

HEALTH AND WELL-BEING BOARD 13 NOVEMBER 2018

HEALTH IMPROVEMENT GROUP BI-ANNUAL REPORT

Board Sponsor

Dr. Frances Howie, Director of Public Health

Author

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(Please click below
then on down arrow)

Priorities

Mental health & well-being	Yes
Being Active	Yes
Reducing harm from Alcohol	Yes
Other (specify below)	

Safeguarding

Impact on Safeguarding Children If yes please give details	Yes
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Impact on Safeguarding Adults If yes please give details	Yes
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Item for Decision, Consideration or Information

Information and assurance

Recommendation

1. The Health and Well-being Board is asked to:
 - a) Consider and comment on progress made by the Health Improvement Group (HIG) between April 2018 and October 2018;
 - b) Support the scaling up of prevention activities in the priority areas and consider how the Prevention Board proposed within the DPH Annual report could work alongside district level achievements;
 - c) Ensure that each organisation represented by the Board plays an active part in the delivery of the Joint Health and Well-being Strategy and fully participate in providing the necessary updates and information for the reporting of progress.

Background

2. The Health Improvement Group (HIG) reports bi-annually to the Health and Wellbeing Board (HWBB). Since its last report to the Board, the HIG has met twice,

on 13th June 2018 and 3rd October 2018. The 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. The HIG receives annual progress updates on District Health and Well-being Plans and considers local issues.

3. Attendance at the HIG meetings has increased this year, although there has been no representation from West Mercia Police and the VCS representative. Membership and attendance has been considered and Worcestershire Voices are supporting the recruitment of a new VCS representative.

Joint Health and Wellbeing Strategy Annual Update

4. The Health and Well-being Strategy 2016-2021, identified three overarching priorities to achieve the vision of the Board that: Worcestershire residents are healthier, live longer and have a better quality of life especially those communities and groups with the poorest health outcomes. These are:

- Being Active at Every Age
- Good Mental Health and Well-being Throughout Life
- Reducing Harm from Alcohol at all Ages.

An action plan was developed around each priority area. The report provides a summary of activity and performance indicators to measure progress against each priority at year two. Overall, progress has been made in each of the areas and against each of the objectives. Partners have worked hard to deliver activities to progress the action plan, however, larger scale systematic approaches are required to really make an impact on reducing risk of disease and reducing inequalities. In October, the HIG agreed to note the progress to date on the delivery of the Joint Health and Wellbeing Strategy and associated action plans and the need to scale up prevention activities to achieve larger scale improvements in health and wellbeing and reduce health inequalities. The group agreed to ensure that each partner represented by the HIG continues to play an active part in the implementation of the strategy and consider progress in the context of the 2018 Director of Public Health Annual Report. The full report is available on-line as a background document.

Summary of Progress: District Health and Well-being Plans

Worcester City Health and Wellbeing Plan 2017-2019

5. The Worcester City Health and Wellbeing Plan supports the Joint Health and Wellbeing priority areas including Mental Health and Well-being throughout life; increasing Physical activity and reducing harm from Alcohol. The plan also identifies three emerging themes from local data where problems may develop or where greater understanding is needed. The themes include outcomes and access to services for the Black and Minority Ethnic (BAME) population; statutory homelessness; and air pollution. Examples of work undertaken include:

- A number of physical activity opportunities across the city have been delivered, including Freedom Leisure community multi-sports (3010 children engaged in 129 sessions during the past year with 27% from areas of deprivation) and Fortis Active Ageing yoga, archery, walking football and bowls sessions,

- The Community Connectors scheme supports people across Worcester City. Sessions are held each week to talk, listen and provide information about local opportunities to residents. Lifestyle courses run throughout the year with a variety of topics including: managing stress and anxiety, re-building self-esteem, incorporating exercise into daily life and managing personal finances.
- The Dementia Dwelling Grant pilot has been running with over 500 assessments to date, and 75% receiving a dementia dwelling grant.
- A steering group has been developed to improve outcomes and access to services for the BAME population, courses have been delivered including a healthy cooking course and a financial and money management course. Public Health messages have been promoted through the mosque social media.
- Progress has been made to tackle homelessness health including the development of a Joint Strategic Need Assessment; a Strategic Direction for Homelessness Event; Homeless pathways created for a range of defined customer groups and the work of the homeless health hub.

Redditch Health and Wellbeing Partnership Plan 2018-2019

6. The purpose of the Redditch Health and Wellbeing Partnership Plan is to set out a forward plan for the year and to document local projects that are working in partnership through the Redditch Community Wellbeing Trust (RCWT). There are three areas of focus; Mental health and wellbeing (including suicide and self-harm), Obesity and Physical Activity Levels (both adults and children), and Misuse of Alcohol. Examples of work undertaken include:

- The Sports Development team have been delivering a number of projects including Active Kitchen, Active Families, Couch to 5k, Escape Pain, Rounders in the Park, Park Lives, Park Run, Tai Chi, Strength and Balance classes.
- The Voluntary and Community Sector Grants Programme has enabled a range on new opportunities including Fight for Peace Boxing project, Skate Park project, Relate Counselling Service, Wellbeing Coaching, Eating Well on a Budget project.
- Redditch Older People's Services Day (led by Older People's Forum) took place in March and focussed on mental health.
- Redditch Community Wellbeing Trust and Public Health organised and delivered work to map local assets.
- A Wellbeing in Partnership newsletter has been produced to share information about services as well as a Redditch and Bromsgrove Knowledge Bank (directory of services).
- The Connecting Families work has a new focus on mental health, research interviewing key partners in Redditch about gaps in mental health provision has commenced.

Wychavon Health and Wellbeing Plan 2016-2020

7. The Wychavon Health and Wellbeing plan has identified six priorities including Smoking in pregnancy; Homelessness; Achieving a healthy weight; Mental and emotional health; Reducing alcohol consumption; Access to services in rural areas. In the light of new data, a review and refresh of the Health & Wellbeing Plan is being undertaken. Discussions around using the wider determinants of health and District

Council Service Teams to structure the approach are taking place. Examples of work undertaken include:

- A number of various physical activity events and activities have taken place which have been well attended including Walking Netball, Ladies Touch Rugby, Just Swim, Simply Run C2 5K and Get Hooked fishing.
- Wychavon Wellbeing Week was rolled out in October 2017. The aims of the week were to raise awareness of mental health issues and reduce the stigma associated with them; promote positive and practical ways to improve wellbeing; and promote the help and support that's available for people experiencing mental health problems. There were 100 activities and events on offer across Wychavon during the week focussing on the five ways to wellbeing. The week created 340 000 twitter impressions and over 1000 views on the events webpage.
- An Alcohol Reduction Plan has been produced and an interactive promotional stall was held in Tesco Evesham during Alcohol Awareness Week 2017.
- Evesham and Eckington Dementia Action Alliances have support from a number of Dementia Friends (there are over 900 Dementia Friends in WR10 and WR11 postcodes), and have held a number of local initiatives such as a tea service, boat trips, a supermarket 'relaxed lane'.
- The Droitwich West Project aims to raise aspirations, skills and health in Droitwich West Ward. The following activities have been supported by WDC; Bulb planting at the school and in grassy areas of Westlands; A Health Walk leaders course delivered followed by the launch of Westlands Walkers; SHAPE, Cook4Life and Feeling Fitter courses to support mental wellbeing, healthier food choices and increased physical activity.

General items

8. Since the previous bi-annual report in May 2018, the HIG has also discussed and considered the following:

Director of Public Health Annual Report

9. Dr Frances Howie presented an overview of the 2016-2018 Director of Public Health Annual Report to the HIG. The report focuses on preventing poor health and describes the current picture and opportunities in Worcestershire during this period.

10. There is a strong evidence base that it is better and cheaper to prevent problems before they arise, in short, that prevention is better than cure. Focussing and investing in prevention will improve health outcomes; keep people independent; and improve peoples' well-being and quality of life. This will, in turn contribute to managing the demand for higher cost reactive services.

11. Dr Frances Howie expanded on the key facts in Worcestershire, the challenges, and the recommended approach focussing on three themes; creating healthy places; supporting people to help themselves, their families and their communities; and delivering effective prevention services.

Dementia Dwelling Grant

12. The HIG welcomed the presentation on the Dementia Dwelling Group. A pilot commenced on 1st April 2017 supported by Care and Repair Worcestershire and the

Dementia Advisors from Age UK Herefordshire and Worcestershire with the opening of grant to pay for adaptations to the homes of local residents living with dementia.

13. The evaluation of the pilot is being undertaken by the University of Worcester's Association for Dementia Studies (ADS). Between April 17-18, 510 assessments were undertaken with 75% receiving a dementia dwelling grant. Positive wellbeing outcomes have been measured at 3 month follow up and the next steps include further analysis, 9 month assessments and the preparation of a final report at the end of 2018.

Warmer Worcestershire Report

14. The HIG approved the Worcestershire Fuel Poverty 5 year plan in September 2017 including proposed activity for the year, and agreed to receive annual progress reports from the Warmer Worcestershire Network detailing progress and any amendments. The Warmer Worcestershire Network is a partnership between public and third sector organisation all working together to tackle the issue of cold homes and the impact this can have on an individual's health. The Network is coordinated by Worcestershire County Council and brings together a range of knowledge and skills. National figures indicate that 11.5% of households in Worcestershire are considered to be fuel poor. This equates to nearly 29,000 households that struggle to afford to heat their home.

15. Progress over the last 12 months includes:

- Worcestershire Energy Switch- Over 560 residents registered their interest in switching energy provider with over 150 households taking up the offer. There were average annual savings of £182 per year through switching.
- Emergency Central Heating Offer (ECHO)- This project replaced 42 broken gas central heating systems.
- Energy Company Obligation (ECO)- Nearly 400 residents expressed an interest in energy efficiency measures under this scheme. To date, there are 147 completed jobs resulting in £453,360 funding brought in for Worcestershire residents.

Neighbourhood Teams Update

16. The HIG welcomed a presentation on the Neighbourhood Teams which are a new way of integrated working, as set out in the Herefordshire and Worcestershire Sustainability Transformational Partnership to provide joined up, better coordinated care that promotes independence, choice, and improved patient journey. Neighbourhood Teams are a team of professionals (multi-disciplinary team) who provide care and support to the registered population of a group of GP practices.

17. There are three Alliance Boards and 14 Neighbourhood Teams with GPs working in clusters of 22-55k population integrated with community and social care provision. 14 Neighbourhood Team Plans have been agreed using Population Health Profiles with all teams operational from June 2018. The teams focus on reducing emergency admissions and priority areas include Care homes; Respiratory; Diabetes; Frailty/UTI/falls; Mental Health; Prevention and self-care as well as other areas such as cancer diagnosis. The teams are working to scale up impact, with a continued

focus on strengthening health and social care integration, and scoping opportunities to work differently within the wider partnership.

Charter for Homeless Health update report

18. The HIG noted progress in implementing the Homeless Health Charter. The Homeless Health Charter (HHC) was signed by the Chair of the Health and Wellbeing Board in February 2016, on behalf of the Board membership. The HIG received an annual report on the HHC on 20 September 2017 and report updated on the progress made in its implementation. The responsibility for homelessness prevention services primarily sits with Local Housing Authorities and a Countywide Homelessness plan is developed and monitored through the Worcestershire Strategic Housing Partnership.

19. The Homeless Health Group has taken responsibility for leading on the HHC and by definition focuses solely on homeless health matters. In that regard, the three key areas of the HHC are "Identify need", "Provide leadership" and "Commission for inclusion", and progress against these is set out below. There is good progress being made against the three Charter objectives and strong support provided by partner organisations. With the publication of a new JSNA homeless health profile and a new self-assessment tool, it will enable a stronger focus on this area of work, building on what is already in place.

Legal, Financial and HR Implications

20. Not applicable

Privacy Impact Assessment

21. Not applicable

Equality and Diversity Implications

22. An Equality Impact Assessment is not required

Health Impact

23. Discussed in the body of the report.

Contact Points

County Council Contact Points

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Specific Contact Points for this report

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Supporting Information

- Joint Health and Wellbeing Strategy Annual Update (Available on-line as a background document)