

Report to Health and Wellbeing Board

9 January 2019

Agenda Item: 4

REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD

CHAIR'S REPORT

Purpose of the Report

1. An update by Councillor John Doddy on local and national updates for consideration by Board members to determine implications for Board matters.

Information

2. Healthy and Sustainable Places Coordination Group

The Coordination Group met for the second time in December. The meeting included lessons learnt from physical activity insight work, the refresh of the spatial planning guidance and a look at how the priorities in the Healthy and Sustainable Places ambition align with other structures in the County. The Group meets again in March 2019.

3. Ashfield and Mansfield Dementia Action Alliance

This local alliance is now fully established and aims to improve the lives of people living with dementia and their carers in the Ashfield and Mansfield area. Membership on the group includes Ashfield District Council, Mansfield District Council, Nottinghamshire County Council, Local authority leisure providers, Kings Mill Hospital, representations from care homes, Local Community and Voluntary Sector, local dementia support groups.

The alliance has identified key working actions through community and stakeholder consultation/ feedback and has recently gained recognition from Alzheimer's Society as 'working towards a dementia friendly community'. Other successes include the recruitment of local Dementia Friends Champions increasing the capacity to deliver more dementia friends sessions within the local community to raise the awareness of dementia.

Over the next few months the alliance will be encouraging local businesses with the local area to consider how they can become more dementia friendly by committing to identified pledges.

4. Ashfield District Council Workplace Health programme

In July 2017 Ashfield District Council were awarded Gold Award as part of the county Wellbeing@work award scheme. As part of this the authority have increased opportunities and engagement in health and wellbeing opportunities for colleagues including the successful delivery if beginner running groups, get into golf, NHS Health checks and promotion of health awareness campaigns. Since engaging in the scheme sickness absence levels within the organisation have reduced year on year.

For more information about Ashfield and Mansfield Dementia Action Alliance or the workplace health scheme contact Dianne Holmes t: 01623 457233 e: d.c.holmes@ashfield.gov.uk

5. SPRIING (Social Prescribing Reducing Isolation IN Gedling)

SPRIING is a 12 month pilot project with the aim to reduce loneliness and social isolation in Gedling. The project is targeted at older adults and uses a light touch social prescribing model to connect individuals into community based activities. The project is co-ordinated by 2 part-time officers, one based at Gedling Borough Council and one based at Gedling Homes (Jigsaw Homes). The co-ordinators are working with volunteer Community Navigators to provide support to individuals into community activities where required and to promote the project. There are currently 14 volunteers engaged in the project. A key part of the project is to work with and develop existing community groups that are providing community activities.

There is a small Community Grant scheme to support with this, so far 2 community grants have been issued with another 4 potentials in the place. Referrals are being received from a range of sources including; Self – Referral, GP's and Health professionals, Gedling Borough Council Housing team, Adult Social Care and Notts Fire and Rescue Service. Nottingham Trent University are supporting with a small project evaluation which will be completed at the end of the project (March 2019).

For more information contact Fiona Hextall e: Fiona. Hextall@Gedling.gov.uk or t: 0115 9013635

6. Target Nutrition.

Since September 2015, Bassetlaw District Council have been working in partnership with a company called Target Nutrition which was a "Bassetlaw Primary Schools Healthy Lifestyles Project."

The school based sessions were delivered by a qualified Child Workforce Nutrition Consultant and included practical and interactive tasks with a different healthy snack being made each session. Healthy snack recipes were given out each week and families encouraged to use the recipes at home.

The key aims and objectives of the project were to support obesity prevention work by raising awareness of sugar content in food and drink, healthy snacks, the importance of sleep and physical activity as well as the importance of breakfast.

Over the last three years, over fifteen schools in Bassetlaw have received support, from the project's work, making a positive impact on over six hundred children young people and their families across the district of Bassetlaw.

For further details contact; Tony Wright, tony.wright@bassetlaw.gov.uk 01909 533533

7. Accessibility Swim Sessions

These swim sessions launched in March 2018 and take place every Tuesday from 1:45pm to 2:45pm at Arnold Leisure Centre. Originally planned as a dementia friendly swim session there is no music or lane ropes and customers can help themselves to floats to assist in their session.

There is nothing programmed in immediately after or before these sessions allowing participants to have a quiet, calm changing experience & all staff on duty have received dementia friendly training.

During the sessions there are also hoists for support into the water and good accessible changing facilities and parking and as a result the session is also proving popular with swimmers suffering from MS.

For more information contact Melissa Sallis Hunt e: Malissa.sallis-hunt@gedling.gov.uk

8. Ranby Primary School – "Amazing Me," A Trailblazer Healthy School In Bassetlaw. In September 2016, Ranby C of E Primary School with support from Bassetlaw District Council,

launched their "Amazing Me" healthy active lifestyles project. The project included three key strands each aiming to strengthen and improve "Physical Health" via the introduction to the Daily Mile Challenge, "Mental Health" through Take 5 with the support of Each Amazing Breath and Healthy Eating through the support from Target Nutrition.

Although the launch date was 12th September 2016, the work in the school around healthy active lifestyles still continues today. Every school day commences with ten minutes worth of activity with the children arriving at school in their PE kits with their uniform in their bags. Children have kept diaries to log progress in various elements of their health and wellbeing.

For a school to be so committed to launch three brand new initiatives all simultaneously in September 2016 (The Daily Mile Challenge, Each Amazing Breath and Target Nutrition) was extremely ambitious but over two years later the school the staff and the children and families are all now convinced it was the correct thing to do and are now constantly seeing the benefits.

For more information contact tony.wright@bassetlaw.gov.uk 01909 533533

9. Physical Activity Sessions for the Less Active.

In April 2016, Bassetlaw District Council's Sports Development Team underwent a service review and became known as "The Active Communities Team." With the new service name came new ways of working and new priorities. The new service vision is now:

"To deliver an excellent standard of service that will create opportunities through sport and physical activity to improve the health and wellbeing of all residents in Bassetlaw, targeting work and resources on people who are perceived to be more physically inactive."

This change of priority included a shift in age group focus with more time and resources now being directed towards adults and in particular the older more sedate residents.

What has evolved and been developed over the last thirty- two months are sessions such as Walking Football, Walking Netball, Walking Cricket and community based gentle exercise or seated exercise classes.

Taking gentle exercise classes out into rural settings has been very successful both from a sustainability perspective and also from the health & social benefits of the elderly people who participate every week. This model has now been replicated in other areas.

Since they started it is estimated that there have been over 5,500 attendances from more sedentary / sedate people across the district of Bassetlaw, encouraging them to become and maintain physically active lifestyles.

For more information contact tony.wright@bassetlaw.gov.uk 01909 533533

10. Improving the health and wellbeing of children and young people in Bassetlaw

Bassetlaw partners across NHS organisations, the County Council, Bassetlaw District Council and the third sector have formed a children and young people's health and wellbeing network to strengthen joint working and engagement of young people in thinking about their health across the district-wide. The network have established an inventory of services to support the health and wellbeing of young people across the Bassetlaw place, which has been shared with schools, primary care settings, all services and is available online for public and partners access. A recent event provided a marketplace of health and wellbeing services, attended by schools and students in the morning, and primary care teams in the afternoon, with more than 100 attendees. The event provided the opportunity to directly engage young people, schools and clinicians about health services and how to access them. The report of the event, and the directory of services, are also available from the <u>Bassetlaw CCG website</u>.

For more information contact Nicole Chavaudra, Programme Director, Accountable Care Partnership t: 01777 863294 or e: nicole.chavaudra@nhs.net

PAPERS TO OTHER LOCAL COMMITTEES

11. <u>Update on the Empowering People Empowering Communities Programme in Nottinghamshire</u>

Report to Children and Young People's Committee 15 October 2018

12. Proposals for Allocation of Additional National Funding for Adult Social Care

Report to Adult Social Care and Public Health Committee 12 November 2018

- 13. Nottinghamshire Special Educational Needs and Disability (SEND) Accountability Board's Co-Production Charter
- 14. Communications Strategy for Nottinghamshire's Local Offer for Care Leavers Report to Children and Young People's Committee 19 November 2018
- 15. Nottinghamshire Healthcare Trust Child and Adolescent Mental Health Services
- 16. <u>Food and Nutrition in Hospitals Sherwood Forest Hospitals and Nottingham University</u>
 <u>Hospitals</u>

Report to Health Scrutiny Committee 20 November 2018

- 17. Public Health Outcomes in Nottinghamshire
- 18. <u>Public Health Performance and Quality Report for Contracts Funded with Ring-Fenced Public Health Grant July to September 2018</u>
- 19. Use of Public Health General Reserves
- 20. <u>Progress Report on the Nottinghamshire Integrated Care System (ICS) Work Stream Prevention, Person and Community Centred Approaches</u>
- 21. <u>Update on the Development of an Integrated Care System in South Nottinghamshire</u>, Nottingham and Mid Nottinghamshire
- 22. <u>Establishing an Integrated Care System Board for Nottingham and Nottinghamshire</u>
 Reports to Adult Social Care and Public Health Committee
 10 December 2018

23. Annual Refresh of Local Transformation Plan for Children and Young People's Emotional and Mental Health

24. Promoting and Improving the Health of Looked After Children

Report to Children and Young People's Committee 17 December 2018

A GOOD START IN LIFE

25. Babies at risk of harm

A report has been published by the Children's Commissioner for England. The report: A crying shame: a report by the Office of the Children's Commissioner into vulnerable babies in England looks at how many babies may be vulnerable to death and serious injuries and presents the facts about the sort of risks very young children are being exposed to. There is also a technical report Estimating the number of vulnerable babies.

26. Childhood Obesity Trailblazer programme

A three year programme that asks councils to lead innovative action in their local community to tackle childhood obesity. The Government is asking local authorities to apply to its Trailblazer programme, in partnership with the Local Government Association (LGA). All councils will be invited to apply to the programme and set out their proposals. Up to 12 local authorities will be supported to develop practical plans, and in the spring five authorities will be selected.

27. Local leadership and accountability: for children and young people's mental health and wellbeing

Local Government Association

This document explores how 10 areas have improved their children's mental health and wellbeing services through better leadership and accountability and by putting young people centre stage.

28. Mental Health of Children and Young People in England 2017

NHS Digital

Information was collected from 9,117 children and young people and combines information, depending on their age, from children and young people or their parents and teachers. Mental disorders were grouped into four broad categories – emotional, behavioural, hyperactivity and other less common disorders.

29. Unintentional injuries among children and young people

Unintentional injuries are a leading cause of preventable death for children and young people and a major cause of ill health and serious disability. Public Health England has recently updated their <u>guidance</u> on this topic.

30. Promoting healthy weight in children, young people and families

This resource is made up of briefings and practice examples to promote healthy weight for children, young people and families as part of a whole systems approach. The briefings help to make the case for taking action to reduce childhood obesity, give examples of actions that can be taken, and provide key documents that form the evidence base and other useful resources. Practice examples are also given to illustrate what local areas are doing.

31. Our active lives children and young people survey

Sport England

This survey is the largest ever of its kind & gives a comprehensive insight into how children in England are taking part in sport and physical activity, both in and out of school.

32. A place to grow: exploring the future health of young people in five sites across the UK The Health Foundation

Findings from a programme of site visits to understand the key issues impacting young people's successful transition into adulthood.

33. <u>Safeguarding and promoting the welfare of children affected by parental alcohol and drug use.</u>

Public Health England

This guide aims to support local authorities and substance misuse services work together to safeguard and promote the welfare of children who are affected by parental alcohol and drug use. Public Health England has also allocated £10.5 million to local projects to support adults and children impacted by alcohol

34. A better start: supporting child development in the early years

Local Government Association

This guide sets out the reasons that the early years are so essential to future outcomes and wellbeing; the measures being taken by local authorities to bring together health, social care and early education services to create a more holistic approach to identifying and meeting the needs of young children and their families; and an idea of the increasing range of interventions available to address particular issues early.

HEALTHY & SUSTAINABLE PLACES

35. "This Girl Can" campaign reveals new "Fit Got Real" message

"This Girl Can" has launched a new phase of its campaign that's working to drive down the gender gap in sport. "Fit Got Real" aims to build on the campaigns achievements so far, as well as specifically reaching out to women of backgrounds and ethnicities who fell left behind by traditional exercise.

36. Talking about dying: how to begin an honest conversation about what lies ahead

The Royal College of Physicians

This report explores the reasons that doctors and other healthcare professionals find it hard to talk to patients about dying. The evidence shows that patients who have had these conversations and have end-of-life care plans put in place have a better experience than those for whom the conversations come in the final days or hours of life when they can seem unexpected to patients and carers.

37. Tackling loneliness

This review is the first of its kind to establish what we know about loneliness and effective ways to tackle it. It is a first step to develop the evidence, revealing big gaps in the current evidence base. It is important to remember that these findings only cover the interventions included in the studies looked at by the review.

38. Strategy for tackling loneliness

The Government's first loneliness strategy was launched in October. A connected society: a strategy for tackling loneliness – laying the foundations for change sets out the approach to tackle loneliness in England.

39. Air pollution and cardiovascular disease

Committee on the Medical Effects of Air Pollutants (COMEAP)

A report describing how long term exposure to ambient air pollution can lead to cardiovascular disease.

40. Health Matters: Air Pollution

Public Health England.

This edition of Health Matters looks at air pollution and discusses how local authorities, supported by national policies, have an important role in assessing and improving local air quality - and how the cumulative effects of local action can be significant. It will be of particular value to local authority commissioners, directors of public health, environmental health officers, health and wellbeing boards, CCGs and health professionals.

41. Health on the high street: running on empty.

Royal Society for Public Health

This report contains a league table ranking 70 of Britain's towns and cities by the impact of their high streets on the public's health and wellbeing. The ranking is based on the prevalence of different types of businesses found in the main retail areas and assesses changes in British retail areas since a similar report was published in 2015.

42.£1 million funding for communities to create their own "pocket parks"

Community groups can <u>bid for funding to establish a new pocket park</u> or refurbish an existing park. Pocket parks are small plots of land, often about the size of a tennis court, and mostly seen in urban spaces. They provide a green oasis which can help improve the physical and mental health of the communities using them. The first <u>Pocket Parks programme</u> was launched in 2016.

43. Cycling and walking for individual and population and health benefits: A rapid evidence review for health and care system decision-makers

Public Health England

This review aims to identify, summarise and report evidence around the impact of waking and/or cycling and their impact on different health outcomes.

44. Tackling the causes: promoting public mental health and investing in prevention.

British Medical Association

This briefing explores the social determinants of mental health and the relationship between physical and mental health, investigates what is being invested in public mental health across the UK, and makes recommendations for improving public mental health.

45. Every Mind Matters Campaign

Public Health England has a new campaign encouraging adults in the Midlands to look after their mental health as they do their physical health. The Every Mind Matters campaign highlights that we can all feel stressed, anxious, low or have trouble sleeping there are simple actions that can be taken to manage these issues and prevent them from becoming more serious. People are encouraged to visit the Every Mind Matters guide; a free NHS approved online resource which provides expert advice, practical tips, and experiences from real people to help manage these issues and those of others.

46. Five year forward view for mental health

The All Party Parliamentary Group on Mental Health has published <u>Progress of the five year forward view for mental health: On the road to parity</u> (pdf). The report is an in-depth inquiry into the progress of the government's mental health strategy, it presents findings around investing in core services for adults severely affected by mental illness, increasing the mental health workforce, and better oversight and collective responsibility for mental health.

47. Community mental health survey 2018.

Care Quality Commission

This latest survey of people's experiences of care they receive from community-based mental health services highlights concerns around access to care, care planning and support for people with mental health conditions in relation to physical health needs, financial advice or benefits.

48. Public policy and kindness

The Carnegie UK Trust has published <u>Kindness</u>, <u>emotions and human relationships</u>: <u>the blind spot in public policy</u>. This report argues that there have been good reasons for keeping kindness separate from public policy but that public policy challenges demand an approach that is more centred on relationships. With technology and artificial intelligence transforming lives, it is imperative there is equal focus on emotional intelligence.

49. Health for wealth: Building a healthy northern powerhouse for UK productivity

The Centre for Health Economics.

The report was commissioned by the Northern Health Science Alliance to look at the relationship between the North's poorer health and its poorer productivity. The report finds that tackling health inequalities between the North and the South would put an extra £13.2bn into the economy.

50. Experiences of being a carer

A <u>briefing</u> published by Healthwatch brings together the views and experiences of 5,447 carers from over 27 communities across England. It summarises Healthwatch research into the support available for carers, and their experiences, to shape the social care green paper process and to improve the accessibility and quality of support for carers.

51. A fair and supportive society: summary report

The Institute for Health Equity have published the report A Fair, Supportive Society.

The report highlights that some of the most vulnerable people in society, those with learning disabilities, will die 15–20 years sooner on average than the general population. This report was written for the National Health Service England (NHSE). It recommends that action should focus on the "social determinants of health", particularly addressing poverty, poor housing, discrimination and bullying.

52. Sexually transmitted infections awareness

Public Health England has recently reported that statistics show a case of chlamydia or gonorrhoea is diagnosed in a young person every 4 minutes in England. PHE have released two films for its Protect Against STI's campaign to encourage condom use among young people.

53. <u>Duty to refer: an opportunity to cooperate to tackle homelessness. Advice for local housing authorities</u>

Local Government Association

This report has been published to demonstrate convincing reasons for why the duty to refer should be practised as an "opportunity to cooperate" to prevent and relieve homelessness.

54. Rough sleeping strategy: delivery plan

In the rough sleeping strategy the government committed to publish a <u>delivery plan</u> setting out how they intend to deliver the 61 commitments made. This document provides an update on progress so far, further information on key milestones on all 61 commitments, and information on next steps.

55. Government response to the science and technology select committee's report on ecigarettes

The Department of Health and Social Care

This command paper sets out the government's response to the recommendations from the inquiry into e-cigarettes published in July 2018.

56. Smoking in the home: New solutions for a Smokefree Generation.

Action on Smoking and Health (ASH)

This report looks at the impact of smoking in the home and what policy measures could be taken across all housing tenures to reduce its prevalence, with the aim of protecting children and adults and supporting healthy communities. The report calls for collaboration between partners to address harms and intervene in communities with the highest rates of smoking.

WORKING TOGETHER TO IMPROVE HEALTH & CARE SERVICES

57. Towards integrated care

NHS Clinical Commissioners have published the first two of a series of case studies from the Core Cities Network following the local areas' journey to delivering more integrated approaches to health and care. The two case studies are:

- <u>Clinical Engagement and Collaboration Newcastle Gateshead CCG</u> this explores the value of clinical engagement and collaboration, as well as the challenges and benefits from working across different geographies.
- The Greater Nottingham Transformation Partnership this looks at how commissioners and providers in Nottingham used the results of system-wide actuarial analysis to develop a framework that improves care, infrastructure and governance.

HEALTH PROTECTION

58. Keep Antibiotics Working Campaign

The <u>Keep Antibiotics Working Campaign</u> has returned to alert the public to the risks of antibiotic resistance, urging them to always take their doctor, nurse or healthcare professional's advice on antibiotics. The campaign also provides effective self-care advice to help individuals and their families feel better if they are not prescribed antibiotics.

GENERAL

59. A vision for population health: towards a healthier future.

The King's Fund

This report sets out the King's Fund vision for population health, their reasoning behind why such a vision is needed and the next steps on the journey towards achieving it.

60. A review of recent trends in mortality in England

Public Health England.

This report looks at why long term improvements in life expectancy have slowed since 2011, following decades of continued increases. It summarises the findings from a review of trends in life expectancy and mortality in England. It provides detail on specific population groups and specific causes of death, as well as insight into possible explanations for the trends observed

61. Self-care: councils helping people look after themselves.

Local Government Association

This report presents case studies of approaches taken by councils and CCGs to support people in how best to protect, maintain or improve their health and wellbeing.

62. Views among people aged 50 and over in the English Longitudinal Study of Ageing The Centre for Ageing Better has published an analysis of the most recent data from the English Longitudinal Study of Ageing. It shows that the across the whole sample of more than 6,000 people aged 50 and over in England, most are feeling fairly good about ageing, with 60% saying growing older is a positive experience. However there are large and consistent differences between socioeconomic status.

63. Health Survey for England 2017

NHS Digital

The survey monitors trends in the nation's health and care, providing information about adults and children living in private households in England. It is used to monitor overweight and obesity and to estimate the proportion of people in England who have certain health conditions and the prevalence of risk factors and health related behaviours, such as smoking and drinking alcohol.

64. **UK poverty 2018**

Joseph Rowntree Foundation

The report examines how UK poverty rates have changed in society over the last few years, as well as over the longer term. The research focuses particularly on changes to poverty among children and workers, as well as giving an overview of trends among pensioners and other groups.

65. Interface between health and social care

The Public Accounts Committee has published <u>Interface between health and social care</u>. The Committee finds that the government still lacks an effective overall strategy or plan to achieve its aim of integrating sectors. It recommends the government should set out a costed 10-year plan for social care to go with its 10-year plan for the NHS.

66. Improving public health

The Local Government Association has published <u>Sector-led improvement in public health:</u> <u>progress and potential</u>. This document contains case studies showing the innovations that can be achieved by local areas collaborating within regions on health issues that can best be tackled at scale.

67. Will population ageing spell the end of the welfare state?: a review of evidence and options

This brief reviews the main evidence on the health and long-term care costs associated with ageing populations to better understand the expected cost pressures due to changing demographics. At the same time, it explores how older populations can and do contribute

meaningfully both in economic and societal terms, particularly if they are able to remain healthy and active into later life. It concludes by reviewing selected policy areas that have been shown to either support the health and activity of older people or which otherwise reinforce sustainable care systems more broadly in the context of population ageing.

68. The interface between health and social care

House of Commons Public Accounts Committee

This report outlines the widespread consensus that integration and joint working is the right way forward for the health and social care system to deliver the best and most effective outcomes for people and their families. However, it concludes that the government still lacks an effective overall strategy or plan to achieve its long-held aim to integrate these two sectors.

69. Prevention is better than cure: our vision to help you live well for longer

Department of Health and Social Care

This policy calls for greater integration across health and social care and public services in order to prioritise prevention. It specifically calls for hospitals to work more closely with community health services and social care. The policy is accompanied by case studies from across the country that showcase innovation and best practice.

70. Better Care Fund: 2018/2019 planning data

NHS England

This document provides the aggregated planning data submitted nationally on the Better Care Fund (BCF) planning template. The data includes BCF funding sources, planned expenditure, confirmation of BCF national conditions and planned trajectories for the four BCF metrics. This data is aggregated and itemised at a Health and Well Being Board footprint.

71. A seat at the table: Ambulance trust engagement in STPs and ICSs.

NHS Providers

This briefing summarises the experience of eight ambulance trust leaders of engaging with STPs. It looks at the opportunities, and challenges, that system working presents for ambulance trusts and explores what they can contribute to the journey of collaboration and more integrated care

72. Healthwatch annual report

Healthwatch has published What matters most. In their annual report to parliament, Healthwatch calls on services to look beyond their performance statistics and explore people's real day-to-day experiences, to help make care better.

Additional link: Healthwatch press release

Other Options Considered

73. This report is for information.

Reason/s for Recommendation/s

74. This report is for information and consideration of potential local implications arising.

Statutory and Policy Implications

75. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

Financial Implications

76. There are no financial implications arising from this report.

RECOMMENDATION/S

1) To note the contents of this report and consider whether there are any actions required by the Board in relation to the issues raised.

Councillor John Doddy Chairman of Health and Wellbeing Board

For any enquiries about this report please contact:

Nicola Lane
Public Health and Commissioning Manager
t: 0115 977 2130
nicola.lane@nottscc.gov.uk

Constitutional Comments (LM 26/11/2018)

77. The Health and Wellbeing Board is the appropriate body to consider the contents of the report. Members will need to consider whether there are any actions they wish to take in respect of the issues raised with in the report.

Financial Comments (DG 23/11/2018)

78. The financial implications are contained within paragraph 50 of this report

Background Papers and Published Documents

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

None

Electoral Division(s) and Member(s) Affected

All