



## **REPORT OF THE CHAIR OF THE HEALTH & WELLBEING BOARD**

### **CHAIR'S REPORT**

#### **Purpose of the Report**

1. An update by Councillor Tony Harper on local and national issues for consideration by Health & Wellbeing Board members to determine implications for Board matters.

#### **Information**

##### [2020 Flu Campaign](#)

2. Flu can be a serious illness, particularly for older people or those with other health conditions. With COVID-19 still in circulation the flu vaccination programme is more important than ever. Vaccination against flu will reduce the number of people who are ill and help to relieve pressure on NHS services at a time when we may be vulnerable to a second wave of Coronavirus. Nottinghamshire County Council is working with partners to increase the uptake of the flu vaccination amongst frontline staff and vulnerable residents. Health and social care workers care for some of the most vulnerable people in our communities, so it is important that they help protect themselves and those receiving care against flu.
3. The County Council will again be offering on-site vaccinations and pharmacy vouchers to make it as simple as possible for frontline employees to get a free flu vaccination. Arrangements are also in place with partner organisations to support the uptake of the NHS flu vaccination, particularly in key groups such as young children, people over 65, pregnant women and people with underlying health conditions such as heart disease and diabetes. More information about the NHS flu programme, including the extended groups for 2020-21, is available [online](#).

##### Mid Nottinghamshire Integrated Care Partnership: Social Prescribing Link Workers

4. The Social Prescribing team is a new national initiative linked to increasing the multi-disciplinary workforce approach to Primary Care Networks. Employing individuals who are trained in brief interventions and motivational interviewing, the Mid Nottinghamshire Integrated Care Partnership is starting to tackle the wider determinants of health by working with people, in the first phase, who may be considered to live chaotic lives, are vulnerable, frail, or at risk of loneliness.

5. Working across partners in health and social care, this team has been extremely active during the COVID-19 pandemic. Various forms of contact have been made with individuals, from video and telephone appointments to socially distanced appointments (either in the person's garden, at a local park, or a walk & talk appointment). 2,561 COVID-19 wellness checks have taken place with patients between March – June 2020.

#### All age substance misuse treatment and recovery service

6. Nottinghamshire County Council's public health division commissioned Change Grow Live (CGL) to deliver a new all age substance misuse (i.e. drug and alcohol) treatment and recovery service from April 2020. The service has responded flexibly and effectively to the challenge of mobilisation during the COVID-19 pandemic.
7. Examples of actions that CGL has taken to keep service users and the public safe include:
  - Reviewing the prescribing dispensing regime and moving towards less restrictive medication collection regimes whilst still ensuring safety. Nationally, CGL has reduced footfall by over 200,000 trips to the pharmacy, which has decreased the risk to service users and the burden that was being faced by pharmacies across the country.
  - Implementing finger print drug testing; this has allowed the service to take drug testing to people and reduce the need for people to travel, whilst ensuring social distancing measures are followed.
  - Continued outreach support through the lockdown period; over 700 people have been met and provided with services such as food vouchers, food parcels, naloxone kits and safe storage boxes. This also includes checking on the welfare of people who were at risk of domestic violence and any individuals the service were concerned about.
  - Expanding the online webchat offer which has been utilised by the community and professionals.
  - Launching home-based alcohol detoxes in July and supporting people whilst they complete their detox at home; this has led to over 20 people being alcohol free. Whilst someone is undergoing a home detox, CGL carries out three home visits and calls the person twice a day to check on their welfare. An aftercare plan is also implemented after the detox. Feedback is being received from individuals which can be accessed [online](#).
  - Providing CGL's workforce with upgraded laptops, and smart phones where required. This has allowed an increase in video conferencing and engagement through apps with both young people and adult service users.
  - Delivering online alcohol 'identification & brief advice' training to over 300 professionals and engaging with various agencies such as GP surgeries and Nottinghamshire Fire & Rescue Service.
  - Implementing a postal needle syringe service and a postal blood borne virus screening service.

#### [The Integrated Wellbeing Service: Your Health Your Way \(YHYW\)](#)

8. The Integrated Wellbeing Service went live in April 2020. Although the launch of Your Health, Your Way (YHYW) was disrupted by the outbreak of COVID-19, the service successfully prioritised its initial focus on smoking cessation (smoking puts people at increased risk of contracting respiratory infection and developing more severe symptoms if infected with COVID-19).

9. Since June, YHYW has provided a full remote service including smoking cessation, weight management, physical activity and alcohol reduction support. People can access support via telephone, online and video conference. Plans are in place to start delivery in person, following social distancing guidelines.
10. The service has seen over 1,000 referrals, with smoking cessation being the primary reason for referral. YHYW has been working closely with partner organisations to increase referrals and improve referral pathways. In recent months, YHYW and the Nottinghamshire Local Pharmaceutical Committee have worked together with over 40 Pharmacies to offer aspects of smoking cessation medication to residents.

### World Suicide Prevention Day

11. World Suicide Prevention Day takes place on 10 September. It is an international annual campaign to promote worldwide action to prevent suicides. It is organised by the International Association for Suicide Prevention.
12. The purpose of this day is to raise awareness around the globe that suicide can be prevented. The Nottingham & Nottinghamshire Suicide Prevention Strategy Group are planning a system-wide and co-ordinated social media campaign that will promote the message that suicide is preventable and that each of us can play a part in suicide prevention. A range of short 'Chat Pod' videos will also be produced by local agencies to promote positive and hopeful messages about access to local services and that it is 'Safe to Talk' about suicide and self-harm. This approach aims to supplement the already-established 'Safe to Talk' leaflets.
13. World Suicide Prevention Day forms part of ongoing suicide awareness communications. This includes the development of suicide prevention guidance (see below), work underway to develop a partnership suicide prevention website, and plans to co-produce a suicide awareness campaign for men with people with lived experience.

### Suicide prevention guidance

14. The Nottingham & Nottinghamshire Suicide Prevention Steering Group have produced suicide prevention guidance for frontline employees, volunteer workers and members of the public.
15. This aims to help people supporting others during the COVID-19 pandemic to feel more confident about talking with someone about suicide. The guidance provides details of key sources of support and information that can help them to support their own mental wellbeing.

### Mental Health Support Teams (MHSTs) in schools

16. On 7 January 2019, HM Government published the NHS Long-Term Plan. This reconfirmed the commitments of the 2017 Children & Young People's Mental Health Green Paper which set out proposals to improve mental health support in schools and colleges. Over the next five years, the NHS will fund new Mental Health Support Teams (MHSTs) which will work in schools and colleges. This will be introduced to between one-fifth and a quarter of the country by the end of 2023.
17. The Children's Integrated Commissioning Hub have worked with partners across health, education and social care to successfully bid for, and be awarded with, NHS England & NHS

Improvement transformation monies to deliver MHSTs in each locality throughout the Nottingham & Nottinghamshire Integrated Care System. This will also include Bassetlaw.

18. Coverage in each locality across Nottinghamshire equates to approximately 120 schools and 48,000 pupils having access to MHSTs. This is a significant increase in the mental health workforce.
19. MHSTs will work with and within schools and colleges to provide evidence-based interventions for those with mild to moderate mental health issues. Links will be made with specialist NHS services for children and young people with more severe needs to help them access the right support.
20. MHSTs will build on and increase the support already available, not replace it. This will involve consulting with the school or college and working with the designated mental health leads to ensure delivery fits within the context of an effective whole school approach, and working as part of an integrated referral system with children & young people mental health services.
21. For modelling purposes, NHS England & NHS Improvement have estimated 500 children & young people will receive evidence-based interventions per 8,000 students / pupils per team, per year.
22. For further information, please contact Rachel Clark (Children & Young People's Mental Health Lead) on 0115 993 2747 or email: [rachel.clark@nottscc.gov.uk](mailto:rachel.clark@nottscc.gov.uk)

#### Response to food insecurity in Mansfield

23. Across Mansfield, food insecurity has been recognised as a need to be addressed through the Council's Homelessness Strategy 2018–23. Mansfield District Council has been working with stakeholders across Mansfield's Health Partnership to consider the various ways of tackling food insecurity. It was agreed that health and wellbeing activity will focus initially on the Council's priority neighbourhoods as detailed within the Health & Wellbeing Partnership's approach. This also reflects the approach of the Council's corporate plan ('Mansfield – Towards 2030') which recognises priority neighbourhoods. Consideration will be given to other areas in Mansfield if there is a demonstrable need and should additional funding become available.
24. Mansfield District Council has been examining creative and holistic ways to respond to food insecurity. This includes the development of food clubs, food shares and establishing further links to community gardening. Two food clubs managed by Family Action will be operational by the end of August, and a third will be running during September.
25. In addition to food insecurity, access to healthy food is crucial to tackling obesity. Mansfield District Council is working alongside public health and children's services colleagues in Nottinghamshire County Council in developing a food club as part of the Childhood Obesity Trailblazer program, and they continue to provide support and guidance in the aim to reduce food insecurity across the district.
26. Work is also taking place alongside Feeding Britain to eliminate 'food deserts' and develop access to quality food across Mansfield. Feeding Britain has a vision that no-one in the UK should go hungry and therefore supports areas to develop innovative solutions and projects

that improve emergency food aid, strengthen safety nets for those vulnerable to food poverty, and move beyond a crisis response. They support many different projects that the Council would like to develop across Mansfield, including Citizen Supermarkets, fuel banks and holiday fun clubs.

27. It is hoped the partnerships that have developed during the COVID-19 pandemic will help to enable a whole system approach to reduce food insecurity and meet a growing need within communities.

#### One-to-one fitness assessments at community centres in Gedling

28. During the closure of leisure centres due to COVID-19, the leisure team at Gedling Borough Council ran a number of one-to-one fitness assessments in partnership with Boditrax and A Better Life. These proved to be very popular, with 104 individual assessments completed over three days.
29. It was clear that residents valued the information they received from their assessment. The Boditrax team are keen to do more community engagement as their kiosks tend to be in leisure facilities where people have already made steps to improving their fitness and wellbeing. Community centres proved a good place to carry out the assessments as they are situated in convenient locations and residents seemed comfortable to attend, whereas leisure centres may prove a little intimidating for some.
30. A Better Life also believe this work has been a success as many people subsequently signed-up to their behaviour change approach to improving health.
31. The success of this work suggests there is a need for people to discuss their health outside of the doctors surgery. All partners agreed they wish to run further community engagement events in future.

#### **COVID-19: data and statistics**

##### [Weekly COVID-19 Surveillance Report](#)

32. A Weekly COVID-19 Surveillance Report is now published online every Thursday. This summarises the total number of COVID-19 cases in Nottinghamshire over the duration of the pandemic and includes:
- The number of confirmed COVID-19 cases in the county (including a breakdown by district / borough)
  - The rate of confirmed COVID-19 cases per 100,000 population by district / borough (this allows for comparisons to be made with other areas)
  - The 20 neighbourhoods in the county which have seen the highest number and rate of confirmed COVID-19 cases since February 2020.

## **COVID-19: legislation**

### [Coronavirus: the lockdown laws, House of Commons Library](#)

33. This Commons Library briefing paper describes the law enforcing the UK's coronavirus lockdown. This is a fast-moving area and the paper should be read as correct at the time of publication.

### [Two monthly report on the status on the non-devolved provisions of the Coronavirus Act 2020, Department of Health & Social Care](#)

34. This report, laid in Parliament, outlines the status and changes to the Coronavirus Act 2020 for all provisions, including devolved provisions.

### [Coronavirus: A ban on evictions and help for rough sleepers, House of Commons Library](#)

35. This briefing paper explains the measures HM Government implemented to assist households to retain their homes and enable local authorities to tackle the specific challenges faced by rough sleepers. It also covers subsequent measures taken in light of the courts starting to consider possession claims again from 23 August and to prevent rough sleepers from returning to the streets. The paper is being updated regularly to take account of new developments.

## **COVID-19: planning**

### [Third phase of the NHS response to COVID-19, NHS England & NHS Improvement](#)

36. On 31 July, NHS England & NHS Improvement wrote to NHS organisations to outline the third phase of the response to COVID-19 and the priorities of the NHS from 1 August. The focus of this phase is on restoring and recovering services, and preparing for winter pressure demands.

### [The impact of COVID-19 on community health services, NHS Confederation](#)

37. This report highlights the NHS community sector's response to COVID-19, and the critical contribution they made together with hospitals and other local partners to prevent the service from becoming overwhelmed during the first peak of the pandemic. It also explores the challenges presented by COVID-19 and the support required from HM Government and NHS national bodies to invest in a sustainable level of community service provision.

### [The NHS after COVID-19: the views of provider trust chief executives, NHS Confederation](#)

38. This report is based on interviews with 13 provider trust chief executives in which they discuss the changes they have made to respond to COVID-19, and how best to restart and deliver services. The interviews took place in late May and early June 2020. The cohort identified three key concerns in resetting services following the emergency response to the pandemic. These include staff wellbeing, restarting other NHS services safely, and the long-term impact on health inequalities.



### [Preparing for COVID-19 surges and winter, Academy of Royal Medical Colleges](#)

39. This report has been written to assist organisations in taking the necessary actions to prepare the NHS, patients and staff for a potential further COVID-19 wave and the pressures of winter.

### **COVID-19: support for patients**

#### [Your COVID Recovery: supporting your recovery after COVID-19, NHS England](#)

40. This new NHS website is intended to provide support for patients with long-term COVID-19 symptoms. It includes information from rehabilitation experts and signposts to sources of support.

### **COVID-19: infection prevention**

#### [Staying alert and safe \(social distancing\), Cabinet Office](#)

41. A summary of the latest COVID-19 guidance from HM Government on staying alert and safe.

#### [Encouraging hand hygiene in the community, British Psychological Society](#)

42. The World Health Organization has been promoting hand hygiene globally since at least 2009, but high-income countries have not been a focus for this guidance until COVID-19. This document supplements other hand hygiene and behavioural science guidance, and focuses specifically on psychological considerations and the behavioural science to support effective action.

#### [Is risk compensation threatening public health in the COVID-19 pandemic?, The BMJ](#)

43. Increasing risky behaviour after adopting a protective measure (risk compensation) has been used to argue against public health interventions, such as face coverings. This article argues that evidence does not support concerns that use of face coverings adversely affects hand hygiene.

### **COVID-19: outbreak control / NHS Test & Trace**

#### [Breaking chains of COVID-19 transmission to help people return to more normal lives: developing the NHS Test & Trace service, Department of Health & Social Care](#)

44. This briefing summarises the business plan for the NHS Test & Trace programme, and its aim for the next three to six months to help break chains of COVID-19 transmission and enable people to return towards a more normal way of life.

### **COVID-19: impacts and health inequalities**

#### [Tackling obesity: government strategy, Department of Health & Social Care](#)

45. This publication outlines the actions the Government will take to tackle obesity and help adults and children to live healthier lives.

[Government obesity strategy misses key elements in supporting healthy weight management for all, says Centre for Mental Health](#)

46. This news release argues the Government's obesity strategy risks missing an important opportunity to acknowledge and address the psychological, social and economic stresses and struggles that make it difficult for people to manage a healthy weight.

[Coronavirus Act 2020: equality impact assessment, Department of Health & Social Care](#)

47. This document records the equality analysis undertaken for the Coronavirus Bill to enable ministers to fulfil the requirements placed on them by the Public Sector Equality Duty as set out in section 149 of the Equality Act 2010.

[COVID-19, racism and the roots of health inequality, The King's Fund](#)

48. This podcast investigates how COVID-19 may be repeating patterns of existing health inequalities, and the factors that can disproportionately impact the health of ethnic minority populations.

[Life on hold: Children's well-being and COVID-19, The Children's Society](#)

49. This report considers the impact of COVID-19 and the associated lockdown on young lives. The charity's annual survey of children's wellbeing was completed by just over 2,000 young people and their parents between April and June 2020. It found 18% of children were dissatisfied with their lives overall. That is a significant increase in a figure that has ranged from 10% to 13% over the past five years.

[Emerging evidence of COVID-19's unequal mental health impacts on health and social care staff, The Health Foundation](#)

50. Health and social care workers currently face a multitude of acute mental stressors due to their work and a spotlight has been placed on their wellbeing in the wake of the COVID-19 pandemic. Evidence suggests that health and social care workers have an increased risk of adverse mental health outcomes, including post-traumatic stress disorder and depression. Negative mental health impacts of this pandemic became apparent even in the early stages. 1,000 health care workers surveyed across the UK in April reported that their mental health had deteriorated since the start of the COVID-19 pandemic. The youngest workers (i.e. 18–34 years) were affected most, with 71% reporting a worsening in their mental health.

[Will COVID-19 be a watershed moment for health inequalities?, The Health Foundation](#)

51. This report summarises how measures to control the spread of the virus and save lives now (including the lockdown, social distancing and cancellations to routine care) are exacting a heavier social and economic price on those already experiencing inequality. The consequences of this action, and the economic recession that may follow, risk exacerbating health inequalities now and in years to come.

[The pandemic and the nation's health, The Health Foundation](#)

52. The measures taken to control the spread of COVID-19 have implications for people's health in direct and indirect ways. The impacts are felt by some groups of people more than others, with factors such as age, ethnicity, gender and socio-economic circumstance all contributing



to how people are affected. This report looks at the pandemic in its broadest context, including its socio-economic impacts and associated health inequalities.

#### [COVID-19 and the nation's mental health, Centre for Mental Health](#)

53. Levels of psychological distress and mental ill health are rising internationally in the wake of COVID-19. This second assessment reviews international evidence and explores the impact of COVID-19 on the mental health of children and young people, on the economy, and on those most affected by the pandemic. The first assessment estimated that approximately half a million more people will experience a mental health difficulty over the next year as a result of the pandemic.

#### [The experience of people approaching later life in lockdown: The impact of COVID-19 on 50-70-year-olds in England, Centre for Ageing Better](#)

54. The report explores how people in their fifties and sixties are being affected by the pandemic, with a focus on four key areas: homes, community, health, and work.

#### [Living in poverty was bad for your health before COVID-19, Health Foundation](#)

55. This report examines the link between health and income. It explores the nature of the economic shocks experienced in recent years, including those stemming from COVID-19, and the consequences these might have on people's health.

### **COVID-19: learning**

#### [Technology and innovation for long-term health conditions, The King's Fund](#)

56. This paper, commissioned by the Academic Health Science Network, looks at four digital innovations in health services from the UK. The case studies illustrate the potential of digital technology to transform care, particularly through empowering patients, supporting stronger therapeutic relationships and effective teamworking across professional boundaries, and creating networks and communities to support patients. The paper also calls on health care providers to assess the impact on staff and patients of the rapid transition to online services driven by the COVID-19 pandemic.

#### [Five key insights on COVID-19 and adult social care, The Health Foundation](#)

57. This update includes five key insights from two briefings published by the Health Foundation (i.e. assessing the impact on social care users and staff in England; assessing the policy response in England).

#### [Recovering from COVID-19: the international picture, Nuffield Trust](#)

58. This blog compares how the health systems of other countries might recover from COVID-19, and how the UK compares.

#### [Readying the NHS and social care for the COVID-19 peak, House of Commons Committee of Public Accounts](#)

59. The House of Commons Committee of Public Accounts found there are many lessons the Government must learn, including giving adult social care equal support to the NHS and

considering them as two parts of a single system, adequately funded and with clear accountability arrangements.

[Coronavirus \(COVID-19\): the impact on prisons, House of Commons Justice Committee](#)

60. This report looks at the measures the Ministry of Justice and HM Prison & Probation Service have taken in response to COVID-19, focusing primarily on regime changes and strategies to manage the prison population.

[Coronavirus and the impact on caring, Office for National Statistics](#)

61. This summary finds that people across the UK have been pulling together during the COVID-19 pandemic in ways that are impacting across society but also changing responsibilities. 48% of people in the UK said they provided help or support (e.g. making an extra meal, buying essentials) to someone outside their household in the first month of lockdown in April. Although using a slightly different definition, this is a substantial increase since before the pandemic where just over 1 in 10 (11%) adults reported providing some regular service or help for a sick, disabled, or elderly person not living with them during 2017-18.

**Papers to other local committees**

62. [COVID-19 Update Report](#)  
COVID 19 Resilience, Recovery and Renewal Committee  
16 July 2020
63. [Approach to Resilience and Lessons Learned](#)  
COVID 19 Resilience, Recovery and Renewal Committee  
16 July 2020
64. [Nottinghamshire COVID-19 Economic Recovery Framework](#)  
COVID 19 Resilience, Recovery and Renewal Committee  
16 July 2020

**Integrated Care Systems / Integrated Care Partnerships**

65. [Bulletin](#)  
Bassetlaw Integrated Care Partnership  
February 2020
66. [Board papers](#)  
Nottingham & Nottinghamshire Integrated Care System  
13 August 2020

**Other Options Considered**

67. None

**Reasons for Recommendation**

68. To identify potential opportunities to improve health and wellbeing in Nottinghamshire.

## **Statutory and Policy Implications**

69. 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**

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

## **RECOMMENDATION**

- 1) To consider whether there are any actions required by the Health & Wellbeing Board in relation to the issues raised.

**Councillor Tony Harper**  
**Chairman of the Health & Wellbeing Board**  
**Nottinghamshire County Council**

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

Edward Shaw  
Public Health & Commissioning Manager | Nottinghamshire County Council  
Telephone: 0115 977 4095 | Email: [edward.shaw@nottscc.gov.uk](mailto:edward.shaw@nottscc.gov.uk)

## **Constitutional Comments (EP 13/08/2020)**

71. The Health and Wellbeing Board is the appropriate body to consider the content of the report, if Committee resolve that actions are required it should ensure that such actions are within its terms of reference.

## **Financial Comments (DG 17/08/2020)**

72. There are no direct financial implications within 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