

## **HEALTH AND WELL-BEING BOARD**

### **25 APRIL 2017**

## **BI-ANNUAL PROGRESS REPORT FROM THE HEALTH IMPROVEMENT GROUP**

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### **Board Sponsor**

Dr. Frances Howie, Director of Public Health

### **Author**

Deborah Tillsley, Directorate of Public Health

### **Priorities**

Mental health & well-being

Being Active

Reducing harm from Alcohol

Other (specify below)

(Please click below  
then on down arrow)

Yes

Yes

Yes

### **Safeguarding**

Impact on Safeguarding Children  
If yes please give details

No

Impact on Safeguarding Adults  
If yes please give details

No

### **Item for Decision, Consideration or Information**

Information and assurance

### **Recommendation**

- 1. The Health and Well-being Board is asked to consider and comment on progress made by the Health Improvement Group (HIG) between November 2016 and March 2017.**

### **Background**

- 2. The HIG has been asked to report bi-annually to the Health and Wellbeing Board. Since its last report to the Board, the HIG has met twice, on 14 December 2016 and 22 March 2017. Attendance continues to be good, with a broad representation of stakeholders and partners, although not every District is represented by its elected member lead at every meeting, and NHS acute representation is absent. The Care Trust and CCG have recently strengthened input.**

## **Summary of progress: Health and Well-being Strategy priorities strategic plans**

3. The HIG has received updates on the emerging strategic plans which drive the delivery of the Health and Well-being Strategy 2016-21. These plans were developed following a period of consultation and co-production with partners, and are meant to give a high level steer to the work to tackle the three priorities of the Strategy:

- Reducing harm from alcohol – with a focus on middle aged and older people and those from areas with poorer outcomes
- Being Active – with a focus on under-fives and their parents, older people, populations with poorer health outcomes
- Good mental health & well-being throughout life – with a focus on under-fives and their parents, young People, older People, populations with poorer health outcomes.

4. The Health Improvement Group (HIG) leads and ensures progress of action to improve health and well-being, focusing on health inequalities and the wider determinants of health and well-being in Worcestershire. Its role is also to promote and champion community leadership and public understanding of health and well-being and to ensure effective and efficient sharing of health and well-being information across member organisations, including information about the priorities and activities of the Health & Wellbeing Board.

5. The HIG regularly receives progress updates on District Health and Well-being Plans and considers local issues. Progress on the district and strategic plans includes progress against the performance indicators in the Health and Well-being Strategy. The indicators which are gathered from a variety of sources are the key measures of success for the district and strategic plans against the Health & Wellbeing Strategy. The first update of the strategic performance indicators against baselines will be presented to the HIG in September 2017.

## **Summary of Progress: District Health and Well-being Plans**

6. Since the bi-annual progress report to the Board in November 2016, three Districts (Bromsgrove, Malvern Hills and Worcester City) have presented the District Health and Well-being Plans to the HIG. The district plans are led by elected members who hold the health and well-being portfolio locally and demonstrate breadth of activity taking place locally to improve the health and well-being of residents, with a focus on the Health and Well-being Strategy's three key priorities. The outcomes from these are illustrated in the plans and performance information in the attached appendices.

## **Bromsgrove District Council Health & Wellbeing Plan**

7. The Bromsgrove Health and Wellbeing Plan was developed by the Community Wellbeing Theme Group which sits under the District Local Strategic Partnership. Key priorities include:

### Improve mental wellbeing

- Raise awareness of and support the Wellbeing Hub and the wider Worcestershire Healthy Minds Service to ensure local demand is met and ensure links with Social Prescribing.
- Ensure partner agencies have the opportunity to engage and be consulted on the Secondary Care Mental Health Transformation and provide feedback following consultation.
- Promote and support initiatives and training including:
  - 'Time to Change' initiative which aims to reduce stigma around mental health;
  - Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) two day training that is available to partners at a subsidised cost of £45.
  - (Your Life Your Choice Worcestershire website; and
  - 5 ways to Wellbeing using Bromsgrove & Redditch website: [www.wellbeinginpartnership.co.uk](http://www.wellbeinginpartnership.co.uk)

### Reduce harm from alcohol

- Raise awareness of local service provision which aims to reduce the harm from alcohol to enable partners to: consider how agencies can support and enhance existing provision; and support Public Health and Redditch & Bromsgrove CCG in addressing alcohol related issues highlighted in the Bromsgrove Health and Wellbeing Profile.

### Increase physical activity

- Raise awareness of services being delivered locally (across all ages) which increase physical activity for partners to identify ways other partners can enhance existing provision and highlight any barriers impacting on delivery.
- Consider Government 'Childhood Obesity: A plan for action' and identify any relevant local actions.  
Promote initiatives and deliver training encouraging healthy lifestyles including: 'One You' Public Health England campaign; Worcestershire Works Well Accreditation Scheme; Health Chat Training;
- Eating Well on a Budget Training; and Worcestershire Welcomes Breastfeeding Initiative

8. Details of Bromsgrove District Council Community Wellbeing theme Group Action Plan 2016/21 can be seen at Appendix 1

## **Malvern Hills District Council**

9. A detailed presentation to the HIG on 22 March set out a clear programme of activity in relation to the Board's three strategic priorities and a performance report for Quarter 3 (Appendix 2), highlighted progress and outcomes against the priorities. This was acknowledged as a very positive example of how the Board's priorities are being embedded and making a difference at local level. Examples of work undertaken include:

### Good mental health and well-being throughout life

- An Older Persons Showcasing Event held in Tenbury on 10th October, to coincide with world mental health day. The theme of the event was dementia

awareness and there was a dementia friends session held along with health checks (40-74 years). There were over 25 service providers in attendance and over 50 attendees.

- Dementia Advice Service: Support people living with dementia or memory loss, and their family and friends:-South Worcestershire Rural Communities Project: delivered to reduce social isolation and loneliness for our most vulnerable residents
- Reconnections: Reduce feelings of loneliness and social isolation in the 50+ population by reconnecting them with activities and interests in their local communities.

#### Being Active at every age

- Five new Sportivate programmes (10 to date) were delivered to 40 participants (108 to date), including Indoor Kayaking, Squash, Zumba, Street Soccer and Weights for Women.
- The October half term holiday play scheme ran for 5 days and saw a total of 177 visits from 111 different children. In addition a 4 day Christmas holiday camp saw 172 attendances from 79 different children.
- Orienteering based 'Xplorer' events were introduced during the quarter by Freedom Leisure, in partnership with Malvern Hills District Council and Action for Children.

#### Reducing harm from alcohol at all ages

- A different marketing approach is being developed to target a new audience, following innovative work in a disadvantaged part of the District. This has involved close working with the SWCCG, who provided funding and a social media video has been commissioned through Free Radio, targeting middle aged women, following focus group discussion. Peer mentor support for recovering alcoholics is now being provided through the Relapse Prevention Group and the Resource Cafe, which is led by the Public Health commissioned Swanswell treatment service. Participation figures to be provided within the quarter 4 report.
- In response to local concerns about young people associating with older adults who are known heavy drinkers and drug takers, Swanswell have provided outreach work with those young people and followed this up with support and advice at Tenbury High School as part of the PHSE curriculum.

### **Worcester City Council**

10. Worcester City strategic plan for the next five years is detailed in a cross party "City Plan: Building a successful future on 2,000 years of history". This plan is the councils shared vision for a future Worcester not just about its activities but about how the council hope residents and stakeholders can pull together to create a successful, vibrant and sustainable Worcester. This is a significant step change as the Council are now putting the health and well-being agenda at the heart of their corporate policy approach for the first time. This is fully reflecting the Board's three corporate priorities and will contribute to meeting the aims of the Health and

Well-being Strategy.

11. Actions detailed in the plan include:

Improving mental health and wellbeing

- Digital inclusion - Enable Worcester City residents to become digitally included.
- Parenting groups and parenting courses
- Home from Hospital - enable older people to live independently
- Aids & Adaptations - enable older people to live independently

Increasing physical activity

- Multi skill sports community programme - To increase participation in a range of sports, enabling people to try new and sustain participation in sports and sporting activities
- School sport and physical activity - To increase physical activity levels across Children and Young People in schools through the Worcester PE & School Support Network in improving their PE and Sport Offer.
- Provide a programme of Fortis Living on Tour activities to run in school holidays which encourage getting active and promoting wellbeing
- Sportivate - enable lifelong participation for 11-25 year olds to take part in physical activity

Reducing harm from alcohol

- Alcohol awareness Campaign - Increase awareness of the harm of drinking too much alcohol
- Worcestershire works well -Enable employers to promote health and wellbeing of employees
- Alcohol education sessions - To increase awareness of young people on risks of drinking too much alcohol
- Best Bar None - Promote responsible operation and management of premises serving alcohol

12. Progress against the priority areas can be seen in Worcester City Health and Wellbeing Plan 2017-2019 (Appendix 3), again focusing on the three key priorities

**General items**

13. Since its November report, the HIG has also discussed and considered the following:

- **Sustainability Transformation Plan (STP):** A briefing on the progress of the workstreams and the next steps for the STP was presented by Sue Harris from the Health and Care Trust. Since November, views from the general public have been sought through various means, including events, roadshows and online. Feedback is now being collated and there will be formal consultation on changes as and when required. The final report goes to the HWBB in May. Members were asked to contribute to the consultation.

- **South Worcestershire Healthier You:** A report on the initial progress of the new NHS Diabetes Prevention programme by Helen Southall from the CCG. This is an NHS Diabetes Prevention programme that has been developed collaboratively by NHS England, Public Health England and Diabetes UK. Those referred onto the programme will get tailored, personalised help to reduce their risk of Type 2 diabetes including education on healthy eating and lifestyle, help to lose weight and bespoke physical exercise programmes, all of which together have proven to reduce the risk of diabetes. There are increasing numbers of GP practises signed up to the scheme and referrals are on course to meet year one targets.
- **Ofsted inspection of services for children in need of help and protection, children looked after and care leavers:** Frances Howie briefed the Group on the recent inspection and the challenges that have been highlighted within the report. A comprehensive Service Improvement Plan is now in place and all members of HIG committed to make sure that they r the organisation they represent contribute strongly, where appropriate, to the delivery of the Service Improvement Plan.
- **Worcestershire Works Well:** Andy Boote, Public Health Practitioner updated the HIG on progress to date of the Worcestershire Works Well (WWW) initiative which aims to support health promoting workplaces. In the financial year 2015/16, 25 new businesses signed up to the WWW initiative. At this point the conversion rate from sign up to accreditation was 46%. At the end of the financial year there were 78 active businesses with 25,000 employees and all members of HIG agreed to promote the initiative in their local areas .
- **Air Quality:** Mark Cox, Worcestershire Regulatory Services, presented the current priority actions for each Air Quality Management Area in the county and welcomed any assistance that Members can give to progression of actions to resolve poor air quality. It was noted that these areas remain of concern and that air quality can be improved through active management as set out in the plans. District members of HIG agreed to make sure they supported giving this work a priority locally .
- **Strategic Drug Plan:** Deborah Tillsley, Public Health practitioner presented progress against the three key objectives for the third and final year of the current Strategic Drug Plan. These included:

  - Early prevention and self-help – significant Facebook and Twitter messaging and campaigns, use of the Health Chats programme to provide messages on drugs and alcohol and targeted prevention work at University Fresher's week.
  - Improving treatment – challenging data on the treatment service but positive signs emerging, work on dual diagnosis progressing with an agreed Memorandum of Understanding being agreed with the Health Trust and Swanswell and 32 GP practises now signed up to shared care treatment services.

- Reducing the impact of drugs on crime and disorder – wide ranging support with the Police NPS campaign in December 2016, partnership support at the Police Drug Alliance Strategy group and new focus on drug driving with 746 "wipe" tests on drivers between April – November 2016, resulting in 407 positive tests and 426 arrests.

14. The Drugs plan will be reviewed when the reviewed Home Office Drug Plan is published in 2017.

### **Legal, Financial and HR Implications**

15. As appropriate

### **Privacy Impact Assessment**

16. As appropriate

### **Equality and Diversity Implications**

N/A

### **Contact Points**

County Council Contact Points

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Specific Contact Points for this report

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### **Supporting Information**

- Bromsgrove District Council Community Wellbeing theme Group action Plan 2016/21 (Appendix 1)
- Malvern Hills District Health and Well-being Plan 2016-2021 – Performance Report (January 2017) (Appendix 2)
- Worcester City Health and Wellbeing Plan 2017-2019 (Appendix 3)

### **Background Papers**

N/A