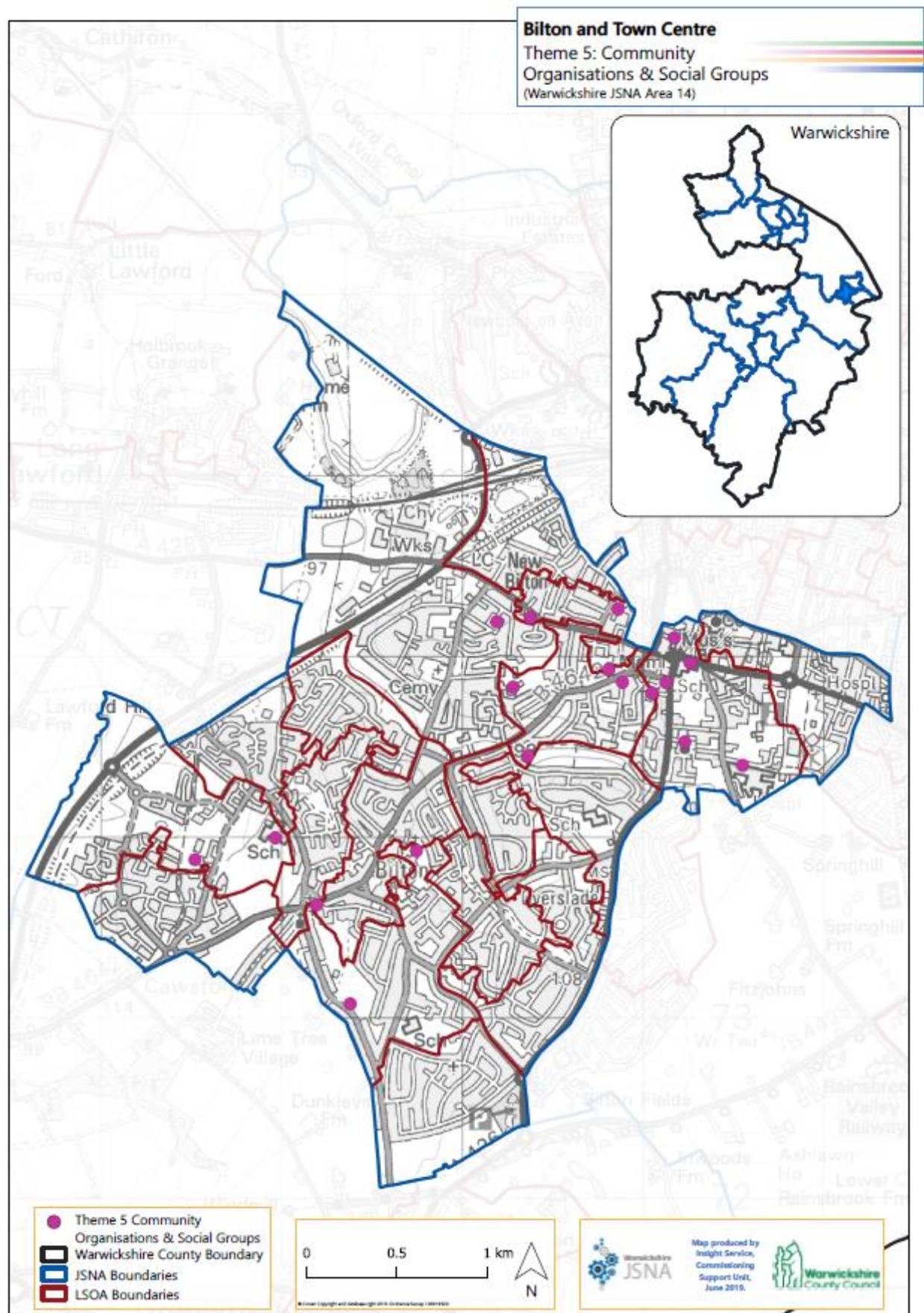
Organisation / location	Activities, classes, event
Forget me not Café	Dementia Cafe
Rugby Methodist Church	Chair Yoga, Lunch Club, Fibromyalgia support group
Bilton Evangelical Church	Senior Group
St Matthew's Church Hall	Older people's groups
Rugby United Reformed Church	Seniors Social Group
Overslade House	Nursing Care, Dementia Care
Hamilton House	Day Centre for older people
Dryden Place Community Centre	Activities for older people
Overslade Community Centre	50+ club
Rugby Museum and Art Gallery	Good Times for seniors
Rugby Library	Silver Surfers

Theme 4: Community Venues & Meeting Points



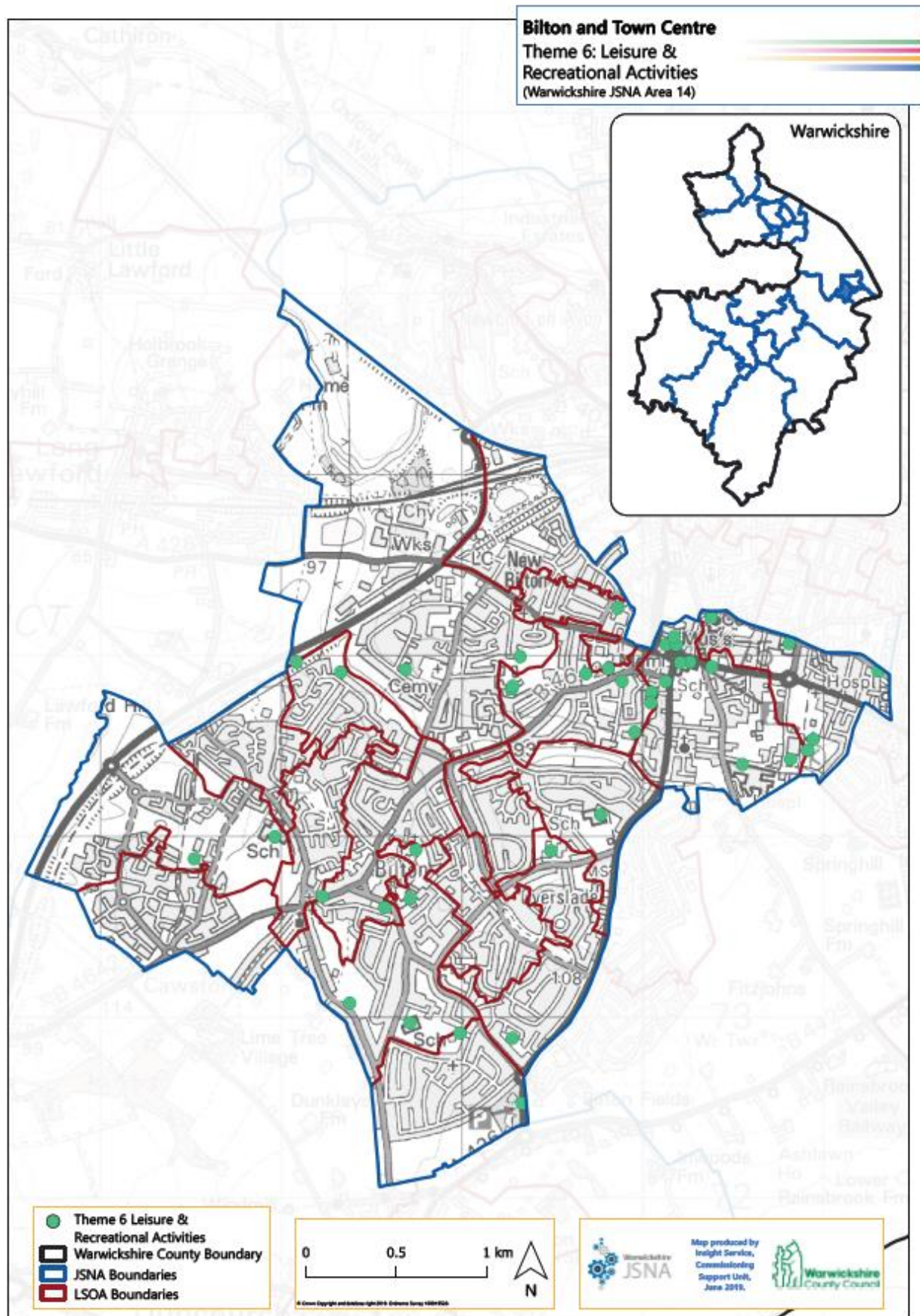
Organisation / location	Activities, classes, event
Overslade Community Centre	Community Venue
Rugby Workers Union Club	Community Venue
St Oswald's Church Hall	Community Venue
Temple Speech Room	Community Venue
Macready Theatre	Community Venue
The Bradby Club	Community Venue
Harris Sports Centre	Community Venue
Cawston Community Centre	Community Venue
Rugby Methodist Church	Community Venue
The Queen's Diamond Jubilee Leisure Centre	Community Venue
St Marie's Catholic Church	Community Venue
St Mark's Church Bilton	Community Venue
Bilton Evangelical Church	Community Venue
Bilton Methodist Church	Community Venue
St Matthew's Church Hall	Community Venue
St Andrew's Church	Community Venue
Rugby United Reformed Church	Community Venue
The Woodlands Centre	Community Venue
Scout Hut	Community Venue
Mosaic Café	Community Venue
Rugby Bowling Club	Community Venue
Overslade Lane Shops	Community Venue
Bilton road Shops	Community Venue
Rugby Christian Life Centre	Community Venue

Theme 5: Community Organisations & Social Groups



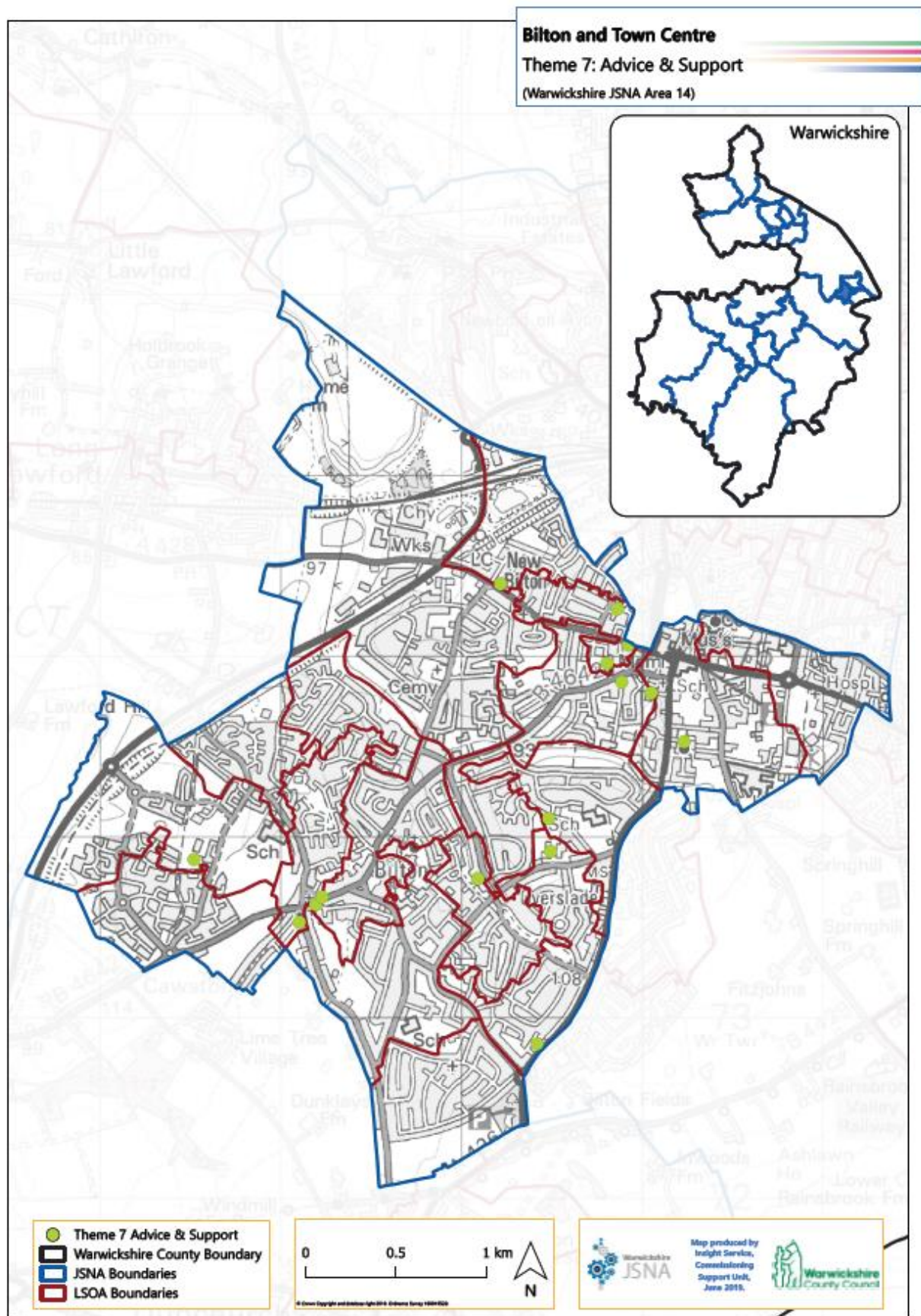
Organisation / location	Activities, classes, event
Rugby Library	Adult groups
Rugby Museum and art gallery	Adult groups
Dryden Place Community Centre	Clean up New Bilton Campaign
Rugby Workers Union Club	Social Club
St Oswald's Church Hall	Mother's Union
Rugby School	Community Action group
Friends of St Cross	Group supporting the Hospital of St Cross
St Marie's Catholic Church	Really Useful Group
St Mark's Bilton	Mother's Union
Bilton Evangelical Church	Adult groups

Theme 6: Leisure & Recreational Activities



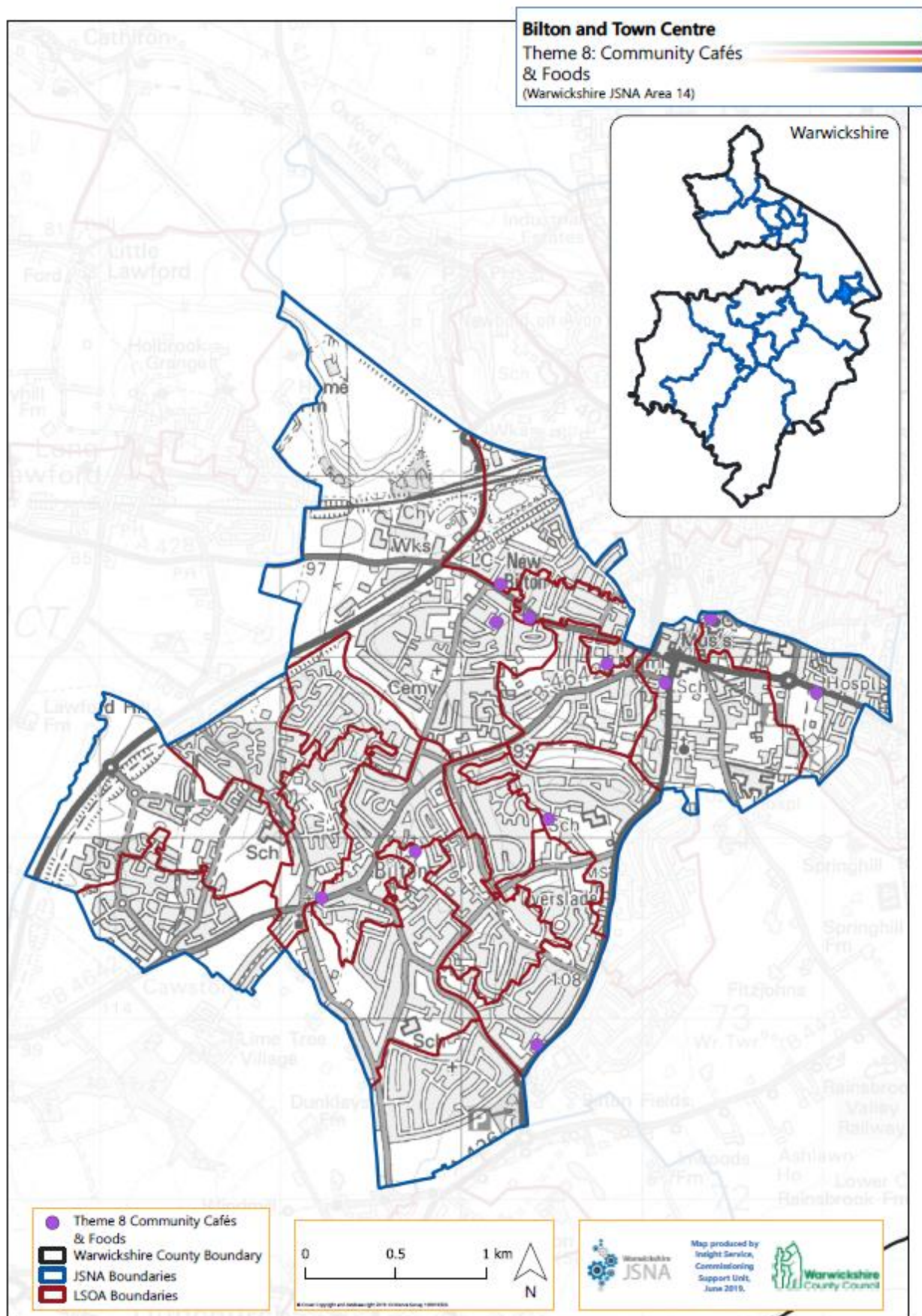
Organisation / location	Activities, classes, event
Percival Guildhouse Social Club	Art visits and special events, pilates
Webb Ellis Rugby Football Museum	Museum about rugby
Rugby Museum and Art Gallery	Temporary and permanent art exhibitions, regular activities and events
Bilton C of E School	Sports activities, Martial Arts, Language clubs
Crescent School	Sports activities
Rugby Workers Union Club	Rugby Operatic Society
Rugby Gymnastics Club	Gymnastics
Temple Speech Room	Singing groups and concerts
Rugby School	Sports, Creative Arts, Music
The Bradby Club	Community Gym, Sports activities
Brooke School	Sports activities
St Marie's RC School	Sports activities
Cawston Community Centre	Sports and fitness activities, dance and music classes
Bilton High School	Sports activities, photography, dance classes
Rugby Methodist Church	Chair Yoga
Rugby and Northampton Athletics Club	Athletics
Rugby Thornfield Indoor Bowls Club	Indoor Bowls, Rugby Gardeners' Guild
The Queen's Diamond Jubilee Leisure Centre	Sport activities
The Adventure Zone	Indoor play and party centre
Cock Robin Wood	Outdoor physical activities
St Mark's Church	Music groups, Pilates
Rugby Lawn Tennis Club	Tennis
Bilton Bowling Club	Bowling
Oakfield Bowling and Social Club	Sporting activities
St Andrew's Church	Musical activities
Windmill Spinney Nature Reserve	Walks, outdoor activities
Rugby Welsh Rugby Football Club	Rugby
Cawston Greenway	Walking, running, upkeep of greenway
Rugby High School	Football
Mosaic Café	Reading, leisure activities
East Union Street Play area	Play area
Rugby Lions RFC	Rugby
Oakfield Park	Play area
The Chapel, Rugby School	Music concerts
Rugby Cricket Club	Cricket

Theme 7: Advice & Support



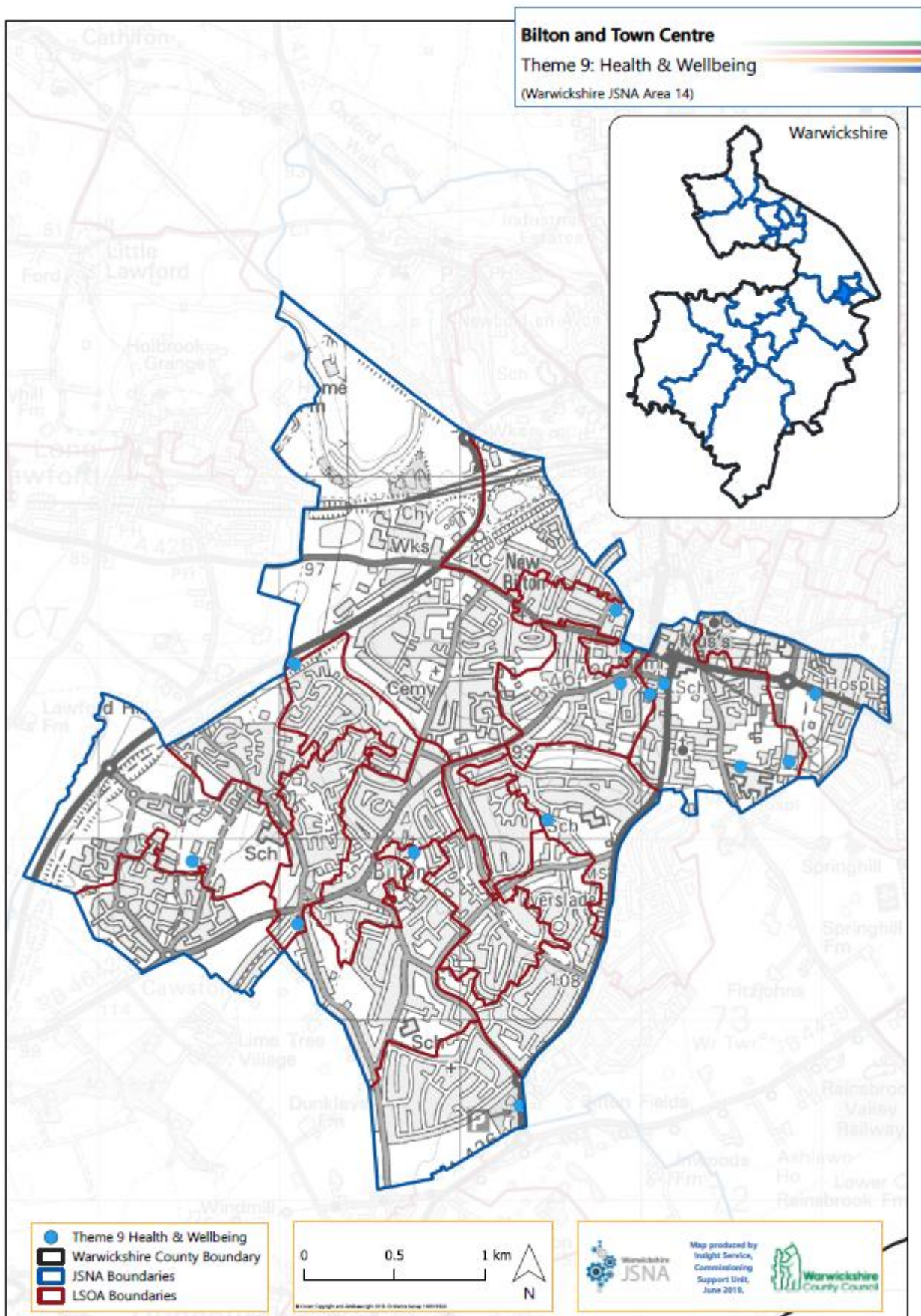
Organisation / location	Activities, classes, event
Overslade Community Centre	Job club
Carer's Trust Heart of England	Information and advice on a range of issues
Rugby Workers Union Club	Rugby Fibromyalgia support group
The Bradby Club	Advice for young people
Brooke School	Skills for life, digital safety
Bull Inn	Advice for dementia carers
New Directions Rugby Limited	Support for people with disabilities
Cawston Community Centre	Slimming world, support groups
Sacred Heart RC Church	Slimming world
St Marie's Catholic Church	Really Useful Group
Mosaic Cafe	Advice and support
Rugby Children's Service team	Advice and support
Deepmore Road Young Person's hostel	Advice and support for young people
Coventry and Warwickshire MIND	Mental Health charity
Rugby Christian Life Centre	Jobs club

Theme 8: Community Cafés & Foods



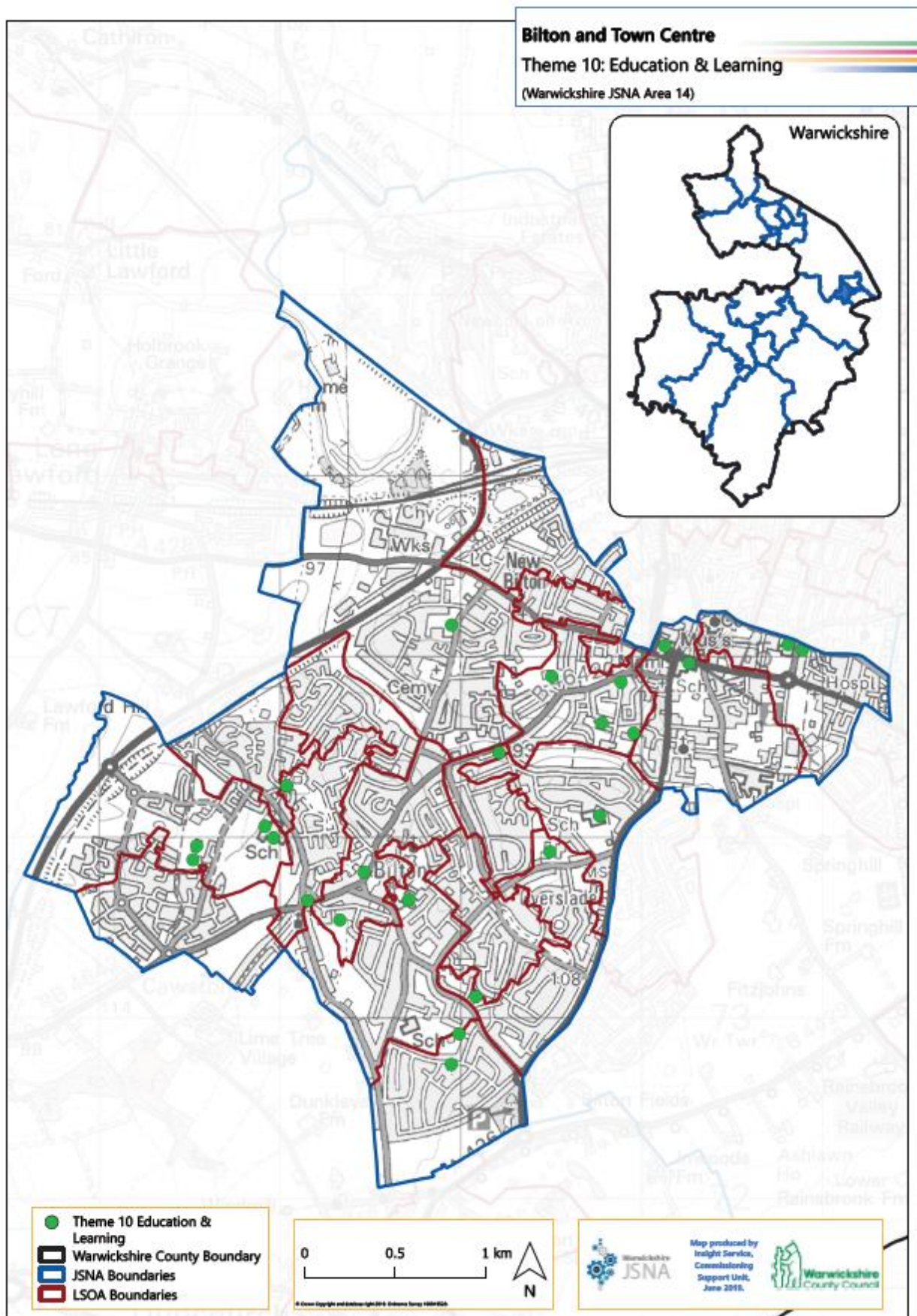
Organisation / location	Activities, classes, event
Overslade Community Centre	Lunch club
Dryden Place Community Centre	Charity Café
St Oswald's Church Hall	Community breakfasts, coffee mornings
Bull Inn	Dementia Café
Rugby Methodist Church	Lunch clubs, coffee mornings
St Marks Church	Afternoon teas
St Andrews Church	Community Café
Rugby United Reformed Church	Community lunch
Mosaic Cafe	Community Café
Rugby Children's service team, Oakfield Park	Holiday Hunger club
Rugby Christian Life Centre	Community Café, meals

Theme 9: Health & Wellbeing



Organisation / location	Activities, classes, event
Overslade Community Centre	Health Visitor clinics
Carers Trust Heart of England	Wellbeing check
Rugby Workers Union Club	Fibromyalgia meetings
Friends of St Cross	Support the Hospital of St Cross, donate equipment
New Directions Rugby	Respite care
Cawston Community Centre	Health visitors
Rugby Methodist Church	Fibromyalgia meetings
Cock Robin Wood	Mental health activities
St Mark's Church	Mindfulness
Cawston Greenway	Mental health activities
Coventry and Warwickshire MIND	Mental health charity

Theme 10: Education & Learning



Organisation / location	Activities, classes, event
Daisykins Day Nursery	Nursery
Lawrence Sheriff School	School
Percival Guild	Adult Education
Bilton C of E School	Junior School
Henry Hinde Infant School	Infant School
Bilton Tots Nursery	Nursery
Humpty Dumpty Nursery	Nursery
Nature Trails	Nursery
Crescent School	School
Rugby School	School
Oakfield Children's Centre	Children's Centre
Brooke School	School
Harris C of E School	School
Bawnmore County Infant School	Infant School
St Marie's RC Junior School	Junior School
New Directions Rugby	Supported Living
Blue Windmill Nursery	Nursery
Acorn Nursery	Nursery
Cawston Community Centre	Adult Learning
Cawston Grange Primary School	Primary School
Bilton High School	High School
Wellington Day Nursery	Nursery
Bilton Methodist Church	Leamington Vineyard Learning Centre (LVLC)
The Woodlands Centre	Adult Learning
St Matthew's Bloxam Primary School	Primary School

South Rugby Stakeholder Event (Comprising Bilton and Town Centre and Hillmorton JSNA areas) **12th June 2019**

1. Impressions of the data - General

- Data needs to be drilled down to reflect issues in more localised areas, particularly data regarding children accessing services and those in a carer role – both young and adult.
- It would be helpful to present data at Borough level as well as CCG level
- Would be helpful to break down some of the data by obvious demographics: age, gender etc.
- Data was perceived to be skewed due to grouping of geographies
- Data poses more questions than answers
- There is in general a big difference between Cawston and Overslade (Bilton and Town Centre area)
- It would be good to know who has moved in / out of the area, there is a perception that the population is quite transient

Education:

- Stakeholders were shocked by the difference between those attending a good / outstanding school in the JSNA areas versus Warwickshire, but outcomes at GCSE differences are small. The education data is surprising.
- Stakeholders would like to know how many children have pupil premium/SEND? Not just children who have a diagnosis in this area, for example deaf children specifically.
- Hillmorton KS4 achievement - the gap between those deprived and those not deprived – could be due to smaller numbers being deprived, less pupil premium money. There was a perception that the schools are better in Hillmorton and may not cater to struggling pupils
- Lawrence Sheriff School (Bilton and Town Centre area) is a very good school and draws from lots of the surrounding area, not necessarily serving the local community.

Poverty and Deprivation:

- The stakeholders were shocked child deprivation data, as areas of Bilton and Hillmorton are seen as affluent.
- In terms of unemployment rates – is this aged related unemployment, is it youth unemployment? Unemployment was seen as an issue, even if the data does not suggest this. However, working people on low incomes also face significant challenges.
- Food bank (Rugby wide) current issues, not all of which are shown in this data :
 - people hit by fuel bills going up a lot recently
 - people with mental health issues who can't maintain jobs
 - people who can't get to jobs (e.g. out of town warehouses)
 - Homeless people will prioritise getting accommodation before getting a job (leads to a battle with job centre)

Health:

- Stakeholders were pleasantly surprised that obesity/child obesity was not seen as an area of concern.
- There was much conversation focussed on health and A&E admissions. A&E admissions might be high as the Eastern European/Polish community might not be aware of where to go when they are in need of medical assistance. It has been identified that the healthcare system is very different in Poland and there is a lack of understanding of how to register with a doctor or what support can be given at pharmacies. It was also recognised that many Eastern Europeans within the JSNA area are likely to work long and/or unsocial hours meaning that they are unlikely to be able to visit a GP surgery.
- ROSPA (Royal Society for the Prevention of Accidents) have produced packs for under 5s, which have been given out to all Orbit housing families in Rugby Borough
- It was noted that the walk-in centre at St. Cross trialled longer and later opening hours but during the first week the uptake was extremely low so it was discontinued. The language barrier and lack of ESOL lessons available in the community are also seen as factors.
- Stakeholders were concerned that depression and self-harm is prevalent in Bilton & Town Centre. It was discussed that Rugby as a whole does not have enough services to support those with poor mental health and depression, especially young people. Some stakeholders believe that there is still too much of a stigma around mental health and depression, especially in the Eastern European and BME communities. Therefore, more education is needed and some also commented that young people need to take more ownership of their mental health as many parents may not see it as a medical condition.
- The good news on COPD could be due to a younger population that has moved into the area (Bilton and Town Centre area).

Environment:

- School runs cause a lot of congestion in the Bilton and Town Centre area – there are not enough cycle paths or safe ways to walk.
- Air quality is an issue in Rugby in general. No mention of Rugby cement, this was in relation to traffic fumes.

Crime:

- Hate crime in Bilton and town centre is mostly racism. More details on hate crime would be helpful.

2. Gaps in Data

- It was suggested that the level of self-harm doesn't come out in the data
- Access to green spaces, especially in New Bilton
- More requested on the percentage of people with good health and poorer health
- Children with additional needs – autistic spectrum is covered but others aren't. Globally delayed – speech/fine motor skills.
- Can we add in data for school readiness?
- Antenatal/Postnatal education/Parent Information - Rugby residents have to go to Coventry for their maternity services.
- What current assets do we have?
- Information about skills gaps re: employment opportunities
- How this impacts upon poverty and health and wellbeing?
- Intergenerational unemployment
- Mental health of employees
- Teenage pregnancy
- Childhood obesity
- Child A&E admissions.
- No mention of learning disabilities
- No reference to child protection plans
- RISE waiting lists for young people (mental health)
- Figures re: post education (employment, training, etc.)
- Impact of Universal credit – levels of claims and impact on the use of other services such as foodbanks. Also led to increases in rent arrears; this is particularly marked in Rugby as the Borough was one of the first areas to move to Universal Credit.
- No data regarding the LGBT+ community. Work that has been carried out in Rugby has identified that the health needs of the LGBT+ community are not being met and this seems to be reflected in the omission of this data. There was also no data regarding the number of disabled people in the JSNA area not accessing support.
- Data regarding suicide rates - believe that this needs to be addressed as an area for concern.
- Data on homelessness, temporary homelessness and no fault evictions.
- More could be done to investigate the links between depression and IMD, and also between foodbank use and depression or other mental illness.
- There needs to be data on drugs and alcohol rates, although it was accepted that this is difficult to obtain and to get an accurate picture.

3. Community Assets

- Faith based groups
- Community groups
- Older people remaining independent for longer
- Older people looking for work – able to work
- Library

- Schools
- Community centre
- Mind hub
- ISS (Individual Support Solutions)– supports adults with special needs
- Green Spaces
- GPs
- Leisure Centre
- There are good links between community groups – effective signposting
- There are online support sites such as Kooth for 11-25 years which has clinical staff. This particular site includes articles, journals, goals, forums, messages, and counselling hours. They can refer onto CAMHS. You can chat to someone instantly.
- Services / assets not equal across the CCG. CRCCG postnatal specific maternal mental health groups in Coventry but they do not exist in Rugby. Rugby can't access the follow on services.
- Cycle lanes – in this JSNA geography should be reviewed to encourage active travel. Main route Ashlawn Road and Bilton Road
- Parks need access to public toilets to make them family friendly
- Cawston Community hall was seen to be a great asset
- Overslade community centre needs to be revamped to with involvement from local people similar to Cawston
- For deaf people there are lots of barriers to improving the health and wellbeing services. All linked to communication. 70% of deaf people have mental health problems.

4. Communication/ Accessibility

- Advertising / communication of workshops / free events – there are lots of activities available but getting information out there is not done very well. People don't know where to go for information (the best places for information are noticeboards at leisure centres / community centres)
- Connect Well signpost people to non-medical community activities and organisations to help improve health and wellbeing.
- There is an issue with how to communicate with people who are isolated / have chosen to isolate themselves?
- Rugby is seen as somewhere it is easier to get to services, everything centralised in Rugby, travel not seen as a problem in terms of accessing services, however it is still good to think about location of services to make sure they are accessible
- GPs not all on board with social prescribing; some don't believe in it or don't have time
- There is an issue in terms of people suffering with poor mental health or anxiety, who may not access services as they may not feel able to go to appointments.
- People need to take responsibility for their own health and wellbeing, and need to understand that they have to take this responsibility.
- Within some families in Rugby, it is hard to change the culture, "what they've always done" Family and friends have more influence than a short course or intervention.
- Partnership working and word of mouth are a good way to raise awareness of events

5. Older People

- Loneliness and social isolation is an issue
- Transport is difficult for the older population, some of whom are less mobile
- Centres of wellbeing need to be closer to populations
- Community pharmacies would be helpful
- It was noted that faith groups are important to the older population
- Inter-generational work is seen as important and beneficial to the older population
- Accommodation options, the importance of smaller homes for older people
- Integration of health and social care
- Importance of social prescribing
- Culture of responsibility, linked to asset based approach
- Multi-Disciplinary Teams' role in supporting older people, in particular GP "frequent flyers"
- There is an issue with over 50s in Rugby who have multiple health issues and are unable to work. It is not worth working because of the expenses they accrue in commuting. This can lead to a loss of their sense of purpose.

6. Young People

- Housing issues and homeless young people
- Employment skills – lack of skills for future employment opportunities
- Self-harm in young people is concerning, but is believed to be an issue in Rugby
- Waiting lists for RISE (CAHMS)
- Shortage of green space for children/young people
- Segregation on the grounds of language/culture
- Lack of provision for children and young people with special needs
- Lack of communication/awareness of activities for young people
- High levels of exclusions in school
- Perceived gang culture
- Support for parents
- Awareness of services available and how to engage – Compass/Rise
- Children with additional needs – autistic spectrum is covered but others aren't. Globally delayed – speech/fine motor skills.
- School readiness
- Antenatal/Postnatal education/Parent Information – Rugby residents have to go to Coventry for their maternity services.
- Mental health needs to be embedded in parents/nursery schools/child care provider. 1001 critical days.

7. Health and Wellbeing

- It can be intimidating for people to gain the confidence to attend groups.
- Cawston Greenway Project is a great way for people to volunteer to help make the Greenway a pleasant place for walkers and cyclists and create a route from Cawston to access Draycote Water
- The Warwickshire Wildlife Trust manages a number of sites in the Rugby area, including Cock Robin Wood, Windmill Spinney (Bilton and Town Centre) and Ashlawn Cutting (Hillmorton). Cock Robin Wood has a weekly work party of volunteers, all are welcome to join.
- Cawston Runners is a small and friendly running club, with a facebook page. There are also other running groups offering “couch to 5k” type courses
- Small groups can help to build people’s confidence
- It would be beneficial to make people aware of the link between mental health and green spaces – green spaces help make you feel better.
- People need to be aware of the links between physical and mental health. One causes the other, need to be aware when someone presents with a physical health problem. People may not realise they have a mental health problem, they are trying to deal with the physical health problem.
- The NHS deals with the symptoms, not the whole person. People can have lots of different appointments with different professionals, meaning that people have to repeat their story
- Need to focus on helping people to help themselves, but also there is a need to tread carefully with encouraging people. People have to choose to go to the G.P.
- Schools are now teaching good mental health messages, so the younger generation are growing up with it not being taboo
- Park run was also seen as a good way for people to look after their own health and wellbeing (the Rugby park run is in the Newbold and Brownsover JSNA area but accessible)
- There are walking groups in the Rugby area for those wanting more gentle exercise.
- The Wildlife Trust runs projects that are not badged as being “physical activity” but help people become active. There is also a joint project with MIND called “The Environment and Me”, but not badged as “mental health”. This attracts men in particular. People feel like they are giving something back. (although at present, these are not running in these JSNA areas)
- Facebook groups are a good way for people to find information – by liking a page, e.g. for a running club. They may later decide to join the group, however it should be seen as a positive even if they just “like” the page as they will be reading positive health messages.
- Individual needs / priorities are different, some people might not like being out in a green space, we need to listen to their needs, and help them to take small steps themselves towards better health and wellbeing.

8. Poverty

- Welfare reforms have had a big impact. Universal credit has been identified as a real contributing factor to increase in poverty.
- The bedroom tax was mentioned as having an impact, as well as peoples' housing benefits not covering enough of their rent.
- The reduction in child benefits for those with 2 or more children was also identified as a factor affecting poverty
- Unstable job market, lack of stable income and poor working conditions – it was noted by stakeholders that a lot of people are often going in and out of jobs, often with low wages, which is causing a great deal of instability. The rise in zero hour contracts is causing financial strain. Consequently, many people do not have any savings to fall back on.
- Unemployment in the over 50s was also said to be a contributing factor with many finding it hard to upskill into new job roles.
- Reforms to credit being paid to the disabled and carers has also been sighted as a cause of poverty for some. Many of those affected are unaware of where and how to reapply for this credit. Some are unable to reapply for credit due to poor literacy and IT skills.
- It was mentioned that there is work place discrimination against those with mental health issues. Some people are being forced out of work by either redundancy or being sacked. This was commented as a factor that is creating poverty especially in the Town Centre. Those being forced out of work are unable to challenge their former employers once they are no longer part of the company and, therefore, they cannot receive compensation or challenge the decision. However it was also mentioned that some employers in the town are very good at supporting employees' with their mental health
- It has also been identified that parents are struggling to feed themselves and their children, with the school holidays causing a lot of pressure as families heavily rely on free school meals.
- Parents are also finding it difficult to afford school uniforms due to uniform policies becoming much stricter, meaning uniforms have to be bought from specific retailers which charge high prices. As well as this many children are missing out on school trips and activities due to the expense.
- Fuel poverty is rising especially as people may be unaware that they can change energy supplier to find a cheaper rate and others do not know how to change suppliers or compare rates. This is contributing to the rise of poor mental health. Tenants should be informed on how to change provider and how to find the best rates.
- Mental health issues are rising in the town centre due to poverty, poor working conditions and issues arising from the universal credit reforms. People are suffering with anxiety, depression, OCD and PTSD.