

HEALTH AND WELL-BEING BOARD 16 NOVEMBER 2021

JOINT HEALTH AND WELL-BEING STRATEGY 2016-2021 UPDATE

Board Sponsor

Councillor Karen May, Cabinet Member with Responsibility for Health and Well-being

Author

Dr Kathryn Cobain, Director of Public Health

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

No

Impact on Safeguarding Adults

No

Item for Decision, Consideration or Information

Information and assurance

Recommendation

1. **The Health and Well-being Board (HWB) is asked to:**
 - a) **note the actions taken in the last 12 months to deliver the Joint Health and well-being Strategy (JHWS) 2016-2021 priorities;**
 - b) **continue to ensure that each partner represented plays an active role in the JHWS implementation; and**
 - c) **note the progress relating to the overarching theme for the new JHWS; “Better mental health and emotional wellbeing”, supported by healthy living at all stages in life, safe and healthy homes, and good jobs.**

Background

2. The JHWS 2016-2021 identified three overarching priorities to achieve the vision that: *Worcestershire residents are healthier, live longer and have a better quality of life especially those communities and groups with the poorest health outcomes:*

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

3. At its meeting on 28 September 2021, the HWB approved a short-term extension of the JHWS to Summer 2022.
4. In 2017, detailed action plans were developed for each priority, which together focussed on preventing and tackling the main causes of avoidable disease. The intention being that sustained progress could improve health and wellbeing, and in the longer term, reduce pressures on the health and social care system. Annual updates against the plans have been presented to the Health Improvement Group.
5. This report provides a summary of key activities against each priority over the last year. Further county-wide initiatives continue to contribute to the action plans and complement the activity reported herein. Furthermore, the HIG has not met in some months to enable reporting of the district actions in support of the priorities.
6. The HWB agenda item, JSNA Annual Summary, further provides an overview of the performance indicators relating to the JHWS 2016-2021 priorities.
7. Overall, progress has been made in each of the priority areas. However, COVID-19 has impacted on delivery of some services, with a number being adapted, for example, lifestyle and health checks where face to face appointments were not possible for a period of time.

Principles

8. Six key principles underline the JHWS 2016-2021, which have shaped the actions taken against each priority as set out below:
 - **Working in partnership** – brought to the forefront during the pandemic, partnership working across the system has flourished, including increased engagement and joint working with Districts. Initiatives such as the Mental Health Concordat, Integrated Well-being Offer and development of the Integrated Care System showcase the benefits of this approach.
 - **Empowering individuals and families to take responsibility and improve their own health and well-being** – Worcestershire's Here2Help service enables and empowers individuals and families to support themselves. A self-management approach is a key component of the lifestyle and health check services, encouraging positive behavioural changes.
 - **Taking Local action** – the creation of Worcestershire's Asset Based Community Development (ABCD) team supports and enables local areas to take action supported by each of the district councils.
 - **Taking actions that we know will work** – Public Health practice is guided by the evidence of what works and of local need.
 - **Involving people** – Public Health is establishing an Engagement team and will be capturing evidence of local needs and views through a series of activities such as community focus groups, ethnographic study and in-depth questionnaires. This will contribute to system-wide public involvement with Healthwatch, ABCD and Health and Well-being 'Now We Are Talking'.

Being Active at Every Age

Walking for Health, via the countryside centre

9. Worcestershire's Walking for Health accredited scheme has been in operation for nine years. It supports Worcestershire's network of free, volunteer led health walks, helping people lead a more active lifestyle. Prior to the pandemic, there were 37 walking groups with 43 walks held weekly and 11-monthly. The number of walks running at present are not up to these pre-pandemic levels, but steadily increasing.

Behavioural Change and Lifestyle Support

10. Recognising the growing burden of lifestyle related ill-health and disease, Worcestershire Public Health supports a lifestyle and behaviour change service delivered through the County's 10 Primary Care Networks. This service supports people to adopt healthier lifestyle behaviours, whilst offering referrals and signposting to support services and self-help. This links to social prescribing and peer led community-based support for health and wellbeing.

11. In addition, recognising the impact of the pandemic on access to physical activity and healthy foods, Public Health has implemented a Slimming World voucher programme for at risk groups. It has further commissioned a strength and balance programme to support increased physical activity in older adults.

Good Mental Health and Well-being Throughout Life

Communication and promotion

12. Various campaigns have been launched to raise awareness of mental health and the support available, including the Public Health England's 'Every Mind Matters' campaign linking to a suite of online resources, and the 'Now We're Talking' art campaign', led by the Health and Care NHS Trust to spread positivity whilst highlighting available mental health support, targeting men in need to access the Worcestershire Healthy Minds Service.

Integrated Well-Being Offer (IWO)

13. As reported to the HWB at its meeting on 28 September 2021, the Here2Help programme, set up in 2020, has supported those in need, including those with poor mental health and well-being or feelings of loneliness during the COVID-19 pandemic. Development of the IWO is underway, which aims to empower people to live well, by addressing the factors that influence their health and well-being and building their capability to be independent, resilient and maintain good well-being for themselves and those around them. It will move beyond focusing on single issues and take a holistic and person-centred approach, addressing the psychosocial determinants of health behaviour. It will augment the collective response to early intervention and prevention to meet people's needs across the life course, improve health and well-being and address inequalities.

14. An ABCD approach has been initiated in the districts, identifying areas where it can be of value, particularly around distinctive 'community building'. Work paused

due to COVID-19 in 2020, but more recently districts have made progress developing a strategic 'asset-based approach' to service delivery and commencing recruitment of Community Builder roles.

15. Although the ABCD approach does not work to predetermined outcomes per se, there is a wealth of evidence suggesting that it has a significant impact on mental wellbeing through facilitating better social connections and creating more welcoming and inclusive communities. In this way it becomes a key enabler to the 'Being Well in Worcestershire' ambition of 'building resilient and thriving communities, utilising local strengths and assets'. Work is currently in progress to pilot the approach through the Redditch District Collaborative.

Mental Health Needs Assessment

16. A Mental Health Needs Assessment is being conducted with initial findings feeding into the JSNA, and findings that will further inform the development of the new JHWS, priorities of the new Mental Health Provider Collaborative, and the Mental Health Inequalities Board Action Plan. The assessment is being used to inform a better understanding of the impact of the pandemic on mental wellbeing (including the disproportionate impact on vulnerable groups); common mental disorders, severe and enduring mental illness and crisis service demand.

Prevention Concordat for Better Mental Health

17. In April 2020, the HWB became a signatory of the Concordat and made a commitment to work together to prevent mental health problems and promote good mental health through local action. The Action Plan was updated in March 2021 to reflect the impact of COVID-19 and describes plans in progress relating to understanding local needs and assets; working together, taking action for prevention and promotion, reducing health inequalities and measuring outcomes.

Children and Young People's mental health

18. Mental Health Support teams now work in selected schools to provide early intervention on mental health and emotional wellbeing issues, with a dedicated Education Mental Health Practitioner attached to each school. This enables one-to-one appointments, drop-in sessions and group interventions to build emotional wellbeing, resilience and coping skills. Schools can access training for to help improve how they responded to the emotional impact of the pandemic on students and staff. Selected schools are also able to access funding for training a senior leader for mental health. A gap analysis has identified schools that have not received an intervention, allowing future local funding opportunities to be targeted.

Loneliness and Isolation Partnership

19. The Loneliness and Isolation Partnership reconvened in December 2020 in recognition of the higher importance of loneliness due to the pandemic. The Worcestershire Action Plan was updated for 2021-22 with key outcomes including the launch of the 'Stay Connected Pledge' - a commitment by local organisations to ensure activities are inclusive, welcoming and connect people.

Suicide Prevention

20. The Suicide Prevention Steering Group has a focus on highlighting local experiences of the impact of the pandemic, identifying local emerging areas of need around mental health and promoting local wellbeing services. The group is feeding into the Suicide Prevention Strategy refresh for 2021.

21. The Herefordshire and Worcestershire Suicide Prevention Programme began work in December 2020 with a focus on reducing suicides in middle-aged men. Community workshops and stakeholder events have been held to inform key workstreams. Its 'Now We're Talking Acting Together to Prevent Suicide' campaign was launched in September 2021. The programme is running two community pilots; around male wellbeing in Redditch, and in the construction industry across both counties. A community training offer has been devised and a dedicated team is working closely with community partners, Primary Care Networks and ICS colleagues.

Reducing Harm from Alcohol

Worcestershire Substance Misuse Oversight Group

22. The Worcestershire Substance Misuse Oversight Group provides oversight and strategic support for the coordination of health, well-being, criminal justice, and community safety outcomes in relation to reducing alcohol and drug related harms in Worcestershire. The group reports to the Community Safety Board and ensures effective communication and joint working arrangements between stakeholders to deliver reductions and increase in visible recovery in Worcestershire.

Worcestershire Alcohol and Drugs Strategy

23. Work has commenced on drafting a new five-year Worcestershire Alcohol and Drugs Strategy, which will be accompanied by a Partnership Outcomes Framework. Progress against strategic priorities will be monitored by the Substance Misuse Oversight Group, Safer Communities Board and the HWB as required.

24. The new strategy includes an increased focus on supporting recovery from dependency on alcohol and other drugs, including employment and housing. Work has commenced on a County Council Supported Housing Needs Assessment, identifying any gaps in provision of supported housing, and informing the a Supported Housing Plan for Worcestershire. Similarly, work has commenced on an Employability Support Needs Assessment for vulnerable groups, including people recovering from dependency on alcohol and other drugs, and new partnership arrangements are being forged with the Department for Work and Pensions to take forward the recommendations of the needs assessment.

Children and Young People

25. Here4YOUth, Worcestershire's young person's alcohol and drug service, continued to provide telephone and digital interventions throughout the pandemic including advice, support and guidance for children and young people affected by parental alcohol abuse. From August 2021 the service was able to recommence face-to-face appointments via walk and talks, at home, school, college or other community venues. Middle and secondary schools were offered free training by the Alcohol Education Trust including a physical teaching pack for use in special schools.

Blue Light Initiative

26. The Worcester and Redditch Blue Light projects (a national initiative to develop alternative approaches and care pathways for drinkers with complex needs who are not in contact with treatment services) came to a halt at the start of the pandemic. However, this pause provided an opportunity to evaluate the projects, which were found to have achieved good outcomes and reduced demand on public services. Further support is now being provided to Districts who are planning to implement local Blue Light projects.

Legal, Financial and HR Implications

27 Legal, funding and HR implications are considered at project level when progress the various initiatives detailed within this report.

Privacy Impact Assessment

28. There are no privacy issues to report.

Equality and Diversity Implications

29. Equality Relevance Screening and Impact Assessments are carried out in respect each action as delivered. The report has no recommendation with implications for consideration.

Contact Points

County Council Contact Points

County Council: 01905 763763

Worcestershire Hub: 01905 765765

Specific Contact Points for this report

Dr Kathryn Cobain, Director of Public Health

Tel: 01905 845863

Email: kcobain@worcestershire.gov.uk

Background Papers

In the opinion of the proper officer (in this case the Director of Public Health) the following are the background papers relating to the subject matter of this report:

http://www.worcestershire.gov.uk/downloads/file/7884/worcestershire_health_and_well-being_board_-_joint_health_and_well-being_strategy_2016-21