

**October 2016****Agenda Item: 9****REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD****CHAIR'S REPORT****Purpose of the Report**

1. An update by Councillor John Doddy, Chair of the Health and Wellbeing Board on relevant local and national issues.

**Information and Advice****2. Stoptober**

I was pleased to see the government's new Tobacco Control Plan: Towards a Smokefree Generation and its aims, which include helping more people to quit smoking for good. Smokefreelife Nottinghamshire is the local stop smoking service and will be encouraging hundreds of residents to take part in Stoptober this month.

Stoptober encourages smokers across England to make a quit attempt during October. It's a 28-day stop smoking challenge from Public Health England that encourages and supports smokers towards giving up. We know that if you can stop smoking for 28-days, you are five times more likely to be able to stay quit for good.

Stoptober encourages as many smokers as possible to prepare to quit from 1 October by taking part in the campaign and utilising the range of free resources and support available. Go to <https://www.nhs.uk/oneyou/stoptober/home> for more information.

It would be helpful if members could check their own organisations are also supporting the campaign.

For more information contact Helen Scott, Senior Public Health and Commissioning Manager e: [helen.scott@nottsc.gov.uk](mailto:helen.scott@nottsc.gov.uk) t: 0115 804 0765.

**3. NSCB Annual Report**

The Nottinghamshire Safeguarding Children Board (NSCB) Annual Report 2016/17 has recently been approved by the NSCB and will be presented to the Health and Wellbeing Board at the December meeting. The report recognises the achievements and progress that has been made in the local authority area to safeguard children.

The report includes a summary of the work undertaken by the NSCB and its partners during the year including; delivery of a comprehensive training programme, updating procedures and guidance and completion of targeted multi-agency audits, serious case reviews and child

death reviews as part of the NSCB Learning and Improvement Framework. The report concludes by identifying the challenges that still remain and future development work planned.

The NSCB Annual Report will shortly be published on the [NSCB website](#) which contains further information about the Board, resources for practitioners and details of the learning from practice.

For more information contact: Steve Baumer, NSCB Business Manager  
e: [steve.baumber@nottsc.gov.uk](mailto:steve.baumber@nottsc.gov.uk) or t: 0115 977 3917.

#### **4. Mansfield Private Sector Housing pilots**

Mansfield District Council recently launched its Private Sector Housing Renewal Strategy 2017-19 which aims to offer help to improve private sector housing across the district. The Council is launching a child home safety scheme which will help low income families by fitting stair gates, cupboard locks, window restrictors, fire guards, blind cleats, smoke alarms and carbon monoxide alarms. The scheme is based on advice from ROSPA.

The Council is also hoping to help people with dementia by arranging low level adaptations to help people stay in their homes for longer, like fitting clear Perspex kitchen cupboard doors so the contents can be easily seen or improving lighting.

In addition to these schemes the Council is also offering a hospital discharge assistance grant, again for low level work if a patient's home environment is delaying discharge. The scheme aims to be flexible but could be awarded for things like decluttering to allow for beds to be moved downstairs or servicing or disconnecting fire or back boilers in sleeping rooms. This scheme supports the existing hospital discharge scheme and takes referrals from hospital based staff.

For more information contact Jill Finnesey, Private Sector Housing Manager e: [jfinnesey@mansfield.gov.uk](mailto:jfinnesey@mansfield.gov.uk) or t: 01623 463703

#### **5. Health and Wellbeing Workshops for Carers**

Following the success of Health and Wellbeing Workshops for Carers, provided by Inspire, which took place in the spring, a further 5 workshops have been scheduled to take place during the autumn.

The workshops are part of a continuing initiative to support unpaid carers with their mental health and wellbeing and will cover topics including the caring role, healthy lifestyle, wellbeing & mindfulness. Feedback so far has been very positive.

In addition to these workshops further events for carers have been scheduled, which will focus on specific 'wellbeing' topics.

These workshops are free to carers & will provide learning, skills and strategies to manage their own wellbeing as well as providing an introduction to Inspires community learning courses.

Workshops are being promoted to carers via the Carer's Hub service, carer group leads and Nottinghamshire County Council Adult Access Team.

Details of how to book are in a [promotional leaflet](#) which can be accessed with the meeting papers and from the [Notts Help Yourself website](#).

For more information contact Dan Godley, Commissioning Officer t: 0115 977 4596 or e: [dan.godley@nottsc.gov.uk](mailto:dan.godley@nottsc.gov.uk)

## **PAPERS TO OTHER LOCAL COMMITTEES**

6. [\*\*Update on Transitions Process for Children and Adults with Disabilities\*\*](#)  
Report to Adult Social Care and Public Health Committee  
11 September 2017
7. [\*\*Child Sexual Exploitation and Children Missing from Home and Care - update\*\*](#)  
Report to Children and Young People's Committee  
18 September 2017
8. [\*\*Police and Crime Commissioner's Annual Report\*\*](#)  
Report to Nottinghamshire Police and Crime Panel  
18 September 2017

## **A GOOD START**

9. [\*\*Through each other's eyes\*\*](#)  
Mental Health Foundation  
This document evaluates a programme which sought to promote infants' social and emotional development using video interaction guidance (VIG) where parents observe and reflect on video recordings of their positive interactions with their child. Results from the preliminary evaluations show that VIG has benefits for parents, practitioners and managers within early years services.
10. [\*\*Colleges join forces to make young people's mental health a priority\*\*](#)  
Royal College of General Practitioners  
These principles are intended to lead to tangible actions to improve the care and support of children and young people with mental health problems. They include implementation of a preventative multi-agency approach and a system of national and local accountability.

## **LIVING WELL**

11. [\*\*Tobacco-free generations: protecting children from tobacco in the WHO European Region\*\*](#)  
World Health Organisation  
Several member states in the WHO European Region are moving towards becoming tobacco-free: a smoking prevalence of 5 per cent or less. Emphasis is on protecting younger generations from smoking initiation and other tobacco-related harm. This report highlights ongoing and emerging tobacco-related issues that affect children in the region and examines the regulatory frameworks, commitments and other tools that member states should use to protect children from tobacco. This also includes more novel approaches that could and should be used to pave the way towards a tobacco-free European Region.

12. [\*\*Joint Accord Launched between PHE and England's Ten National Parks\*\*](#)

Public Health England

This document sets out the proposed terms of a collaboration between National Parks England and Public Health England to work proactively and practically together to secure better public health outcomes. It draws on the strength of both organisations to deliver this shared goal by capitalising on the significant opportunities for people to improve their physical and mental health and overall wellbeing through interaction with national parks; and recognising the role which the national parks play as part of our wider natural environment that can support keeping people healthy.

13. [\*\*Right to know: are alcohol labels giving consumers the information they need?\*\*](#)

Alcohol Health Alliance UK

This report presents results from research looking at the labelling of alcohol products and the health information they provide. The results found that very little information was being provided to consumers with only one label out of 315 informing consumers of the low-risk weekly guideline of 14 units. The report calls for mandatory labelling of all products to ensure the public can make informed choices about their drinking.

14. [\*\*Size matters: the impact of upselling on weight gain\*\*](#)

Royal Society of Public Health

This report highlights that the average person consumes an additional 330 calories each week 17,000 per year as a result of businesses upselling high calorie food and drink. The report, which includes a survey of 2,055 UK adults, shows that consumers face an average of 106 verbal pushes towards unhealthy choices each year as they are asked whether they would like to upgrade to larger meals and drinks, add high calorie toppings or sides to their order or take advantage of special offers on unhealthy food and drink.

## **COPING WELL**

15. [\*\*Not by degrees: improving student mental health in the UK's universities\*\*](#)

Institute for Public Policy Research

This report finds that levels of mental illness, mental distress and low wellbeing among students in higher education in the UK are increasing, and are high relative to other sections of the population. It calls for universities to make mental health a strategic priority and adopt a whole-university approach to prevention, promotion and support.

16. [\*\*PHE highlights 8 ways for local areas to prevent mental ill health\*\*](#)

Public Health England

Public Health England has launched a new tool to help local public health teams identify the most cost-effective mental health programmes. The eight highlighted programmes are all proven to reduce the incidence and/or risk of mental health problems at all stages of life.

17. [\*\*Stocktake of local mental health prevention planning arrangements\*\*](#)

Public Health England

This report, commissioned by PHE and written by The King's Fund, provides a high-level summary of how local areas are currently incorporating mental health promotion and prevention of mental ill-health in their planning processes. The findings are based primarily on a content analysis of key planning documents in 35 local areas. This included a random sample of 16 areas across England and 19 areas selected as possible examples of transferable effective practice.

18. [Transforming Care \(Must Knows\)](#)

Local Government Association

This report is aimed at those staff with lead responsibility for providing services to people with learning or mental health issues. It acts as a check list to ensure services are doing everything they can to ensure safeguarding and promote the wellbeing of people of all ages with learning disabilities and/or autism who display behaviour that challenges, including those with a mental health condition.

19. [Improving life expectancy in people with serious mental illness: should we place more emphasis on primary prevention?](#)

British Journal of Psychiatry

This analysis claims that greater emphasis should be placed on primary prevention strategies such as smoking cessation, dietary and exercise interventions and more judicious psychotropic prescribing of antipsychotics associated with adverse metabolic effects.

**WORKING TOGETHER**

20. [Housing our ageing population](#)

Local Government Association

This report sets out in detail what is required to meet the housing needs of our ageing population and how councils around the country are innovating to support older people to live in their homes for longer and promote positive ageing.

21. [Case study: Lightbulb Project](#)

Housing LIN

County and District Councils and other local partners in Leicestershire are working together to help people stay safe and keep well in their homes for as long as possible. It relies on early at home assessment process that triages housing issues at key points of entry and is delivered through a hub and spoke model with an integrated Locality Lightbulb Team in each District Council area.

22. [Achieving excellence in pharmaceutical care: a strategy for Scotland](#)

Royal Pharmaceutical Society

The strategy sets out a vision of how pharmaceutical care will evolve in Scotland and the contribution of pharmacists and pharmacy technicians, working together with other health and social care practitioners, to improve the health of the population and impact on health outcomes, especially for those with multiple long term and complex conditions.

23. [Sustainability and Transformation Plans in London](#)

Nuffield Trust and Kings Fund

This report looks at the five STPs in London, their contents and common themes and makes a number of recommendations for the future of the STP process.

24. [Are we nearly there yet? Enabling people with dementia to remain at home: a housing perspective.](#)

Housing LIN

This report sets out the key role housing providers, and in particular social housing providers, can play in supporting people living with dementia to stay independent in the home of their choice for as long as possible.

## HEALTH INEQUALITIES

### 25. [Reducing health inequalities: system, scale and sustainability](#)

Public Health England

This document identifies steps to support local action on health inequalities to improve outcomes. It is aimed at local authority leaders, chief executives, other senior officers and councillors, directors of public health, public health specialists, and commissioners.

Update on national policy and guidance prepared by the Library and Knowledge Service  
Sherwood Forest Hospitals NHS Foundation Trust.

## CONSULTATIONS

### 26. [Nottinghamshire Joint Health and Wellbeing Strategy Consultation](#)

Consultation closes: 29 October 2017

## Other Options Considered

27. None.

## Reason/s for Recommendation/s

28. N/A

## Statutory and Policy Implications

29. This report has been compiled after consideration of implications in respect of crime and disorder, finance, human resources, human rights, the NHS Constitution (Public Health only), the public sector equality duty, safeguarding of children and vulnerable adults, service users, sustainability and the environment and ways of working and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

## RECOMMENDATION/S

- 1) That members consider whether there are any actions they require in relation to the issues contained within the report.
- 2) That members make sure that their own organisations are supporting the [Stoptober campaign](#) referred to in paragraph 2.

**Councillor John Doddy**  
**Chair of Health and Wellbeing Board**

**For any enquiries about this report please contact:**

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**Constitutional Comments (LMC 22/09/17)**

The Health and Well Being Committee is the appropriate body to consider the content of the report.

**Financial Comments (DG 22/09/17)**

There are no financial implications arising directly from 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