

13 March 2024**Agenda Item: 4**

REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD

CHAIR'S REPORT

Purpose of the Report

1. The report provides an update by the Chair on local and national issues for consideration by Health and Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.

Information

LOCAL

Create Healthy and Sustainable Places

[Investing in communities through Place Based Partnerships](#)

2. In May 2022 Nottinghamshire County Council Cabinet approval was given for the investment of £875,000 Public Health Grant funding to strengthen the ability of the Nottinghamshire Integrated Care System (ICS) Place Based Partnerships (PBPs) to deliver on the Nottinghamshire Joint Health and Wellbeing Strategy (JHWS) ambition to create Healthy and Sustainable Places.
3. Proposals have now been developed and agreed jointly with PBPs to increase the provision of community development worker capacity within the community and voluntary sector and increase support to existing and new community groups, with a focus on identified priority communities. It will provide opportunities for co-production, supporting residents to have a voice and role in shaping health and wellbeing interventions in their communities.
4. The anticipated benefits of the programme for residents include increased community cohesion and social capital, enhanced employability due to increased volunteering and an increased focus on healthy eating, healthy weight, and physical activity. The communities where this programme will be delivered include Manton (Bassetlaw), Coxmoor (Ashfield), Bellamy and Oaktree (Mansfield), Hawtonville (Newark) and will contribute in part to work in four communities in South Nottinghamshire.
5. Public Health have supported each of the PBPs (South Nottinghamshire, Mid Nottinghamshire and Bassetlaw) in developing local proposals which have been reviewed and agreed by Public Health and Place. The PBPs have identified local Community Voluntary Services (CVSs) alongside Citizens Advice in Mid Nottinghamshire, as key delivery partners. This is a

complementary approach to initiatives already being delivered through Nottinghamshire County Council's Communities Team (Early Help and Support).

[Nottinghamshire voluntary groups to share more than £170,000 worth of grants to help benefit communities](#)

6. Dozens of voluntary organisations and community groups are set to receive a share of £170,000 to help residents in most need. Around 200 projects have now benefitted from cost-of-living grants worth a total of £450,000 since the first round of payments in March 2023. As part of Nottinghamshire County Council's Local Communities Fund scheme, two types of cost-of-living grants have been available to eligible groups who are:
 - a. Helping those who are struggling to buy nutritious food to help improve health and well-being and build resilience.
 - b. In need of a contribution towards their own rising energy bills to help keep their welcoming and warm centres and halls open across the county.
7. With the cost-of-living scheme now closed, eligible groups will continue to be able to apply for other grants through the Local Communities Fund. This includes capital grants, which can help towards improvements to facilities that help improve health, wellbeing, and the environment such as improvements to sports facilities, play areas or green spaces. Revenue grants will also be available to help projects with their day-to-day running costs such as paying wages and bills. Both grant schemes are due to be open for applications later this spring.

[Gedling 'Strength in Community' Resilience Fund](#)

8. Gedling Borough Council secured funding from UK Shared Prosperity Fund and the Nottinghamshire County Council Social Recovery Fund to launch the 'Strength In Community' Resilience Fund and Voluntary and Community Sector (VCS) Support and Commissioning Tender.
9. Both were launched in the first week of December 2023, providing resources for the Gedling voluntary sector and wider VCS support organisations to extend their services to vulnerable people and those with protected characteristics under the Equalities Act 2010, and offering a tender opportunity to councils for voluntary services to create a sustainable system model for the provision of support to Gedling voluntary organisations. The VCS grant fund value is £100,000 over two financial years, 23/24 and 24/25.

[Local food and wellbeing hub boosted through successful National Lottery bid in Newark and Sherwood](#)

10. Newark and Sherwood District Council has supported Newark Food and Wellbeing Hub with their successful National Lottery application to introduce a new scheme – Saturday Night Fakeaway Meal Bags.
11. The Hub has received just under £10,000 of National Lottery funding to help expand its services and enable more people to access affordable fresh food at a low cost. The Saturday Night Fakeaway Meal Bags contains fresh ingredients which enables families to cook together whilst following an easy recipe card to create a healthier and tasty alternative to high calorie, often expensive takeaways.

12. The district council worked with the Food Hub to create a variety of nutritious and healthy meal choices that will be easy for families to follow. These will be available once a month for six months and started in January 2024.

[Rural communities in Bassetlaw get more than £500k funding](#)

13. More than half a million pounds of funding is on its way to support rural community groups and businesses in Bassetlaw after they bid for funding to help improve facilities for residents and support enterprise. Bassetlaw District Council is administering the authority's allocation of the Government's Rural England Prosperity Fund, worth almost £714,000, over the next two financial years.

14. The funding is a rural top-up to the United Kingdom Shared Prosperity Fund (UKSPF) and first round funding is being distributed to a total of 18 community groups and businesses. Among the already successful recipients, Tuxford Town Council will be creating a new outdoor exercise gym, youth shelter, and BMX track with their grant of £49,271.

[Rushcliffe Big Green Book](#)

15. The Rushcliffe Big Green Book Winter Edition supports connecting people to nature-based activities and green groups, projects and schemes in their local community to support with health and wellbeing. Physical copies of the book are accessible in local GP surgeries and libraries.

16. The Big Green Book which is a part of the GreenSpace Green Social Prescribing Project, is working in collaboration with the Rushcliffe Dementia Friendly project to encourage providers to obtain the 'Dementia Friendly' badge to enable local communities to be more inclusive. The latest version can be accessed here: [The Rushcliffe Big Green Book | RushcliffeHealth](#)

[Ashfield Walking Grants](#)

17. Ashfield District Council has recently released a grant for groups and organisations across the district to create or develop walking as part of their offer. These funds can be spent on things such as set up costs, paying for transport to explore different walks, purchasing equipment, printing maps/guides, or creating trails for children and families within the district. Groups can apply for up to £1000. More information is available on the Ashfield District Council website: <https://www.ashfield.gov.uk/walking-in-ashfield-grant/>

Access Right Support to Improve Health

[Bassetlaw Cancer Alliance](#)

18. Representatives from the Bassetlaw Cancer Alliance have planned the delivery of five cancer awareness events at various locations around Bassetlaw throughout January and February. The events are focused mainly in Worksop as the data shows that Cheapside and Worksop North are among the areas of highest late-stage cancer presentation in the district. Data from these events will be collated and analysed to evaluate population reach and effectiveness in relation to screening uptake.

19. A Bassetlaw Cancer Awareness Information Hub webpage has also been developed in partnership with Aurora Wellbeing Services: [Cancer Awareness Information - Aurora \(aurorawellbeing.org.uk\)](http://CancerAwarenessInformation-Aurora.aurorawellbeing.org.uk). The webpage provides information and resources on signs and symptoms, different types of cancer, when to seek healthcare professional advice, the importance of early diagnosis and information on local support following a cancer diagnosis.
20. The Alliance has also launched a new cancer screening and symptoms campaign, aligned to Cervical Cancer Prevention Week (23 - 29 January 2024) and a wider cancer local communications plan, raising awareness of the signs and symptoms of breast, prostate, bowel, and cervical cancer, leading to an increase in early diagnoses.
21. The innovative campaign aims to empower individuals to be proactive about their health using "phone screen vs cancer screen - only ONE may save your life" and "check your body as much as you check your phone" messaging. The co-produced campaign brings together and is supported by community organisations, healthcare providers and local authorities to address the importance of early detection and timely medical intervention.

Mental health introductory film

22. The Nottinghamshire County Council Public Health Team have commissioned a provider to develop a mental health awareness introductory film to support the mental health literacy of the population, reduce stigma and help individuals access the right support at the right time. The film will be free and accessible to Nottingham and Nottinghamshire residents, professionals, and workplaces and will consist of five animated shorts of up to 2 minutes each, which will cover the following topics:
- What is mental health
 - Looking after your own mental wellbeing
 - Spotting the signs
 - Signposting
 - Having a conversation about mental health
23. This will support the promotion of good mental health and wellbeing for all ages, a priority within the Nottinghamshire Joint Health and Wellbeing Strategy. The film is anticipated to be completed in February and will be hosted on the [mental health and wellbeing page](#) on the Nottinghamshire County Council website. Please direct questions or queries to: suicide.prevention@nottscc.gov.uk

Give every child the best chance of maximising their potential

[Safer sleep for babies](#)

24. Following safer sleep advice is an important way to reduce the risk of sudden infant death syndrome (SIDS) and the tragedy it brings. Sadly, on average 6 babies die every year in Nottingham and Nottinghamshire where unsafe sleep arrangements are a factor.
25. The safer sleep multi agency steering group, a subgroup of the Nottinghamshire Best Start Partnership, works collaboratively to support all practitioners engaged with parents-to-be, parents of young babies and their families to understand and confidently promote safer sleeping

information and advice. The aim is to promote safer sleep advice and information as 'everyone's business'. A parent volunteer is a member of the group and more parents with an interest in supporting this agenda are currently being recruited.

26. An updated safer sleep risk assessment toolkit has been developed by the group and includes useful information and resources, as well as a 'safer sleep plan of care' to aid discussion with parents and a checklist for parents who may find themselves sharing a bed with their baby, whether they plan to or not. A key emphasis in the toolkit is the importance of open conversations with parents and families, through which they can discuss their individual circumstances and any worries/queries without fear of judgment.
27. A communications plan has been developed to share the toolkit widely with partners, with targeted messages to services such as housing support colleagues, supporting families at times of change in their lives and when they are out of routine. The 'safer sleep plan of care' and the checklist for parents will also be included in the 2024 updated version of the 'red book', the personal child health record provided to all new parents.
28. The [Healthy Family Teams](#) are developing a new training programme to ensure all practitioners working with families are aware of the resources and the most up to date guidance supporting safer sleep. In 2023, 231 practitioners from across health and social care, district and borough councils and voluntary and charitable organisations attended SIDS and safer sleep multi agency online training or completed a safer sleep e-learning package.
29. Each year, the safer sleep group promotes a survey to find out what parents understand around safer sleep messaging and their views on it. The survey is promoted in line with [safer sleep week](#), which this year is 11 - 17 March. Parents have been invited to help review and promote the survey, with over 40 parents volunteering to be involved.
30. The Lullaby Trust is the trusted source for safer sleep information and advice. For any further information on the work of the safer sleep multi agency steering group contact Kate Whittaker: kate.whittaker@nottsc.gov.uk

Breastfeeding in Mid Nottinghamshire

31. Partnership work continues to support an increase in rates of breastfeeding at six to eight weeks after birth across Mid Nottinghamshire. Both Nottinghamshire Healthcare NHS Foundation Trust's Healthy Families Team and Nottinghamshire County Council's Childrens Centre Service have achieved accreditation with UNICEF Baby Friendly at Gold Standard. Sherwood Forest Hospitals NHS Foundation Trust are working towards accreditation. As of quarter two 2023/24, all three districts in Mid Nottinghamshire achieved 100% in breastfeeding status recorded at six to eight weeks (the national standard target is 95%).
32. Work continues in support of the initiative with a steering group led by Nottinghamshire County Council's Public Health team regularly meeting to progress and improve the scheme. All three district councils have identified Breastfeeding Friendly Leads. Dedicated Infant Feeding Coordinators are in post within the Healthy Families Team and accreditation visits are undertaken by Nottinghamshire County Council's Childrens Centre Service volunteers and champions.

33. As of December 2023, Ashfield has 46 accredited venues, Mansfield 27 and Newark and Sherwood 52. For further information please contact Diane Tinklin: diane.tinklin@nottscg.gov.uk

Healthy Pregnancies

34. A pilot incentive scheme to encourage pregnant people to set a quit-smoking date funded by the Local Maternity and Neonatal System (LMNS) and evaluated by Nottingham Trent University has been published in the [European Journal of Marketing](#). This is a joint publication for Nottingham Trent University, Sherwood Forest Hospitals NHS Foundation Trust and Dr Stephen Wormall, Clinical Lead for Health Inequalities, Mid Nottinghamshire PBP.
35. Through the financial incentive scheme participants (n=43) set a quit date more quickly following engagement with the in-house Phoenix Team than those who accessed the service outside the time the incentive scheme was available. The sooner tobacco is ceased in pregnancy, the sooner perinatal risk reduces. 83% (n=35) of pregnant people achieved a smokefree birth and 65% of participants also chose to breast/chest feed their babies, suggesting one behaviour change may lead to another.
36. Low risk participants who stopped smoking in the first trimester reduced their risk of preterm birth, antenatal admission to hospital for concerns regarding their baby's movements and low birth weight baby to the same as someone who had never smoked. Thus, improving infant health indicators.
37. Semi structured interviews (n=13) revealed most families had expressed a sense of achievement and empowerment, leading to the accomplishment of other health, economic and social ambitions, including more time spent with their family. The impact of the scheme was underestimated ranging from overcoming stigmatisation, judgement and guilt, feelings of empowerment, self-confidence, and self-efficacy, as well as health and financial benefits.
38. The Phoenix Team have had a successful business case accepted for funding from April 2024 by Sherwood Forest Hospitals NHS Foundation Trust, ensuring continuation of the Tobacco Dependence Treatment Service within the Maternity Service.
39. Smoking at time of delivery continues to drop at Sherwood Forest Hospitals NHS Foundation Trust with a year-to-date figure of 12.4%. The national target is 6% but this is challenging to achieve locally due to the complexities of the families who continue to smoke during pregnancy.
40. For further information please contact Diane Tinklin: diane.tinklin@nottscg.gov.uk

THRIVE Framework

41. The Nottingham and Nottinghamshire Children and Young People's Mental Health Strategic Partnership have committed to taking a system approach to align service planning and delivery and to embed the THRIVE Framework for system change.
42. The THRIVE Framework conceptualises the mental health and wellbeing needs of children, young people, and families in to five different needs-based groupings: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. Embedding this framework locally will ensure evidence-based support and provision is developed that responds

to children and young people's needs. A description of the THRIVE framework can be accessed here: [THRIVE-Framework-for-system-change-2019.pdf \(implementingthrive.org\)](#)

43. In March 2023, the Children and Young People's Mental Health Strategic Partnership, which consists of representatives across health, care, education, voluntary and community sector, elected members and MH:2K Citizen Researchers joined together to review current practice against the THRIVE self-assessment tool. From this analysis a [delivery plan](#) (page 58) was created to assist in the development of an end-to-end needs led pathway for children and young people's mental health.
44. Successful implementation of the THRIVE Framework and the delivery plan requires all partners from across the system to continue to work together to improve children and young people's mental health and well-being. To assist in this work, expertise has been secured from the National I THRIVE team and several partnerships sessions will take place from January to April 2024. These are focussing on understanding the THRIVE model and how it can be applied in Nottinghamshire, learning from other areas who have successfully implemented THRIVE, leadership and quality improvement.
45. For further information about THRIVE please contact Rachel Clark: Rachel.clark@nottsc.gov.uk

Family Hubs

46. The Countywide Family Hubs consultation has resulted in over 700 responses with 83% of respondents supportive of Family Hub developments. Co-production activities are ongoing in all design site areas with plans to secure support for full roll out in 2024/25. This will be discussed at Nottinghamshire County Council Cabinet meeting in March 2024. For further information, please contact Diane Tinklin: diane.tinklin@nottsc.gov.uk

Keep our Communities Safe & Healthy

Suicide prevention listening projects

47. Nottinghamshire County Council on behalf of the Suicide Prevention Strategic Steering Group (SPSSG) has commissioned Opinion Research Services to conduct a listening project to understand more about the needs of high-risk groups. It is anticipated that findings will help to shape actions in the forthcoming suicide prevention strategy, contributing to targeted communication campaigns, helping to shape the stakeholder network further as well as shaping criteria for suicide prevention small grants planned from April 2024.
48. The themes of the listening project are:
- Young people and young adults who are at risk of self-harm
 - Autistic people
 - Males
 - People who are financially vulnerable, including unemployment and gambling
 - People who are bereaved by suicide.

49. People with lived experience as well as practitioners who work with these groups will be invited to participate. Please direct any questions or queries to: suicide.prevention@nottscc.gov.uk

Wave 4 suicide prevention programme evaluation

50. Nottinghamshire County Council on behalf of the Suicide Prevention Strategic Steering Group (SPSSG) are in the process of commissioning a provider to undertake an evaluation of the Wave 4 suicide prevention programme concentrating on the activities relating to prevention support to higher risk groups, training and communications.

51. The evaluation will provide an overall picture of the work undertaken as part of the Wave 4 suicide prevention funding, as well as exploring what was effective, what did not work so well and to make recommendations for sustaining activities post Wave 4 funding (after October 2024) and contributing to activities agreed as part of the forthcoming suicide prevention strategy.

52. The evaluation will take place between March and July 2024. Findings will contribute to any final reports to NHS England as well as being shared with the wider Midlands and national suicide prevention networks as part of sharing good practice. Please direct questions or queries to: suicide.prevention@nottscc.gov.uk

Let's Live Well in Rushcliffe: Winter Wellbeing Challenge 2024

53. The Winter Wellbeing Challenge encourages those who may be feeling down or isolated during the colder months to get up and go outside to boost their wellbeing by engaging in a variety of activities delivered by local organisations and voluntary groups. Participants can collect a sticker on completion of each of the nine activities to win a prize. To find out more information, please visit: [Winter Wellbeing Challenge | RushcliffeHealth](#)

Domestic Abuse Survivors showcase art and poetry in Broxtowe

54. A new exhibition of poetry and art created by survivors of domestic abuse has opened at the D.H. Lawrence Birthplace Museum in Eastwood. The exhibition is the result of creative sessions funded through Broxtowe Borough Councils UK Shared Prosperity Funding, which included poetry workshops held as part of White Ribbon's Wellbeing Service with women. The workshops focused on writing poetry as a path towards ownership, discovery and transformation.

55. The exhibition is open until 6 April 2024 and more information can be found at: <https://www.broxtowe.gov.uk/for-you/dh-lawrence-birthplace-museum/> or by visiting the [Broxtowe Women's Project website](#).

NATIONAL

Smoking

Smoking cessation

56. This March, the Department of Health and Social Care (DHSC) will launch a campaign to emphasise the health harms of smoking and encourage the 5.3 million smokers in England to make a quit attempt.

57. The campaign will highlight that two in three smokers die of a smoking related disease alongside the harms of generational smoking. The messaging will highlight that quitting smoking is the best thing you can do for your health at any age and will prevent future generations taking up smoking.

58. The campaign will comprise radio advertising going live from 4 March 2024 and TV advertising from 11 March 2024, featuring case studies with people talking about the impact of smoking on their health. This will run until the end of March and will be upweighted around Wednesday 13 March, which marks the 40th anniversary of No Smoking Day. Information around support to quit smoking can be accessed here: [Quit Smoking - Your Health Nottinghamshire \(yourhealthnotts.co.uk\)](https://yourhealthnotts.co.uk)

Mental health

[The Burnout Report](#)

59. This report published by Mental Health UK, is a new benchmark study conducted annually exploring the experience and prevalence of high or extreme pressure and stress in our daily lives, and the factors that contribute towards or alleviate the risk of burnout.

[Reaching out improving the physical health of people with severe mental illness](#)

60. People with severe mental illness face a 15-to-20-year shorter life expectancy than the general population. This is largely due to physical illnesses that could be prevented or treated. One of the ways to tackle this inequality is by ensuring that everyone with severe mental illness is supported to access to an annual physical health (PHSMI) check.

61. This report published by the Centre for Mental Health with Equally Well UK, commissioned by NHS England, explores how new investment has been used around the country to improve outreach services and increase the uptake of the PHSMI check.

Every child maximising their potential

[Health of the next generation: good food for children](#)

62. The Faculty of Public Health has led a collaboration of health organisations and charities in publishing this report. It calls on the Government to protect the health and productivity of the next generation by expanding access to the Free School Meal programme, the National School Breakfast programme and the Healthy Start voucher scheme.

Health inequalities

[Health inequalities, lives cut short](#)

63. This report published by the Institute for Health Equity (IHE) outlines that a million people in 90% of areas in England lived shorter lives than they should between 2011 and the start of the pandemic. Using several published Office of National Statistics (ONS) data sources, the IHE made these calculations from the number of excess deaths (the increase in the number of deaths beyond what would be expected) in the decade from 2011 in England.

Papers to other local committees

64. [Nottinghamshire Mental Health Support Teams in schools](#)
Health Scrutiny Committee
20 February 2024
65. [Partnership progress in improving the experiences and outcomes for Children and Young People with Special Educational Needs and Disabilities \(update\)](#)
Children and Families Select Committee
05 February 2024
66. [The Early Years and Childcare Sector in Nottinghamshire](#)
Children and Families Select Committee
05 February 2024

Nottinghamshire Police and Crime Commissioner

67. [Newsletter](#)
February 2024

Other Options Considered

68. There was the option to not provide the Chair's Report, however this option was discounted as the Chair's Report provides important updates relating to the delivery of the Joint Health and Wellbeing Strategy for Nottinghamshire.

Reason for Recommendations

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

Statutory and Policy Implications

70. 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

71. There are no direct financial implications arising from this report.

RECOMMENDATIONS

The Health and Wellbeing Board is asked:

- 1) To consider the Chair's Report and its implications for the Joint Health and Wellbeing Strategy 2022 – 2026.

- 2) To establish any actions required by the Health and Wellbeing Board in relation to the various issues outlined in the Chair's Report.

Councillor Dr John Doddy
Chairman of the Health & Wellbeing Board
Nottinghamshire County Council

For any enquiries about this report please contact:

Lizzie Winter
Public Health & Commissioning Manager
T: 0115 9774700
E: elizabeth.winter@nottscc.gov.uk

Constitutional Comments (SF 19/02/24)

72. The Health and Wellbeing Board is the appropriate body to consider the content of this report.

Financial Comments (DG 19/02/24)

73. There are no direct financial implications arising 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