

## CABINET

Wednesday, 12 September 2018

### **NORFOLK AND WAVENEY HEALTH AND WELLBEING BOARD STRATEGY ADOPTION (REP1913)**

#### **EXECUTIVE SUMMARY**

1. The Health and Wellbeing Board for Norfolk and Waveney has produced a Health and Wellbeing Strategy for the Sustainability and Transformation Partnership footprint i.e. Norfolk and Waveney. Waveney is also covered by the Suffolk Health and Wellbeing Strategy.
2. Health and Wellbeing Board partners have been asked to formally sign up to the Health and Wellbeing Strategy, and to the specific actions within it, by 31<sup>st</sup> October 2018.
3. Waveney District Council contributes to enhancing mental and physical health and wellbeing in a number of ways, with a particular focus on prevention and early intervention, tackling inequalities and collaborating to deliver person centred care.

Is the report Open or Exempt?	Open
<b>Wards Affected:</b>	All Wards
<b>Cabinet Member:</b>	Councillor Mary Rudd Cabinet Member for Community Health and Safety
<b>Supporting Officer:</b>	Nicole Rickard Head of Communities 01502 523231 <a href="mailto:Nicole.rickard@eastsoffolk.gov.uk">Nicole.rickard@eastsoffolk.gov.uk</a>

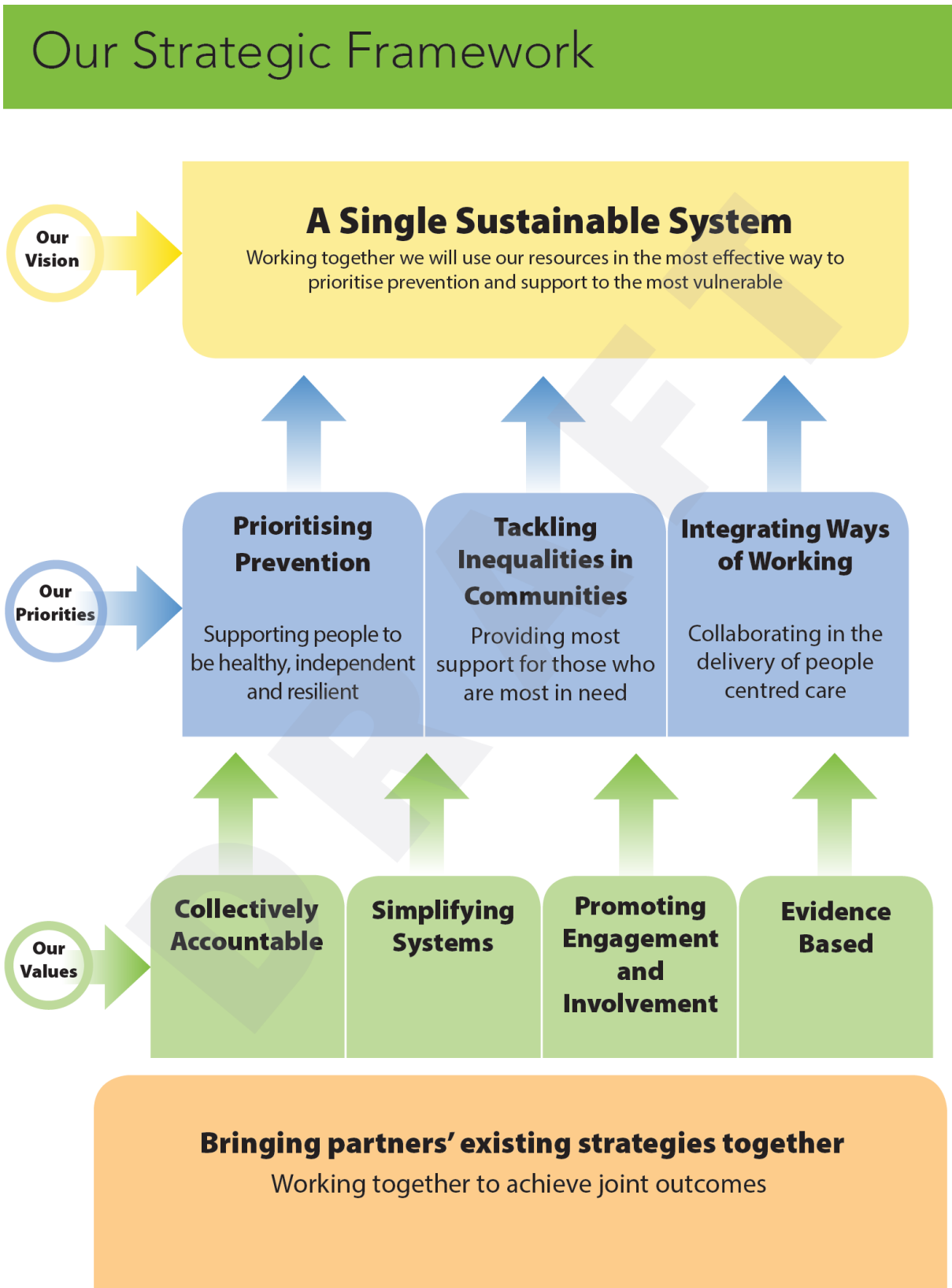
## 1 INTRODUCTION

- 1.1 The Joint Health and Wellbeing Strategy for Norfolk and Waveney was agreed at the meeting of the Health and Wellbeing Board for Norfolk and Waveney on 17<sup>th</sup> July and all HWB partner organisations agreed to take the Strategy through their governance structures for formal sign up by 31 October 2018.
- 1.2 The following sections of this report provide an overview of the content of the Strategy. The final section illustrates the role of Waveney District Council in delivering the Strategy, including through actions enabled by its partnership funding arrangement with NHS Great Yarmouth and Waveney CCG.
- 1.3 Waveney is currently part of two health systems – Suffolk and North East Essex and Norfolk and Waveney. It is therefore also covered by the Suffolk Health and Wellbeing Strategy which is currently under review. A workshop was held at the Suffolk Health and Wellbeing Board meeting in July to consider what changes should be made in order to refresh and update the Strategy. A report will be brought to Cabinet on the Suffolk Strategy at the appropriate point.

## 2 THE JOINT HEALTH AND WELLBEING STRATEGY

- 2.1 The intention of the new Norfolk and Waveney Health and Wellbeing Strategy is to build upon partners' existing plans and develop as a single sustainable system by working together to implement actions based on what the evidence is telling us about health and wellbeing needs in the local area.
- 2.2 The Strategy highlights some key facts and figures about Norfolk and Waveney:
- Population to grow by 10% to around 1.131 million by 2037
  - Births and Deaths likely to remain about the same at 10,200 and 11,500 respectively
  - A & E attendances likely to increase from 245,000 to 313,000
  - A & E ambulance arrivals likely to increase from 82,000 to 105,000
  - Emergency admissions likely to increase from 101,000 to 125,000
  - There were 10,900 smoking attributable hospital admissions in 2016/17
  - There were 8,911 hospital admissions in the same year where obesity was the main or secondary diagnosis
  - There were 6,020 admissions for alcohol-related conditions in 2016/17
  - People living in our 20% most deprived areas are more likely to smoke, have an unhealthy diet and be less active
  - The total Health and Social Care Annual budget is in excess of £1.5 billion
- 2.3 The Strategy identifies some of the strategic challenges facing the health and social care system, including financial strain, growing demand, an increasing population that is living longer, and changing patterns of family life. It states *“Prevention and early intervention are critical to the long term sustainability of our health and wellbeing system. Stopping ill health and care needs happening in the first place and targeting high risk groups, as well as preventing things from getting worse through systematic planning and proactive management”*.

2.4 The diagram below shows the key aspects of the Strategy – the vision, priorities and values:



2.5 The Priority Actions that will support delivery of the Health and Wellbeing Board Vision of 'A Single Sustainable System' are:

- Sharing our thinking, planning, opportunities and challenges – informing new ways of working and transformation
- Engage with and listen to service users, residents and communities to inform our understanding and planning
- Undertake needs assessments, including the JSNA, to help us to keep our Strategy on track and understand its impact
- Develop mechanisms such as risk stratification tools and the sharing of information to target care where it is needed most
- Use partners existing plans – building on the priorities partners are already working hard to address, identifying the added value that collaboration through the HWB's Strategy can bring

2.6 The main sections of the Strategy include evidence and statistics about needs, an overview of what's important strategically, key challenges and a set of actions against the three priorities (see pages 10, 14 and 18 of the Strategy document) – Prevention, Inequalities and Integration. Case studies are used to illustrate good practice against each priority. The actions most relevant to the Council are:

- **embedding prevention** across all organisational strategies and policies
- promoting and supporting **healthy lifestyles** with our residents, service users and staff
- improving **locality working** and sharing best practice
- providing and using the evidence to **address needs and inequalities**
- **joining up development planning** by working with those with planning responsibilities
- working together to promote the important **role of carers** and the support they may also require.
- Embedding integrated approaches in policy, strategy and commissioning plans

### 3 IMPLEMENTATION OF THE STRATEGY

3.1 It has been agreed that all HWB partners will be involved in:

- **Identifying the actions** - that each HWB partner will take in delivering our Strategy, either through partners' existing plans or new initiatives
- **Developing an implementation plan** – based on the above and use it to inform our action and prioritisation
- **Developing an outcomes framework** – so we can monitor our progress - reviewing data and information which impact on our agreed outcome measures.
- **Bringing reports regularly to our HWB meetings** - challenging ourselves on areas where improvements are needed and supporting action to bring about change
- **Carrying out in-depth reviews** (or deep dives) – reviewing the evidence and making time at our meetings to explore in detail the impact we are making and how we could improve
- **Holding ourselves to account** - for our progress towards achieving our priorities, for the impact we are making, and for our effectiveness as system leaders
- **Keeping our Strategy active** - reflecting the changes as we work towards an integrated system.

#### 4 DISTRICT COUNCIL ROLE IN DELIVERING THE STRATEGY

4.1 In terms of the three priorities, shown in blue on the diagram (p3) and the left hand column of the table below, the Council already plays a key role in supporting the delivery of each of these as highlighted below:

Priority	Detail	Waveney District Council contribution
<p><b>Prioritising Prevention</b></p>	<p>A shared commitment to supporting people to be healthy, independent and resilient throughout life. Offering our help early to prevent and reduce demand for specialist services.</p>	<ul style="list-style-type: none"> <li>• East Suffolk Communities Team support for a wide range of projects to tackle social isolation and loneliness including Care Farms e.g. Pathways), Men’s Sheds (Halesworth, Beccles, Southwold, Lowestoft), street parties, digital projects and, intergenerational activities e.g. Muncheon Mingle. There are lots of voluntary sector and community-led examples including Good Neighbour Schemes, Meet Up Mondays and Pop Up Pubs</li> <li>• Lowestoft Mental Health Ambassador / Manifesto and Beccles Inside Out project</li> <li>• 12 prevention projects funded through our Health and Wellbeing Call to Action and various projects funded by the Waveney Community Enabling Grants</li> <li>• Lowestoft Commissioning Academy cohorts focussed on Mental Health (2017), Ageing Well (2018) and Growing Well (2019)</li> <li>• The Eat Out Eat Well scheme accredits food businesses on the basis of fat, sugar and salt in food, healthier choices and cooking methods</li> </ul>
<p><b>Tackling inequalities in Communities</b></p>	<p>Providing support for those who are most vulnerable in localities using resources and assets in localities to address wider factors that impact on health and wellbeing.</p>	<ul style="list-style-type: none"> <li>• Successful bid with Community Action Suffolk for £380k Lottery funding for three Community Enablers for Kirkley, Harbour and Kessingland</li> <li>• ACT Community Café’s in Lowestoft and Kessingland</li> <li>• Work through Lowestoft Rising to increase social mobility and raise aspirations in young people e.g. mentoring programme, youth ‘takeover’ day and STEM work with ACT and CEFAS</li> <li>• ‘Beat the Street’ and the Golden Mile in Lowestoft to encourage young people to be more active, and Lowestoft O-Go-Go to get young mums and older people active</li> <li>• Warm Homes Healthy People support for those with health conditions struggling to heat their homes</li> <li>• Financial/practical support through Lowestoft Rising for the Waveney Food Bank which almost collapsed at the end of 2017</li> <li>• Hidden Needs funding of £110k across East Suffolk to tackle social isolation and loneliness</li> </ul>

Priority	Detail	Waveney District Council contribution
<b>Integrating ways of working</b>	Collaborating in the delivery of people centred care to make sure services are joined up, consistent and makes sense to those who use them.	<ul style="list-style-type: none"> <li>• Social Prescribing projects – Solutions in Lowestoft and new project covering the 5 practices in South Waveney led by Access Community Trust</li> <li>• Home from Hospital and I’m Going Home with the JPUH and County Councils to put in place rapid adaptations, telecare alarms and key safes</li> <li>• Work with the Alzheimer’s Society to support 2 Dementia Cafes in Waveney</li> <li>• Joint funding through the ESP for the Local Area Coordinator working in Beccles and Worlingham – he has supported 107 people in total to date</li> </ul>

## 5 HOW DOES THIS RELATE TO THE EAST SUFFOLK BUSINESS PLAN?

- 5.1 The actions in the Health and Wellbeing Strategy support delivery of the East Suffolk Business Plan Vision “Maintain and sustainably improve the quality of life for everyone growing up in, living in, working in and visiting East Suffolk” and a number of the actions in the East Suffolk Business Plan support delivery of the Health and Wellbeing Board Strategy.
- 5.2 They also contribute to the critical success factor: “Community Health: Enabling people to take responsibility for their own mental and physical health and well-being, helping them to live active and healthy lives, while remaining safe within their homes and communities”.
- 5.3 More specifically, there is a direct link to the following Business Plan actions:
- 5.3.1 Deliver the adopted Housing and Health Charter in East Suffolk
- 5.3.2 Increase physical activity, participation in sport & recreation across all age groups, and implement additional local health initiatives
- 5.3.3 Develop and launch ‘Eat out Eat Well’, a healthy food award scheme to encourage food businesses in Suffolk to offer healthy food choices.
- 5.3.4 Support and protect, through partnership working, families and individuals identified as being vulnerable, by encouraging them to seek help earlier and helping them to help themselves.
- 5.3.5 Develop more Dementia Friendly Communities across East Suffolk.
- 5.3.6 Fund and support community-led initiatives to improve health and wellbeing, including Men’s Sheds, Carer support projects and Mental Health First Aid.
- 5.4 As outlined in the table above/on the previous page, the Council already undertakes a wide range of activity that contributes to improved mental and physical Health and Wellbeing and keeping people well which, in turn, will support delivery of the Health and Wellbeing Strategy for Norfolk and Waveney.
- 5.5 The links between growth and health and wellbeing are clear – maximising employment levels, increasing skills and access to higher paid jobs all increase health and wellbeing for individuals and communities. Good health and employment are intrinsically linked, as are poor health and worklessness.

## **6 FINANCIAL AND GOVERNANCE IMPLICATIONS**

- 6.1 There are no additional financial implications in relation to the Health and Wellbeing Strategy. The Council has a funding partnership arrangement with Great Yarmouth and Waveney CCG where they contribute £35,000 towards the Head of Communities and 50% of one of the two Community Support Officer roles in the East Suffolk Communities Team.

## **7 OTHER KEY ISSUES**

- 7.1 This Health and Wellbeing Strategy has been subject to an Equality Impact Assessment at a Norfolk and Waveney level. The Strategy has been developed in partnership with a wide range of organisations, as shown on page 23 of the Strategy document.

## **8 CONSULTATION**

- 8.1 The Health and Wellbeing Board has consulted widely with partner and the public in the development of this strategy.

## **9 OTHER OPTIONS CONSIDERED**

- 9.1 Options to support the delivery of the actions identified in the strategy, and key measures to ensure that the impact of these, are in development at a Norfolk and Waveney level and the Council will be given the opportunity to contribute to these.

## **10 REASON FOR RECOMMENDATION**

- 10.1 Waveney District Council has been included in the Health and Wellbeing Board (HWB) for Norfolk since December 2017 when it became clear that decisions about the Norfolk and Waveney STP footprint affecting Waveney residents were being taken by the Board without Waveney being represented around the Health and Wellbeing Board table.
- 10.2 This Strategy represents the ambitions of the HWB over the next 4 years and therefore it is important that the Council supports and contributes towards its delivery in the Waveney area.

### **RECOMMENDATIONS**

1. That Cabinet formally sign up to the Vision, Priorities and Values set out in the Joint Health and Wellbeing Strategy 2018-22.
2. That Cabinet suggest to the Health and Wellbeing Board that at least one Waveney case study should be included in the Strategy document.
3. That Cabinet agree to support the Implementation of the Strategy, including by contributing to the delivery of the actions set out in 3.1 above and new actions identified in the implementation plan.
4. That a report be brought back to Cabinet at an appropriate point to review progress in implementing the Norfolk and Waveney Health and Wellbeing Strategy.

<b>APPENDICES</b>	
<b>Appendix A</b>	Joint Health and Wellbeing Strategy 2018-2022

<b>BACKGROUND PAPERS - None</b>
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