



Director of Public Health's

Annual Report 2016 – Update on progress



Healthy People,
Healthy Communities

Update on progress



Healthy People, Healthy Communities

Introduction

Director of Public Health - Annual Report - Annex 2017

My 2016 Annual Report focused on how the physical environment in which we live and work affects our health, and the effects of our own choices and behaviour, such as smoking, eating a poor diet, using drugs or alcohol, and not being physically active. The report contained recommendations about encouraging cycling and walking, improving the food environment, and using planning powers to improve the physical environment with the aim of improving health. There were also recommendations on supporting community capacity and resilience to help people in communities tackle challenges affecting their health and wellbeing. Encouraging changes in behaviour was addressed through recommendations to deliver Making Every Contact Count, offer targeted health checks, and reduce variation in the identification and care of patients with diabetes.

The following pages provide an update on activity undertaken to implement these recommendations during 2017.



Barbara Brady
Interim Director of Public Health
for Nottinghamshire
November 2017

2016 DPH Annual Report Recommendation

Continue to invest in safe walking and cycling infrastructure developments linking people to jobs, training and services (including the development and delivery of a joined up, safe and well connected cycle network across the County).

Actions for:

County Council, District Councils

Progress to end September 2017

NCC has secured £2.15m of D2N2 LEP Local Growth Funds, to develop cycling infrastructure.

District Councils are developing cycling trails and investing in complementary facilities such as improved cycling parking and secure cycle shelters at their facilities.

Some examples are listed below:

In Rushcliffe, projects have been developed with partner organisations and developers building on the work that has already been carried out in developing the pedestrian and cycle network in West Bridgford and Rushcliffe. These include prevention of cycle crime, improving accessibility and linkages to the six key rural settlements in Rushcliffe and encouraging cycling and walking, leading to healthier lifestyles and reduced traffic pollution.

Secure cycle shelters have been provided at Rushcliffe Arena, Holme Pierrepont Country Park and Cotgrave and Stragglethorpe pocket park and ride sites, as well as improved cycle parking in the six settlements and signage improvements.

Bike shelters have been installed at Newark Sports and Fitness Centre to encourage cycling to/from the centre, which is located close to the Sustrans cycle track NCN 64. Newark and Sherwood District Council also reports ongoing work with Nottinghamshire County Council /Via in connection with D2N2 funded Newark Cycling Strategy Improvements.

District Councils are also supporting provision of footpaths and cycling provision within their local plans. Mansfield Council supports the provision of footpaths and cycling provision in relation to development proposals via the existing Local Plan.

In Gedling, Policy LPD 58 (Cycle Routes, Recreational Routes and Public Rights of Way) is being put in place in emerging Local Planning Document.

Gedling Borough Council has completed feasibility work that supports the former Mineral Line between Netherfield and Gedling Country Park being open as a recreational walking and cycling route to link communities, schools and green spaces.

NCC Public Health is working with transport planners to ensure developments take into consideration population health needs, and to integrate the implementation of these developments with the Tackling Excess Weight Steering group (TEWS) plans.

Additional actions planned for the future

West Bridgford, Mansfield and Newark cycle networks will be completed by March 2018.

Arnold/Mapperley cycle network is scheduled for completion by March 2019.

In Ashfield, a Run Walk Cycle project is planned for the district. This will identify routes which need upgrading/creating and prioritise future projects/investment.

In Gedling and Mansfield, adoption of local plans will seek improvement to accessibility including public transport, walking and cycling. Adoption of plan is anticipated in summer 2018 in Gedling. Publication of draft plan is due in Spring 2018 in Mansfield.

Newark and Sherwood District Council expects to work with Via over the next 6 months to support the delivery of planned cycle network improvements described above.

2016 DPH Annual Report Recommendation

Target travel behaviour change campaigns to inform, encourage and enable people to make more walking and cycling trips more often

Actions for: County Council, District Councils

Progress to end September 2017

Nottinghamshire County Council has secured Department for Transport Access Funding for Personal Travel Planning (PTP) to complement the above infrastructure developments. £845K for work with businesses, jobseekers, residents and school leavers in Mansfield and Newark; £150K for PTP in Daybrook and West Bridgford to help address air quality issues.

In Rushcliffe, promotional activity takes place at public events - including try-it bike events, bike postcoding, route planning and Dr Bike maintenance. A programme of adult 'bikability' training, guided cycle rides and bike maintenance training is being rolled out across the borough. The Council also operates a bike to work promotional scheme for its employees. This work was covered in the Pedals Newsletter at pedals.org.uk/wp-content/uploads/2017/05/PedalsNewsletterNo105

Two Cycle centres run by Ridewise and funded by Broxtowe Borough Council in Stapleford and Beeston ran until the end of September 2017 providing cycle training/advice and led rides.

In July Broxtowe Borough Council in partnership with Nottinghamshire Police Crime Prevention team promoted 'Take Some Pride in Your Ride' at Beeston Carnival, with posters sent to schools/public places, on social media and to partners in Broxtowe.

Broxtowe Cycling Quest has been promoted through the summer by Broxtowe Borough Council and Ridewise. The Cycling Quest consists of 8 routes in the Borough for families and individuals to download and follow with a set of questions. The aim is to get people out on their bikes with friends and family.

Other promotional activity in Broxtowe includes a promotional stand in Eastwood on 6 September - Stage Four of the Tour of Britain and promotion of cycle to work day on 13 September to the public/partners and employees at Broxtowe Borough Council.

In Gedling, targeted work continues with 'Everyone Health' to deliver guided walks in key sites e.g Gedling Country Park. Gedling Council-promoted 'walk leaders' continue to prove successful locally in attracting local people to start walking in the area. The Cycle to Work Scheme is also actively promoted and used locally.

Mansfield Council supports the efforts to reduce car usage via the use of travel plans within new developments. Rushcliffe Council also works with developers to include modal change promotion within travel plans.

Newark and Sherwood District Council encourages staff to walk or cycle to work following a move to new premises in town location. Secure cycle storage, showers, changing rooms, drying facilities and lockers are provided at Castle House. A Cycle to Work scheme was introduced Sept 2017 with the benefits of walking/cycling/ being active regularly promoted to staff via a staff wellbeing facebook page.

Additional actions planned for the future

Travel planning activity is scheduled as follows: Mansfield 2018/19; Newark 2019/20; Daybrook 2019/20 and West Bridgford 2018/19.

In Ashfield, promotional activity is anticipated e.g. Promote Cycle to work, Schools Active Travel, One You Walking campaign.

In Broxtowe there will be on-going promotion of cycling routes, trails, cycle security and other sustainable travel options at events and in public places (such as Libraries, Leisure Centres) until the end of March 2018.

Mansfield DC anticipates ongoing requirement for travel plans within major developments.

Newark and Sherwood District Council plans further external promotion of Active 10 initiative in October with follow up in the Spring of 2018.

2016 DPH Annual Report Recommendation

Continue to protect, increase and improve green space particularly in our most deprived communities and to improve access to open and green space for local residents

Actions for:

County Council, District Councils

Progress to end September 2017

NCC Public Health works together with the County Council Planning division to ensure District Council Planning Authorities adopt the Planning and Health protocol. This incorporates these issues in its rapid Health Impact Assessment (HIA)/checklist for Planning and Health. The Protocol has so far been formally adopted by Mansfield, Gedling and Rushcliffe Councils.

In Ashfield, several green space improvement projects were completed including Milton Rise open space, Titchfield Park and Butler's Green (all Hucknall) 2016, and Acacia Avenue Recreation Ground, Annesley, August 2017.

Broxtowe District Council is working towards Green Flag awards for its open spaces. Broxtowe District has also secured funding to improve footpaths in green spaces and improve play areas. A play area refurbishment at Smithurst Road Giltbrook has been completed.

Rushcliffe has a new Borough wide playing pitch strategy (referenced in the Leisure Strategy) which will safeguard sports pitches and secure future investment. To ensure that the new strategy is robust it is important to understand the current supply and demand for facilities. This involves a process of information gathering from a number of sources including desktop research and a range of consultation

exercises which will help to add a richness of local knowledge and check and challenge to the findings. The second phase of consultation is underway focusing on neighbouring local authorities, Sports England and the CCG.

In Gedling, LPD Policy 20 (Protection of Open Space) and LPD 18 (protecting and Enhancing biodiversity) are being put in place in an emerging Local Planning Document.

External funding was obtained and new play area and trim trail installed at Ley Street in Netherfield. Warren Action Group was supported to obtain external funding for a new multi-use games area on Muirfield Rec.

Gedling Council has funded a new parkrun at Bestwood Country Park, after funding both an adult and junior parkrun at Gedling Country Park in previous years.

Mansfield Council has recently adopted a Parks and Open Spaces Strategy which outlines a Green Space Standard for access and quality across the District. Part of the vision is to improve and maintain high quality green spaces and many parks are supported by Friends Groups which provide opportunities for community cohesion.

Use of parks and open spaces to support healthier lifestyles is also encouraged and a specific objective states that Mansfield Council will work with public health, education and local communities to tackle poor health and obesity.

Newark and Sherwood District Council playparks went Smokefree in summer 2015 – there is a voluntary ban in place, and links with local schools who designed the signs.

Green Flag awards have been received for 4 District Council sites and 1 Newark Town Council site. Improvement projects have been implemented at Sconce & Devon Park, Vicar Water Country Park and Sherwood Heath Local Nature Reserve (LNR).

A voluntary ban on smoking in play areas was adopted by Bassetlaw DC Cabinet 5th September 2017 following consultation with both the public and other key stakeholders. Results from the consultations showed levels of support for the voluntary ban of over 90%.

Adoption of healthy options in park concessions is included in Bassetlaw DC Parks and Play Policy agreed by Bassetlaw DC Cabinet 5th September 2017.

Green spaces in Bassetlaw are being maintained to encourage people to use the sites for activities such as football, golf, bowling, cricket and health walks.

Bassetlaw DC has worked with the Dogs Trust on a pilot project aiming to help reduce dog fouling within parks in addition to promoting healthy lifestyles for both humans and pets. The pilot has involved creating a number of walks within one of BDC parks which have adequate waste bins along the routes to encourage their use. Initial results have shown good local support for the walks and potential indications regarding

reducing dog fouling along the routes.

Bassetlaw Parks & Open Spaces have over the past year organised seven events during the school holidays on the skate parks with Extreme Wheels who put on roadshows to encourage young people to take part in activities such as BMX riding and skateboarding.

Additional actions planned for the future

Further improvements in Ashfield are planned to Warwick Close open space, Kirkby (within one of five priority areas in Ashfield) and to play areas at the Oval and Ashfields Estate, all by March 2018.

A new open space at Halls Lane Giltbrook will be transferred to Broxtowe Borough Council in early 2018. This includes footpath routes. New open spaces at Smithurst Road Giltbrook are expected to be created by Autumn 2018

The Rushcliffe playing pitch strategy will cover a 10 year timescale from 2017-2027 (with an interim update after 5 years).

Adoption of Gedling plan is anticipated in summer 2018. Policies will be implemented through determining planning applications (weight to be given to policies increases following adoption).

Gedling Council is working jointly with Sports Nottinghamshire to develop a Healthy Lifestyles Strategy for the Borough.

A key Objective within the Mansfield Draft Local Plan seeks to promote health and wellbeing by ensuring everyone has access to a good range of good quality green space, green corridors, cycle trails, leisure and community facilities and well planned green infrastructure. (Publication Local Plan Spring 2018)

Mansfield plans to implement the newly adopted Parks & Open Spaces Strategy – with immediate effect.

NSDC will approach family friendly licensed premises to join in with Smokefree playparks. Follow up spring 2018.

NSDC plans to renew Vicar Water Country Park play area (April 2019)

NSDC aims to retain all Green Flags (July 2018)

Bassetlaw reports that the next period will also see a Family fun day organised for the October school holiday within Langold Country Park with lots of activities for younger children which will be free of charge. This allows everyone to be involved with the activities on the day.

Bassetlaw play sites are also being developed using funding from local developments, for both District Council and Parish Council play sites.

2016 DPH Annual Report Recommendation

All public sector organisations should provide healthy food for staff and visitors in line with what the NHS is doing

Actions for: Public Sector organisations

Progress to end September 2017

Some Council premises are signed up to the Healthy Options Takeaway (HOT) merit scheme. Other district and borough councils have been contacted.

At Rushcliffe Borough Council, catering includes healthy options buffets and vegetarian alternatives. An annual Nutrition & Hydration awareness week is held as part of the Workplace Health Award scheme.

Gedling Council doesn't have a canteen facility but does run a very successful Health Fare that promotes (and provides)

healthy food choices / options along with nutritional advice throughout the day event.

Mansfield District Council is silver accredited for Work Place Health and as part of this includes nutrition and diet advice within a programme of activities. Healthy options are available in the Civic Centre Café.

Kelham Hall Ltd (who provided food at previous Newark and Sherwood DC HQ) was awarded the HOT merit. The new District Council offices do not have food provision.

Additional actions planned for the future

As part of working towards the Gold Health award, Rushcliffe Council expects Borough owned or operated food concessions will have a healthy food offer as a default position in future procurement.

Nutrition and Hydration Week planned in Rushcliffe 12-16 March 2018

Mansfield District Council aims to maintain silver accreditation – ongoing

MDC will be encouraging and supporting other local organisations to become Work Place Health Accredited - ongoing

Café 1920 at National Civil War Centre in Newark has been approached regarding HOT merit. Follow up due October 2017. It is also planned to follow up with Rumbles cafe at Sconce and Devon Park to get them merited to extend availability of healthy food options. Follow up in October 2017.

2016 DPH Annual Report Recommendation

Continue to increase the proportion of fast food businesses who take part in the Nottinghamshire Healthy Options Takeaway (HOT) merit scheme

Progress to end September 2017

NCC Public Health leads the development of the HOT merit scheme working with District Council Environmental Health Officers. The aim is for all districts to sign up a minimum of 12 businesses.

As of 31 July 2017, 125 businesses were signed up to HOT with a distribution across the districts as follows:

Ashfield	46
Bassetlaw	12
Broxtowe	3
Gedling	8
Newark & Sherwood	9
Mansfield	23
Rushcliffe	25

District Councils report active monitoring, follow up and promotion of the scheme within their areas. For example, Bassetlaw DC promoted the scheme on line with a video and ran a promotional campaign. Gedling Members and officers are continuing to promote the scheme and its merits as a part of all food premises inspections and visits through the year.

Additional actions planned for the future

Individual districts will continue to promote the scheme.

Rushcliffe has set a target to add another 12 businesses by the end of March 2018.

Broxtowe has scheduled follow-up visits with 15 premises, and identified another 6 food businesses as potential sign ups – initial visits to be held by end December 2017

Gedling plans a targeted approach with a number of retailers who the Council feel could benefit from the scheme.

Newark and Sherwood DC is following up with three outlets who have expressed interest in joining the scheme. Other premises will be revisited, who have expressed an interest but not completed the self-assessment.

NSDC will continue to use a mapping tool to identify and focus on outlets in areas of deprivation and high levels of obesity.

New digital self-assessment form should make it easier for businesses to sign up.

2016 DPH Annual Report Recommendation

- ▶ Ensure that planning applications for new developments prioritise the need for both adults and children to be physically active as part of their daily life
- ▶ Work with developers to promote active travel and ensure that developments are appropriately designed
- ▶ Work with developers to provide new green, safe, accessible and pedestrian-only spaces and to improve the quality of existing green spaces
- ▶ Utilise planning powers to restrict the number of fast food outlets in line with NICE guidelines
- ▶ Encourage house builders to use the Building for Life 12 government endorsed industry standard for well-designed houses and neighbourhoods.
- ▶ Encourage housing developers to up to the Building Research Establishment (BRE) Home Quality Mark (HQM) scheme.

Actions for: District Councils

Progress to end September 2017

Districts are addressing some of these elements through section 106 agreements and through negotiation with developers for provision within new development.

Ashfield District Council reports:

- ▶ Engagement with developers through each individual planning application and S106 contributions.

Gedling Borough Council reports:

- ▶ Policy LPD 35 (Safe, Accessible and Inclusive Development) being put in place in emerging Local Planning Document.
- ▶ Policy LPD 54 (Fast Food Takeaways) will restrict fast food outlets close to schools and seek to prevent unacceptable concentrations of outlets. Policy being put in place in emerging Local Planning Document.
- ▶ Policy LPD 37 (Housing Type, Size and Tenure) and supporting text refers to Lifetime Homes and latest Government technical Standards

- ▶ Adopted ACS Policy 10 Design and Enhancing Local Identity. Supporting text encourages improvements in environmental performance and energy efficiency but there is no specific reference to HQM Scheme.

Mansfield District Council has worked with Public Health Nottinghamshire County Council and the Town & Country Planning Association to look at building healthy places. This is an area of special interest to the Nottinghamshire Health and Wellbeing Board and Public Health which have championed the role of planning and health and well-being, as a key priority of the Nottinghamshire Health and Wellbeing Strategy, to develop healthier environments within local health communities. There was a joint workshop which brought together a range of disciplines from health to planners and developers to gain their collective perspective on building healthy places. The project reinforced the need to bring together

and develop ways of working between Planning Authorities, Public Health and Developers. The round table discussion encouraged listening and networking to encourage the dialogue about spatial planning and its important role.

Newark and Sherwood District Council reports:

- ▶ All major housing developments are making an appropriate contribution to green space provision, improvement and maintenance, either on-site or via off-site commuted payments.
- ▶ The District Council seeks through the policies of the plan to promote sustainable transport. This includes through travel plans and the promotion of well-designed schemes.
- ▶ The District Council has not at this time agreed to utilise planning powers to restrict fast food outlets.
- ▶ NSDC aims to encourage the highest standard in the delivery of new development; however this has to be done within the context of scheme viability.

Bassetlaw has identified a lead Officer and actions in BDC Health and Wellbeing Plan 2017/2020 to progress these recommendations.

Additional actions planned for the future

Ashfield District Council:

Implementation of elements as part of forthcoming policies within the Local Plan and consideration of the Council's adopted Supplementary Planning Document Design Guide

Gedling Borough Council – adoption of Local Planning Document anticipated in summer 2018. Policies to be implemented through determining planning applications (weight to be given to policies increases following adoption). Timescale on-going.

Mansfield District Council: As part of preparing the site selection criteria to select the Preferred Local Plan sites for residential development, consideration will be given to how new development can contribute to local residents living healthier and more active lifestyles. For example sites that can potentially contribute to enhancing green infrastructure linkages within the district are favoured as it encourages residents to walk and cycle rather than use the car – Spring 2018. The Publication of the Local Plan will itself be subject to a Health Impact Assessment – Spring 2018

Adoption and implementation of the New Local Plan for Bassetlaw – proposed adoption 2019.

2016 DPH Annual Report Recommendation

- ▶ Endorse the "Spatial Planning for Health and Wellbeing of Nottinghamshire" document
- ▶ Secure support for the Nottinghamshire 'Planning and Health Engagement Protocol'.

Actions for: District Councils

The Protocol has so far been formally adopted by Mansfield, Gedling and Rushcliffe Councils.

Rushcliffe reports use of the document and protocol in order to assist in the determination of planning applications, and when drawing up planning policies for the development of land.

In Gedling, the Cabinet approved the Health & Wellbeing Checklist for use in Local Plan policy preparation and determining major planning applications. The Borough Council also responded positively to the consultation on the Planning and Health Engagement Protocol (17th January 2017).

Ashfield District Council has developed a new validation list, presented to planning committee on Thursday 28 September 2017 for approval. It also requires health impact assessments (HIA) on larger housing schemes.

Newark and Sherwood District Council has not formally endorsed the Spatial Planning document however through the work of the Council's Planning teams is addressing its aims.

NSDC works closely with the NHS on strategic and site specific planning matters including participation at the Mid Notts Local Estates Forum. It is the Council's approach to engage the CCG as early as possible in major development schemes.

In Bassetlaw, a lead Officer and action are identified in BDC Health and Wellbeing Plan 2017/2020 to progress. This is also referenced in the Council Plan 2017/20.

Additional actions planned for the future

Mansfield plans to implement with immediate effect, both the 'Spatial Planning for the Health & Wellbeing of Nottinghamshire, Nottingham City and Erewash' Protocol and the engagement protocol.

In Gedling, policies will be implemented through determining planning applications. Timescale on-going.

Health is a golden thread running through Ashfield District Council's submitted plan. The protocol has not yet been endorsed by Cabinet as it was not considered urgent as the Council is already doing a lot of the actions.

Bassetlaw DC will seek to endorse the elements of the protocol where they align with the council's wider strategies.

2016 DPH Annual Report Recommendation

Continue to support the voluntary and community sector in order to improve health and wellbeing

Actions for: Local Councils

Progress to end September 2017

The Voluntary and Community Sector (VCS) is represented on the 'Sustainability and Transformation Plan (STP) workstream for prevention, self-care and independence.

Examples of district council activity:

Bassetlaw Council has an annual grant scheme to fund voluntary, community and social enterprise organisations. In 2016/17 this supported a range of activities in the VCS, including for children and young people, older people, and vulnerable groups. Activities improving health and wellbeing included support for organisations tackling drug and alcohol addiction, homelessness and bereavement.

In partnership with Voluntary Action Broxtowe, Nottinghamshire County Council and Citizens Advice Broxtowe, the first Broxtowe Community and Voluntary Sector community conference was held on 9th March 2017, entitled 'Reach Out and Connect'. An outcome from the conference was to create a South Broxtowe Community Forum (complements the forum in the north of Broxtowe). The first meeting was held on 18th May 2017. A follow up conference in Broxtowe titled "Working Together" was scheduled for 19 September 2017.

In Rushcliffe, the Council has a service level agreement with Rushcliffe CVS to deliver the volunteer centre as part of its contribution to promote the five ways to wellbeing.

There is joined up working with both Mansfield & Ashfield CVSs around the Health & Well Being Agenda eg Get up and Go Events, Self Help UK, Older Person Group, Dementia Action Alliance, Walking Groups, Social Prescribing.

Ashfield also has a START- partnership project with Sport Nottinghamshire to develop community projects to increase activity.

Mansfield promotes physical activity within the community; supports local sports clubs to develop, improve and become sustainable; provides cooking and nutrition education to community groups and schools.

Gedling Council in this area and sees this as the area for continual effort and energy, for example:

- ▶ Men in Sheds – the group has increased their attendance by socially isolated older men – Council supported and promoted.
- ▶ The Arnold Mental Health Be Friending Service (Arnold Methodist Church) – Council supported and promoted providing essential community support to the most vulnerable in the area (with support from Nottinghamshire County Council co-production team to strengthen community capacity and create resilience)
- ▶ The Council has asset transferred Eagle's Nest Community Centre in Arnold which is now a community hub seeking to address social isolation amongst vulnerable local people

- ▶ The Beacon Project has been supported and a new community hub opened in Killisick offering local health and wellbeing service
- ▶ A new support group for parents with autistic children, 'The Complete Puzzle' has been offered advice and start-up funding and is now opened in Bestwood Village.
- ▶ Gedling Homes was supported to establish Dementia Memory Cafés in Mapperley and Netherfield.

The Gedling Community Development Partnership brings together commissioned community workers to ensure community resources and capacity is built to full effect in Gedling.

Newark and Sherwood District Council reports two events with Self Help UK – on diabetes awareness and cancer awareness. The diabetes event led to Diabetes UK looking into forming a local support group.

NSDC also provides ongoing support to community groups to develop community engagement programmes such as Petanque clubs, Friends of Groups, Dementia Friends through NSDC grant aid support and Section 106 investments as appropriate.

There is weekly monitoring of local media and social media accounts for sharing information via the councils' Active4Today websites and social media channels.

NSDC supports joined up activities with the Sports Development Team at Active4Today such as Larks in the Park programme (circus skills, hooping for fitness, sports challenges). Halloween lantern walks, fitness trails, bird watching walks, fungi walks etc. The parks also benefit from continued support for park-based volunteer groups. Active4Today also work in partnership with N&S CVS to undertake older people's work delivery, encouraging them to stay active, attend local groups and socialise with others.

Newark and Sherwood has an Arts Development fund which supports a varied programme of arts and creative activities for older people across the district, targeting local charities such as MIND and Reach and the Dukeries Workshop, Men in Sheds, Live at Home and dementia support groups. Also targeted rural villages such as Bilsthorpe and Clipstone, and groups in need such as our homeless families, Syrian families, and low-income families.

Additional actions planned for the future

Bassetlaw District Council will support a range of voluntary organisations delivering activities around health and wellbeing in 2017/18.

Constitute Mansfield and Ashfield Dementia Action Alliance (Autumn 2017)

Mansfield DC will review the current Active Volunteers Policy.

Gedling plans to support the community to develop a Mental Health Crisis Café. Gedling is also considering options for a community and voluntary hub to work alongside other statutory partners at the Civic Centre/Jubilee Depot site in Arnold.

In future, Gedling plans to roll out a programme of community asset transfer of community centres to develop community hubs promoting well-being in local neighbourhoods.

Continued support for Newark and Sherwood parks-based volunteer groups.

Establish community priorities in the western area of Newark and Sherwood district to identify priority community projects.

2016 DPH Annual Report Recommendation

Enhance social prescribing and related initiatives to help individuals and communities to tackle challenges affecting their health and wellbeing and reduce social isolation

Actions for: HWB partners

Progress to end September 2017

Rushcliffe CCG is currently developing a Social Prescribing model. NCC Public Health has input into the model's development to ensure physical activity and mental health early prevention is considered.

The 12 month social prescribing pilot will involve working with communities to grow resources to meet health and wellbeing needs and build a network of supported health coaching and volunteer roles.

As part of being a registered site for Enhanced Primary Care, Rushcliffe CCG is required to deliver systematic self-care support for people with COPD (chronic obstructive pulmonary disease), diabetes and with 3 or more long term conditions.

Rushcliffe Council is contributing to the social prescribing model as part of the pilot project. Related activities in Rushcliffe include supporting projects via the Healthy Lives Healthy Futures Fund and promoting health related initiatives via the Rushcliffe Reports newsletter for residents.

Bassetlaw CCG has been commissioning a social prescribing scheme locally for 2 years. It has proved extremely successful both in terms of patients' own self-assessment against the Independent Living Star, and in terms of a reduction in the use of statutory primary care services. The target group to date has been those over 65, particularly those at risk of social

isolation. All the GP practices within Bassetlaw are signed up to and are referring into the scheme. The benefits of participating in the scheme seem to be being maintained, with a number of patients engaging in the activities on an ongoing basis, and some even becoming volunteers themselves.

Another aim of the scheme was to "grow" the voluntary sector i.e. increase capacity in order to provide ongoing support to referred patients.

Following referral, information is fed back to the patient's GP on what the agreed plan is.

The social prescribing team is now an integrated part of the integrated neighbourhood management teams in Bassetlaw and is also involved in the emergent primary care home mode.

Direct feedback from patients and from GPs is almost universally positive and it is an approach which it has been identified has potential across a wide range of other target groups.

Bassetlaw District Council reports engagement with the GP social prescribing scheme through the Council's Leisure Management Trust. An outreach scheme to develop seated exercise programmes and falls prevention activity has been developed.

Bassetlaw District Council is also working to engage with service resistant adults – Blue Light Project operational since January 2017. The project has 9 referrals, a part time worker in post and over 100 partner staff trained.

There are initiatives to develop social prescribing in other parts of Nottinghamshire. In Newark and Sherwood, Newark MIND is involved in a bid for social prescribing activity.

Other activities to address social isolation and social exclusion have been reported specifically, as follows:

- ▶ An Age Friendly pilot project in partnership with Nottinghamshire County Council has been launched in Beeston wards of Broxtowe to reduce social isolation.
- ▶ The Mansfield Museum has set up 'dementia café' events which aim to reduce isolation and loneliness for those with dementia and their carers too.
- ▶ As part of working with Framework to deal with rough sleepers, Mansfield Council is working with Dear Albert who specialise in mutual aid facilitation, peer mentoring and making recovery from drugs/alcohol more visible by bringing together existing resources.
- ▶ In Mansfield the Sanctuary Café aims to reduce use of primary care and A&E by people in crisis including those with mental health, drug and alcohol issues, by providing alternative support.

Additional actions planned for the future

A social prescribing pilot launched at the end of October 2017 in three practices across Rushcliffe. After three months the pilot will be rolled out to all 12 practices. The pilot will run for 12 months until the end of September 2018. Evaluation will be conducted mid-year to inform decisions on continuation.

Bassetlaw CCG is considering extending the age range, and accepting referrals for certain mental health conditions.

In Bassetlaw, the number of people completing the referral pathway will be reported at the end of the year. Further falls prevention activity is planned before the year end.

Bassetlaw will work to secure external funding to continue this activity.

Gedling Council will be exploring funding opportunities with partners for implementing a social prescribing model in Gedling.

Mansfield Council plans to Implement the Lighthouse Scheme - working in partnership with the Lighthouse who provides comprehensive support to people that are wanting to change their chaotic lives away from substance misuse.

Working in partnership Mansfield Council will fund the provision of a winter shelter during severe weather and implement the Men in Sheds project to enable men who are in need of peer support to have somewhere to go and develop gardening skills but also have someone to talk to.

2016 DPH Annual Report Recommendation

The development of community capacity, empowerment and resilience should be a key component of the next version of the Joint Health and Wellbeing Strategy.

Actions for: Health and Wellbeing Board

Progress to end September 2017

The refresh of the Health and Wellbeing Strategy was planned, including identification of timeframes, stakeholder analysis, and development of a consultation draft. Vibrant and Supportive Communities is identified as an element of the new strategy within the consultation draft.

Additional actions planned for the future

Stakeholder consultation from 6th September to 3rd November 2017. Dedicated HWB session to receive results of consultation 8th November 2017. Final Health and Wellbeing Strategy to be signed off in January 2018.

2016 DPH Annual Report Recommendation

Protect resources which enable the ongoing delivery of activities related to diet and exercise, alcohol and tobacco use.

Actions for: County Council, NHS Partners

Progress to end September 2017

Forward budget plans for use of Public Health grant enable ongoing delivery of activities related to diet, exercise, alcohol and tobacco use. Contractual arrangements are currently in place for delivery of Obesity Prevention and Weight Management Services, Substance Misuse Services and Tobacco Control.

Additional actions planned for the future

Intentions for future Public Health services commissioned by the County Council are due to be considered by the Adult Social Care and Public Health Committee of the County Council in early 2018.

Gedling Borough Council has led an innovative Expression of Interest to Sport England's Families Fund in partnership with Ashfield, Mansfield and NCC Public Health. If successful, inactive families from lower socio-economic backgrounds, many of which who are engaged in the Troubled Families programme, will be empowered to become more active. The learning and evaluation by Nottingham Trent University will inform future commissioning.

2016 DPH Annual Report Recommendation

All those organisations represented on the Nottinghamshire HWB Board have an implementation plan that secures the delivery of Making Every Contact

Count to include:

- ▶ Identification of a Board Level Public Health Champion with responsibility for MECC
- ▶ Inclusion of MECC in the mandatory training programme for all appropriate frontline staff.
- ▶ Working with local Health Education providers to include MECC in local graduate and post-graduate training programmes for relevant staff.

Actions for: HWB Partners

Progress to end September 2017

Health and Wellbeing Board received a paper on Approaches to Disease Prevention to support a wellbeing approach combining Making Every Contact Count (MECC), the Tobacco Declaration and the Wellbeing@Work scheme. Following on from this, a PH Wellbeing Operational Group was established to formulate a collaborative approach, communications strategy and resources. An online training programme was identified supporting a range of training options.

Promoting Wellbeing, Independence and Self Care Steering Group has been established, covering Nottingham City and Nottinghamshire County. A Sub Group was established to coordinate and link MECC into the wider Promoting Independence agenda (MECC plus)

Support is provided to the CCGs to help measure the quality improvement plans that encourage care providers to continually improve the health and wellbeing of their staff and service users.

All local hospitals, through support from PHE, have completed a self-assessment which has enabled them to reflect on and evaluate how they embed health and wellbeing across their organisations.

Some districts report individual participation in the MECC plan. Gedling Borough Council has a Cabinet Member for Health, Housing and Wellbeing and a Director post with health and wellbeing as a significant part of their portfolio, who together with a small dedicated team, provide input into the action plan. The Gedling Health and Wellbeing Delivery Group coordinates delivery of local partnership at a district level. At Mansfield District Council, health has been included within corporate priorities and specific priority areas in line with the Nottinghamshire Health and Wellbeing Strategy will be featured in service plans.

Additional actions planned for the future

Identification of opportunities will include MECC in Health Education England programmes and local Health Literacy programmes.

Identification of Board level champions will form part of the Health and Wellbeing Strategy refresh due by January 2018.

Significant stakeholders identified from the Steering Group work will form a peer network.

A workshop was planned for the 29th November regarding how MECC can be taken forward in an organisation and how training and support can be provided to organisations.

2016 DPH Annual Report Recommendation

GP practices target those on their patient lists eligible for the appropriate health check that are most likely to be at high risk (5 yearly NHS Health Check for those aged 40- 74).

Actions for: GP Practices

Progress to end September 2017

Nottinghamshire County Council Public Health is using commissioning levers to incentivise practices to prioritise those most likely to be at high risk, overseeing implementation of new IT system to underpin this. Monitoring elements of the new system were configured and live by end September.

All practices have been issued with the 2017-18 Locally Commissioned Public Health Service (LCPHS) contract and updated health check service specification. New IT system to support practice targeting of at-risk groups is live (except Bassetlaw practices planned to go live April 2018).

Rushcliffe CCG identifies that one of the changes in the new service specification relates to all health checks including a HbA1C blood test as standard to support the identification of pre-diabetes.

Overall in Rushcliffe, the number of offers made reduced this year, in line with many other mature programmes across England such as the National Diabetes Prevention Programme (NDPP), but the proportion of uptake of those offers made has increased. This may be in part to do with the following:

- a)** Practices have become more proactive (with the help of CCG and Public Health input)
- b)** Increased use of text message reminders
- c)** Inclusion of health check uptake in CQC inspection criteria
- d)** Top tips in health check newsletters

As well as providing the comparative data for practices Bassetlaw CCG has focussed on identifying patients at risk of diabetes and providing interventions, both through in house structured education sessions and joining the National Diabetes Prevention Programme. In the first few months following the launch of that programme 175 completed referrals have been made.

Additional actions planned for the future

PH and Connected Notts to advocate development of Yorkshire IT systems to ensure seamless interface with Connected Notts health check system by April 2018.

PH to monitor impact of high risk incentivisation by end December 2017 in order to plan for 2018-19 contracts.

Practices are continuing to undertake the above and this is being monitored

2016 DPH Annual Report Recommendation

GP practices systematically and consistently invite relevant individuals from their patient lists for annual Learning Disability health checks.

Actions for: GP Practices

Progress to end September 2017

Practices are commissioned under an enhanced service by NHS England to deliver the following:

"This Enhanced Service is designed to encourage practices to identify all patients aged 14 and over with learning disabilities, to maintain a learning disabilities 'health check' register and offer them an annual health check, which will include producing a health action plan."

PHE Learning Disability Profile (2013/14) showed that 1995 people (52%) of those 18+ years with a LD in Nottinghamshire accessed a GP health check. A Parity of Esteem Task & Finish group has been set up to develop a Framework for Action with the aim of improving LD health check uptake. Parity of Esteem action plan was in place by Sept 2017.

In addition to this, Rushcliffe practices are being commissioned on a short term basis to have an increased focus on increasing uptake of the four NHS Cancer Screening Programmes (Abdominal Aortic Aneurysm, bowel, breast and cervical) in people who have

learning disabilities. It is recognised that this group have low take up and the project aims to engage GP practices in promoting the screening and embed processes in order to influence future GP Practice activity.

Bassetlaw Practices receive direct comparison data with their peers and discuss approaches for different groups within that cohort, have an agreed template for review completion and have received facilitation and hands on training. In 16/17 there was an 83% completion rate (489/588) but still some variation in practice scores which is addressed individually with them.

Additional actions planned for the future

Potentially, could see improvement in the uptake of LD health checks by April 2018.

ASCH has started work on an Adult Learning Disability JSNA chapter which will identify health needs and service gaps.

2016 DPH Annual Report Recommendation

CCGs and GP practices should reduce variation for the identification and care of patients with diabetes, with the aim of all practices achieving at least the national average.

Actions for: CCGs, GP practices

Progress to end September 2017

All the CCGs and NHS England monitor and provide data to practices highlighting variation and promoting best practice in diabetes care with the aim of ensuring that all patients access the same high standards of care.

CCGs have encouraged all practices to participate in the annual National Diabetes Audit to enable benchmarking and identify unwarranted variation.

CCGs address variations in quality of care through service improvement and enacting clinical network recommendations.

This recommendation – and the one below – has been included in the STP: in Mid-Notts this sits with the Diabetes Working Group and in Greater Nottingham it sits with the Primary Care – Long Term Conditions Group.

Rushcliffe CCG includes personalised care planning as part of the long term conditions care standard for people with diabetes. Rushcliffe CCG is also part of the Diabetes Prevention Programme where over 300 patients have been identified at high risk of developing type 2 diabetes.

Bassetlaw CCG has a Locally Enhanced Service to provide in house pre-diabetic education and support the launch of the National Diabetes Prevention Programme.

Additional actions planned for the future

CCGs / NHS England to continue to monitor practice variation in diabetes care and provide feedback on best practice.

The work is ongoing and any milestone deadlines are set by the STP timeline.

Review results of the annual National Diabetes Audit to identify areas for improvement.

Notts South working group has developed a Diabetes Management Plan for Patients with Diabetes to support them in managing their own care – this is due to be rolled out by October.

Rushcliffe CCG has a target for 2017/18 to refer 337 patient to the Diabetes Prevention Programme and 397 patients have been referred to date.

Bassetlaw CCG is increasing the provision of structured education for patients who have diabetes in the second half of 2017/18, with an incentive scheme to support completed referrals. All practices complete the national diabetes audit.

2016 DPH Annual Report Recommendation

A similar approach to identification and care of patients is rolled out across the other long term conditions that contribute most to ill health and demand for the use of NHS and care services.

Actions for: CCGs

Progress to end September 2017

Standardised case finding and Personalised Care Planning is in place across all practices within Rushcliffe CCG. This is supported by systematic and standardised operational procedures and clinical system templates.

Additional actions planned for the future

CCGs / NHS England to continue to monitor practice variation in long term conditions care and provide feedback on best practice.

The work is ongoing and any milestone deadlines are set by the STP timeline.





Director of Public Health's
Annual Report 2016
Update on Progress

