

Health and Wellbeing Board

Wednesday, 22 May 2024 at 14:00

County Hall, West Bridgford, Nottingham, NG2 7QP

AGENDA

2	Appointment of Chairman To note the appointment of the Chairman of the Nottinghamshire Health and Wellbeing Board as agreed by Full Council on 16 May 2024 Election of Vice-Chairman	
	Minutes of the Last Meeting 17 April 2024	3 - 10
4	Apologies for Absence	
5	Declarations of Interests by Members and Officers:- (see note below)	
6	Chair's Report	11 - 22
7	Update on Ambition 3 - Everyone can access the right support to improve their health	23 - 34
8	Nottinghamshire Health and Wellbeing Board Review Update	35 - 40
9	Work Programme	41 - 48

<u>Notes</u>

- (1) Councillors are advised to contact their Research Officer for details of any Group Meetings which are planned for this meeting.
- (2) Members of the public wishing to inspect "Background Papers" referred to in the reports on the agenda or Schedule 12A of the Local Government Act should contact:-

Customer Services Centre 0300 500 80 80

- (3) Persons making a declaration of interest should have regard to the Code of Conduct and the Council's Procedure Rules. Those declaring must indicate the nature of their interest and the reasons for the declaration.
 - Councillors or Officers requiring clarification on whether to make a declaration of interest are invited to contact James Lavender (Tel. 0115 854 6408) or a colleague in Democratic Services prior to the meeting.
- (4) Councillors are reminded that Committee and Sub-Committee papers, with the exception of those which contain Exempt or Confidential Information, may be recycled.
- (5) This agenda and its associated reports are available to view online via an online calendar http://www.nottinghamshire.gov.uk/dms/Meetings.aspx



minutes

Meeting: Nottinghamshire Health and Wellbeing Board

Date: Wednesday 17 April 2024 (commencing at 2:00pm)

Membership:

Persons absent are marked with an 'Ap' (apologies given) or 'Ab' (where apologies had not been sent). Substitute members are marked with a 'S.'

Nottinghamshire County Councillors

John Doddy (Chair)

Ap Sinead Anderson

S Scott Carlton

Penny Gowland Tom Smith

John Wilmott

District and Borough Councillors

S David Walters - Ashfield District Council
Lynne Schuller - Bassetlaw District Council
Colin Tideswell - Broxtowe Borough Council
Ap Henry Wheeler - Gedling Borough Council
Angie Jackson - Mansfield District Council

Caroline Ellis - Mansfield District Council (Non-Voting)
Susan Crosby - Newark and Sherwood District Council

Jonathan Wheeler - Rushcliffe Borough Council

Nottinghamshire County Council Officers

S Katy Ball - Service Director, Strategic Commissioning, and

Integration

Colin Pettigrew - Corporate Director – Children and Families

S Catherine Pritchard - Consultant in Public Health

Ap Vivienne Robbins - Acting Director of Public Health

Ap Melanie Williams Corporate Director – Adult Social Care and Health

NHS Partners

Dr Thilan - Mid-Nottinghamshire Place-Based Partnership

Bartholomeuz (Vice Chair)

Ap Dave Briggs - NHS Nottingham and Nottinghamshire Integrated

Care Board

Ap Fiona Callaghan - South Nottinghamshire Place-Based Partnership

Ap Lee Eddell - Bassetlaw Place-Based Partnership

S Dr Janine Elson - NHS Nottingham and Nottinghamshire Integrated

Care Board

Ab Dr Eric Kelly - Bassetlaw Place-Based Partnership

Helen Smith - South Nottinghamshire Place-Based Partnership

Other Partners

Ap Sarah Collis - Healthwatch Nottingham and Nottinghamshire

Prof. Daniel King - Chair, Nottingham and Nottinghamshire Voluntary,

Community and Social Enterprise Alliance

Substitute Members

Katy Ball - Service Director, Strategic Commissioning, and

Integration

Councillor Scott Carlton - Nottinghamshire County Council

Dr Janine Elson - NHS Nottingham and Nottinghamshire Integrated

Care Board

Catherine Pritchard - Consultant in Public Health

Officers and colleagues in attendance:

Anna Oliver - Commissioning Manager - Ageing Well

Dr Joanna Cooper - Assistant Director of Strategy, Nottingham and

Nottinghamshire ICB

James Lavender - Democratic Services Officer

Elizabeth Winter - Public Health & Commissioning Manager

The Chair noted to those in attendance to speak into the Microphones for those people in attendance who have difficulty hearing.

1. MINUTES OF THE LAST MEETING

The minutes of the last meeting held on 13 March 2024, having been circulated to all Members, were, subject to the following amendments, confirmed as a true record.

2. APOLOGIES FOR ABSENCE

Councillor Sinead Anderson
Dave Briggs
Fiona Callaghan
Sarah Collis
Lee Eddell
Vivienne Robbins
Councillor Henry Wheeler
Melanie Williams

3. DECLARATIONS OF INTERESTS

There were no declarations of interest.

4. CHAIR'S REPORT

The Chair presented a report on the current local and national health and wellbeing issues and their implications for the Joint Health and Wellbeing Strategy. The Chair highlighted:

- The Government's plans for creating a smoking-free generation continued as they confirmed an additional £70m million investment in England for local authority-led stop smoking services and support. Nottinghamshire County Council (NCC) will receive £1,039,463 of that funding. The second reading of the Tobacco and Vaping Bill was passed by the House of Commons. The proposed law would make it illegal to sell tobacco products to anyone born after 1 January 2009. The Chair noted that the 50% of the causes of the differing levels of life expectancy between Rushcliffe and Ashfield/Mansfield was due to the higher numbers of smokers in Ashfield and Mansfield compared with Rushcliffe.
- Leicester City Council became the latest local authority to request the Government fluoridate their local water supply.
- The rate of measles cases had increased in the Midlands. Coverage of the Measles, Mumps and Rubella (MMR) vaccinations had fallen since the Covid-19 Pandemic. 95% vaccination coverage was needed for herd immunity for Measles.
- A hypertension case finding project was undertaken in Mid Nottinghamshire to identify people with high blood pressure, which if undiagnosed, can increase the risk of strokes and heart attacks.

The Chair and Members of the Board stated that more needed to be done by Councillors, the County Council's Public Health Team, the NHS Nottingham and Nottinghamshire Integrated Care Board (ICB), and other public health partners to tackle vaccine misinformation on social media and to identify and promote vaccination amongst people and areas of Nottinghamshire with a low uptake.

Members of the Board noted that evaluation processes were embedded into any commissioned public health service.

Members of the Board requested that the services offered by Your Health Notts in Mid Nottinghamshire be more widely communicated.

RESOLVED (2024/013)

1) That the Chair's Report and its implications for the Joint Health and Wellbeing Strategy 2022 – 2026, be noted.

5. <u>APPROVAL OF JOINT STRATEGIC NEEDS ASSESSMENT (JSNA) CHAPTER:</u> CARERS

Anna Oliver, Commissioning Manager for Ageing Well, delivered the report and presentation on the refreshed Joint Strategic Needs Assessment (JSNA) chapter regarding Carers, which provided an overview of national carers research and proven ways of working which had positive impacts for carers, and outlined recommendations for action locally. The following points were raised:

- The voluntary care given by carers has saved the NHS £196 billion in costs.
- The JSNA Chapter on Carers was last updated in 2014. The 2024 refresh has
 considered significant changes in the past ten years, such as the ongoing
 impact of the Covid-19 pandemic and the cost-of-living crisis. New census data
 has also informed the work. The refreshed chapter also considered a wider age
 range for carers, specifically including children and young people in its findings.
- There were five million unpaid carers nationally, with 82,175 carers in Nottinghamshire alone. Of these, 1126 were aged 16 and under. 2021 census data showed that Ashfield and Mansfield were ranked as the second and third highest in England in terms of unpaid carers aged 5 and over. The percentage of the population in Nottinghamshire who provide caring tasks (10.0%) was higher than the national average (8.3%). 95.5% of unpaid carers in Nottinghamshire identified themselves as white. The census data showed a drop in the number of carers in the past ten years; however this was believed to be due to people not identifying themselves as carers. For example, a person providing food shopping for their neighbour who was elderly or in ill-health would be classed as an unpaid carer, even if they did not identify themselves as a carer.
- The Council were looking to expand their offer of support to working age carers and parent carers.
- Carers identified the importance of short breaks, but sometimes cannot use the time for those breaks due to the cost of living.
- The definition of a carer, young carer, and parent carer were outlined in the presentation.
- Recommendations for improving experiences of carers included the following:
 - Respite Providing a range of options for carers to take short breaks, focussing particularly on when and how long they need them.
 - Assessments Ensuring carers needs were assessed as part of the whole family assessments.
 - Technology Using technology to assist with their caring responsibilities where appropriate, such as digital medication reminders.

- Information Ensuring that carers can easily access the information they need, how they need it and when they need it.
- Planning for change Supporting carers to plan for emergencies and when their caring role might change or end.
- Identification Identifying carers as early as possible to prevent crisis.
- Young carers Work was being undertaken with schools to identify which pupils were providing voluntary care and making sure that they received the same educational and recreational opportunities as their friends and peers.
- Parents carers A parent carer support offer was under development.
- Inclusion Making sure that all carers could access support, including those from ethnic minority backgrounds, those who do not have English as a first language (including British Sign Language), and those experiencing Severe Multiple Disadvantage.
- Members were asked to consider the role of the Health and Wellbeing Board and people/organisations they work with in identifying and supporting carers.

Members of the Board noted that public health colleagues and councillors holding regular meetings with carers was a key means of identifying their needs and providing feedback to the Council. The Board also highlighted the importance of providing educational and employment opportunities to young carers who would otherwise find it difficult to manage those opportunities with the need to care for their family. Carers impacted by severe multiple disadvantages also required further support.

Members noted that many carers did not access financial support as much of it was means tested. In some cases, if they did receive financial support, it would take them over the tax threshold and thus make them financially worse off. Members also proposed a specific action to review commissioned services to ensure that carers were explicitly mentioned in service contracts. They also noted that since October 2023, commissioned services have provided excellent support for unpaid carers.

The Board Member representing Newark and Sherwood raised a number of challenges facing carer support within Newark, to which the Commissioning Manager for Ageing Well would investigate further.

RESOLVED (2024/014)

1) That the Joint Strategic Needs Assessment chapter on Carers, be approved.

6. <u>NOTTINGHAM AND NOTTINGHAMSHIRE NHS JOINT FORWARD PLAN – 2024/25 REFRESH</u>

Dr Joanna Cooper, Assistant Director for Strategy for the Nottingham and Nottinghamshire Integrated Care Board, presented a report which updated the Board on the progress of the refresh of the Nottingham and Nottinghamshire NHS Joint Forward Plan. Members were asked to approve the Statement of Opinion, which would be appended to the plan which would be presented for approval at the ICB Board on 9 May 2024. The following points were raised:

- The Integrated Care Partnership (ICP) met on 22 March 2024 and approved the Integrated Care Strategy (ICS) for 2024/25 which will be published soon.
- The Joint Forward Plan was the delivery plan for NHS partners on how to deliver the ICS and sat alongside the Joint Health and Wellbeing Strategies for Nottingham City and Nottinghamshire.
- The feedback provided by the Health and Wellbeing Board on the Joint Forward Plan was that it positively reflected the Integrated Care Strategy. Seventy-five written responses and conversations were received and undertaken across the local system in relation to the refresh. 118 responses were received from a survey aimed at local people on the Joint Forward Plan.
- Publication of the refreshed Joint Forward Plan was delayed due to amended timescales in the updated guidance from NHS England. The final document was due to be considered by the ICP on 9 May 2024.
- The next steps were to embed the principles, aims and ambitions of the ICS and the Joint Forward Plan into actions implemented by the Joint Forward Plan Delivery Group and Joint Health and Wellbeing Strategies Delivery Groups. Further actions on how public health colleagues would report on the impacts of strategies and programmes resulting from these documents would be examined in further detail.

Members of the Board noted that the proposals for reporting on delivery of the Joint Forward Plan would involve two annual reports to the ICB. The final version of the Joint Forward Plan would be shared with Members of the Board.

RESOLVED (2024/15)

- 1) That the report be noted.
- 2) That the Board's statement of opinion for the Nottingham and Nottinghamshire NHS Joint Forward Plan be approved.

7. WORK PROGRAMME

The Chair presented the Work Programme.

RESOLVED (2024/016)

- 1) That the Nottinghamshire Health and Wellbeing Board Work Programme be noted.
- 2) That Board members make any further suggestions for items for inclusion on the work programme for consideration by the Chair and Vice-Chair, in consultation with the relevant officers and partners.

There being no further business, the Chair closed the meeting at 2:56pm.

CHAIR:



Report to the Health and Wellbeing Board

22 May 2024

Agenda Item: 6

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

Access Right Support to Improve Health

Integrated Sexual Health Services

- 2. Nottinghamshire County Council and Nottingham City Council have jointly awarded the contract for the delivery of Integrated Sexual Health Services across Nottingham and Nottinghamshire to Nottingham University Hospitals' Trust (NUH), in a consortium with Sherwood Forest Hospitals' Trust (SFHT) and Preventx, an online testing provider.
- 3. The new service is designed to provide one single provision across the City and County, with a single brand and route of access (compared to the current three services). This will maximise the use of digital tools and health outreach teams to improve health inequalities for some of the area's most vulnerable residents. The new service will commence on 01 October 2024.

New Nottinghamshire Vape-free Schools Resource Pack

- 4. Working closely with the Schools Health Hub, the Nottinghamshire County Council Public Health Team has produced a resource pack to support schools in responding to vaping by young people in and around their settings. The online resource brings together a range of materials and policy documents into one location, which schools can look to for authoritative and accurate advice.
- 5. Linking closely to national guidance and evidence-based good practice, the resource pack includes:
 - Factual information about vaping, including what we know about the local situation in Nottinghamshire

- Advice on whole school approaches, with a vape-free school policy template that schools can adapt for their own setting
- Guidance on managing vaping incidents, and a checklist for schools to work through when handling individual situations
- Resources for teachers, such as notes for school staff on having healthy conversations
 with young people on vaping, and signposting to relevant teaching resources for all
 phases of education, all of which are quality-assured and evidence-based
- Weblinks, posters and leaflets for sharing with parents and carers, and for children and young people
- Contextual information including a suggested route for finding out more about vaping in the specific setting, and the national policy context.
- A note about potential association of vaping with risk of child exploitation, with signposting to the Tackling Emerging Threats to Children Team for further advice.
- An optional form within the pack enables users to give feedback and make suggestions for improvements.
- 6. The resource will be promoted directly to schools and through relevant networks, but Health and Wellbeing Board members are invited to share the link with educational settings they have contact with.

Fraud Protect and Prevent Handbook

- 7. In the year ending September 2023, 1 in 17 adults in England and Wales were victims of fraud, which as well as causing financial strain can have a profound impact on a person's health and wellbeing. A recent survey, carried out as part of the government Stop! Think Fraud campaign, found that three in five (60%) victims of fraud struggle with their mental health in the aftermath of the crime and that over half (55%) of people whose mental health was affected said they experienced anxiety. Some of those affected also reported dealing with depression (48%), or low self-confidence and self-esteem (51%).
- 8. At its April 2024 meeting, the Safer Nottinghamshire Board (SNB) heard an update on the work being undertaken within the Fraud priority of the Community Safety Agreement (2023-2025). The update to the SNB outlined the progress and impact of work within the priority, which has been identified as a growing area of risk. The work is being driven forward by the Nottinghamshire Fraud Partnership and the SNB Fraud Action Planning Group through a shared delivery plan.
- 9. The shared Nottinghamshire Fraud Partnership Delivery Plan (2023-2025) has four strands:
 - Preventing fraud and protecting vulnerable people (improving public awareness and increasing shared knowledge of the steps that can be taken for individuals and businesses to protect themselves from fraud)
 - Responding; pursuing fraudsters (improving partnership working in response to fraud)
 - Supporting (to help remove the stigma and embarrassment associated with becoming a victim of fraud)

- **Collaborating** (to understand the unique contribution each organisation can make in tackling and responding to fraud)
- 10. Within the preventing fraud and protecting vulnerable people strand, the 'Fraud Protect and Prevent Handbook' has been developed. In recognition of the serious impact fraud can have on health and wellbeing, Board members are encouraged to use the information within this resource to support their local communities and to share the booklet through their networks. An online version of the booklet can be found here: Fraud Toolkit (fliphtml5.com)
- 11. For further information, please contact Dave Banks: dbanks@rushcliffe.gov.uk

Aurora Conference

- 12. In March 2024, Bassetlaw District Council and Bassetlaw Place Based Partnership attended the Aurora Conference, set up to provide an insight into the new innovative work being undertaken to help people with long term illnesses and cancer diagnoses.
- 13. Aurora focusses on supporting those affected by cancer and long-term illnesses by providing counselling, exercise and holistic treatments. This event aligns with Bassetlaw District Council's healthy district priority. The interesting and informative day showed how arts, creativity and heritage could be embedded into health and wellbeing practices and could support people struggling with long term diagnosis.

<u>Social Prescribing Creative Space – Ashfield Community Hub</u>

- 14. As part of a joint project between NHS Property Services and Nottingham and Nottinghamshire Integrated Care Board (ICB), the transformation of vacant space at Ashfield Health and Wellbeing Centre is now well underway. The Social Prescribing "Creative Space" Hub is utilising an area of vacant space for the ICB to share with communities. Capital funding, provided by NHS Property Services, is being used to convert the space into a vibrant and welcoming hub for social prescribing, local community groups and voluntary sector organisations.
- 15. The aim of the "Ashfield Community Hub" is to provide an inclusive and versatile hub for the purposes of developing skills, improving health and wellbeing, increasing social interactions, and tackling health inequalities within the local population. The space is designed to be flexible and multi-purpose and could be used for:
 - Group sessions and classes.
 - 1-2-1 sessions.
 - IT and skills lessons.
 - Arts and creative sessions.
 - Therapy, wellness, and meditation sessions.
 - Educational sessions covering topics such as diet and nutrition, chronic obstructive pulmonary disease (COPD) and diabetes prevention.
 - Community larder events.
 - Mental Health workshops.

- Learning disability and disability support groups.
- 16. The intended outcomes of the Ashfield Community Hub are to:
 - Address local health and social needs.
 - Support delivery of services to address health inequalities.
 - Improve access to floor space for Social Prescribing Link Workers and other Additional Roles Reimbursement Scheme (ARRS) roles, community, district council and other support-based services.
 - Better the health and wellbeing of the local population through a centralised 'Hub' bringing multiple organisations together.
 - Support delivery of placed based provision.
 - Enable support for patients living with social isolation and other lifestyle challenges.
- 17. The conversion project is estimated to take 12 weeks, with an opening date in June 2024 projected. For further information contact Nicki Glencross, Transformation Officer, Mid Nottinghamshire Place Team, NHS Nottingham and Nottinghamshire ICB at nicki.glencross@nhs.net

Rushcliffe Spring Forward Challenge

18. The Rushcliffe Spring Forward Challenge launched in March and throughout the spring months, all Rushcliffe residents are invited to participate in a variety of activities designed to focus on improving health and wellbeing. There are 10 different activities to try, ranging from social gatherings, increasing physical activity, enjoying the great outdoors and providing opportunities for individuals to embrace the season.

Learn to Ride in Misterton

- 19. After residents of Misterton told Bassetlaw District Council they would like more activities in their area, the council delivered a Learn to Ride Session with Clancy Briggs Academy. The sessions were available to anyone who wanted to start riding or needed some extra confidence, allowing a safe place to learn with trained experts.
- 20. It was made accessible by removing costs to participants and placing it in one of Bassetlaw's more rural communities. The sessions worked on basic balance, how to ride on textured terrain and cycling safety. It was incredible to see children attending who could not balance on a bike previously and be cycling on their own by the end of the sessions.

Create Healthy and Sustainable Places

Latest funding set to help improve local communities

21. Groups and voluntary organisations helping communities and families live healthier and more independent lives, can now apply for Nottinghamshire County Council's latest round of grants, which are open until Friday 24 May 2024.

- 22. Nottinghamshire County Council recognises the huge contribution that the Voluntary and Community Sector (VCS) has made to the lives of residents over many years, which has been brought into sharp focus during the COVID-19 pandemic.
- 23. The Council has a strong record in supporting the VCS by empowering local communities to be more self-sufficient. This continues to be a key priority for the Council and supporting the VCS to grow and thrive is central to achieving this.
- 24. Projects which may be eligible for funding include those which improve residents' access to affordable and healthy food, upgrades to play areas/community sporting facilities or summer play schemes which need help with essential running costs.

Rushcliffe Community Wellbeing Fund

- 25. Rushcliffe Borough Council has launched the Rushcliffe Community Wellbeing Fund supported by Shared Prosperity Funding from the UK Government (UKSPF), offering grants between £500 and £5,000 to support community wellbeing projects that are helping to tackle cost of living pressures, loneliness and isolation in the Borough.
- 26. Projects must be delivered in Rushcliffe and funding must be spent within one year before the end of March 2025. The new fund will give town and parish councils, local groups, and community organisations a financial boost to help them deliver vital projects that focus on impactful volunteering, social action and positive engagement.
- 27. Projects could include new or expanded volunteering initiatives, practical activity outdoors or indoors, sport, green space enhancements, arts, heritage, cultural, community and befriending activities, preparing and sharing food, and support that reduces people's cost of living, including through energy-saving measures.

Better Housing, Better Health

- 28. Members of the Mid Nottinghamshire Place Team have met with the National Energy Foundation (NEF), a charity funded by the National Grid until March 2025, to discuss Better Housing, Better Health. Better Housing, Better Health aims to support those in, or facing fuel poverty and there is a dedicated team for Nottinghamshire. Available support has been outlined below:
 - Emergency Fuel Vouchers worth £49 are available for anyone on a prepayment meter who
 is struggling to top up. There are no eligibility criteria for the service. To access the fuel
 vouchers referrals can be made through the free helpline number (0800 107 0044) or the
 website https://www.bhbh.org.uk/
 - Better Housing, Better Health offers a free telephone helpline service. The team can provide
 valuable tips on staying warm at home, free home energy visits, sign up those in need of
 additional support to the Priority Services Register and access grants for energy efficiency
 funding.
 - Comprehensive case management services are available for residents applying for energy
 efficiency funding for insulation or heating system replacements. The service works closely
 with a network of over 60 Trust Mark registered and fully vetted installers across the country,
 putting residents in contact with installers and being a single point of contact through

application, survey and installation. Installers will also help with completing application forms for these schemes. At Better Housing Better Health, there is a separate pot of funding available for energy efficiency measures to be used when no other funding is available up to £2000, which can be used as top up funding or to install insulation and heating systems in critical condition.

- In addition to this, NEF offer a Small Measures Grant, providing fully funded energy
 efficiency items to reduce energy bills. This can cover things like draught exclusion
 measures, emergency heaters, electric blankets, thermal curtains, and dehumidifiers for
 damp and mould issues. The grant is easy to access and advisors can run through what is
 available and help complete applications.
- Alongside this, NEF also offer a free Home Energy Visit service, with one of their advisors going out to the house of the client. During home visits they can help provide advice on energy bills, insultation of property and heating systems and provide energy and money saving tips.
- 29. For further information please contact Olivia Riley, Transformation Co-ordinator, Mid Nottinghamshire Place Team, NHS Nottingham and Nottinghamshire ICB at <a href="mailto:origing-nc-ordinate-nc

UKSPF Funding in Ashfield

- 30.11 organisations in Ashfield have secured a £500 green growing grant through UKSPF funding. The grants will enable the groups to develop or reinvigorate community growing spaces and encourage residents to get involved in growing their own produce. The groups include wildlife groups, allotments, schools and community centres. 130 families have benefited from growing packs, and over 600 residents have attended 11 events, taking part in growing activities.
- 31.236 people have benefited from cycle training at Titchfield Park, Hucknall and Sutton Lawns. 9 new Walk Leaders have been trained, and 3 grants of £1,000 have been allocated to groups to enhance the walking offer in Ashfield. For further information, please contact Ashley Marshall, Food Co-ordinator, Ashfield District Council at Ashley.marshall@ashfield.gov.uk

Rushcliffe Big Green Book

32. The Spring edition of the Rushcliffe Big Green Book launched in April 2024. The directory details nature-based activity providers and green spaces in Rushcliffe, encourages people to explore local nature, improve their mental and physical health and gives a wealth of local contacts and information to help groups and individuals find great new health and wellbeing opportunities on their doorstep in the Borough.

Give every child the best chance of maximising their potential

Family Hubs

- 33. Nottinghamshire County Council's Cabinet meeting on <u>28 March 2024</u> approved a proposal to roll out family hub networks across Nottinghamshire. The proposal set out the transition of children's centre buildings into family hubs, offering services for families from pregnancy through to a young person's 18th birthday. The roll-out will start in June 2024 and run through to April 2025.
- 34. They aim to provide a 'front door' to families, offering a 'one-stop shop' of family support services across social care, education, mental health and physical health needs, with a comprehensive Start for Life offer for parents and babies at its core, and the underpinning principle that families should need to tell their story only once.
- 35. Countywide co-production activities are ongoing, and a large-scale consultation resulted in over 700 responses, of which 83% were supportive of Family Hub developments. For further information please contact Diane Tinklin, Early Childhood Commissioning and Projects Manager, Early Childhood Services, Nottinghamshire County Council at diane.tinklin@nottscc.gov.uk

Keep our Communities Safe & Healthy

Sanctuary Scheme Funding in Ashfield

- 36. £34,397 has been secured by Ashfield District Council as part of the nationwide Sanctuary Scheme which supports survivors of domestic abuse to remain living in their own homes, through increased security and other measures. It works for survivors who wish to stay in their own home, where it is their choice, where it is safe to do so and where the perpetrator no longer lives within the accommodation.
- 37. Ashfield District Council will use the money to improve safety and prevent unauthorised access, by installing security measures inside a property. These include safe rooms, new locks, stronger doors, security lights, and portable police alarms.
- 38. The Council is White Ribbon accredited meaning the authority has high standards when it comes to responding to domestic abuse and are working towards achieving the 'Domestic Abuse Housing Alliance' Accreditation.
- 39. Tackling violence against women and girls is an Ashfield District Council priority as part of the authority's aim to create a safer and stronger Ashfield for all. The district has two dedicated domestic abuse workers who have supported over 100 domestic abuse survivors over the past year. The Council works in partnership with domestic abuse charities in the area who co-locate from Ashfield District Council's offices in Kirkby-In-Ashfield, alongside Nottinghamshire Police and other agencies.

Broxtowe Borough Council Achieves White Ribbon Reaccreditation

40. Broxtowe Borough Council have successfully been reaccredited by White Ribbon UK as an officially recognised organisation for the next three years. The White Ribbon campaign is a

national project that aims to work with local Government, private businesses and the public to raise awareness of and work towards ending violence against women and girls.

- 41. Over the last three years of accreditation the Council have worked to spread the message of the campaign across the borough and beyond, which has included:
 - Delivering educational sessions for children and adults on subjects surrounding domestic abuse.
 - Encouraging employees, partners and members of the public to sign up as ambassadors and champions of the White Ribbon.
 - Spearheaded numerous initiatives to help safeguard women and girls in Broxtowe from violence.
- 42. Over the next three years the Council will continue to be dedicated to delivery of its White Ribbon action plan, working to stop violence before it starts and ending men's violence against women and girls.

New homelessness prevention strategy launched in Mansfield

- 43. A new homelessness strategy that aims to make homelessness everyone's business has been published by Mansfield District Council. The 'Mansfield District Council Homelessness and Rough Sleeping Strategy' covers 2024 2029 and builds on the previous progress and outcomes from the 2019 2024 plan. The new plan has been informed following a six-week public consultation and partnership working with Ashfield, and Newark and Sherwood district councils.
- 44. The strategy has six strategic priorities: early intervention, an accessible and responsive service, access to sustainable accommodation, developing pathways, improving life chances, and delivering holistic support solutions to support long-term tenancies. The strategy came into effect from 26 March 2024 and was launched at a dedicated event with stakeholders and partners at the Civic Centre.
- 45. The council runs several programmes throughout the district to prevent and support people facing homelessness, including its First Steps project, funded through the Rough Sleeping Initiative. The First Steps project enables rough sleepers to move off the streets and into accommodation, combined with a wraparound package of support to help address often complex needs such as mental health issues and substance misuse.
- 46. The council also launched a voluntary code of practice, known as the Homeless Charter, to help local organisations take a united approach to supporting homeless people in the district, encouraging all food provisions to work together.

NATIONAL

Health inequalities

Local Authority Dashboard from the Health Foundation

47. The Local Authority Dashboard is a new tool from the Health Foundation that brings together data and insights on the state of health and health inequalities across all local authorities in

England. It allows users to explore how health is shaped by factors such as housing, employment and income, and the differences between neighbourhoods in each local authority.

Health inequalities in 2040

48. This report is the second output from the Health Foundation's REAL Centre programme of research with the University of Liverpool. Building on the projections in <u>Health in 2040</u>, this report is one of the first studies to unpack patterns of inequalities in diagnosed illness by socioeconomic deprivation across England and project them into the future.

Health protection

Spring COVID-19 vaccine programme begins

- 49. More than 700,000 eligible individuals have booked an appointment to get their spring COVID-19 vaccine since the National Booking System opened on 15 April 2024. The NHS is encouraging everyone eligible to book a slot to get vaccinated as soon as possible via the NHS website, on the NHS App or by ringing 119 free of charge. Vaccinations began from Monday 22 April 2024.
- 50. Following JCVI advice, this year those eligible include people aged 75 and over by 30 June 2024, older adult care home residents, and immunosuppressed individuals aged six months and over. Eligibility for a spring vaccination is similar to previous years, but those with a weakened immune system are now eligible from six months instead of five years old.

Papers to other local committees

51. Partnership progress in improving the experiences and outcomes for children and young people with SEND

Children and Families Select Committee 15 April 2024

52. Developing the approach to meeting children's needs through the Multi-Agency Safeguarding Hub

Children and Families Select Committee 15 April 2024

53. Progress with the Sufficiency and Commissioning Strategy for Children in Care and Care Leavers

Children and Families Select Committee 15 April 2024

Nottingham and Nottinghamshire Integrated Care Board

- 54. Nottingham and Nottinghamshire Coproduction Newsletter
 April 2024
- 55. Board papers

Nottingham and Nottinghamshire Integrated Care Board 09 May 2024

Other Options Considered

56. 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

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

Statutory and Policy Implications

58. 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

59. 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 JOHN DODDY CHAIR OF THE NOTTINGHAMSHIRE HEALTH AND WELLBEING BOARD NOTTINGHAMSHIRE COUNTY COUNCIL

For any enquiries about this report please contact:

Lizzie Winter
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Constitutional Comments (GMG 07/05/24)

60. This report falls within the remit of the Health and Wellbeing Board for consideration under Section 7, Part 2, paragraph 14 on p.120 of the Council's Constitution.

Financial Comments (MM 03/05/24)

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

Background Papers and Published Documents

None

Electoral Division(s) and Member(s) Affected

All



Report to Health and Wellbeing Board

22 May 2024

Agenda Item: 7

REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD

AN UPDATE ON AMBITION 3: EVERYONE CAN ACCESS THE RIGHT SUPPORT TO IMPROVE THEIR HEALTH

Purpose of the Report

- 1. The purpose of this report is to provide a progress update on delivery of ambition three of the Nottinghamshire Joint Health and Wellbeing Strategy, by outlining examples of key successes, good practice and challenges in enabling Nottinghamshire residents to access the right support to improve their health.
- 2. To utilise these examples as a mechanism to encourage partners to promote successes and good practice within their organisations in order to increase engagement in activities, and to signpost key contacts and actions needed to progress ambition three.

Information

- 3. The <u>Joint Health and Wellbeing Strategy (JHWS)</u> sets out the priorities for the Nottinghamshire Health and Wellbeing Board and how it plans to improve the health and wellbeing of residents and reduce health inequalities amongst our communities. Ensuring people in Nottinghamshire can access the right support to improve their health is one of the four key ambitions within the JHWS.
- 4. Research from the Global Burden of Disease Study, suggests there is significant cooccurrence of the four main health risk factors (smoking, drinking, physical inactivity, and poor diet) among individuals in England.
- 5. Using data from the 2008 Health Survey for England, it was found that 70% of the population lived with two or more risk factors. Whilst the situation has improved over time, those people from the lowest socioeconomic background, had fallen further behind. There are also strong interdependencies between physical and mental health.
- 6. Nottinghamshire continues to have significant proportions of the population who experience preventable health risks. The Office for Health Inequalities and Deprivation (OHID) Fingertips data shows that:

- 12.6% of adults in Nottinghamshire are current smokers, compared to an England rate of 13.6% (2022). However, this masks areas of higher smoking prevalence within Nottinghamshire, for example, 21.4% in Mansfield (2022).
- 66.1% of adults in Nottinghamshire are classified as overweight or obese, compared to an England rate of 63.8% (2021/22). 8.5% of Nottinghamshire children in reception and 22.1% of year 6 children (2022/23) are classified as obese. Significant inequalities in prevalence of obesity are observed across the County.
- 21% of adults in Nottinghamshire are physically inactive, compared to England 22.3% (2021/22).
- It is estimated that 160,206 adults in Nottinghamshire drink at levels that pose a risk to their health and 8,506 are estimated to have alcohol dependency (2018/19).
- 7. To ensure that people have the right support to improve their health it is imperative that the three components of the population intervention triangle (**Figure 1**) of civic, community and service level interventions are addressed in programmes of activity. Over the period 2022/23 and 2023/24 there have been several examples of success and good practice as highlighted below.

Figure 1. Components of the Population Intervention Triangle.

Components of the Population Intervention Triangle Civic-level Interventions Strengthen Service Community 1 Integration Action -Place-based planning Service-based Community-centred Interventions engagement Interventions with Communities

Successes and good practice

Tobacco, weight management and physical activity

- 8. Examples of ensuring people have the right support to improve their health are available across the Nottinghamshire system. An element of delivery of ambition three in 2022/23 and 2023/24 includes the work of Your Health Notts, who provide free support on smoking cessation, weight management, physical activity and reducing alcohol consumption, all underpinned by wellbeing support.
- 9. In 2022/23, 1,637 Nottinghamshire residents were supported to quit smoking, 565 residents achieved a 5% weight loss,1,682 increased their levels of physical activity, 1,673 reduced their alcohol consumption and 721 improved their mental wellbeing.
- 10. Your Health Notts are also in the process of introducing five new Community Health and Wellbeing Officer roles across Nottinghamshire, which have been developed in collaboration with place-based partnerships, district and borough councils and community and voluntary sector organisations and will be embedded in the communities they live in.
- 11. A further focus for 2023/24 has been to pilot new bespoke support for groups who experience higher rates of poor health and greater barriers to accessing support, such as people using drugs and alcohol, people with severe mental illness, and people experiencing homelessness.

Tobacco

- 12. The Nottingham and Nottinghamshire Tobacco Alliance have worked with the Nottinghamshire Trading Standards Service to target businesses that sell tobacco and associated products to under 18s.
- 13. The Trading Standards Service within the County Council is intelligence led for all its enforcement work, thus is a vital element of removing any illegal tobacco product, whether in vape, cigarette or hand rolling tobacco form, from the supply chain. The service protects young people from the risks of smoking, by enforcing age restrictions on these products, by completing test purchase operations and advising businesses about their legal obligations.
- 14. To stop illegal trading in tobacco products information/intelligence is needed. Obtaining this intelligence is a challenge for Trading Standards. The reporting mechanism for illegal activity is through the Citizens Advice Consumer Service via their website or telephone number 0808 2231133 which is free, confidential, and open to any school, professional, business or member of the public.
- 15. Developing the approach to creating smokefree environments has also commenced with the engagement of services with community housing officers in Newark and Sherwood District Council. Officers have been trained to offer opportunistic advice about smoking to people living in social housing who are considering quitting smoking. For further information please contact: kay.massingham@nottscc.gov.uk; Jackie.waller@nottscc.gov.uk; Millie-Leigh.Harbottle@nottscc.gov.uk.
- 16. Your Health Notts are also working with Framework to develop a pilot of stop smoking support for people living within Framework hostel accommodation.

Alcohol

- 17. Through the Nottinghamshire and Nottingham City Alcohol Harm Reduction Group (AHRG) action plan, an audit of the Alcohol Champions scheme across both City and County is being undertaken. The scheme was established through Change, Grow, Live (CGL) delivering alcohol identification and brief advice (IBA) training. The audit will assess the baseline of presence of the scheme within a wide range of settings and will ensure good coverage is planned within future provision. The Alcohol Champions scheme will also help support the systematic rollout of alcohol IBA training to the wider workforce across Nottingham City and Nottinghamshire.
- 18. In conjunction with the Nottinghamshire Authorities Licensing Group (NALG), an alcohol licensing matrix has been developed for Nottinghamshire County by Public Health. The matrix encompasses a range of data relating to the health harms of alcohol and to the four licensing objectives within the Licencing Act 2003. The intention is that the matrix will be used by Public Health and will be available to other responsible authorities to support licencing representation in relation to alcohol licensing applications.
- 19. Information pertaining to the alcohol licensing matrix has been integrated into the refreshed Statement of Licensing Policies (SOLPs) for each Licensing Authority. The refreshed SOLPs came into force in January 2024. This is to inform licensing applicants of the existence of the matrix and its use in making representations, allowing consideration of mitigating measures such as provision and promotion of low alcohol/alcohol free beverages and display of Drinkaware materials, and inclusion of these measures within licensing applications. For further information regarding this work contact: yaroslava.hnylycia@nottscc.gov.uk or sarah.quilty@nottscc.gov.uk.

Schools based approaches

- 20. Schools are being supported to deliver prevention activities in relation to tobacco and alcohol. 15 Nottinghamshire schools are now signed up for the Intent programme and vape free resources are available to all schools. Schools interested in participating in the Intent programme should contact: Lauren.Burns@nottscc.gov.uk
- 21. The Growing Up in Notts Schools Survey has been commissioned to offer Nottinghamshire schools a free opportunity to get insight into health and wellbeing issues affecting children and young people in their community. It covers a wide range of topics including smoking and vaping, drugs and alcohol, physical activity and healthy eating, emotional wellbeing, sexual health (Y10+), safety and bullying, and knowledge of support services. The survey is suggested for Years 6 and 10, but other years can complete it, if schools wish to.
- 22. Schools get their own individual reports, but the survey provider also produces composite reports for Nottinghamshire based on the returns to date (one for primary and one for secondary settings). The completion of this survey by as many schools as possible will provide a comprehensive picture of the health and wellbeing of children in Nottinghamshire. Schools interested in participating in the survey can contact: jackie.waller@nottscc.gov.uk.

23. Priority 3 of the National <u>'From Harm to Hope Strategy'</u> focuses on achieving a generational shift in the demand for both drugs and alcohol. This priority is being progressed locally through the Nottinghamshire Drugs and Alcohol Partnership Priority 3 Subgroup (focussed on prevention). Key 2023/24 activity includes the establishment of a schools' prevention group, with work focusing on the CGL offer in schools and developing a school-based prevention and early intervention programme. A pilot of this programme started in March 2024 and will run for 12 months. Co-design will be a priority focus of the pilot development. For further information contact: <u>lauren.burns@nottscc.gov.uk</u>.

Mental health

- 24. Around two thirds of people who die by suicide do not have a diagnosed mental health condition and are not in contact with mental health services at the time of their death. Training workforces from a range of organisations supports identification of and support for people experiencing poor mental wellbeing, suicidality, and self-harm. Free training for staff and volunteers across Nottingham and Nottinghamshire was commissioned in 2023 to improve the knowledge, competency, and skills of the workforce in responding to mental health, suicidality, and self-harm.
- 25.A total of 1,427 training places were taken up by people working or volunteering in Nottinghamshire between January and August 2023. The highest uptake of training is among people working in local authorities (40% of training places) and community and voluntary services (31%), followed by health/NHS services (15%) and education settings (13%). Ongoing evaluation and monitoring shows that the training is effective in increasing people's awareness and confidence in identifying and responding to suicide, self-harm, and mental health. For example:
 - The proportion of participants who felt confident in talking to people about suicidality increased from 34% pre-training to 90% post-training,
 - The proportion of participants who felt confident responding to someone who self-harms increased from 32% pre-training to 96% post-training,
 - The proportion of participants who knew where to signpost people with mental health conditions increased from **41%** pre-training to **96%** post-training.
- 26. Following a period of coproduction with partners, providers and people with lived experience, new local suicide prevention communications resources were launched in August 2022. A range of resources have been shared across the system that aim to raise awareness, reduce stigma, and encourage and support help seeking. Data on unique visits to the Nottinghamshire County Council suicide prevention webpage (signposted in communication campaigns) shows increases in unique visits that coincide with communications activities.
- 27. The World Suicide Prevention Day (WSPD) communications campaign in 2023 launched five filmed stories of hope developed with people with lived experience of suicidality or bereavement by suicide and included social media campaigns, sharing of resources through sports clubs, community stands and on street digital posters. The WSPD 2023 campaign saw an increase in unique visits to the suicide prevention webpage, the local Crisis Line, and Zero Suicide Alliance Training and an increase in conversations through the Text Notts service.

Early help and support

- 28. The Community Early Help and Support team is a dedicated support team that has been created to improve the way help is provided to some of the most vulnerable and hard-to-reach residents in Nottinghamshire. The Community Early Help and Support team deliver support across communities by working with them and connecting them to the network of support. The team brings together a range of support and knowledge to align resource within the county council and a wide range of partnership groups. There are three elements to delivery:
 - 10 local area coordinators (LACs) based in priority places with a population of approximately 10,000 per coordinator. Their focus is to work with individuals to empower them to find solutions within their community and act as key connectors between individuals, organisations and early help and prevention networks.
 - Three Community Health and Wellbeing Champion Co-ordinators in North, Mid and South Nottinghamshire. Their key role is to recruit and support a network of Health and Wellbeing Champions (volunteers) and work to improve health and wellbeing messaging, to deepen knowledge in specified localities and build positive relationships.
 - Three Community Friendly Nottinghamshire roles focussed on helping communities come together, enabling the set up and support of community groups and initiatives.
- 29. Examples of initiatives taken into communities include Dementia Action, Tackling Loneliness and One Step at a Time. Further information is available from paul.cannon@nottscc.gov.uk.

Other relevant work

- 30. There are many other examples of ongoing joint work and service delivery across the wider health and social care system that also contribute to the achievement of ambition three. These include numerous targeted interventions commissioned by the County Council, such as:
 - Digital inclusion service
 - Notts Help Yourself
 - Connect Service
 - Carers Hub
 - Young Carers Notts
 - Brunts Charity
 - Dementia information service
 - Admiral Nurse (Dementia UK)
 - Supported Hospital Discharge
- 31.For more information about any of the above services, please contact Natalie.Scott@nottscc.gov.uk.

Place based approaches

32. Examples of good practice regarding initiatives that are supporting delivery of ambition three across place-based partnerships have been included below.

Bassetlaw

- 33. Bassetlaw Place Based Partnership have developed 'Peace of Mind' with Bassetlaw Children and Young People's Mental Health Alliance. The initial project scope was to develop a waiting well initiative in response to increased waiting times for Children and Young People mental health services across Bassetlaw.
- 34.12 months of co-production has produced a 29-page toolkit, engaging activities and links to videos that can be used by all young people as a way of supporting positive mental health and wellbeing and preventing illness. The aims were to co-produce a mental health resource and share with children and young people (CYP), families and carers on referral into a Bassetlaw CYP mental health service; prevent crisis escalation, self-harm, and suicide risk; increase resilience and build on strengths of CYP to support positive mental health and prevent illness.
- 35. The toolkit was created by children and young people, for children and young people, to ensure that the content is relevant and appealing to target cohorts. The logo and name of booklet were designed by local CYP following a Bassetlaw wide competition supported by all partners. 28 logo designs were submitted and a panel of CYP shortlisted with support from Bassetlaw Youth Council and Youth Mayor. The booklet content was designed by group of 15 CYP, supported by a range of professionals to ensure clinical accuracy.

Mid Nottinghamshire

- 36.Mid Nottinghamshire Place Based Partnership has used £33,000 of the investing in communities fund for Bellamy and Coxmoor areas to work in a suitable way with these communities. Work in Bellamy was led by Mansfield Community and Voluntary Service (MCVS). As a result of engagement with residents, insight was gained for health interventions and provision organically developed. This was enabled due to the provision of additional capacity working in the heart of the community, building on the existing relationships and insight.
- 37. Work in Coxmoor was led by Ashfield Voluntary Action (AVA). The funding paid for project staff time, giving them capacity to spend time in the estates, attend events and activities, and build trust and rapport with residents to better understand the impact of factors relating to where people live in relation to health and wellbeing. Formal interviews supplemented by conversations were used to gather information and insight to work collaboratively with residents, partners, and organisations to empower and enable health and wellbeing provision.
- 38. Across the 3-year period Mid Nottinghamshire Place Based Partnership wish to work in priority areas that have been identified in partnership with key stakeholders on previous local community-based work focusing on health inequalities. Year 1 the proposed focus will be Coxmoor in Ashfield, Bellamy in Mansfield, and Hortonville in Newark. In Year 2 it is anticipated work will be upscaled into Leamington in Ashfield, Oak Tree in Mansfield, and Ollerton in Sherwood.

South Nottinghamshire

39. South Nottinghamshire Place Based Partnership work has started to develop Integrated Neighbourhood Working in four areas with the highest health inequalities in the four constituent districts and boroughs in South Nottinghamshire: Cotgrave (Rushcliffe), Eastwood

- (Broxtowe), Arnold (Gedling) and Hucknall (Ashfield) where local councils, health and social care, community groups and voluntary sector organisations work together with communities to find ways to improve the health and wellbeing of local people.
- 40. As in Mid Nottinghamshire, this builds on the learning from the NHSEI funded prevention work in Killisick and Butler's Hill and Broomhill, where building relationships across partner organisations and with local communities supported more tailored approaches to accessing support and interventions to improve health and wellbeing.

Making Every Contact Count – promoting 'healthy conversations'

- 41. Making Every Contact Count (MECC) is an approach to behaviour change that utilises day-to-day interactions that organisations and individuals have with other people to support them in making changes to their physical and mental health and wellbeing. The approach enables consistent and concise information, advice, and guidance to be delivered opportunistically, through brief discussion on the four main health risk behaviours (smoking, drinking, physical activity, and alcohol) plus other health and wellbeing factors through routine interactions or 'healthy conversations'.
- 42. The development of a shared MECC framework and flexible training programme for staff are identified within priorities of the Nottingham and Nottinghamshire Integrated Care Strategy 2023-2027. Further joined up working to embed MECC principles and approaches across organisations help us build on current work towards the achievement of ambition three and to build awareness of the nine priority areas within the JHWS.
- 43. Nottinghamshire County Council Public Health Division has allocated additional resource for 18-months to evolve the MECC offer across its council departments and to support rollout across the wider health and social care system. By utilising strengths within organisations, we aim to enable staff to recognise the collective role they have in prevention and personalised care, providing them with the training, leadership, environment and information they need to have empowering, healthy conversations that ultimately inspire and support positive behaviour changes in individuals, families and communities most at-risk of ill health and/or experiencing health inequalities.
- 44. To begin co-design of a systemwide, sustainable programme for MECC, a workforce survey has been devised for Nottinghamshire County Council and wider system staff to gather insight on current prevention, early intervention, signposting activity and identifying training gaps. This survey is being circulated May-June 2024 and will be used to inform further exploratory and engagement work across the system.
- 45. To extend the reach of this initial engagement phase, the public health division are seeking support from Health and Wellbeing Board members to encourage completion of the survey across organisations and facilitate targeted engagement with a representative cross-section of staff from across the ICS workforce. For further information, please contact paul.miles@nottscc.gov.uk.

Key challenges

46. A key challenge to the achievement of ambition three is ensuring all system partners prioritise mechanisms to enable people to have the right support to improve their health, utilising all

- components of the population intervention triangle. Specific challenges in delivery have been outlined below.
- 47. Trading standards have identified a reduction in community intelligence regarding the sale of illegal or age restricted products. Obtaining this intelligence is a challenge for Trading Standards, highlighting the importance of promoting the reporting mechanism for illegal activity through the Citizens Advice Consumer Service, as a key source of intelligence.
- 48. Since February 2023, primary and secondary schools have had the opportunity to participate in a free survey of health-related behaviours in pupils "Growing Up in Nottinghamshire". Take-up remains relatively low, with 22% of County secondary schools (11 settings) and 12% of primary schools (48 settings) registered with the programme.
- 49. Although 15 schools are now signed up to the Intent programme, participation of secondary schools to reduce smoking and vaping is below expectations. Since June 2022, 54% of secondary schools have participated in training, but only 10% (4 schools) have delivered the programme to pupils.
- 50. To gain sufficient impact of smokefree social housing there is a need to recruit additional registered social landlords in order for housing officers to be trained to offer opportunistic advice about smoking to people living in social housing who are considering quitting.
- 51. Public Health have commissioned an external provider to deliver a suicide prevention listening project. The project is focused on engaging with key risk groups and will be used to help inform the new suicide prevention strategy and develop targeted communications and training. The project is focused on engaging with five priority groups (men, veterans, people with neurodevelopmental conditions young people/adults at risk of self-harm and people bereaved by suicide). There has been good engagement with the project from professionals but limited uptake in engagement opportunities from people with lived experience. Alternative ways to engage with people with lived experience of suicidality, self-harm and bereavement by suicide are being considered.
- 52. Local Area Coordinators and Community Health and Wellbeing Champions are temporary funded until the end of March 2025.

Next steps

- 53. This paper has presented a snapshot of the successes in delivery of ambition three, as well as some of the challenges. It is recognised that significant broader important work is happening across Nottinghamshire which delivers impact and benefits for the health and wellbeing of our residents. Further support from the Health and Wellbeing Board and the organisations it represents on this ambition, utilising the examples of successes identified in this paper, is welcomed to drive improvement in the health and wellbeing of local residents.
- 54. A comprehensive evaluation of the Integrated Wellbeing Service (Your Health Notts) is due to be completed in quarter one of 2024/25. To date, the evaluation has included engagement with stakeholders and referral partners across the system and with people who have engaged with the service. During 2024/25, public health will be working with the provider and wider partners to use the findings and recommendations to support the continuous improvement of the service.

- 55. Your Health Notts will be working with key system partners, such as primary and secondary care, to strengthen referral pathways, support quality conversations about health behaviour change, and review referral feedback processes to ensure that referring partners receive standardised data feedback on referrals made. Opportunities to share data for direct patient care through eHealthscope are being explored to support Your Health Notts in providing timely feedback to referrers.
- 56. In Autumn 2024, a new expanded all-age NottAlone website will be launched, acting as a key source of information, and signposting to support for people across Nottingham and Nottinghamshire experiencing poor mental health and wellbeing. The website will build on the success of the existing NottAlone website for children and young people and will be expanded for adults. The launch of the expanded NottAlone Website will be supported by a promotion and communications campaign. This will be complemented by a month-long mental wellbeing health promotion campaign which will run over September and October to support World Suicide Prevention Day and World Mental Health Day.
- 57.A suicide prevention small grants scheme will be launched in 2024, with community and voluntary sector groups and organisations able to apply for grants of up to £6,000 to support activities that contribute to suicide prevention across communities in Nottinghamshire.
- 58.A new Nottingham and Nottinghamshire Suicide Prevention Strategy will be launched in summer 2024 and members of the Health and Wellbeing Board will be invited to comment on this through the May 2024 suicide prevention workshop. The new strategy is being developed through partnership work with organisations represented on the Nottingham and Nottinghamshire Suicide Prevention Strategic Steering Group and people with lived experience. A new Suicide Prevention Charter is being developed by people with lived experience of suicidality and bereavement by suicide and will be embedded across the strategy.
- 59. Development of the work on smokefree public spaces including the expansion of the number of registered social landlords whose housing officers have been trained to offer opportunistic advice about smoking to people living in social housing who are considering quitting smoking.
- 60. An evaluation of Local Area Coordinator and Health and Wellbeing Champion programmes is to be completed in October 2024 to explore sustainable funding options.

Other Options Considered

61. There was an option to not provide an update to the Health and Wellbeing Board on ambition three. This option was discounted as the report provides important information relating to the delivery of ensuring people can access the right support to improve their health ambition of the Nottinghamshire Joint Health and Wellbeing Strategy.

Reasons for Recommendations

62. To ensure the Health and Wellbeing Board is sighted on the range of activities taking place across the system and within specific localities is a mechanism to share good practice that is informed by current available evidence. Taking these examples into places across

Nottinghamshire will support and enable delivery against the Joint Health and Wellbeing Strategy ambition to ensure people have the right support to improve their health.

Statutory and Policy Implications

63. 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

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

Implications for Residents

65. The adoption of evidenced based good practice highlighted in the report will have a positive impact on communities, with a focus on areas of highest need and deprivation.

Implications for Sustainability and the Environment

66. The adoption of evidenced based good practice highlighted in the report will have a positive impact, influencing action on climate change to secure health and wellbeing co-benefits and supporting delivery of the Councils' Environment Strategy Action Plan.

RECOMMENDATIONS

Nottinghamshire Health and Wellbeing Board is asked to:

- Promote examples of success and good practice in enabling Nottinghamshire residents to access the right support to improve their health, across partner organisations, to increase engagement in activities.
- 2) Support the ongoing development of the MECC programme across the ICS, through circulation and completion of the staff survey by end of June 2024, and identifying key staff groups from across the ICS for targeted engagement to inform a co-designed system MECC offer.
- 3) Support the Intent programme, school-based prevention and early intervention programme and Growing Up in Notts School Survey by identifying opportunities to engage with schools and encourage their participation.
- 4) Promote the Citizens Advice Consumer Service reporting mechanism for the sale of illegal and age restricted products as a key source of intelligence to support prevention of illegal trade in tobacco.
- 5) Promote mental health awareness, self-harm awareness, suicide prevention and suicide bereavement training within partner organisations to staff and volunteers working with

people across Nottinghamshire. Training is provided by Harmless and can be booked online.

6) Support the launch and upcoming communications campaign for NottAlone and mental wellbeing health promotion campaign as part of World Suicide Prevention Day and World Mental Health Day.

COUNCILLOR JOHN DODDY CHAIR OF THE NOTTINGHAMSHIRE HEALTH AND WELLBEING BOARD NOTTINGHAMSHIRE COUNTY COUNCIL

For any enquiries about this report please contact:

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Constitutional Comments (SSR 10/05/24)

67. The scope of the recommendations fall within the scope of matters that may be considered by the Health and Wellbeing Board.

Financial Comments (MM 03/05/24)

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

Background Papers and Published Documents

None

Electoral Division(s) and Member(s) Affected

All



Report to Health and Wellbeing Board

22 May 2024

Agenda Item: 8

REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD NOTTINGHAMSHIRE HEALTH AND WELLBEING BOARD REVIEW UPDATE

Purpose of the Report

- 1. To provide members with a progress update on the review of the Nottinghamshire Health and Wellbeing Board.
- 2. To request that members endorse the scheduling of a workshop in June 2024 to discuss review findings and agree the refreshed role and purpose of the Nottinghamshire Health and Wellbeing Board.

Information

Background

- 3. Health and Wellbeing Boards were established under the Health and Social Care Act 2012 with duties:
 - a. To improve the health and wellbeing of their people.
 - b. To reduce health inequalities.
 - c. To promote the integration of services and integrated working.
 - d. To produce a Joint Strategic Needs Assessment (JSNA), identifying current and future health needs.
 - e. To develop a joint health and wellbeing strategy which addresses the health needs identified in the Joint Strategic Needs Assessment.
- 4. Each Health and Wellbeing Board also has a separate statutory duty to develop and publish a pharmaceutical needs assessment (PNA) for their area, which assesses the need for pharmaceutical services.
- 5. An update to the Health and Care Act came into effect on 1 July 2022, which implemented a number of changes to local health systems including the establishment of Integrated Care Systems (ICS) across England, including an NHS Integrated Care Board (ICB) and Integrated Care Partnership (ICP).
- 6. In July 2023, Nottinghamshire Health and Wellbeing Board members agreed that a review of the Health and Wellbeing Board in 2023/24 would be well timed to understand how the Board

could deliver its responsibilities most effectively in the new system, using its longstanding partnership position to improve the health and wellbeing of the local population and promote prevention and equity. This included seeking the support of the Local Government Association (LGA), who offer established methods for reviewing strategic boards.

Progress to date

- 7. To initiate the review, a survey was launched in December 2023 to capture the perspectives of current Board members, ex-members and supporting officers/directors from member organisations.
- 8. This included a series of questions framed around the Board's ways of working and its statutory responsibilities. The survey ran until January 2024, with initial results used to guide a workshop held on 13 December 2023 (facilitated by the LGA), in which Board members were asked to identify strengths, weaknesses, opportunities and threats regarding the way in which the Board currently delivers its responsibilities.
- 9. The next stage of the review was a series of one-to-one conversations led by LGA associates, which further explored the views of a selection of current and ex Board members, and system leaders about what changes could be made and how they would be implemented. LGA associates led these conversations to ensure an independent assessment of the Board was undertaken and that knowledge of best practice regarding the workings of Health and Wellbeing Boards could be used to inform next steps.
- 10. The conversations built on the themes identified in the survey and workshop, including frequency of meetings, membership, the Board's role in the ICS, maximising impact and engagement with residents and communities. A wide range of views were provided about how the Board currently operates with all participants recognising opportunities to improve its impact and ways of working. Feedback highlighted:
 - a. A range of views about frequency of meetings, with a mix of formal meetings and informal workshops welcomed, but the potential for the workshops to be used more effectively to develop relationships and deliver actions proposed.
 - b. All welcomed the inclusion of a VCSE representative on the Board, with varying views on membership outside of this.
 - c. Universal support for the Health and Wellbeing Board to be impactful and to 'prioritise its priorities' in order to facilitate this.
 - d. Most felt the Board could be more inclusive and collaborative, maximising its role as a strategic partnership, operating less like a formal committee.
 - e. The need to clarify how the Health and Wellbeing Board and Place Based Partnerships best relate to each other in a way that maximises opportunities for impact at place level.
 - f. All wanted to seek the best approach to engaging and communicating with local residents and communities.
- 11. Following analysis of the outputs from the survey, workshop and one to one discussions, the LGA's primary recommendation is for refreshed agreement to be reached on the Board's role and focus before considering its future form. By clearly establishing the unique role of the Board within the local system and a more focussed set of priorities, decisions around membership, frequency and format of meetings will be enabled.

Strategic partnerships review

- 12. In addition to the work being supported by the LGA to review Nottinghamshire Health and Wellbeing Board, there is also a wider programme of work being led by Nottinghamshire County Council to review all strategic partnerships in Nottinghamshire, in order to:
 - a. identify opportunities for collaboration
 - reduce duplication (through rationalising partnerships where appropriate)
 - c. improve inspection readiness as a system.
 - d. consider how strategic partnerships might interface with the new East Midlands Combined Mayoral Authority
 - e. explore the possibility of developing a Shared Outcomes Framework for Nottinghamshire.
- 13. The strategic partnerships review is taking place in recognition that partnerships boards in Nottinghamshire are operating in an increasingly complex and rapidly changing environment and that legislation from national government has introduced duties which have required local boards to be set up to oversee particular topics, funds or areas of responsibility, often in addition to existing structures, which has led to the proliferation of a complex partnership landscape.
- 14. For example, from health and social care, since July 2022 numerous structures have been introduced, including the Integrated Care Board, Integrated Care Partnership, Nottinghamshire Drugs and Alcohol Partnership and Domestic Abuse Local Partnership Board. These partnerships have emerged into an already complex landscape and sit alongside the Safer Nottinghamshire Board, the two Safeguarding Boards, the Health and Wellbeing Boards in the City and County and the Violence Reduction partnership.
- 15. It will therefore be essential in identifying the unique role of the Nottinghamshire Health and Wellbeing Board, that responsibilities and focus of other local partnership structures are considered, and that any learning from conducting the Health and Wellbeing Board review is linked into this wider work.

Next steps

16. The LGA have committed resource to support the next phase of work on the Nottinghamshire Health and Wellbeing Board review, up to the end of June 2024. The proposal, with endorsement from members of the Health and Wellbeing Board, is to schedule a workshop in June 2024 to explore the findings from feedback captured to date and to seek agreement on the refreshed role and purpose of the Nottinghamshire Health and Wellbeing Board.

Other Options Considered

17. There was an option not to provide members with an update on the progress of the Nottinghamshire Health and Wellbeing Board review and not to schedule a workshop to progress the next phase. This option was discounted as members agreed in July 2023 to undertake a review of the Board and in order to turn findings into tangible actions that will support the Health and Wellbeing Board to have a greater impact going forward, a workshop will be required.

Reason for Recommendation

18. Nottinghamshire Health and Wellbeing Board members agreed in July 2023 to undertake a review of the Board to understand how it could deliver its statutory responsibilities most effectively in the new health and care system.

Statutory and Policy Implications

19. 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

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

RECOMMENDATION/S

The Health and Wellbeing Board is asked to:

1) Endorse the scheduling of a workshop in June 2024 to discuss review findings and agree the refreshed role and purpose of the Nottinghamshire Health and Wellbeing Board.

COUNCILLOR JOHN DODDY CHAIR OF THE NOTTINGHAMSHIRE HEALTH AND WELLBEING BOARD NOTTINGHAMSHIRE COUNTY COUNCIL

For any enquiries about this report please contact:

Vivienne Robbins Elizabeth Winter
Interim Director of Public Health Public Health and Commissioning Manager
Vivienne.Robbins@nottscc.gov.uk Elizabeth.Winter@nottscc.gov.uk

Constitutional Comments (GMG 07/05/24)

21. This report falls within the remit of the Health and Wellbeing Board for consideration under Section 7, Part 2, paragraph 14 on p.120 of the Council's Constitution.

Financial Comments (MM 03/05/24)

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

Background Papers and Published Documents

None

Electoral Division(s) and Member(s) Affecte	ected
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• All



Report to the Health and Wellbeing Board

22 May 2024

Agenda Item: 9

REPORT OF THE SERVICE DIRECTOR FOR CUSTOMERS, GOVERNANCE AND EMPLOYEES

WORK PROGRAMME

Purpose of the Report

1. To consider the Nottinghamshire Health and Wellbeing Board's current work programme.

Information

2. The work programme (attached as **Appendix 1** to the report) assists in the management of the Board's agenda, the scheduling of its business and its forward planning. It includes business items that can be anticipated at the present time, while arising issues are added as they are identified. The work programme is reviewed and updated regularly with the Chair and Vice Chair, and at each Board meeting, where any Board member is able to suggest items for inclusion.

Other Options Considered

3. To not produce a work programme: this option is discounted as a clear work programme is required for the effective management of the Board's agenda, the scheduling of its business and its forward planning.

Reason for Recommendations

4. To assist the Board in managing its business effectively.

Statutory and Policy Implications

5. This report has been compiled after consideration of the 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

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

RECOMMENDATIONS

- 1) That the Nottinghamshire Health and Wellbeing Board's work programme be noted.
- 2) That Board members make any further suggestions for items for inclusion on the work programme for consideration by the Chair and Vice-Chair, in consultation with the relevant officers and partners.

Marjorie Toward Service Director for Customers, Governance and Employees Nottinghamshire County Council

For any enquiries about this report, please contact:

James Lavender, Democratic Services Officer Nottinghamshire County Council james.lavender@nottscc.gov.uk

Lizzie Winter, Public Health and Commissioning Manager Nottinghamshire County Council elizabeth.winter@nottscc.gov.uk

Constitutional Comments (HD)

7. The Board has authority to consider the matters set out in this report by virtue of its Terms of Reference.

Financial Comments (NS)

8. There are no direct financial implications arising from the contents of this report. Any future reports to the Board will contain relevant financial information and comments.

Background Papers and Published Documents

- 9. 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

WORK PROGRAMME: 2023 – 2024



Please see Nottinghamshire County Council's <u>website</u> for the board papers, the Healthy Nottinghamshire <u>website</u> for information on the Health & Wellbeing Board and its Joint Health and Wellbeing Strategy (JHWS) and Joint Strategic Needs Assessment (JSNA) chapters are available on <u>Nottinghamshire Insight</u>.

Report title	Purpose	Lead officer	Report author(s)	Notes	
MEETING / WORKSHOP: Wednesday 22 May 2024 (2pm)					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board			
JHWS Progress Report Ambition 3: Everyone can access the right support to improve their health	To present on progress of the delivery of the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board	Catherine Pritchard		
Nottinghamshire Health and Wellbeing Board Review Update	To provide members with a progress update on the review of the Nottinghamshire Health and Wellbeing Board.	Chair of the Health and Wellbeing Board	Viv Robbins Lizzie Winter		
WORKSHOP: Self-Harm and Suicide Prevention Strategy (1hr)		Interim Director of Public Health	Lucy Jones Safia Ahmed		
MEETING: Wednesday 3 July 2024 (2pm)					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board			

Report title	Purpose	Lead officer	Report author(s)	Notes
Health Protection Update		Interim Director of Public Health	Geoff Hamilton	
JSNA Profile Pack: Community Capacity and Resilience	To consider and approve the JSNA profile pack for publication on Nottinghamshire Insight.	Interim Director of Public Health	Will Leather Kathryn McVicar	
JSNA Profile Pack: Health and Work	To consider and approve the JSNA profile pack for publication on Nottinghamshire Insight.	Chair of the Health and Wellbeing Board	Will Leather Dawn Jenkin Alexandra McNeice Ian Bates	To be confirmed
JSNA Profile Pack: ASCH Prevention	To consider and approve the JSNA profile pack for publication on Nottinghamshire Insight.	Chair of the Health and Wellbeing Board	Will Leather Catherine Carmichael	
Better Care Fund (BCF) Adult Social Care Discharge Fund		Corporate Director for Adult Social Care and Health	Bridget Cameron	
Better Care Fund (BCF) Year End Report (2023/24)		Corporate Director for Adult Social Care and Health	Naomi Robinson Katy Dunne	To be confirmed

DRAFT WORK PROGRAMME: 2024 - 2025 (dates subject to final approval by Full Council)

Report title	Purpose	Lead officer	Report author(s)	Notes	
MEETING: Wednesday 11 September 2024					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board			

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Best Start Annual Report	To review progress of the delivery of the Nottinghamshire Best Start Strategy 2021 – 2025, to provide an overview of the best start for life local offer and update on the Best Start Strategy refresh.	Interim Director of Public Health	Helena Cripps	
		Corporate Director for Childrens and Families		
JSNA Chapter: Children in Care and Care Leavers	To consider and approve the JSNA chapter for publication on Nottinghamshire Insight.	Interim Director of Public Health	Will Leather Katharine Browne Briony Jones Caroline Panto	
JSNA Profile Pack: Youth Justice	To consider and approve the JSNA profile pack for publication on Nottinghamshire Insight.	Chair of the Health and Wellbeing Board	Will Leather Nicola Suttenwood	
JSNA Profile Pack: Autism & Neurodiversity (Adults)	To consider and approve the JSNA profile pack for publication on Nottinghamshire Insight.	Chair of the Health and Wellbeing Board	Will Leather Halima Wilson	
JSNA Work Programme Approval (2024/25)		Chair of the Health and Wellbeing Board	Will Leather	
Better Care Fund Annual Plan (2024/25)		Corporate Director for Adult Social Care and Health	Naomi Robinson Katy Dunne	To be confirmed
MEETING: Wednesday 16	October 2024			•
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board		
Better Care Fund (BCF) Quarter 1 National Return		Corporate Director for Adult Social Care and Health	Naomi Robinson Katy Dunne	To be confirmed

MEETING: Wednesday 13 November 2024						
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board				
MEETING: Wednesday 18	MEETING: Wednesday 18 December 2024					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board				
Better Care Fund (BCF) Quarter 2 National Return		Corporate Director for Adult Social Care and Health	Naomi Robinson Katy Dunne	To be confirmed		
MEETING: Wednesday 5 February 2025						
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board				
MEETING: Wednesday 5 March 2025						
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board				
Rapid Review: Health Protection Implications of Climate Change		Interim Director of Public Health	Will Leather Jo Marshall			

Better Care Fund (BCF) Quarter 3 National Return		Corporate Director for Adult Social Care and Health	Naomi Robinson Katy Dunne	To be confirmed	
MEETING: Wednesday 2 April 2025					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board			
Refreshed Best Start Strategy	To endorse the refreshed Best Start Strategy.	Interim Director of Public Health	Helena Cripps		
		Corporate Director for Childrens and Families			
MEETING: Wednesday 25 June 2025					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board			
MEETING: Wednesday 23 July 2025					
Chair's Report (Standing Item)	An update by the Chair on local and national issues for consideration by Health & Wellbeing Board members to determine implications for the Joint Health and Wellbeing Strategy for 2022 – 2026.	Chair of the Health and Wellbeing Board			

Contact

For queries or requests for the Nottinghamshire Health and Wellbeing Board's work programme, please email elizabeth.winter@nottscc.gov.uk